

AAARZU

magazine

Winter 2018

MAKE UP MUST-HAVES

A WIFE'S TALE:

Society Women Bare All

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HOLIDAY HOME

SEX & SCANDAL

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Kanwaljeet Singh (Lucky) Randhawa
Aarzu Magazine Founder

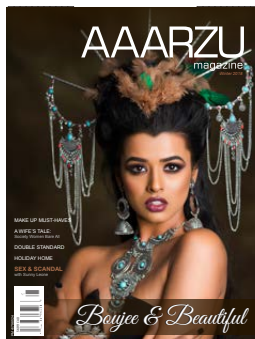
Cool days and cooler nights make me want to spend time getting cozy with loved ones as we gear up for Christmas and the holidays. The warm spirit of giving is a reminder to appreciate them with small tokens of appreciation that come from the heart. It also reminds me of when I came to this country with empty pockets, no family and friends, and a dream to be in a position to help those less fortunate. Today as I look back, I'm reminded of the most important thing that kept me going – love.

Wishing all of our patrons, supporters, and readers a very warm and festive season ahead!

Sincerely,

ON THE COVER

Outfit: **Tara Jumpsuit by CityLux Boutique**
Tribal Jewellery: **Sequins By Aman**
Producer & Stylist: **Junita Thakorlal**
Photography: **A Master Media**
Makeup: **Maliha Artistry**
Hairstyle: **Angela Ohana**
Model: **Ashleen**
See page 30 for details



IN THIS ISSUE

FEATURES

- 22** A Wife's Tale
- 48** Dr. Priscilla Narotam, A Hands-On Approach to Back & Body Health
- 66** A Candid Conversation: Ratana Stephens, Organic Food Icon

FASHION & BEAUTY

- 10** Finding Your Own Authentic Style
- 29** Fabulous Fashion Finds
- 30** Boujee & Beautiful
- 40** Style Inspo
- 43** Get The Look
- 46** Makeup Must Haves

LIFESTYLE

- 36** Sex & Scandal with Sunny Leone
- 41** Women on Top
- 56** Marijuana Today: Proceed With Caution
- 76** Real Talk: Double Standard
- 78** Horoscope

FOOD

- 60** Leadership Begins At Home
- 64** Recipes
- 69** Restaurant Hot Spots

HOME

- 52** Show Me The Money
- 58** Holiday Home

AUTO

- 80** Cars I Drive: Maneesh Nanda
- 83** Luxury on Wheels



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A NOTE FROM THE EDITOR

In this issue, not only are there some fabulous Christmas gift ideas to put under the tree but also some tried and tested products that will make your cosmetics case and closet burst at the seams. With over 90 fashion, beauty, and gift ideas, you can be boujee, badass, and beautiful all at the same time! We also talk

to five of the most prominent 'it girls' around town, getting their take on balancing love, life, and happiness; and business tycoon Ratana Stephens who takes us on an inspirational journey of entrepreneurship.

From our family to yours, Happy Holidays!

♥ *junita*



Junita Thakorlal

THE TEAM



MINU GUPTA

Minu is an artist and experienced graphic designer in print and web media. She is fascinated by nature's beauty and in her free time can be found hiking, sketching and painting.



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.



JUNITA THAKORLAL

Junita has been in marketing, publishing and media for 15 years, and fuses creativity with strategy on all her projects through her own company, Thakorine Consulting.



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



INDERJIT SINGH MANN

Inderjit runs the videography and photography powerhouse company, A Master Media, with his brother Ramanjit. Together, they capture powerful memories.



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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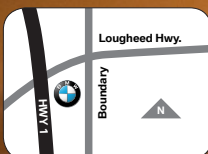
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Finding your own AUTHENTIC STYLE

by Parry KhunKhun

There's something empowering about "dressing up." It changes your demeanour and studies have shown that it influences the way you think. But you don't need to spend a lot of time and money to create a powerful presence through your clothing - authentic style is not about getting noticed, but all about being remembered.

Your daily choices and preferences help you to know more about who you are. Your likes, dislikes and preferences, your hobbies and interests, the way you decorate your home, and your personal style in clothes, furniture, and cars all help you to express your individuality. So, are you ready to bite into your closet and discover which clothing boosts your confidence and which outfits to dump?

Here are some basic principles of authentic style to

help you express your true style personality:

1. DRESS FOR 'YOU'

When you look at your clothes, ask yourself: what influenced my choices? Are there choices influenced by family members or friends? Do you have items that were purchased because they were 'in fashion', and not because you were drawn to them? It's easy to feel the pressure to conform in today's society – media can lead you to believe that you have to look a certain way, and this is certainly very true of the clothes that you wear. We are all unique individuals, so why do we all want to look the same? Clothing is a reflection of your personality – not anyone else's. Stick with items of clothing that you love and fit with your individual taste.

2. SELECT WISELY

Reserve your closet space for items that you love 100%. Aim to curate a wardrobe that you love and makes you feel excited about getting dressed each morning. Set your standards high: 'Good enough' and 'ok' should not make the cut.

3. DEFINE YOUR STYLE

Perfect your signature look. If you're struggling to identify what your own style personality is, do some self discovery! Buy some magazines or surf the web looking at clothing styles that you like the look of – create a collage with them, and note next to each item a few words to describe why you like them. For example, you might notice you've written the words feminine, soft, floaty

to describe some items: this gives you a clue that your style preference is about looking soft, feminine and romantic.

4. DRESS HOW YOU WANT TO FEEL

Forget conventional style typologies like 'classic' or 'bohemian' and create your own unique look. There is no single perfect wardrobe, only one that fits your individual style and lifestyle. Create your own unique look and build your wardrobe around it. Use your clothing to shape how you perceive yourself – think about the sorts of clothing that will boost the levels of the trait you'd like to have more of. What clothing might make you more professional-looking, for example?

5. INVESTMENTS

Invest time and thought into developing your own style and selecting the perfect garments. The time and thought you put into building the perfect wardrobe is far more valuable than an unlimited budget. Invest in your wardrobe by putting in the work: actively define your style concept, figure out a versatile wardrobe structure and hunt down the perfect garments one at a time.

Don't be afraid to express yourself and to have authentic person style. When you dress in a way that embraces your personality, you will feel comfortable and confident in your own skin!



ABOUT THE AUTHOR: Parry is best known as a Style Coach and Makeup Artist that is motivated to assist others in creating a style which reflects their own expression of themselves.



Aly Jiwani
General Manager

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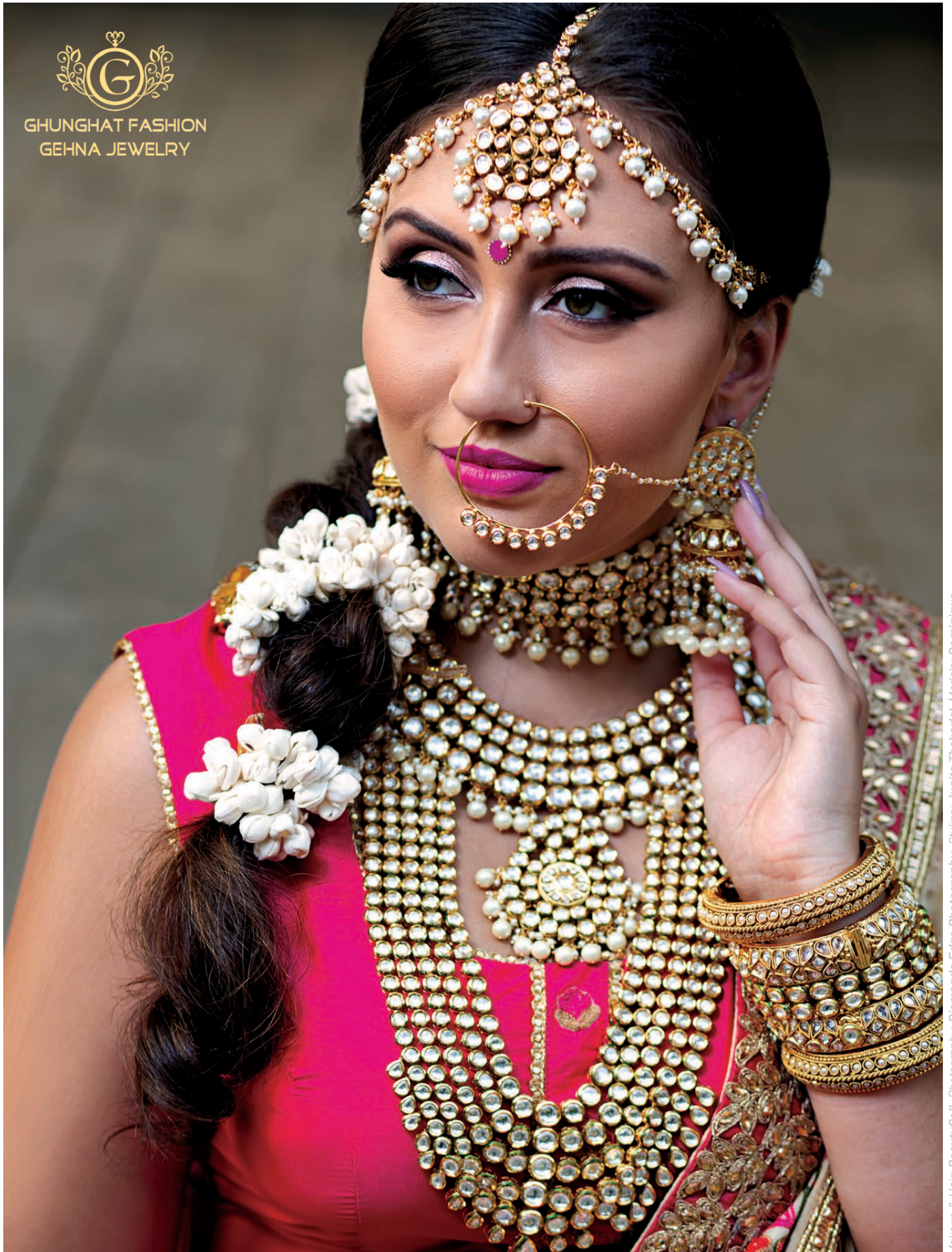
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A Wife's Tale

