

**SHE** CANADA

**HEALTH  
TIPS:  
TRUST  
YOUR  
GUT**

**EXCLUSIVE  
INTERVIEW WITH  
YOUTUBE STARS:  
YOUTWOTV**

**WOMEN'S  
RIGHTS  
UNFILTERED**

**Justin  
&  
Sophie**

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# SHE CANADA

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## Looking Forward

As we finalize this issue we also finalize our transition into the New Year. So, in this issue not only can you look back and find a reflection of what has gone, but also look forward and find what is to come.

A huge part of what is to come is dependent upon our cover stars or as we like to refer to them 'Canada's First Couple', Mr. and Mrs. Trudeau. Learn all about our country's leaders past, present and future intentions (p.36).

Speaking of our leaders this issue focuses on a number of concerns that not only Canada, but also the whole world is facing that need to be addressed. These issues include, but are not limited to women's rights (p.62), the discrimination against the hijabi barbie (p.64), women and the sex trade (p.66) and the controversial niqab ban in Quebec (p.68).

As always, our issue features a balance and so this issue also reflects happier thoughts. Page 25 introduces a love series that features the various types of relationships that exist including an EXCLUSIVE interview with the YouTube stars behind YOUTWOTV. If that is not enough, be prepared to be overwhelmed with pages filled with topics ranging from health, beauty, fashion, home décor and much more.

Most importantly, as we do in each issue we would like to remind you to be grateful for all that we have in Canada and help those who are not as fortunate. Here's to looking forward to a better tomorrow!



EDITOR  
**S.M. Kamran Zaidi**





SHE Asked:

*“Do you think gender inequality still exists in Canada?”*



**PRIYA KUMAR**  
Executive Editor

📷 priyak



**SIDRA SHEIKH**  
Associate Editor

📷 sidra.she

“Yes, but only in some aspects, which, I think is spear-headed by backward thinking and ignorance. I do not believe Canada, let alone any country will ever have 100% gender equality.”



**DEIDRA BARTON**  
Marketing Assistant

📷 \_deidraborton

“Yes.”



**ROWAN DALKIN**  
Marketing Assistant

📷 badgalrowrow

“I think that there are still obstacles that women face, especially in the work place (such as being overlooked for a promotion) just because some employers can’t envision a woman in a position of power - which just goes to show how important it is for women to empower each other and prove them wrong.”



**SUSHMA SHAHABADI**  
Features Contributor

“In spite of women being more educated than men, there is a vivid disparity when it comes to wages of men and women which is considered a major road block to gender equality in Canada. Higher education also has not resulted in women being in positions of key decision making in most cases.” I have not faced gender inequality personally, but there are government stats which prove the point that there are issues which need to be addressed regarding gender inequality in various areas of life here.



**ALAINA PAWLOWICZ**  
Features Contributor

📷 allainapawlowicz

“I feel women have come a long way in certain fields including business and engineering. However, I do think that women in the arts still face many obstacles.” in Canada. From my experience, women not only face pay inequality, but also simply having opportunities in occupations revolved around screenwriting, orchestral conducting, and culinary arts remain a struggle for women to break into those industries.



**FRANZ TABORA**  
Features Contributor

📷 phranzzzz

“I believe that gender equality in Canada exists in some areas, such as in the political field. In 2015, more women have been appointed in the cabinet yielding an equal number of male and female members. Ultimately, it is still questionable for most due to ongoing issues of wage gap and gender-based violence.”



**Vera El-Timanay**  
Features Contributor

“As a Women and Gender Studies minor, the divide between men and women still exists, especially in the job force—and the numerical rates of violent crimes against women are incomparable to men. This heavily-engraved divide, on several platforms, must be interrupted by replacing global ignorance with global knowledge: how the birth of one’s being should not impact nor define one’s capabilities and progressions. Allow women to shape themselves, not be shaped by others.

Have you ever experienced gender inequality?

Tweet to us @SHECanada

Correction: The cover of Issue 1 2018 and page 59 incorrectly designated Barbara Stewart as a CPA, she is a CFA. We regret the error.



# Invest in Syria



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# VERSATILE IN VELVET!

Velvet is known to be one of the most luxurious looking fabrics to date and continues to be a huge fashion trend this season! From classy blazers to a variety of accessories bold velvet colours have dominated the fashion scene. Classic black will never fade, but pink, blue, mustard and burgundy have recently made their mark in the world of velvet. Velvet has become one of those versatile fabrics that can be worn at work and transition to an evening look for a night out. Whether it is dressed up or down, the fabric gives the outfit of choice that special something. Velvet is definitely a trend that is not going out of fashion anytime soon.



1. The Fifth Label Exhibition Ruffle Velvet Skirt  
**Nordstrom** \$93
2. New friends colony yassss velvet scrunchie  
**Nordstrom** \$27
3. Shira Leah-Larissa Velvet Zip Pouch  
**Nordstrom** \$51
4. Jcrew- Velvet pull-on skirt  
**Nordstrom** \$120
5. Watson Lane Velvet Maya  
**Kate Spade** \$318
6. Velvet Sock Boot  
**Le Chateau** \$100
7. Pleated Velvet Midi Dress  
**Ted Baker London** \$515
8. Faux Pearl and Velvet Earrings  
**Zara** \$20
9. Sole Society-Selby Double Strap Pump  
**Nordstrom** \$72
10. Halogen Velvet Ruffle top  
**Nordstrom** \$79



# GETTING COZY



*Curly Faux Fur Jacket*  
Kendall & Kylie \$637



*Yeti Shrug*  
House of Fluff \$496



*Faux Fur Jacket*  
Halogen \$119



*Faux Fur Jacket*  
H&M \$85



*Tall Lux Faux Fur Jacket*  
Topshop \$134



*Chubby Faux Fur*  
Topshop \$85



*Heidi Maroon Mixed  
Faux Fur Jacket by WYLDR*  
Topshop \$129



*Faux Fur Short Coat*  
Zara \$129

## *With FAUX FUR*

On a chilly spring night, who doesn't love sitting in bed with a hot beverage, Netflix, and a large cozy faux fur blanket? This season faux fur fanatics can wear the warm fabric on a daily basis! From the runway to the street, faux fur jackets are being spotted everywhere! Not only is the faux fur jacket cozy and warm, but it also makes for a fun and cheeky statement piece. The traditional faux fur is still in, but fashion is pushing for bold colours and different textures, such as curly, fluffy and shaggy looks when it comes to these trendy jackets. Bundle up for the remainder of the season and look amazing while doing it!



# Date Night Ready

This year's series of date night outfits for the ladies is all about adhering to seasonal trends and ensuring practicality. Whether it'd be for a first meeting with that certain someone or celebrating an anniversary, we've got it all covered – literally! Flirty coloured knits are the focus for casual dates while slightly ambitious pieces in elegant yet functional fabrics are reserved for dressier occasions. Then, we decided to top off each appearance with today's most in-demand accessories while perfectly coordinating in colour. Rock one of these outfits on that special day and you're sure to keep his eyes glued on you the whole night!

## Brunch/Daytime Date



**TOPSHOP**  
Fisherman Funnel Neck Jumper  
By Boutique **\$119**

**CLUB MONACO**  
Chain Tassel Earring  
**\$36**

**STEVE MADDEN**  
Editor Block Heel  
Bootie **\$122**

**ZARA** Skinny  
Jeans **\$46**



**CLUB MONACO**  
Bauble Solid Earrings  
**\$50**

**FOREVER 21**  
Faux-Suede Ankle-  
Strap Heels **\$30**

**FOREVER 21**  
Faux Leather Clutch  
**\$26**

**H&M**  
Satin Jumpsuit **\$80**



**ALDO** Aurella Black  
Patent Women's Ankle  
Boots **\$95**

**ALDO** Eurofemm  
Light Pink Women's  
Clutches **\$28**

**ZARA** Velvet Mini  
Wrap Dress **\$50**

**FOREVER 21** Faux  
Gem & Rhinestone  
Studs **\$8**



**CLUB MONACO** Rotheo Sweater **\$190**

**H&M** Faux Leather  
Short Skirt **\$35**

**URBAN PLANET**  
Buckled Stacked Heel  
Pointed Toe Booties **\$29**



## SHE *STYLE*



*Safari Jacket*  
Zara \$70



*Heart of Gold  
Idiom Bangle*  
Kate Spade \$32



*AYESHA  
CURRY*

Fellow Toronto Native, Ayesha Curry, is a chef turned host to her own cooking show, *Ayesha's Homemade* on the Food Network, who's style is classy and chic. Along with being a mom and wife, she is also an actress and *New York Times*' bestselling author. No wonder young working moms look up to Ayesha for her work ethic as well as her sense of style. As seen on her way for date night, Ayesha pairs a silk t-shirt dress with a loose safari jacket. The monochromatic look extends her length. She pairs the rest of the outfit with thigh-high suede booties, minimal gold jewelry and a matte lip. The effortless outfit works from day to night.



*Dress H259*  
Oak + Fort \$43



*3 Pairs Hoop Earrings*  
H&M \$8



*Abigail  
Heeled Boots*  
Guess \$90

*STEAL  
THEIR*

*STYLE*



*Retreat Backpack I Mid-Volume*  
Herschel \$90



*Rebel Spirit Silver Steel  
Bracelet Watch*  
Thomas Sabo \$300



*Hooded Top*  
H&M \$25



Stephen Curry, point guard for the Golden State Warriors and two-time NBA MVP carries the basketball vibes with the athleisure look. By sticking to what he knows, Stephen is able to have a cool and casual style. Mostly seen on the court or heading to practice, his style does not deviate from sportswear attire. Here, he opts to dress up a little by throwing on a coat to balance the outfit. The neutral colour palette allows for multiple layering and is achieved with a hoodie and a sweatshirt underneath. A good pair of straight leg jeans and iconic Timberland boots finishes the look for a casual night!



*Timberland Premium  
Waterproof Boots*  
Foot Locker \$200



*Patagonia Cable Beanie*  
Urban Outfitters \$39



*Beats by Dr. Dre Solo3  
On-Ear Sound Isolating  
Bluetooth Headphones*  
Best Buy \$250



# Holiday Season Continued...

While it may seem as if after the winter holidays come to an end there aren't any other holidays or festivals to celebrate, it is not true. Each season or month brings new and different holidays and festivities – regardless of whether they are celebrated as elaborately as the ones during December and January. We at SHE have rounded up some of these holidays and festivals that take place around this time of year. While there are typical ways of observing and celebrating these days, we offer suggestions on what to do to celebrate these events if you don't have anything planned!

BY VERA EL-TIMANY



## Family Day (Feb 19) Family Fun Fest

Time with loved ones is precious and the largest three-day indoor carnival wants to let you know that! Located at Downsview Park, enjoy this ultimate fun fest beginning February 18 with carnival rides, inflatables, arcade games, entertainers and more! All day admission tickets are \$25 for children and the adult entrance fee is \$8 per person.



## Valentine's Day (Feb 14) The Hearts and Roses Affair

Voted "Best of the City" by Toronto Life Magazine, The Grand Luxe Event Boutique in Toronto hosts this special night on February 10 featuring the Nova Sounds Band and DJ Lokei! If fire juggling bartenders and a premium open bar isn't enough, the mouth-watering food stations and fantastic entertainment that keeps you on your feet definitely will be! Beginning at 7 pm, make sure to dress to impress - tickets are \$135 each.

## St. Patrick's Day (March 17) Parade

Green is 'in' this month! Celebrating Ireland's history and culture, Canada's largest St. Patrick's march takes place March 11 with several bands walking the Toronto strip entertaining the big crowd! Paint your lucky clovers and work your funky Irish-inspired accessories and clothes! The parade takes off at 12-noon beginning on the corner of Bloor Street and St. George Street.



GROUNDHOG DAY-FEB 2

## Groundhog Day (Feb 2nd) Wiarton Willie Festival

A traditional holiday widely celebrated where our late furry friend Wiarton Willie would come out of his hole each year and reveal the potential upcoming weather. Willie passed away last year and so this year the big reveal will be from the new Wee Willie on this exciting day in Wiarton, Ontario where the three-day festival begins! Friday through Sunday there will be a variety of activities and treats including comedy shows, food, music performances, outdoor skating and much more!



## International Women's Day (March 8) Celebration and Benefit

It's time for women to unite and shed some light! This international holiday celebrates women and their successes. Located at the Gleneagles Golf Course in Vancouver, the North Shore Women's Centre are hosting their annual Celebration and Benefit on March 1st. Special guest actress and writer Carmen Aguirre will be present. The event begins at 5:30 pm with cocktails and a silent auction following a delicious buffet - tickets are \$75 each.



## VALENTINES DAY GIFT GUIDE 2018

# Unexpected FOR THE Expecting

While this holiday should not be and is probably not about gifts it has become an expectation for most to give and get gifts on Valentine's Day. If you are one of those rare people who have not been consumed by this expectation, but are with someone who is, don't worry if you are unsure of what to give on this holiday. We at SHE have gathered numerous options for you to give regardless of what kind of relationship you are in. On that note, Happy Valentine's Day from us to you and remember giving and getting is fine, but don't forget to spend the day appreciating and celebrating your loved ones and relationships!



Personalized Happy Hugs Teddy  
Build-a-Bear \$35 and up

Gold Ballotin, 19 pc.  
Godiva \$35



Love Earrings  
Swarovski \$139



Nourish  
Superhuman Strength \$79.99



Secret Garden Gift Set  
Lush \$57

Bath Fizzies Six Pack Collection  
Inspired Soap Works \$24



Séxual Noir Eau de Parfum Spray 75 ml  
Michel Germain \$90



Flowers & Gift Deliveries  
\$40 and up



Salon + Spa Massage in Tandem  
by RMT Gift Card  
Donato Salon \$120-\$180



Lifelong Bracelet  
Swarovski \$139



Pedi Perfect Electronic Foot File  
with Diamond Crystals  
Amopé \$49-\$59

Women's Curve Watch  
Bulova \$595



Mini Perle de Mere Short Necklace  
Caroline Neron \$55



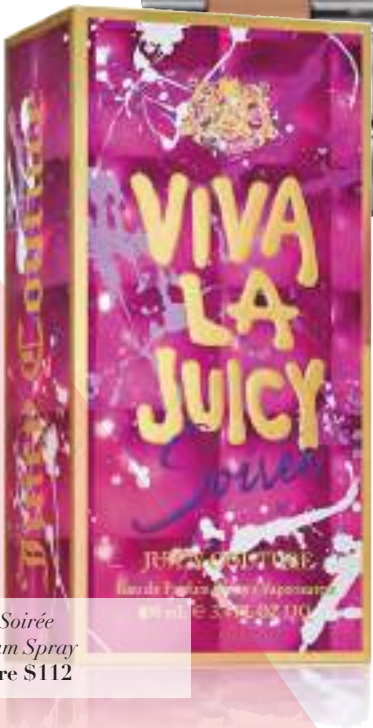
Moonlight Black Plunge Babydoll Set  
Lovehoney Lingerie \$55



Good Girl Eau de Parfum Natural  
Spray 80 ml  
Carolina Herrera \$148



Viva la Juicy Soirée  
Eau de Parfum Spray  
Juicy Couture \$112



Séxual Pour Homme Eau de  
Toilette Spray 75 ml  
Michel Germain \$79

Timeless Engraveables Sterling  
Silver, Rose and Yellow  
Gold Vermeil  
Links of London \$195-\$245



Google Home Mini Coral  
Google \$79



Chili L Mens Watch  
Swatch \$180





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It's something that is just indescribable and undefinable – it's just a feeling. That is probably the answer most people would give when asked to describe or define what love is. On the other hand, what they can describe or define is when they knew they were in love or were with 'the one'. There are numerous types of relationships around the world, but as we discovered through our love series is that regardless of how the relationship came to be or is, all that matters is the end result which is that indescribable, undefinable feeling of love.



