

SHE CANADA

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Bollywood and the
American Election

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**GET
THAT
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**Halloween
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**Not Just Another
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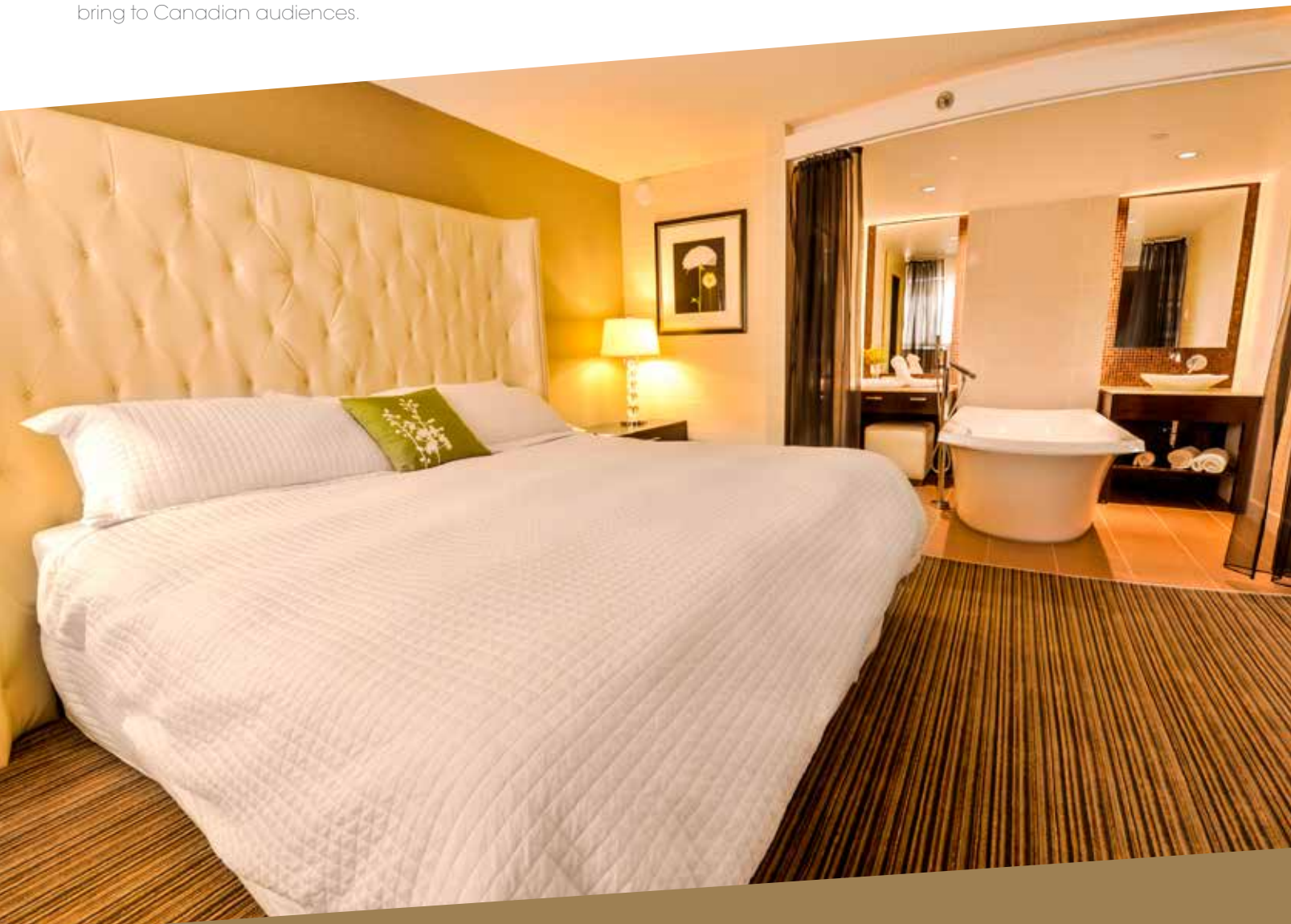
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SHE CANADA

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Let's not forget Syria

This issue is particularly special. Not only is it our 4th Anniversary in publication, but we bring readers perhaps our biggest cover story yet: Cara Delevingne hot on the heels of Suicide Squad's release.

Our executive editor had the chance to catch up with the supermodel-turned-actor in her hometown of London. They talked about how she got into modelling, what led her to her current passion that is acting and what it was like playing a supervillain in the latest instalment of the Batman franchise. (p. 28)

This issue is also jam-packed with more beauty products than ever before. From reviews to product pages (for him and her), everything you need to get your skin through the harsh Canadian winter is tucked away in these pages.

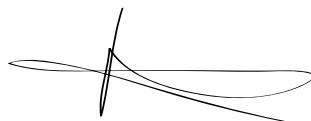
Finally, with the Syria conflict reaching a fever pitch (or perhaps it's been there for the past year now), I sat down with Qassim Assady of the Sayyida Zainab Charity to find out exactly what's going on with the conflict, how it started and what day-to-day life is like for the average Syrian. (p. 68)

As mentioned, we're thrilled that this is our 4th Anniversary Issue. It's hard to believe four years have gone (well, flown) by. From the day we started, we have been committed to bringing our readers the very best in South Asian-Canadian luxury lifestyle news. Our consistency and dedication to our readership has been what's kept us going over the years. This issue is not only a celebration of SHE being on newsstands since 2012, but also a celebration of our reader's unwavering patronage throughout this time.

This one's for you!



EDITOR
S.M. Kamran Zaidi

A stylized, handwritten signature in black ink, consisting of a large, sweeping loop followed by a horizontal line.

SHE Connects



Oct/Nov



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shecanada

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SHE Asked:

What are your thoughts on there being the first female POTUS ever?



PRIYA KUMAR
Executive Editor

priyak

A woman's place is in the White House. I look forward to it.



Deputy Editor

aaishazi

I was so focussed on what each candidate brought to the table that the 'female' card missed my attention altogether! With so many other policy issues at stake the gender of POTUS should be irrelevant.



LINDSAY COOPER
Editorial Assistant

lindsayecooper

Having a female president is a sign of massive progress for women, however, this election process is about so much more than just gender. Within the contemporary context of Hillary vs Trump, the idea of having a female president becomes less concerned with gender and more with race, international relations and immigration.



ROWAN DALKIN
Features Contributor
 badgalrowrow

I'm all for electing the best person for the job (emphasis on 'person'), and if she happens to be a woman, so be it. Just as long as it's not The Donald!



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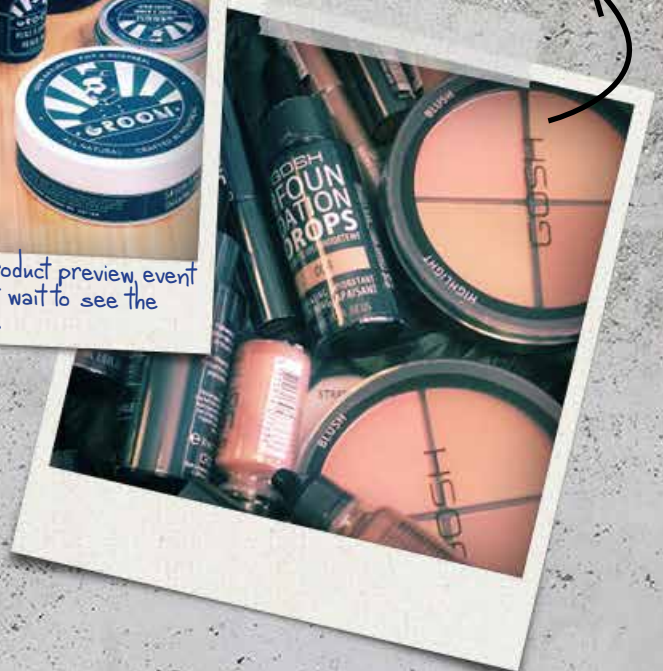
#SHECANADA

Goodies to look forward to this holiday
season... @stilaqr/canada has an
amazing lineup of makeup goodness...
and we want it all!



At the groom product preview event
down town! Cant wait to see the
upcoming demos

Oh my Gosh! The latest goodies from
@goshcosmetics are here and we
cant wait to try these out...
and perhaps give some away!



SHE *STYLE*

Beginning in New York's art scene in the 1960s, early sartorial minimalism was hugely influenced by popular designs of the decade as well as the prominent artists and architects of minimalism and pop art. Characterised by clean lines and an accent colour or patterned details, the original iteration of the movement is far removed from the current renaissance. One of the few threads of '60s minimalism still running through contemporary designs comes from its architectural influence. With pioneers like civil engineer turned fashion designer André Courrèges at its helm, minimalism began its ascent into androgyny with curve-covering silhouettes.

A home outside London exemplifies minimalism in British architecture. Photo: David Howard.

A-line Indigo Skirt
Woven UK
\$110



Art
& Androgyny
in the '60s



Blue Booties
Dorateymur
\$649.99

Everyone from high end ateliers like Céline to retailers like H&M's newly imported sister store, COS, are building their brands on scant shapes and neutral colour palettes in a minimalist resurgence. While this "less is more" mantra lends itself to the silhouettes and colours of the movement, minimalism has deep cultural and historical roots that refuse to ascribe to such simple definitions.

André Courrèges' Space Age Collection in 1964.



min·i·mal·ism



White Collared Shirt
Delpozo
\$1,425.99

A dress from Yves Saint Laurent's Mondrian Collection released in 1965.



Grey Wool Coat
H&M
\$99.99

Bright Future in the '90s

Kate Moss at the
Costume Institute Gala
in 1995.
Photo: Time & Life Pic-
tures, Getty Images.

Kate Moss in Harper's
Bazaar July 1993
Photo: Patrick Demarchelier

White Long
Sleeved Dress
the Row
\$1,315.99

Christy Turl-
ington shot by
Juergen Teller
for Vogue's
May 1994 "Off
the Street"
editorial.

White Turtleneck
H&M
\$29.99

White Strappy
Dress
Kit and Ace
\$278.99

White Trouser
Zara
\$49.99

The minimalism we know today didn't begin emerging until the 1990s when white on white outfits provided a crisp contrast to the dark, edgy Heroin Chic counter-culture of the day. With gas prices skyrocketing in the late '80s and early '90s after the Gulf War, high interest rates on credit due to inflation in the preceding decade and increased unemployment rates during George H.W. Bush's presidency, economic uncertainty in the 90s ushered in a period of living with less. During a time where many lived paycheck to paycheck, flaunting one's wealth was considered gauche and a fear of under dressing (prevalent in the '70s and '80s) was replaced with a fear of overdressing.

Deconstructive Criticism in the '00s

Comparable to earlier iterations of Minimalism, Deconstructivism rebelled against forms of sartorial expression that preceded and succeeded its heyday. While early minimalism claimed to pare down elements to just the essentials, deconstructivism took this mindset to the extreme in the early 21st century. Designs looked to be half finished, showcasing traditionally hidden elements like seams, linings and the skin underneath. Houses as esteemed as Maison Margiela debuted purposefully unravelling knits, fraying hemlines and entire articles that looked to be made from throwaway scraps in an aggressive reaction to the state of the fashion industry. Deconstructivist fashion hung off the body with only pieces of yarn belting the shreds of fabric together in an attempt to demystify the fashion industry, providing a peek at the mechanical mass production behind the curtain in response to the then emerging practice of fast fashion. Ironically, these revolutionary fashion shows would inspire mass production-minded houses' torn jeans and acid washes for decades to come.



Black Boots with Buckles
Balenciaga
\$1,650.99

Martin Margiela's
Couture AW11 Collection.
Photo: Vogue



Black Grey Bomber Jacket
Facetasm
\$1,725.99



Black Vintage Black Crop Top
Waven
\$100



Brogues with Showing Stitches
Balenciaga
\$1,625.99



Staples Booties
Christopher Kane
\$1,240.99



Martin Margiela's
RTW AW97 Collection
Photo: Vogue



Mary-Kate and Ashley Olsen in Vogue Korea 2013
Photo: Amy Troost



Vogue Fashion Director Tibonne Goodman
Photo: Industry Magazine

Reusable & Reductive Silhouettes of Now



Simple Black Bootie
ALDO
\$140.99

Today minimalism has made its return to mainstream prominence and the movement's roots in anti-consumerism have long been forgotten. Neatly packaged and marketed as an easily consumed aesthetic, contemporary minimalism's "less is more" attitude is restricted to the detail of an individual piece. Similar to its '90s predecessor, the current movement is about underdressing in stark shades and clean shapes. Unlike its previous iterations, it doesn't do so in response to the economic hardship of others, rather minimalists now lend themselves to environmentalism. Current minimalist designers provide well made wardrobe staples, encouraging buyers to invest in versatile, long lasting pieces rather than spending less on a lower quality article that will end up in the donation pile.



Simple Black Bag
Oak + Fort
\$88.99



Sterling Silver Glam & Soul Ring
Thomas Sabo
\$65



Silver Strappy Dress
Topshop
\$65.99



Pink Slip Dress
Protagonist
\$615.99

SHE LOOKS



Pink Fur Coat
REISS
\$510

Pomade
Make Up For Ever
\$28

For Bhumika's signature brows we recommend a liquid or wax formula to craft stronger lines. To avoid the Scouse Brow effect, brush up the hair in place and 'lock' them with a brow gel.



Photo Courtesy of Bhumika Arora on Instagram



Foundation
Cover FX
\$46



With such a simple outfit, this look is all about beauty. The trick to "natural" beauty is all in the complexion and the latest developments in water-based foundation formulas can help you nail the "I woke up like this" look.



Contour
Smashbox
\$52

Inexplicably, models look permanently well hydrated and well rested, even during the long hours of fashion week. Colour-correcting, when done right can erase signs of fatigue and give you a 'sculpted', luminous look.

Brow Gel
Benefit Cosmetics
\$30



get her

LOOK

Bhumika nails this off-duty model look with minimalist beauty and fashion. In an outfit composed almost completely of basics, the statement fur coat is likely the only item you'll need to shell out on. Invest in the right piece and you can wear it for seasons to come, a lesson we've all learned after finding the perfect pair of versatile black skinny jeans. To get Bhumika's look, we recommend sticking with faux fur, always en vogue.



Black Fur Coat
Stella McCartney
\$2,500



Red Camo Jacket
Valentino
\$3,500

If you want to stick to the neon camouflage trend, you may need to shell out as much as \$3500 for a piece like this one from Valentino. Luckily, fashionably distressed camo jackets can be found in hoards at any consignment shop. If pouring over the racks at vintage stores isn't your thing, you can also find olive-toned alternatives and solid red slickers in similar silhouettes at almost any major retailer this season.



Green Camo Jacket
Topshop
\$80



Metallic Red Jacket
Topshop
\$65

Leather Legging
Zara Basic
\$20



Image courtesy of Neelam Gill on Instagram

Neelam Gill

Trouser with Zips
Balmain
\$4,730



Now that your top half is dishevelled chic, concentrate on a more polished lower half. Paired with attention grabbing thigh-high boots, Neelam's leather trousers are pretty well covered up. We favour faux-leather leggings as a wallet-friendly alternate to designer leather pants.

The most important element of this outfit: a pair of black suede stilettos. For a wearable everyday look, try to find a supportive block heel. If you're on a budget, or prefer an animal-friendly option, faux suede is perfect.



Thigh Highs
ASOS
\$113

Model Neelam Gill is everyday chic, mixing high-end leather and suede with commonplace wardrobe staples. To attend a private showing of the Vogue 100 Exhibition, she layered red camouflage jacket with a relaxed band tee.

Black Distressed Tee
Zayn
\$35



Dressed Up

DIWALI

Irrespective of where we were born, or raised, we cannot escape our 'back-grounds'. South Asians will always maintain a degree of closeness to their roots, making an effort to partake in religious and cultural holidays. Diwali or the 'Festival of Lights' is joyous occasion, one not to be ignored. One of the main aspects of the holiday is dressing up in traditional clothing and we love shopping around for options to revel in our *desi*-ness. On our shopping list are ethnic attires and many, many sweets and gifts to exchange as we go around visiting friends and family.

PAIR WITH:

Radiant Elegance, Clear CZ
Pandora, \$85

Nightfall Celebration Spike Necklace Pendant
Alex and Ani, \$18



\$150
Black Butti Patterned
Cotton Border Saree

PAIR WITH:

Light as a Feather, Clear CZ
Pandora, \$110

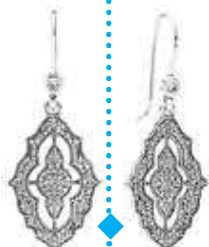
Pharaoh Expandable
Necklace with Swarovski Crystals
Alex and Ani, \$98



\$979
Grey Striped Lehenga
Priyal Prakash

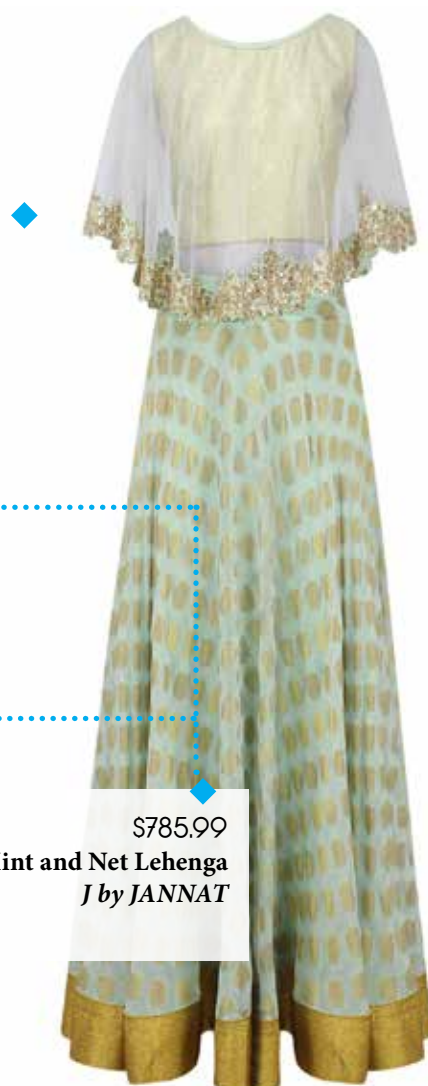
Pairing more modern, western jewellery pieces with traditional clothing is the perfect style statement for our South Asian-Canadian roots.

PAIR WITH:



Sparkling Lace, Clear CZ,
Pandora, \$140

Blue Inspiration in Flight
Expandable Necklace
Alex and Ani, \$38



\$785.99
Mint and Net Lehenga
J by JANNAT

Men have it easier if a tad boring. They can get away with simple *kurta pajama/shalwars*, or opt for a fancier version to keep up with the Diwali spirit.



