# AAARZU Magazine





THE MODERN GODDESS
THE "C" WORD
SAVING THE WORLD ONE BAR OF SOAP AT A TIME



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## **Publisher's Note**

# Lest We Forget



Kanwaljeet Singh (Lucky) Randhawa Aaarzu Founder

It's that time of the year again, where Starbucks has Pumpkin Spice Lattes on the shelves, shops are bursting with festive fall decor, and major retailers have begun stocking up on Christmas items. After all, it's the most wonderful time of year!

During this time, we also pass through November 11. At 11:00 a.m., we will hold a minute of silence as we boast our poppies

with pride. We will post "Lest we Forget" messages on our social media channels, and then we'll resume daily life and activity like nobody's business.

It has been an interesting year so far, a year full of world issues both natural and man-made; issues revolving around hatred and intolerance; events have taken place that have reminded us of stories told of the Nazi era.

Lest We Forget. Have we not forgotten the great soldiers, the brave warriors in and outside of the battlefield who stood against intolerance and hate so that we could enjoy a wonderful life full of love and freedom? Let's take a moment to actually remember the sacrifices of our forefathers and their legacies, and take action to leave a world for our children that is full of love, valour and glory.

Thank you to all of our readers and supporters, as always.

Sincerely,

## 1

Location: Jake Boxer's Penthouse

ON THE COVER

Outfits: Dresses by Joseph Ribkoff
Photographer: Alyssa Dawson Photography
Producer & Stylist: Crystal Carson
Models: Kit & Janelle with Lizbell Agency
Makeup & Hair: Valene McDonald /Bianca
Ramsden/Eugenia Seleznova/Rheane Nicoletti
Assistant: Jalila Singerff



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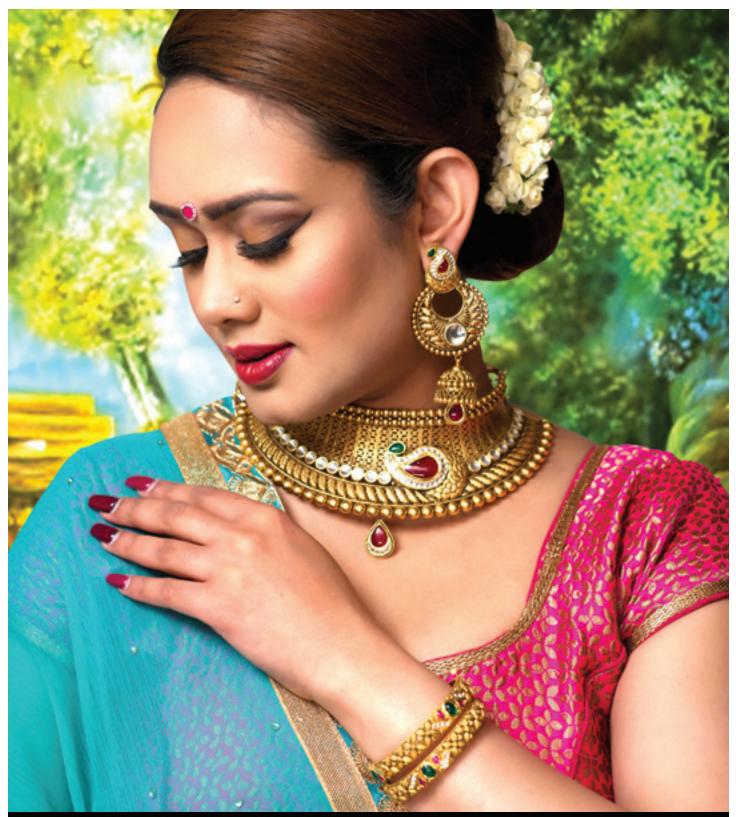
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### A NOTE FROM THE EDITOR

With the Diwali and Christmas season upon us, we focus on the incredible power of a woman, which is the underlying theme in this issue. In all of her forms, be it a mother, entrepreneur, spiritual gangster, or social diva, you name it and she is a rock star. You may also notice a change in direction of the magazine - we say goodbye to our Editor Kanwalpreet as she starts a new chapter in her life as a mom-preneur, and introduce me as your Acting Editor. My aim with this issue was to zoom in on our superwoman avatar and

produce content that is contemporary and creative, ensuring that features are relevant and interesting. Please drop me a line at junita@aaarzumagazine.com and let me know what kinds of things trigger you to read on, or if you would like to collaborate.

Together, let's create some cool stuff!





Junita Thakorlal

#### **CONTRIBUTORS**



#### **CURTIS LOOK**

Curtis specializes in portraits, commercial product, lifestyle and fashion photography using creative

lighting to set the scene. See his work throughout this issue.



#### RENE GAVIOLA

Rene is an international awardwinning wedding photographer and member of the exclusive

Wedding Photojournalist Association. When he's not globe-trotting he is teaching photography.



#### ASAD JAMIL

Asad is the lead photographer for the fast-emerging AJB Photography. He specializes

in Western, Middle Eastern and South Asian weddings, and has a keen sense of natural lighting.



#### ALLIE COOPER

Allie is the owner of Alex & Lily Home, a Vancouver based interior design and events company. Her

passions include organizing, planning, shopping, and finding the right piece for any puzzle.



#### **NAV GILLAN**

Nav is a Professional Hair and Makeup Artist certified through Blanche MacDonald and Dress

Your Face Academy. She has over 7 years of experience and owns NVS Makeup Studio.



#### BEBA EBERT – GRAPHIC DESIGN/LAYOUT

Beba is a baker, chocolatier, graphic design and layout artist extraordinaire. When she isn't behind her computer, she can be found baking up delicious goodies.



#### HARI NARANG

Hari is a registered Health Care Practitioner with over 30 years of experience, plus 16 years of

Traditional Chinese Medicine. He is a promoter of preventative health and wellness.



#### DEEPAK JAYAKAR

Deepak is Canada's most popular and sought-after designer and Feng Shui Master. With over 25 years of

experience, his passion for design has allowed him transform projects into outstanding spaces.



#### MANDEEP BAHIA

Mandeep has been involved in the auto industry both in Europe and North America for over 7 years,

and brings an in-depth knowledge of domestic and luxury import brands.



#### AIMEE SEHWOERER

Aimee loves to help people with her extensive knowledge in financial planning, investment,

debt, and estate planning. She is also passionate about volunteerism.



#### KANWALPREET TREHAN

Kim is the Founder and Lead Planner at The Soiree Company, a Vancouver-based wedding and

event services company. She also manages the Aaarzu Magazine digital platform.



#### DR. ROSE WONG

Rose is a highly skilled injector of Botox and facial fillers for rejuvenation, beautification

and transformation. She also practices Family Medicine, Addiction Medicine, and Anti-aging and Regenerative Medicine.



#### CRYSTAL CARSON

Crystal is a well-known fashion stylist, media personality, and entrepreneur, and has cultivated a

global point of view which you can read more about in her blog Crystal Carson Report.



#### JUNITA THAKORLAL

Junita has been in marketing, publishing and media for 14 years, and fuses creativity with strategy

on all her projects through her own company, Thakorine Consulting.



#### AMNA NASIR

Amna is followed her passion of makeup artistry and made it her career, bringing out the beauty in

everyone around her. She is originally from Dubai and now resides in Vancouver.



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# THE MODERN GODDESS

by Kanwalpreet Trehan

You know those pictures we see of beautiful Indian Goddesses holding a variety of weapons in their many hands with utmost confidence and valour on their face? As soon as September hits, it sometimes feels like all women have grown that many arms. The difference is that their hands are juggling work, family, Halloween, nieces, nephews, kids, gift shopping, dinners, galas, openings, social events, Diwali, Thanksgiving, New Years, birthdays, Karvachauth (the day where an Indian woman fasts for her husband's long life), and of course, Christmas. Try saying all that three times, fast! Or better yet, try juggling all that!

he modern woman is a brilliant creature. We use the word creature because we are just absolutely amazed by the things she tackles on a daily basis. A woman is no longer just a child-producing machine that also acts as the dishwasher and washing machine. She operates businesses, she is a leader, and she is a socialite. She is a creature of pure fascination.

We want to celebrate these extraordinary qualities of a woman in this holiday issue, and so we sat down with two such amazing women who juggle family, children, business and umpteen social events with absolute ease and grace. The main question addressed to both women was, "How do you do it and still stay sane?!" Here's what our conversation looked like with them.

#### Chat with Durriya Rehan:

Durriya is the owner of Fine Finds Boutique in Yaletown, Vancouver. When asked she what does she said: "I have a store,



I'm a Mom, so I do lots of things. I can't name one. I run a business, a boutique and I run my family."

This busy bee is Mom to four kids, 18, 16, 8 and 5 years. When asked about the age gap between the 16 and 8-year-old, she laughed and said it was a break to focus on business. As a busy mom-preneur, how does she juggle all this with the busy holiday season coming up?

"It's not easy, but it's fun. I believe that because I'm a woman and I support a lot of local women, I get a lot of support in return. For example, I have lots of local designers which makes it easier for me to do all my gifting through those local designers. So, I get to help them and they are helping me save time. So, I truly believe this is all about being a woman and helping other women."

What is her advice to our readers when it comes to juggling the holiday season? "Trust yourself. That's number one. Secondly, remember that a woman is a woman's best friend. Use that network support."

Durriya does confess that her best friend and biggest supporter is her husband. I guess that behind every successful woman is a man?

#### Chat with Rupi Kainth:

Rupi is a creative multi-preneur. She has a photography business, is an interior designer, builds houses, and is open to wherever else her creative direction takes her. This busy bee is a single mom with a 7-year old son. In her daily life, she juggles the businesses, her son, her social and religious commitments, and if she has time she takes care of herself too!

With the busiest time of the year, we asked how she does all this and she says: "Well, I certainly sleep less than the average person. I believe in solutions. There is always a way to make something happen when you want it to. For me, family is huge. My relatives, my cousins, my siblings and their families are very important to me. So, if that means working on my business late at night then so be it. I just prioritize and I manage my time efficiently. I have learned to delegate and ask for help over the years. I also keep my son very involved. Sometimes, this means I'll take him with me to see a client (if appropriate) or holiday gift shopping."

We asked her about her network of women and how she feels about this network.

"I think after my divorce is when I started to really reconnect with some really strong women in my life. I have a

group of women for everything. Some are the entrepreneur friends, some are the spiritual friends, some of them are the "going-out" friends when I just need to unwind and go out with a fun bunch."

