

AAARZU

Magazine



150 CANADIAN FACTS

DELTA'S CHANGING SKYLINE

MADE IN CANADA FASHION

DR. KISHORE MULPURI

\$6.99 CAD ISSUE 01 VOL 03

0 1



0 40232 53428 7



AVENGER ★ HURRICANE

The superlative-charged chronograph. 50 mm case in Breitlight®. Exclusive Manufacture Breitling Caliber B12 with 24-hour military-style display. Officially chronometer-certified.

GOLDEN TREE JEWELLERS

WILLOWBROOK SHOPPING CENTRE
19705 Fraser Highway, Langley, BC, Canada
604.530.7221



INSTRUMENTS FOR PROFESSIONALS™

TACORI



GOLDEN TREE JEWELLERS

WILLOWBROOK SHOPPING CENTRE
604.530.7221 • www.goldentreejewellers.com





BHARTI ART JEWELLERS

SINCE 1973



WHOLESALE DIAMOND PRICES • GIA CERTIFIED • 3D CREATION AND LIVE WAX MODELING

YOUR CUSTOM DIAMOND RING SPECIALISTS.

CALL SANJAY FOR YOUR PERSONAL CONSULTATION: (604) 726-3535

VANCOUVER SHOWROOM

6612 MAIN STREET
VANCOUVER, BC
(604) 327-8711

SURREY SHOWROOM

346 - 8140 128TH STREET
SURREY, BC
(778) 565-5000



/BHARTIJEWELLERS



WWW.DRDHANJU.COM

New Patients always welcome
Full range of Dental services
Exceptional Dental care in a calm environment

Dhanju Dental Care

Richmond Centre Dental Clinic
(North Wing, Near the Bay)
#1946, 6060 Minoru Blvd, Richmond.
Tel: 604-276-2442

Newton Crossing Dental Centre
7126 King George Blvd.
(Next to Wings Restaurant), Surrey.
Tel: 604-591-8999

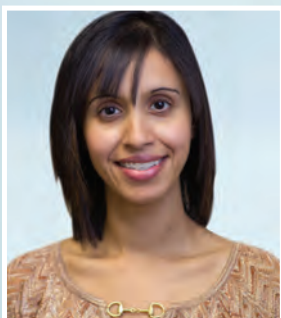
Morning, Evening & Weekend Appointments Available!



www.sabharwallaw.ca

Contact us: 604.638.6998

Unit 304 - 7380 King George Blvd. Surrey, BC



Kanchan K. Dhahan
Barrister & Solicitor



Nathan P. Lidder
Barrister & Solicitor



Sukhjit (Sue) K. Basi
Barrister & Solicitor



Chandan K. Sabharwal
Barrister & Solicitor
Founder, Sabharwal Law Group

Sabharwal Law Group, a leading law firm based in Surrey is dedicated to providing its clients with specialized legal solutions around the clock. Our areas of expertise include:

Criminal Law | Family Law | Civil Litigation

A LETTER FROM OUR FOUNDER



Kanwaljeet Singh (Lucky)
Randhawa,
Aarzu Founder

First of all, I would like to wish all our readers a very Happy 150th Canada Day! I came to Canada just a couple of decades ago but I am proud to call myself a Canadian today. I am proud to say that I love Canada. It is where I have chosen to make my home, raise my family and have my business. I am grateful for all that Canada and the Canadian community in total has given to me.

We all came to Canada for a better and healthier life and I believe that we are all enjoying a healthy, rich life. Canada gives us a great atmosphere which is compatible with our health. We have the world's best water, the best air quality and such a great lifestyle. Let's not only enjoy Canada's 150th birthday but take a pledge to maintain its beauty. Don't litter. Recycle. Don't idle your cars and take care of this beautiful home of ours so that the people around to celebrate the 300th birthday will continue to praise the beauty of our country.

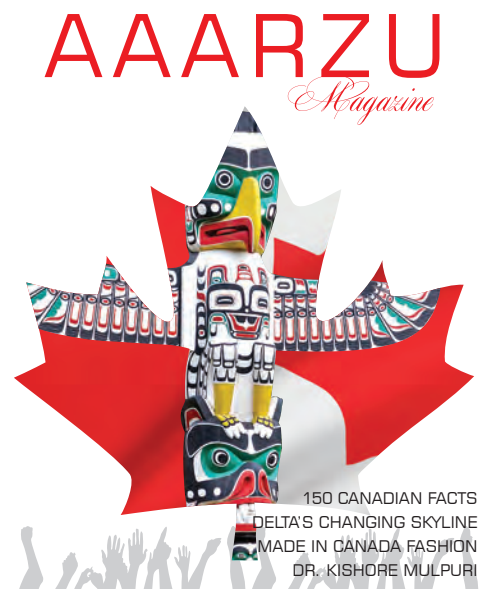
Thanks to all our supporters, as always. Happy reading!

Sincerely,

A handwritten signature in black ink, appearing to read 'Kanwaljeet Singh'.

On the cover

We are celebrating the Canadian heritage by displaying a beautiful totem within the Canadian maple leaf. Canada is such a diverse and multicultural country that to place something to represent everyone was nearly impossible. We hope you'll enjoy all the facts we have gathered for you and hope you'll cherish this keepsake edition.



BHARAT JEWELLERS

155 - 8120 128 STREET
SURREY, BC

(604) 593-1111

www.bharatjeweller.com



IN THIS ISSUE



Rimpie Sahota
A Canadian Designer: *Page 50*



**Maple
Cheesecake:**
Page 62

AAARZU

Magazine

Loving The Read?

Enjoy Even More Digital Content Online:

aaarzumagazine.com



@aaarzumag



/aaarzumagazine

Share your own aaarzu with #AAARZUMAG

COVER STORY

16 Canada's 150th Birthday

It's Canada's 150th birthday and we, at the Aaarzu office, couldn't be more excited to celebrate. But, can you list a 150 things about Canada that make it so special? We can!

- 28 Delta Rise
A 37 Storey House Above All
- 34 Canada Day Greetings From Mayor,
Councillor And MLA's
- 40 Give A Little. Get A Lot.
- 50 Rimpie Sahota, A Canadian Designer
- 56 Summer Makeup Essentials
How to avoid melting in this
extreme heat
- 70 Mushroom the superfood
- 72 The real way to build an emergency
fund
- 76 Live the Canadian Style
Rustic elements to spruce your
home decor
- 78 Showshaa
The trendy new dining spot
- 83 It's all about Golf
- 88 Feng Shui
Magic for home and life
- 96 Car buying made easy
- 98 2017 Mazda CX-9 Signature

RECIPES

- 62 Maple Cheesecake
- 64 Bircher Musli
- 66 Strawberry Lemon Panna Cotta
- 68 Cheese Poppers

CONTRIBUTORS



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.



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 all over the world leading and volunteers with several organizations in Vancouver.



Bev Bly

Beverly hails from Montreal and is a passionate creative visionary coupled with enthusiasm, experience and expertise. She is a volunteer in community work and very involved in networking and golf tournaments. She played for a Business ladies league in the lower mainland where she became involved in becoming captain of her league, then sat on the executive for her zone for British Columbia Golf, which then resulted in her chairing, Junior Girls Development for British Columbia Golf.



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.



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.



Navneet Gillan

Owner of NVS Makeup Studio, Nav is a certified Professional Hair and Makeup Artist. Studied at Blanche Macdonald with over 7+ years of experience in Bridal Hair and Makeup. NVS Makeup Studio offer a wide variety of services outside of Bridal and special events including; Maternity, Family sessions, Photo-shoots, Headshots, Private Makeup lessons and much more.



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.



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.



PRIME MINISTER · PREMIER MINISTRE

Canada 150

It is with great pleasure that I join the readers of Aaarzu Magazine and Canadians across the country in celebrating our 150th anniversary of Confederation.

Canada 150 presents us with an opportunity to reflect on what our country means to us. I have long believed that our society is the sum of its diversity, each Canadian's unique beliefs, experiences, and hopes adding up to make a country defined by opportunity and peace.

It is this diversity – and the new ideas and cooperation that stems from it – that will form the basis of our country's future. We are a hardworking people that understand that we are only successful when we work together, and I have no doubt that this spirit will remain a core part of our Canadian identity for generations to come.

As you leaf through the pages of this special Canada 150 edition of Aaarzu Magazine, I hope you take this chance to celebrate our country and join me in looking forward to a bright future.

Ottawa
2017



DAWN

Inspired By Fashion

The spirited youthfulness of Rolls-Royce Dawn is an attitude it shares with some of the world's most celebrated, avant-garde fashion designers. Dawn Inspired By Fashion blends timeless style with the spontaneous energy of high-contrast colour, to make the boldest of statements.

Anything is possible. Contact us to start your journey.



Rolls-Royce Motor Cars Vancouver

Member of the OpenRoad Auto Group

1717 West 5th Avenue, Vancouver, BC

Tel 604.659.3208 | rollsroycevancouver.com

Contact Aly Jiwani, General Manager at aly.jiwani@openroadautogroup.com

© Copyright Rolls-Royce Motor Cars Limited 2017. The Rolls-Royce name and symbol are registered trademarks.



YOUR BMW ADVENTURE STARTS HERE.

Begin a new chapter with **Brian Jessel BMW**.



Two locations to serve you. New Car & Pre-Owned.



NEW CAR

2311 Boundary Road
Vancouver, BC V5M 4W5
(604) 222-7788



PRE-OWNED

1515 Boundary Road
Vancouver, BC V5K 5C4
(604) 222-8820



Brian Jessel BMW

brianjesselbmw.com



**The Ultimate
Driving Experience™**



2018 BMW 7 Series



Raj Desor
New Vehicles Senior
Sales Manager
604.657.8773



Valentino Almeida
BMW Canada
Gold Sales Master
604.307.1965



Khan Parveez
Sales Team Manager/
Gold Sales Master
604.375.6769



150 Canadian Facts

It's Canada's 150th birthday and we, at the Aarzu office, couldn't be more excited to celebrate. But, can you list a 150 things about Canada that make it so special? We can! So, we're listing them here for you to read and share with everyone you know. So now, you can talk about more than just Tim Hortons.

Let's start by talking about the Canadian wildlife because we have some seriously unique and cool animal facts that'll have you quacking with joy.



©andreonita / 123 rf



©dfikar / 123 rf



©helgidinson / 123 rf



©davidbukach / 123 rf

- 1 It doesn't seem like it's possible but Canada is home to the world's largest gathering of garter snakes. In fact, it's also the world capital of garter snakes. Narcisse, Manitoba Snake Dens Conservation Area, 130 kms north of Winnipeg is the mating ground every May for these red-sided garter snakes—plus four other species. They emerge from their winter dens and slither about under the warm sun to mate before returning to hibernation. Each den can contain approximately 10,000 snakes.
- 2 It may not come as a surprise that Canada has the most polar bears but did you know how many exactly? Approximately 15,000 of the 25,000 total of these almost extinct species are found in the Canadian High Arctic.
- 3 We are home to the world's second largest rodent, and we like to call it our national animal - the Beaver. Canada's beaver weighs up to 60 pounds, just 40 pounds leaner than the South American capybara which can weigh up to 100 pounds.
- 4 Not just the people, even our beluga whales are super nice. If you head over to Churchill, Manitoba, you can actually swim with them through a Beluga Whale expedition.
- 5 We love Vancouver for so many reasons and one of them is for having one of the world's top five Aquarium. Good job, Vancouver Aquarium!
- 6 The Loon, the Caribou, and the Grey Jay are also on our list of some unique animals.
- 7 You have heard of the Loch Ness monster, surely but did you know that Canada has its own version of the Loch Ness monster? The Ogopogo, located deep in British Columbia's Okanagan Lake, has been spotted since the 19th century and is said to be green with a snakelike body about 25 meters long.



8 This one is going to be a shocker. There is a prison for the animal we are trying to save from extinction - the polar bears. Yup. A Polar bear jail. Found in Churchill, Manitoba, the polar bear jail is a holding facility for bears that get a little too close. They are kept there until they can be released back into the wild.

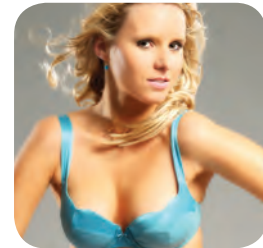
9 The much famous cartoon, Winnie the Pooh, is based on the book by A.A. Milne. He was inspired by his son's interactions with a little bear at the London Zoo. Christopher Robin Milne's bear at the London Zoo was named Winnie short for Winnipeg, where it was captured. Christopher added "Pooh" to the name, making it Winnie-the-Pooh. Combined with Walt Disney's magic, this is now a household name.



©neftali77 / 123 rf

Since we're on the topic of things that are famous, thanks to Canadians, let's explore what else Canada can take credit for in the field of inventions.

10 Take a moment to look at your smart phone. Now think back to the rotary phone at your grandma's house. We all know that the telephone was invented by Alexander Graham Bell but did you know that he was a Scottish immigrant?



©vlkvojtech / 123 rf

11 The fourth greatest invention of all time that men and women are grateful for alike was invented in Canada! It is, the Wonderbra!

12 Canadians are known to be super nice and Roland Galarneau, a legally blind man, shows the world the language of compassion by inventing Computerized Braille.



©flashdevelop / 123 rf

13 Computer geniuses may be associated with all the Indian immigrants working at Amazon but a Canadian man, James Gosling, takes the trophy for developing the world wide used Java Programming Language.

14 If you've ever painted the walls of your home, you must have thanked or asked who was the genius who invented this. Well, it was a Norman Breakey of R.M. of Arthur, Manitoba.