Blue Art Silk Kurta
\$115

Cream Ghicha Silk
Kurta
\$147

Cotton Black
Kurta
\$65



history of *HIJAB*

By Sidra Sheikh

Hijab is enjoying its moment of news worthiness at the moment. In these tumultuous times this simple piece of head covering is equated with Islam, extremism, gender inequality and as a security threat as well. In this series SHE traces the journey of head coverings across ages and cultures.

Hijab

A headscarf or covering of the head is commonly associated with Muslims or Islam. In Islam, the act of doing this is known as hijab which translates into 'to cover'. By this it means to cover in a way that is required by Muslim women in accordance with the Holy Quran and the teachings of the Prophet Muhammad. These teachings outline that a woman must dress modestly and must cover everything except the hands, feet and face and do so in a way that does not outline the shape of her body. The idea of covering or of the hijab was originally a way of protecting women from unwanted verbal and physical abuse by men. This not only helps women avoid unwanted attention and harassment, but also helps men to see them for their intellect as opposed to their physical appearance. This continues to be the purpose of the head covering in Islam and is quite similar to why Christian nuns cover their heads or began to, historically.



Through this exploration of the meanings and history behind why a head covering is worn by women in different religions it has become clear that styles may vary according to cultural and religious beliefs, the reasons heads are covered always seem to be the same. Women wear a head covering as a sign of modesty and respect for themselves and for those in their lives, physically and spiritually.

Tichel

In Judaism, the act of covering the head is a way to ensure a married Jewish woman remains modest. However the way in which they cover varies. In both Islam and Christianity women tend to cover their hair using a cloth or something to completely cover their head or hair, but in Orthodox Judaism women do not necessarily need to hide hair, but just cover their natural hair which is often done with wigs (sheitals), a hat, turban scarves (tichels) and or anything that covers their natural hair. The reason behind hiding the natural hair is because it is believed that once a Jewish woman marries her hair has sexual influence and so the natural hair must be covered to suppress it and avoid adultery or immodesty. It is also a way to stay loyal to their husbands and religion. So while the way the head is covered varies, the reason behind the veil or chosen head covering remains the same among all three religions. For each of these religions, the practice of covering the head is a way of obeying God and pleasing God. However, there are other religions and cultures that include head covering, but not for religious purposes.

Head covering has been an integral part of women dressing modestly in all major religions, not just exclusive to Islam.



Wimple and Veil

In Christianity, a head covering is seen as a way to be obedient towards God and man. This follows directions in Corinthians, a book of the New Testament which states women must have a symbol of authority on their heads. Therefore, Christian women cover their heads as a way to show their devotion as well as to emulate modesty. Judaism and Jewish women also cover their heads as a method to remain modest, but the ways used to cover differ.

Ghoonghat

Hindu, Jain and Sikh women fall under the category of people who cover, but are not mandated to by their religion. The Hindu religion does not call for women to cover, but many do so. Despite having no religious obligation the reasons the women cover is because it is a sign of modesty, a way to protect themselves and just as a sign of respect towards elders surrounding them.



FULL PAKISTAN FASHION



Shamaeel Ansari

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Lajwanti by Ana Ali



Madiha Gohar



Mahogany by Sam Dada



SHE *EXCLUSIVE*

He's that Indian guy. You know. From that thing. Irrfan has starred in dozens of Hollywood blockbusters (Jurassic World, Life of Pi, Slumdog Millionaire) dating back to the early-noughties. Although he didn't make his Bollywood debut as a lead until 2005, Irrfan is perhaps one of the most celebrated actors to come out of India. SHE chatted with the actor over the phone to discuss his latest projects, the vitriolic state of the American elections and his admiration of Prime Minister Trudeau.

Irrfan never much cared for his full name, Sahabzade Irrfan Ali Khan. He found it much too pompous. After being known as Irrfan Khan for years in his film credits across the world, he's decided to drop the Khan. "I am Irrfan, just Irrfan," he told the press back in 2012.

"I have taken out the Khan from my name quite some time ago. I do not want to be known by my religion, surname or lineage. I don't want to be recognized for what my forefathers did."

Caste and creed has always been a hot topic in South Asia, but Irrfan chooses to distance himself from being boiled down to what is realistically nothing more than a checkbox.

Born in the late-'60s in Jaipur, Rajasthan, Irrfan was raised Muslim. Jagirdar, his late father, often joked Irrfan was a "Brahmin born in the family of Pathans," when he declared as a child he would only eat pure vegetarian.

After receiving a Masters from the National School of Drama in New Delhi, Irrfan moved to Mumbai to pursue film. He got his start on a number of television daily dramas, known as "serials" in India, oftentimes playing the villain. Soon he starred in several independent films including Road to Ladakh by Ashvin Kumar (yes relation, he's my first cousin on my father's side). These films did the rounds on the international festival circuit and made Irrfan a known name amongst critics.

The

INCOMPARABLE

Irrfan

By Priya Kumar

The year 2007 proved to be Irrfan's biggest to date with the releases of Bollywood blockbuster *Metro* (a role which garnered him his first Filmfare award), *The Namesake*, *A Mighty Heart* and Wes Anderson's *Darjeeling Limited*. Then came his role as the empathetic cop in *Slumdog Millionaire* (2008). The cast won the Screen Actors Guild Award for their category. Director Danny Boyle credited Irrfan with having "an instinctive way of finding the 'moral center' of any character, so that in *Slumdog*, we believe the policeman might actually conclude that Jamal is innocent...it's beautiful to watch."

More recently Irrfan co-starred in *Jurassic World* opposite Chris Pratt, *Jazbaa* with Aishwarya Rai and he will soon appear with Tom Hanks in Dan Brown's latest thriller to make it to the big screen, *Inferno*.

I managed to grab a few moments with Irrfan over the phone in London recently. He was promoting his latest social-thriller to hit Indian cinemas, *Madaari*. Politically charged, the film examines the kidnapping of the Home Minister's 10-year-old son by Nirmal (Irrfan). The film also looks at the role the media plays in these cases and the perpetrator's motive. In this case, Nirmal lost his son in a bridge collapse while he was walking to school. He blames the government and kidnapping the Home Minister's son is his brand of retribution. He promised me it's a film that would prompt parents to call their children and children to call their parents. Riddled with raw emotion, it's certainly not to be missed.



***Madaari* is a departure from typical Bollywood fare. Why do you think Indian cinema shies away from political drama?**

The Indian industry is evolving, whatever typical Bollywood was then, the definitions are changing and I'm basically here in the industry to redefine entertainment. There are so many things in life which you have to redefine like romance, like love, like revenge. *Madaari* [looks at the] game going on between system and the common man and that's what we try to explore.

What was the most challenging part of tackling *Madaari's* subject matter?

The most challenging part of the film was to have an emotional story along with the thriller. The idea of the film generated from a real-life incident so it's like creating a cinema which doesn't have any kind of reference, so it took time. Even the release date, even the trailer, the poster, the title, this film has tested us and in a good way. The title didn't come to me until we completed half of the shooting and the climax. [The film is] trying to redefine the definition of revenge.

You've memorably told the press you don't like the term Bollywood. Can you explain why that is?

I was just saying we have this tendency to pick up things from other places and not really think it over. I detest that kind of mental state where you don't want to work, you just pick up

formulas and apply it blindly. That's why I never liked this term Bollywood. I like the term Hollywood, but Bollywood is not generated from its own system.

With *Madaari* so closely tied to politics, what are your thoughts on the current climate of the upcoming American presidential election? Your film *The Namesake* is one of my favourites. Do you feel everything the Trump campaign stands for goes against the very construct of the American dream?

There is a lot of angst and a real disillusionment with the political system and that's why whatever you've seen in the UK and what's happening in America, a person comes and he's not promising what people want. He analyzes people's needs and he just talks to them in a way, not a diplomatic way, but kind of a direct way and he's striking a cord with people.

He's not following any political decorum and people are liking it because they are disillusioned by the political system. They don't want the status quo; they want some change. Now it depends how much you are seeing true that person, how much you are seeing beyond what he's saying. That depends on your maturity.

I think all over the world people are just sick of politicians. I read a few comments from the Canadian Prime Minister [Trudeau] and it was very, very impressive. He's young and promising and the way he apologized to the Sikh community [on behalf of Canada for turning away a boatload of Sikh immigrants in 1914 on racial grounds], that shows a new way of striking a relationship with public and it's very encouraging. I really was emotionally moved when he did that.



Irrfan Khan, Kal Penn and Tabu in *The Namesake*



Pakistani actress Marina Khan with Asma Mahmood



Pakistani-Canadian actor Ali Kazmi with a guest

MISAFF

2016:

**CELEBRATING THE BEST OF ETHNIC CINEMA
IN CANADA**

*In it's sixth year, MISAFF is fast cementing
its position on the GTA social calendar.*



Guests at MISAFF opening night gala



Often discounted as a laid-back addendum to the hub of all cultural activities in Toronto, Mississauga is home to one of the largest clusters of South Asians living in North America, making it the ideal host for a film festival that celebrates cultural diversity.

September is when some of the most notable names in the glamour world walk the red carpet for TIFF. Just west of Toronto however another film festival has just wrapped up in early August, highlighting the best of South Asian and Middle Eastern cinema.

Running a slew of films and shorts sourced from the desi diaspora including Canada, MISAFF aims to “build an appreciation for independent cinema and initiate thought-provoking discussion around culture, South Asian heritage and the universal stories which reflect our lives today,” says Arshad Khan, the festival director.

Together with Anya Mackenzie, his co-director, Khan has been the force behind MISAFF getting bigger and better with each passing year. A hallmark of this year’s edition was screening movies made under Zee TV’s Zeal for Unity banner, bringing together Indian and Pakistani film-makers to explore stories that show more commonalities between the two nations.

With Mehreen Jabbar’s *Lala Begum*, a subtly crafted drama starring legendary Pakistani actress Marina Khan, to Anu Menon’s *Waiting*, the film that closed the festival and paired the acting powerhouse Naseeruddin Shah with Kalki Koechlin, each movie in Zeal for Unity brought its own unique perspective to cinematic story-telling.



Mohit Rajhans, Varun Saranga, Anu Menon, and Marina Khan at MISAFF panel discussion.

Festival co-Director Anya Mackenzie introducing Pakistani director Mehreen Jabbar.



The festival ran from August 4 to 7 at the Cineplex Cinemas, just a shouting distance from the city’s destination mall, Square One

Academy Award winner Sharmeen Obaid-Chinoy’s Oscar winning documentary, *Girl in the River: The Price of Forgiveness* was also screened at MISAFF, as was the *Song of Lahore*, another SOC documentary capturing the journey of Sachal Studios, a band of musicians from Lahore, as they travel from the walled city to perform at the Lincoln Centre in New York.

“The inclusive nature of the festival lineup and modern day challenges explored throughout the films offer audiences the chance to experience fresh and courageous perspectives in storytelling and representation on screen,” says Khan.



Marina Khan





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SHE *EXCLUSIVE*

CANDIDLY CARA

By Priya Kumar

When SHE Canada put out its first issue in 2012 Cara Delevingne was the toast of the fashion world. She was credited with resurrecting the pop culture construct of the supermodel from times past, ultimately fronting more campaigns than many of her predecessors who were initially bestowed the title. Today Delevingne has set her sartorial ambitions aside to focus on film. She exclusively talks to SHE about her most recent role in this past summer's blockbuster Batman instalment, *Suicide Squad*.



Cara Delevingne and Kate Moss at Burberry's SS15 show in London.

Cara Delevingne has become an old hand at courting the press. The 23-year-old has had no other option. Notorious for sleeping through interviews (almost standing up Vogue's Plum Sykes) and picking fights with morning show hosts (promoting *Paper Towns* on *Good Morning, Sacramento*), she's made peace with the media as a part of the Hollywood machine. In her defense, the hosts of the latter did call her Carla and asked her if she had time to read the book on which the critically acclaimed film was based.

But that's all in the past now. Today she even gets nervous for her dalliances with reporters and worries about what she may say: "I'll just start telling these rambling stories and completely go off-point and then it's like, 'What am I saying? What am I talking about?'"

Delevingne's ascent as a model was extraordinary. She was discovered working as an intern at Asos's London office by Burberry chief creative and CEO Christopher Bailey. She went on to walk in hundreds of runway shows and front dozens of campaigns including Burberry, Topshop, Saint Laurent and Chanel. Karl Lagerfeld was so taken by Delevingne as the edgy English rose, she became a recurring muse for several consecutive Chanel collections.

She also has an impressive pedigree. Her father is a London-based property developer and her mother, a former model and now personal shopper to the stars. Her grandfather was the managing director of two major London newspapers and grandmother, Princess Margaret's lady-in-waiting. Having grown up in London's Belgravia, the posh-est residential district in the city, and received the best private school education money could buy, Delevingne would make a suitable match for royalty. But just like fashion, that hasn't been her thing.

What is her thing is acting. After playing a young, ethereal princess in *Anna Karenina* (arguably outshining its star, Keira Knightly), the industry took notice. She was soon cast as the lead in the *Paper Towns*, where she captured the nuances of the central Floridian twang. This past summer Delevingne took on her biggest role yet. Well, dual roles more accurately, she plays scientist June Moone and the captivating Enchantress in *Suicide Squad* opposite Will Smith, Jared Leto and Margo Robbie. A 'feral witch', Delevingne steals scene after scene as this lesser-known comic book supervillain. The transformation to and from Enchantress is perhaps the most spellbinding part about this latest instalment of the *Batman* franchise.

SHE *EXCLUSIVE*

SHE had the opportunity to catch-up with the supermodel-turned-starlet during the promotion of this summer's most talked about movie. Speaking about her contentious relationship with fashion and her ambition to play lots of strong women moving forward, Delevingne opens up in a way she had always refused to in the press. Perhaps she's turning a new leaf?

Was Enchantress your dream role and did you relate to her at all?

I feel not just me, but everyone can relate to her because she and June Moon, these are her two sides, good and evil and we all have those within us. Sort of joshing for supremacy. Hopefully good wins out most of the time but I think everyone can relate to invoking their wicked side.

And playing Enchantress, I got the opportunity, the welcome opportunity, to exorcise my inner demon and have a bloody good time in the process. I mean it wasn't that hard, that's basically me in every morning. Sort of grunting and snarling at anyone who encounters me.

Not a morning person.

I'm definitely not a morning person [laughs]. This was the dream role. I was an imaginative child; I loved witches and monsters and supernatural stuff, so this is living out a fantasy, casting spells and curses on people, controlling magic with my hands and you know, an intense stare. I love all that stuff, it fed my appetite for that stuff. And then I had the advantage of being able to contrast all that crazy, supernatural force with June Moon's very human side. It really could not have been a more perfect role. It's the actor's dream, to play opposites.

The prep and make-up must have been a killer.

It was three hours, everyday, of these elaborate tattoos and this black, dirt and make-up.

You were probably used to that from modelling surely?

God no, three hours? Not actually that long. But you know, it was great because I was able to use that time to zen out and completely get myself into Enchantress. I'd probably be a little grumpy once I got out of the chair, so it was a perfect temperament for her.

This is DC comic world, anything is possible. Has there been any talk of a standalone Enchantress movie?

Wouldn't that be insanely awesome. Yes, yes, please make it happen. Put it out there, get the word out. I'm relying on you. Oh my god, that would be phenomenal.

I'm on it. Now modelling, you're very well-known and successful for, but now you're movie star career is really kicking off. Which do you feel more comfortable and happy in?

Acting. Not to say that I was unhappy modelling, I had a great time but acting is my passion and my love and has always been. Modelling happened and I was very fortunate to have success but it's never been my passion.

It has been good practice because it's acting on a different plane. You know, you play this role, you have to embody that character to make it believable. They're two occupations that are heavily interlinked.

I'm glad that acting is my main focus now because it's always been my dream and now here I am, living my dream, which is extraordinary.

Is there a similarity to walking in a fashion show to stepping onto a movie set or are they completely poles apart?

There are and there aren't. Every time I've walked onto a catwalk, right before, I've been s***ing myself. So that has been good experience. There's a level of performance that you have to commit to. What I want more than anything when it comes to my acting, is for the audience to really feel and understand me, connect and believe me as that character.

What do you consider dream roles to be?

Strong women, I want to keep playing strong women with intelligent, complex minds and intentions.

I was reading earlier how you're a horror fan. Perhaps a horror down the line?

I'd love to do a horror movie. They were the first movies I sort of fell in love with, so yeah, maybe. The *Exorcist* I was obsessed with when I was no doubt far too young to watch.

Cara Delevingne's upcoming films include Kids in Love, Tulip Fever and London Fields.



Coke Studio *and* WOMEN IN MUSIC

MADIHA HASSAN



ZOE VICCAJI

Coke Studio has established itself as THE platform for musicians and artists across Pakistan not only for them to express themselves, but to experiment over chord progressions and explore sounds rather unique in their style. Only a few would argue over the statement, “Coke Studio is the renaissance of the music industry of Pakistan,” and for good reason. Coke Studio laid the very framework of connecting the lost tradition of Tablas and Qawals to the pop-rock scene of the last decade. It bridged the gap between the music of our parents and even grandparents’ time to that of the millennials, beautifully combining the sound of a harmonica with an electric guitar to produce music that touches our hearts. Furthermore, in a society with a major male dominance,

Coke Studio has led to an increasing interest of women in pursuing a music career in Pakistan with an ever increasing ratio of women to men in the music industry.

Growing up, the 90s kids will probably remember an industry rather dominated by male pop bands, the radio mostly playing songs by Strings, Vital Signs, Junoon, Fusion, Noori and so on. Yes there was Hadiqa Kiani and Fareeha Pervez, but the ratio of women to men was abysmally low. Pleasantly enough, in the present, there has been a vast increase in the number of women who have successfully established a career in music. Coke Studio became the platform which provided many of the females of our music industry, the break they needed to kick start their careers. It also brought together, women from across

Pakistan, to create musical fusions together with legendary female artists, Sufi poets and Qawal’s with an aim to bridge the gender gap in the music industry.

“If Coke Studio and YouTube would not have been around, I wouldn’t have sustained for this long. It’s when you are exposed to other’s creativity; you are able to create a masterpiece,” said Quratulain Baloch, in a recent interview. Coke Studio is an institution in itself that plays a vital role in the growth and development of artists. QB made her Coke Studio debut in Season 4 singing ‘Tere Mere Ishq’ alongside Jal, and has developed an extensive track record since, with Humsafar OST and her Coke Studio 8 track, ‘Sami Meri Waar’ which went on to become one of the biggest hits of the Season.