Her advice on how to juggle the holiday season: "I know that women are extremely capable. If God has trusted us to give birth to children, we can do anything. First take care of yourself because then and only then can you take care of everyone else in your life. Secondly, if you have something in mind, take action immediately. Whether it means you tell someone about it or just write it down on a sticky note, but do something about it. Don't wait."

So this holiday season, take a deep breath, ask for help, write ideas down, involve your family and friends, but most importantly, HAVE FUN!!



Durriya Rehan

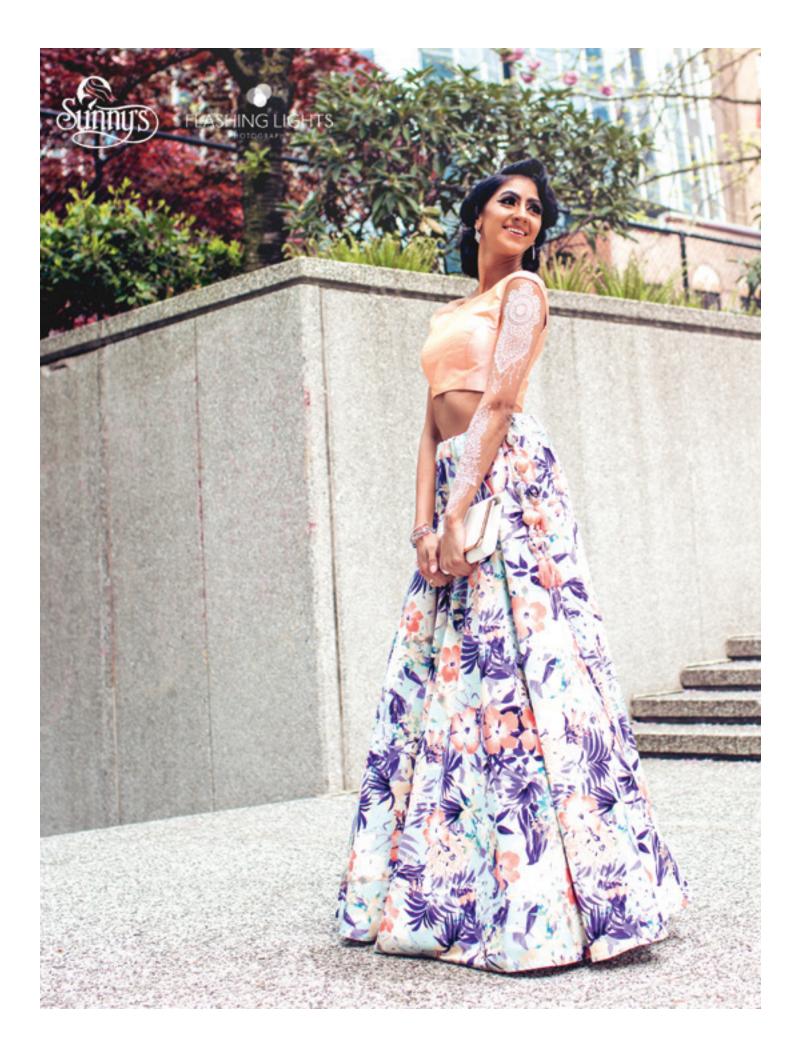


Rupi Kainth









# A CANDID CONVERSATION

## Dianne Watts, warrior woman

by Junita Thakorlal

t was a typical Autumn day in Vancouver, overcast and drizzly, with soggy brown leaves littering the ground I walked on. But as I made my way up the stairs to the front door of the house, I was pleasantly surprised to be met by a giant Buddha statue. Several, in fact. And as the door opened, a little Beagle came out to welcome me in.

I had stepped into the living room of Dianne Watts – someone I had admired for the past twenty years for her determination, grit, professionalism, and warrior attitude. Not only was she the former Mayor of the City of Surrey, leading the city from 2005 to 2014 through trying economic times to come out as the fastest-growing city in Canada, but she also fought hard for her seat as Minister of Parliament in the South Surrey-White Rock riding in the last federal election. And now, she has made her bid for the leader of the BC Liberal Party, vying to be our next Premier.

But life for this dynamic political superstar wasn't always easy. Growing up in East Vancouver, she was exposed to the school of hard-knocks, where being tough was mandatory for survival. As she recounted story after story of her childhood, and particularly her grandmother who spoke broken English, I was reminded of how real Dianne was and how her life lessons weren't that different from

mine, although she chose a public life. Sitting in her kitchen and chatting as she played with her two dogs and two cats, she shared insight with me about choices, politics, and overcoming adversity.

Dianne wasn't born into greatness, she created it. After travelling the world in her young twenties, she came back to Vancouver and settled down, starting her family. In 1996, she fought hard for her seat as a city councillor in Surrey and became quite popular due to her positive energy, good work ethic, and level headedness. "There's negativity in politics, or in any profession, no matter who you are or where you go. You have choices in life – negativity can either cripple you or make you stronger," she shared as she put the mat outside for her dog. "It's a process through life, dealing with adversity. But you need to develop a thick skin, and you learn to survive and always push forward." After three terms served as Councillor, she was elected Mayor in 2005.

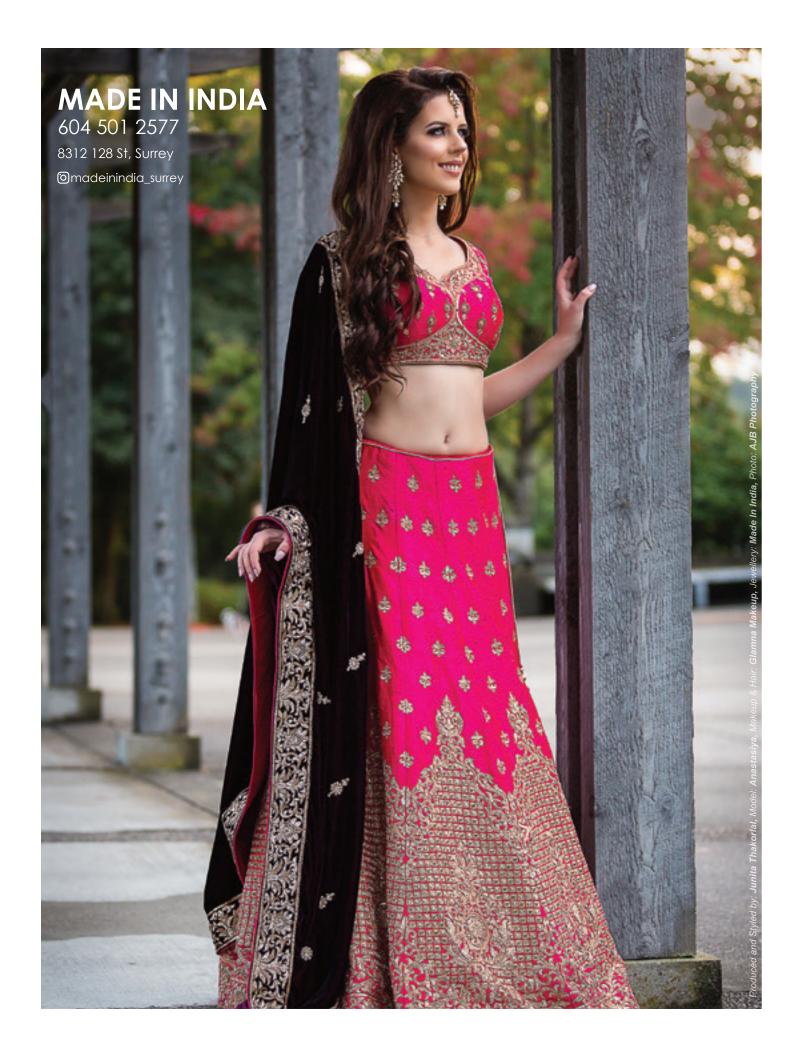
Although Canada had a record number of female candidates in the 2015 federal election, few were elected, including Dianne. When asked if the lack of women in leadership was due to gender bias, she shared, "I think there's an element that women are reluctant to step into their own power and fully understand what that means. Because there's a lot of very bright

women who are more than capable to be in top positions in leadership roles. I think we're just not used to stepping into our own power. Since '96 when I was elected in Surrey, the majority on council were women. This wasn't because we established a quota system, it was because we recruited some pretty amazing women that had the ability to work together and affect change. I have 2 daughters, it's the same thing. To give them jobs because they are female is doing them a disservice, they should be chosen out of their own merit."

When asked what drives her to continue being in politics, she was quick to answer. "It's about being in the service of others," she said. "I came back to Surrey to for two reasons: the first was to be with my daughters who are 22 and 23 years old. That was the time when I, myself was going through my own personal development process to figure out who I was and what my values were as a person, so it is important for me that I be here for them as a mother. The second was because I saw so many missed opportunities provincially where I know I can make an impact and a difference. Politics is a pathway to do the work that needs to be done."

When asked about her accomplishments, the list was long but she spent some time discussing with me her passion for child and youth issues, and how she put together and chaired the child abuse













# HUMA QURESHI:

#### The woman behind the actress

by Almas Meherally

It has been five years since Gangs of Wasseypur released but actress Huma Qureshi's character Mohsina Hamid is still fresh in my mind - the girl who spoke about seeking a woman's permission, before touching her, kissing her... the girl next door who should not be taken for granted. Over the years, Huma has created a name and space for herself in Bollywood and

that is not a small feat. And more recently, she ventured into international cinema with Gurinder's Chadha's film Viceroy's House. Currently, she's filming opposite southern India's biggest star Rajnikanth for the Tamil movie Kaala. We spoke to Huma about what inspires her. Here's an excerpt from the interview:

Q. Tell us more about Huma, the woman behind the star.

Well, she's just a normal person. She's grown up in Delhi. She's studied History Honours, is clumsy, is just like any other woman.

Q. Your fashion sense is very unique. What inspires you?

I don't know what inspires me but I think what's important about fashion is that it has to be you. It has to come from your own sense of who you are, your interests and your influences. I grew up in a very very mixed household so I think my sense of fashion comes from that place.

Q. Who are your favourite fashion designers? My favourite Indian designers would be Sabyasachi, Varun Bahl and Manish Malhotra. Internationally, of course I love Prabal Gurung. I think he's amazing and I'm quite a Gucci girl as well.

Q. What inspired you to become an actress? Just being on stage and doing theater, that's what really got me thinking, that excited me. The kind of adulation, the kind of response you get from an audience after performing a piece. That's what really inspired me to be an actor.

