

AAARZU

magazine

Summer 2019

JAZZY B Crown Prince of Bhangra

Opens Up About Family,
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PUBLISHER'S NOTE



**KANWALJEET SINGH
(LUCKY) RANDHAWA**
Founder & Publisher

We welcome the summer sun with much anticipated enthusiasm - finally, we can take a breath and relax (and take time to read the Aaarzu Magazine!) This issue is pretty special as we had a chance to celebrate our writers and contributors without whom we would not be able to produce this magazine. Plus, we had a chance to meet community influencers at our very first A-listers event, many of whom you can read about in this issue. To join the Aaarzu A-list, please get in touch with me directly. I look forward to meeting you soon.

Enjoy your summer!

ON THE COVER

Photography: *Curtis Look Photography*
Producer & Stylist: *Junita Thakorlal*
Featuring: *Jazzy B.*
Hairstylist for Jazzy B.: *Sunny Nagar*
Models: (l-r) *Natasha Kanji, Vanessa Sharma,*
(top) *Anastasiya Toropova*
Hair & Makeup for Models: *Pei Yu He*

See page 18 for story



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WE WANT TO HEAR FROM YOU!

We want to hear from you! If you have something to contribute to the magazine, please visit our website www.aaarzumagazine.com/submissions.

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JUNITA THAKORLAL
Editor

EDITOR'S NOTE

Bikini season is in full effect, are you prepared? It's time to spruce up your wardrobe and home with seasonal essentials [p.22 and p.72], and get your cocktail game on-point with Padma Lakshmi [p.66]. If you're like us, you get motivated by those using their time to do something inspiring. We are super excited to present 18 uber-successful Power-Listers [p.44], have a candid conversation with none other than Media Maven Shushma Datt [p.40] and find out what it's like to live the life of global icon Jazzy B [p.18].

I am thrilled to present a sassy new column called Dear Behenji [p.61]. We hope you enjoy it and send us your feedback!

THE TEAM



MINU GUPTA

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



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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.



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



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DEAR BEHENJI

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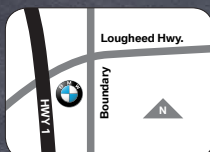
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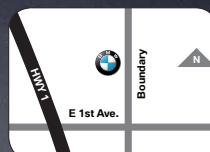
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OH CRAP *it's* SUMMER

10 ideas to help you look
instantly slimmer

by Junita Thakorlal

I'm not a body shamer, but I must admit that on occasion (like every day) I eye myself in the mirror in hopes that my extra little bits will magically melt off if I stare at them hard enough. Just like that, summer is here and if you're like me, you realize that you regret bumping off your New Year's resolutions as you face the reality that it's near impossible to lose 10lbs by the end of the week.

I saw a youtube video by Shea Whitney with the title *10 Ways To INSTANTLY Look SKINNY (but in a GOOD way)* and although the word "skinny" isn't politically correct, I simply couldn't help but get hooked into watching. Here's what she suggests:

1. Wear black, it camouflages imperfections
2. Vertical stripes trick your eye to follow the lines
3. Wear shapewear to smooth out the rolls
4. Find clothing with a stripe going down the outside edge
5. Avoid wearing a chunky high heel, and opt for a pointy toe with a slender heel
6. Pull your hair back, it pulls the skin on your face for an instant facelift
7. V-neck tops draws the eye in towards your waist
8. Pop your butt by wearing a fitted top and loose pants
9. High-waisted pants and jeans accentuate the smallest part of your waist
10. Get a tan



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Photography: AJ Studios, Makeup & Hair: LashOut Studio, Styling: Junita Thakorlal, Model: Anastasiya

A woman with long, dark, wavy hair is standing outdoors, looking slightly to her left. She is wearing a white lace ensemble consisting of a long, open-front cardigan with short sleeves and a matching wide-leg pant. The lace is intricate, featuring floral and geometric patterns. She is also wearing a matching lace crop top. Her accessories include a large, ornate silver necklace, a matching earring, and a bindi on her forehead. The background is a blurred outdoor setting with trees and a building.

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Photos: *Diamond's Edge Photography*, Outfits: *Singh Kaur World*, Jewellery: *Sequins By Aman*, Hair & Makeup: *BeautyCall*, Stylist: *Junita Thakorlal*,
Sunglasses: *Netowear, Oxford & Kin*, Models: *Harkirat & Deep*



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JAZZY B

Crown Prince of Bhangra opens up about family, fame and fulfillment

written by Junita Thakorlal
Photos: Curtis Look Photography

Bhangra...the beat droppin', body poppin', party rockin' tunes made their way to the masses through stars like Sukhshinder Shinda, Babbu Maan, and Daler Mehndi who explod-

ed onto the music scene in the 90's, all inspired by legends like Gurdas Maan even before that. Their tracks were (and still are) undoubtedly spinning at every wedding, party, and Punjabi household

across the globe. Western influences of pop and hip-hop gave birth to the next gen of internationally acclaimed superstars like Jazzy B. Having released fourteen official albums, six unofficial

albums, and appeared in 7 films as himself, it's no wonder that Jazzy B is recognized as a global icon and the Crown Prince of Bhangra.

2016 was a great year for him – he earned a star on Granville Street in Vancouver for entering the BC Hall of Entertainment Fame, the first South Asian to hold this rank. Along with the great honour, he hit mainstream global audiences with his old school song *Sat Rangey* (with music by Sukhshinder Shinda) when it appeared in Hollywood blockbuster film *Deadpool* starring Ryan Reynolds, which is the highest grossing R-rated film of all time (\$783.1 million). If you're curious, it's playing during the taxi cab ride while *Deadpool* and *Dopinder* discuss how to get Geeta back.

Earlier this year, his song *Ajj Singh Garjega* appeared in the chart-topping Bollywood film *Kesari* starring Akshay Kumar and Parineeti Chopra, deemed one of the top ten highest grossing Bollywood films of 2019 (₹ 204.33 crore)

To add to his impressive roster are umpteen PTC Punjabi Music Awards and Brit Asia TV Music Awards for his vocals, albums, songs, music videos, and costumes. It's hard to believe that this global icon lives right here in Surrey, BC.

His super-VIP status finally caught the eye of the local media last year when he won a Darpan Extraordinary Achievement Award and 100 Year Journey Award just two weeks apart from one another.

Born Jaswinder Singh Bains in Nawan-shehr, Punjab, he moved to Surrey, BC with his family when he was just 5-years old. He realized his talent and passion for music earlier on - he released his debut album *Gugyan da Jora* in 1993, the

same year he graduated from Princess Margaret Secondary School in Surrey. At the behest of his mentor Sukhshinder Shinda, he moved to England with the aim to make a career out of music. Needless to say, the move paid off. With an estimated net worth of \$50 million and counting, Jazzy B is just starting to get his stride

He recently celebrated his 44th birthday with his wife Hardeep Kaur and their two children in an intimate gathering of close family and friends. We caught up with him to get the scoop on the life and times of a celebrity.

YOU'VE BEEN MARRIED FOR 18 YEARS. WHAT WOULD YOU SAY IS THE SECRET TO A HAPPY MARRIAGE?

Patience, understanding, and honesty. We both put everything on the table. We may not see eye to eye on everything just like most couples, but she really is my best friend.

DO YOUR KIDS KNOW THAT THEIR DAD IS THE FAMED JAZZY B?

(laughs) they know but not to the full extent of the span of my career and popularity of the music. I want them to





Jazzy B with Models Anastasiya Toropova, Natasha Kanji, and Vanessa Sharma. Makeup: Katrina Aissa & Pei Yu He. Photos: Curtis Look Photography

have a normal upbringing, that singing just happens to be the job that their dad does, and that it's no different from any other job, which is why I am so private. They play with their friends whose parents obviously know, and they respect us enough to maintain boundaries that are really important to me. So no, people don't rush to our house for autographs or anything, but I'm also very careful about being out in public with them.

YOU TRAVEL BACK AND FORTH BETWEEN ENGLAND AND VANCOUVER QUITE OFTEN, NOT TO MENTION BEING ON TOUR, FILMING MUSIC VIDEOS,

AND THE LIKE. HOW DO YOU BALANCE YOUR WORK AND FAMILY LIFE?

My wife knows that my first love is music! *(laughs)* But seriously though, it used to kill me when the kids were really young and I missed out on important pieces of their childhood, or even my wedding anniversary. My wife is my partner in every way that counts. I'm serious about my work but my family always comes first, and they know that.

DO YOU EVER FACE NEGATIVITY FROM PEOPLE THAT DON'T LIKE YOUR SOUND OR VIBE?

I do read all of my messages, and negative messages come with the territory. What really upsets me is when people get personal and attack my children and family through text. Is there really a need for that? My music has nothing to do with disgruntled fans personally attacking my kids.

WHAT DO YOU DO TO GET THROUGH THE NEGATIVITY? BECAUSE EVERYTHING YOU SAY AND DO IS WATCHED.

I may look every bit modern with my tattoos but I'm sentimental – every tattoo means something special and I recall that meaning when I'm feeling a bit down. I'm also very spiritual, I believe in the teachings of the Sri Guru Granth Sahib and do *paath* (pray) every day. I still do *ardaas* every time I go on stage, and I never drink when I'm doing a show, I feel it disrespects the stage which God blessed me to perform on. He could take it away just like that so I'm very strict in this regard. I believe that staying positive and having the blessings of God are key to remaining calm through any situation.

WHAT WOULD YOU GIVE UP IN AN INSTANT IF YOU COULD HAVE A "NORMAL" LIFE?

I would go back in time and would spend more time with my parents. I lost

my mom recently and it has left a hole in my heart that I just can't seem to fill. I was always too busy trying to "make it" in life, there was always a show or a recording or something that seemed so much more important than spending time with my parents and now, it's too late. See this tattoo? *(points to neck)* This is my mom, she is always with me.

WHAT HAVE YOU LEARNED ABOUT YOURSELF THAT YOU CAN SHARE WITH YOUR FANS?

I'm still learning every day. The most important thing is to enjoy the moment. We focus so much on negative scenes in the past, or on the future that we lose today. We really just need to enjoy the moment. Every time I perform, I do so as if it's my last performance. I get that from my dad, every time he walked into the room, I felt the positive energy.

WHAT THINGS IN LIFE ARE STILL A MYSTERY TO YOU?

Honestly, I have seen and done a lot more in life than I ever imagined. Now, I want to create a legacy that I can be remembered by, something that is bigger than any one person. In my mom's honour, I created the Shotee Maa Foundation where we aim to do outreach and bring communities together without passing judgement – just as my mom did. My mom was a giver, she helped so many people. She was a happy person and she inspired me so much to use my access to give back and help others. I'm working on a documentary about the foundation with the hopes that it will create a movement in society.

WHAT DO YOU HOPE TO ACHIEVE THROUGH THE SHOTEE MAA FOUNDATION?

To be honest, Princess Margaret was a battleground for Surrey kids and a breeding ground to enter the gang and drug lifestyle. Although things change or evolve, the cycle just keep going around,

and here I am a parent with the same fears as any other parent - that our kids are safe and learn the value of hard work and relationships. It's not just in Surrey, I've seen it all over the world where kids want to make "quick money". So, this was the biggest motivator for me to create a platform that gives without judgement and involves sport and community to get kids engaged.

I have also seen people who have nothing, there's so much poverty in this world and I have achieved so much - I find it so fulfilling to help those in need. So, by accessing the success I have achieved so far, why not do some good in the world?

WHAT IS SOCCER TENNIS?

(laughs) We aim to start Shotee Maa fundraising through a sports tournament for the youth, and one that honours my dad Gurmail Singh Bains. Soccer, field hockey, and basketball are already being done by several different organizations, so we thought of soccer tennis. Originating in Europe, it's basically soccer but played on a tennis court. As it's a relatively new sport over here, we are looking forward to having players all be at the same level. The tournament takes place on July 20 at Kennedy Park in Surrey.

WHAT MESSAGE WOULD YOU LIKE TO SHARE WITH OUR READERS?

Work hard. Slow and steady wins the race. It took me 8-10 years to gain my first success. I also had a mentor - Kuldeep Manak who taught me to face my fears head-on. If you are struggling, it's your mentor that will keep you on track to help you reach your goals. And don't forget to dream because you can't achieve without dreaming the impossible. To the youngsters out there - respect your elders and spend more time with them before it's too late.



SUMMER DAYS & STYLISH WAYS

Rock the season with these style ideas!

1



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Cat Eye Sunglasses
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Beaded Boho Bracelet
\$75, CharlotteHosten.com



Maxi sarong dress in seersucker
\$202, J.Crew



Swarovski Sunshine Pierced Earrings,
White, Rhodium Plating
\$119, Crystique Gifts



STAUD Shirley PVC Bag with
Inner Pouches
\$325, Holt Renfrew



Les Leopards Bandana Twilly
\$240, Hermès



Ellen Leather Wedge
\$228, Michael Kors

3



Snakeskin Patterned Scarf
\$12.99, H&M



Wilfred Tenley Top Cropped,
Tie-Front Blouse
\$88, Aritzia



Michael Kors Access Sofie Heart
Rate Rose Gold-Tone Smartwatch
\$495, Michael Kors



Mom Jeans
\$52.46, American Eagle



Dicola Earrings
\$15, Aldo Shoes



Catia Patent Leather Pump
\$99, Michael Kors



Rhea Medium Leather Backpack
\$283.50, Michael Kors



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.

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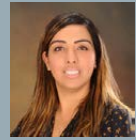
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5. Kid Boys' Print Trunks \$16;
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7. Sabra Hummus, Assorted Flavours (239g) \$3.48 ea;
8. Ziggy's Creamy Potato Salad (454g) \$1.98 ea;
9. Watermelon Quarters \$3.12 (est.) ea;
10. Assorted Pinatas \$22.50 ea, Pinata Buster \$4.50 ea;
11. Kid Girls' Rashguard Swim Set \$24;
12. Kid Girls' Flip Flops \$7;
13. Print V-Neck Dress \$24;
14. Slide Sandals \$29;
15. Assorted Hydrangea 6.5" \$16.00 ea;
16. Off Family Care, Smoothan Dry (71g) \$5.98 ea;
17. Assorted Foil and Pop Up Party Invitations, Packs Of 8 Cards \$2.00 ea;
18. Mini Babybel Light, 18 Pack (360g) \$9.00 ea;
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KANGANA RANAUT'S LUSCIOUS CURLS

3 Steps to hassle-free hair

by Aria Jagan

Kangana Ranaut is known for many things. Her powerhouse performances, her honest & frank interviews, and even her infamous scandal with Bollywood hunk Hrithik Roshan. But perhaps what she's best known for is her gorgeous, curly mane. Glossy, well-maintained, and all-round perfect, Kangana's curls inspired women everywhere to put down the straightener and flaunt their curly locks.

