



*CASHMERE
CONQUEST:*

*Shannon
Wilson
Talks*

*GIRLS'
GETAWAY:*

*Naughty Cocktails
in Portland*

*MOTHER'S
DAY:*

*5 Fabulous
To-Dos*

*PETAL
POWER:*

*10 Ways to
Rock Floral*

THE SARAH FILE

MINE & YOURS
1025 Howe St., 604-620-8885.
MineandYours.com



WAVE THE FLAG

Talk about full circle: on April 15, my last day at *VITA* and *VitaminDaily*, *Aritzia* opened the doors to its 13,000 square foot flagship on Robson Street with a huge party. I got my start in the fashion industry working at that very same (albeit smaller) store in the late '80s, when a young Johnny Depp used to drop by to chat. I went on to become a buyer for *Aritzia*, and that's when I first fell in love with Paris, where we would go on buying trips, rent diplomatic apartments and eat *Îles flottant* at *La Coupole*. I can't say enough about what a great local company it was to work for and I'm thrilled they've grown to 70-plus stores. Now when will they open in Paris?
1003 Robson St., 855-274-8942.
Aritzia.com

RUN FOR IT

I plan to get back into running on the seawall this spring, and what better way than in the new line of lightweight waterproof shells from *Canada Goose*. The *Brunswick Anorak* shell comes in black and a fluoro-camouflage print, and the sleeves and hood are attached magnetically so you can pull them off when the sun comes out.
\$545 at Holt Renfrew and Canadagoose.com



In

anticipation of the opening of their Howe Street flagship boutique, I invited the team from *Mine & Yours* (MineandYours.com) to my house for one of their famous closet buys. Founder Jigme Nehring and I spent the morning going through my stack of Hermès scarves, deciding which I can part with, and which will be passed down to my daughters. It was a fitting exercise, as I am preparing to take my family on a sabbatical year in Paris, and my clothing collection needed to be seriously downsized. It was a bit of a trip down fashion memory lane: the nude silk Chloé dress I wore to the 25th anniversary party of *FASHION* magazine made the mix, as did countless items from editor photo shoots and personal appearances over the last 15 years. My Chanel chain belt was almost in contention, only to be withdrawn later—it's such a '90s classic. Prada patent pumps, Céline wedges ... all to find new homes. And since my new abode will be in France (at least temporarily) I'm thrilled to introduce *VITA*'s new editor, **Kelsey Klassen**, who will take over next issue, as well as our new food columnists, **The Food Gays** (see their recipe on page 7). I'm sure you'll love Kelsey's sense of style and unique voice as much as I do. It's been a true thrill to be the founding editor of both *VITA* and its digital sister publication *VitaminDaily*, and I thank you for being such engaged and vital readers over the past 12 years. Follow along on my newest adventures @thesarahfile.

Sarah Bancroft Editor-in-Chief

What would you like to see featured in *VITA*?

Contact me: info@vitamindaily.com
Twitter @[Vanvitamindaily](https://twitter.com/Vanvitamindaily)
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editor's letter

VITA

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KELSEY'S PICKS



FASHION

I'm loving my vegan leather backpack by Montreal brand **Matt & Nat** for those on-the-go interview days. I picked up the **Lawrence** in mint for the perfect pop of colour for spring. **\$125 at Mattandnat.com**



TECH

I don't go anywhere without my portable phone battery charger. For something the size of a pack of gum, it's gotten me out of some sticky sans-cellular situations. **Mipow charger, \$70 at Mipow.com**

KELSEY KLASSEN

Incoming Editor-In-Chief



BEAUTY

I carry my **Saje Peppermint Halo** stick everywhere I go to zap unwanted headaches and muscle tension before they can start. I'm also a **NARS** lipstick loyalist, and have two or three of its most vibrant lip pencils (like Red Square or Bolero) in my purse at all times. **\$27 at Saje.ca, \$33 at Sephora.com**