Society Women Bare All

by Junita Thakorlal

An extraordinary woman has an air of mystery, exudes love and confidence, and enjoys and loves life without taking herself too seriously. She's desirable, intriguing, and someone who believes in herself. She is fierce about her family and home but knows how to entertain and when to have fun.

We interviewed five of Vancouver's 'society girls' who embody all of the traits of extraordinary women. Their husbands each run business empires that make these couples the trendsetters, and every event they attend the 'it' party. They share secrets and advice on love, life and happiness.

Read the in-depth interviews online at aarzumagazine.com

Concept, Direction & Copy: **Junita Thakorlal**
Concept & Set Design: **Revamp Event Rentals**
Stylist: **Mesha Toor**
Photography: **A Master Media**
Jewellery: **Hookum Design Studio**
Makeup: **Blossoms By Preet, Desire Bridal**
Hair: **Violet Shadow Studio, Nosheen Saqib**







DEEP CHOCHAN

Skirt: Zuri Designs Blazer: Tommy Hilfiger

DEEP CHOCHAN

STATUS: Married for 28 years to Perminder Chohan, Managing Director of Desjardin Financial Richmond South Financial Center. Since 2009, he has recruited and trained over 600 insurance agents which he still oversees today.

OCCUPATION: Dietary Aid Helper

at Surrey Memorial Hospital, but really Perminder manages the business and I manage him! **laughs.*

CHILDREN: one is a Psyche Nurse in Langley Hospital, one is in the 12th grade

FAVOURITE FRAGRANCE: Chanel Chance Eau Tendre

Q: What quality to you admire most about your husband?

A: He dreams big and it's so inspiring. I am so proud of his achievements. The number one quality I adore in my husband is how he loves his family.

Q: Who is the romantic one in your relationship?

A: He is! He always tries to surprise me. My life is full of surprises! He always buys me small gifts and flowers. He never misses a bouquet of flowers on Valentine's day, he knows I love them.

Q: How do you keep up with his social calendar?

A: I usually go with him to his events as much as I can. Sometimes it gets tiring but when I get home I remember the days when we had nothing, and it's important to not forget that. Now, I don't ask for anything -- I am happy with what I have, I just say thank you to god every morning. I'm proud of his dedication to his work and his passion to help people.

Q: How do you feel about showing public display of affection?

A: I'm the affectionate one out of the two of us but I say no to public display of affection, I'm very private this way. Love has to come from the inside, it's not about what we show other people.

Q: What is most important in your marriage?

A: Running a big company means Perminder is busy. The kids see how hard he works and the support they receive from him. Whatever we have, we share because money can't buy love or good family.

Q: What advice can you give to women for a happy marriage?

A: If you have understanding, then there is no way someone can come in between you. Love without expectations. As soon as expectations come, it seeds negativity.

SUSHIL TOORA

STATUS: Married for 25 years to Raj Toora, CEO of Toora Home Plans. Established 1997, Toora Home Plans drafts custom plans for new residential homes and renovations across North America.

OCCUPATION: I work part time in Accounts Receivable for Toora Homes, but I am always running to City Hall for approvals on drawings and the bank for deposits.

CHILDREN: 2 boys in university

FAVOURITE DESIGNER: I am against leather and animal cruelty, so I don't own any leather designer handbags, although I love Gucci and Chanel.

FAVOURITE DRINK: Caesar and at Spice 72 Restaurant, they make a rum and chocolate shot with fire. I love this!

Q: Do you like working with your husband?

A: As long as he doesn't pretend to be my boss! *laughs

Q: How often do you entertain at home?

A: Raj always has some sort of meeting or engagement -- we have a huge social network and Raj likes to help with non-profit organizations, so we go out at least 4-5 days per week and entertain at home the remaining days. It gets tiring sometimes but we both love being social!

Q: What advice can you give to couples working together?

A: I never interfere and ask him what he is doing, how much he charges clients, or question his decisions. I just focus on my own work and listen to him when he is venting. Mutual respect is required.

Q: What is the secret to a happy marriage?

A: Never feel like you're getting old. Always go with the current trend or else life becomes mundane. And don't be

afraid to talk about your sexual desires with one another, it's important to be equal in the bedroom. If your man is not satisfied in the house, he will look for something else outside. We still go out on dates together, and I am not shy if he kisses me in public or in front of the kids -- it's important that he knows that my world revolves around him.

I don't stand for someone telling me how we should and shouldn't behave in public, it just tells me that they are judgemental and stuck on a stereotype.

Q: Tell us something we don't know about you.

A: I'm a pescatarian, I don't eat meat and avoid everything leather if I can.



SUSHIL TOORA

Outfit: Made In India



RUBY ARORA

Outfit: *Made In India*

RUBY ARORA

STATUS: Married for 32 years to Paul Arora, CEO Gagan Foods. Established 1991, Gagan Foods is now the largest South Asian wholesale company in western Canada specializing in produce, packaged foods, and non-perishables.

OCCUPATION: I handled Inventory

and Finance at Gagan Foods until 5 years ago. There was a lot on my plate running a company, socializing, entertaining suppliers, customer service, plus maintaining a personal social life. I'm home now handling "headquarters".

CHILDREN: one is studying medicine, one is handling Finance and Operations

at Gagan Foods.

LUXURY ITEM OF CHOICE: I'm hesitant to buy expensive things for myself because I remember the days when we struggled, but HE will buy me designer handbags and jewellery. I'm fairly thrifty with my spending.

Q: How did you manage work life balance plus a busy social life?

A: Working and being a dutiful wife and raising children, plus entertaining clients 3-4 times per week was not easy. But I focused on the big picture which was when I could retire from the company and do things that I wanted to do. When I was working with Paul, and even still today, I make fresh breakfast and lunch and pack it for him since dinner is usually outside somewhere. I still run errands for the business if Paul needs me, but I manage my time myself and always find time for self-care.

Q: How does your husband show you he loves you?

A: He loves to take short trips and surprises me all the time with last minute trips for the weekend. For many, many years, and even now, almost every Saturday he buys me a single red rose. It's very romantic of him. I'm admiring my rose right now.

Q: What was your secret to maintaining a happy marriage?

A: We never brought home any baggage from work, arguments don't take you anywhere. Never go to bed angry -- I never want to have any regrets should one of us not wake up in the morning.

Q: Do you have any unfulfilled dreams?

A: I love singing and listening to music, and I'm actually learning how to play the piano. My dream is to learn how to play hindi songs on the piano.

MY SECRET WEAPON: Cooking. Paul loves my bhindi (okra), aloo gobi (potato and cauliflower curry) and goat curry.



"I joined the company when our secretary was ill for over a month. I joined as temporary relief 20 years ago and just never left."

HARJINDER BHOGAL

Skirt: Zuri Designs Cream sweater: Rachel Zoe

HARJINDER BHOGAL

STATUS: Married for 28 years to Paul Bhogal, CEO of Sunrise Kitchens. Established 1983, Sunrise Kitchens specializes in designer cabinetry for residential living.

OCCUPATION: Manager of Accounts Payable and Payroll at Sunrise Kitchens

CHILDREN: one son in University, one daughter who manages Human Resources at Sunrise Kitchens

IN MY PURSE: Chapstick and drivers license, doesn't matter who is driving I always have these things with me.

Favourite brand of shoes: Michael Kors, because they are quite comfortable!

Q: Is your husband romantic?

A: I love it when Paul dotes on me,

every woman wants her husband to shower her with attention. This doesn't necessarily mean he shows off in public about his affection for me but every day he shows me that he cares.

Q: Does your husband help you in the kitchen?

A: Not really but every Sunday he makes chai in the morning. Once per month, we have a prayer and he makes the *prashad* (offering) himself.

Q: How do you keep a happy marriage when you work with your husband?

