

The Power of Desire

# AAARZU

Magazine



HOLIDAY ISSUE

HARMAN BAWEJA

KIDSPLAY

DAVID YURMAN

\$6.99 CAD ISSUE 01 VOL 01





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# A letter from our founder



**Kanwaljeet (Lucky)  
Singh Randhawa  
Aarzu Founder**

Where do I start? I began SW Media Group in 2008 with the support of a few clients who showed trust in me and they are still the pillars of my company for which I am immensely grateful. I have always tried and continue to try my best to be grateful to those who have helped me and supported me at any stage of my life. Those people are still in my heart even if they are no longer in my life.

It's really difficult for me to say everything that's in my heart and all that I feel as I write this letter to you, but I'll do my best. In my journey so far, I've met many people and some have stuck around and some haven't. I'll credit the loss of friends (or acquaintances) to my blunt, out-spoken, no-filter kinda personality - which I don't plan to change in this lifetime. I like keeping it real and being honest no matter what.

It was one candle lit evening with my lovely wife, Savita when we were having a casual conversation about desires. Our newspapers have been running successfully for 9 years, sons are grown from boys to men, so we were just talking about which of our desires are still pending. As a result of our conversation, a new desire arose to launch a magazine keeping in mind that everyone has a desire of some sort.

Aarzu is the power of desire, inspiring people to chase their dreams and fulfill their desires. A luxury lifestyle magazine that would cover health, money, fashion, real estate, auto, weddings, travel and more. Something that the younger South Asian demographic would pick up, but something that the mainstream North American audience would appreciate as well.

I believe in unconditional love and understanding. Without expectations and with the acceptance of all the good and bad in those I love and understand. This applies to my family, friends, colleagues, staff and my readers. So spread love, chase your dreams and continue to inspire everyone you meet but most importantly, go after your desire and fulfill it.

Sincerely, 



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# A note from the editor

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Live. Laugh. Love.

These are my three words to live by but as most Indians (especially those from Delhi), I like to add the *tadka* (spice) of ambition, inspiration and desire to everything. When I met with Mr. Kanwaljeet (Lucky) Randhawa of SW Media Group and heard about Aarzu Magazine, it was an instantaneous yes to go ahead and become a part of this incredible new venture he's launching. Today, I feel honoured and so grateful be writing this letter to you as the Aarzu Magazine editor-in-chief. Thank you, Lucky Bhaji!

For me, this magazine is more than just a few pages of fashion, advertisement or trends. It's a bridge between cultures. Growing up in Canada with a very grounded Indian family, I always knew the immense value of having the best of both worlds. I got all the best of my adopted Canadian culture and equally the best of my inherent Indian roots. For me, this magazine is for the readers who have the best of two worlds and want to celebrate it or don't but want to expand their horizons. For me, you are Audrey Hepburn with Helen moves rocking to R.D. Burman tunes. You are a lover of books, coffee and wine. You rise early and meditate. You go to the Friday night party and then the temple in the morning. You fear a superior force that runs the world and live an honest life. You are just a fabulous human being and this is dedicated to you.

As the holidays are just around the corner, we dedicated our first issue as a gift to you, with Stress Management Tips by Hari Narang (pg 46) to tips on staying healthy, even though you're going to be surrounded by eggnog and candy canes, by Connie Zhou (pg 54). Then we bring you fierce looks to take you from the office to the office party, styled by Crystal Carson (pg 26). If you have a bit more time to get glammed up? Check out the stunning party pieces by Sunny's Bridal Gallery and Made In India (pgs 14-21). Don't forget to keep that wallet in check, by following holiday budgeting tips from financial planner, Aimee Sehwoerer (pg 88). Finally - this is particularly for all my lovely single ladies - grab a glass of wine, put your feet up, swoon over the hottie Harman Baweja and read up on my chat with him, when he was in Vancouver to promote his upcoming film *Chaar Sahibzade - The Rise of Banda Singh Bahadur* (pg 36).

I, along with all those who have worked by my side tirelessly - especially my dear friend and designer, Elise - I really truly hope you'll enjoy what we've created in this first edition dedicated to the holiday season, celebrations and shopping! Here's to the power of desire...



Kanwalpreet Kaur Trehan  
Aarzu Editor-in-Chief



Xoxo.  
Kanwalpreet

## On the cover

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Cover shoot photographed by Life Studios Inc.  
Ring: David Yurman, Supernova Ring, \$6500,  
Outfit: Sunny's Bridal Gallery (price upon request).  
Hair & makeup: Blo Bar Yaletown  
Styling by Aarzu editor-in-chief, Kanwalpreet Kaur Trehan.

# Contributors



**Bree Bowes**

A realtor with Sutton premier realty for over 5 years, Bree is a happy wife, avid gym goer and cat lover. She is all about family and gets the real estate gene from her father. Family is very important to Bree so helping families find their perfect home is what makes her happy.



**Connie Zhou**

Connie is a Registered Dietitian in British Columbia. She got her Dietetics degree at the University of British Columbia complete with an internship in Vancouver Coastal Health. She has a holistic approach to eating and believes that all foods should be enjoyed to nourish the mind and body.



**Allie Cooper**

Allie Cooper is the owner of Alex & Lily Home, a Vancouver based, interior design and events company. Her passions include organizing, planning, shopping, socializing and finding the right piece for any puzzle.



**Ray Hudson**

Ray Hudson is a career journalist, editor and producer, in print, radio and TV, Director of the Fraser Valley Heritage Railway Society, musician and songwriter.



**Chef Siddharth Choudhary**

Chef Siddharth started his career in 1998 with his culinary diploma at one of India's biggest chain of hotels, ITDC. He then went to Ireland and made his mark with his restaurant in Dublin. Now Chef Siddharth is making waves with his new style of healthy Indian food on Commercial Drive.



**Amrita Sandhu**

Amrita Sandhu is a Manager at Prabu Foods Incorporation. She graduated from Kwantlen Polytechnic University with a Bachelor of Arts Majoring in Psychology. She enjoys utilizing social media platforms to raise awareness about socially and culturally relevant issues. For more info, visit: [www.amritaliterature.com](http://www.amritaliterature.com)



**Aimee Sehwoerer**

Aimee always aims to help everyone she meets. Her financial planning services include sound advice on investment, debt and estate planning issues. Her extensive work with the community has led her to share her passion and vision of the financial Industry via local television and magazines. She's a strong advocate on empowering women's all over the world leading and volunteers with several organizations in Vancouver.



**Mandeep Bahia**

Mandeep has been actively involved in the Auto industry both in Europe and North America for over 7 years with in depth knowledge of domestic and luxury import brands. Breaking records, his rise to the top has been filled with many hours, research and dedication.



**Hari Narang**

Hari Narang is an experienced and registered Healthcare Practitioner, specializing in work related injury prevention, disability management and corporate wellness. He has worked in the rehabilitation field for over 30 years and has also practiced Traditional Chinese medicine for over 16 years. He is a keen promoter of preventative health and wellness, especially in East Indian community. He is also a motivational speaker and a wellness coach.



**Raveena Oberoi**

Known for her eclectic cake style and skills, Raveena takes the utmost care and attention to detail to create stunning pieces of edible art. Creativity is the mother of every cake design, so each cake design is sketched, developed, and perfected to allow your unique cake dreams to come true by Raveena



**Kamal Sharma**

Kamal Sharma, president of Kamal's Video Palace, the biggest Indian video store in North America and concert promoter since 1994, is a popular TV host on Shaw Multi-cultural Channel of "Kamal's Top 5 Hits" and "YAADEIN," the longest running South Asian TV shows for more than 31 years.

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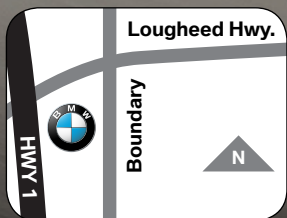
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A photograph of a modern interior space. A person's hand, wearing a black long-sleeved shirt, is pointing towards a wall made of light-colored, textured bricks. The wall is part of a corner structure. To the right, a window with a white frame looks out onto a building. The floor is made of large, light-colored tiles. A red upholstered chair is partially visible on the right side of the frame.

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## David Yurman: the Journey of a Sculptor



Kanwalpreet Kaur Trehan  
Aarzu Editor-in-Chief

Sitting down with David Yurman, I had the distinct pleasure of meeting a man full of humble thoughts and humble beginnings. The now world-famous, luxury brand owner greets me as I walk into one of the private shopping rooms of Holt Renfrew, in downtown Vancouver. His courteous demeanour and friendly smile could put any journalist at ease.

We get comfortable in two lounge chairs across from each other and I pull out my notepad, prepared to ask him my list of questions. Little did I know that I wouldn't even feel the need to glance at

the list once. I began with the most obvious statement/question: "So, you are a sculptor and your wife is a painter. How does a sculptor ...?", only to be interrupted immediately by David's wise response.

"Well, it's interesting when you say that my wife is a painter. My wife paints. I'm not a sculptor, I sculpt. The things that we do are not really saying that's what we are." I knew at that moment that this was going to be anything but a boring interview; that I would be walking out of the room full of knowledge and wisdom.