LIT

Between my new gig at *VitaminDaily* (hello, everyone!) and a hair-pulling home renovation, I shamefully admit I haven't packed a book in my purse for a few weeks now. I'm dying to pick up Sarah Bakewell's *At The Existentialist Café*, however, which takes an "idiosyncratic" look at the intellectual movements and philosophers of the 20th century. **Hardcover, \$27 at Amazon.ca**

A JEWELLER'S
ART
THE BRINKHAUS COLLECTION /



That's Amore '11

TIME FOR FLORAL

You'll never be late for a very important date with Kate Spade New York's flirty Rose Print Metro Watch. \$235 at Kate Spade, Pacific Centre, 701 W. Georgia St., 604-699-9106. katespade.com



the new
FLORALS

LIKE CLOCKWORK (AND CROCUSES), FLOWER PATTERNS POP UP EVERY SPRING. HERE, 10 WAYS TO ROCK THE PERENNIAL PRINT.

BY KRISTIN TYSIRE

PLATINUM PETALS
Stemming from the '90s choker trend (pun intended) is Valentino's platinum-finish rhinestone-encrusted Flower Choker. \$1,145 at Valentino. valentino.com



BANGIN' BLOOMS
Celebrate flora in an unconventional way with this dream cocktail Frivole 8 Flowers Ring in yellow gold and diamonds from Van Cleef & Arpels. \$11,000 at Birks. 698 W., Hastings St., 604-669-3333. maisonbirks.com



SPLATTER IT ON
This season floral takes a new turn with an influx of abstracts' collections, like these satin Ava Printed Sandals from Monique Lhuillier. \$897 at Monique Lhuillier. moniquelhuillier.com



SILK FLOWERS
Wrap Mom in blooms this Mother's Day with this luxuriously soft Adita scarf from Ted Baker. \$182 at Ted Baker, Pacific Centre, 725 Granville St., 604-661-4544. tedbaker.com



GARDEN VARIETY
Metal studs offset the sweetness of Gucci's canvas floral-printed Studded Blooms Sneakers. \$1,080 at Gucci, Hotel Vancouver, 900 W. Georgia St., 604-488-0320. gucci.com/ca



FLOWERS IN HER HAIR
Get perfect beach waves with AG Hair's Texture line, infused with seaweed extracts and anti-aging seaberry oil, and wrapped in packaging featuring textured peonies. At Zennkai Salon, 782 Granville St., 604-687-2150. zennkai.com



A BUDDING ROMANCE
Heading to a garden party (or brunch)? Brit designer Emilia Wickstead has created the perfect attire with this Joanna Top and Eleanor Skirt. Top \$570, Skirt \$1,935 at Emilia Wickstead. emiliawickstead.com



BOTANICAL ART
Take a cue from Monet with Monique Lhuillier's Printed Silk Chiffon Gown with floral neckline embellishments. \$5,003 at Monique Lhuillier. moniquelhuillier.com



FLORAL FLIRT
Leave it to Diane von Fürstenberg to represent her latest spring collection with this vibrant prairie floral print DVF Nieves Silk and Chiffon Combo Wrap Dress. \$598 at Diane von Fürstenberg. dvf.com

Hot Shops

MEET VANCOUVER'S NEWEST RETAILERS

SAJE AT HOME

Aroma aficionados, rejoice: Robson Street is now home to **Saje at Home**, and it has everything you need to refresh your abode and entice your senses. Unique for its 100 per cent natural plant-based essential oils, the space is an extension of the **Saje Natural Wellness** storefront on Robson, first opened in 1992. Here you'll find diffusers, room sprays and candles, all free of common toxins, and rich in physical and emotional healing benefits. Taking in the beauty of the green living wall while enjoying the nebulizer bar (which refreshes the air through evaporated diffuser blends), is the perfect way to recharge mid-shopping spree.

