

VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITA DAILY • NOVEMBER 2017



CO-OP COUTURE

Mountain Equipment's
Functional, Fashionable
Evolution

NOVEMBER NEEDS

Our Must-Have Home, Fashion
and Beauty Picks *of the* Month

DOWN TOWN

The Best Puffer Coats *to* Get
You Through Winter

HEAVY METAL

Beauty Goes Chrome

TOWN & COUNTRY

Food, Fun *and* Fierce
Fall Foliage *in* Quebec



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OYSTER PERPETUAL LADY-DATEJUST 28
IN PLATINUM



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ROLEX BOUTIQUE

EDITOR'S DESK

editor's letter



Every so often I find myself seduced by the siren call of a high-tech tool promising to make my life a little easier (or a lot more fun). And so, from a super smartphone to a pretty portable printer to an at-home anti-aging device, I'm pleased to share some of my most recent technical take-ons in my monthly "picks" (just look right).

Also in this issue: meet **Mountain Equipment Co-op's** stylish new product designer, Wendy Youds (6); learn to pull off beauty's flashy chrome trend (8); peruse our can't-make-it-through-the-month-without-'em picks (4); discover the latest retailers and restaurateurs to land in Vancouver and Victoria (5); and gain a periodic table take on wine (11). Enjoy!

Noa Nichol

EDITOR-IN-CHIEF

P.S. Tell me what gadget is currently tickling your techie itch. The top tip will receive a little gift, from me, by post! Email noa@vitamindaily.com.

PACK PERFECT

I started working from home this summer ... which actually means working, most of the time, at the coffee shop down the street (shout out to **Turks** on Commercial Drive). After much trial and error (read: carrying my laptop, files, notebooks and pens in my hands, then in a cloth shopping bag, then in my too-small purse), I've finally discovered the best way to make my office truly portable: with **Poppy & Peonies Brooklyn** backpack (\$119). It's got tonnes of smart features for organization, including a padded 13-inch laptop compartment, two water-bottle side pockets and a front zippered pocket, plus a spacious interior—and looks cute, to boot. And the leather? Vegan, baby. Poppyandpeonies.com



POINT, SNAP, PRINT

A lover of print (obv), I've gone fully and completely gadget-gaga over the **HP Sprocket 2-in-1** (\$220)—a pocket-sized portable smartphone printer with a built-in instant camera that lets me snap, edit and print adorable peel-and-stick two-by-three-inch pictures (truth, mostly of my daughter and my dog) right from my phone. It all happens via a free-to-download app featuring a quick-and-easy two-tap process (plus frames, emojis, text, stickers and filters to give each and every image a personal touch). It even comes in colours to suit varying styles (red for me, please!), with cute coming-soon accessories like a photo album, wallet case and string clips. Oh snap, indeed! Hp.com



TIGHTEN 2.0

Between a two-year-old, a monthly mag and a pretty religious yoga practice, I don't have much room in my schedule for beauty treatments that, say, eat up an entire afternoon or involve a lot of downtime. Enter the **Titan**—a new anti-aging tool by **Silk'n** (\$300 at **Shoppers Drug Mart**) that's meant for home use, with zero recovery. This device harnesses not one, not two, but three forms of energy to reveal tighter, younger-looking, glowing skin on both face and neck. Sweatpants on (possibly the greatest benefit of at-home beauty), simply spread a thin layer of the slider gel over the area you intend to treat, start at the lowest energy level (turn it up gradually as you feel comfortable) and move it back and forth over your skin for 15 minutes. Twice a week, 10 weeks, and voila! Smoother skin without leaving the house! Silkn.ca



SUPER CELL

I couldn't be happier with my decision to swap my phone for **Motorola's** **Moto Z2 Play**. Not only is it a smart and standout cell (sleek and sexy, with a five-and-a-half-inch display, a super-long-lasting battery life and a really great built-in camera), it's a versatile piece of high-tech handheld equipment that, thanks to its genius range of "Mods", quickly and easily transforms into a high-performance **Hasselblad**-branded camera, a powerful **JBL** speaker and even an instant movie projector. The best part: these extras all snap on in a cinch thanks to a magnet-powered system that's simple and unfussy (just listen for a soft and satisfying click, and your chosen Mod is locked in). Mobile mind blown. Motorola.ca

RED letter



Last month I asked about your favourite way to wear red (the "it" colour of the season). **LaVerne Barnes** of Vancouver wrote, "Today, on my 84th birthday, I'll be wearing **Revlon's** **Fire & Ice** lipstick to lunch. This gorgeous red was created in 1952, and was my first real lipstick when I graduated from a convent school and went out into the 'real world'. It's been my favourite go-to red lippy ever since!" I love it, **LaVerne!** ♥

VITA

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CONTRIBUTORS **AUREA DEMPSEY AILEEN LALOR MIRANDA SAM LAURA STARR** EDITOR'S PHOTO OF EARTH AND SOUL **ON THE COVER** **BALENCIAGA FW17**
CANADA POST PUBLICATIONS MAIL AGREEMENT #42849020 noa@vitamindaily.com [Twitter @vitadailyvan](https://twitter.com/vitadailyvan) [Instagram @vitadaily.ca](https://www.instagram.com/vitadaily.ca)



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NOVEMBER necessities

DO NOT EVEN ATTEMPT TO GET THROUGH THE NEXT MONTH WITHOUT THESE MUST-HAVES



NICE KNIT

Filson may be an American company but, since its retail entry into our land, it's been embracing many things Canada—like this Fair Isle Cowichan scarf (\$200), made here, and warm for the wear. 47 Water St., 604-689-1836. Filson.com



