

VITA

DESIGN

YOUR LIFESTYLE SUPPLEMENT FROM VITADAILY.CA • OCTOBER 2020



inside the

OCTOBER

ISSUE

SPIRIT & STYLE
Our Top Picks *by*
Indigenous Makers

FASHION FOR ALL
Clothing Today Should
Embrace *Every* Woman

ANR FOREVER
Estée Lauder Reinvents
its Classic Serum

CULTURE FLUB
Cultural Appropriation
isn't Always Clear Cut

AFRO PICKS
A Look *at* Ethnic
Hair-Styling Solutions

INDIGENOUS TRAVEL
Journeys *that are* Rooted,
Grounded *and* Local



NORDSTROM
rack

Willowbrook
Shopping Centre

head
over
deals.

savings you'll fall for

Shop safely and
save up to 50%.

@nordstromrackcanada



EDITOR'S DESK



PHOTO: HAYLEY HUDSON

I'll begin this month's letter by acknowledging that *VITA* is created on the unceded Coast Salish territory of the Musqueam, Squamish and Tsleil-Waututh peoples, and that this particular issue is dedicated to celebrating all things Indigenous. However, as one of our featured influencers, Shayla Stonechild, wisely says, "We are so much more than just a land acknowledgement." Rather, she encourages each of us to "be an ally ... by making relations toward Indigenous people. Follow them on social media, shout out their work, buy their art, share their work, hire us."

That said, I invite you to read and learn more in the fashion, travel and wine stories that follow. Additionally, for October, we're looking at other issues around diversity and inclusion, from cultural appropriation to clothing sizes to hair styling. Plus, as usual, we explore the city's newest retailers and restaurants ready to serve you. Enjoy!

Noa Nichol
EDITOR-IN-CHIEF

-  @VITADAILY.CA
-  @VITADAILY.CA
-  @VITADAILYVAN
-  NOA@VITAMINDAILY.COM
-  VITADAILY.CA

Team Picks



"Founded by Caylen Baker and made in Port Moody, **Canvas Candle Company** is my latest flame. The brand's high-quality, design-focused, soy wax candles include a new-for-fall Cozy at Home collection, which carries my current fave Slow Sunday candle (\$28), featuring notes of espresso, cardamom and—mmm—Mayan chocolate, among other best-selling editions." Canvascandleco.com

"Beauty brand **Versed**'s Shortcut overnight facial peel (\$27 at **Shoppers Drug Mart**) is one product I've been loving for fall. Blended with exfoliating and brightening lactic acid and glycolic acid, plus vitamin A to improve tone and texture, this lightweight cream formula soaks into skin without leaving a residue, so it's perfect for wearing to bed—even when it starts getting dark early." Beauty.shoppersdrugmart.ca



"A self-proclaimed accent-pillow addict, I can confidently share the best-kept secret in the industry with you: **Uusi Studio** (on **Etsy**). These handmade Canadian cushion covers are divine in every way. With a variety of vintage and new-textile options, Uusi's got exactly what you need to craft your perfect pillow-scape. Plus, each cover boasts the brand's signature (gorgeous!) brass zipper. The old saying is true: design is in the details!" Etsy.ca



"Local ethical lifestyle company **Obakki** recently launched a stunning debut collection of jewelry created by its artisan partners in Kenya. The classic signet ring (\$85) is my pick this month; not only beautiful, it is made wholly of upcycled brass obtained from discarded taps, padlocks and old coins that would have otherwise ended up in the junkyard. Gorgeous, on so many levels." Obakki.com



VITA

PUBLISHED BY **VITA DAILY MEDIA INC.** EDITOR-IN-CHIEF **NOA NICHOL** CREATIVE DIRECTOR **MADISON HOPE** SOCIAL MEDIA MANAGER **VICKI DUONG** VITA EVENTS **LYNDI BARRETT** PROOFREADER **KATIE NANTON** CONTRIBUTORS **BIANCA BUJAN JEANINE GORDON** **ALEESHA HARRIS AILEEN LALOR ISABEL ONG LAURA STARR** COVER **ALICIA'S DESIGNS** CANADA POST PUBLICATIONS MAIL AGREEMENT #42849020



Outdoor shopping is always in style. See you soon, #onRobson.

@robsonstreet

robsonstreet.ca



Shayla Stonechild
@SHAYLAOH

INFLUENCER PICK

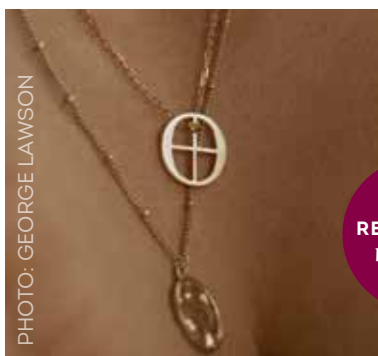


PHOTO: GEORGE LAWSON

READ MORE!
Vitadaily.ca

This month I'm launching two necklaces (including this one based on a medicine-wheel design, in gold, sterling silver and gold-plated versions) with all proceeds benefiting the **Matriarch Movement**—a platform dedicated to amplifying Indigenous women's voices and how they reclaim their power. (Oh, and another personal product pick is the pair of **Indi City** earrings I'm rocking in my photo; they're made 100 per cent by Indigenous hands and you can shop a range of current styles at indicity.ca.)
Matriarchmovement.ca

SHAYLA'S PHOTO: @INDICITYPRODUCTIONS

Spirit & Style

THESE INDIGENOUS MAKERS ARE CREATING, PRESERVING AND CELEBRATING THEIR CULTURE



Not only is **Cheekbone Beauty's** Birch lipgloss (\$19) enriched with vitamin E to hydrate while it adds colour and shine to any look (not to mention, lasts for hours), it is part of the brand's Warrior Women liquid lipstick collection that's inspired by Indigenous women doing amazing work in their communities and around the globe and designed to help Indigenous youth see themselves in and be empowered by a beauty brand.
Cheekbonebeauty.ca

Inspired by age-old Indigenous art and created by Wendat artisans, these ethically made **Onquata** paddles (\$175 online at **Simons**) add a special touch to your décor. Just as the rising sun heralds a new day, this piece evokes the unwavering strength, vitality and energy of nature. Simons.ca

Inspired by northern landscapes, these **After the Fire** earrings (\$395) by Gwich'in, Metis and Scandinavian artist **Naomi Bourque** are made of sliced, carved, pierced, sanded and polished caribou antler, home-tanned moose hide and hand-stitched beads. The final northern touch: tiny caribou-hair tufting, dyed to speak to the vibrancy of fireweed. Naomibourque.com



Luxury fashion designer **Warren Steven Scott**, a member of the Nlaka'pamux Nation, whose territory is located in the interior of present-day B.C., makes the kind of earrings that are more than a statement—like this red and pink Salish chandelier pair (\$70) in acrylic and sterling silver. Warrenstevenscott.com



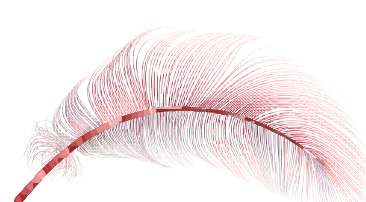
Alicia's Designs



Alicia S. is a First Nations artist from Nuu-chah-nulth Nation (*West Coast of Vancouver Island*) who creates formline art on wearable pieces like shoes, purses, jewelry and high fashion. She has been a full-time artist since 2012 and has made it as far as **New York Fashion Week** in 2019.

