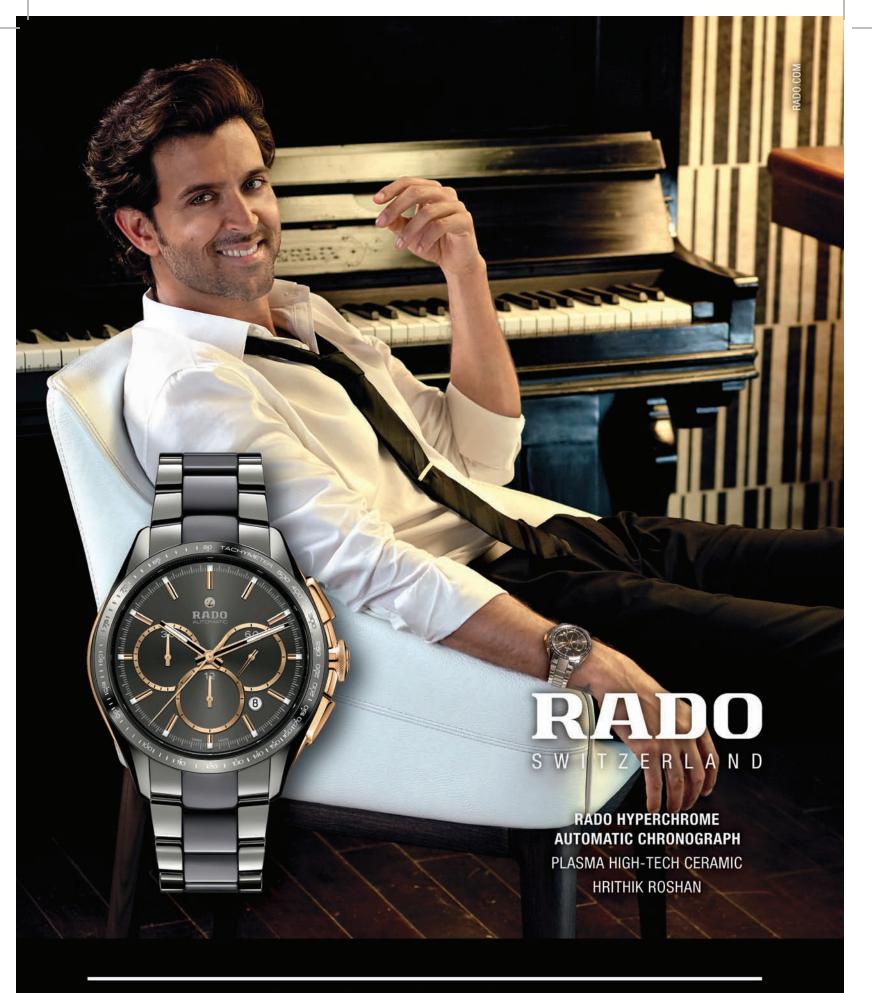
AAARZU Magazine INSPIRING WEDDING IDEAS THE BIJOUX BRIDE A ROYAL AFFAIR SHACKING UP IN STYLE Leaning Issue



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Publisher's Note



Kanwaljeet Singh (Lucky) Randhawa Aaarzu Founder

Weddings. It's a part of the Indian lifestyle that simply cannot be denied. Therefore, it's only natural that we dedicate one of our issues to this topic. It's one that is not only close to my heart as a parent, but to every Indian's heart. In fact, Indian parents begin plotting and dreaming of their child's wedding day from the day they are born.

I sincerely hope that you will enjoy this special edition and find inspiration, advice and ideas to help make this day extra special for you and yours.

As always, thank you to our readers and supporters.

Sincerely,

ON THE COVER

Outfits: Wellgroomed Designs
Jewellery: Hookum Design Studio
Photographer: AJB Photography
Producer & Stylist: Junita Thakorlal

Model: Harkirat Deol Makeup: Girlfriendz Studio 7 Hair: Lash Out Studio

Backdrop: Revamp Event Rentals
Bangles: Gehna Jewellery



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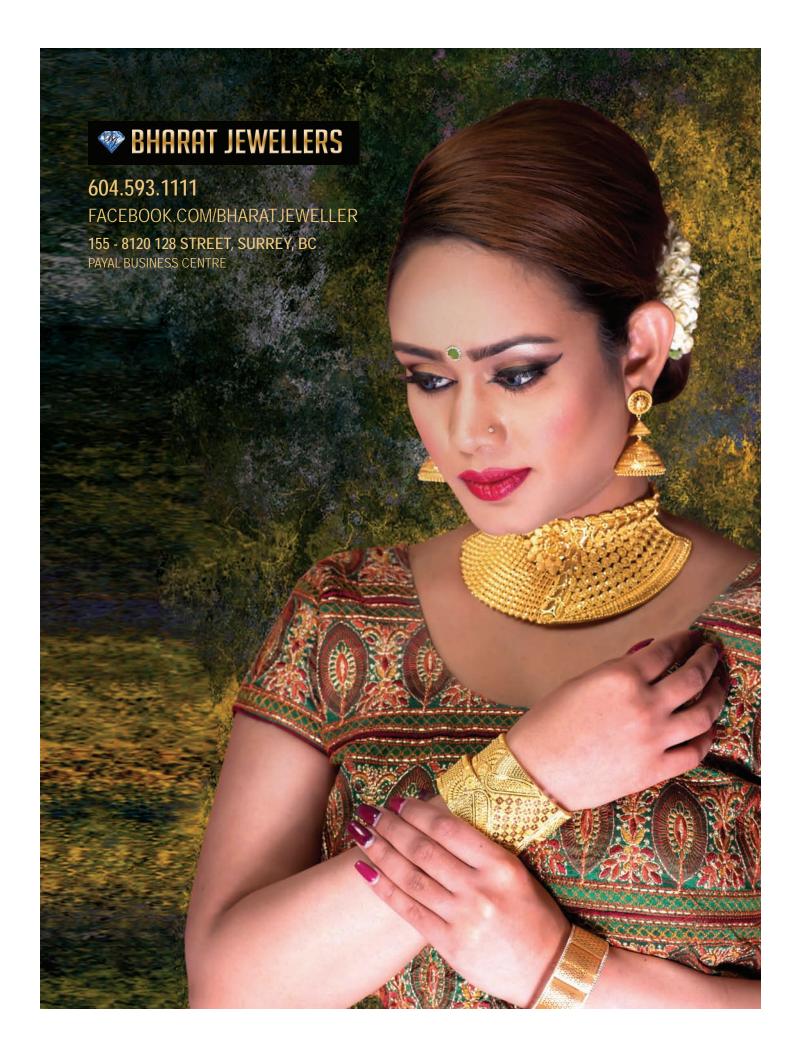
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A NOTE FROM THE EDITOR

Wedding fever hits everyone. Whether you are in the bridal party, extended family, friends, or neighbours, the energy will definitely get you. We have included loads of ideas for outfit and accessory options for every woman to look and feel fabulous, including some great wine recommendations.

For the couple, it is a real pleasure to be part of your journey. Researching ideas, getting inspiration, making decisions...we know exactly what you're going through. Crafting ideas to create this special wedding issue is every bit as exciting, special and sometimes as stressful as planning your Big Day. From getting expert opinions and taking a closer look at the fine details, getting relationship advice from the stars, as well as glam ideas for your squad, it's often the 'extras' that make a difference. So enjoy your journey with our best wishes!





Junita Thakorlal

THE TEAM



BEBA EBERT – GRAPHIC DESIGN/LAYOUT

Beba is a baker, chocolatier, graphic design and layout artist

extraordinaire. When she isn't behind her computer, she can be found baking up delicious goodies.



ASAD JAMIL

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

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



KANWALPREET TREHAN

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

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



INDERJIT SINGH MANN

Inderjit runs the videography and photography powerhouse company, A Master Media, with

his brother Ramanjit. Together, they capture powerful memories.



JUNITA THAKORLAL

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

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



LUCKY RANDHAWA

Owner and Founder of SW Media Group, Lucky is hands-on with the running of 7 newspapers that

publish in 4 languages, including being the exclusive print partner with the Surrey Board of Trade.

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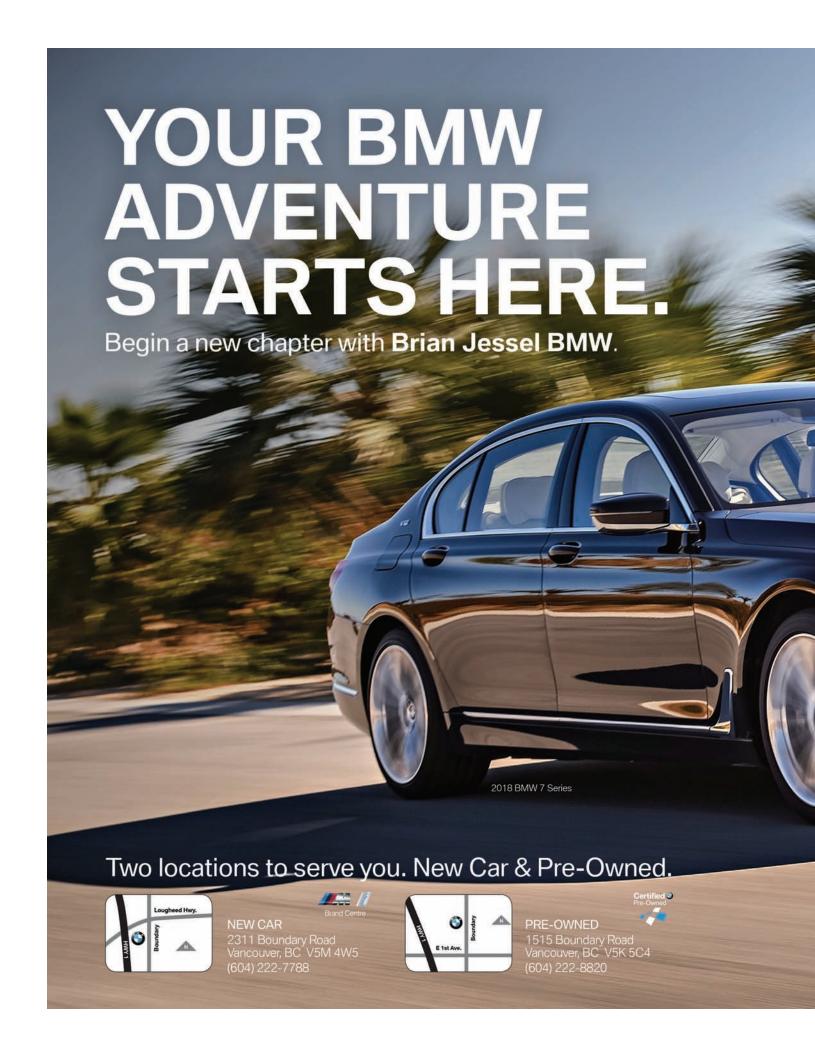
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As the entire world watches, Prince Harry and Meghan Markle have a lot of decisions to make until the I DO. Take a walk with us as we plan their entire wedding.

by Junita Thakorlal

rince Harry broke a lot of hearts when he and Meghan Markle announced their engagement this past November. As he follows his own heart to the altar, the world anticipates all sorts of rules to be shattered with this wedding. Far from being the ideal bride for a prince, Meghan is a divorcee, an actress, her mother is African-American, and she is 3 years older than her fiance. However, we are absolutely in love

with Harry's choice! She is beautiful, she stands up for what she believes in, and we think Princess Diana would be proud. If the centuries-old traditions of the Royal Family are breaking barriers, then perhaps so should we?

Taking a closer look at the Royals, we talk to local wedding experts who help us to speculate and plan Harry & Meghan's wedding which is coming up on May 26th. Their insight helps shed light on new wedding trends, tips and advice, and shortcuts so that you too can make your pending nuptials a royal affair.

The Venue

Prince William's wedding to Kate Middleton in 2011 was as grand an affair as one can expect from a Royal. Westminster Abbey was filled with 2,000 of the world's elite. But Harry has booked the much more modest 800-capacity St. George's Chapel inside of Windsor Castle. Sounds like a big fat Indian wedding to me! With so many attending that the couple may not not even know, how does the couple ensure that each of their guests are given the personal touch?



"Greeting your guests by either having a receiving line, or making rounds at each of the tables is important, as is having a guest book or a photo

for guests to sign so that they can give you a personalized message from their heart. Beyond this, there are many things that make up your ambiance including good lighting, a proper PA system, and screens and projectors that work especially if you are having any sort of live broadcast on site. And the number one thing I recommend is to ensure you abide by the hall capacity guidelines to ensure guests have a great experience. If the capacity is 800 and there's 900 that attend, all of them will feel cramped and it will make your event seem disorganized. However, if you leave enough elbow room on each table, as well as space between tables, it promotes socializing and will make for a more enjoyable and memorable event."

Sucha Padda, Grand Taj Banquet Hall

The Dress

"Classic and simple is the name of the game, perhaps with a modern twist," Meghan told Glamour Magazine when describing the dress worn by her favourite celebrity bride, Carolyn Bessette, who married John F. Kennedy Jr. in 1996. "I personally prefer wedding dresses that are whimsical or subtly romantic." The custom £30,000 Narciso Rodriguez slip dress is a far cry from what Queen Elizabeth may be expecting from the princess bride. Whether it's church or temple, don't brides need to cover up?



"Times are changing, Indians are modernizing. With the Sabyasachi influence, and stars like Kareena Kapoor and Anushka Sharma, short

lengha tops and even shorter choli tops with sarees is the norm. As long as the hair is covered and brides are respectful to the wishes of the families and religious institutions involved, this trend will continue."

Dave Singh, Well Groomed Designs

The Jewellery



We've all seen Meghan's swoon-worthy yellow-gold ring, consisting of a single solitaire from Botswana, flanked by two heirloom diamonds belonging to Princess Diana. The ring is worth a whopping



What could Meghan Markle wear to her royal wedding? From left: Delphine Manivet, Christos Costarellos and J. Mendel

£200,000. We wonder how she will fair with her remaining jewellery, and more specifically if she will wear Princess Diana's favourite tiara for the wedding the lover's knot, commissioned by Queen Mary in 1913. So, how does one have modern jewellery while keeping it classic and timeless?



"Selecting jewellery is a very personal decision. It creates emotions that translates into the new Modern or Classic styles. The beauty of having

your own style is that you make up your own rules. For decades, diamond solitaires have been the most popular choice for engagement rings and now, colourful gems are making a comeback. These will always be timeless."

Sanjay & Manisha Parekh, Bharti Art Jewellers

The Makeup & Hair

Meghan's makeup has been soft and natural since she began dating Harry, likely to fit into the more conservative dress codes expected of the royal family. Or perhaps it comes with the territory for celebs on their days off? Either way, brides are supposed to look, well, bridal. So how do you achieve a glamourous bridal look that is true to your personality and style?