Coke Studio has brought overwhelming success for many others too, including Zoe Viccagi who joined Coke Studio in Season 3 with two singles 'Mera Bichra Yaar' and 'Anjane' followed by the release of her debut album Dareeche. Her sister Rachel Viccagi, who is a backup singer for Coke Studio, also wishes to follow suit and broadcast her single soon. Sara Haider and Fizza Javed are also some successful names that Coke Studio made big in the music industry. Season 9, to be launched this August, similarly features Momina Mustehsan, 'Pi Jaun' and Bollywood song 'Awari' singer, who will be making her Coke Studio debut, singing a duet with Junaid.

While Coke Studio paved the road to success for many young female singers, it has also allowed established and even legendary artists to create an evergreen fusion of music through this platform. May it be Abida Parveen, one of the foremost singer of Sufi music, who made her debut on Coke Studio in Season 3 singing 'Ramooz-e-Ishq', 'Nigah-e-Darweshan' and 'Soz-e-ishq', or Farida Khannum, the Hilal-e-Imtiaz recipient

which was also well received by the audience. These women are the pride of the Ghazal and folk music of Pakistan and to see them back again reviving the traditions so beautifully is truly awe-inspiring. The vast reach of the Coke Studio platform has allowed women from across Pakistan to be part of the musical fusion. From Hadiqa Kiani



QB

and 'Kadi Aao Na'. Her sound is infused with the stillness of the Tharparker plains, teleporting you to a tranquil space. The ever increasing gender diversity in the music industry of Pakistan is not an overnight leap, rather something that has been a



ABIDA PARVEEN

and Zeb Bangash to Komal Rizvi and Sara Haider, music has crossed all boundaries to search for the sound that is representative of each culture of our country. Raised in Peshawar, Gul Panra's innocent voice was limited to her friends in

conscious effort over the years. While it will still take years before Pakistan stands with an equal number of men and women in the industry, suffice to say that we are on the right track and needless to emphasise the role of Coke Studio in this development. Coke as a brand itself has always emphasised on gender equality, from workplace to an industry and it is great to see organizations stepping up to become the positive drivers of change in our society.



MAI DHAI

who made her debut in Season 8 with 'Aaj Janay Ki Zid', these artists have certainly added depth and emotion to every song/ Ghazal they have sang. The substance in their voice brings the songs to life, instantly connecting us to our heritage.

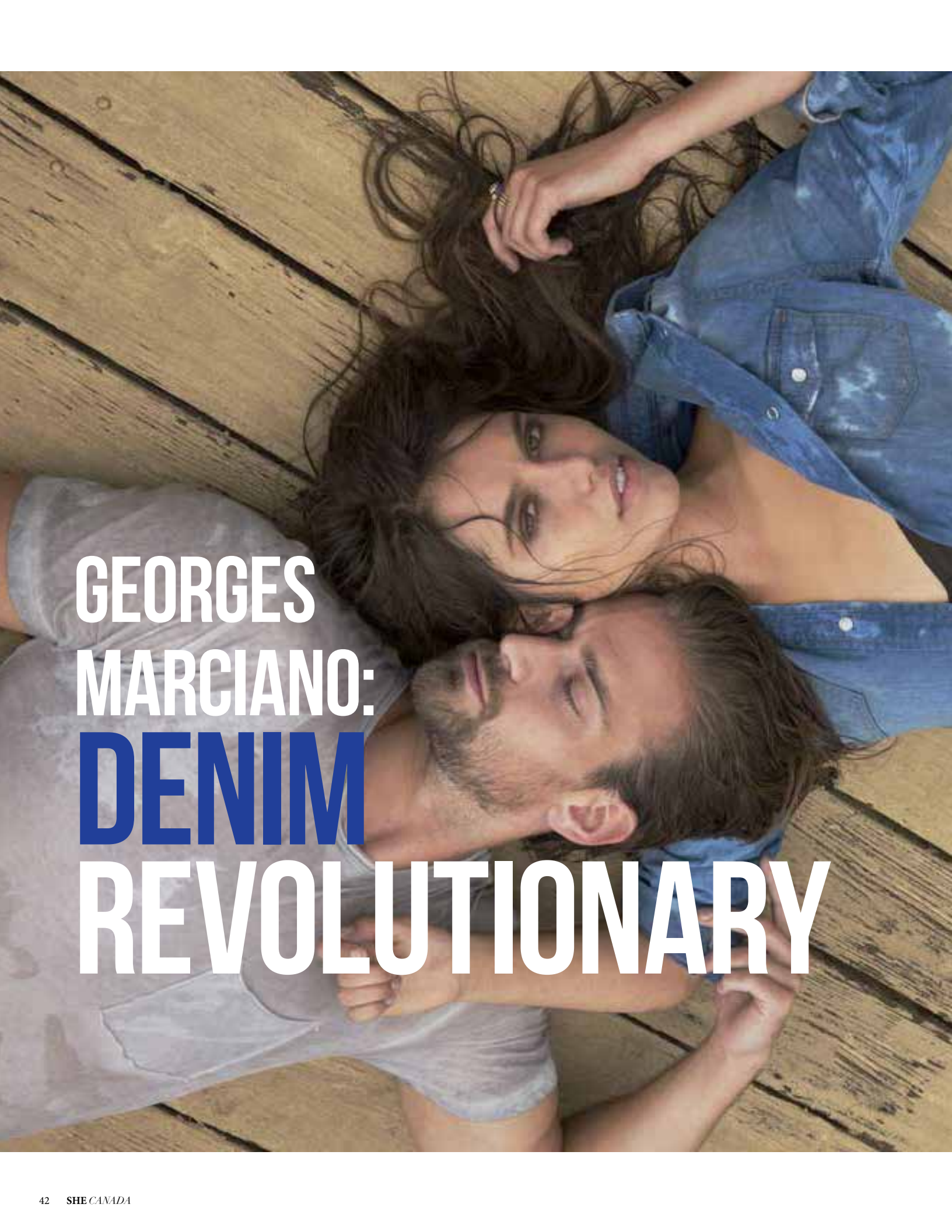
Among the legends, many of the forgotten voices have been revived with Coke Studio. Humaira Channa is one of the most remembered playback singer of Pakistan, having won third most Nigar Awards in history. She made her comeback with Coke Studio Season 7 with 'Phool Banro' and 'Ambwa Taley' receiving an amazing response from the listeners. Similarly, Season 8 featured Surriya Khanum who sang 'Chiryan Da Chamba' alongside Anwar Maqsood

college before she decided to make a career of her passion. Despite the initial lack of support from family, she has done well for herself since her Coke Studio debut in Season 8 where she sang a duet with Atif Aslam of an old Iranian song, 'Man Amade Am'. Another great debut of Season 8 was Mai Dhai, a classical folk singer hailing from Tharparker, Sindh. She performed duets with Atif Aslam and Karam Abbas of 'Aankharli Pharookai'

Madiha Hassan - A communications professional with an interest in travel, music and movies. Twitter handle @hassan_madiha



SARA HAIDER



GEORGES
MARCIANO:
DENIM
REVOLUTIONARY



Georges Marciano founded Guess in 1981 with his brothers. It was he who came up with the brand's signature stone-washed jeans it became synonymous for. Leaving Guess behind in the '90s, Marciano moved to Montreal and has now re-emerged as the creative mind behind GM Georges Marciano.

The Marciano name is no stranger to the fashion industry. The four Marciano brothers, Maurice, Armand, Paul and Georges, grew up modestly in the French coastal town of Marseilles. The sons of an Orthodox rabbi, the then young men started a chain of retail stores across France.

They left it behind for the greener pastures of Los Angeles and never looked back. In 1981 Georges and Maurice founded Guess. Famous for their stonewashed jeans that were lighter in colour and material and more shapely than the other denim products on the market, Guess became a huge hit. Its campaigns were so renowned, it launched the careers of Naomi Campbell, Claudia Schiffer and even a toddler-aged Gigi Hadid.

Georges left Guess behind in 1993 over creative and operational differences with his brothers. He has since moved to Montreal and gotten involved with many other projects including a boutique hotel in the city's Old Port.

His most recent venture taps into his roots in fashion. Aptly titled GM Georges Marciano, this whole new label takes its cue from its strong 1980s Americana heritage. This latest collaboration sees Georges join forces with his brother Armand again, in addition to some fresh talent, creative director Cinzia Simone. The pieces are designed with form and function in mind, using the very best textiles and finishes. Made in Los Angeles, the design and manufacturing process involves vendors that have passed their crafts down for generations.

I managed to catch up with Georges himself. This passion the fashion industry legend feels for his new label is palpable.

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Your new line GM brings vintage denim together with laid-back Southern California chic, rippled with effortless French style. What led you, Cinzia and Armand to launch this new concept?

We met Cinzia back in January; she worked for over 15 years as a Designer in Los Angeles and Europe, started talking casually in her Loft downtown, [shared our] passion for vintage and [products] well-made in USA and decided to open a studio in Los Angeles. [She] inspired the Collection on her extended vintage wardrobe. .

Textiles including leather, silks, denim and cashmere all make cameos in the collection. What is the final product that you're going for?

The collection is a mix of denim pieces, concentrating on retro styling such as mini flares, high rise, mini-boot, and cropped flares. The rise sits at the waist for some styles and the rest are mid rises. The fit is engineered to hug curves and fit most body types, the fabrics have a great recovery and are well-made, the first sample is hand tailored in house here in downtown GM Studio, everything is washed and manufactured here in L.A. The blouses are mainly done in silk playing with sleeve volume and easy fits, the

look brings back the styling of Janice Joplin, Steve Nicks, Led Zeppelin kind of Retro Rock vibe. The jackets are longer and oversized. The garment washing plays a big factor in the collection since all the denim laundries are here in L.A. [Everything] from the denim to the military jackets are washed down and hand treated one-by-one to achieve the vintage and worn in look.

Some pieces are deconstructed, mixing the old with the new. The colour palettes will stay neutral with some pop here and there.

GM Studio is a luxury affordable collection that covers everything from handbags to jeans and accessories. Cinzia and I are really pushing for the "Made in the USA" label, bringing back quality, speed, and great fit in the market.

Who in your mind is the perfect GM girl? (Or guy)

The GM Studio collection could actually be unisex, the tees and the jackets can be worn by both gender. We had lots of magazines actually showing men as well wearing some of the collection. Guys are loving the GM Studio Collection, as well as women.

You're working closely with your brother Armand (of Guess) on this project. You're no stranger to collaborating with family on fashion projects. What do you feel working with family brings to the table with regards to collaboration?

In this project actually, the partners are Cinzia Simone, not family related, as the designer and creative director. Armand, my brother, in charge of operations and I myself am creative leader. This is a good combo and great mix of talents. I'm in Montreal most of the time but we communicate often on Skype.

It's been a struggle for you to use your own name for your label legally. How have you overcome these obstacles?

The name is actually GM STUDIO. Cinzia and I were choosing names, decided on few but GM sounded nice and easy and came up with a sort of an abbreviation of my name and the studio where she works everyday.

Where will GM be available?

Mainly via ecommerce. This is the new future of the apparel business but of course we have also selected boutiques as well.



HOT COUTURE

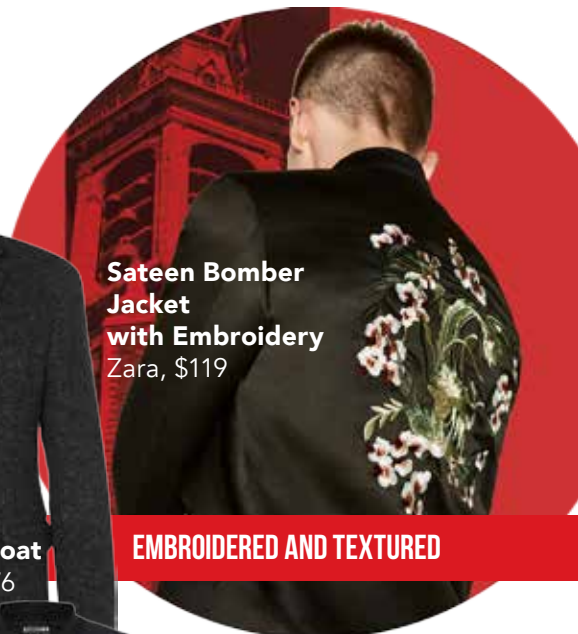
Cotton-Velvet Bomber Jacket

A.P.C. Louis W , \$791.99



Sateen Bomber Jacket with Embroidery

Zara, \$119



Bouclé Overcoat

Helbers, \$2,676



EMBROIDERED AND TEXTURED

Take luxe to the max with this baroque-inspired trend. The more texture and adornments, the merrier!

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Frame, \$450.99



Religion Black Embroidered Bomber Jacket

Topman, \$119



Appliquéd Wool and Mohair-Blend Souvenir Jacket

Gucci, \$2,867.99



Cropped Shearling Aviator Jacket

Vetements , \$6,014



Water Resistant Bomber Jacket

Alpha Industries \$247



Aviator Jacket

H&M, \$59.99



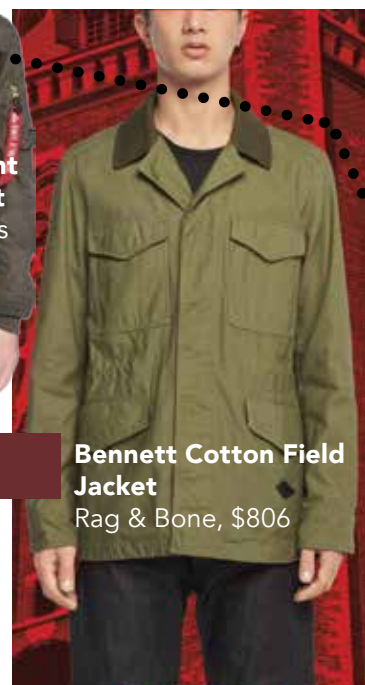
Taking cues from the runways, we've uncovered the top looks in outerwear for this season. We've found that the looks are either looking to the past (from adorned coats that would make even Louis XIV swoon to pilot jackets that will make you look fly) or gazing into the future (metallics galore!).

MILITARY AND FLIGHT JACKETS

Give your cold weather uniform an upgrade with these pilot and military-inspired jackets.

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Zara, \$119



Collared Puffer Jacket
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METALLIC/PUFFER

The puffer coat brings warmth and practicality (hello, water-proof!) and the metallic hues bring excitement.



Jeanbart Quilted Shell Hooded Down Jacket
Moncler, \$1505.99



Ballistic Down Bomber Jacket
Moose Knuckles, \$799



Checked Jacket
Zara, \$129



Checked Twill Coat
Raf Simons, \$2,835.99



Star Appliqué Leather Moto Jacket
Givenchy, \$7,414



Snake Print Corduroy Jacket
Saint Laurent, \$1,545



Camel Del Boy Jacket
Topman, \$179



Double Breasted Shearling Coat
Richard James, \$5,162

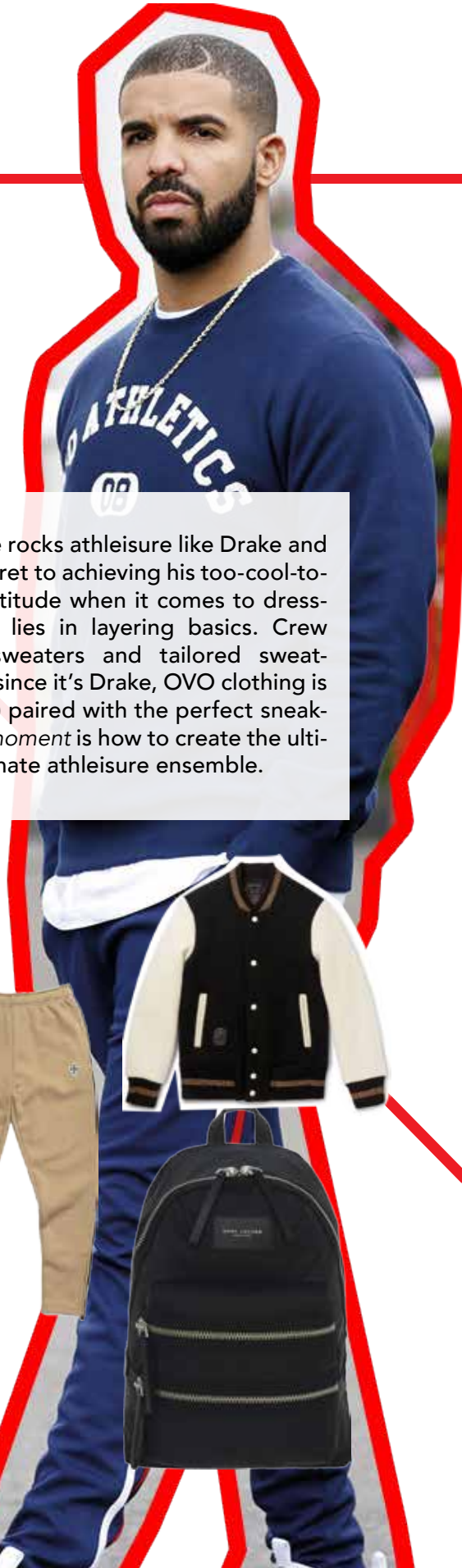
These Western inspired coats are appearing on runways everywhere and the quintessentially fall print, plaid, has made a chic comeback.

PLAID/WESTERN

STREET STYLE FROM THE



No one rocks athleisure like Drake and the secret to achieving his too-cool-to-care attitude when it comes to dressing up lies in layering basics. Crew neck sweaters and tailored sweat-pants (since it's Drake, OVO clothing is a must) paired with the perfect sneaker *du moment* is how to create the ultimate athleisure ensemble.



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- **H&M** Bomber Jacket \$39.99 • **Saint Laurent** Chain Necklace \$685 • **Adidas** Shoes \$180
- **Adidas** Tee \$35 • **H&M** Biker Joggers \$34.99 • **H&M** Mesh Cap \$14.99 • **TOPMAN** Sneakers \$149 • **Calvin Klein Jeans** Sweater \$89 • **OVO** Sweatpant \$118 • **Marc Jacobs** Varsity Jacket \$1,371 • **Marc Jacobs** Backpack \$265

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- Clarins Men Exfoliating Cleanser \$32
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- Kings Crown Contemporary Razor \$150
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LATHER.....

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- Clarins Men Shave Ease Oil \$34
- Kings Crown Deer Horn Shaving Brush \$190
- Clinique Aloe Shave Gel \$22
- L'Occitane Shaving Soap \$16
- L'Occitane Cade Shaving Oil \$24

HYDRATE.....

