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VITA

The
June
Issue

Rainbow Returns
Our favourite
colourful Pride
picks give back

INSIDE *the* ISSUE

STYLE Myles Sexton Content curator, HIV/AIDS & sobriety *activist*, queer fashion nomad

FASHION Designer Devotees Our *favourite influencers* & their most beloved *luxury brands*

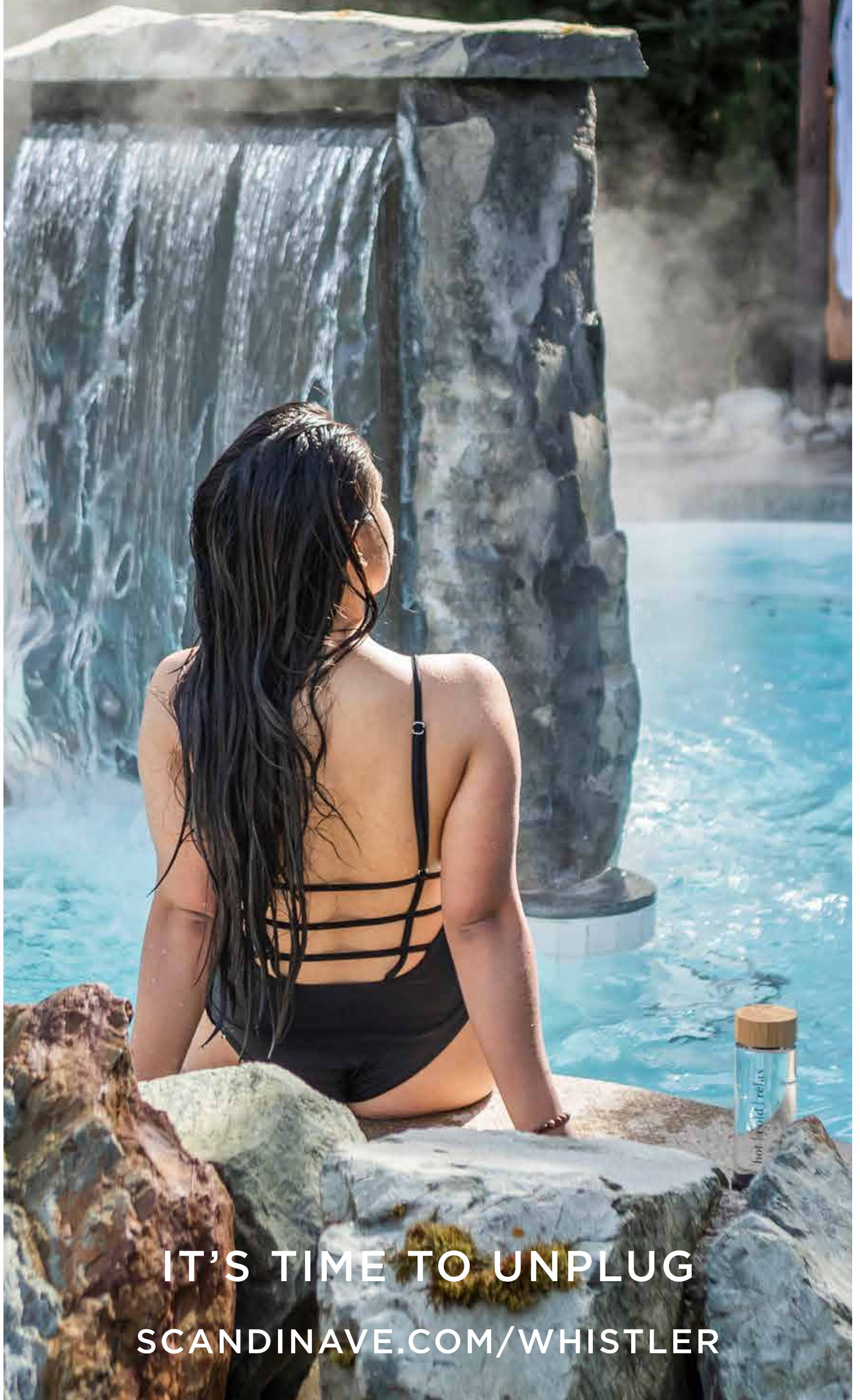
BEAUTY Jumping for JVN TV star and beauty brand founder Jonathan Van Ness