# DISTANT LOVE

SHOVANA & HERBERT

BY SUSHMA SHAHABADI



## Could you briefly describe your relationship?

**Shovana:** Herbert and I have been married for thirty-five and a half years (we met in Dec 1979 and we got married in May 1982) and still it feels like a new romance. Despite our different colours of skin (he is European, and I am an Indian), different countries, cultural milieu and faith that we are born in, essentially what we both believe and practice is the same: namely faith, trust, belief in each other, respect for each other as a person and for each other's identity and space, respect for mankind irrespective of all differences, respect for difference of opinion, respect for each other's family, compassion and sensitivity, all of which forms the basis of love. How often do we see that couples from similar backgrounds, cultures and states, living 24x7 together drift apart! Hence distance and proximity are not key factors to a happy relationship! Ours was a long-distance courtship and long-distance marriage as we were both entrenched in our respective careers (he, representing his country as the Ambassador in different parts of the world and I serving as an IAAS officer in India and fulfilling all my obligations as a well-known Indian classical dancer). But distance never came between us as we both practiced and had supreme love, trust and faith in each other.

## How did you meet?

**Shovana:** I met him at a performance of mine on 4th Dec 1979. He was intrigued that a well-known young dancer was also a Master's in Physics and serving on the Indian Audit and Accounts Service. This interest encouraged him to meet me courtesy of a few common friends and well after that it was history. At that point of time he was at the end of his posting in India (He served here in India as Deputy Head of the Austrian Mission from 1975 to May 1980). Hence it was a long distance courtship in an age when there were no mobiles, etc.

## Given your high-profile career engagements – how were you able to maintain your relationship?

**Shovana:** We were clear that since neither would be giving up their respective careers, we would be having as we laughingly say, "quarterly marriage"! Neither of us being in our respective positions could have the luxury of taking long leaves. Therefore we used to meet every two and a half or three months for 10-12 days at a time. Besides the solid foundation of love there was also a solid foundation of trust, belief and faith in each other and a very healthy respect for each other's achievements and persona that has seen us and is still seeing us through our married life. We are always there for each other at all times!

## Was it easy for you to carry on with a long-distance relationship/marriage?

**Herbert:** From my side it was relatively simple and clear, I had realized that I was in love with her and that she was a very special person with multiple talents and professional engagements. The point was to find a way how to be together as much as possible and yet keep our own identities which had to be accepted by each of us. We fell in love with each other as we were so why would we want to change the other? So the point was and is to accept the other as she or he is.



*If You Love A Person  
Or Love What You  
Are Doing With  
Sincerity And Dedication Everything  
Falls Into Place.*

## Did the distance take a toll on your relationship at all?

**Shovana:** Not at all! If you love a person or love what you are doing with sincerity and dedication everything falls into place.

## Would you change anything about your relationship and the arrangement of it?

Nothing. We both have allowed each other to grow as human beings and as professionals taking pride in each other's achievements as well as watching our son grow and settling down. We were totally involved with each other's families and were there for each other. We love each other, we respect each other, we have full trust, faith and belief in each other and we share the same values, morals and ethics, etc.



# SECOND CHANCES

## HUDA & BUB

BY SIDRA SHEIKH



### Could you briefly describe your relationship?

**Huda:** We've been together for 10 years and married for five. We both believe that we were meant to go down the path we did because our family was supposed to be complete the way it is now. Both of us had kids and were unhappy in our relationships. Our relationship is very open, very loving and very caring. We both put our kids first and we both invest a lot of time into making US work.

### How did you meet?

**Huda:** We had initially met when I was 18 and my husband was 21 and we worked together at Wal-Mart. I was the cashier and he was the stocker boy. I remember thinking he was cute and one evening during my shift I walked over to his department and decided to help him stock shelves. That was the only shift we worked together during our time at Wal-Mart and that shift changed my entire life, but I did not know it at that time. I remember thinking to myself after our shift that I would never be with a guy like that. However, for my husband he says for some reason I left an imprint on his heart. At that time I was extremely naive, cultured and close to my roots - all the things he was missing in his life at that time. He says that's what made him curious and made him remember me. We both went our separate ways and never thought twice about anything, well I didn't, but he did. He went home and told his mom that if there was any girl he was going to marry it would be me. I know sounds so Bollywood, but for 6 years he stuck to that statement. During the six years both of our lives were upside down, I had gotten married and had two kids and he had a son with his partner at the time. I was unhappy in my relationship and he was just trying to stay afloat. Facebook had only been around for two years at that time and his friend recommended it and said you could find ANYONE on there. So he made an account and first thing he did was try to look for me. He found 3 Huda's at the time and messaged all three of them, one of them was me.

### I understand you were both in relationships before meeting so was it hard to date, fall in love and marry?

**Bub:** With us it has always been very simple. We met after six years that night and it felt like I had known her all my life. I never had to try, I was myself and it just felt natural. It sounds corny, but I had never been in a relationship with a Pakistani Muslim girl before and none of my relationships lasted over 3 months. So, when Huda and I got together I was feeling things I had never felt before. I was the first one to say I love you literally two weeks into knowing each other again. We took our time to get to know each other, we travelled a lot. When we met I had just started school again to become a fire fighter so marriage was not on my mind for a while. It had nothing to do with her but I wanted to be stable before we made the leap to get married. It was never hard with her, everything always just felt natural. We had to go through many learning curves and I had to learn how to be in a long-term relationship which I never had before so that definitely took some time.

### What were some of the hardships you faced being in a serious relationship after a divorce?

**Huda:** We had to deal with each other's pasts, we had to deal with constant larger than life problems. My ex-husband was

very difficult and still is which caused a lot of strain during our marriage. Our kids were also babies so we only saw each other once a week if that. Bub was in school studying and also working full time with lots of overtime so balancing and making time for each other was hard. It was hard on my parents as well to watch me juggle divorce and watch me date again. It's not easy for a parent to let their daughters openly date in our culture so I appreciated their support and patience. We had to break the stereo type in his family as well. Bringing a woman in the family with two children was not the easiest of things for my husband. He had to battle comments and stand up for us many times.

### What are some of the benefits of this kind of relationship?

We both feel we got a second chance at life and because of that we are always grateful for the relationship and family we have built today. We don't take each other for granted and we always talk about how God blessed us with a family that many can only dream of. Our kids are amazing and together we fit perfectly into each other's lives. We also get time to our selves when the children are at their other parent's houses. It allows us to connect and appreciate the struggles we have been through as a couple and individuals.

### What do you have to say about the stigma surrounding divorce especially in the South Asian communities and have you faced any?

Yes! Of course there is stigma and of course people talk. When I got divorced I was 21 with two kids. People talked about my parents and spread rumors that they were incapable of parenting, that I was never going to find anyone. They pitied me when they saw me along with two kids at family gatherings. My parents had to suffer a lot from our community. They automatically assume that its your fault and that you must have done something wrong. No one wants

to ask you questions to your face, but they seem to have all the answers behind your back. I was very young when all this was happening so a lot of it seems like a blur. My husband also had to face questions and listen to others talk about the fact that he was going to marry someone who came with baggage. Two kids meant baggage, not a blessing and till this day our community still perceives women who are divorced with stigma and pity. If only our communities helped build women who are strong and protected the women who are struggling in bad or abusive marriages we would be so much more stronger and capable to provide and build homes for our children.

### What would you say to someone who is staying in a relationship out of fear to be divorced?

They say life can flash by in a blink of an eye. I say if you are in a bad marriage it can feel like an eternity. For me, I didn't know how beautiful life was till I got out of my first marriage. It felt like being reborn. I was happy, just happy. There are many ways to get out of the situation you are in, however the only thing you need to have by your side is strength and courage. If you can find the strength even for a second, leave, then do it. You will thank yourself for the rest of your life. People complicate things and spend way too much time planning out every detail, you just have to do it like anything else in life. Things fall apart, but things also mend with time. You can rebuild everything in your life but staying in a marriage out of fear is like being in prison all your life - don't do it.



# JOURNEY OF LOVE

*MANI & DARSH,  
COLLEGE SWEETHEARTS*

BY SIDRA SHEIKH



## Could you please tell us a bit about yourselves?

Mani was born in Dubai and Darsh in India. We both moved to Canada at an early age and currently reside in one of the most multicultural cities in the world: Toronto, Canada. We met at McMaster University and fell in love shortly after. We have now been together for over 11 years and have been married for 2 years.

## Could you briefly describe your relationship?

We both are complete opposites in a lot of ways. Darsh has a very laid-back kind of personality, whereas Mani always needs to be doing something to keep herself occupied. Darsh likes to live in the present and not be concerned on what's coming next, however Mani always has a plan or is busy making a plan. We believe, we are living proof that opposites do attract. What keeps the spark alive is our wanderlust for an adventure. Travel and new experiences are at the heart of our relationship, which fueled the creation of our brand, MDOUTOFFICE.

## How did you meet and how long after meeting did you start dating?

We met each other through mutual friends during our first year attending McMaster University. For Mani, it was crush-at-first-sight, however nothing progressed as Darsh was involved in a long-distance relationship with a girlfriend from high school. By the start of our second year, Darsh was single and shortly after we both started to hang out more often and found any reason to be around each other. We attended each other's lectures during our spare time and hung out a lot at Thode, an on-campus library. How romantically nerdy, right? We slowly realized we both wanted to be more than just friends. Realizing this, Darsh did not want to take a chance so he made a calculated decision and asked Mani to be his girlfriend on his 19th birthday. After all, who'd have the heart to say NO to the birthday-boy? She said YES and 11 years later here we are.

## Would you say you are college sweethearts?

Yes, absolutely!

## Were you in a constant relationship since University or were there breaks prior to deciding to get married?

As with most relationships, we have had our fair-share of ups and downs. As young adults who started dating in their teens, we had a lot of growing up to do and were struggling to figure out who we were as individuals. Post our initial honeymoon stage we struggled to maintain a healthy balance between social & personal relationships. We faced numerous hardships and challenges during our dating years. Thankfully we persevered and our path truly makes us appreciate our current happily ever after.

## What are some of the differences, if any between traveling when not married and now?

This one is easy. There are none. Well not in how we travel but whom we tell when we are travelling. I know this does not encourage good behavior in our community but I'm sure everyone who has strict, traditional South Asian families is guilty of traveling with their significant other

without parental consent. At first, we missed the taboo feeling of sneaking around after being married, but seeing our family share our excitement when we discuss our travel plans definitely enhances our experience.

## When and why did you start sharing your traveling experiences/relationship online?

Darsh has always been a social butterfly and loves to share his life & travel experiences with friends and family. He also loves photography and traveling gave him a purpose to invest in his passion. He always mentioned that he does not want the standard selfies and landscape pictures because he wants meaningful pictures he can use to decorate our home. Instagram allowed him to share his journey and create a time-line of our travels to share with the world. At first Mani was hesitant but has since grown fond of this project together as she also loves to use our account to reminisce and fuel future travels.

## What were some of the hardships you face in this type of relationship of being with someone since University/being travel buddies?

Contrary to popular belief, travelling is a lot of work. In our early years, we struggled to divide and allocate appropriate responsibilities such as research, accommodation bookings, & organizing daily itineraries for our upcoming travels. To add, neither one of us come from wealthy families so planning travels on a budget can be a challenging task. We both had and still have a common goal of making the most of our travel dollar.

## What are some of the benefits of this kind of relationship?

Overtime, we each realized our strengths and started to rely on each other to complete a task that falls within our individual realm of expertise. For example, Mani enjoys planning so she takes over responsibility of places to see and things to do. Darsh on the other hand is techy & more directionally aware so he takes over accommodation bookings that compliment Mani's research. This way we can both sit down and come up with a rough daily itinerary so we can maximize our time at a destination.

## What advice would you give to someone who is involved with someone from school and hoping to make it last?

This one is simple. Don't fall for "grass is always greener on the other side". What I mean by that is do not use others as a point of reference for your own relationship. It's easy to see others' relationship (friends or family) and start to compare them to yours. This will poison what you have and will inevitably dilute the uniqueness of your relationship. Being single is easy and relationships are a lot of work, but the fruit of compromise and understanding is a partner to share a lifetime of memories.

## What advice do you have for other couples that travel together?

I know there are many of you out there that enjoy the true unplanned adventure, and that's great too as it comes with its own benefits. Our advice is to find an approach that matches your personality to help you enhance your travel experience. Like with anything in life, the more you travel the better traveler you'll become.

DON'T FALL FOR  
"GRASS IS ALWAYS  
GREENER ON THE  
OTHER SIDE"



A man and a woman are sitting on a rooftop. The man is in the foreground, wearing sunglasses and a black t-shirt, looking down. The woman is behind him, also wearing sunglasses and a black top, looking off to the side. They are both holding a patterned shawl. In the background, a cityscape is visible under a clear sky.

# LOVE & BUSINESS:

## JAZ & HARJIT

BY SIDRA SHEIKH



### Could you please tell us a bit about yourselves?

We are Jaz and Harjit from YouTwoTV! We're a couple who were born and raised in Brampton who make comedy videos online together!

### How did you meet?

We met at a video shoot! We were both working behind the scenes and said a few words to each other. A few weeks go by and the same person flew us both out to India for another project and that's when we kind of just hit it off.

### When and why did you start a YouTube channel together?

We started YouTwoTV in February of 2016. We started the channel because we were both always behind the scenes, but really into YouTube and creating content and wanted to create content of our own. Since we both had the same goal, it made sense to do it together.