Maintaining curly locks can be just a tad bit confusing. If you're gearing up to flaunt your curls this summer, but aren't entirely sure where or how to begin, follow these simple tips and prepare to rock those curls.

STEP 1: INVEST IN SOME GREAT CONDITIONER

Curly hair requires a lot more moisture than straight hair. Invest in a conditioner that doesn't strip your hair off of the essential nutrients it needs. TRESemme

Botanique Nourish & Replenish Conditioner is silicone-free, paraben-free, and dye-free, making it the perfect conditioner for luscious locks. **\$6.49, LondonDrugs.com**



If you have coloured hair, we recommend Maui Moisture Colour Protection + Sea Minerals Conditioner. It is free of all those harmful chemicals and provides extra moisture to care for your coloured curls. **\$8.99, LondonDrugs.com**



STEP 2: DEEP CONDITION

We cannot stress just how important deep conditioning is for curly hair. Prone to dryness, curls need some extra TLC (tender loving care) to spring back to life. Make sure you deep condition your hair once a week, and we promise you'll see amazing results. The deep

conditioner we swear by is the Devacurl Melt into Moisture Mask. This mask leaves your hair feeling healthy, soft, and shiny! **\$49.10, Chatters.ca**



STEP 3: STYLING CREAMS AND GELS TO THE RESCUE!

Curls tend to have a mind of their own. And sometimes, a conditioner may not cut it when it comes to taming those locks. A styling cream or a gel is just what you need to bring out the best of your curls. We recommend Dippity-Do Girls with Curls Defining Cream. Nourishing, fragrant, and at a fantastic price, this curl cream is going to be your go-to product. **\$6.97, Walmart.ca**



There you have it! Three quick and easy ways to acquire curls like Kangana Ranaut. Prepare to be the belle of the ball, everywhere you go.

GET THE LOOK

Photo: Money Images, Hair and Makeup: Ina Mander – Girlfriendz Studio, Assist: Makeup By Fateh, Outfit: Crossover Bollywood Se, Jewellery: House of Virsa, Model: Any

Brows:
Benefit Brows
in Shade 3.5

Eyes:
Eyeshadow Tom Ford Beauty
Inglot Liner
Make Up By Fateh Lashes “Shilpa”

Hair:
Amika Dry Shampoo Perk Up
Sexyhair Play Powder for Roots
Sebastian Super Hold Hair Spray

Lips:
Kylie Cosmetics
in Norvina

Face:
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@INAMANDERGIRLFRIENDZ

Expert Tip

Castor oil mixed with almond and coconut oil is great for thick, luscious hair. Apply 1-2 times per week for 30 minutes before you wash it, and overnight to get the best results. To prevent hair loss, try the Vatika Garlic Shampoo, all available at Fruiticana.



Eyes: —————
Urban Decay Born To
Run Palette
Beauty Call Lashes

————— Brows:
Benefit Canada Kabrow
#5 Anastasia Beverly Hills
Clear Brow Geluo

Face: —————
Melanie Mills Gleam Face/Body
Radiance Cream
Hudy Beauty Foundation
Elf 16 Hour Camp Concealer
Laura Mercier Glow Setting Powder
Fenty Beauty Highlight in Mean
Money & Hustla Baby

————— Lips:
Mac Cosmetics Lipstick in
Girl About Town

@BEAUTYCALL

Expert Tip

Always take your makeup off at night before going to sleep. If you are just not feeling enough energy to wash it thoroughly, keep a pack of face wipes by your bed. Your skin will be clearer and will prolong the aging process.

Eyes:

Urban Decay Eyeshadow
Primer in Minor Sin
Too Faced Chocolate Gold
Palette
Urban Decay Naked 2
Palette
Mac Rose Gold Snow Ball
Eye Compact
Mac Blacktrack Pro
Longwear Gel Eyeliner
Mac Liquidlast Liner
Qt Double Stacked Lashes #117

Lips:

Mac Lip Liner in Spice
Mac Lipstick in Please Me and Velvet Teddy

Brows:

Mac Spiked Great Brows Kit

Face:

Mac Prep & Prime Natural Radiance
Base Lumiere
Mac Studio Moisture Cream
Mac Corrector in Pure Orange
Mac Studio Fix Nc42 Foundation
Mac 24hr Studio Fix Nc30 Concealer
Mac Prep + Prime Light Boost
Highlighter
Mac Medium Plus Mineralize
Skinfinish Powder
Anastasia Beverly Hills Contour Kit

@_BEAUTYBYJOTI_
Expert Tip

A trick to keep your lipstick from rubbing off throughout the day is to use a creamy eye-shadow primer under the lipstick for longer wear.

Eye primers typically have more holding power than lip primers.

...because words are not enough



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CHANDAN SABHARWAL

THRIVING IN LAW

Women are stepping into their power and assuming more leadership roles, and Chandan Sabharwal is leading the legal charge. Sabharwal is the only South Asian woman elected to the Canadian Bar Association (CBA) representing some 36,000 lawyers, judges, notaries, law teachers and law students from across Canada.

Since 1896, the CBA has been championing Canadian law and lawyers through promotion of fair justice systems, facilitation of effective law reform, and providing legal training and information to shape the future of Canada's legal community. "We make decisions about governance, policy and more," explains Sabharwal from her

swanky new office on 152 Street at 66A Avenue, Surrey. "We get to sit shoulder to shoulder with some of Canada's most powerful people – our Supreme Court Justices. They shape our laws and decide which cases become precedent."

Sabharwal was born and raised in Vancouver, BC but received the first six years of her primary education in India and hence, fluent in reading, writing and speaking Hindi and Punjabi. She was called to the bar in 2008 and opened the doors of Sabharwal Law Group in 2014 to pursue her vision of creating something of her own in pursuance to deliver legal excellence and practical solutions. Building a reputation built on trust, integrity, and results, she has outgrown her previous

office space and has now relocated to accommodate her growing team and clientele. "We currently have three lawyers and four support staff on payroll. We haven't even been in our new office space for a year and are already projecting an office expansion."

Through family law, the dedicated barrister and solicitor offers services in divorce, child custody, support issues, property division, pre-nuptial agreements, separation agreements, appeals, and settlements. Her office also handles civil litigation through which she can address disputes, landlord disputes, debt collections, liens, and appeals.

Visiting a legal professional often involves a great deal of stress, and clients peg the solution on their lawyer with hopes of finding a resolution to their problems. "Everyone that walks through our door has a different need or requirement, and almost all of them have high stress levels. I want to assist them in a compassionate and caring way. It's very heart wrenching to hear some of the client stories," she says, then shares details of three such cases.

"I had a divorce case where the mother took her children and moved out of the city, so my client wasn't able to see his own kids. We found them [the family] and my client ended up being awarded custody of his kids 40% of the time, which was a big win for him."

"In another divorce case, my client was the wife and her husband lied about his



Sabharwal Law offices are located at 6678 152 Street, Unit 306, Surrey. Photo: provided

income – he thought he could pay less child and spousal support. These are his children! It shocks me every time I see these poor kids getting cheated in life by their own parent. He claimed he was making less than \$50,000 per year when in fact it was \$175,000. I was successful in getting fair spousal and child support for my client,” she declares, sharing that he appealed the decision and lost.

“The cases involving domestic violence touch my heart as well,” she claims with her hand over her heart. “We are in the era of women power, but I’ve seen women falsely accuse their husbands or boyfriends of exerting violence with no evidence, just to be vindictive. Once a charge is made, there are investigations and a police report, there is often permanent damage done to the reputation of the accused, even if he is found not guilty. People can lose their jobs, their livelihoods. You have to be truthful; to me, integrity is everything.”

Her high regard for morals and upholding the law is apparent. She mentions that ethics is an issue that is discussed at CBA board meetings about lawyers who sometimes try to bend the rules by allowing their clients to commit perjury and fraud in an effort to save money for themselves. “The law will always prevail, it’s important to document evidence.”

The bustling office has a room dedicated to housing all of their client files, a boardroom that seats 14, a staff room, and half a dozen offices all of which are occupied. The operation is managed by her husband Satinder who quit his job to support Sabharwal’s growing business and managed the office construction so his wife could focus on her clients. “It’s high time we eradicate the stigma in our society that men work, and women stay home to



Chandan Sabharwal, Barrister and Solicitor. Photo: A Master Media



Chandan with her husband Satinder Sabharwal. Photo: A Master Media

tend the family garden,” she states, elaborating on her ambitious work schedule of 8am to 6pm daily, and 7am start times on trial days which could easily stretch into 12-hour days. “I’m so grateful for my husband who truly is my partner on so many levels. He helps me run the business aspect of the firm, he takes our 6-year-old daughter Meher to and from school and after-school programs, and even helps me to manage our home.”

Sabharwal sits on the CBA BC Judicial Advisory Committee, CBA BC Professional Development Committee,

CBA BC New Westminster Family Law Section Executive, and is an Executive on the CBA BC Young Lawyers of Lower Mainland section. She also mentors high school kids for career planning options in law.

When she does have some time to decompress, she takes in a walk in the park behind their home with her family, hits up a Pilates studio, or reads. “I read a lot; I think it comes with the territory. I have to constantly keep up with new case laws but once in a while I break free and read novels,” she confesses. “I just read Trevor Noah’s Born A

Crime which was amazing, reminding me that anyone can rise above their circumstances. I highly recommend it.”

She also reads the Guru Granth Sahib once-through every year. “Spirituality helps me build strength and remain grounded and connected to my values. I also find solace in the teachings of Buddha and Lord Shiva, it’s so important to find inner peace. One wrong move and my clients’ lives change forever. This is why I lean on spirituality to guide my consciousness so that I can make sound decisions in and out of the courtroom, and take a vacation to reset my brain so I can better serve my cases.”

She claims that law is still largely a male-dominated profession. “There are still a lot of barriers that need to be broken on gender and ethnicity. There is so much pushback that I have faced as a woman and especially as a South Asian woman. It’s not just exclusive to the law profession. But barriers are not an excuse to not achieve success, you need to face barriers head-on. Nothing worth having comes easy.”

Her advice for parents is to raise strong females. “A lot of women still play the stereotypical roles that society gives us. There are not diametrically opposed to being strong, confident, intelligent, beautiful and talented. It has taken me almost 40 years to learn this lesson, I want my daughter to know how amazing she is just being who she is. Unless women are comfortable in their own skin and not afraid to own our own intelligence, it’s a slow rise to the top.”

Sabharwal Law offices are located at 6678 152 Street, Unit 306, Surrey. To book your consultation, call 604-638-6998.





AM I DATEABLE?

7 tips for mature daters

by Sonya Braich

Many of us grew up hearing the story of how our parents met for the first time on their wedding day, choosing their lifelong mate from a photograph at the recommendation of a family member or neighborhood matchmaker. Marriage was for life and it was expected to last forever with or without love.

Nowadays, men and women alike are seeking more and some of us have not yet found that special someone - refusing to settle, while others have grown apart and are signing divorce papers, opting for happiness over toughing it out in a loveless marriage. Dating at 40 today may not be the same as it was 20, 30, 40 years ago. Maybe you have a few kids in tow, unfamiliar with the digital dating dos, and feeling like the pool of eligible dateables has shrunk to a rain puddle. The key to reentering the dating scene is having the right mindset and approach. Here are seven tips to help improve your experience:

BE YOURSELF Sounds like something you tell your teenager, and now it's time to practice what you preach. As cliché as it may be, we all want to make a good impression and the best way to do that is to just be you.

DON'T RUN FROM ONLINE DATING

Before you discredit the digital dating game, try giving it a shot but make your dating goals clear right from the start.

GET OUT THERE

As much as dating sites and apps are useful tools, refrain from putting all your eggs in one basket. The old-fashioned way of meeting someone organically still works. If you're done with the bar scene, there are tons of ways to get out there - partaking in leisurely activities is a great way to meet new people.

TAKE TIME TO LOVE YOURSELF

Self-care and self-love will do wonders for your dating game. Journaling, meditation, soaking in a bath are great

ways to spend time with yourself.

You can also use this time to get to know your body better, by exploring and cherishing your sensual side.

BE PATIENT

Remember, you are exactly where you are meant to be. The universe has your back. So, take comfort in knowing that your Silver Fox is out there, and your paths will cross at just the right fairytale moment. There's no need to rush to get to your happily ever after.

STAY POSITIVE

Whether you believe in Law of Attraction or not, the fact of the matter is that we're naturally drawn to positive people. Drop any pessimism you may have about dating at 40, and adopt a more confident, positive approach. Your attitude and outlook on life is like a boomerang - whatever energy you put out in the world, is what will come back to you, so make it good and expect good things in return.

HAVE FUN

Taking things too seriously and becoming desperate about finding love puts a lot of pressure on yourself and the dating process. Being fabulously 40 and single is a ton of fun. Embrace it!



ABOUT THE AUTHOR: Sonya studied Sexuality in Cinema at Concordia University in Montreal. She offers workshops on expanding sexual horizons, relationship enhancement and intimate product sales. She also writes erotica fiction.

MAKEUP MUST HAVES

Look fresh and awake

Many of us are not morning people and often consider sleeping an extra 30 minutes over doing makeup. A common question I get asked often is, "what products can you use to look fresh in the morning?" Here are some of my favorite product recommendations for combination skin.

by Nav Gillan



MAKEUP FOREVER VELVET MATTE FOUNDATION

The key to looking fresh is to apply a foundation that is breathable, full coverage and looks like your skin. For combination to oily skin its best to use a matte foundation, as when your natural oils comes out it will give you that natural glow and not a greasy mess.

