TORONTO'S SEASONAL LIFESTYLE ON-LINE MAGAZINE

HER COLLECTION

COLLECT.CONNECT.CREATE.

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HER COLLECTION

COLLECT.CONNECT.CREATE.



HERSTORY

THE INCREDIBLE STORY OF DIANA JOLEEN - FROM PAIN TO PURPOSE

HER Collected

Tell Me A Story/The Story of You

Tell me a tale
be it bold, be it true
one where you are the protagonist
but maybe, also the fool
Tell me a story
with many twists and turns
one full of lovers, indecency and folly
yes...that one
the one where you were ingloriously spurned
Tell me your secrets
show me your darkness and your light
your indiscretions
your victories
but most of all, your plight
I'd like to hear your narrative
I'd like to hear it in your voice
all those quiet moments of apathy and loneliness
and the big, bold ones when you made a valiant choice
Oh what a grand tale it is
don't you ever leave one bit out
for a story with no adversity
no endeavours
isn't really worth talking about

- Marlene Gordon



Marlene Gordon - Writer/Voice Actor/Model
Follow HER IG @mar_gordon

ARTIST EDITION

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trending topics/ beauty / lifestyle / wellness/ events

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Painting - Diana Joleen



editor's note

TO THE ARTISTS, WE NEED THEM NOW MORE THAN EVER

I remember my first Nuit Blanch like it was yesterday. It started with a late dinner with friends and a night of roaming through the streets looking at installations and exhibits across Toronto; that was 2006. In recent years the crowds have been a deterrent for me, but it's amazing what you take for granted. Unfortunately, 2021 will mark the second year this celebration of artistry has been postponed. For this reason, HER COLLECTION decided to pay homage to creativity and its expression in our first Artist Edition.

Artists are the voice of what is happening in society; they are mirrors for humanity. The medium is the message, and the message reflects the medium. Whether it is a performance, visual or fashion/beauty artist, they all can exact change. Through their artistry is how we each can express our individuality.

So, enjoy this season's offering as we learn about the stories of our different artists, our contributors and how they each use their art to make a change.

Janine

EDITOR IN CHIEF

DIANA JOLEEN

IS SHE THE NEXT JACKSON POLLOCK?

President Barack Obama famously said, “Our destiny is not written for us, but by us.” This applies to Diana Joleen, our first Artist Edition cover story.

In order to appreciate the present, we need to delve into one’s past; Diana’s HERSTORY offers insight into the artist and how she became the woman we know today. Diana’s path is certainly not an orthodox one. While growing up, she demonstrated a passion for the arts. Whether drawing, sketching, painting or even sculpting, she looked for any opportunity to create. Diana’s earliest memory is being 3 or 4 years old in her parent’s ancestral home of Palestine, trying to find white rocks to draw with like chalk on the darker rocks. Memories like these follow her throughout her upbringing, no matter where she lived or moved.

Diana’s family constantly moved to accommodate her father’s work. The frequent moving had a significant impact on her social life. Although this left her with no friends, it caused her to retreat deeper into her love of art for comfort; she took on large drawings just to pass the time, played with her parents’ camera, learned photography and made dolls from old clothing, buttons and yarn. But it wasn’t until high school, where she was able to take an art class and venture into truly creating with proper materials and mentorship, that she felt tremendous fulfillment.



My current success isn't my silver lining, it's finding the pot of gold within myself. I had to be re-born and accept and love the new me.



Coming from a traditional family, being an artist was not considered an option for the future. Even with her Art teacher writing a letter to her father to encourage Diana to study art in post-secondary school, he refused. Diana subsequently studied business and ventured into the corporate rabbit-hole for the next 18 years in Property and Asset Management. Like many, she had a family, focused on building her career and brushed her true passion off as just a hobby. Eventually, she stopped creating entirely.

During her career, she reached executive level management in her 20's and national titles in her 30's, making a substantial income. By traditional standards, everything was falling into place, until one fateful day. In the spring of 2011, while on her way to work, Diana was hit driver side by a teenage boy who was recklessly driving his father's pick-up truck and failed to see her small sedan.

"The first thing I remember is lifting my head from my steering wheel," she reflects, "then a police officer talking to me, while a fire-fighter was holding my head in place, I was terrified and confused and had no idea that life as I knew it was over."

The accident caused her head trauma, a concussion, neck and back injury. It was not only the first time that she had to take time off work, but also that her children saw her impaired. After several months of gruelling physiotherapy, she regained her ability to drive and pushed just to get back on the corporate track.