When David and his wife, Sybil, first met, he was absorbed and driven to be a sculptor rather than a person who sculpts, as he sees it now. They were in their 20s and met in a very exciting creative moment: 1969, a huge year for counter-culture revolutions, breaking down barriers, women's liberation, the Beatles, the Stones, the Vietnam War, and of course, the "make peace not war" movement. They were very much involved in their own art and connected with each other at a sculpting studio where David was a manager, making his own sculptures.

After 10 years of being together, there came a period when David was struggling to make his sculptures transform into jewelry. He shares, "I was making sculpture jewelry and selling mostly to art galleries and select craft artisan shops across the US- probably doing 25 - 50 craft shows; packing up the 1962 Cadi, loading up all the stuff and backdrops. I was making a living doing craft fairs."

That was 1980. Today, there are over 40 locations that the company owns and approximately 260 shop-in-shop type locations, such as the one in our very own Holt Renfrew Vancouver. David chuckles at my comment about that amazing growth with a simple "Yeah, it's gotten big!"

Did he imagine that he would ever grow to be so big? His response: "Of course, not! Who imagines such a thing?" and further explains that he grew up in a time when the religion was to be an existentialist; to just live one experience after the next.

As he continued attending trade shows and selling to art galleries, his ability to handle the business on his own was declining. His dyslexia caused confusion and he needed help. He needed help and as well as skilled people that could do the finishing and the setting. Thanks to his wife Sybil, who lent his business a serious amount of money and the much needed help, David was able to grow. "

We started our business with \$500 from a Jewish Free Loan Society on Hendrick Street and both our parents had to co-sign," David chuckles as he reminisces about the past. "In 1980, we said okay, this is a real business. We moved from the country- we were making everything up in the country out of pretty much a barn- and we moved to the city, where there is a jewelry center and the caster's around the corner and all our buyers were there in New York City and one of our sales associates said you have a tiger by the tail, just hang on."

It's that love that continues to inspire his brand, even today. David enlightens me by reminding me that love

isn't just about two people getting together; it's about a lot of people getting together with the common sense of the fact that what they are doing is out of passion and that they want to, in some way, do things with concern and mindfulness.

"This isn't brain surgery. No one is dying here. We're just making beautiful things where people have the inclination and the connection to what we're doing and say "I really like this" and what we make, there's a lot of love in that, and concern."

We continue to talk about the details that the craftsmen and all the members of his company pay attention to. David jokes about his habit of micromanagement and with that, I move on to ask him what his desire for the business is.

"I think that my desire in the business was to afford myself and the people that work for me just a great place to work; just to find love and happiness as they work in the environment. The building that we are in now, we've rebuilt it three times and we've only been there 12 years. We've moved up and down, moved all our distribution and warehousing away, so it's centered somewhere else, which was a logistical effort. It opened up a huge amount of space; we have almost 250,000 sq ft in Manhattan and 85 - 90k sq ft. for distribution. The jewelers have the most incredible light, huge space, they are the happiest."

*"I think that my desire in the business was to afford myself and the people that work for me just a great place to work; just to find love and happiness as they work in the environment.."*

Not only does David look after his craftsmen by providing excellent lighting and space, he provides an organic juice bar for all 4 floors, yoga and other such benefits to keep his team fit and happy. He claims that it's out of selfishness because he wants to support the design or the creative concept, to do the best job possible, so that they have the best results. He likes to do more and he can't do more unless he has good sales and he can't have good sales unless he has good product and good communication. But by now I can see that he's just a good-hearted fellow, looking after his people.

We speak about his first piece, which was a direct weld-

ed belt. It was his gift to Sybil. The inspiration? "The inspiration was she forgot her belt. We were in my loft and she said - I need a belt for this dress and I said - oh no problem, I'll just weld you one. No problem; I started at 8 and I was done at 11. We missed the party but she got a belt."

We move on to share his theory on color and why his ads were in black in white until last year. He explains that art is about a message. It's about the feeling you want to express; the choice of black and white was the strongest message. That color is confusing. There's so much going on. It's too attractive.

"Think of the great movies," he says. "Think of Casablanca and great photographers. Black and White. Because you really get the emotion in black and white, not a lot of confusion and distraction of color. Not to say that color isn't good, but I wanted to get the message out with black and white."

But that art form was enough, he agrees. 15 years of black and white come to an end as now it is a different moment. It is color and it suits the jewelry they are now making. It is quite different.

"It's called Supernova and for which my wife did the initial design and I completed it. It's exuberant. There's something called PureForm that has this beautiful shape. We wanted

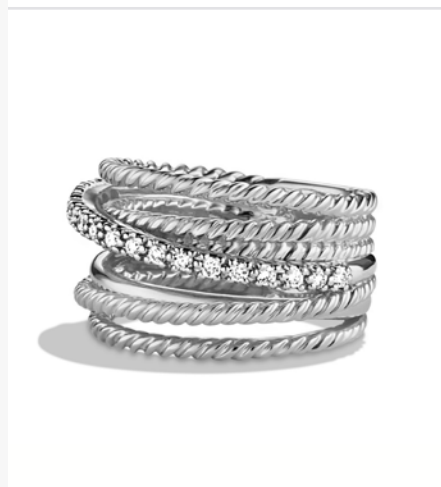
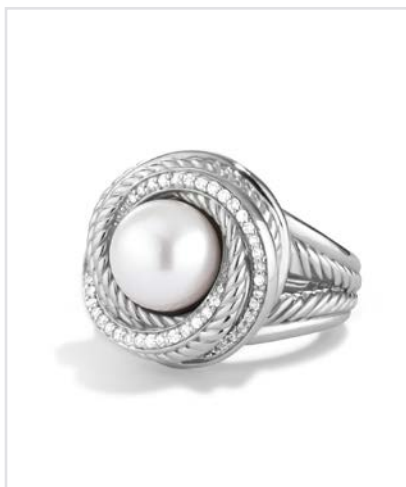
playfulness. We chose the model and the photographer based on one thing: the product. Not to say that the black and white wouldn't be nice but I wanted to see the gold and the silver in motion. And, now we'll be doing more film. Vignette films. It's going to be fun and it's actually going to be in theatres." He shares a story of one of the vignette film ads we'll get to see in theatres with a little girl, Christmas trees and fun.

"It's something that I wouldn't have even thought of and I'm so delighted that I'm not micromanaging it and that's what they think of what I designed as a creative design. I think they are doing a coloring book too. A little fantasy book too," he further shares with excitement in his eyes.

I ask him to wrap up with a quick little message for our readers. Anyone who has a desire to be the next David Yurman, what would he say to them? Here is what David Yurman says had to say.

"My favourite saying: be careful what you wish for, you may get it. In this case, there's no chance because there's only one of me and by the way, there's only one of you. Chase the dreams. Accept your dream. Be available."

From a sculptor, to a businessman, to a regular meditator, this is David Yurman. The man behind the luxury brand.






The logo for Aria Convention Centre features the word "Aria" in a large, elegant, white script font. A small red star is positioned above the letter "i". To the right of "Aria" is a vertical white line, followed by the words "CONVENTION CENTRE" in a clean, white, sans-serif font.

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A photograph of a formal event table setting. The table is covered with a white tablecloth and features several clear glass wine and champagne flutes. In the center, there is a large, ornate silver chandelier holding a bouquet of pink and white roses. Several lit white candles are placed around the table, creating a warm and elegant atmosphere. The background is softly blurred, showing more of the event space.

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black dress - CUSHNIE ET OCHS - \$1550 (Holt Renfrew) • cream bag - LOUIS VUITTON - \$1845 (Mine & Yours) • crop tweed jacket - OSCAR DE LA RENTA - \$2990 (Holt Renfrew) • flats - VALENTINO - \$99 (Mine & Yours)



black dress - CUSHNIE ET OCHS - \$1550  
(Holt Renfrew) • red pumps - LOUIS  
VUITTON - \$350 (Holt Renfrew) • bow  
pin - \$550 (Holt Renfrew) • black fur -  
\$619 (Holt Renfrew) • tights - SANTI ELLI  
LA - \$25 • rings - H&M - \$15



red skirt - \$1245 (Holt Renfrew) •  
maroon sweater - OSCAR DE LE  
RENTA - \$2115 (Holt Renfrew) • red  
bag - VERSACE - \$349 • boots -  
FRANCO CUADRA - \$650 (XIXO)



black crop top - ALC - \$299.25 • red skirt - \$1245  
(Holt Renfrew) • black boots - FRANCO CUADRA  
- \$650 (XIXO) • black necklace - H&M - \$19.99  
• leather gloves - \$225 (Holt Renfrew) • leather  
jacket - BALENCIAGA - \$3590 • red purse –  
MOSCHINO - \$150 (Mine & Yours)



black bag – LOUIS VUITTON - \$995  
(Mine & Yours) • black blazer - SMYTHE  
- \$595 • Gold skirt - TOP SHOP - \$29  
(Mine & Yours) • sparkly black shoes  
- ZARA - \$35 (Mine & Yours) • white  
button down - ACNE STUDIOS - \$440 •  
gold pearl necklace – H&M - \$19.99



