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#### TO EMAIL ONE OF US: FIRSTNAME.LASTNAME@TVA.CA

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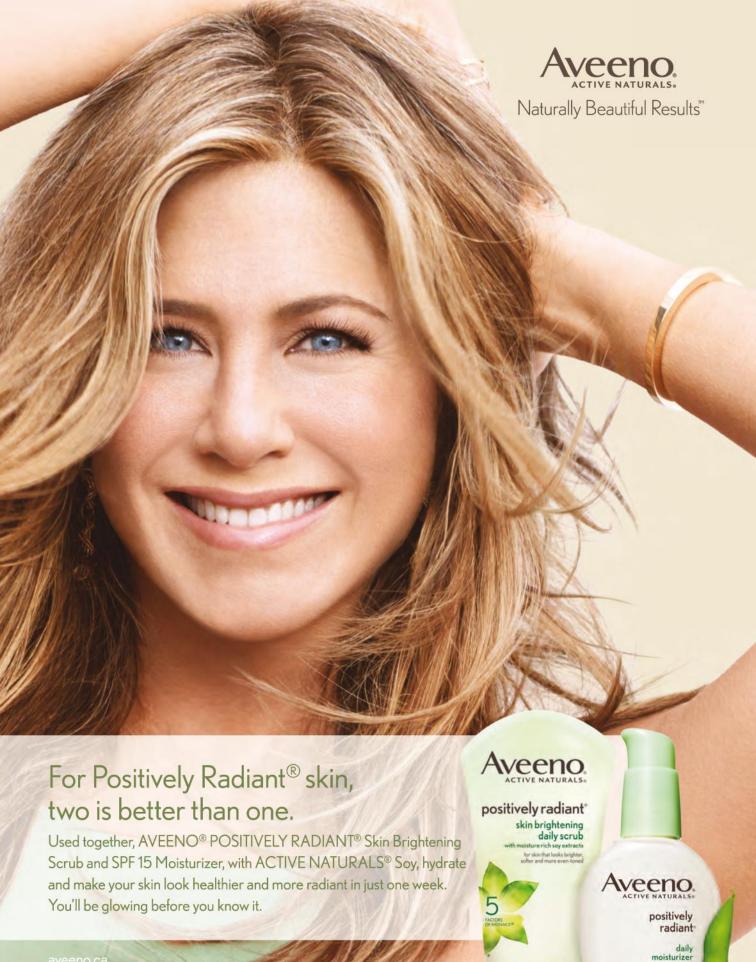














ave you read about Lauren Singer in your newsfeeds? She's the New York woman who decided to go zero-waste, changing the way she lives to avoid packaging and trash while chronicling her journey on her blog, *Trash Is for Tossers*. By choosing fresh produce over frozen, picking up dry goods at the bulk store and ramping up her composting, she's managed to reduce her garbage to almost nothing, storing what little she does create (stickers from fruit, clothing tags) in a small canning jar. Impressively, it's taken her four years to amass the amount of waste most people produce in a single day.

Lauren's commitment sounds extreme, but it wasn't too long ago that composting was also considered a fringe activity, something only devout environmentalists and gardeners did to cut down on trash. Now, many major cities and townships in Canada provide composting services to residents, and what was once an alternative movement is now routine for almost one million of us.

As climate change and clean water and air become increasingly critical issues, it's important to me to assume more individual responsibility. The good news? I'm not the only one inspired to take action. The people we interviewed for "The Green Party" (page 41) each prove that dedication, ingenuity and perseverance can go a long way toward preserving the environment.

I'm openly pledging to focus on creating less trash, to eat less meat (which can contribute to greenhouse gases, among other things) and to fix or mend things instead of automatically throwing them away. I also plan on scouring secondhand stores for my kids' clothes and kitchen items, and using trading or borrowing systems like Bunz Trading Zone or my local tool library to cut down on manufacturing and packaging waste and support my community.

While I still can't imagine living zero-waste, the crux of Lauren's idea hits home: Big changes can start as small personal actions. Each of us has the power to take little steps in becoming better stewards of our country and its land.

Jes Watson, editor-in-chief



#### SWAP TILL YOU DROP

Bunz is an app-based trading network, where you can exchange things you no longer want for things you do. With local communities spanning Halifax to Peterborough, Ont., it's easy to find treasures in your hometown. bunz.com



#### **VEGGIE TALES**

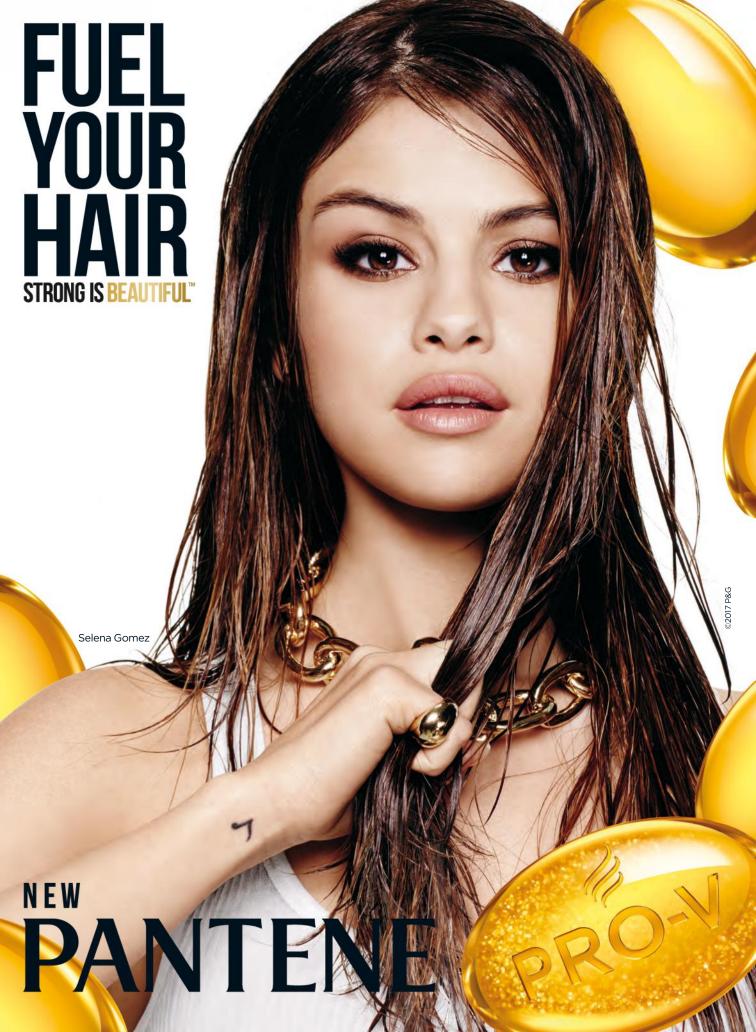
Our Quick & Easy recipes this month (page 97) are fast, delicious and vegan—perfect for Meatless Mondays (or any other day of the week).



### ECO-FRIENDLY INDULGENCE

I love Canadian-made Province Apothecary's Invigorating + Balancing Toner. Not only does it do wonders for my skin but it's also made with sustainable, seasonally harvested ingredients.

Province Apothecary Invigorating + Balancing Toner, \$42, provinceapothecary.com.





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Elizabeth Arden

SOCIAL MEDIA

## SPOTLIGHT



WE ASKED.
YOU ANSWERED.

WHAT ARE YOU DOING TO GO GREEN? Eliminating food packaging as much as possible by scratch cooking, bulk buying and storing bulk food in jars and canisters. - Kim Clark

Eating vegan once per week. — Joyce Rankin

I've been hanging my laundry on a clothesline for about 40 years. I don't use softener, and I recycle plastic and glass. — **Donna Peca** 



#### WHAT'S HAPPENING ON INSTAGRAM



So I made chocolate truffles this week. [The recipe is] from @canadianliving and one of my faves.





STAY CONNECTED with Canadian Living wherever you are!



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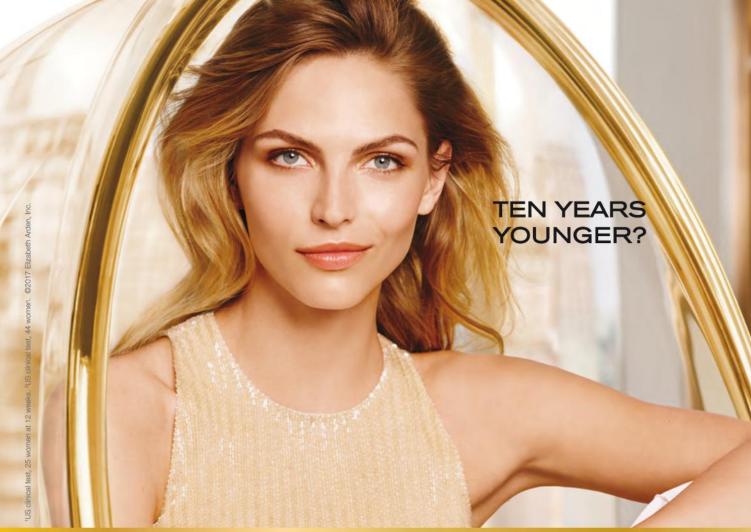






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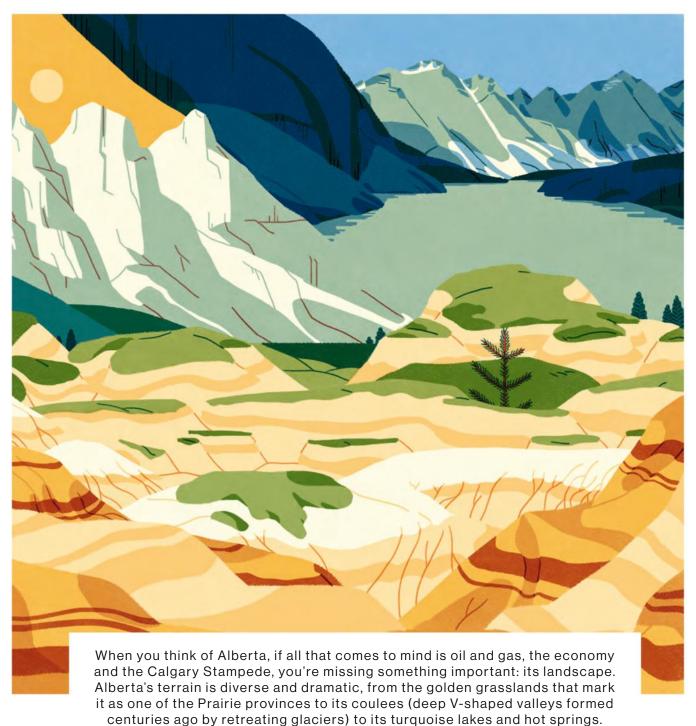


\*MSRP of \$25,995 on 2017 Forester 2.5i MT (HJ1XO). MSRP excludes Freight & PDI of \$1,675. Taxes, license, registration and insurance are extra. \$0 security deposit. Model shown is 2017 Forester 2.0XT Limited w/ Optional Tach Pkg AT (HJ2 KSI with an MSRP of \$39,495. Dealers may sell for less or may have to order or trade. Prices may vary in Quebec. Purchase price in Quebec from \$27,785 (taxes extra) for the 2017 Forester 2.5i MT (HJ1XO). Freight and preparation (\$1,675), air conditioning surcharge (\$100) and specific duty on new tires (\$15) are included. Vehicle shown solely for purposes of illustration, and may not be equipped exactly as shown. Reverse Automatic Braking and EyeSight® feature availability varies by trim level. \$\$60 Winers Manual for complete details on system operation and limitations. See your local Subaru dealer for details. Forester and Subaru are registered trademarks. †Ratings are awarded by the Insurance Institute for Highway Safety (IIHS). Please visit www.iihs.org for testing methods.

# ILLUSTRATION, JEANNIE PHAN. TEXT, GRACE TOBY

# Oh, Canada!

#### ALBERTA





The badlands are home to sand and clay hoodoo rock formations that seem to jet straight up from the earth, plus a treasure trove of dinosaur bones. And, of course, it's all crowned by the jagged, ice-capped peaks of the Rocky Mountains.

# **WEST WORLD**

See a side of Calgary that you never knew existed, from its booming food scene to its network of scenic bike paths.

BY ANDREA KARR





#### **Style Setter** *Hotel Arts*

This chic downtown hotel is worth

a visit for its decor alone, but the amenities are also top notch: two award-winning restaurants, Raw Bar and Yellow Door Bistro; luxurious in-room spa treatments; and free bike rentals in the warmer months.

#### **Location, Location**

#### River Wynde

If you really want to get a sense of the city, stay at the cozy River Wynde B&B, which is located on a quiet side street just a short walk from Kensington Village, the popular shopping and restaurant district. It's also close to yoga studios, cafés and spas.



# Patio Pleasures Rooftop Bar @Simmons

**EAT** This rooftop bar is about more than just drinks. Chef Jessica Pelland takes her commitment to local food seriously, sourcing from local farmers, ranchers and artisans and taking inspiration from what's in season when developing her menu. Also worth checking out: Charbar, Pelland's indoor resto, located on the lower floor.

#### **Veg Out**

#### Ten Foot Henry

Named after a cartoon character that became a fixture on Calgary's art scene in the '80s, this "vegetable-forward" restaurant easily combines design and delicious food. Though there's meat on the menu, the dishes that shine, like a seriously satisfying omelette, make veg the star.



#### Spring

Calgary by Bike
One of the city's
best perks is its

urban pathway system, the largest in North America. Popular Calgary blogger Mike Morrison has released a bike map with must-visit spots around town since 2015. (Get yours at calgarybybike.ca.) If you need to borrow a ride, try Nomad Mobile Gear Rentals (nomadgearrentals.com); they'll deliver a bike to your door, then pick it up once you're done.

#### Summer

#### St. Patrick's Island

Cross the George C. King Bridge onto this island park for one of the best views of downtown Calgary. The space was redeveloped in 2015 and now offers an amphitheatre, a picnic grove, wading pools and public art.

#### Fall

#### Inglewood

Satisfy your inner shopaholic by wandering through the Inglewood neighbourhood. Visit The Silk Road Spice Merchant for hard-to-find spices, The Uncommons for gifts and Plant for terrariums and vintage home decor.

#### Winter

#### Studio Bell, home of the National Music Centre

Built to preserve the history of music in Canada, Studio Bell aims to educate and excite kids, adults and musicians alike. The space has a performance hall, recording studios and interactive exhibits, plus it houses the Canadian Music Hall of Fame.



If you have time to range farther afield, here are three other cool spots to see in Alberta.



#### KANANASKIS COUNTRY

Check into the Delta Lodge, then hit the slopes at Nakiska Ski Resort or hike waterfalllined trails, which will look familiar if you've seen *The Revenant*.





THREE HOURS AWAY

#### RED ROCK COULEE

Get your camera ready! The prairie vistas at Red Rock Coulee are filled with unique spherical red boulders, thought to be the largest in the world.





FOUR HOURS AWAY

#### ATHABASCA GLACIER

In the summer, go for a guided tour across the most-visited glacier in North America. You can walk on the ice and collect fresh water from the streams.





"WE DON'T HAVE MOUNTAINS, BUT WE HAVE NICE PEOPLE WHO KNOW HOW TO GIVE BACK AND THINK ABOUT FUTURE GENERATIONS. I CAN'T SEE MYSELF LIVING ANYWHERE ELSE."

# ON THE BALL

Olympian and rugby superstar Jen Kish tells us why Edmonton will always be home.

BY GRACE TOBY

WHEN JEN KISH was growing up in Edmonton, she rarely spent her time playing video games or going to the movies with friends. Instead, she was busy grocery shopping and getting herself to and from her after-school activities, including basketball and taekwondo.

After her parents' divorce when she was 3½ years old, her dad, Steve, raised Jen and her older brother, Jason, on his own, juggling multiple jobs for much of their childhood. For several years, the family lived in a one-bedroom apartment with no furniture and had to sleep on the floor, but Steve worked hard to help pay for Jen's sports-related fees and equipment. "He didn't want to fail us. His devotion to his kids was his No. 1 priority. He put our needs before his," she says.

Though Jen didn't always get the quality time she yearned for as a kid, the father-daughter moment she'd dreamed of came last summer at age 28, just seconds after the buzzer sounded on the Canada versus Great Britain women's rugby match at the Summer Olympic Games in Rio de Janeiro. Sweaty and elated after capturing bronze, Jen locked eyes with her dad in the stands, who was beaming with pride. "I wouldn't change my childhood for anything. It helped me become the strong person I am today and the leader I was in the Games."

Jen is easy to spot on the field, with her platinumblond hair and ink-covered body. She literally wears her heart on her sleeve, and a scan of her tattoos reveals a parade of significant sayings and symbols to mark momentous events. The two halos on the back of her neck are for her brother and her father, who has been battling cancer. And her current favourite piece is the newly inked Olympic flame on her calf to commemorate her medal finish.

Her many accomplishments—and the fact that she's considered one of the best forwards to ever play rugby—make it hard to believe she didn't know much about the sport when she signed up for her high school's team. "Rugby found me. I joined purely because my friends were doing it," she says. And she stuck with it after getting encouragement from older national players, who recognized her talent and pushed her to pursue it. "If it wasn't for those athletes, I probably wouldn't have chased rugby like I did. Basically, my entire career comes from peer pressure."

When she left Rio last summer, she headed home to Edmonton, trading glory on the rugby pitch for pulling out electrical wires and putting up drywall. She and her fiancée, Nadene Selewich, a police officer, were building their new home outside the capital city's core. Yet, inundated with interview requests, Jen made sure she responded to every reporter who called, in between construction duties. "This city has always been behind me and my sporting career," she says.

A member of the Canadian women's rugby sevens team since 2011, Jen had planned to retire after last year's Olympic Games, but her coaches convinced her to stick around—and that can only be good for women's rugby. Her goal is to continue growing the sport and level the playing field, both on and off the pitch. For years, she and her teammates had to wear oversize men's jerseys and weren't offered the same winning bonuses as their male counterparts. Now, their kits are tailored, they're constantly making the finals and the sponsors are calling. "I want to prove that women belong in the sports world just as much as men, and that we play with the same amount of skill and finesse. It's slowly balancing out, but it's always going to be a fight. It needs to change. I'll never accept less." •

#### Kish's Keepers

Canadian rugby star Jen Kish shares her three favourite things to do in Edmonton.

#### The Rec Room

"This is a fun venue with Ping-Pong tables and video games, which I love. Some evenings are adults-only—I'll go with my friends to hang out and have a beer."

2

#### **Rogers Place**

"The atmosphere in the newly opened arena is amazing. The fans in this city really back their athletes and can get quite emotional—especially when the hometown hockey team, the Oilers, are doing well."



#### The Melting Pot

"The four-course fondue menu is served on the centre of the tables and has broth, cheese and chocolate pots for dipping. It's so much fun and so delicious."



FIND OUR FAVOURITE PLACES TO STAY, RESTAURANTS TO VISIT AND FUN THINGS TO DO ACROSS CANADA AT canadianliving.com/ohcanada.

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## **WHAT'S YOUR ULTIMATE SKIN GOAL?**

#### YOUTHFUL

#### WHAT'S YOUR BIGGEST **CONCERN?**



#### **WRINKLES**

Jouviance Anti-Wrinkle Serum targets furrows and boosts skin's resilience with a peptide complex that helps diffuse the look of wrinkles and visibly lessen their length and depth. \$50, jouviance.com.

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SAGGING

L'Occitane en

**Provence Divine** 

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ingredient is an extract

from Jania rubens, a

red algae known for its

ability to regenerate.

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function is to increase

firmness, making skin

feel tighter and creating

a contoured lifted effect

\$225, loccitane.ca.

#### **ROUGH TEXTURE**

AlumierMD Retinol **Resurfacing Serum 1.0** 

uses microencapsulated retinol (acting like a shuttle to carry and release retinoids into skin cells), which triggers collagen production and helps improve skin's texture by speeding up cell turnover. \$120, alumiermd.com.



#### HYDRATED

#### DO YOU HAVE EXTREMELY **DRY SKIN?**

NO

DO

YOU

HAVE

OILY

SKIN?

YES

Bioderma Hydrabio Sérum Moisturising Concentrate is designed

to combat sensitive, dehydrated skin with Aquagenium; the patented ingredient activates the skin's natural moisturizing abilities by stimulating water channels in the dermis while protecting its barrier, locking in hydration. \$35, shoppersdrugmart.ca.



#### BRIGHTER

#### DO YOU SUFFER FROM ACNE?

YES

N O

that brightens skin while also treating blemishes, SkinCeuticals Blemish +

If you're in need of a product

Age Defense is your onetwo punch. The oil-free blend has two percent dioic acid (to decrease sebum production) and a combo of alpha- and KINCEUTICAL beta-hydroxy acids, which BLEMISH + AGE helps reduce acne while improving uneven skin tone. \$100. skinceuticals.ca.

> **ARE YOU LOOKING TO VANQUISH BROWN SPOTS OR GET OVERALL BRIGHTER SKIN?**

#### **BROWN SPOTS**

Makeup and skin care come together

long and short game by using Shiseido's patented spot-erasing technology to target dark spots over time, while the makeup temporarily covers discoloration, \$48, shiseido.ca.

with Shiseido White Lucent OnMakeup Spot Correcting Serum. It covers both the



#### **OVERALL** BRIGHTENING

Clinique Fresh Pressed **Daily Booster With** Pure Vitamin C 10% is an

alternative to traditional serums. Mix two drops of this potent booster with your moisturizer, morning and night, for quick results that will leave you with a more radiant and even complexion. \$39, clinique.ca.



WANT TO LIGHTEN UP YOUR SKIN-CARE REGIMEN FOR SPRING? GO TO canadianliving.com/springskincare.

### YES

Although Clarins Hydra-Essentiel Bi-Phase

Mary's thistle (a.k.a. milk thistle) oil, which is rich in fatty acids, it's OK for someone with oily skin because it also has orthosiphon; the plant extract reduces pore size and sebum production, resulting in refined skin with a matte finish. \$56, clarins.com.



NO

Packed with purified hyaluronic acid (which acts like a sponge for dry skin, absorbing up to 1,000 times its weight in water), glycerin (a common humectant that can draw water from the air into the skin's barrier) and olive extract, Neutrogena Hydro Boost Hydrating Serum

will immediately increase hydration while retaining moisture all day long. \$25, shoppersdrugmart.ca.





**SINGER** 

**BEFORE CALGARY-BORN** songstress Kiesza was shooting videos, she was shooting rounds at target practice as a reservist for the Royal Canadian Navy. And she was good, quickly climbing the ranks in her platoon—and even being groomed to become a high-level wartime sniper. But she soon realized she could never actually hurt someone. So, armed with her boot-camp training and an arts background (she studied as a ballerina and was a folksinger before joining the military), she jumped into music full time. When the video for her '90s-inspired house hit "Hideaway" went viral (with 69 million YouTube views and counting), she danced her way to the top of the charts. Now, Kiesza has kicked off 2017 with a beauty collaboration with M.A.C Cosmetics, along with a brand-new album, which will be out this year and promises to be another winner. - Grace Toby How did the collaboration with M.A.C come about? I sometimes post the makeup I'm wearing and am excited about on Instagram, and I was obsessed with one of M.A.C's colours called Photo, a rich chocolate brown. They loved that I was into their earthy tones, and they hadn't done a campaign around browns yet, so they reached out to me. I was involved in the whole process, which lasted more than a year. What's your beauty philosophy? You have to learn to love yourself and love the way

you look. Beauty at its core is health. From



it's an art form. I don't let my makeup cover anything up. I like it to be a reflection of what's already there. What do you love about makeup? Makeup is an expression of my personality and my mood. Sometimes, it even inspires my entire outfit. I might start with my makeup and, from there, build my clothing around it. Why is wearing Canadian designers important to you? I think this taps into the struggle I had as a musician. It took me a while to get a break; it wasn't an overnight thing. I wrote thousands of songs before anyone would give me a chance. So I like helping people who I see promise in and I feel are still trying to get that start.

