

VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITAMIN DAILY · MARCH 2015



*REMEMBER THE DAZE:
SPRING STYLE GOES
SEVENTIES*

*VANCOUVER'S
BEST BITES*

*EASY STREET:
SHOP TILL YOU DROP
ON SOUTH GRANVILLE*

*FRESH FLORAL
FASHION*

VITAMINDAILY.com

THE SARAH FILE

M

MEET THE MAKERS

Vancouver Creatives 2, in its second incarnation, is a unique celebration of the people who make this city such an interesting place to live, work and play. Spearheaded by the talented team at **VNB Photo**—a photography duo originally from France—I was lucky to be on this year's jury with **VITA** as a media sponsor. The photo exhibition of the winners is slated for June 4th at **Make Gallery**. Vnbphoto.com

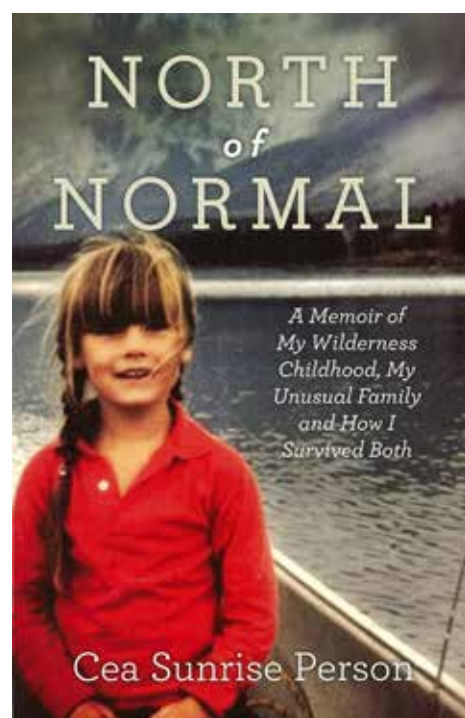
FASHION FÊTE

Earlier this year I had the honour of representing Vancouver on the jury of the **Canadian Art & Fashion Awards** held in Toronto, alongside many of my fashion mentors, including Richmond native supermodel **Coco Rocha** (displaying a gorgeous baby bump) and longtime friend **Lisa Tant** of **Holt Renfrew**, who launched her career in Vancouver. Poring over the digital look books of the nominees was a huge pleasure, and I'm awfully proud of the nominations of Vancouver's own **Herschel Supply Co.** (stylish accessories, pictured right) and **Wings + Horns** (cool menswear), not just for their designs, but for their creativity, collaborations and incredible business acumen. Bravo! Cafawards.ca



FIFTY SHADES OF ART

You've read the book and seen the film—now, own art from *Fifty Shades of Grey*. Vancouver's **Ian Tan Gallery** supplied the stormy painting that hung above Christian Grey's movie-set bed. The work, "Undertow," has been sold, but artist **Gary Aylward** has other tempestuous pieces on offer at the gallery—many featuring several shades of grey. Iantangallery.com



NORTH OF NORMAL

You may remember my review of *North of Normal* on our Mother's Day reading list last year—a single teenage mother plucks her young daughter from California and moves to northern Alberta to live off the land in a teepee, grow pot and hold druggie parties. Said daughter is discovered in Calgary at 13 and becomes an international model. Now living in West Vancouver with her husband and three children, Cea Sunrise Person's "memoir" is as compelling as her personal story (her new release, *Nearly Normal*, is coming soon). I'll be hosting an Author Talk with Person on April 1st, at **Skoah** in Yaletown (subscribe to our newsletter at VitaminDaily.com for more details closer to the date). **1007 Hamilton St.**, **604-642-0200**. Skoah.com

SALON SELECTIVE

VITA is also pleased to be partnering with **Public Salon** this year, put on by **Global Civic Policy Society** founder **Sam Sullivan** and held most recently on February 18th at the **Vancouver Playhouse**. These events are a unique opportunity to hear from the brightest local minds and peer into the future of this great city. Join us! Globalcivic.org

Editor's letter



G

Growing up in hippie-central Kitsilano, mine was the type of family that made its own granola, had graduate students living in the basement and drove an orange Volkswagen van. Ever see that movie *The Squid and the Whale*? That was us. And you wonder how I got into fashion.

As a true child of the '70s, it's with fond nostalgia that I recognized more than a few of the shapes sashaying down the spring runways this year. Those leather coats and fringed handbags are sure to be in heavy rotation in my wardrobe this season. Ditto for jumpsuits: I already own three.

We hope our cover story, on page 4, inspires you to embrace the decade, too, whether it be dabbling with a pair of round sunglasses or diving right in with flares and platforms. We take the stance that, as with all good fashion renaissances, there's a modern interpretation that works better for the here and now—just like my mom's trusty '70s granola recipe, which I've dutifully updated (and make all the time).

Please enjoy the issue.

Sarah Bancroft EDITOR-IN-CHIEF

What would you like to see featured in VITA?
Contact me
sarah@vitamindaily.com
Twitter [@thesarahfile](https://twitter.com/thesarahfile)
Instagram [@sarahbancroft](https://www.instagram.com/sarahbancroft)

VITA

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Irish Eyes

VICTORIA SMURFIT ACTRESS

When it comes to fairy tales, villainesses are the ones who captivate. Especially Cruella de Vil, played by Irish actress Victoria Smurfit in ABC's Vancouver-filmed *Once Upon a Time*, now in its fourth season (you'll recognize prince-topped white steeds galloping through Stanley Park). Currently on set in our fair city, the mom of three revels in evil joys, from trashing gowns in Pacific Northwestern mud to tucking into a classic offering at **Cactus Club**.

Have you visited Vancouver before? How do you like it?

I shot an episode of *Rush* up here in the summertime for USA Network. That was my first visit to Vancouver, and I saw only the sets and the bar of the **Sutton Place Hotel**. I find Canadians to be incredibly polite; even your buses say "sorry" on them when they're not on duty!



Outside of work, have you had a chance to see much of the city?

On the odd day off I have cycled the seawall, hit the market and craft beer tasting rooms in Granville Island, wandered aimlessly around Stanley Park and enjoyed the bar at the **Irish Heather**. We shoot all over the place—anywhere green and lush. I've been lucky enough to spend many hours dragging beautiful gowns through your rainy mountain-sides for work.

Of the restaurants you've eaten at in Vancouver, what meal has been most memorable?

My favourite is **Joe Fortes**—the macaroni and cheese is ridiculously addictive. You've been warned! The Szechuan chicken lettuce wraps at **Cactus Club** also get mentally filed in my "to do" box every time I visit.

What are your plans for St. Patrick's Day on March 17th?

Paddy's Day will be spent painting my kids green for school and helping them with their now-forgotten Irish accents. Usually I run an open-door policy, and the neighbours all pop in for a whiskey and a bucket of bacon and mash—both of which will be propped on the kitchen table for the day. ♡




PHOTO BARRY MCCALL

ONCE UPON A TIME AIRS SUNDAYS 8 P.M. to 9 P.M. PST on CTV

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Eyes sparkle



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brinkhaus.com

Remember the Daze

WITH THE DISCO ERA DOMINATING SPRING RUNWAYS, ADRIENNE MATEI DELVES DEEPER INTO WEARING '70s REVIVAL.

M

Modern style references to the 1970s are charming because of what they omit. We've seen the trend spread its wings in wild directions on Spring '15 runways, in trippy hues (we're looking at you, **Louis Vuitton** paisley), suede (**Derek Lam**, **Jason Wu**, **Gucci**), fringe (**Alberta Ferretti**) and the *Almost Famous* costume department (we're with **Saint Laurent**). But, while unmissable retro references are fun, we think more casual, relaxed elements of '70s style work best in terms of everyday application, meshing well with athleisure and normcore co-trends and adding a touch of renegade cool. (Think less Bianca Jagger at Studio 54, more low-key Mariel Hemingway in *Manhattan*; less *Saturday Night Fever*, more *Dazed and Confused*.)