A: I hardly see Paul at work -- he is always so busy so I just focus on my own workload and we don't interfere with one another at all. No one is perfect, but just give the benefit of the doubt to your partner and talk it out through open communication. Rain may be coming

now but the clouds will break, and the sun will shine through always. I just remember this, and it helps dissipate my anger.

Q: What is the most valuable gift he has given you?

A: Understanding. He gives me space in my personal and professional life, he doesn't interfere with my work or at home with my family, and the biggest thing is that he never says no to me when I ask for anything, and he doesn't question or stop me from buying something. He has given me my independence, respect, understanding and so what more do I want?

Q: What is your secret to always having fabulous Instagram photos?

A: I used to be a model in India before I moved to Canada so I know my angles.
*laughs



SHASHI SHARMA

Saree: Satya Paul Canada Stole: Stylists own

SHASHI SHARMA

STATUS: Married for 38 years to Kamal Sharma, CEO of KVP Entertainers. Established in 1990, KVP Entertainers has made Bollywood accessible to the masses through a video store which is still open today in Surrey. Their first international star concert was with Jagjit Singh in 1994.

OCCUPATION: Finance Manager, and I also help him with organization for his events when he needs me.

CHILDREN: one daughter who manages theatre sales and catering at River Rock Casino Resort, and one son who handles distribution and marketing for Vikram Vij's frozen food products.

FAVOURITE DRINK: white wine

Q: Bollywood is such a glamorous industry. How do you keep up with the fashion?

A: It's not about how much you spend on clothing, it just doesn't impress me.

It's about how you carry yourself. I would rather spend on quality. Kamal spoils me but I don't like to spend unnecessarily.

Q: You've dealt with so many stars. Who would you say is your favourite?

A: Mahendra Kapoor – he was so sweet! There are so many! Richa Sharma, Hritik Roshan, Shreya Ghosal, Anupam Kher. The first autograph I got was from Om Puri and I will always remember that.

Q: You are in the public eye because of your work. Do you face any form of negativity at all?

A: I've never seen negativity so far in dealing with the public or with the stars, just people say we are lucky to be with the stars, but this is our work, our livelihood. Organizing 5-6 concerts per year keeps us very busy, and Kamal doesn't compromise on the quality or the sound system so people keep coming back. And when everything you do is about entertainment, of course it makes people happy!

Q: What do you love the most about your husband?

A: He is a very honest person and I love that about him. He has no hidden agenda.

Q: Do you have any relationship advice?

A: No marriage is perfect, it's a compromise. Seeing someone 24 hours per day can become difficult if you don't set boundaries and respect them. Always be patient and listen to your partner. Kamal is a workaholic and still is, but we weathered the storm and so will everyone else if they think about their relationship as one rather than two halves.

Q: What don't we know about you?

A: We were married at the original VHP temple in Burnaby.

FABULOUS FASHION FINDS

Trendy Fashions That You Need In Your Closet

EDITOR'S
CHOICE



COMFY AND CUTE PULL-ON PANTS

Supermodel Niki Taylor is the face of UP! Pants 2018 Fall/Winter campaign. This revolutionary pull-on pant that has been changing the fashion world by merging fashion, function and fit to empower women at all ages and make them feel confident

in who they are. Featuring Thincredible Fit™ breakthrough technology that works by using materials that stretch perfectly and comfortably to conceal any imperfections, the new collection comes in 80 chic styles, colours and patterns. Check uppants.com for store locations.



SWAROVSKI JEWELLERY

Add a little glitz to your wardrobe with Swarovski. Seen here on supermodel Karlie Kloss, glamour comes alive with these sparkly little bits. Available exclusively at Crystique Gifts in Willowbrook Mall. Crystique.com



CREATIVE BOX PURSE

This vintage style hand painted clutch features a serene Buddha portrait and pretty pink lotuses as the backdrop. It comes with a detachable chain, making for the perfect contemporary look!

Creativeboxstore.com



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Babbuthethepainter.com



WINONA BOOTS

Shine bright like a diamond in Steve Madden's new dress booties! This stunner crosses a crystal-covered metallic upper with a tall stiletto heel for an eye-catching look that'll turn heads wherever you go.

SteveMadden.ca

Boujee & Beautiful

*Fall in love with these glamorous fashion looks
as we step back through time for inspiration.*

Concept, Direction & Styling: **Junita Thakorlal**

Model: **Ashleen**

Hair: **Angela Ohana**

Makeup: **Maliha Artistry**

Photography: **A Master Media**





Tara Jumpsuit **\$179 CityLux Boutique**

Brigitte Shoes **\$198 Browns Shoes**

Evening Bag **\$60 Browns Shoes**

Tribal Necklace **\$30**, Tribal Earrings **\$50**,

Tribal Bangles **\$55 Sequins By Aman**

Headpiece designed by **Juniṭa Thakorlal**, embellished
with Tribal Necklaces **\$20 each Sequins By Aman**



Kirby Sweater **\$228 Babaton**

Ayisha Bralette **\$49 CityLux Boutique**

Gayle Leopard Print Shoes by Calvin Klein **\$145 Hudson's Bay**

Clutch by Design Lab Lord & Taylor **\$39 Hudson's Bay**

Pearl Necklace sets **\$95-210 Hookum Design Studio**



Kourt Skirt **\$94 CityLux Boutique**

Niku Long Vest **\$750 CityLux Boutique**

Walker Leather Boots **\$358 Michael Kors**

Kundan Cuff **\$65**, Hand Jewellery **\$35/pair**,

Uncut Kundan Set, call for pricing **Hookum Design Studio**



Bernetta Plaid Skirt **\$169 RimpY Sahota**

Coco Plaid Cropped Jacket **\$189 RimpY Sahota**

Crossover Patent Dress Heel **\$178 Marciano**

Brooklyn Small Leather Sachel **\$398 Michael Kors**

Sculpted Signature Tech Gloves **\$175 Coach**

Earrings **\$55 Sequins By Aman**



Kourt Skirt **\$94 CityLux Boutique**

Ayisha Bralette **\$49 CityLux Boutique**

Faux Leather Biker Jacket **\$179 RW & Co**

Stessy Shoes **\$85 Aldo**

Pounce Fanny Pack **\$40 Aldo**

Necklace **\$45 Sequins By Aman**



SEX & SCANDAL

with
Sunny Leone

How a South-Asian Canadian porn star became a boss babe

By Srushti Gangdev

In June of 2016, Punjabi-Canadian Karenjit Kaur Vohra walked into an interview with one of India's leading journalists to talk about her journey from Pornhub to Bollywood. The interview would soon become infamous -- CNN-IBN journalist Bhupendra Chaubey, sitting across from Vohra, had no hesitation in attempting to exert ethical authority over her.

"Am I being morally corrupted by interviewing you?" Chaubey asked her with a small smile.

"I can leave if you want," was Vohra's reply.

Vohra, of course, is most famously known by the name Sunny Leone, an adult entertainment film star. She worked as an actress in pornographic films between 2001 and 2013 -- and in 2012, she made her Bollywood debut with a lead role Pooja Bhatt's *Jism 2*.

Bollywood is an industry that catapults between scandal and propriety. Depending on whom you ask, kissing scenes are either unthinkable or expected; song lyrics have metaphors which could only be described as overtly sexual; men make dirty jokes and women blush or scold them. But even with all of India's hypocrisy, it's a big step to launch a porn

star in mainstream Bollywood.

Leone was accused of ruining the moral fabric of the country, even as the porn-watchers of India slyly googled her name. Housewives and mothers protested the fact that she was allowed to grace the big screen, as their young daughters choreographed dances to perform to Leone's hit song *Baby Doll*. As a matter of fact, a woman in Mumbai filed an official police complaint against her in May 2015 for "destroying the Indian culture" -- and similar cases have been filed all over India.

Through it all, Leone has maintained a gracious and professional demeanour,

even when speaking with people like Bhupendra Chaubey, who treated her as a personal social experiment.

In fact, she has used the volatility of her presence to do good in India. As she worked on the almost 30 Indian films she has been a part of, she took the opportunity to promote safe sex in India by encouraging the use of condoms. Even more boldly, she became the face of adult lifestyle store I'm Besharam, which sells sex toys for men and women, advocating sex positivity in a country where the word itself is a swear word.

Especially important about Leone's involvement with I'm Besharam is the choice as an Indian woman to encourage other Indian women to enjoy sex. In India, girls grow up being taught that sex is something men will try to do to them and that women must prevent sex from happening to them before marriage, and suffer it during marriage. But, Leone tells them to enjoy it.

Condom ads and online sex toy shops are just two of Leone's business ventures. She is also a sometimes-author, having penned a collection of short, erotic romance stories entitled Sweet Dreams

-- another example of Leone's attitude towards sex positivity -- and works as a brand ambassador for Indian gambling platform JeetWin.