However, while the bruises faded and sprains healed, Diana learned that the accident caused permanent damage. Her once razor-sharp memory was failing daily. She started to stutter when overwhelmed and experienced unprovoked and unpredictable episodes that caused her to lose consciousness, what she calls her "crashes." As a result, she was forced to abandon her career in 2014 and "succumb to her new life," as Diana refers to it.

After feeling the loss of what Diana describes as her "identity," she fell into a severe depression, developing anxiety and panic attacks.

"I felt like a shell of who I was, I knew I was a mother and a wife, but I was lost. Everything that I knew and worked so hard for was gone overnight and it was a dark time for me," she confesses. "Some people are embarrassed to talk about their mental health challenges. Honestly, I felt the shame and stigma as well, but for me, my mental health was just as debilitating as my physical limitations. Now, as I reflect back on that time of isolation, insecurities and the constant fear of not knowing what to expect next, I know that everything had to happen the way it did for me to be where I am today. My current success isn't my silver lining, it's finding the pot of gold within myself. I had to be re-born and accept and love the new me," Diana confidently admits. "And frankly, I like this version better!"



In the years that followed her accident and acclimatizing to her new normal, something clicked for Diana one sleepless night in 2016. She remembered her art! After finding an old canvas and paints in the basement, she painted over an old image and lost herself in being able to create again. Diana vividly recalls the overwhelming feeling of "being whole again." She took a picture of her painting and posted it on social media and the next day was asked if it was for sale. Diana was surprised, as selling it never entered her mind, let alone what price to ask. She was just happy to create again. She decided to sell the work and from there, Diana fondly recalls, "everything just took off, organically and naturally. Like the universe was telling me it was my time to be an artist."

From 2016 to 2019, Diana has created and sold almost 100 works of art. She has varied in multiple genres. The minute Diana put a paintbrush to canvas, one of her injuries reared its ugly head and her hands started to shake. So she manipulated the paints, made them thinner, and used her breath to blow the colour in the direction she wanted it to go. Diana would use straws when she wanted more precision or control. Later, she used palette knives and focused on impasto landscapes. Each genre and series was born through necessity and the art community embraced it, which fuelled Diana's desire to produce. She did not let her disability stop her but used it to find new ways to manipulate and create.

2020 ironically did not disappoint Diana. "Pandemic-shmandemic!" she giggles. Diana was signed by a Fine Arts Curating Company, had gallery-approved works in Toronto and plans to travel to Montreal. That's when the world slowly went into lock-down and her works were returned to her. She was forced to terminate her contract which gave her the chance to regain control and go back to what she knew best—self-representation!

"You have been here before; you got this!" she said to herself. Reaching out to a handful of designers, curators and even publications to regain traction. You know the saying, "Careful what you wish for?" Well, it certainly applied to what happened next.

Diana created a new series called Bunee. Within four weeks of doing a live giveaway on Instagram with a Toronto-based luxury publication, Diana had a wait-list well into 2021 for bespoke pieces. Her commissions included everything from Lamborghini with Grand Touring Autos, BMW to local artists and public figures. Partnering with local companies, limited-edition masks that Diana hand-embellished in 24 karat gold & platinum dust along with crystals were sold out along with any clothing collaborations. So, it only made sense to take Bunee to the next step and a multi-tier collectable sculpture series was launched. Then, in early 2021, limited edition shirts were created in support of SickKids Hospital.

"All things considering, 2020 was a special year for me," Diana adds. "Aside from being the first female artist to be featured in a luxury magazine, people see Bunee and associate it with me as an artist, which is truly fulfilling. It also opened literal and proverbial doors." It gave Diana the added push she needed. She launched three new series, Rain, C'est Tres Joleen and One Sky. "It was so refreshing to allow myself to just do what came naturally to me."

Diana's work was also featured in a lifestyle magazine in the Spring of 2021 and she continued to grow her brand. For the first time in her life she was herself, Diana Joleen, the Artist.

"2021 was a monumental year for me as an artist and a person with invisible illnesses," Diana admits. "I was once so self-conscious, insecure and holding myself back from so many things. Always scared and never leaving my home. I told myself that 2021 will be my year of no more hiding my daily challenges and staying true to my authentic self, a lot of positivity came my way. From releasing my short documentary with Settembrini Films, accidentally creating another character, UNE, to being asked to be on a TV show through Rogers to speak on my personal journey and how my art has helped me; [it] is a lot to take in and be proud of." Diana adds:


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“Being asked to donate my work to charities was another feather in my cap. Being an artist is a privilege, but using my art to make a difference is truly an honour.”