Colourwise, we're feeling glacial blues and warm neutrals—Bohemianism expressed through turquoise—and cognac leather, buttery suede and icy denim. Languid, long-haired babes in high-waisted flares (we challenge the contention that any cut is more flattering), roller-rink girls, and business-first women who aren't with the band—they're the manager. These are our icons and, in the aqua-celluloid glow of this spring's fashion and new pop-culture references (ahem, *Inherent Vice*), they're looking dreamier than ever. Here, we break down how to channel that '70s everything, from the office to the dance floor to your workout the next morning.



OZLEM SUER



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3.



1.

WORK

The 1970s alighted on an office-ready silhouette that still feels perfect today. A-line skirts, turtlenecks and blouses, with problematic retro fabrics (poly-blends? Yeah, no) replaced with silk, napped leather and buttery micro-suede. High-waisted, wide-legged trousers belted, with tucked-in button-downs or last summer's ubiquitous crop, are a harmonious match; add a new-school wedge (like a pair of white **Rachel Comey** platforms) for old-school appeal, or pair with fashion-stocks (which is, for lack of a better term, what we've resorted to calling those unexpectedly gorgeous reinterpretations of hippie sandals that have taken the universe over since **Celine** '13). **Oak + Fort**'s shearling vest (above) is cosy and cute, and a vegan leather hobo bag by Vancouverite **Erin Templeton** (see our story on page 6) was made to be swung in time to Hall & Oates' "Rich Girl" as you strut the business district.



JASON WU



MICHAEL KORS



TOPSHOP



4.



5.



6.

PLAY

The '70s really knew how to party. We see ourselves in Warhol's crowd, or maybe scowling behind David Bowie, because we're ridiculously self-indulgent (like the decade). Weekends are for light, flared denim—barely bell-bottoms from **Mavi**, high-waisted **Wilfred** jean shorts or an ultra-flattering 1970s-inspired pant from **Topshop** (pictured above) will all work, particularly if (and when) paired with a batik top and a woven shoulder bag (groovy). Accessories go bold: a wide-brimmed, grey felt hat with a light leather band is all kinds of foxy. Add some round-framed sunglasses the colour of high-fructose corn syrup and you've got two retro-indulgences in one. Powder blue looks contemporary in the leather of this **Coach** bag or these dance-ready **Y.R.U.** rainbow platforms (both pictured left), while a black **Filippa K** jumpsuit is your new LBD (find one on South Granville; see page 8). And what's a '70s lady without her turquoise beads? This bracelet (left) by local designer **Leah Alexander** is California dreamy.

1 Shop this look at Oak + Fort, 355 Water St., 604-566-9199. Oakandfort.com

2 Mavi Peace Lt. Lolita Jean, \$98 at Ca.mavi.com

3 Paradise Mine Super High-Rise Short, \$80 at Wilfred, 1112 Robson St., 604-684-3251. Aritzia.com

4 Drifter Shoulder Bag, \$450 at Coach, 755 Burrard St., 604-694-1772. Coach.com

5 Y.R.U. Daydream Platform, \$115 at Solestruck.com

6 Leah Alexandra Turquoise Social Bracelet, \$78 at The Cross Decor & Design, 1198 Homer St., 604-689-2900. Thecrossdesign.com

7 (opposite page) Janessa Leone Rhonda in Oxford Mix hat, \$187 at Charlie & Lee, 223 Union St., 604-558-3030. Charleandlee.com

COVER STORY



GYM

Sporty girls dominated 1970s pop culture, from the acrobatic bullet-dodging of *Charlie's Angels* to the utter ferocity of Grace Jones. Recent callbacks to the era include Beyoncé's video for "Blow"—funky and smoky and filmed in a roller rink. Add in the abundance of retro-athletic club workout gear being produced locally by **Lifetime Collective** and **Strike/Movement**, and we don't want to be caught breaking a sweat in anything but disco-inspired wear. A sleeveless sweat top is the perfect example, and we love a pair of striped gym socks from **American Apparel** (they're sexy and you know it). However, it's this **Bella Freud** sweatshirt (\$540 at Bellafreud.com) that takes the Betty Crocker cake. Communicative and concise, it sends the right message ("I am capable of un-ironically dancing to Hot Chocolate's "You Sexy Thing," and it looks good"). A timeless statement if there ever was one. ♡



ALMOST FAMOUS



SEVENTIES BEAUTY TAKEAWAY

It's all about the hair. Derived from an Amazonian nut, Rahuha shampoo (\$36 at **Kiss and Makeup**) encourages rapid growth so, if you don't quite have the endless, middle-parted strands of a disco-era teen, this is your ticket. 1760 Lonsdale Ave., North Vancouver, 604-922-6292. Kissandmakeupstore.com



7.