### Could you briefly describe your business relationship?

We're pretty much the perfect partners; we're always thinking the same thing and very rarely have disagreements about anything. So far it's been really good since we both have the same mindset.

### Could you briefly describe your romantic relationship?

FOOD. Anytime we have time to actually be a couple we're usually always eating some sort of food.

### How/What inspired your channel and the type of content you guys put out?

Being in our 20's we go through so many ups and downs of finding ourselves so we thought we'd put a spin on that. We like to say we take real life situations and make them funny. This way people can watch it and be like "haha I can relate" and "I'm glad I'm not the only one going through this"

### How accurate are your videos in comparison to your real-life relationship?

We take some inspiration from our real life relationship but very little. We're actually nothing like the characters we play on in our skits! We rarely fight in real life but seem to always be fighting in our videos just because it's funny!

# WE FIND IT HARD TO TURN OUR BRAINS OFF FOR A SECOND



**What is it like working with someone you are in a relationship with?**

It's awesome! We both are super hard workers but at the same time we understand when one of us is having an off day so maybe the other person has to work a bit harder. If we weren't in a relationship that would be a lot harder, we probably wouldn't be as understanding.

**What are some of the hardships you face in this type of relationship?**

Sometimes it's hard to take some time off from work. Since it's a 24/7 job, we're not sure when to draw the line between business and pleasure. We'll be out to dinner, but we'll be talking about our next video idea. We find it hard to turn our brains off for a second.

**What are some of the benefits of this kind of relationship?**

Everything is a benefit, especially in this line of work. Because it's a 24/7 job, neither one of us would be able to have a relationship on the side. We take breaks any time of the day and since our schedule is the exact same, planning things is so easy.

**What advice would you give to someone who is involved with someone they work with?**

Have great communication with each other. It's all about being honest with one another and being able to have that balance between personal life and work life. Never hold anything in, if you have an issue deal with it right away!


**What advice would you give someone who is afraid to be in a relationship with someone they work with?**

As long as you know the difference between work life and personal life then go for it. What works for us is that we're so brutally honest with each other and on that rare occasion we do get into a fight about a personal issue we never let that affect our work.

**SINCE WE BOTH HAD THE SAME GOAL, IT MADE SENSE TO DO IT TOGETHER.**







# CANADA'S *FIRST* COUPLE

MR. AND MRS. TRUDEAU

BY SIDRA SHEIKH

**L**ong before they became leaders, this couple has always been a Canadian favourite. Prime Minister Justin Trudeau and his wife Sophie Gregoire Trudeau have always played an active role in many aspects of Canadian society. Prior to becoming “the first couple”, the pair was involved in not only the political scene, but in many others including the Canadian entertainment and social life, numerous charities and non-profit organizations, religious inclusivity, women’s rights and much more. This behaviour along with the couple’s personal relationship continues to set an example for all Canadians to be better and move towards becoming a loving and welcoming country.

In fact, the two reconnected when they co-hosted a fundraising event in 2003. Despite having known each other since childhood (Sophie and Justin’s youngest brother were friends and classmates), the pair did not connect romantically until they went out following the event they co-hosted.



However, once they did go out – the one date was all they needed according to what Justin told MacLean’s in an interview about how they met. “I looked at her and I just felt this strength and peace come over me and I said, ‘Well, it’s about time you arrived. It’s been 32 years and I was beginning to think you would never show up. I’ve been waiting for you all my life. You’re it!’ I knew it right then and I announced to her that we would be spending the rest of our lives together.” He wasn’t kidding, a year later he proposed and another year later they were married. Presently, the couple is happily married with three kids, Ella-Grace, Xavier and Hadrien.

Since then, Justin and Sophie Trudeau have attended and participated in a lot of events in Canada. Their openness to all kinds of events and their relatability is a major factor in what makes Canadians love the couple so much. The pair is often seen attending social events throughout the country including the Toronto International Film Festivals, Pride Parades, Award Shows, Galas and Balls. If there is any major social events across Canada the Trudeau couple is not far behind.

While the couple seems to like having fun and enjoying social events, there are also a lot of events that they attend which have a more serious theme. Both Justin and Sophie are quite involved in supporting different kinds of charities and non-profit organizations. Mrs. Trudeau is an advocate for issues including self-esteem, eating disorders, mental health and many issues relating to women and children. She was actually the recipient of the 2013 UN Women National Committee Canada Recognition Award for her contribution to human rights. Mr. Trudeau is just as involved, issues that he advocates for include education, the environment and the younger generations economic prospects. While each of them have their individual issues that they care about and advocate for, one issue that both of them constantly advocate for and support is women and human rights.

Sophie has been a spokesperson to a lot of causes surrounding women’s rights and according to what Justin explained in an interview with Macleans, it seems she has a hand in helping him in his support for the issue. “As many of you know, I am a feminist, and proud to call myself one. I believe that women can do – and be – anything they want. But I also know that meaningful cultural change can’t and won’t happen when only half of the population works toward that change. Men need to act, to set examples, and be role models, too. My wife, Sophie, recently reminded me of this very point. I’ve always tried to make sure that my daughter feels empowered, that she understands that her gender does not – and should never – determine the limits of what she can accomplish. But Sophie reminded



Image Courtesy: By Women Deliver [CC BY 2.0 (<http://creativecommons.org/licenses/by/2.0>)], via Wikimedia Commons

me that I need to spend just as much time and effort engaging my sons, talking to them about feminism and the importance of equality.” Some of the specific causes Sophie has supported include the Dove “Pay Beauty Forward” Program, 60 Million Girls Foundation, The Weekend to End Breast Cancer and Plan Canada’s “Because I am a Girl”. Justin is not far behind in his support for women’s rights, he can constantly be seen advocating for gender equality – much of his support can be seen through the changes made to the structure of the government. Once elected in 2015, Trudeau formed Canada’s first gender-balanced cabinet. He continues to reflect his support of gender equality through his leadership and the direction he is taking Canada towards. He has taken a similar stance and route towards ridding of religious and cultural discrimination in Canada.

The Trudeau couple has always been very inclusive and accepting of all faiths and races. Prior to being Prime Minister, Justin Trudeau would attend religious seminars to show his support for different religions. He would and still does celebrate and participate in events and holidays from all kinds of religions and cultures. This religious and cultural inclusivity is something he has implemented as Prime Minister. As he outlined in an address in the UK in 2015, “We have a responsibility—to ourselves and to the world—to show that inclusive diversity is a strength, and a force that can vanquish intolerance, radicalism and hate. Canada’s success as a diverse and inclusive nation didn’t happen by accident, and won’t continue without effort. The future is never certain. It depends on the choices we make today. Compassion, acceptance, and trust; diversity and inclusion—these are the things that have made Canada strong and free. Not just in principle, but in practice.” By taking these steps and performing these actions he is leading the country

by example to be as open as he and his family are and quite honestly always have been.

It is refreshing to see a power couple that is relatable and honest. The actions they are taking now or the issues they are standing up for are not just something they took on upon being elected, but things they have done since long before that. That goes to show that they are genuine in their efforts. That genuine aspect along with the couples very relatable relationship and personalities is what has made many Canadians become as accepting and caring as the Trudeau couple. They are truly Canada’s first couple leading the remainder of us to a better future for everyone. It seems in this case that the apple does not fall far from the tree. Justin’s father and 15th Prime Minister of Canada, Pierre Elliott Trudeau was loved and served Canada similarly to his son.

It seems as if Justin is continuing the work his father laid the groundwork for. When in office, Pierre Elliott expanded the size and role of the Prime Minister’s office, an office which Justin also had a huge impact on changing. Moreover, Pierre Elliott supported multiculturalism and implemented bilingualism, he fought and won to keep Quebec a part of Canada and Canada’s patriation from Great Britain which brought about new and improved civil rights for all Canadians. His father valued and fought for the same beliefs as Justin does now including inclusivity, multiculturalism, protecting and defending human rights and ultimately molding Canada into a welcoming country for everyone.

*I LOOKED AT  
HER AND I JUST  
FELT THIS  
STRENGTH  
AND PEACE  
COME OVER ME*



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# FASHION FORECASTED

BY SIDRA SHEIKH  
Interview by Aaisha Zafar Islam

Every New Year is accompanied with a new fashion trend or trends. According to Cynthia Florek, it takes about 10 years for a fashion trend to evolve, which means the trends we love right now have probably been around since 2008! SHE got a chance to speak with style expert and trend forecaster Cynthia Florek at the 2017 Apparel Textile Sourcing Canada (ATSC) trade show to bring you the rundown on all things fashion! The ATSC is Canada's premier international apparel and textile sourcing event. It features local and international exhibits, three days of seminars, panels and sessions and a fashion runway showcasing Canadian student and international exhibitor designs. Moreover, it gives many an opportunity to meet international apparel, textile, fashion and fabric manufacturers and leaders. The event first took place in Canada in 2016 and has become larger since. This year's tradeshow will be held from August 20-22, 2018!

**In your presentation you were talking about trends, forecast, colours, fabrics, cuts and everything, how are you so knowledgeable in forecasting trends?**

Research, research, research. I am constantly reading, looking at news, looking at upcoming trends and I look at the seeds. Seeds are the little pallets of information and then I connect the dots. A seed basically turns and grows. A trend starts at 0 and then it takes about 10 years to evolve. This is done through a series of retail analysis, new brands emerging, runway, and also fabric mills and new vendors. It takes a compilation of all those things to kind of track where trends start and how they are going to evolve.

**What is your trend forecast for this year?**

We are going to see shine, we are going to see velvet - velvet is a very strong fabric, basically anything with rich textures. It's about an evolution not a revolution, but it's still going to be a very laid back style too.

**What advice would you give to someone who wants to break into the fashion market in Canada?**

Well first of all we have to look at what their product is to make sure it speaks to the right demographic. Then we can assess to make sure their product is on trend and is packaged properly for buyers because eventually that's what you want to do. So the how-to guide really depends on each business and how they want to get into the market. It depends on if you are doing ecommerce verses brick and mortar or if you are making appointments. So I would facilitate the process for each individual client.

**Do you think it's a right time to become a fashion designer in Canada? What is your opinion of the Canadian fashion industry?**

I have mixed feelings about it. We are living in a changing retail landscape. I feel like for young designers there are a lot more opportunity just because of ecommerce. They have a

voice, which can transcend where you are. So you can be located in Waterloo and still sell around the world. With that said, there are so many people who are doing it that it's hard to kind of find your voice and to market yourself properly. This is when certain marketing techniques come into play.

**Which Canadian designers would you say are on top of their game?**

There's quite a few. The first two that kind of come to mind are Sid Neigum and Bowfield. These are examples of designers that have been in the market for less than 5 years and Nita Purday just picked them up so now they are on an international platform. Greta Constantine has also done wonders for the Canadian market. They just celebrated their 10-year anniversary. All these brands have gone on Paris and London fashion weeks, which is great in bringing Canadians on the map internationally.

**Do you think there is a gradual shift from fast fashion to smaller brands, more indie brands?**

Definitely. There is a slow fashion movement and it's kind of like a backlash to the fast fashion unfortunately. Fast Fashion does come at an affordable price so sometimes indie brands

can offer the same and not be competitive. I feel like brands are being more transparent now and it's all about the story telling of the brand. So being authentic and offering a point of view.

**Do you think e-commerce and social media has changed how millennials shop?**

Definitely. Before you would go to the mall and have a choice of 10 stores, your favourite 10 stores. Now your world is your oyster so the choice that millennials will have is endless, they can order something online and return it if they don't like it. They have much more choice, but again it's being able to infiltrate the millennial to want your brand, that's a bit harder.

**What is your opinion of Toronto Fashion Week?**

I think it's been in transition for quite a bit, but I feel that it's going over a transformation and it's evolving. I think the fact that it's joined with men's fashion week is quite interesting. Designers need a platform and I think this is a great platform for designers to come and to basically showcase during TOM and TWFW.



WE ARE  
GOING  
TO SEE  
SHINE,  
WE ARE  
GOING  
TO SEE  
VELVET







# SNEHA VARMA

FROM FINANCE TO FASHION, BRAMPTON-BORN SNEHA VARMA HAS ALWAYS HAD A CREATIVE SPARK. AFTER WORKING AS AN ACCOUNTANT, SNEHA COULDN'T IGNORE HER INNER CALLING AND TURNED TO A CAREER IN DESIGNING AND CREATING HER OWN LINE OF WOMEN'S HANDBAGS. SIX YEARS LATER, HER SELF-TITLED BRAND IS "HEAVILY INSPIRED BY THE STYLE MAKERS OF THE WORLD" AND AIMS TO CREATE ACCESSORIES AT AN ATTAINABLE PRICE POINT THAT ALSO REFLECT HER APPROACH TO HANDBAGS - EFFORTLESS AND TIMELESS DESIGNS. SHE GOT A CHANCE TO INTERVIEW SNEHA TO DISCUSS HER INSPIRATION, OVERCOMING OBSTACLES, AND THE FUTURE FOR HER BRAND.

BY ROWAN DALKIN

## TELL US A LITTLE BIT ABOUT YOURSELF AND YOUR BRAND.

My name is Sneha Varma and I am a Canadian handbag designer. I am of a mixed heritage (my father is Indian from Mauritius and my late mother was French Canadian). I grew up in the suburbs of Brampton, Ontario with my parents and two sisters. I now live with my husband and two sons in the Ancaster, Ontario suburbs. Ever since I was young, I was a naturally creative individual. Fashion and architecture were my main interests and I greatly enjoyed sketching and designing for fun. Our mother would make and sew all her own clothing. I was fascinated by her abilities and she taught us about the importance of well tailored clothing and textiles. However, for some reason, I never thought that it would be an acceptable choice to follow a creative career path (this was going back 20+ years ago). So, I picked a traditional career to study and became an accountant. About six years ago, I could no longer ignore my inner desire to have a creative outlet. Therefore, I turned to fashion and decided to create my own line of women's handbags. At the time, I could not find what I was looking for, aesthetically, in an attainable price point, in a handbag and therefore saw an opportunity to help fill that gap. In addition, entrepreneurship is a seed that has been implanted in me since I was young by my parents (my father is an entrepreneur), so it was a naturally fitting choice to pursue this avenue. My brand is named after me and is heavily inspired by the style makers of the world. I am instantly drawn to someone who has a good sense of style; a style that is effortless and timeless but not in an overly classic sort of way. The brand makes every effort to mimic this idea.