gold sequin top - NAVEN - \$175  
(Holt Renfrew) • gold skirt - TOP  
SHOP - \$29 (Mine & Yours) •  
white spike pumps - CHRISTIAN  
LOUBOUTIN - \$450 (Mine & Yours)  
• white fur - VINTAGE - \$295 (Mine  
& Yours) • gold earrings - H&M -  
\$14.99 • gold ring - H&M - \$6.99 •  
choker - H&M - \$9.99 • green bag -  
Frenchonista - \$25

white v-neck tee - UNIQLO  
- \$14.95 • dark denim jeans -  
UNIQLO - \$49.90 • canvas belt -  
POLO RALPH LAUREN - \$75 • blue  
suit jacket - BRAVOECHO PREMIUM  
COLLECTION - \$1299 • slip-on  
shoes - CROCS - \$79.99 • pocket  
square - ERMENEGILDO ZEGNA -  
\$91.24







white dress shirt - BRAVOECHO  
PREMIUM COLLECTION - \$200  
• dark denim jeans - UNIQLO  
- \$49.90 • burgundy velvet  
tuxedo jacket - SUNNY'S  
BRIDAL • oxblood boucle  
monkstrap shoes - TO BOOT  
NEW YORK - \$558.64 • pocket  
square - TED BAKER - \$55.94

# HOLIDAY SHOPPING GUIDE



1



3



5



7



FOR THE  
KIDS



2



4



6



8



9



HIS &  
HERS



12



13



10



11



14

1. Girl's Knit Winter Hat \$12; 2. Girl's Cable Knit Scarf (Grey) \$16; 3. Toddler Girls' Sparkly Dress (Cream) \$29; Girls' Snowflake Print Sleep Set (Cream) \$16; 5. Girls' Glitter Ballet Shoes (Silver) \$22; 6. Toddler Boys' Print Shawl Collar Sweater (Light Navy) \$26; 7. Toddler Boys' Print Sleep Set (Green) \$16; 8. Boy's Hooded Puffer Jacket (Navy) \$49; 9. Men's Puffer Vest (Navy) \$49; 10. Men's Polar Bear Print Sleep Pant \$19; 11. Men's Plaid Moccasin Slippers (Print 2) \$25; 12. Women's Fit and Flare Jacquard Dress (Burgundy) \$39; 13. Cable Knit Sweater (Light Blue) \$29; 14. Women's Sparkle Circle Scarf (Off White) \$24.



*Season's greetings, from our family to yours.*

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## Aaarzu Hangout:

### *Harman Baweja!*

- Interviewed by Kanwalpreet Kaur Trehan -

**V**ancouver is spotted hosting many superstars in the scenic and breathtaking city and this time, we were graced by the dashing Harman Baweja. Although he jokes that the weather is not his reason for being here, I know that deep down he must be loving the rain! (or maybe not, who am I kidding!) I got to sit down with him and learn about Baweja Productions' latest venture - *Chaar Sahibzaade: Rise of Banda Singh Bahadur* - which released on November 11, 2016 but learned a lot more about Harman. Here's what our conversation was like:

Me: Okay, now moving on to fun stuff. The non-journalistic questions about Harman Baweja. The man, the dude that everyone wants to hangout with. I just want to know you, as a friend and as a person. Who is Harman Baweja?

*Uh, how much time do you have? Well, where do I start? Okay, let's start with likes and dislikes. Likes are... well as you already know I like rajma chawal (a traditional Punjabi dish of kidney bean and rice). If I was to define myself in a very confine manner, I think I'm very blessed. I have a great family. Immediate family is amazing and we work together. You know what they say that a family that eats together lives together? So it's even more beautiful for a family that works together, eats together and is sort of insync. That and also my extended family. I have about 17-18 first cousins, who are sisters, and I am sort of in touch with them - I kid you not - on a weekly basis. And friends. We make a choice in life, we choose our friends. They aren't thrust upon us and I have a great group of friends. So, I am blessed that I have good people around me and for me that is the most important thing in life. Everything else is momentary. It comes and goes. Like failure and money. Not saying it's not important but it's momentary.*

We, as in layman, see celebrities and conjure up so much fluff in their mind about the celebrities...

*It is just that - fluff. I must tell you. Anyone who is in the entertainment business is just more famous because he's more visible but in terms of success he may be at par with the businessman with a store down the street but he's just more known than the man running the store. But, it can get to their head sometimes because fame is something that can get to your head makes you think you're above the rest but hey, the industry is a great place. It levels you down before you know. You make this colossal flop and you're suddenly not wanted and you're like hey i'm not one of them anymore. So, again, it's momentary. One has to know that life is beyond fame and popularity.*

So how do you deal with it? On a personal level.



*I don't deal with it at all. I kid you not. I have never gotten into this thing at all that I need someone with me or security, etc. Why would i need somebody else around me? I think it's just a lot that we build around ourselves. What's the worst that can happen? Someone's going to come to you and ask for a picture? And that's not the worst. That's beautiful. I can understand for the women as they need to be a little more careful because a couple of guys can come together and get obnoxious but i'm a guy. I could defend myself. I'm a sardar.*

What's happening on the love scene? Should we start a matchmaking site for you?

*Yeah. Dude. I don't know. Please, don't start a matchmaking site for me. My love life is as messed up as everything else. I don't know man. I wouldn't say that I'm on the lookout. It's never that way. It can't be. Ultimately has to happen and it will happen.*

So what's your image of the ideal woman? Your ideal life partner.

*I think the image of an ideal woman is that hopefully she shouldn't be ideal. It wouldn't be very realistic. No barbie dolls. I'm a Punjabi munda (chap). Barbie doll's too skinny for me. I just have to connect, as cliché as it sounds. Sometimes you just meet someone and there's a great connect between the two people and that's it. Things go on from there.*

You grew up in a film family. Was this something you always wanted to get into? Did you know growing up that "i wanted to be a part of this industry"?

*I went to Switzerland to study hospitality management and then I dropped out after one year and that's when I realized that I can't do this. I knew I had to do something more creative. I went to LA, did film school there. Then I worked, sorry, was whooped by my father - he's a tough task master - for a good 7 to 8 years. Still working with him so trust me I know what I'm saying. The passion was always there but I could see how difficult this world is growing up because I would see my father coming home at awkward hours, not seeing him for days and sort of building a wall around myself thinking alright I don't want to do this. But then it's creative, it's passionate and that's pretty much what drives me to do whatever i do in life.*

What does a typical day in a celebrity's life look like?

*Like everyone else's. You get up and need a desperate cup of coffee to kick you out of bed. You make sure the shower's not too cold because then don't feel like jumping into it. Then You dilly dally a bit before having breakfast but you're forced to have breakfast if your Mom's around or you can sneak away, you get to work then you look forward to the last part of work and then you say it's done! It's pretty much the same.*

What else are you passionate about? Other than movies.

*Video games. Soccer. Soccer is something that I love. So I love playing soccer, I love watching soccer so yeah, sports and video games, movies are my passions which is typical boy as you say.*

Do you like to read?

*Yeah but you see I can't pay attention for too long. So the first thing I do when someone gifts me a book, which people who know me now don't gift me books anymore because they know that I'll just gift it back to them after a month or so, is ask them how many pages. Sometimes, I meet writers who'll say you gotta read this book i'll ask them how many pages and they'll say 212. I say sorry I can't read your book because my threshold is 200 pages so I'll never end up reading the climax. I think my mind works too much so after a while I feel like I need to move. I love watching documentaries more than movies. I'm more of a documentary watcher than films.*

Other than rajma chawal, what other foods ...

*Burgers. It's very random, I know. But rajma chawal, burgers and Mex-*

*ican food. So typically as I enter North America I used to go to Johnny Rockets, my favourite - which is apparently shutting down so now it's In and Out. So, the first thing I would do is go to Johnny Rockets and have a burger then in the evening I would have Chipotle.*

What's your one desire in life and what's your message about attaining desire?

*If desire can lead you to happiness, which is what it should be in most cases, I think you should go after it but not at the cost of someone else's happiness and that's the only way you can make sure you're happy. I think one should follow one's desire. It's the ultimate driving factor for whatever we do in life. So don't squash your desire, don't fall into the different parameters of life. Step outside the box and live for yourself once in awhile. You gotta life for yourself first. It's like the oxygen mask in an airplane, you gotta put it on yourself first before someone you love. If you can't get yourself going you can't make the people you love happy because you're not happy yourself so it's just a vicious cycle.*

And your one desire?

*I just like to be in a happy state in mind. But there's no desire. It's what makes you happy in that moment.*

He discloses that the next film coming is Jetha, based on the life of Bhai Jetha and for that we wait excitedly.



Photos submitted.

# Best of Hollywood 2016

2016 was a stellar year for movie goers, with amazing new hits, as well as sequels to already loved titles.

Here's a list of 10 popular movies of 2016.