Q. What are you doing when not acting or in the gym?

I'm just sleeping. I'm the laziest person, if I don't have to work.

Q. We heard you're a foodie.

Yes, I'm a foodie. I come from a food family so, a lot of Indian food - I really enjoy it. I like anything that's cooked well. I love kababs, sushi, Thai food. I love food. If I wasn't an actor, I'd be a chef for sure. I'd open a chain of cafes which made a lot of healthy organic food, traditional recipes with a healthier twist.

Q. Tell us about your role in Viceroy's House? Viceroy's House is a film directed by Gurinder Chadha. I always wanted to work with her. I play the role of Alia, a Muslim translator who works with the Mountbattens. She's a Muslim girl in love with a Hindu boy at the time of (India-Pakistan) partition. A very very beautiful film that I'm extremely proud to be associated with. I'm so happy with the kind of response the film has got across the board in various countries it's released in.

Q. What would you like to tell our readers? I've never been to Vancouver. I've been to Toronto of course, a city that I absolutely love. I hope Vancouver will surprise me (when I visit).



# **HOLIDAY FASHION SPREAD**

The holiday season is full of social events and friends preparing for a season full of flaunting, fashion forward looks. Dazzling glitter and festive fun prints are always a playful approach. Burgundy and red are the hottest colours from the runway, we show a few options on how to wear them. And who doesn't love shiny metallic dresses and details like tinsel on the tree?





27



- 1. Metallic slip dress/FINE FINDS BOUTIQUE
  Oversized choker necklace with jewel and rhinestone/PILAR RODRIQUEZ DESIGNS/FINE FINDS BOUTIQUE
- 2. Red off the shoulder bandage dress/CITY LUX BOUTIQUE
  Thin gold chain necklace with diamond encrusted jewels/FINE FINDS BOUTIQUE



# must have products for holiday parties makeup MUST have

One of the biggest mistakes women make is wearing summer colours in the winter. The lighting is different, your skin and lips are a tad drier, and tones are generally deeper. If you haven't refreshed your makeup kit yet, here are 5 staple products I recommend adding to your holiday lineup to nail the perfect look for the winter season.

# 1. Marc Jacobs Strawberry Spice



A perfect red lipstick is a staple to bringing together an elegant evening look. This rich and creamy red shade is the perfect choice. It is one of my personal favorites because not only is it super pigmented and hydrating, it also lasts all day long with very minimal touch-ups required.

2. Kat Von D



This face contour palette not only gives you perfectly defined cheekbones and amazing highlights, it also doubles as an ideal eye shadow palette.

The lighter shades are great for highlighting your brows as well as the inner corners of your eyes. The silky dark shades blend seamlessly into a flawless smokey eye for those holiday parties. The powders are matte and super pigmented as well as buildable so a little goes a long way. This two-inone palette is also super handy when travelling.

# 3. Lancome Monsieur Big Mascara



I have tried a lot of mascaras that claim to give you the "false lash" look but most have failed in delivering.

However, I recently came across this high-volume mascara and I am in love. With just 2-3 coats, I am able to achieve a natural false lash look without the hassle of having to wear false lashes. Unlike other mascaras this one does not clump, flake or smudge. I have worn this for over 15 hours at a time and it lasts all day. It's a must grab!

4.
Giorgio Armani
Luminous Silk Foundation



This lightweight, full coverage foundation is great for a night out.

This is my all time favorite foundation because of its lightweight and dewy finish, which brings out your natural glow. This formula is also versatile so you can go from light wear to buildable full coverage.

5.
Make up forever
Ink Liner



It is so hard to find a super pigmented jet black matte eyeliner these days! But, I have just the perfect recommendation for you. This liner is super pigmented and is known to be one of the blackest blacks out there. It has a matte finish and is super easy to apply using its calligraphy felt tip.

# microneedling The Next Big Thing in Skincare

by Dr. Rose Wong

icroneedling has been called "the next big thing" in skincare by Vogue. The procedure creates tiny micro punctures on the skin to stimulate the body's natural wound healing processes. This results in increase collagen and elastin production. It is excellent in preventing, as well as reversing, the signs of aging. The result is a rejuvenated, youthful looking skin.

Microneedling done in a clinic is not to be confused with home microneedling kits. The procedures done in a clinic are more intense with higher density and depth of penetration. It can be a painful procedure but a qualified professional is able to prep your skin with the correct form of anaesthetic for a more comfortable treatment. A sterile technique also minimizes the risk of infection.

It takes some time to see results, as the skin has to heal. Patients will begin to see a glow to their complexion on the first treatment once the redness has subsided. Downtime is minimal, from 1-5 days where patients will look like they have a mild sunburn. Patients are able to resume normal activities the next day. A few sessions will noticeably reduce fine lines, crow's feet, and deep wrinkles on the forehead. Treatments can be done as frequently as 1 month apart for general anti-aging, or 2 months apart for scars, balding and stretch marks.

There is no other modality of collagen induction therapy that can promise

maximum
effectiveness,
affordability,
minimal side
effects and suitable
for all skin types."



©Robert Przybysz/shutterstock

results with minimal downtime, maximum effectiveness, affordability, minimal side effects and suitable for all skin types. The reason for this is that repair from microneedling happens in a regenerative manner, as opposed to cicatricial healing (ie fibrosis and scarring of tissue) as can happen with other modalities of light /energy treatments. Since it stimulates the body's natural ability to heal without heat or light, it is safe and completely natural. This fractional approach also leads to rapid healing compared to ablative laser resurfacing.

Unlike light/energy treatments, microneedling is not typically associated with dyschromia or photosensitization, and therefore is safe for all skin types. Another wonderful benefit is that the little holes allow skin care products to be absorbed better.

Most of the products we put on our face do not make it through the epidermis, which is the first layer of the skin. This is due to impermeability of our epidermis layer, as well as poor formulation of the products. Thousands of little holes caused by microneedling allows skin care products to penetrate into the skin more efficiently. Therefore it is important to choose a practitioner that can safely recommend products that are suitable for microneedling.

Microneedling is not limited to facial skin rejuvenation. It can be done on any area of the body that needs help with healing and rejuvenation. Excellent results can be achieved with wrinkles, skin laxity, thin skin, scars from acne or chickenpox, hyperpigmentation, rosacea, stretch marks and hair loss.



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### STEAL THE SPOTLIGHT

Make a statement this holiday season with some of our favourite statement jewellery pieces



Nancy is looking oh so elegant in the Arcacia Peardrop Set by Kyle's Collection, featuring bold baroque oval shapes and pear drop diamantes.

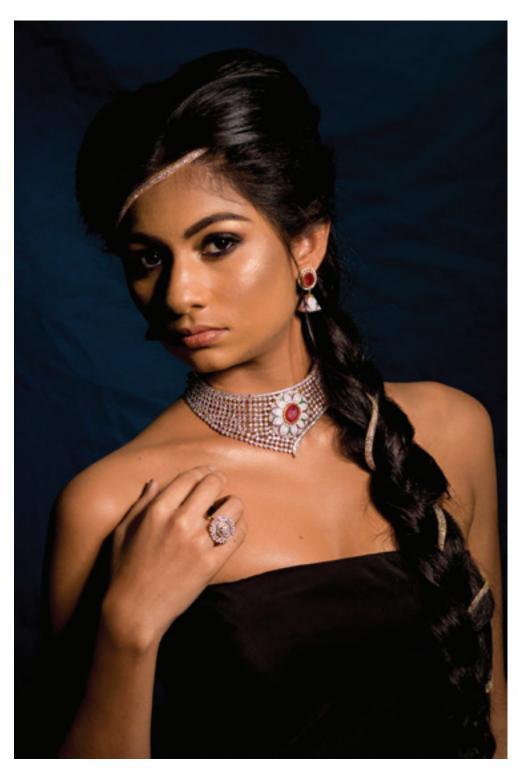
Exclusively available at **High Heel Obsession**Instagram: @highheel\_obsession

Makeup: Glamna Makeup, Monsoon Artistry
Photography: Rene Gaviola
Assistant Camera: Silvino Luarca
Creative Direction & Styling: Junita Thakorlal



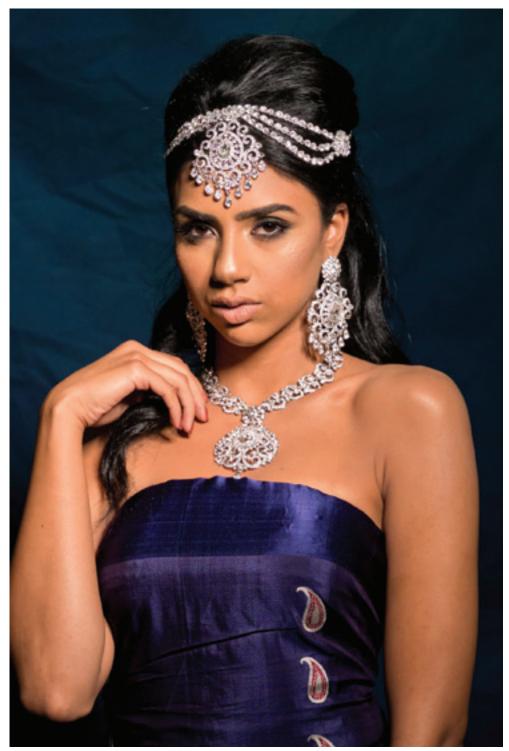
Cara is wearing the Taal set which is embedded with delicate pearls and kundan. Her arm candy is the Sarashi choker, which is gold plated and encrusted with polki and kundan stones, shown here with matching earrings.

> Available through **Sitare by Aasha** Instagram: **@sitarebyaasha**



Meghna shows off this dainty cubic zirconia set with an off-centre faux ruby flower that grabs the eye. The stunning chain adorning her forehead and braid is 14k gold mesh filled with sparkling crystals.

Available through Navreyansh Fashion Collection
Facebook: @fablook007



Arsh is turning heads, shimmering in this diamante sheathed silver set with a bold, three-strand mathapathi which can also be worn as a separate necklace.