WINE Take Our Dadvice *Top sips* and gifting inspiration for Father's Day

TRAVEL Go RVing Hit the road to *discover* your "wildhood" *this summer*



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It's June, and there's so much to celebrate! Pride, Father's Day and the start of summer (any day now)—we're covering it all in this issue of VITA. Turn this page to discover our top rainbow Pride picks, all of which include a give-back component, then keep flipping for our feature on tennis fashion (hot for summer) and to see how some style influencers feel about their favourite designer brands. Beauty wise, we've got an exclusive interview with Jonathan Van Ness (Mr. Nice Guy!), while his local doppelgänger, stylist Roberto Sousa, gives tips for taming kids' hair. Also inside: new Vancouver restaurants and retailers, Father's Day gift and drink ideas, and RV road-tripping ideas that will help you rediscover your "wildhood" this summer. Enjoy!

Noa Nichol EDITOR-IN-CHIEF



Our featured influencer this month is **Myles Sexton**, whose flowing locks and killer runway walk are but an aside to their tireless work deconstructing and challenging gender constructs that have existed for far too long. A true up-and-coming Canadian style icon!

Myles Sexton
@MYLESSEXTON



Hi Myles! Please tell us a bit about yourself to start.

I'm a content curator, creative director, stylist, makeup artist, HIV/AIDS and sobriety activist and queer fashion nomad based in Ontario, Canada.

How do you use your platform to impact those who follow you?

When you first come to my feed right away you see lewks and fashion, but if you actually take a closer look it's not just pretty outfits—I am deconstructing and challenging gender constructs that have existed for far too long. I also use my platform to help fight stigma that still heavily exists in regards to HIV/AIDS and sexual health in general. I am also very open about my sober journey on my platform in hopes to inspire others.

We hear that you recently quit your corporate job in order to pursue content creation full time—congrats! Can you tell us what making that decision was like, what your plans are going forward and what the best part of working for yourself is?

Leaving the stability of a corporate job was honestly one of the most terrifying things I've ever done. I've basically had a full-time job since I was 12 or 13, working for other people. To take the leap to fully just work for myself took a lot of mindfulness because I needed to work on actually loving and believing in myself wholeheartedly. Also, as someone living with HIV and not having health coverage, my medication is not covered by the government and costs over \$4K for three months' worth of pills; to lose that coverage was a terrifying prospect, and I needed to get to a place where I could also afford this huge cost on my own. Despite my fears and areas that needed some loving within me, I needed the freedom to grow into my new higher self. I knew I couldn't do that working for someone else. Growth blooms from these scary moments in our lives and it can have the most transformative impacts. This year for me, ahead, is really just about leaning into myself even more. I've never had an undisturbed period of time in my life where I can create whatever I want and, honestly, I am so excited to see what pours out of me! I would have to say the best part of working for myself is the work-life balance. I got a puppy and moved to where the forest meets a small lake so I can take moments every day for mindfulness and joy. I needed to start feeding my soul again because I've been ignoring it for far too long.

You are honestly one of the most stylish people we know, and we often look to you for inspo! Where does your love for fashion come from? How is fashion changing/evolving? What is one "traditional" mentality or mindset around fashion that you believe really needs to change? What's your personal style/fashion mantra?

My love of fashion really comes from two places in my life. First, fashion is my protest to the world around me, that gender is a construct. I want to challenge how people think and disrupt them from the bubble they feel safe inside of. It takes one tiny pebble to start an infinite ring of ripples. I choose my authenticity over my safety because representation matters and no other baby Myles out there in the world should feel shame if they don't fit the gender constructs pushed upon us at birth. Second, fashion is a form of mindfulness for me; it's my moment I take for myself every day that brings me so much joy and peace within. It's the armour I need when the world can be cruel and an extension of my joy when I'm feeling all the good vibes. It's exciting to see fashion evolving by removing gender from fashion; the last time I checked my sweater didn't have genitals. I love seeing brands blurring the lines in their selections because everyone is going wear what they want anyway, so why are we creating stigma by creating this divide? The biggest mindset that needs to change within fashion would have to be "support local". I have watched so many Canadian brands try and launch their businesses in this country and they have so much talent but consumers are so fixated on luxury over-hyped products or fast fashion that these way more talented designers never make it. I proudly say that 90 per cent of everything I wear supports a Canadian designer or Canadian owned business.

You've been very honest about your journey with HIV/AIDS, and sobriety. How has being so open, publicly, changed your life? What advice would you offer others in terms of speaking out about things that may be difficult or frightening to share?