## WHAT IS THE INSPIRATION BEHIND YOUR UPCOMING COLLECTION AND WHAT IS THE POWER OF THE HANDBAG?

The power of the handbag is that it is multipurpose – first, it solves the problem of where to house your essentials by storing it all in something beautiful. It gives instant style. Add a new bag to old jeans and a tee and you have an instant wardrobe update. But more importantly, a handbag is universal – it is suited for everyone and has no bearing on body size or shape. So there really is something for everyone which is liberating. My inspiration for all collections always goes back to this muse that I visualize in my head that has that effortless sense of style. In my opinion, nothing trumps that and, so I am constantly inspired to mimic every collection as closely as I can to my muse.

## IS THERE A REASON YOU ONLY FOCUS ON PURSES AND ARE YOU PLANNING ON EXPANDING YOUR COLLECTION?

I have only focused on handbags because that is where I have been the most drawn to. However, I



am becoming more and more obsessed with small leather goods (i.e. Pouches, credit card holders, etc.) so I am thinking of exploring this avenue in the future.

## WHAT ARE SOME OF THE STRUGGLES YOU FACED IN STARTING YOUR OWN BUSINESS AND HOW DID YOU OVERCOME THEM?

My background is in accounting and business. The elephant in the room is that I have no formal training in fashion/design nor did I have any experience working in the fashion industry. But, there was no way that I was going to let that stop me. I had way too much drive, not to try. Therefore, once I set out to start my business, I was stepping foot in a completely new and unknown territory. I had to learn everything from the ground up. No one was going to do this for me, so I had to work hard and be completely dedicated to this new journey. Mistakes were made along the way, but I just had to take ownership of it, learn from it and move on. I have learned so much since I started; it has been an invaluable learning experience.

## WHAT IS SOME ADVICE YOU WOULD GIVE TO SOMEONE TRYING TO START THEIR OWN BUSINESS?

I would advise to never let fear take over and prevent you from starting, first and foremost. Whatever you don't know, find a way to learn it. With that, make a plan. I often hear that you must act right away. Although I do agree, I do feel it's vital to take some time (but not too much time) to create a roadmap of where you want to go and how you plan on getting there.

## WHAT IS THE BEST PIECE OF ADVICE YOU EVER RECEIVED AS AN ENTREPRENEUR?

The best piece of advice that I've ever received would be from my father, who said that you must continuously re-orient yourself and your business in order to grow.

## WHAT DO YOU SEE FOR THE FUTURE OF YOUR BRAND?

I envision a future of creating handbags that people love and enjoy, eventually spinning off into different product categories that will provide a benefit to people's lives. Nothing would make me happier than to eventually see a standalone brick and mortar location for the brand, even though we are living in an ecommerce era. There's just something about a beautiful piece of real estate through which to present your brand that gets me so excited!





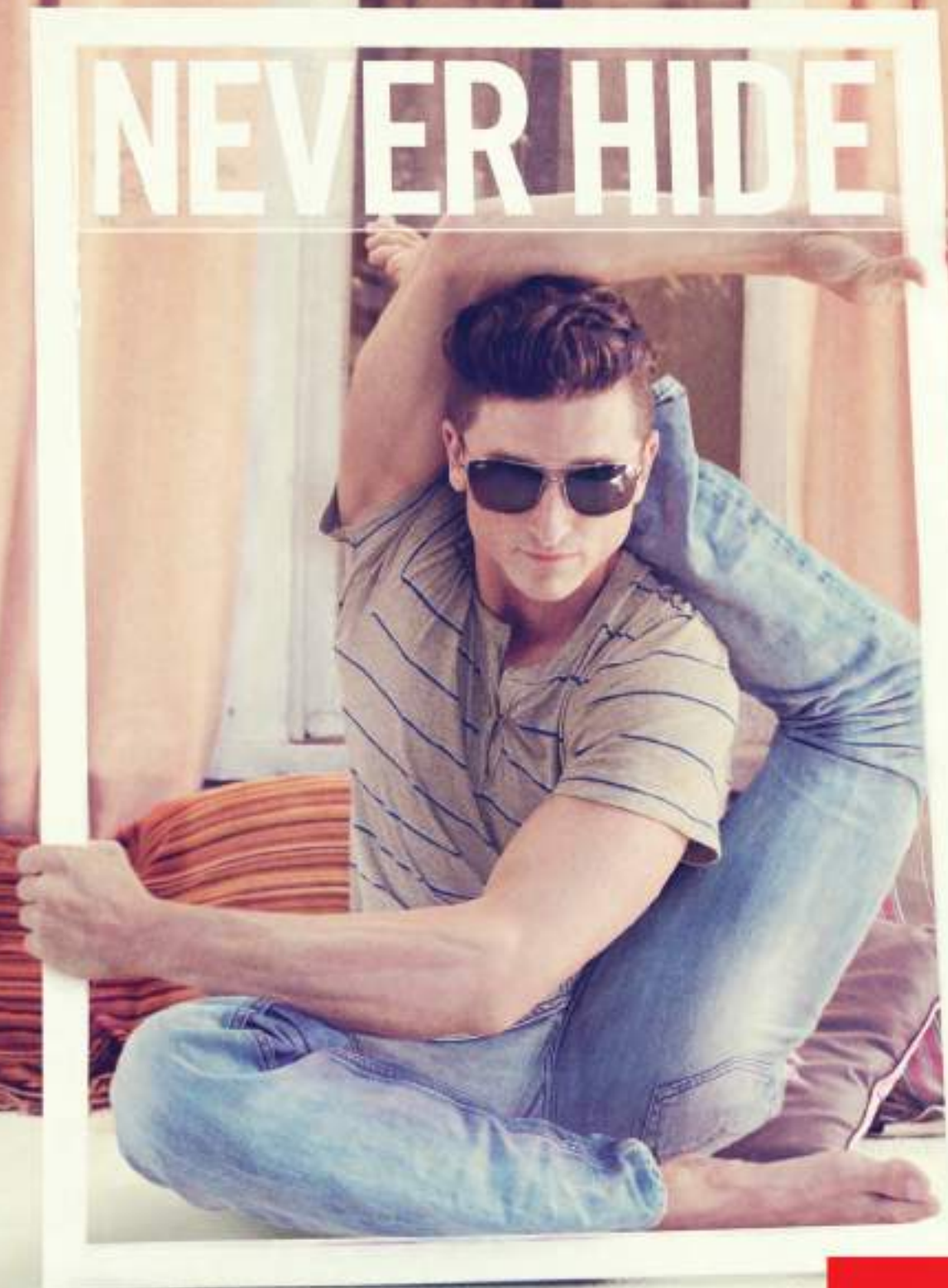
## THE DATEJUST

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# BIKER BOY

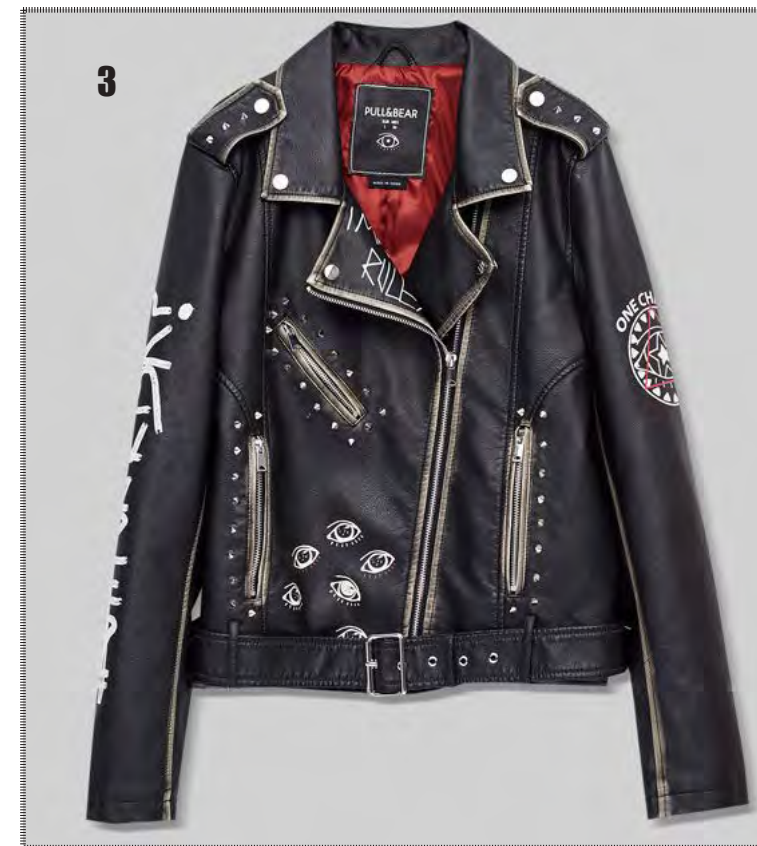
This season, look like a bad boy, but act like a gentleman. A biker jacket is an essential piece in every man's closet because they add an urban edge to any outfit. They are a great transitional piece from winter to spring and key for layering with comfy tops like mock necks and sweaters. Wear an array of styles from the classic vintage motorcycle jacket, embroidered or studded, multi-zippered or minimal hardware, fringed or striped, suede or wool material and everything in between. Finish the look with fitted trousers and high-top boots.



1



2



3



4



5



6



7

1. Leather Biker Jacket H&M \$399, 2 DIESEL Hater Zip-It Leather Jacket Hudson's Bay \$898, 3 Painted Faux Leather Jacket Pull and Bear \$329, 4 Leather Moto Jacket Urban Outfitters \$329, 5 Neopunk Jacket Zara \$199, 6 Biker Jacket with Badges Zara \$129, 7 Embroidered Faux Leather Moto Jacket Urban Outfitters \$199.



# STRIDE IN STRIPES



One of the biggest trends for Spring 2018 menswear is stripes. With most designers showcasing block and primary colouring for impact at the shows this season, patterns and prints were pretty absent with the exception of vertical stripes. As seen on designers like Todd Snyder, Perry Ellis and Wood House vertical stripes will draw the eye up for Spring. With a variety of widths available from thick to pin your next suit purchase should be striped. This sort of pattern, which is both stylish and flattering, will work on every man, no matter his body shape.



- 1. LANVIN Striped Trousers Polyvore \$445.
- 2. Grey Stripe Shelton Suit Tom Ford \$3990.
- 3. Juun.J Pinstripe Coat Farfetch \$2618.
- 4. Grey Pinstripe Smart Bomber Jacket Topman \$70
- 5. Navy Pinstripe Harrington Jacket Topman \$70
- 6. Striped Sweatshirt H&M \$24.99
- 7. Vertical Stripe Button Down Shirt Urban Outfitters \$59
- 8. Blazer Slim Fit H&M \$99



# DATE NIGHT READY

Exhibiting total sophistication with hints of desire, this date night outfit series for men should get you hyped up for the date with that one-of-a-kind girl! Luring away from bold colours, we made sure that each outfit ultimately provided a cool and composed vibe. However, we also recommend prints and special fabrics (i.e. corduroy) to add some variation allowing you to stand out just a little further and get those extra points! Coordinating with a watch is an excellent way to put on the finishing touches. No matter how you are spending your dates this year, remember to dress to impress!



H&M Wool-blend  
Blazer Slim Fit  
\$149

SIMONS Jorn  
Leather Band  
Watch \$150

ALDO Jeriasa  
Cognac Men's  
Dress Boots \$140

ZARA Basic Skinny  
Jeans \$46



SIMONS Gold  
Porter Watch \$215

## BAR DATE



MANGO Slim-fit  
Printed Cotton  
Shirt \$69.99



ALDO Mccrery  
\$130



H&M Merino Wool  
Polo Shirt \$59.99

ALDO  
Astoema \$20

ZARA Corduroy  
Trousers \$50

JACK & JONES Black  
Leather Boots \$126



JACK & JONES Glenn 022  
Slim Fit Jeans with Bleached  
Details \$102



ALDO Senehauz  
Cognac Boots \$175



H&M Cotton  
Shirt \$29.99

## MOVIE DATE



# SCENTS OF *STYLE*

You are never fully dressed without a fragrance. This season, attract without saying a single word. We got you covered on the pleasurable fragrances with notes that capture the essence of a man who is charming, intelligent, and exceeds effortlessly in all aspects of life. The top notes should be a juicy freshness of citrus like orange or pear. Next, the heart notes are cool spices like coriander or cardamom infused with floral notes of magnolia or lavender. At its base, the strength of a cedar wood leather and quintessential white musk to embody the gentleman of today.



Gentleman  
GIVENCHY \$79



Spicebomb  
VIKTOR & ROLF \$95



Sole Di Positano  
Eau de Parfum  
TOM FORD \$262



Colonia Pura Eau  
de Cologne  
ACQUA DI  
PARMA \$116



Parco Palladiano  
I Eau de Parfum  
BOTTEGA VENETA  
\$330



Y Eau de Toilette  
YVES SAINT  
LAURENT \$89



L'homme Ideal Eau  
de Toilette  
GUERLAIN \$104



## SHE LIVES

**1.** My name is Deya and I am a fashion blogger based in Toronto. I share photos and videos of my personal style, travel adventures, and my everyday life through my Instagram page, my blog and my YouTube channels. I hope to inspire others through my photos and words whether it is to chase their dreams, to go out and explore, or to dress up and feel confident.

**2.** A few years ago I discovered a few bloggers on Instagram and fell in love with how they used their social media platforms to inspire others. Their social media platforms were their creative outlets and it became mine too. One of my favourite parts of each day is styling my outfits so that's how it all started. I also started sharing photos of my South Asian outfits here and there and that's when messages from brown girls from all over the world started pouring into my DMs. They shared with me how they loved seeing a South Asian blogger- someone that looked like them and someone that they can relate to. Growing up I didn't see many, if any at all, brown girls on TV. I knew how much I would have loved to see someone that looked like me on mainstream media, so I started to share more photos of my South Asian outfits. It means so much to me that I am inspiring them to embrace their culture and be proud of it!

**3.** My style and outfits are very simple and minimalistic. I'm not afraid to step out of

**Deya Kannesha**  
@Deyakannesha



my comfort zone once in a while, but I never wear anything that doesn't make me feel comfortable and confident. I get fashion inspiration from so many different people and things! I do find myself stalking Sonam Kapoor's pictures from time to time and she has definitely inspired some of my outfits.

**4.** My fashion staple are my plain white T-shirts. It's pretty boring, but I can pair my white Tees with just about anything in my closet and I always feel good in them! It's so important to feel good in what you're wearing!

**5.** If someone said to me two years ago, when I first created my blog, that if I worked hard and put time and effort into building my social media presence, I would have 60K followers in two years and that I would work with brands like Toyota, Coca-Cola, and Pantene... I wouldn't have believed them! I think I have come a long way and I am happy and proud of myself for how far I have come. I have learnt a lot thanks to this journey, received many amazing opportunities, and met some great individuals.