\$48, Sephora



FENTY BEAUTY BY RIHANNA PRO FILT'R INSTANT RETOUCH PRIMER

A flawless makeup application starts with the base. When choosing a primer, always keep in mind the type of foundation you are going to use. If you have combination to oily skin and use a matte foundation, make sure to use a primer that is oil free but absorbs shine without making your makeup feel dry or look chalky. This will allow for that natural glow to come out.

\$40, Sephora

TARTE SHAPE TAPE CONCEALER

A concealer that brightens and smoothes the under eye is essential to look fresh and awake. A concealer should always be full coverage and super blendable which helps eliminates the need for a corrector. A concealer can also double as a highlight product.

\$ 35, Tarte Cosmetics



BOBBI BROWN SMOKEY EYE MASCARA

Voluminous lashes can make you look so awake even when you are not. This kohl pigmented mascara does not leave your lashes clumpy like other mascaras. This mascara builds volume lash by lash and makes your lashes look full, thick and long.

\$37, Holt Renfrew

NARS ORGASM BLUSH

The best-selling blush in the industry, Nars delivers silky, superfine micronized powder pigments that adds a pop of colour and delivers a natural-looking flush.

\$52, The Hudson's Bay



CLINIQUE MOISTURE SURGE 72-HOUR AUTO-REPLENISHING HYDRATOR

Using the right kind of moisturizer for your skin type can help reduce chances of skin problems, as well as help your skin maintain its balance. Skin problems such as acne or eczema tend to pop up when your skin is either too dry or too oily. For individuals who have oily skin use a gel cream that provides an instant moisture boost without feeling greasy.

\$47, Sephora



MAC STUDIO FIX POWDER FOUNDATION

The best way to keep your face looking fresh all day is, to use a small amount of liquid foundation and then setting it with a powder foundation. This allows your makeup to look natural and stay intact all day.

\$35, Mac Cosmetics



ANASTASIA BEVERLY HILLS BROW WIZ PENCIL

As a professional makeup artist I believe that brows can make or break a look. The fine retractable tip on this brown pencil is perfect to fill in empty spots and outline the perfect brown shape. Its smudge proof so your brows will stay intact all day.

\$27, Sephora



MAKEUP FOREVER ARTIST LIQUID MATTE LIPSTICK

The color of lipstick can often depict your mood. Embrace your mood with the color of your choice. This ultra matte lipstick is pigment packed, but hydrating at the same time.

\$25, Sephora



CLINIQUE CLARIFYING LOTION

Regardless of if you have oily skin or dry skin, your morning skin routine should always involve using a toner. A toner helps prep the skin for moisturizer by sweeping away pollution, excess oil and dead skin.

\$32, Clinique



ABOUT THE AUTHOR: Born and raised in Toronto where she earned a Honors Degree in Health Care Management, Navneet Gillan now lives in Vancouver and is a Makeup & Hair artist and owner of NVS Studio. She is Blanche Macdonald and Dress Your Face certified.

SHUSHMA DATT, MEDIA MAVEN

by Junita Thakorlal

Since I was a little girl, there was always only one local celebrity... Shushma Ji. From listening to her smooth and intoxicating voice on the radio or watching her interview Indian film stars on television, Shushma pumped out cultural norms and all things cool.

At a time when there was no internet or google, and little multicultural content or stories in the mainstream media, a woman bravely stepped out into a territory that no man had been before: Shushma was the first to bring South Asian content to the masses in Canada, feeding multi-generational immigrant families who were hungry for a piece of their motherland, their language, their

influencer connecting us to our ethnicity and roots as South Asians. She was our hero.

Born in Nairobi, Kenya, her parents moved to India to escape the political unrest and guerilla warfare. After completing her university education in Delhi with a major in History and Mahavidushi, which is a Bachelor of Arts in Hindi, she moved to London with the hopes of working in the Indian Consulate office. She did not have any typing skills, so she didn't get the job. Disheartened, she left the office and walked to the building next door with the giant red neon sign that read BBC.

"It just so happened that they were

from when she was 20 years old. "I became secretary to a team of 7 male broadcasters. I didn't tell them that I couldn't type but they soon figured it out. They took a chance on me and I learned how to type Hindi within 6 months and was broadcasting shortly thereafter."

She confessed, "my eyes were always on broadcasting. When I was 10 years old, our elementary school was doing a radio play at the Kenya Broadcasting Corporation. It was so fascinating! I only had one line to recite: dekho voh chuha laddoo kha raha hai. Of course, I made a mistake, but they edited my line and I couldn't believe how seamless it was. My dad wasn't very happy about my career choice, but my heart was set."

Shushma's broadcasting career is extensive. After emigrating to Canada in 1972, she joined 1470AM CJVB where she began Hindi and Punjabi radio programming. She also worked as a night shift operator for CHQM and would take her baby with her. "My son Sudhir would play until about midnight and then take his bottle and sleep," claiming that she was lucky that he was an easy baby. In 1979, she began television broadcasting with Monday Evening At The Movies and Thursday Entertainment on what is now Shaw

Multicultural Channel. She also produced South Asian programs on the



Shushma Datt at the Spice Radio studios in Burnaby. Photos: AJ Studios

food, their film, their arts and culture. She was the Instagram of our time, the

looking to hire a Hindi typist," Shushma shared a laugh recalling the situation

first ethnic pay television channel World View Pay TV, which is now Fairchild TV.

Proudly hanging on the wall in her boardroom is a photo of her with Mrs. Indira Gandhi, a career highlight from March 1984 when she had gone to interview the infamous Prime Minister of India. Three months later, Mrs. Gandhi had given the order to attack the Golden Temple. “I lost my job because of the pushback from that interview after subscribers cancelled their subscriptions in protest. It was very tough time for me,” she shared sadly. Mrs. Indira Gandhi was assassinated later that year; her full interview is available on YouTube under ITMB Shows.

“When I was unemployed and at home, I decide to serve the Indian community by getting the news myself,” she said, marking the birth of I.T. Media Broadcasting in 1984 which is the parent company of all of her radio and television assets including Women In Focus, a 30-minute television show which is in interview format.

In 1987, Radio Rim Jhim made history when it became the first 24-hour radio station in the world outside of India to broadcast to a South Asian audience. The live coverage of the General Elections in India helped to make the launch a huge success, making Radio Rim Jhim a staple in South Asian homes across Canada. “See, my frequency was in kilohertz and regular radio was in megahertz, so listeners needed to buy a box which would allow them to tune in. It was a huge risk for me, I didn’t make any money for two years,” she claimed. “But I got reporters

to give me news of the Indian Elections every hour on the hour, and suddenly we had a waitlist of 2,000 radio units!”

The popularity of the radio boxes soared, as did requests for Indian political propaganda. “I am a proud Canadian, I didn’t come here to fight the battles of India from my office”, she said referring to the Khalistan movement. “What happened to the Sikhs in 1984 was absolutely horrible. But that was done by people living there, not here. The 384 people that died on that Air India flight were all living here. Why did they die for a fight that was not theirs?”

She continued, “I am a Punjabi but that doesn’t mean that I condone spreading one-sided views through my media. I have always stayed true to my ethics about this. I chose to come to this country to make a good life for me and my family, so I followed the Canadian protocol for presenting unbiased news. I asked others why they came to this country if they were going to spew hate and venom to their children and community about the country which they left. How can they call themselves Canadians, live here and

take the benefits but fight the battles of their homeland? This was simply not right, so I called them out on it every single time.”

She recalled two occasions when she was threatened and feared for her life. “I



heard that my name was on the 'hit list' plastered on the walls of Main Street Punjabi Market. I sent a camera crew to film the graffiti and soon began getting death threats. My brother was getting married in 1986 so I had no choice to accompany my mother to do some wedding shopping on Main Street. As we entered Ashoka Trading to look at fabric, I felt something was off when the shopkeeper said she was waiting for someone. An older woman standing at the back of the shop gestured me to go to her. She hugged me tight and whispered in my ear that she will not let anyone harm me, that I have many friends to protect me. It gave me courage to continue doing my job without bias."

The second was when Shushma was recording her shows with Kamal Sharma, Nimmi, and Sadhana on a 12-14-hour work day. "One day when we were recording late into the night, we all heard a loud noise come from outside. At the time, my office was at the busy intersection of Boundary Road and Hastings, so we didn't really think anything of it. We realized afterwards that there were two bullet holes in our front window," she said.

Through it all, she persevered. She expanded to Spice Radio RJ1200 in

2006 on the AM band, available on Telus and Shaw, and created an app which has made the station available globally. "We were granted a second licence from the Canadian Radio Television and Telecommunications Commission, so we decided to keep both and cater to two different generations," she said. They offer programming in English, Punjabi, Hindi, Gujarati, Urdu, Tamil, Telugu, Farsi, Italian, Croatian, Marathi, and Bengali.

Her son Sudhir is the Vice President of I.T. Media Broadcasting, and manages the technological integrations, making Spice Radio an Apple station. "Catering to Sudhir's generation was an important transition for us. They are the future of our business." Shushma employs 22 staff, 18 of which are broadcasters. Many of her employees have gone on to become hosts for mainstream media outlets: Ronil Desai for CityTV, Gurb Sian for Hockey Night in Canada - Punjabi Edition, and Angelina Rai for Virgin Radio 94.5FM.

Hundreds of certificates and awards line the walls and table tops of her offices, the most prestigious of which are the Order of British Columbia, Queen's Golden Jubilee Commemorative Medal, YWCA's Women of Distinction Award,

Influential Women in Business Award (BC), and the Humanitarian Award from the Vancouver Multicultural Society. But it doesn't stop there – she started a movement called Raise Your Hands Against Racism which fosters a message of unity, respect, and takes a stand against racial injustice. The BC Government has proclaimed March 21st as Raise Your Hands Against Racism Day, a huge accomplishment.

When asked about how she broke out of the mould of being a woman of colour, and a single mother, to pursue her dream, she claimed, "the minute you leave fear and complacency behind, things will start to happen for you. Take me for example – I got my first loan from Business Development Bank of Canada to buy a camera for my tv show, bought used video machines for editing from Rogers, and spent my savings buying equipment totalling \$10,000 to start my company. At the age of 41, I started a brand-new business for myself, a radio station. With no money. I couldn't even apply for an AM license at that time because it costs half a million dollars."

She continued, "women feel that they can't achieve because there are so many conditions put on them. If she can bear the pain of giving birth to another human, then she can do anything she puts her mind to. The universe is waiting for you to dream of something and if you put it out there, the universe will make sure that it will support you. There isn't a wish of mine that hasn't happened."

As they celebrate the 40th anniversary of the television show What's New In Vancouver on Shaw Multicultural Channel, Shushma's famous white streak of hair has faded into a silver pixie cut. "I actually feel 28 years old," she claimed with a chuckle. "I realized my dream of being a broadcaster and doing what I love every day, seven days a week. This is something I can't tire of."





Aly Jiwani
Area General Manager

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THE POWER LIST

BC's most influential South Asians

by Junita Thakorlal



Standing (l-r): Sukhmeet Sachal, Abhay Sachal, Kal Dosanjh, Ron Huberman, Charan Sethi, Raj Bahn, Matthew Titterton, Anita Huberman, Indra Bahn, Emmanuel Medeiros, Jinny Sims, Kiran Toor, Jasbir Mann, Milan Mann, Balraj Mann, Savita Randhawa, Dr. Malwinder Dhami, Perminder Chohan, Lucky Randhawa, Chef Adi. Sitting (l-r): Junita Thakorlal, Leena Manro, Simi Kaila. Photos: Curtis Look Photography.

Interviews: Junita Thakorlal
 Venue: Sheraton Vancouver Guildford Hotel
 Photos: Curtis Look Photography
 Makeup: Mindy Bansal and Mandy Bhangu of Girlfriendz Studio
 Assist: Simi Kaila



Challenging the status quo to change the world is what makes entrepreneurs different. Sometimes, being financially prosperous or gaining career success isn't enough; going above and beyond the call of duty by making ground breaking industry strides through sheer grit and passion is what it takes, and those that manage to pay it forward are the ones that hit our radar to land on Aaarzu Magazine's Power List.

Celebrating the achievements of BC's most influential South Asian entrepreneurs and professionals, we profile their incredible stories including how they overcame

adversity to rise through the ranks and become role models and contributors to the community in which they work and live. Honourees are selected based on demonstrated excellence in business, leadership, and community impact.

The inspiring meet and greet was hosted at the Sheraton Vancouver Guildford Hotel's spectacular Mixt Lobby Lounge featuring a smorgasbord of delectable delights, and photos captured by the award-winning photographer Curtis Look with hair and makeup provided by Mindy Bansal and Mandy Bhangu of Girlfriendz Studio.

Abhayjeet Singh Sachal

Sukhmeet Singh Sachal

Co-Founders

Break The Divide Foundation

BIRTHPLACE: Amritsar, India

CAME TO CANADA: 2002

HIGHEST LEVEL OF EDUCATION:

Sukhmeet completed his Bachelor of Science at McGill University and Master's in Public Health at Western University with the aim to work with the aboriginal community on health issues. He is now a medical student at UBC. Abhay is heading to University of Toronto this September with the plan to pursue global health and affairs on a full-ride scholarship.

RECOMMENDED READING:

Indian Horse by Richard Wagamese.
It will blow your mind.

TOUGHEST PROFESSIONAL DECISION:

Engagement is key in volunteerism. Both of us are dedicated to our mission but when people here don't really understand the plight of aboriginal youth, when it's not connected to their daily life, keeping them engaged is so hard. We are lucky to have wonderful team of supporters to help make the foundation bigger and better.

ADVICE FOR YOUTH:

Get out of your comfort zone, and don't let your parents' limitations and expectations stop you from achieving your goals.

FUTURE PLANS:

We have already expanded to a group of students living in South Africa. We hope to continue building momentum.

When Abhay went to the Arctic in 2016, he was just 15-years old. There, he witnessed the melting of ice caps first-hand, recalling being able to hear the hundreds of drops of water as they hit the ocean. He also had an opportunity to interact with Inuit youth and found that suicide rates are at a staggering 11 times the national average. The experience left a profound effect on him.

Coincidentally, his elder brother Sukhmeet volunteered at the hospital and school in Inuvik, North West Territories, for six months – that is singular because there is only one hospital and one school. He found that climate change was impacting the way that people lived in the north, as well as on their mental health. Since 2012, he has been embarking on humanitarian missions.