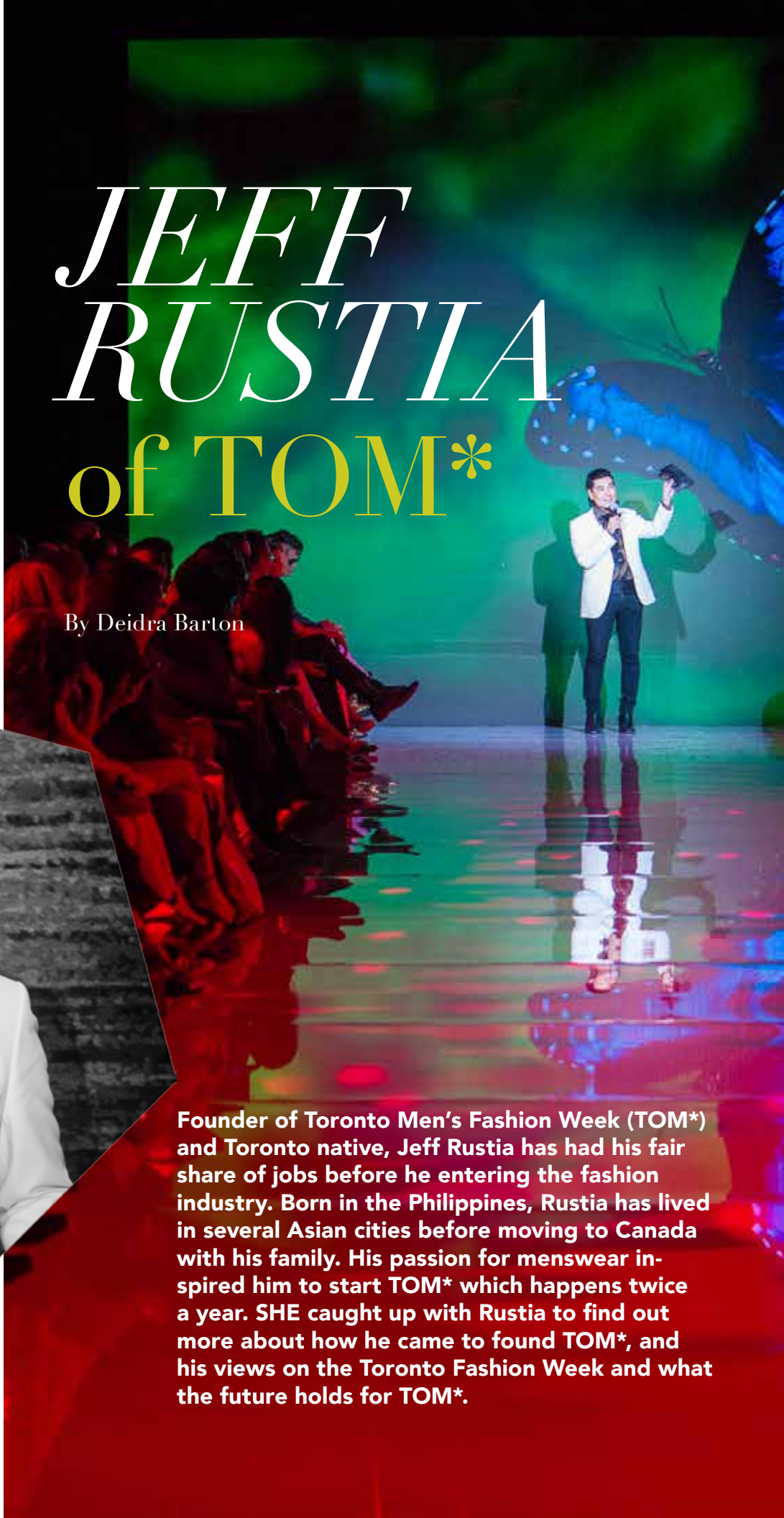
Finish off the process by hydrating and nourishing your fresh face for the best results.



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JEFF RUSTIA of TOM*

By Deidra Barton



Founder of Toronto Men's Fashion Week (TOM*) and Toronto native, Jeff Rustia has had his fair share of jobs before he entering the fashion industry. Born in the Philippines, Rustia has lived in several Asian cities before moving to Canada with his family. His passion for menswear inspired him to start TOM* which happens twice a year. SHE caught up with Rustia to find out more about how he came to found TOM*, and his views on the Toronto Fashion Week and what the future holds for TOM*.



You started out as an English Teacher and then on went to T.V., Did you always know that you were going to end up in the fashion industry?

I've always been an avid fashion enthusiast ever since I was a young kid growing up in Toronto. My very first job after I graduated from U of T was teaching English in Japan. I think that's where I learned the core values of mentorship, not only being a teacher, but also a student of life. During my tenure there, I discovered the exciting world of Asian music television. Rock 'n' Roll and fashion have always gone hand in hand and so it wasn't surprising that I ended up leaning towards all the fashion-skewed video shows, including producing Asian Fashion Police. I think when you are passionate about something, the universe has a way of taking you exactly where you want to be. I have always loved fashion. So yes, I guess I always knew I would end up doing something in the fashion industry.

How did TOM* get started? Why did you decide to focus on menswear?

TOM* came out of a dream... a dream that Toronto was ready for its very own men-focused fashion week. Being a lover of Men's fashion, and seeing an obvious lack of representation of menswear in the Canadian fashion scene, I was deeply inspired to take that leap of faith and start TOM*. And, the timing was perfect. Toronto, like many fashion capitals, was going

through a Renaissance, joining other millennial men around the world in a cultural movement that promoted dressing sharp, looking good, and loving fashion because it was intrinsically linked to success.

How do you feel about the fashion industry in Toronto?

I love Toronto. And, I'm proud of our hometown. Without a doubt, we have a thriving and vibrant fashion industry. Paper Magazine dubbed us as Fashion's Next It City, and we certainly have all the makings to be recognized as one, from boasting the world's first fashion incubator TFI, to being home to a plethora of incredible fashion schools, the best world-renowned designers, models, stylists, and even fashion media. And of course, it goes without saying that any self-righteous fashion capital should have its very own men's fashion week, and TOM* is proud to be part of Toronto's fashion DNA.

TFW recently was shut down due to lack of funding, how do you feel about that? Do you think TFW will be back?

It is very sad that TFW was cancelled. But frankly, knowing how amazing our city is, it won't take long for another version of Toronto Fashion Week to be back on the scene.

Does TFW affect TOM* in any way especially now that it won't be here in the fall?

TOM*'s role has not changed since the cancellation of Toronto Fashion Week. In fact we are preparing for TOM* SS17 Collections to be held at the Mattamy Athletic Centre (formerly Maple Leaf Gardens).

Ed's note: TOM* SS17 took place from August 15- 23.

TOM* was always created and designed to be a complement to the other fashion platforms in the city. We have one focus – and that is to nurture, support and promote Canadian Men's Fashion.

In terms of the effects of the cancellation, we have had an outpour of requests from Canadian designers who design both women's and men's to participate at TOM*, and we've managed to squeeze a few of them in our TOM SS17 schedule.

How do you keep TOM* up and going twice a year?

I always say it takes a village to create an epic event like this, and for TOM*, it is truly the village of Toronto that has banded together through our staff, volunteers,

partners, sponsors and patrons that have made it the roaring success it is. Our teams at Toronto Men's Fashion Week has done tremendous work to bring TOM* to where it is today, and they are a big reason why we are able to keep TOM* up and going twice a year. I am proud of our executive team members and around 350 volunteers who participate every season, and passionately provide their skills and expertise. I am also proud of the winning culture that we've created for our team members whose experience has now reached a new level of education and mentorship. And of course, we believe in our partnerships. We work and partner with some of the world's leading brands like Samsung, American Crew (Revlon), Town Shoes and Lab Series for Men (Estée Lauder). And, as the men's scene continues to grow, we believe we will continue to attract big brands who are looking to marketing to men.

Where do you see TOM* going in the future?

We have already been dubbed the most influential and important platform for menswear in Canada. And to live up to that promise, we have launched the first men's fashion nights across the country, starting with TOM* in Montreal and TOM* in Calgary. We will be launching in Winnipeg and Vancouver next year. Our strategy is to continue our growth as a national brand and to help, nurture and promote the business of men's fashion in all of Canada.

What is your favourite TOM* memory?

My favorite TOM* memory is somewhat personal, in that I was truly touched and taken aback at last season's Mensfashion-4Hope, TOM*'s male celebrity charity fashion show, when they told me that the event had raised \$27,500 for the Kol Hope Fund at SickKids - a special fund named after my late son Kol which helps children with disabilities. I was very moved on many levels, firstly, by the fact that all of these male celebrities wholeheartedly walked the runway for charity for a boy they've never met and a charity that they just recently knew about. And secondly, that we were able to raise significant funds for a great cause, giving credence to the reality that my son's short life had great purpose. Thank you Kol for inspiring an entire city to help all the little Kols in the world. The cumulative total of Kol Hope Fund at Sick Kids is now \$135,000.

UNIQLO COMES TO TO

BY LINDSAY COOPER



Considering UNIQLO's dedicated Canadian following (built through their online shop), the quality of their products (like their \$50 cashmere and merino wool sweaters) and the years of building anticipation, the brand has a real chance to carve out a place in our retail sphere. Canadians have been waiting with baited breath since 2013 when CEO of the Hudson's Bay Company, Richard Baker, hinted at the possibility UNIQLO could be brought to Canada through the national department store. After that rumour lost momentum, it was speculated that Nordstrom and UNIQLO would break the Canadian market together, with UNIQLO hosting a small shop within Canadian Nordstrom locations.

While UNIQLO's attempts to collaborate with larger brands fell through (or were unfounded rumours to begin with), it seems to have been for the better. While those original plans suggested UNIQLO would occupy a few square feet to offer a limited range from their established catalogue of designs, UNIQLO's downtown location is 27,000 square feet spanning two floors. That's more than enough space to offer the brand's full arsenal of women's, men's, children's and baby wear. But if they fall short in any category, the 25,000 square foot location coming to Yorkdale late this month will surely make up for it.



And for those dedicated west coast fans of the brand, UNIQLO will be coming to the Metropolis at Metrotown in late 2016 or early 2017 and a possible Pacific Centre location is hinging on the success of the locations in progress.

“We are very excited to launch UNIQLO in Canada and introduce our LifeWear - innovative, high-quality clothing that is universal in design and comfort and made for everyone, everywhere - as well as our exceptional value and customer service to Canadian customers,” said Yasuhiro Hayashi, Chief Operating Officer of UNIQLO Canada.

“At UNIQLO, we constantly improve our products to be able to offer more warmth, more lightness and more comfort. Torontonians are known for celebrating individuality and continuous reinvention, and these qualities make Toronto the perfect place to open our first doors.”

In tandem with the store opening in the city, the #Uncommonthread campaign also launched in September, celebrating the differences, individuality and unique traits each person brings to the community. The selection available to Canadian customers will range from the core items in addition to the brand’s signature items like the Ultra Light Down, HeatTech and Cashmere. We can also shop our pick from designer collaborations with Inès de la Fressange and Carine Roitfeld.

If you just can’t wait for a location to open up near you, you’ll have to wait till early 2017 when the brand branches out into an ecommerce platform for Canada.



The

LUXURY WING

Has Landed

By Rowan Dalkin



Square

One has given us another reason to make a day trip to Mississauga's premier shopping centre. Since La Maison Simons, the noted 175-year-old Québécoise, made its exclusive arrival in Ontario this past March, Square One has solidified its presence within the world of Canadian fashion. With its newest installation, the addition of a new luxury

wing has fashion lovers rejoicing.

Square One teamed up with Canadian NHL-star Sean Avery and his supermodel wife Hilary Rhoda to produce a AW16 Fashion Music video inspired by the ideal couple and new stores. Avery and Rhoda embody the stylish aspirations of the wing itself and share their thoughts on Canadian fashion and working together for this video.

Holt Renfrew and Simons are big names in the Canadian fashion world, how important is it to support the Canadian fashion industry?

SA: I always try and go into Holts when I'm in Toronto and support Canadian business.

Sean, what does it mean to you to be Canadian and how do you stay connected to your Canadian roots?

SA: I try and stay connected by taking my best vacation of the year in Muskoka with Hilary and my parents and friends.

How does a video compare to more traditional fashion campaigns?

HR: Videos are a great way to capture the mood and vibe and personalities a little bit more than pictures can. And I think people enjoy seeing a different aspect in that way.

SA: All great fashion campaigns have a video element now... It's almost guaranteed in the industry now.

What is your favourite store at the moment and why?

HR: Outdoor Voices. It is active wear, and fitness is a big part of my life, and I just love the stuff they make to wear to the gym.

SA: My favourite store is Outlier. They are online only and their website is the only place you can buy the brand.

What looks are you most excited to see this fall?

HR: I am really excited to see lots of velvet trending this fall. It's so luxurious.

You two embody #RelationshipGoals, how has it been working together?

HR: We loved working together for this shoot! It was so much fun, especially since I am used to modelling by myself or with male models pretending to have chemistry, so shooting this with my husband I didn't have to try very hard.

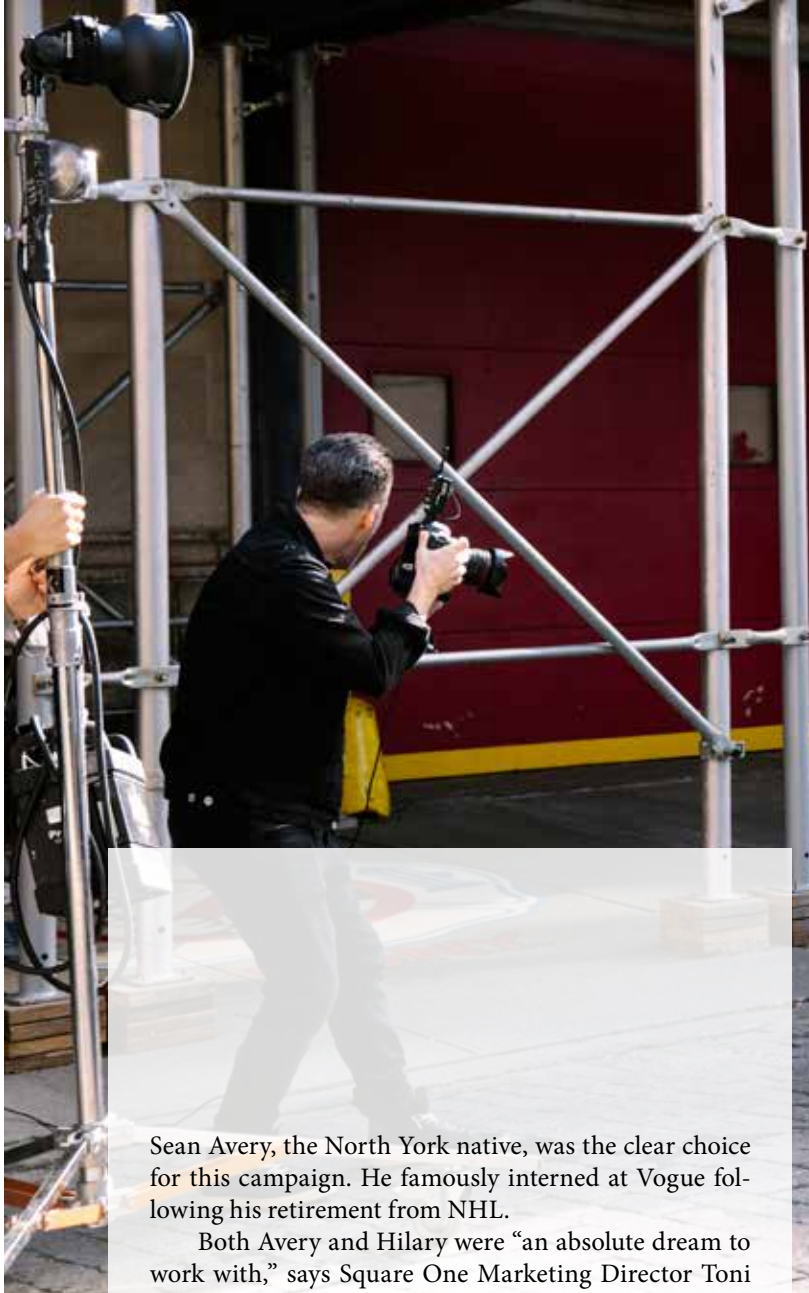
SA: Working with Hilary is easy. She is one of the most talented models in the world and my wife.

How would you describe the other's style?

HR: Sean's style is just so COOL. He really is the best-dressed man in the room anywhere we go.

SA: Hilary's style is as All-American as apple pie.





Sean Avery, the North York native, was the clear choice for this campaign. He famously interned at Vogue following his retirement from NHL.

Both Avery and Hilary were “an absolute dream to work with,” says Square One Marketing Director Toni Holley, “their energy was electric”. This was evident throughout the campaign video.

The video, shot by Sophie Elgort, features the musical talents of Caroline Vreeland adding a sultry note to the iconic Sonny and Cher song “I’ve Got You Babe”. Babe is right, as the looks sported by the couple are all absolutely stunning and all the looks can be bought at Square One.

The expansion, adding 200,000 square feet of retail space, is the result of \$480 million and four years. It welcomes names like Harry Rosen, Kate Spade New York, Ben Sherman, Stuart Weitzman, Club Monaco, Michael Kors, Alex & Ani, and most recently, Holt Renfrew and Salvatore Ferragamo. From the music to the stars, the AW16 fashion music video evokes feelings of excitement, anticipation, and above all else, luxury.



SQUARE**ONE**

Sean Avery and Hilary Rhoda, as photographed by Scott Lipps



OLXFLORID
MANAGED WITH PRIDE

DESTINATION OF HIGH STYLE.

HOLT RENFREW

Salvatore Ferragamo

HARRY ROSEN

 **simons**

shopSQUAREONE.com | @shopSQUAREONE

ANTI-AGEING SECRETS:



HOW TO LIVE LONGER?

Many doctors now believe sugar and not cholesterol determines how long we live. High sugar and insulin are primarily responsible for the silent inflammation of the lining of more than 50000 miles of blood vessels in human body; this is a start of a process which ends in heart disease and heart attack.

DR ZUBAIR MIRZA

The fountain of youth may be elusive, but there's plenty you can do to give your longevity a boost. For those following the anti-ageing lifestyle, life expectancy is increasing by three months per year. People utilising the anti-ageing tenets for health are seeing a life expectancy of 94, and that rate is growing. Just as some doctors predicted 25 years ago, medicine is now at last finally transforming from the treatment of illness and disease into preventive measures and the extension of the human lifespan. The anti ageing medical scientists say by 2050 humans would live to the age of 125 years. For those not following the anti ageing lifestyle, the situation is much different. The life expectancy is going down. There are deaths in young and middle age due to diseases which are preventable.