1091 Granville St., 604-558-1900.
Saje.ca

ANYA ANDRONOV



JAEGER-LECOULTRE

Luxury Swiss watch and clock maker **Jaeger-LeCoultre** has brought its timeless European class and flair to Vancouver with the opening of its first Canadian boutique on Alberni Street. Founded in 1833, the manufacturer's huge growth in popularity in North America over the last few years has culminated in an expansive and unique flagship, beautifully designed to reflect the label's discreet luxury, refined creativity and inventive spirit. With Jae-

ger-LeCoultre CEO Daniel Riedo and Canadian Actress Sarah Gadon present at the opening, the brand's dedication to their new Vancouver location is apparent. Along with the opening, this year also marks the 85th anniversary of the iconic **Reverso** timepiece including a brand new feminine line, the **Reverso One**. Welcome to Canada's new meeting place for lovers of fine watchmaking. **1012 Alberni St., 604-266-8333. Jaeger-lecoultre.com**

ALEEZA KHAN



ROGER & GALLET

Timed perfectly to Vancouver's explosion of spring blossoms, French perfumer **Roger & Gallet** has opened its first Vancouver store in the Hudson's Bay with a white and floral space made for luxuriating in beautiful scents. Established in 1862, the perfumer-apothecary's scents were initially inspired by those of Jean-Marie Farina, the official supplier to Napoleon I. With fragrances composed of natural essential oils (**Fleur de Figuier** contains essences of sun-ripened fig heart), perfumed soaps (not overpowering, we promise) and body creams, there's something for everyone—and their mom, too.

674 Granville St., 604-681-6211.
Thebay.com

KRYSTIN TYSIRE



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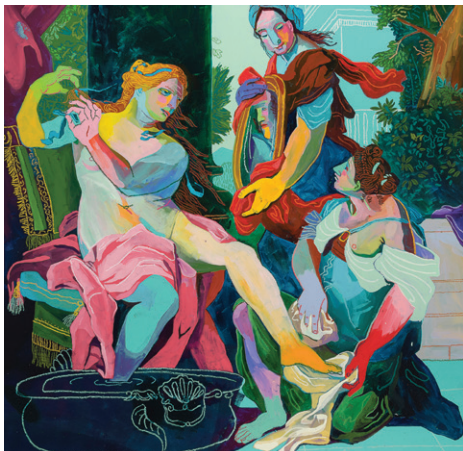
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CULTURE

Girl Time

FIVE MOM DATES THAT WILL HAVE HER (ALMOST) FORGETTING BRUNCH EVER EXISTED



ONE

SEE

Star Vancouver painter **Andy Dixon** returns from a stint in New York with a solo show at Winsor Gallery entitled *Expensive Things* (now until May 24th). Nothing says spring like lavish pink and blue paintings of the bourgeois lifestyle. **258 E. 1st Ave., 604-681-4870. Winsorgallery.com**

KELSEY KLASSEN



THREE

CRAFT

Forget scouring Instagram and Etsy for the perfect wall hanging. Learn to make your own with local loom rockstar **Lucy Poskitt**! Bonus: getting to spend a few hours in Chinatown's gorgeous Studio 126 space.

126 E. Pender St., 778-839-0975. Lucyposkitt.com

KELSEY KLASSEN

TWO

COOK

"When cutting fish, allow the knife to do the work," and "Garlic presses are your friend" are just some of the nuggets you and mom will learn at **Dirty Apron's** new **Friday Night Bites** series. In our two-hour "hands-off" demo class we watched chef **David Robertson** prepare three courses, including handmade ravioli, tasting each and washing them down with perfectly paired wine.

540 Beatty St., 604-879-8588. Dirtyapron.com

LISE BOULLARD



FOUR

HIKE

From the new **Sea to Sky Summit** trail with its state-of-the-art gondola, stunning views of Howe Sound and Garibaldi, to the two-hour **Dog Mountain** trek at Mount Seymour, to the breathtaking hike passed the three **Joffre Lakes** near Pemberton (pictured here), walking in the woods is a great way to bond with Mom. **Vancouvertrails.com**

DEMI DY CHUA



FIVE

WATCH

We recently attended **Ballet BC's** *program 2* and were blown away by choreographer **Medhi Walerski's** two-part show. We're sure Mom will be equally appreciative of works from Ballet BC's artistic director **Emily Molnar** and others at *program 3* on May 12, 13 and 14. Quick tip: visit **Simons** to score a discount code for 50 per cent off balcony seats. **Balletbc.com**

ALEEZA KHAN



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Portland Craft

AT ONCE SOPHISTICATED AND DOWN TO EARTH, PORTLAND MAKES FOR THE PERFECT MOM-AND-DAUGHTER WEEKEND.