Reclaiming your power over your trauma and shame is really quite incredible. We often don't realize how much these internal emotions hold us back. Being so public holds me accountable to things that once caused me so much pain, but I have chosen joy instead. The hardest moments in my life have motivated me to truly understand the difference between temporary happiness and pure joy. It's also brought so many people into my life and has fostered a community I didn't know existed prior. So to quote everyone



on IG, I feel #blessed. Opening up to friends or going public on social media can absolutely be terrifying. I would suggest that, if you want to do it, make sure your relationship with yourself is at a really solid place because you don't know what could come your way from the depths of the Internet. When you're dealing with pain and trauma in particular, it can be emotionally exhausting and triggering; even though you might be putting this information out into the world, set boundaries for yourself so that you don't overwhelm your own emotions. That being said, if you are choosing to use your voice I applaud you because the more stories we share, the more people we touch and the more we normally think, loosening the grasp that stigma has on things like HIV/AIDS or sobriety.

Beyond the impeccable fashion sense, the top-notch makeup tips, the gorgeous travel inspo (Peru!) and the fierce runway walks, what part of your work/career as a content creator (among other things) are you most proud of?

My favourite part of my work is honestly connecting with people on all fronts. I love learning about people's stories and hold space for others who might need it. Getting to collaborate with designers and artists inspires me to push myself artistically. Also having heart-to-hearts with those needing support on wanting to get sober. These stories bring so much fullness into my life and for that I'm so grateful.

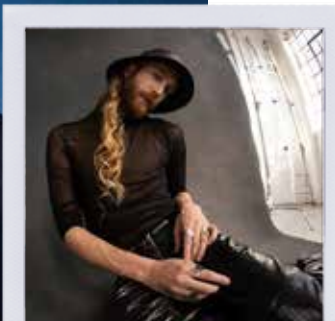
With Pride month upon us, how will you be celebrating? Also, we know that many brands launch Pride/rainbow products at this time of year (we're doing a whole roundup of these in this issue!); among those, is there one on your radar that's especially meaningful and makes an impact?

I am very excited that Pride will be in person this year, though it's Pride month every day in the magical world I live in. Community is so important, so seeing everyone come together again I think is going to be quite emotional for me this year. There are not many sober spaces unfortunately at Pride so for me it really will be about just being out and about in the public spaces and enjoying the creativity and happiness of everyone around me. I also am confirming many speaking engagements where I hope to educate, fight stigma and inspire others. In terms of Pride-related picks, I would say always look for what is giving back to the community. Unfortunately, too many brands launch Pride collections just for profit.

"Opening up to friends or going public on social media can absolutely be TERRIFYING. I would suggest that, if you want to do it, make sure your relationship with yourself is at a really solid place"



PHOTOS: NICK MERZETTI



Any exciting summer plans for you (and @tattooed_ty)?! What can we look forward to seeing on your platforms in the near future?

This will be Tyler and my first summer together living on the lake so I am super excited to fully enjoy it. We will be doing lots of hiking, I'm sure, and I'm excited to take Tyler to Nova Scotia to see where I grew up and meet my family! ♡

THE MAKING OF THE
June Issue

No. 79 ————— 2022

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VITA
PUBLISHED BY
VITA DAILY MEDIA INC.
CANADA POST PUBLICATIONS
MAIL AGREEMENT #42849020

Rainbow Returns

These Pride picks give back



1. LEVI'S X OUTRIGHT ACTION INTERNATIONAL Levi's has released a range of gender-neutral and size-inclusive apparel in honour of the activists and pioneers who kicked off the fight for equal rights. The brand makes an annual donation to advance human rights for LGBTQ+ people. Levi.com / Outrightinternational.org

2. HEIM GOODS X COVENANT HOUSE BC This queer-owned brand offers a range of exquisitely scented room sprays (\$25). As Heim believes everyone deserves a safe space to live, partial proceeds from every order help homeless LGBTQ2S+ youth find shelter. Heim-goods.ca / Covenanthousebc.org

3. OUR PLACE X THE 519 Our Place has partnered with artist Viviana Matsuda to create ceramic mugs (\$65) hand-painted with the colours of queer joy, solidarity and protest. Twenty per cent of profits will support LGBTQ2S communities. Fromourplace.com / The519.org

4. THE BODY SHOP X IT GETS BETTER CANADA This Pride partnership, featuring cheek, lip and eye highlighters (\$22), will see up to \$10K help uplift, empower and connect lesbian, gay, bisexual, transgender and queer youth. Thebody-shop.com / Itgetsbettercanada.org