# LEVEL UP If your beauty regimen isn't packing its usual punch—due to hormones, the weather or your diet—there's no need to start over. Instead, try a skin booster. These serum-like products zone in on specific skin issues, such as dullness, breakouts or dehydration. How to use? All brands are different, but patting or massaging



- **1.** Hylamide offers a trio of targeted boosters. Fight dullness with peptides, dehydration with hyaluronic acid and irritation with golden-eye grass complex. \$20 to \$38, thebay.com.
- 2. Clarins' boosters focus on repairing issues with three specific actions: detoxing (green coffee), energizing (ginseng) and repairing (mimosa tenuiflora). \$40, clarins.ca.
- **3.** Olay's new Regenerist and Luminous boosters work in tandem with the brand's moisturizers and deliver up to 50 percent more active ingredients. \$25 to \$35, walmart.ca.



these boosters into your

PHOTOGRAPHY, RYAN EMBERLEY (PORTRAIT)



Every woman should own at least one pair of spectacular heels—or flats! Our curvy columnist, **Meredith Shaw**, rounds up the best styles available in wide widths or extended sizes.

I THINK BETTE MIDLER SAID IT BEST: "I firmly believe that with the right footwear, one can rule the world." Overselling it? Maybe, but the sentiment isn't totally wrong. A few weeks ago, I was with my girlfriends for a much overdue night out, wearing a gorgeous pair of bright-pink pumps—you know the ones that are entirely impractical but fulfill your eight-year-old Barbie dreams?—and instead of living my best life with my amazing friends, my tootsies were numb with pain within hours. Let's just say, blisters were soon to come, and all I could think about was hobbling home and never moving again! So what did I do? I took my beautiful but ill-fitting heels and went home early. FOMO ensued.

This story is all too common among women, but if you happen to be tall with wide feet, the struggle is even more real. But don't fret! The shoe fairies have been listening, so there are some fab footwear brands and websites offering extended sizing and wide widths. No more going home early, no more missing out—it's time to rule the world!

#### 1. LEVEL UP

These heels offer height without sacrificing comfort. Opting for a chunky-heeled shoe will give you a great combo of height and support while adding a current and carefree vibe to any outfit. Topshop magnolia-embroidered platform shoes (sizes 6 to 11), \$68, thebay.com.

#### 2. TAKE A SHINE

Shiny finishes are the new neutral; instead of matching or clashing with your outfit, they coordinate by standing out. From silver to gold to rose gold (a favourite of mine), each metallic tone will play nice with every ensemble. Strappy metallic sandals (sizes 10 to 15), \$195, loniashoes.com.

#### 3. CULT CLASSIC

No laces, buckles or straps need apply; a true classic pump has a seamless centre with a pointed toe and a heel. If you're taller and think you can't wear heels, get over it and be the bigger person, literally. I'm 5'10", so most heels have me soaring over six feet, but the sooner you learn to embrace your height, the quicker you can enjoy that moment when all eyes turn your way as you walk into a room. Own it! Suede pumps (sizes 6 to 13), \$299. eleanoranukam.com.

#### 4. SEASONLESS FOOTWEAR

Are you feeling apprehensive about wearing ankle boots this spring? Don't. They're a versatile year-round staple, and it really comes down to how you style them. Instead of reaching for pumps to complete your office attire, try a bootie for a slight rocker edge. Red booties (sizes 11 to 14), \$130, smashshoes.com. Suede stiletto booties (sizes 10 to 15), \$208, Ioniashoes.com.

#### 5. FUN FLATS

Whether they're decorated with rhinestones, pom-poms, dreamy prints or ribbon, Ilove that flats are making a style statement this season. The once-boring option for those days when your feet are too scream-y to wear heels are now studded with personality—heck, Ieven own a pair with interchangeable emojis! Pom-pomsneakers (sizes 5 to 12). \$110. ninewest ca.

# WHOLESOME LOVING CARE blended for NATURALLY BEAUTIFUL HAIR



#### MAKEOVER



**BACKSTORY** Last year was a whirlwind for Jessica Rockwood. She gave birth to a daughter (topping up her brood to three) and, while on maternity leave, was asked to return to work early to take on a promotion as director of hybrid platform development and client success data at IBM. In this new role, she needs a more polished image. "I'm daunted by the idea of getting myself into executive mode," says Jessica. "I'm not sure how to achieve business attire that doesn't make me look old." Before she returned to work, we gave Jessica a fresh look—now, she's ready to command a team!

Jacket, \$450, blouse, \$325, and pants, \$350, Judith & Charles. Dean Davidson earrings, Cupido. Abro bag, Ron White. Shoes, Nine West. All clothing and accessories available at Bayview Village Shopping Centre in Toronto.

**HAIR** "My hair gets the most attention when my five-year-old, Paige, decides to play the role of stylist," jokes Jessica. She walked into the salon with good base colour, but some patches were washed out and overlightened. "Because Jessica was starting a new job, I wanted to give her a look with authority," says Roger Medina, a hair ambassador for Garnier. That meant darkening her shade and making her hair lusher from root to tip. "I've noticed that when you have a rich colour and it's more vibrant and fresh, people take you more seriously," he says. He also gave Jessica a softer fringe and added layers. For the photo shoot, Medina used a one-inch-barrel curling iron to refine her hair's natural shape.

MAKEUP "When I'm strapped for time, I'll use some moisturizer and eyeliner," says Jessica. But she confesses she's often too pressed to do anything at all. Plutino Group makeup artist Jodi Urichuk is also a busy mom and suggests Jessica invest in a mini makeup bag that she can stash in her purse. "It should hold about five items; anything more would be setting her makeup goals too high," says Urichuk. She recommends compiling a multiple stick (for lips, cheeks and eyes); tinted moisturizer; concealer or brightener; tinted eyebrow mascara; and curling mascara. But for our photo shoot, we went for some drama. After applying a tinted moisturizer, Urichuk focused on Jessica's eyes, swiping her lids with a creamy eyeshadow stick.

"Jessica has heavier lids, so I added depth at the outer corner and went subtle on the inside with a bit of light-reflecting shadow," she says. Urichuk filled in her eyebrows, used curling mascara and finished with a low-maintenance neutral-toned lip colour.

**WARDROBE** "My usual look can only be described as mom style," says Jessica. For her, this means comfy shirts, yoga pants and runners. But Jessica's most pressing fashion dilemma isn't her personal estheticit's creating a fresh workplace image to match her new executive-level gig. Melissa Evans-Lee, the marketing director for Bayview Village Shopping Centre in Toronto, set out to find corporate-appropriate pieces that would work hard for Jessica. "She's young, so I wanted a look that was youthful and didn't feel dated or boring," says Evans-Lee. She advised Jessica to avoid basic black and instead mix other neutral options (cream, camel, grey) with a vivid pop of colour like red. Evans-Lee chose a modern-cut suit with a tuxedo detail on the jacket and a wide pant with a cropped hemline. A sleek pair of heels and a structured handbag round out the ensemble.

**SKIN** Post-pregnancy, Jessica's skin was slightly discoloured and dull, which meant her main goal was to brighten. "Jessica still had a bit of melasma—sometimes called the mask of pregnancy—on her cheeks,"

"I wanted to do something very chic: a nude that's a little deeper than her natural skin tone, which is very '70s. For Jessica, it will show that her nails are taken care of, but they're not the whole story."

— Rita Remark

#### **TOOLBOX**



says Alexandra Weisseneder, senior esthetician at Miraj Hammam Spa by Caudalie Paris. Along with recommending brightening ingredients such as vitamin C and Viniferine (an active ingredient in grapevine sap that helps diminish dark spots), Weisseneder also suggests regular exfoliation. Her tip for Jessica? Mixing the exfoliant with her cleanser a few times a week to reap skin-renewal benefits while also saving a bit of time.

VERDICT "Being on maternity leave, I got so used to putting myself last that I lost a little of myself along the way," says Jessica. "It's amazing just how much of an impact this experience has had on both my self-confidence and my outlook. I feel like there's a re-energizing of my whole self starting from the outside in." ●

SEE MORE TRULY AMAZING MAKEOVERS AT canadian living.com/makeovers.

#### **DREAM TEAM**



Garnier hair ambassador



JODI URICHUK Plutino Group makeup artist



MELISSA EVANS-LEE Bayview Village marketing director



ALEXANDRA WEISSENEDER Miraj Hammam Spa by Caudalie Paris senior esthetician



RITA REMARK
Essie Canada
lead nail artist and
global lead educator

# Make a splash SPRING

### With a little hydrating help from nature

Is your beauty routine begging for a spring-clean? Make a fresh start with nature's number one miracle worker–*hydration*. This season, it's all about all-natural moisturizers like goji berries, pomegranate, cactus and chamomile to keep your skin and strands glowing 'til summer.



Take a cue from those April showers and quench parched pores with *Moisture Bomb Antioxidant Super Moisturizer*. With antioxidant goji berries and pomegranate extract—two superfruits with super hydrating properties—, it floods the skin with a burst of hydration for a bright, radiant, dewy complexion.



Get a refreshing hit of hydration on the fly with

Moisture Bomb Sheet Masks.

Just 15 minutes to unmask and glow.



# CRAZY about CACTUS

Treat yourself to some seasonal hair-apy with *Fructis Moisture Lock*\*\*ro-In-1 Rescue. With cactus extract, this system locks in moisture for 48 hours with no weigh-down to put the shiny spring back in your strands. Just what you need to untangle and go after a lazy poolside sesh.





# COLOR ME chamomile

Hitting the beach for spring break.<sup>9</sup> Unleash your inner surfer girl with Nutrisse Ultra Color Lightening Gel.

With chamomile extract, this lightening gel brightens easily over blonde or light-brown strands for a natural, sun-kissed look. Go for the ombré effect, some highlights or an all-over color for a beach-babe blonde that's oh so Cali.



It smells like summer in a jar. Bliss!





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In this series, we break down the history of fashion staples and show you how to make them fresh.

THE COMEBACK

# WHITE BUTTON-DOWN

There's no need to swipe your husband's dress shirt. Instead, pick up one of our favourite oversize button-downs to complete your borrowed-from-the-boys ensemble.

BY ALEXANDRA DONALDSON
PHOTOGRAPHY BY GENEVIÈVE CARON
HAIR AND MAKEUP BY JUKKA/
MAKE UP FOR EVER/DAVINES/PLUTINO GROUP





Movie stars like Lauren Bacall (above) literally borrowed from their lovers and paired their white button-downs with tailored separates.



### THERE'S SOMETHING UNDENIABLY SEXY ABOUT

a woman in a man's dress shirt. Perhaps it's the implication—sharing a bedroom and a closet is very intimate—but it likely has more to do with the feeling of strength and self-awareness that comes from wearing something smart, simple and streamlined. After all, confidence is key when it comes to sex appeal.

It's hard to pinpoint when exactly the first woman decided she should ditch blouses and formfitting sheaths for her partner's daily go-to, but early adopters include Lauren Bacall (think of the scene in Key Largo where Bacall and Humphrey Bogart are wearing virtually the same outfit: white button-downs, belts and dark bottoms, with hers being a skirt, and his, trousers), Diane Keaton (Annie Hall brought us a whole wardrobe of confident androgyny) and Katharine Hepburn (whose personal style included the men's staple). They leaned in to the masculine nature of the piece—femininity be damned to captivating effect.

Of course, the shirt isn't always paired with menswear staples. Julia Roberts wears hers as a coverup in *Pretty Woman* to hide her revealing dress, and Jennifer Grey knots hers at the waist to dirty dance with Patrick Swayze. On the red carpet, recall Sharon Stone, who wore a Gap dress shirt with a Vera Wang ball skirt to the 1998 Oscars, and Carolyn Bessette Kennedy, who paired hers in 1999 with a black maxi skirt.

The versatility of a great buttondown is its main selling point, followed closely by the fact that the piece wears as easily as your favourite tee yet adds classy polish to almost any outfit. This season, find the style sweet spot between boyish menswear and excessive femininity by channelling your inner Mia Wallace (Uma Thurman's character in Pulp Fiction). Pair an untucked oversize white button-down with fitted denim or trousers and flats for an unfussy but clean look. You have no shortage of options—and you can shop them all in the ladies' department, instead of your partner's closet.

LOOKING FOR FRESH WAYS TO WEAR YOUR FAVOURITE WHITE BUTTON-DOWN? GO TO canadian living.com/whitebuttondown.

#### **Our Top Picks**

Already own a classic white button-down? Here are a few updated styles tailor-made for spring.



#### **ROLL OUT**

A rolled sleeve is a casual take on this trend. Keeping the shirt buttoned right to the top gives it a menswear look.

Short-sleeved shirt, \$55, gapcanada.ca.



#### **AMAZING LACE**

Modern minimalism not your thing?
Try this lacy number that adds a touch
of the Victorian era to your outfit.

H&M Studio Collection shirt, \$149, hm.com/ca.



#### **SHOW OF SHOULDERS**

Yes, the cold-shoulder trend has reached your trusty wardrobe staple, making for a crisp but stylish upgrade.

Cold-shoulder shirt, \$55, reitmans.com.



#### **LIGHT TOUCH**

Just in time for spring, this linen option features a curved collar and hidden buttons for a streamlined minimalist vibe.

Tunic, \$300, ralstonwilliams.com.



#### **BOW TIE**

The button-down's usual breezy nature is juxtaposed with a cinched waist and short sleeves, highlighting a more defined shape.

Wilfred short-sleeved shirt, \$98, aritzia.com.



#### CUFF 'EM

Add a little drama with stiff longer cuffs. They work especially well when they peek out from beneath a blazer or a light sweater.

Shirt, \$40, dynamite.ca.



From tiny bags to the newest take on braids, here are nine trends you need to know about this season.

BY JULIA MCEWEN PHOTOGRAPHY BY CARLYLE ROUTH
HAIR BY OLIVIA COLACCI/ORIBE/JUDYINC.COM MAKEUP BY VANESSA JARMAN/NARS/P1M.CA









#### BITE-SIZE BAGS

The rise of Marie Kondo and her minimalist lifestyle seems to be having an effect on accessories this season. Mini—and, in some cases, micro—bags were displayed at Valentino, Louis Vuitton, Chloé and Fendi. What can one fit in these downsized handbags? Just the essentials: cellphone, wallet, keys and a lipstick (or two), if you're lucky. Maybe this style isn't the most realistic for everyday, but these playful perfect-for-Thumbelina bags are a winning team when paired with a hefty style, such as a tote. Clockwise from top: Two-tone leather and suede bag, \$168, jcrew.com.

Pink leather bag, \$98, roots.com. Floral-appliqué bag, \$55, aldoshoes.com. Yellow leather bag, \$285, tedbaker.com.







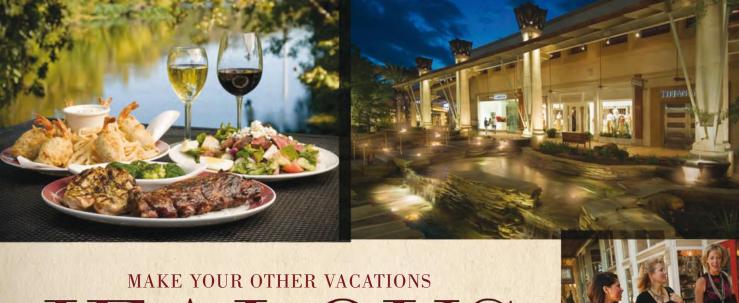




# SLIDE IN

Fashion has gone mad for mules, whether they're well heeled or flat. The slip-on style is slightly unexpected and effortless, making it cooler than your typical ballerina slippers or pumps. From top: Camel mules, \$70, gapcanada.ca.

Pink mules, \$34, hm.com/ca. Navy mules, \$128, bananarepublic.ca. Beige mules, \$50, callitspring.com.



# JEALOUS

Most vacations are centered around one thing – a beach, a big canyon, a few skyscrapers – you get the idea. But when you visit San Antonio and the Texas Hill Country, you'll find a little bit of everything: roller coasters, 300-year-old missions, lavish resorts, scenic wineries and the largest outlet mall in the nation, not to mention a lot of other things ordinary vacations wish they had.











INDIAN CHIEFS **PENTICTON, B.C.** 

**GRAND CHIEF** Stewart Phillip was born a member of the Penticton Indian Band, but was sent to a non-Indigenous foster family in Quesnel, B.C. It wasn't until he was in his early 20s and reunited with his family that he became an environmental advocate. "I went from a Eurocentric value system—with a view that the land is a collection of commodities to take to the marketplace for profit—back to my Indigenous roots," he says. Today, the 67-year-old president of the Union of British Columbia Indian Chiefs (UBCIC) continues to take the role of protector seriously, especially in the fight against heavy-oil pipelines. Arguing that they encroach on sacred First Nations land and that spills contaminate marine ecosystems, the UBCIC fought the Enbridge Northern Gateway pipeline for 10 years, eventually winning in the courts. For the past three years, the union has turned its attention to the Kinder Morgan Trans Mountain Pipeline Expansion Program, and recently to TransCanada's Keystone XL Pipeline (the controversial project greenlighted by U.S. President Donald Trump in January). Phillip sees environmental issues through a very personal lens. "My wife, Joan, and I have been blessed with 15 grandchildren. When you have grandchildren, you see the world differently—you carry the concern of what the future holds," he says.

WHAT YOU CAN DO: "Call your MPs, take part in letter-writing campaigns, volunteer, but most importantly, go to marches—they're visible expressions of public opposition."



SMITHERS, B.C.



IN 1996, after a full career in public service, Kathleen Ruff retired-but rest and relaxation were not in the cards. For the past decade, she's campaigned against Quebec's asbestos industry. "There aren't many issues where Canada is playing a leading role in the world," says Ruff, 77. "With asbestos, we were and it was a very destructive role." Pointing out Canada's ethical responsibility was the hardest work Ruff says she has ever done, but it paid off when Prime Minister Justin Trudeau announced last spring that Canada plans to ban asbestos use by 2018-and Ruff was given the medal of honour in Quebec's National Assembly. "Whether it's asbestos, climate change or sugary drinks," says Ruff, "we're seeing scientific evidence distorted by vested interest. I think that is the issue of our time."

#### WHAT YOU CAN DO:

"People have begun to think their purpose on the planet is just their individual life. But we have to stand up for the public interest, the well-being of the planet and the common good."



**SINGER AND** activist Ta'Kaiya Blaney has been to the Paris climate conference, the United Nations' NGO meeting in Korea, Idle No More in Vancouver and Occupy Wall Street in New York City—places you wouldn't expect to see a 16-year-old. "Those trips have been about spreading the message of my community internationally and giving a face to climate change," says Blaney, who is a member of B.C.'s Sliammon First Nation. "Our culture is impacted by the degradation of the land; my people will be on the front lines of those who feel the effects." That's why you'll find her campaigning for land rights, protesting pipelines and writing songs around these issues. "For anyone who is in activism for the long haul, it's healthy to bring in an element of selfexpression, of what you love," she says. "For me, that's music."

### WHAT YOU CAN DO:

"Yes, we all have to be individually responsible, but it's more than turning off the lights—we also have to organize to tackle the system."

ZIAD SAHID
PROJECT MANAGER,
COLD CLIMATE
INNOVATION
WHITEHORSE



**GROWING UP** in the North makes you want to have a positive influence on the environment, says Yellowknife-born, Whitehorse-raised Ziad Sahid. "As a kid, I used to play at a pond, catching frogs and building forts. Today, that pond is all dried up," he says. "We see a lot of the effects of climate change up here." As project manager of Cold Climate Innovation at Yukon College, 33-year-old Sahid is part of a team that works with locals who have creative ideas about food security, coldclimate housing and alternative energy. "Anyone can come in with an idea, and we'll try to help bring it to fruition with funding, resources and expertise," he says. Last year's projects included permafrost thaw-detector studies, research into solar-diesel energy and a DIY greenhouse kit to extend the northern growing season.

#### WHAT YOU CAN DO:

"People always say, 'I have this idea,' but they never act on it. If you have an idea that positively impacts the environment, you should pursue it—it could change the world."



**EDMONTON** 



**ALEX VILLENEUVE'S first** childhood memory is of hoeing potatoes in his parents' "large, innovative garden." They inspired him to appreciate the work that goes into growing and how waste can be reused. Now, at 21, his passion is sustainability. The culinary arts and brewmaster student was shocked by the amount of waste involved in brewing craft beer. Instead of sending spent grain to the landfill, where it doesn't biodegrade, he developed a way to use it to grow oyster mushroomswhich is how he discovered it's high in protein. He started a sustainable waste-removal company, Ceres Solutions, and is turning the post-mushroomgrowing grain into livestock feed. (He's also selling the mushrooms to a wholesaler.) "I'm trying to stop seeing waste," he says, "and start seeing opportunities."

#### WHAT YOU CAN DO:

Take a something-fromnothing approach. "Use vegetable ends to make stock, then throw in leftovers such as rice, meat and veggies for a hearty soup."

WAI CHU CHENG COFOUNDER, REPAIR CAFÉ

**TORONTO** 



WAI CHU CHENG read about Amsterdam's Repair Café in a New York Times article and was moved by the concept of people taking broken household items to a community event to be fixed by volunteers. Fifty-year-old Cheng is by no means handy herself, but along with cofounders Fran and Paul Magder, she arranged a Toronto Repair Café event in 2013 with 10 "fixers." These days, they usually hold an event once a month with at least 25 fixers, 15 support staff and upward of 80 visitors. Cheng, whose day job is sustainability coordinator at Sheridan College, estimates they've repaired more than 2,600 items. But, she says, it goes beyond that: "The fixers will walk you through the repair and help you do it yourself. It's a learning process—and it's very empowering."

#### WHAT YOU CAN DO:

"By fixing things rather than replacing them so easily, we can be a change agent. And we can all influence others by sharing our time with people in the community who need help." •



CARINNE CHAMBERS

COFOUNDER,

DIVA INTERNATIONAL

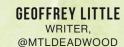
KITCHENER, ONT.



THE MENSTRUAL cup has been around since the 1930s, but it took a mother-daughter team to revolutionize it. Francine Chambers came across the alternative to pads and tampons in the 1990s and started distributing a latex model in Canada. After her daughter, Carinne, graduated from business school, they teamed up to start a company, and by 2003, they were selling their own improved silicone version—The DivaCup. Today, it's a top seller in the sanitaryprotection category across the country. The pair was intent on providing women with a better period experience and helping reduce the billions of tonnes of feminine-hygiene waste that ends up in landfills. "My mom has always been ahead of her time, as far as eco-consciousness," savs Carinne, 38, of Francine, who has retired from the business.