BY LISE BOULLARD



STAY

From the oversized mural welcoming us in the lobby to the nude sketches in the Carrara marble bathrooms, the **Hotel Modera** embodies Portland's arts scene (even the city's hanging baskets are edgy, my mom pointed out). It's in walking distance from the Pearl District and the downtown core, but look no further than its buzzy restaurant, **Nel Centro**, for your nightcap. Gathered around one of the three sleek firepits on the terrace (with a glass of something bubbly) was the place to be the night mom and I arrived. **515 SW Clay St., Portland. 877-484-1084. Hotelmodera.com**



SAVOUR

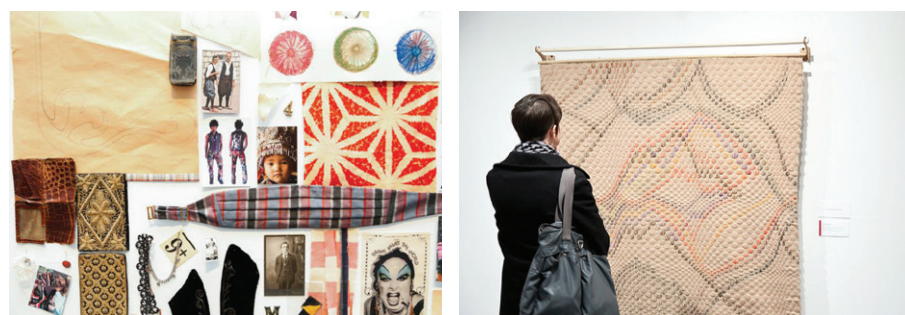
There are only two places you'll find a Portlander at noon on a Sunday: eating brunch or waiting in line for it. Do like the locals and head to **Tasty n Alder** for comfort food with Asian and Latin influences (think crunchy Korean fried chicken tossed with short-grain rice, house kimchee and eggs, and a chocolate malt milkshake and dipping fries for dessert). On weekends there's usually a wait so Ma and I passed the time at **Blue Star Donuts** and **Heart Coffee**. Dinner calls for lighter Thai-Vietnamese fare: fried tilapia with chilies, lime and coriander at **Pok Pok's** in the Hawthorne District does it. **580 SW 12th Ave. Portland. 503-621-9251. Tastyinalder.com**

SHOP

In a city that loves the little guy, Portland is boutique heaven. For home décor, local handicrafts and the coolest air plants my mother and I had ever seen, head to **Boys Fort** and **The Real Mother Goose**. On a Saturday afternoon it's worth stopping in to **Knit Purl** to watch the city's craft-obsessed fawn over the kaleidoscope of colourful yarns. From March to December take a stroll through the **Portland Saturday Market** where hundreds of local artisans show off their wares. Be sure to fuel your shopping spree like we did with a cup of locally brewed Kombucha from one of the many food trucks (the trip isn't complete without it!). **2 SW Naito Parkway, Portland. 503-222-6072. Portlandsaturdaymarket.com**

SIP

For the lay of the brewery land (and guaranteed fun times) book your spot on a **BrewCycle**. On our two-hour Northwest Circuit tour (yes, my 63-year-old mother was game), we pedalled our way to **Lucky Lab**, **McMenamins** and **Bridgeport** while belting out 90's tunes with fellow riders in an impromptu karaoke sesh. Beer not your thing? Head to **The Heathman Hotel** for a very sexy "Fifty Shades of Grey" cocktail (the book series is set here) accessorized with, what else? Tiny handcuffs. (Did I mention I have a cool mom?) **1425 NW Flanders St., Portland. 971-400-5950. Brewgroupdx.com**