"Meghan Markle is gorgeous and strong, and a natural beauty. She is stepping gracefully into a whole new world, much like our brides. It's important for brides to be true to their personal



style and have their dayof makeup reflect that. We always recommend that they come to us with photos that inspire them so that when we ask them

questions about their personality, we can craft their individual looks. Style is a personal choice but if you were to look back at your wedding photos ten years from now, you will probably thank yourself if you choose a classic and timeless look."

Harp & Shannon, Pink Orchid Studio

The Stationery

Queen Elizabeth II sent out 1,900 invitations to the wedding ceremony of the Duke and Duchess of Cambridge, William and Kate. They were, however, pretty basic in terms of design being white with gold embossed text and the royal cypher of Queen Elizabeth II. But if grandma is paying for the wedding and inviting the who's who, do you really have a choice? This is always a point of contention as the couple argue that they want family and friends that are near and dear to them to attend, regardless of who is footing the bill. How do couples handle this whopper with enough delicateness that they get the invitations they want, their main peeps on the list, and respect the wishes of their elders?

"The guestlist is one of the first things couples should finalize around a year in advance, and they should stand their ground on who they want to share their special day with. But I do suggest holding onto around 50 extra invitations just in case you forget someone or create new friendships closer to your date. Laser cut invitations are the latest trend with inserts for each event. I recommend you consider the size and paper weight to ensure it fits into the guidelines of Canada Post regular mail or you will spend excess on postage which is a waste."

Sarb Thind, A & T Printing

The Cake



Prince William and Kate Middleton's wedding cake.

Will it be an extravagant eight-tiered fruit cake like that of Kate and Will, where even the lace from her wedding gown was used as inspiration for the pattern? Or will Meghan be more modest and true to her modern and chic style? And for flavour, Harry's favourite is banana - will that be incorporated as well just to shake things up a bit? Either way, the cake will be one of the most photographed show pieces of the year, not unlike your own. Where do you begin to choose colours, flavours, and number of tiers?



"The first things to consider are your theme, colours, and location, then we can pull inspiration from the invitations or the dress. It is important to

decide if you want the cake to be the showpiece or something that guests can enjoy at the end of the night, or both. Some choose a smaller cake and opt for a large dessert spread while others go for an extravagant cake. We can design each of the tiers differently and still tie it into the overall theme, and the best part is that each tier can be a different flavour. So they can have banana, chocolate and fruit cake!"

Raveena Oberoi, Just Cakes Bakeshop

The Food

Believe it or not, it's always about the food. The details fade but people will talk about how good the food was (or wasn't) for years to come. And since Meghan is a known foodie that loves cooking, we wonder what the Queen will think if she finds her grand-daughter-in-law in the palace kitchens... although we're positive Indian mothers-in-law would be absolutely elated! What is the ideal menu for your big feast, and what is that element we should add to make it memorable?



"People will never forget how you made them feel, or the taste of the food. A good question to ask your caterer is about the ingredients, where fresh

ingredients make the food tastier and easy to digest. We always recommend starting with at least 3 main dishes but it depends entirely on how grand you want to go and the number of guests invited. Make sure you have at least 2 sweet dishes not including your cake; you can consider serving one of them at the beginning of your function as swagat of your guests."

Narinder & Naresh Sachdev, Maharaja Catering

The Music

Hmmm...let's gather up all the intel we know so far: Harry is known as the coolest Royal, with skills on the turntable and on the dance floor; and we know Meghan likes Drake and indie bands such as Crystal Fighters. We also know that Ellie Goulding performed at William and Kate's nuptials, so the

party is going to be lit! So, when it comes to the party, how do you know where to begin with entertaining your guests, and having a great time yourselves?

"Instrumentalists such as violinists or pianists are always a hit and make the event classy and memorable. People love live musicians such as dhol players because they play along during the dancing. We got a lot of interesting requests for music such a theming the music to the couple's favourite television show or hockey sports theme which they and their friends can relate to a memory from their youth. I strongly suggest couples give us their playlist ahead of time."

Jograj Randhawa, DJ High Voltage

The Decor

Meghan is a complete romantic; while most starving actresses wait tables, she was a professional calligrapher while waiting for her acting career to take off. We also know that St. George's Chapel has a spectacular vaulted ceiling having been built in the 13th century, so we can only imagine how beautiful the ceremony will be. Should there be fresh flowers or draped materials, columns or hanging chandeliers, muted tones or bright colours to match the bride's gorgeous outfit? What is the decor trend for 2018?



"We're seeing that couples choose traditional themes for engagements and a rustic glam look for their weddings and receptions. There is a major trend for

white drapery with greenery and florals which we can make more dramatic and glamourous with gold accessories and chandeliers, black table cloths, glass vases and candles. But of course, it truly depends upon the couple and how they want to feel on their day. Flowers are always a safe and beautiful bet."

Harkiran Panesar, Asian Wedding Decorations

The Flowers

Meghan's favourite flowers are peonies, and go figure why. The frilly and floaty petals are tinged in pastel pink colours, and the heavenly sweet scent will make hearts melt - the epitome of romance by our standards. While most brides choose roses or calla lilies, will Meghan incorporate luscious peonies into her ceremony? And considering that South Asian weddings require garlands, what florals work the best?



"The soft and fluttery petals of peonies are in perfect harmony when mixed with other varieties of flowers that have similar fullness and hues

like ranunculus and the garden rose. Add a touch of greenery to inspire a more modern and garden feel or soften it with hydrangea or orchids and beautiful ribbons. Any variety of the classic rose would make for beautiful and lush garlands for the South Asian bride. The possibilities for creation are boundless."

Kam Dhanda, Spoil Me Floral

The Photographs

This is the most photographed you will probably ever be, just like a Royal, where trends and statements are made, and moments stamped in time for you and your family to look back on with fondness. But you may not realize all the things behind the scenes that are required to make photographs jump out and be memorable. The lighting, the depth, capturing the right moments, taking candid shots - all of these things matter, and more. So what is the most important thing to keep in mind when choosing the right photographer for your big day?

"Each wedding photographer has their own distinct style so it's up to you do do some research first to avoid disappointment with the end result. Check their portfolios and meet them before the wedding. If at all possible, introduce them to your families and create of shortlist of people and moments to photograph so that you capture everything you were expecting."

Amrit, Amrit Photography

The Bridal Party



Kate Middleton with her daughter Charlotte as a flower girl at Pipa Middleton's wedding

Who gets a chance to star in all of your parties and wedding photos is a fun yet controversial topic at times. I mean, who do you include or leave out? Do you have an even number or is odd ok? Do you need to have your cousins as bridesmaids to appease the family, or can you just get away with having your bff's by your side? Meghan is opting to include Kate's kids, Princess Charlotte as a bridesmaid and Prince George as the Page Boy, and of course, Prince William will be Harry's Best Man. Who do you choose to support you on your big day?



"There are no rules when it comes to the bridal party, most couples choose their friends or cousins, or both, although it is good to have a bridal party that can

actually assist the bride and groom with planning and decision making. Aesthetically it looks nicer to have an equal number of bridesmaids and groomsmen, and it's always very cute to have a flower girl or ring bearer."

Kim Trehan, The Soiree Company

The Honeymoon

Renting a private island in the Seychelles sounds magnificent, which is exactly what Will and Kate did. Harry and Meghan have been pretty tight lipped about where they plan to go, although this couple is a tad more bold. Will they choose a luxuriously romantic beachy destination, or opt for a few days of adventure and clubbing? Or can you have both?



"Places like Tahiti and Maldives are dream bucket list destinations but they are pretty far, couples need to give themselves enough time to travel to and from.

Although many like the all-inclusive resorts, the travel trend for 2018 is off the beaten path and more adventure travel - Greece is fairly popular where couples can get the beach but also backpack through Europe, or African safaris. But it truly depends on what your appetite is for adventure."

Sumeet Bains, Bains Travel

The Videography

We all love watching next day edits, especially with their cinematic feels that whisk us all away! The 3 minute videos of your wedding are almost mandatory to post on social media as soon as your ceremony ends, or play at your reception party for everyone to relive the beautiful ceremony (and the \$100,000 price tag it came with!). How do you trust someone else to capture the best moments of the ceremony without you having to direct the video yourself?



"We always suggest a consultation where we can get to know the couple.
This is where we go over their inspiration and get a visual idea what they

are expecting and keep the line of communication open so that we can story board accordingly, and the team can get the shot. The Next Day Edit isn't required but it's a beautiful way to relive the wedding again and again."

Sukhi Walia, Vidaer Studios

The Transportation

What you drive, matters. Will, Kate, Harry and Meghan all drive Audi's but for their wedding, will Harry & Meghan choose the Royal carriage, followed by the Aston Martin DB6? Or will they opt for Prince Charles' plush Audi A8 limousine? And what should you choose to roll away in at your own wedding?



First thing people need to decide is the number of passengers. We recommend considering your family and the number in your bridal party since SUV

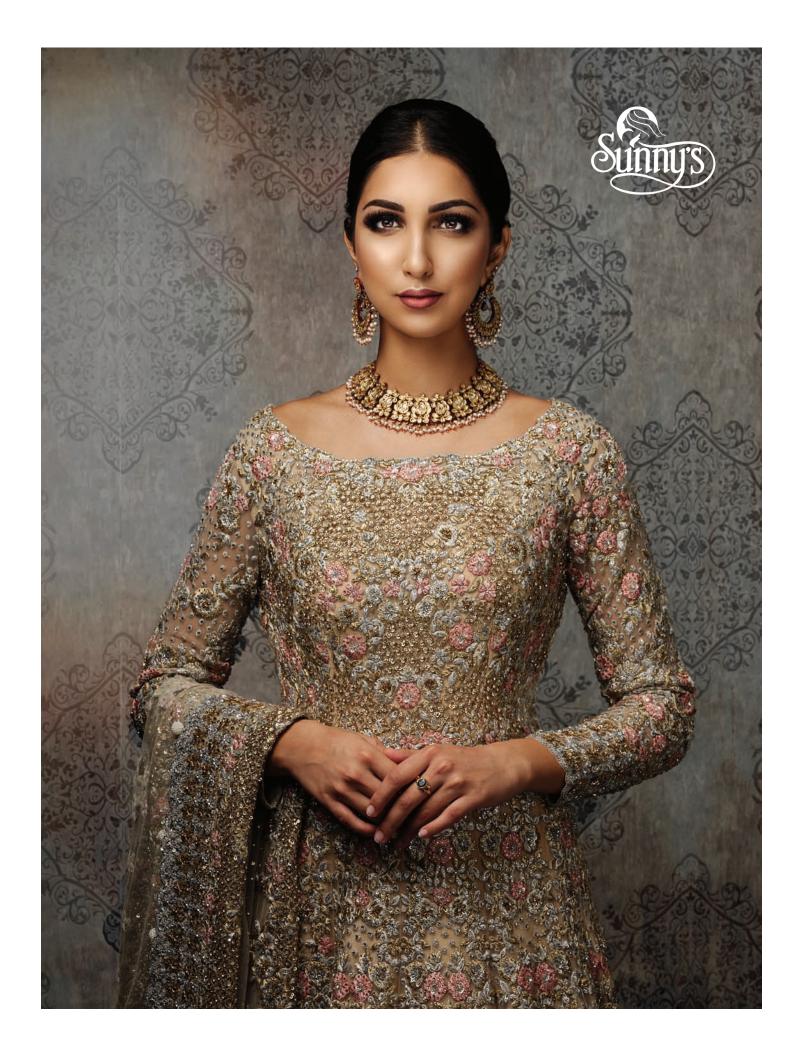
limos have a capacity of 12. Then, think about the number of stops along the way and who you want to come with you to the park for photos, for example. Trending are Rolls Royce Phantoms, and even vintage cars are popular but it really depends on the couple and their budget."

Vick Raj, Fabulous Limousines

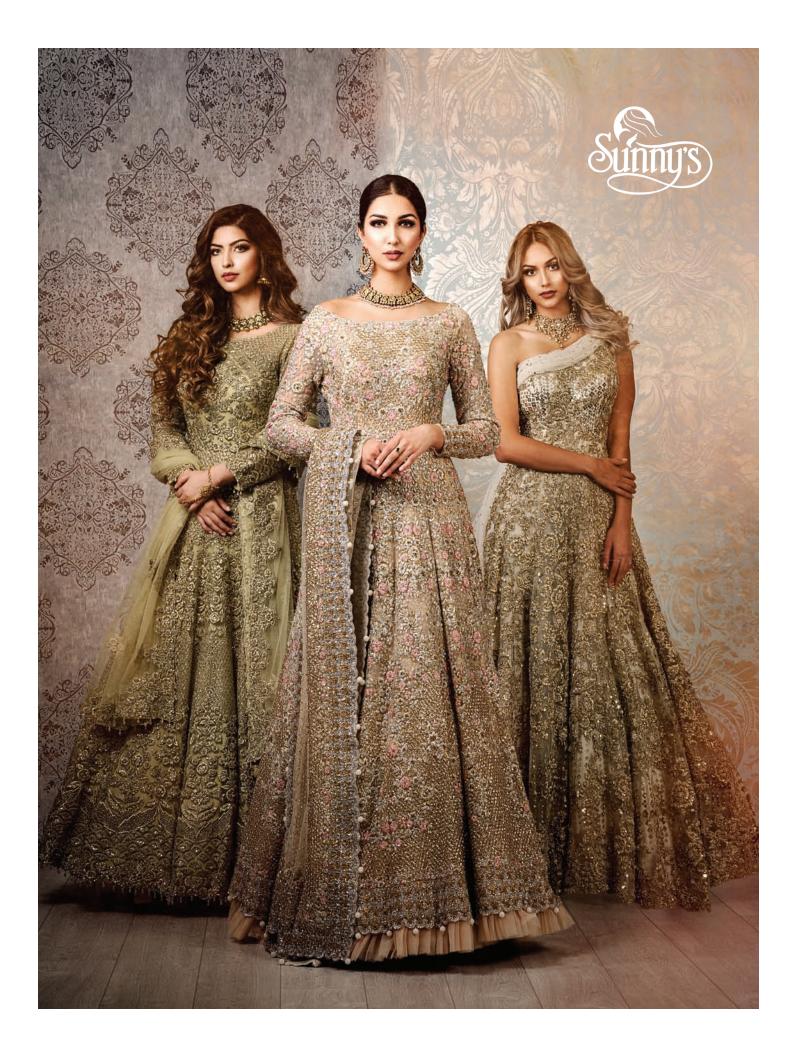






















South Asian Fashion Week is a three-day fashion extravaganza kicking off on Friday, March 2 with an evening gala which includes a cocktail reception and exclusive runway preview. On Saturday, March 3 and Sunday, March 4, guests will see 15 distinct runway shows by top local designers. Guests can also meet the designers and shop the SAFW showroom which features fashion, accessory and beauty brands. Brands showcasing on the runway include:

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THE DAYS

FRIDAY, MARCH 2

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SATURDAY, MARCH 3

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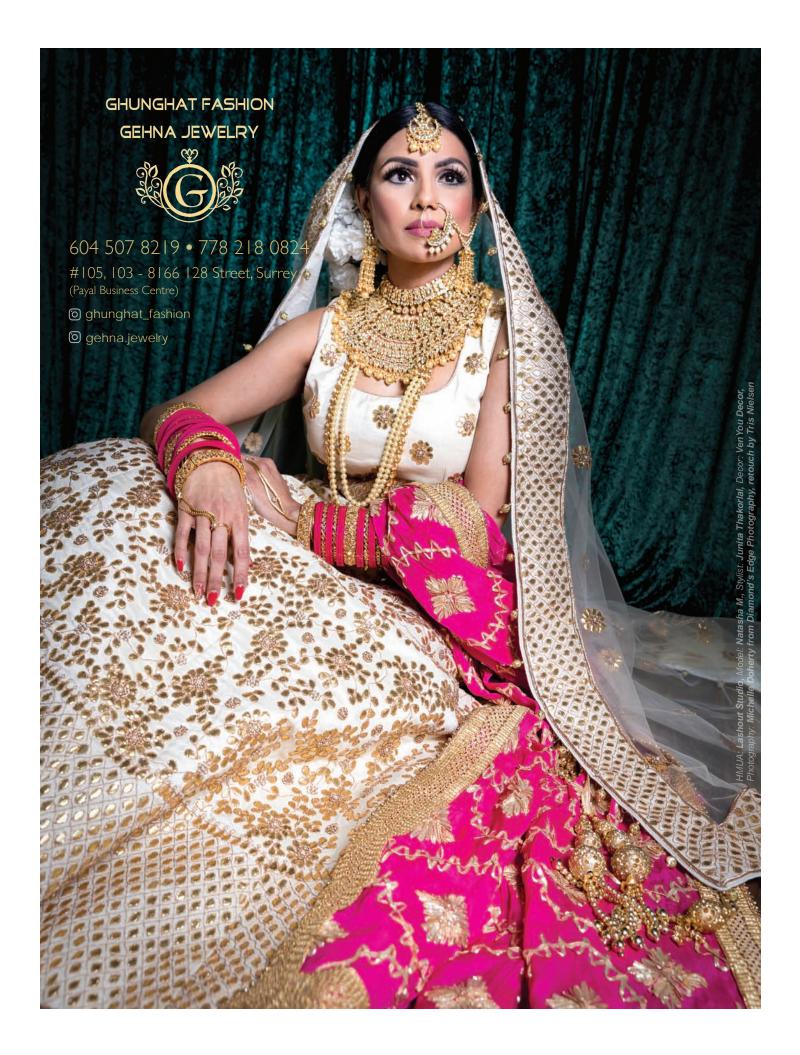
SUNDAY, MARCH 4

Cocktail Hour Runway Shows Showrooms and Art In Motion Closing Reception



Hard Rock Casino Vancouver 2080 United Blvd Coquitlam











The Perfect Fit for your Fab Wedding Wardrobe

by Parry Khun Khun

"On her wedding day, a woman should be certain that she has found a dress that makes her feel confident and above all else, beautiful" Carolina Herrera

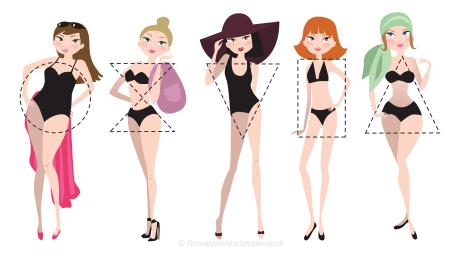
our wedding day is a precious moment-in-time that you have been dreaming about since you were a little girl, playing dress up in your mother's clothes. The day will be captured flawlessly in photographs of you in the perfect wedding outfit, be it a dress, salwar kameez, saree, lengha or anarkali suit, so style and body shape are the essential. You want to look tall and lean rather than wear an outfit that is unflattering and frumpy.

Each of us is unique, and our bodies are too so shouldn't you know how to choose what type of outfits best work for your shape? Our body shapes are generally narrowed down to five general categories, but you may be a blend of multiple categories. Use this to help guide you to choose the outfit that is the perfect fit.

Hourglass figure: Your waist is defined, your full hip-line and full bust-line are the same width, your curves are well proportioned.

Recommendation: Full-ghera or fish-cut, short choli, net dupatta, heavy embroidery on all or any parts of the lehenga - you are probably the only body shape that can wear any and every combination.

Triangle figure: Your hips, thighs, and backside are your body's centre stage, your waist is defined but less prominent than your lower body, your shoulder and bust width is narrow.



Recommendation: Don't add much volume to your lehenga as it will make you appear frumpy. Avoid wearing tube tops or fishtail gowns which will highlight only your bottom.

Inverted triangle: Your shoulders are noticeably wider than your hip line, your upper body is more noticeable than you lower body, your figure may project a sporty and athletic physique. Recommendation: Wear a lehenga with wide flair, with a lot of detailing at the bottom. This will balance your body's unique shape. Avoid choli's with lot of embellishment as they will most likely give off a bulky-busted look.

Rectangular figure: Your hips and bust are approximately at the same width, fat is stored evenly throughout your body, you have little to no waist definition. *Recommendation:* A wide, full skirt in a

stiff fabric like Raw Silk to add volume at the bottom. Pair with a blouse that is low and plunging to create the illusion of curves.

Round figure: You carry weight around your midsection and chest, your rib cage and back appear wide, you have little to no waist definition.

Recommendation: Longer length choli's with a U or V cut from the hem will add balance to your attire. Avoid still fabrics like brocade or tissues as they give a very flat look to your body. Wear a bra that lifts your bust line as well.



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HUMBLE BEGINNINGS TO BESPOKE COUTURE

In 2008. Dave Siggh had a vision to create a premium designer line for the discerning bride...



oday, he is one of North
America's leading South
Asian designers serving brides
and grooms through his brand,
Wellgroomed Designs. He serves clients
through his three locations in Surrey,
BC, Brampton, Ontario, and Fremont,
California.

Each year, thousands of couples flock to the stores to take in his famous bridal expos and the latest in bridal wear trends and fashions. Why? Because Singh and his team take pride in creating the best for their clients. From bespoke hand embroideries to quality craftsmanship, shoppers can expect attention to every hand-stitched detail.

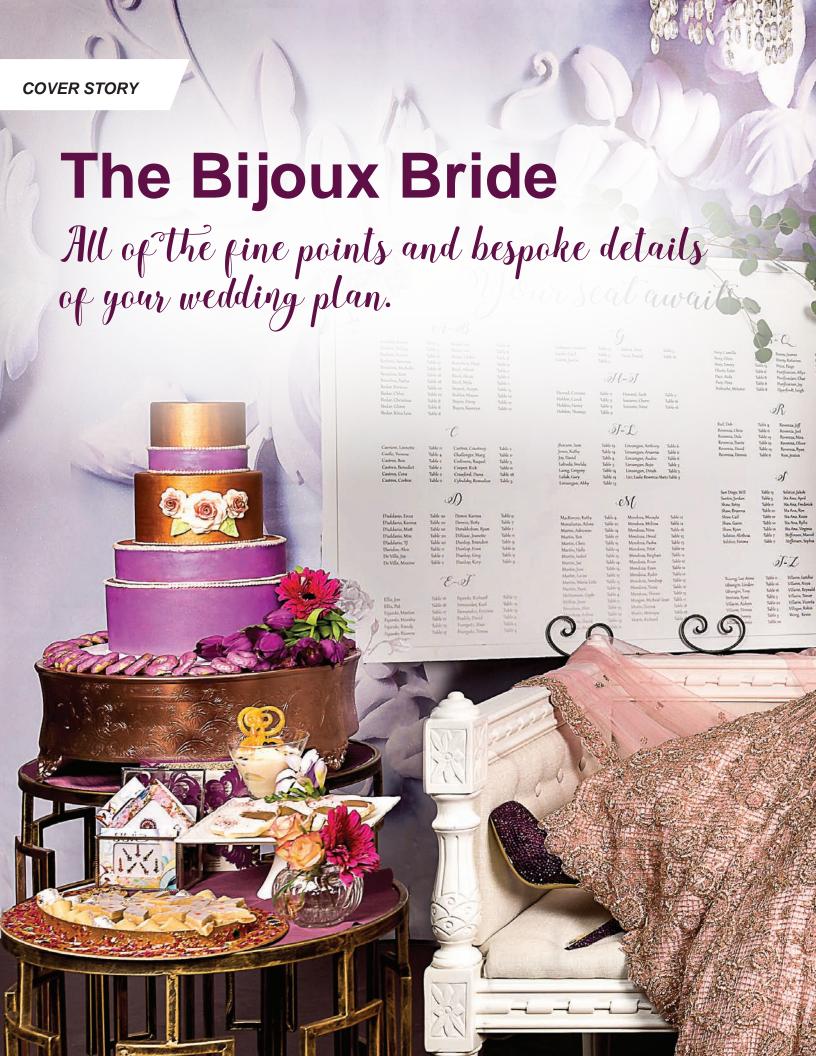
"I was always inspired by fashion and styling, and I was a big shopper myself in my younger days. While in India, I started a textile mill and was involved in fabric production," shares Singh. "I had the opportunity to work with buying agencies such as Gap, Abercrombie & Fitch, and Li & Fung to name a few."

For what began as a dream from his basement, Singh does some brisk business now that he has established the brand. "When I started my business in Canada, I noticed that many Indian stores were involved in trading rather than offering bespoke designing, so this is where I found my niche."

Wellgroomed Designs has become a household name for couples planning their wedding trousseau purchases in the cities where his shops are based, and growing their online presence rapidly. Singh releases two major collections for Spring/Summer and Fall/Winter for which he travels to India to attend fashion events, fabric and materials purchasing, to execute and curate a collection, and meet his artisans to create the hand embroidered pieces. His latest collection is called Desert Rose, which will be launched at South Asian Fashion Week in March at the Hard Rock Casino, Vancouver

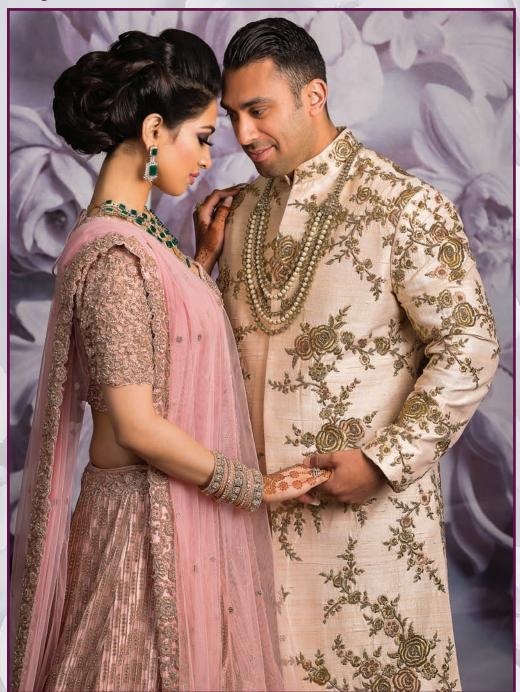








Ensemble...





The bride has a flawless regal look with smokey eye in purple tones, and nude lips in pink tones. Her hair is swept into a chignon made of layer upon layer of curls.

Makeup: Mindy Bansal, Girlfriendz

Studio 7

Hair: Lash Out Studio

Bride:

Crystal-studded rose-gold lengha: Wellgroomed Designs

Choora: Gehna Jewellery, \$285

Groom:

Gold and rose-gold embroidered etchkin: Wellgroomed Designs

Groom's jewellery: Gehna Jewellery, \$165

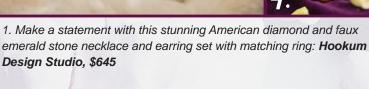
Accessories...











- 2. Diamante brooch enclosure purse: **High Heel Obsession, \$110**Purple Swarovski crystal encrusted shoes: **High Heel Obsession, \$495**
- 3. Jewel box: **Bombay Company, \$27**Assorted packs of Bindis: **Paras Fashions, \$2**
- 4. Silver anklets with kundan stones: **Gehna Jewellery**, **\$45** Mehndi: **604 Mehndi**
- 5. Sea-foam antique cushion amethyst engagement ring set in a halo of round brilliant cut diamonds, with wedding band for total weight of 1.17ct:

 Diamonds by Dal, \$6,300

Choora set complete with diamante bangles: **Gehna Jewellery, \$285** Mehndi: **604 Mehndi**

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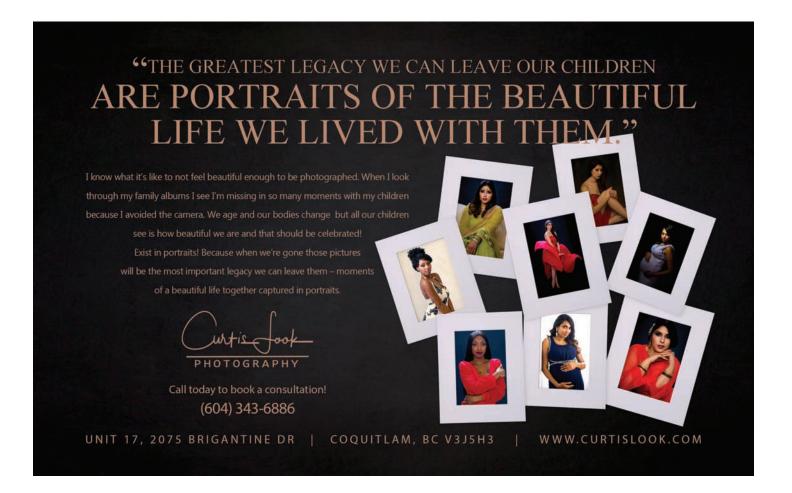
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Stationery & Invites...





6.Custom seating chart: **Krush Design Studio**7.Laser-cut invitations: **The Soiree Company**

Sweets & Savouries...



8., 11., 12.

Sweets are a definite must, from the invitation delivery and throughout every wedding event. Silver-topped cashew nut barfi and hot jalebi, delicious rasmalai, and custom-made sugar cookies and dark couverture chocolates with whiskey ganache filling.

Indian sweets: Maharaja Catering
Cookies & Chocolates: Baked by Beba

9. 4 tiers of butter vanilla chiffon cake with buttercream icing, covered in hand-crafted fondant in rose-gold and purple, decorated with edible pearls and custom blueberry chai flavoured minidonuts: **Baked by Beba**, \$560

10. Invest in the food, it's the one thing that will make or break your party so ensure that you have a variety of quality dishes and enough food to go around.