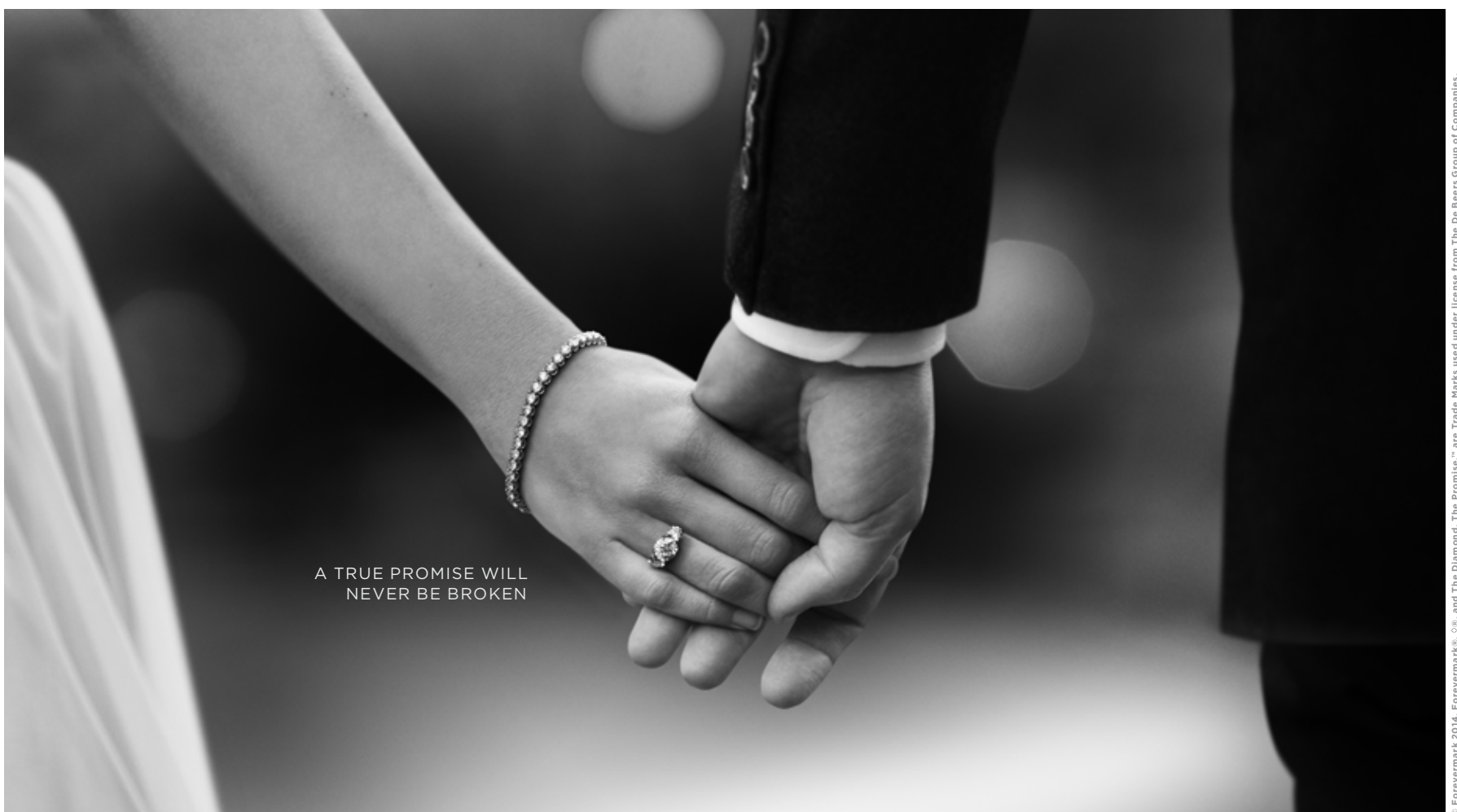


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LUGARO

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WWW.LUGARO.COM

Hobo Happy

V

Vancouverite Erin Templeton opened her eponymous shop in 2007, working in-house with recycled leathers and locally tanned elk and bison hides to craft seriously cool bags. Now, the designer is unveiling an exciting collab with **Urban Outfitters**: the Erin Templeton x UO Hobo Bag (\$59), in black or tan vegan leather, has a serene half-moon silhouette and the perfect soft slouch. Available at stores worldwide, it's local gone legend. Urbanoutfitters.com



Flower Power

Y' SAY YOU WANT A REVOLUTIONARY FLORAL
ADRIENNE MATEI

Clichés are clichés because they work, and florals for spring are a trope we only tease 'cause we're sweet on them. Spring '15 runways mixed hallucinogens in with botanical blends, with **Marni** championing a hyper-psychedelic, tulip-laden bouquet in the form of totes (pictured right) and graphic leather mini dresses that would've jived with the aesthetic of the Beatles' *Yellow Submarine*. Departing from prints, the collection accessorized with petal-inspired enamel necklaces (just the kind of levity we're ready for after a dreary winter). In contrast to some of the more Tim Burton-esque moody garden looks from seasons past, forsythia yellow has become a trendy hue, as seen in pineapple-sweet gowns from **DVF** (cover) and **Michael Kors**' picnic-ready feminine A-line skirts that almost seem woven from dandelions. With this much daisy-fresh floral reinvigoration, how could you love them not?



NAEEM KHAN

MICHAEL KORS

MICHAEL KORS

HEALTH & BEAUTY

OLD FAVOURITES AND NEW, OUR EDITORS DISH ON THEIR SECRET DRUGSTORE MUST-HAVES.

Drugstore Divas



HAIR TO THERE

While many products tend to weigh super-fine hair down or make it sticky, John Frieda's **Sheer Blonde Crystal Clear Hairspray** sets fast, lasts all day and is totally true to its name (it smells great, too). *\$11 at London Drugs*

THE BALM

Our go-to lip goo, from Eos, is sweet and soothing thanks to nourishing shea butter, Vitamin E and jojoba oil. Best of all, these little balls of balm are easy to apply to both lips with one strategic swipe. *\$5 at Shoppers Drug Mart*

SHOWER NOT

Batiste **Dry Shampoo** absorbs immediately and invisibly, meaning we can afford to sleep in and skip washing our hair for real. Plus, it smells like Froot Loops, so, everything to gain. *\$10 at London Drugs*

SHAMPOO BREAK

Between moisture-rich lathers, we like to give our hair a break. Used once every seven days, Neutrogena's **Anti-Residue Shampoo** removes much of the dulling residue caused by shampoos and conditioners. After, our regular products seem to work better than ever. *\$9 at Shoppers Drug Mart*

SKIN SAVER

Effaclar Duo acne treatment from La Roche-Posay works as well as a prescription topical when our (fussy, annoying, breakout-y) skin is being truly problematic. *\$25 at London Drugs*



GOOD GAMS

Come bare-leg weather, ours are a collage of bruises, scrapes and bug bites. Enter **Airbrush Legs** by Sally Hansen. Applying leg makeup feels weird at first, but then you look down at your Barbie doll calves and all is well. *\$17 at London Drugs*

FILTER FREE

Forget Photoshop. **Baby Skin Instant Pore Eraser** (no maybes about it, it's Maybel-line) instantly blurs any visible pores on our faces for a flawless finish that leaves our skin baby soft, to boot. *\$13 at Shoppers Drug Mart*

CALMING CLEANSE

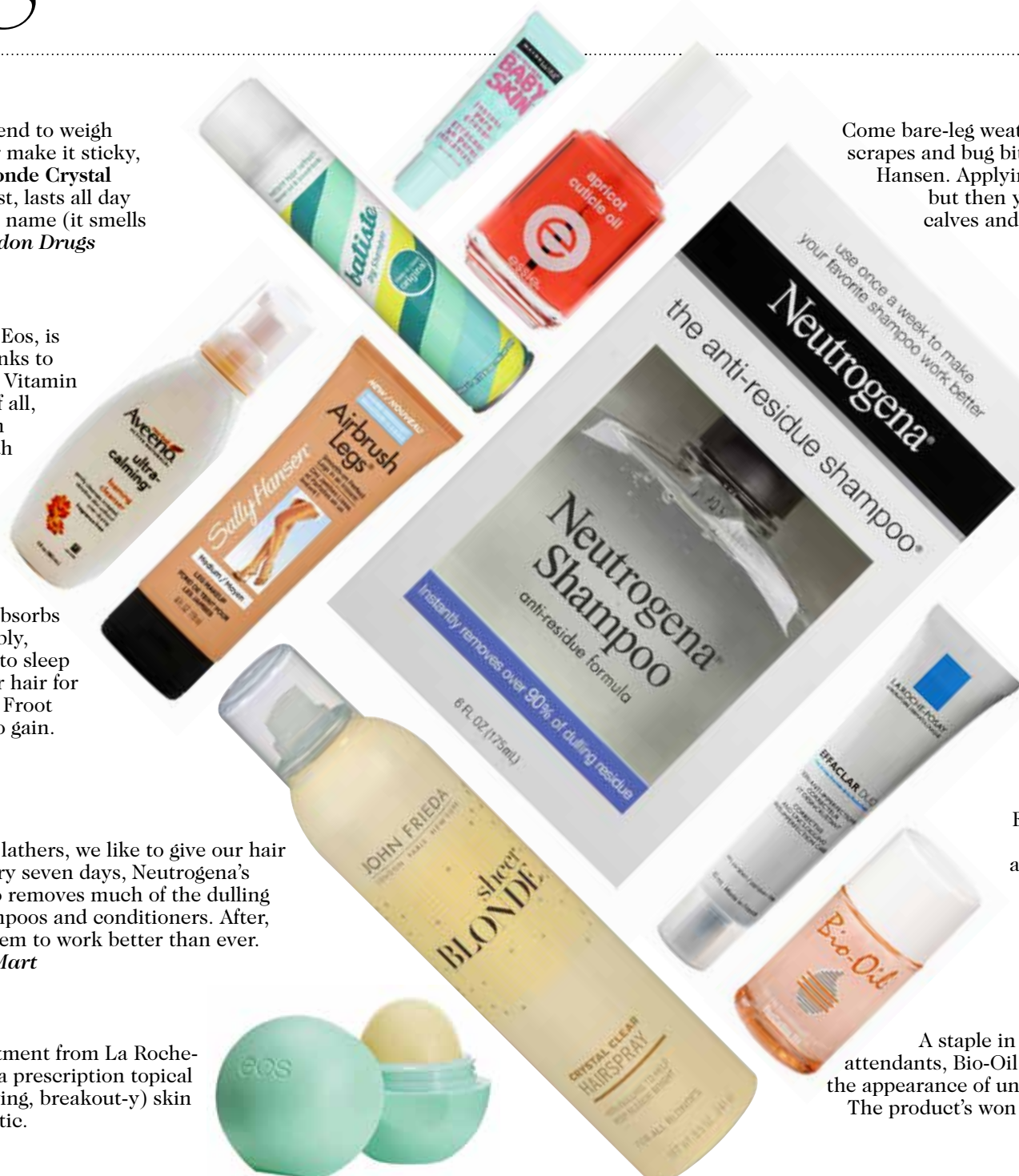
No wonder Aveeno spokesmodel Jennifer Aniston looks so relaxed. The brand's **Ultra-Calming Foaming Cleanser** contains feverfew—a daisy-like flower said to reduce redness and calm skin irritations. *\$13 at London Drugs*