Available at **Gehna Jewelry** Instagram: **@gehna.jewelry** 

# Holiday Shopping Guide



1.KID BOYS' BUTTON FRONT CHAMBRAY SHIRT \$19 2.KID BOYS' ESSENTIAL SKINNY JEAN \$19 3.KID BOYS' LACE-UP BOOTS \$32 4.KID GIRLS' RIDING BOOTS \$39 5.KID GIRLS' GLITTER FLATS \$22

6.KID GIRLS' EMBROIDERED SWEATER \$26 7.MEN'S SOFT KNIT CARDIGAN \$39 8.PRINT SCARF \$16

9.MEN'S SLIP ON SNEAKERS \$39 10.MOTO JACKET \$69



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#### **SAVING THE WORLD**

#### one bar of soap at a time

by Junita Thakorlal

Samir Lakhani clinches the prestigious CNN Hero title through a novel idea that gives hope to women in poverty.

rowing up watching annual show CNN Heroes: An All-Star Tribute with stars in his eves. Samir Lakhani never realized that he himself would be awarded this coveted title through the creation of Eco-Soap Bank, which impacts hundreds of thousands in poverty, creating a micro-economy through recycled soap.

The year was 2013 and Samir Lakhani, then a 20-year-old sophomore stude

at University of

Pittsburgh decided to go on vacation with his sister to South East Asia. He took to Cambodia right away. Cambodia is a tourist haven, attracting over 5 million tourists annually who aim to experience the exotic temples, lush forest adventures, and cheap food and beer, all of which can be afforded at pennies on the dollar. Voted by Trip Advisor as one of the best places to visit in the world, a stark contrast to the fact that Cambodia also has a child

eco soap bank ខេតាពល្អ

sophomore student Samir Lakhani, Founder and Executive Director of Eco-Soap Bank.

mortality rate hovering at 14%.

Seeing first-hand how people lived below the poverty line, he was motivated to do something to help them. He decided to come back a year later through his environmental studies major, as an intern on a global climate change project. Witnessing the severe lack of hygiene and sanitation standards in remote villages, and especially how it affected children, he knew he needed to do something more, something drastic, or more children would die due to not having a simple thing such as hand soap.

Reminiscing about the turning point which led to the formation of Eco-Soap Bank, Lakhani shares, "I remember watching a regular village mom bathing her newborn child outside using laundry powder, which is an inexpensive alternative to soap. I mean, that couldn't have been safe for the baby! But what was the mother supposed to do with no affordable means to purchase soap, something my hotel was throwing out and replacing for me every day! That is when it struck me."

With no savings and a mountain of student loan debt, he pondered how as a bachelor, he was to find sustainable sources of soap at little or no cost and distribute to remote villages. He recounted beginning his days going from hotel to hotel on his bicycle, collecting used and discarded soap bars, which raised many an eyebrow. He took these bars back to his hotel room to sanitize and sterilize, grind into a powder with meat cleavers which he purchased from the local market, and then molded the powder into soap bars which he then distributed to remote villages.

He would also sanitize used plastic bottles with food-grade bleach, and fill with water and powdered soap to form a liquid soap. "I remember being escorted to the dumpsters behind the hotels to dig for the empty plastic water and coke bottles. I would be covered in filth head-to-toe sifting through trash bins, watching a man defecating on the street next to my tuk-tuk with no form of hand sanitization whatsoever, but I just kept going. My motivation was that the more I collected, the more I could clean and fill with liquid soap, the more people I could help."

4 years later, Lakhani strings tennis rackets by day to pay his own bills which gives him the flexibility to work in different time zones to keep his non-profit organization afloat. He has partnered with the Government of Cambodia to form an alliance with over seventy-five non-governmental organizations which help him to run Eco-Soap Bank. Earlier this year, he opened branches in Nepal and Rwanda, employing a total of over 80 poverty-stricken women who process millions of bars of used soap to produce 600,000 bars of recycled soap. 80% of the soap

sell the soap in remote areas.
"Hygiene ambassadors essentially distribute and sell soap to remote areas with inadequate access to hygiene.
These women are nominated by our non-government organization partners; they are unskilled women from remote villages who demonstrate some need to either support themselves or their families. We train them with basic entrepreneurship and admin skills, and they are given unlimited access to soap to essentially sell at a price that is much cheaper than luxury soap.

"Souey, for example, has 5 children. The entire family was struck by Dengue fever and her children were hospitalized. They lived only twenty kilometers from the nearest hospital but she couldn't afford treatment," Lakhani shares, reminiscent. "There's another story of a Cambodian landmine victim who used the profit from soap-selling to pay for a

prosthetic leg. Another one of two 5th grade boys who get to go back to school because mom is able to pay for school uniforms and paper. And what of the HIVpositive women who finally have a fighting chance at survival, where it isn't just about growing enough rice or drying enough fish to store through the dry season."



Rural school children benefit from recycled soap.

goes to schools, orphanages, hospitals, and government-sponsored community programs. The remaining 20% is directed to hygiene ambassadors who

An average 200-room hotel in Cambodia with an 80% occupancy throws away an estimated 2,000 pounds (1 ton) of wasted soap each year. One can buy a luxury soap

bar for \$1.50 USD, but with the help of these women, Eco-Soap Bank is able to offer recycled soap bars for 12.5 cents USD. "We don't purchase this soap, it's all donated to us by these hotels instead of them throwing it out. We just process it and these women sell it at a slight markup. So, our cost is extremely low which we pass onto the people that need it, and we can help empower these women to provide for their families."



Hygiene Ambassador begins her presentation to sell recycled soap in a remote village.

48 unskilled Cambodian women now work in urban centers full-time on soap processing for Eco-Soap Bank, while an additional 30 work in rural areas. "Part of their curriculum includes free daily education equivalent to what an American teenager would receive, including an English intensive, computer education with basic software, basic numeracy, and navigation through life skills such as banking, how to save, and how to type. The aim is to transition them within a 2-year period into the economy to work with a hotel, hospital or tourism program."

Lakhani shares that full-time work for Cambodian women is rare. "You need to understand, these people live a tumultuous life, not being able to afford the basics to just simply live. And when



Buddhist Monk pictured by a temple in Siem Reap, Cambodia.

their family or children fall sick, they need to be home to care for their family however they can. This is why so many fall back into Cambodian life."

He has also managed to hire four women in both Rwanda and Nepal. "These are important areas. All four of the Rwandan women are HIV-positive and process soap from twelve hotels. The earthquake in Nepal left their communities with a lack of sewer infrastructure so I'm working with other groups to really get things going there. We already have signed up thirty-five hotels."

Lakhani, whose own parents were forced to flee Africa under the Idi Amin edict in 1972 to settle in America, is circling back to Africa. Eco-Soap Bank is currently looking to expand into

Ethiopia, Angola, and Tanzania. Also on the radar are Bangladesh and an island off the coast of Australia called Vanuatu. "We are just getting started, scratching the surface, there is a lot more to do," he shares earnestly.

"These people have less than us, smile more, cherish what they have more, they laugh more. They are the ones that have taught me a lot in life, not to get intimidated by big corporations or by what my peers may think, but to remember what is important in life, to follow my dreams, and to live an authentic life."

To learn more about Eco-Soap Bank and how to donate to their initiative, more information can be found on their website www.Eco-Soapbank.org.

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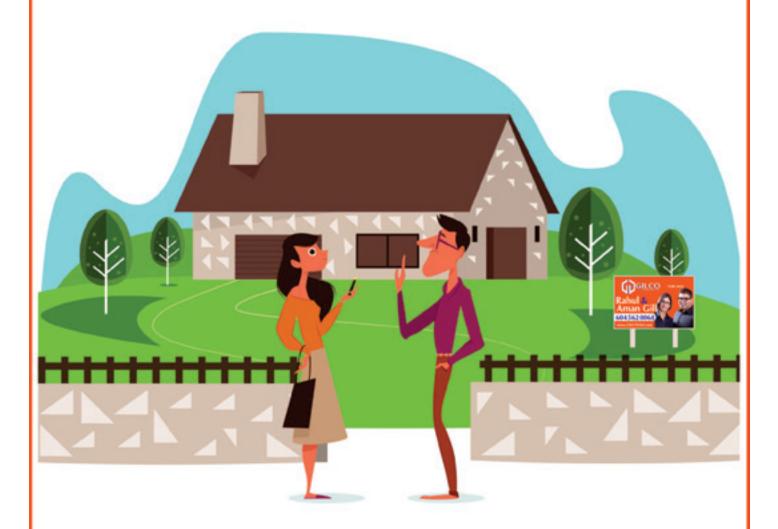
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## Winterize Your Feng Shui

#### the Power Sectors

by Deepak Jayakar

Take a look at the Power Sectors of 2017 (Year of the Rooster), there's stil time left to reap the rewards as the Feng Shui New year doesn't begin until February.

f you are single and looking for romance, keep reading because romance energy is in very important sector this year, plus current year Rooster sign is considered as "King Peach Blossom" star of Chinese zodiac system; when enhanced might just bring you the love you've been looking for. This is also a great year to start new business. The energy in the Centre sector is just right for new endeavours. If you are thinking to have new logo for your business or print new business cards, this is the perfect year to do so. Mark the power spots on your home/ office plan, so you don't miss any opportunity. And, don't forget to share this very important information with your family and friends.

#### NORTH: Career

Success Star #6 resides here in 2017. Be ready to boost this area in November! North is also this year's secondary wealth sector. Spend as much time in this sector as possible as this brings career opportunities and promotions. There will be significant improvement in your career and revenue stream if you place the picture or statue of Dolphins in this sector. This year lots of good energy here - especially helpful if you are in process of job hunting. Place a fountain or aquarium here to further activate the great luck of this sector. Acquire the blessings of prosperity from Goddess Laxmi, by having her photo in the North.

#### CENTER SECTOR: Wealth and Romance

So exciting that during 2017 Victory star #1 moved to this sector bringing lot of good luck to new businesses. If you are thinking to start new venture or new job still you have time left to initiate the process in balance three months of the year to take the great advantage of this auspicious star. It is highly recommended to place the metal turtle or pink crystal lotus in the center of your coffee table to further activate your Victory Luck.

#### Northeast – Peach Blossom Luck and Academic Success

Awesome wood element #4 Romance star is located here in 2017 – this star is also beneficial for those who are in pursuit of higher studies. If properly activated, this romance star is going to bring many romantic opportunities. Display a pair of mandarin ducks or lovebirds here to improve your love prospects or add crystal ball to keep your relationship strong. You can also add earth element here in the form of pottery, ceramic vases or stone sculptures to enhance your relationship luck. This romance star is also linked with writing and studies, so be sure you use this area of your house or room for study or writing. Place the Golden Metal Pagoda in this sector to boost your education luck. Avoid having shoe rack or dustbin or laundry bin in this

#### Southeast: Fame & Recognition

Extremely auspicious #9 star is located here in 2017. Activating this area means bringing fame, respect and reputation to the family. This is a fire element star can best be activated by placing green lush plant or Chinese laughing Buddha holding gold ingot in his hand. This star also brings future prosperity and can be well enhanced by placing red candle in this area. Don't forget to place your Xmas tree in this sector to invite Good Luck for the 2018.