We asked what could possibly come next after learning “HERSTORY”? Diana is continuing to create with confidence. Another magazine has asked to publish her inspiring story in the winter. It will focus on her contemporary and abstract series and future collaboration.

“As long as I can continue to use my art as a positive outlet for myself and my story as motivation for others, then I feel I have succeeded. Anything after that is simply a blessing.”

For more information about Diana Joleen
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LUXYNAILS.

My name is Diana Ma and I am the proud owner of Luxy Nails, a little gem located in Toronto's East End. I opened in 2000 when I was 23 years old, and this year marks 20 plus years in the beauty industry.

Starting as a nail technician at the early age of 13, I would follow my mother and Aunt to work on the weekends, and as an owner of a salon, it's full circle. Fashion is definitely my passion. Admittedly, I am obsessed with everything fashion trends, colours and anything that involves individual expression, self-love and self-care.

I love colours and prints, layers and textures. This is the motivating factor that drives my creativity. Trends come and go. I've seen trends come full circle. It excites me when clients bring in inspirations they find and I can recreate the same excitement on their nails. I get to live that experience through each of my clients.

I work in nail polishes all day long. As a child, I always wanted to be a painter. I tried to paint and commission my pieces for millions, but it was not my path. In a way, I do have my dream job. I am painting small canvases. When I am painting, my process consists of asking my clients how they are feeling. I listen to their voices, I look at their faces and then I see and feel colours when they answer. Then I just kinda go with the flow. I am usually bang on, often exceeding their expectations.

My goal in life is to live healthy and balanced, to share the lessons I've learned from other women, whom I talk to every day. My daily life is surrounded by women sharing their stories—the good, the bad and the lessons that have come from their experiences.

What I've learned in my industry has given me a different perspective and experience.

My goal in life is to live healthy and balanced, to share the lessons I've learned from other women, whom I talk to every day.









I love sharing my knowledge and journey with my clients. It makes life seem less scary. Hearing stories from others helps me reach my goal. The intimate relationships I have developed with my clients helps us broach topics that not everyone talks about, especially with social media these days. What you see online is most likely not the truth.

I have clients as young as 12 up to 82. I love them all. Each of them has a different perspective on life and I love listening and asking questions to learn more. And they love sharing. I think I am making a difference just by doing this.

If you ever visit my salon, look out for the little pigs you are likely to find hidden in corners throughout the salon. I was born in the year of the pig and they are my obsession; they make me happy. The pig is representative of having a beautiful personality and good fortune. I would say that I have been blessed with both.

The intimate relationships I have developed with my clients helps us broach topics that not everyone talks about...

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The Journey of

Enae Rose



Sometimes, my journey has seemed long and at times unbearable, but looking back at it, every step came with lessons in life, love, patience, discovery and trust. And when you look back, you can see how every step is connected.

A little about me: I am an artist. I recently introduced my latest project, **"The Black Rose Orchestra,"** through a live recorded performance collaborating with BAND Gallery, creating and taking up space for Black classical musicians.

These are the steps that brought me here… mile 1001.

My creative journey began early, with an immediate love for musical theatre. In 2nd grade, I got to watch a lunchtime dress rehearsal of Oliver that the 8th graders put on I.LOVED.IT! When I told my mom about it, she brought me back to the evening production. (Please note that my mother sat through an elementary school production that her child was not in—true love!)

She then took me to see my first movie, the original Annie, at the Eglington Grand theatre, and that was it. After that, I knew singing on a stage was where I needed to be.

Upon seeing my enthusiastic response, my mother set out to help me find my place. That place was in the classical world, studying opera at the Royal Conservatory of Music under the tutelage of the late Joyce Britton. This led me to join the Mendelssohn Youth Choir, getting accepted to Etobicoke School of the Arts, and later connected me to Fresh Arts, a collective of Black and Indigenous youth, all connected through the creative arts, which unknowingly to me at 16 years old, turned out to be one of the most transformative times in my life.

Fresh Arts surrounded me for the first time with creative young people who looked like me. It was the first time I didn't feel out of place or unseen. I was surrounded by dreamers and movers who still inspire me and it also increased my love for rap music with the gift that is 90s hip hop (what a time to be alive!). This taught me the art of performance, lyricism and songwriting—very different from my times on the operatic stage—creating life-long friendships I hold to this day. Through those connections, I joined The University of Toronto Gospel Choir and got the opportunity to travel, touring Germany and Sweden.

