TORONTO'S SEASONAL LIFESTYLE ON-LINE MAGAZINE

HER COLLECTION

COLLECT.CONNECT.CREATE.

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HERSTORY

THE INCOMPARABLE TRACY PEART - MASTER OF MAKEUP & FASHION

SPRINGS NEW BEGINNINGS

STORIES OF AMAZING PROFESSIONAL WOMEN

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trending topics/ beauty / lifestyle / wellness/ events

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COACHES CORNER RESOLUTION FREE NEW YEAR!



editor's note

HELLO SPRING Y'ALL!

This is my favourite time of the year not only because it's HER birthday but because of the prospects of warmer weather, longer days and patio season! This year will be different as we passed our 1-year Panaversay; we are older, wiser and more focused. This year presented the challenges of starting a new business and navigating a new environment, I know I am not alone when I say I have experienced more growth this year than in the last ten, and though it has been challenging, I would not change a thing. I am a better person, better to myself, the kindness that I freely gave others I have reserved for myself.

HER has come a long way, and our path is steadfast; we have overcome some character-building hurdles and expanded our PRO family; for that, we are truly grateful.

As we wrap up our first year of HER COLLECTION, we are over the moon with where we have landed after one very long, short year. This issue features the stories of more women who are cementing their place on the horizon of business and entrepreneurship. We would also like to welcome our newest regular, Kelly McCabe. You'll see you in our Health & Wellness section.

We as an organization are growing and unfolding our vision day after day. This was always more than just a passion project; it is our destiny.

Please Sit back, grab your coffee and read about HER!

Janine

EDITOR IN CHIEF

TRACY PEART BODY POSITIVE ADVOCATE

by Loveleen Rai



Tell us about your career as a Body Positive Influencer.

I started working on the television segments on Cityline and Breakfast television a few years back as an on-air makeup artist. On Friday's as most Canadians know, Cityline would have "Fashion Fridays." As I sat in the Studio and watched, I realized I rarely saw anybody on the show that looked like me or saw my size in any featured clothing stores. **I decided if there weren't 'women like myself represented, then I would become that woman.** I approached a producer on the show and pitched my idea - "Have you ever thought of doing a plus-size fashion segment?" Also, I want to be the one to take the lead. There was a pause, then 3 words changed the course of my career, "OK, go ahead." Just like that, I was responsible for setting up a recurring Plus-Size Model Fashion Segment on Cityline's Fashion Fridays.

I worked tirelessly around the clock for the next 2 weeks. Previous episodes showcased Plus Size stores and clothing, but this was the first time we would use real women to model. In the early stages, I was confined to using hangers to display clothing and eventually evolved to Plus Size Mannequins. Having Plus Size real-life models was a significant push for me. I also wanted to make sure that the models were diverse.

The biggest misconception people have is that one size fits all when it comes to Plus Size. Women come in beautiful shapes and sizes, I wanted to represent them in that way. Many of the models I had chosen noted that they all looked so different from each other.

Executing my first real live segment was pivotal in my career. And the love poured in! That day alone, I gained 400 followers on social media.

Women would let us know how amazing it was to see themselves represented in mainstream media. To see they were worthy of looking beautiful and wearing beautiful clothes. My audience started to grow more and more, and it was positive validation.

I received letters from women saying, **"I sat on the couch and cried because for the first time I saw someone on the show modelling that looked like me"**



"Because of you, I was able to see myself wearing clothes that I never thought were made for plus size women" "I have decided to love my body." These were just some of the fantastic things people wrote to me after the show aired.

My intention was never to be a Plus Size Body Advocate. It grew organically; I gained attention and was asked questions about 'what I was wearing' and 'where did I buy it from?'. **After that segment aired, it became a passion project for me; I started to evolve into an advocate for Body Positivity.**

Who would you say is your mentor?

I really didn't have anyone that I wanted to be like. The person that I became was entirely out of necessity. I didn't see myself depicted in magazines, television, movies for the good part of my childhood. As I got older, it became even more apparent. I took a look around and realized I have to be the one to represent. No one else was going to do it for me. It had to be me. So, I created a safe space from that place.

I had mentors in my career, but I didn't have a mentor who guided me as an Influencer. And especially a Plus Size Body Positive influencer in mainstream media. There was no one specifically that I turned to, idolized or looked at, which modelled my Plus Size Fashion ideas. If you were to turn on the television, there were many times the plus-size model showcased wasn't really "plus-size." The scale would tip from what the mainstream considers modelesque (size 2) to what they consider plus size (size 14)—none of that resonated with the actual plus-size community or me. I **was looking for models that could represent a wide range of women that broke those barriers. Women who were above size 14. Women that exist in our real life.**

Do you get nervous being on television?

I have a big personality; it doesn't mean that I don't get nervous. Every time I go on for a segment, I always say, "Why am I doing this to myself?" I'm nervous until the point the on-air light goes on. It's a surreal feeling of complete exhilaration.

Once I start talking, I go into a place within me that gives me confidence. Then within a split second, I'm no longer nervous. It doesn't matter how many segments I'm in; the buildup is always the same.

Anyone who has been on a rollercoaster has felt nervous. The anticipation and nerves creep in while you're in the lineup for the ride, the click, click, click of the roller coaster going up the track before the



My intention was never to be a Plus Size Body Advocate. It grew organically...and I started to evolve into an advocate for Body Positivity.