5. NYX X IT GETS BETTER CANADA To celebrate Pride, NYX is releasing vegan-formulated Ultimate Eye Paints (\$14) in six shades. This brand, too, is partnering with IGBC. Nyxcosmetics.ca / Itgetsbettercanada.org

6. RAINBOW CERTIFIED This brand's unky fashions, like a cotton button-up rainbow shirt (\$35), let people wear their pride, and support the LGBTQIA+ community. Rainbowcertified.com

7. QUO BEAUTY X PFLAG CANADA The Quo beauty and accessories range includes 60 items, from false lashes to nail polish to brow gems, with which to create Pride looks. Shoppers Drug Mart will support the 2SLGBTQIA+ community by contributing 10 per cent of sales to Pflag Canada. Shop.shoppers-drugmart.ca / Pflagcanada.ca

8. VANS X TEGAN AND SARA FOUNDATION The Pride Old Skool sneaker (\$90) plays on the design of Vans' iconic side stripe. The brand will donate funds to the Tegan and Sara Foundation to support camperships for LGBTQ+ summer camps. Vans.ca / Tegansarasafoundation.org

9. M-A-C VIVA GLAM M-A-C partnered with Keith Haring Studio on three lippies (\$25) to benefit the brand's philanthropic program, VIVA GLAM, which raises funds for HIV/AIDS research charities, LGBTQ+ community efforts and other causes. Maccosmetics.ca

10. KIEHL'S X THE GET REAL MOVEMENT This year Kiehl's popular Ultra Facial Cream (\$80) will feature Pride packaging designed by Toronto-based queer artist Vivian Rosas. The brand will donate \$10 for every sale to help students unlearn 2SLGBTQ+ discrimination and promote positivity. Kiehls.ca / Thegetrealmovement.com

11. DEW OF THE GODS X TRANS LIFELINE A new Pride set (\$52) by Canadian LGBTQ+-owned Dew of the Gods will see all sales made until June 7 donated to Trans Lifeline, which connects trans people to the community, support and resources they need to survive and thrive. Dewco.com / Translifeline.org

12. APPLE X THE TREVOR PROJECT Apple's Pride Edition Sport Loop (\$59) showcases a colour gradient with the word "pride" in a style inspired by the original "hello" greeting on the first Macintosh in 1984. Among LGBTQ+ advocacy orgs supported by Apple is the world's largest suicide prevention and crisis intervention organization for LGBTQ+ young people. Apple.com / Thetrevorproject.org

13. PURDYS X GET REAL MOVEMENT Spread joy and acceptance with lightly salted liquid caramels in creamy milk chocolate shells, wrapped in all the colours of the rainbow (\$14). Since 2021, Purdys has donated nearly \$50,000 to help combat 2SLGBTQ+ discrimination. Purdys.com / Thegetrealmovement.com

14. ALEESHA HARRIS' IT BAG Decorated with eye-catching patches, Coach's Pride Patches Field Tote (\$595) also boasts a rainbow-hued strap for an added pop. In fact, the American leather-goods brand has dedicated an entire range of colourful pieces—the Go All Out For Pride collection—to celebrate the LGBTQIA+ community. Rather than limit its support to just one month, the Coach Foundation champions several organizations, including the Hetrick-Martin Institute, Point Foundation and CenterLink Community of LGBTQ Centers, year-round. Ca.coach.com

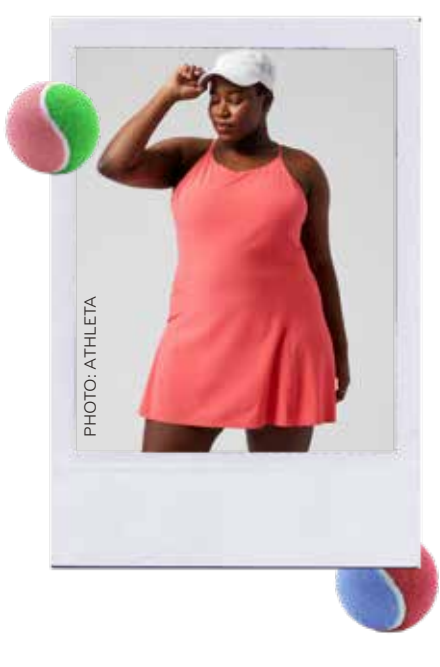
Match Point

Wait, are we all supposed to be playing tennis now?