Leone recently launched StarStruck, an online cosmetic brand selling lip kits in the style of Kylie Jenner. With names like Wild Cherry, Kiss Me Pink and even Baby Doll -- a callback to her own song -- she continues to successfully market her own personality despite the negativity she receives. StarStruck also runs a fashion line, collaborating with eminent Indian clothing designer Archana Kochhar. Along with tunics, dresses and lipsticks, you can purchase a personalized greeting card video from Leone for a cool \$450.

No matter your personal beliefs on sex and sex positivity, it's hard to deny that Leone is good at what she does -- and good at making money from it. The likes of Bhupendra Chaubey consistently do their best to pigeonhole Leone into a fringe-sex star-slut who dirties anything she touches. In the minds of the people who file police reports against her, Sunny Leone equals sex and nothing else -- and sex is bad.

But Leone is much more than that.

She's a businesswoman, an author, a feminist, and a social activist having worked with charities such as PETA and the American Cancer Society even when she was primarily known as an adult entertainment film actress. Now 37-years old, she is a mother of three -- she and husband Daniel Weber adopted a girl named Nisha in 2017, and she had twin boys Asher and Noah via surrogacy in May of this year. She's an Indo-Canadian girl who went to Catholic school in Sarnia, Ontario. She's a woman who can absolutely hold her own and be dignified in an interview dripping with misogyny and sexism.

Not to mention, she's a wildly successful mainstream Bollywood actor making a far more than comfortable living for herself and her family.

She's a living, walking testimony to the fact that Indian women can do anything they want to. We should be proud to count her among us.





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STYLE INSPO

TREND

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THE CLASSIC LENGHA

Sabyasachi is easily one of the best fashion designers in the India, sought after by South Asians across the globe. He always ensures his work is discernible from that of his contemporaries – bright hues, high necklines, floral designs, distinctive embroidery and his signature blend of picturesque olde worlde nostalgia mixed with arty-crafty colours.

Spotted at Wedding Sootra Boutique in Surrey is a look-alike which we are still in love with although it might be a season old. It's light and flowy, and a classic design which will never get old (we think!).

PANT SUITS

The ever-classic pant suits are super hot right now. You simply cannot go wrong with jacquard pants and an embroidered velvet kurti.

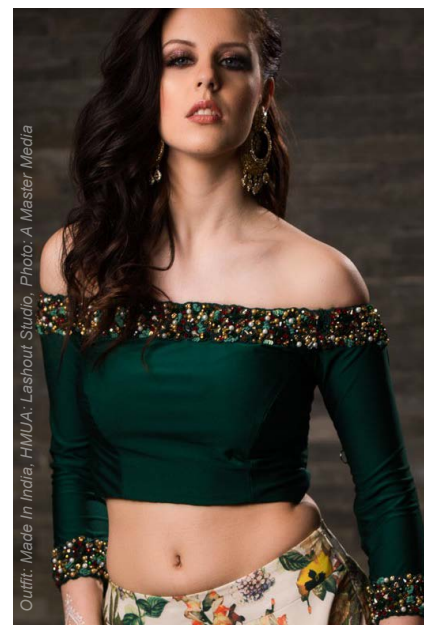


VELVET JACKETS

Crush it this season with embroidered velvet jackets to wear with jeans, sarees and dresses.



HMUA: LashOut Studio, Photography: AJ Studios, Outfit: Wedding Sootra, Stylist: Junita Thakorlal



OFF-SHOULDER

Shoulders can be just as sensual as cleavage, especially when baring skin is all the rage.

STATEMENT JEWELLERY

Bring on the bling with statement jewellery to glam up any wardrobe choice.



WOMEN on TOP IS YOUR SUCCESS ORGASMIC?

By **Hari Narang**

Are you an Alpha female?

Studies indicate that women with drive, ambition, competitiveness and striving for power tend to have higher levels of testosterone which ultimately makes one more sexual.

Traditionally in South Asian society, it has been men that have dominated the business world and positions of power. Despite being born and raised in a western culture, the upbringing of South Asian women remains to be with a traditional mindset in a male dominant hierarchical society. However, in the past few decades, women have come a long way and have excelled in every field, breaking the chains of societal burden. More and more women are taking a position of authority.

What effect does your mindset (either traditional or competitive) have on your sexual drive? Take a sneak peek into your own mind and decide how you feel about being on the top, literally and figuratively!

1. Does achieving success make you more sexually aroused? Or does your ambition make you emotionally and sexually cold?

2. Does being in a position of power at work make you intimidate, control and demand in bed? Or do you let go after a long hard day at work and let your partner be dominant in love making?

3. Being highly driven, do you like to be adventurous and experimental in sex? Or do you lay back and prefer a conventional missionary position? Or does your pre-occupation with

success affect your ability to reach an orgasm?

4. Being ambitious and powerful do you long to have more, something different, something extra on the side, seek a stranger for a one-night stand? Or do you always go back to your partner?

5. Being in a position of power, do you find men are afraid of you and feel threatened by your success? Or do you think men find your success exciting and desire you more?

Some studies show that a woman's success affects the ego of her male partner and makes him question his

own self-worth. This may especially be true in a male-dominated society. Success of a woman may make her partner feel like a failure, and his struggle with this reality may make him emotionally and sexually distant which may affect the relationship in bed.

There is a cliché that behind every successful man, is a woman. But does the success and power of a woman become an instrument in her man's downfall? Your reactions and comments are invited.

Disclaimer and acknowledgment

The contents in this article are for general interest only. It is not intended to create any prejudice or suggest any promiscuous behavior or any psycho-emotional effects on the reader. The writer acknowledges researching various literature in preparation of this article.



ABOUT THE AUTHOR: Hari is an Occupational Therapist and a qualified Traditional Chinese Medicine practitioner.





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Brows:

Anastasia Beverly Hills Perfect Brow Pencil in Caramel

Eyes:

Huda Beauty Dessert Dusk Palette
Beautycall Lashes "Ariyana"

Face:

MAC Prolong Wear Nourishing Waterproof Foundation
Tarte Shape Tape Concealer
Marc Jacobs Perfection Powder
Anastasia Beverly Hills Amrezy Highlighter

Lips:

True Fiction Lipliner in Deep Nude
Fenty Beauty Gloss Bomb
Universal Lip Luminizer

Expert Tip

Apply your concealer in a triangle-shape below your eye with the tip running parallel to the tip of your nose. Blend with a wet sponge for a buffed look that isn't cakey as the sponge will remove any excess. I love the Tarte Shape Tape concealer because the coverage is great without using a lot of product.



Eyes:

Colourpop Perception
Eyeshadow Palette
Stila Glitter & Glow Liquid
Eye Shadow
Beautycall Lashes in Amore

Brows:

Anastasia
Beverly Hills
Dipbrow Pomade
in Medium Brown

Lips:

Colourpop Ultra Glossy Lip in
Wham
Becca Shimmering Skin Perfector
Pressed Highlighter in Opal

Face:

Embryolisse Moisturizer
Becca First Light Priming Filter Face Primer
Kryolan Foundation and MAC Studio Fix
Makeup Revolution Ultra Contour Palette
Tarte Shape Tape Concealer
MAC Mineralize Skinfinish Natural Powder
Ben Nye Luxury Powder in Camel Mojave

Expert Tip

To keep your bobby pins in place, spray them with hairspray prior to use. This will keep pins in place even on silky straight hair! I recommend TRESemme brand hairspray which is readily available at your local drug stores.

Eyes:
Huda Beauty Rose Gold
Remastered Palette
Inglot AMO Eyeliner Gel
Leong Lashes

Lips:
MAC Lipliner in Soar
Stila Stay All Day Liquid
Lipstick in Patinat

Brows:
Anastasia Beverly Hills
Dipbrow Pomade in
Medium Brown

Face:
Huda Beauty #FauxFilter
Foundation
Tarte Shape Tape Concealer
Chanel Universal Setting
Powder
KatVonD Shade + Light
Contour Palette
Tarte Amazonian Clay Blush
in Paaarty
Fenty Beauty Highlighter in
Mean Money and Hustla Baby

Expert Tip

Making sure you remove make up properly every night. Exfoliating consistently and unclogging pores are steps that should be followed by every girl. I recommend Drunk Elephant Beste No. 9 Jelly Cleanser, followed by the Boscia Luminizing Black Mask.

Tarte Tartiest Pro Lash Adhesive

A latex-free, faux lash adhesive that's designed for application of tarteist PRO cruelty-free lashes.

Flaunt a bombshell flutter without the icky, bad stuff that can damage your lashes, thanks to this brush-on false lash adhesive.

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Lancome Hypnose Waterproof - Custom Volume Mascara

Control the waterproof volume up to six times for ultra-resistant lashes with 16 hours wear. This exclusive Softshield™ formula wraps and seals lashes one layer at a time, while the Patented Powerfull™ brush intensifies lashes from root to tip for soft, supple lashes with no smudging or clumping.