Rebecca Northcott Photography

Inevitable forward motion. The whole time all you can think is, 'why have I put myself in this position". But the moment the ride propels forward, exhilaration sets in. Time moves exponentially fast, and in a blink of an eye, the ride is over. The only thought left after your heart rate comes back down is, 'I want to go again!'.That is the feeling that washes over me every time I exit from the stage. In a way, I have become addicted to the feel; I even welcome it.

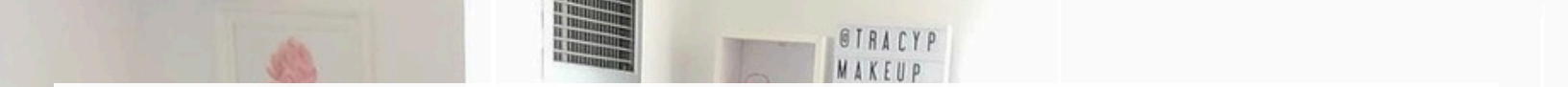
I learned a long time ago that fear should never be the determining factor to stop you from doing something. I would instead go through the depths of fear than to ever feel regret for not trying. Regret for me is the worst feeling that I could experience. I never want to think to myself, ' I should have,' 'why didn't I try?'. I would instead shake in my size 10 boots than ever to regret not trying.

What is your "Best Takeaway" from your Industry?

Many people want to be part of the Fashion/Beauty Industry, and I commend them. But I want people to know that **you cannot let this Industry define who you are.**

I sense people feel they have to look a certain way, even within the Plus Size community. I admire Ashley Graham and everything she has done for plus-size Fashion, but you also don't want one person to be the ultimate representation for an entire group. And that does tend to happen, especially when plus-size models are so few to come by in mainstream media.

I may sound cheesy, but what will set you apart from others is your uniqueness. Especially in the beauty industry, we tend to lose ourselves in a trend that the entire world is following. **My advice to everyone out there is not to follow fashion trends with rigid convictions. The most valid form of beauty is personal style.** Now don't get me wrong, you will want to borrow from specific trends out there, but incorporate them into your unique style.



There is a level of confidence that has to grow and be nurtured within yourself to feel you are beautiful and worthy of any fashion trend. To this day, I still struggle with that. I also get nervous when going on stage; there are days that I may feel conscious about a particular look and question if I can pull it off. But the one thing that I found that helps me and others is to talk about it. I am very open to discussing how I may feel in the moment and acknowledging it as a fleeting thought. I want women to know they are not alone.

Before the pandemic, I hated my knees. It may seem trivial to others, but that was where my insecurities were. I would never wear skirts that showed that part of my body. Since the pandemic, **I have done a lot of self-realization and concluded that it's OK not to feel perfect,** it's not OK for that feeling to hinder you from wearing what you want. So as of late, I have started to wear skirts on social media. Trust me, that is a huge win!

Share a moment when you unknowing made a difference?

When I wore a mid-drift top on a segment of Cityline. It felt natural to wear, and in a way, unknowingly it was a defining moment. I loved what I was wearing that day; I gave it no thought and had no self-doubt.

The pouring of love from viewers was astronomical. Messages saying things like **"You gave me the courage to wear a top just like that," "thank you for showing me I am fashion inclusive as a plus-size woman."** I started to realize that my actions and words had meaning to others. I was influencing them in such a positive way.

I've discerned that If you are genuinely authentic and unapologetic with who you are, then there is no way anyone can contend with that.

I feel truly accepted for who I am. And I want everyone to be true to themselves and not try to be like anyone else. **Once you become your authentic self, people will have no choice but to accept you for who you are without doubt.**

There have been times when I have been confronted with negative messages from trolls on the internet. I won't lie. It does sting at first, but it still doesn't deter me from being me.

I don't want anyone to feel discouraged if they ever receive any negative comments for their art or craft; most times, the people spurring such hate, hate themselves. **Hatred towards others comes from a place of insecurity and unhappiness. And in a way, I feel bad for them.**

Happy people don't say mean things to others to bring them down. I want everyone to remember that before you start to internalize negative comments from others.

What is your favourite piece of clothing?

I know what isn't my favourite piece of clothing – Heels. I have a wall stacked with colourful, gorgeous heels, and they come out for photoshoots and events, but day to day, my choice of footwear is a flat. But that being said, no matter who you are, you should have at least one pair of good heels. In certain circumstances, a heel will be the only acceptable footwear.

Here's a little secret that I will share with you that only my closest friends know. If I attend formal events, I will always choose a long gown because I can wear flats. No one is the wiser! Trust me, ladies, this will save your feet and sanity at the end of the night.

My favourite piece of clothing is my Moto Jacket. I love the look. It is definitely not a piece that can be worn in every situation, but it is definitely my day-to-day go-to.

The one piece of clothing that everyone should have in their closet is a Tailored Blazer. It is so versatile. It works on everybody's shape and size. And is always appropriate. When in doubt, from corporate events to birthday soirees, a blazer will be your saviour. You can pair it with a pencil skirt, ripped jeans, dresses, and even the new trend of wearing lingerie as evening wear. The trick when buying a blazer is to make sure it is fitted perfectly to your shoulders and waist. Sometimes one size fits all is not the answer; it may need tailoring. Just

remember, a blazer is the perfect accessory to build a complete outfit, so spending a little more than usual to get the right fit and look will be to your advantage.

Tell me a story that reflects why you do what you do.

Two years ago on Cityline, I did a segment on Prom Wear for plus size girls. I couldn't believe the impact this project had and what it meant to these highschool girls.