**6.** I couldn't have generated such a large following without the help of my fiancé- he takes almost all my pictures and helps me with every brand partnership that I work on! My advice to anyone who

wants to build an audience on social media is consistency. It takes some people just a few months to make it big and others a few years. The most important piece of advice I can give is to love what you do. If you are on social media solely to build a large audience then you're doing it for all of the wrong reasons. When I first started out, there were no big brands wanting to work with me, no one emailing me to collaborate with them, and I didn't gain hundreds of followers overnight. I loved styling outfits, taking pictures, filming videos, writing blog posts, etc. and that's why I never gave up and because I didn't give up, look at where I am now. Love what you're doing, believe in your dreams, and don't give up!

**1.** My name is Saima Khan, also known as saimascorner on social media. I'm a 24-year-old blogger who is highly known for modest fashion, hijab tutorials and my own hijab collection. Growing up I didn't have a fashion icon to look up to because I wear a headscarf and not many other fashion icons did, therefore I created my own style. My goal was to make saimascorner a place where not only other hijabi's, but everyone could relate to.

**2.** I was told by many family and friends numerous times to start blogging, but I never gave it much thought because I didn't think it would go anywhere. One day I thought, "why not give it a try? It never hurts to try". I started posting outfit pictures on Instagram and little did I know that I would be here today. I simply started blogging because fashion was my passion. I enjoyed dressing up and since I didn't have a hijabi icon to look up to, I thought why not inspire other girls who wear the headscarf by sharing my twist on styles and trends. I then slowly got into YouTube and then finally released my own hijab collection which is something I've always wanted to accomplish.

**3.** The best part about being a blogger is the positive feedback I receive from my followers. Messages telling me how I helped them grow and become better individuals means the world to me! I always have a huge smile on my face once I read those messages no matter what mood I'm in. In general, I was always a shy person but my motivation to help and inspire hijabi's around the world helped me come out of my shell. Emails and messages of how I encouraged and inspired girls to start wearing the hijab gives me confidence in what I do. There's days where I exhaust myself, but emails like those give me energy to keep doing what I'm doing. It makes me realize how I make a difference in others life. As a result, I always try my best to interact with my followers on a personal level. I share my experiences and thoughts or the struggles that we hijabi's go through. I also try my best to respond to as many questions and messages I get

**Saima Khan**  
@saimascorner

through Snapchat and YouTube videos. Interaction with my fans encourages me to be a better person and blogger. I take their advice by listening to what they need help with and I try my best to showcase it in my videos and post.

**4.** I think the biggest challenge as a blogger is to completely block out all the criticism you get. Don't get me wrong I'm pretty good at ignoring the negative comments, but sometimes it can get overwhelming. Social media is a place where you put yourself out there and the more you grow the more haters you gain as well. As a hijabi blogger it can get difficult because some people believe that there is a fine line between fashion and modesty in Islam. However regardless of the negativity, I always focus of the positive aspects of my blogging. Overall, I'm proud of myself for where I am right now, especially for starting my own hijab line. It is something I have been thinking about for years, but I was afraid of the risk. However, against all the odds I still did it because it was my dream. If you told me 3 years ago I would be here, I would have never believed you.

**5.** I like mixing it up with my style and I love showcasing a lot of my cultural clothing as well. However, majority of the time I would describe my fashion style as causal formal. I like wearing button up shirts with trousers and accessorizing with a watch, handbag and clean ankle boots. I would say this is a perfect example of my go to outfit. One of my biggest fashion inspiration is the iconic fashion designer in the hijabi community, Dina Torkia, she is an entrepreneur and a huge social influencer with over 1 million followers. I have been following her for years now. I love how expressive she is through her wardrobe. She breaks barriers by wearing trendy stuff and she starts new trends in the fashion industry. Like other social influencers, Dina had a huge part in the recent movement for modesty. Women all over the world are wearing the hijab as a symbol of Islam and modesty. I believe it is important for girls to have their own fashion style while dressing modestly. That is why I share my style and trends with everyone - to inspire.



# YOUR DONATION IS POWERFUL

**Shahzeb** is only six years old. His home is a concrete box in the slums of Rawalpindi, Pakistan. His father has passed away and his mother is disabled - struggling to provide for Shahzeb and his siblings. Too many children like Shahzeb are being born into a world of hunger, poverty, bullets and bombs. With the help of Allah, we can do something about this.

When you sponsor an orphan with Islamic Relief, you are guaranteeing that the orphan will have access to proper shelter, healthcare, and education. Your kindness ensures the child will have the tools to succeed in life.

Please join us in assisting families like Shahzeb's and help us change the world for good.

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and help an orphan today!

For only \$50, \$60, or \$75 a month, you will be providing your orphan with the basic necessities and emotional support that he or she requires. You will receive details about the child you are sponsoring as well as a photograph and an annual progress report outlining how your contribution is impacting the child's life.



The Prophet (peace be upon him) said,  
**"I and the sponsor of an orphan will be in the Garden like these two"**  
(His two fingers)

## AN INVESTMENT FOR THE GREATER *GOOD*



*It all began with a co-op placement, which led her down the path to starting a leading independent asset management and residential real estate firm. For Azeemeh Zaheer, Executive Managing Director & CEO at Naissance Capital Real Estate Ltd this is still not enough, she is on a mission to give back and share her knowledge with as many women and people as she can. SHE got a chance to learn all about Azeemeh's journey and her view on women in finance.*

BY SIDRA SHEIKH  
Images Courtesy LA-G productions



### To begin can I ask how and why you chose to get into Finance?

I did not intend to get into finance; it was a mix of luck and timing. I wanted to be a CNN News Anchor Woman, but that's life. I worked at a Bank of America branch when I was 16-years-old as part of a cooperative program in high school and my till was situated next to the personal bankers' desks. I spent my spare time talking to them about various retail banking products and unintentionally "cross-sold" to every customer that walked into my line. So much so, I doubled the branch's revenue and was promoted into a leadership program within 6 months. I spent a number of years in various banking roles and departments as I worked towards my investment licenses and attended university. After some time, I wanted a change and left banking. I spent 3.5 years working the public sector as Vice Consul, Head of US Oil and Gas for British Consulate General. Trying to find a solution for the oil and gas companies in distress, I invited the Lord Mayor of London and a handful of Shariah Compliant Banks to evaluate local debt opportunities with companies that owned hard assets. During the visit, the Chairman of one of the Shariah Compliant banks offered me a job in London. I accepted the offer, which relocated me to the United Kingdom and led me to Shariah Complaint Investment Banking. The bank was small enough to provide me real exposure to all aspects of the business, deal making as well as the underlying investors. I was in the right place at the right time. I had an amazingly challenging experience that eventually equipped me with the right tools, contacts and knowledge to open up my own firm, Naissance Capital Real Estate Ltd (NCRE). I started NCRE two years ago and we have over \$100M assets under management. The real passion for our firm is hands on asset management and the deployment of technology strategies to provide solutions. To us, investment is the ability to see value and grow that value over time. We invest into local communities because without their wellbeing, our assets wouldn't be relevant. People matter. Communities matter. Local knowledge matters.

### What is your view on women and finance?

I think there are a handful of trailblazing and powerful women in the finance industry. However, women are still grossly underrepresented in the sector. The good news is we are seeing a lot of change.

### I know you spoke at the World Economic Islamic Forum in 2013 about women in Islamic finance, could you clarify what Islamic finance is?

There are four key principals in Shariah compliant finance. Firstly, no interest is prohibited, which means terms of repayment should be fixed. Secondly, all parties in a financial transaction must share both the risks and the rewards. Thirdly, you cannot sell what you do not own, which is intended to eliminate speculation. Lastly, each financial transaction must relate to a tangible or identifiable underlying asset. In its true form, Shariah compliant banking ties us into the real economy. There are many variations to how this is implemented depending on the Shariah scholar.

### What are your thoughts about women in the Middle East and finance?

Each country in the Middle East is different. Looking at the GCC specifically, Kuwait was the pioneer. They had a number of women making key financial decisions in leading roles for over 15 years. Maha Al-Ghunaim was one these key pioneers. The Kingdom of Saudi Arabia has been catching up and making some big changes. Over the past few years we are witnessing more Saudi women being appointed to Chief Executive positions. Lubna Suliman Olayan led the charge in Saudi Arabia. The UAE and Qatar governments are doing a great job acknowledging and supporting women in finance.

### From what I understand you are taking some steps to better educate women about their finances in the Middle East, can you touch on that?

For the past 6 years, I have been teaching the principles of real estate investment banking from an industry perspective in Saudi Arabia, Kuwait and Qatar. We work very closely with an all-women's University in Saudi Arabia and teach a week programme in their MBA course. We teach students practical knowledge often lacking in traditional academic courses on real estate investment. In addition to covering basic real estate investment principles our courses also allow students to learn from practical experience, providing participants with the tools to develop an investment thesis, review investment memorandum and understand fee structures.

### Why do you believe these women need to be educated on finance?

These women will be the future leaders and have a lot of qualifications. We teach them practical tools that enable them to transition into employment.

### Do you have any intentions of being involved with women financing in North America?

I haven't thought about it, but my awesome cousin in Toronto has asked me to potentially teach a class there.

### What is your goal with these initiatives?

The goal is to give back to others and share knowledge. We donate our time and resources to make it happen - that's basically it.

### What financial advice would you give to women?

I don't really give financial advice - I structure commercial real estate investments. On that basis, I'd say make sure that you're watching out for inflation and speak to your wealth manager.



“I STARTED NCRE *TWO YEARS*  
AGO AND WE HAVE OVER  
*\$100M* ASSETS UNDER  
MANAGEMENT”



# One Step Forward, Two Steps Back

BY VERA EL-TIMANY

It's a day that embraces the true definition of 'woman' and their continuous accomplishments. Women who have dedicated themselves selflessly to cater to one another in dedication to overcome the stigmatism of their being. Women, a gender often taken lightly has strived in breaking the intangible bars of inequality worldwide. This day is to honor their sufferings that became sacrifices, their voices that were once voiceless. It is a day to applaud their social movements that have carefully observed societal norms and put them into question. Universally they gathered together and made noise. That 'noise' refused to go unheard. It was then that marked March 8, International Women's Day.

International Women's Day celebrates the social, economic, cultural and political successes of women. To achieve such movements to stimulate this day, it is far from acknowledging just a single charity, institution, network, etc. to give thanks to, but rather it was a universal effort in its making. Globally, the colour purple means justice and dignity, symbolizing women.

Women experienced countless years of hardship simply in their attempts to be remotely comparable to men. The division between the two was forcefully engraved into society. The emergence of the official digital site for International Women's Day then launched, used as a platform to keep the fight for women alive specifically kept relevant by millions to date.

“THE 21ST  
CENTURY SPARKED  
*FEMINISTS* TO  
UTILIZE THE  
*DIGITAL WORLD* AS  
A TOOL FOR  
POLITICS”

Canada had its own contributions to the formation of this day. In 1882, the principle of equal pay for equal work was finally supported by the Toronto Labour Council after women workers formed a major strike in Toronto. In 1953, the federal government passed the Canada Fair Employment Practices Act to overcome inequity within the workplace. In 1962, women in Manitoba were first in Canada given the ability to vote and run for office in the provincial elections. Also in 1962, Ontario executed The Human Rights Code in its vitality and motive to diminish discrimination such as race, colour, ethnicity, nationality, etc. Founded in 1985, DAWN (Disabled Women's Network Canada) had a strong focus on recognition, respect and services; leading in association with both the disability rights movement and feminist coalitions. The 21st century sparked feminists to utilize the digital world as a tool for politics. Hashtags were commonly used, specifically in 2012 by Sheila North Wilson whom worked for the Assembly of Manitoba Chiefs. She promoted hashtags in honor of victims of sexual violence, such as '#MMIW' to shed light on missing and murdered Indigenous women. 'Been-Raped-Never-Reported' was another tweet first used in 2014 provoked by the charges of sexual violence against Jian Ghomeshi. The fight for their rights never ceased.



Women in South Asia also dedicated their purpose to promote universal change. In the 1920's, the Women's Franchise Union in Sri Lanka evoked the petition for female voting rights, which was accomplished in 1931. In 1975, Bangladeshi women formed a group known as Women for Women, which was the first movement created to examine the conflicted environment of women in Bangladesh. In 1950, the Programme on Women's Economic, Social and Cultural Rights (PWESCR), based in India, was created to analyze the topics of gender and economic, social and cultural rights; bringing a gender framework to policy, law and practise. Created in 1950, All Nepal Women Association (ANWA) took off as a mass movement to empower and liberate women in society; concentrating on injustice, discrimination and inequality.

Yes, Canada and South Asia have enforced transformation. However, this change can only be measured to a certain degree, as disadvantages still persist. While we do have females obtaining key roles in the workplace, having the ability to make real choices, and are able to balance both work and family, there are still issues. Unfortunately, women still do not have the luxury of equal pay in comparison to their opposing gender; they still are a minority in workplaces, and the level of violence they encounter remains higher than men. A 2014 statistic comparing full-time/full-year average wages reveals the gender gap at 26 per cent. This indicates that for every \$1 earned by a man, a woman working only gains \$0.74. The gap is more dramatic for Aboriginals and women of colour. On the other hand, countries like India still face discrimination due to the dominance of patriarchal culture. Countries like Afghanistan are guilty of violence against women, as a case was reported and documented by the British government in 2016 exposing over 130 cases of sexual violence, which included 241 murders. In addition, the Women Rehabilitation Center in Nepal pointed out that between 5,000-12,000 females aged 10 to 20 are trafficked yearly. Despite evidence of progress, gray areas exist, as inequality is still a current trial we hope to triumph. In several countries, although legally women are designed to have equal rights as men, such laws become unadaptable, and are therefore customized in a social context.

Women began their fight generations before us and will continue after us. They are a force of nature. Impossible back then have been made possible for us today. It is unfortunate that inequality is a key factor in our struggles, but universally we can divide and conquer. After all, things worth having take time.



# Barbie

## BIOGRAPHY

BY ALAINA PAWLOWICZ

**M**aking forts, building legos, and playing with dolls creates a sense of nostalgia for many. There are some toys that survive this test of time and this is one of those toys.

Barbie has been around since 1959 and today the famous doll continues to move forward in terms of ethnic diversity and size. Originally known for her white skin, blonde hair, and tiny waist, Barbie has come a long way and has made some important strides for young women throughout her history. From humble beginnings as a career-driven role model to recently releasing the Hijab Barbie, many girls can now look at the ethnic doll and finally relate to the icon. In this day and age, young girls of different sizes and skin colour can find a Barbie that makes them feel accepted and inspires them to be who they are. Several pivotal moments occurred over time to get to this point – here’s a look at some of them!