JUST PEACHY

The perfect manicure starts with **Essie Apricot Cuticle Oil**. Besides making the at-times-tough skin around our nails soft and manageable, the peachy scent has us waving our hands around a bit more than usual. *\$12 at Shoppers Drug Mart*

OIL WELL

A staple in the beauty kits of Emirates flight attendants, **Bio-Oil** has long been known to improve the appearance of uneven skin tone. Don't believe us? The product's won 222 skin-care awards worldwide. *\$14 at Shoppers Drug Mart*



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Easy South Granville

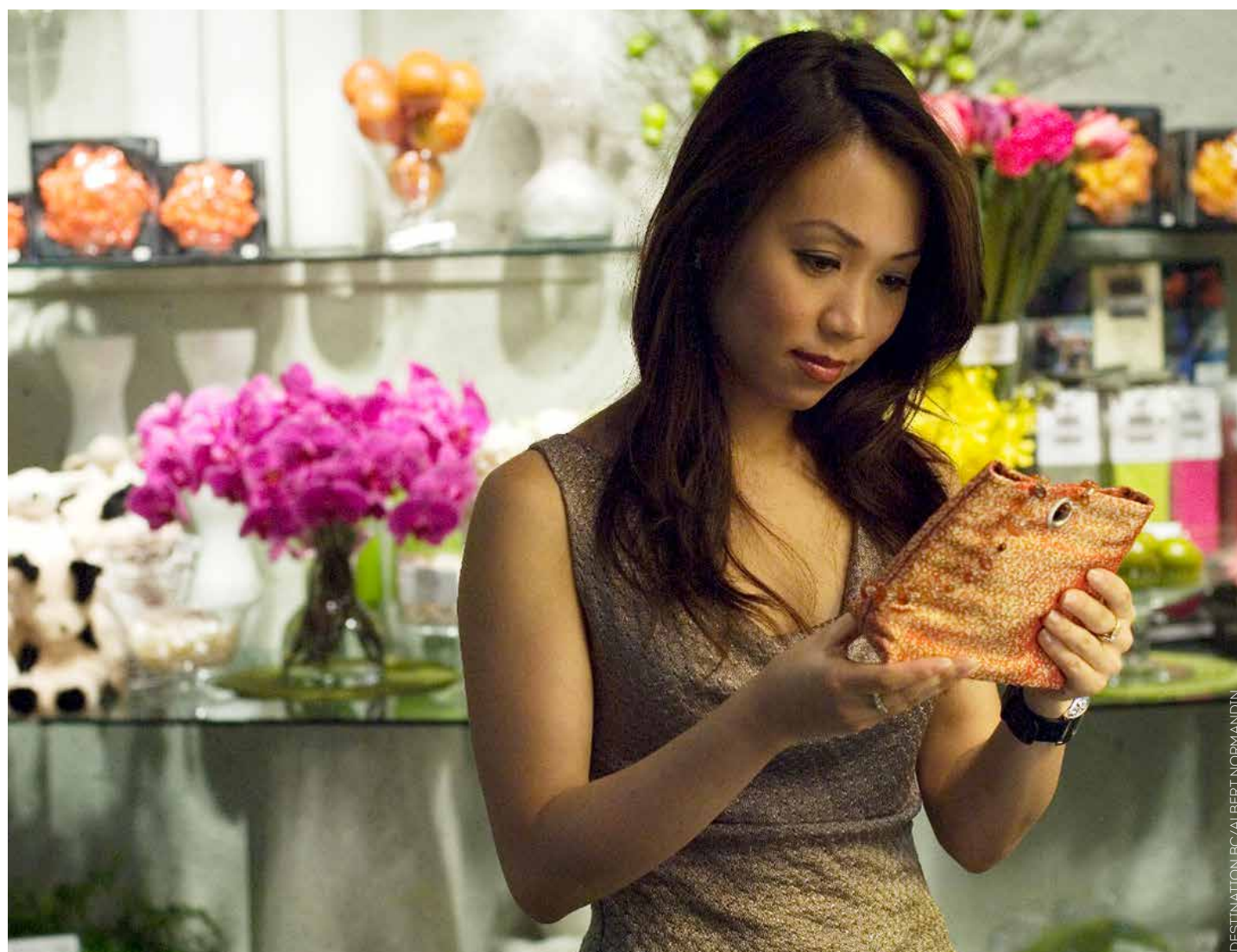
ADRIENNE MATEI ON SPENDING TIME (AND MONEY) ON GRANVILLE STREET SOUTH.

S

South Granville is a long, slicing strip of trees and bright awnings; from the top of it you can peek over the whole city, the ocean and the mountains, all just sitting there like a gift waiting to be unwrapped. Start exploring, and the street offers one lovely discovery after another, with elegant shopping and awesome food lining the sidewalks straight down to the bridge.

Fashion-wise, South Granville is the grand dame of local shopping. For years it's been the destination of choice for Shaughnessy ladies and pre-Park Royal-expansion West Vancouverites. Tony boutiques like **Bacci's** (stocked with Celine totes, Dries Van Noten shoes and Cédric Charlier pencil skirts not to be found elsewhere in the city) set the bar (and the price tags) high—not to mention the newly renovated **Boboli**, carrying Stella McCartney, Etro, Missoni and more-esoteric luxe labels (Golden Goose) as well as elegant Italian cashmere—soft enough to make your heart ache—by Loro Piani.

Max Mara's flagship (with the line's only local bridal department, where every wife-to-be is treated like Princess Grace) is a neutral-toned beacon of good taste and lush fabrics. High-end minimalists will find their effortless separates at **James Perse** and **Eileen Fisher**, but shouldn't miss new **WANT Apothecary**, with its stock of Filippa K day dresses (a must if you want to be on '70s trend this spring; see page 4) and clean-lined, house-brand leather



DESTINATION BY ALBERT NORRANDIN



OLIVER AND LILLY'S

goods. Unsure what to wear under all that finery? **Diane's Lingerie**, a South Granville staple, is celebrating its 32nd year on the street, continuing, under fresh ownership, to provide Vancouver women with the perfect fit.

Those seeking more whimsical wares will delight in the city's sole **Anthropologie** outpost and new **Free People** boutique, the latter of which hooks riche-hippie batiks and successfully convinces that everything goes with tousled hair and anklets. Yoga girls will also love **LotusActiva**, stocking beautiful workout-wear designed by local entrepreneur-slash-former "Real Housewife" Mary Zilba.

Find yourself down on Sixth Avenue? Don't miss **Violet Boutique** and **Oliver and Lilly's**—two tucked-away gems packed with contemporary high-end labels like Heidi Merrick and Chinti & Parker (this is what mother-daughter shopping dreams are made of). While you're there, stop at **Beaucoup Bakery** 'round the corner for a rosemary chocolate sea salt cookie (fun fact: bakery owner Jackie Kai Ellis, a regular contributor to *VitaminDaily.com*, is as talented with a pen as she is with croissant dough).

Shopping for someone else? Your generous heart will be tempted at **Moulé**, where locally made Jessica Jansen necklaces adorned with gilded fir tips and pine cones are darling and penny candy is reborn pretty enough to be on set for a Taylor Swift video.