HANDS UP

Lucky for winter skin, Chanel's La Crème Main (\$70 at [Holt Renfrew](http://HoltRenfrew.com)) isn't all couture packaging—it really smooths, softens and brightens hands (thank May rose wax, iris pallida extract, hyaluronic acid and shea butter for that) and smells heaven-scent, too. 737 Dunsmuir St., 604-681-3121. Chanel.ca

SOLE MATES

With creator Native based in Van, you know these Johnny Treklite boots (\$130) are guaranteed to keep your feet warm and dry—no matter how many millimetres of the wet stuff may fall this month. Nativeshoes.com



HOT 'N' FROTHY

Cold mornings call for lattes—without leaving the house. Keurig's new milk frother (\$100 at [Hudson's Bay](http://HudsonsBay.com)) makes a perfectly creamy foam, simply, every single time ... no shoes required. 674 Granville St., 604-681-6211. Thebay.com



BLANKET STATEMENT

Don't miss the Museum of Anthropology's new *The Fabric of Our Land: Salish Weaving* exhibit—the world's largest-ever showcase of rare blankets and weavings. Now that's what we call a winter warmer. 6393 N.W. Marine Dr., 604-827-5932. Moa.ubc.ca



LIP SERVICE

With our lips anticipating a difficult (read: dry, chapped) month, it's Sulwhasoo's Essential lip serum stick (\$50 at [Holt Renfrew](http://HoltRenfrew.com)) to the rescue. With botanical ingredients, this balm ensures smooth and elegant lips all day long (and comes in a flush of pretty colours, to boot). 737 Dunsmuir St., 604-681-3121. Holtrenfrew.com

PHOTO: MOA/DEREK TAN

EVERYDAY ELEVATED

For a month that's best spent out of the elements, Tiffany & Co.'s Everyday Objects collection makes staying home a pleasure by taking ordinary items (a paper cup (\$130 for a set of two), drinking straws (from \$250), a teddy bear (\$375)) and making them extraordinary. 723 Burrard St., 604-630-1300. Tiffany.ca



THE BOOT

There's no better boot to invest in this month than Stuart Weitzman's Alljack (\$1,065 at [Nordstrom](http://Nordstrom.com)). Cut from sumptuous suede to skim the top of the knee and finished with a stretch-suede back, the fit is fab and the style? Seasonal perfection. 799 Robson St., 604-699-2100. Shop.nordstrom.com



WRITE STUFF

When it's time to escape the November rain (inevitable), these travel journals (\$40 each) by Axel & Ash, filled with editorial features, stunning photography and writing prompts, are coming with us. Axelandash.com



HATS OFF

Montreal-based Gibou makes the best hats, period. From toques with removable pom-poms to berets running a rainbow of colours, the company sources all-natural materials (100 per cent wool) and recycled furs, and employs a team of 15 retirees to hand-craft its wares. En.gibou.ca



Hot Shops

MEET VANCOUVER'S NEWEST RETAILERS
BY NOA NICHOL



TEN THOUSAND VILLAGES

Not a new concept, but a new location in Victoria, **Ten Thousand Villages** is a rare retailer that does double duty, offering gifts for every person in your life and spreading love throughout the world via your purchases. From jewelry (our pick: a black diamond beads and brass necklace, \$24, by **Tara Projects**, which works to change the lives of India's "untouchables" by eliminating unfair trade practices and child labour) to fashion (our pick: a traditional black and white Ikat silk scarf, \$89, woven by women who are part of **Phontong Handicraft Cooperative** in Laos) to holiday décor (our pick: any of a variety of joyful tree ornaments, whose benefits range from use of recycled materials to providing stay-at-home mums with work). Products that encompass culture, personality, tradition, sustainability, ethical treatment, fair wages, safe working conditions and overall good will? Sounds like a shopping win to us! **Broadmead Village Shopping Centre, 410-777 Royal Oak Dr., Victoria, 250-658-8535. Tenthousandvillages.ca**

MARK'S

Back when it had Work Warehouse permanently attached to its name—for those who don't recall, that was during the '80s and '90s—**Mark's**, with its at-the-time signature low ceilings, oft-dingy (sorry) carpeting and lacklustre décor, was our go-to place for blue-and-white-striped baggy overalls and red-and-black-checked logger jackets (trust us, in those days, both were stylish). So, attending the grand opening of the retailer's latest large, well-lit, cheerfully styled North Sjore store was an eye-opening experience: while workwear is still sold, much of the space is stocked with casual clothing by well-known brands. From shoes (super-comfy **Sketchers**, über-cute **Sorels**) to athletic gear (**Adidas** for running, **Shambhala** for yoga), **Mark's** has "worked" hard to shed its old dad's-store rep. We were particularly impressed by this location's denim selection: **Levi's**, **Guess**, **Silver** and house-brands **DH** and **DH3**, all under one delightfully high-ceilinged roof. **1074 Marine Dr., North Vancouver, 604-984-9591. Marks.com**