©bhofack2 / 123 rf

15 How many times have you had peanut butter and jelly sandwiches? What if you had just jelly sandwiches? Well, you can thank Marcellus Gilmore Edson of Montreal, for the ingenious invention of the beloved Peanut Butter.

16 Raise your hand if you cook! And then, say a thanks to Thomas Ahearn for inventing the electric cooking range in 1882.



©innaastakhova / 123 rf

17 The next time you go watch a movie, you can think of Graeme Ferguson who co-invented IMAX which now has over 500 IMAX theaters in 45 countries.

18 The American greenback money is the trickiest to counterfeit and Thomas S. Hunt, a professor at McGill University, is the inventor of the green ink used on the USD. In 1857 chemist Hunt suggested that the American banknote contain chromium trioxide (Cr₂O₃).



©highwaystarz / 123 rf



©aspenrock / 123 rf



©alhovik / 123 rf



©niyazz / 123 rf



©tnn103eda / 123 rf

- 19 The garbage bag is the work of a trio of Canadians. One from Winnipeg, another working in Lindsay, Ontario and a third from Toronto, each came up with variations of the polyethylene bags in the 1950s.
 - 20 What's a laser, race-worthy vessel that could be carried on top of a car? Only the world's most popular sailboat invented by Bruce Kirby and Ian Bruce, a two-time Olympian.
 - 21 First launched into space in 1981, The Canadarm because it was developed by Canadian scientists is also called the Shuttle Remote Manipulator System (SRMS). This robotic arm is used to repair, capture and deploy satellites. It also positioned astronauts, maintained equipment, and moved cargo.
 - 22 Jacques Plante, a goalie with Montreal Canadiens, took a puck in the face to put safety first in the field of ice hockey in 1959. He was seen as a whimp back in the day as he invented the hockey mask. Surely, he's seen as a reasonable sportsman putting safety first today.
 - 23 Canada holds the record for the most gold medals won by a country in a winter Olympics, accomplished in Vancouver 2010.
 - 24 Canada also holds the record for the most gold medals won by a host country in the winter Olympics, accomplished in Vancouver 2010.
 - 25 Basketball was invented by Canadian James Naismith in 1891.
 - 26 Lacrosse was the national sport until 1994 when it was declared the national summer sport and ice hockey was declared the national winter sport.
 - 27 Terry Fox, an activist, athlete and humanitarian is the pride of all Canadian in his attempts to complete a one-legged cross country run for cancer research. Fox lost his battle to cancer after 143 days and 5,373 kilometres.
 - 28 Another name to add to our humanitarian list is that of Rick Hansen, a paraplegic athlete who completed an around the world marathon for spinal cord injury research.
 - 29 Donovan Bailey holds a record time of 9.84 seconds resulting in a win of the gold medal at the 1996 Olympic Games and is famous as the world's fastest man.
 - 30 Canada has hosted the Olympic Games three times; 1976 in Montreal, 1988 in Calgary and 2010 in Vancouver.
- To be great at sports, you need to be well fed and Canada has no shortcomings in the field of food. Let's find out what we've contributed to the world of food.*
- 31 We are famous for that sweet dessert drink made from pressed frozen grapes - ice wine. Oh, and proud of it!



32 According to purecanadamaple.com, Canada produces 71 per cent of the world's maple syrup, and of that, 91 per cent comes from Quebec.

33 We have the most donut shops per capita.

34 We are home to Tim Hortons, on the top 20 list of world's largest fast food chains.

35 1,642 bottles of beer are produced per minute at The Moosehead Brewery in Saint John, New Brunswick.

36 The Calgary Stampede, an annual rodeo, sees over 1 million attendees and over 200,000 pancakes.



©tuvi / 123 rf

37 Did someone say, cheese? Cheddar is the most popular cheese in Canada and Canadians consume 23.4 pounds per person annually, on average.

38 We also enjoy more fruit juice per capita than any other country.

39 The largest documented lobster caught was a 9.3 kg lobster which was caught in Nova Scotia in 1977.



© jirkaejc / 123 rf

40 Back bacon: Also called Canadian bacon in the United States, is cut with a method that has less fat than other kinds of bacon. Another healthy solution brought to you by Canadian meat packers, Toronto's William Davies Company.

41 The Cadbury Caramilk bars are only produced at Toronto's Gladstone Chocolate Factory. Though there are similar bars sold under different names in other countries, Caramilk is exclusively Canadian.



© niloo138 / 123 rf

42 Finally, God bless Fernand Lachance for this mouth-watering invention we call the Poutine.

Now that we are well fed (at least in our mind), let's explore the geographic facts about our great land, including some unique names of places.

43 Canada has an island called Sober Island, which has its own brewing company.



© robtek / 123 rf

44 Canada has a remote town with one eatery, called Mayo.

45 Dildo, in Newfoundland.

46 Finger - in Manitoba.

47 Climax in Saskatchewan.

48 Vulcan, Alberta, where they love hosting Star Trek and Star Wars themed events.



© cokemomo / 123 rf

49 We have a town with exclamation points, Quebec's Saint-Louis-du-Ha! Ha!



Unit 100 - 12960 84th Ave, Surrey BC
sunnysbridal.com | 604-323-1333



Unit 100 - 12960 84th Ave, Surrey BC
sunnysbridal.com | 604-323-1333



Unit 100 - 12960 84th Ave, Surrey BC
sunnysbridal.com | 604-323-1333



Unit 100 - 12960 84th Ave, Surrey BC
sunnysbridal.com | 604-323-1333



©semnickphoto / 123 rf



©catmando / 123 rf



©lesniewski / 123 rf



©jakobradlgruber / 123 rf



©kellyvandellen / 123 rf

- 50 We have a lake with a very long name: Pekwachnamaykoskwaskwaypin-wanik. And it's a tiny lake in Manitoba. Its name means "where the wild trout are caught by fishing with hooks."
- 51 We have 1/5 of the world's freshwater and we have the most lakes than any other country.
- 52 And a Viking village in (Viking village L'Anse Aux Meadows) in Newfoundland.
- 53 And the world's first UFO Landing Pad in St. Paul, Alta
- 54 We have the longest recreational trail. Recreational trail in the world, the Great Trail.
- 55 The world's deepest underground clean lab.
- 56 The longest coastline in the world.
- 57 Baffin Islands are among the top ten biggest islands in the world. They more than double the size of Great Britain.
- 58 Also on the top ten biggest islands of the world list is Victoria Island which is roughly the size of England.
- 59 Lastly, Ellesmere Island, also roughly the size of England, is the third Canadian island on the top ten biggest islands of the world list.
- 60 Great Bear Lake is one of two of the biggest lakes in the world.
- 61 Great Slave Lake is the other of the two of the biggest lakes in the world.
- 62 Montreal is the second biggest city in the world that has a French-speaking population after Paris.
- 63 With waves that are more than thirteen metres high, the Bay of Fundy has the highest tides in the world.
- 64 After Saudi Arabia, Canada is the second largest oil reserve holder.
- 65 Uranium, used in nuclear power plants for producing electricity is mined in Canada. In fact, Canada is the world leader in uranium mining.
- 66 We are also the world leader of hydro electricity.
- 67 The life expectancy in Canada is the 6th highest in the world at 81 years.
- 68 The Trans-Canada highway is the longest national highway in the world.
- 69 We know that half of Canada's landmass contains forest so it's no surprise that timber is one of the main exports of Canada.

ARE YOU THINKING ABOUT SELLING YOUR HOME?



Call Rahul and Aman Gill - The GillTeam
To Sell Your Home Faster and For More Money
Top Husband/Wife Team in Surrey
604.562.0068
www.GILLTEAM.com





KRAFT

MORTGAGES CANADA INC.

FIRST TIME BUYERS

DEVELOPMENT PRODUCTS

REFINANCES & SWITCHES

COMMERCIAL & SMALL BUSINESS LOANS

SECURED LINES OF CREDIT AND MORE.



Varun Chaudhry

varun@kraftmortgages.ca

604-727-1579



Gursharan Dhaliwal

gursharan@kraftmortgages.ca

604-725-0134

CALL 604-593-1550

www.kraftmortgages.ca

202 - 12725 80th Avenue, Surrey BC



DELTA Gardens

AT HOME
IN THE SOCIAL HEART

1, 2, & 3 BEDROOM GRAND HOMES

Now Previewing
DELTAGARDENS.CA

**BOOK A PREVIEW
APPOINTMENT TODAY**

info@deltagardens.ca | 604.652.2282
11501 84th Avenue, North Delta





DELTA'S CHANGING SKYLINE

The view from 37 stories above

Satish Sharma, Tirath Ram Sharma and Hari Sharma.



By Ray Hudson

“With a host of amenities and transit within footsteps, we envision North Delta as being a hub and ideal spot to live, that people will gravitate to,” said Hari Sharma, Maple Leaf Homes’ Principal and developer behind the Delta Rise.

The development provides residents with amazing views of the lower mainland and beyond from the 317 single-level homes. It includes an outdoor park and recreation space for residents well above street level. Efficient floor plans and European inspired kitchens have drawn significant public response and will become home to a vibrant, intergenerational community and directly contribute to Delta’s plans for revitalization of the corridor. This residential offering will allow citizens to age in the community and retain a Delta address, even as their needs change. There is also a new street, Sharma Boulevard, for southern access to the Delta Shopper Mall.

The single family detached residence is no longer the affordable option for home ownership. Condos have taken their place in the communities of Greater Vancouver. In North Delta a thirty-seven story building has become the newest landmark on the skyline.

Satish Sharma, in partnership with his brother Hari, have been building homes under the name Maple Leaf Homes, since 1992. He spoke with Ray Hudson about the family operation and one of the unique high-rise buildings in the south Fraser, called the Delta Rise.

Ray Hudson: When did Maple Leaf Homes begin?

Satish Sharma: We started building single family homes, and then became involved on the development and accounting side as Sharma & Associates (Satish is a Chartered General Accountant), and Hari, with his real estate and property management licences, was doing the real estate side. We always find rather than investing in stocks and bonds, investing in real estate is something you can touch and feel.

We serve the community that we live in. Our philosophy has always been ‘Invest Locally’ because, when you do, you’re creating jobs locally. When we do a project here, we’re giving the work to a local cabinet

maker, framer or local window company. These are the people who are using our product, so it makes sense to create a job for them locally. That’s literally building the community. I’m always glad to be building in an area where we have so many co-operating partners such as the cities of Delta or Surrey. It’s good to see that they have the vision that is common with what we’re trying to do.

Ray Hudson: How have the residential communities changed since 1992?

Satish Sharma: When the Delta Rise came into our vision, we had a meeting with Delta who had a market void in their community because the young families with little kids who had grown up in the community, had been living with their parents and now were looking



Satish Sharma

to buy their own home. The only problem is, they couldn’t afford to. It was the same thing with the down-sizers. As they get older they are trying to get away from climbing stairs and cutting lawns. But there are few options available, so they were looking for single level living spaces. The people in the planning department saw that people were leaving the community because there were no options and that’s where the Delta Rise option came out to fill that market void.

Ray Hudson: In the initial concept were you thinking thirty-seven stories?

Satish Sharma: No. We had a six story building approved on the site

based on what we had done on the other side of Scott Road, where we had built a 77 unit and 53 unit apartment building at 120A and 82nd, so we were comfortable with developing six stories. It was Delta Council who said this was a key piece of property and why were we under-developing it? So we said we'd do a study on market absorption and if the demand was there we'd definitely go higher than six stories. We went back to the drawing board, did some studies and were able to say that there was quite a void in the market, and that we could do more to produce this much housing.

Ray Hudson: What were some of the challenges in building the project?

Satish Sharma: I wouldn't say there were any challenges, rather there were interesting experiences. We did struggle because a lot of the people had never purchased a pre-sale before. A lot of our work was educating the purchasers about the new way of real estate. To build such a big tower you need some presales, so you need to make the community comfortable with the idea that "you are paying me money now and I'll deliver the house three years from now." For many their experiences were being in the market twenty years ago so they were definitely not up to date with the way things operate now.

Ray Hudson: Have you got any other projects in the works?

Satish Sharma: We are looking at another development, called Delta Gardens, 122 homes, on 84th Avenue and 115th Street, right next to

North Delta Rec Centre. We will demolish the old firehall, and along with the "Gardens" project, we're building a new art center for North Delta. The whole project will be adjacent to the North Delta Rec Centre, and within easy walking distance to Nordel Centre.

One thing we learned from developing Delta Rise, was what purchasers were looking for. Some of the people had a height phobia and wanted to live on a first, second or third floor, so that's the reason we kept the Delta Gardens development to six stories. Another issue arose from people who were facing moving from larger homes, 2,500 sq ft and up, to homes of 600 or 800 sq ft. So to avoid space-shock by the purchasers, the Delta Gardens will have 1,200 and 1,300 sq ft homes. Perhaps we should have realized that in Delta Rise but at least we learned from that and the new development will allow for an easier transition.

Ray Hudson: What do you see happening in developments over the next five years?

Satish Sharma: I think a good community needs good housing that the community can afford so people can stay in the community. I think the Delta council understands that. So by understanding these things they're finding that these single family homes are not affordable by our young people. If they want the younger people and the young families to stay in the community, they'll need to offer the kind of housing which they can afford. Change has to happen. Who ever thought we'd see a tear-down Delta box going for \$850 to \$900,000.





Ray Hudson: I want to go back to the Delta Rise and some of the features residents will enjoy. First where did the idea of a park three floors above the street come from?