Further south, where the streets crossing Granville enter their teens, B.C.'s only **West Elm** outpost offers stylish, on-point home décor, with an adjacent market that sells a mean chocolate chip cookie. **Williams-Sonoma** provides high-quality cookware (and classes to suit every home chef), while **Goodge Place** is incredible for its quirky-eccentric curate—fantastically oversized beach bags, jewel-like soaps and sculpted graphite pieces that look like skulls or frogs or fists but write like pencils (pictured above). Mosy over to **Ian Tan Gallery** for contemporary Canadian art not found elsewhere.

If there's a kid on your shopping list, **Leuie**, next door to Goodge, carries European clothes for hip babies, or head to **Adore** for a tiny tee that says "Young Versace" (no one can stop you). Want to give an experience? We think tickets to a show at the **Stanley Theatre**—maybe *Les Mis* in July—will more than do, or head over to **Experience Headphones** for street-style-ready audiophile gear that'll make you sing.

SOUTH GRANVILLE BUSINESS IMPROVEMENT ASSOCIATION



EXPERIENCE HEADPHONES



STREET SMARTS



SOUTH GRANVILLE BUSINESS IMPROVEMENT ASSOCIATION

In terms of the practical, even that tends to be extraordinary in this part of town. Take the two-storey **Shoppers Drug Mart** on the corner of Granville Street and 13th, which contains a bright and sleek upper-level beauty boutique and skin-care centre not found in all of the retailer's locations (it's where we picked up many products in our "Drugstore Divas" roundup, page 7). Or **Chapters**, where Broadway intersects Granville—also double-tiered and expansive, this bookstore boasts a décor section that could easily constitute a one-stop shop for spatial sprucing up this spring.

A refuel is needed after all that shopping. Visit **Heirloom Juice Co.** (little bro to the vegetarian restaurant of the same name, where a house grilled cheese with mustard is highly recommended) for a kale blend that's green but tastes like Creamsicle. For a really gorgeous meal, **West** and **Vij's** provide some of the city's best dining, but an amazing cheap secret is **Lin Chinese**

Cuisine and Tea House, where the soup dumplings win awards, like, all the time (don't believe us? Read our roundup of the best dumplings in town, page 13).

Thirsty? **Caffe Barney** is good for a beer and a Cobb salad. For coffee, the new **Bump n Grind** serves roasts by Victoria's **Fernwood Coffee Roasters**, as well as delicious peanut butter cups and matcha white chocolate brownies. But, if you're still peckish, **Rangoli's** modern take on healthful Indian fare is easily the South Granville strip's top lunch choice (with wine!).

For more relaxation than even the strongest brew can bring, go for a traditional Turkish steam bath at **Miraj Hammam Spa**; you'll leave languid, with your skin smelling like orange and your breath smelling like mint tea and honey cake. Add ideal people-watching opportunities throughout the loping promenade, and you've got one of the city's best spots to, ahem, spend away an afternoon. ♥

DIRECTORY

ATHROPOLOGIE

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Anthropologie.com

BACCI DESIGN

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Baccis.ca

BEAUCOUP BAKERY & CAFÉ

2150 Fir St. 604-732-4222

Beaucoupbakery.com

BOBOLI

2776 Granville St. 604-257-2300

Boboli.ca

BUMP N GRIND

3010 Granville St. 604-558-4743

Bumpngrindcafe.com

CAFFE BARNEY

2975 Granville St. 604-731-6446

CHAPTERS

2505 Granville St. 604-731-7822

Chapters.indigo.ca

DIANE'S LINGERIE

2950 Granville Street, 604-738-5121

Dianeslingerie.com

EILEEN FISHER

2721 Granville St. 604-733-5225

Eileenfisher.com

EXPERIENCE HEADPHONES

3057 Granville St. 604-428-9766

Experienceheadphones.com

FREE PEOPLE

2625 Granville St. 604-730-7971

Freepeople.com

GOODGE PLACE

1523 W Eighth Ave. 604-714-1133

Goodgeplace.com

HEIRLOOM VEGETARIAN RESTAURANT

1509 W 12th Ave. 604-733-2231

Heirloomrestaurant.ca

IAN TAN GALLERY

2202 Granville St. 604-738-1077

Iantangallery.com

JAMES PERSE

2717 Granville St. 604-736-4766

Jamesperse.com

LEUIE

1513 W Eighth Ave.

Leuie.com

LIN CHINESE CUISINE AND TEA HOUSE

1537 W Broadway. 604-733-9696

Linchinese.ca

LOTUSACTIVA

3022 Granville St. 604-736-7626

Lotusactiva.com

MAX MARA

3025 Granville St. 604-257-2350

Maxmara.com

MIRAJ HAMMAM SPA

1495 W Sixth Ave. 604-733-5151

Mirajhammam.com

MOULÉ

2321 Granville St. 604-742-0348

Moulestores.com

OLIVER AND LILLY'S

1575 W Sixth Ave. 604-736-7774

Oliverandlillys.com

SHOPPERS DRUG MART

2888 Granville St. 604-738-3107

Shoppersdrugmart.ca

STANLEY THEATRE

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Artsclub.com

VIJ'S

1480 W 11th Ave. 604-736-6664

Vijrestaurant.ca

VIJ'S RANGOLI

1488 W Eighth Ave. 604-736-5711

Vijsrangoli.ca

VIOLET BOUTIQUE

1563 W Sixth Ave. 604-569-1514

Violetboutique.ca

WANT APOTHECARY

2956 Granville St. 604-731-4957

Wantapothecary.com

WEST

2881 Granville St. 604-738-8938

Westrestaurant.com

WEST ELM

2915 Granville St. 604-734-9302

Westelm.com

WILLIAMS-SONOMA

2915 Granville St. 604-734-9302

Williams-sonoma.com



2950 GRANVILLE STREET
DIANESLINGERIE.COM
604 738 5121

Diane's Lingerie

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LOCALLY INSPIRED, LOCALLY MADE AND LOCALLY RELEVANT, THESE DECOR UPDATES MAKE HOME FEEL LIKE VANCOUVER AND VANCOUVER FEEL LIKE HOME. **ADRIENNE MATEI**

M

MAP IT

These digitally printed, hand-drawn typographic maps of the city (\$50 each) are made by a local graphic designer with a love of lettering and a drive to know her hometown better. The maps are parcelled into neighbourhoods and available in two sizes and three colours (blue, green and grey—how very Vancouver). They fit a standard Ikea frame and, best of all, can be custom-ordered to highlight your 'hood. A great office-warming gift for your best friend's startup, or for the directionally disinclined. Cartina.ca



PILLOW TALK

These punchy throw pillows are printed with images of Stanley Park cherry blossoms, East Van crows on a wire and graffiti (some of which our friends are responsible for; it's a small city). They're made by Strathcona designer Erika Pantages, who clearly saw appeal in the cohesion of gritty imagery and fluffy pillows. Pillowfight.com



CLAY DAY

Former graphic designer Lindsey Hampton makes beautiful, functional ceramic pieces (spoons, dinnerware, vases) enlivened by vibrant gradient enamel colourings that demand to be on display, not cooped in a cupboard. So go on, serve your guests the most photogenic cups of tea around. Lindseyhampton.com

WAX ON

Nick Rabuchin's soy-wax candles (\$32 each), hand-poured in his own Gastown apartment, come gorgeously packaged in scents inspired by local neighbourhoods—the beachy freshness of Kitsilano (lemon, jasmine, sandalwood and sea air), beautifully coniferous Point Grey (a blend of cedar and balsam) and a leathery-tobacco-scented Gastown. Vancouvercandleco.com



TECH TALK KATE LEGRESLEY

SKIN-CARE WEAR

The future of fashion? Wearables, check. Internet everywhere, check. But what we're most excited for are high-tech cosmeto-textiles—say, a scarf that keeps you warm and cares for your skin. Clothing maker Roxy and beauty brand Biotherm spoke to real-life snowboarders and skiers, who suggested inserting a cosmetic formula into truly functional pieces of fashion. The result: the dual-purpose Lana Neckwarmer, available in September 2015 and created from a fabric that contains millions of tiny micro-capsules infused with skin-care ingredients like anti-inflammatory marine-christe extract, nourishing shea butter, moisturizing apricot oil and anti-oxidant Vitamin E. When exposed to friction, the capsules burst and release their contents directly onto your skin for up to 15 washes. In other words, magic. Roxy.com