BY AILEEN LALOR

When I was in high school, my regular tennis opponent was a strong and imposing figure known as The Wall. Tough and implacable, though not given to flashes of inspiration, it had that nickname because ... it was an actual brick wall. I was doomed to play against it every summer because I was so bad at tennis, it was considered unfair to make other humans play against me. Hence, the wall.

So you can imagine my mounting horror when I saw the latest from Chanel's Cruise show, Gucci's collab with Adidas, Michael Kors' collection with Ellesse and more. On the high street, brands like Lululemon and Fabletics have launched tennis lines that are designed for actually playing the sport. What the heck is going on?



Apparently tennis got more popular during the pandemic, thanks to its socially distant nature—the U.S.'s Physical Activity Council says that 21.64 million people picked up a racquet in 2020, an increase of 22.4 per cent. Then there was Beyoncé at the Oscars ceremony, serving up a tennis-themed look to perform "Be Alive," her song for the Williams family biopic, *King Richard*.

The sport is also shedding its posh image, according to Claudia Inkel, buyer for Altitude Sports, which sells sporty items from Adidas, Lacoste, Scotch & Soda and more. "From Naomi Osaka's documentary on Netflix to the Oscar-nominated *King Richard*, tennis has moved from very elitist to a cool and inclusive sport," she says. And Canadians are performing on the court, too, which piques many armchair tennis fans' interest. "Felix, Leyla, Shapovalov, Andreescu, Raonic. You don't need to be a racquet owner to have heard of them," Inkel says.

We've spent the last couple of years wearing activewear 24-7, and Inkel believes tennis wear can offer a slightly more sophisticated twist on our trusty sweats. But how do you wear the look if you're not planning to hit centre court at Wimbledon any time soon? "Think of it as a take on preppy and varsity," Inkel advises. "Don't be afraid to try on a skort; there are different lengths and they are really comfortable." She suggests finishing the look with a looser tee or fleece crew neck, white mesh sneakers, ankle socks and a cap, subbing white or tan volley shorts if you feel like the skort is too literal a take on the tennis trend.

Game, set—I'm sold. Final question: do any of these cute tennis dresses come in wall-size so I can play matchy-match with my old friend? V



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Jonathan Van Nice

The TV star, hairdresser, author, gymnast, podcaster, stand-up comedian, ice skater and, now, beauty brand founder, is the real deal

BY AILEEN LALOR



Everyone loves the TV version of Jonathan Van Ness, the hairdresser who in 2018 shot to fame on Netflix's *Queer Eye*, which is about to go into production on its seventh season. So it's a huge relief to report that the real-life (or, at least, Zoom) incarnation of JVN is even more delightful: not saccharine or over-smiley, but thoughtful, clever, passionate, witty, overflowing with empathy and curiosity, and absolutely himself.

The 35-year-old grew up in Quincy, Illinois, and was always destined to work in beauty. "There were three things that attracted me—it was the perfect trifecta," he says. "One was my mom's roller set. My mom would do hot rollers and I just thought hot rollers were the coolest thing of all time. The next was beauty pageants because my mom thought they were really cool—well, thinks they're cool. ... And then ultimately it was when my mom took me to an Aveda store when I was 10. It was 1997 in St. Louis. That's where I started to learn about ingredients and the origins of ingredients. That's the first time when I was a kid when I was like, 'I want to be a hairdresser and go to Aveda,' and that's what I ended up doing."

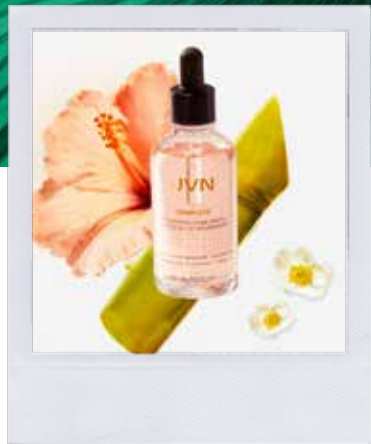
After finishing his training and working as a hairdresser in Arizona, he landed in Los Angeles. There he had a taste of showbusiness, first with a *Game of Thrones* web series and then *Getting Curious With Jonathan Van Ness*, a podcast he's hosted since 2015. Its title tells you everything you need to know about what drives Van Ness. He interviews everyone from authors to academics, activists and actors about everything from a day in the life of a coral reef to what it was like to get loved up in Georgian England to why we fall for fake news to whether or not figure skaters can defy gravity, all with a focus on listening and questioning with humility, passion and genuine interest.