\$35 at The Hudson's Bay

MAKEUP MUST HAVES

by Junita Thakorlal

The cool season is all about colour and drama. From festive occasions to cool nights that scream to your inner diva for attention, add these products to your daily routine

EDITOR'S
PICK

Urban Decay Naked Cherry Collection

Sultry and ripe for the picking, and more tart than sweet, the Naked Cherry collection includes a range of cherry-hued shades that range from shimmering pinks and warm peaches to deep burgundies.

Eyeshadow Palette \$67



FARSÁLI

Unicorn Essence Antioxidant Serum

An innovative, water-based, dual purpose serum, which helps protect the skin from free radical damage, while preparing it for longer-lasting makeup application. It also helps to correct seasonal dry skin as we get into the colder weather.

\$67 at Sephora



Fenty Beauty by Rihanna Match Stix Trio

A magnetized trio of long-wear, light-as-air makeup sticks curated by skin tone, with two Match Stix Matte Skinsticks to conceal and contour, and one Match Stix Shimmer Skinstick to highlight.

\$67 at Sephora

Ana V Beauty X Simone Mommy Plays Lip Kit

Ana V's new collaboration with Simone from Z 95.3FM, these colours are for that fun risqué sassy girl in you who loves to play when the kids are away! Half of the proceeds will be donated to the BC Children's Hospital.

\$40 at anavbeauty.com



Shiseido Refreshing Cleansing Sheets

Convenient, ultra-soft, 100% cotton cleansing sheets that maintain skin's natural balance while whisking away the impurities, make-up and oil that can clog pores and lead to imperfections.

\$24 at Shoppers Drug Mart



A Hands-on Approach to Back and Body Health

DR. PRISCILLA NAROTAM

Dr. Priscilla Narotam realized her passion for medicine and spinal therapy at an early age. After studying biology at Simon Fraser University and fascinated with the structure and function of the brain and spinal cord, her obsession grew.

Leaving her family and friends behind, she moved to Portland, Oregon to pursue her Doctorate in Chiropractic from The University of Western States. Six years after she began her career, she took the plunge and opened up her own clinic, Windsor Square Chiropractic and Massage Clinic in South Surrey with the help and support of her husband Terry Sihota.

“I was pursuing my medical degree but after I researched the nervous system, I just fell in love with it,” recalls Dr. Narotam from her university days. “There is something about being more hands-on with my patients that is manual, conservative, and with no prescriptions that really appealed to me. I’m glad I chose to follow my passion, it allows me to give my patients a full treatment plan with the motivation only for their overall wellbeing.”

“It’s not just about adjusting and ‘cracking’ the back, this is why people may be apprehensive to see a chiropractor,” Dr. Narotam explains. “It’s so much more than that.”

Dr. Narotam specializes in body mechanics where with her hands-on approach, she will scan the entire spine to pinpoint exactly where the target areas and trigger points are that will help patients relax and heal. “I ask a lot of questions because patients may be apprehensive to share the details of their injury, or simply don’t realize what could be triggering their pain,” she says, also sharing that speaking in English, Gujarati and Punjabi also help put her patients at ease. “I have a genuine interest in their health and history, and it’s easy to treat the root cause of the problem when patients are open to sharing information.”

She claims that the most common issues are neck pain and low back pain. “Someone will present with headaches and numbness down their arm so then it’s easy for me to determine the cause. Physiotherapy and massage therapy will work to a degree but doing a combination of physio, massage, and chiro complement each other and get the joint to mobilize.”

Physiotherapy is exercise, getting the muscles to move and flex the way it was prior to the injury. Massage encourages relaxation so that the injured area can be ready for exercise. Chiropractic is joint and nerve therapy. “I use specific movements and techniques to realign the skeletal system, relieving pain and

improving mobility.”

“The majority of arthritis and migraine patients I see are female. When I find the tension spots, I find the root cause is usually in the joint or neck. Sometimes it’s hormonal, in which case I might prescribe an herbal remedy to help stabilize the hormone imbalance should it be required,” claims Dr. Narotam. “If it’s a soft tissue injury, I might do hands-on stretching to help relax the muscles prior to adjusting, in which case I might prescribe muscle strengthening exercises to take home. Each case is different.”

Many extended health benefit plans now include Chiropractic treatments as reimbursable, and in the case of an ICBC claim, Chiropractic care is also included in most cases. “I am part of the flat fee program through ICBC where patients don’t pay anything up front. As soon as inflammation is gone, I can see patients right away. Based on the severity of the injury, I might recommend 1-2 times per week to start but the human body is such that each injury is different from the next and it would be difficult for me to guess that how long each patient’s treatment is. Health is not cookie-cutter, it truly requires examination of the body and nervous system for me to diagnose properly. But I can request ICBC to send in additional coverage after the first three months

of treatment should it be required.”

Windsor Square Chiropractic and Massage Clinic is located in a healthcare-oriented building which also contains a physiotherapy clinic, dental office, podiatrist and neurologist offices, and a sleep well clinic. Only 1 block away from Semiahmoo Shopping Centre, the bustling and growing neighbourhood in South Surrey is minutes away from where King George Boulevard meets 152 Street. “I didn’t choose South Surrey, it chose me. I walked into the office and I knew it was mine. It just felt right,” she shares.

Dr. Narotam is daughter of Pravin Narotam, long-time volunteer with the Surrey Board of Trade. “I must admit, it was challenging to branch out on my own, learning the billing and administrative side of the business which you can’t learn anywhere except when honing your own business acumen. This is where my dad helped me a lot. He has been in business banking since the 1970’s, and he built his own business network through hard work and dedication. I plan to do the exact same.”

To book an appointment with Dr. Narotam, contact Windsor Square Chiropractic and Massage Clinic at 604-535-1242 or visit their website windsorsquarechiropractic.com.

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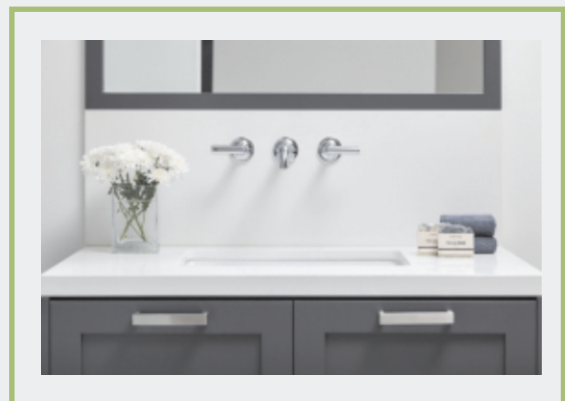
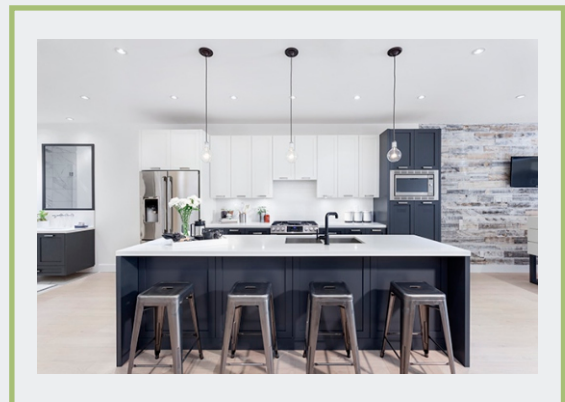
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SHOW ME THE MONEY...

by Deepak Jayakar

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It has been 22 years since the hit film Jerry McGuire was released where we all learned the famous catch phrase, “show me the money!”. No doubt, money is probably the most important thing needed for survival, and to be wildly successful -- when everything seems to be going in our favour, we still can't seem to have enough money. Even when we do, it tends to finish up quickly. In this context, probably the most enticing aspect of Feng Shui's popularity is related to its amazing impact on money luck.

Homes that have good Feng Shui find it easy to attract health, wealth, success and happiness due to its set guidelines on energy flow which are simple yet powerful. Here are some important tips to help you attract more power and wealth:

Most importantly to make success and money the first thing you need is endless opportunities coming on your way. When you have consistent and growing cash flow income, you are most likely to enjoy financial freedom. Instead of money controlling you when you were constantly chasing after paying bills and debts, you are in control of money and your business, that is the first sign of success.

NORTH SECTOR

In any home, North is the sector you need to enhance or activate to have your dream business/career success and

income luck.

1. Since the element 'water' rules the North sector, it is recommended to have an aquarium or some sort of water feature in the North area. If this is not possible, you may want to substitute with an image of a waterfall, dolphins jumping out of the water, or a picture of 9 fishes.
2. An ancient secret that also relates to Hindu mythology is to have a gold metal turtle in the North which signifies longevity and success to your business, and also protects you against competitors.
3. The most traditional way of activating your money luck is to have Kubera (Lord of Wealth), either in mandala format or a small statue, in the North -- it has the power to free you from money worries and financial stress.
4. Avoid washrooms in the North sector which will flush your money and success down the drain.

Your business will experience excellent turnover when the North sector is activated.

SOUTHEAST SECTOR

The second most important area of your home is Southeast that deals with your wealth luck, assets and business growth.