However, despite the fact that Barbie has come a long way, the reactions to this particular doll proves the underlying racism and Islamophobia that exists in America. Following the announcement of the Hijab Barbie inspired by Ibtihaj Muhammad, online comments from many Americans and other people around the world were not pleasant. Racist remarks on Twitter surfaced quickly, such as “Mattel is ISIS” and “So now children get to play with a terrorist.” Regardless of the fact that Muhammad was the first American to compete at the Olympics wearing a hijab, while winning a bronze medal in fencing for the country, it is sad to say that the fight for cultural acceptance is far from over. In the end, Barbie delivered and shed a positive light on diversity as she has in previous years. Unfortunately, it is going to take a while for a lot of the world’s population to catch up.

### The Careered Barbie

Barbie initially motivated young women to go out into the working world and be who they want to be through Astronaut Barbie. Following this, Barbie was a doctor, a computer engineer, and countless other career-themed dolls were released over the years to motivate girls to pursue their dreams.



### The Cultured Barbie

Barbie’s black friend Christie has been by Barbie’s side since 1968, but it wasn’t until 1980 that the first official African-American Barbie came out alongside a Latina Barbie. Following this breakthrough, many international dolls were released including India Barbie! In 1993 the Native American Barbie was released as part of the “Dolls of the World-North America” collection. With its rich culture and proud heritage, this Barbie pays homage to the roots of Indigenous people across Canada and the United States.

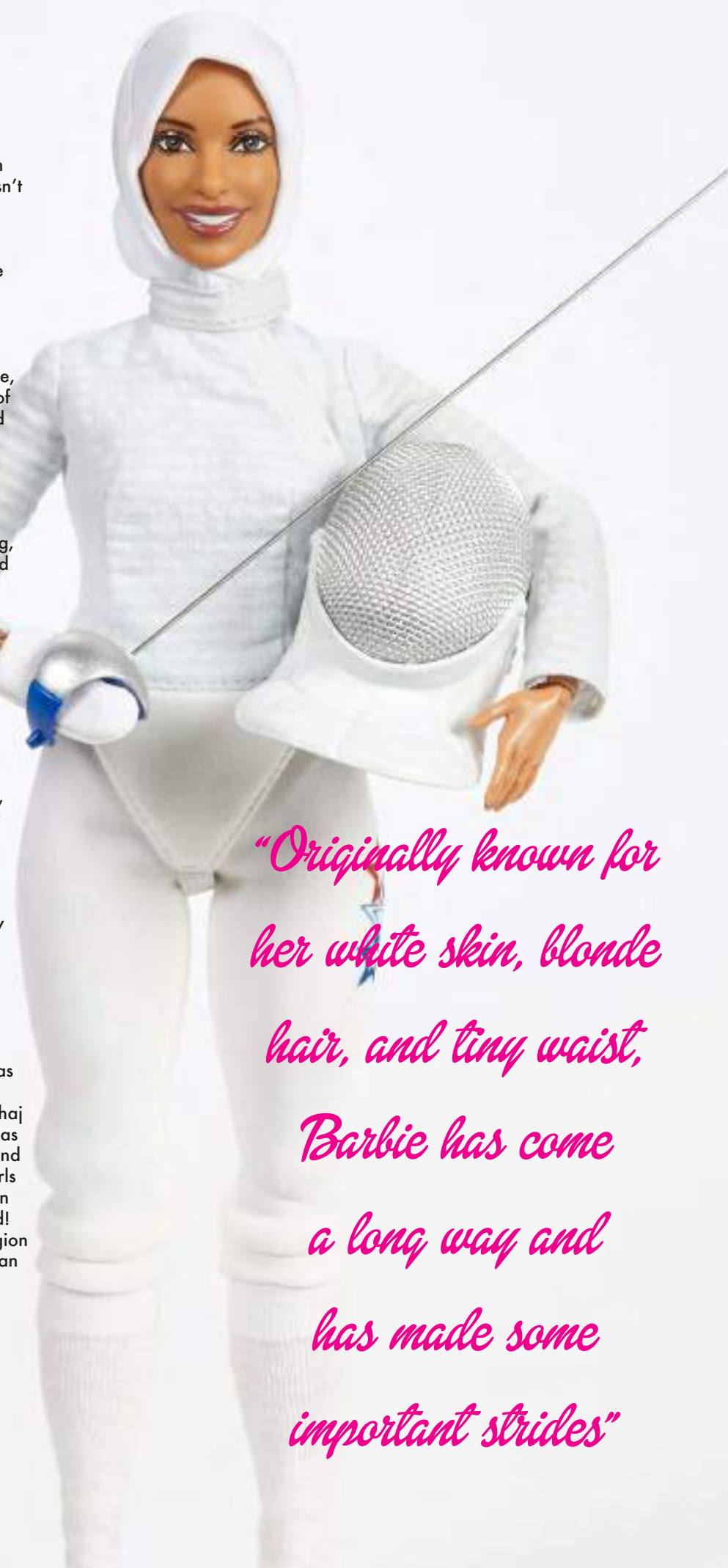
### The Inclusive Barbie

To reach out to Barbie’s male following, David and Phillippe Blond created Blond Diamond Barbie in 2012. Even though the Barbie is not called “drag queen Barbie,” cross-dressing New-York designer Phillippe Blond inspired it. Barbie broke gender stereotypes in this moment, but it also created backlash at the same time.

Mattel Inc. came up with the idea to create a “Fashionistas” collection in 2015, which included seven skin tones, over twenty eye colors, and three new body types including petite, tall, and curvy. Not only was the doll becoming more ethnically diverse, but she also came in all shapes and sizes! The pressure of young girls to feel like they needed to be as skinny as Barbie was gone and completely changed the definition of beauty for the brand.

### The Religious Barbie

Most recently, the first Hijab Barbie was announced in November 2017, which was inspired by fencing Olympian Ibtihaj Muhammad. Muhammad was chosen as a one-of-a-kind “Shero” where the brand honours females who inspire young girls to surpass boundaries. The Barbie is an identical representation of Muhammad! Now young girls who felt that the religion was excluded from the Barbie world can look at this Barbie and feel self-acceptance.



*“Originally known for her white skin, blonde hair, and tiny waist, Barbie has come a long way and has made some important strides”*



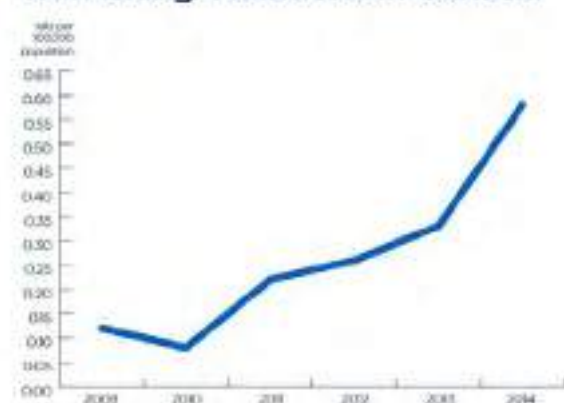
# WOMEN & SEXTRADE

**H**uman trafficking, as defined by the Criminal Code of Canada, occurs when someone recruits, transports, transfers, receives, holds, conceals or harbours a person, or exercises control, direction or influence over the movements of a person for the purpose of exploitation. The victims suffer from emotional trauma, as well as economic, physical and sexual abuse. It is an international issue that occurs mostly in one's home country with sexual exploitation as the predominant form. While this is a huge issue in many countries around the world it is also a huge issue in Canada.

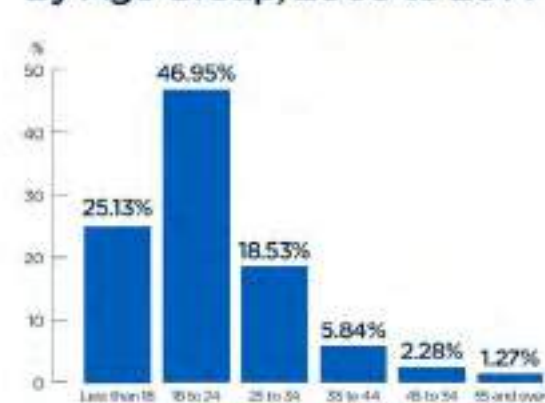
The latest report conducted by Statistics Canada regarding human trafficking was in 2014. The highlights include the rate of police-reported human trafficking violations nearly doubled year to year, and the victims are majorly young women with persons accused tending to be men. The overall picture of human trafficking in Canada has police concerned that there may be more victims and urge anyone affected to report human trafficking occurrences.

The statistics on this issue are alarming as can be seen on the charts displayed. While there are no stats available for the current and more recent years we know that this is not an issue that has come to an end. On that sad note, we urge you all to pay attention, stay informed and spread the word in hopes that together we can bring this horrible reality to an end.

Police-Reported Human Trafficking Violations in Canada



Human Trafficking Victims, By Age Group, 2009 to 2014



GRAPHS COURTESY STATISTICS CANADA

# HUMAN TRAFFICKING & THE SEX TRADE

## The FACTS:

**551+**

victims of human trafficking in ONTARIO since January 1, 2011

Trafficking of women and children for sexual exploitation is the FASTEST GROWING criminal enterprise in the world



worldwide BILLION DOLLAR industry; \$280,000 in annual financial gain for EACH FEMALE forced into prostitution

**\$32**

over 2 MILLION children trafficked annually, an average of 15 TIMES daily



average age forced into sex trade

over 90% of people trafficked in Canada are Canadian



### Victims by GENDER



### Victims by AGE



### Victims by TYPE



Sources: Stats Canada, Asia Freedom International, National Human Trafficking Resource Centre, United Nations Office on Drugs and Crime, Global Report on Trafficking of Persons, UNICEF

CHART COURTESY THOR VILLAGOMEZ



# UNCOVERING THE BANNING

BY FRANZ TABORA

**B**eing the second largest nation in the world, Canada possesses a distinct governing system that entails independent provincial authority due to varying geographic features and interests. This results in different regional dynamics and causes leaders to enforce certain regulations that may not be acknowledgeable by other provinces, such as this present case in Quebec.

Even though Canada has been globally known to be a country that values multiculturalism, it seems that its French province doesn't seem to fully embody this gesture. On October 18, a new legislation was passed in Quebec that forbids the use of the niqab or burqa for face coverings upon usage of public transit or other government services. The law, which is believed to be the first of its kind in North America, has sparked tremendous controversy amongst the general public, catalyzing interest on the debate of cultural inclusivity not just within the province, but also in all of Canada.

The premier of Quebec, Philippe Couillard, asserts that the prohibition is for "communication, identification, and safety purposes" as we are in a "free and democratic society". The bill or "Bill 62" was two years worth of work by the Liberal government to supposedly tackle the issue of state neutrality. It was amended in August to extend the ban from government departments and provincially funded institutions to municipal services, including public transit and subsidized housing.

*"The law,  
which is  
believed  
to be the  
FIRST  
of its kind  
in North  
America"*

The new law instigated two extreme reactions. On one, the three opposing parties believe that the law doesn't go as far as religious symbols, deeming it as practically ineffective. On the other, Muslim advocates from all over the province vehemently declare that it is a racist act because it inhibits expression of their religion. The Liberal government of Ontario also argues that the new legislation counters the country's Charter of Rights and Freedoms and could potentially yield legal challenges.

In the following month, criticism on Bill 62 has increased with thousands of protesters taking over the streets of Montreal to show their complete abhorrence of the legislation. The rally consisted of primarily Muslim advocates, women's groups, as well as university student associations. Face-covered protesters marched across the streets while chanting "So-so solidarity" and "Everybody hates racists." Some have even gone beyond protest to the extreme of vandalism as a famous statue of Sir John A. Macdonald in the city was found covered in red paint prior the march.

Two days after the legislation was passed, Prime Minister Justin Trudeau took the mediator role to examine the case, pointing that it is not the role of government to tell women what they can or can't wear. He further states that the federal government will study the implications of the law and determine a proper direction to tackle this matter, having the Charter of Rights and Freedoms as basis. "The federal government has an obligation to accept the fact that the provinces have a right to pass their own legislation, but as you know full well, as a Liberal, at the federal level, I believe fundamentally in rights, in the Charter of Rights and Freedoms and I will always defend that," Trudeau said.

With the matter escalating and being recognized widely, there is no telling how much further the province can live up to Canada's world-renowned multicultural society. In addition, tension will not only persist between the locals and the provincial government, but also may arise between the provincial and the federal governments. However, with a diverse population of 36 million, Canada has major cultural backups and can certainly provide many voices for Muslims to advocate for equality.



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



**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





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Gift Code: **G2** £30



## Ramadhan Iftar

This Ramadhan, ensure that an entire poor family open their fast each evening with sufficient food.

Be the answer to their prayers in the Holy Month.

Gift Code: **G3** £30



## Goat Micro Finance

15 egg-laying hens will provide a family with an excellent source of protein.

Surplus eggs can be sold to help purchase necessities such as medicine, clothes, school books or furniture.

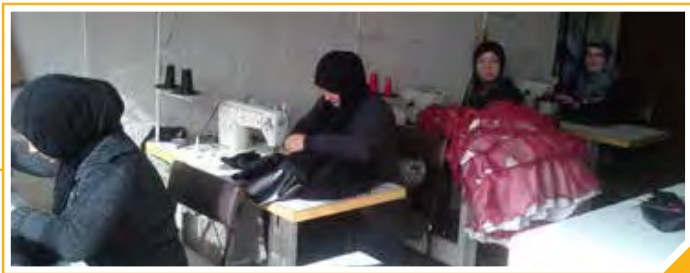
Gift Code: **G4** £50





Garments for Syrian Refugees

Gift Code: G5 £4-8/garment



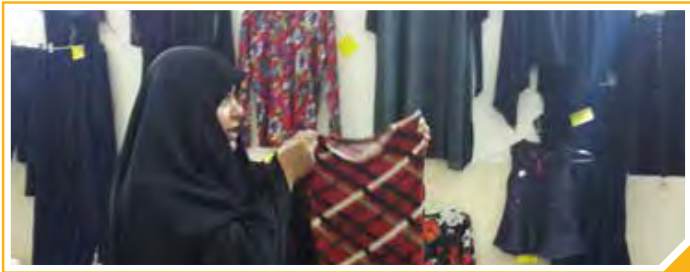
Industrial sewing machine

Gift Code: G6 £500



Micro Finance for Iraq Widows

Gift Code: G7 £25



Place Orphan

Gift Code: G8 £30/month



THIS IS YOUR CHANCE TO MAKE A REAL DIFFERENCE IN THE LIFE OF A NEEDY CHILD OR FAMILY. YOU COULD COVER THE COSTS OF CATARACT SURGERY AND GIVE SOMEONE THE BEAUTIFUL GIFT OF SIGHT OR PAY FOR A WELL THAT WILL GIVE LIFE TO AN ENTIRE VILLAGE.