## Captain America

Directed by Anthony Russo, Joe Russo

Starring Chris Evans, Robert Downey Jr., Scarlett Johansson, & Sebastian Stan

This movie was undoubtedly the highest grossing film of the year and one of the few sequels to break the jinx. Based on the Marvel comic, this movie is definitely one to watch if you haven't seen it yet.

## Zootopia

Directed by Byron Howard, Rich Moore

Starring Ginnifer Goodwin, Jason Bateman, Idris Elba, & Jenny Slate

A rabbit cop working with a con fox to uncover a conspiracy is just a snippet of the fun characters you'll get to watch in this film about an anthropomorphic city of animals.

## Finding Dory

Directed by Andrew Stanton, Angus MacLane

Starring Ellen DeGeneres, Albert Brooks, Ed O'Neill, Kaitlin Olson, Ty Burrell, David Keaton, & Eugene Levy.

Unlike the big eyed fish, audiences will always remember this cute sequel to Finding Nemo. Gather around with your little ones and perhaps watch it again over the holiday break.

## The Secret Life of Pets

Directed by Chris Renaud, & Yarrow Cheney

Starring Louis C.K., Eric Stonestreet, Kevin Hart, Lake Bell.

It may seem like we're on a pet theme, but we saw many amazing movies with that very theme. The Secret Life of Pets was about a terrier and his owner Duke and what goes on when the owner isn't home. Another fun one to watch with your loved ones.

## The Jungle Book

Directed by Jon Favreau

Starring Neel Sethi, Bill Murray, Ben Kingsley, & Idris Elba

Mowgli returns in 3D and all the adults flocked the theatres with the pretense of just fulfilling their kids desire to watch the film. The classic story of a friendship between Mowgli (a human child) and Baloo (a free spirited bear) was a hit with the public of all ages.

## Batman v Superman: Dawn of Justice

Directed by Zack Snyder

Starring Ben Affleck, Henry Cavill, Amy Adams, Jesse Eisenberg.

Society's interest in these storied superheroes shows no sign of fading anytime soon and this movie that depicts a battle between two greats serves up an action packed couple of hours.

## Deadpool

Directed by Tim Miller

Starring Ryan Reynolds, Morena Baccarin, T.J. Miller, Ed Skrein.

Viewed as this year's box office surprise, Deadpool earned itself cult status, thanks to its die hard fans, who thought it was high time to have a superhero that wasn't afraid to cross the line now and again.

## Rogue One: A Star Wars Story

Directed by Gareth Edwards

Starring Felicity Jones, Mads Mikkelsen, & Alan Tudyk

Although this film was yet to be released when our publication went to print, any movie in the Star Wars sage deserves mention. Following up on last year's Star Wars: The Force Awakens, Rogue One's trailers lead us to think that it will not disappoint.

## Doctor Strange

Directed by Scott Derrickson

Starring Benedict Cumberbatch, Chiwetel Ejiofor, Rachel McAdams, & Benedict Wong

Benedict Cumberbatch delivers a solid performance as Marvel Comics' Doctor Strange, who, in true Marvel fashion, has a life-altering experience that leads him into a world of mystic and the strange.

## The Nice Guys

Directed by Shane Black

Starring Russell Crowe, Ryan Gosling, Matt Bomer, & Angourie Rice

Set in 1970's Los Angeles, Crowe & Gosling play two private detectives who, despite best efforts, can't seem to get ahead. Throughout the film, the PI's find themselves in a number of hilarious situations that leave you thinking, "Now, how can this end well?"

© ecco / shutterstock

# Best of Bollywood 2016



Kamal Sharma  
Bollywood Entertainment Expert

**A**s we approach the end of 2016, critics and experts are releasing various lists of Bollywood film reviews of the year; I, however, have chosen to compile a list of films that have impacted us throughout the year. Irrespective of their success or failure at the box-office, these films deserve to be seen and I will surely be recommending them as some of the best of 2016!

## TRAFFIC

Produced by Deepak Dhar, Sameer Gogate, & Sameer Rajendran

Directed by Rajesh Pillai

Starring Manoj Bajpayee, Jimmy Shergill, Prosenjit Chatterjee, Parambrata Chatterjee, Sachin Khedekar, Amol Parashar, Vishal Singh, Divya Dutta, Nikita Thukral, Richa Panai, & Kaveri.

Director Rajesh Pillai died before the release of the film, but left behind an enticing drama which is inspired by real-life events, based in Pune. Traffic had some strong performances and is definitely worth watching.



## AIRLIFT

Produced by Nikhil Advani, Monisha Adwani, Aruna Bhatia, Madhu G. Bhojwani, Bhushan Kumar, Krishan Kumar, Vikram Malhotra

Directed by Raja Krishna Menon

Starring Akshay Kumar & Nimrat Kaur; this inspiring film, based on a true incident, was released on India's Republic Day holiday weekend and motivated enough Indians out to become the first bollywood film of 2016 to cross Rs.100 crores at the box-office and securing its place as one of the best films of the year.

## WAZIR

Produced by Vinod Chopra

Directed by Bejoy Nambiar

Starring: Farhan Akhtar, Neil Nitin Mukesh, Aditi Rao Hydari, and Amitabh Bachchan. With direction from Bejoy Nambiar (of Shaistaan & fame), the movie also boasts a stellar cast, including Amitabh Bachchan, whose performance will surely see a nomination for acting honors.

Overall, the film carried good reports; it was, however, a moderate success in the box office.



## NEERJA

Produced by Atul Kasbekar

Directed by Ram Madhvani

Starring Sonam Kapoor, Shabana Azmi, Yogendra Tiku, Shekhar Ravjiani, Kavi Shastri, and Sadh Orhan. Ram Madhvani's film is based on the 1986 tragic hijacking of Pan Am Flight 73 in Karachi, Pakistan and the grim but heroic tale resonated well with audiences. Strong performances of Sonam Kapoor, Shabana Azmi & Shekhar Ravjani further elevated the film, making it a huge hit of 2016.



## KAPOOR & SONS

Produced by Karan Johar

Directed by Shakun Batra

Starring Rishi Kapoor, Alia Bhatt, Siddharth Malhotra, Fawad Khan, Rajat Kapoor, & Ratna Pathak Shah. Karan Johar does it again, with a drama about a dysfunctional Kapoor family. It surely touched many as a reasonable success at the box-office.

## CHALK N DUSTER

Produced by Amin Surani

Directed by Jayant Gilatar

Starring Shabana Azmi, Juhi Chawla, Divya Dutta, Zarina Wahab, and Richa Chaddha. The powerful women cast in this school classroom film was gripping enough for critics but failed to draw the audiences.

## BOLLYWOOD DIARIES

Produced by Dr. Sattar Diwan

Directed by K. D. Satyam

Starring Raima Sen, Salim Diwan, Ashish Vidyarthi. Many of us have Bollywood dreams and Bollywood Diaries is a tale of some of those aspiring Bollywood actors, depicting their journey and struggles as they try to make it in Bollywood.

## ALIGARH

Produced by

Sunil Lulla & Shailesh R. Singh

Directed by Hansal Mehta

Starring Manoj Bajpayee, Rajkumar Rao, & Ashish Vidyarthi. Despite being opposed to by various sections of society for its LGBT theme, critics gave it a thumbs up, particularly in regard to the superb performances of Manoj Bajpayee (a strong contender for acting honors in 2016) & Rajkumar Rao.

## NIL BATTEY SANNATA

Produced by

Aanand. L. Rai, Ajay G Rai, Alan Mcalex

Directed by Ashwiny Iyer Tiwari

Starring Swara Bhaskar, Ria Shukla, Ratna Pathak, Pankaj Tripathi, and Sanjay Suri. A powerful film about the education values is one of the most compelling films of 2016 and Swara Bhaskar will surely be a contender for acting honors at the end of the year.

## KI & KA

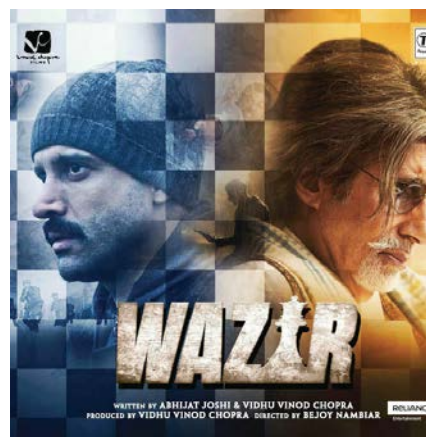
Produced by R. Balki, R K Damani, Rakesh Jhunjhunwala, Sunil Lulla

Directed by R. Balki

Starring Kareena Kapoor, Arjun Kapoor. What happens when the traditional roles of man and wife are reversed? R.Balki (known for Cheeni Kum and Paa) nailed it beautifully with Kareena Kapoor & Arjun Kapoor and making KI & KA a moderate success in 2016.

There were simply too many memorable movies in 2016 to stop at just 10; here are a few more titles worth watching:

DENGAL, PINK, MADAARI, UDTA PUNJAB, VEERAPPAN, SARBJIT, KAHAANI 2, HAPPY BHAAG JAAYEGI, & DEAR ZINDAGI.