I knew going into this project what it would mean a lot to the girls; that was the sole reason I wanted to do it. At the same time, I was not prepared for how much it ended up meaning to me. The segment's premise was that I shopped with the young ladies to find Prom dresses they would feel confident and beautiful in. We had girls from all shapes and sizes and different backgrounds. I really wanted to show the diversity of Prom wear on everyday girls.

One particular moment that will forever stay with me was when my prom client and her mother went shopping for their prom dress. The young lady was very tall, and a store-bought prom dress would need to be adjusted. As she was getting her dress altered, the seamstress turned to her and said, ' I will do this free, no charge.' Her mother broke down in tears, and so did her daughter. She called her dad right away; she was so elated by how happy she felt that we found her a prom dress she felt beautiful in. Her father started to cry because he couldn't remember when he heard so much joy in his daughter's voice.

She wasn't the only one during my Prom segment that nearly brought me to tears.

I loved watching the girls during our Fashion Show twirl in their dresses, with their hair and makeup done. They felt so beautiful. And rightfully so, they were beautiful inside and out.

After we aired the show, one of the mothers wrote me and let me know that her daughter had low self-esteem and never thought of herself as beautiful. After the show aired and the experience she had leading up to it, she felt beautiful. Her mother could not believe her little girl started to love herself again. She even wanted to look into a career in Fashion.

I became very conscientious of what I was putting out there on my television segments and social media. If I can repeatedly duplicate my Prom Segment experience, I would, and **if my only job is to bring happiness and be a positive influence in someone's life, I will keep doing this job for a very long time.**



Follow Tracy on Instagram @tracymakeup and watch her on @cityline



by Cathy Patino

To buy or sell a property is the most significant financial decision a person will make in their lifetime. I can see how previous experiences have helped instill in me a desire and an ability to connect with people from many different walks of life. I certainly can relate to professionals looking to buy their first home, investment property or young families with children looking for a kid-friendly community and a excellent school district. I relate to the emotional upheaval that occurs when a couple decides to divorce. Having experienced the uncertainty, I empathize and connect to those in the same situation with the highest level of compassion and understanding. I absolutely enjoy getting to know each person, building that rapport, earning their trust and becoming lifelong friends.

Before becoming a full-time real estate professional, I worked in financial services, where I assisted clients with planning for their financial needs. Personally, I had already been successful in the choices I made in terms of purchasing properties either for myself or as an investment.

The knowledge that I gained through my own experiences in real estate I wanted to share with others. I decided to take a giant leap and become an agent. It's been five years, and it's safe to say that it was the best decision of my life. I take pride in what I do; I go above and beyond for my clients and educate them on the buying or selling process, so they understood everything that's going on and answer any questions they have.

The home buying experience should be fun and exciting-not daunting! I love the excitement of first-time home-buyers or buyers simply upgrading/downgrading as well as the selling process of showing off a seller's fabulous home with the right marketing tools. I believe combining strategic marketing with cutting-edge technology is the best recipe for success, ensuring my seller's house is always centre stage! I absolutely enjoy the whole process of buying and selling: it's exciting, fast-paced, and you're always on the go! Not to mention, I get to post all the front seat access to new listings around Toronto and GTA on my social media, primarily my IG stories, which is an enjoyable part of my day.

When I'm not wheeling and dealing in real estate transactions, you'll find me spending time with my boys and my partner. My kids are almost teenagers, so I'm enjoying the time we have together; so far, they still think I'm cool.

My choice to become a real estate agent stems from my passion for helping change people's lives for the better.

LAWYERING DURING A PANDEMIC

BY DANIELLA TAVERNESE

Being a woman in a field traditionally male-dominated comes with its challenges, but throw in a global pandemic, and you've entered a whole other ballgame.

Students, lawyers and paralegals who started their careers working from home in 2020/2021 are struggling to figure out how to approach mentorship in a virtual world.

During my articling pre-pandemic, I could walk into a partner's office and ask for advice. It's much harder now to pick up your phone or send an email. I found having a mentor is critical; I have more than one. I've always loved that my firm has a mentorship program in place, but it's important to remember anyone can be a mentor. You'll find that an excellent support team even in the most unconventional of places. Reach out to old friends or new connections; those in the field can visit the Law Society of Ontario and look to their mentorship resources.

Female lawyers with young children at home during the pandemic experience additional challenges - struggling to make their billable hours while juggling around baby bottles during their 10:00 a.m. zoom calls. Even those without young children experienced 'hiccups.' Personally, my cat wouldn't stop meowing during my first examination for discovery. I can't forget when my family members talked during my first virtual court attendance (hopefully, that didn't get on the record!). It helps to talk about these setbacks and laugh at them when you can. We're all experiencing some sort of craziness working from home, and empathy is a colour that suits everyone.

Another thing we've all struggled with is the internet connection. We've experienced having opposing counsel just drop from a call during a motion or even dropping yourself from a call during a discovery. The anxieties surrounding virtual hearings won't go away, but we can learn to manage them better. Most people in the legal profession (yes, even judges and masters) understand when the internet malfunctions. We should all appreciate that we are doing our best in a very unprecedented reality.

Deemed an essential service, we have been fortunate to continue working during the pandemic. But we've had to adapt.



We've learned to operate in an entirely new virtual world. We've modified our marketing efforts to stay connected with clients in creative ways, such as virtual seminars and articles as well as accident benefits and priority and loss transfers. As a team, we share recent developments in every court system in Ontario, from new filing systems and requirements down to virtually commissioning affidavits, accident benefits and priority and loss transfers. If not for our ability to adapt so quickly, our industry would have faced a financial crisis.