Together, Sukhmeet and Abhay were so moved by the plight of northerners that they joined forces and created a not-for-profit platform called Break The Divide.

Their aim was to connect Inuvik students with students living in their home town of Surrey/Delta, and to be the catalyst to create change. With the aim to have Indigenous teens see life beyond their squalid environment and simultaneously to bring awareness to local youth on aboriginal teen issues, the brother duo



Abhayjeet Singh Sachal (l) and Sukhmeet Singh Sachal.

organized their first telephone student exchange through Seaquam Secondary School. The results were positive for students on both sides and received accolades from the community at large.

The apple didn't fall far from the tree; their father is Harpreet Singh, a community activist and television host/producer for Canada's only daily national South Asian talk show on the Joy TV Network where, for the past 10 years, he has raised awareness of key issues faced by Canadian South Asians.

From the Government of Canada to international awards, both have received recognition from around the world. Last year, Sukhmeet won Canada's top 25 Environmentalists Under 25 award which Abhayjeet won the previous year. Together, they plan to break down the divide (pun intended) between youth living across the globe simply through communication.



Anita Huberman

CEO

Surrey Board of Trade

BIRTHPLACE: Hinton, Alberta

HIGHEST LEVEL OF EDUCATION: Bachelor's Degree in Communications at SFU with a minor in European History.

FAVOURITE PAST-TIME: I love listening to live music and dancing. My husband, Ron and I also love exploring new places and traveling.

TOUGHEST PROFESSIONAL DECISION:

Dealing with politicians. It's very challenging trying to navigate through the myriad of different political perspectives, and to stay true to your own values and ethics. And sometimes you simply have to agree to disagree with grace.

AS A KID, WHAT DID YOU WANT TO BE WHEN YOU GREW UP?

My parents wanted me to be a doctor, but I wanted to work on a cruise ship and travel the world! I saw a job posting to work at the Tourism Travel Information Centre for the Surrey Board of Trade in 1992 which is called my name (laughs). I got the job!

ADVICE FOR YOUTH:

Believe in who you are. There is so much doubt when you're young, so many questions. But in the end if you stay true to your values and don't change yourself to cultivate other people's perceptions of who you should be, you will win in the end.

FUTURE PLANS:

I'd like to travel more; it lends itself to bettering yourself in your professional life. You experience different people, experiences, cultures; it puts you out of your comfort zone sometimes, which truly helps build your professional outlook and leadership ability.

At the age of 32, Anita Huberman became the CEO of the Board of Trade for one of the largest cities in Canada and has held this role for 13 years. As the only South Asian woman to ever fill this role, her business knowledge and acumen required her to be par excellence to do what's right for those that she represents.

Working tirelessly as the CEO of the Surrey Board of Trade to make Surrey a prosperous place in which to live, learn, work and do business, Anita is a champion with a lot on the go. She guides a staff of ten who work as a cohesive unit on often complicated issues involving investments, business development, government policies and initiatives, board governance, operations and events that cater to over 6,000 members.

When members, media, and government officials send her emails, she makes it a priority to respond personally. Putting in

12-hour days is the norm, and her effort has not gone unnoticed. She holds the Queen's Diamond Jubilee Medal, was the recipient of the 2011 Business in Vancouver's Top 40 Under 40 award and was awarded the Canada 150 Community Medal. She has been appointed by Canada's Minister of Defence as an Honorary Captain of the Royal Canadian Navy, is on the SFU President's Advisory Council and the SFU India Advisory Council, Co-chair of the Surrey Local Immigration Partnership Committee, and nationally she has been a Trustee of Canada's National Film Board for 6 years running. Anita has been a trail blazer advocating for change for business and for Surrey, at all levels of government.

The Surrey Board of Trade is a non-profit organization that speaks for the business community at public hearings and to the media, with financial support derived solely from membership fees, sponsorship and service contracts.

Balraj Mann

Chairman & CEO

BM Group of Companies

The journey of Balraj Mann, the owner of BM Group of Companies, began with a dream of providing a one stop shop for engineering and construction services. Three decades later, he manages an impressive and diverse portfolio consisting of structural restoration, waterproofing, construction management, material supply, and real estate related businesses.

BM Group has expanded operations to other parts of Canada and the US including the Hawaiian Islands. The group has also set up operations in Delhi, India under the company Polycrrete Restorations India Pvt. Ltd. to work on India's infrastructure and heritage structure repair projects.

Balraj supports many charitable organizations and currently sits on the board of directors for Langley Memorial Hospital, the Surrey Board of Trade, and Kwantlen Polytechnic University, working with the latter with the aim to bring a red seal program for the restoration industry.



BIRTHPLACE: Bhin, Nawanshahr, Punjab

IMMIGRATED TO CANADA: 1980

EDUCATION: New Westminster Secondary School, Construction Management diploma at Douglas College, Civil and Structural Engineering diploma at Kwantlen Polytechnic University.

FAVOURITE PAST-TIME: Watching Hindi films, my favourite is still Sholay – it's a classic.

AS A KID, WHAT DID YOU WANT TO BE WHEN YOU GREW UP?

My dad wanted me to become a doctor but what I really wanted to do was join the Air Force as a fighter pilot. But then after moving to Vancouver, I realized my love for math, and everything changed –

Engineering came so naturally to me.

TOUGHEST PROFESSIONAL DECISION:

Sometimes we attach emotionally with projects, but you learn and move on.

HOW DO YOU DEAL WITH LOSS OR NEGATIVITY?

The bad times don't last, you just keep working and try to find solutions to get over it. This is when relationships get tested and find out who your well-wishers really are. If everything is going well, it's difficult to manage crisis so getting through rough times really is the best teacher.

ADVICE FOR YOUTH:

When I came here, I faced hardships and racism just like any other new immigrant. But just because you're not the right

colour, don't be scared to progress and dream big. Be positive, take risks, and don't let fear rule you. Get educated and do your part to become part of your community.

FUTURE PLANS:

I no longer work in the company; I work on the company which has helped us grow immensely. Our long-time staff are given opportunities to move within management which has been key to our growth. My son is getting more involved in the company, he handles real estate, land development and construction. One of my daughters is an optometrist and the other is an aspiring dentist, so we are exploring expansion into the healthcare industry under the BMG banner. The world is our oyster, there is only opportunity everywhere we look!



Dr. Harinder Dhanju

Founder President,
Pacific Oral Health Society

BIRTHPLACE: Amritsar, India

CAME TO CANADA: 1996

HIGHEST LEVEL OF EDUCATION:

Premedical and Dental College in Punjab; I challenged the Canadian national dental exam and became a clinical instructor at UBC; Master of Advanced Surgery at Pacific Implant Institute working closely with late Dr. Carl E. Misch.

FAVOURITE PAST-TIME: I play golf and love to travel – I'm currently planning to go for the National Geographic Antarctica trip.

AS A KID, WHAT DID YOU WANT TO BE WHEN YOU GREW UP: Both of my parents were highly educated so they pushed for higher academics – they wanted me to be a doctor. I became a dentist which was the happy medium.

TOUGHEST PROFESSIONAL

DECISION: As a practicing dentist in Amritsar, I wanted to go for further education which required me to move out of the country, leaving my family behind which was scary. My wife Jaspreet is also a dentist, she supported me and together we decided to pursue our education in Canada.

HOW DO YOU DEAL WITH LOSS

OR NEGATIVITY: It's always challenging when you start a venture, but if you have knowledge in your specialization and discipline to continuously work hard then nothing can stop you. It's important to speak the truth and always stay on ethics.

ADVICE FOR YOUTH: I was distracted by luxuries that my parents provided because we could afford it, or I would have started my formal education sooner. Family obligations overtake personal growth opportunities, and you can't get that time back.

When Harry opened his dental clinic in Surrey in 1998, he realized that many of his patients were either single parents, on income assistance, or on old age pension and unable to afford regular dental treatment. As a former clinical assistant professor at UBC Dentistry, he knew that students had a difficult time getting real life experience with patients and saw incoming international dentists that were unable to gain valuable Canadian experience.

He felt strongly that to progress the community he lived in, it was important to step in and help. In 2010, he formed Pacific Oral Health Society (POHS) which is a socially responsible non-profit platform where dental professionals can learn and practice while providing patient care at a significantly discounted rate.

Programs take place at the Pacific Oral Health Centre in South Surrey which is affiliated with UBC Faculty of Dentistry. Today, they have 20 members on payroll, plus 8 dentists, 20 dental hygiene students on rotation, and 6 post-graduate students who are specialists and attend with the head of the UBC Dentistry department. They also run the BC Oral Cancer Prevention Program as a second home-base for the Fraser Valley, seeing 300+ oral cancer screening patients annually at no charge.

POHS is a non-profit system which is self-sustaining and steered by a professional board made up of dental professionals who serve a growing membership base. They are poised for future expansion to other parts of BC. Harry is also the Founder Director of Indo Canadian Dental Association.

Charan Sethi

President,
Tien Sher Group

BIRTHPLACE: Jalandhar, India

CAME TO CANADA: 1976 to Toronto initially for a short period before returning back to England. 1987 moved back permanently as I felt it could provide more prosperity and a better future for my kids.

HIGHEST LEVEL OF EDUCATION: high school and trade school as a Machinist in England. In 1985, I became a realtor.

CURRENTLY READING: *The Runway of Life* by Peter Legge. At some point, our own runway of life is going to end so make each day count – even your job.

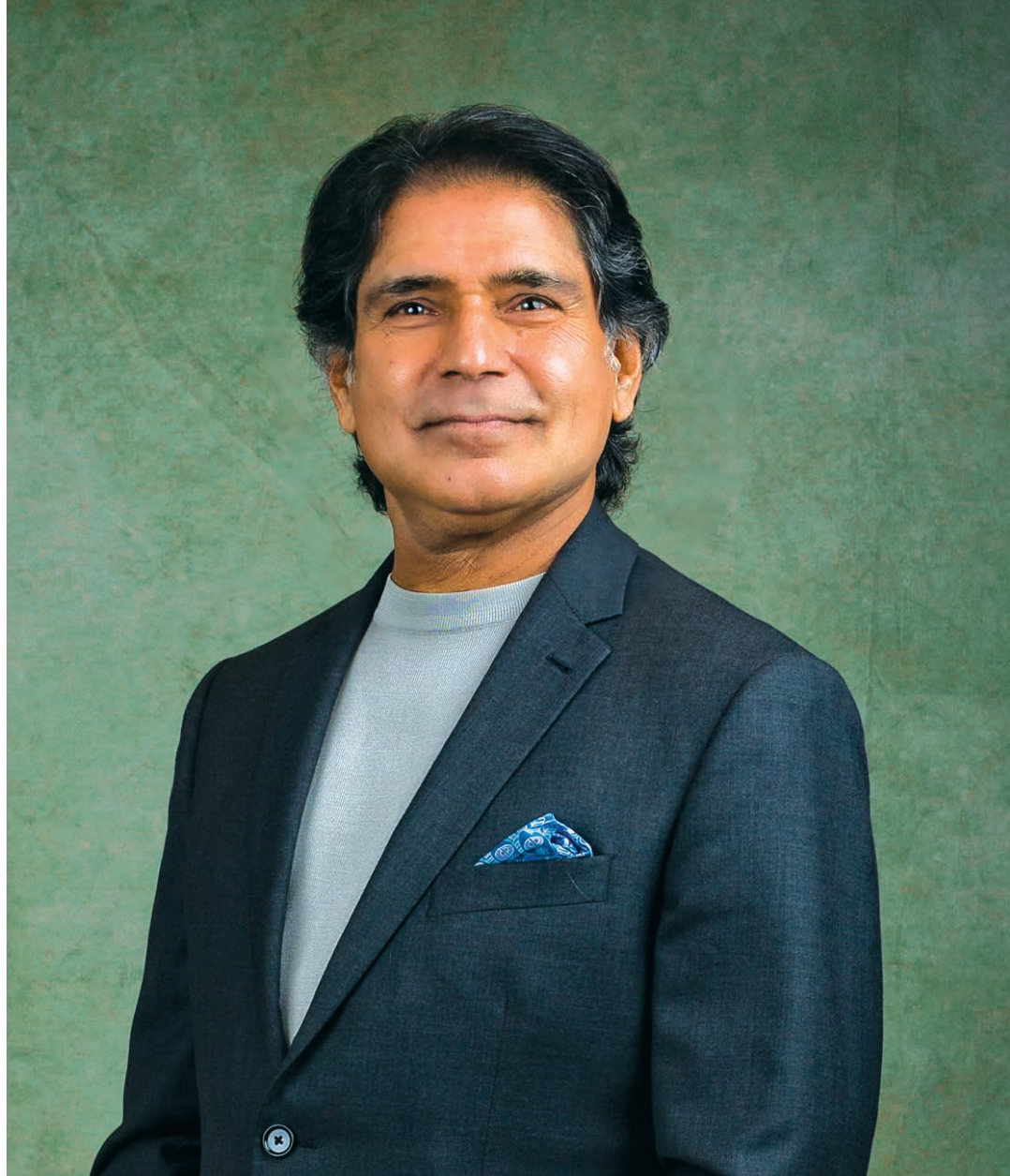
FAVOURITE PAST-TIME: to hang out with my wife and grandchildren. We are building a house, so we are busy with shopping for interiors.

AS A KID, WHAT DID YOU WANT TO BE WHEN YOU GREW UP?

Honestly, we were so busy just surviving that I don't remember having big goals. I was only 13 years old when we moved to England and my dad was working long hours trying to pay for basic necessities, so we learnt to look after ourselves. This is where I learned time management which carried through to my adult life when I moved to Canada.

ADVICE FOR YOUTH: Set short-and-long term goals with deadlines – this will provide focus, direction and force you to learn time management. Create a vision board which is a tool to help you stay focused.

FUTURE PLANS: Try to stay healthy and complete the legacy Whalley – Historic District project.



When Charan Sethi moved to Vancouver in 1978, he had a difficult time providing for his family. Holding three jobs including delivering pizzas at night and house painting on the weekends, Charan started dreaming of the day when he will be financially free, not realizing that his drive would make him a community leader one day.

He obtained his real estate license in 1985 and six years later, he began developing new single-family and multi-family communities and subdivisions throughout Surrey, Richmond and New Westminster. Developments included Quattro 1, 2, and 3 which was touted as bringing Yaletown to Surrey, Balance which are among the smallest units in Canada and built to be affordable, and Venue which was aimed at young hipsters.