Catering: Maharaja Catering

13. Place Setting & Decor: **Revamped Event Rentals**

Dinnerware & Flatware: Bowring







Your bestie is getting married!! It's all so exciting until you open your closet and realize that you have a huge problem...
you have absolutely nothing to wear.
So what's a girl to do? Well, duh, let's go shopping! Get inspired this wedding season with these hot looks and colours.

Left to right:

Natasha is wearing a gorgeous lengha by Made In India with minimalist jewellery to match, shoes available at High Heel Obsession.

HMUA: Kristina Vancouver Makeup Artist

Priya is wearing a crepe de chine saree with sculpted blouse and earrings, all exclusively available at Satya Paul Canada.

HMUA: Lashout Studios

Concept, Direction & Styling: Junita Thakorlal

Makeup & Hair: Luvania Beauty Studio, Lash Out Studio, Kristina Friesen

Outfits:

Made In India, Ghunghat Fashions, Satya Paul Canada, Everything But The Groom, Raas Leela by Parvesh Jai

Jewellery & Accessories: Gehna Jewelry, Monsoon Canada, High Heel Obsessions, Made In India, Satya Paul Canada

Flowers:

99 Nursery & Florists

Photography:

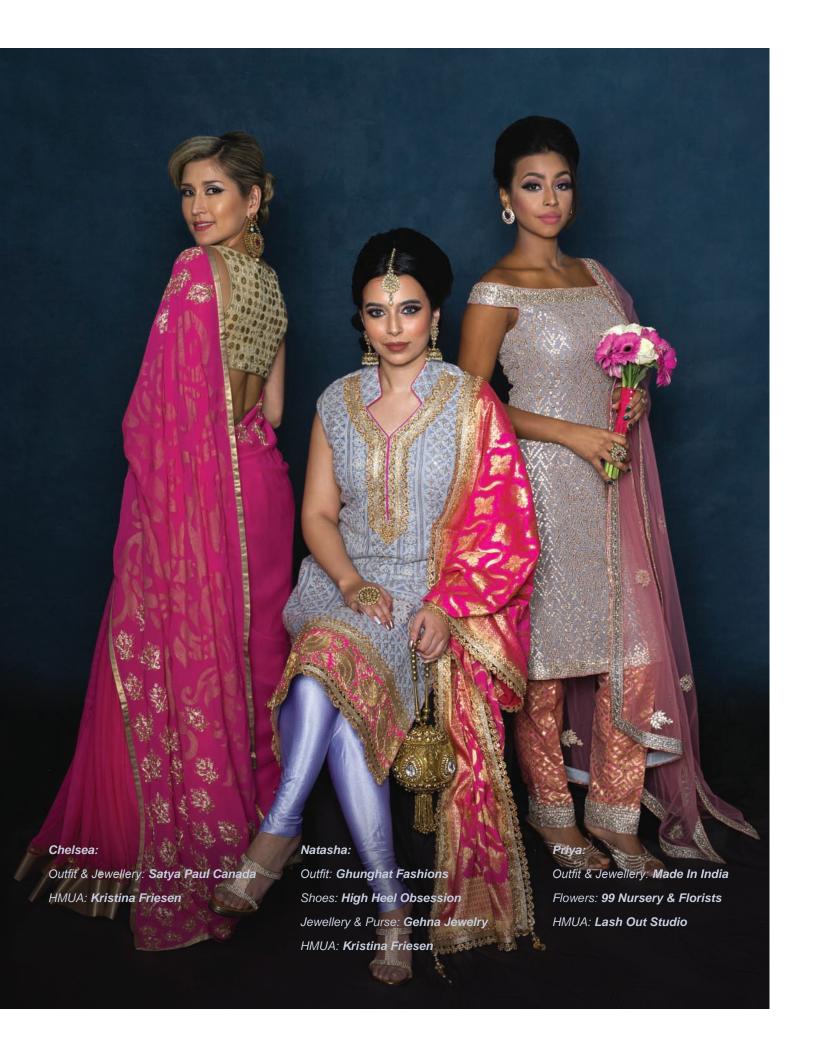
Curtis Look Photography

Models:

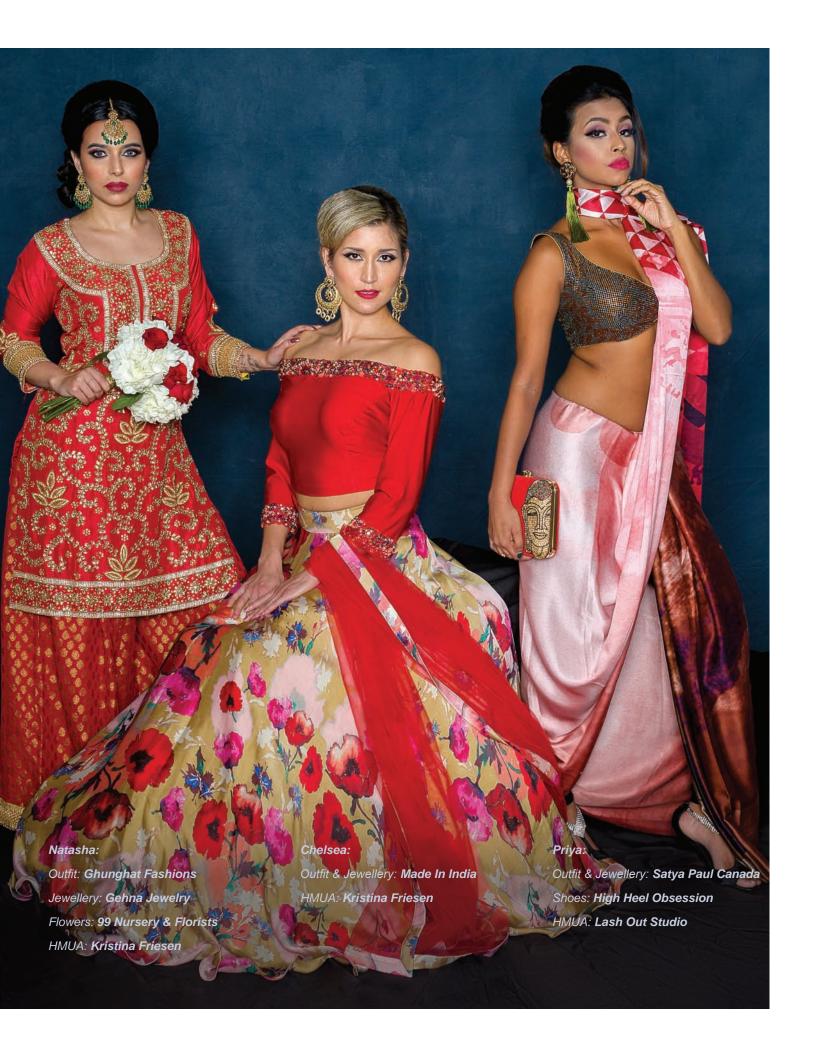
Chelsea, Natasha, Priya, Joti & Alisha

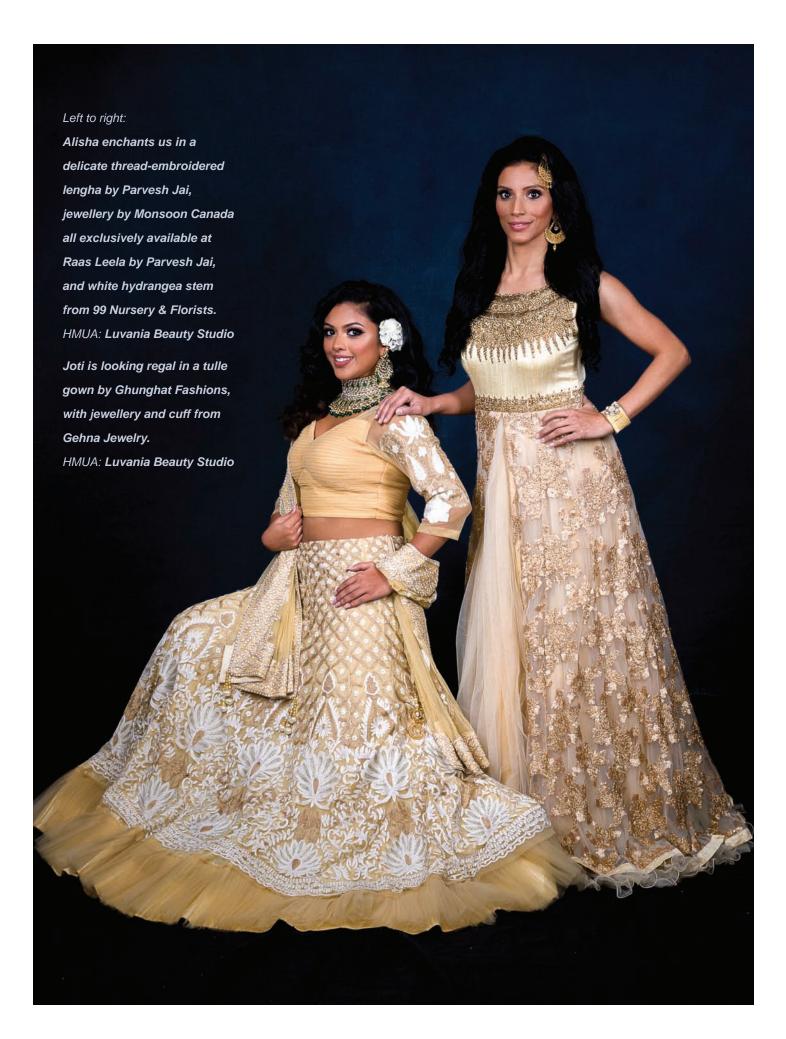














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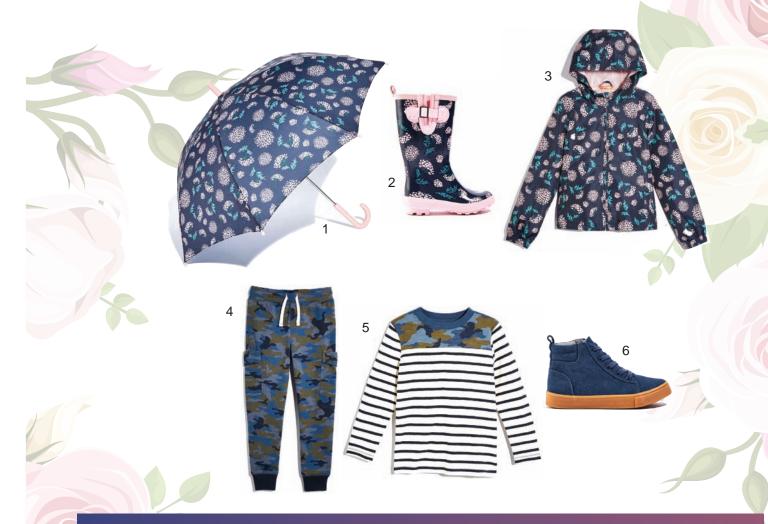
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4.KID BOYS' CAMO PRINT CARGO JOGGER \$19 5.KID BOYS' PRINT PANEL STRIPE TEE \$14 6.KID

BOYS' HIGH TOP SNEAKER \$24 7.MEN'S LONG SLEEVE STRIPE SWEATER \$29 8.LONG KNIT CARDI \$49

9.OPEN TOE BLOCK HEEL BOOTIES \$49 10.LIP SHIMMER, GUAVA (3 g) \$5.99 11.MEN'S LEATHER BELT

\$29 12.ESSIE FIJI (13.5 mL) \$7.98 13.PATTERN SCARF \$16 14.MEN'S FAUX SUEDE CHUKKA BOOT \$49



WALK THIS WAY

by Junita Thakorlal

How Kari C. turned her passion to profit, and still manages to give back to women entrepreneurs in Africa through her private shoe label.

hoe addiction is real. Wanna know what PMS really stands for? Purchase More Shoes, and nothing cures cramps like a new pair of shoes. Actually, there is literally nothing a little bit of retail therapy can't fix. And Italian-made shoes? Now we're talking!

Oh, did you say that proceeds from the sale of shoes goes to help finance women entrepreneurs in Africa so that they can create better lives for their children and families? Hello! Count me in because even our spirit animal Carrie Bradshaw couldn't resist.

Canadian shoe designer Kari Chaudhry embarked on a journey in 2013 that took her from Toronto to New York to London, UK where she launched her eponymous label The Collective by Kari C, and opened her first boutique in 2015. With design credentials from fashion influencers like Alexander McQueen and Harrods Womenswear, she developed an eye for detail, a flair for glamourous design, and quality craftsmanship associated with luxury brands. Today, her shoes are handcrafted in Italy, making for an eternally chic addition to your wardrobe.

We had a chance to speak with the shoe maven.

Q. Why shoes?

I loved the complexity and technical

challenges involved in creating shoes. No two feet are the same and the possibilities endless! It also helps that it is my favourite accessory! I have since expanded into creating clothing and thoroughly enjoy that as well.

Q. Is it true that we can actually customize shoes to our specific fit?
Yes! Some women have a hard time finding shoes that fit comfortably, or to their size so I offer a bespoke service from creating a new design from scratch to where clients can customize shoes from my current collection.

Q. You now curate other brands in-store and online. How does this affect your own brand? The brands I stock in my boutique reflect the same message as my own shoes: comfortable, quality items suited to a luxury market. I have also expanded into creating clothing, more statement pieces focused on cocktail dresses, jackets and evening wear. All products we carry, whether it's my brand or other designers, are selected by myself and my team to reflect the ethos of The Collective Boutique - a destination concept boutique where great shopping experience meets fashion, art and lifestyle.

Q. Describe your perfect shoe.

I love Glam rock - High heels, edgy design and anything sparkly!

Q. Let's take it back to the beginning. Did

you ever think you were on the wrong path, or did anyone ever discourage you from pushing forward to achieve your dreams?

My family has always been very supportive, and the drive behind what I do, and that's all that matters. As an emerging designer, it was natural to question whether or not you're on the right path but it's an important question to address time to time as it helps me stay on course. However, once the path has been paved, it is imperative to not lose focus, for me that could've been a deterrent from achieving my dream more than any external factor.

Q. What is your motto for success? Hard work – perseverance – love what you do and do it with conviction and passion. There is no room for mediocrity in this competitive world.

Q. How does the Microloan Foundation work exactly?

In countries where women and girls are often marginalized, the Microloan Foundation gives them status and the confidence to grow within their own communities by providing them with small loans and tools to start their own businesses. I joined the women's development board for the Foundation because I felt that as a female entrepreneur who had all resources at her disposal, I felt passionate about helping these women achieve what they think is the impossible. And we are creating female entrepreneurs



every day! Through a program I created called Soulful Steps, 100% of the proceeds from the sale of some the shoes on my site directly benefit the Foundation. These efforts of the Foundation have a direct impact in the sub-Saharan region where 80% of women served have seen increased financial independence, 60% less children have dropped out of school, and 71% of families have improved food security. Soulful Steps is just the beginning as Kari C. is in the process of launching other efforts to further amplify benefits that empower women.