# Gang Life Prevention is KidsPlay

## Largest Gang & Violence Forum To Date

Contributed by Ray Hudson



Kal Dosanjh,  
KidsPlay Founder.

An organization dedicated to giving young people an alternative to drugs, crime and gangs, has hit a new peak of success following a Gang & Violence Forum in Surrey. Over eight hundred people attended and over \$4,000 in scholarships were handed out.

**IN THE BEGINNING:** Kal Dosanjh served as law enforcement officer for 18 years, spending nine of those walking a beat in the Downtown East Side (DTES) of Vancouver. Reaching a point of frustration with the revolving door of arrest and release back into the same circumstances, Dosanjh decided it was time to try something completely different.

“We got busy developing pre-emptive programs where we could actually connect with these kids and give them the sup-

port they need to be successful,” said Dosanjh. “I approached my Inspector at the time and designed an all skills sports program for these kids of the Downtown East Side, free of cost.”

It started thirteen years ago with 150 kids from the DTES school catchment area and went to Strathcona Park.

“The first program turned out to be a super success. We gave the kids t-shirts, medals, food, certificates, soccer balls, you name it. We made a full day of fun for these kids,” said Dosanjh. “It served two purposes allowing kids to be kids. We gave them a positive constructive outlet, with sports, versus engaging in a lifestyle of drugs and gangs and hanging around with their friends. We taught them a little bit about the attributes of sports including teamwork, leadership, commitment and dedication.”

**NINE YEARS LATER:** They leased BC Place and the free program that started with 150 kids grew to 1500 kids.

“All the kids needed to do was show up and play soccer,” said Dosanjh. “The Whitecaps were there with some big corporate sponsors like Starbucks and Costco with free food, medals, certificates, and a chance for these kids to play in BC Place. That’s what I envisioned from day one but the concept was so successful that a wrestler friend of mine, Olympic medalist and co-founder Arjan Bhuller, said it needed to be transplanted into the whole community so everyone could benefit from it.”

**OUR TOUGH GUYS ARE COOL:** Dosanjh said they wanted to



establish a strong foundation because the TV and Movies romanticize and glorify the drug-gang-sex-crime culture with these kids, aged from seven to nine, who are sitting at home watching.

“We tell them that we’re tough guys as well. I’ve got volunteers and board members that are fighters who are on their way to the UFC. I’ve got guys who play with the BC Lions and I point



to these guys and say these are tough guys too, but they’re not gangsters. We do it so we can help others. My buddy, Arjan Bhuller, a founding member of Kids Play, is a perfect example

of that. Not only was he an Olympic wrestler, but he brought back a medal and now he’s going into the USC. That’s cool!”

KIDSPRAY (NON-PROFIT) FOUNDATION REGISTERED IN 2015: “From January 2015 to December 2015, over eight thousand kids went through our program,” said Dosanjh, and every single month we held a new program, a sports tournament of some kind, basketball, soccer, wrestling, cricket, MMA, or an educational forum on drugs, racism, bullying and gangs. We were doing something every month. By the end of December we had over three hundred volunteers with KidsPlay.

APPETITE CONTINUES: “There’s obviously an appetite for it in the community,” said Dosanjh. “Everything is free. I don’t want parents saying I can’t afford to do this. All the kids have to do is show up and play, or attend the forum. We’ll give them the education, the sports tournament and training, and the big thing, we hand out scholarships to these kids. No parental permission is required, no resume, no references, we’ve taken all that out of the equation as well.

A WINNING FORMULA: “For the kids that are not so good at school, live in disadvantaged circumstances,” said Dosanjh, *continues on following page...*



SPORTS EQUIPMENT

TEAM & SERVICE UNIFORMS

CUSTOM GIFTS

TROPHIES & AWARDS

EMBROIDERY & SILK SCREEN



"I've taken all the impediments to success out of the equation. All they need to do is show up. When they do, they get a free ticket. If it's drawn, they're awarded \$500 on the spot towards their school or sports programs. We don't give them the money however, we give it to their parents. This year I'm happy to say we've just hit the 10 thousand mark for kids.

"We are actually going national next year," said Dosanjh. "We'll be running one of the largest basketball programs across Canada in one of Toronto's lowest socio-economic areas."



*For more information see [kidsplayfoundation.com](http://kidsplayfoundation.com)*



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1

## BE SELF AWARE

Become aware of what is making you feel stressed and acknowledge your feelings. Avoid isolation by reaching out to family and friends and attending community events. Try not to worry about events that are beyond your control.

2

## BREATHE DEEPLY

When you feel stressed, practice taking a few slow deep breaths. Focus on staying only in that moment and do not think of any other tasks. This will help you to feel centered and make stressors feel less daunting.

# 10 Stress Management Tips for the Holidays



Hari Narang  
Consultant Occupational  
Therapist



10

## FIND JOY

If holiday stress begins to creep in, we will all do well to remind ourselves that the holiday season is all about celebration!

9

## TIME TO REJUVENATE

When you feel stressed, take a few slow deep breaths. Focus on staying only in that moment and do not think of any other tasks. This will help you to feel centered and make stressors feel less daunting.

3

## EXPRESS GRATITUDE

Appreciating and being thankful for what you have can make you feel more positive. Remember to focus on the good things, versus what is lacking. Keep a journal; it can be uplifting to take the time to reflect on your feelings and write down what you are thankful for- be it your health, your family, your home, your friends.



4

## BUDGET WISELY

Set your budget, spend wisely and keep within that budget. Do not feel compelled to make purchases based on other peoples' expectations. Be open with them about your budgetary limitations. Do not buy gifts that will put you in financial difficulty or increase your level of debt for the rest of the year. Do not feel ashamed or embarrassed about telling your loved ones that you cannot afford to buy expensive presents. Remember: the best presents are not the most expensive ones, but the most thoughtful.

5

## MANAGE YOUR TIME

Plan ahead as much as possible; shop early and do not leave everything to the last minute. When it comes to dividing up your holiday time, plan where and with whom you want to spend it with.

6

## GET A BOOST

Certain herbal supplements such as 5-HTP (5-Hydroxytryptophen), are known to increase serotonin levels, which help to elevate mood and promote sleep.

8

## INVOKE ANCIENT WISDOM

To promote relaxation, press firmly on the acupuncture point called "He Gu". You can find this point on the back of hand, in the web between the thumb and index finger, mid-way up the index finger side.

7

## TAKE TIME TO EXERCISE

Exercise releases endorphins, which can boost your mood and make you feel amazing. Go for a brisk walk or a run to produce those endorphins.

# Health is Wealth



Amrita Sandhu  
Blogger, *Amrita Literature*

**T**here is a common phenomenon for people in today's society to take their health for granted. Oftentimes, we can become so consumed with making a living, we forget what the driving force behind our life actually is— our bodies.

To make matters even worse; it is a part of human nature to ignore something until it goes awry. When something or other does go wrong with our physical health, the first thing we do is run to the doctor's office and expect our health practitioner to fix us up, so that we might go back on our merry, money-making way.

A much better approach to managing our health would be to keep a balanced lifestyle, in which we attribute more time to taking care of ourselves. The best way to achieve this is to allot a certain amount of our week to exercise.

Apart from exercise, another major issue is that a typical South Asian diet doesn't usually consist of the healthiest of food choices. We pump our bodies full of wheat, overcooked vegetables and a whole lot of oil, then become baffled as to why we feel lethargic and near comatose at the end of the day.

Perhaps it is time to re-evaluate the type of food we eat, the way we spend the majority of our day, as well as what things we prioritize on a daily basis.

*“Perhaps it is time to re-evaluate the type of food we eat, the way we spend the majority of our day, as well as what things we prioritize on a daily basis.”*



© Iuliia Malivanchuk / 123rf.com

All it takes is a simple decision to stop waiting until we are forced to extremes, whether it be taking cholesterol medication, monitoring our sugar intake, or following a strict exercise regime to avoid serious repercussions. We should take a more pro-active approach to our health and be diligent in actually practicing self-care, before it is too late to do so.

Take up a healthy hobby! Practice yoga, go for walks at a faster pace than a mere saunter, and cook that sabzi with coconut oil. Avoid frying your food until it's void of any nutrients or vitamins.

All of these changes may seem daunting, but rest assured, adopting even one new habit is a step in the right direction! After all, it is true what they say – health is wealth!





During the Holiday Season more than ever,  
our thoughts turn gratefully to those who  
have made our progress possible.

And in this spirit we say,  
simply but sincerely...

*Thank You and Best Wishes for the  
Holiday Season and a  
Happy New Year.*

save **on** foods



# Introducing: Pacific Oral Health Society



Dr. Harinder (Harry) Dhanju,  
the dentist with the dream.

In 2013, Dr. Harry Dhanu realized a long-standing dream when he opened the Pacific Oral Health Society (POHS). This launched a Centre of Excellence in Dentistry, to provide state of the art services to the residents of the Fraser Valley along with an Advanced Educational facility to enhance the UBC School of Dentistry.