We, in the legal profession, have experienced unexpected positive effects from the pandemic. For one, a much-needed revamp of the Rules came about following the initial work-from-home guidelines, allowing for virtual attendances for practically all aspects of our field and replacing the outdated fax service with email (finally!). This gain is both time and cost-efficient for your clients. Let's not forget the convenience of not having to drive downtown in a snowstorm or attending court. Now it's all-business top half on-screen and comfy sweatpants off-screen.

One thing I've always admired about my firm is the women's support network. Before the pandemic, we would have monthly lunches for female students, lawyers and partners. These lunches have continued virtually, and I appreciate each one. It's easy to feel isolated, so it's important to stay connected (safely).

Mental health has been a growing concern during the pandemic. I recently attended a mental health seminar, and the number of attendees was staggering. The Law Society reported having the highest number of attendees for any event – ever. The pandemic has taken a toll on many students, lawyers and paralegals. It's easy to say/suggest practicing meditation, but really, you could practice anything that makes you happy.

Maybe it's meditation; perhaps it's a walk or painting or caving into sweets. Finding the work-life balance is more important than ever, and staying connected, even remotely, can help you achieve that balance.

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Danielle was called to the Ontario Bar in 2020. Her practice encompasses a wide range of civil litigation, including tort motor vehicle accidents, occupiers' liability claims, accident benefits and priority and loss transfer.s.



BEAUTY BEATS

with the Beauty Babes

HATE THE MASK! LOVE THE MAKEUP!!

By MAUREEN GREENSTEIN & SHERRY HOLENSKI

We are SO HELL BENT on making SURE that when you take your mask off, you look SO fantastic! (because after all, you've been in cold storage all winter…), your makeup intact, skin fresh, and cheeks flushed.

To help you be your most beautiful you this Spring (it IS coming, we swear). Here are some of our favourite NEW tips and tricks as we mask forward☺️.

This Pandemic was a perfect time for us to be testing products. Even though wiping off our full face of makeup every afternoon was aggravating….we did it for YOU!.





Favourite new mascaras – LASH out, babes!

- **LANCOME – Lash IDOLE** – I love this brush, and you can build an excellent lash thickness without looking clumpy.
- **MAYBELLINE – SKY HIGH** – this is the best mascara they have ever produced in their history. Drugstore price and luxe results.

Did you see your baggage under your eyes? Cause you aren't travelling!!!

CONCEALER LOVE



- DIOR, let me count the ways I love you **FOREVER. FOREVER SKIN CORRECT.** This is a game-changer. Creamy, lots of stretch (it does not collect in small tiny fine lines) and available in so many colours.
- BEAUTY COUNTER – Skin Twin Creamy Concealer I absolutely love this new concealer. Divine and in 13 colours. Buildable coverage and great skincare benefits. (Available via Mau)

BEAUTY BEATS
with the Beauty Babes

BLUSH

It's time to bring on your game for the mask that covers most of your face. You need that dewy flush that says 'HELLO"! Finally, we're outside!

A cream blush will be super important this season as the placement of this beauty imperative has changed. Further up on the cheekbone and blended out with your fingertips toward the temple. Go to @mausmakeup for a quickie video. We want to see your highlighted lovely cheekbones sticking out of your mask. Some of my favourite cream blushes are:

- MAC – **Blush Please**
- **ICONIC LONDON** (online, and they ship to Canada). Rose Riot and Power Pink. NOTE: 15% off with your first order. This is the bomb and will last you a year.

PRIME(R)

And I'm not talking Amazon.

We are obsessed with wearing primer to keep our makeup ON underneath our masks.

This step not only hydrates your skin (it does not take any extra time) it **PROTECTS your skin from MASKNE.!!!!!!!!!!**

- **Chanel Hydra Beauty Camellia Water Cream** – insane on your skin. Available at Shoppers.
- **Too Faced HangoverRx** – replenishing face primer with coconut water. Available at Shoppers/Sephora.

EYELINER

The most important feature for this upcoming season is going to be your EYES.! Let's face it; it is the main event sticking out from behind your mask—definitely more emphasis on the liner, shadow and shadow sticks.

Wearing a waterproof eyeliner in your top waterline that does not irritate and stays the day allows you to pop your eyes without being skilled in applying top liner; you don't want it to move. And there are lots of colour choices.

Also recommended are creamy shadow sticks to smudge over the upper lid.

- **Too Faced Killer Liner total control 36 hours.**
- **Makeup for Ever AquaResist Smoky Shadow Stick** – meant to be smudged all over the upper lid (no skill necessary)
- **Laura Mercier Caviar Stick**

All available at Shoppers Drug Mart.

Don't forget if you are going to someone's backyard for a social gathering this spring that you need to use a setting spray on your face and under your mask. This will ensure that your makeup stays set and perfect for the day/evening.

- **Cover FX High-Performance Setting Spray 24 Hour Wear** – Sephora, online

TTFN

Love your Beauty Babes



NEED A PERSONAL/VIRTUAL SHOP?

Contact mausmakeup@rogers.com

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

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

New Beginnings

It is officially Spring! The season of rebirth. Fresh starts. Clean slates. New beginnings…. Do these words make you feel motivated but also a little bit anxious at the same time? You're not alone.

As individuals, we want to BE better and HAVE better. But, this also comes at a cost; Commitment. Dedication. Sticking to the promises you made to yourself. This is especially true when it comes to your health and fitness goals.