I felt the pull towards more career opportunities in music and music theatre. After years of auditions and rejections (some unnecessarily harsh) the music stopped, or rather, I stopped the music. What I hadn't yet learned was that, as Steve Jobs says it: "You can't connect the dots looking forward, you can only connect them looking backwards. So you have to trust that the dots will somehow connect in the future… because believing that the dots will connect down the road will give you the confidence to follow your heart, even when it leads you off the well-worn path, and that will make all the difference."

You can't connect the dots looking forward, you can only connect them looking backwards.
- Steve Jobs



Photo - Dania Beach Casino

My journey knew it wasn't the end of my creativity and I was led into the world of visual art, working as a professional makeup artist for over 20 years. Even though I had removed myself from the music it still found its way in. My favourite clients have always been artists, the ones who create and the musicians keeping me inspired. But I needed to express my own musicality, my own sound and my own creative voice.

I made the conscious decision to lean into my musical training.I began singing backup and booking as a studio session singer, leading to new connections and big opportunities, including a leading role in the Mirvish Poduction Gig and working as a featured singer in Classic Albums Live, travelling all across North America.

On the road to our purpose and dreams, sometimes we fear what we can't see. But if we take a look back at the steps, there's a pattern in the path. And so, after years of sitting in the background, I embark on the newest part of this journey. This one is loaded with the lessons I've learned through the many steps taken to get to this. The Black Rose Orchestra project is born out of a desire to no longer feel "unseen."

I am Enae Rose.
The bloom sometimes seems late but,
It is steady and it is beautiful.



To stay uptodate with The Black Rose Orchestra Project follow HER IG: @nah_mua

HEART & HOME



One parent shares the in’s and out’s of having a child who has a natural gift and a love for dance.

On a beautiful Friday afternoon, I had the distinct pleasure of interviewing a dear friend of mine about her son, my nephew Isaiah or Zay, who has found his purpose early in life and the lengths that his family will go to make his dream come true. Zay is a dancer and at the ripe old age of 13 has reached a high level of success in the dance community. These are the principles that his parents have employed to guide him. To date, he has danced in movies, commercials on television and major conventions like We Day.

Getting the perspective of a parent brings this full circle because at some point we were all children whose parents either pushed or pulled us in a direction that influenced who we are today. For some of us our art is an expression of that.

How did your child's love of dance elevate to the point where he is now a child entertainer?

Opportunity. When Zay first expressed his interest in dance, we signed him up at the local community centre. Between his love and his natural talent, he was emphatic that Hip Hop was the genre he wanted to focus on. So, my husband and I looked into local dance studios and truth be told we choose solely on location. We are not the type of parents that ever wanted to drive all over the city taking our kids to sporting events and endless activities. When I found Jade’s Hip Hop Academy, it was a short five-minute drive from home.

The owner of the studio loves to have the kids perform on a provincial and national level. She wants them out in the community sharing their talents. The first showcase Zay was in was We Day in front of 20,000 people. My husband and I were nervous for him, but he wasn’t phased. His love of dance transcends fear.

When opportunity mixes with talent magic happens. I’m a firm believer in, “What is meant to be shall be.” It’s our job as parents to be the gatekeeper in protecting him and gently guide him, but everything else is up to him. We make sure that this is his dream and his desire.



You hear all the crazy stories about what happens off-camera; what is your biggest concern as a parent regarding this business?

Like all things, politics. I see parents pushing their kids to talk to certain choreographers and being strategic in every situation. The lines of who's dream this is begins to get blurred. They take away from their child's experience. There is a lot of smoke blown up these kid's asses. Instead of encouraging them to enjoy the moments when they are doing well, they are being told that they are all going to be stars. Fueling their ego and setting them up for disappointment. It's a recipe for disaster. We don't know what tomorrow brings.

How do you juggle your other family priorities? Have you found a balance or have you had to make sacrifices?

Pre-Covid we were that family with jam-packed schedules. Every night it was something; taking my daughter to sing, taking Zay to dance and then the sports. Covid forced us to focus on what's important, family and family time.

It's not all about meeting our kid's needs. It's also about our own individual happiness. Now we combine the classes and events to include spending time with our friends, the extension of our family. While my kids are doing their thing I do mine, it may be taking my daughter to visit a girlfriend while my son is at practice or turning a convention into a full-day affair by inviting our loved ones.

In terms of sacrifice, it is subjective. As parents, we question if we have sacrificed enough and at times have we sacrificed too much, but at the end of the day we know we have done what is right for our family and our happiness.

What is the tipping point for you as a parent? When do you shut it down?