Satish Sharma: Delta Rise is like a village with all the amenities in the building. Someone living in the Delta Rise has access to a secure half acre private park, with great views, situated three floors above the traffic. It's a meeting place for the neighbours, a place to exercise, putt a ball and more, in the fresh air. On the ground floor there will be a large coffee shop so residents can even come down in their PJs and meet someone if they wish. You'll even be able to order your coffee on an app so it's ready when you get there.

Ray Hudson: Are there some special features in the Delta Gardens project as well?

Satish Sharma: We will have a water feature and zen garden in the centre of the complex where people can sit and relax. The North Delta Rec Centre, right next door, provides a huge amenity.

I would like to say the Corporation of Delta are doing a great job in both listening to the residents and identifying what the community needs. And although I can't say for certain, I believe the majority of the home owners in the Delta Rise are from North Delta. At the end of the day, if you are developing something the residents want, the city will be with you as well.

Our vision is always to develop something that appeals to the customer. At the opening of the Delta Rise we had councillors from all over the valley, some saying that they liked the Delta Rise and wished they

could have something similar in their cities as well.

When we were marketing the project, we learned a great deal. We sold over three hundred homes in the Delta Rise, but talked to over two or three thousand others who visited the sales centre. We listened to what they had to say, collected their comments, and applied a lot of what they said to the design of the Delta Gardens project. And because we listen and learn, that project will probably be over-subscribed there as well.

Information on the Delta Rise is available at <http://deltarise.ca> and on Delta Gardens is available at <http://deltagardens.ca/>





1



2



3



4



7



5



6



8

1. Tera Gear Dylan Portable Propane Gas Barbeque
2. Off! Area Bug Spray
3. Padded Moon Chair
4. Twizzlers Rainboe Party Park

5. Large Fruit Nibbler
6. All-purpose Reusable Cloth
7. 12" Steel Tongs
8. Diana Sauce Gourmet Sauce, Honey Garlic





14650 104 Ave, Surrey, BC V3R 1M3





CANADA DAY GREETINGS FROM MAYOR, COUNCILLOR AND MLA'S



Linda Hepner

What does it mean to be a Canadian?

Canadians are known for their politeness and good manners which I fully agree with, but I also believe that Canadians embody the tolerance, generosity and kindness that are often missing in today's world. You only need to look at how we come together in this country as one people, regardless of faith, race or creed. For me, that's what makes Canada so great.

Where do you think Canada will be in the next 150 years?

It's hard to look so far ahead, but if the past 150 years are any indication Canada will continue to grow and flourish. I sincerely believe that our country will remain a global leader in how we ensure our citizens are taken care of regardless of socioeconomic status, a country that celebrates its diversity and continues to be a land of unlimited opportunity for all.

What does it mean to be a Canadian?

Being a Canadian is one of the proudest things one can be. I was born in Canada but my Mother is an immigrant and my father is second generation. I remember 1967, I was a kid but we have the centennial in '67. Just growing up to be proudly canadian, and when you travel the world, being a canadian really means something.

How far has Canada come over the past 150 years

150 years ago, it was the fur trade, the indigenous people, the settlers and Canada has turned into a pluralistic society that is really leading the world in so many areas, in technology and education. When we look at the world right now and the troubled times we find all over the world, Canada is really a shining light for how civil a society can operate.

If you could predict where Canada will be in 150 years, where will it be?

I think we're poised to be a real world leader. We are not the world leader yet or one of the bit world leader's yet, and maybe that will be a long time off but we the natural resources that we have, the human resources we have, just in Surrey alone, we speak 105 languages. So it really does represent the world in Canada and I think it's an example for the rest of the world on how we can grow and live together as a community. So I think, Canada, in the next 105 years will be leading the globe.



Bruce Hayne

What does it mean to be a Canadian?

A Canadian is a person who:

- truly believes in the core Canadian values which are to build a society that is more just, fair, for all Canadians.
- wishes to coexist and wants others to coexist without prejudice
- believes that everyone, no matter where they come from or what faith they believe in, that they all get equal respect and coexist peacefully.

A Canadian truly believes in support that our resources and economy should benefit all Canadians equally.

In your opinion, how far has Canada come in 150 years and where will it be in 150 years ?

I think Canada has done an amazing job so far. In the evolution of society and particularly bringing in people from all the countries on the globe and then allowing them to live peacefully without much difficulty. Canada has taken big strides to give equal rights and opportunity to people who are evident of yesterday. Particularly, new immigrant (if you ask them), majority of them think this is the best country in the world. We have gone so far a huge positive uplift of the society. We are blessed to live in this world that is so beautiful. Beautiful in terms of the landscape but more so because it believes in equality, democracy, peace. So many immigrants came here with the mindset that they would earn a good amount of money and go back to their home country. However, take a look at our cabinet now with 4 ministers with a South Asian background. The South Asian community in particular is now creating jobs, not only doing jobs. We have also embraced the thought to make this our country. Our home.

I see Canada continuing on this journey and just improving more and more over the coming years. Taking strides, diversifying and being a role model for the rest of the world.



Jagrup Brar

What does it mean to be Canadian?

It means pride. It means equality. It means that you can be anything that you want to be in Canada. The hopes, the opportunity and the enormous potential that exists that's what Canada and being a Canadian means to me. That hopes are boundless, that dreams are never ending. That's what Canada is to me.

How has Canada evolved over the past 150 years?

The history hasn't been all that great. We do have some dark spots in our history, especially in British Columbia. When South Asians started to come here, they were not welcome. They were, in fact, being rejected. Very discriminatory laws were being passed to keep these people out. There were about 160 discriminatory laws against the "Hindus" (anybody from India), the Chinese, the Japanese, and the First Nations. Those laws were to deny the very basic rights of voting, exercising their franchise, seek employment in your own profession, and even to purchase property in some areas. Those laws were there to keep people like us out of Canada. But, the beauty of that history is that the people who came here before us never gave up on Canada. They wanted to make Canada a model country and they did. They fought to get equal rights and to convince the Government to recognize equality and human rights. The tenacity and commitment that the people had before us to recognize and enhance human rights. There is still work left to be done so we must ensure to keep going and leave a better Canada for our next generation.



Harry Bains

Where will Canada be in the next 150 year?

Looking at the history, I think there is nothing but a better Canada. Canada will be looked upon to come and live to raise your family. Canada that has the ability to bring the other nations of the world along and make them that much better as far as opportunity is concerned, as far as human rights are concerned, as far as economy and social equality is concerned. I see that dream of Canada bringing other nations along and play a pivotal role where everyone will say "Thank you, Canada. We're much better because of you."



©kamchatka / 123 rf



©designpics/ 123 rf



©pictureguy66 / 123 rf



©robcoquyt / 123 rf



©Steven and Darusha
Creative Common

- 70 Canada is the second largest country in the world with 9.984 million square kilometers and its 202,080 kilometer coastline. The largest country is Russia.
- 71 The second coldest capital city of the world is the capital of Canada: Ottawa.
- 72 The world's most northerly sand dunes, at 30 metres high, are in Athabasca Provincial Park in northwest Saskatchewan.
- 73 The longest freshwater beach in the world is Wasaga beach found in Ontario.
- 74 The northernmost permanently inhabited place in the world, at latitude 82°30'05" north is none other than Alert, Nunavut Territory. Do you think that's where Santa Claus just might be?
- 75 The longest unprotected border of the world is 5,525 miles long, between Canada and the United States.
- 76 One of the best places in North America for downhill skiing is deemed to be Whistler, British Columbia. Maybe that's why even the Royal family have been spotted on our slopes.
- 77 The world's largest totem pole stands 54.94 metres tall (180.2 feet) and was raised in Victoria in 1994.
- 78 The heritage site with the most interesting name is Head-Smashed-In Buffalo Jump. It is a part of the 15 world heritage sites in Canada.
- 79 Vancouver ranks third in the world as the best city to live in for quality of life. We agree!
- 80 Vancouver also has the fourth largest cruise ship terminal in the world with most of the cruises heading for Alaska.
- 81 Did you know that our Stanley Park is a whopping 1001 acres, bordering the city and that it is 10% bigger than New York City's Central Park.
- 82 Just like our unique country, our National Flag is twice as long as it is wide. This is unique to Canada's Flag as no other nation uses these dimensions.
- 83 Canada had an unofficial Canadian Red Ensign flag consisting of the Union Flag and Canada's Coat of Arms until Prime Minister Lester B. Pearson brought up the idea of a new flag in 1964.
- 84 Ruth & George Stanley's design was chosen out of more than 5000 designs submitted.
- 85 In 1982, Laurie Skreslet, took the national flag to the highest peak in the world, Mount Everest.

- 86 Niagara Falls are the world's fastest moving at having moved back 11 kilometers in 12,500 years.

Since we're on the topic of fastest moving things, let's now talk about Fashion because we all know that fashion is the fastest moving industry in the world. Although Canada doesn't immediately come to mind when say the word "fashion", you just may be surprised at our contributions and facts in this category:

- 87 The oldest commercial corporation in North America and one of the oldest in the world is our very own Hudson's Bay Company or "The Bay" is. The company was incorporated by English royal charter in 1670.

- 88 MAC Cosmetics was founded by Frank Toskan and Frank Angelo in 1984 in Toronto.

- 89 Elizabeth Arden, founder of the famous cosmetics line under her name, was born in Canada.

- 90 A Canadian woman named Anna Taylor patented false lashes in 1911.

- 91 Dr. Jean Carruthers, a Canadian eye doctor with a clinic in Vancouver, invented Botox. She figured out that her injections could erase wrinkles as easily as they could stop eye spasms. She never patented her product and lost out on that wealth but still feels great for changing so many lives.

- 92 One of the crazier items invented by a Canadian, Albert J. Parkhouse was done so while working at a wire company in the U.S. Frustrated that he didn't have a hook to hang his coat in the company coatroom, Parkhouse grabbed a piece of wire and bent in two places and made a hook at the top for the first wire coat hanger. Unfortunately, he had the patent taken by his boss, never earned a penny for the creation.

- 93 We gave the world the Tartan Jacket and thanks to Don Cherry for making it famous!

- 94 The Canada Goose jacket and Cowichan sweater. The Cowichan sweater, though most people aren't familiar with the proper name, came about in dialogue between the Salish natives in Cowichan Valley on Vancouver Island and early European settlers, who taught the natives to sew.

- 95 Chapeau — a grey fedora with a silk band around the top.

- 96 We gave the world the supermodel Linda Evangelista who is from St. Catharines.

Speaking of giving the fashion world a supermodel, we can take pride in a number of celebrities who were born on Canadian soil. They are:

- 97 Seth Rogan: Vancouver, BC.

- 98 Joshua Jackson: Vancouver, BC



© puhhha / 123 rf



© poznyakov / 123 rf



© eric1513 / 123 rf



© nebari / 123 rf



© buzzfuss / 123 rf



©buzzfuss / 123 rf



©buzzfuss / 123 rf



©Kobby Dagan / 123 rf



©buzzfuss / 123 rf



©buzzfuss / 123 rf

- 99 Jason Priestley: Vancouver, BC
- 100 Ryan Reynolds: Vancouver does it again
- 101 Kim Cattrall: Courtenay, BC
- 102 Alanis Morissette: Ottawa, Ontario
- 103 Sandra Oh: Nepean, Ontario.
- 104 Ryan Gosling: London, Ontario
- 105 Pamela Anderson: Ladysmith, BC. An interesting fact is that she was the first baby born on the 100th anniversary of Canada's official founding. So she's like REALLY Canadian.
- 106 Jim Carrey: Newmarket, Ontario
- 107 Michael J. Fox: Edmonton, Alberta
- 108 Mike Myers: Scarborough, Ontario
- 109 Neve Campbell: Guelph, Ontario
- 110 Celine Dion: Charlemagne, Quebec
- 111 William Shatner: Notre-Dame-de-Grâce, Montréal
- 112 Rachel McAdams: London, Ontario
- 113 Keanu Reeves: Canadian immigrant
- 114 Will Arnett: Toronto, ON
- 115 Justin Bieber: London, Ontario
- 116 Michael Buble: Burnaby, BC
- 117 James Cameron: Kapuskasing, Ontario
- 118 Sara McLaughlin, Halifax, Nova Scotia
- 119 Famous Canadian author Lucy Maud Montgomery (Anne of Green Gables)
- 120 Margaret Atwood (The Handmaid's Tale)
- 121 Alice Munro (Lives of Girls and Women)
- 122 Vancouver is also known as Hollywood North, as it is second only to Los Angeles in TV production and third in North America for Feature Film production. So it's not uncommon for Vancouverites to rub shoulders, occa-



TWO IMPRESSIVE VENUES,
SERVING ALL OF YOUR EVENT NEEDS.



8388 128TH STREET, SURREY, BC

WWW.GRANDTAJ.COM

P: (604) 599-4342

E: INFO@GRANDTAJ.COM



8350 132ND STREET, SURREY, BC

WWW.TAJPARK.CA

P: (604) 503-3838

E: INFO@TAJPARK.CA

LET US MAKE YOUR EVENT SPECIAL AND MEMORABLE.



DR. KISHORE MULPURI

A chat with Dr. Kishore Mulpuri

By Kanwalpreet Kaur Trehan

Dr. Kishore Mulpuri. I would refer to him as a visionary, philanthropist and connoisseur of Orthopaedic Surgery internationally. Hailing from a place called Vijaywada, India, Dr. Mulpuri calls Vancouver his home but doesn't quite stop there. I sat down with him for an interview to find out what takes him back to India every six months or so. Have a read at the what he shared about his journey, his work and the global movement that the BC Children's Hospital Foundation is making thanks to Dr. Mulpuri and his colleagues.