Goals are daunting: because to have what you've never had, you have to do the things you've never done. So, how can we commit to positive new beginnings for our health and wellbeing while not getting overwhelmed? How do we actively try to change without being too hard on ourselves? How do we make long-term, sustainable health changes that make us feel like a million bucks?

Step 1: Get real with yourself. But, as if you were your own BEST FRIEND.

You knew this was coming first. Yes, to enact real change, you need to address the goal in a no-bullshit kinda way. And more often than not, health/fitness goals are one's we have visited before. If a past goal wasn't met, it's probably because this goal **was** and **is** still a very difficult thing for you to accomplish. It might also be because you never actually addressed the goal to yourself as a necessary or significant one. You might have mentioned it in passing to friends or family to make yourself feel better about it or thought about your frustration on a terrible day, then pushed it away. And six months later…. Nothing's changed, and you're feeling disappointed again. Accept this – and move on now. Getting back up on the horse takes more strength than if you've never fallen off. But get real with yourself.

Why is this change so difficult for me to make? Is it me? Or do I not have the right tools and support to make this happen? IF I get these tools and support, will I stay committed? Being honest but being kind to yourself is a crucial balancing act. Journal or say out loud in the mirror, "I take responsibility for losing commitment to this goal. I accept and love myself, and I'm strong enough to try this again. **I believe in myself.**" Saying affirmations out loud in a safe space and writing them down makes them real and tangible. No one feels motivated when they're being discouraged. So quit the negative self-talk and approach this goal as your very own cheerleader. And - if you have a new purpose in mind, PERFECT! Congratulate yourself for your bravery to take on a new commitment.

Step 2: Stop comparing yourself to others and their health progress.
Whether it's someone else's body shape, their holier than thou mindset, their commitment to eating clean, or their willpower around the dessert table - it's normal to compare your progress to someone else's. But, the sooner you accept that it is not about them and that it's about you, and every BODY is different, the sooner you will realize that you will never look or BE exactly like someone else. **Sunsets and flowers are both beautiful, but they look nothing alike.** You also don't know how long it took for someone to get where they are or if they've had a bit of an advantage from the start. Keep repeating to yourself, **"I need to approach this in a way that's unique to me because I am not them."** The grass is greener where you water it. Stop looking over the fence and start watering your own damn garden.





Kelly is a qualifying Nutritional Practitioner at the Institute of Holistic Nutrition, & a regular contributor to HER. To check out her health and wellness platform visit @kellymccabehealth



Step 3: Set small and achievable goals. Patience and consistency come next.
Rome wasn't built in a week. While setting timelines for accountability purposes is excellent, putting pressure on yourself and setting **unrealistic** expectations will leave you disappointed. For example, swearing off carbs for the rest of your life when pasta is your favourite meal is an example of something unattainable. Consider making small changes that are achievable AND sustainable. You will know in your heart if they're not. Introduce 30 minutes of light movement a day, or go for a walk outside, or cut your drinking down to twice a week, or finally just research some therapists in your area – these are small but mighty steps. Committing to quitting smoking or drinking cold turkey, for example, is probably unattainable to start. Committing to going to the gym EVERY SINGLE DAY for the next year when you haven't been in 6 months is perhaps unattainable **to start.** Notice my emphasis on **starting.** There are no shortcuts, especially when it comes to our health and wellness. Setting clear, realistic goals and checkpoints WILL make consistency easier. The patience, though, will come with time (it's not my strongest virtue either). Quality over quantity always.

Lifestyle *Wellness*



It's safe to say we have all got the hand cleaning routine down to an OCD level. I know that between the weather and a year of chemical-filled hand sanitizer it's time to look at some healthy alternatives. Here is a DIY recipe you can share with all the friends we will reconnect with this summer, fingers crossed.

ingredients

- 2-ounce spray bottle
- 5 drops lemon essential oil
- 5 drops orange essential oil
- 5 drops grapefruit essential oil (optional)
- 5 drops tea tree essential oil
- 5 drops vitamin E oil (moisture)
- 2 tablespoons witch hazel with aloe vera or vodka
- Distilled or filtered water

directions

- Combine vitamin E, witch hazel/vodka and essential oils. Shake the contents for 15-20 seconds till blended well.
- Fill the bottle with water and shake again for 15-20 seconds
- Spray liberally when needed.

Lifestyle *Fashion*





by Aliya Singh

Your Image doesn't have to be complicated. Rarely do people follow their gut in style and fashion. They often look to magazines, runways and boutiques to show them what and how to wear something. Of course, this type of coaching is valuable (I've based a whole career on it!); however, the element of instinct is often disregarded, and that is how we all end up looking like clones. I've said it many times before: Fashion is the latest collection offered by designers every season, and Style is what we make of it. Style communicates who we are to the world and what makes us unique.

There's a reason why you can't get enough of that pair of jeans that seems to just go with everything or that pair of pumps that can be casual and dressy at the same time. How about that coat that just stands out and makes you feel incredible- taking a simple, casual look and transforming it immediately? **That's it. That's your PIECE.**

What is your Piece? Does this particular item just make you feel like a million bucks? A statement mark item that adds punch and focus to your outfit? minimized.

It could range anywhere from a purse to a specific lip colour… it's just so very 'you'? It's YOUR piece.

When I shop, I often describe an item that pops out at me as a 'piece.' Yes, literally it is a piece of clothing…but when it stands out and is the focal point of your outfit, that makes it a **piece** with an

Fashion is the latest collection offered by designers every season, and Style is what we make of it.