UNIQLO

First! No joke, we made the very first purchase at **Uniqlo's** new Metrotown boutique (an opening that marked the Japanese clothing brand's very first foray into the Lower Mainland market). In our bag: a featherweight ultra-light down jacket, a gorgeous pair of high-waist ribbon wide-leg pants and a sexy knee-skimming lace skirt. And we could have added so much more to that transaction: the massive two-level space (a virtual mall-within-the-mall) is bursting with apparel, from underwear to outerwear, office casual to night-on-the-town glam. Best of all, **Uniqlo's** made every effort to fit right into its newest West Coast home: check out the mural wall, featuring photos of every aspect of Vancouver life imaginable, from Science World to Stanley Park to the seawall. **4700 Kingsway, Burnaby, 778-851-2122. Uniqlo.com**



MACKAGE

This made-in-Montreal brand's new Pacific Centre (right next to the **Apple Store**) boutique is beyond beautiful—all natural cedarwood, sparkling white marble and flecked black tile. Unfortunately (or not), all of that is largely overshadowed by its achingly gorgeous wares. **Mackage**, if you didn't know, hand-crafts coats—leather ones, wool ones and down ones, too—that are designed to keep you warm and comfortable without having to give up an ounce of style. The leather is buttery soft, the cuts on the wool creations are masterful (just so) and the down is, happily, ethically sourced (so you can wear it with a clear conscience). Our picks from each category: for leather it's the **Yoana** biker jacket with an adorable (and hairstyle-saving) removable hood (\$850); in wool it's the **Mai** maxi-length belted coat in the most eye-catching gold (\$750); and, when it comes to down, well, you'll have to turn to page 7 to find that out! **Unit G029 701 W. Georgia St., 604-428-7134. Mackage.com**



PLANET FITNESS

Though our fair city provides an ideal setting for outdoor workouts during a portion of the year, once the rain sets in it's time to retreat indoors to get our exercise on. Luckily, the Lower Mainland's roster of health clubs is expanding, with the addition of a 15,700-square-foot **Planet Fitness** in Surrey's Whalley district at the end of November. The brand's first location in Greater Vancouver (we're crossing our fingers for more), this is a gym-plus-so-much-more: think low prices (join now for \$1 down and then \$10 a month; just visit the booth that's set up on site in the Dell Plaza located a few units down from where the club will be to register), brand-name equipment, including a 30-minute express circuit, free fitness training and, our favourite part: the club is a Judgement Free Zone that guarantees a hassle-free, non-intimidating environment (look for the "Lunk Alarm"—a purple-and-yellow siren on the wall used to gently remind people that grunting, dropping weights or judging others is not permitted). Other features that come with a **Planet Fitness Black Card** membership, \$21.99 a month, include: the option to bring a guest, massage chairs, tanning beds and even a Total Body Enhancement booth for those seeking a head-to-toe red-light-therapy boost. Best of all, once open, the club will be accessible and fully staffed 24-7. Late-night gym junkies rejoice! **10624 King George Blvd., Surrey. Planetfitness.ca**



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Function and Form

UTILITARIAN FASHION IS A BIG TREND FOR FALL/WINTER, BUT LOCAL BRAND MEC'S BEEN MAKING FUNCTIONAL CLOTHES FOR THE BEST PART OF 50 YEARS. NOW, SENIOR DIRECTOR OF PRODUCT DESIGN WENDY YOUDS IS TAKING THINGS TO THE NEXT LEVEL
BY AILEEN LALOR

I

It's interesting that the person **Mountain Equipment Co-op** has chosen to tell its new style story is not a fashion designer but a product developer. The difference, according to MEC's new senior director of product design, is that "the product developer is the engineer to the fashion designer's architect. The designer has the vision, but we take the 2-D to 3-D—executing that vision and making it meet requirements like cost, margins, functionality and quality."

The message: MEC's utilitarian clothing may be on trend right now (when "it" brand **Balenciaga** does puffer jackets, as on our cover, the fashion world takes notice) but, at heart, it will always prioritize practicality.

Youds started her career almost 24 years ago in the United Kingdom, at iconic boot-maker **Dr. Martens**. "It was a tight, concise collection with heritage and history, and I was fortunate to work with every aspect of the brand," she said. "It was the 1990s and everyone was wearing Docs—even the Pope! He had red boots and his team had white ones."

After stints with other large brands in the U.K., Hong Kong and South Africa, Youds relocated to Vancouver to work with **Lululemon**, arriving in 2012 when "things were really exploding. It taught me a lot. It was mass market in that it was global, but the design ethos was tight, with clear rules in place."

She moved to MEC earlier this year, attracted by its problem-solving approach. "It's about functional and durable products, and that's the essence of the brand. We make products that solve problems before our members even know they exist. Everything is field-tested and researched in the same environments that it's designed for. Ultimately, what we're making are products that create no distraction."

Part of Youds' remit is to develop MEC's own visual identity, though she says it's not about it becoming trendy—functional being fashionable is just a happy accident.

"It's not going to be fashion, but it's going to be created in a way that makes people look good because of the fit and design lines," she said, adding, "The 'looking' piece is huge—how it flatters and how it moves."

She's not allowed to share much about the direction she's taking—which won't be fully rolled out til spring 2019—but gives the impression that it won't be a large and overwhelming collection.

"Every item is going to be thoughtfully considered and will have a clear place in the collection," she revealed. "Think of less-is-more philosophies."



"We make products that solve problems before our members even know they exist"



In the meantime, what kind of pieces can people choose from the existing lineup if they want to rock the utilitarian look?

"We've got some fantastic travel pieces like the Timeless Pant, easy pull-on lightweight pants for leisure, to and from the gym and to the office, rolled up and put in a travel bag," said Youds. "Through fall and winter we consider a lot of how we build products as systems, from base to outerwear. Our base layers are super-versatile as layering pieces. And then there are our backcountry pieces: insulated items that take you up the mountain and keep you safe from a temperature point of view, but also work in the city."