You have an amazingly successful career in Vancouver. What keeps taking you back to India?

Two things that take me back. One is my family. Second is the volunteer work I do in India which is affiliated at the Tirupati Temple. There is a particular type of surgery that is done here which Dr. Cooper specializes in using a particular type of single-use only frames. But in India and other parts of the world, including USA, they reuse them. These frames and its related accessories cost approximately \$10,000 each. During our recent visit, we take about 10 of them and they have done about three more surgeries with those frames, which is what we wanted.

So how is that Canada is unable to reuse these frames but the rest of the world is able to?

It's purely indemnity point of view. It doesn't get indemnified for more than a year so we can re-apply for it but the cost of reapplying is more than the cost of purchasing a new one.

What motivates you to go each year and volunteer your time and money?





A lot of people think it's a one-way process when we volunteer but the fact is that we come back having learned a lot of new things as well. We are actually getting a lot back then we're giving. We come back with a rich experience. The kind of stuff they have is a lot more complex than what we have here so we actually end up learning a lot of new techniques which benefits our children here. For example one of the procedures conducted by Dr. Cooper is a rare deformity which Dr. Cooper was able to learn while in India so now he's one of the very few surgeons in all of Canada capable of handling this type deformity simply due to his experiences. We have less than ideal circumstances, our nurses aren't with us, and we see cases which we would never see in Canada. I had to perform surgery on a child with four failed hip surgeries and it was a huge challenge for me.

You wouldn't find a walking child with a hip that's out in Canada but in India, all you find is children that are walking with hips out. Nobody is picked up early on. Their experience with dealing with older children with hips out is beneficial to us and our experience in dealing with and detecting these issues in younger children is beneficial to them.

Tell me about the International Bone Health & Mobility Initiative.

It's a group of surgeons asking how do we make our studies relevant for the rest of the world which may be without access to similar facilities and resources. Our main objective is to collaborate with hospitals and facilities and to enable them to carry on the procedures rather than putting up just camps. Another is to inspire large corporations to help carry these initiatives through corporate social responsibility.

What's your message to our readers?

We give a little, we get a lot back. We really need to inspire our children every day to give and I work on this with my children on a regular basis. The younger generation really needs this. Secondly, celebrate the richness of every culture and every place you live in. There are so many things we can take back to our birthplace that we learn where we live. Take pride in what you do no matter what you do.



KAMAL'S VIDEO PALACE PRESENTS...



Shri Balaji Entertainment Inc.
Presents



SHREYA GHOSHAL

LIVE

FIRST TIME WITH SYMPHONY

September

17 6 PM

PNE

PACIFIC COLISEUM



KAMAL SHARMA 604.592.9777 604.833.1977

TICKETLEADER



Nana's Kitchen wishes everyone a very Happy Canada 150!

Nana's Kitchen is proudly Canadian and we are so privileged to call Canada our home. We are proud of how Canada embraces diversity - our diversity makes us stronger as a country.

*Congratulations Canada on
150 years of prosperity!*

Taste The Difference:

Nana's Kitchen samosas are different from your average samosa! Our pastry and filling are one of a kind - we use the highest quality ingredients and our samosas are full from corner to corner, ensuring each bite is flavorful and satisfying.

Each samosa is hand made.

Nana's Kitchen is also the only HACCP & BRC certified plant in BC, which means your samosa is made with the highest of attention to detail. Available at all major grocery stores in the deli department!

Food Safety is our biggest concern

Fueled by a strong vision to produce the highest quality product, Nana's Kitchen is **FEDERALLY HACCP CERTIFIED** and has been awarded the BRC (British Retail Consortium) **GLOBAL STANDARD** for food production. We are proud to be CFIA inspected with a government officer on site, watching the production of the handmade foods we produce. Nana's Kitchen is proudly serving the consumers throughout North America and is the only certified company in this category in British Columbia.



What does HACCP mean to a consumer's health?

- Monitoring critical control points during food production prevents food contamination and ensures the highest quality ingredients.
- Standard operating procedures for how raw foods are handled and stored protect you from bacteria.
- Recall processes protect you from unsafe foods.
- Traceability means we can source and identify every ingredient in our products to protect your food safe health.

yournanaskitchen.com
(604) 572-6202



We've been producing flavorful, ready to eat items since 2000.

Find Nana's Kitchen products at these fine retailers: Safeway, Save-On-Foods, Overwaitea Foods, Price Smart Foods, Urbanfare, IGA, and Nesters Food Market



**Convenient Comfort
Foods with a Global Taste**

yournanaskitchen.com

(604) 572-6202



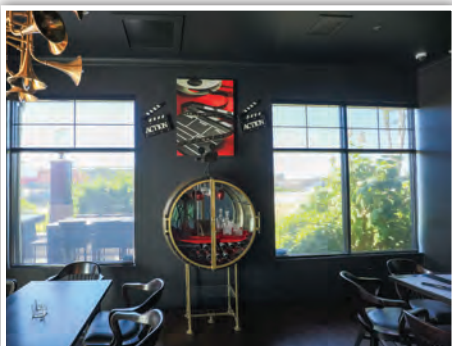
sionally, with high profile movie stars floating around.

Speaking of a cool fact, we're going to close off our list with just that. Just some cool facts about Canada that don't need a category.

- 123 Canada has the world's coolest underground excavation, called KONTINU-UM, in Ottawa which stretches 2.5 kms and exposes sediment dating 150 years back to Confederation.
- 124 Canada Stretches over 6 time zones.
- 125 Canada has 2 official languages (Eng & Fren.) but over 200 languages are spoken by its population of over 36 million.
- 126 Canada has over 60 indigenous languages which is the most in any country.
- 127 Canada has the longest street - Yonge St., Toronto.
- 128 And the longest beard on a living man - 8 ft 2.5 in - belongs to Sarwan Singh of Surrey, BC.
- 129 Canada was also the place where archeologists found a meal 1600 years old in Head-Smashed-In Buffalo Jump, Alberta.
- 130 We love to finish a sentence with the word Eh. It's true. We admit it.
- 131 The Canadian one dollar coin is called the loonie and when in full production, 15 million loonies can be produced per day.
- 132 Canada's literacy rate is over 99%.
- 133 Insulin, was first isolated at the University of Toronto in 1921-22 by Dr. Frederick Banting and Charles Best.
- 134 James Till and Ernest McCulloch are credited with the discovery of the stem cell.
- 135 Canada has the world's smallest jail – in Rodney, Ontario; it's only 24.3 square metres (270 square feet).
- 136 Daylight savings time does not occur in Saskatchewan.
- 137 The CN Tower in Toronto was the world's tallest free standing structure until 2007.
- 138 The intersection of Portage and Main Street in Winnipeg has been called the windiest place in Canada.
- 139 The Northwest Territories is called The Land Of The Midnight Sun because the sun barely sets around the summer solstice.



- 140** King George V, 1921 declared the official colors to be red and white.
- 141** The flag on the Peace Tower is replaced every day and is given away to citizens for free...but there is a 40 - 60 year waiting.
- 142** The biggest beaver dam in the world measures 850 metres long—or about the length of 60 school buses parked end to end. Found in northern Alberta, the dam is so big it can be seen from outer space!
- 143** The Canadian Royal Mint created a coin with the face value of \$1 Million. The coin itself is made of 99.99% gold and weighs over 220 lbs.
- 144** Prostitution is legal in Canada. It is however, illegal to run a brothel or work as a pimp.
- 145** In Vancouver, British Columbia residents take a plunge in to freezing water in English Bay. This tradition takes place on new year's day at 2:30pm.
- 146** Despite the name, the underground railroad was neither underground or a railroad but it did provide enslaved African Americans safe passage to freedom in Canada from 1840 to 1860.
- 147** Tools that date back 20,000 years are the first evidence of history in Canada. They were found in caves on the Bluefish River in northern Yukon.
- 148** The Regina Tornado of June 30, 1912, rated as F4 (winds of 330 to 416 kilometres per hour) was the most severe tornado so far known in Canada. It killed 28 people, injured hundreds and demolished much of the downtown area.
- 149** At the time it happened, the most expensive natural catastrophe in terms of property damage was a horrific hailstorm that struck Calgary on September 7, 1991. Insurance companies paid about \$400 million to repair over 65,000 cars, 60,000 homes and businesses, and a number of aircraft.
- 150** The Canadian motto is A Mari Usque Ad Mare. It means From Sea To Sea.



Walk in through our doors to be dazzled!

#101 3020 152 St, Surrey
(778) 294-9885



~ We are the Preferred Caterers of ~

HYATT

WESTIN
HOTELS & RESORTS



JOHN M. E. LECKY
UBC BOATHOUSE



M

MAHARAJA

BANQUET ♦ CATERING ♦ RESTAURANT ♦ SWEETS

Payal Business Centre, #407, 8148 - 128 Street, Surrey, BC
Tel: 604.592.3002 ♦ Fax: 604.592.3003
maharajacatering@yahoo.ca ♦ www.maharajacatering.com

MADE IN CANADA FASHION

Rimpy Sahota makes her mark

By Kanwalpreet Kaur Trehan



A Canadian designer, born and raised in Kitimat, making waves globally with her Made in Canada clothing brand. Rimpy Sahota is a dream success story. She's a Canadian female entrepreneur designer. We'll just refer to her as power woman. We asked her what it means to be a Canadian and what are some of the Canadian things she enjoys most.

What does it mean to be a Canadian?

I feel a sense of pride in my heart when I say I am a Canadian. Canada has done so much for my family. My parents grew up in India, came here with next to nothing (\$7) and the opportunities that Canada has given to them is just unbelievable. They got so many opportunities even though they didn't speak a word of English.

What changes have you seen in Canada over the years?

What I have seen is that Canada is becoming more independent and becoming really proud. The people and the country is just beautiful and its about time we get out of the safety belt of our neighbours.

What are some really Canadian things about you that people don't know?

I lived in Montreal for a while. I've only ever designed for Canadian brands. I LOVE poutine, I love going hiking, love snow and snow driving, Tim Hortons I love but a Starbucks Americano just hits the spot! Just me, at all angles. I get scared when I'm not on Canadian land. I'm always celebrating Canada Day. Love the outdoors, going for runs, hikes, the beach and love the Canadian summers.





We shared some more laughter and then I asked Rimpby for her special message to her Canadian readers:

I consider myself as more of an entrepreneur than a designer. So a huge part of our brand is to work with non-profits. I'm giving our scholarships to students. We are working with SOAR to help support students and pushing education. I feel grateful for this country and also the university and the knowledge i've gained. Another non-profit is Help Change My City. It is so important to volunteer and give back. I just hope to be a role model for the younger generation.

Rimpby Sahota has some amazing velvet dresses coming for the fall season as well as a special capsule of couture dresses. It's been tastefully done and there's been a lot of vintage inspiration. Find out more about where you can pick up a Rimpby Sahota dress from www.rimpysahota.com.

The background of the entire page is a photograph of a formal event, likely a wedding reception. In the foreground, there is a table set with white linens, several clear wine and champagne glasses, and a centerpiece of pink roses. Tall, lit white candles are placed around the table, casting a warm glow. In the background, other tables and guests are visible, though out of focus. The top half of the image has a dark, semi-transparent overlay where the text is located.

Aria[★] CONVENTION CENTRE

604.496.1616

12350 Pattullo Place, Surrey, BC

3 halls with capacity
from 50 to 2,500 guests

State of the art
lighting & sound

Excellent customer service &
customizable catering options

info@ariabanquet.ca | www.ariabanquet.ca

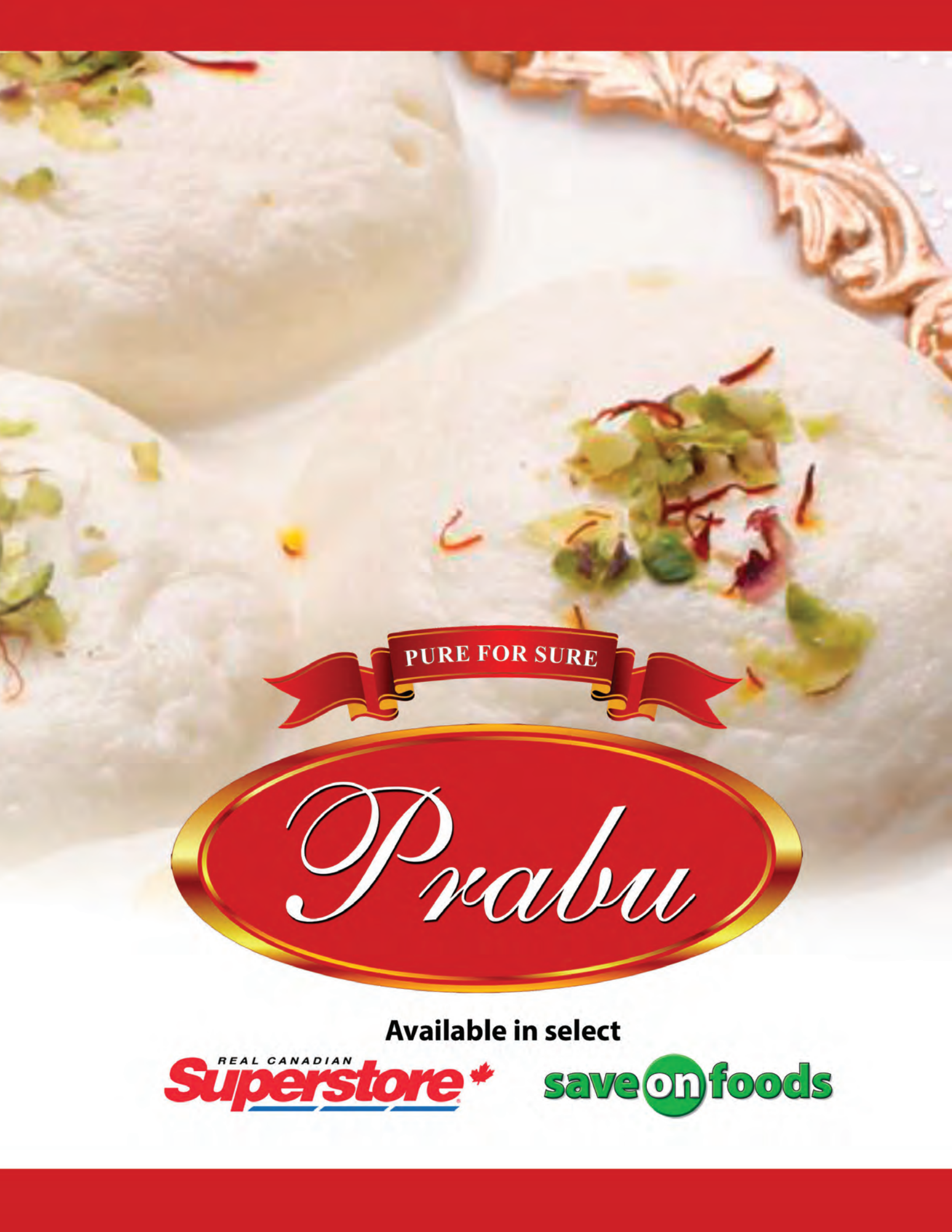
The logo features the word "Prabu" in a white, elegant script font, centered within a red oval with a gold border. This oval is superimposed on a red ribbon-like banner that extends vertically across the image.