“The whole concept is already in my blood,” said Dr Dhanju. “I wanted to do something to give back, some sort of public service. My own profession is the most useful thing I can contribute and the best way I can make a difference in somebody’s life, helping people who cannot access or afford dental care and oral hygiene services.”

Dr. Dhanju had been working relentlessly to find a way to provide accessible, affordable dental care to individuals and families, in the Fraser Valley, who were in demonstrated financial need. If financial need could not be demonstrated, dental care would still be provided according to the established Fee Guide of the British Columbia Dental Association,

provided by undergraduate dental and dental hygiene students, graduate dental students and general practice residents under the auspices of the UBC School of Dentistry. There are also fully qualified dentists on staff.

The society also works with and through established agencies such as food banks, women’s shelters, hospice societies and drug and alcohol rehabilitation centres to help their clients who don’t receive professional oral health care.

“Another ‘helping’ role of the POHS is to provide state of the art facilities so dental and oral health students can study and practice in the south Fraser,” said Dr. Dhanju. “UBC recognizes that a part of its student population is from the Fraser Valley and that it has an obligation to have a presence there as much as in Vancouver. More importantly, the Faculty of Dentistry also depends on voluntary teaching from members of the profession who find it increasingly difficult to make time, particularly if it necessitates a drive to the Point Grey campus.”



Because of the facility being located here, more than 30 dentists who live within the POHC location have already enthusiastically committed to teaching within the POHC facility. This is mutually beneficial for UBC, the City of Surrey, and the Fraser Valley patient population.

"I wanted to beta-test my idea in my own practice in Newton, a blue collar area," said Dr. Dhanju. "I also teach at UBC, I'd seen a variety of dental work and what kind of patients attend the UBC dental clinic. I wondered how I could make use of this talent in my community, so after brainstorming with my team of UBC dentistry professors including the Dean, I went ahead. In the fall of 2010, with my team of around 24 people and minimum of advertising, we offered a free dental treatment for those who were in need. Three hundred plus patients knocked on the door and even Mayor Dianne Watts came to see what we were doing. It was a huge success but with our limited means, we could only treat 180 patients at that time.

For me, building faith in the community and maintaining a professional image was a key thing for us. We asked people to come and they responded, so there is an obligation to treat all of them. For those we couldn't treat at that time, I gave rain checks, and we managed to clear the ones remaining, over the six months. No one was disappointed."

Dr. Dhanju took the issue to his UBC team, including the Dean, also a community dentist, who liked the idea and got on board. The Dean agreed that they needed to find a way to serve the community south of the Fraser and ease the difficulty of clients and students getting to the UBC Campus for treatment and training."

"We knocked on more doors than anywhere on the planet," he said, "going from municipal to federal governments to find space and funding to create his community clinic. Lots of people were sympathetic, but we still couldn't find any resour-

es. Dental care has not been looked on as a priority for Fraser Health, so I decided it was my social responsibility and went ahead with our own resources and with a plan developed with the team from UBC. I set up a clinic in the community, and the professors and students would work in the clinic without fees. The deal was set."

Dr. Dhanju was already developing a piece of land off 24th

Avenue in south Surrey, so he formed the Pacific Oral Health and brought it forward as an Advanced Educational Centre of Excellence in Dentistry. It was a hybrid model of education and private practice, the only one of its kind in Western Canada.

After four years of service the project has become sustainable, and it has become a first class centre for training of students and newly arrived doctors. We started with fourteen professionals and now we have around twenty team members to support this facility.

"We offer a full range of dental services," said Dhanju, "including general and family dentistry,

children's dentistry (pedodontics), gum treatment (periodontics), endodontics, dental implants and oral surgery. We also operate as an emergency care resource to dentists in the community, and we can take patient referrals that dentists are unable to treat in their practices."

FROM THE COMMUNITY

"The Pacific Oral Health Centre fills a critical niche for patients who can't take advantage of classical private practice of dentistry and it gives an option for people to get high quality dental health care from very talented dentists, dental hygienists and other dental professionals in an outstanding setting. This is really first rate dental care for patients who would otherwise fall through the cracks and I think it's critical that we have these sorts of programs out there to provide a safety net for patients who couldn't otherwise achieve these services."

Charles F. Shuler, B.Sc., D.M.D., Ph.D.  
Professor, Dean UBC Faculty of Dentistry





The centre includes a state-of-the-art auditorium and seminar/board room to support the continuing education of dental professionals who live in the Fraser Valley region. Also, a general anesthesia suite is currently under development, which will be able to provide more extensive surgical services.

Dr. Dhanju reports that the POHC is now fully functional, and becoming known as an oral health care centre. It offers a curriculum with UBC where students come to study and practice in earning their degree.

"We have undergraduate and post-graduate programs here, and once a week we provide free space for the BC Oral Cancer prevention program to set up a clinic to screen patients for oral cancer," said Dr. Dhanju. "which is making a difference as we make people aware of the problem and eradicate it."

"We also offer facilities for an International Dental Training Program where foreign trained dentists can access a platform, whether it's UBC or with local dentists, to work with them and prepare them to pass their exams," said Dr. Dhanju. "We rent them space in an environment where everything is set up so immigrating dental professionals don't have to struggle the way I did to earn my license. Every year 20 to 50 of these people come to our centre."

The Pacific Oral Health Centre Society, owned by a non-profit society, is the only one of its kind in western Canada. Dr. Harry Dhanju is the president and CEO. There are three other board members; Dr. Marcia Boyd, UBC Faculty of Dentistry professor emerita and former dean; Dr. Coby Craig, community dentist; and Dr. Charles Shuler, current Dean of the UBC Faculty of Dentistry.



More information is available at [www.pohs.ca](http://www.pohs.ca)

#### FROM THE COMMUNITY



"As a long-time supporter of Dr. Dhanju and the Pacific Oral Health Society, I am thrilled to have this tremendous asset in our City," said Mayor Linda Hepner. "The value POHS brings to our community is significant and I'm proud to have this visionary and compassionate team of professionals serving our citizens who cannot afford regular access to dental care."

Mayor Linda Hepner,  
City of Surrey

"I'm very impressed by Dr. Dhanju and his colleagues at Pacific Oral Health Centre," said Donna Jones, General Manager of Investment and Intergovernmental Relations for the City of Surrey. "The impact of their work spans the social, economic, health and academic worlds, but most importantly POHS helps everyday people that need a little support. For that we cannot thank them enough."

Donna Jones,  
GM, Investment & Intergovernmental  
Relations, City of Surrey

"The Surrey Board of Trade has supported the Pacific Oral Health Centre since its inception, featuring them as one of the leading industries as part of our annual Surrey Industry Tour. Having a community dental teaching clinic with leading edge technology with a social conscience again underscores how Surrey's business community is innovative - great things are happening in Surrey."

Anita Huberman,  
CEO, Surrey Board of Trade

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# 5 Tips to Outsmart the Holiday Diet



Connie Zhou  
Registered Dietitian  
(Temporary Registrant)



© Ingrid Balabanova / 123rf.com

**W**ith the holiday season around the corner, we'll soon be surrounded by a cornucopia of indulgence. You name it, the season's decadent treat foods will somehow make their way into our visual and physical parameters.

This year, stop playing catch-up and waiting for the opportune season to get back on the health train.

## 1 Schedule Your Indulgences

On a calendar, write down when you will be attending parties or dinners, then plan your other meals around that. If you're already eating out a couple times that week, have home-cooked meals the rest of the time. Cooking your own meals is the best way to control what goes onto your plate!

## 2 Use Your Smartphone

Download apps to help you easily track what you've been eating. Simply type the name of the food and amount that you ate and the app will calculate your daily nutritional breakdown for you! MyFitnessPal is my go-to app for this task!

## 3 Consider Drink Calories

It's not only about what you eat, it's about what you drink.

Calories, fat and sugar add up quickly with beverages like hot chocolate and yes, alcohol. When in doubt, water, tea, or milk are all wise choices.

## 4 Walk It Out

Or run or dance or skate! Find an activity that you enjoy doing and just get moving!

Aim for at least 150 minutes of exercise to get your heart rate pumping and balance out those holiday indulgences.

## 5 Don't Be The Lone Ranger

Get your friends and family to join you in your fight for healthy eating.

You can swap ideas & keep each other motivated! Best of all, you won't be the only one munching on veggie sticks at the party!



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## RECIPE

### Lamb Rogan Josh with Pomegranate

PROVIDED BY  
CHEF SIDDHARTH CHOUDHARY  
OF  
SIDDHARTHA'S KITCHEN



Prep Time: 15 minutes

Cook Time: 45 - 60 minutes

Serves: 3 - 4 people

### Ingredients:

3 tablespoons mustard oil  
2 lbs boneless lamb shoulder, cut into 1-inch pieces  
Kosher salt  
2 onions, thinly sliced (3 cups)  
2 tablespoons minced fresh ginger  
2 garlic cloves, minced  
1 tablespoon plus 1 teaspoon Madras curry powder  
1 teaspoon turmeric  
1/2 teaspoon cayenne pepper  
2 bay leaves  
14oz. can tomato puree  
1 cup plain whole-milk yogurt  
2 cups water  
1 teaspoon garam masala  
Pomegranate Seeds (from 1 pomegranate)  
Cilantro leaves, for garnish  
Basmati rice and warm naan, for serving

### Directions:

In a large, enameled cast-iron casserole, heat the oil. Season the lamb with salt and cook over high heat, stirring occasionally, until the lamb is browned (about 12 minutes); using a slotted spoon, transfer to a plate.