Charan now employs a staff of 17 with an additional 150+ tradespeople that work on building projects. His latest development is Flamingo – Whalley District, boasting 1,119 units in 3 high-rise condo towers, 1 low-rise condo building, and a transit-friendly walkable pedestrian area for non-profit arts groups and programming on the south-east corner of 108 Ave and King George Blvd in the historic heart of Whalley. It is slated to be a billion-dollar development project.

Charan claims that one doesn't require a formal university education to be successful in business, but that one does need a vision so that it can come to life. He currently serves as Director of Surrey Business Improvement Association, Surrey Board of Trade – Land Use Committee, and City of Richmond Design Panel.



Perminder Chohan

Managing Director,
Desjardins Financial
Security Independent
Network – Richmond South

BIRTHPLACE: Hoshiarpur, Punjab

CAME TO CANADA: 1990

HIGHEST LEVEL OF EDUCATION:

Master of Punjabi at Punjab University, which is why when I came to Canada, I had to overcome a major language barrier. I learned English watching television. I did my Computer Programming and Plumbing Trade qualification at BCIT.

FAVOURITE PAST-TIME: I like to socialize and have lunch with different people every day to both be inspired and to create connections. I also enjoy playing golf.

TOUGHEST PROFESSIONAL DECISION:

I sold my cell phone stores and began pursuing an opportunity selling high ticket items with a multi-level marketing company, International Heritage Inc. Six months later, the company went under and my life stopped for one year; from making \$20,000 USD per week to zero. I had 485 people downline who relied on me and the company. I just needed to grab my bearings, help as many downline as I could to get re-established, then I began selling RESP's which lead to selling insurance products.

ADVICE FOR YOUTH:

My burning desire as a teenager was to not work for anyone. I saw my dad struggling; although he was a school principal, he was the only one working in the family, so we couldn't afford any luxuries. I wanted to control my own destiny. If you can connect with your why, you can make anything happen.

FUTURE PLANS: To grow my business and personal development courses so that I can help others achieve success, and to serve more people through my charity.

It's hard to believe that there was a time when Perminder Chohan spoke no English. He now owns the BC and Alberta territories for Desjardins Financial which oversees over 500 insurance advisors through eight offices – a true testament that success can come to anyone who truly tries.

He has contributed to two best-selling books on Amazon, Uncommon and Performance 360 with renowned personal development guru Brian Tracey and has released two books of his own: a children's book called Leo Learns About Life, and a self-published book called My 10 Secrets to Success. He recently launched a YouTube channel releasing personal development advice and courses which were featured on The Times Square Today Show in New York City and at the

FOX Network.

He is now focusing his efforts on charitable giving. Along with supporting over 35 charities, he founded two foundations: Folds of Honor (Canadian Chapter) which gives scholarships to spouses and children of soldiers who died fighting for our country (a foundation started in the USA by Major Dan Rooney, who has raised \$120 million since 2007 in scholarships); and Perminder Chohan Foundation which hosts various fundraising events such as collecting 10 tons of food for Surrey Food Bank and collecting 600 blankets in one day for various homeless shelters in Surrey. He attributes his success to others, claiming that now it's his responsibility to give back, a sentiment shared by his wife Deep.

Kal Dosanjh

CEO & Founder

Kiran Toor

President

Kidsplay Foundation

BIRTHPLACE: Surrey, BC

HIGHEST LEVEL OF EDUCATION: Kal completed his Bachelor of Arts degree in Criminology at Simon Fraser University; Kiran is completing her Bachelor of Education at Simon Fraser University and hopes to pursue her master's degree shortly thereafter.

RECOMMENDED READING: The Alchemist by Paulo Coelho. Reading is a form of meditation, and this book was a beautiful reminder to look at the signs and follow your heart.

FAVOURITE PAST-TIME: Kal and Kiran both look at one another and answer in unison, "to build more programs," followed by gales of laughter. We can't stress enough how important KidsPlay is to us and the more programs we build, the more kids we can give meaningful life experiences that will help make them future role models.

TOUGHEST PROFESSIONAL

DECISION: Funding is our biggest hurdle. KidsPlay programs are all offered for free, and the more funding we have the more youth we can serve. We have no employees, and neither of us gets paid - all of our funding goes towards venue rentals, sports equipment and expenses related to producing each tournament or program. Surprisingly, government funding is minimal, and we are at the mercy of our generous sponsors and donors.

FUTURE PLANS: We met with United Nations and we are going on a humanitarian mission with Greater Vancouver Bangladesh Cultural Association later this year. We are excited to expand across Canada, we have chapters opening up soon in Victoria, Toronto, and Edmonton. And of course, to hear more stories like Jessica Sherman's so that we know that we are making a difference in the lives of youth.



Kiran Toor (l) and Kal Dosanjh

A detective with the Vancouver Police Department, Kal Dosanjh has seen crime up close and personal. Seeing an increased number of youth and children involved in gangs, violence, and drug-related crimes made him realize that society required a program at a grass roots level with a positive influence for youth to help make them feel worthy, build their confidence, and to build their cognitive skills so that they can one day be a positive contributing member in their communities.

Kiran, a full-time university student, met Kal and explains that instantly they were on the same page, sharing ideas and their passion for youth. Together, they built KidsPlay Foundation from the ground up, working shoulder to shoulder. Till date,

they have had 60,000 children go through their sports programs and tournaments for free. Youth like Jessica Sherman, who lost her first cousin to a drug war in Abbotsford, are often found displaced with lack of family support to help them deal with trauma. She came across KidsPlay wanting to find direction and now is a mentor to other Abbotsford kids.

Together, Kal and Kiran oversee 500 volunteers, 80 leader-volunteers like Jessica Sherman, and build programs with 15 core volunteers. Both of these community leaders have undoubtedly volunteered countless hours to ensure that they provide a viable alternative for children to spend their spare time on, and that the youth of today become leaders of tomorrow.



Leena Manro

Co-Founder & Director
All Purpose Creative

When Leena Manro was a successful practicing lawyer in Calgary, she dreamed of doing more, and following her heart's song to pursue her passion for acting. Upon moving to Vancouver, she became an award nominated actress, toured international film festivals, and co-wrote and co-founded the first South Asian sketch comedy show *I Can't Believe It's Not Butter Chicken*, which brought sell-out crowds for five years running.

While pursuing her passion, she realized that she also needed another job to supplement her income. Coincidentally, the director of a training video she did for IBM asked offered her a part-time contractor job and hired her 3 weeks later. The role evolved into full-time consulting, directing and producing role, and the basis for a new company: All Purpose Creative, a Vancouver-based media design agency that specializes in creating engaging media design solutions.

As a co-founder and Director, Leena's team currently has 30 designers, and is on an accelerated growth path to meet the high demand of online content strategy required by corporations. She writes, directs and creates media and video for both promotional and training content by injecting comedy and whimsy wherever she can, clearly a winning strategy for global giants like IBM who continue knocking on their doors. She's worked on at least 40 videos (as a writer, director and /or producer) over the last four years.

BIRTHPLACE: Grand Prairie Alberta

EMIGRATED: moved to Vancouver in 2008. I moved here to pursue my dream, but I think my dream pursued me. I couldn't escape it and I have never been happier.

HIGHEST LEVEL OF EDUCATION: Law degree LLB from University of Windsor, Bachelor of Commerce at University of Calgary.

CURRENTLY READING: *Lean In* by Sheryl Sandberg and *Becoming* by Michelle Obama. As a woman in leadership, these books are soooo good, inspiring in different ways, about how women need to sit the table, but we don't need to lose kindness and heart in

the face of adversity.

FAVOURITE PAST-TIME: Writing stand-up comedy. I love making other people laugh. I write all of my own characters – my favourites are Dirty Aunty who...um never mind. I have another set of characters which are Dirty Hippies who... wait, what is this magazine rated?

TOUGHEST PROFESSIONAL DECISION:

Whether or not to follow my heart or follow the lack of funds in my bank account. I followed my heart and ironically, the bank account filled up! Sure, I struggled for a couple of years, but that led me to my dream job. What appeared to be struggles

were actually blessings.

ADVICE FOR YOUTH: I wanted to be an actress, but I tried to find a practical career with law instead. And I wanted to not have so much body hair. Go for your dreams, it will all be okay because the universe really does have your back. And go for a good waxing, please, just do it for yourself (and those you love).

FUTURE PLANS: Bringing light and love to the world through my voice and my heart and continuing to work with my brilliant team. We are like a family and we treat our clients with empathy and care. You just need to care about your people and your work, and you will find real, lasting joy!

Sirish Rao

Artistic Director & Co-Founder
Indian Summer Festival

BIRTHPLACE: Bangalore, India

CAME TO CANADA: 2009 to visit and officially moved in 2011.

HIGHEST LEVEL OF EDUCATION: High School in Bangalore. I decided to travel the world and find teachers to guide me, instead of going to a traditional institution.

FAVOURITE PAST-TIME: I love the outdoors and Vancouver is the perfect playground for this. But mostly I spend as much time as possible with my 3-year-old daughter who I absolutely adore.

TOUGHEST PROFESSIONAL DECISION: To start a not-for-profit arts organization. Vancouver is expensive and the culture of philanthropy for the arts is not quite as strong as in some parts of the world. I admire the Ismaili community for being so aware of their narrative and their legacy, where they invest and support such programs. I would like to see more of this. Supporting the arts isn't as simple as paying for entertainment - we are investing in the storytelling of our community and our people, keeping a thread alive to our past and this requires investment. Artists need to be paid. Every festival, we walk a tightrope, when what we really should be building is an unshakeable foundation.

AS A KID, WHAT DID YOU WANT TO BE WHEN YOU GREW UP: There was a period when I wanted to join the Indian army. But I always loved poetry, expressing myself, and did all the geeky literary things like spelling bees and writing embarrassingly profound articles for the school magazine.

ADVICE FOR YOUTH: Think bigger. We now live in a world where global significance is possible so the impact could always be bigger than the geographic location or intended audience.

FUTURE PLANS: I'm interested in how we build, nurture, and create hope so that it spreads like a fire. I've also spent the last 9 years working on enabling some amazing artists, but I'd love to start carving out some time to work on my own expression again.



Sirish Rao is committed to playing his part in ensuring that Vancouver is engaged in global conversations. A writer, producer, and curator with deep connections to the international cultural world, he spent a decade as Director of one of India's most respected publishing houses and has worked in event production in India and Europe prior to moving to Canada.

He published his first book called *Leaf Life* at the age of 21 and has authored nineteen additional books on topics ranging from mountaineering to retelling of Greek plays, and children's books. His books have been translated into seventeen languages and won several international awards.

Sirish has worked with some of the world's leading art institutions including the Paul Getty Museum, Museum of London,

National Institute of Design Ahmedabad, Musee du Quai Branly in Paris and Kunsthall, Rotterdam. He has been a member of several juries including the 2015 Ethel Wilson Prize and the 2015 City of Vancouver Book Awards. He maintains his connection to international publishing in his role as Adjunct Professor in the Publishing Department at Simon Fraser University.

Since co-founding Indian Summer Festival with his wife Laura Byspalko in 2011, Sirish has been responsible for introducing some of the world's most noted Nobel, Booker, Grammy and Oscar winning artists to Vancouver alongside emerging talent. This year's festival is themed: Tricksters, Magicians and Oracles, and features artists who disrupt, have a cheeky wisdom, or a prophesy for the future.



Makeup for Hema Bhatt: Glamour Doll Studios

Haresh

President

Hema Bhatt

Vice President

Natu'Oil Services

From a small room inside of their Coquitlam home and a burning desire to succeed, Haresh and Hema made their start with shipping 7 containers of palm oil. 15 years later, The Bhatt Group of Companies is the largest supplier of packaged palm oil-based products in North America with 12,800 containers shipped. Their offices are located in Port Coquitlam, Los Angeles, Buffalo, Kuala Lumpur, Singapore, and Vadodra, India, with product available through eighteen warehouses located across North America.

The Bhatt's have diversified into three main arms: Food Products including various type of shortenings from all purpose shortening to cake, icing and doughnut fry; Refined Palm Oil for the manufacturing of soaps and beauty products, and Animal Feed Energy Supplements such as calcium salt and palmitic acid for dairy cattle which are natural products used on dairy farms to produce a greater yield of milk and increase the amount of butter fat the milk contains, helping to increase the bottom line for farmers.

McDonald's apple pies, Walmart cookies, and two-bite brownies at Costco all contain palm oil sourced from Natu'Oil Services.

BIRTHPLACE: Penang, Malaysia

CAME TO CANADA: 2003 for a better quality of life and education for our children

HIGHEST LEVEL OF EDUCATION: Haresh has a degree in Computer Science and Business Administration from the University of Iowa. Hema has a diploma in Hospitality and Tourism.

FAVOURITE PAST-TIME: They love spending family time, going to movies and trying different foods. Hema is an extrovert who loves meeting new people and Haresh is a foodie and wine connoisseur.

TOUGHEST PROFESSIONAL DECISION: When Haresh suffered a stroke, he was only 50 and we had just surpassed

the \$100m sales mark. I suddenly found myself alone and having to split my time between the huge responsibility of running the company and being his caregiver. Haresh's recovery was long and arduous, it was a very difficult time for us. One of our suppliers tried to take advantage and squeeze me out of the business. With a supportive team and systems in place, we were back on track. Our daughter Dharinee joined us two years ago, and Haresh is now back in full steam.

ADVICE FOR YOUTH: Don't doubt yourself. Have a vision and set time-bound goals so you can push yourself to the best of your abilities. This will help you think more creatively to achieve the extraordinary. Success is not final; failure is not fatal - it's

the courage to continue that counts.

FUTURE PLANS: Bringing the next generation into the business; with a succession plan in place, we know that our daughters will take over one day as they already are quite involved in the company. Dharinee is our Vice President of Operations and Nikhita just joined us 3 months ago. Despite our financial success, our daughters have learned that there is no such thing as a free lunch. Instead of paying Molly Maid to clean our office, we paid our kids, making them realize the importance of hard work and that no job is too small. The next steps are to aggressively grow across the globe. We look forward to the next generation of women leading our company!