COOL WOOL

Simple, elegant, ergonomic and eco-conscious? The Vool laptop stand has us working overtime, and liking it. Simply put, this stand is designed to provide healthy ergonomics and proper posture when typing at a desk or even sitting upright on a couch or bed (bonus: it keeps the burn of an overheating laptop away from our skin). A little space inside the Vool is the perfect hiding spot for our keyboard and mouse when we're done. Handmade from pine grown on an eco-conscious farm, all materials used to make this little beauty are totally recyclable and renewable. Sold. Vool.me

ALL ABOUT THAT BASS

When we first laid our eyes (and ears) on the Marshall Acton (\$369 at Experience Headphones) it was love at first sight (and sound). The Acton is the newest member of the Marshall headphones and speakers family and, like the rest of the clan, rocks a vintage look complete with a retro-designed front fret, brass details and iconic script logo, only in a compact size. It uses a Bluetooth feature to connect wirelessly to and play whatever's on your phone or iPad (or use an old-fashioned cable to connect your device to great sound). It's even compatible with Apple TV, so you can turn up the sound on your fave movies (the Acton's powerful deep bass seems to defy the laws of nature, considering this speaker's small size). Sounds good, looks good. 3057 Granville St., 604-428-9766. Experienceheadphones.com





Brand-new Bag

NOA NICHOL

Aritzia has teamed up with London photographer Harley Weir to create some of the most frame-worthy shopping bags we've ever seen (seriously, we're tempted to ditch the merch, lovely as it is, and hang some of these beauties on our walls). It's all part of the retailer's ongoing Artistic License program, which, in past years, has included super-talented collaborators like the Lower Mainland's own Karin Bubaš (a proud Emily Carr grad).

Weir, who often hand-treats her work by smearing, scratching and painting directly on the negatives, will showcase several of her finest images on Aritzia's Spring 2015 shopping bags (available mid-March until year's end). Look for two lippy close-ups from a past *Double* magazine shoot, a pillow that was featured in *Interview* magazine and landscape shots from a *Hot & Cool* mag spread. Collect 'em all, indeed. Aritzia.com



Romantic Reads

IF YOU'RE IN THE MOOD FOR LOVE-AS-SUBJECT-MATTER, OUR BOOKS PICKS SUIT PERFECTLY.

SUPER SAD TRUE LOVE STORY Gary Shteyngart

It's near-future New York and social media's crazy, civil unrest is brewing and schlumpy, middle-aged Lenny Abramov is totally devoted to cool, young Eunice Park. Standout details? A super-tight extension of the "jeggings" trend and perfect simulacrum of e-correspondence between 20-somethings.

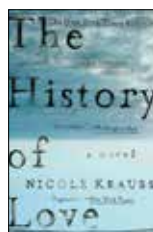


NORWEGIAN WOOD Haruki Murakami

An achingly beautiful tale of love and loss, we're drawn into Toru Watanabe's reminiscences about relationships with two enigmatic though dramatically different women from his youth. Elegiac and atmospheric, this one's for those whose passions defy conventional definition.

ADA OR ARDOR Vladimir Nabokov

This is a read for languorous days (cashmere blankets and fireplaces are fitting accoutrements to the forest-thick prose). The book itself takes the form of a manuscript by Van Veen, punctuated by notes from his love Ada, as he attempts to document their complicated lifelong affair (how complicated? Turns out, they're siblings).

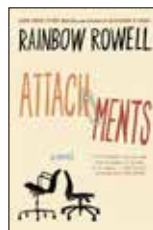


THE HISTORY OF LOVE Nicole Krauss

Smart, complex and constantly weaving across time and space, this novel illustrates how a love between two people can, quietly, affect many more. Across generations and from Second World War Germany to New York City, it'll have you wondering what incarnations of love might be out there, unknown, surviving in the wild.

THE LOVE AFFAIRS OF NATHANIEL P Adelle Waldman

Clever and entertaining, this slim read documents the experiences of Nate, a self-congratulatory 30-somethings writer enjoying his first taste of success. Nate suddenly has his pick of eligible women, and deludes himself (but not the reader) that he's capable of feeling more than contempt for others. An awesome take down of the male psyche.

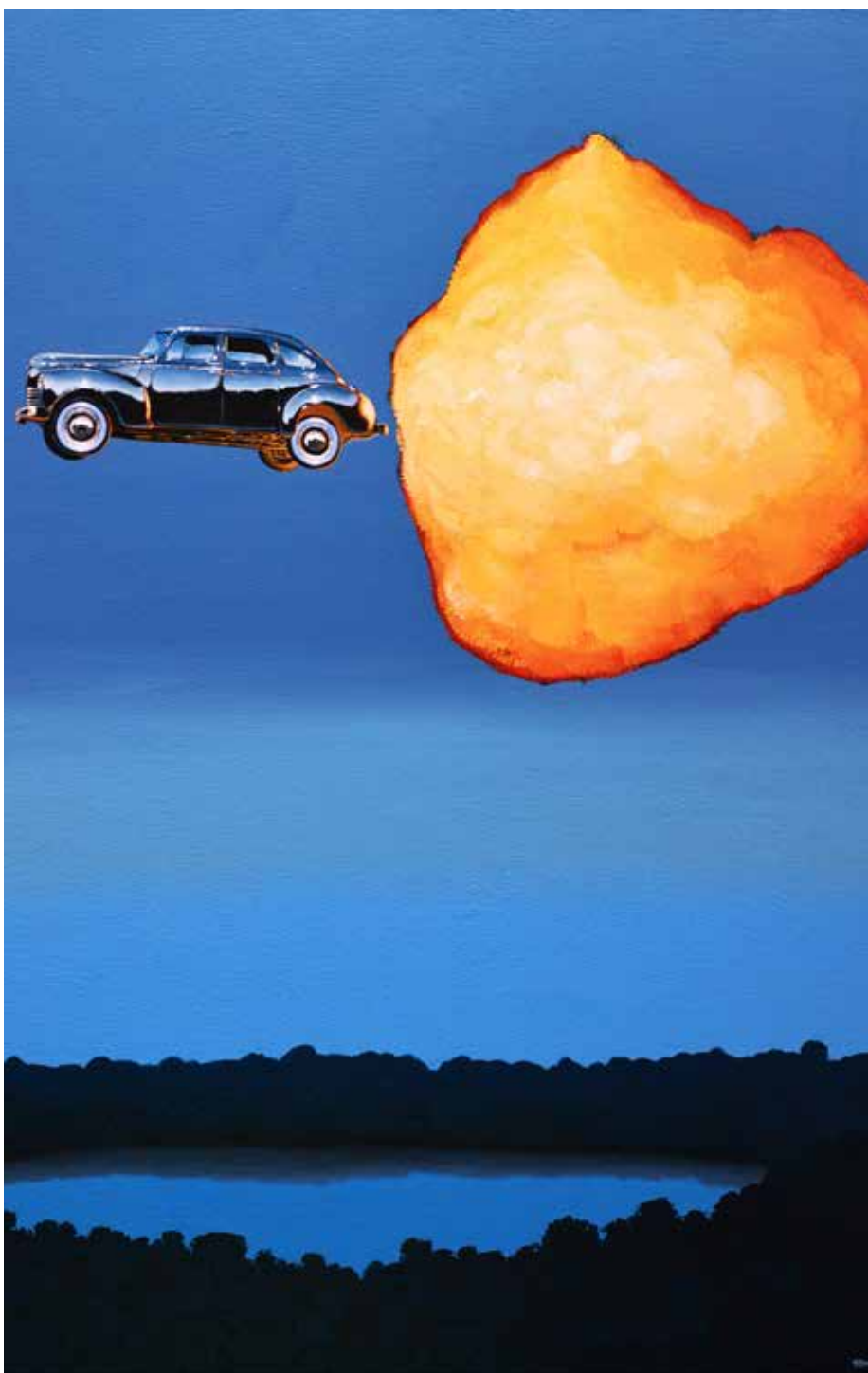


ATTACHMENTS Rainbow Rowell

The author's writing is addictive to start, and particularly so when she's spinning a story about love. In *Attachments*, an IT guy falls hard for his co-worker, sight unseen, when he's tasked with monitoring her emails. The result: an awkward, agonizing and totally appealing romantic read.