Add the onions to the casserole and cook over moderate heat until lightly browned, 4 minutes.

Add the ginger, garlic, curry, turmeric, cayenne and bay leaves and cook for 2 minutes.

Add the tomato, yogurt and water; bring to a boil. Season with salt.

Return the lamb and any juices to the casserole. Cover partially and simmer over low heat until the lamb is very tender, 1 hour.

Stir in the garam masala; cook for 5 minutes, then add pomegranate seeds to add taste and garnish. Discard the bay leaves. Garnish with cilantro.

Serve with rice and naan.



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## RECIPE

### No-Fuss Holiday Peppermint Meringue Cookies

PROVIDED BY  
RAVEENA OBEROI  
OF JUST CAKES



Prep Time: 15 minutes

Cook Time: 90 - 120 minutes

Makes: 24 - 36 cookies

### Ingredients:

Egg whites from 3 large eggs (90g)

$\frac{3}{4}$  cup granulated sugar

1 tsp peppermint extract

$\frac{1}{2}$  tsp distilled white vinegar

1 pastry bag/icing bag

Red & green food coloring (Americolor gel colors in super red and green were used in the photo above.)

Icing tip (round, swirl, whatever you like!)

### Directions:

Preheat your oven to 200 degrees F and line a baking sheet with parchment paper.

Place egg whites in a stand mixer bowl fit with a whisk – OR – using a handheld mixer, beat the egg whites until stiff peaks form. A good indication that it's ready is when you can turn the bowl upside down and the meringue doesn't move!

Slowly add in your sugar, then the extract and vinegar. Increase speed and whip until the mixture is free of sugar grit when rubbed between 2 fingers. The meringue should be stiff and glossy.

Turn pastry bag inside out. Paint stripes with the food coloring straight onto the bag, then turn the pastry bag right side in. Fit bag with a tip, if using one, and fill with the meringue. If you are not using a tip, or do not have a pastry bag: use a large Ziploc bag and cut off a corner to create a makeshift pastry bag!

Pipe the meringues 1-inch apart. Get creative! You can make swirls, domes, blobs. Whatever you like!

Bake for about 90-120 minutes or until the meringue peels away easily from the parchment paper (the larger you pipe them, the longer they will take to bake). Cool on a wire rack and store in airtight container in the fridge.

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# The Great Dive into Real Estate



Bree Bowes  
Realtor, Sutton-Premier Realty

**B**eing prepared when buying property is very important, particularly in the Vancouver area. The west coast city is recognized as the best place to live in North America and 5th in the world overall, according to Mercer's Quality of Living Rankings, and so it's no wonder so many families want to make Vancouver their home!

Purchasing a home can be a stressful task, but do your best to remain open minded, realistic and rational when buying real estate. The experience can also be a great one, just be prepared and organized with some help from a few professionals in the industry, namely: a mortgage broker, a real estate agent, an inspector and a lawyer.

Begin by talking to a mortgage broker and getting a pre-approval amount, so that you know what your mortgage limit is, as it helps in setting realistic parameters. Next, find a real estate agent that will work hard to help achieve your desired result. Real estate agents are able to set up a direct email system, to notify their client or themselves, the moment a property within the set criteria becomes available!

Finding the perfect home within your budget may be difficult, so don't be deterred from older properties. Get in there and get painting, fixing and repairing. Be open to getting down and dirty and really earning that sweat equity.

article continues >>>



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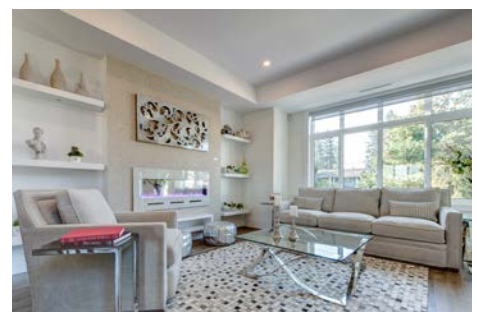
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*the great dive into real estate continued...*

Try to schedule showings as soon as possible and avoid the open house if possible, as they are not ideal. View the property, decide if it's a contender and move on. If it is the one, have your real estate agent submit an offer immediately. Try to make the offer as clean as possible, be flexible with dates, and give an incentive of some sort.

Remember: being a buyer can be a great experience. Everyone desires health, wealth, and happiness in life and buying real estate is still and will always be a good start to achieving wealth. Just keep in mind that it is an investment worth your time and energy, so be patient and prepared.



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# Festive Table Decor Ideas

It is always a special time when friends and family can come together and celebrate. This time of year is synonymous with bringing people together-- so why not add some style and personal flair to your gathering?!

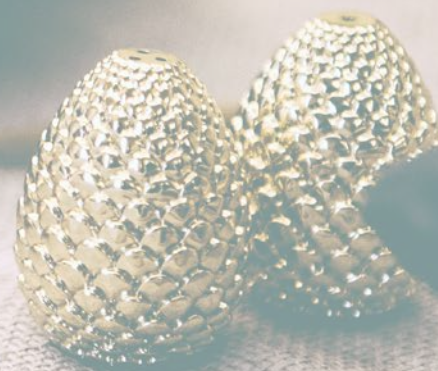
Here are a few tips to make your tablescape something your guests will remember.



Allie Cooper  
Interior Designer

## 1 Bring on the bling!

Metals are a great way to add sparkle without literally, adding sparkles. You can now find them on every type of kitchen utensil and home décor piece. Metals reflect light and add elegance to your tablescape



All photography by Alexandra H. Photography

## 2 Show me the Light(ing)!

The lighting used in a space will completely alter the way the room feels. Opt for candles and dim lighting over stark, bright overhead lamps. Candlelight allows your guests to feel welcomed and cozy. Also consider adding a set of twinkle lights for an extra special effect.



## 3 Personalize It!

To add an unique flair to your event, try making or printing out custom name cards for each guest. Choose a style that reflects your theme: ie.- a glamorous setting with crisp white cardstock and gold foil lettering; or a laid back kraft paper with simple black font. If you are preparing a sit-down meal and your guests have dietary restrictions, try adding a custom-made menu to detail the food your guests can choose from.



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## Holiday Spending Tips



Aimee Sehwoerer, BBA.

It's finally here; the season of lights, eggnog, decorations ...and overspending! Overspending that leads to anxiety and extreme stress in January, when people receive their credit card bills.

Let's take a different approach to holiday spending this year, with some useful tips on how you can balance the Christmas spirit of "giving" with the desire of "practical spending" and other important financial goals, such as reducing debt and increasing your monthly savings.

### Know your limit and stay within it

If you can only spend \$500 dollars, for example, it is better to keep that as your limit. There are many apps, such as Mint, that can help you control your spending and can even alert you when you go overboard. Don't forget to take miscellaneous expenses into consideration when creating a budget, because holiday expenses do not stop only at gifts. For example, you can include travel expenses, gift wrap, food, home decor, and even alcohol in your spreadsheet.

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## Use Cash

Let's look at the real cost of using a credit card to make a \$500 purchase, instead of cash. Assuming an interest rate of 19% and that you will only make the minimum required payment of \$15 per month, it would take 6 years and 5 months to pay the card off and your total cost would be \$830.55\*, a whopping \$330.55 MORE than what you actually planned to spend. Plus, it is more difficult to spend uncontrollably and impulsively when you have physical money in your hands.

## Make a list and check it twice

Make a list of the people you are giving gifts to for Christmas... and be sure to double check it. It's like making your wedding list and then having to come back to reduce the number of attendees. Don't forget that greeting cards can be sufficient; the recipients will thank you for thinking of them and your pocket will as well. Keep in mind that your friends and family do not expect you to live in debt, just to make them happier.

## Support local

Tis the season of the craft fairs, which are an excellent way to support your community AND find good quality items for a reasonable price. Look up some craft fairs in your neighborhood and remember to take that cash!

## Keep a record

Always be clear about what you have bought, for whom, and how much money it has cost you. Keep a clear account of the money you have spent and what you can still spend. A simple glass jar is a great tool for visualizing your spending; put all your holiday spending cash in the jar, and take out just a bit per week, as you shop. Place all your receipts in the jar and reconcile everything at the end of the week, before taking out more money for the remaining gifts.

I know how easy it is to get carried away during the holiday season, but by following these simple tricks, both you and your pocket will be able to celebrate this season!