DO

Haute galleries abound in this Northwestern cultural hub (which, by the way, k.d. Lang once called home). My mother is an artist so she loved taking in local and international works at the beautifully curated **Gallery 905**, **Augen and Froelick** and the **Museum of Contemporary Craft**, all on Davis Street. By night we headed to the **Kennedy School Theatre** to catch a newly-released flick from the comfort of a living-room couch while noshing on pizza and beer, then joined the tortoiseshell-bespectacled crowd to discuss it over drinks at the theatre's bar. Classic Portland. **5736 N.E. 33rd Ave., Portland. 503-249-3983. Mcmenamins.com**

And when you start to miss PDX upon your return home? Do like Mom and I and watch a few episodes of "Portlandia".

DINING & NIGHTLIFE

The Food Gays

VANCOUVER'S MOST SOUGHT-AFTER FOODIE INFLUENCERS, THE FOOD GAYS, ARE OUR NEW RECIPE COLUMNISTS. HERE, THEIR FIRST MOUTHWATERING INSTALLMENT.

We'll let you in on a little secret of ours: we've become quite fond of lentils lately. Besides their obvious ability to add substance to a meal (for mere cents), they're like little flavour vessels that soak up whatever you cook them with. This colourful Moroccan-spiced salad includes warm aromatic flavours (think black mustard seeds, cumin and feta). The end result is a robust, hearty and downright satisfying salad we're certain you'll love.

THE FOOD GAYS



moroccan-spiced yellow lentil & radish salad

Serves: two Time: 30 minutes

INGREDIENTS

1/2 cup dried yellow lentils
1 1/2 cups water
1/8 tsp sea salt
1/2 cup radish, thinly sliced
1/2 cup red onion, thinly sliced
3/4 cup small tomatoes, roughly chopped
1/3 cup fresh cilantro leaves
1/3 cup fresh mint leaves
1.5 oz. lentil microgreens (optional)
1/8 tsp paprika
1/8 tsp coriander
1/8 tsp black mustard seeds
1/8 tsp turmeric
1/8 tsp chili flakes
1/8 tsp cumin seeds
1/8 tsp sea salt
1/8 tsp black pepper
1 tsp sugar
1 tbsp fresh ginger, minced
1 lemon, juice and zest
1/3 cup feta cheese

METHOD

In a small pot, add lentils and water and heat on high until boiling. Lower heat to minimum, add salt, then let simmer with the lid ajar for about 20 to 25 minutes, until the lentils are tender and have absorbed the water. Meanwhile, make the dressing. In a pestle and mortar, combine paprika, coriander, black mustard seeds, turmeric, chili flakes, cumin seeds, sea salt and black pepper. Add sugar, fresh ginger, lemon zest and juice, and grind until smooth. (You can use a small food processor for this step, if you prefer). Chill dressing in the refrigerator until needed. Once the lentils are cooked, place them in a strainer and rinse them under cold water. Shake dry, and combine with vegetables and microgreens, tossing everything together with the dressing and crumbled feta cheese. Serve immediately, or chill for a couple of hours and enjoy.

Tip: If lentil microgreens are not available to you, try using a bitter green like arugula or dandelion instead.



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Cashmere Queen

S

Shannon Wilson may have been the woman beside the man when it came to Lululemon, but **Kit and Ace** is all her and stepson, JJ. And with 65 locations in five countries in just two years, it's hugely successful at that. Here, the company's creative director talks personal style, family time (it involves donkeys in Morocco) and her secrets to juggling it all while running an empire.

SARAH BANCROFT



Kit and Ace has exploded since it launched in 2014. Do you think people identify the label as a Canadian or Vancouver brand, or is it more global now? When I've been in the U.S. or in the U.K. I've heard people describing us as, "A Canadian brand from Vancouver." I think what's so great about that is I grew up all across Canada, and when I came to Vancouver I felt like I was so lucky to have landed here and I was like, "That's it." Between the mountains and the ocean and the lifestyle, I think Vancouver itself is a really strong brand that fits inside of Canada, and I think both are something people internationally like to speak about and share.