Lifestyle *Fashion*

exclamation mark! An item like this could also have an identical effect on an individual's style. For myself, a tasselled purse, sequin blazer or feather boot may be considered my 'piece.' It makes my mundane black top and jeans pop out and become a memorable outfit! That piece will be the focal point of my outfit and will make me feel put together! Authentic and unique- a **TrueMe style.** This same idea can translate to any individual and their style preferences/comforts. You do not have to make bold statements in your style to consider it 'piece' inspired. This can also be translated into makeup, hair and accessories- really, any item or feature can be a focal point that makes you stand out!

The concept of Image and style has often been misconstrued as complex and intricate, yet rarely do people follow their gut on what just 'feels right'! Who better to choose your look than you!

I remember many times in my Image career being asked about my pieces. It inspired me to coach others on using this tactic to bring out their staple look and turn some heads. An essential PIECE can be a potent tool in your wardrobe/beauty arsenal!

Need help identifying or enhancing your Pieces? Let me show you how easy that can be- not to mention fun!



Aliya is a Certified in Fashion Management and Image Consulting; she developed her interest in the industry's makeover approach, developed her craft, and successfully transformed her passion into her career. For over 20 years, her networks brought her to working with FASHION Magazine, the Slice Network, MAC cosmetics, Hair Club, Dress for Success Canada and more.

IT'S MONEY HONEY

seasonal tips on how to manage your finances

MAKING TIME FOR YOUR FINANCES AS A WORKING MOM



Balancing the task of saving money and creating a life for your family becomes a little more challenging after you are a mom. It is a 24/7 job taking care of your kids, home and career. It takes effort and planning to manage it all successfully.

However, the struggle doesn't have to be real. You can learn to manage your money wisely, allowing you to save more and spend less. Handling money, family and career effectively, you need to adopt healthy habits that not only keep you healthy but also your pockets.

The struggle doesn't have to be real!



Here are 3 TIPS to help Make Time for your Finances

Create a Schedule

Budgeting your time is like budgeting your money: you must have a plan for it. Creating a schedule or plan for your Time allows you to stay organized while prioritizing and focusing on what's really important.

Time blocking is a smart and effective way to organize your day. This is an approach to scheduling where you dedicate blocks of Time to accomplishing a specific task or group of functions. For example, you may commit an hour of your day specifically to reading and responding to emails. Likewise, you may block off 30-minutes to take a walk.

Shop in Bulk or Online

. As working women, we might not visit the grocery store often, so insert online shopping here. This definitely saves you time, but you also have the advantage of using coupons and scoring the net for the lowest-priced items. You can order in Bulk because there is no fear of lugging groceries from the cart to the car to your home.

Automate Where You Can

The fact is that you don't have to do everything. As technology has progressed, opportunities for automation have become more prevalent. You can already use automation to your advantage for your household chores like vacuuming and even washing dishes. But did you know that you can also automate your finances? Here are a few things that you can put on autopilot when it comes to managing your money.

Bill Payments

We've all had that moment where we've forgotten to pay a bill. Before you get behind on your accounts, put them on autopay. Automating your bill payments allows you to put them out of sight and out of mind. They'll get paid on time, and, except for the occasional check in to ensure nothing has changed, you don't have to worry about them. This is great for your peace of mind and credit score!

Shopping is one inevitable part of mom life. Your kids will always want something

Saving

If you want to ensure that you reach your saving goals, automating your transfers is the best thing that you can do. This means that you automatically have a specific amount transferred into your savings account(s) when you get paid monthly.

You can set up automatic transfers through your bank, or you can even have your employer directly deposit the funds when you get paid. Either way, automating this part of your finances is one less thing you have to worry about.

Investing

Investing is one of the best ways to build wealth. So to have your wealth-building on autopilot is undoubtedly something that you don't want to pass up on! The easiest way to automate your investing is by ensuring that you are putting money into your retirement account. The feature can automate this with your employer, who will take the money directly from your paycheck and deposit it into your retirement account.

Even with all of the planning, preparing, and automation, life will still happen. Things won't go as planned, and at times it may seem overwhelming. Here's what you should remember when those times come.

First and foremost, you're doing great. As a working mom, no one in the world has a more challenging job than you, so show yourself some grace. You're doing the best that you can, and that's all that you can do.

Not only are you helping to shatter glass ceilings and build impactful businesses, but you're shaping the world's future. It's a tall task, but you're certainly up for the challenge. Life won't be perfect, but hopefully, these tips will help it become more manageable.





THE HEALING POWER OF PETS

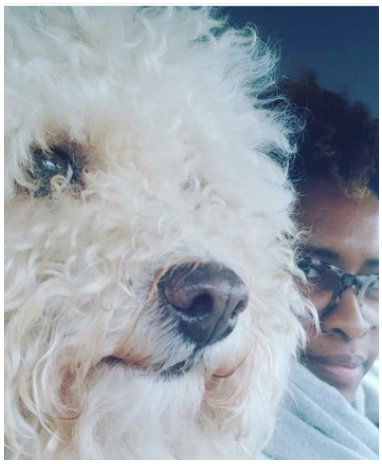
If you didn't jump on the puppy pandemic train last year, what are you waiting for? Pets are good for you for so many reasons. Here is my story of how Milo the Magnificent came to be my BFF.

Like a screen out of a dramatic movie where the protagonist is left broken-hearted by the man she loves I was a hot mess. There were days of uncontrollable sobbing, in the shower, on the living room floor in the fetal position and inappropriate outbursts in public.