And will the brand be changing its direction each season like runway and high-street fashion brands? Absolutely not.

"People are expecting more from their product—more diverse, transformable, wearable, packable," she said. "It's a different ethos to a few years ago where it was OK to buy commodity products and throw them away. That fast-fashion trend is changing and moving into a new sustainability model. We already hold that as part of our foundation." ❖

MEC fast facts

- ▶ The brand was founded in 1971.
- ▶ The acronym is said M, E, C (not "mec").
- ▶ It's a retail co-operative, which means you can't be a customer. Instead, you pay a \$5 lifetime membership fee and instantly become a voting shareholder.
- ▶ Sustainability, fair trade and a reduced environmental impact are key parts of the brand DNA, epitomized by the new headquarters at False Creek Flats, which has received one of the highest green ratings in the world.

MEC.CA



FUNCTIONAL high fashion

The utilitarian trend has been big on runways for a few seasons now. Key pieces include puffer jackets, joggers and boiler suits, with hardware like belts, buckles and zippers. It's typically comfortable, relaxed and androgynous looking and has big overlaps with athleisure and streetwear. Brands like **Alexander Wang** and **Stella McCartney** have always had a sporty/utilitarian aesthetic but, in FW 2016, we saw everyone from **DKNY** to **Pucci** rocking the trend and, in 2017, labels like **Tod's** and **Coach** got involved. But the brand that's adopted it with the most gusto is **Balenciaga**. Creative director Demna Gvasalia also helms **Vetements**—the world's coolest streetwear label—and he's brought something of this aesthetic to Balenciaga, though more tailored and elegant, and less edgy. His puffer coats were the hit of FW 2016 and stayed around for his most recent collection. And they're certainly more practical than Balenciaga's other signature piece: Spandex thigh boots. **Balenciaga.com**

Down Town

WHEN IT COMES TO WINTER WEAR, BIRDS OF A FEATHER DEFINITELY FLOCK TOGETHER. BELOW, A FEW OF OUR FAVOURITE PUFFER COATS FOR THE SEASON
BY NOA NICHOL

MEC A STATEMENT

Mountain Equipment Co-op's Tremblant long parka (\$260) is a citified version of the brand's popular backcountry jacket, so when sidewalks feel as daunting as mountainsides, you'll be glad for the extra length and warmth. **130 W. Broadway, 604-872-7858. Mec.ca**

TWO IN ONE

Mackage's Heida coat (\$790) is next-level reversible, with a fashionable wool finish and patch pockets on one side and—voilà—lightweight down on the other. Winter wonder. **Unit G029 701 W. Georgia St., 604-428-7134. Mackage.com**

SUPER PUFF

That's not just a catchy title, it's the actual name of this eye-catching Tna coat. Fitting the season's (other) metallic theme perfectly (page 8 for more), the Super Puff jacket (\$250 at Aritzia) features responsibly-sourced goose down to keep you super warm. **1100 Robson St., 604-684-3251. Aritzia.com**

HIP TO BE SQUARE

Why is Max Mara's integrated system of outerwear and accessories called Here is the Cube? Thank the boxy shape of its travel-friendly packaging. From the FW17 collection, this Tref quilted drop-proof jacket (\$1,455) has sleeves that can be worn long or three-quarter length and comes with the option to customize with a fur hood trim and cuffs. So, so chic. **Pacific Centre, 701 W. Georgia St., 604-257-2370. World.maxmara.com**