It's the time of the year again, if you feel like you are low on energy, boost these power spots in your home or office. One of the best way to get your life moving again, is to get your above sectors enhanced. I can personally attest to the huge difference it makes when you implement these enhancers in your home or office. Over and over, I have met clients those have experienced positive changes in their life after placing these yearly enhancers and over and over these same people again make changes every year as per my recommendations to create better environment – and a better life for them and others.

Love and Blessings!

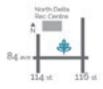




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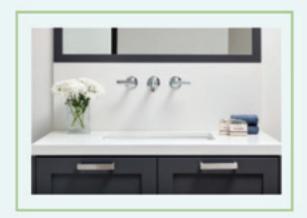
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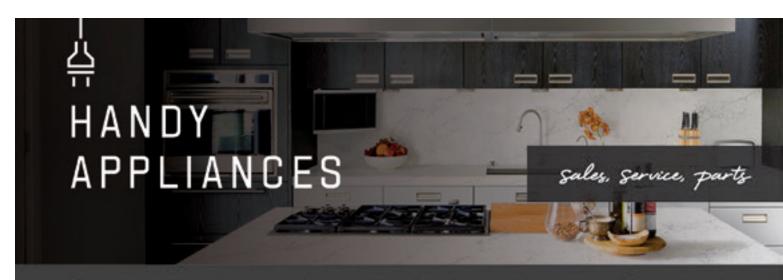
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#### **HOME DECOR HACKS**

#### For the Holidays

by Allie Cooper

The holiday season is fun and filled with entertaining, which can also be a busy and stressful with hosting family and friends. With all the cooking, cleaning and preparing to do, it is helpful to have a few shortcuts up your sleeve to help you get through another busy holiday season.

irstly, always have a selection of new, unscented candles on hand. Why unscented? So that there is not another scent to distract guests from the tasty food you are serving. Why candles? To add ambiance and light which contributes to a cozy and well-lit space. The local dollar store is a good place to pick up some inexpensive candles and votives (or holders) that you can customize at home. A simple can of spray paint and you have a brand new votive! Use this technique to customize your candle holders for any event you are hosting.



Secondly, before guests arrive, be sure to clear out your front hall closet to

it is helpful to have a few shortcuts up your sleeve to help you get through another busy holiday season."

make space for your guest's coats and footwear. Temporarily move your coats to another closet in the meantime to allow guests to feel welcome and like they have a place in your home. This extra step will go a long way.

I always advise that swapping out your pillows, throws and small décor items seasonally will bring new life to your space. It is important to set the tone for any gathering by displaying pieces that coincide with each gathering. In the holiday season, make guests feel warm and cozy with a comfy throw and wintery hue pillows. This seasonal swap adds a dose of sophistication as well as consistency to your gathering.

If you are hosting a large or formal gathering, consider renting the

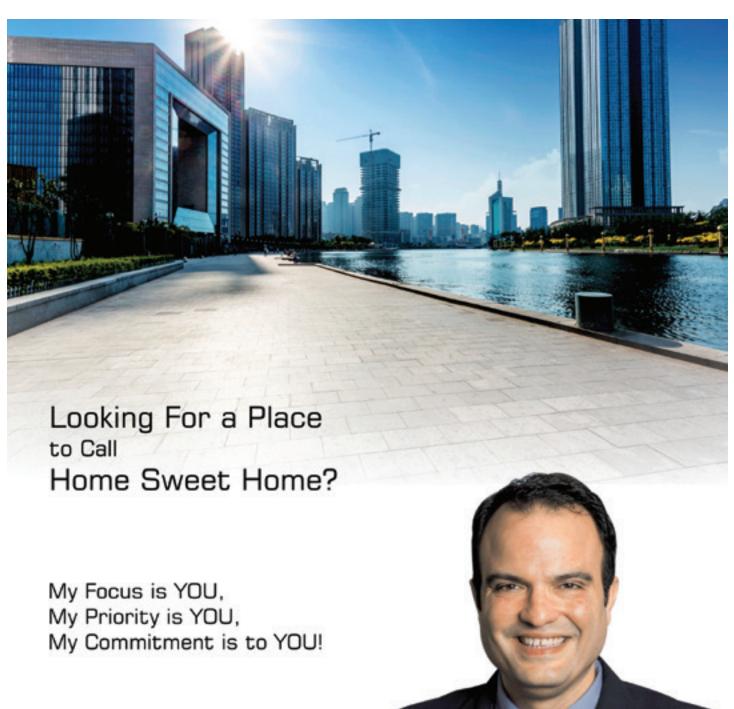
glassware and plateware. This will not only reduce the amount of preparation and cleanup time, but you can ensure that you have all the matching pieces and a pattern to suit your event. The extra expense is nothing compared to what you save in time and your sanity level.

The last thing that I recommend is keeping fancy paper on-hand to wow your guests with customized place cards and menu cards. This additional detail will elevate your event and inform guests of the difference between say, a brie and



a camembert. You can also purchase or make reusable labels, like these mini chalkboards, for a similar effect.

Remember that hosting loved ones does not mean you have to break the bank. Take good care of the seasonal items you purchase and wrap them up carefully for use next year. This will save you time and money in the long run.



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72 Canadian women are diagnosed with breast cancer every single day. 14 of them will die according to the Canadian Cancer Society. Are you doing what it takes to ensure you aren't a statistic?

eet Jas Janda-Wiseman, a go-getter who has spent the last 35 years in the banking industry, moving up the ladder to Director of Western Canada at Scotiabank. She worked hard to build her career alongside marrying for love, having 4 children, and 2 grandchildren, and just kept putting off her mammogram due to her busy lifestyle.

In November 2015, she found a lump in her right breast. After several mammograms, scans, and biopsies, the news was confirmed on January 21, 2016 that she had cancer.

Q: Describe what you felt the moment you were diagnosed.

I was in disbelief and shock. I couldn't hear anything the doctor said after the word "cancer".

#### Q: Describe your treatment.

I had surgery in February 2016 and started 15 months of chemotherapy which was administered every 3 weeks. Chemo is supposed to destroy all of the cells in your body. It literally kills everything, good and bad. My cancer was rated 3 out of 3 for aggressiveness, I had to have chemo to ensure that all the cancer would be gone. Each cancer patient has their own special "cocktail" mix of chemo depending on the type of

cancer they have, height, weight, etc. I had strong doses of chemo, especially the last 4 cycles where I would be in the room for 6 hours. I had another surgery in October 2016 to remove more lymph nodes, followed by radiation to ensure



Jas Janda-Wiseman.

that any rogue cancer cells would be destroyed.

Q: Describe what toll the treatments had on your body.

The treatments were hard, there were so many side effects. Along with the 2nd degree radiation burns on the right side of my torso (front and back), which have healed now but has left scaring and discoloured skin, I also had nausea, allergic reactions, hair loss, major fatigue, mouth sores, pain throughout my joints and muscles, chills, insomnia, weight gain, weight loss, skin peeling off, neuropathy, inability to do even the smallest task, foggy brain, memory loss, sadness, loss of identity, loss of control, and fear for my children. Lots goes through the mind. I almost lost my house, all of my friends, my peace of mind, and even my sanity. I didn't even have the energy to make dinner or drive myself to appointments so I'm grateful to those few friends who took care of the little things like that.

Q: What was the mindset you kept getting you through the toughest moments?

"This too shall pass" is what I kept telling myself. I knew I was meant to learn from this. I'm also grateful that I was able to emerge with a strong sense of peace and self, and I know who my true friends are.

Q: Describe your daily regimen today. I am currently on maintenance medication (Latrozole) for 5 to 10 years which has its own side effects. I have weened myself off the blood pressure medication and the pain medication. I changed my diet to get rid of processed foods, I've increased my green veggies

and lentils, take some plant based medications, I go for a 1-hour walk every day in the rain or shine, and I meditate each morning for a half hour. My evening ritual consists of dousing myself in lavender-scented castor oil to alleviate my muscle and joint pains.

#### Q: What advice do you have for other women?

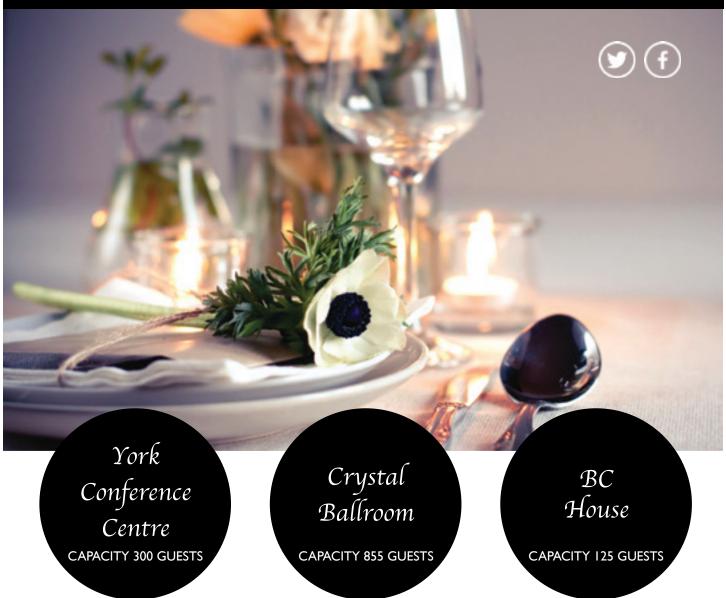
Go for a mammogram! My appeal to all is to take care of you first. Eat healthier, exercise, reduce your stress! For those that have been recently diagnosed, look for alternate ways to heal your body naturally along with the traditional medicine. Remove all negativity from your surroundings – it's okay to say "no" and it's also okay to ask for help. It's very important to have a network of women that have had to go through this experience, together we can help support each other.



Despite her numb fingers, Jas Janda-Wiseman hand-made 14 head scarfs for an event to help raise awareness about cancer.







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Shelina Mawani (left), director of sales and marketing and one of the founders of Surreybased Nana's Kitchen, with her sister and company president Nasim Dhanii.