She sells her one-of-a-kind art pieces on her website.

ALICIASDESIGNS.CA | @ALICIAS_DESIGNS



Niio Perkins Designs specializes in traditional and contemporary Iroquois beadwork, clothing and accessories. This beaded flower shift dress (\$200 at **Simons**) is decorated with a delicate floral pattern of coloured microbeads. **1060 Park Royal S., West Vancouver, 604-925-1840. Simons.ca**

October's It Bag

BY ALEESHA HARRIS



Started in Saskatchewan by Cree entrepreneur Devon Fiddler, **SheNative** employs teachings from "Indigenous Nationhood" to uplift women, tackle stereotypes and support Indigenous makers. Offering a variety of items ranging from tops and sweaters to leather accessories, the company recently released a collection of handmade handbags called Gratitude. A design partnership between Helen Oro, founder of **Helen Oro Designs** and a member of the Pelican Lake First Nation band, and SheNative designer Tori-Lynn Wanotch, the five-piece range is designed to reflect "collective traditional roots" while employing "modern design techniques." Each handbag design is smudged in prayer before being packed for shipment to the purchaser. This simply chic fringe bucket bag (\$396) is made from elk-skin leather sourced from local hunters, according to the company's website. Featuring hand-cut fringe and an adjustable cross-body strap, the leather showcases natural scars and imperfections to render each bucket bag "as unique as the women who will wear it." Shenative.com

FASHION & SHOPPING



Twins Christopher and Gregory Mitchell create shirts, sweatshirts and scarves through their **Born in the North** label that give a modern nod to their Mi'kmaq heritage. These strawberry-patterned Kokum scarves (\$24 each) were designed to have the exact same printing technique and fabric as the classic floral scarves found at powwows. Borninthenorth.bigcartel.com



First Nations artist **Kelly Robinson**, whose roots and family originate in Bella Coola, B.C., with descendants from both the Nuxalk and Nuuchah-nulth Nations, has created stunning cotton face masks (\$18 via **Aya Optical**) that boast a traditional design and include a handy pocket for an optional filter insert. Claudiaalan.com



This colourful Two-Spirit soap (\$12) by Sisters Sage—a New Westminster operation, whose founders, sisters Lynn-Marie and Melissa-Rae Angus of Gitxaala, Nisga'a and Metis Nations heritage, create 100 per cent vegan and cruelty-free products—boasts a blend of oils to leave skin feeling clean, smooth, soft and scented with a fun coconut mango pineapple fragrance. Sisterssage.com



Lucy Hemphill

@WILDTHINGSRUNFAST

INFLUENCER PICK



READ MORE!
Vitadaily.ca

I really love everything by **Skwálwen Botanicals**—a skin-care company owned by Leigh Joseph, a lovely and brilliant Squamish ethnobotanist who incorporates ancestral knowledge into her work in a respectful way. I'm deeply aware of my relationship to anything I put in/on my body, so it makes me happy to use products I know came from a good place and were harvested in a good way. Try my favourites from the brand: the Kalkáy wild rose toner (\$26) and the Kw'énikwáy wild poplar whipped body butter (\$34). Skwalwen.com

PHOTO: KIMBERLEY KUFAAS PHOTOGRAPHY



From **Totem Design House**—a fashion, jewelry and décor brand that's the brainchild of siblings Erin and Jesse Brillon of Haida and Cree Nation ancestry—this handmade wool and shell button cape (\$345) is a versatile and luxurious piece that you'll have in your closet forever. Totemdesignhouse.ca



This Indigenous-owned company has been crafting Canada's original winter boots for more than 20 years, with 20 per cent of its products still produced in Winnipeg. We're loving **Manitobah Mukluks'** Okuma Gatherer boots (\$350) for the coming cold weather; limited edition (there are only 150 pairs available!), they were created in collaboration with Luiseño and Shoshone-Bannock fashion designer Jamie Okuma. Manitobah.ca



East India Carpets
DISTINCTIVE DESIGNS SINCE 1948

1606 West 2nd at Fir Armoury District Vancouver
Mon-Sat 10-5:30 Sun 12-5:00 604 736 5681 eastindiacarpets.com
CARPET CLEANING AND RESTORATION SERVICES AVAILABLE

PHOTOGRAPHY: BARRY CALHOUN PHOTOGRAPHY ACCESSORIES: PROVIDE HOME

ANN SACKS

kravet

provide

PRADO
CAFE

Culture Flub

WHAT IS CULTURAL APPROPRIATION, WHY IS IT OFFENSIVE,
AND WHAT SHOULD WE DO IF WE ENCOUNTER IT?
BY AILEEN LALOR

T

The term “cultural appropriation” may be new to many Canadians, but the act of it isn’t. When the Kardashians styled their hair in cornrows, Gwen Stefani sported a bindi or you bought that cute dreamcatcher from a Gastown store, that was cultural appropriation. “It’s the misuse of another culture’s sacred practices, cultures, objects, clothing and hairstyles, usually by a dominant group, without acknowledgement of their roots,” explains writer and activist Cicely Belle Blain, founder of **Cicely Blain Consulting**. “These traditions are stripped of their origins, and the people who created them are not credited or profiting.”

Certain things are never acceptable, such as non-Black people adopting the protective hairstyles worn by Black people. “They come from the trauma, trouble and violence that Black people have experienced; they have a lot more meaning than just [a] hairstyle,” Blain says.

“Black people enter the workplace and these hairstyles are perceived as not professional because the professional look is rooted in white beauty standards. Conversely, non-Black folk are often celebrated and seen as edgy or exotic when they



have that hairstyle.” In fact, a law in Louisiana in the 18th century forced Black women to cover their hair as a means of controlling them. Even today, in some U.S. states, race-based hair discrimination is legal in workplaces and schools.

There are sacred pieces used in rituals that should never be worn outside that space. “Regalia that is worn in ceremonies is not up for public consumption; Indigenous people generally wouldn’t wear it outside those rituals and it wouldn’t be acceptable to take photos of people wearing it,” says Joleen Mitton, founder of **Vancouver Indigenous Fashion Week**.