Prabu

The background of the entire image is a close-up photograph of several white, round rice dumplings (likely Idli or a similar South Indian dish). They are garnished with finely chopped green herbs and small, dried red and yellow flower petals. A portion of a gold-colored, ornate metal plate is visible in the upper left corner.

prabufoods.com





PURE FOR SURE

Prabu

Available in select

REAL CANADIAN
Superstore 

save on foods

Summer Makeup Essentials

HOW TO AVOID MELTING IN THIS EXTREME HEAT

Ladies, let's admit it. Summer is one of those seasons that we have a love/hate relationship with. We love that it's busy and sunny, but hate that it's so hot that it makes the makeup on our face melt. Not to worry because I'm going to equip you with some of my tips on how to look polished and flawless but at the same time not have your makeup melt off in the sun! The key is to use the right products in the right order. Here is a step-by-step guide to your daily summer routine with a brief description about each product:

1 *Face Prep:*

Always make sure to moisturize your face and then prime your face with the Smashbox Photo Finish Oil Free Primer. I have been using this primer for years. It's great for oily skin as this primer helps control oils and more importantly, helps makeup last all night.

Tip: When using this primer, only use a dime size amount; a little goes a long way.

\$44.00 | 1 FL. OZ from Sephora



2 Face:

A. BB Cream

Use a BB cream, instead of full coverage foundation, during the summer months. For those of you who don't know what BB cream is, it's basically a tinted moisturizer. It is a lot lighter than traditional foundation and doesn't make you feel like you have a lot of makeup on. My favourite BB Cream is the Mac Cosmetics Prep + Prime line.

I love this BB Cream because even though it is a tinted moisturizer the coverage it gives is amazing. It is also buildable for those who need a bit more coverage. Furthermore, it has SPF 35, which is perfect for those sunny summer days. Lastly, you end up with flawless skin without feeling caked.

Tip: Apply the bb cream using a beauty blender, the end results equals flawless skin.

Find it: MAC Cosmetics at \$38

B. Concealer

As a makeup artist, I often use a corrector to cancel out dark circles under the eyes and then use a concealer on top of the corrector. However, I find that in the summer months, for day-to-day make-up, it feels very heavy under my eyes. I want something lighter that does the same trick. That is why I love the Urban Decay Naked Concealer in Medium neutral (again, your shade is dependent your skintone).

I must have tried a million concealers before I finally found this one. I absolutely love this concealer. Not only does it provide full coverage, it cancelled out my dark circles and did not look or feel caked. Once my concealer was properly set, it literally looked like my skin, minus the dark circles.

Tip: As with the BB cream, blend this concealer out with a beauty blender and then set your under eye immediately with my favourite Laura Mercier Translucent Powder. This is a must for a flawless application.

Find it: Concealer at Sephora: \$35 | Powder at MAC: \$47

C: Setting your BB Cream

The key to a flawless makeup application is how you set your makeup. My go to foundation setting powder is the Mac Cosmetics Studio Fix Powder.

This powder is great because it provides that extra bit of coverage when setting the BB cream. Also, the powder helps the makeup last all day because as it absorbs natural oils that may come out, especially for oily skin.

Tip: Dust this powder all over your face with Mac brush #150.

Find it: Powder at MAC \$33 | Brush at MAC at \$51





3 *Contour*

My #1 go-to contour kit for the summer is the Kat Von D Shade and Light Palette.

The reason I love this contour palette is for its buttery consistency. It is so easy to blend and just becomes a part of your skin. The highlight pigmentation is out of this world. It lasts all day and does not fade off like some of the other contour palettes I have used.

Tip: A little goes a long way. I suggest applying it with Mac brush #138. The tapered end allows you to achieve a crisp, yet blended, contour line.

Find it: Mac at \$53

4 *Blush*

Over the years I have collected a very healthy collection of blushes. However, for some reason I always end up gravitating towards one particular one: Nars Orgasm.

I love this blush for its color. Once applied it gives a natural rosy tone to your cheeks. It also gives a hint of shine, which eliminates the need for a highlight. You can keep it super light or build it up to be dark.

Find it: Sephora at \$38

5 *Brows*

The current trend is all about the brows. Brows make or break your entire look. When it comes to brows I have been loyal to Anastasia Beverly Hills Brow Wiz.

This pencil and its attached brush allows you to create defined brows that look natural. This formula stays put all day and doesn't sweat off, so you don't have to worry about losing your brows.

Find it: Sephora at \$27



To finish up your look, use soft earth tone shadows, a waterproof liner, and your favourite waterproof mascara. Seal it off with your favourite lip color and voila you are ready for a day out in the extreme heat without having to worry about your face melting off.

Until next time...

Navneet Gillan
NVS Makeup Studio

BOMBAY

BANQUET HALL

WEDDINGS

BANQUETS

MEETINGS

CATERING



A purpose-built, world-class events venue offering superb flexibility and versatility, with its major appeal being its team of personable and professional staff. Its four halls can accommodate parties ranging in size from 50 - 1000, or up to 2500 when combined.

Call 604.594.2019 to book your event

7475 - 135TH STREET, SURREY, BC V3W 0M8

www.bombaybanquethall.com

email: info@bombaybanquethall.com



SPORTS EQUIPMENT TEAM & SERVICE UNIFORMS CUSTOM GIFTS TROPHIES & AWARDS EMBROIDERY & SILK SCREEN



A1 Sports | www.a1sportscanada.com

#111 - 12888 80th Ave (York Center) Surrey, BC V3W 3A8

(604) 597 - 8356



WWW.JASSALSIGNS.COM

From concept to completion

Truck Signs
Light Boxes
Channel Letters
Banners
Real Estate Signs
Vehicle Wraps
Business Cards

Invoices
Log Sheets
Magnetic Cards
Wide Format Printing
Logo Design
&
Much more...

RECIPE

Maple Cheesecake

*By Raveena Oberoi
of Just Cakes*



WHAT'S MORE CANADIAN THAN MAPLE SYRUP? HERE WE HAVE A DECADENT, CREAMY CHEESECAKE THAT IS PERFECT FOR CELEBRATING OUR GREAT NATION'S BIRTHDAY!

Ingredients:

- 1 ½ Cup crushed graham crackers
- 3-4 TBSP melted butter
- 2 Pkg Philadelphia Brick Cream Cheese, room temp.
- ½ Cup maple syrup
- 2 Eggs
- ¼ Finely chopped walnuts (*optional*); plus extra for topping

Directions:

- Preheat your oven to 350 degrees Fahrenheit. Prepare your pan; I used an 8" round pan, lined with tin foil (enough so it hung above the height of the pan for easy lifting after baking) and lightly greased with baking spray. A spring-form pan works great too!
- Time for the crust! Mix the melted butter with the crushed graham crackers. Take this mixture and press into the bottom of your prepared pan.
- Onto the batter! Beat your cream cheese with a handheld electric mixer until it is smooth and rid of any large lumps.
- Add in one egg and half of the maple syrup. Mix until incorporated. Add in your second egg and the remaining maple syrup. Beat until well incorporated. Fold in chopped walnuts if desired.
- Pour your cheesecake batter into the prepared pan.
- Bake for 35-45 minutes, or until the center is just slightly wobbly.

HOT SPOTS



SANDWICH

Apna Chaat House | "Indian Street Food"

Located at 112 7500 120th Street, Surrey BC.

Three most popular menu items:

Keema Pav, Chicken Lollipop, Sev Puri

If street food is what you are looking for, Apna Chaat is the place to be; offering the best of Indian street food under one roof, be it Golgappas, Vada Pav, Bhel Puri, Papdi Chaat, Samosa Chaat, Pav Bhaji, Kathi Rolls, Chow Mein, Indian Chinese and much more.



CHHOLE KULCHE

#112 - 7500 120th Street, Surrey.
(604) 502-8081

www.apnachaathouse.ca



RECIPE

Bircher Muesli

By Gurjyote Sethi

Ingredients:

- ½ Cup oat , soaked overnight
- ¼ Cup almond milk / 2% Milk
- 1 Apples, roughly chopped
- 1 Pears Chopped
- ¼ Cup Raisins
- 1 TBSP pumpkin seeds
- 1 TBSP honey / Maple Syrup
- Pinch of cinnamon
- 1 TBSP lemon juice
- ¼ Cup hazelnuts / Walnut dry and chopped
- ½ Cup mixed berries (Blueberries, Raspberries/ Strawberry)

Directions:

- Whisk the overnight soaked oat; add apples, pears , honey and cinnamon.
- Pour into a bowl and fold in the remaining ingredients.
- Serve chilled with a little extra milk if liked.
- Bake for 35-45 minutes, or until the center is just slightly wobbly.

HOT SPOTS

TANDOORI CHICKEN



Siddhartha's Kitchen

Located at 2066 Commercial Drive, Vancouver, BC.

Three most popular menu items:

Daal Makhni, Achari Tandoori Chicken, Lamb Adraki

Siddhartha's Kitchen is a place where you can satisfy all your senses, where the presentations are only surpassed by the flavours upon your palate. Chef Siddhartha is always on a quest to create sumptuously innovative Indian Cuisine. His passion lies not only in beautifully presented and unprecedented creations, he is also passionate about feeding you with heartwarming welcome.



2066 Commercial Drive, Vancouver.
(604) 215-7556

www.siddharthaskitchen.com



RECIPE

Strawberry Lemon Panna Cotta

*By Connie Zhou,
Chocolate + Connie*

Ingredients

- Strawberry Panna Cotta
- 3 Cups diced strawberries
- 1¾ Cup buttermilk (I made my own with skim milk and vinegar)
- 6 TBSP sugar
- 2 TBSP gelatin
- ¼ Cup milk (I used skim)
- ½ Cup heavy cream
- Lemon Panna Cotta
- ½ Cup milk (I used skim)
- 2 TBSP gelatin
- 1¼ Cup heavy cream
- ¼ Cup sugar
- Lemon peel from two lemons
- ½ TBSP vanilla bean paste
- Almond Brittle
- ¼ Cup light corn syrup
- ½ Cup granulated sugar
- ½ Cup sliced almonds
- ½ TBSP salt
- ½ TBSP butter
- ½ TBSP vanilla
- ½ TBSP baking soda
- Put it together

Strawberry Panna Cotta

- Blend strawberries, buttermilk, and sugar until very smooth
- Then pour through fine sieve into medium bowl, pressing hard

on solids. Discard solids.

- Sprinkle gelatin over milk in a small bowl and let stand 1 minute to soften.
- Bring cream to a boil in a small saucepan. Remove from heat and add gelatin-milk mixture, stirring until dissolved
- Whisk cream mixture into strawberry purée and pour into stemless wine glasses at an angle to achieve the diagonal look
- Chill molds, uncovered, until firm, at least 4 hours

Lemon Panna Cotta

- Pour ¼ cup milk into a medium bowl; sprinkle gelatin over. Let sit until gelatin softens, about 15 minutes.
- Meanwhile, combine cream, sugar, lemon peel, and remaining ¼ cup milk in a large saucepan. Bring to a simmer over medium heat, whisking until sugar dissolves.
- Stir in vanilla bean paste.
- Remove from heat; cover and let steep for 10 minutes.
- Bring cream mixture back to a simmer. Add gelatin mixture and stir until dissolved, strain through sieve
- Pour over top the strawberry panna cotta into the wine glass until level with the highest part of the strawberry panna cotta
- Chill uncovered until panna cotta is set, at least 6 hours
- Almond Brittle
- Line baking sheet with parchment paper or a silicone mat
- In large bowl, stir together the corn syrup and sugar
- Place in the microwave on high for 3 minutes.
- After 3 minutes have passed, stir in the almonds and salt
- Return the mixture to the microwave for another 2½ minutes, keep close watch to prevent burning!
- Next, stir in the butter and vanilla. Microwave for another 30 seconds.
- Remove the bowl from the microwave and immediately stir in the baking soda - it will foam up!
- Immediately pour the mixture on the baking sheet and spread it out quickly
- Let set until cool, about 20 minutes, then break into pieces.