His career path has been a zigzag, as befits such a curious character. After *Queer Eye* exploded, he took up figure skating and gymnastics, popped up in *Detective Pikachu* and wrote a kids' book about a non-binary guinea pig. That he would create a haircare line seems almost mundane, except for the fact that he's doing it in his own unique way.

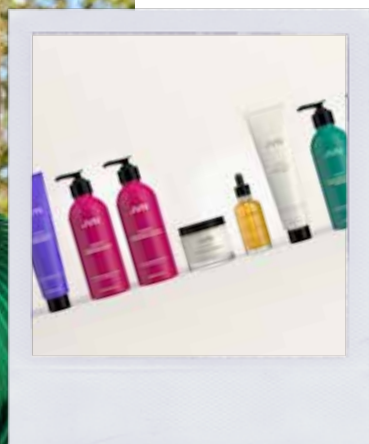
The JVN range comprises shampoos, conditioners and styling products—so far, so standard. The range is sustainable from both an ingredient and packaging point of view; we're impressed, Van Ness. It's also non-gendered, which is something of a departure for a beauty industry that prefers its products to be clad in macho black for the boys and something pink for the girls.

"So many of the biological differences between the sexes are arbitrary. You can say that women usually fall within this range and men usually fall within this one, but there are millions of men and women that fall outside of those. The systems that were defined said that men have more testosterone, so men are like this, and women are like that. Those systems were usually formed by white male doctors in the 1940s through 1980s. It's the same as BMI for instance, all those things—and it's a way of policing fatness or maleness or gender," says Van Ness, who identifies as non-binary and uses he/him, they/them, she/her pronouns. "Whatever your gender is, your hair either is too dry and needs more moisture, or it's too brittle so it's breaking, so it's weak and needs more strength, or it's too fine and you need more body and volume. That's why it was so essential to me to create those shampoo and conditioner lines."

As you'd expect from someone who, as a child, was so obsessed with ingredients that he would read shampoo bottles while washing his hair in the shower, Van Ness is particular about what goes into his range. The



"It's important to acknowledge how far we've come but also figure out how we spread that equity and liberation to more places"



key ingredient in all the products is hemisqualane, derived from sustainable sugarcane. "It's so transformative to hair because it's such a refined molecule, and it also is a molecule that makes all the other ingredients in the formula work harder," he explains. "It brings out the best of them because it's such a good carrier. You put it on your hair and it's like, 'Come on, let's go,' to the rest of the things in the formula. It's also light and universally efficacious no matter what your hair type or gender."

The products come in jewel-toned packaging made from aluminum and glass, both highly recyclable, with caps from mostly post-consumer recycled plastic. "My first goal was to be plastic-free on launch and then the scientific team was like, 'There's actually no technology short of shampoo bars,' and I've never used a shampoo bar that didn't ... yeah," Van Ness laughs. "So now we're working on it and our goal is to be plastic-free in 2025."

"The other thing is that with all the plastic that exists, we need better recycling capabilities and there needs to be a market for PCR plastic. So we do want to use that so we can deal with the volume that exists." As you'd expect, given his passion for social justice, Van Ness wants to help move the needle on sustainability on an even grander scale. "We need to do both: pressure lawmakers to regulate more and, because we are in a capitalistic society, show the bigger beauty makers that going plastic free is profitable and people want it," he says. "It can be a parallel path—hello, let's be non-binary."

Perhaps the most enduring criticism that's levelled at beauty is that it's silly and frivolous—that it's vain to care about how you look, that your attention and time are better spent on other things. Van Ness engages with the question thoughtfully. "I think that several truths can exist simultaneously. For some people, that can totally be their truth and that's OK, and I don't need to change that. For me, I don't dress the way I dress or do my hair the way I do because I'm looking for validation. I do it because it's how I feel good and confident, and it's how I like to present. But also, if you see me go to get coffee in the morning or you look at me gardening in my sweat shorts with my hair all sloppy, I feel good like that, too. I feel good in lots of different ways."

As with many things, Van Ness believes it ultimately comes down to connection. "For some people connecting with yourself is like, 'I'm flossing, and that's it.' That could be what some people's connection with their authentic self is and to them I say [applause], 'Yass queen,' but maybe we could get some Nurture Shampoo and Conditioner, too."