Q. The 2018 wedding season is upon us. Can you tell us what trends we can look forward to?

Pastels and a feminine, whimsical feel but still practical and wearable beyond just your wedding day. We're seeing a lot of request for floral motifs and the trend for crystal embellishments continue. I love creating highly texturized looks so combining embroidery with beads or a satin with floral motifs in leather. Anything with movement like tassels, and they make for great boomerang shots!

So there you have it. You can be a bad-ass, rockstar, shoe-a-holic and still do good in the world. Like Marilyn Monroe said, "Give a girl the right pair of shoes and she'll conquer the world."



A CANDID CONVERSATION

Charan Sethi, focused determination

by Junita Thakorlal

s I entered the office lobby with a gust of outside air, the first thing that caught my attention was a beautiful glass award. As I stepped toward it, I slowly realized that it was one of many, and that the four walls of the lobby were in fact lined with frames and acknowledgements. Some were for Georgie Awards, some for Chambers of Commerce and Boards of Trade, some were for community support and philanthropy, but all of them had one name on them: Charan Sethi.

I was a tad overwhelmed by the omnipresence of this name, and eager to meet the person that it belonged to. As I made my way through the lobby, I noticed a miniature city with tall and short buildings, and a sign that said 'Whalley District' which made me curious to know more.

"That's at Whalley's Corner," he said. I whirled around and came face to face with none other than Charan Sethi. "The miniature, it's of our next proposed project in Surrey."

Whalley began in the early 1920's as a three-acre triangle of land which is now the intersection of 108 Avenue, Grosvenor Road, and the King George Boulevard. The owner, an enterprising bootlegger named Arthur Whalley, anticipated the need for gas and services on the route between New Westminster and the US border, so he built a service

station with a small general store that became known as 'Whalley's Corner'. And now, Sethi's company, Tien Sher Group of Companies, one of the lower mainland's leading developers and builders, aims to develop and revitalize the region.



Tien Sher, named for '3 lions', is a symbol for honesty, integrity, and quality, which are integrated into each of his projects. "3 lions came from my kids," Sethi shared thoughtfully. "Family truly is everything. The support that my family has given me, especially my wife, is something that has driven me achieve all that I could."

Born in Jalandhar, India, in 1951,

Sethi moved to England in 1963, where his father worked as a carpenter. Sethi trained as a machinist, but when Britain's economy hit a steep decline, he decided to bring his wife and two sons to BC to start a new life. He worked several jobs including delivering pizzas at night just to make enough money to get by. "I hardly spent any time with my kids when they were young. When you have bills to pay, you have no choice but to have humility and take anything you can get," advised Sethi. "Even with real estate, it wasn't easy in the beginning. But I found an amazing mentor, Richard Van Slyke, who showed me the basics. After that, it was years of 10hour days of pounding the pavement, door-knocking, cold calling, and a lot of rejection to finally earn \$100,000 and become a Top Producer in Richmond."

In 2001, Sethi began developing new single-family and multi-family communities and subdivisions throughout Surrey, Richmond, and New Westminster. Developments include Quattro 1, 2, and 3 which was touted as bringing Yaletown to Surrey with 1,900 residential units and commercial space, Balance which has 421 residential units that are among the smallest units in Canada and built to be affordable, and Venue which was aimed at young hipsters with 141 residential units.

Their latest development is Whalley District, which boasts 3 high-rise

condo towers and 1 low-rise condo building over a mix of commercial, retail, community, and plaza space on the south-east corner of 108 Ave and King George Blvd in the historic heart of Whalley. The development boasts 1,119 residential units and a walkable pedestrian area for non-profit arts groups and their programming. "The beauty about this particular development is that it will form a complete community where people can live upstairs and have restaurants and other services available on the ground level," explains Sethi. "It's walking distance to major routes and accessible by skytrain too."

Sethi was a finalist for the Surrey Board of Trade Business Person of the Year for 2017, which came as no surprise to those that have seen his rise and those that have their finger on the pulse in Surrey. His magnetism and drive aside, his dedication to revitalizing a corner of Surrey and contributing to the overall growth of the city.

"It is such an honour to be recognized in this way," he shared thoughtfully. "I faced many, many adversities. Adapting to a new way of life and language, facing the double-edged sword for providing for my young family and having to stay away from them in order to do so, and fighting through every challenge that came my way was not a walk in the park. But I was determined to succeed." He squirreled away money each month to save for his real estate license fee, remaining focused on his life goals. "I thank my wife for being so understanding as I worked to get my real estate career established. She was and still is my absolute pillar of strength."

When asked for advice on how aspiring new-comers, or even established entrepreneurs can hit the success superhighway, he had this to say, "Stay focused, aim high, learn to use your time wisely, and look after your mind and soul because it will remind you to keep on course and remain in integrity. And find good mentors who are willing to share their life experiences with you."

I was absorbing everything he shared with me like a sponge; I remember being hit with inspiration at the same time as feeling hunger pangs, hoping he hadn't heard my stomach grumbling. I asked what his parting words were, to which he replied, "don't let anyone tell you that it can't be done." Food for thought indeed.



PRIYANKA CHOPRA'S Secret to Sexy, Kissable Lips

The hit show Quantico may have given her superstardom, but we have always loved Priyanka Chopra. One of India's highest paid celebrities, and recognized as one of the 100 most influential people in the world by prestigious Time magazine, it's hard to ignore her perfect pout as she smiles her way to the box office. She shared her DIY exfoliating lip scrub recipe with he world last year, but in case you missed it, here it is.

PC's DIY Lip Scrub Recipe

Pinch of sea salt

Few drops of vegetable glycerin

Few drops of rose water

DIRECTIONS

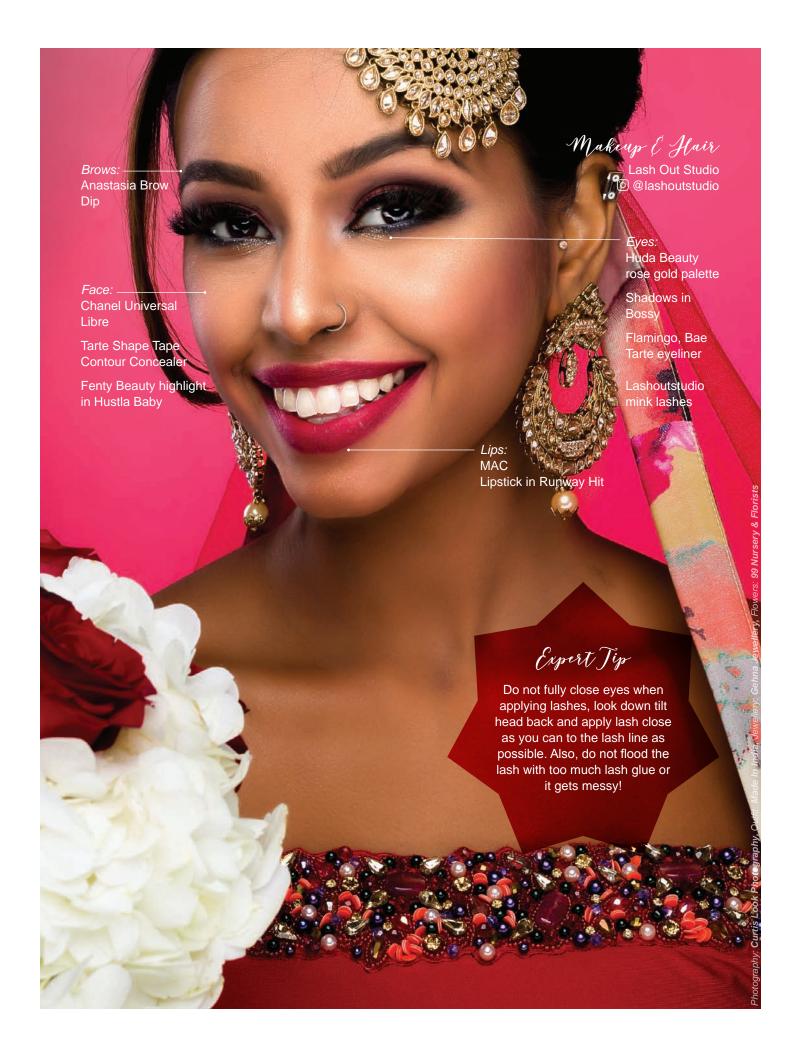
Mix the ingredients in a bowl and gently rub on your lips in a circular motion. Wash it off and you will notice that your lips will look more plump, pink and smooth. Moisturize with lip balm of your choice (but PC recommends Burt's Bees Tinted Lip Balm, burtsbees.ca).

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#MeToo

TWO SIMPLE, YET POWERFUL WORDS

by Almas Meherally

t has been a few of months since the Harvey Weinstein scandal came to light. Many actresses said they had been sexually assaulted or harassed by Weinstein between 1990 and 2015. It took over two decades for some of them to come out and tell their stories. Some probably still haven't.

After the story, actress Alyssa Milano called out to women on Twitter, asking them to reply to her tweet with the hashtag 'MeToo', if they'd been sexually harassed or assaulted. From there began a movement; women from around the world, and some men too,

started using the hashtag to tell their stories or stand in solidarity with the victims.

"The #metoo movement was a powerful voice raised by women of all ages and cultures to speak out about experiences that made them uncomfortable," said Barinder Rasode, former Surrey councillor and currently President and CEO

of NICHE Canada.

"What was overwhelming was just the sheer number of not only women who were ready to post about it on social media but others in private conversation, who now felt it was okay to say yes, me too, I have had a negative experience." According to a 2014 Angus Reid Institute survey, three-in-ten Canadians say they have been on the receiving end of unwelcome sexual advances, requests for sexual favours, or sexually-charged talk while on the job. That is about 28 per cent of our population, including men and women. And for one-in-seven adults in this country, the experience has been more intense than innuendo or talk.

"In the case of sexual harassment in the workplace - I think we are further ahead than we were fifty, fifteen, and even five years ago," said Shachi Kurl, Executive "The celebrity women are able to hold some men with power, accountable," said Hilla Kerner, a member of the collective for Vancouver Rape Relief and Women's Shelter. "But the next step is to help ordinary women to do that with ordinary men who attack them."

"We shouldn't have to worry in professional situations about unwelcome advances or comments on our appearance and unfortunately that's always a part of the equation in our minds," said Rasode. "Sometime we are left blaming ourselves for things that have happened when really it's

no fault of our own. It's the other person's behaviour, who's making the comments, that should be judged."

Rasode too has faced inappropriate comments and unwelcome advances during her career. "I think those experiences are some that every woman that I know has had and they are not okay." It was not until recently that, "I would have enough courage to say 'that's

not appropriate," she said. "You know, it was really hard to call people out on their behaviour. Because that's just what people expect from men."

But that is changing according to her.



People participate in a protest march for survivors of sexual assault and their supporters in Hollywood, Los Angeles, California, US, on November 12, 2017.

Director at Angus Reid. "Each eruption of high profile cases of harassment, such as Jian Ghomeshi, or Harvey Weinstein can have the effect of shining a light on a problem that has been dark for too long." "Women are putting up their hand and saying 'You know what, I'm not comfortable with your comment or I'm not comfortable with the situation' instead of just removing yourself and feeling you've done something wrong."

Kurl wondered how many women more vulnerable than Hollywood actresses weren't reporting what was happening to them. "I think of immigrant women who not only lack the language skills but knowledge of their rights. What are they facing?," she said.

The seriousness of the issue locally can be gauged from the 1,200 calls Vancouver Rape Relief and Women's Shelter receives every year. And these are just the women who seek help. Many cases still go unreported.

So the key to keeping the #metoo movement alive and help it manifest

into positive action is to keep the conversation going. "What social media allows us to do now is to be a part of a collective while we are still sitting in our own homes. That's what I think is different now than what we were doing as a women's movement in the past. Now we can do it from the comfort of our homes with our iPhones, so we should use that for good," said Rasode.

She also feels that the solution lies mostly in the hands of our culture and how we raise our children. "To truly break the silence and create a new culture, it's about how we are teaching our young men to behave. I'm not saying that it doesn't happen the other way or men aren't abused but we know that an overwhelming majority is women being the victims. Change comes when we all see ourselves, men and women, as partners in this and we change what happens in our homes and what we

expect of the young men in our lives."

Kerner has also seen some change as a member of the collective. "More women are joining to volunteer with us. Many of them have been victims and they want to be useful to other women. A lot of women know that their experience is similar to other women's experiences. Lots of women want to do something about it."

Kerner also has some advice for women going through abuse. "A woman who wants to speak up, she should call us anytime. It really depends on what she wants to do. We can help her with a lawyer, or if she wants to go to the police. She can, of course, get support on her own but women are stronger as part of a group and we can offer that to women."

Vancouver Rape Relief and Women's Shelter's 24-hours hotline (604-872-8212) is completely confidential and for women only.







Sachi Kurl (left), Executive Director of the Angus Reid Institute. Hilla Kerner (top right), spokesperson for Vancouver Rape Relief and Women's Shelter. Barinder Rasode (bottom right). CEO of Niche Canada.

SHACKING UP IN STYLE

by Allie Cooper

etting married is a big step.
Since you have already decided to spend your lives together, living under the same roof is just one of many big steps that you and your partner will share. Before you start sharing a toothbrush holder, consider these tips for making the move as straightforward and stylish as possible.

First of all, how much stuff you do own between the two of you? No one needs two toasters, two sets of bar stools or two vacuums. Analyze what duplicate items you have, choose the one you like best, and get rid of or donate the other one. Simple as that.

Two - figure out how to find common ground between each of your personal styles. Everyone has their own taste, so sometimes there is a real compromise about how to style your home. Come to think of it, isn't compromise what marriage is all about?!

Whether your style is contemporary, traditional, or somewhere in between, work with your partner to find a balance. You can either find pieces that either meet in the middle, or have certain rooms be designated to each of you to fully express YOU.

Thirdly, if you are not in a position to buy all new items when first moving in, don't worry! It is far better to use all that Ikea furniture for a year or so while you save up money, then it is to buy cheap pieces that you don't really love. I always say that it is better to invest in a piece that you love and will move with you, then to settle on something else in the interim. Not only will this allow you

to really put together a home that feels

truly yours, but investing in quality pieces is better for the environment and your wallet overall.

After you have evaluated what you own together, stripped down the things you don't need and infused your own personal style, you can see the gaps in your home and from here, add these items to your wedding registry! It is best to take inventory prior to registering for your wedding to know for certain what your needs are.

You want to build up your new life together and by knowing what your needs are and what types of activities you do in your home, the more useful a registry will be for you. And that is the fun part (apart from getting married, of course)!