Religious terminology, too, is sometimes borrowed and butchered. “I remember speaking to a woman who talked about kirtan; in fact, she pronounced it incorrectly,” says Amardeep Garcha, who co-founded wellness company **Arch** with her sister, Inderpreet. “The way she used that word was as if it was a vibe, but actually it’s a very religious thing in Sikhism. I don’t think her intention was bad, but you can’t turn kirtan into a dance party. Just call it something else.”

Cultural appropriation isn’t always clear-cut, though; for example, it’s often OK to wear traditional Indian dress to an Indian wedding. “I have friends who are not Indian who have asked to borrow things for weddings that they were participating in,” says Inderpreet. “The way I have that discussion is to make sure the person is approaching the situation appropriately, not to mock the culture. Someone wearing a sari or another type of ethnic outfit for a wedding may be OK, but not at Halloween or

La Jolie Madame LINGERIE

Personalized service since 1971.
Specializing in bra fittings | 30-44 A-I Cups

“ You get to help the community and you know there’s a spirit attached to something you’re buying ”



Coachella. It’s not a costume.”

Buying authentic products from a maker from a specific community is often fine. “People are looking at Indigenous culture and seeing something beautiful, appreciating it, coming to it in a good way and asking the right questions,” says Mitton. “To buy authentically Indigenous stuff, you have to do your research and be patient—just like the way you might look at food and want to know where it comes from. It’s about having a relationship with things you purchase, not just shopping frivolously. You get to help the community and you know there’s a spirit attached to something you’re buying.”

No one is suggesting that cultures should all stay separate or that people shouldn’t participate in activities. Fusion leads to new creativity, from California rolls to Japanese denim. Some pieces of culture that derive from a specific community have now been subsumed into the mainstream—think rap music, meditation or yoga. The key thing is to acknowledge an object or practice’s origins.

“I read somewhere that Gwyneth Paltrow said she made yoga what it is today,” says Amardeep. “That’s beyond a cringe moment! There

needs to be more context placed around it; people who participate need to have an appreciation and acknowledgement for the culture things come from.”

Should people call it out when they believe someone is appropriating from another culture? Yes, but it’s not about shaming people or being aggressive. “We need to have space for dialogue rather than, ‘This is right, this is wrong,’” says Blain. “You can ask someone, ‘Hey, is there a reason you’re wearing that, or what’s your connection to it?’ Then if they say they picked it up at a store, or they just like it, you can explain [why it’s problematic].”

What about white people who feel like it’s not their place to speak for a different culture? “There’s a common misconception that there’s no way for allies to respond in that scenario, but remember that if you don’t respond, that’s more labour that the person of colour has to do,” Blain says.

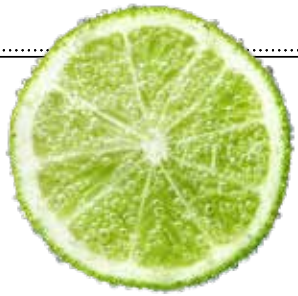
“For the most part, we would like allies to step in as they’re following the leadership of those communities. Unfortunately, the reality is that white folks are more likely to listen to other white folks, and that’s why allies are important.”

Shop our selection online:

LAJOLIEMADAMBOUTIQUE.COM

849 Hornby Street Vancouver, BC | PHONE: (604) 669-1831

PHOTO: DAVID MARKWEI



Bubbly Bevvies

GORGEOUS GLASSWARE MAKES FOR SOME SERIOUSLY STYLISH SIPPING
BY MADISON HOPE

W

When it comes to indulging in a little art-home luxury, think glassware. Most of us have a variety of drinking vessels, but adding something special to sip from can bring unexpected joy to your day.

The reality is that glassware has always played a big role in our lives. That might sound dramatic or overreaching, but when you really think about it, it's true. Some sort of vessel is essential to the first sip of coffee in the morning, the gulp we take after a workout, the clink during "cheers" to celebrate good news, an heirloom piece to be held dear and the cup of water that sleeps beside us on our nightstands. Though many have shed the habit of cherishing the simple items we frequently use at home, adopting, instead, a mentality of saving the good stuff for guests, we suggest ending that cycle now.

Interesting glassware adds a moment of luxury to the mundane—it's a small ceremony of self-care, if you will. And, why shouldn't we celebrate the small things whenever we have the chance to do so?

Before you dust off the inherited crystal in the back of your cabinet (though that's great if you've got it), there are also some amazing new glassware styles on the market that deserve your attention. Trust us, these are not from your Grandma's china cabinet! ♡



1. Talk about tabletop eye-candy: Hand-blown in the Pacific Northwest, **Asp & Hand's** Knotty tumbler (\$85) adds flair to even the most unique glassware collection. In a variety of colours and heights, these can make pretty much anything fun to drink (they're excellent vases, too!). Aspandhand.com

2. If you're looking to foray into fun glassware in a more budget-conscious way, you'll love these Fabulös glasses (\$6) from **Ikea**. Designed by Gunnel Sahlin (a prolific Swedish glass artist), this is a great place to get started building your own unique cup collection. Ikea.com

3. Made right here in Vancouver, every Crushed cup (from \$30) by **Goodbeast** is hand-formed (not mould-blown), and so each has its own personality. Use for your morning latte—the espresso-to-foam ratio looks gorgeous in this crushed silhouette. Goodbeast.ca

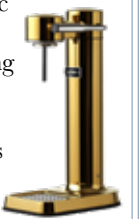


4

4. Sold in pairs, these tumblers (\$49 at the **Modern Shop**) are part of **Marimekko's** Sukat Makkaralla series, which means "socks rolled down" in Finnish, and bring an easygoing spin on a classic to the table. Themodernshop.com

Drip Tip

Having access to carbonated water at home is an absolute game-changer. When it comes to investing in a countertop carbonator, a **SodaStream** is a great place to start—but our aesthetic suggestion is to get an **Aarke**. Talk about upping your countertop cachet! It's sleek, chic, and will carbonate your beverages all the same. Cheers! Aarke.com



MADE IN ITALY



LIVINGSPLACE

1706 WEST 1ST AVE VANCOUVER 604 683 1116 LIVINGSPLACE.COM

WEST 4TH

SHOP - EAT - WORKOUT - REPEAT

On West 4th



Photo by Urban Outfitters - located at West 4th & Yew

Follow us at **@SHOPWEST4TH** for details on all things fashion, food and fun in the city! Also, look out for our upcoming fall events:

THURSDAY OCTOBER 15TH
TAKE OUT TO HELP OUT

Receive a gift card back when you order take out from a participating West 4th restaurant, cafe or bar. Full list coming soon!

SATURDAY OCTOBER 24TH
KITSPATCH at the KITSWINGS

Get ready for Halloween at our mini pumpkin patch! Collect your pumpkin and snap a pic in front of our instagram-approved Kits Wings mural.