#### WHAT YOU CAN DO:

"Buy products with minimal or no packaging, and go to local farmers' markets rather than buying the packaged foods and products that we're so reliant on."



MONTREAL



**OVER THE** past few years, Geoffrey Little has become increasingly worried about Montreal's trees. "The urban forest is in pretty bad state," says the 38-year-old, whose day job is editor-in-chief at Concordia University Press. "Many trees are spindly or damaged. A lot are dead. Some streets have no trees at all, just gaping holes." So last spring, he took action, writing a letter to the mayor and councillors. When no one responded, he set up a Twitter account, @MTLDeadwood, posting photos of tree-related injustices. The account has become a hub for concerned citizens and tree lovers, and, as a result, a number of saplings have been planted. Now, Little wants to use the account to explore ways to better maintain the city's trees.

#### WHAT YOU CAN DO:

"Actions taken within small local environments can have important ramifications, so have confidence and work through any discouragement you might meet—from a storm to a bad neighbour to bureaucracy."

### TODD MACLEAN

AUTHOR, GLOBAL CHORUS: 365 VOICES ON THE FUTURE OF THE PLANET

CHARLOTTETOWN



THE IDEA hit Todd MacLean, 38, in the shower: a daily reader consisting of 365 people talking about how we can address climate change. "I had no clue how I could do it," says the music instructor and freelance journalist. "I was just a guy from P.E.I., with very few connections in the literary world." Still, he forged ahead and sent a series of emails to environmental guru David Suzuki; after he heard back, the project snowballed. In 2014, MacLean published Global Chorus, which is filled with entries from such internationally renowned voices as Jane Goodall, Desmond Tutu and Mikhail Gorbachev, as well as bus drivers, chefs and farmers. The reader landed on TED Talk's end-of-2016 list of books to make you feel hopeful, and recently inspired a Grade 5 class on the island to write a Global Chorus song.

#### WHAT YOU CAN DO:

"None of us would be here, doing what we're doing, if Earth were not able to function healthily—so we should keep it in our circle of care the same way as a loved one."

BETHANY DOWNER
FOUNDER,
ONE STEP
SHOE RECYCLING
ST. JOHN'S. N.L.



**BETHANY DOWNER** can thank Cmdr. Chris Hadfield for inspiring One Step Shoe Recycling, her shoe-recycling project. As she was pursuing her dream of becoming an astronaut, the 23-year-old met Hadfield, who told her to do something that would stand out on her application to the **International Space University** (ISU) in Strasbourg, France. Downer was increasingly interested in sustainability, and his advice made her think about how she could make an impact in an area that hadn't been tackled. She landed on footwear. "Not only do we overpurchase shoes," she says, "but we also underuse them." She started a program that has diverted 7,257 kilograms of footwear so far from landfills—and helped her earn a spot at ISU, where she's bringing sustainability to space with her master's thesis on reusable launch systems.

### WHAT YOU CAN DO:

"You may be only one family, but if everyone adopts the same mentality, it makes a difference. Little changes can be done with ease."







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f you don't consider yourself financially savvy, welcome to the club. A whopping two-thirds of Canadians rate their financial knowledge as poor, and a huge majority are still missing the mark when it comes to making good money decisions—we carry a balance on our credit cards, skip payments, spend more than we earn and neglect to follow a budget.

Here's where things get even more disconcerting: A Statistics Canada report released last year (based on the Canadian Financial Capability Survey conducted in 2014) found the situation is worse for Canadian women, noting we lag behind men when it comes to our financial literacy scores and confidence in our money skills. About 31 percent of women surveyed (compared with 43 percent of men) viewed themselves as financially knowledgeable, and only 15 percent of women (compared with 22 percent of men) correctly answered five key survey questions on interest, inflation and risk diversification. In other words, the vast majority of us are making decisions about saving, spending and investing with little or no understanding of how basic factors—such as inflation, interest rates and financial

markets—can land us in the hole or pave our way to a comfortable retirement.

What's more, the gender differences in financial knowledge are even more pronounced among older, university-educated and higher-income Canadians—proving that women's poor money skills have nothing to do with a lack of resources. "One of my clients had \$300,000 in retail-spending debt that her husband didn't know about. It ended up ruining the marriage," says Corry Staff, a certified financial planner in Coquitlam, B.C. Those with higher incomes often have greater access to credit, which can lead to disastrous consequences.

When you consider Canadian women live about 4½ years longer than men (which means we'll need to finance a longer retirement), have higher disability rates than men (we're more likely to require costly long-term care as we age) and tend to earn less than men (making 57 cents to 87 cents for every dollar men earn, depending on where we live and work), we simply can't afford to be complacent about money management. So what gives?

"Maybe women are so busy with the day-to-day running of households and paying bills that they haven't had



the time and opportunity to learn about investing," says Staff, who holds "Cocktails & Cash" seminars for women who want to learn about personal finance in a fun, relaxed way. When it comes to money, she says, "some women don't know who to talk to or what questions to ask."

Our own survey of readers' money habits, conducted earlier this year, confirms women have a complicated relationship with all things finance. For example, 93 percent say managing their money and having financial security is important, but just 45 percent say they moderately like doing it. A cool 54 percent don't have a financial adviser—which is worrisome, considering 84 percent feel they have very little financial knowledge to manage their money. And while 25 percent say money is a major stressor in their lives, 72 percent agree that it can't buy happiness.

The good news is, whether you're starting your career or approaching retirement, it's not too late to get your financial house in order. Check out our primer on how you can start taking charge of your money in five crucial areas: saving, credit, investing, debt and retirement.



This probably won't come as a shock, but Canadians aren't doing a very good job of saving. More than 70 percent aren't setting aside the recommended 10 to 20 percent of their income, and nearly half (47 percent) save nothing or up to only five percent of their take-home pay, according to data from the Canadian Payroll Association. Despite these grim statistics, eight in 10 women do have lofty savings goals, including for retirement, an emergency fund and travel, a Tangerine bank survey finds.

And then there's Anne Sheehan. The 56-year-old custodial worker at the University of Prince Edward Island in Charlottetown can retire in three years if she chooses. "I come from a poor family—I know what it means to be cold and hungry," says Anne, one of 11 kids of a seasonal fisherman's helper. "I knew if I wanted a different dynamic [as an adult], I needed a plan and to take action."

Anne set up her first registered retirement savings plan (RRSP) in her early 20s, after hearing about it on the radio and talking to her bank teller. "I decided to make a monthly contribution of \$25. It was very hard—I had to do without, stop going out with friends or buying clothes—but I knew the money was set aside for my future, so I kept putting it in every month."

A few years later, the single mom bought life insurance for herself and her five-year-old son and invested in mutual funds. Each time she got a raise, she increased her contributions by \$5, and whenever she picked up extra shifts or received a tax refund, she invested that money, too. When her son, now 30, was about eight, she started

an education fund for him—and ended up paying his college tuition. And perhaps most impressive, in 1995, she bought her own home—a fixer-upper for \$50,000—which is now paid off and worth about \$170,000. "When women are told they can't do something, it becomes part of who they are. I won't let anyone tell me what I can't do," says Anne.

# THREE THINGS YOU CAN DO NOW TO SAVE MORE

**BOOST YOUR EARNINGS.** Anne worked multiple jobs when she was young to make sure she could contribute to her RRSP. If that's not feasible, find other ways to bring in extra cash, such as casual weekend work, having a garage sale or renting out a spare bedroom, she recommends.

AUTOMATE IT. Set up a monthly bank transfer, even if it's only \$25. Increase your contribution every three months; eventually, you'll get on track and be able to contribute 20 percent of your income, says Staff. And stick with it, says Anne: "Don't take out that money because you want to get your hair or nails done. It's a waste—leave your money to grow and take comfort in knowing you'll have financial freedom."

REDUCE YOUR SPENDING. Not sure where to trim? "Keep track of your spending for three months—there are usually a few surprises," says Staff. And if you're prone to making impulse purchases on your credit card, ditch it. "I had my problems with a credit card," says Anne, "so I cut it up, and that was it."



People who pay bills registered in their name or those who have borrowed money—through a credit card, a loan, a line of credit or a mortgage—have a credit score. It's a three-digit number ranging from 300 to 900, indicating your reliability to pay your debts. "The higher your credit score, the higher the likelihood you will demonstrate good payment behaviour," says Julie Kuzmic, a Toronto-based financial literacy expert with Equifax Canada, a consumer credit-reporting agency. "Maintaining a healthy credit history will go a long way in securing a loan at a lower interest rate." In other words, you'll pay less in borrowing costs on your mortgage, car and postsecondary education. •

ACCORDING TO OUR SURVEY...

SAY THEY
HAVE ENOUGH
SAVINGS ON
HAND TO FACE
AN UNEXPECTED
DIFFICULTY.

DON'T KNOW THEIR CREDIT SCORE. 83% HAVE NO UNDERSTANDING OF HOW CREDIT WORKS. To maintain a good credit score (725 or higher), make your payments on time every month and don't overextend yourself by taking on too much debt. Miss even one payment and your score will drop, which could lead to higher interest charges or limited access to credit. In some cases, a low score can affect your ability to rent housing or become employed.

If you have a habit of missing payments or maxing out your cards, resist the urge to take out a so-called credit-repair loan, experts say, as this may simply add to your debt load and can involve hidden fees. The best thing you can do to improve your credit rating is to pay off the debt you already have and be conscientious about making all your payments. In time, your credit history will showcase this improved behaviour and your score will go up.

THREE THINGS YOU CAN DO NOW TO IMPROVE YOUR CREDIT

**GET IT IN YOUR OWN NAME.** It's tough to build your credit if you don't have a card solely in your name. Having a companion card on your partner's account won't help, even if you diligently pay your bills every month. "As soon as you have your first job, you should get a credit card," says Staff. "You can use it for just one thing, like fuel, and have a maximum balance of \$500."

2 PAY YOUR BILLS ON TIME. Pay at least the minimum balance on your credit card before the due date and never exceed 50 percent of the available credit limit, Staff says. Maxing out your cards tells lenders you're not doing a good job managing your money. One good solution: signing up for automatic payments.

**3** ORDER A COPY OF YOUR CREDIT REPORT. You can get a free annual copy of your credit history from reporting agencies Equifax and TransUnion by mail, fax, phone or in person. "It's helpful in spotting possible unexpected changes in your credit report over time, and it can help uncover identity theft or fraud," says Kuzmic.

# ((INVESTING))

Investing is a daunting prospect for many. This fear stems, in part, from a lack of knowledge. According to Statistics Canada, just 48 percent of women say they're informed enough to choose investments suitable for their circumstances (compared with 63 percent of men). There's also an understandable aversion to risk. But there's no need to take on huge risk to get returns. "The right planner will help you make decisions without any pressure," says Staff.

It's a lesson that 55-year-old Georgetown, Ont., mom Sandra Alder learned the hard way. When she and her

husband, a financial adviser, divorced seven years ago, she hired a new adviser to manage her \$300,000 RRSP. He assured her he would invest in a balanced-growth portfolio, but instead purchased highly volatile stocks. She lost everything. "He was kind and a good salesman. I would see losses on the statements, but he kept saying it would come back. It never did," she says.

After a lucrative job selling lab equipment, she went back to school to train for a career in human-resource management, but when she couldn't find a job, she decided to study personal finance instead.

"I had lost most of my savings by this time, and I wanted to help protect others from the mistakes I had made," says Sandra, now a certified financial planner with Manulife Securities Investment Services in Oakville, Ont.

# THREE THINGS YOU CAN DO NOW TO INVEST

BRUSH UP ON THE BASICS. You don't have to become a financial planner, like Sandra did, but read a book on money management and investing, register for a seminar or attend a lunchand-learn session at work.

ASSESS YOUR RISK. Sandra suggests keeping six months' worth of fixed expenses in a low-risk investment, such as a tax-free savings account or a guaranteed investment certificate. Then, speak with an adviser to help determine your risk tolerance for additional investments.

FIND AN ADVISER YOU TRUST Meet

with advisers before you hire them. Makes they're accredited, and ask up front how they get paid: through the cost of products, a percentage of the assets they're managing or a fee-for-service model? Some experts recommend fee-for-service to ensure you're getting objective advice and not being encouraged to buy the investments that earn the most for the adviser. And don't forget about rapport. "The minute you feel you can't ask a question, you're in front of the wrong person," says Staff.



The bad news: Canadians are taking on more debt than ever before, owing an average of \$1.67 for every dollar in take-home pay. Excluding mortgage debt, the average person is nearly \$22,000 in the hole, and, in a 2016 survey by accounting and business firm MNP, more than half •

HAVE
INVESTMENTS
THAT SOMEONE
ELSE
MANAGES.

25% WORRY ABOUT DEBT CONSTANTLY.

SAY THEIR DEBT HAS STOPPED THEM FROM BUYING A HOME.

SAY IT'S STOPPED THEM FROM STARTING A FAMILY.



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You're richer than you think:



of respondents said they wouldn't be able to make ends meet if their monthly expenses went up by \$200 or less. The situation is slightly worse for women than men, according to a 2016 Ipsos poll for BDO: 52 percent of women (versus 45 percent of men) worry about their current level of debt and one-quarter of women (versus one-fifth of men) believe they will never be debt-free.

For Li Zhang, however, debt is simply a temporary means to an end. At 31, she not only managed to repay \$15,000 in student loans within two years of graduating with a degree in international business administration from the Schulich School of Business at York University in Toronto but she has also paid off her 650-square-foot Mississauga, Ont., condo, which she bought in 2008 for \$156,000. Her secret to success? She's kept fixed costs low. "For a while, I cut my cable and stopped going out or buying anything," the program manager says. That means, aside from focusing on her mortgage, condo fees and property taxes, she prioritized her monthly car-loan payments and insurance and utility bills over spending on entertainment or shopping. Now, she channels most of her money—50 percent of her net earnings—into savings.

"It doesn't matter how much you earn; it's what your inputs are compared to your outputs," says Li. "You make life choices. You can't have everything all the time. If I'm planning a trip or ski lessons, I'll save for that. If I've done too much socializing one month, I'll cut back the next." This year's goal is to max out her RRSP contributions, and buying an apartment in Paris is next on her save-for list.



Even though women in Canada outlive men, we tend to sock away less for retirement—in part, because we earn less: an average of \$35,869 annually compared with \$54,411 for men. A 2015 Royal Bank of Canada poll, for example, found one-third of Canadian women (versus one-quarter of men) hadn't started saving for retirement, while a 2015 survey by investment firm BlackRock discovered among those who have started saving, men set aside nearly double the amount that women do. The situation is particularly bad for single women in Canada aged 65 or older: About 30 percent live below the poverty line, according to a 2016 Broadbent Institute study.

So, what's a woman to do if she's approaching retirement and fears she hasn't saved enough? Or if her husband dies suddenly during retirement and leaves her to figure out how to navigate her new financial situation alone?

The first thing is to take stock of your income and spending. "No matter your situation—married, divorced, widowed or single—the concerns are all the same," says Staff. "How much money do you have coming in every month, and what are your fixed and discretionary expenses?" Once you know how much you need to live on, you can make informed decisions instead of worrying about what might be.

# \$ \$

OF THOSE WHO
HAVEN'T STARTED
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RETIREMENT SAY
IT'S BECAUSE
THEY CAN'T
AFFORD TO—
DAY-TO-DAY
EXPENSES TAKE
UP TOO MUCH OF
THEIR MONEY.

BASED ON THEIR FINANCIAL SITUATION TODAY, JAMES TO SEEP WORKING FOR AS LONG AS

THEY CAN.

# THREE THINGS YOU CAN DO NOW TO GET RID OF DEBT

PAY OFF HIGH-INTEREST DEBT FIRST.

Typically, this means credit-card debt, since many companies charge as much as 25 percent interest on unpaid balances. "If you have a decent credit score, you can transfer your balance to a card that has a low or zero percent introductory interest rate for six months and work diligently to pay it off before your rate goes up," says Sandra.

**2 CONSIDER CONSOLIDATING.** If the value of your home has increased substantially, you can consolidate all your higher-interest loans into your mortgage to get a single lower rate. One caveat: You must be very disciplined if you take this approach, says Sandra. "If you see it as an excuse to spend more, you'll get yourself into a bigger hole."

**3** LIVE BENEATH, NOT WITHIN, YOUR MEANS. If all your income is going toward necessities, you'll never pull yourself out of debt. You either must earn more or scale down, says Staff. Li agrees. "I faced pressure from relatives to buy a house," she says. "But I'd rather know that, if something terrible happens, I'll be OK financially."

### THREE THINGS YOU CAN DO NOW TO PREPARE FOR RETIREMENT

THINK ABOUT HOW, NOT JUST WHEN, YOU WANT TO RETIRE. You'll obviously

need to save more if you want to retire at 60 instead of 65, but just as important is determining what kind of life you want in retirement, says Sandra. "If you want to travel, you'll need to save more than if you want to retire to the Maritimes and spend time with your grandchildren."

FIND OUT WHERE YOU STAND. The

Canadian Retirement Income Calculator on the Government of Canada website (canada.ca/en/services/benefits/publicpensions/cpp/retirement-income-calculator.html) will show you how much you can expect to earn in retirement based on your contributions, age and planned retirement date.

DON'T LEAVE MONEY ON THE TABLE.

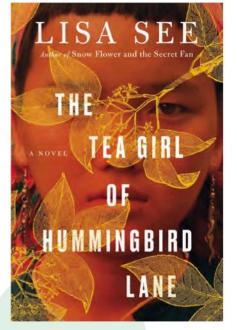
If your employer offers a pension plan with matching contributions, it might make more sense to participate in that than to contribute to your RRSP. Also, mutual-fund management fees are often lower in a company pension plan because of the group discount, says Sandra.





Though each is set in a different time period, from the early 1900s to the 1980s to present day, this month's books explore the ways our families, friends and partners shape us.

And, of course, they're impossible to put down!



The Tea Girl of Hummingbird Lane (Scribner) by Lisa See, \$25.

# CULTURE CLASH

Best known for her 2005 book-turned-movie, *Snow* Flower and the Secret Fan, author Lisa See is back with a compelling new novel about a close, if tumultuous, mother-daughter relationship.

member of the Akha tribe, one of China's 55 ethnic minorities, Li-yan lives a life that revolves around Pu-erh, a rare type of fermented tea that her community believes has healing qualities. Her mother, who uses Pu-erh in her duties as a midwife for their small

impoverished village, expects Li-yan to follow in her professional footsteps, but the job requires following traditions that Li-yan finds abhorrent. Instead, with the help of a non-Akha teacher, she rebels and pursues an education—until she finds herself single and pregnant. So begins the latest novel from Lisa See, who weaves together a compelling mother-daughter story and a profound modern-day history of tea against the swiftly changing China of the 1980s. Though set in nearly modern times, this novel is classic See: rich storytelling that illuminates little-known pieces of history and asks hard but respectful questions. Read on for See's take on tea's cultural importance, familial bonds and how writing this book felt like fate.

#### What was your starting point for this story?

It's so weird how stories come to you. One day, when my husband and I were walking, we saw a white couple with their teenage Chinese daughter between them. She had this ponytail that was swinging back and forth, and it looked like she was bringing such life to them that I had this thought, She's a fox spirit in that family. In China's culture, a fox spirit can be pretty mischievous, but it can also bring real goodness and luck into your life. So I knew I wanted to write about adoption, but not so straight on. I write historical novels, so I needed something that would be the historical backdrop. Then, I was giving a talk at a library, where someone had been brought in to do a Chinese tea tasting; the tea was Pu-erh. Then, the next piece was I wanted to go to China to do research, and it just so happened an acquaintance had been at a banquet where he was seated next to a woman who is the largest importer of Pu-erh into the country. She was already planning a trip and invited me to go with her. She introduced me to the Akha people, and I knew I had to write about them after spending time with a young woman whose experience informed my main character, Li-yan.

As you read the book, there's a sense of predestination. Was that intentional? Yes. I think it's because so much of how the book happened for me really was about fate. The

# □ LIT PICKS □

Three more great reads





# THE OUTSIDER

In 1930s Australia, the economy is slowly recovering from the Great Depression, modern art is on the rise and nine-vearold Lily is starting a new school. She quickly falls in with Beatrice, Heloise and Eva Trentham, the daughters of wealthy bohemian artists. Lily and Eva in particular connect, and their platonic love becomes the linchpin of this engaging read. Through Eva's friendship, Lily observes a world her middle-class parents can barely imagine: At the Trenthams' rambling estate-turned-artist colony, children roam freely. adults smoke marijuana and edgy art is standard fare. Told mainly through now-grown Lily's memories of that exhilarating time, The Strays is about the desire to belong and the allure of creativity—and the consequences of flames that burn too bright. Stacy Lee Kong The Strays (Hamish

#### GREAT **EXPECTATIONS**

From the outside, the Blooms look like a happy blended family. Behind the closed doors of their posh English home, though, they're anything but: Karen, a proud, self-proclaimed tiger mother, spends all her time ferrying 10-year-old Brontë to lessons and extracurricular activities; Karen's husband, Noel, a handsome (possibly alcoholic) doctor spends most evenings working late to avoid being at home; and Ewan and Verity, the couple's children from their respective previous relationships, can't approach Karen's high standards, so they remain permanently beneath her notice. But when Brontë goes missing, all of the Blooms' private flaws becoming distressingly public—and the entire family is caught in an impossible-to-stop chain of events that culminates in a shocking murder. - SLK The Trophy Child (Doubleday Canada) by Paula Daly, \$24.

#### **ALL YOU NEED IS LOVE**

Lonely hearts is an apt description of Rose and Pierrot, the two main characters in Cancon favourite Heather O'Neill's latest novel. The pair grow up together in an orphanage, where, linked by their shared joie de vivre and knack for performance, they inevitably fall in love. But the star-crossed lovers are torn apart by fate (and an unjust nun) and find themselves moving through Depression-era Montreal, singing, dancing and making strangers fall madly-and we do mean madly—in love with them. As they become entwined with both Montreal's elite one percent and the city's seedy criminal underbelly, Rose and Pierrot spend their time searching for each other-and thinking of their lost dream of putting on the best show in the world. -ADThe Lonely Hearts Hotel (HarperCollins) by Heather O'Neill, \$33.

# the story and connects the characters?

Why is tea the thread that weaves through

you needed to meet right then.

Akha have a saying, "No coincidence, no story," which I think is true; in our lives, most of us have had things happen where you're in the right place at the right time—or the wrong place at the wrong time—or you bump into someone who's just the person

When I was thinking about tea-which is the second most popular drink in the world, after water-it has this very old history. They've been drinking it in China for 5,000 years. And it has had its ebb and flow. At times, tea was very highly collected, then at times it was frowned on, and you can see how the attitude affected the people. Pu-erh not only brought the Akha to the outside world but it also brought the outside world to them. Truly, until the mid-2000s, the Akha didn't have electricity, so through this one product, you can see how China changes and evolves and goes out into the rest of the world.

Some of the Akha's practices are quite troubling. How did you balance modern ideas of what's socially and morally acceptable with respecting the culture? I tried to put it into the perspective of that culture. I will say with this book, and there is one scene in particular, that it was very hard. I think I tried to balance it with their mystical and also practical view of the world. But it was so interesting and heartbreaking and confusing that some of these practices ended only about 20 years ago.