ROOT DOWN

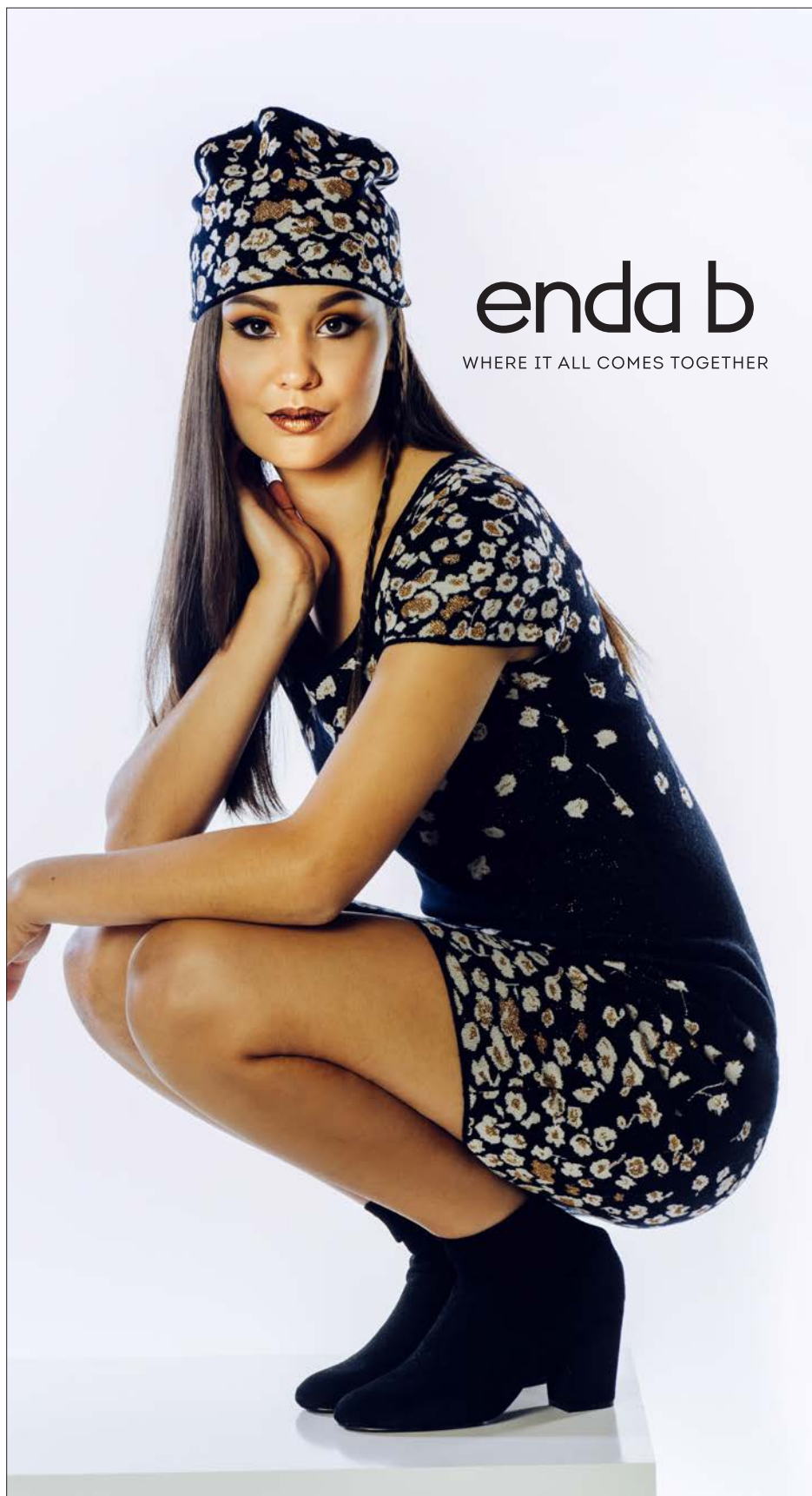
This long down packable (it rolls up into a snowball-sized pouch) jacket (\$178) boasts lightweight construction and, best, a water-repellent coating (Roots clearly had the cold November Vancouver rain in mind when designing this one). **1001 Robson St., 604-683-4305. Roots.com**



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Hot Metal

THIS SEASON'S METALLIC MAKEUP LOOKS COME IN EVERY HUE, FROM TRADITIONAL SILVER TO BOLD BLUE AND SWEET ROSE GOLD. FOR EYES, LIPS, NAILS AND EVEN HAIR
BY AILEEN LALOR

L

Love your taupes, beiges and browns? Look away now. Fall/Winter's standout beauty trend is anything but subtle. While often we see bold makeup in the run-up to the holidays, this year it was metallics, taken to the max. At **Alberta Ferretti**, multi-coloured shades were layered across the lids; at **Brandon Maxwell**, celeb makeup artist Tom Pecheux did a smoky version.

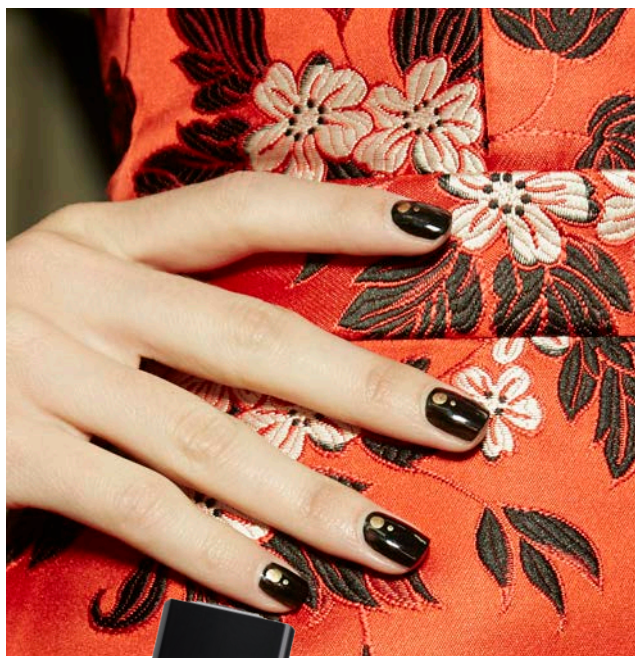
Beauty brands have been just as enthusiastic as runway labels, with a slew of metallic launches. And it's not just eyeshadows (which we'd expect to see) but virtually every kind of beauty product, from ludicrously glittery lipsticks and chrome-style manicures to wash-in-wash-out hair colours that really do give locks a metallic gleam.

So, how can you pull them off without looking like the Tin Man? "A metallic smoky eye is a great example of trying to incorporate metallics into your makeup routine," according to Oz Zandiyeh, a makeup artist at Liz Bell Agency and instructor at Blanche Macdonald. "You can start with a lighter shade or texture and build it if you want it to be bolder."

If you want the metallic look in a way that requires minimal skill and is low key, Oz suggests a metallic eyeliner, which "gives a punch of rock-star chic that can be worn with a variety of fashions. A simple lash-line application, winged liner or a dramatic cat's eye is super fun ... and maybe a bit easier to wear than, say, a metallic lip."