What are you excited about for the spring/summer 2016 collection? Starting this spring, we're introducing technical silk, largely at the request of our Australia, Hawaii and Southern California shops looking for product that would function better in hot weather. We just got back from Australia where it was 39 degrees, and the fabric's been doing really well there: it's light, airy, it breathes and has a little Lycra, but you can also put it in the washer/dryer.

You've also added jewellery to Kit and Ace. How did that come about? We always say we're building product or clothing for people living full-contact lives, and we thought, "Well, what would this look like in jewellery?" We really wanted the line to be an extension of the fabric or combinations that we were using in our clothing, so one of our necklaces actually has woven cashmere with a little rose gold logo at the bottom.

Your headquarters in Vancouver now employs almost 400 people, yet you seem to know everybody's name. How do you do that? I don't think I know everybody's name, but I endeavour to know everybody's name. We hold these group office lunches once a month and it's a chance for Design to meet IT and E-Comm to meet Store Build-Out, and for teams that wouldn't normally cross to learn a bit more about each other. It's a thing that we learned from our manufacturers and suppliers in Asia who always stop and have lunch together and I was just like, "Wow, let's do this in Vancouver!"

How would you describe your personal style? I would say effortless-classic. Effortless being, you know, I move around a lot in a day, so what I have on can't be fussy or difficult. And the classic part is I like pretty simple things that are going to last a while; great quality, great hand-feel, comfortable...



You have three young sons and are a stepmother to two older sons ... how have you managed to balance motherhood and your demanding work schedule? I don't think there is a balance—I think it's a juggle. Sometimes all the balls are up in the air and it's going really smooth, and sometimes all the balls drop. But you know, what really helps is that Chip and I are both committed to the kids being the priority, so all of our decisions kind of work back from that. And I have a mom and dad who live in the city who are the best grandparents in the world. Every time the balls fall, they're there to help me pick them up, too.

What do you like to do in your downtime? (Not that it seems you have any!) You know what, I don't have downtime and I don't say that because my life is out of control or there's something extreme about it, but I actually really love what I do so I don't feel like I need rest or time away. But I would say that the categories that must be involved in my day are: I have to have a workout or two; I need to drop my kids off at school, pick them up and eat dinner with them that night; and I need to get to work and get the meetings and emails done. I find that as long as those things occur regularly and at a cadence that works for everybody, then I don't need downtime.



"I actually really love what I do so I don't feel like I need rest or time away."



Well, what if work is your life and life is your work, and you don't differentiate between them? Especially because I work with my family, too. I work with Chip, I work with [my son], JJ. And, you know, our conversations are so fluid from checking in at breakfast with who has a science project and, "Did you get your math done?" to "You've got that design meeting today, how'd that go?" and "Oh, we're out of milk," to, "Did you see the numbers yesterday?" That's just what the conversation looks like around my house so I go, "That seems like balance to me!"

Both you and your husband are known for your philanthropy, here in Vancouver and internationally. Tell me about what you've been working on lately. We've got imagine1day, which provides education for children in Ethiopia in these incredibly remote, rural communities where most kids don't attend school because it's either too far, they don't have clean drinking water, or there may be a school but there's not a latrine. (Girls aren't allowed to attend school unless there's a washroom for boys and girls.) So we've built 35 schools on our own from the ground up, and we have supported 325 additional schools. It's finally starting to get legs and is really working.

And then we've got our RBC Run for the Kids (Formerly ChildRun) race that we do for British Columbia Children's Hospital, which of course with five boys is a cause very close to our hearts as we have spent a lot of time there [laughs.] Gosh, last year in six weeks Duke had his appendix out and a broken arm and they were like, "You again? What are you in for this time?"

Tell me about a memorable family trip that you've taken. We went hiking for four days through Morocco, and it was through the mountains with donkeys. It was six to eight hours a day of walking, and we would just talk and tell stories. It was so great.

Shop Kit and Ace's spring/summer 2016 collection at 151 Water Street or online at Kitandace.com. Learn more about the Wilson's charities at imagine1day.usa.org and bechf.ca



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