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"Freshness and quality is what we stand for," says Shelina Mawani, co-founder and Director of Sales and Marketing. Being recognized through numerous awards won both here and abroad in business growth and philanthropy, the trajectory of their business growth is set to a steep incline.

Mawani started the business with her sister, Nasim Dhanji, in 2000 but it wasn't until they received their BRC Global Standards certification in 2012 that their business transformed. The international standardization program for manufacturers allowed Nana's Kitchen to tap into the massive U.S. ethnic-food market.



"The demand is ever-increasing as global palette's change. We are always look at ways to increase capacity, but not at the cost of compromising the quality of our samosas. We take food safety very seriously," she adds, stating that their 55 employees work in accordance to international standard in food preparation.

"Today, you will find our product in all major retail outlets in North America such as Safeway, Save-On Foods, Price Smart, Sobeys, IGA, Nestors Market, Whole Foods, Publix Markets, Albertsons, and more. In the US alone, over 4,000 grocery stores carry our samosas. They wouldn't carry it if they weren't of the highest standard."



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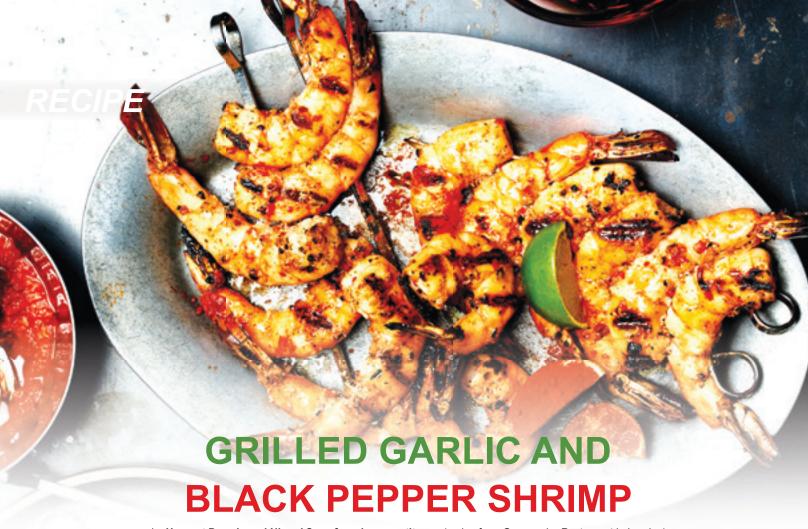


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by Harneet Baweja and Nirmal Save from bonappetit.com (recipe from Gunpowder Restaurant in London)

#### Ingredients

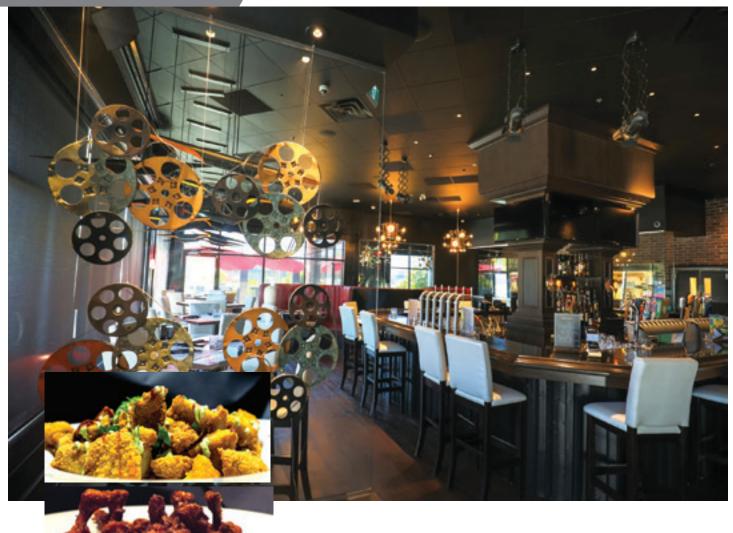
- 1 fresh red chile (such as Fresno), seeds removed, finely grated
- 3 garlic cloves, finely grated
- 1 tablespoon coarsely ground pepper
- 1 tablespoon fresh lime juice
- 2 tablespoons vegetable oil, plus more for grill
- · 1 pound large shrimp, peeled, deveined
- Kosher salt
- Lime wedges and Kashmiri chili powder or paprika (for serving)

#### Instructions

- Whisk chile, garlic, pepper, lime juice, and 2 Tbsp. oil in a large bowl
- · Add shrimp and toss to coat; season with salt
- Thread shrimp onto sets of 2 skewers
- Prepare a grill for medium-high heat; clean grates well, then oil
- Grill shrimp, turning once, until cooked through and lightly charred, about 5 minutes total
- Serve with lime wedges dipped in chili powder

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# Seasons, Food & Health

# flavouring your health seasonally

by Hari Narang

oliday season is upon us again. A magical time with family and friends, spirit of festivities, rich foods, gifts, parties and indulgence.

Often, this feeling of joy is followed by remorse of over-indulgence of calorie-laden foods full of unhealthy fats, sugars, and excessive alcohol consumption.

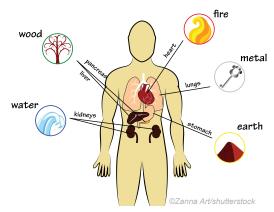
Conventional wisdom always dictates a balanced approach to food consumption. Going beyond the conventional thinking, we have the wisdom of traditional health systems such as Ayurvedic, Greek and Chinese medical systems. These dictate that our health is dependent on a balance of elements, and that the foods have a relation to these elements and to seasons. These systems suggest that foods we consume regularly, over long periods of time, have a deep and lasting effect on our body functionality and wellbeing.

The traditional Chinese medical system suggests balancing of the five elements (Wood, Fire, Earth, Metal and Water) as essential in maintaining good health. Each element corresponds to a season, an organ function and to a specific flavour of food. The theory suggests that by consuming foods with flavours associated with each of these elements and corresponding seasons, one can maintain a balanced health. Foods with different flavours are used for treating illnesses of related organ.

**1. WOOD:** Relates to the spring season and governs the Liver and Gallbladder. It is associated with sour taste and controls functions such as perspiration. Sour foods are known to generate

fluids and yin. Sour taste goes to the nerves and can upset the liver. Excess sour food should be avoided by person experiencing chronic pain.

- 2. FIRE: Relates to the summer season and governs the Heart and Small Intestine. It is associated with bitter taste. Bitter foods are indicated to clear heat and damp in the body, subdues uncontrolled energy (Qi), to treat water retention and in managing weight. The bitter taste goes into the bones and excess of bitter foods should be avoided for those with bone disease. Also, excessive consumption of bitter foods is too cooling and can damage a weak spleen and cause diarrhea and fatigue.
- **3. EARTH:** Relates to the late summer season and governs the Spleen and Stomach. The associated food flavor is sweet. Sweet taste tonifies deficiencies and minimizes pain but it also goes into muscles. Excessive sweet food may cause weakness of the muscles and should be avoided in conditions relating to muscle weakness.
- 4. METAL: Relates to the autumn season and governs the Lungs and Large intestine. The associated foods are foods with pungent taste. The pungent flavours are known for invigorating and tonifying function, promoting circulation of Qi, blood, and other body fluids. However, excess pungent food can damage the blood and/or Yin and may result in dizziness or itching. It should be avoided by people low in energy (Qi Deficiency).



**5.** WATER: Relates to the winter season and governs the Kidneys and Gallbladder. The associated food taste is salty. Salty foods have the function of softening and dissolving hard masses such as lumps, nodules, and cysts. It can be used to treat constipation and swelling. However, excess salty foods can contribute to hypertension and heart disease and should also be avoided in blood deficiency.

Like they say - too much of something is bad enough. Therefore, keep everything in moderation, especially during the holiday season so that your Qi and Yin are all perfectly aligned in the new year!

Disclaimer: This article is for general information only. It is not intended as a prescription for any disease or illness and is not a substitute for any medical advice, diagnosis or treatment. This is a metaphorical subject. The information presented here is very brief. The readers may note that in Chinese medicine, reference to an organ is not the same in structure or function as known in conventional medical system.



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Three most popular menu items: Mango Chicken, Achari Paneer, Goan Lamb.

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# Sack of Potatoes

by Junita Thakorlal

So, here's the thing - ever notice how everyone's problems seem larger than life? I'm shouldering the load just fine, thank you very much.

I'll have a laugh attack over something that isn't even funny. Despite living a genuinely happy life, worry still underlies each moment. I think about my aging parents, how I forgot to pay my visa on time, the shoddy job the painter did, how my love handles are growing out of hand, my unsightly toe polish, my meeting tomorrow morning, the lump in my breast which I am ignoring, my exbestie's mom's cousin's uncle's son who passed away in a horrific accident yesterday, and the list goes on.

I reached out to my circle of friends, and have found that it is a common phenomenon to have doubt and fear creep in between moments of the day. We are often conflicted about things that are out of our control, and if we don't expel them, then the stress manifests in our bodies.

A friend of mine (let's call her Shelina) shared a story:

Shelina was asked to do an exercise which consisted of carrying around a 10lb bag of potatoes. For 3 days, whatever she did and wherever she went, she had to carry that sack of potatoes with her. She carried that thing like we do our cell phones - in our hand. When she went for a walk, it eventually became heavy on her arms and shoulders. When she was watching television, it would sit annoyingly in her lap. Even when she went to the washroom, she took it with her. When

she went to sleep at night, the smell of potatoes permeated through the room and into her sleep, which made her toss and turn.

After a couple of days of this, not only was she irritated, but she was sore in various places from carrying around the burden, she had lost her peaceful beauty sleep, and the stench of potatoes never left her. She became so annoyed



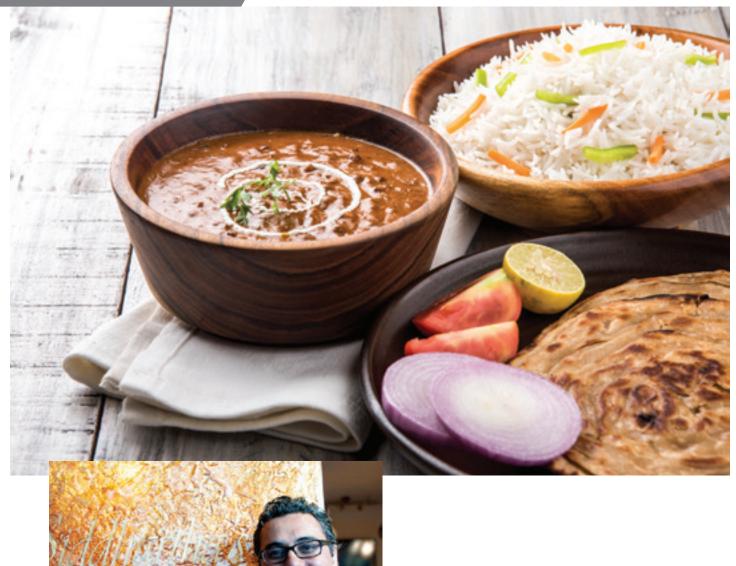
that on the last night, she left the sack of potatoes outside of her bedroom door just so she could have a peaceful rest, but not before she fought with her husband for something extremely minor that wasn't even his fault. The following morning, she got called out for abandoning the potatoes.