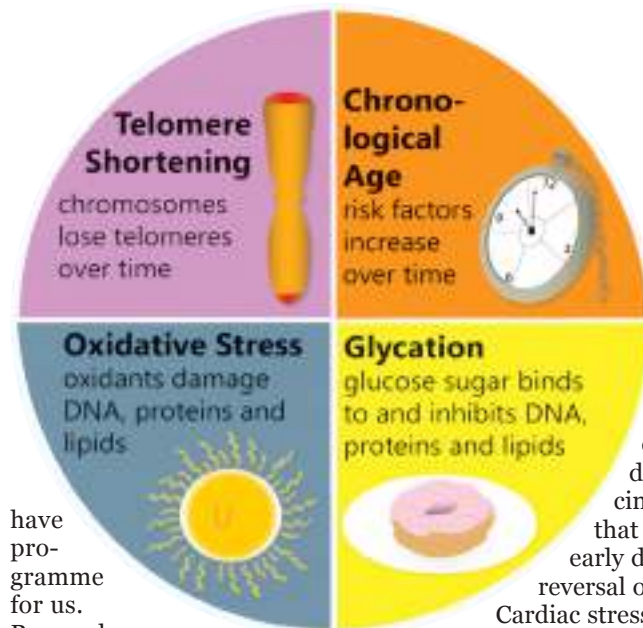
Cardio-metabolic disease is the leading cause of death in the modern world and causes heart disease, stroke, hypertension, obesity, diabetes, metabolic syndrome. One in three children born today will have diabetes and children born after 2000 will have, for the first time in human history a shorter life span than their parents. Medical scientists have been working hard to find out the reason for this and have come up with strong clues and for that they looked back into human history for their dietary habits. Before the advent of agriculture (which was around 7000 years ago in the Nile valley) our human ancestors were tall, slender, strong, fast and powerful. They had aligned teeth with no signs of decay, bone density that we can only marvel at and no signs of diseases that affect the modern man. Study of

Anthropology tells us early man lived surprisingly long-70 years and that too without antibiotics or modern medical technology.

We have inherited those same genes, the genes for perfect teeth, dense bones, slenderness and strength, but most of us do not reap the reward of those genes passed on to us from our pre-agricultural ancestors because we don't follow the same diet. So we gave up our birthright of health and beauty for a modern diet bereft of most of the healthful elements common to the diets of our forebearers. Our modern diet with a lot of added junk was never available in the millennia over which our genome was developed.

By returning to a more natural diet we can provide the nourishment of our bodies needs to return to the state of health our ancient genes

SOME FACTORS IN AGING



have programme for us.

Research over the past few decades has shown that sugar and insulin, not cholesterol is the real problem. The link between carbohydrates and chronic disease was obscured over the years because an insufficient distinction was made between carbohydrate loads in their natural state and unnatural refined carbohydrates placing sugar and white flour in the same category as raw vegetables, fruits and whole grains. In fact, refining of carbohydrates represents the most dramatic change in human nutrition since the introduction of agriculture.

Many young adults are now dying of heart disease, all this from a food borne epidemic- a result of modern western style diet.

Diabetes has doubled in the last two decades. Obesity is now a global problem and a new word 'Globesity' has been coined for this.

Cardio-metabolic disease causes heart disease, stroke, high blood pressure, obesity, diabetes, metabolic syndrome, Alzheimer's and many other chronic diseases. Having identified the problem what can or should be done Cardio-metabolic disease can be halted and reversed with proper diet and your health and wellbeing can be restored in a short time.

Many doctors now believe sugar and not cholesterol determines how long we live. High sugar and insulin are primarily responsible for the silent inflammation of the lining of more than 50000

miles of blood vessels in human body, this is a start of a process which ends in heart disease and heart attack.

If we destroy the lining of blood vessels with the wrong kind of diet we develop disease, if we restore the lining we vanquish our disease. If this is done properly many angioplasties can be prevented.

Most of us doctors are compensated for exactly the wrong things, diagnosing and treating disease rather than ward off disease. Anti ageing medicine is a field of medicine that is aimed at prevention, early detection, treatment and reversal of disease.

Cardiac stress test is not a very sensitive test, as it takes at least 70% blockage of one of your coronary arteries to fail a stress test, and in a large number of heart attacks the blockage may be less than 70%. A much better test is the calcium score by doing a low dose heart scan, this predicts better the chances of a future heart attack.

Fat and protein produce little insulin response. The tremendous increase in carbohydrates consumption especially those with high fructose corn syrup (HFCS) produces a large increase in insulin and are the primary cause of cardio-metabolic disease and ageing.

Other factors involved in silent inflammation leading to cardio-metabolic disease are:

- Insulin resistance due primarily to intake of high carbs foods on a continuous basis
- Oxidative stress due to free radicals
- Leaky gut syndrome causes inflammation throughout the body
- Glycation. Linking of sugar with protein molecules causing a damaging process in the body. Fructose is many times more likely to cause this than glucose. To prevent this avoidance of high glycemic foods especially high fructose food is advised.

Having identified the problem the question arises how to prevent, treat and reverse the process.

The main focus is on DIET, the major cause of the cardio-metabolic disease is the change that has occurred in our sup-

THE ADVICE ABOUT DIET IS TO EAT MAINLY FROM THE FOLLOWING:

- FISH, ORGANIC POULTRY, LEAN MEAT, VEGETABLES, FRUITS (NON TROPICAL), NUTS, EGGS (ORGANIC)
- SEEDS (FLAXSEED, PUMPKIN SEEDS). BE CAREFUL WITH GRAINS AND STAY AWAY FROM REFINED GRAINS ALTOGETHER.
- ALSO BE CAREFUL WITH VEGETABLE OILS, HYDROGENATED FATS, (TRANSFATS) AND PROCESSED FOODS. BEST OILS ARE OLIVE OIL FOR SALADS AND COCONUT OIL OR GHEE (FROM GRASS FED DAIRY) FOR HIGH TEMPERATURE COOKING.
- TAKE SUPPLEMENTS OF VITAMINS, MINERALS AND OMEGA 3 CAPSULES. ALSO TAKE FOODS HIGH IN ANTIOXIDANTS OR TAKE ANTIOXIDANT CAPSULES.
- GET YOUR HORMONE LEVELS CHECKED AND DO REGULAR EXERCISE

LAST PIECE OF ADVICE IS TO FOLLOW THE ANTI AGEING MEDICINE PRACTICES TO PREVENT CHRONIC DISEASES AND INCREASE THE LIFESPAN OF YOU AND YOUR FAMILY.

ply chain over the past 50 years. Fish, poultry, lean meat, nuts, fruits and vegetables are part of a menu that is in harmony with our genetic makeup which has not changed for millennia. Our ancestors ate primarily from two food groups – meat and fish and vegetables and fruits. Grains appeared only 7000 years ago and dairy products 5000 years ago. The refining of grains and farming practices have resulted in the western diet together with addition of high fructose corn syrup. Some other factors are toxins, lack of exercise, genetic factors and falling hormone levels.


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The mini me Movement


Let's admit this one fact: while cutesy pink and blue outfits are nice, there is a limit to how many looks you can create with them. For as long as the wee ones are swaddled in their blankets, the cute outfits will do. However once they can toddle and then skip, hop and run around the place and you have to keep up with them, why not up the style ante as you do? Shopping for little ones in your lives got so much more exciting ever since trends and styles that are popular on the street started showing up in the children's section as well. From two-toned denim to bad-ass bomber jackets and hiking boots that mean business, twinning is infinitely more fun now. That said, let's not discount cutesy outfits altogether. Sometimes, specially as October ends, snug pj's in the Halloween spirit should be a must-have. We're certain a version of them can be found in the adults department as well.




**Patch Girlfriend
Jeans**
Gap, \$54.99



**Sweatshirt
Tunic**
Gap, \$39.99




**Sparkle High
Top Sneakers**
Joe Fresh, \$22



**Embroidered
Jeans**
Zara, \$39.99



Sueded Boots
Joe Fresh, \$32



**Denim One
Piece**
Joe Fresh, \$22



Long-Sleeve Tee
Gap, \$22.99

Girl

Cotton PJs
Carter's, \$59.99

Boy

Bomber Jacket
Zara
\$49.99

Cashmere Cardigan
Zara, \$59.99

Slim-Fit Jeans
Mango, \$49.99

Dino Rain Slicker
Carter's, \$32

Boys Original Kanga Hoody
Roots, \$46

Toddler

Butterfly Halloween Costume
Carter's, \$22

Little Panda Halloween Costume
Carter's, \$22



DON'T BE TRICKED BY TREATS THIS HALLOWEEN

By Sidra Sheikh



It was and still is probably every child's favourite time of the year. A time when their sweet dreams are literally coming true, but recently it seems those dreams are becoming nightmares for parents. Halloween is just around the corner and while kids are busy choosing costumes and anticipating how many treats they will be able to collect, most parents are worried about how to make sure the holiday is a safe one especially after last year's incidents. For those who are not aware of last year's Halloween incidents, many parents across Canada found push pins and razor blades inside treats their children collected. We at SHE understand what a tough position this puts parents in not wanting to keep their kids from participating in the festivities, but wanting them to do so safely. Here's our quick guide for a safer Halloween.

1. GO TRICK-OR-TREATING WITH YOUR CHILDREN
2. TRY TO STICK TO FAMILIAR NEIGHBOURHOODS
3. NEVER LET YOUR CHILDREN EAT ANYTHING UNTIL EVERYONE'S HOME
4. CHECK ALL THE TREATS COLLECTED AND MAKE SURE NONE OF THE PACKAGING HAS BEEN TAMPERED WITH
5. FOR YOUNGER CHILDREN OPEN THE TREATS FOR THEM AND INSPECT CAREFULLY BEFORE LETTING THEM EAT ANYTHING



SHE *EXCLUSIVE*

Author **CHIVVIS MOORE** in the **MIDDLE EAST**

By Priya Kumar

Chivvis Moore has lived an extraordinary life. She can trace her roots back to the Irish uprising of 1916, when famine and oppression took hold of her family's narrative. She herself was born in St. Louis, Missouri and as a child, spent three years in Brazil, walking to school in the shadows of the impoverished *favelas* outside of Rio de Janeiro. Before her journey to the Arab World, Moore earned a BA from Harvard University and worked as a journalist with *The Courier-Journal* in Louisville, Kentucky, and the *Daily Review* in the San Francisco Bay Area. She has also earned her living as a carpenter and general building contractor, an editor and researcher, and a teacher of English for Academic Purposes.

In the days that followed the horrific mass-shooting at Pulse nightclub in Orlando Florida, I caught up with Moore. Through recollecting her past she aims to debunk American spun myths about the Arab world. Her experiences living

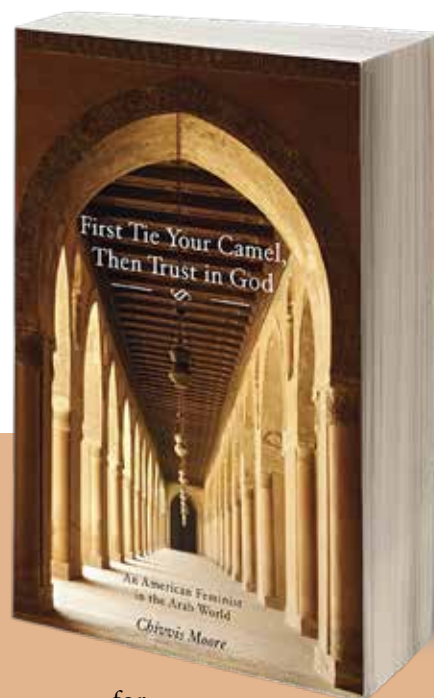
as a lesbian in the Middle East are important for Americans to hear especially considering the vitriolic political climate in the lead-up to the next presidential election.

What led you to move to the Middle East and where are you settled now?

I originally went to the Middle East, in 1978, because I read a book. The book *Architecture for the Poor*, is written by an Egyptian architect named Hassan Fathy. The cover of the paperback showed a series of rounded arches, looking as if they had been molded and smoothed by hand, stretching further than you could see, in stunning shadows of black and white. Down the side of some great enclosure, light streaming in from outside, walked a man, clad in a long, straight robe, his hands clasped behind his back. That photograph gave me my first glimpse into a world that was to influence the direction of my life from that day on.

That world was the world of Arabs and Islam, which, given the way the region has historically been perceived by the West, might seem an unlikely choice

Chivvis Moore is the author of First Tie Your Camel, Then Trust in God. She has lived in the Middle East for 17 years, working in Egypt, Syria, and Israel, before teaching at Birzeit University in the West Bank. Moore took some time to chat with SHE about her experiences around the world and the misconceptions she hopes to reframe for those at home.



for a 1970s feminist tradeswoman.

How did you become culturally acclimated to Middle Eastern culture?

For reasons I don't fully understand, I was instantly drawn by the sights and sounds, Islamic architecture, hand-made objects, and above all the people, of the Arab world from my first days in Cairo. From the moment I stepped off the boat in Alexandria, people helped me find my way. Perceiving that I was adrift, men, women and children took me by the hand and, with the bits of English we shared – mostly a place name offered by me – led me wherever I needed to show. I had never experienced anything like it – people not only sensitive, but with the willingness to take the time and trouble

"I originally went to the Middle East, in 1978, because I read a book."

to help me get from place to place, to explain to me that I needed to go to the government office within three days of my arrival, buying me coffee and tea in little restaurants on long jaunts across the city. How many of us in this country would act that way? This was Egypt, in 1978.

Gestures I had thought I might need to make, including wearing long dresses (I wore long pants), and covering my hair, I was never asked to make. I was accepted as that anomaly, "American guest," and therefore able to be alone with men who were not family, and able to make my way about without having a family member know where I was, unlike the daughters – and the sons, too – of most Egyptians at the time.

How would you explain to an angry American that the events in Orlando, especially given the way they targeted the gay population, are not a result of Middle Eastern culture, but of mental instability (or even lack of gun control)? I appreciate this question, for it is at the heart of the tragic manifestation of anti-Arab and anti-Muslim sentiment we are seeing today in the United States.

I am familiar with only one country with a culture of violence, and that is my own.

On the radio this afternoon, a young man from a *favela*, an impoverished, notoriously violent area on the hills outside Rio de Janeiro, Brazil, referring to the shootings in Orlando, expressed sympathy for Americans, "because you live in such a violent country."

Why would he say that?

There is just one country on the planet known for its random mass killings, and that is the United States of America. Today, 167 days into 2016, we've had 133 mass shootings, including the most recent in Orlando. A number of the killings were with the AR-15, the semi-automatic military-style assault rifle some now call "the mass murderer's best friend." There have been 142 shootings in schools in the US since 26 people were killed at Sandy Hook Elementary School in Newtown, Connecticut in December 2012.

But we are deceived in our thinking

because in US media and in the speech of politicians and political commentators, murderers don't have a race when they're white. When murderers are white, they don't have a religion, either, nor are they are called terrorists. Yet most of the mass murderers the US has seen are white men born and raised in the Christian heartland.

Last year, US Special Operations forces deployed to 135 nations. On a daily basis, US "elite" troops carry out operations in 80 to 90 countries, on every continent except Antarctica. Just since 1980, the US has invaded, occupied or bombed 14 Muslim countries. None of these countries has attacked the United States. (Osama bin Laden and Al Qaeda were an individual and members of a group, but we bombed a country anyway.) Ours is the only country so far to have used the atom bomb. Can any other country compete with this violence? Nearly 23% of women are raped during their years in college. And the list goes on.

There are 1.7 billion Muslims in the world. That's 23% – almost one quarter – of the world's total population. How can it make any sense to blame the actions of some dozens of individuals on the religion or Arab culture? Even if you estimate that there are 30,000 to 40,000 members of ISIS (according to ISIS and the CIA); still the percentage of the total Muslim population is miniscule. Every Muslim I know or have talked to or whose writing I have read, says that ISIS and those who kill in its name are not Muslims, that whatever they represent, it is not the religion these followers of Islam know as religion by that name. Neither ISIS nor ISIS copycats are representative of any of the values I saw lived out in 16 years' living in Arab countries, including Egypt, Syria and Palestine.

Human beings have a hard time with difference. When in trouble, we select what is different to blame. The Western



world has pointed the finger at Muslims for centuries. This is but a manifestation of an old tired theme.

By the way, what happened to the "peace dividend" that Americans were to have to spend when the USSR collapsed and could not longer be counted an enemy? What a coincidence: we've found a new enemy.

What are your thoughts on Trump's proposal to ban Muslims from entering the US?

In my opinion, it is pure bigoted hate mongering, in order to create an "other" to gain votes and unite against, a definite appeal to the lowest common denominator in our value system. It is tragic, and it is sad; and it would be a great mistake if this were to happen. Our country is made rich and strong by our diversity; I often find much of our humour and gentleness and humanity come to us from other cultures. Not to have Muslims coming into the country would make us poorer indeed.

What led you to write the book?

To offer US citizens a view of Arab Muslim culture very different from the view put forth by the US media and US political figures; and to help US citizens understand what their tax dollars are doing by enabling Israel to continue its military occupation of Palestinian lands.

SHE CARES

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

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

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



COLLECTING DONATIONS FOR OUR SISTERS

Canned foods, blankets, clothing, shoes are all accepted

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

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

SHE CANADA

SHE CARES & SISTERS 'R' US

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

founded by FATIMA, AMNA & SHAKIRA ZAIDI



SHE *EXCLUSIVE*

INSIDE SYRIA

Not many had realized the full scope of the devastation and destruction wrought by the war in Syria and why people were willing to risk death. That was until Aylan Al Kurdi's corpse washed ashore on a Turkish beach was flashed across world media. That was September. Just a year later, Omran Daqneesh, a five-year-old boy became the face of Syrian struggling as he sat injured and in shock after being rescued from the rubble post air strike.

The war in Syria has been raging since 2011, and has become a multi-party struggle for control and power. The amount of human suffering and casualties it has brought about is unparalleled in modern history. Sayyida Zainab Charity is one of the braver organizations working in the war-beleaguered areas for humanitarian relief. Editor Kamran Zaidi recently spoke to Qassim Assady to know what the actual ground realities are in the country. This is a perspective you won't find reported by the mainstream media.



Please tell us about your volunteer work to help displaced Syrians within the country? Which part of Syria?