Decoration

- Make incomplete slices into any remaining strawberries and fan out for decor
- Break brittle into smaller shards and place into panna cotta
- Garnish with fresh mint leaves.

HOT SPOTS



Chicken Kabab

Spice 72 | Indian Restaurant & Lounge

Located at 12025 72nd avenue, Surrey BC.

Offers lounge, dining, bar area, patio, and private dining.

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

Spice 72 caters to all kinds of crowd – with a menu comprising of North Indian and South Indian cuisine to specialties from various Indian cities like Mumbai street food, Khaman Dhokla from Gujarat, Lamb Vindaloo from Goa and Butter Chicken from Punjab.



12025 72nd Avenue, Surrey.
(604) 503-1172

www.spice72.com

RECIPE

Cheese Poppers

By Chef Sabyasachi Gorai



© snyfer / 123 rf

Ingredients:

- Cheddar cheese
- Cream cheese
- Garlic
- Parsley
- Thyme
- Salt
- Pepper
- Corn flour
- Bread crumbs
- Egg
- Mayonnaise
- Sweet chilli sauce
- Mustard sauce
- Basil leaves
-

Method

- In a bowl add chopped garlic, chopped parsley, roughly

chopped jalapenos, cheddar cheese, cream, cheese, pepper, salt

- Mix well all the ingredient and make dumplings with the help of corn flour
- Whisk egg in a bowl
- Bread crumbs in another bowl
- Dip dumplings into the whisked egg and then into the bread crumb.
- Deep fry till golden brown.

For dips:

- Chilly spicy mayonnaise
- In a bowl of mayonnaise, add sweet chilli sauce and mix.
- Mustard mayonnaise
- In a bowl of mayonnaise, add mustard sauce and mix

For presentation:

- Garnish it with chilli and curly parsley on chilly spicy mayonnaise and basil leaves to the mustard mayonnaise

DINE WITH US or TAKE OUT
CATERING for all Occasions
Free Delivery on Catering



Barcelos
Flame Grilled Chicken

At Barcelos
we use the finest
quality chickens.
Barcelos Chickens
are marinated
in a special sauce
and then Flame
Grilled to absolute
perfection.



www.barceloscanada.ca

www.facebook.com/barceloscanada007
Instagram: @barceloscanada
Twitter: @barceloscanada

NORDEL LOCATION
12499 - 88 Avenue, Unit 113, Surrey

MARKET CROSSING - BURNABY
7515 Market Crossing, Unit 140, Burnaby

TSAWWASSEN MILLS
5000 Canoe Pass Way, Unit 07, Tsawwassen

KING GEORGE LOCATION
7577 King George Blvd., Unit 101, Surrey

SPALL PLAZA - KELOWNA
#110, 1950 Harvey Avenue, Kelowna, BC

NORTHWOOD VILLAGE - NORTH VANCOUVER
#119, 2120 Dollarton Hwy, North Vancouver

OPENING SOON: South Surrey, Sage Hills - Calgary & Rosedale

MUSHROOM, *the superfood*

By Hari Narang

"Superfood" seems to be the buzzword these days. There is no medical definition of superfood but the Oxford Dictionary defines superfood as "a nutrient-rich food considered to be beneficial for health and well-being".

There are many fruits and vegetables that are nutritionally rich and can be classified as "superfood", but the one vegetable that not many people think of as a superfood is the humble fungus, mushroom.

The use of mushrooms for health is not a new concept. From ancient time to modern science, mushrooms have been used to promote health because of their mystical and healing powers. In fact, many of the modern drugs use active ingredients derived from fungi.

Low in calories and highly nutritional, mushrooms are full of nucleotides, rich in vitamins, minerals, enzymes and protein. A group of mushrooms known as Medicinal Mushrooms, have many bioactive compounds such as polysaccharides, polyphenols, flavones, adenosine, amino acids, ganoderic acid and terpenoids.

However, not all mushrooms are good for human consumption. There are many varieties of mushrooms that are harmful to human body and are poisonous.

The subject is so fascinating and extensive that we could continue exploring this on and on but for now, I will mention only some fascinating facts about mushrooms:



Lingzhi: Known as mushroom of immortality is known for its bio-active chemicals such as ganoderic acid, and polysaccharides are known as potent immune regulator, promotes healing, a powerful adaptogen, antibacterial, antiviral, protects cellular DNA from oxidative damage and is anti-cancerous. It is known for its anti-aging properties and is good for skin. The spores of lingzhi are known to reduce allergies and have been found to help alleviate the symptoms of asthma and joints discomfort. Clinical findings indicate that Ganoderma helps to lower blood glucose levels, lowers cholesterol level and lowers blood pressure. It is known to increase metabolism that in turn breaks down fat deposits leading to weight loss. It improves sleep, gives more energy and improves memory.

Cordyceps: Also known as Himalayan Viagra, boosts libido, improves stamina during athletic performance and detoxifies. It is good for liver and cardiovascular function and regulates blood sugar level.

Agaricus Blazei (Murill Mushroom): Also known as God's mushroom. Agaricus are known to be an immune modulator and is anti-cancerous.

Shiitake: Rich in vitamin D, is an immune booster, reduces inflammation, boosts brain functions and assists with weight management.

Maitake: An effective weight loss agent, regulates blood sugar level, reduces blood pressure, and boost immune system.

Lion's Mane: As the name suggests, this powerful king of the mushrooms is known for its qualities as a cognitive enhancer, neuro-regenerative, anti-inflammatory, anticoagulant and immune function regulator. It is beneficial for neurodegenerative conditions such as Parkinson's, Multiple Sclerosis, stroke recovery, dementia, anxiety and depression.

Chaga: Anti-cancerous, anti-oxidant, anti-microbial, anti-inflammatory, antiviral and anti-allergic. There is a downside to chaga as it is extremely high in oxalates which may affect urinary functions.

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.



© Cordyceps Mushroom / 123 rf



© Agaricus Mushroom / 123 rf



© Lingzhi Mushroom / 123 rf

THE REAL WAY TO BUILD AN EMERGENCY FUND



© olegdudko / 123rf



By, Aimee Sehwoerer

It's an unsettling fact: most Canadians don't have money put away for an unexpected event. According to a 2015 survey by Pollara, a strategic insights firm, 44% of Canadians have less than \$5,000 set aside for unexpected expenses, and a quarter of working Canadians are living paycheck to paycheck with no emergency cash at all.

If that sounds like you, don't stress out because building an emergency fund is not an impossible task – here's how to do it.

How much? So, how much should you have in your emergency fund? Ideally, your fund should equal three to six months of your take-home salary but at the very least, you should save enough to

cover your basic needs, like buying food and paying the household bills.

How to? An adequate emergency fund won't happen overnight – build it steadily, progressively and as aggressively as your finances will allow by:

Determining how much you need in your emergency fund and how long it will take you to reach your goal based on a realistic monthly contribution.

Authorize automatic monthly payments from your chequing and/or paycheque account to your emergency fund account.

Trim unnecessary monthly bills by eating out less often, by setting up a carpool or using public transportation, or by reducing household costs and putting that money into your fund.

When you get a bonus or an unexpected tax refund, don't blow it all on a vacation. Instead, put some into your emergency fund and perhaps into an RRSP, and, yes, set aside a few dollars for fun.

How not to? Even if you have a line of credit, you still need an

emergency fund. Drawing on a line of credit increases your debt and whatever you buy with it will cost even more because of the interest you'll pay. Plus, getting too comfortable with one kind of debt can snowball into other types – like credit card debt, which is extremely expensive. That's why it's always better to pay for emergencies with cash on hand.

And don't be tempted to use that emergency fund for a vacation or another impulse purchase. It's for true emergencies only!

How to make it grow? Turn your emergency fund into an investment in a money market mutual fund, redeemable guaranteed investment certificate (GIC), or government savings bond that will protect your capital, deliver a decent interest rate and let you withdraw your money quickly with little or no cost as needed.

Emergencies are a fact of life but you can cushion the effects when you're financially prepared. Keep your financial life up and your stress level down by talking to your professional advisor.

Contact your own advisor for specific advice.



© Denphumi Jaisue / 123



WWW.NVSMAKEUP.COM

E: NVSMAKEUP@GMAIL.COM
P: 778-995-6316



NVSMAKEUPSTUDIO







OUR SERVICES

Domains & VPS Web Hosting
WordPress Development
Custom Web Design
Branding Solutions
SEO & Web Marketing

Vancouver BC
www.baystranger.com
604-357-2093 | info@baystranger.com

  @baystranger

CUSTOM

HANDCRAFTED

cakes, cupcakes, cookies,
chocolates, desserts...

*Eggless, Gluten-wise, Vegan,
& Low Glycemic*

OPTIONS AVAILABLE AS WELL

Your Day, Your Way!



BAKED
BY BEBA

604 760 8651
WWW.BAKEDBYBEBA.COM

  
@bakedbybeba



Toora Home Plans

P: 604.951.4343 | C: 604.537.9797 | Email: rajtoora@gmail.com



**Custom Home Design | Renovations
Drafting | Civil & Structural Engineering**





LIVE THE CANADIANA STYLE

Rustic elements to spruce up your home decor



By, Allie Cooper

We celebrate Canada's milestone year it's hard not to be influenced by a country that exudes outdoor wonder and charm. Since the interiors of our homes can be influenced by virtually anything, it's not a far cry to want to include some 'Canadiana' in our design choices. Canada's abundance of nature, wildlife, natural textures and colours serve as the starting off point to adding some natural and rustic elements into your home décor and design.



Personally, I have slowly been introducing bits of Canadiana design into my home over the past few years. In order to add doses of Canadiana design into your home, imagine what comes to mind when you think of Canada- beyond maple syrup. Canadiana design includes references to the woods and the outdoors, plaid in various applications as well as real or the illusion to, wilderness animals. If having a once live animal in your home is not for you, a simple print of a stag will also suffice.

Like our vast forests, an element of rustic with a variety of texture is key. Creating a generally neutral palate with a few unexpected twists, like a metallic here or there, will present a modern take on Canadiana style.

To help bring some Canadiana charm into your home, add the following:

Anything with a stag (deer) on it; be in a print, pillow, or coasters
Traditional Canadian HBC merchandise; the Hudson's Bay Company and their striped blankets are a staple and now their entire home line screams Canada

Light or aged woods; in the form of coffee tables, picture frames and flooring

Patina textures; the natural wear and tear of an object add unique beauty that also adds visual layers to a space and makes it feel comfortable and inviting

And finally, quaint rustic bar accessories to be able to help you enjoy the years of greatness of the place you call home!
Implementing a few pieces at a time will allow you to have a carefully curated collection that alludes to our outdoorsy, rustic country while not going straight to cabin fever!

Happy 150 Canada!
Allie Cooper



SHOWSHAA,

THE trendy new dining spot

ShowShaa, a name that is used for showbiz in the Hollywood of India (Bollywood) has now made home in South Surrey as the most dazzling restaurant. At least that's the "Three Musketeers", Aman Bedi, Atul Toky, and Bikram Singh, behind this trendy talk of the town restaurant have to say.

The initial concept had been on the minds of Aman & Atul for year and it could only come together when renowned chef, Bikram Singh, would join the team. As a team, the trio has been working on the design of the restaurant, menu and bar menu for over a year and it's now finally ready to satisfy your taste buds.

Three immigrants who had no idea or intention to end up in Canada, somehow landed here and came together for this project. Aman

visited Vancouver as a tourist and never thought he'd leave his home town in Chandigarh but fell in love with the city so much so that he decided to pursue his MBA at the UBC Sauder School of Business. His brother-in-law, Atul has a similar story. He was doing amazingly well as a mechanical engineer from Chandigarh and had no aspiration to come to Canada until he, too, came here as a tourist and just couldn't resist the beauty of this country we love so much. The third to follow this very pursuit is Chef Bikram.

Bikram was a chef for the Taj Group of Hotels' restaurant, Golden Dragon. His love for Elvis Presley took him to Memphis and while there, he decided to join his brother on a visit to Vancouver as a tourist. He too (thank heavens!) fell in love with this city and started his first venture in the beautiful Kitsilano area, called Cafe Bombay. He then moved



on to open up Bombay Se in Surrey and eventually gave up Bombay Se to devote his undivided attention to the much acclaimed and beloved Apna Chaat House.

With two MBA, Sauder School of Business grads, and a Chef with a Degree in Culinary Arts from the Institute of Hotel Management, Mumbai (and pas chef for Taj Group of Hotels) you can only expect the best of the best. From the moment that I parked and saw the restaurant sign, to the entrance and even the details in the washrooms, it is nothing short of jaw-dropping esthetics that Indo-Canadians have been craving for years. When we got word of this amazing new restaurant opening up to offer a delectable menu for our taste buds

With a chef that has accolades coming out all directions for his existing eatery, we expect nothing but the best. For four years in a row, Apna Chaat House has recipient of Vancouver Magazine Restaurant's Award, been on the Globe & Mail (only other Indian restaurant other than Vij's to have this prestige) and is listed in the 2005 Province's edition 100 things to do in Vancouver before you die.