"It gives a *punch* of **ROCK-STAR CHIC** that can be worn with a *variety of fashions*"



Chrome-look nails, on the other hand, have been around since the '90s but, now, the look is everywhere. Tips before you try it? "Your nails have to be in great shape. Metallic and pearlescent polishes really show the planes of the nail so make sure it's buffed and any ridges are filled, otherwise the light will bounce off wrongly and emphasize any unevenness," said Rita Remark, Essie's global lead educator and lead nail artist.

You must also manage your expectations of the finish. "Essie's formulations have intense amounts of pearl pigment with brushed pearl finish so you get a strong mirrored metallic but, for that 'I can check my lipstick in my nails' look, you really need to go to a salon," she said.

The coolest way to wear chrome nails? "Keep it minimal and wear it like jewelry," Remark said. "There are some great runway examples—like Alice + Olivia's FW 2017 show, where we added spots of gold along the cuticle line and it looked like a stud. If you want to do it at home, you can use a bobby pin or even the back of a pen to dot the colour on."

She reckons it's the perfect way to brighten up a dull winter's day. "Nail polish is just like lipstick—they both have the same caffeine-up-your-morning effect." ♥

BEAUTY & BITES

New Noshes

A PEEK AT SOME OF THE CITY'S
LATEST, GREATEST EATS



BELLS AND WHISTLES

The guys at Wildebeest have hit a home run with their latest concept in Fraserhood: **Bells and Whistles**, a vintage-vibes beer hall that's less sports bar and more airy eatery. Wall-sized plasma screens show up to four matches simultaneously, nostalgic table games (Skee-Ball!) will make you feel like a kid again and wooden picnic benches plus hanging potted plants equal a beautifully casual atmosphere. On the bar side of the resto, a wood letter board displays all 19 local and international beers on tap, including an eponymous hoppy number crafted by Delta's **Four Winds Brewery**. As for the locally sourced elevated bar food, our faves were a three-way tie between the all-day breakfast burger (hash brown and maple sausage patty), lettuce wraps (the braised pork belly is a knockout) and the **Foothills Creamery** soft serve that looks like it's straight outta *Riverdale's* Chock'lit Shoppe. **3296 Fraser St., 604-620-7990. Bellsandwhistlesyr.ca** MIRANDA SAM



FESTAL

Paleo people rejoice! What started out as a meal-plan service has evolved into a full-fledged restaurant in downtown Vancouver. Say hello to **Festal**. Featuring a menu that's free of gluten, grains, dairy and sugar, this eatery's mastered the art of making "everyday" comfort foods low in carbs, high in protein and with healthy fats to boot. All meat is locally sourced, organic and grass-fed and, rather than dairy, cashew-based cheese is used. From salad bowls to bone broth-based soups, highlights include a hearty butternut squash lasagna, waffle sandwiches with wild boar bacon and free-range chicken, and a "supreme" pizza boasting a cassava-flour crust and bison pepperoni. To satisfy your sweet tooth, the cinnamon collagen balls are top notch, as are the rich and decadent coconut fudge brownies and **Bulletproof**-inspired smoothies. We predict a healthy future ahead for this joint. **433 Granville St., 604-620-3663. Festalcafe.com** AUREA DEMPSEY

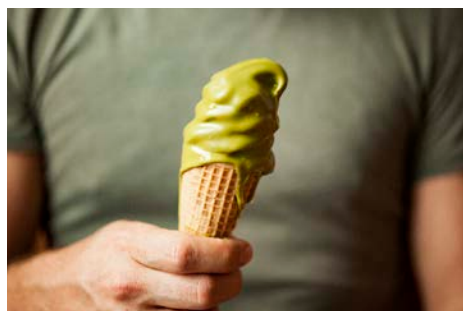


TWO RIVERS "THE SHOP"

We like our eggs free run, our kale organic, our meat grass fed and hormone free. And there's no local company we rely on more in this vein than **Two Rivers Specialty Meats**, with its genuine love for animals and the enviro. Now, we can get our farm-to-fork fix at TR's newly opened "The Shop"—an open-concept space with a butcher station at one end and an eatery at the other. Pick up fresh lamb, pork, beef and charcuterie staples for home, then order crispy charred drumsticks, cider-glazed beef ribs and a burger that's as juicy as they come. Save room for tallow-fried doughnut holes served with strawberry jam. **180 Donaghy Ave., North Vancouver, 604-990-5288. Tworiversmeats.com** AUREA DEMPSEY

QUANTUM COFFEE

Does our city need another coffee shop? Before you say no, give this one an espresso shot—or two. Originating from Toronto and operating under the same parent company as tech haven **Brainstation**, **Quantum Coffee** is where digital meets social, and where a cuppa joe takes on new, delicious meaning. Take, for instance, the Americano: Quantum triple-filters its water to remove sediments and balance minerality. Also, the café's espresso couser is dialed to produce a longer pull, so you get twice as much liquid coffee (not watered down) volume. Pure-coffee lovers will love the automated pour-over machine, the Poursteady, which is the second in use in Canada. Add local food to the mix, plus work-friendly tables and a private room for educational events, and it's clear why this is a welcome addition to our caffeinated culture. **455 Granville St., 604-368-8400. Quantumcoffee.io** AUREA DEMPSEY