The main character, Li-yan, has a stormy relationship with her mother, but they have a very deep emotional connection, despite their differences. How did you tap into that complex relationship? I didn't think I was writing about mother-daughter relationships; it was subconscious. But my mom died last summer, as I was writing the novel. I actually finished the final edits about two days after she died. And it was around two months later, as I was looking through a copy-edited version, that I realized it really is about those deep personal connections. Even if it isn't going well, even if you can't stand your mother, there is a deep, deep tie that is unlike any other relationship we have in the world, I think. — Alexandra Donaldson



Hamilton Canada) by

Emily Bitto, \$32.

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# NATURALS WAYS TO stay healthy

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TO ENJOY LIFE TO ITS FULLEST' NUTRISANTÉ LABORATORIES OFFER NATURAL AND EFFECTIVE SOLUTIONS FOR MAINTAINING YOUR BODY'S WELL-BEING ON A DAY-TO-DAY BASIS.

# HOW TO GET beautiful bair

The change of seasons, an unbalanced diet, stress and hormone variations affect hair and nails and can become dull and brittle. Restore glowing health to hair and nails: use Nutricap natural products.

**Nutricap** is a food supplement specially designed to nourish and strengthen hair and nails from within. Thanks to its exclusive formula rich in walnut oil, horsetail silica, zinc, and a vitamin B and E complex, **Nutricap** provides all the nutrients essential to your hair and nails' beauty and growth. As a result, hair and nails recover their strength, volume and shine.

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Menopause comes with certain physical and emotional changes. To help you get through this period as smoothly as possible and maintain a youthful look, discover **Menoconfort**.

These natural remedies contains specific nutrients such as plant isoflavones, essential fatty acids, vitamins and minerals, to provide an effective relief of the symptoms women experience during menopause. Using **Menoconfort** solutions help to reduce hot flashes, night sweats as well as regulate emotional balance and sleep in order to live a better life with confidence.









Marriage is elly Oxford knows how to make people laugh. The Edmonton native became Twitter-famous (she has 700,000-plus followers on the social network) based on the strength of her hilarious-and, OK, slightly snarky-slice-of-life commentary on relationships ("Marriage is basically listening to your spouse vell at broken electronics and appliances from another room"), entertainment ("When it

Kelly Oxford @kellyoxford basically listening to your spouse yell at broken electronics and appliances from another room.



HOUSE FOR HER.

good I could be") and raising three kids in Los Angeles ("7yo said, 'My 2nd best friend at school is McDreamy's daughter on Grey's Anatomy.' In case you were wondering what it's like to live in L.A."). Before she joined Twitter in 2009, she was a stay-at-home mom in Calgary. She'd been blogging but quickly realized that 140 characters was just the right amount of space to craft an amusing dispatch, hit send and watch it crisscross the Internet. collecting retweets and favourites along

published a different sort of missive: "Women: tweet me your first assaults. They aren't just stats. I'll go first," it said. She went on to describe being 12 and groped by an old man on public transit. In total, 9.7 million women responded. many using the hashtag #notokay. It wasn't about politics—Oxford isn't eligible to vote in the United States—as much as it was an attempt to show how common sexual assault is, and how deep and lasting the impact can be.

The hashtag was part conversation starter and part collective catharsis, a reminder to women who have been assaulted that they're not alone. But it's also a larger metaphor for Oxford's own approach to writing, and maybe life. The thing that makes fans like her—the ability. aside about the relative coolness of this particular diagnosis; it's less glamorous than the kissing disease, 20-year-old Kelly is pretty sure, but possibly still cute. Silver lining!)

We chatted with Oxford about #notokay, what it's like to be a Canadian expat and her writing process (or lack thereof)—plus some funny stuff, too.

> ■Instagram has made it really hard to pretend I'm not getting your texts.

> 7YO SAID, "MY 2ND BEST FRIEND AT SCHOOL IS MCDREAMY'S DAUGHTER ON GREY'S ANATOMY." IN CASE YOU WERE WONDERING WHAT IT'S LIKE TO LIVE IN L.A.

Since then, she's authored two books (her second, When You Find Out the World Is Against You: And Other Funny Memories About Awful Moments, hits bookshelves this month), sold several TV pilots, acted in a movie or two and—oh, yes—started a small social media revolution.

comes to karaoke, I'm the best at flipping

through the playbook and imagining how

the way. Celebrity fans soon followed,

including Jessica Alba, Jimmy Kimmel

and Mindy Kaling. By 2012, she and her

more easily pursue a screenwriting career.

family had moved to L.A. so she could

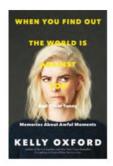
Oxford had liberally sprinkled her Twitter feed with commentary about women's rights in the past, but last October, after hearing then-Republican presidential candidate Donald Trump discuss "grabbing" women without consent in a conversation with Access Hollywood host Billy Bush, she

and even desire, to say what other people probably wouldn't-is also the quality detractors dislike. But the combination of snark and honesty is what makes her writing resonate. That's true on Twitter, and it's definitely true when it comes to When You Find Out the World Is Against You. Sometimes, she's telling terribly sad stories-about her parents' divorce, the death of a longtime family friend or the panic-disorder diagnosis she tried quite valiantly to reject—but her trademark wit always provides much-needed balance. (The panic-disorder story contains an



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READ AN EXCERPT OF KELLY OXFORD'S NEW BOOK AT canadianliving.com/ funnymemories.



When You Find Out the World Is Against You: And Other Funny Memories About Awful Moments (HarperCollins) by Kelly Oxford, \$30.



7YR OLD:
"DO WOMEN
GET THEIR
PERIODS ON
WEEKENDS
TOO?"

ME: "YES."

7YR OLD MUTTERS TO HERSELF: "JESUS CHRIST."



The difference between extroverts and introverts is cats.

#### Q & A

Your first book, Everything's Funny When You're a Liar, was also a collection of essays. How does this one compare in terms of subject matter? I think I was the same character in both of them, but the way I told the stories in the first book was from a very positive spin and about how I felt empowered. This book is more from my anxiety perspective, which was also there in all the stories from the first book, but my point of view changed between both books. That was something I did purposely, because I think when you're younger, you try to not use your higher brain to see what's actually going on; you just try to have fun. That's the first book. Then, as you get older, you start to use your higher brain and realize why things are happening or why you make your choices, and that's the second book.

Speaking of that character, a big part of your persona is being candid. How do you balance what's private and what's public? I find that really easy, but I don't know exactly how I do it. I think I have a really strong sense of intuition about what's helpful to share and what isn't helpful; the desire to share things is usually my indication of whether or not I should. My intuition is generally right. And I've always [been this way]. Mommy blogging wasn't a thing 16 years ago when I was writing about being a mom, but I always knew what was acceptable and what was crossing a line. I don't think I've ever had blowback on anything, unless it's political, of course, but that's fine because everybody has the right to their own opinions.

All of your kids are funny, but eight-yearold Bea is especially hilarious. Does she know how popular she is on the Internet?

She does, but only because her siblings' friends told her. There were maybe three days in a row when she was on BuzzFeed, and they were, like, "What is she doing on this?!" So, of course, she found out. Then, she was, like, "Am I famous now? Can I host SNL?" That's her whole goal; she wants to know if kids have ever hosted Saturday Night Live. [Editor's note: They have—Drew Barrymore was just seven when she hosted SNL in 1982.]

Her question about whether women get their periods on weekends, too, was gold. Are you always jotting down things she says to tweet later? No, it comes down to intuition. I just know when it's something I'm going to post. And you know, they're fine with [me posting], so

that's great—until they're not fine with it, and then, it'll just be for me, all these funny things.

You share so many unexpectedly funny moments in the book—and on social media, for that matter. Is your life really that entertaining or are you curating the best moments? I think I have more weird things happen to me than other people do! Sometimes, I think other people aren't seeking the humour in their day, but when I have friends ask, "Oh, what happened to you today?" and I tell them a story, they're, like, "Yeah, you're living a weird life." I'm a pretty open person, so maybe I'm inviting it. Or maybe that's my destiny.

What's it like being a Canadian who's living in America right now? That's a good question. This is going on my sixth year here, so I'm integrated. I'm happy in my bubble of L.A; being in a big city is nice. I think I'm fortunate in that I wasn't able to vote, so I didn't get to feel the pain of my candidate losing, where a lot of my friends are so emotionally invested and feel so awful on a level I don't have to feel. And it would be different if I weren't living in L.A. But where I am feels pretty Canadian, politics-wise. I mean, weed is legal so... pretty liberal here.

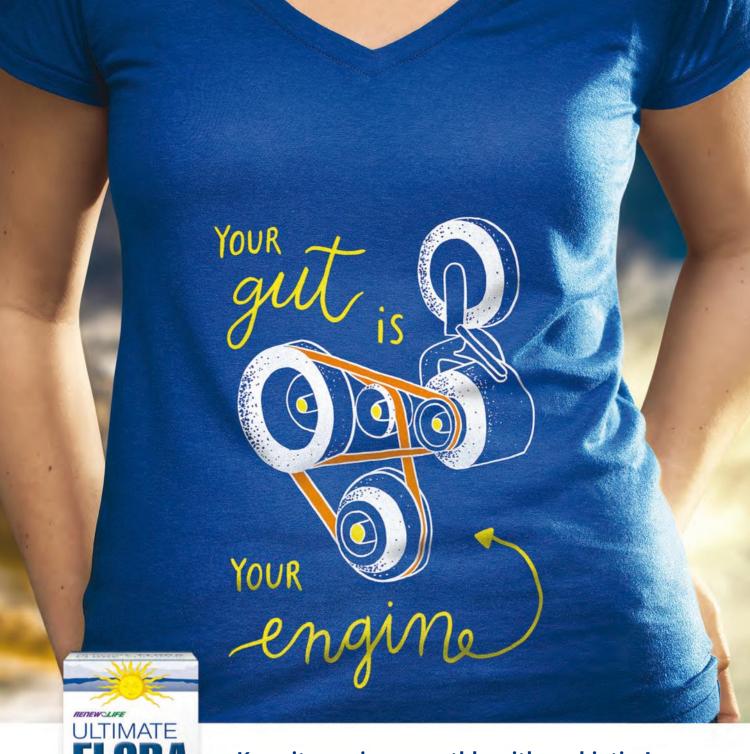
In the book, one of the things you say about #notokay is, "The sharing is maybe the thing that helps us see the world isn't really against us after all." How do you stay hopeful? By surrounding [myself] with like-minded people and knowing that the majority of people do feel the same way I feel; the majority are good people who know that sexual assault is wrong. We have to speak up and continue to say what our truth is and that it isn't right.

Do you have a different creative process for the different types of writing you do?

I think it's the same. It's a matter of how long I'm sitting down to write for and where I want to go with the story. I don't use different spaces and I don't pull out different crystals or anything. I just have to sit down and choose whichever one I'm feeling emotionally—or whatever deadline is closest, which is usually the reality.

You're writing, acting, directing, producing—is there one thing you like best?

I like when things are done the most! And
I like getting a job the most. Everything
else in between is a lot of work.



# Keep it running smoothly with probiotics!

Ultimate Flora delivers 50 billion probiotic cultures that:

- ✓ Boost immunity
- ✓ Improve digestion
- ✓ Keep your health on track

Ultimate Flora. More power to your gut.



We know the most effective way to upgrade our health is to improve our eating habits, but big dietary changes can be intimidating—which is the nice way of saying "hard to stick to," right? But, as it turns out, small steps can make a big difference. "You can change your health by your very next meal," says Natasha Turner, a naturopathic doctor and author of *The Hormone Boost*. So take a look at what you're eating on a daily basis and evaluate whether you're reaching your nutritional quotas. "I recommend a diet that's 35 percent each protein and carbs, and 30 percent healthy fat," says Turner. That means 20 to 30 grams of carbs, 25 to 35 grams of protein, 10 to 14 grams of fat and four to 10 grams of fibre for the average Canadian. Turner cleans out her pantry and resets her diet about every four months: at the beginning of the year, and at the start of spring and fall. This involves doing a clean sweep of products with undesirable ingredients (think hydrogenated oils, added sugars and simple carbohydrates) and swapping out lownutrient items with better-for-you picks, such as buckwheat for regular pasta, quinoa for white rice and plain yogurt for the flavoured version. "More important than the calorie count is the source of your calories," says Turner. "If you eat the right foods—at the right time, in the right combination—it creates a positive response that will improve energy and sleep, increase metabolism and help shed a few pounds, and improve your appearance."





"Timing is key to keeping your cortisol levels constant, since rising and falling hormones can disrupt sleep. It's important to find a meal schedule that fits with your lifestyle and hunger patterns—mine is 6 a.m. to 8 a.m., 11 a.m. to 1 p.m., 2 p.m. to 4 p.m. and 6 p.m. to 8 p.m," says Turner.

rom skipping breakfast to loading up your dinner plate, the choices you make during the day can influence the quality of slumber you have at night. A study published in the Journal of Clinical Sleep Medicine last year found that eating less fibre, more saturated fat and more sugar is associated with lighter, less restorative and more disrupted sleep. And, says Turner, timing matters: "You should eat within an hour of waking and stop eating two hours before bed." When choosing what to eat, remember that a good night's sleep begins the moment you step out of bed—so start the day by feeding your brain the nutrients it needs to thrive, like a proteinand fat-rich omelette with chicken sausage

or a green juice, she says. You should also slot in a late-afternoon mini meal that contains protein, healthy fats and fibre to help stabilize cortisol, the stress hormone. For dinner, consume some starchy carbs such as quinoa and legumes to boost your serotonin levels, which can help your body shut down for a sound rest. If you need a nighttime hit of melatonin, reach for a handful of walnutsthey're a good source of the sleep hormone and are also chock-full of magnesium, which lowers cortisol levels so you can relax. "Your body thrives on routine. It's not only important to eat every three to four hours; the key is to have a meal at approximately the same time every day," says Turner.





TART CHERRY JUICE
This is a natural source of
melatonin, which aids in
regulating the sleep cycle.



RICOTTA CHEESE
Full of whey, it lowers
cortisol and can help send
you off to dreamland.



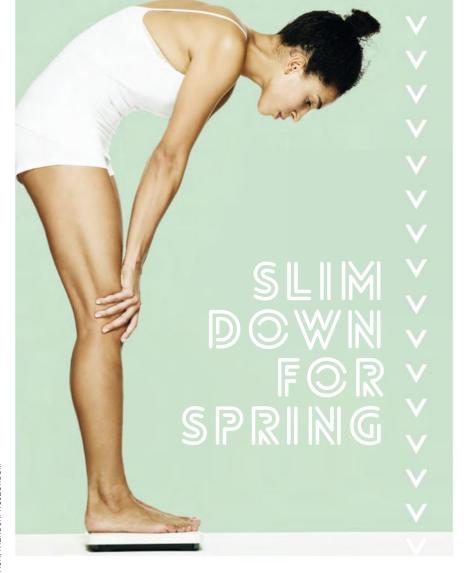
WATERCRESS

This peppery green is rich in iodine and supports a healthy thyroid, providing energy during the day and improving mood for a more restful sleep.



PUMPKIN SEEDS

Packed with tiny but mighty tryptophan, they're calming and promote relaxation and sleepiness.



ome spring, many people completely eliminate carbs from their diets to drop weight fast. But this deficit can elevate cortisol, the stress hormone, and decrease serotonin, which is vital for appetite," says Turner. Instead, pick the right type of starchy carbs, such as black beans or lentils, and include them only in your evening meal. Be sure not to skip breakfast, even if you don't have a big appetite in the morning. And the secret to preventing overconsumption at night is to eat a late-afternoon meal containing a protein source, which creates a sense of fullness. "Eating a balanced, nutrient-rich diet with plenty of plant-based foods while eliminating refined foods is the key to weight loss-plus better skin, sleep and energy," says Dr. David Jenkins, a professor in the departments of medicine and nutritional sciences at the University of Toronto. A 16-year study published in The American Journal of Clinical Nutrition last year found that making small, consistent changes to the types of protein- and carbohydrate-rich foods we eat might have a big impact on long-term weight gain.



"To calculate your daily protein requirement, you need about 0.7 grams per pound of body weight; divide this total across four meals. For the average Canadian woman who weighs 150 pounds, the magic number is 108 grams of protein per day," says Turner.

# What to eat for...

# **WEIGHT LOSS**



# SCALLOPS + SHRIMP

These shellfish offer a good dose of protein, which can curb appetite. They also have lots of iodine, which boosts thyroid function.



# HOMEMADE ICED TEA

Forget the sugary version; brew a combo of green and lemonginger tea bags that's brimming with antioxidants—minus the empty calories.



# ASIAN PEAR

With a whopping 10 grams of fibre per pear, this fruit takes time to digest, so you'll feel full longer. And it boosts the same hormone that causes fat loss when you exercise.



#### SEEDS

A combo of chia seeds, shelled hemp seeds, pumpkin seeds and sunflower seeds— packed with protein, fibre and essential fatty acids—help keep you satiated.



What to eat for...

# AN ENERGY BOOST



FENNEL
Antioxidant-rich and a source of folate, this veg can help prevent fatigue by warding off anemia.



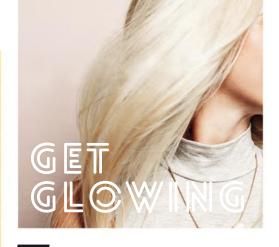
ARUGULA
This strongflavoured green is
high in fibre and
helps stabilize
blood sugar, which
keeps you alert.



AVOCADO
Bursting with hearthealthy fats that may keep energy steady, it aids in warding off low blood sugar.



ASPARAGUS
It's full of vitamins A and C that can build new oxygen-carrying red blood cells.



opical tonics can work wonders on your face and hair, but locking in bright skin and glossy tresses starts with your diet. "The body-food connection is linked: A nutrient-dense diet can improve, protect, repair and stimulate our overall beauty by moisturizing the body from the inside out," says Joy McCarthy, a certified holistic nutritionist and author of *Joyous Health*. If your meals contain lots of processed foods, you're missing out on key vitamins and antioxidants that can positively impact your appearance. Instead, eat inflammation-fighting ingredients rich in omega-3s, such as salmon, walnuts, chia seeds and avocados—they're packed with good fats that protect and naturally moisturize skin and hair. Along with vitamins A, B, C and K and iron, they also boost collagen, which adds strength and radiance.

# What to eat for...

# SHINY HAIR + RADIANT SKIN



RHUBARB
This rosy plant is a great source of lutein, the antioxidant that safeguards skin.



RAW NUTS

Almonds and walnuts

are excellent plantbased sources of
protein, an essential
building block for hair.



DANDELION GREENS

Rich in vitamins A, C and K, these bitter greens stimulate digestion and are a great power washer for the kidneys. (Proper digestion can help break down the nutrients that contribute to healthy skin and hair.)

jolt is always followed by a crash. "The key to harnessing more energy is to balance your blood sugar. When these levels are controlled, your concentration is improved, you make better decisions and you have more energy," says Adrienne Dall'Antonia, a registered dietitian in Burnaby, B.C. Skipping meals, going too long without eating and consuming empty calories can also lead to a lethargic state. If you constantly suffer from low energy, "a blood test can check thyroid function, vitamin B<sub>12</sub> and iron deficiencies. Thyroid issues can be addressed with

medication, and B<sub>12</sub> and iron levels can often be

improved with changes to diet," says Dall'Antonia.

"For a B<sub>12</sub> boost, add foods

such as eggs, yogurt, cheese

and shellfish. And to increase

iron intake, try spinach, peas

and dried apricots," says Adrienne Dall'Antonia.

o put a spring in your step, swap your double-

shot latte for clean, energy-boosting foods.

This means reducing your sugar intake as much

as possible—cutting out table sugar, watching for

hidden sweeteners on ingredients lists and limiting

your use of honey or stevia—because its temporary





# ARE CLEANSES GOOD FOR YOU?

We asked two experts—Dr. Jordan Weinstein, a nephrologist in Toronto, and Joanna Rosenfeld, a naturopath in B.C.—their opinions on detoxing. Here's what they said.

BY SARAH DZIEDZIC



Joanna Rosenfeld, Qi Integrated Health, Vancouver

"OVER TIME, we're exposed to pesticides, pollutants, metals and artificial food ingredients, which can build up in our bodies. While our liver, kidneys, lungs, skin and digestive tract are constantly eliminating toxins, a naturopath can prescribe certain nutrients or herbal supplements to support this natural process.

"I recommend my patients cleanse if they're looking to reset their dietary habits and address specific health conditions, such as digestive issues, fatigue, acne or weight gain. But it's important to remember that rapid weight loss is not sustainable, so you should always be cautious about doing cleanses for weight loss. Before starting a cleanse, talk with your health-care practitioner.

"My favourite is a whole-foods cleanse that should be done for a minimum of three weeks. It eliminates processed foods, caffeine, alcohol and foods that commonly cause sensitivities, such as dairy, wheat, corn, soy, sugar and eggs, replacing them with a variety of fruit and vegetables, lean proteins and healthy fats. Results include increased energy and healthy—that is, slow and sustained—weight loss, better digestion and decreased pain.

"I typically don't recommend cleanses that require fasting, replacing whole foods with juice for long periods of time or severely restricting calories, which can result in malnutrition and disrupt metabolic processes. Don't detox if you're pregnant or breastfeeding (releasing stored toxins can hurt a developing fetus or baby) or taking prescription medication (it can decrease the levels of drugs in the body). Cleanses don't have to be extreme; they can involve one change you'd like to make, like drinking more water or decreasing caffeine or sugar intake."

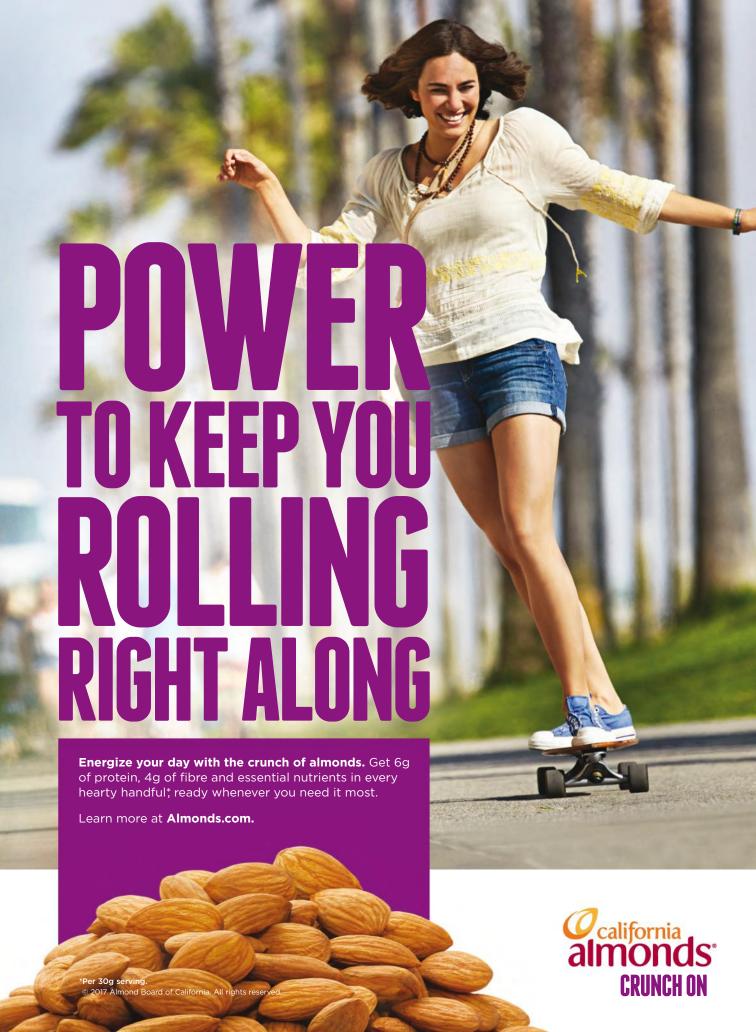


**Dr. Jordan Weinstein**, St. Michael's Hospital, Toronto

"THE TERMS 'CLEANSE' and 'detox' can be interpreted widely. In their most basic forms, some consider a detox or cleanse to involve the addition or removal of a dietary item or to abstain from a certain behaviour. Some require avoidance of certain foods alone, while others combine that with any combination of colonic irrigation and ingested supplements.