Vivek Savkur

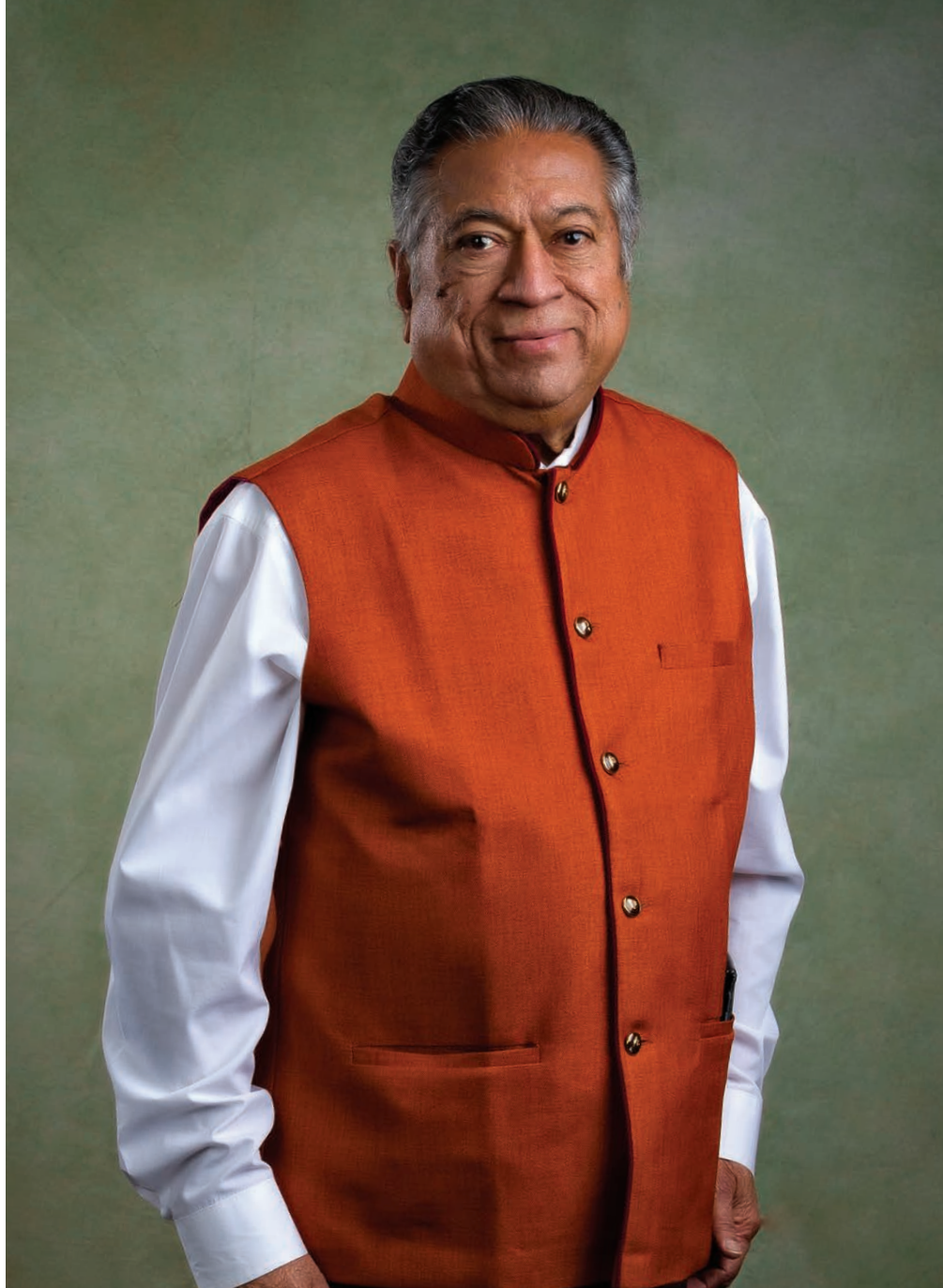
President & CEO

BC India Business Network

Vivek is a born connector. With 35 years of experience in import and export consulting in India, it was a natural transition for him to continue his craft in Canada of connecting Canadian and Indian companies. He opened Savkur International Agencies, a bilateral trade organization, and continues to lobby to strengthen trade ties through the BC India Business Network which he founded in 2015 and is currently the CEO of.

With the Honourable Mary F. Y. Ng, Minister of Small Business and Export Promotion on speed dial, Vivek is a top advisor for Canadian government agencies to do business with Indian companies. In fact, he helped bring the Times of India Film Awards to Vancouver in 2013 and was awarded the Queen Elizabeth II Diamond Jubilee Medal by the Governor General of Canada.

Before immigrating to Canada, Vivek served on the national board of Indo-Canadian Business Chamber (ICBC) for several years and as its National President for three consecutive years. He became the Resident Director of the Indo Canadian Business Chamber in 2007, the Director of the Hope for Orphans Society in 2009 and a member of the Simon Fraser University Advisory Council in 2013, and currently sits on the advisory board for the Vancouver International South Asian Film Festival. He currently is the President of the Canada India Education Council (Western Canada).



BIRTHPLACE: Dharwar, Karnataka, but my family moved to Mumbai when I was a baby due to World War II - the Japanese were planning to bomb South India which worried my parents.

CAME TO CANADA: 2007

HIGHEST LEVEL OF EDUCATION: Commerce in University of Mumbai, Diploma in Management at Indian Institute of Management, Ahmedabad

MOST REWARDING MOMENT: As a member of the Indian Automotive Racing Club, I helped organize the first and second Himalayan car rallies, the first of its kind. This was when I realized my love for bringing people together through major community events.

WHAT DO YOU DO THE CANADIAN INDIA EDUCATION COUNCIL: CIEC is a membership-based not-for-profit which operates within the burgeoning Canada-India education corridor. We advocate for agencies, education consultants and advisors to develop a methodology that is financially sustainable and representative of academic excellence. This helps institutions and students to be more competitive in an international learning environment.

FAVOURITE PAST-TIME: I am a workaholic. I am also an avid reader of international news. In my spare time, I like to pass on jokes.

TOUGHEST PROFESSIONAL DECISION: Winding up everything in India and moving to Canada and was a

huge decision for me. But I never had any doubt, I have always had self-confidence and self-reliance. I am a self-made man and a veteran in the trade, I knew I would succeed.

ADVICE FOR YOUTH: Increase your general knowledge and be aware of what is happening in your environment. And for youngsters out there – find a mentor. From a very young age, I was lucky enough to have mentors who were very strong business people – one of the country's wealthiest men was in my circle. This is why I like to involve others, especially youth, into my community initiatives.

FUTURE PLANS: Making connections and continuing to work hard. I don't think retirement is for me.



Dr. Malwinder Singh Dhami

Founding Contributor
UFV's Centre for
Indo-Canadian Studies

BIRTHPLACE: Baba Bakala, Amritsar, Punjab

CAME TO CANADA: 1977

HIGHEST LEVEL OF EDUCATION: Dentistry in Patiala in 1976, Dentistry in University of Manitoba in 1986, and awarded Doctor of Letters honorary degree by University of the Fraser Valley in 2018.

CURRENTLY READING: all Punjabi newspapers

FAVOURITE PAST-TIME: golfing! We live in such a beautiful place; I love being surrounded by nature.

AS A KID, WHAT DID YOU WANT TO BE WHEN YOU GREW UP? I always wanted to be a doctor, but when I finished grade 10, it became difficult to follow this path as my family did not have the economic status. I knew I had to work hard to achieve my goals.

TOUGHEST PROFESSIONAL DECISION: Life is how you make it easy, stay in good spirit.

ADVICE FOR YOUTH: When I was young, I was born into an average family with 3 sisters 4 brothers. I was the one who was always playing khido-khundi (homemade sticks) outside. Studies are important but don't forget to have fun and spend some time with your friends. Your childhood memories should ones full of happy times.

FUTURE PLANS: I will keep on adding endowments every year as long as I have the means.

With a dental degree from India in his back pocket, Dr. Malwinder Dhami moved to Canada in the late 1970's but struggled to find a job. He made his start behind the counter at 7-11 earning \$2.95 an hour. Sadly, like most other educated immigrants, he did not meet the Canadian requirement to practice his profession, but he didn't let his circumstance stymie his dream. He found kindness on his road of hardship in the form of a donation towards his tuition to study dentistry at the University of Manitoba which morphed into his philosophy of paying it forward.

He created scholarship endowments for underprivileged post-secondary students where through his own monetary

donations, he has helped pay tuition for hundreds of students. Each year, he awards at least nine endowments ranging from \$500-\$1,000 each, and for the past ten years has worked through the Fraser Valley Indo Canadian Business Association to create additional endowments at the Dashmesh Punjabi School in Abbotsford.

He rallies established dentists to join him in helping aspiring dental students and internationally trained dentists. His generosity was recognized by the Indo Canadian Dental Association, and the University of the Fraser Valley which recently awarded him with an honorary Doctor of Letters degree. He is a founding contributor to UFV's Centre for Indo-Canadian Studies.

Shelina Mawani

President & CEO

Nana's Kitchen

There is an ever-increasing demand for ethnic foods to feed hungry consumers across North America, ready to try new flavours in the wake of globalism. One such company that has caught the upward trend is Surrey-based Nana's Kitchen who produce 25,000 samosas per day in their 22,000 square foot facility. The facility is HACCP and BRC approved, meeting the strict food and safety guidelines as set out by the Canada Food & Safety Inspection Agency and the US Food & Drug Administration.

With humble roots, Shelina and her now retired sister Nasim opened a restaurant together in 1998, moving into wholesale samosa production in 2000. Today, Nana's Kitchen distributes samosas in seven different flavours, as well as pakoras and chimichangas to every major grocery chain across Canada and United States of America.

Shelina has won several prestigious awards, the latest being the BMO Women Leaders in Community & Charitable Giving. Employing a staff of 60, most of whom are immigrant women, Shelina attributes her success to the ideology of multiculturalism where through food, she is able to serve a piece of her heritage to the world.



Makeup for Shelina Mawani: Kim Basran

BIRTHPLACE: Mwanza, Tanzania

CAME TO CANADA: 1981

HIGHEST LEVEL OF EDUCATION:
Esthetician certified from London, UK

AS A KID, WHAT DID YOU WANT TO BE WHEN YOU GREW UP? To be honest, I had no vision – I was born in a wealthy family. After I was married, I realized what hard work was and what it meant to build my own self and our company. If I can do it, anybody can do it.

FAVOURITE PAST-TIME: I get inspired by women, community and the power of giving. From the leprosy project to

the orphanage in Mwanza, to speaking publicly about changing mindsets, you have to be there for your community to make meaningful societal change. I'm also currently working on my 60-year biography which keeps me occupied.

TOUGHEST PROFESSIONAL DECISION: After so many failures and financial set-backs, of course I had a lot of fear. But I thought that either I can back down or rise. Being in a heavily saturated samosa market in BC, it was very difficult to compete strictly on price. We looked outside the box and created a product that the consumer demanded by focusing on quality and safety, which is why we say, "taste the difference".

ADVICE FOR YOUTH: Believe in yourself, have a vision, write small goals daily and dream big. What you visualize, you actualize. It's important to dress with confidence because you never know who you will meet to create an opportunity.

FUTURE PLANS: My husband Nawaz has been behind the growth of the company in the USA until now, but he has shifted focus to expansion next door to build our new facility where we aim to increase production by adding cold storage and labeling facilities in-house. The construction will complete in 2020. We are also actively looking into additional markets and creating new product lines.



Jinny Jogindera Sims

BC NDP MLA for Surrey-Panorama
& Minister of Citizens' Services

Jinny has always believed in helping others. Her love for children brought her into the field of Education where she realized how children truly are the product of their environment. Whether they face hunger, poverty, racism, sexism, violence, homophobia and more, she has made advocating for children her life path.

As a first-generation immigrant, she challenged many societal norms of the day including the stigma of cross-cultural marriage and moving into the political arena which was predominantly occupied by men. She was the first woman of colour to be elected as the President of the BC Teachers' Federation in 2004 representing over 40,000 teachers, and one of only 76 women elected to parliament in the 2011 federal election where she held the seat as NDP MP for Newton-North Delta.

She currently holds the position of BC NDP Member of Legislative Assembly for Surrey-Panorama as Minister of Citizens' Services, which is both the public face and corporate enabler of provincial government. Through 65 Service BC Centres, the ministry manages government-owned buildings and real estate, procurement, protection of Privacy and Freedom of Information, cyber security, internet connectivity, government information technology services and finding innovative solutions to improve government services to citizens.

BIRTHPLACE: Pabwa, Jalandar, Punjab

IMMIGRATED TO CANADA: Initially, I went to England in 1962, then to Quebec in 1975. In 1977, we came to Nanaimo for a holiday and decided to stay.

EDUCATION: Degree in English and History from University of Victoria in Manchester, England.

CURRENTLY READING: I read briefing notes all day. I'm currently re-reading *Pride and Prejudice* by Jane Austen as this novel is about simple things. Reading fiction helps me reset my brain.

AS A KID, WHAT DID YOU WANT TO BE WHEN YOU GREW UP? Airline pilot, but I failed the medical exam based on the

height test – I wasn't tall enough and back in those days there were restrictions which today might be considered as Human Rights violations. So, I became a teacher. I love working with kids and it was that love that brought me to politics where I could help build a more just and inclusive society.

HOW DO YOU DEAL WITH LOSS OR NEGATIVITY: You have to let it roll off your back. I appreciate constructive criticism because I believe in working collaboratively. I know what I'm passionate about – it's our youth. I stay true to my heart, and genuinely want to help those around me.

ADVICE FOR YOUTH: There's a French saying 'pas des regret' meaning no regrets. Learn from the wisdom

of your family and teachers and live your dreams!

TOUGHEST PROFESSIONAL DECISION: To leave teaching and education and go into the political arena. I had to do a lot of soul searching but my family supported me, so I made the jump. I have a firm belief that quality public education is the foundation of our democracy and that every child has the right to an education, so I will always continue to advocate for them.

FUTURE PLANS: I don't think I will ever retire because I love what I do, and that passion is something that feeds my soul. Life presents many doors; be brave and explore what they hold.