The menu is this gorgeous, condensed, clean and defined menu with just the right amount of choices to satisfy anyone's taste buds. The ambiance, just like the name, is fun, witty and quirky. There are humorous and tasteful quotes and details through each and every corner of the restaurant to not only satisfy your taste buds but also your visuals. We asked and were informed that the Grand opening is coming soon - date to be announced - so the best thing is to go on to their Facebook Page and like it to stay tuned for updates.

Why ShowShaa, we asked? And in unison, they reply:

"We are so grateful for everything this country has given to us and love our city so much that we feel we owe the best to the city and to Canada. We just hope that people like what we have tried to put forward and that we can leave our legacy behind."



Free On-site Consultation

Free Planning & Designing

Free Project Management



SUNRISE KITCHENS
space for life

Visit Our Showroom

13375 Comber Way, Surrey

604.597.0364

Celebrating 33 Years!

Quality · Style · Function



Customized Solutions for Any Space

We custom make every order, so your space is unique and tailored to your family's individual needs. Our caring staff will guide you in choosing the best layout, style and details to suit and enhance your life style.



www.sunrisekitchens.com



JESSIE ARORA
ARCHITECT AIBC, SAA, AAA, MRAIC, RA
PRINCIPAL

www.dfarchitecture.ca



We design places

People live, work, play & worship in



1205 - 4871 Shell Road, Richmond, BC | E: info@dfarchitecture.ca





IT'S ALL ABOUT GOLF



By Beverley Brooke Bly

GOLF is a game played on a large open-air course, in which a small hard ball is struck with a club into a series of small holes in the ground, the object being to use the fewest possible strokes to complete the course and now with technology you can play virtual golf

This is a year round sport and continues to grow especially since Tiger Woods erupted on the scene in 1996. I have had the privilege to watch the dedication of the girls, and families whereby they ultimately attained their goal to become professionals in the world of golf (lpga).



The boys go through the ranks as well. Watching 14 year olds strike the ball with such finesse is incredible. (they outdrive me) Two of my girls, sisters, went on to play for Team Canada.

However, this is not a new sport (the roots of today's game can be traced back to Scotland in 1457). The BC Golf Museum houses the history of golf in BC and Canada, displaying trophies and the old hickory golf clubs.

This is an activity for the entire family and age is not a factor. Kids start as young as three, and seniors over 85 are still playing.

Funny story about my aunt. When I was sixteen, she encouraged me to take up golf because I loved sports. I responded telling her that it was boring and too too slow. Boy was I wrong. It is an amazing way to learn how to focus, eye hand coordination and at the same time have fun.

Golf does not have to be serious. Corporations host golf tournaments for their staff and clients and to bring business people and entrepreneurs together for networking with the social atmosphere. Many business deals are closed while on the golf course. Tournaments also play an important role in fundraising by obtaining sponsorships and holding silent and live auctions. The majority of these golfers were hackers and knew nothing about the game, and that was me. I made a vow that each year when the annual tournaments were held I would be in contention to win a prize and know about the game, etiquette, rules and regulations. I accomplished that. I had to play the part for my business deals. I went on to win many contests. I joined a business ladies league which helped me not only with my game but have full knowledge of the rules. I became a member of the executive and went on to be Captain. I got totally immersed into the game of golf. I got a registered handicap and never looked back. I entered local golf tournaments, whether it was Kelowna, Merritt, Hope or Chilliwack.

However, there is still recreation golf for the amateurs. There are numerous public courses throughout the lower mainland. These courses are maintained extremely well which would make you believe you were golfing in a private course. There are all sorts of meet up groups to encourage you to golf with other avid recreational golfers which also gives you an opportunity to play at various courses.

Golf involves a great deal of physical skill and practice, and the mind to be calm and focus (which is not easy to accomplish). Yoga warm up exercises help. Learning to be present in each moment (which is also about meditation) on the course, results in a more relaxed enjoyable game.

There are of course many assorted pre-game exercises available. Go participate and be active. It is a 4 hour walk in the park.

See you on the links!





&



PRO STAGING SERVICES

www.twrhomestaging.com
info@twrhomestaging.com
(604) 620-5844

INTERIOR DESIGN & DECORATING

www.twrinteriors.com
info@twrinteriors.com
(604) 620-8144

VISIT THE SHOWROOM AT 2116 MAIN STREET, VANCOUVER, BC.
(604) 722-6951

A MASTER MEDIA

PHOTOGRAPHY & CINEMATOGRAPHY



604-723-6804

info@amastermedia.com

www.amastermedia.com



Instagram.com/amastermedia



youtube.com/amastermedia



facebook.com/amastermedia

FRESH & JUICY FRIED CHICKEN

cooked with NO transfat oil.

Visit our 16 locations for your special combo.

Bulk orders for any occasion.



16 STORES TO SERVE YOU!



Share the good times™

www.churchschickenbc.ca

 Church's Chicken Vancouver

VANCOUVER

24 hrs	5704 Fraser St. & 41st Ave.	604. 321. 2222
24 hrs	2304 E. Hastings St.	604. 254. 6346
24 hrs	2504 Kingsway & Slocan	604. 438. 5518
24 hrs	3449 Main St.	604. 709. 8541

SURREY

	8434 120 Street, Scott Rd.	604. 572. 7660
24 hrs	10542 King George Hwy.	604. 588. 2252
	1-4877 - 108th Ave.	604. 584. 5550
	15318 Fraser Highway.	604. 588. 3666

BURNABY

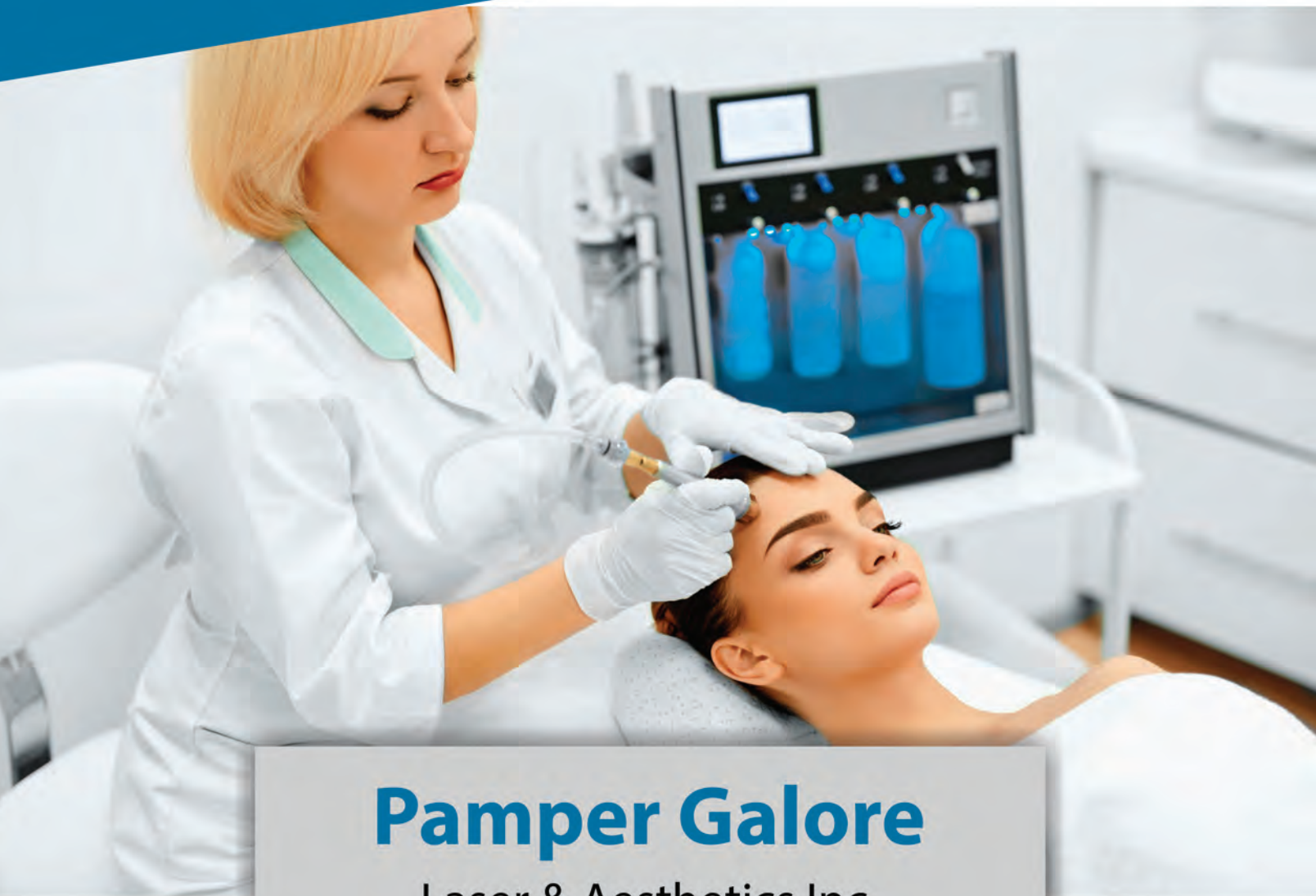
24 hrs	4269 Lougheed Hwy.	604. 291. 9137
24 hrs	103-6591 Kingsway	778. 379. 5100

COQUITLAM

24 hrs	5-555 North Rd.	604. 939. 1822
	200-1175 Johnson St.	604. 942. 5067

RICHMOND

24 hrs	120-9100 Blundell	604. 244. 0318
	185-3675 Westminster Hwy.	604. 273. 2257
24 hrs	11580 Cambie Road	604. 285. 6162
	3211 Grant McConachie Way	604. 273. 2257



Pamper Galore

Laser & Aesthetics Inc.

In all cases, the PermaYag laser provides Permanent
epilation without side effects or pain

Facial • Waxing • Threading • Tinting • Perming • Piercing

Benni

Certified Laser Technician & Aesthetician

604.327.2602 | 604.825.3980

4929 Main St, Vancouver



© Sven Hastedt/ 123 rf

FENG SHUI

Magic for home and life



By Deepak Jayakar

Homes can have profound influence on our health, wealth, psychic and spiritual well-being. Harmony and balance, light and colour, relationship to landscape, ecological sympathy, energy efficiency and energy quality are contribut-

ing elements to our shelter which aspires to be nurturing rather than draining. We resonate at both cellular and conscious levels with our environment. By creating an environment around us that is supportive to both our inner and our outer senses, we can enhance rather than alienate our human links with nature. Home architecture and design, when employed as a means of embodying principles of universal harmony can sustain us rather than drain us, so that our homes become our heavens, and our work places support our creativity.

FENG SHUI science is a part of this process. Feng Shui, literally translated as “wind and water,” and is a 5,000-year-old wisdom and theory based on a set of universal principles and laws of nature, applied to our life and living environment. These principles are believed and experienced by many to help us attain happiness, health, prosperity and freedom.

There are mainly three element that are the most significant in every home as per Feng Shui. 1) Main entrance door, 2) Kitchen and 3) Master Bedroom. This is called Feng Shui Trinity that directly influences your Health (Kitchen), Wealth (Main door) and Happiness (Bedroom). Let's have deeper insight in them one by one.

Main Door: In feng shui your front door is called the "mouth of your home" from where the vital Chi (energy) enters the home. Make sure your entrance foyer is free of clutter, and well lit. The door and porch is well painted to attract auspicious energy and healthy plant arrangement to harness the Chi. Happy art facing the door and a water feature (inside or outside) will activate the energy and make it benevolent to the family in order to bring prosperity to the occupants. Plants and fresh flowers bring vibrancy and well-being. Sculptures and inspirational art on the wall create an anchoring point to attract the most beneficial energy to the family members.

Bedroom: This should be the most serene and peaceful room of your home with a healthy energy flow to nurture and rejuvenate your body, mind and soul while sleeping. Here are some guidelines: To avoid breakups, never have mirror directly facing the bed. Placing the bed in corner is not recommended as it will make growth stunted. The headboard is recommended to be made of solid wood or padded to offer protection in an arch shape that represents a turtle's back, as it usually brings longevity by promoting good



© nikkiphoto/ 123 rf

PARTNERS IN YOUR SUCCESS



Gurminder S. Parihar, CPA, CGA



Sundeep Toor, BA, CPA, CGA

PARIHAR & ASSOCIATES
Chartered Professional Accountants



www.PariharAssociates.ca
(604) 543-6474

health. Colors such as light blue, lavender or lilac ideally suit the function and supports serene environment to ensures quality sleep. No electronics or computer should be placed near your bed please. Keep your electric alarm clock a minimum one meter away from your bed. It is highly recommended to turn on mist aroma diffuser in bedroom one hour before you enter, that will energize the space. Dim lighting and earth tones will promote sensuality and healthy ambience for romance. Please avoid Fireplace in bedroom as it is too chaotic for relationship. Also, not significant presence of water element (such as picture of lake, waterfall or strong blue color on the walls), as it will make relationship unstable.

Kitchen: Families are spending more time in kitchen. They are entertaining more, cooking more and they require kitchen to look smart and professionally designed. Remember, the kitchen is the only area where two opposite elements are present: hot and cold, water and fire. Ensure that these two opposite elements are in harmony as the entire family's meal is cooked in the kitchen and many times all members gather to have breakfast. It is important to have kitchen feng shui that is auspicious, in order to ensure members are physically and emotionally healthy. Avoid having sinks in the center island, as they drain the finances. However, cooktops in the island are considered as good feng

shui. Shiny kitchens are not good feng shui as there is too much energy rushing back and forth causing you illnesses and accidents. Consult an experienced feng shui master for auspicious dimensions for the center island to attract abundance and prosperity.