The lesson in this exercise was not to test her patience, but in how we perceive worry. Imagine that that sack of potatoes contains our worries: the more worries, the more potatoes. We carry that weight and burden with us all day, every day. Eventually, the worry consumes us as the bag becomes heavy. We get impatient and easily irritated which sometimes affects our relationships with those around us; we can't sleep at night as worries keep our minds active; shoulder and neck muscles become tight and stiff without us realizing, and if we don't get it taken care of, it might lead to bigger health issues. When we worry, all of the things that Shelina went through, manifest in our bodies and minds. We often are so consumed that we forget to be grateful.

I feel so lucky to live in a first world country, where there are amenities to enjoy, and yoga sessions to flush out the toxins; where I can breathe in the clean mountain air after picking up my nephews from school and taking them on a hike with me; where both of my parents are seconds away from me so that I can hug them. Often when I am consumed by my own struggles and reservations, I think of Shelina's story and immediately take a deep breath, and mentally turn my russet potatoes into yummy tater tots by remembering the things that I'm grateful for, and what is within my own control to change.

Everyone has concerns and pressures in life, but it's a choice on how big we want our potatoes to be, and how far we want to carry them.

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# FAKE NEWS: Are you guilty?

by Junita Thakorlal

In today's day and age where everyone's lives are on public display through social media, and #nofilter is a disclaimer, it begs the question of how many are actually guilty of embellishing just a little?

one are the days of printing photos. Remember when we used to have actual physical evidence of our awkward youth, our monobrow, and our braces? Back then we were horrified at our own photos, but today we look back and chuckle at the memories.

Now, in the selfie culture, with the swipe of a thumb you can simply autocorrect the lighting, the pigment of your skin, make your eyes bigger, and generally make yourself look 'beautiful'. Photo after photo, Instagram post after post, there are amazing photos of everyone's amazing lives, where everyone looks perfect and their photo captions and hashtags even more perfect. Without seeming presumptuous, are everyone's lives actually perfect though? Or are we now a society where we need to edit every memory before they are posted to our online memory banks for everyone else to judge with a double-tap?

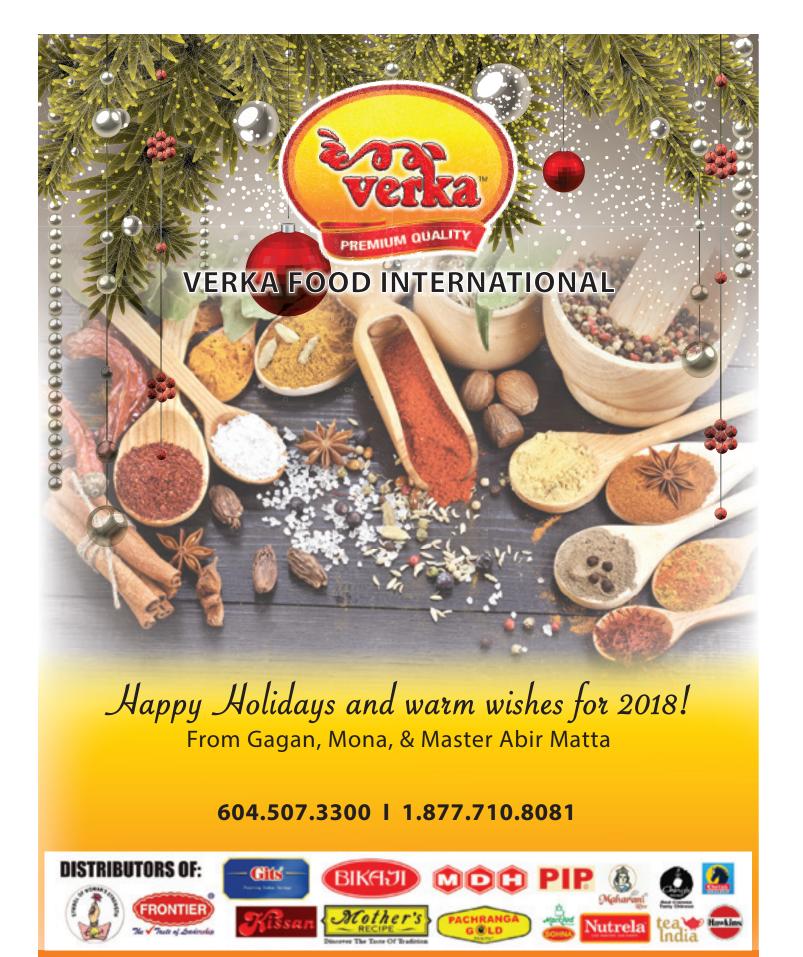
Your subconscious mind, which is responsible for most of your behaviour, forms your self-image - it's like a mental blueprint, a picture of what you think you are, not necessarily who you really are. The subconscious mind has been compared to a tape recorder, recording every word. It makes sure that everything you tell it becomes fact and in the context of the social media era, what is in the public domain is known to be truth. Your subconscious mind, however, can't distinguish between truth and lies.

A positive self-image plays a part in the success equation. If you are unclear about who you are and where you want to go, people can't help you get there. Only you can chart your own course leading to success. If you have a strong self-image, you're more likely to act in accordance with what you know to be true.

#### Here are 10 tips for boosting your self-image:

- 1. Reflect upon the good rather than the negative experiences in your life.
- **2.** Form positive, achievable goals.
- **3.** Examine unrealistic expectations.
- **4.** Recognize that your history can't be changed, yet you can positively control the present and lay the foundation for a positive future.
- **5.** Learn from past mistakes.
- **6.** Take responsibility for your feelings, actions and mistakes, rather than blaming others.
- 7. Don't be overly critical of other people.
- **8.** Learn from criticism.
- 9. Examine your relationships (professional and personal) to find out if your needs are being met.
- **10.** Invest time in building friendships with people who complement you and support you.





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# The Financial Juggling Act During Holidays

by Aimee Sehwoerer

How do you keep everything on track when you're juggling multiple financial demands?

With kids back in school and holidays just around the corner, all it takes is a little planning and prioritizing.

Here's how you do that! Tips to how to juggle between budgets:

Set a budget: It is important that you consider your monthly fixed expenses to calculate a savings goal. If you do not understand the numbers very well, create yourself a spreadsheet to keep accounts up to date. Thus, you can control the amounts (more or less) that you can save. Do not forget to include a percentage for variable expenses! This way, if you have "enough" to go out for dinner one night, you will feel that you have accomplished something!

Compare prices and find deals: This especially comes to play when talking about school shopping and holidays gifts. You don't have to run around from one store to another looking for the best prices (although not a bad idea) .You can ask your relatives, friends, other moms, and co-workers where they buy and compare the value for money of the products.

Probably when you know what others are saving, you will start to become more interested in what you spend each month.

Avoid shopping on impulse: Many times we buy things as a treat under the motto that "it's for something I'm working on". Impulsive consumerism is the worst enemy of savings and can alter your budget without you noticing. If you do not need it right away, wait until the end of the month and invest part of your savings. Tip: leave the credit card in a safe place. It is for what it is.

Online shopping: This almost goes hand in hand with the previous point. It is true that we can find outrageously good offers on the internet of up to 90% off on products of all kinds. Of course, before clicking without measure, consider if you really need it: any

unforeseen expenses not reflected in your monthly budget will directly affect your ability to save.

Reduce expenses at home: You can save a lot on the water and energy bill with efficient and environmentally friendly appliances. You'll notice it in your invoice balance and appreciate it. Remember to not let in the heat in the summer and the cold in winter with good enclosures, to keep the house at a suitable temperature by reducing consumption in heating or air conditioning.



# **HOLIDAY GIFTS**

## for her

Gift giving has never been so easy! Check out our gift-giving guide in the following pages for ideas for her, him, ma & pa, and the kids!



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# **HOLIDAY GIFTS**

## for him



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## for ma & pa



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## for the kids



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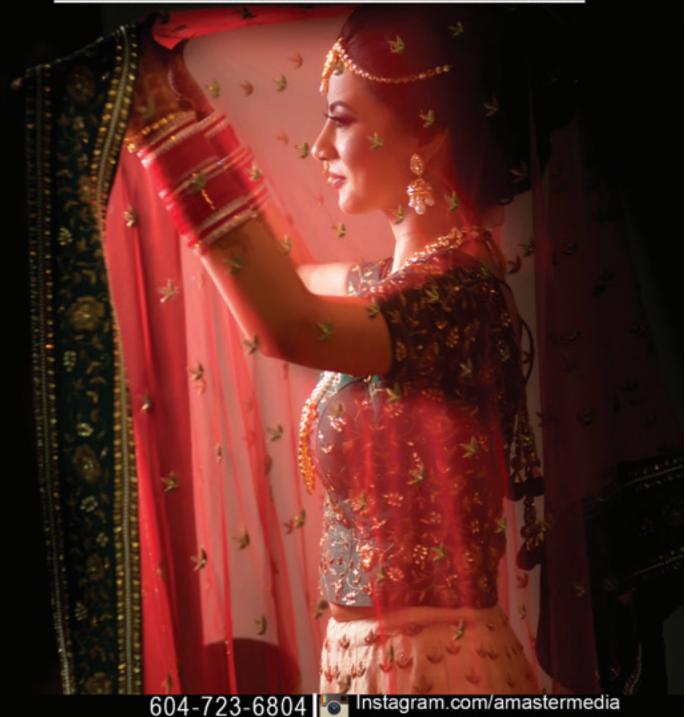
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#### **ARIES**



You're in a high-energy, high-excitement space. Go with it and ask yourself the big questions. Are you happy? Are you satisfied? Planning ahead is a particularly good idea. You'll really see the results

of your foresight down the road. Everything is going particularly well on November 21st and 22nd. Make space for romance in December.