@SHOPWEST4TH

SHOPWEST4TH.COM

Fashion for All

TODAY'S STYLE STATEMENT EMBRACES EVERY WOMAN
BY JEANINE GORDON

“Inclusivity and diversity have *always* been having a moment.
The MOMENT is now a movement”

T

There's a lot to talk about in fashion this fall, but it's not all coats, dresses and designer bags. After generations of designers who only cater to ultra-thin Caucasian models and the women who resemble them, the fashion industry is undergoing a sea change.

In the past, if you were one of the many women that came in a so-called “different” shape or shade, you were out of luck finding brands that represented women like you and clothing that truly fit your body. Now, as we see more diversity on the runways and real options for women of all sizes, 2020 is proving to give fashion a much-needed upheaval.

Plus-size influencer and model Brittnee Blair believes that the shift began with consumers' frustration. “We have always lived in a world full of diversity and people have always come in different shapes, sizes and shades,” she says. The lack of representation from fashion brands has created shoppers who are simply sick of being ignored. “People no longer want to see unattainable images, they want to see real humans from all walks of life, wearing clothes that they can picture themselves in. This is now what is creating the demand for more inclusivity and diversity.”

But inclusivity isn't just the latest fashion buzzword. It's no secret that diversity has been getting a lot of attention in the call for equality among races, genders and all people; we're talking about more than just a passing trend. As Indigenous influencer Shayla Stonechild puts it, “Inclusivity and diversity have always been having a moment. The moment is now a movement.”

“There are BIPOC and plus-size humans all over the world and they deserve to be represented in brands just as much as any other,” adds Blair. “This is the beauty of our world; we all look so different and we each bring so much unique beauty to the table. Brands have the opportunity to shape culture and shape society.” She urges fashion companies to systemically embrace diversity as part of their foundation, saying, “I'm very tired of seeing BIPOC and full-figured models used in campaigns as a trend.”

Catherine Addai, CEO and designer of bold, chic, Ghanaian-inspired brand **Kaela Kay**, too sees that the current fashion industry is ready for change, saying, “People are being held accountable in areas where there is a lack of inclusivity and diversity. I hope that it is not a ‘moment’ that we are having but that we will continue to be seen, heard



PHOTO: KAELA KAY



and included. It should be long lasting and ever existing.”

For Canadian-designer-turned-New-York-fashion-powerhouse **Tanya Taylor**, it's about time. “I think the exclusivity of the fashion bubble has been crumbling for a few years now. Nothing that's going on is anything new but, for the first time, I think the industry is really listening to their audience because they have to. Consumers of all ages, sizes, ethnicities, races and genders—they all want access to fashion and it's the brands that understand that and want to cater to them that will make it through.”

Indeed, designers who are tuned-in to inclusivity have built successful brands by giving women what they want: clothing that makes them look and feel authentically beautiful and empowered. This comes from their choice of campaign images, runway-model casting and putting clothing options on the racks for real (read: all) women to wear.

Taylor built her eponymous label on inclusivity, designing her pieces in sizes ranging from zero to 22. She's

dressed the likes of Beyoncé and Michelle Obama but doesn't limit the Tanya Taylor woman to a certain type: “All women deserve access to joyful, colourful clothing that makes them feel confident. It's important to us that all women feel that they can be part of our community.”

Addai, who also dresses women to size 22, says, “I want women of all sizes and race to be able to appreciate colours, styles and creativity.” The days of excluding plus-size women from enjoying the same clothing that anyone else does are in the rearview mirror, she adds, thanks to designers who insist on doing things differently. “I also want women of all sizes to be able to wear my clothes and feel beautiful and fierce in them. Size shouldn't be a barrier to fashion and neither should race.”

As a plus-size model, Blair has a deep appreciation for designers who embrace women of all types without it being tokenism. “It's always great to see a brand promote body positivity, but it's important to see them truly showing love for all bodies. You see this best when all bodies are always

being represented and considered in their mission.”

There's no doubt that real change is in the air for the fashion industry. Says Addai, “It's been great to see the shakeup ... it's been uncomfortable for some, too, but it's necessary to fix long-lasting issues around equal opportunity. It's going to take time, but it needs to be done and now is a great time to start and continue.”

Stonechild wants for collaboration between diverse groups rather than one leader group calling the shots. “I would love to see more long-term, reciprocal and respectful relationships with BIPOC within the fashion industry. I want to see people that look like me—and not like me at all,” she says. “We have a lot to learn from one another and the mic has been in the same hands for long enough.”

Taylor agrees, saying, “It takes a dedication from all aspects of the business and it requires an openness to admit when you're not doing something right and learn how to do it better. I'm hoping to see the industry have honest and open conversations so that we can work together on fundamentally changing.”

If you wear a size outside of small, medium or large, or want to see brands genuinely represent BIPOC women, make conscious choices about where you open your wallet.

“As a society we have to be more conscious of where our dollars are going,” Stonechild says. To accomplish this? “Diversify your feed. Follow BIPOC influencers, bloggers, foodies and fashion. Research online and make sure to read about the founder or designer.”

Blair also wants to see women align their purchases with their beliefs. “There is so much power in your voice so, when you seek diversity or more options, let your voice be heard,” she says. “Look at brands that are actively creating fashion that not only makes you feel empowered, but are also about empowering other women.” And, she adds, “It never hurts to do a little research about what the brand is really doing to be inclusive and diverse.”

“I believe fashion is a way to introduce yourself before you even say tansi [hello in Cree],” says Stonechild. “Fashion has the ability for you to embody a specific feeling, emotion and statement. It conveys a message for you that doesn't even have to be spoken.”

That modern fashion statement includes all women's inherent beauty, which Taylor sums up just right. “I define a beautiful woman as someone who embraces who they are, who is comfortable in their own skin and who celebrates their uniqueness,” she says. For Taylor, Addai and the many other designers that are accepting, including and creating clothing for every woman, it's a beautiful thing indeed. ♡

The People's Picks

OUR BEAUTIFULLY DIVERSE INFLUENCERS SHOW LOVE FOR THEIR FAVOURITE CANADIAN BIPOC AND SIZE-INCLUSIVE BRANDS

BRITTNEE BLAIR



PHOTO: BRYAN WHITLEY

ANDREA IYAMAH: Black-owned swimwear up to size 3X. Gabrielle Union and Kate Hudson are fans!

OMI WOODS: Black-owned jewelry made from fair-trade African gold.

ŪNIKA SWIM: Brazilian-Canadian-owned swimwear with a body- and race-diverse mission, in sizes up to 4X.

SHAYLA STONECHILD



WARREN STEVEN SCOTT: Indigenous-owned, Nlaka'pamux Nation-inspired jewelry and accessories.