1. The Southeast sector is controlled by the 'wood' element, so it is recommended to have bamboos

displayed in this area. It's an easy-care plant that can survive any kind of light.

2. A running water feature is also a great activator of wealth luck -- make sure it has an LED light as well.
3. A Feng Shui traditional enhancer is to have wealth vase or cash box in the Southeast.
4. To experience investment appreciation and profit increases, display a picture of a million dollars or Canadian mint coins plaque.
5. To invite auspiciousness and abundance, display a picture or statue of the wealth goddess Lakshmi.
6. Christmas trees can be the great wealth activator when placed in South East. Decorate it with gold, silver, green, red, and blue balls.

Last but not least, NEVER have clutter, shoes, garbage can, cutting instruments, dirty linen, or medicine in North and Southeast sectors to enjoy your money, wealth and success. When your home has auspicious feng shui, success, money and your reputation rise, and losses are kept to minimum.



ABOUT THE AUTHOR: Deepak is Canada's most popular and sought-after designer and Feng Shui Master. With over 25 years of experience, his passion for design has allowed him to transform projects into outstanding spaces.



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MARIJUANA TODAY

Proceed with Caution

By: Sarah Smith

a drug that has proven hallucinogenic results on cognitive brain function.

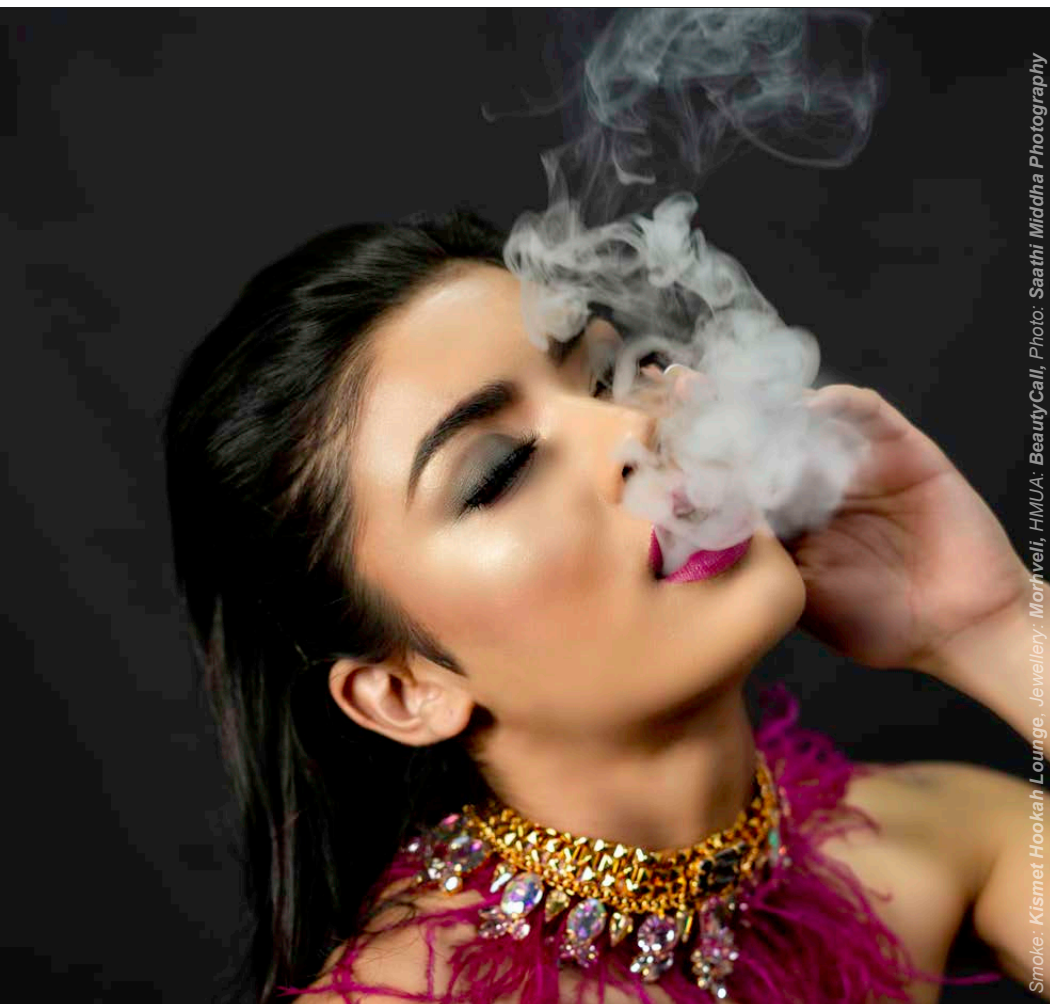
Because of the delicious effects of THC (a chemical component in cannabis that results in the associated “high” of marijuana), recent cannabis strains are produced to yield increasingly higher amounts, much higher than nature intended. With so many strains and varieties hitting the legal market, and with very little research to back up efficacy and safety, do people really know what they might be consuming?

Proponents may believe that the best thing about legalization is that you can smoke anytime or anywhere without really thinking about the accompanying regulation and standardization. Like alcohol, companies will have to document chemical content and percentage of psychoactive components - and this a good thing because you will know exactly what you are putting into your body.

Proponents also cite that “smoking up is better than drinking”. The comparison is easy to make. But is this really a fair comparison? Alcohol and alcohol abuse have been around for long enough for people to see the damage. Cannabis is just starting to become legal. A better comparison will be in the next 20 or 30 years when longer term effects of social cannabis use become real. To conclude a substance is safe, it must be studied in a controlled environment.

The decision to make cannabis legal is based on popularity and not actually on scientific evidence of either its effectiveness or its safety. This is not to say that the plant isn’t safe, but the truth is, there aren’t many long-term studies with large enough sample sizes for us to say for sure, and so we simply don’t know.

To say cannabis is either good nor bad is just too simplistic; and what it means for society is yet to be seen. But for newbies that want to try it, proceed with caution, and do a little research before you double down on those brownies.



Smoke: Kismet Hookah Lounge, Jewellery: Mornveli, HMUA: BeautyCall, Photo: Saathi Mridha Photography

Many are rejoicing at being able to freely buy and consume cannabis.

The conversation of marijuana legalization has been ongoing for 50 years. After the historic Woodstock concert in New York in 1969 where the world witnessed a public display of drugs, sex, and rock ‘n roll, LIFE Magazine published a series of articles outlining America’s marijuana statutes.

The then-Commissioner of the US Food and Drug Administration Dr. James L. Goddard, touted as one the

best in its history, was quoted, “our laws governing marijuana are a mixture of bad science and poor understanding of the role of law as a deterrent force. The federal and state laws should be revised to reflect the fact that marijuana is a hallucinogen and should be classified as such. It is not difficult to reach the conclusion that cannabism would become a societal problem.”

Fast forward 50 years and a whole lot has changed. The Late Dr. Goddard has been replaced by vote-grabbing politicians who seem to think that scientific research is not required to legalize



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\$419, West Elm

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Starting at \$329.95, Pier 1 Imports





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LEADERSHIP BEGINS AT HOME

When Shelina Mawani followed her love of cooking and a yearning to remember a piece of her heritage, never did she realize that her entrepreneurial and philanthropic spirit would be recognized globally.

Mawani, Co-founder of Nana's Kitchen and Hot Sauces Ltd, was recently conferred the prestigious Bharat Samman Global Leader Award at the 30th NRI World Summit at the House of Lords in London, England this past October. The NRI Institute, a non-profit non-governmental organization, awarded non-resident Indians (NRI's) from fourteen countries for outstanding achievements in their chosen field and for their contribution to the socio-economic development of India along with the country of their origin.

The only Canadian woman honoured was Mawani, for promoting heritage and entrepreneurship. Born and raised in Tanzania, she moved to Canada in 1983 and noticed immediately the divide between various South Asian cultures which she set out to bridge through the common thread of food. She and her sister Nasim Dhanji established Nana's Kitchen in year 2000 and have never looked back since.

Surrey-based Nana's Kitchen produces nearly 25,000 samosas per day in seven different flavours in an effort to fuse people of Indian origin and feed the demand of hungry consumers ready to partake in the culture through their taste buds. Available at the deli counter at over 5,000 grocery stores and in restaurants across North America, Nana's Kitchen's mission to become a household name is well under way.



Shelina Mawani, Co-Founder of Nana's Kitchen, with Lord Diljit Rana, Member of Parliament for the United Kingdom.

"I remember when I was a little girl and my mother used to donate food to the needy," reflects Mawani. "This is when I first learned about leprosy and it just pulled at my heart." A natural leader, Mawani became the chair of her local Lioness Club at the age of 21 and organized her first fundraiser for Leprosy Aid. She recalls the event fondly as it set her on the path of philanthropy.

"When I think back to those days back home, the question of caste and religion was not even a question when it came to helping someone, we all were simply just one community trying to preserve a piece of our Indian heritage; and this is what I work towards here -- breaking down the barriers between different community groups who work to preserve a piece of our Indian heritage and culture."