I was walking around with a cloud of sadness like Pig Pen from Peanuts. It was the first time in my life experiencing this degree of emotional pain. I barely recognized myself, and neither did anyone else.

At her wit's end, a dear friend exclaimed that I needed to get a puppy because she'd never seen me like this before and was starting to worry. The subject had come up during happier times, so she knew the idea was not far-fetched. Feeling devoid of love, that's what I did. Before you come for me, let me explain that I had zero idea of how to "get a puppy." I typed in Bich-Poos Toronto into Google and it took me to Kijiji. Yes, I am the not-so-proud owner of a puppy mill dog. When you know better, you do better, back to the story.

I'll never forget the day I went to see Milo, the man who was selling him and his litter was a straight-up hoarder and his home was less than clean. My GF and I decided I would get the runt of the bunch (not sure why), but it made sense at the time, and when I told the seller, his response was, "oh, that one!" I took one look at my soon-to-be puppy baby, and I was instantly in love. I got the cash bundled up my baby boy, and we went home. This all took place in December. Christmas that year looked very different for my childless family. We had something to dote on.



Milo is stubborn, mischievous and smarter than I'd like. He brings joy to everyone he touches. When I brought him for his first vet visit, she told me he could be a "super dog." This little furry bundle dragged me out of my darkest moments and showed me a different kind of love and loyalty. He makes me laugh every day. To care for him, I had to get it together, and in doing so, my heart started to heal. Getting a dog is not the answer to all life's problems, but it certainly can solve a few!

FACTS FROM THE CDC

Studies have shown that the bond between people and their pets can increase fitness, lower stress, and bring happiness to their owners. Some of the health benefits of having a pet include:

- Decreased blood pressure
- Decreased cholesterol levels
- Decreased triglyceride levels
- Decreased feelings of loneliness
- Increased opportunities for exercise and outdoor activities
- Increased opportunities for socialization

What should you consider?

- How long will this animal live?
- What does the pet eat?
- How much exercise does the pet need?
- How large will it become?
- How much will it cost for veterinary care?
- Do I have enough time to care for and clean up after the pet properly?
- What type of habitat does this pet need to be healthy?
- What type of exercise does this pet need?
- Are pets allowed in my house, apartment, or condominium?
- Are there young children, older people, or people with weak immune systems who will care for or be around the pet?

THE READING ROOM

by Loveleen Rai



My Dark Vanessa by Kate Elizabeth Russell was too intriguing to miss; I chose it solely on all the controversy. Oprah Winfrey, the book club queen, dropped it from her novel selection after it was a subject of online criticism.

When I scoured the internet for the scandal behind the book, it was jarring.

My Dark Vanessa was one of the most anticipated books of 2020. But in January 2020, author Wendy Ortiz (who wrote Excavation) alleged that Russell's story about a teenage girl's relationship with her high school English teacher had been lifted from her memoir "Excavation."

There are a slew of online reviewers who looked at both books and saw no evidence of plagiarism, and Russell has since said the novel 'My Dark Vanessa' is based in part on her own life.

If you haven't read about the novel's controversy or understand what the book is about, here is a quick synopsis.

My Dark Vanessa toggles between two parallel timelines as it meticulously tracks the narrator's affair with her boarding school English teacher, which began in 2000 when she was 15. He was 42, and her painstaking, reluctant recognition 17 years later — amid the #MeToo movement — of the devastation it has brought about on her life.

In January 2020, writer Wendy Ortiz tweeted: "can't wait until February when a white woman's book of fiction that sounds very much like Excavation is lauded (praised)." Ortiz, who is Latinx, is the author of a 2014 memoir about a teenage girl's relationship with her English teacher, and her followers were quick to suggest that Russell had plagiarized her book, and was yet another example of the publishing industry's long history of valuing white voices and disregarding others. Russell didn't plagiarize Ortiz, and the controversy eventually subsided.

My Dark Vanessa piqued my interest. For controversy and the story. It was a challenging read; having a daughter about the same age as Vanessa's main character, my heart went out to her. My Dark Vanessa was not a love story like other novels written with the same connotations as Lolita written by Vladimir Nabokov.

This was a troubling yet powerful story that unpacks issues around the trauma of abuse, victimhood, silencing, misplaced guilt, power, consent, and wayward desire, a significant addition to the necessary reassessments conversations sparked by the #MeToo movement.

DOC WATCH

BY JANINE BOWEN



LOSERS

We live in a culture that is hyper-focused on winning. Where losing is never an option and success is measured by money, things and image. This docu-series tells a different story. It's an 8 part series that shares the experiences of athletes from boxing to curling who are by mainstream terms, losers.

It takes a deep dive into the history of the sport and the perspectives of people closest to the story. Losers takes you on a journey where those who were expected to win didn't and those who never should did. Losers is more than stories about the underdog; it's about human expression and triumph over adversity.

The stories are told by the athletes and punctuated by eye-catching illustrations. Making it more appealing. They share the depth of their feelings, their level of commitment and the driving force behind their choices. Their stories demonstrate how some athletes changed, elevated or transformed their sport altogether through their loss.

My favourite is the first in the series - The Miscast Champion, not only because I think Micheal Bentt is extremely handsome, but because he is a creative. His story both touch and horrified me as he lived his experience as a boxer.

Being in a career that goes against everything you are and finding a way to make it work for you is winning. Bentt found his purpose through boxing despite never wanting to be a boxer.