At the outset of the conflicts and barrage of continued carnage, one is in a diaspora, feeling overwhelmed and helpless! Yet I found myself passionate to work in my humble capacity in a small charity that I founded in Syria in 2007, when I was working as a teacher and coordinator in an NGO charitable organization, the World Federation of KSIMC institute from 2007 until the end of 2011. I had participated in their Ramadan reliefs and observed the various needs and recognized needy families who were put through enormous challenges. I initiated by doing a survey of people who needed immediate help and I collated names of all those who were in poor deprived areas and finalized a list. Due to unforeseen circumstances the WF Institute closed down and the office administration staff left because of the political climate.

I was given the opportunity to serve so I stayed behind for one more year to volunteer in relief work as the needs grew bigger.

It is heartbreaking to admit that I have witnessed first-hand all forms of carnage and desperate conditions of the masses. The people fled from a barrage of attacks and killings so much so that streets were filled with homeless sleeping in the streets of our Noble Lady Sayyida Zainab area within its parameters under siege by terrorism.

During the first week of the crisis in the area, on the 1st of Ramadan 2012, the attacks began against the areas of Sayyida Zainab and I began to send reports to human rights organizations, and to Shias globally, to report the threats of a massacre of the displaced Shia population there.

One of the centers and Jammats of one of my students in northern America were the first to come for rescue and relieve the area. During the first week under the clashes and shelling, I went to Damascus to receive funds to start distributing and accommodating families there. I found myself the only one hiring a taxi on the street. This continued for a year until I travelled to my country for two weeks to check on my family and found my house ransacked, completely destroyed and occupied. Mortified as I

was, I also lost my work for one year and finished all my life hard-earned savings. I had to travel back to the city of Qum, meanwhile I kept in touch with the area as I had my volunteer team and students in Syria.

I used to travel every three months to stay there after it had resumed again and I began new relief work.

Please tell us about yourself, you mentioned your family was also displaced.

Like I mentioned before, we have been displaced since we lost our house and our properties, and found no other way to stay there as residents. My family was evacuated due to armed clashes six months prior to myself, after we were attacked by neighboring area of the non-Shias. My mother and I had stayed on for relief work until we lost our places and resources. Hence we felt desperate to seek refuge in an Islamic country but I kept in touch and travelled every three months to manage my small charity there, whereby my humble team there would do their voluntary tasks everyday besides earning their meager livelihood.

Is it difficult to travel between Iran and Syria with humanitarian relief?

I don't think it is difficult, but it does require prior arrangements. People who have only short time visa to Syria are recommended to travel from Beirut to Damascus via air or car. It can be daunting and tedious to attain a visa for those who would like to serve as humanitarian aid from the west, but a sponsored invitation may be arranged with a Syrian official to visit without a visa.

Does the western media portray a true image of what's really happening in Syria?

To be honest, I worked two years in Syria to portray a true image in Syria to the world human rights organizations and to few space channels and media/newspapers. It is indeed heartbreaking to know that most of the world doesn't have a true image of the real atrocities as media puts their own spin on events and it is watered down and hence distorted.

According to my humble experiences, the *Independent* (in the UK) has done a fantastic job in coverage and especially

at the beginning of the crisis ongoing, had predicted, and expected more terroristic activities shaping up in Syria.

The ARD space channel in Germany had also very precise reports and films about terrorism in Syria. Perhaps there are some other objective western media.

Based on your religious background, do you believe this a sectarian war between Sunnis and Shias?

Yes, I think so. It was right since its inception according to my evidence when I was living there.

We were living in harmony with Sunnis and non-Muslims, and the governments was giving the majority Sunnis more advantages than the minority Shia themselves.

All mosques in Sayyida Zainab were Sunnis except the holy shrine of Sayyida Zainab which itself has a Sunni masjid attached to it. All those mosques were fully orchestrated and funded by the Saudi and Qatar. When the crisis began and until it arrived to the Sunnis surrounding our area, most of Sunnis joined protests. They asked all Shia in their areas to join them and began a revolution. Most of Shia were non-Syrian and some of them were refugees from Afghanistan, Iraq, Yemen, Saudis, etc., and had no interest in politics while the Syrian Shia are very minority and are very fearful of their lives and properties if the extremist Sunnis may take the power.

In the beginning of the blessed month of Ramadan in 2012, all mosques began to call for jihad against Shia in particular, assuming that Shia may support Al-Asad government. The protestors began to burn all houses of the Shia in areas which had a Sunni majority. Some Shias were kidnapped or killed. I had posted some videos and evidences about the people I know from my community who had been killed or kidnapped.

Please tell us in your words, what the situation is like for the Syrian people that are still residing in Syria?

It is indeed not something that you would want to know. It is absolutely traumatizing and under heavy occupation. It's total hopelessness and living in disarray! Assuming that for a resident person in Syria to be independent without affiliation to either the authority or the oppo-

sition groups. The people who are under the extremist opposition groups have to submit and demonstrate their loyalty to them. Except that some areas are very organized to reject extremist groups, while according to my observation in the areas under the governments, that people are not obliged to support the government and can be neutral.

Until now, the Sunnis live peacefully in the Sayyida Zainab area which has Shia majority and armed local forces. The call for prayer is done in Sunni ways. A number of Sunni people who co-exist with Shia now take part in defending the area while others are engaged in general jobs. However, most of the Shia men if not all joined allied armed groups to survive and to fight. The same may happen with areas under Sunnis and Kurds. Ordinary people need to join armed groups to survive and/or not to be accused and sentenced.

What role is Iran playing to help Syrians?

Iran played a major role in Syria right from the beginning. The first charity, which helped displaced people, was Emdad charity. It is under the Syrians but most if not all of its funds come from Iran. They provided free accommodation to displaced but not for all. They also were paying them regular reliefs and money, but now they only distribute to families who have martyrs in the war and to aged people. There is also Al Shahid organization which gives to martyrs' families. The maximum income given monthly in this case may reach only \$100USD a month.

While other displaced families may survive on \$20-50USD a month which is amounts to nothing, considering inflation of prices there. Some prices like rice, sugar, meat and all other imported stuff have international prices. Some Iraqis also support these efforts as well as offices of high level scholarly representatives (mostly from Sayyid Ali Seestani and Al Hakim) may contribute some relief from time to time. However, the situation here is out of control and there are people who starve under real threats and nobody is able to save them and to provide enough help.

If people want to help what can they do?

They can provide urgent relief direct to needy people or via their agents or repre-

sentatives who can recognize the real and urgent needs of people. Some people may take relief but they don't need it, which may have a negative effect on other very needy people. Scholars' offices representatives like Seestani's and Hakim's for instance can't investigate thoroughly so they give small amounts of reliefs for all. It would more beneficial if someone may do a survey and investigate each family's monthly income so that they can save many cases in the most pragmatic ways.

I have a team in the Sayyida Zainab area to verify monthly income for the people we have on our lists and I also two main volunteers on ground who I trust and am confident with their aid works in the northern two towns under siege (Fo'aa and Kafarya) to recognize the monthly income for families who claim to be in dire need.

People also can help with urgent medical needs and surgeries. People are because they cannot afford to pay for medical treatments and medications. Sponsoring orphans, the elderly and ill people is also an urgent requirement.

Living in such harsh, deathlike conditions, it is rather sad to mention that there are no work opportunities and no basic source of income. The future looks grim until each and every conscious soul takes responsibility in saving the displaced and deprived.

Do you know of relief organizations that are helping and able to get relief to the areas that need it most?

Yes, I am aware of a few of them but I don't know their procedures and their policies and whether they report in details to donors or not. In the past, I dealt with a charity called 'Rahmat' and tried them with little amount but they didn't give any reports and I had to stop!

I am aware of smaller charities run by independent bodies, and in addition to Shia representatives scholars' offices. Again, I am not aware of their administration and how the aid work is supporting the deprived. If somebody may need to know in details then I have to check and give the details about relief organizations.

Our humble charity is small and doesn't have enough volunteers and therefore incapacitated to help and reach out. We strive as much as we can in our

time to document and report for the donors and note down details about the ongoing aid works activities, information and contacts of the people who we reach out. We also maintain data protection and confidentiality since we have each person's individual photo identification among other personal information.

It is a very humbling experience and it is my ardent desire to see this war torn country get back to its normal state of living as human beings through the lenses of fairness, cohesion and peace. It is my dream to see the children wake up in the morning hearing the sounds of birds instead of rockets and bombings! I pray for this day to arrive and Syria once again becomes the place where refugees and displaced people from surrounding countries seek safe refuge like before and can survive easily.



Ordinary creams
last only for a
few hours



ORDINARY
CREAMS



VASELINE

Vaseline gives
moisture +
nourishment for
24 hours



*cream without glycerine

keeping skin amazing since 1870

JWT



RECIPES of the *SEASON*

GRILLED SHRIMP WITH WHITE BASMATI RICE AND TOMATO GARLIC SAUCE



Chef William el Dbaiassy

- 1. Prepare Shrimp Marinade:**
Whisk 2 tablespoons extra-virgin olive oil, 1 tablespoon minced fresh garlic, 1 tablespoon fresh coriander, 1 teaspoon salt, 1 teaspoon crushed red pepper and ½ cup fresh lemon juice in a bowl. Add 2 lbs. of shrimp and toss. Chill for two hours.

- 2. Prepare Rice:**
Boil a litre of water in a pot with 2 tablespoons vegetable oil, 1/2 teaspoon salt, 1 cinnamon stick. Add 500 gms of pre-washed white basmati rice. Cover and cook on low heat for 15 minutes then remove from stove. Keep it covered for 10 minutes before serving.

- 3. Sauce:**
Heat olive oil in a large pot over medium heat. Add onions, fresh coriander, garlic, red bell pepper, salt and cook for 10 minutes, stirring often, until the onions are soft and translucent. Add in tomatoes and stir constantly until the sauce begins to boil. Simmer on low heat for an hour, stirring frequently to prevent the sauce from burning.

- 4. Grill Shrimps:**
Pre-heat grill to medium-high. Thread four shrimps onto skewers. Grill until just opaque in center, about 2 minutes per side.

- 5. Serve:**
Mound rice on the side of large platter, add pickled turnip and pickles. Top with shrimp skewers. Garnish with fresh lemon slice and serve.



AISH EL SARAYA

Aish el Saraya is a mouth-watering Lebanese light dessert combining bread flavoured with caramel syrup covered with Ashta cream and ground pistachio.

Ingredients for Caramel Syrup:

1.5 cup of sugar
1 tablespoons of orange blossom
1 tablespoon of rose water
1 tablespoon of lemon juice
1.5 cups of water

Ingredients for Ashta

(Thickened Fresh Cream)
500 ml cooking fresh cream
150 grams of white sugar
500 ml of milk
2 tablespoons of rosewater
2 tablespoons of orange blossom water
1 cup all-purpose flour

Other Ingredients:

1 bag soft sliced bread
1 cup ground pistachios
1 cup fresh raspberry for garnish

Prepare Syrup:

Heat half cup of sugar in a saucepan and keep it until it caramelizes. Mix a cup of sugar with water and lemon juice and place over medium heat. Once the sugar has melted, mix orange blossom and rosewater into the syrup. Allow it to cool slightly.

Prepare Ashta

Combine milk, cream, flour and sugar in a heavy-bottomed saucepan and place over medium heat. Keep stirring the mixture until it turns thick and creamy. Add rosewater and orange blossom and transfer it to a flat tray, and let cool completely.

Prepare Aish Al Saraya

Toast and spread bread on a tray and pour caramel syrup over. Follow with another layer of bread and syrup, making sure all slices are well soaked.

Spread Ashta on top of soaked bread, sprinkle chopped pistachios on top and garnish it raspberry. Cover the tray with a cling wrap and place in the refrigerator to cool for a minimum of four hours.

GET WELL SOON!

Sore throat, fever, headache and that terrible cough that just won't go away — sounds familiar? When the leaves turn all the beautiful hues of russet before falling to the ground and temperatures start dropping we tend to think about autumn but that's not the only thing coming around. Flu season is here and we have all the supplies to keep you healthy or if you feel a little tickle in your throat, to see you through the sniffing times. Stock up, and stay warm!

Dial Citrus Hand Sanitizer \$5

Perfect to keep your hands germ-free when there is no soap and water available.



Vicks Humidifier \$40

Provides relief from dry air discomforts such as dried sinuses, coughs and congestion and emits a visible mist to let users see that it's working.



Halls Honey Lemon drops \$4

To soothe sore throats and help clear nasal passage.



Dial Himalayan Pink Salt & Water lily Antibacterial Hand Soap \$2

Prevent bacteria or virus from entering your body by washing your hands regularly.



Clorox Wipes \$4
Clorox Disinfecting Wipes let you clean and disinfect multiple surfaces in one easy step.



Lipton Chicken Noodle Soup \$1.99
Easy on the throat and supposed to cure the common cold.



Emergen—C Supplements \$10
Packed with all the nutrients and supplements you need that you lose during the flu.

Vicks VapoRub \$5
Use on chest and throat to get relief from a cough or soreness caused by the flu or the common cold.



Tylenol Cold and Flu \$6
Provides temporary relief of cold and flu symptoms such as headaches, aches and pains, sore throat and cough.



TOMS X

PRABAL GURUNG

By Priya Kumar

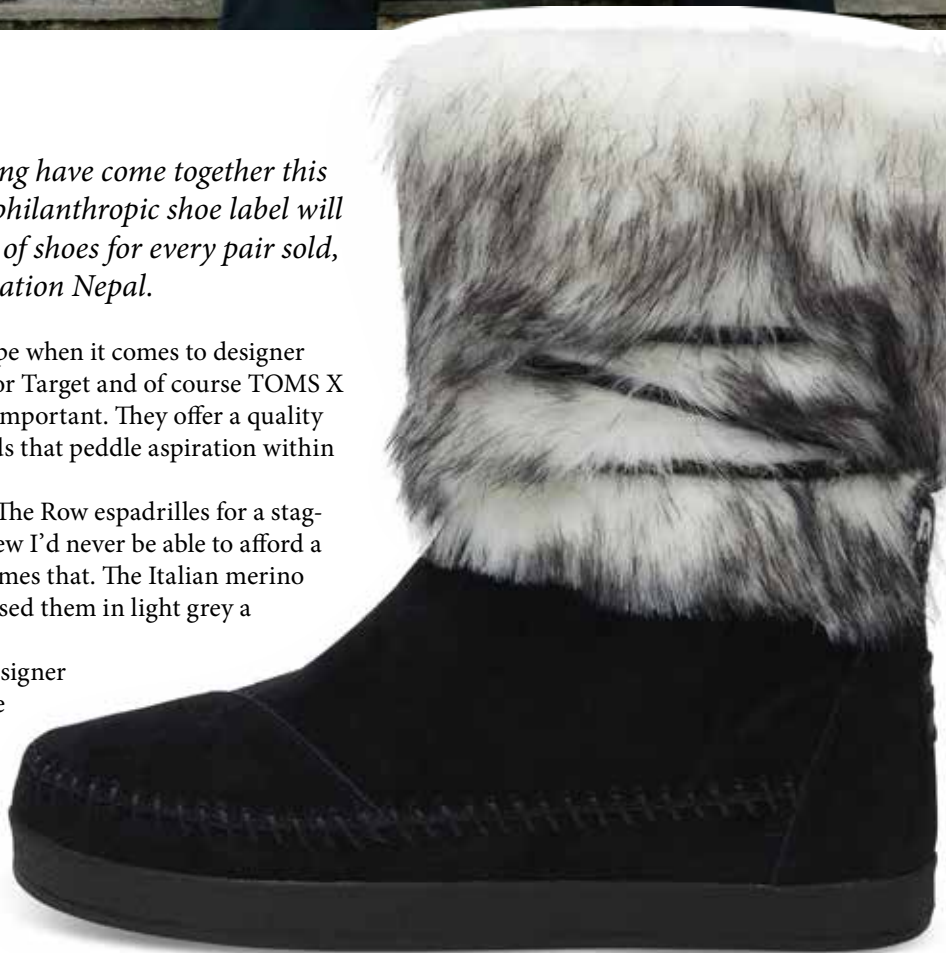


TOMS and Nepal-born designer Prabal Gurung have come together this fall to create an unforgettable collection. The philanthropic shoe label will not only ensure a child in need receives a pair of shoes for every pair sold, but will also donate \$5 to the Shikshya Foundation Nepal.

I'll be the first to admit it. I fully buy into the hype when it comes to designer collaborations. Madonna for H&M, 3.1 Phillip Lim for Target and of course TOMS X The Row all come to mind. These collaborations are important. They offer a quality design at a price that most can afford, bringing brands that peddle aspiration within reach.

I initially bought my first pair of plaid TOMS X The Row espadrilles for a staggering \$80—that's steep for a pair of TOMS—but knew I'd never be able to afford a dress by The Row with a price tag of more than ten times that. The Italian merino wool shoes felt like heaven and at that price, I purchased them in light grey a few months later.

This fall, TOMS has joined forces with Nepali designer Prabal Gurung. The collection features two styles: the Black and Red Classic and the Black Suede Nepal Boots. There are two additional styles available outside of Canada, so be sure to be really nice to your American and British family/friends to get access to them as well.



Besides being super-chic, purchasing a pair of TOMS is all for a good cause. With a pair of shoes going to a child in need, \$5 will additionally be donated to Gurung's Shikshya Foundation in Nepal. *Shikshya* means education. The initiative was founded by Gurung, his sister and friends to create opportunities for Nepal's youth. After Gurung excelled in fashion design, he set his sights on giving back to his community back home. His desire to lend a hand was further fueled by the 2015 earthquake that left much of the Himalayan country in ruins.

Gurung was given full creative control of the collection. He even brought the TOMS team to Nepal to experience the spirit of his designs for themselves.

This limited edition collection is not to be missed. Frankly, as soon as I found out about it, I purchased the Black Suede Nepal Boots. As I write this, it may still be August, but I cannot wait for the autumn chill to set in so I can wear them out.



Shikshya means education. The initiative was founded by Gurung, his sister and friends to create opportunities for Nepal's youth.



SHE *LIVES*

AN EYE FOR DETAIL

I might be biased, but my current favourite fashion brand is Shop Pretty Little Details, the online jewellery boutique I started last year! I handpick every piece and we ship all across Canada and the US. Our latest collection is filled with gorgeous statement pieces as well as some perfectly minimalist accessories.



JENNIFER
DUPUIS

 PLDetails
 PLDetails

HI! I'M JENNIFER DUPUIS, THE GIRL BEHIND PRETTY LITTLE DETAILS. I'M 26 AND HAVE SPENT THE LAST FOUR YEARS OF MY LIFE MARRIED TO AN ADORABLY HANDSOME FRENCH CANADIAN. NO KIDS FOR US YET, BUT WE DO HAVE AN ADORABLE SAMOYED PUPPY NAMED NOVA!