Mawani supports numerous community initiatives and charities, she employs

immigrant women in her factory and sets them up with proper training, and speaks about women's empowerment to crowds across the globe. When asked about the secret to her success, she shares that leadership starts at home with a simple idea and loved ones to support you. "Don't be afraid or embarrassed to ask for help, there is always someone there to catch you."



Photos: provided

Shelina Mawani, with H.E. Nadir Patel, High Commissioner for Canada to India

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CORN CHEESE BALLS

by: hebbarskitchen.com

These are the perfect little snack, vegetarian, with a cheesy surprise in the centre.

INGREDIENTS

- 1 cup grated cheese mozzarella / cheddar
- ¼ cup sweet corn fresh / frozen
- 1-2 potatoes boiled, peeled, mashed
- 1 tsp corn flour
- ½ tsp chaat masala
- ½ tsp pepper crushed
- salt to taste
- ½ cup corn flour
- 3 tbsp maida / all-purpose flour / plain flour
- 1 cup bread crumbs / panko bread crumbs



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INSTRUCTIONS

1. In a large mixing bowl, combine sweet corn, shredded cheese, and potatoes, chaat masala, crushed pepper and salt. Add corn flour - this helps to bind ingredients together and remove extra moisture.
2. Mix to form a dough. If it's watery, add more corn flour 1tsp at a time.
3. Grease your hands with oil and prepare small balls.
4. Roll balls in corn flour to coat.
5. Prepare a maida flour paste by missing with ¼ cup water. Dip balls into paste and roll in bread crumbs.
6. Freeze for 30 minutes, then deep fry in hot oil until gold brown. Or for healthier alternative, bake for 15 minutes at 350F or until golden brown.

TANDOORI MUMMIES

by: [Chef Prash, yummiyyours.com](http://yummiyyours.com)

These quick bites are easy to make, delicious and so much fun for your kids.

INGREDIENTS

- Tofu cut into 10 sticks
- Pillsbury Pizza Dough
- 2 tbsp oil



MARINADE

- 1/8 cup yogurt
- 1 tsp ginger garlic paste
- 2 tsp red chili powder
- 1 pinch tumeric
- Salt to season
- 1/8 tsp garam masala
- 1 tsp lemon juice

INSTRUCTIONS

1. Beat the yogurt to a smooth consistency and mix in the rest of the ingredients for the marinade
2. Toss the tofu sticks in the marinade to coat them well on all sides. Set aside and let it rest for at least an hour.
3. Pan roast the marinated tofu in a tbsp of oil or as required, or roast in the oven.
4. Cut the pizza dough into thin long strips and wrap them around the paneer sticks. Garnish as desired.
5. Bake in a preheated oven at 350°F for about 15 min or until the tops turn golden.

Feel free to substitute tofu with sausages or paneer.



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Ratana Stephens

ORGANIC FOOD ICON

by Junita Thakorlal



Ratana Stephens, Co-CEO of Nature's Path Foods

Canada's most powerful woman. The title suggests someone tall and brash – you would have to be if you were recognized in such a manner, not to mention being named one of BC's 50 Most Influential Women, YWCA Woman of Distinction, and Profit Magazine's Top 10 Female Entrepreneurs, and your husband won the coveted title of Ernst & Young's Entrepreneur of the Year in 2002, wouldn't you?

As I entered the Nature's Path Foods office in Richmond, BC to meet the co-CEO and winner of all of these accolades, my anxiety was replaced with delight as my attention immediately went to the enormous display of products jammed wall-to-wall. Cereals, granola bars, oatmeals, waffles, chips, cookies and pastries in every flavour imaginable lined the wall.

Organic food? Sounds pretty healthy to me, healthy being boring and bland. But

with over 150 products on the shelves of grocery stores and organic retailer across 50 countries, this particular brand of healthy eats was a sure-fire hit.

Her voice came booming from down the hall and as I turned around to greet it, I was met with this tiny woman who carried a warm and welcoming smile. "Oh great! You have met all of our products," said Ratana Stephens as she rushed to greet me, holding my hand as she carried on chatting about the Love Crunch line that her grandchildren love. "Try the dark chocolate and berries, if you don't love it then let me know."

She was right, it was like cheating on my diet with an indulgent chocolate ganache cake with a hint of raspberry coulis. "This is healthy?!" I asked incredulously with my mouth full, to which she winked and smiled at her newest fan.

Stephens runs Nature's Path Foods with her husband, Arran Stephens. After breaking barriers by marrying a Caucasian man for love just 22 years after partition, she moved to Canada in 1969. Dressed in a saree, she began working in a restaurant earning \$1 per hour. But, she knew she wanted more out of life. After earning her Bachelor of Arts in Psychology and Sanskrit and Master of Arts in English Literature, she and her husband Arran set out to create a movement on their own in the food industry. They opened Canada's first vegetarian restaurant in Vancouver, The Golden Lotus, followed by Woodlands Natural Food Restaurant, and then Lifestream in the early 1970's, which was Canada's first natural food market and manufacturer. Nature's Path Foods began in 1985, Canada's first certified organic food manufacturer.

"Over the decades, my husband and I have created businesses that embody

and nourish our passion for people and planet," shares Stephens. "We stand for the earth first. Our consumers know this because our products are always organic, our facilities are zero waste, and we're on a collective journey to become climate neutral. Arran was taught at an early age to 'always leave the earth better than he found it.' This is the guiding principle and mission of our company, still to this day. Driven by this mission, our continued goal is to be a trusted name for quality organic foods in every home by adhering to a triple-bottom-line standard of first being socially responsible and environmentally sustainable, then financially viable. One cannot exist without the other."

Today, Nature's Path Foods employs over 700 people in three manufacturing facilities and is recognized as one of Canada's Greenest Employers. Their dedication to their company mission also won them in 2017 the Rabobank Leader in Sustainability award and having all of their manufacturing facilities certified by the Zero Waste Business Council.

"Knowing that our production—from farm to table, is done organically—without toxic chemicals or GMOs, is our way of conducting business responsibly. To me, success is knowing that at the end of the day, my life and actions have made a difference," she shares earnestly. "I feel successful when I read letters of thanks and positive comments from people who are truly satisfied with and love our company and what it stands for. And, knowing that we can contribute to the communities we live in gives me deep satisfaction and a sense of success."

However, the road to success for Ratana and Arran Stephens wasn't always smooth. She shared stories of when they were building their business which included being overwhelmed



Photos: Curtis Look Photography

financially, dealing with a lack of industry knowledge and experience, by new categories and competition from huge multinationals, not to mention being plagued by guilt that she was not home with her four children, or guilt for not being completely present at work. “Being a working mother is hard because the competing pressures of career and home life are always top-of-mind. The temptation was there to simply give up. However, experience taught us that a success is a failure that never gave up.”

Finding work-life balance is a struggle everyone goes through, although some have it more challenging than others. In the case of the Stephens family,

raising four children required ruthless prioritization and time-management. To this, she shares, “make the most of the time you have with your children by being present, putting them first and making sure they always feel loved.”

Her advice to women who are treading the entrepreneurial path is, “give yourself permission to make mistakes. No one is perfect. Even the most successful careers have ups and downs. One cannot achieve success by simply pushing a button; it doesn’t happen overnight. Success is a tall ladder -- it is accomplished by climbing one step at a time. Sometimes the task seems impossible. So, you must have the strength and perseverance to keep

climbing, despite obstacles you will inevitably face along the way.”

“The South Asian culture is rich and nourishing. At home, the management of household duties and social activities often fall to the women. This can lead to an overwhelming sense of pressure and duty. Putting everyone else first comes with the consequence of forgetting about, and not pursuing, one’s own dreams. When you do go out in to the world, take all the best parts of south Asian culture with you and use these traits to make the world a better place.”

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All of the menu items at Siddhartha's Kitchen are created for the health-conscious consumer, keeping fats and salt to a minimum. Creating healthy and nutritious meals, Chef is known for his deep infusion of spices in marinades which create a mouth-watering finish. Try his homemade blend of hot sauce which you can buy by the bottle.

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Double Standard

True or False: What's good for the goose is good for the gander.

by Junita Thakorlal

Growing up straddling my Indian heritage and my Canadian birthright gave me an amazingly rich childhood full of cultural dancing, language, food, rituals, and folklore tales to share at school with my friends. But as I became a teenager, the fact that our culture made girls and boys different became more and more apparent. Having no real choice in the matter, I embraced that girls had to make roti and do house chores while boys could play outside.

I gave up playing sports and opted to choreograph cultural dances because it was more accepted by our society elders and most of my peers, none of us realizing that we were perpetuating the cycle by condoning this double standard. This learned behaviour was also seen in dating and relationships.