"Deciding to 'detox' from smoking or from eating saturated fats is never wrong. My concern is more about the benefits and risks of more elaborate detoxes or cleanses, which often involve food avoidance as well as some sort of purging activity. For example, some cleanses and detoxes involve laxatives, which, if used improperly, can cause colonic damage and electrolyte abnormalities. Our bodies are great detoxifiers on their own. The kidneys act as a filter of blood, allowing small molecules of metabolic waste to enter the urine, which are destined to be eliminated. The liver, on the other hand, uses enzymes to degrade complex molecules (like many medications, for example) into smaller ones that can then be used by the body, while also eliminating toxins through the gastrointestinal tract.

"My opinion is that cleanses and detoxes as they're commonly practised today have no evidence to support their efficacy, and in some cases, they can actually be unsafe. Canada's Food Guide gives simple advice on the maintenance of healthy diets and how to avoid probably the worst toxins we consume—which are dietary, not environmental, in nature, such as saturated and trans fats, high-fructose corn syrup and other variants of sugar."



Antibiotic resistance is a public-health crisis with potentially devastating effects. Here's what researchers are doing to solve this problem—and what you need to know about protecting yourself.

BY JOANA LOURENÇO

THE RISE OF THE SUG

WHEN TERESA ZURBERG fell on a nail while building a new fence four years ago, she worried about tetanus, and maybe scarring. She went to the hospital, where doctors gave her oral antibiotics. But when sepsis (also referred to as blood poisoning, an extreme—and rare—reaction to an infection) set in and she was prescribed more medication, the incident led to one of the most harrowing experiences of her life.

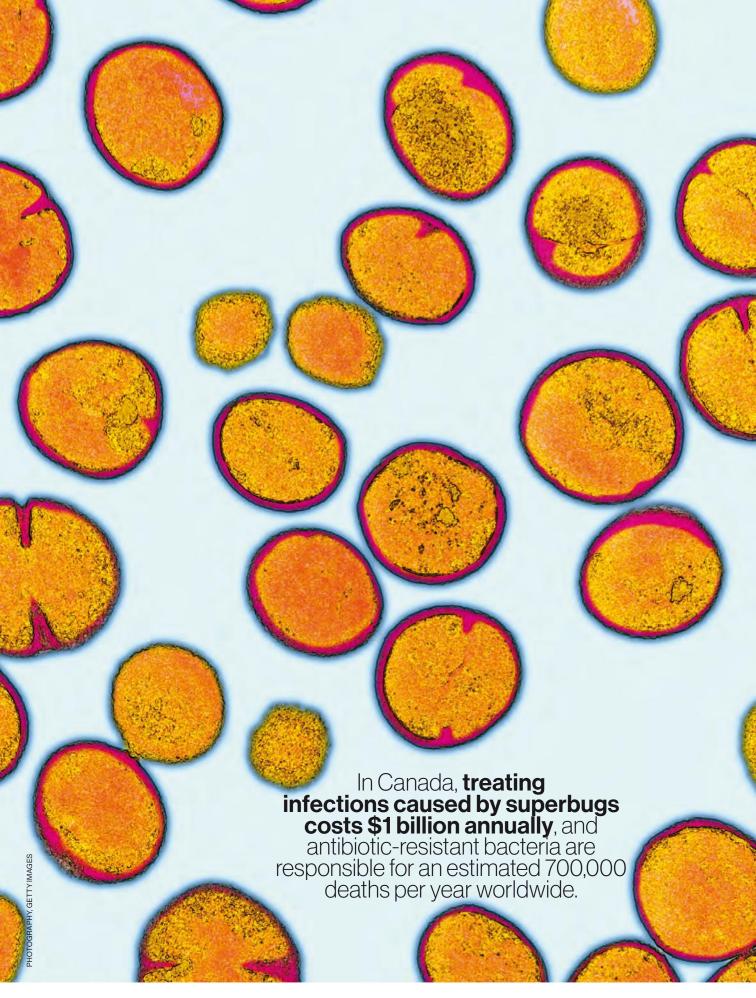
"I lost 20 pounds in five days," says Teresa, now 45. "It was terrible; I couldn't eat, and I had to go to the bathroom every 20 minutes. On top of everything, I had a bad reaction to one of the drugs—it felt like my head was being attacked by fire ants."

While she didn't know it at the time, the Maple Ridge, B.C., native was in the throes of a *C. difficile* infection. *Clostridium difficile* is a nasty bacterium that can damage the colon and cause severe diarrhea; in some cases, the reaction is fatal. These bacteria can live on surfaces contaminated by feces, where they may be picked up and enter the body through hand-to-mouth contact. (The bugs are also found naturally in the digestive system of a small percentage of adults, where they're usually harmless.) *C. difficile* bacteria are increasingly resistant to some antibiotics; when they're allowed to multiply—usually after a high dose of drugs is administered—they can cause a severe infection. That's what happened to Teresa.

"I was on so many antibiotics, they killed off the good bacteria in my gut and let the bad bacteria take over," she explains. "In my case, [that bacteria] was *C. difficile*."

Some strains of bacteria (like *C. difficile* or E. coli) can develop genetic mutations that allow them to survive an antibiotic. Others start out as naturally occurring bacteria in the environment—in soil or water—and in our bodies; these bacteria don't wreak havoc until something alters them. In both cases, antibiotics play a big role: They may disrupt bacteria cells, causing mutations. The drugs don't just target the bugs that are making you ill; they also get rid of healthy, normal bacteria in the body, which creates an opportunity for trouble-makers to take roost. With time, these tough bugs may dodge various treatments. In other words, they become superbugs. •





Antibiotic-resistant bacteria are on the rise around the world. And, while some people are more at risk (babies and the elderly, for example), no one is immune. Before becoming ill, Teresa was a fit, healthy 42-year-old who worked as a canine handler and a cardiology technologist after years spent as an army medic. If it can happen to her, it can happen to you.

# WHAT'S TO BLAME?

The development of antibiotics nearly a century ago was revolutionary. Finally, harmful, even deadly, bacteria could be controlled and destroyed. But instead of seeing antibiotics as a precious resource, we've taken their effectiveness for granted—and that's what's getting us into trouble.

Today, when people get a bacterial infection, it's assumed they can be cured with a brief course of antibiotics. The expectation of a quick fix for even mild infections has led to overprescribing, one of the contributing factors of antibiotic resistance. So has the demand for drugs when the cause is not bacterial—we've all been told the flu virus doesn't respond to antibiotics, which is also true for many ear and sinus infections—but this is something patients don't always want to hear.

The misuse of antibiotics in hospitals is another major issue. "The problem is that we often start patients on antibiotics when we don't need to. We use drugs that are broad-spectrum—they cover more germs than they need to—and we continue therapy for too long," says Dr. Andrew Morris, a professor of medicine at the University of Toronto and medical director of the antimicrobial stewardship program at the Sinai Health System-University Health Network in Toronto.

And there's also the livestock issue. "Antibiotics are used to treat infections in animals, just like they are in humans, and that's extremely important," explains Dr. Michael Mulvey, chief of antimicrobial resistance and nosocomial infections at the Public Health Agency of Canada's national microbiology laboratory in Winnipeg. "But some farming practices [also] use antibiotics in very low doses in the feed or water to promote

the growth of animals and fatten them up. [Doing this] leads to antibiotic resistance in bacteria, and that's potentially where some of the problems emerge." Indeed, in a recent report for the World Health Organization, researchers at the University of Calgary concluded that there's a direct link between use of antibiotics in animals and drug resistance. That doesn't mean superbugs are in your food supply; according to the Canadian Food Inspection Agency, antibiotic levels in meat are rarely found to be above the maximum levels set by Health Canada. And antibiotic-resistant bacteria aren't passed on to humans through cooked or pasteurized animal products, such as meat and milk, since those processes kill bacteria. Instead, it's more about overuse. The more bacteria are exposed to an antibiotic, the more likely they are to develop resistance. Then, when humans are subjected to those bacteria—sometimes through animal waste contaminating lakes and rivers where we get drinking water or as a result of safety failures in our food supply—we don't have any weapons to fight them.

## WHY PANIC NOW?

The World Health Organization recently called the rise of superbugs a "global emergency"; in September 2016, the United Nations held a General Assembly devoted to the "fundamental long-term threat" of drug-resistant bacteria. (This is especially telling, considering it's only the fourth time in UN history that it has held a high-level meeting for a health issue.)

But we've known about antibiotic resistance for decades. Take penicillin, for instance: Discovered in 1928, it was being used to treat serious infections by the 1940s. By the '50s, there was such widespread resistance that "many of the advances of the prior decade were threatened," according to an article published in 2015 in *Pharmacy and Therapeutics*. Other hostile bacteria quickly emerged—the first cases of methicillin-resistant *Staphylococcus aureus*, a bacterium that's a common cause of infections in some hospitals, began to pop up in the 1960s. •

# **How to Protect Yourself**

While you can't completely shield yourself from drug-resistant infections, there are four simple steps you can take to lower your risk.



#### **WASH YOUR HANDS**

They have their uses, but alcohol-based hand sanitizers can't replace good old hand washing. They don't kill *C. difficile*, for example, but soap and water will.



#### **GET THE FLU VACCINE**

The influenza virus weakens the immune system, which has the side-effect of making you more vulnerable to other bugs. Getting the vaccine every year is your best shot at preventing the flu.



# BE CAREFUL WHEN HANDLING RAW MEAT

Though the risk of contracting superbugs from food is extremely low, make sure to wash countertops, hands and utensils with soap and water after contact with raw meat.



# TAKE ANTIBIOTICS ONLY WHEN ABSOLUTELY NECESSARY

We don't think of these drugs as precious resources, but they are. (See The New Antibiotic Rules, page 73, for more info.) Healthy eyesight

Wonderful to have **go** 

Madeleine wrote to us to tell her story of how Blue Berry™ has impacted her quality of life and helped her enjoy her favorite hobby: painting beautiful landscapes.

y name is Madeleine and I live in Montreal. In my spare time, I enjoy time in nature, painting beautiful landscapes. In my later years, my eyes began to weaken. I was very sad about this, because painting requires accurate vision. When I went to my optometrist, he diagnosed me as having age-related macular degeneration (AMD), and told me this unfortunately gets worse with time.

# I read about Blue Berry<sup>TM</sup>

In a magazine I read an ad about a supplement called Blue Berry, and a man who had maintained his eye health. In hopes of getting the same results, I bought a box and started the same day. Now, I have been taking Blue Berry for almost a year, and I am very happy with the product. I am back to painting and my mood has been lifted.

I am happy I found this product from New Nordic, and recommend it highly to anyone who wants to take good care of their eyes."

- Madeleine F., Qc





# **Your Blueberry Eye Tablet**

Blue Berry is manufactured in Scandinavia using wild Swedish low bush berries. These berries are not the ones you normally find in supermarkets. They are small, tasty and so colorful inside that they color your hands blue when you eat them.

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Blue Berry has been the no.1 eye supplement in Scandinavia for over a decade. Based on high concentrations of blueberries and lutein, it provides carotenes to nourish your eyes and help maintain your eyesight, even in conditions of AMD and cataracts.



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So why the renewed worry? It all comes down to our tools. We're running out of antibiotics, and as our arsenal becomes depleted, the germs are becoming more and more resistant. Last year, news broke that MCR-1, a newly discovered gene that makes bacteria immune to colistin—one of our last-resort antibiotics—has been found in humans and beef in Canada. And the family of bacteria called carbapenem-resistant *Enterobacteriaceae* (CRE) is increasingly troubling experts. Germs in this group, like E. coli and *Klebsiella*, are normal residents of our gut flora—but they have a genetic mutation that predisposes them to antibiotic resistance. Earlier this year, a Nevada woman died of an infection caused by a CRE strain that couldn't be treated with any of the 26 antibiotics currently available in the U.S. These bugs have also been found in Europe, China and, yes, Canada.

## RUNNING OUT OF OPTIONS

t's tempting to think of these superbug infections as rare and the stuff of science-fiction movies. However, there's a genuine concern for the future availability of remedies for everyday illnesses. "There is a real risk that there could be no antibiotics left to treat some common infections," warns Dr. Mulvey. Certain strains of gonorrhea, tuberculosis, pneumonia and urinary tract infections (80 percent of which are caused by E. coli) have already become immune to the drugs that worked years ago.

In the past, when bacteria became resistant to antibiotics, there was an easy fix: Scientists would develop new drugs. But we can no longer rely on this strategy—since 2010, only three new antimicrobials have been approved for use in Canada. Why so few? The reasons are multifold: First, there are regulatory challenges, as government agencies require complex clinical trials involving hundreds and even thousands of patients. But that's not the only challenge. "At the end of the day, the science is really hard," says Dr. Gerard Wright, a professor of biochemistry and director of the Michael G. DeGroote Institute for Infectious Disease Research at McMaster University in Hamilton. "We've picked all the low-hanging fruit—the easy-to-find antibiotics."

In fact, that's part of the explanation for the last piece of the puzzle: There are fewer pharmaceutical companies actively developing new drugs. "There's no cogent business case for manufacturing antibiotics," explains Dr. Morris. "They're relatively cheap, used for a very short period of time and there's the risk of resistance. A drug company will not want to make a drug that becomes obsolete before the patent even expires."

# LOOKING FOR SOLUTIONS

earching out new antibiotics isn't the only way scientists are working to combat superbugs. Researchers worldwide, including Dr. Wright, are working on a promising new area of discovery: understanding resistance itself. "We've done a lot of work to figure out where resistance comes from and how it evolves," he says. If researchers can learn how to stop bacteria from becoming immune to the effects of antibiotics, our arsenal of infection-fighting drugs is suddenly not so depleted, after all. But you can't beat evolution, so you need to

find a compound that blocks resistance and use it in combination with antibiotics, Dr. Wright explains. "The idea is that if we get rid of resistance, the drugs will work."

Dr. Wright and other scientists have shown that it's possible to keep antibiotic resistance at bay by using cocktails of drugs—combinations of old antibiotics with new resistance inhibitors. To find these inhibitors, as well as any potential new antibiotics, Dr. Wright and his team are screening hundreds of thousands of bacteria and fungi samples taken from soil across Canada. (Bacteria from soil are the source of most existing antibiotics.) "We've collected dirt from every province and territory, from the tip of southern Ontario to Nunavut," he says. "I've even collected soil samples from my own backyard."

Though it may sound like a science-fair experiment, Dr. Wright's lab has had some real breakthroughs. For example, some superbugs have mutated to produce an enzyme called NDM-1, which makes them resistant to almost all antibiotics—even the last-resort ones. But one of Dr. Wright's soil samples, taken from Kejimkujik National Park in Nova Scotia, yielded *Aspergillus* fungus, which produces a chemical compound that disarms NDM-1, blocking resistance. The lab is now studying how this compound works in animals, with the hope that it will have the same type of superbug-inhibiting effect.

Dr. Wright, who currently holds a Canada Research Chair in molecular studies of antibiotics, credits support at the federal and provincial levels, as well as from private donors. Other government agencies are also stepping up to address the issue. "The Public Health Agency of Canada [PHAC] has a fairly comprehensive surveillance program in over 60 hospitals across Canada, where we're specifically monitoring the superbugs," says Dr. Mulvey. The agency runs programs that look for antibiotic resistance throughout the food chain, collecting data on farms, at abbatoirs and at the grocery store in several Canadian regions. It also keeps watch on what's happening in other countries, in order to be able to rapidly detect emerging types of resistance if they arrive in Canada.

# A HOPEFUL FUTURE

here have been some advances: Rates of methicillin-resistant *Staphylococcus aureus* infection, for example, have decreased in Canada by 25 percent since 2008. But experts believe much more needs to be done, and they're pushing for the government to invest in research and infrastructure—like the PHAC's surveillance systems or stronger regulations for the use of medicated animal feed and veterinary drugs. Dr. Morris also sees another issue: a gap in the public's knowledge and awareness of the threat of superbugs. "There are no ribbon campaigns, walkathons or bike rides for antimicrobial resistance or stewardship or anything like that, even though we rely on antibiotics for every aspect of health care," he says.

So, where will we be a decade or two from now? Dr. Wright believes we don't have a choice but to keep looking for solutions: "We simply cannot put ourselves in a situation where we're in a post-antibiotic era," he says. "Imagine how terrifyingly dangerous it would be to have open-heart surgery or •



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Almased's special fermentation of non-GMO soy, yogurt and enzyme-rich honey helps in weight management when used in conjunction with a healthy habit of diet and exercise. Combine that with providing a natural boost of energy, contributing to a healthy blood sugar level and helping in the function of the thyroid gland and you have the ideal weight loss multi-tasker.

The unique and all-natural Almased is gluten-free and contains no artificial fillers, flavors, added sugars, preservatives or stimulants. It acts as an antioxidant for the maintenance of good health and has been clinically confirmed to support weight loss and overall well-being.

## Lemon Drop

Tbsp Almased 360 ml water

21/2 tsp lemon extract

- tsp flaxseed or walnut
- tsp stevia (optional)



# Chocolate Hazelnut Delight

- Tbsp Almased 360 ml almond milk, unsweetened
- Thsp cocoa powder. unsweetened
- tsp hazelnut extract
- tsp flaxseeds, ground
- tsp stevia (optional)

# Savory Veggie Shake

8 Tbsp Almased 240 ml water 120 ml vegetable or tomato juice Hot sauce if desired



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a hip replacement without the ability to control infection. Antibiotics underpin almost all of modern medicine."

Teresa Zurberg would agree. To this day, the effects of her encounter with *C. difficile* still linger. She takes high-dose probiotics every day to try to undo the damage to her gut and is vigilant about the type of drugs she can use. (Any antibiotic that disrupts the balance of bacteria in her digestive system could lead to a relapse by killing off harmless bacteria, which would allow *C. difficile* bacteria to thrive.)

But her story has a silver lining. A year after her own brush with the superbug, she read about a beagle in Amsterdam who was trained to sniff out *C. difficile* in hospital patients. As a canine handler of drug- and bomb-detecting dogs, Teresa had just the right kind of animal expertise. So, she set about training her newest springer spaniel, Angus, to do the same.

Today, Angus is the only certified *C. difficile*–sniffing dog in North America, and has been on the prowl at Vancouver Coastal Health since last July. "It's an out-of-the-box approach, for sure, but the hospital has been supportive of the idea from the very beginning," says Teresa.

Angus's talent is just one of the many innovative solutions being implemented in Canada. "In this country, we have the tools and the brains," says Dr. Wright. "There are some outstanding Canadian groups with international profile working in this area, and I know that, with the right support, we can contribute to this global health problem. It's a tough row to hoe, but I'm optimistic."

# **The New Antibiotic Rules**

Bombarding bugs with prescription drugs used to be the preferred method of dealing with bacterial infections, but new research says that should change. Here's the latest approach.

IF YOU'VE TAKEN a course of antibiotics recently, you've likely been told to finish all your pills—even if you start to feel better. Conventional medical wisdom says this approach helps prevent antibiotic resistance: If you don't take the full amount, there's a risk that some of the bacteria making you sick will survive and mutate into a resistant form.

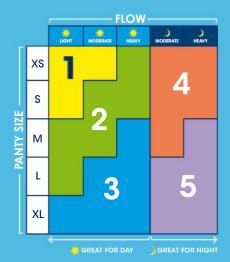
However, this theory on antibiotic use is being re-evaluated. It turns out that shorter courses can sometimes be just as effective as longer ones. (There are exceptions: Those with tuberculosis or HIV, for example, need the full course.) But for infections such as sinusitis. middle-ear infections and pneumonia, vour doctor may recommend a shorter course. "This is one of the greatest myths of medicine," says Dr. Andrew Morris, a University of Toronto professor and medical director of the antimicrobial stewardship program at the Sinai Health System-University

Health Network in Toronto. "For 99.9 percent of the infections treated in Canada," he says, "there's no reason to believe that stopping early is harmful, and it's almost certainly beneficial."

But some of the old rules pertaining to antibiotics still hold true: Don't assume you need a prescription simply because you're sick-they won't cure viral infections like colds. Some doctors may feel pressured to prescribe an antibiotic, or they may not be sure whether you have a bacterial or viral infection, so they write out a prescription to be on the safe side. You should always ask your health-care provider whether or not you truly need an antibiotic. In many cases, a wait-and-see approach is recommended: Tell your doctor you'll fill the prescription if you don't feel better in a few days. "This has been shown repeatedly to be a beneficial way to avoid, or at least minimize, the use of antibiotics." confirms Dr. Morris.

# FIND YOUR FIT WITH always MY FIT\*

Find the fit that's right for you based on your flow and panty size.





© Procter & Gamble, 2017



Maya was shocked by the change in her hair. Fullness and volume were replaced by thinness and lifeless hair. She had to do something.

# I PANICKED MY HAIR WAS THINNING!

"The hair I found in my brush, in the shower and on my cardigan was unfamiliar to me. It was thinning like never before. How could this be happening?

## I HAD TO DO SOMETHING

I found out my mother experienced the same problems when she was younger, and she accepted her fate. But much of my personality is in my hair, and I did not want to have the same problems. I read about the importance of hair nutrients, so I went looking for a good supplement.

## MY HAIR NOW FEELS FULLER

I was recommended a natural product from Sweden called Hair Volume™, which contained a special apple extract. I have now used this supplement for 2 months and I am really satisfied. My hair feels full and healthy and even my nails feel stronger. The best part is that the shedding has almost stopped. This is proof to me that proper nutrition on the inside helps you look your best on the outside. I highly recommend Hair Volume to women who want to promote full and beautiful hair."

Maya N., Sweden







# **DID YOU KNOW?**

Hair Volume<sup>™</sup> contains 4 proven hair health promoting ingredients: apple extract, millet extract, l-cystine and vitamin B5. But Hair Volume also contains more of these ingredients, in one tablet, than other hair supplements available. Visit us online to learn more about Hair Volume.

# **TEST YOURSELF**

- Is your hair looking dull and thin?
- Do you experience hair shedding?
- ☐ Are your nails brittle?
- Are you finding grey hairs? \*
- Do you want to nourish your hair naturally?
- Are you looking for more hair volume and shine?

If you answered YES to these questions, Hair Volume is definitely something you should try.



Advertisement

Hair Volume™ is a Swedish hair tablet that nourishes your hair from the inside. This natural health supplement is produced by New Nordic, the n°1 supplier of natural health products in Scandinavia.