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The City's Top 10 Bites

OUR HIGHLY ANTICIPATED, HIGHLY SUBJECTIVE LIST OF THE BEST PLACES TO EAT AND DRINK IN VANCOUVER (AND ONE SLIGHTLY BEYOND).

B

BLACKTAIL

This second-floor space is cleanly cosy in a white cedar, Scandinavian sort of way, with huge windows set to be thrown open on summer evenings. An extremely localized focus has the chef drawing on provincially grown ingredients, with an entirely regional wine list ensuring both drink and food spring from the same soil. 200-332 Water St., 604-699-0249. Blacktail.ca

CHAMBAR

This expansive space, with its doubled kitchen, leather banquettes, Omer Arbel chandeliers and suave, sunny patio, is perfect for a casually sophisticated downtown lunch. And, since patio lounging sans cocktail is a scepter-less reign, the bar provides epically regal drinks—all hail. 568 Beatty St., 604-879-7119. Chambar.com



JAMJAR

EXILE

This cool little bistro, designed to exude a “secret neighbourhood hang-out” vibe, emphasizes “plant-forward” cuisine—not vegetarian per se, but with an eye for all things fresh and foraged. The cocktail menu, meantime, sees interesting concoctions, too, like a green Caesar stirred from cold-pressed juice and blue-green algae. 1220 Bute St., 604-563-8633. Exilebistro.com

JAMJAR

Signature homemade hummus in seasonal varieties, olives and muhammara (roasted red pepper dip with walnuts), stellar falafel, crispy fried cauliflower and zucchini, and a tabbouleh Caesar that really beats kale juice when it comes to drinking your salad. 2280 Commercial Dr., 604-252-3957. Jamjaronthedrive.com

LA CANTINA

La Cantina may be small, but its street-style tacos are both authentic and wallet friendly. Hammered tin tiles, a star piñata and cold Dos Equis bring to mind a Mexico City taco bar. 129-4340 Lorimer Rd., Whistler, 604-962-9950. Tacoslacantina.ca



BLACKTAIL



TACOFINO



EXILE BISTRO



RAMEN BUTCHER

PROHIBITION

This dim, sumptuous, underground, 1920s-speakeasy-inspired bar designed by Toronto firm Munge Leung has an ebony ceiling and promises live music nightly. Cocktails with house-made bitters and menu items like smoked duck poutine suit downtown and business district appetites perfectly. 1269 Hamilton St., 604-563-9494. Prohibitionbrewingco.com

RAMEN BUTCHER

We visited this Chinatown eatery on a drizzly Tuesday morning, and, within two minutes of being seated, the place was bustling (we recognized a couple of local chefs—a good omen). Though Manya Kouji, the team behind the new venture, boasts more than 150 restaurants, this is its first North American outpost. 223 E Georgia St., 604-806-4646

SOFT PEAKS

Some of the most ambrosial soft serve ice cream we've ever had can be found here. It's local and organic (thanks to milk from Avalon Dairy), free from dubious chemical stabilizers, not too sweet and elevated by sophisticated toppings (the signature add-on is a sticky, golden piece of local honeycomb). 25 Alexander St., 604-559-2071. Softpeaks.ca

SMALL VICTORY

The open kitchen of this spacious café conjures classic French loaves, scones with clotted cream and chewy cookies (try the pistachio white chocolate chunk), plus thickly sliced toast with butter and sophisticated jams (our seed slice topped with lemon-pear marmalade could never be replicated at home). 1088 Homer St., 604-899-8892. Smallvictory.ca

TACOFINO

This Gastown resto with food-truck roots has a burrito bar out front, where you can grab a tempura cod wrap (or nix the tortilla for a bowl), and a taco bar, with hand-woven sunset-hued light fixtures and cool tiling that's already sparked a flurry of Instagram shots. 15 W Cordova St., 604-899-7907. Tacofino.com



PROHIBITION

DINING & NIGHTLIFE

Dumpling Delights

WE SEARCHED THE CITY FOR THE BEST DUMPLINGS AROUND. NOW OUR CRISPY-JUICY-STEAMY DISCOVERIES ARE YOURS TO CRAVE. ADRIENNE MATEI

HAR GOW at **WESTERN LAKE CHINESE SEAFOOD RESTAURANT** The steamed shrimp dumplings at this Victoria Drive hall are dim-sumptuous (we're not even sorry). 4989 Victoria Dr., 604-321-6862

RICOTTA RAVIOLI at **ASK FOR LUIGI** Served with fried eggplant, olives and tomato sauce, these pasta parcels deserve a medal. 305 Alexander St., 604-428-2544. Askforluigi.com

VEGETABLE BEAN CURD DUMPLINGS at **NINGTU** The best textural combination imaginable (c'mon, saucy, fried, and veggie-filled? Mercy). 2130 Kingsway, 604-438-6669. Ningtu.ca

RED PRAWN DUMPLINGS at **BAMBUDDA** Served with salted egg yolk and galangal, we could eat these little nuggets all day. 99 Powell St., 604-428-0301. Bambudda.ca

PORK AND PRAWN WONTONS at **BAO BEI** It's tough to pick between these XO-curry consommé-lapped babies or the delicate truffled pork dumplings. Just order both. 163 Keefer St., 604-688-0876. Bao-bei.ca

HOT CHILI VEG GARLIC DUMPLINGS at **GREEN LETTUCE** This Indian-style Chinese restaurant makes perfect, pungent, savoury vegetarian dumplings lashed in hot, garlic sauce. 1949 Kingsway, 604-876-9883. Greenlettucerestaurant.ca

RAW CASHEW DUMPLINGS at **THE ACORN** These raw, vegan dumplings have a creamy, rich filling and are served with pickled squash, homemade kimchi and king oyster mushrooms (swoon). 3995 Main St., 604-566-9001. Theacornrestaurant.ca



SPRING ROLLS at **BAO CHAU** These chewy, deep-fried Vietnamese spring rolls are widely considered to be the best in town. 2717 E Hastings St., 604-251-6956

RICOTTA GNOCCHI at **NICLI'S NEXT DOOR** Cloud-textured nuggets are auspiciously paired with chanterelles, chestnuts and smoked porchetta, and then they are lasciviously butter-browned. 68 East Cordova St., 604-669-6985. Niclisnextdoor.com

WONTONS at **OLD BUDDIES SEAFOOD RESTAURANT** Thoroughly hyped for massive wontons; go hungry (don't say we didn't warn you). 1120-8391 Alexandra Rd., Richmond, 604-370-4833

SIU MAI at **GOLDEN PARAMOUNT SEAFOOD** This joint's strip-mall locale is oft described as "nondescript," but its juicy siu mai? Super descript. 8071 Park Rd., Richmond, 604-278-0873

PIEROGIES at **UKRAINIAN VILLAGE** Filled with cottage cheese, sauerkraut or potato and cheddar, these home-country faves are second only to your babcia's (pinch our cheeks). 815 Denman St., 604-687-7440. Ukrainianvillage.wix.com

CHO MUANG at **SAWASDEE THAI** Get a load of these dumplings! Stuffed with spiced chicken and artistically shaped like purple blossoms, they're almost too pretty to eat. 4250 Main St., 604-876-4030. Sawasdeethairestaurant.com