FOR THE PAST THREE YEARS, I'VE BEEN BLOGGING AT PRETTY LITTLE DETAILS WHERE I LOVE TO SHARE MY PERSONAL STYLE ALONG WITH DECOR INSPIRATION, TRAVEL STORIES AND THE OCCASIONAL DIY. I LOVE TO INSPIRE OTHERS, AND PRETTY LITTLE DETAILS IS ALL ABOUT BEING CREATIVE AND FINDING THE BEAUTY IN THE EVERY DAY!



AFTERNOONS AT ASSINIBOINE

The best place to spend a relaxed afternoon in Winnipeg is Assiniboine Park. The park has several beautifully manicured gardens to wander through and it's a lovely spot to enjoy a picnic! They often host free events such as outdoor movie screenings, concerts and the annual "ballet in the park". There's also a great zoo to explore if you've ever wanted to get up close and personal with polar bears!

HANG (AT) TEN

Hidden on the top floor of a historic Winnipeg building, Ten Spa is not to be missed. Do yourself a favour and schedule some time at their Turkish hamam, I promise you won't regret it!

LET THEM EAT CAKE

The first place I send visitors new to Winnipeg is Jenna Rae Cakes. Their bakery is stunning and they always come up with the most unique flavour combinations for their macarons and cupcakes.



POUR FORTH

Winnipeg has some seriously amazing coffee shops but my current favourite has to be Forth. There is always plenty of seating in their gorgeous mid-century modern space and they roast their own beans right in the cafe!





HOMETOWN HERO

Hillberg & Berk was founded here in Regina, and its residents are very proud of our hometown brand. Now found across Canada in boutiques with stores opening in malls out west (West Ed has a Hillberg & Berk kiosk now!), the jewellery brand is easily recognizable and quite collectable. You can easily dress up an outfit with Hillberg & Berk Sparkle Ball Earrings or really glam it up with some of their larger pieces. It's a conversation starter here for sure – if I'm wearing my H & B Sparkle Ball earrings and someone in a store or restaurant is too, we notice!

CHEF MALCOLM'S MEAT PIES

I love comfort food, so fall and winter are my favorite 'eating' seasons. (Is that a thing? An eating season? It should be a thing.) Locally, one of Regina's most well-known chefs on social media Chef Malcolm (@Chef-Milky) opened his own business, featuring hand made pies. No, not the dessert variety we're familiar with here in Canada but delicious, rich, flavourful meat pies. My favorite is the chicken, ham and mushroom pie!



WALKS AT WASCANA

Our city's downtown is vibrant and bustling with local merchants and restaurants, but if I had to pick one go-to spot to send a new visitor, I'd show-off Wascana Centre. It's a 2,300 acre park built around Wascana Lake. The walking paths are perfect for a leisurely stroll with the family, or a run or bike ride if you're feeling ambitious. Chances are you'll run into someone you know at Wascana, and you're guaranteed to find amazing selfie spots throughout. It's really the heart of Regina, if not necessarily situated in that spot.

FIRDAY NIGHT FOOTBAL

We love our Saskatchewan Roughriders here in the city, so the only way to spend an afternoon is a weekend Rider game, of course!




NO SWEAT

I'm new to working out and my body doesn't quite understand sweating at this point, so I've ventured into a whole new world of beauty products. Right now, dry-shampoo is my must-have and I'm loving Style Sexy Hair H2NO.



TenilleLafontaine
 FeistyFrugal

I'M TENILLE AND I'M A MOMMY-BLOGGER BASED OUT OF REGINA, SK. WHILE A CERTAIN IMAGE MAY COME TO MIND WITH THAT TITLE, I ASSURE YOU I'M SO MUCH MORE. I'M A MOM OF THREE GORGEOUS KIDS, AGES 12, 8 AND 5 AND I'VE BEEN MARRIED TO MY HUSBAND KIRK, A POLICE OFFICER FOR 15 YEARS. MY BLOG IS MY HOME IN MEDIA BUT I'M ALSO ON TV BI-WEEKLY ON GLOBAL REGINA MORNING NEWS AND CAN BE FOUND EVERY MONDAY ON 980 CJME'S MONDAY MORNING RUNDOWN ON JOHN GORMLEY LIVE.



GET OFF THE RESORT IN NASSAU, BAHAMAS

By Zebunnisa Mirza

If gorgeous white sand beaches, crystal clear blue waters and perfect weather are not enough reasons to convince you to start packing your suitcase right now, here are a few more. The city of Nassau, Bahamas is full of exciting experiences and with a reputation for being clean and safe, you can have loads of fun both on and off the resort. Here's what you should check out.

Shopping on Bay Street

Head to Bay Street, the city's main shopping district where you can browse through an endless line-up of duty-free shops for deals on designer merchandise.

Outside along the sidewalk, you'll find local artists selling crafts and jewelry made from shells and hand-carved wood. Finally, at the end of the street you'll come across the straw market home to a dizzying collection of vendors selling almost anything imaginable using a traditional Bahamian craft: straw weaving.

Dinner at Frankie Gone Bananas at Arawak Cay

Make your way to the Fish Fry at Arawak Cay, a village of local eateries where locals and tourists come together to eat. Head into Frankie Gone Bananas where you can watch your bowl of conch salad being prepared right before your eyes. To share, order a platter of deliciously battered and deep fried conch fritters served with a spicy dipping sauce. And for your main, select

from an array of grouper and snapper dishes all served with a side of salad and a creamy, baked macaroni and cheese.

Step Back in Time at Graycliff

The five-star rated Graycliff experience begins at the door. As you drive down the tiny street and step through the aged stone archway, you know you're about to find something special. Inside, the under-stated luxury of this colonial mansion sparkles with handsome grace.

Take a seat in the parlor, enjoying the soulful tunes of the musician seated at the grand piano. Enjoy your drinks here, and once food is ready you'll be escorted into the dining room to savour world renowned Bahamian cuisine. After your meal, you can relax again in the parlour to enjoy a drink or a hand-rolled cigar made on premises.

Don't forget to ask for a tour of the hotel property and the stunning wine cellar boasting the third largest wine collection in the world as well as a private in-cellar dining room.

Get to Know the People

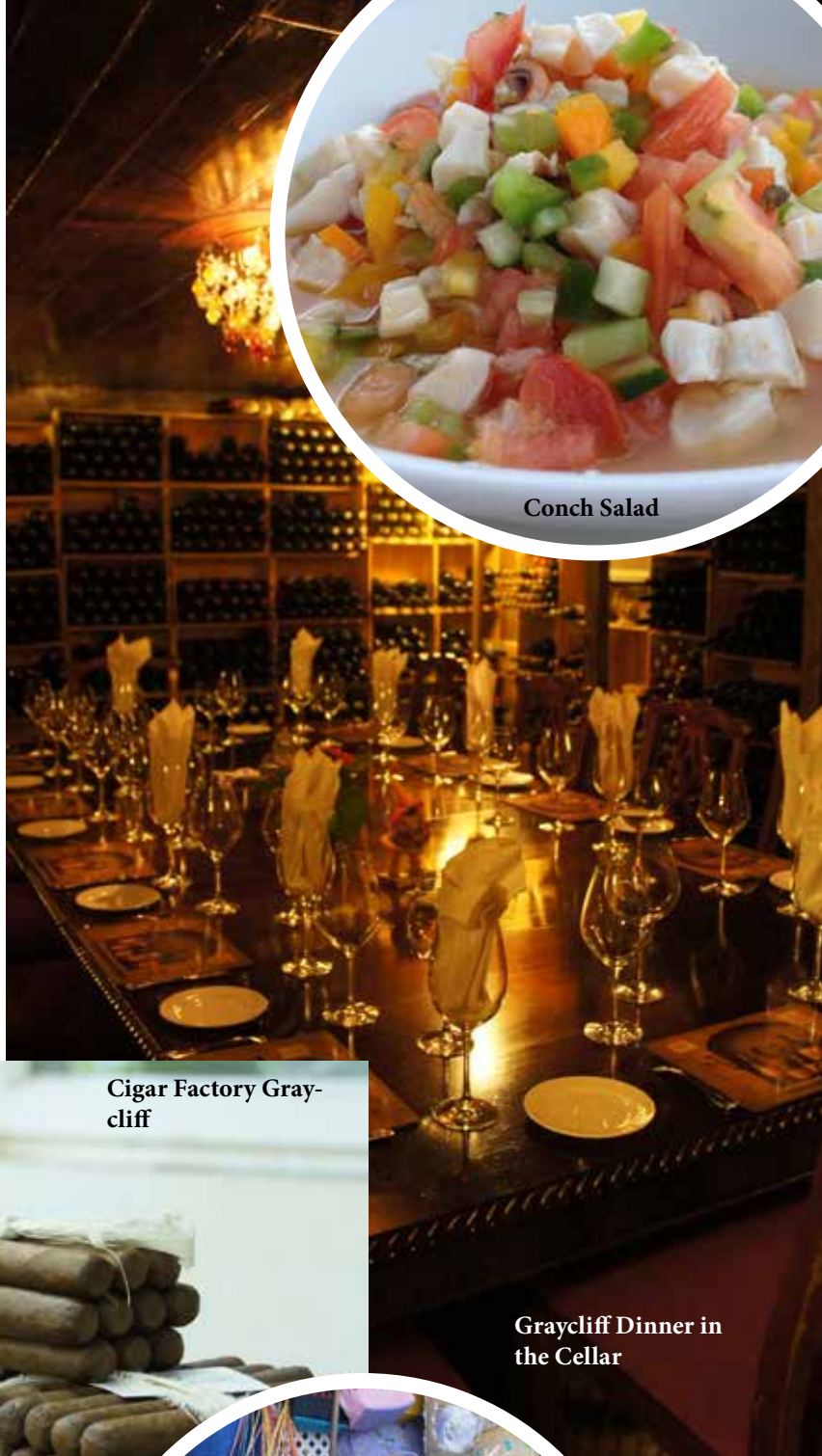
The best way to get to know the Bahamas, is to spend time with Bahamian people. The People-to-People program is a free activity where you will be welcomed into the home of a local Bahamian family for a meal. Enjoy authentic home cooked food and share stories as you get to know each other. The program is supervised by the tourism board. Registration is available online.

Historic Island Tour

For a glimpse into the history of the island, take a tour of some of the most significant sites in and around Nassau. Step back in time to 1788 as you visit Fort Charlotte, where you'll also find the best view of Paradise Island and Nassau. Head to Potter's Cay Dock to see the local fisherman and fruit vendors at work, admire the colourful colonial architecture of the Judiciary Buildings, and explore Festival Place where you can purchase items indigenous to the Bahamas.



Nassau Beach



Conch Salad

Cigar Factory Gray-cliff



Graycliff Dinner in the Cellar



Historic Nassau



Strawmarket



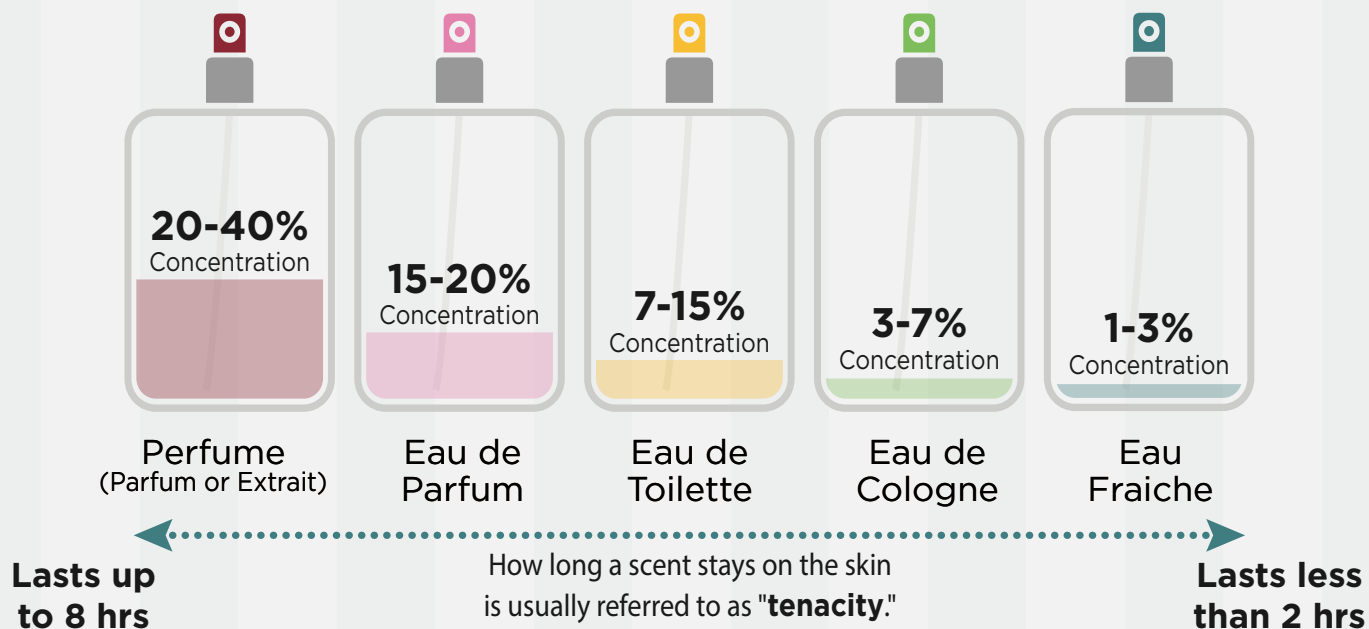
THE Basic Guide to PERFUME

There's a lot more to finding the right fragrance than simply wafting it under your nose. Scent has a powerful sway over our emotions, leading us to form inherently closer bonds with those whose odor we find irresistible. The way you smell is an invisible part of your personal style.

This is a short beginner's guide to making sure you know and get what you want!

Characteristics of the 5 types of perfume

- ◆ The higher the concentration of fragrance oils, the higher the price.
- ◆ From strongest to weakest, scent categories range from:



Fragrance notes

Fragrances are classified according to predominant scent characteristics.

- ◆ Chances are the fragrance you choose will also have several "notes."
- ◆ Perfumes often contain layers of scents to create their unique bouquet.
- ◆ These layers are referred to as notes.

Top notes

This scent is what you smell immediately upon applying your perfume and first hits your nose, but then evaporates quickly.

Middle notes

Also referred to as medium or heart notes, these emerge as the top notes are dissipating and make up the majority of the scent.

Base notes

These notes are richer (often not detected until after several hours of use) and create the overriding theme of the scent.



Essence wheel

Fragrances are classified according to predominant scent characteristics.

Inspired by the Michael Edwards fragrance wheel

How to wear perfume

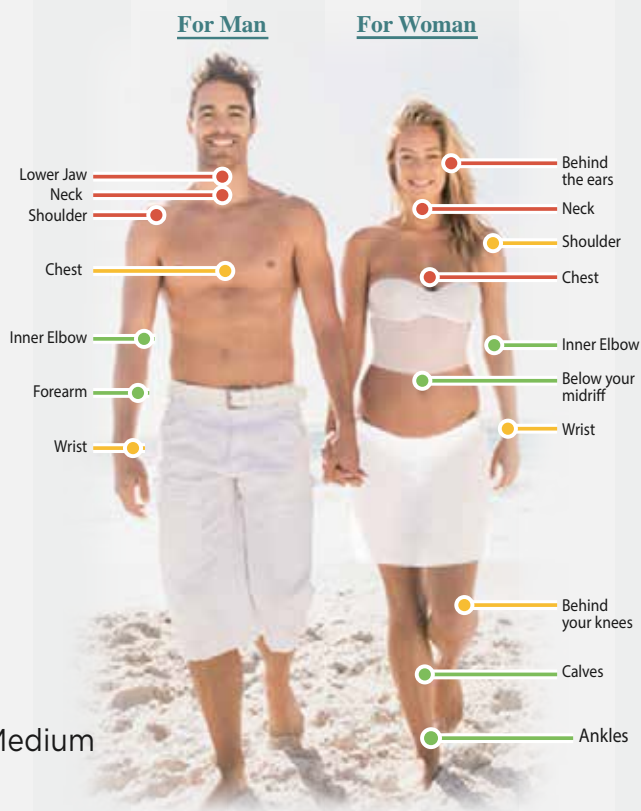
The best places to apply the fragrances are those where the natural body heat slowly release perfume ingredients.

◆ Fragrance Rules:

- ① Less is more
- ② Start with one spray
- ③ Apply to directly skin (not clothes)
- ④ Apply to dry skin after a shower
- ⑤ Don't waste with spray cloud
- ⑥ To sustain the note, resist rubbing the application

◆ Keys:

Body Temperature ● Hot ● Warm ● Medium



Tips

In winter, when the air is dry and cold, it is advisable to use strong and powerful fragrances.

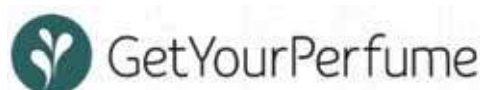
In summer, it is better to use gentle fragrances with aromas of fresh herbs, citrus and flowers.

For work, shopping, sport, outdoor events or the holidays, it is advisable to have "everyday" perfumes.

You should not use fragrances when you will be exposed to direct sunlight as different ingredients may react with ultraviolet light to affect scent notes and can even cause irritation or staining on areas of the skin where it is applied.

◆ Sources

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In Conversation with:

Rose-Marie Swift

By Aaisha Zafar Islam

*F*rom Brazil to all the way to Australia, with a cult following eastwards in Japan, RMS Beauty is a line that has been winning accolades for what seems like decades. However the organic beauty line was founded only eight years ago, in 2008. This summer we met with Rose-Marie Swift and over a leisurely vegetarian lunch, discussed beauty, skincare and why the green movement in the beauty industry is only going to get stronger.

Long before starting RMS Beauty, Swift was researching and sharing her insight for a “cleaner” beauty line through her website BeautyTruth.com. Founded in 2004, it soon became the go-to for people who wanted to make informed decisions about what they were putting on their skins.

“Anything we put on the skin can be absorbed in the skin,” says Swift. After spending years in the fashion and makeup industry, there came a point in time that toxicity levels in her body lead to a deteriorating health condition. As she researched to find out what ailed her and how to cure herself, she realized some alarming facts about what went on in the industry. And once she founded BeautyTruth, Swift saw that there was a need for a cleaner cosmetic line without additives and toxic or questionable chemicals.

Swift makes one question the contents of their makeup bags. For her skincare, anti-ageing and makeup are not separate categories. The right formulation is a do-it-all and that is exactly what RMS Beauty does. Fans of the line swear by its skin clearing properties and once you’ve converted, you’ll not be looking elsewhere for your beauty needs.