NO MATTER HOW MUCH YOU GIVE, ONE THING IS FOR SURE, YOUR GIFT WILL BE THE ANSWER TO A DESPERATE PRAYER FOR HELP.



Upon receiving your gift order, we will send you a personalised certificate of appreciation (either in your name or the name you specify) - thanking you for a gift that will change another's life forever.

For Online donation: <https://secure.webstar.co.uk/lft/donate.php>

US Dollar Account

Account no: 67458366  
Sort Code: 20-81-11  
Bank Identifier Code: BARCGB22  
ABA Routing: 026002574  
IBAN: GB84 BARC 2081 1167 4583 66  
Beneficiary: The Lady Fatemah (a.s) Charitable Trust

Barclays Bank plc., 71 High Street, Staines, Middlesex TW18 4PS

Account no: 507 116 59  
IBAN no: GB38 BARC 2081 1150 7116 59  
SWIFTBIC: BARCGB22  
Sort Code: 20 – 81 – 11  
Beneficiary: The Lady Fatemah (a.s) Charitable Trust

Gift Order Form

Please use BLOCK CAPITAL

Name of Payee:  
Gift in the name of:  
Address:  
Poscode: Telephone:  
Email:  
Credit / Debit Card No.  
Valid From: / Expiry Date: / Issue No.

GIFT AID DECLARATION

Please sign here

UK Registered Charity No: 1072270

Signed: Date Today: / /

Selected Gifts & name of recipients

Gift Code	Item	Name of Gift Recipient	This name will appear on the gift certificate	Qty	Cost	Total
G5	Wheelchair	Muhammad & Khadija		1	£50	£50

Postal Address:

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

Please make all cheques payable to:  
The Lady Fatemah (a.s.) Charitable Trust

Gifts Total

Other Donation

Total Amount Enclosed



mail: [info@ladyfatemahtrust.org](mailto:info@ladyfatemahtrust.org)  
web: [www.ladyfatemahtrust.org](http://www.ladyfatemahtrust.org)  
Tel: +44 (0) 1494 762 063

September Lodge, Village Way, Little Chalfont, Buckinghamshire, HP7 9PU  
UK Reg. Charity No: 1072270





# HOME *Sweet* HOME

This season, stray from the norm of dinner and movie dates and show your partner how much you care by keeping things local. Try a cozy throw and some mood lighting to transform your living room into a secluded oasis where you can focus on what really matters – each other. For gifts, something personal is always much more thoughtful – try something like this A Year With You journal which encourages you to capture and treasure each milestone and moment with your significant other throughout the year.



1. Canadian Tire - CANVAS Atlas Table Lamp (Polished Nickel) \$59.99
2. Canadian Tire - CANVAS Metronorm Foamback Panels \$3.
- Canadian Tire - CANVAS Bella Table Lamp \$149.99
4. Indigo A Year with You Journal \$17
5. Indigo Faux Fur Pillow Cover Black Bear, 18"x18" \$40
6. Indigo Expressions, You Are My Favourite Candle \$25
7. Indigo Super Soft Throw Vanilla \$50
8. Canadian Tire CANVAS Chantilly Lantern \$40.





*Living a healthier and cleaner lifestyle is a concern that has been on the rise with many Canadians (especially after the holidays), so we've decided to focus on a part of wellness that is often overlooked – digestive health. SHE got the inside scoop from Dr. Sara Celik, a Naturopathic Doctor with 15 years of experience in the health and wellness industry and spokesperson for Renew Life. She explained the connection between digestive health and other health concerns and gave us tips and tricks to revamp your gut health.*

BY ROWAN DALKIN

#### CAN YOU EXPLAIN GUT HEALTH?

“Gut health” is on trend and many people are hearing these two words, but don’t fully understand what it means to have a healthy gut. I ask my patients questions to assess their gut health such as their bowel regularity, any energy or skin-related symptoms (as they could be the signs of a toxic colon), and whether they experience any digestive symptoms (such as gas, bloating, cramping, etc.) Over 2000 years ago, a Greek physician Hippocrates stated, “all disease begins in the gut”. Today, modern day science is confirming the importance of maintaining a healthy gut.

#### WHY IS GUT HEALTH IMPORTANT TO OVERALL HEALTH?

Without a healthy gut, many other systems in the body are affected. Most people are aware that nutrient absorption is dependent upon a healthy digestive system, but few know that the digestive system affects immunity, inflammation, and other key functions in the body. Daily stress, medications and sugar intake can disrupt a healthy gut environment and lead to a variety of health problems.

#### HOW DOES LIFESTYLE OR GENETICS AFFECT GUT HEALTH?

There has been a rise in gut-related conditions in the last few decades - and lifestyle and genetics definitely play a role. Let’s focus on lifestyle, because this is something that we can change and have full control over. Many health-care professionals agree that poor nutrition or a diet high in processed foods is the main culprit in gut health issues. Other lifestyle habits that can impact the gut include: excessive alcohol consumption, high levels of stress, environmental pollution, medication (especially antibiotics), inadequate fibre/water intake, and smoking.

#### WHAT IS GUT FLORA AND WHY IS IT IMPORTANT?

The gut is home to trillions of microbes and “friendly” bacteria found in the small and large intestine. These are referred to as gut flora. These ‘friendly’ bacteria play a role in our health by increasing our absorption of vitamins and minerals, assisting with digestion, decreasing inflammation, and strengthening our ability to fight foreign invaders. New research is fascinating and although it’s in the early stages with most studies being done on animals, it has been shown that gut bacteria may affect mood, weight, and behaviour. With these magnificent findings, it’s fair to say that optimal health begins with optimal gut flora.

#### WHAT IS THE DIFFERENCE BETWEEN A PRO- AND A PREBIOTIC?

Live microorganisms are known as probiotics and they confer health benefits on the host. We all have bacteria living in our gut and these bacteria colonize the gut at the time of birth and thrive throughout a person’s life. “Friendly” bacteria thrive in the human digestive tract throughout life and the term probiotic literally means “for life”. Prebiotics on the other hand are food for ‘friendly’ gut bacteria. Since these bacteria are alive, they require fuel to flourish and thrive in the gut. When you read a probiotic label, you may see additional ingredients such as FOS (fructooligosaccharides). This prebiotic is non-digestible and encourages the growth of ‘friendly’ gut bacteria. Foods such as Jerusalem artichokes, onions, garlic, and chicory root are prebiotics that feed probiotic bacteria.

#### WHAT ARE THE SIMPLEST WAYS TO POSITIVELY CHANGE YOUR GUT HEALTH?

Proper nutrition is key. Without a healthy diet, it’s very difficult to achieve optimal gut health. I also encourage my patients to reduce stress and engage in activities that they enjoy daily. Adequate hydration and sufficient fibre are also important as both of these will help flush toxins, eliminate waste and prevent a sluggish gut environment. Basically, it’s crucial to fuel your body with proper nutrition, get 6-8 hours of restful, uninterrupted sleep every night, and keep your gut bacteria thriving and well. When it comes to supplements, try not to get overwhelmed and stick to the basics. Taking a daily probiotic can offer an array of health benefits and a daily dose of “friendly” bacteria - Lactobacillus and Bifidobacterium strains - is vital when it comes to better gut health and well being.





# GENUINE HEALTH FOR YOUR GUT

The health of our entire body depends on one thing: how happy and healthy our gut microbiome is. Our microbiome is made up of trillions of microorganisms that influence not only our digestion, but also our mood, immunity, and even body composition! As the experts in gut health, Genuine Health understands the importance of a healthy, thriving microbiome and has developed the ULTIMATE nourishment for gut microbes with its NEW fermented organic gut superfoods+.

Courtesy of Genuine Health

THE FERMENTED ORGANIC GUT SUPERFOODS+ ALSO PLAYS A KEY ROLE IN THE PRIME, SEED, FEED METHOD FOR OPTIMAL GUT HEALTH.

**PRIME** the gut with fermented proteins to nourish the gut lining with NO BLOAT.

**SEED** the gut with advanced gut health probiotics, a super-potent, multi-strain probiotic that delivers up to 10x the bacteria to the gut!

**FEED** the gut (some more) - for added phytonutrient power, add in greens+ to provide total body health and nourishment with therapeutic effects!



According to Stewart Brown, Founder & President, Genuine Health, “Gut health is more than just taking a probiotic. The bacteria in our bodies are living - and they need to eat. We were inspired by the latest research on polyphenols and gut bacteria, which is what inspired us to make fermented organic gut superfoods+, Fermented organic gut superfoods+ is the ultimate prebiotic gut superfood with a 1-2-3 punch. It includes 21 phytonutrient-rich superfoods, easy-to-toler-

ate prebiotic fibre, and is fully fermented, all which intensifies the strength of the nutrients, and helps to encourage the growth of “good” bacteria.

1. Phytonutrients are plant nutrients and polyphenols are the best-known class of phytonutrients that provide benefits throughout the body. Each of the ingredients in fermented organic gut superfoods+ were carefully chosen for its high polyphenol content.

2. The rich source of prebiotic fibre is VitaFiber, which is easy-to-tolerate and helps to encourage the growth of good bacteria.

3. Fermented organic gut superfoods+ is fully fermented improving gut microbial profile and increasing the anti-inflammatory properties of phytonutrients by 20%!





# TOP 5 PLACES to PROPOSE

Feature & Images Courtesy Of: Booking.com

## 5 OF THE MOST UNIQUE PLACES IN THE WORLD TO POP THE QUESTION

Love is in the air! The Royal engagement between Prince Harry and his American Princess has had the world buzzing with excitement for their wedding next May. If you're feeling inspired to join the happy couple on the race down the aisle, then this Valentine's Day might be the best time to pop the ultimate question to your significant other.

To make it almost impossible for your boo to say no, Booking.com has delved into over 1 million properties to find you the most romantic and unique places in the world to propose and make the occasion one you'll never forget.

# 1

## MYANMAR BALLOONS OVER BAGAN

A hot air balloon ride is one of those bucket list, once in a lifetime opportunities, but doing it over the beautiful pagoda's and landscape of Bagan is truly something else. It's even more romantic during sunrise or sunset, just remember to get a glass or two of champagne ready to celebrate while you're in the clouds! After the adrenalin rush, retreat to Bagan Lodge for some pampering at the spa and pool and celebrate your engagement with traditional cuisine at Tiffin Box.



2

## ITALY

JULIET'S BALCONY,

Romeo and Juliet are one of the most iconic couples in literary history. They may not have had the happily-ever-after they were hoping for, but that doesn't mean you can't. Head to Juliet's balcony and ask 'where for art thou, Romeo?' before asking the even bigger question. The Lady Capulet apartments are only a 5-minute stroll from Juliet's house and offer luxury accommodation in the heart of this romantic city.

3

## CHIANG MAI

LOIKRATHONG FESTIVAL

Thailand's festival of lights is a beautiful tradition to be part of and an incredible place to propose. You and your partner can send your own floating candle off into the water on a krathong and watch it twinkle off into the distance to mark the occasion. The festivities in Chang Mai also include watching hundreds of magical floating lanterns get set off into the sky. Stay in quaint guesthouse Green Tiger Vegetarian House, a calm a relaxing hideaway in the heart of Chiang Mai.

4

## BOLIVIA

SALAR DE UYUNI

To really sweep your loved one off their feet, a romantic view is essential and Bolivia's Salar de Uyuni is one of the most incredible sights in the world. It's the world's largest salt flat, holding 10 billion tonnes of salt set against an epic backdrop where you may even see pink flamingos – its picture perfect for when you pop the question. Hotel Palacio de Sal is another must as it's built out of salt bricks and even features salt furniture.

5

## NORWAY

KIRKENES SNOWHOTEL

For a trip to remember, travel to the beautiful country of Norway and be spoilt for choice with a number of beautiful places to propose - perhaps after an exhilarating husky ride, underneath nature's twinkling background of the Northern Lights or even in your very own snow hotel. The romantic Kirkenes Snowhotel offers picturesque mountain views, arctic themed snow suites, intricate snow sculptures and thermal bedspreads to keep you and your beloved cosy.



# Beauty



**Maui Moisture** Revive & Hydrate + Shea Butter Shampoo **\$10.99**



**Being By Sanctuary Spa** Hibiscus & Coconut Water Hand Cream **\$10**



**Lush** Christingle Body Conditioner **\$15**



**Organix OGX** Nourishing + Coconut Milk Shampoo **\$9.99**

*As we settle into the New Year and start afresh there are some things we just can't seem to leave behind. These are products that (as the heading says) we tried, tested and absolutely LOVED! We vowed to be more giving this year and so we share with you beauty products that are absolutely worth trying!*



**Burt's Bees** Blush **\$14.99**



**Dr. Hauschka** New Makeup Line **\$27-\$65**



**Lierac** Hydragenist Morning Moisturizing Mist 100 ml - **\$45**



**Lise Watier - Glam** Celebration Duo Blush **\$38**



**LIERAC** Hydragenist Moisturizing Rescue Mask 75 ml **\$47**



**Jouviance** Hydractiv Serum **\$50**



**Lise Watier** 24K Glam Lipstick - **\$25**



**Verdura - Lotus** Hydrating Mist **\$48**



**Burt's Bees** Glossy Lipstick **\$9.99**

# Round Ups

TRIPLE



# tested!

**Quo Blush Brush Pro** \$40

**Origins Original Skin Retexturizing Mask with Rose Clay** \$34

**Vichy - LiftActiv Vitamin C With Hyaluronic Acid** \$45



**Swiss Line Brightening Diamond Serum** - \$340

**Wella Professionals Oil Reflections - Light Luminous Reflective Oil** - \$34



**Shiseido Future solution LX - Total Radiance Foundation E 30 ml** \$120



**Conair Meta e Meta** \$149.99



**T3 Convertible Collection**  
Base - \$100  
Barrels \$85/each



**Zorah biocosmetiques**  
Eos, Neck & Decollete Firming Concentrate 50 ml \$64.99, Ino Intensive Hydrating Serum 30 ml \$54.99



**No7 Early Defence**  
Eye Cream 15ml \$22, No7 Early Defence Day Cream 50ml \$24



**Stila-Written in the Stars Glitter & Glow Liquid Eye Shadow Set** \$47

# Loved!



# Brown Girl Problems

**Q** I am currently in high school and I want to pursue fashion after I graduate, but unfortunately my parents do not support the idea of it. They don't believe that I will be financially stable after graduation and they want me to choose a field with more opportunities. I can't imagine choosing a field that I would enjoy as much as I enjoy fashion. What should I do?