DOROTHY GRANT: Indigenous fashion-industry veteran known for luxe Haida-inspired clothing.

ANGELA DEMONTIGNY: Indigenous-owned, Cree-Métis-inspired luxury fashion, home and lifestyle products.

Afro Picks

FROM CUTS AND COLOURING TO COIFS AND CORNROWS, WHAT IS THE STATUS OF ETHNIC HAIR STYLING IN THE LOWER MAINLAND?

BY BIANCA BUJAN



Sitting in the stylist's chair, I shrug my shoulders and agree to return another day for my scheduled haircut. My regular stylist has called in sick and her counterpart—after maneuvering her hands through my mysterious mane—has confessed she just doesn't feel comfortable cutting my kind of hair. She says this kindly, and I appreciate her honesty. Aware that textured hair is often overlooked when it comes to training hair professionals here in the Lower Mainland, I can't blame her. But my frustrations linger.

For most of my life I've struggled to find proper care for my curls. As a woman of mixed ethnicities (Nigerian-Irish-Macedonian) I was born with a head full of curly tresses that have been deemed too kinky for Caucasian stylists, and not textured enough at Afro salons. As a result I've constantly changed my hair, convinced that a little colour, some chemical or a quick chop would make it more manageable, never feeling truly satisfied with the results.

Only recently did I discover I'm not alone in my search for universal hair care in Vancouver. Companies that strive to diversify the hair industry do exist—such as the **Texture Workshops**, founded by Alicia



Chowen, a fellow Vancouverite of mixed race. Asked why she started up, she says, "When I was a hairstylist in the film industry I saw a pattern of people in the department not feeling confident when it came to doing curly/Afro hair. I thought, 'We should be able to service anyone who comes

into our trailer, and they should leave feeling confident and looking their best,' and I realized that this should apply to the salon experience as well."

The Texture Workshops was born, offering courses in everything from natural hairstyling to braiding techniques and wig application. "It's

important for hairstylists to learn how to cut and style all hair textures," Chowen explains. "No client should be at risk of unhealthy hair or dissatisfied because their stylist doesn't understand what to do."

Her craft stems from a family history in hair: "My Jamaican grandmother owned a hair salon for over 15 years and I spent a great deal of my childhood there; at a young age I developed my passion for hair. It's a big part of Black culture and the techniques are passed down from generation to generation. As I grew older I took my love for hair seriously and eventually pursued it as a career."

Like Chowen, stylist Trinay Brown learned her craft from family, following in the footsteps of her aunt, who owned a Black hair salon in Calgary (where she was born and raised). Through her company **CRWND**, Brown specializes in styling textured hair, creating mane masterpieces that leave her customers feeling like royalty.

"There's definitely a lack of knowledge when it comes to textured hair here, but I'm willing to learn and spread that knowledge so we have a larger population of stylists who understand textured hair," she says, adding that, to help with this, she's started offering one-on-one braiding sessions with the hope to expand to group workshops.

As I begin to accept my natural curls and find new products and professionals to help keep my hair healthy and looking its best, I feel more confident in letting my hair down. As we continue to diversify the hair industry, I hope that more women with textured hair can say the same. ♡

Curly Cues

With avocado, shea butter and vitamin E, **Marc Anthony** Strictly Curls Curl Envy Curl Cream (from \$7 at **Walmart, Superstore, Shoppers Drug Mart**) controls and defines coarse, frizzy hair while adding moisture for soft, natural, frizz-free curls with shine.

Botanically infused **Devacurl** Styling Cream (\$38 at **Sephora, Walmart, Chatters Salons**) leaves curls shiny, bouncin' and behavin'. Jojoba helps strengthen hair and tapioca starch is there for touchable

Bumble and Bumble Curl Defining Cream (\$40 at **Sephora, Zennkai Salons**) contains a unique butter and oil blend that hydrates thirsty curls, reduces frizz and adds shine.

Harnessing the hydrating benefits of shea butter, argan oil and coconut oil, **Bondi Boost** Curl Boss Styling Cream (\$28 at **bondiboost.com**) defines unruly curls without weighing down hair.

Made of aloe vera, Nigella sativa and black seed oil—a secret Middle Eastern oil that restores, shines and gives the appearance of longer hair—**Bounce Curl** Light Creme Gel (\$32 at **Cloré Beauty Supply**) gently (and weightlessly) styles and holds.



5 Local Black-Owned Salons

EMPRESS HAIR SALON

A one-stop shop for all your hair needs, **Empress** offers hair weaves, braids, cornrows, twists, interlocking, hot iron, hair extensions, dreads and beauty supplies for all hair types. **810 12th St., New Westminster, 778-320-7135. Empresshairsalon.com**

AFRO HAIR STUDIO

This Ethiopian family-run business specializes in hair styling and design for women, men and youth, and carries a variety of hand-picked hair and skin products for all ethnicities. **1969 Commercial Dr., 604-251-2512. Afrohairstudio.com**

CRWND

From **Junior's Barbershop**, stylist Trinay Brown showcases her creativity through her advanced hair knowledge, skills and dedication to her craft, specializing in braids, dreads, wigs and extensions. **918 Davie St., 604-928-2050. Crwnd.xyz**

AMMEROSE HAIR SALON

Specializing in mixed hair types and textures, **Ammerose** offers stylish up-dos, fusion hair extensions, complex braiding and straightening techniques, weaves, dreadslocks and cuts. **1282 Howe St., 604-261-2245. Ammerose.com**

NUNU HAIR SALON

In business for 10-plus years, **Nunu** is an urban-style hair salon offering cuts, weaving, extensions, braiding, dreadslocks, twists, perms, colour, cornrows, up-dos and straightening. **1855 Commercial Dr., 604-215-8444. Nunusalon.onemobi.net**

art of marina

A COLLECTION OF LUXURIOUS, WEARABLE ART AND HOME DÉCOR. SUSTAINABLY AND ETHICALLY SOURCED.

ART OF MARINA, STUDIO & GALLERY IS NOW OPEN!

LOCATED ON THE HILLS OF THREE SISTERS WINERY.