We are what we eat. Swift admits that she has tried “all the diets out there” on her quest to eat clean and raw food diet, while often misunderstood, is the best. One of the reasons RMS Beauty is so effortlessly effective is because of the ingredients used in all its formulations is raw, in their most natural form and totally untreated, in addition to being organic and GMO-free. Swift is very exacting about what goes into the making of her makeup. So much so that she sources the ingredients herself.

You’ll find cold-pressed organic coconut oil a mainstay of the line and for a reason. She lists all the benefits this natural oil has, “It is anti-microbial, so you don’t need preservatives, it is anti-fun-

gal, anti-bacterial that helps clear up the skin. It is also the richest source of lauric acid, antioxidants and enzymes that helps the skin heal itself.”

The ingredients list is short, and the packaging minimally chic and completely recyclable.

Swift is a proponent of the naturally healthy skin that is all aglow and radiant. The line, fans insist, is a skincare/makeup hybrid.

“The less you do to your skin, the better,” she says. “I believe in the skin looking as pure and as nourished as possible”

With the no-makeup makeup look that is slowly edging out the Instagram favoured style of made-up makeup, RMS Beauty cuts short the whole makeup process. The “Un” Cover Up is a creamy product that melts into skin. It can be used as a concealer or spread across the face for a light and buildable coverage. Lip2Cheeks are multi-purpose balms that look as beautiful on the lips as the cheeks. Again, the creamy formula and pure mineral pigments make sure that the product doesn’t just sit on the skin but blends seamlessly to for a naturally gorgeous finish.

And finally, the Living Luminizer cements RMS Beauty’s cult status. This cream highlighter is unlike any other. Giselle and Miranda Kerr are avowed fans and J. Crew models have it dabbed onto their faces for their iconic looks. It imparts a naturally healthy and youthful sheen to the skin.

This kind of following is hard to ignore. RMS Beauty is no longer a specialist product stocked at only select ‘green’ stores. With mainstream retailers (and e-tailers) making more space on their shelves for clean and organic products, RMS Beauty is becoming more accessible to the masses and streamlining our makeup routines so we look like ourselves...only better.



SHE RECOMMENDS:

1. “Un” Cover Up Concealer/Foundation \$45
2. Living Luminizer \$47.50
3. Lip2Cheek \$45
4. Master Mixer \$47.50
5. Skin2Skin Foundation Brush \$47.50
6. Defining Mascara \$35
7. Swift Shadow \$25

SHE *BEAUTY*

MULTI-MASKING

Our faces have zones so why slather just one mask on it? We love these new offerings from **Vichy** to remedy skin issues. Poreless, clear and glowing skin is always in...and now just a few mask minutes away.



Left to right:
Quenching Mineral Mask: \$34
Pore Purifying Clay Mask: \$34
Double Glow Peel Mask: \$34

Luxurious skin treatments that work as you sleep, this line of face masks from **G. M. Collin** addresses skin issues ranging from oiliness and acne-prone to dry and dehydrated.



Left to right:
Oxygen Puractive+ Mask: \$39
Phytoaromatic Mask: \$39
Hydramucine Cream-Mask: \$42

BEAUTY REVIEWS

Rethink your beauty routines this autumn. Our team at SHE tries out the latest trends in beauty and skin-care products to let you know what you should be spending your hard earned money on!



Bliss Fabulous Foaming Face Wash \$29

CLEANSE

For a deep clean to prepare the skin for a night-time pampering routine, **Olay Deeply Clean Pore Mineral Cleanser** draws away impurities as the first step in skincare.



\$7.99

SKIN TREATS

Serums are the first step in getting skin ready for treatments to follow.



Rodial Superacids X-treme Daily Serum \$98



Clarins Booster Detox \$40 with green coffee extract to relieve asphyxiated skin and help it revive back to radiance. Instant results guaranteed.



Estée Lauder Advanced Night Micro Cleansing Balm \$50

Leaves no trace of makeup, impurities and pollutants for a true clean feeling.

TheFaceShop The Therapy First Serum \$50



Lierac Hydragenist Moisturizing Serum \$65

MOISTURIZE + SPF

We're in love with the idea of cutting down on layers, so the new daytime versions of Olay's moisturizers are our idea of morning routines. With sun protection added, we don't need a layer of sunscreen on anymore.



Rodial Bee Venom Moisturizer \$190



Olay Regenerist Microsculpting Cream SPF 30 \$34.99



Olay Total Effects Moisturizer SPF 30 \$24.99



Korres 24H Moisturizing & Brightening Cream \$48
What it claims is what you get, truly.

MULTI-PURPOSE BEAUTY



Nudestix Intense Matte Lip+Cheek Pencil \$28



Hard Candy All Glossed Up Lip Balm \$5.99

You're going to love our pick of throw-in-your-bag-makeup for quick and easy touch ups during the day. Multi-hyphenates are always welcome in our makeup bags and these crayon/sticks are well worth your money.



Bite Beauty Multistick \$28

Wander Beauty Carryon Lip & Cheek Gel \$26



Hard Candy All Matte Up Lip Balm \$5.99



LASHES FOR DAYS

A full fringe that frames your eyes, mascara is every girl's best friend. Have you found the ONE for yourself?

NYX Coloured Mascara \$10
For a playful and flirty take on any classic look. We're partial to this cobalt hue.



Clarins Supra Volume Mascara \$27



Covergirl Plumpify Mascara by blastPRO \$9.99

Burberry Beauty Cat Lashes Mascara \$32



Covergirl The Super Sizer by LashBlast Mascara \$6.99





Sally Hansen Miracle Gel \$10.99



Vernis à l'huile by Colour Riche L'Oréal \$8.99

Quo by Orly Breathable Treatment+Color \$10.99



TIPS & TOES

Newer formulas make it easier for us to attempt manicures at home. We're loving the colour, and formula options available to us.



Sally Hansen Complete Salon Manicure \$7.99

MANE SOLUTIONS

Caring for your tresses gets stress-free. The Phytologist range combines the best of science and nature to combat hair loss and promote healthy hair growth.

Phytologist Anti-Hairloss Treatment \$100



Kerastase Curl Masque \$63



Left to right:

- Moroccanil Curl Enhancing Shampoo \$30
- Moroccan Oil Curl Enhancing Conditioner \$30
- Moroccan Oil Curl Cleansing Conditioner \$34



Pai-Shau Style Souffle \$36
Pai-Shau Opulent Volume Spray \$28



Kerastase L'incroyable Blowdry \$40



Phytologist Shampoo \$30

PINK RIBBON BREAST CANCER AWARENESS

Lab Series
Age Rescue + Face
Lotion
LAB SERIES \$60



Clinique
Dramatically Different
Moisturizing
Lotion+ Limited-Edition
Keychain \$47



Bobbi Brown
Art Stick Duo \$60



La Mer
The Lip Balm \$70



**Darphin Intral Redness
Relief Soothing Serum**
\$105



**Aveda Limited-Edition
Hand Relief™
Moisturizing Crème** \$34



Estée Lauder
Pink Perfection
Colour Collection \$40



Donna Karan
Liquid Cashmere
Blush EDP Spray \$110



October is Breast Cancer Awareness month and you'll be seeing more of the pink ribbon.

Breast cancer is one of the most common forms of cancer in the country. According to facts Cancer Society of Canada presented in 2015. An estimated 25,000 women will be diagnosed with the disease and 5,000 will succumb to it. While the survivor rates for the cancer are increasing with better screening, detection and treatment plans in the past few years, the statistics are alarming nonetheless.

More than 60 women in Canada are being diagnosed with breast cancer every day of which more than 10 die – daily. Men aren't immune to the disease either. An estimated 220 men may be diagnosed with breast cancer each year and 60 of them may not survive.

No one knows what causes the cancer, though there are many factors to consider if you, or a loved one might be in a group that is more prone to be diagnosed with breast cancer. Research is vital to knowing more about breast cancer, identify its causes and finding an effective treatment plan in the long run. For the present, we need to create more awareness around breast cancer, encourage and organize better screening practices and detection programs and improve on treatment options and after-care for patients.

Every October brands introduce products that will have a portion of their sales donated to breast cancer research. Estée Lauder has launched its range of products to support Breast Cancer Awareness and is raising funds for the Breast Cancer Research Foundation (BCRF).

THERE'S NOTHING WE LOVE MORE THAN THE "NO MAKEUP" MAKEUP LOOK, AND THERE ARE FEW PEOPLE THAT PULL IT OFF BETTER THAN SUPERMODEL CARA D. HERE'S HOW TO GET HER LOOK.



stay COMPOSED



1. No base face

Smashbox Studio Skin 15 Hour Wear Hydrating Foundation & Concealer (\$42) for a long wearing, hydrating natural-looking coverage.

2. All about the brows

Laura Mercier Brow Dimension Fiber Infused Colour Gel (\$24) for a totally natural, yet totally impactful brow look.

3. Colourless colour

Laura Mercier Flawless Icons Eye and Cheek Palette (\$65) A travel-friendly collection of soft eye and cheek colours to mix and match endless day-time looks.

4. Stuck on

Laura Mercier Eye basics in wheat (\$27) to keep your eye makeup in place all day.

5. Perfect pout

Too Faced Melted Matte in Child Star (\$29) for a demure matte nude pout



IF YOU'RE HEADING TO WORK ON HALLOWEEN MONDAY, HAVE A BIT OF FUN WITH YOUR MAKEUP WITH THESE OFFICE-FRIENDLY FUNKY MAKEUP LOOKS.

7. Too Faced Sketch Marker (\$26) in a wide array of colours that'll create a colourful eye look, no shadow required.

8. Smashbox Always On Liquid Lipstick in Thrill Seeker (\$24) for a stay-all-day matte lip colour.

9. Estée Lauder Double Wear Nude Cushion Stick (\$46) for an ultra-light feels-like-nothing base.

COLOR CRAZY



kinda
VAMPISH
V V

10. Fly Up

Laura Mercier Instant Ink 24 Hour Brush Eye Liner (\$30) for a budge-proof solid line that lasts all day.

11. Swoop Down

Vasanti Kajal Waterline Eye-liner Pencil - Intense Black (\$19) for an easy-to-smudge smokey line.

12. Kiss Goodbye

Too Faced Lip Injection glossy in Angel Kisses (\$29) for a subtle wash of colour and shine



SHE *DIRECTORY*

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

A. **A.P.C** Louis W MrPorter.com **Adidas** in stores and adidas.ca **ALDO** in stores and ALDOshoes.com **Alex and Ani** in stores, Hudson's Bay, thebay.com alexandani.com **Alpha Industries** Nordstrom **ASOS** ASOS.com **Aveda** aveda.ca

B. **Balenciaga** Net-A-Porter.com **Balmain** Net-A-Porter.com **Benefit Cosmetics** Sephora BeautyBoutique.ca, Sephora.ca **Bite Beauty** Sephora, Sephora.ca **Bliss Beauty** Sephora, Sephora.ca, well.ca, thebay.com **Bobbi Brown** bobbibrowncosmetics.ca **Bumble and Bumble** bumbleandbumble.com **Burberry Beauty** Sephora, Sephora.ca

C. **Calvin Klein Jeans** TheBay.com **Charlotte Tilbury** Holt Renfrew, charlottetilbury.com **Christopher Kane** ChristopherKane.com **Clarins** Men Clarins.ca, Sephora, Sephora.ca **Clarisonic** Clarisonic.ca, Sephora.ca **Clinique** Hudson's Bay, BeautyBoutique.ca, Sephora, Sephora.ca, Clinique.ca **Clorox** Walmart, walmart.ca **Cover FX** Sephora, Sephora.ca **Covergirl** Walmart, Walmart.ca, well.ca

D. **Darphin** darphin.com **Delpozo** Net-A-Porter.com **Dial** Walmart, walmart.ca **Dorateymur** Net-A-Porter.com **Donna Karan** donnakaran.com **Dove Men** Walmart

E. **Elizabeth Arden** Hudson's Bay, thebay.com **Emergen-C** Walmart **Estée Lauder** Hudson's Bay, Sephora thebay.com, estee-lauder.ca, sephora.ca

F. **Facetasm** Net-A-Porter.com **Frame** MrPorter.com

G. **Gap** in stores, gapcanada.ca **Gillette** Walmart, walmart.ca **Giorgio Armani** Sephora, Sephora.ca **Givenchy** Nordstrom **GM Collin** gmcollin.com **Gucci** MrPorter.com

H. **H&M** in stores **Hard Candy** Walmart, walmart.ca **Helbers** MrPorter.com

J. **J by Jannat** PerniasPopUpShop.com **Jack Black** Sephora, sephora.ca **Joe Fresh** Joe Fresh, joefresh.ca

K. **Keratase** Walmart, walmart.ca **Kings Crown** Hudson's Bay **Kit and Ace** KitandAce.com **Kleenex** Walmart **Korres** BeautyBoutique.ca

L. **La Mer** lamer.com **Lab Series** labseries.com **L'Occitane** L'Occitane, Sephora, sephora.ca, ca.loccitane.com **L'Oréal Men** Walmart **Laura Mercier** Sephora, Sephora.ca **Lierac** Murale **Lipton** Walmart

The

GET IT GUIDE

M. **Makeup For Ever** Sephora sephora.ca **Moncler** MrPorter.com **Moose Knuckles** thebay.com **MoroccanOil** Trade Secrets

N. **Nivea Men** Walmart **Nudestix** Sephora, Sephora.ca **NYX** drugstores, nyxcosmetics.ca

O. **Oak + Fort** OakandFort.ca **Olay** drugstores, Walmart, walmart.ca **OVO** ca.OctobersVeryOwn.com

P. **Pai-Shau** pai-shau.com **Pandora** in stores, pandora.net.en-ca **Phillips** Hudson's Bay **Phytologist** Phyto-Canada.ca, Murale, Sephora **Priyal Prakash** PerniasPopUpShop.com **Protagonist** ModaOperandi.com

Q. **Quo by Orly** Shoppers Drugmart

R. **Raf Simons** MrPorter.com **Rag & Bone** Nordstrom **Rapid-Brow** RapidLashCanada.com **REISS** theBay.com **Richard James** MrPorter.com **RMS Beauty** Beautyboutique.ca, rmsbeauty.com, thedetoxmarket.ca, sephora.ca **Rodial** BeautyBoutique.ca

S. **Saint Laurent** MrPorter.com **Sally Hansen** sallyhansen.com **Schick** Walmart **Sephora Collection** Sephora, Sephora.ca **Smashbox** Sephora, Sephora.ca **Stella McCartney** StellaMcCartney.com

T. **The Row** net-a-porter.com **TheFaceShop** thefaceshop.ca **Thomas Sabo** ThomasSabo.com **Too Faced** Sephora, Sephora.ca **Topman** Hudson's Bay **Topman** Hudson's Bay **Topshop** Hudson's Bay, topshop.com **Tylenol** Walmart, walmart.ca

U. **Uniqlo** in stores

V. **Valentino** Hudson's Bay **Valentino** Valentino.com **Vasanti** BeautyBoutique.ca, VasantiCosmetics.ca **Versace Man** Hudson's Bay **Vetements** MrPorter.com **Vichy** drugstores, vichy.ca **Vicks** Walmart, walmart.ca **Viktor & Rolf** Hudson's Bay, thebay.com

W. **Wander Beauty** Sephora, Sephora.com **Waven UK** asos.com

Z. **Zara** in stores zara.com **Zayn** ZaynMalikStore.com

BROWN GIRL PROBLEMS



I am 16 years old. I came home around midnight one night and my parents were upset and angry with me. Coming home at that time is not a huge deal for most girls or parents but for mine and most brown parents coming home late is a crime. I have always respected their curfew but as I'm getting older and my friends go out later I find myself stuck between having a social life and keeping my parents happy. I understand that they do it for my own good, but I need them to start trusting me more and giving me more freedom, how can I get them to see my point of view?

A. It's good to know that you understand your parents' perspective and why they place these restrictions on you, but have you tried talking with them and telling them about how these restrictions make you feel? Oftentimes we underestimate our parents, but they were once in the same position and so talking to them so they realize how you feel always helps. Take some time to talk with your parent(s) and explain how it is now and how at your age your friends tend to go out later. You can also try and help them feel better by offering to text or call them regularly and introducing them to the people you will be with and telling them where you will be. I don't think it is a matter of trust, but more a matter of worrying for you and making sure they can keep you safe. Taking these steps of including them in your plans may help bring them comfort and provide you with more freedom, sounds like a win-win to me. Hope it helps!

I went to a party at my mom's friends' houses the other night and ever since then I have been feeling self-conscious about the way I look. My parents have never ever said anything about my looks or my weight, but most ladies in my community always comment on it. Being a South Asian girl there is always this pressure of not being "too brown" and not being overweight. I never thought I was very dark or heavy, but every time I see these ladies they will make a comment about my looks or compare me to someone and suggest ways to improve my looks. I don't want to be rude to them since they are my mom's friends and community members, but how can I get them to stop from making comments that make me feel bad about myself?

A. It's always good to respect your elders, but at the same time everyone has their breaking point so I can see where your frustration is coming from. I suggest talking to your mom and having her defend you when her friends make these comments because it won't be as bad coming from her. If that fails, you can try and reply to them by thanking them for the advice while letting them know you are happy with the way you look and you don't feel the need to change. After a couple of times of hearing that hopefully they will get the message and not dole out unsought advice. You have to do something though because staying quiet will only allow them to continue. I am not suggesting any disrespect towards your elders but you should speak up, ask your mom to speak up for you and if both fail it might become a matter of distancing yourself from people like that because no one should ever make you feel bad about the way you look. Never forget that and never stop loving yourself!

1.

The deepest craving of human nature is the need to be appreciated.
— William James

When you practice gratitude, there is a sense of respect toward others.
— Dalai Lama

3.

2.

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.
— Buddha

QUOTE

UNQUOTE

Gratitude

4.

"Always think outside the box and embrace opportunities that appear, wherever they might be."
- Lakshmi Mittal

6.

"Suffering is a gift. In it is hidden mercy."
- Jalal Al-e-Ahmed

Be grateful for every single person who was part of your story. The ones that hurt you. The ones that helped you. Because they all taught you."
— Yasmin Mogahed

5.



SYRIA

APPEAL

Death, destruction and displacement are what 12 million Syrians have faced for over 4 years now.

The Syrian crisis has become so overwhelming, and funds so overstretched, that aid agencies are having to choose which people get help and which are left to fend for themselves. It's a choice no one should have to make.

Islamic Relief teams continue working deep inside Syria itself in areas including Aleppo, Homs and Idlib, as well as supporting refugees in Lebanon, Jordan and Iraq.

Please donate today and help Islamic Relief save lives.

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