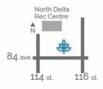




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Bliss or Bust?

by Deepak Jayakar

Many have increasingly turned to Feng Shui remedies with the hopes of finding a solution for their relationship woes. Whether you want to bless a new relationship or polish up one that has lost its lustre, Feng Shui can help.

ne of the keys to an effective partnership is having a solid romantic footing. Even the best marriages can undergo stress if the energy of the house is unsuitable, despite both partners being astrologically compatible. Due to an irregular house shape or faulty layout such as having your washroom located in an unsuitable space, it may work against the flow of energy, which can cause relationship issues. In Feng Shui, the North West (NW) corner of your house is the sector of the man and South West (SW) is the sector of the woman. If either of the sectors is missing, it is possible that either the masculine or the feminine energy is also missing, which is considered a serious Feng Shui affliction.

Indeed, when the SW corner representing love, romance and marriage has good Feng Shui, the couple will enjoy harmony and happiness. To strengthen SW, it is recommended to use an anchor in this corner which is a combination of pink and clear crystals, or a symbol of your love. Displaying a sign of 'Double Happiness' or 'Mystic Knot' in SW is a very powerful enhancer of your love, romance, marriage and relationship luck.

For missing or afflicted NW, which is the corner that represents the patriarch or breadwinner, try placing a golden metal turtle or bowl full of metal coins so that the energy in this corner holds more weight. NW is also responsible for enhancing your heavenly luck. Thus, never have NW missing in any house.

To ensure mutual respect, understanding, pride and harmony, one can always focus on the Northeast (NE) sector. Many marriages suffer from ego, misunderstanding, doubts and infidelity,

where NE is culprit. My personal recommendation – never have any plant or water feature in this sector. Instead, make this sector stronger by placing earthen vases or ceramic plates, crystals, and aroma candles which will instantly energize your NE.

A warm, inviting and graceful bedroom is like heaven where auspicious Feng Shui can help couples to resolve differences and misunderstandings by promoting emotional compatibility. Create powerful energy in the bedroom with accent pillows, dimming lights, area rugs, soft

coming between you, encouraging you to be unfaithful towards each other. Simultaneously, never have a fishpond or water feature located in the bedroom or on the right-hand side of your main entry door. Having, a water body on right side of the main door, in some circumstances can bring great wealth to the household, but the consequence is that husband will have a tendency to stray.

Be sure that there is no clutter, in, around and under your bed. Remove work projects, accounting papers and bills. If you are one of those people who stores



and satin bed linen to promote intimacy, passion and pleasure. Furniture made from natural materials works well in the bedroom. Wood such as pine, oak, teak delivers earth's energy. However, avoid plants in the bedroom. Likewise, I recommend not to have a fireplace in the bedroom as fire is a hot and chaotic element, making the relationship unstable.

Never have large mirrors in the bedroom that either face you while lying in bed or situated above you, reflecting you when you sleep. Mirrors in the bedroom which are just opposite the bed are very inauspicious Feng Shui for relationships and suggest the intrusion of a third party work papers, bills or files in the bedroom, stop immediately. Your romance will be more enjoyable because work and finance stress will not plague you during the night.

The most popular relationship enhancer in Feng Shui is a pair of Mandarin Ducks. They are recognized as symbol of strong and long-lasting love. You can place this figurine in the personal relationship corner of your bedroom, house or even your office in order to improve your relationship luck. Another remedy is to display picture of peonies outside of your bedroom door to encourage love and romance.





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A Debt-Free Happily Ever After?

Yes please!

by Aimee Sehwoerer

ith the ever rising costs of the wedding trousseau, and jewellery, and decor, and venue, and mehndi, and and and! Financing a wedding that costs that much or more can be daunting, even if your parents are covering some of the costs – and when the honeymoon is over, you could find yourself facing a mountain of debt. Or you could plan now to avoid long-term wedding debt later by following these basic financial principles so keep your heads above water.

Be romantic and realistic. A wedding lasts a day, the rest of your life lasts much longer so think of your wedding as part of your overall financial life. Decide what will make both of you happy within a reasonable, affordable budget.

wedding for years. Let's put this into perspective: if you use your credit card for \$25,000 in wedding expenses, at a 14% annual interest rate and only make the minimum payment each month, you'll make your final payment on your 45th anniversary.

Be strong and plan on. Use the wedding budget process as a learning exercise for you, as a couple to work together toward your common financial goals. Here are some simple questions for you to answer to get you going to building a "couples" budget:

How much debt is each of us bringing to our marriage?

How much money have we saved so far?

What is our combined monthly income (salary and other income)?

What are our monthly costs?

How much can we afford to put into our wedding fund each month?

How much can we afford to save/invest to achieve our other "dreams"?



Fighten the financial 'nuts 'n bolts' of your relationship. Be honest with
each other about your debts and assets
and consider a prenuptial agreement.
After the wedding, be sure to review
beneficiary designations on insurance
policies and registered investments, draft
a new will, and take full advantage of all
spousal benefits on your tax returns,

Yes, with some smart financial planning - and perhaps the help of your professional advisor - you can realize your wedding dreams and a live a happy financial future together.







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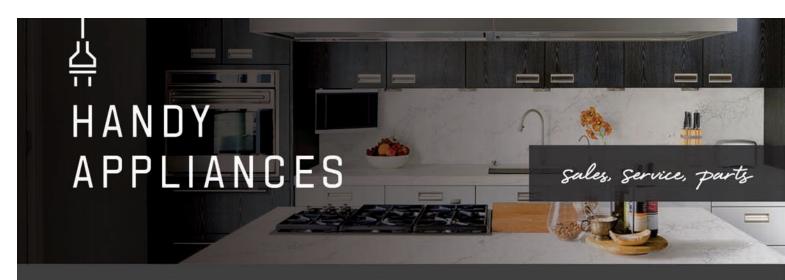
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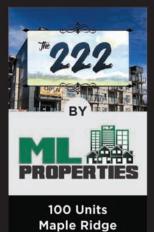
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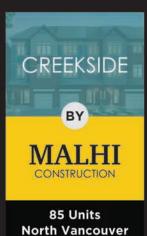






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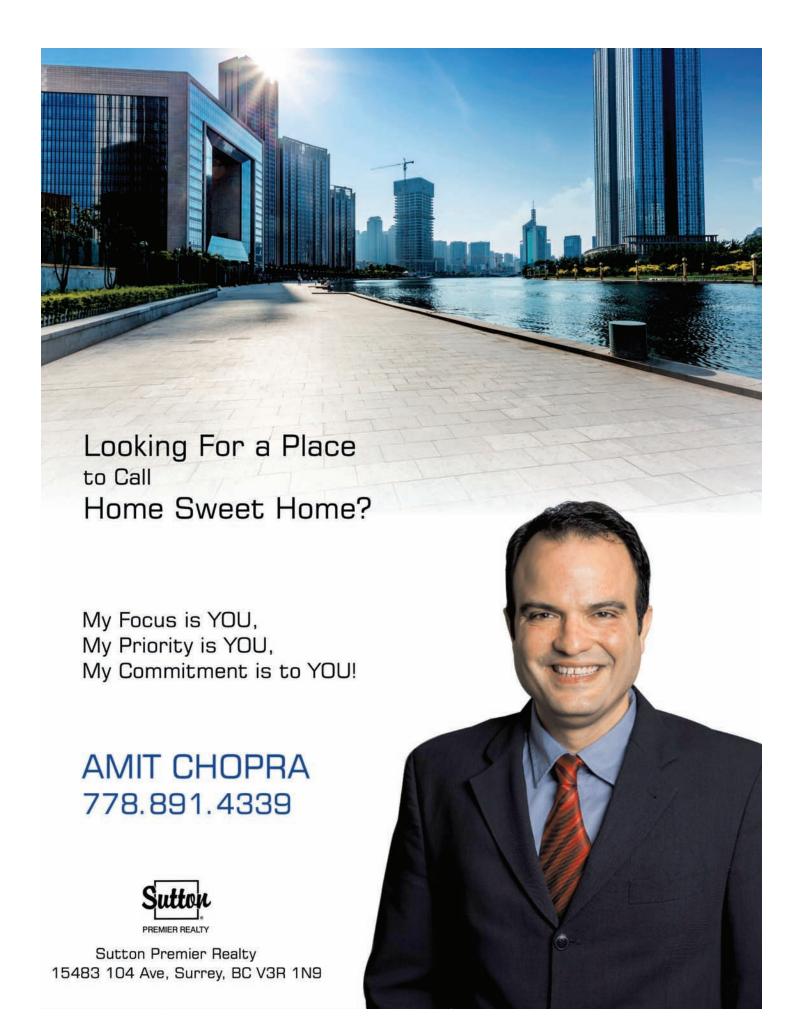
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Women Supporting WOMEN

or the past 18 years, Nana's
Kitchen has been focused on
making gourmet convenient
comfort foods with a global taste. What
began as a small family restaurant in
Burnaby has now grown to produce
25,000 samosas per day distributed across
Canada and USA. From mixing of the
ingredients to folding the crust, to cooking,
and finally to shipping, the company has it
all down to a science.

Headed up by the dynamic sister duo Nasim Dhanji and Shelina Mawani, the company sources ingredients from across Canada and is firmly rooted in supporting local farms, businesses, and women. Employed in the 22,000 square foot Surrey-based plant are 50 women, many of whom are immigrants with basic education.

"Supporting and empowering our employees to further their certifications and vocational training has been an amazing journey for us to witness the growth of employees," shares Mawani. "Being part of their growth, and how they have made Nana's a part of their lives truly makes me realize that we are on the right path. For example, our current Production Manager spoke absolutely no English when she started here, but she showed initiative so we supported her through English language classes and vocational training. She worked very hard to obtain her certifications and today, I'm proud to say that she oversees 35 staff members."

Many of the women that work in the plant are of Indian origin, perhaps because they understand the product, perhaps because they are adaptable to the rigorous processes and regulations that are required to produce large quantities



of samosas, or perhaps because they have found a work environment where they feel valued and respected, backed by a company they can trust to enforce a policy for zero tolerance for harassment and bullying.

"We celebrate all religious holidays such as Eid, Diwali, Lohri, and Christmas. And last year, we took the entire staff on a Vancouver Harbour Cruise which docked at Granville Island. One of the women that worked in the plant said to me with tears in her eyes, 'What is this place Shelina? I never knew Vancouver was so beautiful!' This was because she had never experienced anything like this before as her focus was on supporting her family to get established in this new country. These are the types of stories that drive us to continue supporting women, to help them make a better life for themselves, and I am thrilled that we can be part of their own personal journey."

Nana's Kitchen is a HACCP and BRC approved facility which means that it meets the strict food and safety guidelines as set out by the Canada Food Inspection Agency and the US Food & Drug Administration. "Taste the difference of having the filling

in every bite, even in the corners," she urges. "Our unique, one-flap design of the crust allows for more stuffing and less crust. Each samosa is 140 grams, which is almost three times the size of others available in the market. It's important to not have processed food so all of the ingredients are fresh and meet all food and safety standards."

With aggressive growth tactics in place and growth in their pakora and chimichanga distribution, Nana's Kitchen will soon be a household name across the North American continent. However, the core product of the company is still samosas, made in seven different flavors including Tandoori Chicken Samosas, Quinoa and Lentil Samosas, and Cajun Samosas. Find yours in the deli section of your favourite grocery store chain.





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

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by Bev Bly & Junita Thakorlal

Being a bridesmaid, or even helping a family member plan their wedding can be so much fun and at the same time, such a nightmare. There are a hundred decisions to make, many of which require group meetings to make sure you have covered every angle. Well, meetings in a brown household equals cooking. And when you are juggling a career, family, social life, the gym and more, the sheer thought of hosting your peeps at your place makes even the best of us feign having a rare and highly contagious virus.

So, what are you to do when you want to be right in the middle of the action but are short on time and need a simple fix?

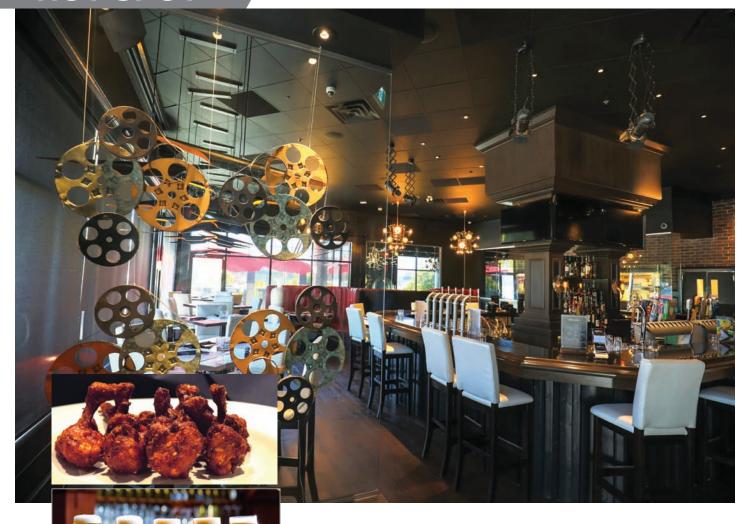
Easy. Just add wine.

Here are some go to suggestions of plating out delicious and easy to make eats, paired with the perfect wine from BC Liquor Stores that will keep the party going.

(Recipes on pages 80, 82, 84)

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SHOWSHAAThe Modern Taproom

3020, 152 Street, Surrey (778) 294-9885 WWW.ShowShaa.ca

Offers a fully stocked bar and bar area, lounge, patio, dining, and private dining area.

Three most popular menu items:

Sizzlers, Tandoori-Creole Shrimp, Drunken Chicken Bowl

Showshaa is a trendy new taproom located in South Surrey which aspires to boost Vancouver's food-scene with a much-needed dose of freshness and creativity. Known for their Bollywood-inspired décor and deliciously prepared food by award-winning Chef Bikram, Showshaa offers upscale Indian street food that is designed for sharing, plus a full delectable menu that will surely tantalize the tastebuds.

PIZZA WHEELS

by Teri Lyn Fisher/Spoon Fork Bacon

Hell to the yeah! A great alternative to ordering pizza, the cornmeal makes the crust crispy and delicious. If you're not so much into crust, that's ok. You're weird, but you will still love these.

Pair it with a medium-bodied Chianti. Chianti-Gabbiano \$13.99

Ingredients

- 1 fresh pizza dough (store bought Pillsbury is fine)
- 1/3 cup marinara sauce (plus more for dipping)
- 1 tablespoon fresh oregano, minced
- 1 garlic clove, minced
- ½ cup shredded mozzarella
- 24-30 thinly sliced pepperoni (or any other topping)
- 2 tablespoons grated Parmesan
- 1/2 cup yellow cornmeal (medium grind)





Directions

- 1. Preheat oven to 400°F.
- 2. On a lightly floured surface, roll out to about 1/8 inch thick rectangular shape.
- 3. Spread marinara sauce sparingly, top with oregano, garlic, mozzarella, and other toppings.
- 4. Roll dough into a large, tight log and place onto a cutting board, seam side down.
- 5. Refrigerate for 30 minutes.
- 6. Remove from refrigerator and cut 1 1/2" pinwheels. Dredge one side of pinwheel in cornmeal.
- 7. Line baking sheet with parchment or cooking spray, place pinwheel coated side down.
- 8. Sprinkle tops with Parmesan and bake for 16-20 minutes or until golden brown. Makes 16-20.