Available at participating pharmacies, health food stores and online. For more information, or to purchase, please call 1-877-696-6734 or visit **newnordic.ca** "Hair Volume contains copper which has shown in some studies to help the hair regain color. To make sure this product is right for you, always read the label and follow the instructions.





















PHOTOGRAPHY, ISTOCKPHOTO, ILLUSTRATIONS, SHUTTERSTOCK (BACKGROUND); THENOUNPROJECT.COM (SOCCER BALL, PEOPLE)

"I think everyone should play at least one team sport because it's so motivating to be part of a team, working together and learning from one another.

The feedback from others makes you want to keep going back, makes you committed to wanting to do your best for the team and encourages active and healthy living."



Maria Topalovic found her soccer groove at age nine, and she hasn't stopped playing since. "I always wanted to play because my dad loved soccer," says the Hamilton-based team-sport aficionado. Although she enjoyed a variety of athletic pursuits while growing up—including dance, figure skating and gymnastics—soccer was the one that stuck. "It was the only sport or activity I never wanted to quit and never wanted to miss."

Now 32, Maria has been playing with a house-league team, the BilaBallerz, for about a decade. Astonishingly, she's competed with some of her teammates since childhood, on one team or another. "It's great to share the passion for soccer with some of the same women each season and to be able to support each other in our own fitness goals."

WHY SOCCER? "I love the game! I love the cardio, too—after a game, I'm exhausted. I feel like the past hour and a half has been worth the activity, and I know I've had a good workout. I love the challenge of the game because anything can happen: You can meet a more difficult opponent, set up a beautiful pass, get an amazing goal, save tough shots, have the stress and excitement of shoot-outs and, most of all, have fun with a bunch of friends."



The way Faye Visser saw it, "I could sit at home and feel sorry for myself or I could get out and remember there is life after breast cancer." It was 2005. Faye had been diagnosed in February, had surgery in March and, by July, she'd joined Women Alike Abreast a River, a New Glasgow, N.S., dragon-boat racing team comprising cancer survivors and women in cancer treatment.

The team was "like a lifeline for me," says Faye, whose strength and confi-

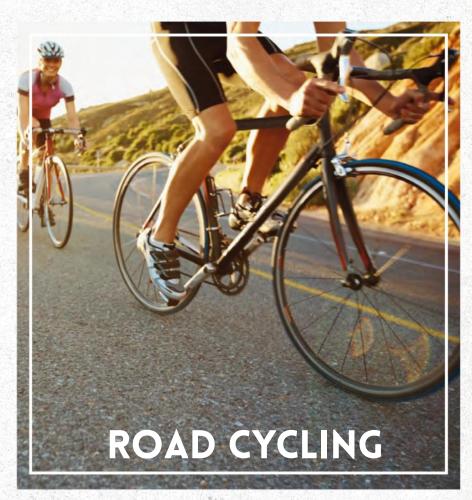
dence grew during weekly practices and seasonal competitions. "As a person who was scared of the water, to be paddling a boat with 20 other ladies was quite an accomplishment."

The team-training approach makes it possible to get through intense workouts you might give up on, says Faye. "Our coach trains us like we would never do ourselves. We are pushed to paddle until it hurts, but we laugh and think,

We're building muscles and having fun at the same time. And when we come off the water, it's a great high."

## WHY DRAGON-BOAT RACING?

"Dragon boating is all about exercising both the body and mind. Out on the water, all your worries disappear—[you have to] stay focused on what you're doing. It empowers us to be the best we can."



Jennifer Northrup never pictured herself cycling 100 kilometres in a day. But thanks to her cycling team, the Vancouverite is training to do just that, with a handful of "century rides" planned for this summer. "This year, I'm on a team for the Ride to Conquer Cancer [a two-day 250-kilometre road-cycling challenge] and I plan on doing the Rapha 100 [a 100-kilometre road-cycling event] with the ladies of Tight Bike Cycle Club," she says.

Never an avid cyclist, Jennifer discovered the sport last year when her fitness club launched a women's roadcycling team. Road cycling has a steep learning curve, with its specialized gear, road etiquette and safety rules, not to mention the physical challenges, but for Jennifer, being part of a team was key to hurdling the beginner hump. "I was hooked after our first ride," she says. "There was something about being among this group of women. Some have been riding for years, but most were just as intimidated and new to the sport as I was. The ladies who led the rides were always supportive and encouraging as we learned how to clip into the bike pedals, how to shift gears and the dos and don'ts of sharing the road with cars. I don't think I would have stayed on a bike if I didn't have this group expecting me every week."

For Jennifer, team training and racing go hand in hand. "I don't think I've signed up

for one race that didn't involve a friend or a group I would be participating with. It's social, fun and a time to connect with others. Team accountability and camaraderie are huge motivating factors for me."

# **WHY LONG-DISTANCE**

**CYCLING?** "I love a new challenge and working toward a big ride or event. Having a goal in mind keeps training fun and motivating. I work for the BC Cancer Foundation, so the Ride to Conquer Cancer is near and dear to my heart on both a personal and a professional level."

"If you enjoy working out alone, I would still suggest cycling with a club or a team. You get to keep that sense of solitude on your bike, but you reap all the benefits of being a part of a team."

# GROUP



There really is strength in numbers. Here's why working out with a team is more effective than exercising solo and how to get the benefits (even if you're not a joiner!).

#### **THE PERKS**

Group-fitness participants exercise more frequently, are more likely to stick with their workout plans and enjoy a greater surge in feel-good endorphins than those who work out by themselves.

And that endorphin rush is key: It improves pain tolerance and encourages a sense of social bonding, which boosts your cooperativeness and generosity.

## **CHOOSING A SPORT**

There are two things to keep in mind here: your interests and maximizing convenience. You want a location that's easy to get to from your home or workplace. Registered classes may have a slight edge in terms of social benefits (you'll see the same workout buddies each week), but drop-ins are great if you've got a hectic schedule or want to sample different workouts until you find the one that best fits you.

# AN ALTERNATIVE APPROACH

If you don't want to, or can't, join a team, classes are a great alternative. Pam Cox, manager of health and fitness programs at the University of Calgary's Active Living facility, says an instructor-led group setting is appropriate for all fitness levels. And even experienced athletes will appreciate the cross-training. An avid runner, for example, may be at a loss coordinating a weight-training routine.











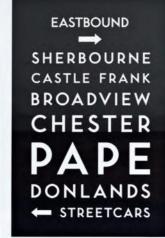
The 2017 Patio Collection
Bring style and sophistication to your outdoor dining space with our wide variety of inviting and inspiring patio Jurniture, lighting and accessories.

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canadiantire.ca/canvas

# Home





# SUSTAINABLE in the CITY

This renovated Toronto home, upgraded with green materials and energy-saving strategies, gets the eco-friendly stamp of approval.

BY GRACE TOBY PHOTOGRAPHY BY ANGUS FERGUSSON



Find out how the homeowners cut their energy bills in half on page 84.





# WSE RECLAIMED MATERIALS

(PREVIOUS PAGE)

The home is now so well insulated that this small (and, the homeowners admit, not very efficient) fireplace can heat the entire main floor in less than 10 minutes. A reclaimed beam of Douglas fir, repurposed from an old Ontario barn as a mantel, anchors the living room

Subway artwork, jonathanguy.ca. Unframed art, artinteriors.ca. Chair and cushion. ikea.ca. Rug. homesense.ca.

hen homeowners Cindy and Jim Graham decided to renovate their 2,000-squarefoot detached home in east-end Toronto, they had one overarching goal: Go green. "Being as environmentally responsible as possible was at the forefront of many of our decisions," says Cindy. They wanted to minimize their ecological footprintboth during construction, a process that's inherently wasteful, and in the long termbut spend only what they could afford. "We knew such a massive undertaking was going to have a negative environmental impact, so we hoped to lessen that as much as we could." Happily, after hiring Sustainable TO, an architectural firm that specializes in delivering energy-efficient solutions, they discovered their ecofriendly dreams could be achieved on budget. "We told them flat out we wanted to be as green as possible without going broke."

Instead of immediately putting a garbage bin on the front lawn and unleashing a bulldozer on the property, they followed some sage advice: Live in the space for up to 12 months to determine your needs. In fact, they ended up waiting four years, until a friend's rental apartment nearby became available. Only then did the 10-month renovation get underway.



Along with a sustainable mandate, the couple had a few more requests: Make the older home structurally sound (the third floor swayed during heavy winds); insulate the entire space, which was leaking heat like a sieve; and open up the ground floor for better flow. As a result, the house was gutted right back to the studs and rebuilt using some of the latest interior

and exterior upgrades, such as a self-ventilating roof and sustainable insulation. Now filled with warm woods and plenty of natural light, the open-concept layout works hard as a cozy, energy-efficient family home. "I feel we reached up to 70 percent of our sustainability goal, without sacrificing design and comfort," says Cindy.



# RETHINK YOUR LAYOUT

The old postage-stamp kitchen lacked counter space and had only a single bar sink—which didn't work for the homeowners, who love to cook. During the reno, they relocated the space from the back of the house to the front, which has made lugging in groceries much easier. Set over the sink, an updated oversize window overlooks the front lawn and takes advantage of the natural light and heat on sunny mornings. A mix of floating shelves and floor-to-ceiling cabinets offers plenty of storage and a spot to display dishes and glassware. The island accommodates the pull-out microwave and provides ample seating. Solid white oak floors throughout have a durable, natural oil-based finish, which doesn't emit any off-gas (unlike urethane), and stand up to heavy use.

Stove, bertazzoni.com. Counter-height bar stools, ikea.ca. Faucet, kohler.com.



Now that all the gaps have been sealed, the home is airtight; a heat-recovery ventilator unit brings in fresh air from outside and whisks away stale indoor air.



# INSTALL WALL-TO-WALL WINDOWS

The homeowners wanted a bigger area for the living room, so they moved it from the front of the house to the back, where the property is wider. This also sets it away from the hustle and bustle of the busy street. The almost wall-to-wall windows with screened sliding doors stretch 16 feet and open up onto the backyard. Wooden built-ins, which run the length of one wall—except for a small nook that holds a desk for the couple's son, lain, 12—keep the three main-floor zones (kitchen, living and dining rooms) unified.

Artwork, artinteriors.ca. Chair and sofa, ikea.ca. Dotted cushions, holliecooperinteriors.com. Pouf and black-and-white cushion, cb2.com.



# ILLUSTRATIONS, ALEXANDRA TANNER

# FIVE ENERGY-SAVING MOVES



#### Insulation

Fibreglass insulation on the side walls was replaced with Roxul—a sustainable, energy-efficient material made from recyclable rock and waste byproducts (such as slag from the steel and copper industry). Along with being fire-retardant and water-repellent, it eliminates any cold spots.



# Steel roof

The roof is now corrugated steel with a coating that inhibits rust. This top layer also helps reflect sunlight and limit the amount of heat entering the third floor, reducing the use of cooling appliances during the summer. It can last for more than 50 years—twice as long as shingles.



#### Windows

Strategically placed windows take advantage of sunlight and allow natural cross-ventilation (when air enters one window and exits another), which cuts down on the need for artificial cooling.



# Wall-mounted cooling units

when the nomeowners require air-conditioning, they can turn on the ductless system on the upper floors to efficiently cool the space.



# In-floor heating

Radiant heating is the primary source of warmth on the main floor. The in-floor system keeps the temperature uniform by preventing any hot or cold spots. A lightweight concrete was poured over the pipes to lock in the heat

# ADD ENERGY-EFFICIENT FIXTURES

Updating the bathrooms with low-flow faucets and toilets saves on water bills. And a wider layout in the second-floor bathroom allowed the outer walls to be double-layered and insulated, with the pipes nestled inside to avoid freezing.

Vanity, romanbathcentre.com.





# GO GREEN WITH FINISHES

In the second-floor master bedroom, the couple chose low-VOC wall paint and oil for the oak flooring. The ensuite bathroom was made smaller to free up space in the adjacent hallway for a laundry closet with a stacked high-efficiency washer and dryer.

Cushions and side table, cb2.com. Lamp, homesense.ca.



Improves concentration levels in

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children and adolescents with ADHD

Based on omega 3 and 6 in a proven ratio

Improves concentration levels in children/adolescents with ADHD

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Y grandson lan had been experiencing social and scholastic difficulties since grade school. The teachers couldn't find a reason or explanation for his challenges, but we suspected he had symptoms of ADHD.

lan was constantly struggling with reading and writing and he was anxious, as he was getting failing grades. He also had many difficulties socially. In a small school like ours, students quickly recognize those who struggle and it's easy for some children to be ignored or bullied.

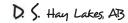
It made lan very unhappy for many years. Many times he would say: "I'm just stupid .. and I have no real friends."

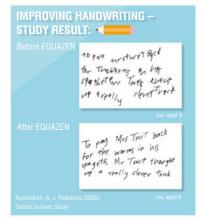
# FROM ANXIOUS AND STRUGGLING TO SELF CONFIDENT AND PROUD.

When I read about EQUAZEN® at my doctor's office, I wanted to give it a try. I had heard about fatty acids being beneficial for concentration. Now, two months later, there is no turning back! Ian has had remarkable results at school and is now proud of his efforts. He is also much less anxious and

better able to handle his teenage social issues, which is critical in developing self-esteem and boosting self-confidence.

We are so happy with EQUAZEN, and feel assured now that more positive successes will occur for lan. We strongly recommend this great product to other families."







"For years I have been faced with the dilemma and the question that parents repeatedly ask: "Is there anything that I can do for my child with ADHD or a similar condition, without having to medicate them?" With EQUAZEN, I can now finally give them a natural choice that is backed by real science."

Dr. Sohail Khattak, Pediatrician at the Kids Clinic, Whitby ON, Canada

# FOR DEALING WITH ADHD

- Decrease TV & video game time
- Reduce intake of processed foods high in sugar, salt and saturated fat
- 3) Increase exercise and "green" time
- Take a proven fatty acid supplement, ideally with the 9:3:1 ratio
- 5) Create daily routines

For more information, visit equazencanada.com Contact us: 7 1-877-696-6734













The active

ingredient in this soap comes from coconuts.

BEST BUYS

# NATURAL ORDER

Each composter holds about two weeks of food scraps, based on an average family. Going green doesn't have to mean an overhaul of how you live. One simple way to start: Choose products that reduce your home's ecological footprint and are made in sustainable Earth-friendly ways. Here are our top picks.

BY SARAH GUNN









### 1. Clean Sweep

We've been eagerly awaiting an official Canadian launch of Mrs. Meyer's Clean Day products since 2001, and it finally arrived earlier this year! The products are free from petroleum, chlorine bleach, parabens, phosphates and phthalates. At least 98 percent of the ingredients in this biodegradable cleaner are plant-derived. It's great for all nonporous surfaces, such as countertops, sealed stone and granite.

Mrs. Meyer's Clean Day Multi-Surface Concentrate in Basil, \$12, mrsmeyers.com.

### 2. Find Your Place

These graphic placemats add a high-impact punch to your table, and since they're made from recycled plastic bottles, they're highly durable and spill-resistant. They won't fade, shrink or lose their shape after washing, either.

**Crisscross placemats**, \$74 per set of four, bottlecloth.com.

#### 3. Watered Down

Use the water-saving spray while shaving or lathering up to save money.

Waterpik PowerSpray+ seven-mode fixed-mount showerhead, \$42, walmart.ca.

# 4. Dish Duty

You can feel good about using this nontoxic biodegradable dish soap from The Honest Company (cofounded by actor Jessica Alba) to scrub everything from pots and pans to baby bottles to toys.

The Honest Company Honest Dish Soap in Lavender, \$8, indigo.ca.

## **5. Creature Comforts**

U.S. home company Bambeco, which sells sustainable decor items, from furniture to wall art, has taken being green even further by partnering with conservation org American Forests to plant a tree for

every purchase. We love this diamond-striped 100-percentorganic cotton duvet, made using reclaimed water in an eco-conscious factory. **Santorini Diamond organic duvet**, \$387 to \$453, bambeco.com.

#### 6. Waste Not, Want Not

Bokashi, a Japanese method of composting, uses fermenting bran to transform food scraps into nutrient-rich compost in four to six weeks. It's speedy, doesn't smell and you can toss in just about anything—including meat and dairy.

Bokashi Living Bokashi Composting
Starter Kit, \$102 to \$126, bokashiliving.ca.

# Canadian Living Check ITOUT! FEATURED PRODUCTS FROM OUR ADVERTISERS



Aspirational and mischievous, Angel Eau Sucrée is a delicious interpretation of Angel, an olfactory candy born of a whirlwind of tangy freshness and angelic delights. This fruity gourmand eau de toilette is

appetizing, addictive and utterly desirable! **clarins.com** 

# THIS CALLS FOR A TASTE OF CHEESECAKE

Introducing new Philadelphia Cheesecake Crèmes, a perfect pairing of rich and creamy cheesecake with your choice of chocolate, strawberry or cherry topping. They're a snack-size reward for those everyday wins! Find them in your grocery store soon.



# Hair Gro Nourishes the hair and supports hair growth Nourit les cheveux et soutient la croissance capillaire MANUFACTURED IN SWEDEN + FABRIQUE IN SUEE 60 capsules Natural health product - Produit de santé naturel Naturally Sources

# 34 PERCENT MORE HAIR IN EIGHT MONTHS!

Hair Gro™ is a natural supplement containing a specific tocotrienol complex. Studies done on this ingredient have shown that people developed on average 34 percent more hair after eight months of treatment. To learn more about it, visit **newnordic.ca**.

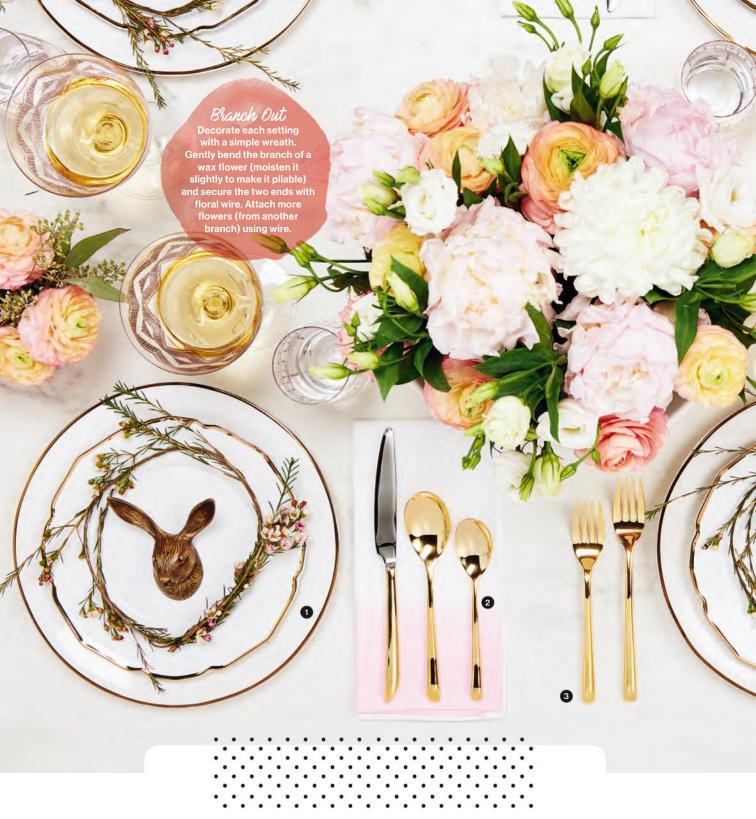


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# YOU CAN'T ALWAYS BE THERE. BUT WE CAN.

We help seniors stay at home, whether they need assistance with Alzheimer's disease, arthritis, meals, nutrition or anything in between. Contact Home Instead today for your in-home care options such as personal care, 24-hour care, memory care and hospice support. homeInstead.com/canadianliving





# IN FULL BLOOM

Set the scene for your Easter gathering in style by decorating your table in a sophisticated palette of pale pinks, corals and gold.

BY SARAH GUNN PHOTOGRAPHY BY SIAN RICHARDS



The pressure to conform to formal rules for setting a table may be a thing of the past, but following a few simple steps will make your Easter table function smoothly while looking fabulous. Here are five tricks to tabletop perfection.

# MIX AND MATCH YOUR TABLEWARE

Just ensure that at least one element (in this case, gold trim) unifies the look. When selecting pieces, choose similar styles in the same tone of white, with complementary lines and proportions. We love pairing a simple dinner plate with a detail-edged salad plate.

# WORK WITH WHAT YOU'VE GOT

At mealtime, you usually begin by using the utensils farthest away from the place setting and work your way in. Here—thanks to the narrow table—we tucked the dessert spoon on the napkin.

# ALIGN THE BASES OF FLATWARE WITH THE DINNER PLATE

This gives each setting a tidy feel.

# ADD COLOUR AND SOFTNESS WITH FLOWERS

When styling a long table, place one large centrepiece in the middle and scatter several smaller arrangements (using some of the same blooms) on either side.

# GIVE STYLE TO YOUR TABLE-SCAPE WITH FABRIC NAPKINS

Find out how we personalized ours with an easy watercolour effect (page 91).

# GET THE LOOK



Gigi gold-rimmed dinner plates, \$63 per set of four, potterybarn.com.



Savannah gold-rimmed salad plate, \$18, crateandbarrel.com.



Towle Living Wave Gold **flatware**, \$120 per 20-piece set, bedbathandbeyond.ca.



Enchante wine coupe, \$22, anthropologie.com.



......

Enchante highball glass, \$18, anthropologie.com.



Rabbit **hook**, \$24, anthropologie.com.

# CENTREPIECE STYLE

According to Home & Garden director **Sarah Gunn**, no table is complete without flowers. Creating an arrangement from scratch allows you to customize the size, colour palette and flower selection.



To keep your centrepiece from wilting, aim to create the arrangement the night before or the morning of your dinner party, which will give you plenty of time to test it on the table while still ensuring that your blooms stay fresh.



FOR MORE STUNNING SPRING TABLESCAPE IDEAS, VISIT canadianliving.com/ springtablescapes.

# Centrepiece Essentials

Footed bowl or cake stand

Good-quality floral foam (ask your florist for a block)

Knife

Water

Floral shears

Two types of large flowers (such as peonies and chrysanthemums)

One type of medium-size flower (such as ranunculus)

**Greenery** (such as lisianthus)

Several small vases

Flowers, fiorioakville.com.

# ALL ABOUT THE BASE

Choose a footed bowl (you can also use a cake stand in a coordinating colour for a fresh alternative to a traditional vase) to house the arrangement. Think about the width and height of the bowl—you don't want it to be too tall, blocking people from chatting across the table. The height of the centrepiece should be about 12 inches.

# 2 SOAK IT UP

Cut the floral foam to size so it will sit firmly in the bowl. Set the foam in a sink filled with water; once it's saturated, place it back in the bowl. Insider tip: Check if your florist has foam for sale. It's much better quality than what's available at a craft store, so your blooms will last longer.

# 3 SORT IT OUT

Trim and insert several of the largest flowers on each side and on top of the floral foam. Fill in with the medium-size style. Keep stems short but allow a few of the blooms to drape over the side of the bowl. Place greenery to fill in gaps, add height and break up the colour. Set the arrangement on the table to assess the height and width, trimming stems further if needed. Check the foam every few hours; if it's dry, add water. Use extra flowers and small vases to make simple arrangements to scatter on the table.