CACAO 70 DIPPERY

Ice cream-eaters undeterred by a dip in temperature, rejoice! The **Dippery** has opened its doors in Gastown, slinging velvety vanilla soft serve dipped in its very own artisanal chocolate that ranges in flavour from dark to white, maple to matcha, praline to peanut butter (so, yeah, better than a cherry on top). For those who shy away from the creamy cold stuff once winter hits, don't fret. This joint also offers Belgian waffles dipped in—you guessed it—the very same sweet stuff, in combos that feature a mini-scoop of soft serve and various whimsical toppings (think whipped cream, caramelized bananas, crème brûlée cheesecake, torched marshmallows and coffee beans). Also on tap: a coffee bar, brewed and chilled chocolate drinks and bars made in parent company Cacao 70's own Montreal-based factory. **433 Abbott St. Cacao70.com** NOA NICHOL



AG | hair

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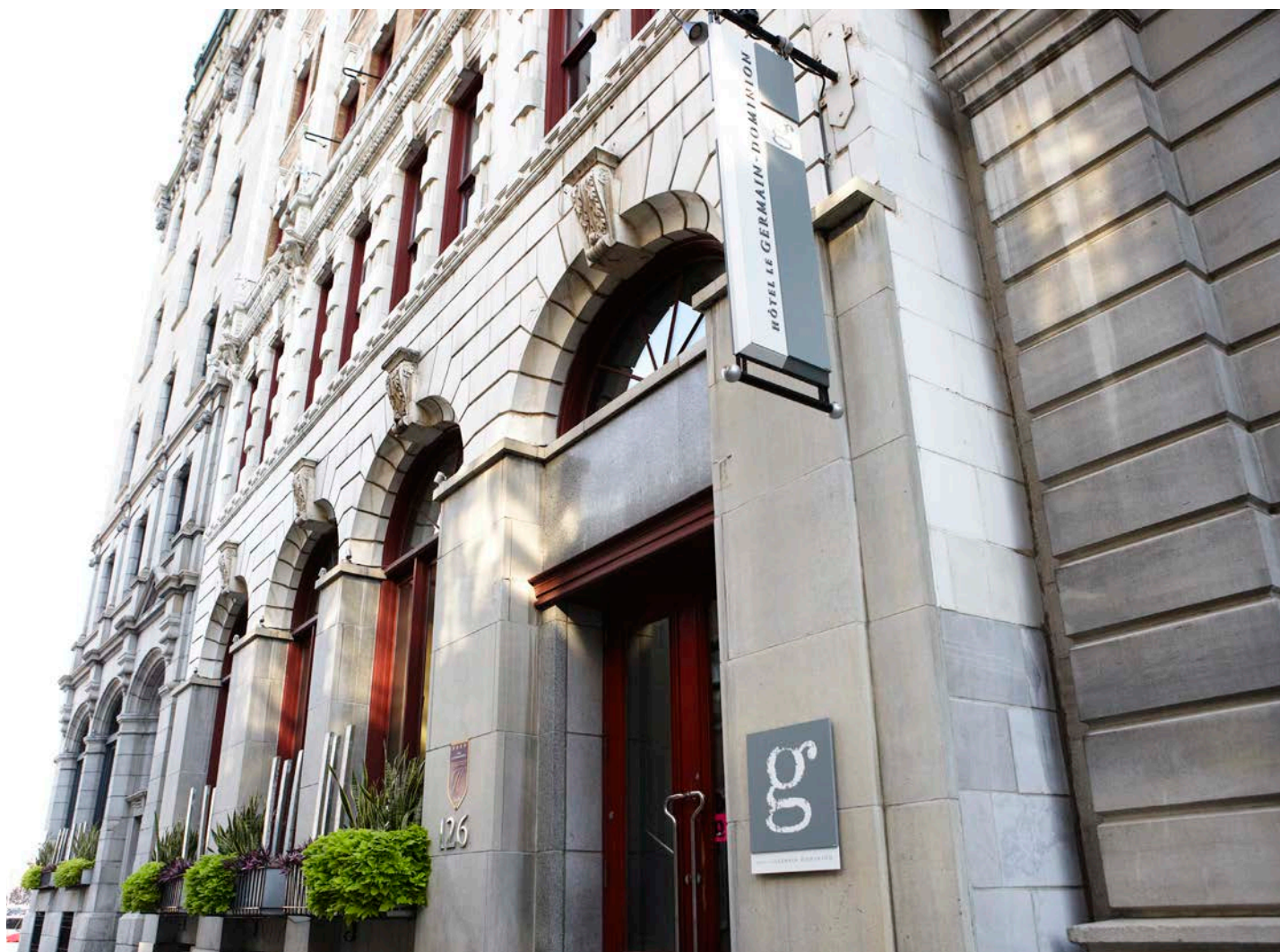
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TRIPS & SIPS

Town & Country

OUR EAST COAST CANADIAN GETAWAY TO QUEBEC CITY AND THE CHARLEVOIX REGION YIELDED FOOD, FUN AND FIERCE FALL FOLIAGE
BY NOA NICHOL



Q

Quebec City, steeped in history, constituted the first leg of our journey, offering first-class food and shopping with, bien sûr, a fabulous French twist.

STAY

Situated at the foot of Old Quebec (the only fortified city north of Mexico and a UNESCO World Heritage treasure) in a century-old building, **Le Germain Hotel** is as warm and welcoming as the locals (you can't so much as look lost without someone stopping to help). From complimentary coffee (and hot chocolate) in the lobby to some of the cosiest beds in the biz (snag the same linens at **Simons** on Côte de la Fabrique), this is the perfect jumping-off point for exploring the town. **126 Rue Saint-Pierre, 418-692-2224. Legermainhotels.com**

SAVOUR

Save room for dinner, as some of Canada's top chefs call Quebec City home. Don't believe us? *EnRoute* just named **Battuto** its best new restaurant of 2017, while **Chez Muffy** (really, that's its name) took top spot in the best fine dining in Canada category in TripAdvisor's most recent Traveller's Choice Awards. (But, let's be honest, a plain butter croissant in just about any café in this town is news-worthy).