This year has been a particularly challenging one for the LGBTQ+ community in the United States and Van Ness doesn't paint a rosy picture when we talk about whether, these days, it's easier for men to dress and express themselves the way they want. "I think across a lot of spaces there's less shame particularly for men. You see more diverse people in the beauty industry and in entertainment. And also there is a lot of pervasive homophobia and transphobia as it relates to beauty and how men, women and non-binary people choose to express or show that beauty," he says. "This year in particular there's been more anti-trans legislation passed in the U.S.—and it's May—than in the whole of last year. Last year was the biggest number of anti-trans bills passed in U.S. history. We need to start demanding more of our leaders; I live in Texas so this is on my mind now. I feel like I'm talking about that a lot lately because it's important to acknowledge how far we've come but also figure out how we spread that equity and liberation to more places."

In such a wide-ranging conversation, we're curious now, about what he's curious about now. "So much! How mid-terms will go. I'm going to New Orleans for season 7 of *Queer Eye* and I've never been there before, so I'm excited to live there for a few months," he says. "And we also have so many exciting things with JVN Hair. It's such a passion project for me. I love it so much. It's the most work I've ever done—and that's coming from someone who's written two memoirs and, like, done all this other stuff. And also, I have a husband and five cats and dogs and, henny, I'm just trying to grow into this space in my 30s, spread my roots and thrive." Jvnhair.com

Daddy Hair Do

Father and stylist felt TikTok fame when he was compared to JVN on the social platform; here are his top tips for taming kids' hair

BY NOA NICHOL

When Vancouver digital marketing expert Erin Sousa captured her husband, Roberto, drying their daughter Lola's hair before bed, she had no idea it would go video-viral on TikTok, garnering 17.8 million views and attracting the attention of (doppel-ganger) celeb stylist Jonathan Van Ness. We caught up with Roberto, a pro stylist himself at Nadia Albano Style Inc., to chat social stardom and kid hair-taming tips.

Roberto, you recently became TikTok famous: how did that happen?

As I'm answering this question, TikTok has most likely moved on. The irony here is I'm not even on TikTok! So it was a huge surprise! It was such an everyday organic moment of me blow-drying my daughter's hair after the bath before bedtime. It was my wife, who works in social media, who happened to capture it and post it. Had I known I was going to be TikTok famous, I would have at least done my own hair?! Poor JVN! He probably saw the vid and said "I don't see it? Nope."

As JVN's unofficial stunt double, have you yet tried his new hair products?

Very unofficial stunt double—however JVN did say if he "ever needed a stand-in while I go off to be an actress," so, you never know? JVN is such an icon in my industry that when I learned he was going to drop a hair health and beauty line I knew I had to try it. JVN has so many fun and informative videos on his social media showing how to use and what to expect (which is so important) with his products. I love the Air Dry Cream. It's so good as a leave-in and perfect for an overnight wet set.

Let's set the viral scene: Lola's hair was wet before bedtime, and you were drying it. Is sleeping with wet hair ever OK?

I don't enjoy the feeling of going to bed with wet hair. My pillow gets wet, I feel



PHOTOS: ERIN SOUSA

cold and, depending on how I toss and turn throughout the night, I can wake up with a pretty wild hairstyle that only has to be wet down again so I'm able to get a comb through it. Remember that old saying, "Don't go to bed with wet hair, it'll make you sick"? It's not exactly wrong. While you won't get a cold, you can get long-term damage to your hair and scalp, like fungal infections, which love a warm, wet environment. And if your pillow is always wet, you're just inviting bacteria to set up camp for infections not just for your hair but your skin, too. I wouldn't stress about it, but it's something I think about.

You used a round brush dryer in the video: is this your fave drying tool?

It's perfect for someone without the

dexterity to handle a round brush and a blow dryer. Make sure the brush/wand is stationary. If it oscillates, it could get tangled (emergency hair cut? No thanks!). Also, that it has multiple heat and airflow settings so it can work for any member of the family. I began using it because my daughter didn't like the aggressive airflow of a traditional blow dryer. Finally, avoid heat damage; apply a heat-safe spray or balm to hair before. JVN has a good one!

Top tips for washing, drying and (relatively) painless brushing of kids' hair?

When washing kids' (or any) hair, avoid vigorously scrubbing any which way—it roughs and stresses the hair's cuticle, resulting in tangles and breakage. This happens more on kids' hair because it's typically finer. Instead, gently massage

shampoo into the scalp using your fingertips, not fingernails, then using a squeegee motion to move the shampoo foam down the remaining length of the hair. When drying the hair, depending on length, use a towel to pat hair dry at the scalp, then vertically wrap hair (if long enough) in the towel (like a burrito) and squeeze gently. I like to use Oribe's Detangling Spray from mids to ends and, holding a wet brush vertically, start brushing out at the ends, moving up toward the roots.