When I see it changing my kids. When they become consumed with what people are saying on the internet and social media, if I see it change their spirit and they are not becoming the humans we want them to be, that's when we will consider shutting it down. If Zay loses his drive and passion for dance that's when.

Most recently, Zay wasn't able to perform in a show because he couldn't get the choreography and I commented that he must be disappointed and his response was "no", he said he just loves the choreography and loves the dancing. In his eye, I see that joy and the fire. Seeing that brings me back to all of those parents and I think whose dream is this? Whose desire is this? Is it yours or is it your child's? If it's your child's then let them shine.

What advice do you have for other parents?

In one of the shows we worked on, Zay did really well and all day he heard from the director, producers, down the line about how great he was. On the way home I told him how proud I was and his response was: "Ya thanks!" I used that moment to let him know that I wasn't proud of his dancing, that I was proud of who he is as a human. "You are polite, you are nice, the dancing is a bonus." I had to remind him not to forget who he is because there will be people who will rip him down or push him up too high, creating a false sense of who he is.

Live in the moment. Stand and watch your child perform and take it all in. Anything else that comes along, fantastic! We lose those little moments worrying about the next gig.

Lastly, don't use someone else's playbook to navigate through the experience. Make it your own life!

bits & bites!

HER COLLECTION IS PLEASED TO HAVE SHAYMA SAADAT OF THE SPICE SPOON JOIN US AGAIN, SHOWCASING HER ARTISTIC FOCUS- FOOD!



Who are you and what do you do?

My name is Shayma Saadat, I am an entrepreneur and a proud Woman of Colour. The Spice Spoon is my brand, which I created almost a decade ago. I love it when someone asks me: "What do you do?" because as someone with a brand, that 30-second elevator story is dead (at least for me). I am a creative director. I teach cooking workshops on Zoom. I create and test recipes. I take photos. I style food. I write for publications. I am a content creator. That means a lot of things. It means I can do 100 different things at one time. As a content creator, I have multiple income streams and take on a myriad of roles. I create content for brands ranging from Kitchen Aid to OXO, to Sunkist, and many more.

What exactly does that mean?

It means I collaborate with brands, come up with recipes, style food, take photos and edit those photos. I am a one-woman show. I do it all! I also write for magazines like Bon Appetit (you will love my Spiced Coconut Chicken Rice). Here's a list of the different hats I wear as a content creator and entrepreneur:

- Food Writer
- Food Stylist
- Videographer
- Video Editor
- Recipe Developer
- Photographer
- Adjunct Professor (I teach all of the above subjects at Centennial College)
- Chef
- Host of Zoom Cooking Workshops

How did you get here?

I studied Economics at the University of Cambridge in the UK and worked with the United Nations in Rome, Italy, for several years, in food security. When I moved to Toronto, I continued my work as an Economist, working as a public servant for the Treasury, then the Ministry of Energy. But my real passion was in the creative world of food, in the stories about food; the way it is a reflection of our culture and identity. So my side hustle became my full-time job when I resigned from the government in 2018. It was the best decision I made.

What is your cultural heritage?

I refer to the cuisine of the countries of my heritage—Pakistan, Afghanistan and Iran—which have been made by the women in my family for generations, as Silk Route cuisine. The novelist Nadeem Aslam once said, "I was made in Pakistan, but assembled abroad." As the daughter of a World Bank expatriate, I have led a nomadic life, periodically moving from one country to another. I was born in the beautiful city of ornate Mughal architecture, Lahore, Pakistan to a Pakistani-Afghan father with Irani lineage and a Pakistani mother. Because of my father's job, we moved around a lot; I grew up in the USA, Nigeria, Kenya, the UK and Bangladesh.

Stop talking sh*t about my culture!

My cookery philosophy has always been driven by a desire to show another side to a region that bears negative connotations in the media. Through food, I have been able to tell stories which have helped restore some of the pride, colour and romance to an often maligned region's traditions of food and family. In my blog, I write personal stories — stories which are about food and the memories of my homeland they evoke. I feel that there are many narratives of my part of the world which need to be told. The narrative you hear about Pakistan being a country where violence and poverty exist is true, but it is only one part of a story of a country of 210+ million people. We all have our stories to tell. Through food writing, I tell mine.



Creating my own identity as a Canadian

I respect the culinary traditions which are a part of my heritage, but I also want what I create and innovate in my kitchen to be a reflection of my life here, today, in Toronto, as a Canadian. Over the years, I have continued to push the boundaries of tradition, while creating modern dishes which are a throwback to the food I ate growing up. My Chocolate Cardamom Sour Cream cake is but one of many dishes which tells a story about the home I have created in the diverse country that is Canada, as well as a story of inheritance and the connection to the home of my ancestors.