# PAINTED PRETTIES

Add a personal touch to each place setting using this watercolour effect on plain white napkins.



- Large bowl
- Water
- White cotton napkins
- Protective surface like a garbage bag
- Small bowl
- Martha Stewart Crafts Multi-Surface Satin Acrylic Craft Paint (we used Camellia Pink)
- Paintbrush

- 1 Fill the large bowl with water.
- 2 Dip a napkin in the water to saturate it, then ring out. It should be damp, not dripping wet.
- 3 Open the napkin to lay flat on the protective surface.
- 4 Add one part paint and five parts water to the small bowl; stir.
- 5 Using the paintbrush, apply paint to the napkin horizontally, starting at the bottom. Add more paint to the brush as needed. If the colour is too saturated, dip the brush in water and go over the area to thin out the paint.
- 6 Keep applying paint until you have covered two to three inches of the bottom of the napkin. Lay the napkin flat to dry.



It must be the Philly



INGREDIENT SPOTLIGHT

# HONEY

One of our favourite pantry staples, honey is prized for both its health benefits and the delicious sweetness it adds to sauces, drinks, desserts and more.

BY JENNIFER DANTER & THE TEST KITCHEN

# **DID YOU KNOW?**

Canada produces more than 34 million kilograms of honey annually, with the Prairies leading the crop. Homegrown varieties include delicately flavoured clover, mild alfalfa and robust buckwheat—but regardless of the type, it's a versatile ingredient. Add honey to marinades for extra-tender meat, use it in baking (it's sweeter than sugar, so you'll need less) or add to salad dressings to boost flavour.

PHOTOGRAPHY, JODI PUDGE. FOOD STYLING, CLAIRE STUBBS. PROP STYLING, LAURA BR

× On The Menu ×

Easy weeknight vegan meals P. 97 Six innovative nacho combos P. 102

Middle Eastern-spiced Easter dinner P. 104 Sensational spring desserts
P. 110



# GINGER AND TURMERIC ELIXIR 2 8 8 8

Hands-on time: 5 minutes Total time: 25 minutes Makes: 12 servings

This soothing drink is our go-to for easing sore throats or when you just need a warm hug.

2 lemons

2 whole star anise

1 piece each fresh turmeric and ginger (4 inches).

thinly sliced

⅓ cup honey (approx),

preferably raw

Using vegetable peeler, slice 2 thin strips from 1 of the lemons. In large saucepan, bring lemon strips, 12 cups water, star anise, turmeric, ginger and honey to boil over high heat. Cover, reduce heat and simmer, stirring occasionally, for 20 to 25 minutes. Strain; discard solids. Squeeze juice from lemons into mixture. Add more honey if needed. Serve warm or chilled over ice. (Makeahead: Refrigerate in pitcher or canning jar for up to 1 week.)

PER SERVING: about 31 cal, trace pro, 0 g total fat (0 g sat. fat), 8 g carb (trace dietary fibre, 8 a sugar), 0 ma chol, 5 ma sodium. 16 mg potassium. % RDI: 2% calcium, 5% vit C.







Unlike its processed cousin, raw honey is an unfiltered and unpasteurized sweetener. It contains valuable antioxidants,

# TAMARIND AND HONEY STICKY RIBS 🛛 🚨

Hands-on time: 15 minutes Total time: 4 hours Makes: 4 to 6 servings

The tartness of the tamarind tempers the sweetness of honey in these fall-off-the-bone ribs. Serve with a side of creamy potato salad—and make sure you have plenty of napkins on hand!

pork back ribs (about 2.5 kg 2 large racks) 4tsp five-spice powder 1tsp each salt and cracked black peppercorns ½ cup liquid honey 1/4 cup iarred barbecue sauce 2 tbsp tamarind pulp (approx) 2 tbsp soy sauce 3 tbsp chopped fresh chives (optional)

Remove membrane from underside of ribs, if attached. Place each rack, meat side up, on large piece of heavy-duty foil. Stir together five-spice powder, salt and pepper; rub all over ribs. Cover each with another piece of foil; fold and seal edges to form packet. Bake on rimmed baking

sheet in 275°F oven until tender, about 3 hours.

Meanwhile, in blender, purée together honey, barbecue sauce, ¼ cup water, tamarind pulp and soy sauce. Add up to 1 tbsp more tamarind pulp, if you like.

Remove ribs from oven; drain fat from packets. Brush top of ribs with one-third of the sauce. Bake, uncovered, in 450°F oven until bubbly and browned, 10 to 15 minutes. Turn; brush with half of the remaining sauce. Bake for 10 minutes. Transfer ribs to cutting board; let rest for 5 minutes. Cut into smaller portions. In large bowl, toss together ribs, remaining sauce and chives (if using) until lightly coated. Serve warm.

PER EACH OF 6 SERVINGS: about 532 cal, 42 g pro, 27 g total fat (6 g sat. fat), 30 g carb (1g dietary fibre, 28 g sugar), 169 mg chol, 993 mg sodium, 670 mg potassium, % RDI: 9% calcium, 23% iron. 1% vit A. 2% vit C. 5% folate.



Tamarind pulp comes from the pod of a tamarind tree,

native to Africa. Buy it in blocks in Asian or Indian grocery stores or specialty food shops.





# FIND YOUR BALANCE

Tetley Ayurvedic Balance teas are inspired by Ayurveda, a system of knowledge written down 5,000 years ago, which emphasizes that balancing of the mind, body and spirit is essential for holistic well-being. Working with Ayurvedic experts, our herbal blends were lovingly crafted to address the need for balance during all stages of our lives. **Learn more at Tetley.ca/findyourbalance** 

# PHOTOGRAPHY, JODI PUDGE. FOOD STYLING, CLAIRE STUBBS. PROP STYLING, LAURA BRANSON

# QUICK + EASY

Take vegging out up a notch with these new fast and flavourful dinner ideas. They'll make dairy-free, meatless meals deliciously mainstream for your family—we promise!

#### BY JENNIFER DANTER & THE TEST KITCHEN

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# MONDAY

# MISO GINGER SOBA SALAD 30

Hands-on time: 15 minutes Makes: 4 to 6 servings

The star of this meal is definitely the dressing. Made with protein-rich white miso, maple syrup and a little heat from punchy ginger, it has a light, yet fullbodied, flavour. Make a double batch to keep on hand—it's great on rice, noodles and nourish bowls (see tip, below), too.

vegetable oil ½ cup 1/4 cup lemon juice

3 tbsp white or yellow miso paste

2 tbsp maple syrup 2 tbsp grated fresh ginger clove garlic, minced ½ tsp salt (optional) 1/4 tsp cayenne pepper

Salad: 225 g

soba noodles

1cup sugar snap peas, trimmed 1cup bite-size broccoli florets sweet red pepper, thinly sliced

red onion, thinly sliced quarter quarter

English cucumber, halved lengthwise and sliced crosswise

½ cup chopped fresh cilantro (with stems) natural (skin-on) almonds, toasted 1/4 cup

and chopped

Miso Dressing: In large bowl, whisk together oil, lemon juice, miso paste, maple syrup, ginger, garlic, salt (if using) and cayenne pepper. Set aside.

Salad: In saucepan of boiling water, cook noodles according to package instructions. Drain and rinse under cold water; drain well. Set aside.

Meanwhile, in separate saucepan of boiling salted water, cook snap peas and broccoli until tender-crisp, about 2 minutes. Drain and transfer to bowl of ice water to chill; drain well.

Thinly slice snap peas; place in large bowl. Add broccoli, red pepper, onion and cucumber; toss with half of the dressing. Add noodles and cilantro; gently toss with remaining dressing. Sprinkle with almonds. PER EACH OF 6 SERVINGS: about 385 cal, 10 g pro, 22 g total fat (2 g sat. fat), 41 g carb (4 g dietary fibre, 7 g sugar), 0 mg chol, 407 mg sodium, 309 mg potassium. % RDI: 4% calcium, 13% iron, 13% vit A,

with different grains and layer in nuts and seeds.



A nourish bowl is a composed salad that's a mix of healthy fats, veggies or fruit, carbs and protein. Experiment

# TUESDAY



# ONE-POT QUINOA CHILI

13 X & 6

**Hands-on time:** 10 minutes **Makes:** 6 servings

You won't miss the meat in this satisfying vegan take on the classic soul warmer! When slow-simmered, the quinoa swells to absorb all the spicy flavours we crave in a bowl of chili. Customize with your favourite toppings.

2 tsp olive oil
1 onion, chopped
3 cloves garlic, minced
1 can (156 mL) tomato paste

2 tbsp ground cumin

1tbsp each chili powder and smoked paprika

4 cups vegetable broth

1 can (796 mL) diced tomatoes

3/4 cup quinoa, rinsed

1 can (540 mL) black beans,

drained and rinsed

1 can (540 mL) kidney beans, drained and rinsed

1cup frozen corn

3 tbsp fresh cilantro, chopped

1tsp pepper ½tsp salt (optional)

In Dutch oven or large heavy-bottomed saucepan, heat oil over medium heat; cook onion, stirring frequently, until softened, about 5 minutes. Add garlic; cook, stirring occasionally, until fragrant, about 1 minute.

Stir in tomato paste, cumin, chili powder and paprika; cook for 2 minutes. Add broth and tomatoes; bring to boil over high heat, stirring frequently.

Stir in quinoa; reduce heat to low, cover and simmer for 15 minutes. Add black beans, kidney beans, corn, cilantro, pepper and salt (if using); simmer, uncovered, until quinoa is fluffy, 8 to 10 minutes.

Ladle into serving bowls; garnish with toppings such as sliced avocado, slivered red onion, thinly sliced radish, pickled jalapeño peppers or coconut crema (optional).

PER SERVING: about 334 cal, 17 g pro, 5 g total fat (1 g sat. fat), 62 g carb (16 g dietary fibre, 13 g sugar), 3 mg chol, 1,084 mg sodium, 1,204 mg potassium. % RDI: 14% calcium, 53% iron, 19% vit A, 50% vit C, 47% folate.

TIP FROM THE TEST KITCHEN To make coconut crema, skim the solid cream from the top of canned coconut milk. Thin with

enough lemon juice to make a drizzle.



# WEDNESDAY



# SWEET POTATO FALAFEL BURGERS 800

**Hands-on time:** 15 minutes **Makes:** 8 servings

A cross between falafel and a veggie burger, these savoury patties make a hearty meal. Quinoa flakes act as a binding agent and ramp up the protein content, too.

2 cups mashed sweet potatoes

(about 2 potatoes)

1 can (540 mL) chickpeas,

drained and rinsed

3 cloves garlic, minced

2 cups chopped fresh cilantro (with stems)

1/₃ cup quinoa flakes

2 tbsp each tahini and Asian chili sauce

(such as sriracha)

2 tbsp lemon juice

1tbsp ground cumin

1tsp salt

1/4 cup vegetable oil

8 vegan buns

In food processor, pulse together mashed sweet potatoes, three-quarters of the chickpeas, the garlic, cilantro, quinoa flakes, tahini, chili sauce, lemon juice, cumin and salt, scraping down side occasionally, until well mixed. Add remaining chickpeas; pulse a few times just to blend. Mixture should be chunky. Form by scant ½ cup into 16 balls.

In large nonstick skillet, heat oil over medium-high heat. Working in batches, add balls, gently pressing to flatten slightly; cook until lightly browned, 2 to 3 minutes per side. Reduce heat if needed to prevent burning. Transfer to parchment paper-lined rimmed baking sheet. Bake in 375°F oven until warmed through, 8 to 10 minutes.

Lightly toast buns, if you wish. Place 2 patties on bottom halves. Garnish with toppings such as sliced avocado, pickled red onion, microgreens or cucumber ribbons (optional). Sandwich with top halves of buns.

PER SERVING: about 390 cal, 11 g pro, 10 g total fat (1 g sat. fat), 65 g carb (6 g dietary fibre, 9 g sugar), 0 mg chol, 905 mg sodium, 333 mg potassium. % RDI: 6% calcium, 31% iron, 105% vit A, 22% vit C, 20% folate.

TIP FROM THE TEST KITCHEN

To make mashed sweet potatoes in a flash, using a fork, prick two sweet potatoes; microwave on high until

tender, 8 to 10 minutes. When cool enough to handle, slice in half; scrape out flesh.









# SPINACH AND AVOCADO GREEN GODDESS PASTA

**Hands-on time:** 10 minutes **Makes:** 4 servings

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Nutritional yeast is the secret ingredient in this dish. It's a good vegan source of protein and vitamin B with a rich cheese flavour reminiscent of Parmesan.

3 cloves garlic, smashed2 avocados, peeled and pitted4 cups packed baby spinach

1/₃ cup nutritional yeast1/₄ cup chopped fresh dill

1/4 cup each olive oil and cold water

2 tsp grated lemon zest 3 tbsp lemon juice 1 tsp salt 1/4 tsp pepper

500 g rigatoni or farfalle

bunch (about 450 g) asparagus, trimmed and cut in 2-inch lengths

In food processor, pulse together garlic, avocados, spinach, nutritional yeast, dill, oil, water, lemon zest, lemon juice, salt and pepper until smooth. Mixture will resemble pesto. Set aside.

In large saucepan of boiling salted water, cook pasta according to package instructions. Add asparagus during last 4 minutes of cooking. Reserving ¼ cup of the cooking liquid, drain pasta and asparagus. Return to pan; gently stir in pesto until combined. If needed, gradually stir in enough of the reserved cooking liquid to loosen sauce. Garnish with sprigs of fresh dill and sprinkle with more nutritional yeast, if you wish.

PER SERVING: about 757 cal, 24 g pro, 27 g total fat (4 g sat. fat), 107 g carb (12 g dietary fibre, 4 g sugar), 0 mg chol, 1,196 mg sodium, 890 mg potassium. % RDI: 8% calcium, 45% iron, 38% vit A, 47% vit C, 279% folate.

TIP FROM THE TEST KITCHEN

Looking to add even more protein? Swap traditional noodles with quinoa or spelt pasta. Both are full of protein,

and spelt noodles layer in a pleasant nutty flavour.



Nachos were created in the '40s by Ignacio "Nacho" Anaya, the maître d' of a Mexican restaurant, who layered chips, cheese and jalapeño peppers as a makeshift canapé for unexpected guests. As Nacho proved, you don't need a recipe—it's all about a crunchy base, bite-size toppings and finger-licking sauce. We love how easy these snacks come together using a variety of tantalizing flavour combos.

BY THE TEST KITCHEN

# 1. Cheeseburger Nachos 🛮 🕹

All the goodness of a burger on a chip. **Base:** Blue corn tortilla chips **Toppings:** Shredded

lettuce, diced tomatoes, ground beef, shredded Cheddar cheese Sauce: Secret sauce (Stir together sour

cream, relish, ketchup and mustard.)

# 2. Firecracker Nachos

Pulled chicken with a spicy Asian twist and outrageous crunch. **Base:** Baked wonton wrappers (Arrange round wonton wrappers on rimmed baking sheet; lightly brush with olive oil. Bake in 375°F oven until crisp and golden, 5 to 8 minutes.) **Toppings:** Spicy pulled chicken, coleslaw, sliced

green onions
Sauce: Teriyaki sauce

### 3. Poke Nachos 🗖 💩

What happens when Hawaii meets Mexico. **Base:** Scoop-shape

tortilla chips
Toppings: Diced
avocado, cooked shelled
edamame, sesame
seeds, poke tuna (Whisk
together 5 tbsp soy sauce,
2 tbsp each sesame oil
and packed brown sugar

and 1 tbsp grated fresh

ginger. Coat 2 cups diced sushi-grade tuna.) **Sauce:** Sriracha mayo (Stir mayonnaise with Asian chili sauce.)

# 4. Fruity Nachos 🛭 🗷 💋

A new take on peanut butter and apple snacks. **Base:** Apple chips **Toppings:** Peanut butter, granola, dried

fruit, coconut

Sauce: Honey

# 5. Breakfast Nachos

Everything you crave in an all-day brekkie.

Base: Rösti or hash browns

Toppings: Scrambled eggs, sliced avocado, minced red onions, diced tomatoes, shredded cheese Sauce: Your favourite

red or green salsa

# 6. Southern Sweet-Heat Nachos 🖸 🕹

Classic barbecue taste with a fiery maple kick. **Base:** Sweet potato

chips

Toppings: Pulled pork, shredded jalapeño Monterey Jack cheese, chopped green onions Sauce: Maple and chili crema (Stir together sour cream or crème fraîche, splash of maple syrup and hint of chili powder to taste.)

WANT TO MAKE CLASSIC NACHOS WITH A HEALTHY TWIST? CHECK OUT OUR TURKEY CHILI NACHOS AT canadianliving.com/turkeynachos.











# WATERCRESS "CAPPUCCINO" "

**Hands-on time:** 15 minutes **Total time:** 30 minutes **Makes:** 12 servings

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Pour the soup over the whipped cream at the table so guests can watch it foam to the surface (resembling the froth on a cappuccino coffee). This vibrant peppery soup is an impressive kickoff to a spring dinner party!

Soup:
2 then

- toop	battor
3	cloves garlic, minced
2	leeks (white parts only), sliced
1tsp	salt
1	small white-fleshed potato, peeled and chopped
4 cups	sodium-reduced chicken broth
12 cups	lightly packed chopped watercress (about 3 bunches)
1cup	lightly packed chopped

#### Cappuccino Cream:

1cup whipping cream (35%)
2 tsp grated fresh ginger
2 tsp liquid honey
pinch salt (optional)

fresh parsley

**Soup:** In Dutch oven or large heavy-bottomed saucepan, melt butter over medium heat; cook garlic, leeks and salt, stirring often, until soft, 5 to 7 minutes. Stir in potato, broth and 3 cups water; bring to boil. Reduce heat, partially cover and simmer until potato is fork-tender, 10 to 15 minutes. Add 11 cups of the watercress and the parsley; cook just until wilted, 1 minute.

Working in batches, purée soup in blender until smooth. (*Make-ahead: Submerge pan* in ice water to cool. Transfer to airtight container and refrigerate overnight.)

**Cappuccino Cream:** Beat together cream, ginger, honey and salt (if using) until soft peaks form. Finely chop remaining watercress; gently fold in.

**To finish:** In same pan, reheat soup over medium heat (do not boil), stirring often. Dollop spoonfuls of Cappuccino Cream in bottom of wide mugs or soup bowls. Ladle hot soup over top.

PER SERVING: about 123 cal, 3 g pro, 9 g total fat (6 g sat. fat), 9 g carb (2 g dietary fibre, 3 g sugar), 31 mg chol, 433 mg sodium, 250 mg potassium. % RDI: 8% calcium, 6% iron, 30% vit A, 35% vit C, 9% folate.

# WARM ROASTED CAULIFLOWER SALAD WITH GARLICKY TAHINI DRESSING ☑ ☑ ❷❷

Hands-on time: 25 minutes Total time: 1½ hours Makes: 6 servings

Roasting cauliflower gives this mild veg a boost thanks to its delicious caramelized bits; adding aromatic Middle Eastern spices takes it one step further. Prepare the dressing at least a day ahead so the flavours can meld.

#### **Tahini Dressing:**

half	head garlic
1tsp	olive oil
⅓ cup	tahini
5 tbsp	lemon juice
1tbsp	liquid honey
1tsp	salt
½ tsp	ground cumin
½ tsp	ground sumac
3 tbsp	chopped fresh parsley or cilantro
Salad:	
16 cups	bite-size cauliflower florets (about 1 large head)
1/4 cup	olive oil

3 tbsp chopped fresh thyme
1 tbsp coriander seeds, lightly crushed
1 tbsp fennel seeds, lightly crushed

1tsp ground sumac

½ cup pomegranate seeds

3 tbsp chopped fresh parsley or cilantro

**Tahini Dressing:** Slice top third off half garlic head to expose cloves; discard. Drizzle cloves with oil; wrap in foil. Bake in 400°F oven until tender, about 30 minutes; let cool slightly. Squeeze cloves into blender.

In blender, purée together garlic, tahini, 6 tbsp water, lemon juice, honey, salt, cumin and sumac. Add parsley; blend until combined. (*Make-ahead: Refrigerate in airtight container for up to 1 week.*)

Salad: In large bowl, toss together cauliflower, oil, thyme, coriander seeds, fennel seeds and sumac. Arrange in single layer on 2 parchment paper–lined rimmed baking sheets. Roast in 425°F oven, turning once, until tender and golden brown, 35 to 40 minutes. Scrape into same bowl; toss with dressing and half each of the pomegranate seeds and parsley. Transfer to large platter; sprinkle with remaining pomegranate seeds and parsley.

PER SERVING: about 246 cal, 7g pro, 18 g total fat (3 g sat. fat), 19 g carb (8 g dietary fibre, 7 g sugar), 0 mg chol, 458 mg sodium, 436 mg potassium. % RDI: 11% calcium, 21% iron, 4% vit A, 165% vit C, 49% folate.

# PERSIAN LAMB CHOPS WITH CUCUMBER SALSA 2 8

Hands-on time: 20 minutes Total time: 1 hour Makes: 6 to 8 servings

The bold flavour of lamb can stand up to a good dose of fragrant spice coating and is a good foil for this refreshing salsa.

#### Lamb:

1tbsp each	ground cardamor	11,
groun	nd coriander and g	round cumin

1tsp salt

16 frenched lamb chops (about 1.1 kg)

5 tbsp olive oil

### Cucumber Salsa:

shallot, thinly sliced

1tsp salt

1/4 cup dried cranberries

half English cucumber, seeded

and diced

3 tbsp olive oil

3 tbsp chopped fresh mint 2 tbsp lemon juice

1/4 tsp ground sumac

**Lamb:** In small bowl, stir together cardamom, coriander, cumin and salt. Brush lamb with 3 tbsp of the oil; rub all over with spice mixture. Let stand at room temperature for 30 minutes. (*Make-ahead: Refrigerate overnight. Bring to room temperature before cooking.*)

**Cucumber Salsa:** Meanwhile, in bowl, sprinkle shallot with ½ tsp of the salt; let stand for 5 minutes. In microwaveable bowl, microwave cranberries with ¼ cup water on high, 45 seconds to 1 minute; let stand for 5 minutes to plump. Drain.

Add cranberries, cucumber, oil, mint, lemon juice, sumac and remaining salt to shallot mixture; stir to combine.

**To finish:** In large nonstick skillet, heat 1 tbsp of the remaining oil over mediumhigh heat; cook half the lamb, turning occasionally, until desired doneness, 5 to 6 minutes for medium-rare. Transfer to cutting board; tent with foil. Wipe pan clean; repeat with remaining oil and lamb.

Top with salsa and serve with a side of steamed couscous.

PER EACH OF 8 SERVINGS: about 353 cal, 19 gpro, 28 g total fat (8 g sat, fat), 6 g carb (1g dietary fibre, 3 g sugar), 48 mg chol, 645 mg sodium, 307 mg potassium. % RDI: 4% calcium, 16% iron, 2% vit A, 5% vit C, 8% folate.