**A** Talk to your parents and explain to them that there are more jobs than they think in the fashion industry and there are also a handful of well-paid jobs too (such as a merchandise buyer). First, you must do some research and figure out whether you want to become a designer, stylist, fashion writer, entrepreneur, visual merchandiser, etc. Most industries are competitive which is why finding a job is never guaranteed no matter what field you choose to go into. Therefore, I recommend finding a fashion program that has co-op or placement as a requirement to graduate. This will increase your chances of getting a job as well as experience in your field. Do some research and find a program that's right for you. Then, present this information to your parents and explain to them what your general plan is. Chances are, they are more likely to support your career choices once their concerns are addressed and they know what your plan is to overcome these obstacles you may face in not only this industry, but any industry you chose.

I am currently in my early 20's and my parents have been hassling me about getting married. I do not have the desire to get married yet, because I still have one more year left of university and I want to secure a job and become financially stable before I settle down. I want to get married eventually, but I feel like right now is not the best time for me. They believe if I wait any longer, I won't be able to find anyone and I know that is not true. What should I do?

**A** Sit down and have a conversation about this with your parents. Explain to them what your concerns are about getting married at this point in your life and what your general plan is. Give them a general timeframe of when you wish to get married and let them know it's better to settle down when you're financially stable rather than when you're struggling. In terms of not being able to find someone, explain to them that isn't true, because there will always be people available. These days, it has become easier than ever to meet people. Whether you meet someone in person, through mutual friends, or even online (there are plenty of matrimonial sites available especially for South Asians). Just let your parents know there are many options available when the time is right for you.

## HE said, SHE said

**“** *I've been dating a guy for a couple months now and everything has been going great. We have a great connection and he's sweet but there's just one problem—he's very sensitive. I didn't think a guy who was emotional would be a problem, but it's a huge turn off for me. What I think that gets me is the fact that he cries—frequently. If this makes me uncomfortable should I leave him or ignore it?* **”**

*he said...*

You're not dating a man, you're dating a boy. There's a difference in someone who is communicating about how they feel and a guy who is just a baby. This guy isn't mature enough at all and just wants someone to take care of him. In the long run you will regret staying with him because you'll feel more like his mother than his girlfriend. Get rid of him as fast as you can.

*she said...*

Some guys are just sensitive - it's normal. How would you feel if he wanted to dump you because you're emotional? I think you need to just give this situation some time for you to adjust. You need to comfort him and be there for him when he's talking about his feelings. The fact that he's willing to cry in front of you means he trust you.

**“** *I'm completely bored of my current relationship with my partner. I feel like there's no more spark and it's not like it used to be. We are still in love, but I'm feeling the urge to spice things up in our lives. I want to have an open relationship, I feel like the both of us need to experience different things and see where it goes. How do I bring this up without offending him?* **”**

*she said...*

In every relationship (especially long term ones) there is a time where it just gets boring. You might think you want an open relationship but you really don't. Maybe you should take a break for a while and do your own thing. Sometimes a relationship has run its course and people have a hard time letting it go.

*he said...*

There's nothing wrong with spicing things up. Sit him down and tell him you're bored and you want to try new things. He could possibly be feeling the same exact way as you and is willing to have an open relationship. If he's not into it then try to think of other things to bring the excitement back.



SHE *DIRECTORY*

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

**A.** Acqua di Parma [acquadiparma.com](http://acquadiparma.com) and at Sephora & [sephora.com](http://sephora.com), Aldo in stores and [aldoshoes.com](http://aldoshoes.com), Asos [asos.com](http://asos.com), Amope at Walmart and <http://www.amope.ca/en/>

**B.** Bottega Veneta [bottegavaneta.com](http://bottegavaneta.com) and at Holt Renfrew & [holtrenfrew.com](http://holtrenfrew.com), Burberry in stores & [burberry.com](http://burberry.com) and at Hudson's Bay & [thebay.com](http://thebay.com), Best Buy in stores and at [Best-Buy.ca](http://Best-Buy.ca), Build-a-Bear in stores and [buildabear.ca](http://buildabear.ca), Bulova at the Hudson's Bay and [intl.bulova.com/](http://intl.bulova.com/), Being By Sanctuary Spa at Shoppers Drug Mart and [www.sanctuary.com](http://www.sanctuary.com), Burt's Bees at Walmart and [www.burtsbees.ca](http://www.burtsbees.ca)

**C.** Cartier in stores & [cartier.com](http://cartier.com) and at Hudson's Bay & [thebay.com](http://thebay.com), Claire's in stores and [claires.com](http://claires.com), Club Monaco in stores and [clubmonaco.com](http://clubmonaco.com), Caroline Neron in stores and <https://www.carolineneron.com/en/>, Carolina Herrera at Shoppers Drug Mart and [www.carolinaherrera.com/](http://www.carolinaherrera.com/), Canadian Tire in stores and [canadiantire.ca](http://canadiantire.ca), Conair at Walmart and [www.conaircanada.ca/](http://www.conaircanada.ca/)

**D.** Diesel in stores & [diesel.com](http://diesel.com) and at Hudson's Bay & [thebay.com](http://thebay.com), Dior in stores & [dior.com](http://dior.com) and at Holt Renfrew & [holtrenfrew.com](http://holtrenfrew.com), Donato Salons in store and [donato.ca](http://donato.ca), Dr. Hauschka at Shoppers Drug Mart and [www.dr.hauschka.com/en\\_CA/](http://www.dr.hauschka.com/en_CA/)

**E.** Esthederm in store and [esthederm.ca/ca\\_en/](http://esthederm.ca/ca_en/)

**F.** Farfetch [farfetch.com](http://farfetch.com) and at TNT & [tntfashion.ca](http://tntfashion.ca), Forever 21 in stores and [forever21.com](http://forever21.com), French Connection in stores & [frenchconnection.com](http://frenchconnection.com) and at Nordstrom & [shop.nordstrom.com](http://shop.nordstrom.com), Foot Locker in stores and [footlocker.com](http://footlocker.com)

**G.** Givenchy [givenchy.com](http://givenchy.com) and at Saks Fifth Avenue & [saks-fifthavenue.com](http://saks-fifthavenue.com), Guerlain in stores & [guerlain.com](http://guerlain.com) and at Holt Renfrew & [holtrenfrew.com](http://holtrenfrew.com), Guess in stores & [guess.ca](http://guess.ca) and at Hudson's Bay & [thebay.com](http://thebay.com), Godiva in stores and [godiva.com](http://godiva.com), Google at Best Buy and [store.google.com](http://store.google.com), Genuine Health at [www.genuinehealth.com](http://www.genuinehealth.com)

**H.** Herschel Supply Co [herchel.ca](http://herchel.ca) and at Hudson's Bay & [thebay.com](http://thebay.com), H&M in stores and [hm.com](http://hm.com), House of Fluff [house-offluff.com](http://house-offluff.com), Halogen at Nordstorm and [Nordstorm.com](http://Nordstorm.com)

**I.** Inspired Soap Works online at [inspiredsoapworks.com](http://inspiredsoapworks.com), Indigo in stores and [www.chapters.indigo.ca/en-ca/](http://www.chapters.indigo.ca/en-ca/)

**J.** Jack & Jones in stores and [jack-jones.ca](http://jack-jones.ca), J. Crew in stores & [jcrew.com](http://jcrew.com) and at Nordstrom & [shop.nordstrom.com](http://shop.nordstrom.com), Jo Malone [jomalone.com](http://jomalone.com) and at Nordstrom & [shop.nordstrom.com](http://shop.nordstrom.com), Juicy Couture in stores and [www.juicycouture.com/](http://www.juicycouture.com/), Jouviance at Shoppers Drug Mart and [en.jouviance.com](http://en.jouviance.com)

**K.** Kate Spade in stores & [katespade.com](http://katespade.com) and at Hudson's Bay & [thebay.com](http://thebay.com), Kendall + Kylie [kendall-kylie.com](http://kendall-kylie.com) and at Nordstrom & [shop.nordstrom.com](http://shop.nordstrom.com)

**L.** Le Château in stores and [lechateau.com](http://lechateau.com), Lush in stores and [lush.ca](http://lush.ca), Lovehoney Lingerie online at <https://www.lovehoney.ca>, Links of London in stores and [www.linksoflondon.com/ca-en/home](http://www.linksoflondon.com/ca-en/home), Lierac at Shoppers Drug Mart and [www.lierac.ca](http://www.lierac.ca), Lise Watier at Shoppers Drug Mart and [www.lisewatier.com/ca\\_en/](http://www.lisewatier.com/ca_en/)

**M.** Madewell [madewell.com](http://madewell.com) and at Nordstrom & [shop.nordstrom.com](http://shop.nordstrom.com), Mango in stores and [shop.mango.com](http://shop.mango.com), Michel Germain at the Hudson's Bay and [ca.michelgermain.com/](http://ca.michelgermain.com/), Maui Moisture at Shoppers Drug Mart and [www.mauimoisture.com](http://www.mauimoisture.com)

**N.** New Friends Colony [shop-nfc.com](http://shop-nfc.com) and at Nordstrom & [shop.nordstrom.com](http://shop.nordstrom.com), Nordstrom in stores and [shop.nordstrom.com](http://shop.nordstrom.com), N07 at Shoppers Drug Mart

**O.** Old Navy in stores and [oldnavy.ca](http://oldnavy.ca), Oak + Fort in stores and [ca.oakandfort.com](http://ca.oakandfort.com), Organix OGX at Shoppers Drug Mart and [www.ogxbeauty.com](http://www.ogxbeauty.com), Origins at Sephora or [www.origins.com](http://www.origins.com)

**P.** Polyvore [polyvore.com](http://polyvore.com) and at Topshop & [topshop.com](http://topshop.com), Pull&Bear [pullandbear.com](http://pullandbear.com)

**Q.** Quo at Shoppers Drug Mart

**R.** Rapid Lash at Walmart and [rapidlash.com/](http://rapidlash.com/), Renew Life at Walmart and [www.renewlife.ca](http://www.renewlife.ca)

**S.** Saint Laurent in stores and [ysl.com](http://ysl.com), Steve Madden in stores & [stevemadden.ca](http://stevemadden.ca) and at Nordstrom & [shop.nordstrom.com](http://shop.nordstrom.com), Shira-leah [shiraleah.com](http://shiraleah.com) and at Nordstrom & [shop.nordstrom.com](http://shop.nordstrom.com), Simons in stores and [simons.ca](http://simons.ca), Sole Society [solesociety.com](http://solesociety.com) and at Nordstrom & [shop.nordstrom.com](http://shop.nordstrom.com), Swarovski in stores and [swarovski.com](http://swarovski.com), SuperHuman Strength online at [www.superhumanstrength.com](http://www.superhumanstrength.com), Swatch in stores and [www.swatch.com/en\\_ca/](http://www.swatch.com/en_ca/), Sneha Varma at [www.snehavarma.com/](http://www.snehavarma.com/), Shiseido at Sephora and [www.shiseido.com](http://www.shiseido.com), Swiss Line at [www.swissline-cosmetics.com](http://www.swissline-cosmetics.com), Stila at Sephora and [www.stilacosmetics.com](http://www.stilacosmetics.com)

**T.** Ted Baker in stores & [tedbaker.com](http://tedbaker.com) and at Nordstrom & [shop.nordstrom.com](http://shop.nordstrom.com), The Fifth Label [thefifthlabel.com](http://thefifthlabel.com) and at Nordstrom & [shop.nordstrom.com](http://shop.nordstrom.com), Thomas Sabo in stores and [thomassabo.com](http://thomassabo.com), Timberland [timberland.com](http://timberland.com) and at Foot Locker in stores & [footlocker.ca](http://footlocker.ca), Tom Ford [tomford.com](http://tomford.com) and at Harry Rosen & [harryrosen.com](http://harryrosen.com), Topman in stores and [topman.com](http://topman.com), Topshop in stores & [topshop.com](http://topshop.com) and at Hudson's Bay & [thebay.com](http://thebay.com), T3 at the Hudsons Bay and [www.t3micro.com](http://www.t3micro.com)

**U.** Urban Outfitters in stores and [urbanoutfitters.com](http://urbanoutfitters.com), Urban Planet in stores and [urban-planet.com](http://urban-planet.com)

**V.** Viktor & Rolf [viktor-rolf.com](http://viktor-rolf.com) and at Sephora & [sephora.com](http://sephora.com), Vince Camuto in stores & [vincecamuto.ca](http://vincecamuto.ca) and at Nordstrom & [shop.nordstrom.com](http://shop.nordstrom.com), Verdura at [http://www.verdura.com/](http://http://www.verdura.com/), Vichy at Shoppers Drug Mart and [www.vichy.ca](http://www.vichy.ca)

**W.** Wella Professionals Oil Reflections at [www.wella.com](http://www.wella.com)

**Y.** Yves Saint Laurent in stores & [ysl.com](http://ysl.com) and at Hudson's Bay & [thebay.com](http://thebay.com)

**Z.** Zara in stores and [zara.com](http://zara.com), Zorah biocosmetiques at [www.zorahbiocosmetiques.com/en/](http://www.zorahbiocosmetiques.com/en/)

The *GET IT* GUIDE



## Springing Forward

"The splendid thing about falling apart silently...is that you can start over as many times as you like."  
■ Sanobar Khan, A Thousand Flamingos

"For last year's words belong to last year's language  
And next year's words await another voice.  
And to make an end is to make a beginning."  
■ T.S. Eliot, Little Gidding

"Why do anything unless it is going to be great?"  
■ Peter Block

"Sometimes painful endings bring the best new beginnings."  
■ Shae Ross, Bottom of the Sky

"Every sunset is an opportunity to reset."  
■ Richie Norton

"The first step is always the hardest"  
■ Sarah Dessen, The Truth About Forever

"Every morning a new sun greets us and our new life begins."  
■ Marty Rubin

"The most painful moments and memories eventually lead to the greatest strengths and growth in life."  
■ Kemi Sogunle

"Never underestimate the power you have to take your life in a new direction."  
■ Germany Kent

"Take the first step in faith. You don't have to see the whole staircase, just take the first step."  
■ Martin Luther King, Jr.

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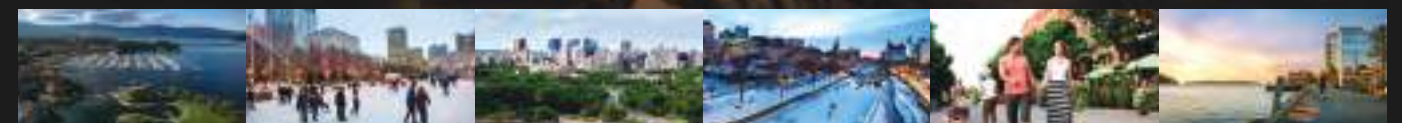
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