MOMOS at **GURKHA HIMALAYAN KITCHEN** Served alongside chutneys for dipping, these Tibetan-style steamed dumplings come with a wide array of fillings (try the yak). 1141 Davie St., 604-565-7965. Gurkha.ca

MATZO BALL SOUP at **SOILY'S** Is this chicken soup the best comfort food in the known universe? Probably. 604-675-9770. Sollysbagelry.com

TEPPAN GYOZA at **GYOZA BAR & RAMEN** When you want the exterior-crispness factor amped up so each bite perfectly shatters, try these addictive teppan gyoza, served in a cast-iron pan. 622 W Pender St., 604-336-5563. Gyosabar.ca

AFGHAN MANTU at **DOWNTOWN DONAIR & KEBAB:** This under-the-radar West End spot makes killer donair, but don't miss the beef-and-onion-filled Afghan dumplings smothered in tomatoes. 1150 Davie St., 604-336-1044

SPICY TANGY DUMPLINGS at **PEACEFUL RESTAURANT** Swimming in a chili oil-licked broth, this dumpling soup's been deemed "Vancouver's most awesome." 604-559-9511. Peacefulrestaurant.com

MUSHROOM DUMPLINGS at **JADE SEAFOOD** These translucent steamed dumplings burst with meaty mushrooms and are fragrant with truffle oil. 8511 Alexandra Rd., Richmond, 604-249-0082. Jaderestaurant.ca

XIAO LONG BAO at **LIN CHINESE CUISINE AND TEA HOUSE** *Condé Nast Traveler* deemed these savory soup dumplings the world's best, and they're under \$5. 1537 W Broadway, 604-733-9696. Linchinese.ca

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Portland Rocks

OREGON'S HOT SPOT IS ONLY AN HOUR AWAY BY PLANE (OR SIX BY ROAD), YET PROVIDES A THOROUGH MID-WINTER ESCAPE. **ADRIENNE MATEI**

S

STAY

Cool hotels abound in Portland, like the **Ace**, where the second floor has a cabinet-nook full of notes to rifle through and read, or the **Caravan**, where your room is a tiny house. Or, nab an **Airbnb** full of records and gnarly cacti, with hosts who'll tell you what's up in their town.

CYCLE & SIP

Orient-slash-lubricate yourself with a brewery bike tour from **Pedal**, which will cascade you down boardwalks, over and under Willamette-spanning bridges and to breweries like **Burnside** (cedar IPA plus a fried-cauliflower snack) and **Cascade**, which specializes in sour brews and has plentiful outdoor seating perfect for enjoying unseasonable warmth (try tart fruit beers in flavours like fig and elderberry). Your guide is gluten-free, so pit-stop at **Groundbreaker** to share a pint brewed from chestnuts and sample the vanilla coffee cream pale ale (it's a beer frappuccino). If you're not drinking beer in Portland, you're drinking coffee. Try **Case Study** or **Heart**, where we wanted to cosy up and write in our notebook but were cowed by a neighbour writing on a napkin. Portland, one.



SHOP

Portland's citywide ethos of good taste and character makes for truly fun shopping, with spots like **Solestruck**, which feels like a contemporary museum of footwear coolness, and **Frances May**, which stocks a dreamscape of niche-luxe labels (Raquel Allegra, Opening Ceremony, Common Projects). Those who like to hunt vintage in the wild will thrive at **House of Vintage** but, if you prefer to choose from a cut of the best, go to **Vintalier**, where we found a black leather pencil skirt for \$40. **Reading Frenzy** is a cute li'l bookshop counterpoint to the heart-stoppingly well-stocked **Powell's**, and **Cacao** chocolatiers provides ritzy sweets (refuel with peanut butter-salt-milk chocolate bars by Alma). For Pacific Northwestern styling, visit **Tanner Leather Goods** and **Danner** (gorgeous Portland-made hiking boots); the latter's tucked into the Union Way Shopping Arcade, where you'll also find **Spruce Apothecary**, the world's most assiduous beauty boutique, that's collaborated with Portland perfumers **Imaginary Authors** to create "Mosaic"—a unique fragrance that smells mineral-y and fresh, like a spa in the Alps.



EAT

Promise to eat prodigiously in Portland. Moroccan chicken breakfast hash at **Tasty n Sons** is a heap of roasted cauliflower, potatoes, red pepper and green olive. Soul food like biscuits with gravy and fried chicken piled over waffles make **Screen Door** a priority. For a causal-cool dinner, go to Mexican joint **¿Por Que No?**, where ceviche and tacos are served in a colourful atmosphere, or **Fuego de Lotus**, a Venezuelan ex-food cart with primo arepas. Our top suggestion, though, is new Russian restaurant **Kachka**. The room's not kitschy but warmly babushka-ish, and the food is phenomenal. Try the farmer's cheese, the fried cherry dumplings and julienned black trumpet mushrooms atop potatoes Anna. Dill-laced chicken Kiev releases a luscious cascade of butter over buckwheat, and there are four kinds of caviar and five kinds of pickles. Sip the **Baba Yaga** cocktail, which uses chamomile-infused vodka, and eat oreshki cookies, shaped like walnuts and filled with caramel, for dessert. You might cry.



1 STRAWBERRY SOUR: THE GLORY OF FRUITY SUMMER BEER (SANS CANDY-SWEETNESS). AT CASCADE BREWING BARREL HOUSE, 939 SE BELMONT ST., 503-265-8603. CASCADEBREWINGBARRELHOUSE.COM

2 PASSIONFRUIT COCONIB DONUT: A TANGY FRUIT GLAZE AND BITTERSWEET CRUNCHY COCOA NIBS OVER SOFT, WHITE, CHEW-STRINGY BRIOCHE DOUGH. AT BLUE STAR DONUTS. BLUESTARDONUTS.COM

3 BISCUITS & MUSHROOM GRAVY: BUTTER-FLAKEY BISCUITS SLATHERED IN RICH SHIITAKE MUSHROOM GRAVY, EATEN AS CREEDENCE CLEARWATER REVIVAL PLAYS AND YOUR NEIGHBOUR ORDERS RICOTTA FRITTERS WITH A SOUTHERN DRAWL. AT SCREEN DOOR, 2337 E BURNSIDE ST., 503-542-0880. SCREENDOORRESTAURANT.COM

4 HIBISCUS TEA: DOWN THIRSTY GULPFULS OF THIS GARNET FLORAL ICED TEA WITH LIME. AT ¿POR QUE NO? PORQUENOTACOS.COM

5 ORESHKI: SANDY-CRUMBED COOKIES THE SIZE AND SHAPE OF WALNUTS, FILLED WITH A NUT CARAMEL AND READY TO CHANGE YOUR LIFE. AT KACHKA, 720 SE GRAND AVE., 503-235-0059. KACHKAPDX.COM

PARTY

With more than 1,700 bottles and bartenders willing to whip up bespoke drinks based on your ambiguous preferences ("floral tastes and campfire and grapefruit"), **Multnomah Whiskey Library** will do for a post-dinner quench. Never been to a strip club? **Sassy's** is entry-level: neat and friendly with dancers who pick tracks by Kendrick Lamar. We caught local bands **Grandparents** and **Fox & the Law** at **Alberta Street Pub**, which has a great bar/patio/music hall trifecta going on. End late at the perfectly dive-y, 1950s-vibing **Florida Room**, where there are pinball machines and pool tables and a black-and-white photo booth to make DIY souvenirs with your new friends. ♥

1. PEDAL BIKE TOURS, 133 SW SECOND AVE., PORTLAND, 503-243-2453. PEDALBIKETOURS.COM
2. DANNER, 877-432-6637. DANNER.COM
3. TASTY N SONS, 3808 N WILLIAMS, SUITE C, PORTLAND, 503-621-1400. TASTYNSONS.COM

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