HOT SPOT



Spice 72 Indian Restaurant & Lounge

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

www.spice72.com

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.

SWEET POTATO BITES

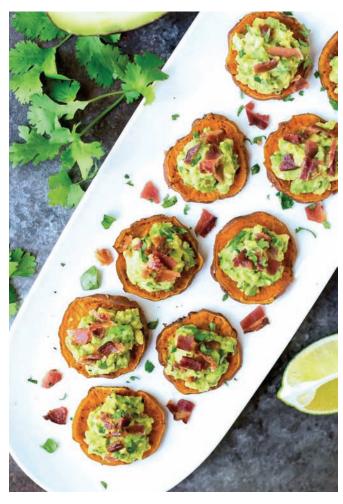
by Erin Clarke/Well Plated

Apparently, the Aztecs used avocado's as a sex stimulant but pair it with bacon and sweet potato and your tastebuds will be left begging for more. Plus, it's gluten-free and paleo-friendly.

Pair it with a full and luscious Chardonnay. Ardeche Chardonnay - Louis Latour \$16.99

Ingredients

- 4 slices thick-cut bacon (about 3 ounces)
- 2 tablespoons extravirgin olive oil
- 2 sweet potatoes, scrubbed clean, peels on
- 1 1/4 teaspoons kosher salt, divided
- 3/4 teaspoon black pepper
- 2 medium avocados, peeled, pitted, and diced
- 1 tablespoon fresh lime juice
- 1/2 teaspoon smoked paprika
- 3 tablespoons chopped cilantro

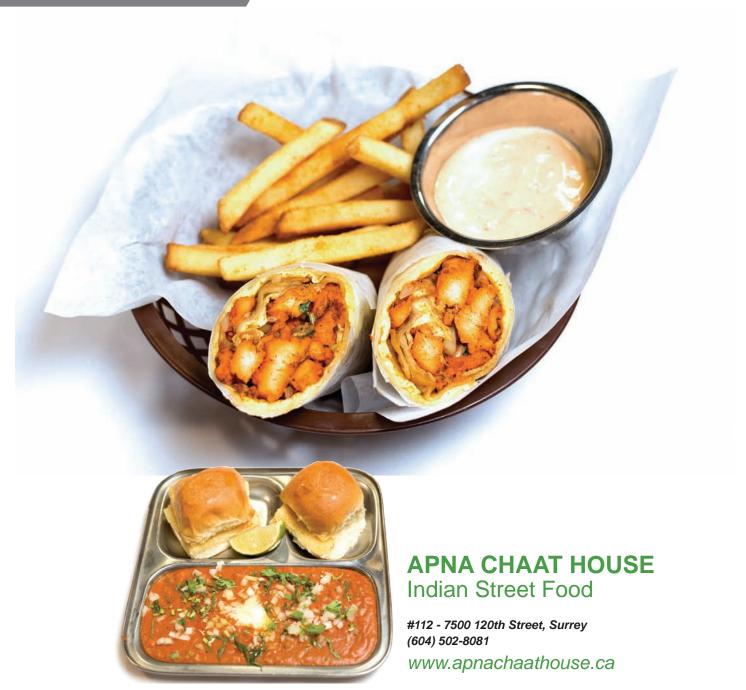




Directions

- 1. Preheat oven to 400°F.
- 2. Bake the bacon and remove to a paper towel—lined plate and lightly pat dry. Once cool enough to handle, dice and set aside *(or just buy bacon bits.)*
- 3. Increase the oven temperature to 425°F.
- 4. Line rimmed baking sheet with foil and brush with olive oil.
- 5. With a very sharp knife, slice the sweet potatoes into 1/2" slices, arrange in a single layer and brush tops with remaining olive oil. Sprinkle with 1 teaspoon salt and black pepper. Bake for 20 to 25 minutes, until golden brown underneath.
- 6. Flip the slices over and roast for an additional 8 minutes until golden on top.
- 7. In a small bowl, combine the avocado, lime juice, remaining 1/4 teaspoon salt, and smoked paprika. Mash lightly with a fork, leaving the mixture slightly chunky. Set aside.
- 8. Transfer the baked sweet potato slices to a serving plate. Top each with a dollop of the avocado mixture, chopped bacon, and cilantro.

HOT SPOT



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 Noodle Burger, Chicken Pakora, Masala Coke, Veg. Hot Dog, Pav Bhaji, Tava Pulao, Poha, Tava Tikki, Dabeli, Veg./Chicken Momo's, Kheema Pav, Aam Panna, Golgappas, Vada Pav, Bhel Puri, Papdi Chaat, Samosa Chaat, Pav Bhaji, Kathi Rolls, Chow Mein. Try the Brownies with Ice-cream, Cold Coffee with Ice-cream, Indian Chinese and much more.

JERK SHRIMP WRAPS WITH MANGO SLAW

by Ayesha Curry/the author of The Seasoned Life

Topped with sweet mango slaw, these jerk wraps bring a bit of spice to the dinner table. Paired it with a delightfully sweet Moscato.

Pair it with this delightfully sweet lush fruity Moscato. Moscato - Barefoot Cellars \$8.99

Ingredients

Wrap Ingredients:

- 1 lb. large peeled and deveined shrimp, tails removed
- Jerk spice mix
- 1 tbsp. fresh lime juice
- 1 tsp. red wine vinegar
- 1 tsp. honey
- Kosher salt and pepper
- 2 tbsp. canola oil
- 8 leaves butter lettuce
- Fresh cilantro leaves, for serving

Mango Slaw Ingredients:

- 1 small ripe mango, peeled and diced
- 1/4 small jicama, peeled and cut into matchsticks (or substitute for crisp green apple, Asian pear, or radish)
- 1/4 c. small red onion, finely chopped

Jerk Spice Mix Ingredients:

- 1/2 tsp. brown sugar
- 1/4 tsp. paprika
- 1/4 tsp. onion powder
- 1/4 tsp. ground all spice
- 1/4 tsp. ground cinnamon
- 1/4 tsp. chipotle powder
- 1/4 tsp. ground nutmeg
- 1/4 tsp. kosher salt
- 1 Sprig Fresh Thyme





Directions

- 1. Make the jerk spice mix. In a bowl, combine brown sugar, paprika, onion powder, ground allspice, ground cinnamon, chipotle powder, ground nutmeg and kosher salt, and thyme. Toss the shrimp with the jerk spice mix and let sit while you assemble the slaw.
- 2. Make the mango slaw. In a bowl, whisk together the lime juice, vinegar, honey, 1/4 teaspoon salt, and a pinch of pepper. Add the mango, jicama, and onion and toss to combine.
- 3. Heat a cast-iron skillet over medium-high heat. Add the oil and heat for 30 seconds, then add the shrimp and cook until golden brown and opaque throughout, 4 to 5 minutes.
- 4. Divide the shrimp among the lettuce leaves and top with the slaw and cilantro.

HOT SPOT



SIDDHARTHA'S KITCHEN

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

www.siddharthaskitchen.com

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.



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I STILL DO...

RELATIONSHIP ADVICE FROM BOLLYWOOD'S POWER COUPLES

Whether it's love at first sight or a deep friendship that blossomed into a deeper love, we love the thought of fairytale relationships and weddings. Let's stroll through the love-filled journey of a few Bollywood celebrities who have inspired us and have given us legit relationship and marriage goals: they know how to keep their careers and their personal lives in check, they keep their family values first, they keep their personal issues discreet, and give respect to their partners.

#newlyweds

Anushka Sharma & Virat Kohli Dec 11, 2017

Bollywood and cricket are the perfect pairing because they have given us 'Virushka'. The wonder boy of cricket, Virat Kohli and the Bollywood queen-of-hearts, Anushka Sharma are now officially man and wife, and are the epitome of fairytale by our standards. They are a rare couple who never fail to impress their fans with their camaraderie, they praise each other publicly and have never shied away from PDA, publicly supporting one another despite some rough times and negative press.

Virushka met on an ad-film set and sparks flew. Their love blossomed and after a while, they were just inseparable. Having dated for a few years, the couple decided to tie the knot in a fairytale wedding setting in one of the most gorgeous and luxurious locations, the Borgo Finocchieto in Tuscany, Italy. At first, fans thought it was a hoax but they tied the knot in a discreet ceremony organized by Shaadi Squad. They had fresh flowers flown in from Holland, textiles and decor from India, they wore Sabyasachi couture ensembles,

and catering was by celebrity chef Ritu Dalmia, giving perspective couples

some serious inspiration around the globe! Together, their net worth is estimated to be over Rs 600 crore, or Canadian \$120 million so they can afford luxury at its finest.

Virat makes for perfect husband-

material with his cute posts on

Instagram, whether it's complimenting

Nushkie's acting prowess,

professing his love. We'd say

these small gestures or words

only strengthen a relationship

and respect for your partner.

And, we love how Anushka is

there to cheer him on during

power couple is definitely goals

his crucial matches. This

all around.

supporting her decisions, or just



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"I don't know if before I met her if the moon or the sunset were as important." Saif Ali Khan

#fairytaleromance

Saif Ali Khan & Kareena Kapoor Oct 16, 2012

Undoubtedly, 'Saifeena' make for one the most influential and good-looking couples in tinseltown. Saif is the the Nawab of Pataudi, a princely state in Northern India established under the British Rule in 1806. Although India abolished the royal titles and states in 1971, who can contest that Saif comes from a royal bloodline which includes the last Nawab of Pataudi. famous cricketer Mansoor Ali Khan Pataudi, and his mother, an Indian film actress Sharmila Tagore? Kareena can actually claim that she married a prince!

They each have built their successful film careers independently, although being from Bollywood royalty helps a little. Some would say that they are followed by controversy, but we like to think that they make their own rules which are unconventional at times, but it works for them. Love blossomed between the two while working together in the beautiful locations for the film Tashan which include Ladakh, Kerala, and Greece. Rumour had it that she had dropped her then boyfriend, Shahid Kapoor and ran into Saif's arms, and there was no looking back ever since.

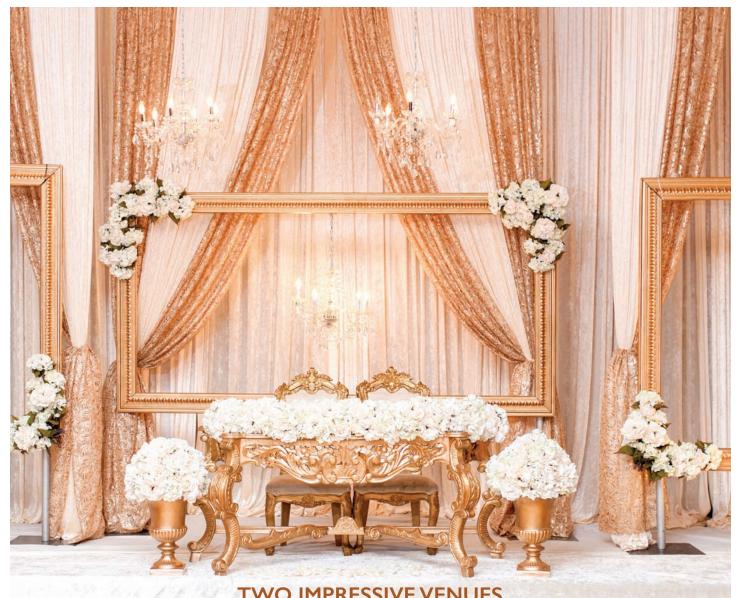
Age is no bar for these two love birds since they are ten years apart, but that didn't stop Saif from falling in love; he even tattooed Kareena's name on his forearm! They happily dated for nearly



five years, they moved in together for a while, and finalized their nuptials through a simple registered marriage in 2012. Last year, they became proud parents to baby Taimur who has already captured the hearts of his fans. Kareena continues to be a showstopper, juggling time for movies, motherhood and Saif. The couple are often seen making stylish appearances together at various events, awards, parties

or simply heading out for romantic dinners and trips. The duo has never shied away from professing their love and support for each other in public. Kareena is also very supportive and friendly with Saif's children from his first marriage to Amrita Singh, to which we applaud. We love that she is committed to Saif in all arenas and works to eliminate any insecurities to keep the family together.

She is the quintessential leading actress who refuses to give up on her career post marriage or pregnancy, and we look forward to seeing her on the big screen in her upcoming film *Veere Di Wedding* where she stars with her bestie Sonam Kapoor.



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"He is original and real, like our relationship. There is nothing predictable and boring about our life. Me nurture each other." Aishwarya Rai Bachchan

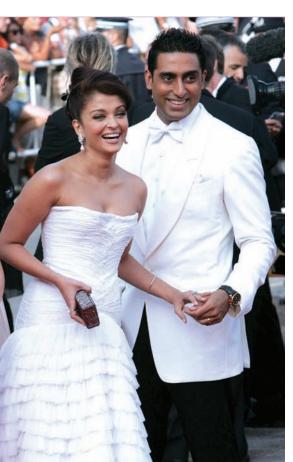
#friendshipfirst

Aishwarya Rai & Abhishek Bachchan April 20, 2007

How does one wake up everyday to the most beautiful woman

in the world? Abhishek must know how lucky he is - first Aishwarya became Miss World, then she was voted Most Beautiful Woman In The World, and she has even hit the Forbes' most bankable stars list. Interestingly, the two had separate love interests when they first met on the set of Dhaai Akshar *Prem Ke* in year 2000. Then, Aishwarya was dating Salman Khan and Abhishek was engaged to Karishma Kapoor. They slipped into friendship when on and off set but they finally wore out of their respective relationships, and friendship turned into romance between 2005-2006 when they filmed for Bunty Aur Bubli, Umrao Jaan, Dhoom 2, and Guru.

After 10 years of marriage, and a beautiful daughter, this power couple still makes headlines with their date nights, family outings, red carpet sightings, and movie offers. Friendship set the foundation for Ash and Abhi, who seem to weather storms together. These two are strong, successful and very much in love, still walking hand-in-hand into functions and laughing at each others' jokes which is what we all want, isn't it?





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#thelonghaul

Akshay Kumar and Twinkle Khanna January 17, 2001

Bollywood heartthrob Akshay Kumar stole hearts everywhere he went. Who

can forget his on-screen sizzling performance with then girlfriend Raveena Tandon for the song Tip Tip Barsa Pani in the film *Mohra* released in 1994? Then, from Rekha to Priyanka Chopra, Ayesha Jhulka to Shilpa Shetty, and finally, Akshay found love with Shilpa's bestie, Twinkle Khanna, who is the daughter of Bollywood legend Rajesh Khanna and Dimple Kapadia.