I have a friend, let's call her Julie, who once dated a guy who grew up with the same double standard and felt that he was superior to her. She broke up with this guy for the following reasons:

1. He watched her cook in his kitchen. **Watched.**
2. He told her she couldn't gain weight because he wanted her to remain beautiful. **Shallow.**
3. He begged her not to go to Vegas with her besties just in case IF she ended up cheating on him. **Insecure.**

4. He refused to acknowledge her in public as his girlfriend and slithered out of every conversation they had to introduce her to his parents. **Sketchy.**
5. He bought her a Louis Vuitton purse which was rather ugly, but he told her, "You'll learn to love it." Turns out, he bought it for his ex-wife three years earlier who also rejected it. **Douchebag-move.**

been set for life, but what kind of life would that be if she were to sit by and watch her dreams get flushed away because of this double standard?

He was groomed since childhood by a set of beliefs of what an obedient wife was supposed to be like, as was she. So, who is right and who is wrong? Almost all of the guys I have dated felt this way – entitled. Coincidentally, they were all also of Indian origin.

I often asked the question of why I had to be a housewife and mother, and why I couldn't be an astronaut like boys could. Times were different back then, there were no female astronauts and definitely no Indian ones.

Although my parents invested in our education, we all received an equal education at home in the field of cooking, cleaning, and cultural do's and don'ts.

Women are speaking out with feminist movements across the globe now fighting this very double standard, but change starts from home. Shouldn't boys and girls both learn to make perfectly round roti?

By the way, Julie is my pseudo name.



Her girlfriends told her she was making a mistake because the guy was an accountant and running a side business of building houses. She would have



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ARIES

Your professional life will be demanding but fruitful showing monetary prosperity. Relationships with your spouse and friends will be pleasant. Your health will be depleted by the hectic activities in your life, take time to rest.



TAURUS

You are in superb health and your spirits will be enhanced by a good family life. Venus will help your career prospects and monetary growth will be good if you continue with the momentum. Virgo and the Gemini will bring confusion to your life, but they will also bring spontaneity which will renew your energy.



GEMINI

Your love life is in focus at this time, but be careful of an affair which could bring you into the limelight for the wrong reasons. You will have great professional development although your financial growth will be erratic. The Lunar eclipse will affect your emotions on finances so be wary. Health will be delicate and requires more rest.



CANCER

Financial prospects will be extremely good, increasing your social position and prestige, although your career environment will be very demanding. If an opportunity comes your way, explore it. Romance will also take a hit due to your focus shifting to career and finances; be patient if there is trouble in your relationships.



LEO

Your work and effort pays off, you will be rewarded with an abundance of wealth and profits. You will feel more stability in life and increase your social activity. Matters of the heart and home will fill you with optimism; you may be tempted to have an affair or increase the temperature of your current relationship.



VIRGO

Relationships are key for you at this time, full of romance and vigour. You will be swinging in the clouds and making future plans for you and your companion. Career environment will be tumultuous, it may be beneficial for you to take a risk and take a step forward to accept more responsibility or to accept change in the work place.



LIBRA

Family concerns will dominate over professional growth. Your emotions are making you nostalgic; learn from your past experiences rather than get lost in them. Your career growth will be muted because you are not paying much attention to it, although your financial outlook is good.



SCORPIO

The main areas of interest are finance, family, philanthropy, intellectual pursuits, and humanitarian activities. Changes in your professional environment are likely after November, where your future ambition is being pushed to the background. Your prospects can be improved through study and training. Take the time for self-improvement and reflection or it may affect your personal relationships.



SAGITTARIUS

Like a magnet, you attract people to yourself so your relationships will be very fruitful. Any plans that you lay down will begin to turn into success. Your workplace will be hectic, continue socializing with clients to help your career progress. Focus will be on family affairs and travelling as your financial prosperity is good this season.



CAPRICORN

Your planets are in a forward motion giving you lots of energy this season, which is great for your libido but it can also be interpreted as aggressive and selfish so watch how this affects your relationships and friendships. This is due to the pending Lunar eclipse. All of the extra activities can also create stress for you so direct your extra vitality to constructive activities which will yield monetary and health benefits.



AQUARIUS

Pluto, your Career Planet, has shifted to the House of Friends and Group Activities, shifting your focus to matters at home and in your personal relationships. Professional growth can be enhanced by social networking and communication with your social contacts. Travel is on the horizon.



PISCES

Professional development is aided by Jupiter and will be extraordinary. Financial growth is splendid and social contacts will be helpful, but watch your spending. In fact, increase your savings for that rainy day should it come sooner than you expect. Love relationship with your spouse will be fantastic with the help of Mercury and Saturn boosting your sexuality.

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CARS I DRIVE

BMW 330i xdrive

by Junita Thakorlal



The round, black and white symbol of the BMW is a mark of excellence and luxury that is one of the most recognized brands in the world and ranked by Forbes in the top 20 for the World's Most Valuable Brands. To Maneesh Nanda, owning one isn't just about the prestige and status which he claims is an added bonus, but it's about the functionality.

He and his partner Rahul purchased their first Dairy Queen franchise in 2009 and now own six in Vancouver, Surrey, Port Coquitlam, Tsawwassen, Hope, and Princeton. "The BMW is perfect for me since I do a lot of driving," shares Nanda. "I've driven at least 50,000 kilometers this year already so having a car that is sleek to look at and decent on mileage is exactly what I look for."

Nanda hails from a fashion and business background where he says your image

reflects how you feel, thus transforming how others perceive you. The BMW 330i xdrive is a perfect blend of functionality and indulgence for him with a practical price tag of less than \$50,000.

Reasons why I drive a 330i:

1. Service

I love that everything about the vehicle is no-hassle. I have a service package, so I don't pay for anything extra every time I bring my car for servicing.

2. Tires

The car has run-flat tires which means that if I ever get a flat tire, they will auto-inflate with enough air so that I can drive to a safe place.

3. Roadside Assistance

I also love the BMW Roadside Assistance which sends a flatbed tow truck anywhere I am, which is included in my service package. Just knowing that

BMW has me covered no matter how much I drive and where I may break down is a relief for me.

4. Luxury Interior

The interior is sleek, compact, and minimalistic. All the bells and whistles are built into the dash so it's very clean-looking inside which appeals to me. It's like wearing a fitted glove, I appreciate it every day.

Confession: I eat in my car, but I clean it almost every week.

Favourite past-time: Hiking at Hemlock Mountain or Joffrey Lake where my car is reliable and serves me well.

My first car: Pontiac Firefly

My dream car: Range Rover for when I don't need to drive such distances

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LUXURY ON WHEELS

The Best Cars to Drive

by: **Jamie Smith**

It is an exciting time for luxury on wheels. Consumers have more disposable income, which could explain the growth of premium markets like the global luxury car industry. Mordor Intelligence predicts that the market will grow by an impressive 11.3% annually, reaching a total value of \$178 billion by 2023. This growth will lead to even more developments in design and technology in the world of luxury vehicles. So if you're on the lookout for a good luxury car to invest in that offers more power, and comfort than your average four-wheeler, here's a list of some of the best models on the market.

Mercedes-Benz C-Class

No other car model currently on the market balances safety, style, performance, and luxury quite like the Mercedes-Benz C-Class does. No wonder it's the brand's top-selling model worldwide. Its new version may not look any different on the surface, but a lot of its components were updated to give it an all-around package in terms of comfort, equipment, and running costs. And it's going to get even better. The 2019 C-Class will feature even more horsepower and automated driver systems.

BMW 5 Series

Recently, MotorWeek hailed the BMW 5 Series as the best luxury sedan, because it combines luxury and technology with great driving dynamics. With it, BMW has returned to its roots, focusing on its trademark sports steering and chassis dynamics. The onboard tech controls are user-friendly and state-of-the-art, while its interiors are quiet and roomy. It may be pricier than other models in its segment, but it's definitely worth the purchase.



Lexus ES

Calm and comfortable – two words that best describe the experience of driving the Lexus ES. Perhaps it's not an exciting choice given that it's a front-driven executive car and that there are sportier options out there. But the Lexus ES was built to withstand traffic, rather than fast-paced journeys on the road. Aside from its practicality, it is a stylish beast that has its local fanbase. It is also a popular choice among A-listers like Reese Witherspoon, Paris Hilton, and Mila Kunis. For those who want to get to their destination in the least stressful way possible, the Lexus ES is the luxury car for you.

Audi A8

The Audi 8 boasts spacious interiors with tons of leg room. It's also quiet inside, so you're guaranteed a smooth ride. The Audi 8 is also lauded for its athletic performance and fuel-efficient engines, since the luxury sedan comes

equipped with a supercharged V-6 or a turbocharged V-8 that go with the four-wheel drive standard. It also has a 48V electrical system that makes it a hybrid vehicle. The 2019 version will reportedly feature level 3 autonomous driving technology.

Chevrolet Corvette C7

With six models spread out over many decades, the Chevrolet Corvette occupies a special space in car culture and the automotive Hall of Fame. The C7, which reclaims the series' nickname "Stingray," boasts the bold styling statement of a classic sports car, along with an interior makeover that matches its facade. It's an absolute treat to drive, too.

All in all, luxury cars can be a great addition to your garage, but until you have the means to drive one home, it definitely can't hurt to dream.



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