Zeeshan Hayat

President

Karina Hayat

Vice President

Prizm Media

BIRTHPLACE:

Zeeshan: Lahore, Pakistan

Karina: Guatemala

CAME TO CANADA:

Zeeshan moved to Canada with his grandparents in 1989; Karina came to Canada as political refugee

HIGHEST LEVEL OF

EDUCATION: Zeeshan completed his Associates Degree from Douglas College; Karina was planning to complete the Nursing program at Douglas College, but their online company suddenly took off and became extremely demanding

CURRENTLY READING:

Just finished reading *The First Muslim* by Lesley Hazelton, and now *Becoming* by Michelle Obama.

FAVOURITE PAST-TIME:

we have three children aged 12, 8 and 3. We have a busy family life but try to squeeze in working out or cycling together fairly often.

TOUGHEST PROFESSIONAL

DECISION: In 2017, one of our largest partners had filed bankruptcy protection and they had accounts receivables of over \$1 million with us. It was a significant loss for us, especially with young children. Instead of giving up, we decided to reinvest into our company to make it stronger.

ADVICE FOR YOUTH:

Zeeshan: I set the bar really high for myself and put myself down if I didn't achieve 100% of my goal. I would tell myself to be more patient, more thorough, and get to know the facts before jumping into a random decision, making sure that I fully understand the consequences of any decision.

FUTURE PLANS:

Our aim is to help millions of people around the world gain access to their prescriptions. We are currently actively looking to expand into Latin America, and international market shortly thereafter.



When Karina came to Canada with her family in 1991, she faced a huge culture shock trying to settle into her Vancouver high school. Fitting in is hard enough as a teen but fleeing from Guatemala seeking political asylum was inconceivable for many of her peers. Learning English through the ESL program, she made friends, one of whom introduced her to his best friend, Zeeshan. Instantly, the two were inseparable.

Zeeshan hails from an orthodox Pakistani family. Raised by his grandparents, he learned discipline, dedication, and family values early on in life. With a dream in his pocket and with Karina's support, they built a website to sell herbal products with the hopes of earning some cash to pay their college tuition. The website took off and became so demanding on their time as full-time students that they had to decide whether to continue pursuing their studies or drop out to grow the company. Prizm Media was born in 2001, now

creating waves as one of Canada's 500 fastest growing companies, winning Business In Vancouver's BC CEO Award and a finalist for Social Impact in the prestigious Ernst & Young Entrepreneur of the Year Awards – Pacific Region. With their 40 employees in Vancouver, and over 500 in their Customer Service Centre in Pakistan, they provide technology and marketing to health care providers, connecting an impressive 20 million+ people with chronic conditions across North America to over 600 vetted healthcare partners.

They co-founded Kudo Technologies to help patients get on-demand pharmacy services including tracking medication, schedules, and medical supply delivery through the app RxToMe, and condition-specific meal plans and calorie budget with macronutrient targets through the app KudoLife. Together, patients can gain insight into their existing healthcare and reward them for making better health decisions.



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SAAG & DAIKON

DEAR BEHENJI,

My family doesn't know that I'm gay as they are pretty orthodox. But I am in love with my neighbour living down the street, we make great tunes together. My parents know I think but don't want to face it since I spend so much time with my "neighbour". We don't know what to do!

DEAR BROWN GUY,

I'm personally not into daikon mixed with saag but to each their own. You have the right to be happy as long as your journey to happiness doesn't harm anyone. Your parents raised you with a lot more love than you may realize – tell them how you feel, or maybe trust another close family member to find out how you should approach your parents. But know that parents will prefer honesty from you directly.

30-YEAR-OLD VIRGIN

DEAR BEHENJI,

I just broke up with my fiancé because I ran into her ex-boyfriend and I didn't like how it made me feel. I want my woman to be pure, so no one can say anything to me in the future about it, so we can live in peace knowing the past won't come back to haunt us. I mean, she wasn't my first either but I can handle my women not speaking out of turn. How do I stop missing her?

DEAR 30-YEAR-OLD VIRGIN,

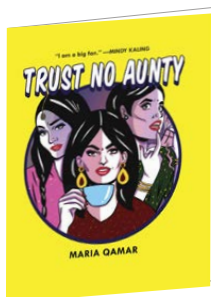
Get over yourself. Why is a man who has slept with multiple partners considered a stud, but a woman who has

had relationships in the past considered a slut? Fitte muh tere! You can't have your cake and eat it too. There was a time in human history that seeing the bare flesh of a woman's ankles in public (because her dress wasn't concealing enough) was considered 'unbecoming of a woman.' Today, this train of thought is flashed around to make a woman feel socially unacceptable. Get with the program – you attract what you put out so if you want to marry a virgin, keep your own virtue hidden until your suhaag raat.



DEAR BEHENJI

Trust No Aunty is a humorous, illustrated "survival guide" written by artist Maria Qamar, and is based on her experience in a South Asian immigrant family which is her take on how to deal with overbearing "Aunties," available at your local Chapters Indigo bookstore. Pictured above is a HateCopy Desi Pop Art original on poster print. **\$17.37, HateCopy.com**



LOUSY LOVER

DEAR BEHENJI,

I've had conversations with (close) friends and they've confided in me about how lousy their sex lives are with their current partners. I've also had conversations where the persons involved speak highly of their sex lives knowing full well that their current partner (men and women) were sexually involved with other persons in our group prior to the current relationship. I'm of the later. Do I just have bad friends?

DEAR LOUSY LOVER,

Yes, your friends are dumb and you are even dumber to keep up

false pretenses just to save face. It's like you are looking London, talking Tokyo. Life is complicated as it is, chill maaro. Clearly, these "friendships" are not deep and meaningful, so why do you try to be fake just to please them? Forget them, focus on your own partner and make your love-game strong. Kama Sutra was created by Indians for Indians, and practice makes perfect.

KHUSH RAHO, MERE DOSTO!

Have a question for Behenji?

Email to hello@aaarzumagazine.com with the subject: **Dear Behenji.**

KEYBOARD WARRIOR

So, here's the thing...why is it so much easier to type it then to say it to my face?

by Junita Thakorlal

Definition: Noun. keyboard warrior (informal, derogatory) A person who behaves aggressively and/or in an inflammatory manner in online text-based discussion media, but at the same time does not behave similarly in real life, potentially due to cowardice, introversion or shyness.

Keyboard warriors are a real thing. I should know; I've been bullied multiple times by self-proclaimed "really nice people" masked in nastiness that would make their mothers feel ashamed of them.

The first one was an ex-bestie who I lost in a crowded nightclub in Chicago and later found in bed with a dude in our hotel room – she knew the dude, he was a rugby player on a team she was the physiotherapist for. Consequently, she admitted that she had slept with 6 other players from the SAME TEAM which was too much for me to handle. To justify her actions, she took to text message in an effort to shift the blame, trying to take attention away from her own misdeeds.

The second one is an ex-boyfriend who just won't go away, getting triggered by his memories of us in the past. His out of the blue nasty text messages and emails start with blaming me for his world crashing down and usually end with the typical "go f*ck yourself, don't contact me again" passive-aggressive comment that makes him feel like he is the Almighty.

The third was a young aspiring model who I offered to write a feature about

in this very magazine. For most young sparkplugs, this is an opportunity to springboard into action if they are smart enough. Instead, she demanded \$1,800 from me which, for a non-celebrity wanna-be Instagram star with 530 followers at the time, was a giant stretch. Her dealings didn't fit with our vision of empowerment so I dropped her with a 'best of luck' message. Well, she went on a public shaming tizzy on Instagram, complete with defamatory captions, tagging our vendors, and then trolling our production team when she

communications, and are regarded as 'losers' by other virtual identities on the internet. Maybe 'losers' is a tad presumptuous; maybe I just have radar for attracting drama.

We are all human. Feelings can get hurt when you don't necessarily understand how your words, actions, or inactions make others feel. When our anger is fueled by one-sided assumptions, we often find solace in a safe place to share how we feel and in the digital era, this means online – where you can't necessarily retract stupidity and spur-of-the-moment posts. I'm not immune from keyboarding my thoughts too, where others have taken offence – it happens because words have no emotion but we ASSUME they do. In these instances, we talk things out like reasonable adults and either alleviate any misconceptions or agree to disagree with grace.

I wonder if these so-called keyboard warriors have ever heard of having conversations? Considered another perspective? Accept blame? Think with love and compassion rather than anger?

This whole concept is a lot like drunk texting, the intoxication is absolutely there to pour your heart out but as soon as you sober up, you realize you were a douche – that is, you realize if you truly are a "really nice person". And if you don't, then God help you because you ain't getting sympathy here! Thank you, NEXT!

didn't get a response from us.

According to the Urban Dictionary, keyboard warriors are generally identified by unnecessary rage in their written



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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.

HOT & SWEET *with* PADMA LAKSHMI



Top Chef host and executive producer Padma Lakshmi has been serving it up hot since 2006. The Emmy-nominated actress, food expert, model, and The New York Times best-selling author was born in India and grew up in America. Known as India's first supermodel, she has established herself as a food expert early in her career, having hosted two successful cooking shows and writing the best-selling *Easy Exotic*, followed by *Tangy*, *Tart*, *Hot & Sweet*, which has over 150 recipes from around the world alongside intriguing personal essays.

In 2016, She released her food memoir, *The New York Times* best-selling *Love, Loss and What We Ate*, followed shortly thereafter by *The Encyclopedia of Spices & Herbs*. She recently wrapped up season 16 of *Top Chef* on Bravo Network.

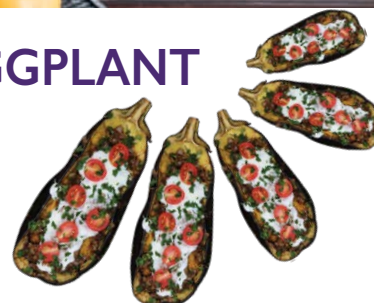
BAHARAT SPICED EGGPLANT

INGREDIENTS

2 large eggplant
 2 cloves garlic, minced
 ½ teaspoon lime zest
 2-3 tablespoons lime juice
 2 tablespoons Baharat •
 (mixture of paprika, black pepper, cumin, cinnamon, cloves, coriander, cardamom, nutmeg, allspice)
 2 serrano peppers, minced
 2 medium onions, small diced
 salt and pepper, to taste
 2 tablespoons Extra Virgin Olive Oil
 ½ cup yogurt
 ¼ cup chopped fresh parsley
 1 cup cherry tomatoes, halved

DIRECTIONS

1. Preheat oven to 425° F. Split each eggplant in half lengthwise. Score the inside of the eggplant in a cross-hatch, brush it lightly with olive oil, sprinkle with salt and pepper, and then bake for 45



- minutes, until soft.
2. Meanwhile, heat a few tablespoons of oil in a large sauté pan and fry onion for about 10 minutes, until golden brown.
3. Add the minced garlic, chile and the Baharat to the onions and fry for another two minutes.
4. Separately, in a small bowl, mix together lime zest and juice.
5. Once the eggplant is done pull it out of the oven and add the lime juice mixture over the top. Pile on the onions and chile mixture, and finally, dress with yogurt.
6. Top each eggplant ¼ cup of the halved cherry tomatoes and a tablespoon of fresh parsley.

HOT SPOT



APNA CHAAT HOUSE Indian Street Food

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

www.apnachaathouse.ca

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



PADMA'S APPLE CAKE

INGREDIENTS

- 3 Granny Smith apples, peeled, cored and thinly sliced
- 1 tsp fresh lemon juice
- $\frac{3}{4}$ cup Sugar in the Raw, plus 3 tbsp
- 1 $\frac{1}{2}$ tsp cinnamon
- $\frac{3}{4}$ cup unsalted butter (1 $\frac{1}{2}$ sticks), cut into cubes
- Pinch of saffron
- $\frac{1}{2}$ tsp cardamom powder
- Healthy pinch of clove powder
- 2 large eggs, lightly beaten
- 1 cup all-purpose flour
- $\frac{1}{4}$ tsp Maldon or sea salt on top

DIRECTIONS

1. Preheat oven to 350° F. Generously butter a 10-inch cake pan.
2. Toss the apples in a bowl with lemon juice, then add two of the tablespoons of sugar and the cinnamon.
3. Melt butter gently for 7 mins with a pinch of saffron in a small saucepan. Let it get brown but not burned. Let cool for 10 minutes.
4. In a large bowl, whisk together the $\frac{3}{4}$ cup sugar, cardamom and clove. Add the slightly beaten eggs and butter mixture, then add the flour. Gently fold in the apples.

5. Transfer cake mixture into the prepared cake pan. Sprinkle remaining 1 tbsp sugar and $\frac{1}{4}$ tsp salt over the top of the cake mixture. Bake for 45 minutes, or until golden and a toothpick comes out clean.

CAYENNE ROSEMARY

INGREDIENTS

- Juice of $\frac{1}{2}$ a lemon
- 1 3 inch spring of fresh rosemary
- 1 $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon kosher salt
- Pinch of cayenne pepper
- 4 oz. San Pellegrino
- $\frac{1}{2}$ oz. Patron Silver

DIRECTIONS

Put all ingredients in a cocktail shaker filled with ice, and shake vigorously for 1 minute. Serve in a rocks glass over ice.



HOT SPOT



SIDDHARTHA'S KITCHEN

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

www.siddharthaskitchen.com

Satisfy your senses with sumptuous Indian cuisine prepared with love and passion by Chef Siddhartha. Hailing from Delhi, India and cooking since the age of 19, Chef is an artist at heart which you will experience in the beautiful presentation of every dish that is served to your table.

With locally sourced, fresh ingredients, Chef actively promotes sustainability by buying at local farms and business, reflecting the love with which the fruits, vegetables, grains and meats were procured and prepared.

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.

SIGNATURE DISHES:

Daal Makhni, Achari Tandoori Chicken, Lamb Adraki



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Chicken with rice, carrots, peas and onion come alive in our flavourful tandoori masala spice blend which is then folded into a tomato infused pastry.