475 UPPER BENCH ROAD NORTH, PENTICTON, B.C. ARTOFMARINA.SHOP | @ARTOFMARINA

BEAUTY & BOUTIQUES

Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS

PHOTOS: TINA KULIC



NORDSTROM RACK

Forget Central Park, the Statue of Liberty and the Empire State Building—the best part of our inaugural trip to New York was the discovery of **Nordstrom Rack** (we still recall that incredible haul that required the purchase of an extra suitcase with which to return home). Now the Lower Mainland has its very own outpost of the famed store, located at **Willowbrook Shopping Centre** and boasting nearly 30,000 square feet of fashion (read: on-trend apparel, accessories and shoes for the whole family from popular brands, at up to 50 per cent off). Beyond the abundance of natural light, modern concrete floors and contemporary warm-grey finishes—not to mention, many measures in place to ensure a safe shopping experience—B.C.'s first Nordstrom Rack features a super-easy-to-navigate layout (and super-graphics on the walls to clearly mark each section), spacious and comfortable fitting rooms with illuminated mirrors (and cute emoji-like “keep,” “consider” and “discard” hooks) and even a seating area where you can take five and charge your phone. Plus, a beauty department stocked with full- and travel-size buys, seasonally minded home décor, apparel, shoes and handbags from top designer brands (our It Bag girl Aleesha Harris scored a pair of killer **Louboutins** at the media preview) and fun grab-and-go merchandise at checkout. Move over N.Y.C.; there's never been a better reason to head to Langley. **19705 Fraser Hwy., Unit 610, Langley, 778-309-5116. Nordstromrack.com** NOA NICHOL

ART OF MARINA, STUDIO & GALLERY

What began as a Canadian lifestyle brand known for its luxurious 100 per cent Mulberry silk kimonos featuring dreamy, original watercolour prints created by award-winning Vancouver-born designer Marina Billinghurst is now an honest-to-goodness boutique set in the heart of Penticton, on the Naramata wine route. Billinghurst's bricks-and-mortar, located (deliciously!) on the **Three Sisters Winery** property, is a cosy, colourful, creative space (check out the custom Canadian provincial flower wallpaper and try to pick out B.C.'s Pacific dogwood or Alberta's wild rose) where you can lose track of time browsing limited-edition **Art of Marina** silk kimonos and scarves made from sustainably sourced materials, as well as original artwork and home-décor items with signature prints, such as pillows, wallpaper and upcycled furniture redone with Billinghurst's own custom fabrics. After you make your pretty purchases, wander over to the Three Sisters tasting room for a sip—it's just steps away! **475 Upper Beach Rd. N., Penticton, 778-476-3257. Artofmarina.shop** NOA NICHOL



SHOP PHOTOS: BRI BEAUMONT

PHOTO: ALICIA THURSTON



SUNDAYS POP-UP

An online-first retailer has popped up, albeit temporarily, in South Granville. See your favourite **Sundays** furniture—like our top pick, the Embrace lounge chair in Snow (\$580)—IRL, alongside goodies from other neighbourhood brands like **Farmer's Apprentice**, the **Wild Bunch** and **Melanie Auld**. In addition to living-room lovelies like the Movie Night sectional, look for Sundays' first-ever dining pieces and, set to launch later this season, a bedroom collection. **1515 W. 6th Ave. Sundays-company.com** NOA NICHOL

SHRINK WRAP

Welcome to a new way to sweat, courtesy of **Shrink Wrap Urban Sweat Lounge**. The Yaletown wellness studio—the first of its kind in Vancouver—features solo infrared saunas that help with detoxification, muscle recovery and stress relief. Each pod is in a private suite and, once you're tucked in and it's turned on, raises your body temp to your core, versus just on a surface level. Infrared allows the heat to penetrate through several layers of your skin for max benefits; think of it as sun tanning, but without the harmful rays. The experience itself allows for a mental and physical break; you lay in the pod for 30 to 45 minutes while the heat does all the work. Get your perspiration on while detoxifying, increasing circulation and promoting cellular health. You also get to choose from a rainbow of coloured LED lights to aid with things like skin purification, joint lubrication and cleansing (à la chromotherapy). There's also a European body roller, designed to massage and shape all parts of the body. While we won't be lounging in the tropics any time soon, we sure can sweat like we are. **1028 Mainland St., 604-558-1722. Getshrinkwrapped.com** VICKI DUONG

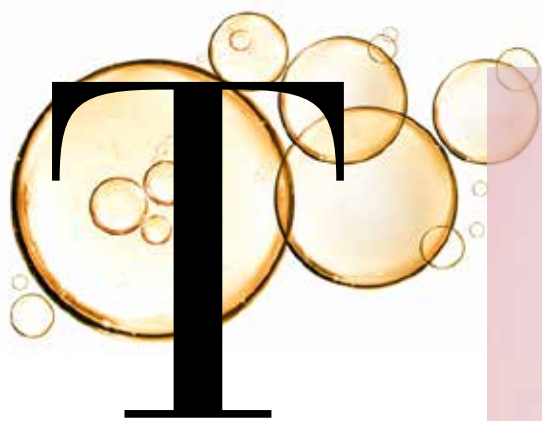


THE ROOM

Yes, the relaunch of downtown's **The Room** includes an extensive reno, but also details not even found in Toronto! Says **Hudson's Bay** fashion director Tyler Franch, “We're bringing a reimagined luxury shopping experience [to Vancouver] through a beautifully renovated space and an elevated product assortment that, for the first time, includes menswear collections, with brands like **Lanvin**, **Balmain** and **JW Anderson**.” The team has curated The Room's merch to appeal specifically to the local market, spotlighting such global designers as emerging Korean brands **Kuho**, **Low Classic**, **Andersson Bell** and, exclusively, **Yuul Yie**. As for what makes visiting an Instagram-worthy experience, Franch says, “At 13,700 square feet we wanted to ensure that every turn had a new, luxurious element to it [such as] a floor-to-ceiling silver room with industrial appliques ... tailored accessories walls ... and a vibrant blue cage that houses a photo-worthy designer T-shirt pop-up.” Wondering what to grab from The Room to complete your FW wardrobe? Franch has some ideas: “As we spend more time working from home ‘keyboard dressing’ has become increasingly important. One way that your style can translate over Zoom is to choose tops with elements of drama. **Act n°1**'s balloon-sleeve shirt is a great piece to add to your rotation [and] a neutral sweater dress like the **Nanushka** Canaan is a great way to blend comfort and style.” **674 Granville St., Platinum Suite Concierge, 604-602-5325. Thebay.com** NOA NICHOL

A Classic Reinvented

ESTÉE LAUDER'S ADVANCED NIGHT REPAIR HAS MAINTAINED ITS STATUS AS ONE OF THE WORLD'S BESTSELLING BEAUTY PRODUCTS FOR ALMOST 40 YEARS
BY AILEEN LALOR



The early days of cosmetics are full of strong, entrepreneurial businesswomen—women like **Estée Lauder**, born Josephine Esther Mentzer in New York on an unknown date. One of her most famous quotes: “You ask my age? I tell you it simply doesn’t matter.” Her point? Beauty could be created, and was not necessarily innate.

How appropriate, then, that the latest version of her brand’s most beloved product, Advanced Night Repair (ANR)—the world’s first serum, around since 1982—is inspired by the science of epigenetics. The word means “over genetics,” which is the way that we do and experience affects how genes are expressed.