Where can we find you? What are you working on right now? Do you have anything exciting upcoming? How can we support you!

I offer lots of Zoom workshops for food lovers: culinary hands-on; food writing; food styling and photography. You can do it all right from the comfort of your own home! My website is going through a major revamp, STAY TUNED, it is going to be EPIC!

And social?

I would LOVE a follow on Instagram @SpiceSpoon and I recently joined TikTok @thespicespoon

RAPID-FIRE ROUND

Burger or Pizza?

Roman pizza

Cooking Without Borders

I have led an itinerant life and through that I learned that food has no borders—a good meal is a good meal, is a good meal. When people sit around a table and enjoy a meal they begin to ask questions beyond the food to the rituals that surround it, often expressing interest in the culture. And so, stories are spun over and over again, tales are told and we connect as humans around a simple thing like good food.

My father taught me that food allows us to tell stories—stories about a people, place and culture which is often misunderstood. Thank you for giving me the space to tell my stories.



Chocolate Cardamom Sour Cream Cake



Ingredients:

- 2 cups cake flour (all-purpose is fine, too)
- 1 tsp. sea salt
- 2 tsp. baking soda
- 1 cup unsalted butter
- 1 cup boiling water
- 1½ cups white granulated sugar
- ½ cup light brown sugar
- ½ cup Dutch-process cocoa powder
- 1 tsp. espresso
- 1 tsp. cardamom seeds, crushed (4-6 cardamom pods)
- 2 eggs + 1 egg yolk
- ½ cup sour cream
-

Preparation:

Pre-heat your oven to 350F. Generously butter a ring or Bundt pan and set aside Sift flour, salt and baking soda and set aside. In a large heat proof mixing bowl, combine butter, water, both sugars, cocoa powder, and espresso. Stir till the sugar is dissolved. Allow this mixture to come to room temperature. Add flour, salt, baking powder, cardamom dust, eggs and egg yolk to the cocoa mixture, beating till it is combined. Gently stir in the sour cream, in batches and mix to combine till smooth. Do not overmix. Transfer batter into pan and bake for 40–45 minutes or until a toothpick inserted into the centre of the cake comes out clean. Allow the cake to cool in the pan completely— at least 15 minutes—before inverting it onto a rack.

Style & Fashion

by Aliya Singh

Image has never played a more important role in self-expression. As we all start getting back in the workforce, school and socializing, this is an amazing opportunity to rebrand ourselves and gain a fresh start!



These last couple of years have proven that life will never be the same. In the Image world, it took away our individualism and creativity. We were all in sweatsuits and cozies just trying to stay afloat. Style became obsolete and in other words, unimportant. We were all categorized in the same 'working from home so who cares' boat and we unlearned our passion for fashion.

Sad. Yet, I see this as an opportunity. I see it as a shift... a moment to reset our personal look. Image has never really been about fashion and has been more of personal expression on the outside to give insight to our inside. This new occasion has enough power to inspire us all to finally give in to our inner style and express ourselves in our truth.

I recently witnessed my niece, who is all of 12 years old, express what she likes, dislikes and her insights on curating her own individual wardrobe and style for the coming school year. This awareness, ability at such a young age is something we've all experienced but very few of us followed through with. We learn at a very young age to conform to fashion norms and try to look like everyone else—how else would we fit in? How many of us later in life are as brave and strong in holding our own custom look and feeding our likes/dislikes? Unfortunately, very rarely. It becomes habitual and almost expected of us. We can learn so much from these young ones who are unapologetic about being themselves and feel empowered enough to curate change!

Many companies are adapting to this new world of reset and what that means for Image, learning not to sweat the small stuff in Image and focus more on the inclusivity and individualism of their talent. This shift has ignited a new world of appreciating a more evolving self-image and acknowledging that comfort and self-expression can still ignite productivity and efficiency! Wearing a suit/tie and dress/heels to work may not necessarily be making us more money... just ask the virtual world of sweatpants and bunny slippers. This dramatic revolution is powerful enough to reset our style mindset and finally put less emphasis on conformity and more on individualism. No longer do we have to look the part to get the part. This is not to be confused with messiness and disorder—that is never a good look. We have a professional responsibility to respect the dress codes but it's the codes themselves that are now changing and we're here for the ride!

Now to find a happy medium between fuzzy slippers and stilettoes... I have my work cut out for me!