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Photo: Tracy Kusiewicz at Foodie Photography Food Designer: Lawren Moneta at Lawren Moneta Culinary Media

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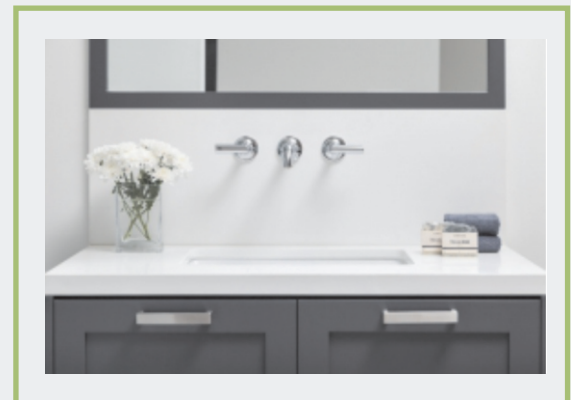
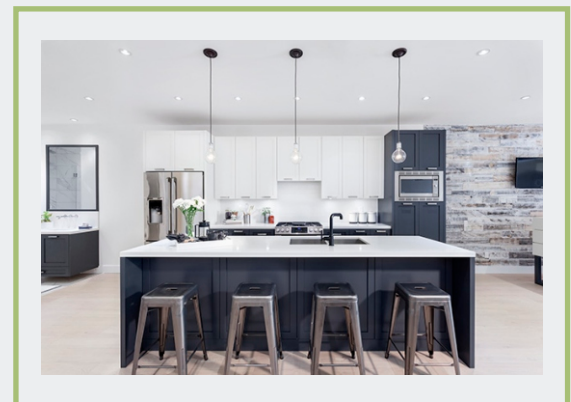
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IN LIVING CORAL

3 trendy ways to incorporate coral in your space Living Coral” – 2019 Colour of the Year

by Ritika B



The Pantone Colour Institute forecasts global colour trends and 2019's Colour of the Year is "Living Coral"

This joyful colour is a delight to incorporate in any room! It can instantly add a pop of colour and energize a space, yet has a softness that can also be relaxing. It brings richness and warmth to a space when used with warm metals and neutrals and when paired with other trendy colours such as grays, teals, and blues it makes for a refreshing design palette. Here are three trendy ways to use Living Coral:



Photo: The Dump Luxe Furniture Outlet



Armchair: \$449, Article



KitchenAid Mixer: \$350, Crate & Barrel

warmth to the space, and brass accessories add that golden touch! Alternatively, if you love the idea of coral walls but don't want it everywhere, an accent wall is a fantastic idea - it creates a dramatic focal point and is great for open area living where one area flows into another without a wall divider.

CREATE MUTED MAGIC

Create a sophisticated look by using a slightly muted version of coral on the walls and neutral tones in furnishing/fabrics/fixtures to balance the room. Or, add a soft touch with textiles in printed fabrics to take the eye up vertically without being overwhelming. You

can pair this with matching coral sofa or headboard with a hand woven rug. Give dimension to the neutral elements by layering lush textures such as silk draperies, bamboo shades, linen sofas, and sisal rugs.

MAKE A BOLD STATEMENT

Drenching the walls in coral creates a bold statement & provides a rich backdrop for furniture and accessories in analogous colours such as yellows, oranges, pinks, and reds. Add modern white accents for a bright contrast and a fresh vibe. Wood elements such as flooring and furniture bring depth and



Pillow: \$68, Anthropologie

ACCESSORIZE!

Accessories are a great way to inject colour in any space and can easily be swapped out to change up the look anytime. I love all the coral accessories out there right now...the options are endless and so fun! From teapots to tables, and even unconventional items like appliances and lighting, coral is everywhere...how can you not bring one of these bright gems home?

I cannot get enough of this happy and versatile colour – coral is vibrant yet mellow, playful and warm. It can make a space modern, vintage, sophisticated, or fun. It's all in how you approach the look, so get happy and express yourself using Living Coral! Read more on aazumagazine.com



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GETTING UNSTUCK

98% of people die without fulfilling their dreams,
according to the Wealth Research Group. Perhaps they are overwhelmed with choices
and anxious about seeing everyone's perfect lives as portrayed on social media.

Will you be one of them?

by Deepak Jayakar

In reality, our life is largely driven by mental processes – texting, typing, reading, watching, thinking. In layman's terms: we are stuck in our heads. This chaotic life-style can leave us feeling out of control, weak, and numb. You may not even be aware of your unused inner potential and power.

Humans have the innate ability to uplift, motivate and persevere even during the toughest times. Here is how you can start taking your life goals from 'inconceivable' to 'achievable'.

WILLPOWER

The first step towards empowerment is to boost your willpower. Like your muscles, it is strongest and most powerful in the morning. Feng Shui science advises to make best use of the Dragon hours (7 am to 9 am) to set the daily tone and schedule and make important phone calls – it is important to remain positive during Dragon hours. Then, dealing with traffic, difficult people and arguments is draining; willpower is at its lowest. It is ideal to take deep breaths, stretch, and get out in the open air to recharge your batteries.

It is best practice to go to bed during Pig hours (9pm to 11pm) as the Pig hour energies have the ability to increase the

potency of your body and mind. Avoid screen time, read books instead.

MOTIVATION

Motivation is like bathing - you need it every day. It is amazing to see how dynamic we can be when we are motivated and energized. When you are surrounded with an inspired environment, it helps create positive thoughts in your mind that expands

confidence to move forward fearlessly.

INTUITIVE MIND

Scientific research now reveals how the flow of thoughts actually sculpts our brains. By changing our thinking pattern, we can change our brain for greater happiness, love and success. According to Feng Shui principles, directions NE and SW are responsible in creating positive energy flow in our body and brain, promoting physical, emotional and intellectual well-being. The best way you can enhance these sectors is by displaying earth objects such as ceramic or stone sculptures, decorative earthen ware and vases, or porcelain pots and plates. You can also use stones, pebbles or crystals to activate the energies of these sectors.

The positive energies generated by your mind will help you actualize what you want. As Albert Einstein quotes, "the intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that

honors the servant and has forgotten the gift." In order to feel motivated, we need to create a balanced Feng Shui environment to support our inner energies.



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 transform projects into outstanding spaces.



your aura to attract success. Remember, environment also includes every person around you – your loved ones, friends, boss, colleagues, neighbours, dinner parties etc. It is your turn to make conscious choices to be with people who keep you happy, motivated and make you feel good. When energies around you are supportive and nurturing, it will help you produce a strong aura of

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HOROSCOPE



ARIES

Your hard work will be financially rewarded. You will see that the positivity of summer lets you work to accomplish your goals and chase what you want, especially in for matters of the heart. While Venus transits your romance sector from July 28-August 20, 2019, your charm is easy and natural.



TAURUS

Forget about your responsibilities for a little bit take some much needed time for you! If you haven't done so yet, book your vacation to recharge your batteries. However, watch your spending this Summer. As Mercury is in retrograde from July 7 to 31, and it rules your romance sector, watch for a slowdown in your romantic relationships and manage them accordingly.



GEMINI

Boredom and lack of motivation is leaving you feeling a little fed up with your routine but hang in there. However, as Saturn transits through your intimacy sector until December 2020, it's a time for sorting out matters of sharing, intimacy, and finances or power dynamics in a close relationship. It's time to take your romantic relationship seriously.



CANCER

Until December, Jupiter is moving through your work and health sector, and you can be pouring a lot of energy into your work, daily routines, and health pursuits. This is a time of special self-care. Hold your head up high; don't let others try to take your joy. This can be a make-or-break period, your committed relationships are about to become serious.



LEO

This summer you have few obstacles and slowdowns. You are in a period of career/reputation journey so you may find it difficult to completely block out your worries and sources of stress. There can be some restlessness, but it's usually sated by finding more ways to express yourself creatively and romantically. Concentrate your energies on the essential things in life; you won't be spending the summer alone.



VIRGO

You are really looking forward to getting away from your working duties as well as your tedious daily routine. You have increasingly less pressure on you than you've had for some time, and this is set to improve further by the end of the year when Jupiter will enter your romance sector. Until then, try to relax and not spend your time worrying about things you know will never work out.



LIBRA

Make sure all the loose ends are tied up, you really are pushing yourself to the limits in order to impress professionally. Uranus is the ruler of your romance sector, and happens to move through your intimacy sector this summer so things are going to rev up – try to find balance with intensity in your relationship and your professional life. There can be heavier responsibilities this year at home that can weigh you down emotionally.



SCORPIO

Your mind is everywhere; you may have trouble focusing your energies on any one thing at a time. Saturn will attract sometimes demanding projects so you may have a tough time unwinding - your partner will be your rock over the difficult months to come and will support you through thick and thin. If you are an entrepreneur, you will find much success. You may come across more stern or intimidating than you realize!



SAGITTARIUS

The tense atmosphere at work, and at times in your personal life, means you are really looking forward to the start of a new season – like a rebirth, rediscovering your independence and spark as you say good bye to things that no longer serve you. Uranus moves into your work and health sector so you will notice business success which is expected to continue all year except during Mercury retrograde in July and November.



CAPRICORN

Your work tasks are building up, but your motivation and determination are waning heavily. Watch for sending out vibes that may be pushing others away. Jupiter transiting your privacy sector until December makes this theme especially relevant. With Saturn in the foreground and Jupiter in the background until December, you can be quite self-protective and withdrawn, which may limit your love life.



AQUARIUS

You need to be careful with your heart this summer. Your romance sector is ruled by quick-moving Mercury which retrogrades in July which can bring confusion and communication problems, along with the reappearance of old flames. It's a good time for slowing down, reviewing your situation, and gaining a new perspective on problem areas.



PISCES

During Mercury retrograde in July, you may feel a little harried or misunderstood but the effect won't last long. People will find you irresistible this summer, and when you step out everyone's eyes will be on you! Passion and sensuality will invade your summer months and will liven up your relationships. If you are single, summer won't be the best time for you to meet your soul mate, but that doesn't mean you can't have some fun in the sun!



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AMIT KUMAR

CARS I DRIVE

2019 Tesla Model X by Junita Thakorlal

When it comes to technology, Amit Kumar prefers to sit in the driver's seat. From his impressive academic background to his software development company, it's easy to see that he is passionate techie – his license plate affirms this too! "I keep close tabs on Elon Musk, I'm fascinated by everything that he does," shares Kumar. "And my Model X is on the cutting edge of technology when it comes to consumer vehicles, which is exactly where I want to be."

Hailing from Bihar, India, Kumar came to Canada on a work permit during his tenure with IBM Pune in 2007. He recently launched his own mobile app called Konnections, a free phonebook app that comes with Automatic Contacts Updater which updates the contacts details of your friends when they change their number, all of which is securely stored.

As a newly settled immigrant, he found that other new immigrants reached out to him in an effort to recreate a feeling of belonging, and the India Canada Association was born. He now runs the Meetup group called Vancouver Indians. He is also the primary driver

of the household, with his six-year-old daughter commanding most of his carpool rides. The Tesla Model X Limited starts at \$110,890.

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3. Futuristic

I'm into technology and software, and this is THE biggest advancement in automobiles ever. Not even Lamborghinis and Ferrari's can compete with the gadgets in this car. There are no physical buttons on the dashboard, it has a 17-inch screen which controls everything in the car. If there is a software update, new features are automatically downloaded, and the apps and maps get refreshed so not only is it always up to date but I also

get new exciting features for free. Plus, the unmistakable falcon wings have a proximity sensor so even tight parking spaces aren't a problem. The interior is clean and sleek and gives me the space and functionality of a seven-seater SUV.

4. Self-Driving

Although the self-driving mechanism is limited right now, when it is fully built, all I need is a software update and just like that, my car will become self-driven. I've already driven all the way to Portland and 80% of the drive was on autopilot which takes away the stress of long-distance drives.

CONFESSION: I get my car detailed once per month and for emergencies, I keep a cleaning kit in my car just in case.

FAVOURITE PAST-TIME: I'm a movie buff – I go to the theatre every week.

MY FIRST CAR: Mercedes C-280 which used to be a dream when I was living in India.

DREAM CAR: I'd like to own a collection of cars like Tesla Roadster and Bugatti Chiron.

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FINANCE VERSUS LEASE

by Gursh Nijjar

Buying a car is one of the largest personal purchases we can make. Unless you have a stash of cash lying around (which is actually the best and safest way to pay), your options are to either finance or lease your next car.

Financing means that you pay towards owning your vehicle one day, similar to a house mortgage. Leasing is like renting your car for a pre-arranged period of time, after which time you have an option to buy it for the lump sum you have left over at the end of your lease period. There has always been some confusion about the difference between these two options so let's break it down and see which one is best for you.

LEASING

Pro's

1. After your lease period expires, you can simply give it back without any headaches and lease another vehicle, continuously driving a new car.
2. Warranty is included to cover major repairs over the term of the lease should your vehicle break down. Service packages can be included in this if you negotiate it.
3. No taxes are paid upfront on the purchase price.

Con's

1. Mileage is restricted and penalties are imposed for overuse with some wear and tear clauses – meaning you pay for over usage and excessive over-use of the vehicle.
2. A car is an asset, but you don't actually outright own it, the dealership does.
3. Although appealing, it can work out to be more costly in a short term of lease over the longer term of financing.

FINANCING

Pro's

1. Eventual outright ownership of vehicle, meaning you are building an asset.
2. No mileage restrictions and you are able to customize your vehicle how you want it.
3. You can spread out your payments to fit into your budget with many options such as monthly, bi-weekly, semi-weekly or even weekly payments.

Con's

1. Can often lead to big repair bills as cost of ownership over a longer period of time means vehicle maintenance includes vehicle not changed often enough to keep bills

to a minimum.

2. Have to keep your vehicle for between 5-7 years to reap the benefits of financing over leasing.
3. Can feel suffocated having to pay instalments over a longer period of time - not able to see the light at the end of the tunnel.

DEPRECIATION

We have all heard of the saying, “you lose thousands of dollars when you drive a vehicle off of a car lot.” This is true especially with new vehicles. Depreciation simply means loss of value over time. Lease companies take into consideration the depreciation and basically charge the customer the cost of depreciation together with the cost of wear and tear to calculate your monthly payment. In financing, you pay for the entire vehicle and have take the full cost of depreciation as a loss from day one, hoping to possibly recoup the loss in the future once the vehicle is paid off if you decide to sell it or trade it in.

All of these basic factors will determine which option is right for you and your lifestyle and budget.



ABOUT THE AUTHOR: Gursh has been passionate about cars since he was 11 years old, having worked in the auto industry in England and Canada for 30 years. He is also the co-owner of Canadian Motors.



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