“Our commitment to this research has been inspired by the scientific understanding [that] nearly 75 per cent of the aging process is influenced by the environment,” explains the company’s Dr. Nadine Pernodet, vice-president, skin biology and bioactives, global research and development. Environmental damage can come from UV exposure, pollution and climate, and also from diet and sleep patterns—factors that Pernodet refers to as



“ You ask my age?
I tell you it simply doesn’t matter ”

*Sometimes
the world really
is your oyster.*



Savour the irresistible flavours of
Oyster Bay and oysters.

Oyster Bay Marlborough Sauvignon Blanc

6oz Glass with
½ dozen oysters
\$19⁵⁰

Bottle with
dozen oysters
\$59⁰⁰

Offer available from October 13 – November 13, 2020

cardero's
RESTAURANT
WE ARE FISH
chops & a walk.

The Sandbar
SEAFOOD RESTAURANT ON GWYNVILLE ISLAND



epigenetic signals, which can affect the look of skin over time.

ANR has always been at the cutting edge; it included hyaluronic acid and probiotics from the start. The latest iteration was launched in August and is called Advanced Night Repair Synchronized Multi-Recovery Complex (from \$95). It’s said to prompt skin to repair itself, using a plant-derived ingredient called Adansonia digitata seed extract.

What that means for the dermis? It begins to produce new cells and more collagen so it gets plumper and firmer. The formulation still has the hyaluronic acid for hydration and the probiotics for barrier repair; there are also antioxidants to protect from aggressors like pollution, blue light and UV rays. The brand says the newest version works more quickly than its predecessors; you get visible results in around three weeks.

Note, the “night” in the name is just tradition; you can use ANR day and night after cleansing and before moisturizer or another serum. And the things people love haven’t changed: the light texture, fragrance-free formulation and iconic brown bottle are still there. But now the bottle is recyclable glass and the formulation is paraben-free.

The ANR family contains many other products (eye cream, sheet masks, cleansers), though Pernodet won’t say if these will receive an epigenetic upgrade. But one thing is certain: Mrs. Lauder would have been proud of the brand’s tireless commitment to improvement.

Something she likely could never have envisaged, however, would be ANR’s latest adventure. To celebrate the new launch, the brand is sending four bottles of serum to space for a photoshoot; when the vessels float back to earth in spring, one will be auctioned off for charity. Fanciful, it’s certainly in the spirit of ANR: tradition and modernity, all in one little brown bottle.

EsteeLauder.ca

New Noshes

WHERE AND WHAT TO EAT THIS MONTH
BY NOA NICHOL



JACKSON'S RESTO BUTCHER

Jackson's Meats has been an institution in Vancouver—since, like, 1911. So, it's high time our go-to butcher, which sells a wide variety of quality meats, including organic, Canada Prime, AAA, free-range and game meats, as well as fine foods and dry goods, prepared meals to-go and even fresh-made sandwiches, grew to include a bona fide restaurant in its space. The new, licensed, full-service, 50-seat eatery is a unique, rustic spot to enjoy lunch or dinner, with a meat-centric comfort menu (though some delicious vegetarian fare figures on the menu, like fried snap peas, summer carrots and an order-for-the-table-worthy “bowl” of fries). Try a Jackson's house-made sausage sampler or a grilled butcher's-cut steak served with a local Vancouver craft beer (we recommend the Jackson's Lager from East Van) or B.C. wine, then grab meat for your weekend barbecue at home. With indoor and outdoor sidewalk patio seating, there's lots of space to savour the flavours. **2214 W. 4th Ave., 778-379-2929. Jacksonsrestobutcher.com**



KINTON RAMEN

The first West Coast outpost of a Toronto foodie fave is giving us all the back-to-school feels (without the school-supply shopping). **Kinton Ramen**, at UBC, serves up award-winning chef-driven Japanese ramen dishes, pairing rich and flavourful broth with fresh, high-quality (and sometimes surprising) ingredients. Open daily for lunch and dinner, the resto invites all Vancouverites (not just freshmen and faculty) to take part in a slurp-worthy experience like no other, complemented by a casual Asian-inspired drinks program and warm hospitality. Choose from a range of hearty ramen bowls prepped with slow-cooked pork or chicken broth in five distinct styles—original, shoyu, miso, spicy garlic and spicy jalapeño—as well as an exclusive-to-this-location selection of four vegetarian bowls featuring a plant-based broth. Then, take your pick from thick, thin or shirataki noodles and toppings like bamboo shoots, wood ear mushrooms, nori, sweet corn and even Swiss cheese. Wash your meal down with a **Sapporo**, hot or cold house sake or beer-infused cocktails with homemade lemonade or ginger ale. And, if you're really using your noodle, you'll save room for dessert—the matcha ice cream and kurogoma cheesecake with baked black sesame are both winners. **6111 University Blvd., 604-423-5452. Kintonramen.com**

KAFKA X BLOOM

Not every cup of joe is created equal. Case in cup: Vancouver's **Kafka's Coffee** is partnering with the folks at **Espro**, innovators of brewing equipment, to launch the anticipated Bloom pour-over coffee brewer at its Gastown location. Kafka's is the first café in Canada to utilize the new brewing system, which is designed to release the true potential of every bean through a patented micro-filter spiral pattern with more than 1,500 precision-cut holes. Plus, it delivers balanced, high-calibre coffee in just a couple of minutes—for mornings when you really can't wait for that first, life-giving sip. **151 W. Hastings, 604-829-2220. Kafkascoffee.ca**



Chesterman Collection



BC's natural beauty indoors.

This west coast stretch of beach is famous for its surfing, sunsets and storm watching. Its dramatic coastline and striking beauty are reflected in the design lines of our contemporary Chesterman Collection.

Natural thick wood and clean lines create the perfect scenic view in your home. The solid wood construction speaks to the calibre of BC craftsmanship and its enduring quality.

Boutique: 1738 West 2nd Avenue, Vancouver
Showroom: 1100 Lansdowne Drive, Coquitlam
creativehome.ca

CREATIVE HOME
furnishings

We Are All Guests

INDIGENOUS TOURISM EXPERIENCES SHOW US WHAT IT REALLY MEANS TO STAY ROOTED AND GROUNDED AMIDST THE COVID-19 PANDEMIC
BY ISABEL ONG

T

“The word ‘quaaout’ means ‘where the sun’s rays first touch the land,’” says **Quaaout Lodge** room divisions manager Cammeo Goodyear on a sunny July morning. We are on an hour-long cultural walking tour of the secluded 70-room property on Secwepemc (pronounced sub-Wep-muhc) territory in Chase, B.C. My luxurious digs for the night feature an in-room jacuzzi, and I’ve snapped countless photos of Little Shuswap Lake from my balcony—but there’s more to discover.