Leaving all controversies behind, Akshay and Twinkle have become one of Bollywood's most graceful couples who are in it for the long haul. She loves coffee while he prefers beetroot juice. She hardly watches movies while Akshay is a movie buff, she likes art and design and writing while he is into action-packed martial arts. Despite their different upbringing and interests, it's their practicality that binds them together. Who says you need to lose your individuality in a marriage?

Akshay has been the dutiful husband who takes his family out on vacations,

to interior designing and writing. In fact, when Twinkle initially started

writing a weekly column for a leading daily, Akshay would invariably go through the write-ups before Twinkle submitted them. From being co-stars to best friends, to life partners and movie producers, these two have found genuine support and understanding in one another.

The loving duo have coproduced *Padman* in which Akhi has given a stellar performance. Need we add more reasons to love this couple?



bakes with his teenager son Aarav, and takes his daughter Nitara for swimming on the weekends. His faith in Twinkle gave her confidence to switch careers, moving from acting







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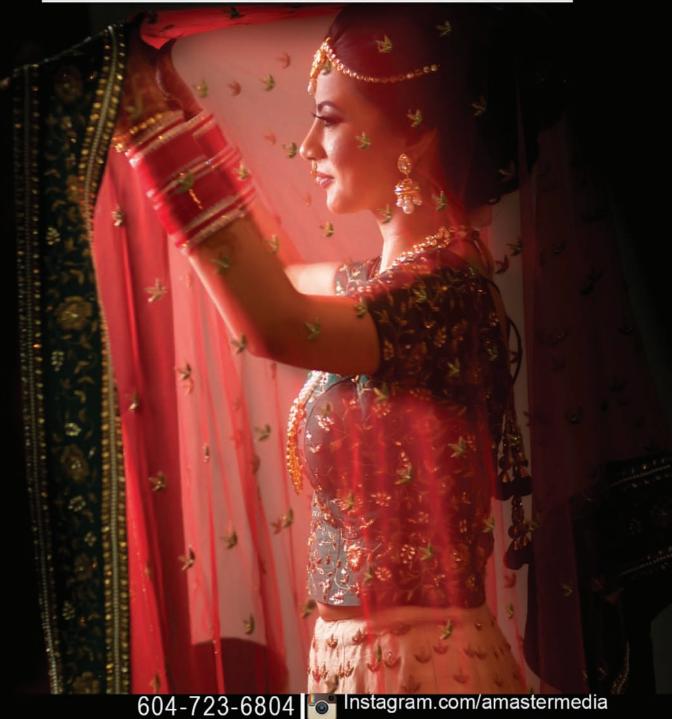
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RFAI TAIK

DIVORCED AND STILL SLAYING

by Junita Thakorlal

Ok, so here's the thing - I was at my cousin's wedding and all I could think about was how everyone was staring and talking about me...

he stigma behind the word "divorced" is one with a negative connotation. I remember wearing the shame of the word and all that goes with it, including living with the fact that I failed at marriage - because I don't like failing at anything! As a fresh divorcee, I had a hard time going out to public and community functions, and did my best to blend into the wall, especially at wedding festivities lest the Aunties notice that I was there and gossip about me being divorced.

"Here she is to tarnish the family reputation."

"She is so pretty, it must have been her fault."

"Her poor father, where will he marry her off to now?"

These are some of the things that went through the gossip mill but y'know what? Divorce is a fact of life - get over it, or get out of my way. At least now, I can think and say this directly to the mean Aunties. They didn't live my life, they didn't feel the shame and guilt that was thrown on me, they didn't deal with my mother-in-law who claimed her son could do no wrong, they didn't deal with lawsuits and the pain of them, they weren't there to wipe away my own mother's tears as she struggled sleeplessly night after night, they didn't lose all of their friends in the process of him-versus-me, they didn't have their

personal reputations hung on a stake or damning stories being told about them, and they certainly did not know how sad and lonely it felt.

Through all of it, divorcees seem to persevere. A question that still haunts me today is why should women carry the burden of shame with them while

men carry on no matter their role in the relationship (or lack of it)? Are failed marriages not the fault of both parties and their lack of understanding and communication, perhaps even skewed perception of the truth? When did women become the punching bag for society? And how do I change this perception?

After years of struggle and self-isolation, the realization was that change starts from within, and I can only change what I can control. How many Aunties can I tell my story to? How much longer will I continue to let my story run my life so that I could wallow in my own self-pity? Wouldn't it be so much better to just buck up, pick myself up, and actually enjoy my cousin's wedding?

Today, I still have the same career opportunities, a strong family unit that has my back no matter what, a bond of sisterhood with a tight group of super cool chicks that are authentic and real. And most of all, I stand in my own confidence ready to take on any challenge that gets thrown my way and loving every moment of it. I learned to fill the holes in my heart with selflove and compassion. To boot, none of my clients or social media followers cares that I'm divorced. So, I'm not letting a few Aunties stand in the way of my goals and dreams. Why should you?

Is it the glitz&glam OR true love?

by Amrita Lit

A union should be about joining together with someone who compliments you, not completes you.

e all know Indian weddings can at times turn into "one big circus act." But, what you may not know is that in order to meet the demands of society; regarding lavish decor and extravagant outfits some people are running themselves into the depths of debt, all to save face against the pressures of peers and relatives.

Not only is this one of the consequences of our over the top week long shenanigans of celebrations, but we must also stop to think about the "why" of a wedding. Why are we seeing so many unions end before the debts for these events are even collected? Are kids rushing into things for all the wrong reasons? Are they chasing a dream rather than creating a reality?

Is it all even worth it in the end?

All in all, our minds say, "no." It's not worth it. But we still do what we do because it's the status quo. And we all know our culture doesn't like to disrupt the norm. Not to mention the wedding industry is a multi-faceted, booming field, which helps many make a living via mendhi applications, and dupatta pinning and the such.

In the day and age of social media, it's all we have shoved down our throats. These picturesque brides and grooms seemingly living out their fairy tale happy endings. All at the literal expense of their parents. The only problem is that this whole charade is just that - an act.

There are much too many oxymorons and contradicting behaviours going on. Our parents save for a lifetime only to blow their earnings on a week of an ever growing standard of events. We rush into unions, only to realize we sometimes haven't made the best of decisions in our choice of partner - we were merely fulfilling a role and completing a checklist. We get married in temples while spiritual hymns echo through the hall, only to shotgun beers at the park an hour later.

While your kegs await you in the party bus - equipped with stripper poles and all in the temple parking lot, perhaps it's time to reflect. What does this say about Indian society as a whole? How does this discordance reflect on our mental and emotional well being? Perhaps we need to work on growing more as individuals rather than rushing into attempting to grow as a lifelong pair.

It would be much more wise to spend that type of money on the down payment on your first home, and maybe even splurge on your honeymoon. Or, dare I say, the trend may need to change to having the happy couple pay for everything themselves. With today's cost of living surely these vendors would have no choice but to lower their prices to match the clientele's budget. The only reason we spend an arm and a leg on these events is because our parents are footing the bill. The least we can do is behave in a manner that wouldn't make our parents cringe should they watch what goes on behind the scenes on our wedding day.

Getting married should mean you've already reached a level of self-establishment and success on a individual level. It shouldn't be a way to complete oneself or somehow attain a higher level of happiness. There's really no point in going through the motions if your heart isn't in it.

Hopefully this is a lesson that can be learnt sooner rather than later - before the debt collectors come knocking.





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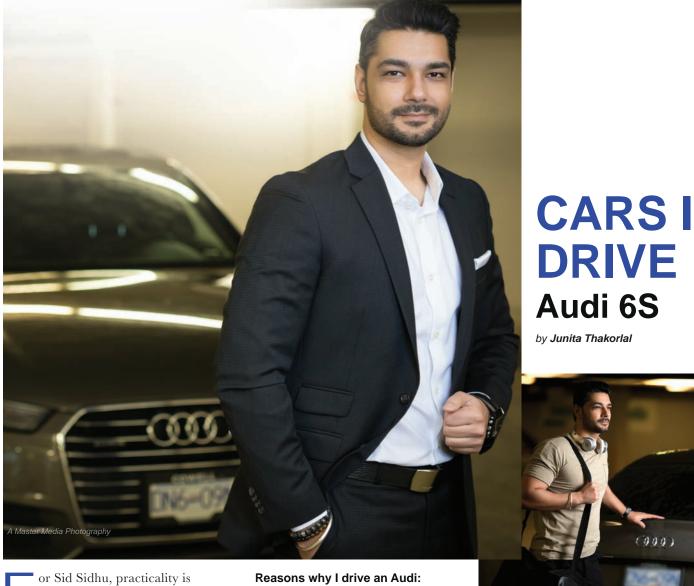
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or Sid Sidhu, practicality is everything. As a marketing manager for telcom giant Telus Communications, Sidhu manages business strategy for the Vancouver Island region, and consults on regional marketing projects in the Vancouver and Fraser Valley regions, which means he drives...a lot. Spending time in his car calls for convenience which he claims he gets from his current ride, the Audi 6S.

"I've always loved Audi cars," shares Sidhu. "Prior to owning this one, I owned an Audi A4. I love Audi's sleek design, and it works with my style sharp and practical."

Sidhu also owns a social media marketing company called Vercity Properties, where he markets million dollar luxury property listings on instagram. Being a millenial, the Audi brand got him at first but the number one reason why Sidhu loves his vehicle is practicality.

- 1. **Quattro** this means it's an all wheel drive so snow or shine, he is always on the go, not to mention the sport differential actively distributes torque to his rear wheels so he can accelerate into curves and turns perfectly.
- 2. *Multimedia Interface* there'a dial controller, buttons, and touchpad on the console which allows him to be connected all the time to the smartphone interface so he never misses a beat between his apps, calls, and messages. The connection supports live traffic, current public parking garage capacity, gasoline prices, weather, and his fave location-based Wikipedia.
- 3. *Idle-stop* the engine seamlessly shuts down at traffic stops, reducing emissions, reducing engine wear, and saving gas.
- 4. **Luxurious** not only is the interior spacious but it's luxurious (in a practical way). There are natural wood inlays,

leather-wrapped multi-function steering wheel, wrap-around driver-centric dashboard, heated eight-way power seats, and a Bose 14-speaker surround sound system.

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5. **Spacious** - the Audi 6S is a full-size sedan with spacious back seats and a large trunk space so he can cart around his gym gear and his entourage in style.

Favourite past-time: I'm very active and love going for different hikes across BC. I can take this car anywhere.

My first car: Dodge Charger

My dream car: Aston Martin Rapide S. I love a practical car – it's a 4 door sports car –V12 with over 550 bhp – this is as best as 4 door could ever get.





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FERRARIThe Living Dream

by Mandeep Bahia

asked ten friends what they thought the most coveted vehicle in the world was, and eight of them answered Ferrari without hesitation. Coincidence? Luck? Or perhaps the fact for the past six decades, Enzo Ferrari created a legacy without comparison?

The allure begins from its breathtaking looks, chiselled from generation after generation of design angled towards automotive perfection. Using a combination of ground-breaking scientific technology with the pedigree of thousands of designers working towards one common goal, Ferrari IS the single most desirable vehicle money can buy. Just the thought of the name evokes an image of opulence, success and a level of sexiness that is unequalled.

Started by Enzo Ferrari in 1939, Ferrari evolved from Alfa Romeo's race division but quickly grew into a whole different breed of vehicle, both on the track

and on the road. A mark of distinction that cements its worth as a vehicle that boys dream of owning, and playboys compete to own, certain models cannot even be purchased without proof of ownership of a laundry list of previous Ferrari vehicles.

What exactly makes Ferrari so heartbreakingly wanted? It's a complicated formula that involves the sleek look of a model coupled with the feel of a custom-made Italian suit and the performance of an untamed stallion. Its unwavering vision and aspiration to be the very best has created an infatuation with modern day media, and has appeared in everything from James Bond movies to centre stage at every level of automotive racing.

Its brand recognition holds weight; the prancing horse symbol is one of the most recognisable badges in the world and represents the thoroughbred heritage and performance of this Italian giant. According to the world's leading independent branded business valuation and strategy consultancy, Brand Finance, Ferrari once again has made it to the top 10 most valuable brands in the world in 2017, coming in fourth just behind Lego, Google, and Nike. Should you be lucky enough to own a Ferrari, you have achieved the living dream of hundreds of millions of drivers.

Availability depends of the model and options of choice, but even entry level Ferrari's will stand tall in the sea of automobiles available in today's market. Most having the hair-raising V8, V10 or V12 variants, they will propel you to breakneck speeds in the blink of an eye, and now the electric motor powered La Ferrari has firmly taken its place on the throne as a king of the road.

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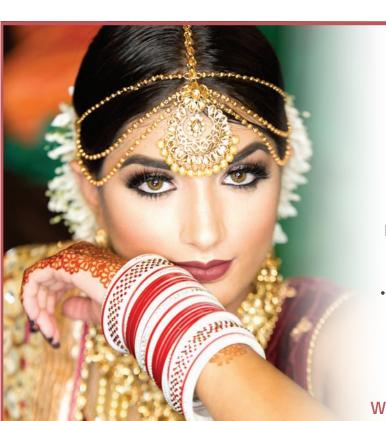
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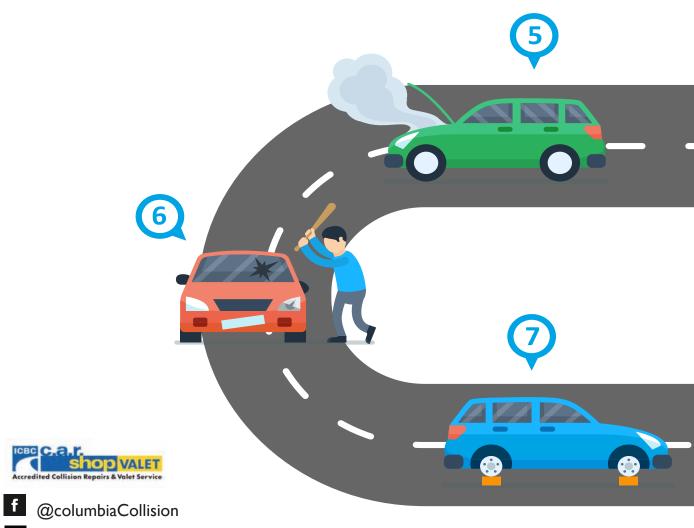








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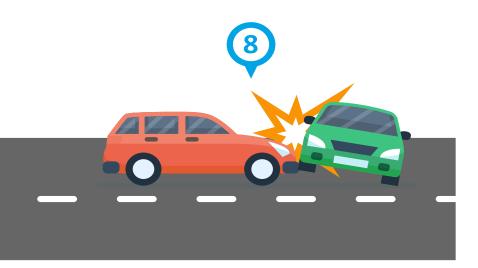


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