Aliya is a Certified in Fashion Management and Image Consulting
Reach her www.trueyou.ca Follow HER IG: @trueyou

IT'S MONEY HONEY

seasonal tips on how to manage your mind around money

By Loveleen Rai

How Can You Support the Arts?

Art has been and continues to be a fundamental part of our humanity. Art appreciation has played an essential role in building healthy, robust and diverse societies for centuries. Moreover, art has been a unifying force, bringing people together and fostering innovation and creativity, even during the most challenging social and economic times.

During these unprecedented circumstances, the art world is seeing many cancellations of events and fairs and various museums and galleries temporarily closing their doors to the public or reduced capacities, we must find ways to support individuals and institutions that have been affected. Here is a list of six key ways you can help and support your local arts community.

Donate to a Local Arts Charity

Funding can be a primary issue within the arts and, if you're financially able, do consider donating. By donating to your local arts charity or fund, you can i support artists and arts organizations. In addition, such gestures can aid this industry by providing individuals and smaller institutions with the resources they need for artistic production, programming, residencies, exhibitions and much more.

Attend Exhibitions and Openings Online

A significant way to support the arts is to attend exhibitions and openings at your local galleries regularly. However, as many of us carry out social distancing measures during this time, many art institutions and galleries have moved their exhibitions online through virtual galleries and online viewing rooms. Showing up to an exhibition—even virtually—can be a very cultural and educational experience. It also goes a long way to showcase support to your fellow local community.

Google Arts and Culture features content from over 2,000 leading museums and galleries on their platform. They have also partnered with various institutions to showcase their exhibitions online, where you can even view and virtually enter some of the most prestigious museums around the world—right from your living room.

Social Support

Social media is a potent tool and sharing images of art and artist pages through Facebook, Instagram, or Pinterest can be extremely valuable giving artists more exposure. In addition, leaving a genuine and positive comment on a gallery, designer or artist's photo can be very uplifting and make a genuine difference in their practice.

Attend Virtual Artist Talks and Performances

With many events put on hold during this period, show your support by attending online artist talks, workshops, performances in your community. You can significantly help your local artists and galleries by purchasing a ticket or simply virtually showing up to these happenings. These events, in many cases, lead to stimulating and thought-provoking discussions that you can be a part of.

Take an Online Art Class

Many artists teach art classes online at schools and universities as another way to support themselves. You can take various courses online, from watercolour, life drawing, abstract art to portraiture. Discover your artistic talents and learn the different tips and techniques from trained artists through these online art programmes.

Additionally, major institutions such as MoMA, Christie's and Sotheby's offer various online courses. Explore your creative interests, from the contemporary art market, art curation to the art of collecting.

Buy a Museum or Arts Institution Membership

Purchase a museum or arts institution membership for yourself to get closer to the arts. It is also a perfect gift idea for friends and family that typically provides free and unlimited access to your chosen institution's exhibitions. In addition, such memberships will allow you to attend special events and programmes, purchase items at discounted prices and connect you with other like-minded individuals.



BEAUTY BEATS

A MESSAGE FROM THE BEAUTY BABES

By MAUREEN GREENSTEIN & SHERRY HOLENSKI

Hello Beauty Lovers,♡

Here we are on the verge of Fall… How did that happen? Are we the only ones who think that summer flew by in the blink of an eye?

Speaking of eyes… We are SO excited about **Beauty Counter's** new **THINK BIG ALL-IN-ONE MASCARA!!** Having tried everything out there, this one really delivers all that you ever wanted in a mascara: lift, length, volume and no harsh chemicals. We both have tried it and we are in love. (AND THAT DOESN'T HAPPEN EASILY.)

Also by **Beauty Counter**, VERY exciting news about the launch of **GLOW FIRST PRIMING SERUM**. It's about time someone figured out what we need to keep our faces fresh and intact throughout the day. This primer and serum contains tripeptides that instantly deliver hydration to your skin for a more plump and smoother-looking complexion. We both love this product because there is nothing like it on the market and it works! Amazingly, you can just wear this by itself and reap the benefits.

Do you like a two-in-one? That seems to be a recurring theme this Fall. **Illia**, a leader in clean beauty(available at Sephora) has come out with some brilliant new products. We like **COLOR HAZE MULTI-USE PIGMENT in "BEFORE TODAY"**. This brilliant blush/lip tint is so easy to use and looks good on everyone. Add a pop of gloss and you are good to go.