There is a prevailing theme in this series, and it is if you only focus on winning, you've already lost; you're missing out on the experience. Failure is a necessary step in growth; Losers embodies this. This is a must-see documentary for teenagers and adults. In life, someone has to lose. The losers of the world can make all the difference even more so than the winners.

2019. USA. Executive Producer by Mickey Duzyj

GOOD EATS

TABULE 2009 YONGE STREET

BY JANINE BOWEN

If I find myself in midtown Toronto and you ask me where I want to eat 9 out of 10 times, I'm saying Tabule. On a good day, I love Middle Eastern Food; needless to say, this restaurant is my hands-down favourite. Not all Falafel is created equal, and Tabule's Best Middle Eastern & Best Falafel Reader's Choice in 2019 and 2017 in Now Magazine is all the proof I need. **On top of that, the service is ALWAYS friendly and attentive.**

Pre- Covid Tubule would be busy every night, now its family-friendly take-out is poppin' to go. The food is fresh and full of flavour. Their labni has the perfect amount of garlic alongside the baked tomatoes; all you need is the warm pita or Laffa as the vessel to get all the delicious in your mouth. For those of us who have Gluten issues scrolling through the menu is like going through a treasure chest of goodies. I often settle on variations of the same meal, but I have never left dissatisfied.

Tabule offers many tasty options regardless of your dietary needs. I could go on and on, and I will; their beverage menu is far beyond the usual soft drinks. From micro-brewery beers to hot frothy coffee and tea drinks to delicious fruit-based medlies, each selection is handcrafted to perfection. If I were to change anything about this restaurant, it would be strictly cosmetic; the Yonge street location does not have the je ne sais quoi that the menu deserves. If you're in the area, make yourself and/or your family happy and get a hearty, fresh meal to go!

There are also locations in Bayview Village & Queen East.

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

On more than one occasion, we have ventured to the new "it" spot and have been horribly disappointed by the food and/or service. We all can agree that most places' aesthetics are bang on, and we suspect diners are getting caught up in the glitz and glam.

For this reason, we have decided it is our duty to make sure you don't get bamboozled. We will hit up these spots and eat for ourselves, letting you know what's really up!

We rate every restaurant out of 5 HER Approvals!



The 6ix Mix

WHAT'S HAPPENING IN TORONTO - LOTS!

Despite the city's restrictions, there is still lots going on either in the safety of your vehicle, home or quiet neighbourhood you choose.

Portraits in COVID Times: Documenting a Nation in Change
Outdoors at 235 Queens Quay West, Toronto
November 9 -May 1
Price: Free

Baseball Season
Starts April 1

Movies at Ontario Place Drive-In
Ontario Place, 955 Lake Shore Blvd West, Toronto
April 1-25
Price:$10 - $60

Online Film Series: Kid Flicks
Online
April 2-29
Price: Free

Toronto Beaches Lions Drive-Thru Easter Parade
Eglinton GO South Parking Lot, Eglinton Avenue East, Scarborough
April 3
Price:$20 per car

Kaleidoscope Art Exhibit
Twist Gallery,1100 Queen Street West, Toronto
April 3-28
Price: Free

Dinos & Friends Drive Thru
Exhibition Place, Princes' Boulevard, Toronto
April 2-18
Price:$45 per car

Hot Docs Festival
Online streaming, live screenings and special events "following public health guidelines."
April 29-May 9, hotdocs.ca

Toronto Marathon, Half Marathon, 5k, 10k and relay
Virtual edition -run or walk the distance of your choice
torontomarathon.com

Sporting Life 10k - Cancer Fundraiser
Run, jog or walk all at your own pace, t's your choice.
May 9-30, sportinglife10k.ca

Canadian Music Week
Virtual performances and the industry conference will be streaming.
May 18-21, cmw.net

Juno Awards
Virtual.
May 16, junoawards.ca

Ride for Heart - The Heart and Stroke Foundation Fundraiser
ride, walk or run – in a heart-shaped route.
June 6, heartandstroke.ca

NXNE Music & Gaming Festival
Virtual
June, nxne.com

Luminato
Virtual
June, luminatofestival.com

Ride to Conquer Cancer
Virtual
June 12-13, ride2conquer.ca

Toronto Jazz Festival
Virtual
June, torontojazz.com

Indigenous Arts Festival
Virtual
June 19-21, toronto.ca

Toronto Pride
Virtual
June 18-19-20 and 25-27, prideotoronto.com

Toronto International Dragon Boat Race Festival
Virtual
June 26-27, gwndragonboat.com

Coaching Corner

BY JANINE BOWEN

YOU'VE GOT QUESTIONS?
WE'VE GOT ANSWERS
Q&A

You read the book now what? - Think Like a Monk by Jay Shetty.

If you didn't pick up last month's book review selection, then what are you waiting for?

The principles in this book are the foundation for a life of happiness. You do want to find peace of mind and happiness, don't you? For those of you who have read the book and are thinking, what now? I have a few takeaways from the perspective of a coach.

Where are you in your life?

Each day this may look different, but for you to know where you are going, you need to know where you are at. Are you holding on to feelings and emotions that are holding you back? This journey takes a great deal of self-awareness and will require you to dig deep.

Once you have read through the book, return to each chapter and deep dive, answer the questions that Jay puts forth and sit in the pocket until you have explored every aspect of it. Journal do the exercises, then move on to the next chapter. Don't rush.

Moving through 2021 with peace of mind and living your purpose is the greatest gift you can give yourself.

send your questions/requests to hercollected@gmail.com

ISSUE 04

HER COLLECTION

COLLECT .CONNECT .CREATE.

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Loveleen Rai

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