#### **LEO**



Romance! And more romance! Write poetry, sing, enjoy every moment of this deeply-in-tune phase of your life. And yes, that does mean you need to enjoy the whole butterflies-in-the-stomach part of

it. And the do-I-have-spinach-in-my-teeth part, too. And don't forget to like the why-did-I-just-make-such-a-dumb-joke element, as well.

#### **VIRGO**



When your feet want to run but your head says, 'slow down, you should do your best to listen to that head of yours. It's for the better to help you make the best decisions when it comes to running

versus walking versus standing very, very still and carefully considering the situation at hand before deciding to take a plunge or stay on dry land.

#### LIBRA



Relationships may take an unexpected turn this year for you. If your relationship doesn't reach an end, you'll find that the relationship undergoes a process of growth and improvement. Unexpected

people may walk into your life this year, and their influence may affect not only love, but careers as well

#### **SAGITTARIUS**



How many times in your life have you looked back and been glad things did not work out the way you wanted them to, that you've have had a lucky escape? That's Saturn's wisdom at work for you.

He is wise, elder and a hard but fair teacher, and when you have learned your lesson, he can reward you like no other planet. You are a truth seeker and broad-minded, and often take risks.

#### **AQUARIUS**



This is a time to tone down excessive Aquarian qualities such as too much independence, too much prominence given to your personal freedom and no respect to the freedom of others,

rebellion, and vagrancy. The way forward in 2017 is through the heart, rather than detachment, depending or yourself rather than on friends and groups. Learn to be a leader rather than a follower.

#### **TAURUS**



This season is all about glitz and glam for you, but what price would you be willing to pay to make it your own? Before you go shelling out the big bucks for something sparkly, make sure it isn't fool's

gold. With a bit of research, you'll be feeling good and ready to invest your energy in just the right direction.

#### **GEMINI**



You will sense your horizons opening up and experience a flood of creative energy this season. You may feel stymied until November 13th, but keep at it, and the rewards will be worth it. Don't be

dogmatic when you could just be charming at networking

#### CANCER



The 2017 forecast for Cancer shows lots and lots of change, big and small, and lots of decision making, big ones, small ones and a ton of transformation is about to take place in every sector and area of

your life. This may be a pivotal year in your life. All these changes can be positive ones as long as you are prepared, level headed and can organize a daily schedule and think on your feet.

#### **SCORPIO**



The past is featuring, making you aware of how your past partnerships (or choices) have affected the present. Jupiter is also triggering any lingering soul contracts while in here and will either re-deliver

a past lover from this life or perhaps another one. The 2017 Scorpio astrology points out that is a time of inner spiritual learning, where links with your past, family karma, karmic connections with others and soul path and purpose are revealed.

#### **CAPRICORN**



People will show their true colours now and what will help you get through this period is maintaining a universal mindset You do not have to forgive negative people if you are not ready to, but it

will help break any karmic chains to try to step back and become the observer rather than just reacting. Remember that you are the stronger soul that lets go and walks away and sometimes that is all it takes

#### **PISCES**



Pisces astrology also points out that in the last 3 months of the year people born under the sign of Sagittarius could enter your life and if they do, fate is at work. Your personal beliefs and philosophies

will come under review with you, you may change your own viewpoint as a result or incorporate some of these discoveries into your own system of beliefs.

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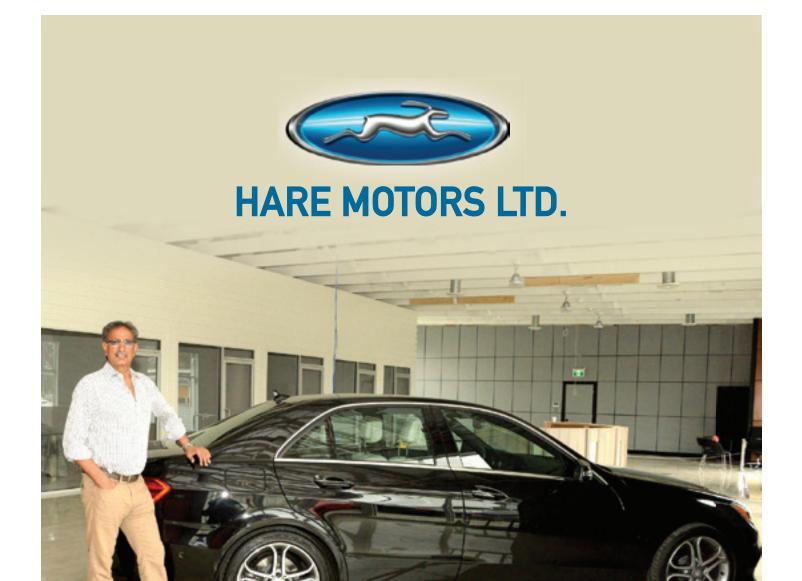
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# MASERATI An Italian Love Story

by Mandeep Bahia

aserati. The name alone exuberates emotions of performance, style, and heritage but what makes it stand alone in a sea of manufacturers?

For over 100 years, this Bologna-born beast has thrilled drivers with a multitude of models and engines. Distinguished designers such as Pininfarina have carved an interior atmosphere that even the most intrepid automotive enthusiast swoons for. This coupled with a driving force shared with its coveted Italian sister Ferrari

creates a

vehicle of the highest

caliber.

Even so.

the Maserati love story goes deeper. The responsive drive and hair-raising exhaust gurgle can revert drivers to a state of bliss with a simple rev to 3000 rpm. The question is how do they do it?

From the first generation, Alfieri Maserati had a vision of making an automobile that would be both unique and bring the performance and pedigree of Italian supercars to the roads of Europe. Even after the purchase by Fiat group in 1993 there unwavering spirit has carried through such models as the Quattroporte, Ghibli, GranTurismo and even to date

is a symbol of Strength and Vigor taken from the statue of Neptune in the founder's hometown of Bologna. Epitomizing everything Maserati looks to stand it's a fitting symbol for an Italian brand.

Going up against stiff German competition Maserati released its vehicles to go up against the likes of the Mercedes Benz S Class and BMW 5 series but being a much more of a rarity it created a niche market of its own clientele that likes to stand out from the crowd. With the upcoming Alfieri Maserati looks to keep its crown as one of the most desirable vehicles on the

with the head-turning foray into the SUV market with Levante. Ferrari took full control over the company in 1999 injecting a surge of interest back into the manufacturer.

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# 2018 VOLVO V90:

## PREMIUM SWEDISH WAGON HAS **AWESOME STYLE & PACE**

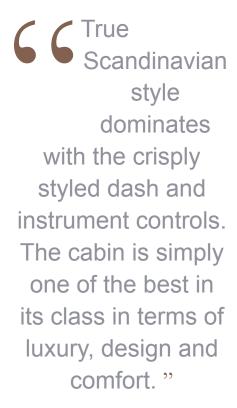
The Volvo V90 has to be one of the best-looking wagons I have ever seen with its sleek, low-long looks that scream class! The V90 looks every bit the blueblood Euro wagon it is.

nterior wise, the cabin is beautiful, with sumptuous looking white/ cream leather seats as on our tester. I don't know why or how only the Swedes seem to make the most comfortable and supportive car seats on the planet. The rear seats and cabin is equally well kitted out up front. True Scandinavian style dominates with the crisply styled dash and instrument controls. The cabin is simply one of the best in its class in terms of luxury, design and comfort.

Inscription, at \$66,050. Standard fare for the Inscription includes GPS navigation, Apple CarPlay connectivity, a panoramic sunroof, four-zone climate control, rear park assist, a 12.3-inch digital gauge cluster, a 9.3-inch in-dash touchscreen, heated and ventilated front seats and a power liftgate. Powering the V90 T6 model is either a 2.0-liter turboand supercharged four cylinder engine units driving all four wheels through an eight-speed automatic.

about 6.0 seconds comes thanks to 295 lb-ft of torque available from 2,200 to 5,400 rpm.

It goes without saying, the V90 also includes a host of Volvo's safety kit, including City Safety with low and



high-speed collision mitigation, adaptive cruise control with active lane-keeping aid, pedestrian and cyclist detection, automatic steering and much more. Blind-spot warning and cross-traffic alert are not standard – they are part of the \$2,000 Vision package that also



The 2018 V90 comes in three trim levels: The \$59,900 Momentum, the \$64,450 R-Design and this top-tier

The All-Wheel drive system can split power 50/50 to the front and rear wheels. Volvo's claimed 0-60 time of

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adds auto-dimming/folding mirrors and visual park assist. Our tester also came equipped with wonderful looking - and sounding optional \$3,250 Bowers and Wilkins audio system. The interior is also familiar Volvo good taste design territory. This large dash sharply flows down into a vertical panel that houses the infotainment screen, vents, and wonderful looking and feeling wood trim that does not feel or look like plastic. The Volvo's large tablet-sized infotainment screen works like a treat, responding crisply to swipes, pinches, scrolls, and pushes. It clear bright and very intuitive to use.

With the rear seats upright, the V90 can gorge 19.8 cubic feet of stuff; with the seats folded flat, capacity expands to 53.9 cubic feet. The 60/40 second row

with a ski pass. The low floor of the rear cargo area makes for easy loading, with a handy flip up partition with hooks and straps for errant items. However it also means the V90 does not offer third row seating option. Look to Volvo's XC90 SUV if you do need a third row.

On the road, the V90's potent power output gives it an extra oomph of acceleration and makes the V90 a plush, fast comfortable cruiser. Meanwhile the advanced all-wheel-drive system is excellent in the slippery roads we encountered. The V90's uprated suspension, braking, steering and other dynamics systems e engineered to deliver optimum grip and handling agility, it's an overall satisfying driving experience. The eight-speed transmission is also a stand out

with fast, smooth gear changes. The finely tuned power steering offers firm tactile feedback and overall cornering feels stable and planted thanks to the very capable All Wheel Drive system. The adaptive suspension also aids in providing precise and roll-free body motion in hard turns. The selectable driver modes are also a bonus giving a more exciting driving orientated ride with more road feel. To sum up, the 2018 Volvo V90 is an excellent up-to date stylish, technologically superior and formidable family sports orientated premium wagon. Volvo continues to build probably the safest cars in the world and the V90 is no exception. Awesome in very way.

2018 Volvo V90 Base price: \$\$59,900 plus options, delivery and taxes.





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