The traditional Secwepemc people, Goodyear tells me, turned choke cherries into protein-rich travelling cakes and wove lodgepole pine leaves into waterproof baskets. “We let the grass grow freely,” she adds as we wander through unkempt, overgrown turf to the kekuli (winter home), where the Little Shuswap Lake Band community continues to meet for gathering ceremonies and yearly powwows on community grounds.

Goodyear’s remark hints at what Candace Campo, operator and co-owner of **Talaysay Tours** and a Shishálh (Sechelt) Nation member,



“There’s something redemptive about (*literally*) being grounded: it’s a chance to know and love the land we live on, as *Indigenous communities have done for centuries*”



describes as a “strong spiritual connection” to the land. “We view the land, animals and ocean as relatives,” she explains. “It’s not our right to develop the land as much as we possibly can. We take only what we need and maintain the land’s health and wellness for future generations.”

Canadian travel restrictions during COVID-19 have been frustrating. Still there’s something redemptive about (*literally*) being grounded: it’s a chance to know and love the land we live on, as Indigenous communities have done for centuries. Take Talaysay Tours’ year-round walking expeditions in Vancouver and the Sunshine Coast, which celebrate this aspect of Indigenous culture through story, art and song. During my 90-minute Talking Trees tour at Stanley Park, guide Alfonso Salinas sings a stirring rendition of the *Coast Salish Anthem* (a.k.a. the *Chief Dan George Prayer Song*). I place my hand on a towering Douglas fir to feel its energy, taste the minty zing of a tiny western hemlock needle and leave with a keen awareness that I am but a guest on this land. Campo captures this sentiment best: “The one thing that human beings can do is to give gratitude and respect to Mother Earth.”

Quaaout Lodge showcases this same ethos via innovative dishes at **Jack Sam’s Restaurant**. For dinner, the poached spring salmon comes with stinging nettle gnocchi—one of executive chef Chris Whittaker’s favourite ingredients due to its many health benefits—while the Pigdoosig bison striploin is served with an earthy wild-juniper sauce. “Bison has long been a traditional Indigenous food,” Whittaker shares. “I want to help represent traditional foods with respect to the land.”

Pre-pandemic, Indigenous tourism was “the fastest-growing sector in B.C.’s tourism industry,” reveals Brenda Baptiste, chair of the **Indigenous Tourism BC** (ITBC) board of directors. More than 400 Indigenous tourism-related businesses exist in British Columbia alone and, while business has certainly been affected, it’s not all doom and gloom.

In fact, one way to honour and value the voices and stories of these communities in Canada is by including Indigenous-owned businesses like Quaaout Lodge and Talaysay Tours in your local travel plans. ITBC’s travel planner app, which conveys information about Indigenous accommodations, experiences and businesses, comes in handy for this very purpose.

Keeping Indigenous cultures and their connections to the land alive requires work—which is where stories come in. “Story is so important. It’s why we’re always teaching and talking,” Goodyear says, and Campo agrees.

“When people have a cultural experience with an Indigenous tour company, we’re sharing with each other. It goes a long way for an Indigenous community to be able to make a living and earn their income not through conventional economic practices of resource extraction.” Indigenousbc.com



**Stay dry,
Vancouver**

Shop local in-store or online
racketsandrunners.ca

SINCE 1978
RACKETS & RUNNERS
VANCOUVER

Talking Vines

INDIGENOUS WINES HAVE
A STORY TO TASTE
BY LAURA STARR



I

In 2002 Osoyoos became home to North America's first Indigenous-owned winery with the grand opening of **Nk'Mip Cellars**—a project spearheaded by the Osoyoos Indian Band in a partnership with **Arterra Wines Canada**. The winery project was designed with the purpose of building prosperity and economic stability for the 500-plus Osoyoos band members, and in the almost two decades since the inaugural opening they have far exceeded those intentions.

Nk'Mip Cellars is not only a massive tourist destination (which therefore employs many proud band members) but the wines themselves have garnered international acclaim with a list of awards that is impossible to keep up with. This attention has crafted an invaluable platform on which the Osoyoos people have been able to share elements of their Indigenous culture, whether that be through wine labels, which proudly boast Coast Salish designs as well as wine names in the Okanagan language, or stories of their historical land via wine tours and tastings.

Furthermore, in 2017, Nk'Mip promoted longtime employee and



apprentice Justin Hall to the role of winemaker, and Hall effectively became what many assert to be the first Indigenous winemaker in North America. He now works under senior winemaker Randy Picton, continuing Nk'Mip's award-winning legacy.

The Okanagan Valley has since seen a second Indigenous-owned winery open its doors in Kelowna. Aptly named **Indigenous World Winery (IWW)**, owners Robert and Bernice Louie are descendants

of the Okanagan Syilx people and incredibly proud stewards of their land and culture. Their vision with IWW sees them enthusiastically sharing their stories and culture, exclaiming, "When you taste an [IWW] wine, you are tasting fruit from the land that has supported the Syilx people for over 10,000 years." Their respect for land and grape has served them well and, in only a handful of years, they have earned a long list of accolades—most recently and notably the top

INDIGENOUS WORLD WINERY SIMO

(\$46 at private liquor stores)

Bold yet elegant, bursting with rich dark fruit, meat and smoky spice.

NK'MIP DREAMCATCHER

(\$20 at BC Liquor Stores)

Off-dry, boasting spicy pineapple, citrus and a spritzy acidity.

NK'MIP MERITAGE MER'R'IYM

(\$55 at BC Liquor Stores)

A rich, herbaceous wine, with dark berry fruit, chocolate and tobacco.

INDIGENOUS WORLD WINERY HO-WE-NAM HO-WE-NAM SPARKLING WINE

(\$25 at private liquor stores)

The 2019 vintage is 100 per cent Muscat and a lively delight to the tongue, with flowery aromatics and a hint of toasty, sweet brioche.

vote for a Canadian Bordeaux varietal blend at the 2019 All Canadian Wine Championships with their 2014 Simo, a gorgeous (inside and out) bottle.

These wineries might hail from different regions in the Okanagan, but their spirit is aligned in their deep respect for nature and desire to share in the rich historical stories of their land and people through the fruit and wine they produce. The wines suggested above are only the tip of the many stories worth tasting. 🍷

INDIGENOUS TOURISM BC

PLAN YOUR INDIGENOUS TRAVEL EXPERIENCE

Download the Indigenous BC Trip Planner App

Download on the App Store

GET IT ON Google Play

IndigenousBC.com



ROLEX

THE SKY-DWELLER

The classic watch for global travellers, the Sky-Dweller, with its revolutionary Saros annual calendar, blends technological sophistication with ease of use, and continues Rolex's heritage of innovation.

#Perpetual



OYSTER PERPETUAL SKY-DWELLER

GWC

GLOBAL WATCH COMPANY

1119 Alberni St. Vancouver | globalwatchco.com

ROLEX BOUTIQUE