Home feng shui has many layers and it's so difficult to summarize them in one article. However, you can explore the deeper levels of feng shui by reading our articles in all the future issues. Feng shui energies are a very powerful influence to your well-being at all level. Hire Feng Shui Master to revise you Home Plan before construction, as it is important to lay strong foundation. Every step taken with good intention is good feng shui.

Good Luck with your new FENG SHUI Approach and Many Blessings !



Rangar & Co

CHARTERED
PROFESSIONAL ACCOUNTANT

604.771.5041

Representing incorporated business & professionals. Contact us at rangar.co.cpa@gmail.com



basant m o t o r s



Baldev Singh Bath
PRESIDENT

CAR DEALERSHIP • AUTOMOTIVE SERVICES • FINANCIAL SERVICES

At Basant Motors, we value each and every customer's experience. We are one of the most unique and largest pre-owned dealerships in BC. With 25 successful years in the automotive industry, we look forward to serving the community for generations to come.

- ✳ Diverse huge inventory
- ✳ On-Site Service Department
- ✳ Basant Rewards Program
- ✳ Lifetime Engine Warranties

www.basantmotors.com



604.572.7880

16315 Fraser Hwy, Surrey, BC V4N 0G1





COLUMBIA

COLLISION REPAIRS

— Since 1982 —



 @ColumbiaCollision

 @Columbia_Repair

www.columbiacollision.com

info@columbiacollision.com

NEED A REPAIR? CONTACT US 24 HOURS A DAY.

Our team of 10 trained and certified auto body specialists has only one mission: to provide the highest degree of quality in the work we deliver. Our technicians are trained to utilize our state-of-the-art facility in order to provide you with repair services you can find satisfaction in.



604.596.8222

101 - 7945 132ND STREET, SURREY



HARE MOTORS LTD.

WWW.HAREMOTORS.COM



Bad Credit • No Credit • Bankruptcy
Divorced • Past Due Collection
New Immigrants



Contact: **AJIT HARE**

(604) 680-7755

12375 KING GEORGE BOULEVARD
SURREY BC, V3V 3K2

AAA

Auto Collision Inc.

2849 Norland Avenue, Burnaby

(604) 299-1054



ICBC SHOP VALET
& FREE ESTIMATES

PRECISION
COLOUR-MATCHING

COMPLIMENTARY
COURTESY CAR



SHOP HOURS: MON-SAT: 8:30-6:00 | SUNDAY: CLOSED



CAR BUYING MADE EASY

6 tips to know when buying a car



Mandeep Bahia

In these ever changing times purchasing a vehicle can be an intimidating process. With a few key pointers you can ensure a smooth process from finding the right vehicle to negotiating the right price and having complete purchase satisfaction!

Here are a few top tips for being ahead of the curve when buying a New or Used Vehicle!

1

Narrow down your options!

For each segment of vehicles there are multiple options in brand, style and price point. With the use of the internet/online research you can reduce the valuable time it takes to pick the ideal vehicle for you.





2

Know what's important to you!

With the multitude of options available in most vehicles nowadays know what's most important to you. Travel a lot? Is Navigation a key? Safety for children? Perhaps you require a 7 passenger option? Knowing exactly what you want will help eliminate options that hold no value to the purchase..

3

Get picky!

Regardless of whether you are cash purchasing / financing or leasing, buying a vehicle is most likely the second biggest purchase you will make so rushing in or settling for less than what you want will increase the risk of buyer's remorse. Do your due diligence and research everything from user reviews to warranty coverage queries so you are armed with all the info you need.

4

When to buy!

All major retailers have set goals and bonuses that work on both a month to month and financial quarter to quarter basis. Towards the end of these times dealers become VERY motivated to reach potential targets and complete deals. So waiting to close a deal at this time can help to get

that extra squeeze where needed!

5

New/Used/Demo

Each purchase is as unique as the individual that is acquiring a vehicle. For leasing, new cars are kind with support from manufacturers and rock solid lease rates/residuals. Those with taxable write off benefits should look to this option. Used vehicles are great for finding a deal on a quality product as long as you do your homework on the history of the vehicle. Look at reconditioning reports and accident damage claims before making a final decision. All these factors will affect future value and buyer satisfaction. Most dealers have Certified Pre Owned Products that carry incentives with rates and additional warranty to help buyers make the right choice. Demos are unique to each vehicle and can help buyers attain great deals on hardly driven cars, SUVs, and trucks.

6

Enjoy the Drive

If you have followed all the steps and are happy with the process from start to finish positive feedback to the dealership is always a bonus. If you and a subpar experience again let them know and don't be afraid to ask them to rectify any issues.



2017 MAZDA CX-9 SIGNATURE

Fully loaded and enough space for everyone

By Veenoo Dewan

The Mazda CX-9 is a good looking mid-sized crossover that's stylistically is the top of its class in a slinky, sensuous way. The CX-9 is a derivative of the very good Mazda6 sedan and our test vehicle was the premium focused Signature model that arrived fully loaded with every tick-able Mazda option. Our tester was powered by Mazda's SKYACTIV-G 2.5 T Dynamic Pressure Turbo four-cylinder unit. Mated to a six-speed SKYACTIV automatic transmission with manual shift mode and overdrive. The CX-9 arrives with three rows of seats with a total of seven seats as standard

The super comfortable and attractive real Nappa leather seats were comfortable and include standard seat heaters in the front. Very high-quality materials, design and finishing make for a superb level of interior ambience, with a sporty theme to the dash the seats are well padded, and afford much comfort on long drives. Standard equipment on our Signature tester included: 20-inch bright finish alloy

wheels, LED signature lighting, Heated Steering Wheel, Retractable Sunshades, authentic Rosewood Trim, Nappa leather with premium stitching, rain sensing wipers, towing package, power tailgate, 8-inch color display screen with wide angle rear view camera, rear back up sensors, power liftgate, grille illumination, SIRIUS XM radio, Bose premium audio, USB and Aux Input. Bluetooth Hands Free Phone System, Mazda Connect, heated steering wheel and heated 8-way Adjustable Power Seats, LED Daytime Running Lights. Safety features included: Smart City Brake Support, Advanced Blind spot monitoring system with rear Cross Traffic Alert, Intelligent key System with keyless entry and start, Dynamic safety control, traction control, Mazda Radar cruise control, Forward obstruction warning, lane departure warning system and lane keeping assist system and rear parking sensors for corner and centers. There was no optional equipment on our tester which came in at \$51,100 MRSP with final tally at \$51,995 including freight and PDE.

99 Nursery & Florist

Visit the Garden Centre at
9376 King George Blvd, Surrey, BC

604-584-6555

1-800-665-5506

Online ordering available at
www.99nurseryflorist.com



YOUR FIRST CHOICE FOR FLOWERS.

Delivery available throughout Surrey and the Lower Mainland.

Kids and passenger will love the cavernous interior, and luxury touches, while adults will revel in the luxury and power. Interior room in the CX-9 is above average in the mid-size crossover class. Our family found plenty of legroom and headroom in the first and second rows, and decent headroom and legroom in the third (for kids anyway). However, the CX-9 is both practical and versatile featuring; second row seats that slide 12 cm forwards and back to increase legroom for third row passengers. Even with the third-row seats up, there is 487 liters (17.2 cu. ft.) of cargo space behind the third-row seats, while both the second and third row seatbacks fold down without having to remove the head restraints.

Handling and steering proved very responsive although I found the suspension a little firm on rough ground. The All-Wheel drive system powers the front-wheels and can transfer power to the rear wheels when more traction is needed. Traction control and Dynamics control as standard and the All-Wheel Drive Active torque split is very effective.

The long wheelbase, 227 horsepower four-cylinder engine and six-speed automatic transmission make the ride relaxed and comfortable.

Not much too complains about although the large turning radius means taking care in tight locations. Overall the CX-9 is a competitive CUV and has great interior luxury and offers excellent family hospitality. The fully loaded signature example we tested takes the Mazda brand to a new high with its focus on quality, attention to details and interior ambience and features. The looks alone make this vehicle worthy of a test drive to see all its many attributes.

*2017 Mazda CX-9 Signature priced from \$50,100
Price as tested including Freight and PDE \$51,995*



OPEN EVERY DAY
1 - 4 PM Except Friday

1st Phase SOLD OUT
2nd Phase 75% SOLD

R I V E R
QUEENSBOROUGH



River

Townhomes

QUEENSBOROUGH

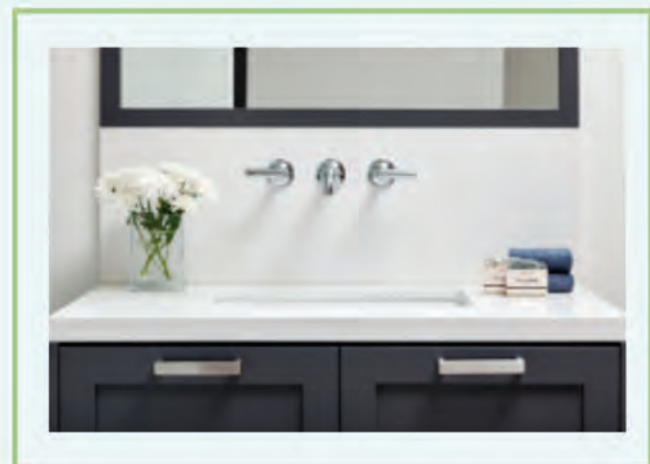
65 Townhomes
2 - 3 Bedroom
1249 to 2020 SF.
Double Car garage
Central Location in New Westminster

(604) 438 - 5050
www.liveatriverr.com
188 Wood St., New Westminster



FOCUS REAL ESTATE MARKETING

The developer reserves the right in its discretion to make changes to the floor plans, project designs, features and dimensions. Square footages are approximate and have been calculated from preliminary strata plan drawings. Actual final dimensions following completion of construction may vary from those set out herein. E.&O.E





www.canadianmotorsltd.com

COME VISIT OUR NEW AUTO DEALERSHIP!



- Quality pre owned vehicles
 - Automotive services carried out by Qualified Red Seal technician
 - On site finance services
- ALL APPROVED!

604.598.8080
16090 Fraser Hwy, Surrey

Dealer # 40332



info@crystalatyork.com



Crystal at York


crystalatyork.com

CALL (604) 499-5555 TO BOOK YOUR EVENT TODAY

York Conference Centre
Capacity 300 Guests

Crystal Ballroom
Capacity 855 Guests

BC House
Capacity 125 Guests



Looking For a Place
to Call
Home Sweet Home?

My Focus is YOU,
My Priority is YOU,
My Commitment is to YOU!

SUKH MANN
604.355.0005



Sutton Premier Realty
15483 104 Ave, Surrey, BC V3R 1N9



COME TO LEARN

LEAVE EMPOWERED WITH KNOWLEDGE



FINANCIAL AID AVAILABLE: BC STUDENT LOAN & WCC FINANCING



604.594.3500

www.westerncommunitycollege.ca
info@westerncommunitycollege.ca



CIC



StudentAidBC

201-12899-80TH AVE. SURREY BC V3W 0E6

WE OFFER 28 PROGRAMS

Pharmacy Assistant
Certified IT Administrator
Certified IT Engineer
Certified IT Technician

Post Graduate Diploma in Health Administration

Canadian Payroll Administration

Certificate in Community Mental Health

Diploma in Information System (DIS)

Quickbooks for Accounting

Basics of Computers

Medical Office Assistant (MOA)

Healthcare Assistant

Chal Chaliye
SABZI MANDI
Chal Chaliye ...



HEALTHY LIVING, HEALTHY BEING.



Sabzi Mandi wishes you all
Canada's 150th Birthday!



SURREY Newton *Head Office*
 #106-12568 72th Ave,
 Surrey BC, V3W ZM6
 Tel: 604-590-2400

SURREY Fleetwood:
 15299 68th Ave,
 Surrey BC, V3S ZC1
 Tel: 604-598-8006

SURREY Central City:
 13639 100 Ave,
 Surrey, BC V3T ZW4
 Tel: 604-585-6100

ABBOTSFORD:
 31831 South Fraser Way
 Abbotsford, BC, V2T IV4
 Tel: 604-864-9193

SURREY Newton:
 13208 80th Ave,
 Surrey BC, V3W 3B3
 Tel: 778-565-7880

www.sabzimandicanada.com



A Unique Educational Experience



Imagine...

A career training program with a paid work experience opportunity.

Pacific Health Institute proudly presents a new Certified Dental Assisting Program.

Get industry-ready with:

Maximum Real-World Training: Work directly with dentists and patients in our onsite fully operational state-of-the-art dental clinic even before your 4 week practicum.

A Top Notch Curriculum: Learn from passionate instructors, a nationally recognized program director, and dentists invested in your success and career enjoyment.

Job Security: Certified Dental Assistants are in high demand! Take advantage of this training and a unique 6 month paid work experience option upon graduation.

Call Now For Admission Enquiries:

Ph: 604.531.0267

E: info@phii.ca

W: www.phii.ca



#204 15850 24 Ave, Surrey

RADO
SWITZERLAND

RADO HYPERCHROME
AUTOMATIC CHRONOGRAPH
PLASMA HIGH-TECH CERAMIC
HRITHIK ROSHAN

GOLDEN TREE JEWELLERS

WILLOWBROOK SHOPPING CENTRE | 6045307221 | GOLDENTREEJEWELLERS.COM