The ease of a shadow pencil should not be overlooked. It combines everything you want out of a shadow and eyeliner in one. The chubby tip glides across your eyelid and can be smudged with your finger to create a perfectly defined eyelid. It's creamy, not greasy. It stays put all day. One we love is **Makeup for Ever AQUARESIST SMOKY SHADOW** in **13 - Cinder. Clinique, Chanel and Laura Mercier** all offer a big selection of shadow eye pencils.

Set your face for the day with **Charlotte Tilbury's Airbrush Flawless Setting Spray.** Spritz your face and go… Amazingly your makeup is maintained for the day.

Before we go, we want to mention a new line that is quite exciting by a well-known makeup artist. **Violette_FR. BALM SHINE** is a creamy balm that you can use anywhere you want a little glow… cheekbones, bridge of nose or decollete. Our personal fave from this line is **BOUM-BOUM MILK**!! This is a spray moisturizer that is really light-weight and very hydrating. It is a TONER, SERUM and HYDRATING MOISTURIZER all in one.

At this time of year it is so important to ramp up our skincare before the indoor heat comes on and the air dries out. It is paramount to make sure we are protecting our skin from the elements. We are coming out of a hot, steamy summer into the onslaught of winter… We Canadian gals need to make sure we are protecting and taking care of our skin.

LOVE always,



For more from the Babes follow Maureen@mausmakeup /Sherry @Sherbeautylife

Beauty Counter www.beautycounter.com/en.ca/maureengreenstein

THE READING ROOM

by Janine Bowen



Written by: Glennon Doyle

Beauty Babe Maureen Greenstein recommended *Untamed*; she said if I was going to be coaching women, I had to read this book. She wasn't wrong. I love a good 'Self-Help' book, and I was not disappointed. Glennon Doyle is an author and activist who has written three books and is the host of the podcast *We Can Do Hard Things*.

Untamed should be required reading for every woman, young and old, from every walk of life. It is a book that centres around gender roles and the danger they pose. She shares her story, her learnings, evolution and reflects on how these roles impacted her growth. Doyle examines how women are conditioned to be good, nice and tamed and how boys are socialized to be strong, violent and emotionless.

You start to see a clear picture of how these clear-cut gender roles take us out of ourselves and our humanity. This lack of humanity is the most significant cause of many of the problems plaguing our world or, at the very least, North America. I have never read a book where I feel myself crying, tears of release, frustration and profound understanding chapter after chapter. *Untamed* took me on a roller coaster of emotions and deep reflection. The chapters are expertly crafted short stories within a larger context.

The honesty of Doyle's recounting of her journey through bulimia and addiction is highly relatable, reminding us that we are all on a journey to understand our pain, heal it and become whole human beings.

Untamed reinforced my belief that as women when can walk in our true power, we can change the world.

Get this book, read it, then read it again.

GOOD EATS

CAFE DIPLOMATICO

BY LOVELEEN SINGH

Italian restaurant
Cafe Diplimatico 594 Collage Street
416 534 4637

Cafe Diplomatico has been a fixture in Toronto for over 50 years. Now a restaurant and bar coveted for its pre/post covid patio, with a mega screen for soccer games, the place actually started as a cafe and coffee roaster, originally called Bar Diplomatico.
Eventually, a Kitchen was added, and Cafe Diplomatico was born. A staple in Little Italy, I have flocked here for many family occasions. The staff is so friendly that you would think you are eating a family-style feast at your Aunt's house on a Sunday. My kids absolutely love it. With so many kid-friendly options, it's hard not to be the choice to celebrate every significant or little milestone in your life.
Their patio was one of the first in Toronto when eating and drinking al fresco was uncommon.

Though this place dealt exclusively in gelato and cannoli at first, they're now home to draft beer, Italian food specials and customizable pasta and pizza. Mussels ($13) are a classic start to a meal here, with your choice of a tomato sauce or the aromatic white wine version we opt for.
A large pizza that can feed a frenzy of 4 pre-teen girls goes for about $19. They also have Gluten-Free options!

I recommend the Mussels, the Antipasto platter to nibble on, and of course, any pizza on the menu can be customized for any taste. It's not so much that there isn't better pizza or pasta in this city; even in this neighbourhood, it's more about the ease and accessibility of tailor-made dishes and a casual feel.

Ciao!



At HER COLLECTED, we are fans of good food, great atmospheres and exceptional service. To put it short, we have discerning taste.

For this reason we have decided it is our duty to make sure you don't get bamboozled. We are going to hit up these spots and eat for ourselves, letting you know what's really up! We rate every restaurant out of 5 HER Approvals!



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HER COLLECTION

COLLECT .CONNECT .CREATE.

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