#### Apple Cider and Mustard Ontario Pork Rib Roast

Serves: 8-10

Prep time: 20 min + brining time

Cook time: 2 hours

#### Ingredients

18-bone pork rib roast, frenched

2 Tbsp wholegrain Dijon mustard

1 cup brown sugar

1 cup kosher salt

4 bay leaves

1 Tbsp ground coriander

1 Tbsp freshly ground peppercorns

2 Tbsp wholegrain Dijon mustard

2 cups water

4 cups cold apple cider

#### **Directions**

- 1. In a large pot add brown sugar, salt, bay leaves, coriander, ground peppercorn, mustard and 2 cups of water. Bring to a boil. Reduce heat to low and simmer until sugar and salt begin to dissolve, about 5-6 minutes. Pour brine into a large bowl. Add cold apple cider. Set aside to cool.
- 2. While brine cools, prepare the rib roast by removing the membrane that covers the rib bones, removing any excess fat from the outside, and frenching the tips of the ribs.
- 3. Place rib roast in large plastic bag along with brining liquid. Seal bag and refrigerate for 4-8 hours. One hour before cooking the roast, remove from refrigerator and let it come to room temperature.
- 4. Preheat oven to 250 °F. Remove rib roast from brine, pat dry with paper towels. Place in a roasting pan/large baking dish, rib side down. Smother top of the roast with mustard.
- 5. Cover loosely with foil and place in oven for 1.5 hours. For the last 20-30 min of cooking remove foil and increase heat to 375 °F to brown/crisp the outside of the roast.
- Remove from oven and transfer roast to a cutting board; let rest 20 minutes before serving.



## FAERIE CROWN CAKE P. 116



It's easy to add wow factor to a simple layer cake using stunning ombré icing, a white chocolate drip and a crown of candy bark.



Indulge your inner baker by creating these colourful, fun desserts. Whether you want an Instagram-worthy layer cake thanks to impressive decorating techniques, special treats to serve with coffee or tea, or a delicious centrepiece for your Easter brunch, we've got the ultimate recipes.

BY TARA MAINI & THE TEST KITCHEN



This cake tastes every bit as fantastic as it looks! While the crêpes require a little extra effort, the whole dessert comes together faster than a traditional layer cake.

To save time, prep the crêpes up to a month ahead and freeze.





#### LADY GREY TEA LOAF &

Hands-on time: 35 minutes Total time: 21/2 hours Makes: 12 servings

Enjoy a slice (or two!) of this aromatic loaf—scented with a touch of lavender, bittersweet orange and underlying notes of Earl Grey tea-with your afternoon cuppa.

#### **Candied Orange Zest:**

orange 1cup + 3 tbsp granulated sugar 1cup cold water

Loaf: Lady Grey tea bags warm milk 3/4 cup ½ cup unsalted butter, softened 2/3 cup granulated sugar eggs vanilla bean half all-purpose flour 11/2 CUDS 1tsp dried lavender. chopped

½ tsp

1tsp

salt Citrus lcing:

unsalted butter. 1/4 cup softened

baking powder

2 tbsp orange juice 1/4 tsp lemon zest 1/4 tsp vanilla 1½ cups icing sugar dried lavender 1tsp

**Candied Orange Zest: Using** wide vegetable peeler, cut strips of zest from whole orange. Slice lengthwise into thin strips. Place in small saucepan; cover with cold water. Bring to boil; drain. Repeat 3 times.

In same saucepan, stir 1 cup plus 2 tbsp sugar with 3/3 cup water; bring to boil. Add orange zest; reduce heat and simmer until zest is softened, 10 to 12 minutes. Strain through fine-mesh sieve into bowl; reserve syrup. Spread zest out on parchment paper; let cool. Toss zest with remaining sugar; coarsely chop. (Makeahead: Wrap zest in plastic wrap and store syrup in airtight container; refrigerate for up to 5 days.)

**Loaf:** Steep 4 of the tea bags in warm (not boiling) milk for 10 minutes; discard tea bags.

Meanwhile, in large bowl, beat butter with sugar until fluffy. Beat in eggs, 1 at a time. Using paring knife, halve vanilla bean lengthwise. Scrape out seeds; discard pod. Beat in vanilla seeds.

In separate bowl, whisk together Candied Orange Zest, flour, tea leaves from remaining tea bags, the lavender, baking powder and salt; stir into butter mixture, alternating with milk, making 3 additions of flour mixture and 2 of milk, until smooth.

Scrape into greased parchment paper-lined 8- x 4-inch (1.5 L) loaf pan, smoothing top. Bake in 325°F oven until cake tester inserted in centre comes out clean, about 1 hour. Let cool in pan for 10 minutes. Using skewer, poke holes throughout cake. Gradually pour 1/2 cup of the reserved orange syrup over top. Let cool completely. Lift out onto rack; peel off parchment paper. (Make-ahead: Wrap in plastic wrap. Store at room temperature for up to 12 hours.)

Citrus Icing: Meanwhile, in large bowl, beat together butter, orange juice, lemon zest and vanilla. Gradually beat in icing sugar until smooth. Spread over top of loaf. Sprinkle with lavender.

PER SERVING: about 363 cal, 4 g pro, 13 g total fat (8 g sat. fat), 59 g carb (1 g dietary fibre, 47 g sugar), 64 mg chol, 145 mg sodium, 106 mg potassium. % RDI: 4% calcium, 7% iron, 13% vit A, 7% vit C, 16% folate.



#### RASPBERRY ORANGE CRÊPE CAKE Q

Hands-on time: 11/4 hours Total time: 4 hours Makes: 12 servings

Crêpes:

21/4 cups warm milk
2 cups all-purpose flour

6 eggs

6 tbsp unsalted butter, melted

1/4 cup granulated sugar

14 tsp salt 14 cup vegetable oil

Mascarpone Cream:

2½ cups whipping cream (35%)
1¼ cups mascarpone cheese
5 tbsp liquid honey

5 tbsp liquid honey 1tbsp vanilla

1/4 cup frozen orange juice concentrate,

defrosted

2 cups raspberries

**Crêpes:** In blender, purée together milk, flour, eggs, butter, sugar and salt until smooth. Strain through fine-mesh sieve into bowl; cover with plastic wrap and let stand at room temperature for 30 minutes.

Heat 8-inch nonstick skillet or crêpe pan over medium heat; brush lightly with oil. Pour scant ¼ cup of the batter into pan, swirling to coat; pour excess back into bowl. Cook, turning once, until golden, about ½ minutes. Layer between waxed paper. Repeat with remaining batter. You should have 30 to 34 crêpes. (Make-ahead: Wrap in plastic wrap and refrigerate for up to 24 hours or freeze in airtight container for up to 1 month. Defrost before continuing with recipe.)

Mascarpone Cream: In large bowl, beat together cream, mascarpone and honey until stiff peaks form; beat in vanilla, orange juice concentrate and 1 cup of the raspberries until evenly distributed. Remove ¼ cup to small bowl; set aside.

Assembly: Place 1 crêpe on cake plate. Spread with thin layer of cream mixture. Repeat layering with remaining crêpes and cream mixture. Cover with plastic wrap and refrigerate until set, about 2 hours. Just before serving, spread reserved cream mixture in middle of top of cake. Mound remaining raspberries over top. Dust with icing sugar, if you wish.

PER SERVING: about 504 cal, 11 g pro, 36 g total fat (22 g sat. fat), 36 g carb (2 g dietary fibre, 17 g sugar), 192 mg chol, 147 mg sodium, 228 mg potassium. % RDI: 15% calcium, 11% iron, 37% vit A, 23% vit C, 28% folate.

#### PARISIAN LEMON TART &

Hands-on time: 1 hour Total time: 31/4 hours Makes: 10 to 12 servings

Pastry:

1½ cups all-purpose flour
2 tbsp chopped fresh thyme
1 tsp grated lemon zest
1 tsp icing sugar

1/4 tsp salt

½ cup cold unsalted butter, cubed

1 egg yolk1 tsp lemon juice ice water

**Chocolate Layer:** 

115 g dark chocolate (about 4 oz), chopped

**Lemon Filling:** 

3 tbsp cornstarch 2 tbsp granulated sugar

1/4 tsp salt

egg yolks, lightly beaten1tbsp grated lemon zest

1/4 cup lemon juice

41/2 tsp unsalted butter, softened

Meringue:

4 egg whites1 cup granulated sugar

**Pastry:** In bowl, whisk together flour, thyme, lemon zest, icing sugar and salt. Using pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs with a few larger pieces.

In liquid measure, whisk egg yolk with lemon juice; fill with enough ice water to measure ½ cup. Drizzle over flour mixture, tossing with fork and adding up to 1 tsp more ice water if necessary to form smooth dough. Shape into disc; wrap in plastic wrap and refrigerate until chilled, about 30 minutes. (Make-ahead: Refrigerate for up to 12 hours.)

On lightly floured work surface, roll out pastry to 1/4-inch thickness. Fit into fluted 14- x 4-inch tart pan. Trim to fit; prick bottom of crust all over with fork.

Line crust with foil and fill with pie weights or dried beans. Bake on bottom rack of 400°F oven for 15 minutes. Transfer to middle rack; bake until golden, 15 to 20 minutes. Let cool completely.

**Chocolate Layer:** Meanwhile, in heatproof bowl set over saucepan of gently simmering (not boiling) water, melt chocolate, stirring, until smooth. Spread over cooled crust; refrigerate for 10 minutes.

**Lemon Filling:** In heavy-bottomed saucepan, whisk together cornstarch,

sugar and salt; whisk in 2 cups water. Bring to boil over medium-high heat, whisking constantly. Reduce heat to medium-low; simmer, whisking constantly, for 3 minutes. Remove from heat. Gradually whisk one-quarter of the sugar mixture into egg yolks; whisk back into pan. Cook over medium heat, whisking constantly, for 2 minutes.

Remove from heat; whisk in lemon zest, lemon juice and butter until melted. Cool to room temperature. Scrape into baked crust; smooth top. Refrigerate until set, about 1 hour. (Make-ahead: Refrigerate for up to 1 day.)

**Meringue:** In large heatproof bowl set over saucepan of gently simmering (not boiling) water, whisk egg whites with sugar until sugar is dissolved and candy thermometer reads 140°F. Remove from heat; beat until stiff peaks form and mixture is cooled completely, 10 to 15 minutes.

Spoon into piping bag fitted with large plain tip. Starting at edge of tart, pipe ½-inch dollops on top of lemon filling. Using blowtorch, toast meringue or bake in 400°F oven until golden, 4 to 6 minutes. Let cool completely.

PER EACH OF 12 SERVINGS: about 297 cal, 5 g pro, 15 g total fat (9 g sat. fat), 37 g carb (2 g dietary fibre, 22 g sugar), 72 mg chol, 120 mg sodium, 116 mg potassium. % RDI: 2% calcium, 15% iron, 11% vit A, 7% vit C, 14% folate.

#### GOOD MORNING MIMOSA DOUGHNUTS & Ø

Hands-on time: 1 hour Total time: 4 hours Makes: 16 to 18 servings

**Doughnuts:** 

11/4 cups milk
1/2 cup granulated sugar

4½ tsp active dry yeast
4 egg yolks
½ cup butter, melted and

cooled 2tsp vanilla

4 cups all-purpose flour

(approx)
½ tsp salt

vegetable oil for deep-frying

**Blood Orange Cream:** 

4 egg yolks
½ cup granulated sugar
¼ cup cornstarch
¼ tsp salt

1½ cups milk

2 tsp grated blood orange zest 1/4 cup blood orange juice

1tsp vanilla

4 tbsp cold unsalted butter, cubed o



**Champagne Glaze:** 

1½ cups icing sugar (approx)¼ cup sparkling wine2 tbsp blood orange zest

**Doughnuts:** In saucepan, heat milk with 1 tbsp of the sugar until candy thermometer reads 105°F. Pour mixture into large bowl; sprinkle in yeast and let stand until frothy, about 10 minutes.

Beat in egg yolks, butter, vanilla and remaining sugar. Using wooden spoon, beat in flour and salt, scraping down side of bowl occasionally and adding more flour if necessary to make soft sticky dough.

Turn out onto lightly floured work surface; knead until smooth and elastic, 5 to 8 minutes. Place in greased bowl, turning to grease all over. Cover with plastic wrap; let rise in warm draft-free place until tripled in size, about 1½ hours.

Blood Orange Cream: Meanwhile, in saucepan, whisk together egg yolks, sugar, cornstarch and salt. Whisk in milk until smooth. Cook over medium-high heat, whisking constantly, until mixture is thick and creamy, 2 to 4 minutes. Remove from heat; whisk in orange zest, orange juice, vanilla and butter, 1 cube at a time, until melted. Transfer to bowl; cover surface directly with plastic wrap until cooled, about 1 hour.

**Doughnuts:** Punch down dough. Turn out onto lightly floured work surface; roll out to ½-inch thickness. Using lightly floured 3-inch round cookie cutter, cut out 16 to 18 rounds. Transfer to parchment paperlined rimless baking sheet. Cover loosely and let rise in warm draft-free place until doubled in size, about I hour.

**Champagne Glaze:** Meanwhile, in wide shallow dish, stir together icing sugar, sparkling wine and orange zest. If glaze is too thin, add more icing sugar, 1 tbsp at a time.

**Doughnuts:** In deep fryer, wok or heavy-bottomed saucepan, add enough oil to come 2 inches up side; heat until deep-fryer thermometer reads 325°F. Deep-fry doughnuts, 3 at a time and turning once, until golden, 3 to 4 minutes. Using slotted spoon, transfer to paper towel-lined plate.

**Assembly:** When doughnuts are cool enough to handle, cut small slit in side of each; using pastry bag fitted with small plain tip, pipe Blood Orange Cream into centre of each just until it comes out side. Dip each in glaze to coat. Place on racks to set. Doughnuts are best eaten the same day they're made.

PER EACH OF 18 SERVINGS: about 415 cal, 6 g pro, 24 g total fat (7 g sat. fat), 44 g carb (1 g dietary fibre, 22 g sugar), 109 mg chol, 154 mg sodium, 119 mg potassium. % RDI: 6% calcium, 13% iron, 14% vit A, 5% vit C, 35% folate.



We love the pale pink colour and subtle berry flavour of blood oranges. If you can't find them, substitute with

Cara Cara oranges or navel oranges.

#### FAERIE CROWN CAKE 8

Hands-on time: 11/4 hours Total time: 3 hours Makes: 16 servings

**Lemon Cake:** 

1½ cups unsalted butter, softened
2¼ cups granulated sugar
½ cup liquid egg whites
3 cups all-purpose flour
3 tbsp grated lemon zest
2¼ tsp baking powder
½ tsp each baking soda and salt

1½ cups buttermilk
2 tsp lemon extract
1tsp vanilla

Ombré lcing:

21/3 cups granulated sugar
11/4 cups liquid egg whites
3 cups unsalted butter, cubed
1/2 cup liquid honey

2 tsp vanilla
1tsp salt

1/4 tsp pink paste food colouring

White Chocolate Drip:

½ cup good-quality white chocolate chips 2 tbsp whipping cream (35%)

Garnish (optional):

Faerie Bark (see recipe, opposite) mini pastel-coloured candy eggs

**Lemon Cake:** Grease three 8-inch (1.2 L) round cake pans; line bottoms with parchment paper. Set aside.

In stand mixer with paddle attachment, beat butter with sugar on medium speed until fluffy, 5 to 7 minutes. Beat in egg whites.

In separate bowl, whisk together flour, lemon zest, baking powder, baking soda and salt. In liquid measure, stir together buttermilk, lemon extract and vanilla. Stir flour mixture into butter mixture, alternating with buttermilk mixture, making 3 additions of flour and 2 of buttermilk. Scrape batter into prepared pans, smoothing tops.

Bake in 350°F oven until cake tester inserted in centres comes out clean, 30 to 35 minutes. Cool in pans for 10 minutes. Invert onto racks; peel off parchment paper. Let cool completely.

Ombré lcing: In heatproof bowl set over saucepan of gently simmering (not boiling) water, whisk sugar with egg whites until sugar is dissolved and candy thermometer reads 140°F. Pour mixture into stand mixer with whisk attachment; beat on high speed until stiff peaks form and mixture is cooled completely, about 10 minutes. Switch to paddle attachment; beat in butter, 1 cube at a time, on low speed until blended. Continue beating until mixture is smooth, 10 to 15 minutes; beat in honey, vanilla and salt. Remove 1 tbsp of the icing to small bowl; tint with food colouring.

Assembly: Using serrated knife, trim tops of cakes to level if necessary. Spread dab of icing in centre of cake plate; top with 1 cake layer, cut side up. Slide strips of waxed paper between edge of cake and plate (to keep plate clean). Spread ¾ cup of the white icing over cut side; cover with second cake layer, cut side down. Spread ¾ cup of the white icing over top. Cover with final cake layer, cut side down; spread with ⅓ cup of the white icing.

Using offset palette knife, spread thin layer of the white icing all over cake; refrigerate until firm, about 30 minutes.

Using palette knife, spread remaining white icing all over cake, smoothing side and top. Place small dots of pink icing around side of cake a few inches apart from middle of cake downward. Using palette knife, smooth pink icing around cake to blend colours for ombré effect. Refrigerate until firm, about 30 minutes.

White Chocolate Drip: Place chocolate chips in large heatproof bowl. Microwave cream in microwave-safe bowl on high until very hot, about 1 minute. Pour over chocolate; stir until melted and smooth. Let stand at room temperature until cool but still pourable. Spoon chocolate, 1 tbsp at a time, along top edge of cake, letting it drip down side. Spoon remaining chocolate onto middle of top of cake.

**Garnish:** Stand Faerie Bark (if using) on top of cake to resemble crown. Scatter with mini pastel-coloured eggs (if using). Refrigerate until firm, about 30 minutes. Bring to room temperature before serving.

PER SERVING: about 851 cal, 6 g pro, 55 g total fat (35 g sat. fat), 88 g carb (1 g dietary fibre, 71 g sugar), 142 mg chol, 354 mg sodium, 120 mg potassium. % RDI: 8% calcium, 9% iron, 47% vit A, 3% vit C, 17% folate.

TIP FROM THE TEST KITCHEN To avoid separating numerous eggs for this recipe, use liquid egg whites. They're available in cartons in the

dairy section of grocery stores.



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Our Test Kitchen's **Jennifer Danter shares** the culinary picks she's coveting this month.





A new program helps you make informed choices about canned fish.





#### 1. Cool and Natural

DO YOU AVOID

BUTTER AND EAT

See you later, sugar! Social Lite, a craft-cocktail brand, offers tasty coolers that aren't overly sweet-and it's one of the first to fully disclose ingredients. It's a short list: pure premium Canadian vodka, soda water and natural flavours, with no artificial ingredients or added sugar. The Lime Ginger is super crisp and refreshing, and the chill tang of the Lemon Cucumber Mint makes you happily pucker up. Each contains only 80 caloriescheers to that!

Social Lite Vodka & Soda Beverage, \$10 per pack of four, sociallitevodka.com.

#### 2. Sweeten the Cause

This 100-percent-pure maple syrup is more than just a decadent drizzle. Cleverly packaged to resemble a maple tree trunk with a tap as its pour spout, maple syrup innovator Groupe 29 Février has launched the Don't Forget the Date campaign

(dontforgetthedate.org) to raise awareness of Alzheimer's disease. With each purchase of 29 Février Maple-in-a-Tree, the company will donate five percent to the Alzheimer Society of Canada. Choose from four flavours: delicate Golden, rich-tasting Amber, robustly flavoured Dark and uber-bold Very Dark. 29 Février Maple-in-a-Tree, \$40 each, 29 fevrier.ca.

#### 3. Nothing Fishy Here

We all want to know what's in our grocery basket and where it comes from. Using Clover Leaf's unique online program, Trace My Catch, now you can. Simply go to cloverleaf.ca/ trace-my-catch, enter the code found on a tin of Wild Selections tuna or salmon, then track its journey backward from the location of the cannery to the boat, fishing method, ocean and species of fish. Clover Leaf Wild Selections

canned tuna and salmon, \$4 to \$6, cloverleaf.ca.

#### 4. Iron Chef

Think your cast-iron frying pan is just for searing meat or flipping pancakes? Guess again! Montreal food writer Daniel Shumski has developed 53 delicious ways to prove this pan can cook just about anything to perfection. From recipes for crave-worthy chocolate chip cookies to shakshuka and even risotto, Will It Skillet? may become your new pantry staple. Will It Skillet? (Workman) by

Daniel Shumski, \$22.

#### 5. Butter Me Up

Finally, the lactoseintolerant can enjoy the taste of real butter. Natrel is the first company in Canada to market the product (available in Ontario, Quebec and the Atlantic provinces), made with lactose-free cream and sea salt. We baked it in flaky biscuits and chewy brownies and slathered it on toast. The verdict? Delicious.

Natrel Lactose-Free Butter. \$5 natrel ca



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Certain packaged ingredients may contain allergens. Please read food labels carefully for hidden sources of gluten, dairy and nuts.		

TO FIND OUT MORE ABOUT OUR RECIPES' NUTRITIONAL INFORMATION,

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nutritioninfo.

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Ombré Icing 22 & 6

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PHOTOGRAPHY, JEFF COULSON (PASTA, CAKE); STOCKSY UNITED (SUNGLASSES)

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#### LAYFR IT ON

We've taken one of our most popular recipes-Canada's Best Carrot Cake With Cream Cheese Icing-to the next level. canadianliving.com/

ultimatecarrotcake

Christy lives in Ontario. She recently came across the natural remedy Melissa Dream™, which relieved her long time battle with sleepless nights. Here is her story:



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of each cup. Refrigerate until

Remove heaping 3 tbsp of the cream cheese mixture to separate bowl; tint using yellow and red liquid food colouring. Set aside remaining mixture; cover with damp towel to prevent drying out. Spoon tinted mixture into piping bag fitted with small plain tip; pipe blueberry-size mound into each cup. Freeze until firm, 5 to 7 minutes.

Spoon reserved cream cheese mixture into piping bag; pipe over tinted mounds, leaving 1/8-inch headspace and smoothing tops. Freeze until firm, 5 to 7 minutes.

Top each cup with remaining chocolate. Spread to edge; smooth tops. Refrigerate until firm, about 30 minutes. Peel paper from cups and serve at room temperature. (Make ahead: Refrigerate in airtight container for up to 1 week. Let stand at room temperature for 10 minutes before serving.)

PER PIECE: about 174 cal, 2 g pro, 11 g total fat (6 g sat. fat), 18 g carb (2 g dietary fibre, 14 g sugar), 11 mg chol, 51 mg sodium, 127 mg potassium. % RDI: 2% calcium, 14% iron, 4% vit A. 0

#### SWEET ENDINGS

## GOOD

Our take on the popular Easter candy tucks a creamy filling inside homemade chocolate shells.

BY ANDREW VIA & THE TEST KITCHEN



In heatproof bowl set over saucepan of gently simmering (not boiling) water, melt chocolate, stirring, until smooth. Spoon 1 tsp chocolate into each well of paper-lined 12-count mini muffin tin. Using pastry brush, spread chocolate up side

EASTER CREAM CUPS

Hands-on time: 20 minutes
Total time: 11/4 hours

Need an edible spring craft?

Have fun with the kids creating

dark chocolate

(about 7 oz), chopped

vanilla bean (optional)

pkg (250 g pkg) cream

unsalted butter, softened

cheese, softened

drops yellow liquid food colouring

drop red liquid food

vanilla

icing sugar

colouring

Makes: 12 pieces

these luscious treats.

13 A B

200 a

half

quarter

2 tbsp

½ tsp

1/8 tsp

1cup

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