SEE

History really is the thing here, and the best way to take it all in may be with a tour (trust us). Your guide will remind you of all those early Canadian factoids learned in social studies class (the first explorers, the Plains of Abraham—ring a bell?) Later, on your own, check out attractions like the Musée de la Civilisation, the Musée National des Beaux-arts du Québec and, of course, Place Royale, where Leo DiCaprio shot the final scene in *Catch Me If You Can* (priorities).

SHOP

Many, many, many boutiques make this a retail Mecca—too many, in fact, to mention. A few of note: a tiny savonnerie (soap-maker) on Saint-Paul, **Candeur**, where an equally tiny Yorkie welcomes you and the wares smell good enough to eat; **Boutique Métiers d'Art du Québec**, with works for sale by more than 200 artisans; and **Mary's Popcorn**, for better-than-the-movies snacks (the pure maple syrup pecan corn is a must).



STAY

Avoid second-guessing your choice of accommodation by booking into **Le Germain Hotel and Spa Charlevoix**. Rustic rooms you can really sink into surrounded by rolling farmland (the hotel keeps several animals) and offering a submersively soothing on-site nordic spa boasting hot and cold pools, plunges, steam rooms, saunas—even an aromatic snow shower. Do not—we repeat, do not—leave without doing dinner at **Les Labours** (or, at the very least, ordering the maple-soaked pudding chômeur for dessert), snapping a selfie with resident Highland bull Jean-Rock and buying a bottle of signature Lotion G, with grapefruit and Labrador green tea, to take home (\$39). **50 Rue de la Ferme, Baie-Saint-Paul. 418-240-4100. Legermainhotels.com**

SAVOUR

Here, the word local (when it comes to food) is not taken lightly. At **Boulangerie à Chacun son Pain** the spelt for the baked-fresh-daily bread is grown on the farm next door; at **Laiterie Charlevoix**, the made-on-site (award-winning, ahem) cheese is helping to save a Canadian cow species from extinction; and at **Diapason** restaurant, the slice of chocolate pie you really ought to order after your meal can be bought, whole, from the baker down the street.

SHOP

The street to beat in the retail respect is Saint Jean Baptiste in Ville de Baie-Saint-Paul. Get schooled on the story of chocolate at **La Chocolaterie du Village** (a museum and gift shop in one), score some donkey's goat milk soap at **Shamane Cosmétiques** and sip on apple cider (before you buy) at **Cidrerie et Vergers Pedneault**. And, before your trip is up, be sure to pay a visit to **Alpagas Charlevoix**, whose adorable, long-necked, fluffy-tailed residents contribute the softest fleece for clothing, blankets and even Christmas ornaments, all available at the on-farm shop.

Charlevoix, an hour-and-a-half drive from Old Quebec (just past Montmorency Falls), is a breathtakingly beautiful region where luxurious accommodations and next-level dining are the cherry on top.

SEE

The "colours" of the autumn leaves really are Quebec's crowning glory, and there's no better way to see them than from the top of Charlevoix Crater in Parc National des Grand-Jardins. It may be a four-kay hike to the top, but the reds, oranges and yellows you'll be rewarded with are worth it! **21 Route 381, Saint-Urbain, 1-800-665-6527. Sepaq.com**



TRIPS & SIPS

Mine Your Wine

DISCOVER SOME UNCOMMON ELEMENTS IN YOUR NEXT PERFECT SIP
BY LAURA STARR



Iron & Wine is not just a band. Though flavour narratives by oenophiles can be kooky and capricious, with descriptors like “lead” and “flint” spoiling the thirst on your tongue, metallic or mineral characteristics in wine are often valued—and, with the right bottle, you might actually find yourself drawn to that hint of pencil shavings in your Cabernet. So have your periodic table handy, and keep an eye out for these platinum-grade flavours that make the world of wine so astonishingly delicious.

LEAD | GRAPHITE | PENCIL SHAVINGS

Pencil lead and graphite are common aromas in high-quality Cabernet-based wines—in particular from the Bordeaux region of France. In fact, when balanced by spicy fruit and oak, each is considered a highly desirable characteristic. Best of all, the 2014 vintages are now available in B.C. and, if you want to splurge on a cellar-able treasure, **Château Pontet-Canet**, hailing from Pauillac, Bordeaux, is the one to snag. Pontet-canet.com



GUN METAL | FLINT | SLATE

Chardonnay from Chablis and Sauvignon Blanc from Sancerre are known for their austere and mineral backbones and zingy metallic characteristic of flint (think of a cap gun) or hot, wet slate (qualities we can trace back to the Kimmeridgian soils these French regions share). Taste the two wines side-by-side to find the flavour that links them! **William Fevre** and **Pascal Cotat** both produce some stellar specimens. Williamfevre.fr



BLOOD | IRON

If describing your wine as “bloody” is too visceral, feel free to substitute in the more delicate “sanguine” while also winning over your wine friends. Iron and blood are aromas you will frequently encounter in many delicious red wines that use grapes such as Tempranillo, Sangiovese, Syrah and Pinot Noir. For a fast and yummy 101 on sanguine reds, hunt down **Elena Walch Lagrein** from Alto Adige, Italy. Elenawalch.com

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