\*Financial Consumer Agency of Canada, [www.fcac-acfc.gc.ca](http://www.fcac-acfc.gc.ca), Credit Card Payment Calculator



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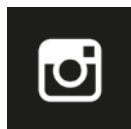
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# 5 Workplace Health & Productivity Tips



Hari Narang  
Consultant Occupational  
Therapist

**T**he New Year brings many new resolutions for people but as an employer, do you make a pledge to do something for your employees? Big companies like Google know that their biggest asset is their employees and their wellness. Employee sickness equals absenteeism, reduced workplace effectiveness, lower productivity and

poor customer service. It can also lead to an increased possibility of workplace injuries, higher insurance costs and risk of litigation, all of which can negatively affect profit margins.

Maintaining and promoting a healthy workplace leads to better morale, productivity, and employee health, which in turn can lead to higher company profits.

Here are 5 simple ways you can improve employee productivity and maintain their health:

## 1 Initiate a Workplace Wellness Program

Cultivating an environment of wellness and safety will go a long way towards improving employee productivity. Educating employees regarding regular exercise, healthy diet, lifestyle, social connectedness and education in workplace safety training in body mechanics can reduce musculoskeletal injuries.



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## 2 Resign Workstations. Make Life Colourful

Making the work environment more relaxing can improve overall well-being, job satisfaction and productivity. Studies have shown that colours effect our moods and can have a profound impact on productivity, so redesign the workplace with scenic paintings, soft background music, and walls painted with harmonious colours.

## 3 The Zen of Napping

Our body's circadian rhythms mean that we humans feel tired during the early afternoon. Scientific studies indicate that a short nap can have a rejuvenating effect and even enhance productivity. Installing napping chairs or arranging floor mats for employees to stretch and relax for just 20 minutes can increase productivity.



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# 4 Autonomy & Flexibility

Studies shows that power of choice, autonomy and greater independence affects employee motivation, job satisfaction and performance, and has a strong correlation to productivity. So, take it from the experts; step back, stop micro-managing and allow them to take ownership of their tasks and their job.

# 5 Creative Breaks

Studies shows that power of choice, autonomy and greater independence affects employee motivation, job satisfaction and performance, and also has a strong correlation to productivity. So, take it from the experts. Step back. Stop micro-managing and allow them to take ownership of their tasks and their job.



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# 2017 Automotive Trends

With a huge plethora of changes coming up in the year ahead, the automotive industry is set to introduce some heart racing vehicles in 2017! From all new hybrid vehicles to reinvented gas powered luxury sedans, here are a few vehicles to keep an eye out for in 2017:

Mandeep Bahia  
AUTOMOTIVE EXPERT



## 2017 BMW 5 Series



The all new designed BMW 5 Series boasts some segment leading innovations. Curb weight has been reduced by nearly 140 lbs and with the new BMW i Drive 6.0. Apple car play is also a huge added bonus! With a twin power turbo available in both 4 and 6 cylinder engines and also the mighty V8, the all new BMW 5 series ticks all the boxes!

## 2017 ACURA NSX



After 4 years of painstakingly waiting, the time has come. Despite a frustrating delay, due to drivetrain issues, the all new NSX is now officially on its way. This new GT blends both aluminum and SMC plastic body panels, to reduce air flow resistance. With a top speed of 191 MPH this vehicle means business and with a low dash and reinforced ultra slim A pillars, driving the NSX is a breeze.

## 2017 TOYOTA PRIUS



The new Toyota Prius is raising the bar for the hybrid market, yet again. For over a decade, the Prius has been the poster child for affordable Hybrid vehicles and the new generation Prius does not disappoint. Bigger and longer overall, the Prius boasts a full charge driving time of 5.5 hours, and when combined with a full tank (11.5 gallons), it can achieve over 600 miles.



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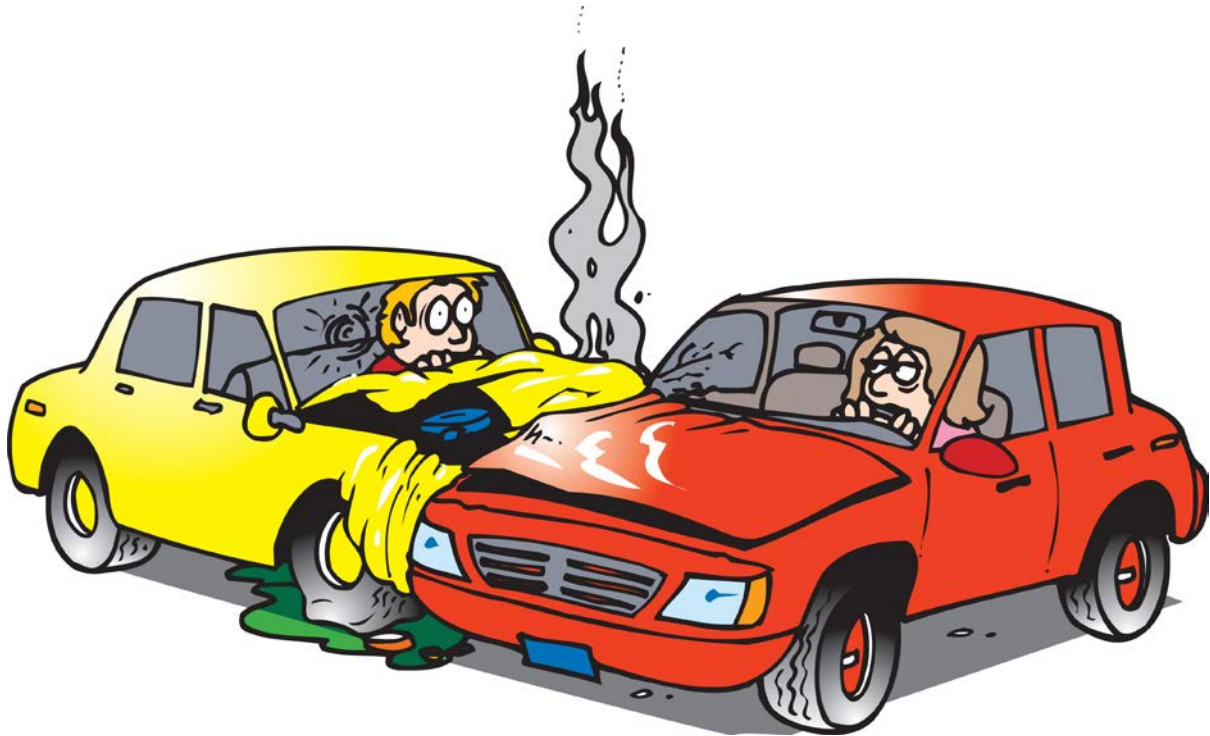
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## 2017 GMC Arcadia

On the heels of record sales for the 2016 Arcadia, GMC took a huge risk in a full shape and engine model upgrade. On all accounts, they have successfully upgraded both drive quality and aesthetics. Built on the GM C1XX platform and with rapidly improving quality ratings, this is a real contender for SUV of the year.

And there you have it: whether your focus is speed, fuel economy, or performance, 2017 will have a lot to offer drivers. Be sure to keep your eye out for these cars at a dealership near you. Perhaps you will take a few for a test drive, and better yet, why not make choosing one a new year's resolution?

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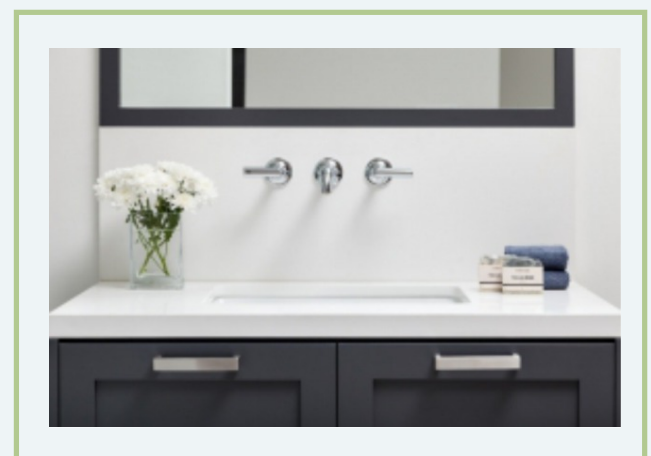
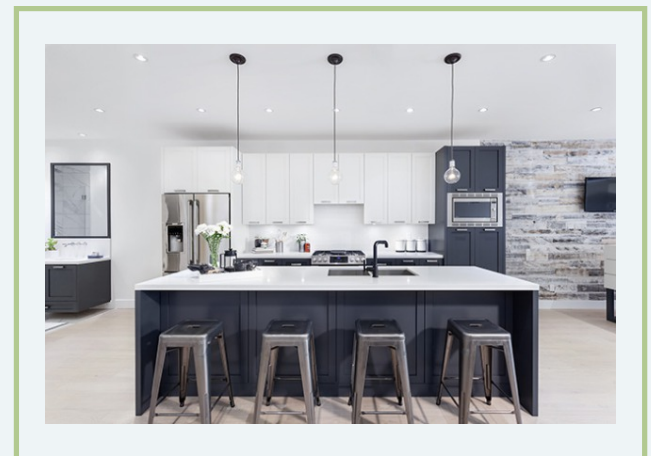
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