Kids are constantly on the move, which doesn't fare well for a nice hair style.

Any advice on getting things to stick?

Bribery! If you get them to sit still, you've probably already offered some extra screen time. But the secret is to divide the hair in manageable sections so as not to get overwhelmed. For a stay-put ponytail, start by dividing the hair into two sections, like you're doing a half-up, half-down hairstyle. Fasten the top with one elastic, then vertically divide the bottom section down the middle of the nape of the neck into two sections and bring it up above the top pony, fastening it with a second elastic. It also gives the pony extra bounce and it will stay in place for the day, no matter what happens on the monkey bars.

First haircuts can be nerve-wracking: words of wisdom?

Sometimes a first cut is harder for parents than kids because it signifies your baby isn't a baby anymore. I'm dreading it for my daughter because it means she's growing up too fast. But this is all about trust and comfort. If it's your favourite hairstylist doing the first chop, have your child visit the salon before so they can meet them. If that's not an option, look for a children's salon that specializes in kids cuts. Kids usually love these places. I have seen some places where the seat is basically a tugboat! How cool is that?! @rbertosousa

VITA X CLAIROL

Gloss Up

Carin Freidag started with Clairol answering questions on the brand's hotline 35 years ago; she fell in love with hair colour and secured a full-time job with the company. Now she runs Clairol's Global Retail Hair Education program. With everything from natural shades to rainbow locks trending this summer, we picked Freidag's brain about hair-hue how-tos and Clairol's latest Color Gloss Up innovation, available at Shoppers Drug Mart and Amazon.ca. Clairol.com

Today we're talking colour! What makes Clairol a leader of hair colour?

We started with hair colour and, while we've added haircare and even appliances to our portfolio over the years, our biggest passion and commitment has always been to colourants. We were the first at-home hair colour kit in North America that lifted and deposited color at the same time. We started at-home highlights with Frost & Tip and introduced demi-permanent hair-colour technology to retail when we launched Natural Instincts in the 1990s. And we haven't stopped there; our R&D team is always looking into new tech and creating colours that enhance everyone's natural beauty.

What is Clairol Color Gloss Up?

It's a semi-permanent colour built into a hair conditioner to give your hair a boost of colour. It comes in a tube as many conditioners do, so it's very familiar and easy to use, especially in the shower—no bowls, brushes or even gloves needed. Plus, we've taken the extra step to add shea butter and argan oil into the already rich conditioner. There is something in this line for everyone since we designed both a Natural and Intense range of shades. The former, which includes Play It Cool Blonde and Toasted Almond Blonde for blondes and Warm Caramel Brownie, Mocha Me Crazy and Espresso for brunettes, enhances the shade you already have, be it natural or colour treated, and it can be used to tone down brassiness in both blondes and brunettes and add a bit of warmth to dull-looking hair. The latter,



including Peach Please, Rosé All Day, Pretty In Hot Pink, Blazin' Red and Out Of The Blue, is best applied to pre-lightened hair to give the most vibrancy of the tone; it can be seen as a hint of colour on hair that is dark blonde or darker. This is also great for anyone who goes to the salon and wants to keep her color fresh until her next visit.

Walk us through the application process.

It's best to apply this product to damp hair. That means, if you're in the shower,

apply immediately after shampooing. Or, dampen the hair with a water bottle and then apply. But first, determine how much intensity you want to see apply to toning. If you want just a hint, then immediately after shampooing is your best and easiest bet. Rinse during or at the end of your shower to get a shorter processing time, i.e., less deposit of tone. If you are going for the most tone you can get, we recommend processing for 15 minutes. Wear an old shirt, then dampen your hair with the water bottle before you apply. In either case, the next step is to

Clairol's latest colour innovation can make your mane shine

BY NOA NICHOL



make sure you apply plenty of the conditioner and thoroughly massage it through your hair. This is not the time to be stingy! If you miss any strands, they won't get coloured or might come out uneven. Once your time is up, rinse until the water runs clear. This is important to avoid staining from any residual product left on the hair. Remember: every time you wash some of the colour will be washed away. Color Gloss Up causes no damage, so you can freely reapply as often as necessary to keep the hue you want. If you are using the Intense shades on hair that has been bleached, I'd do a strand test on a section to get your timing. The colour will "take" faster, so you may not need the full 15 minutes. And finally, the longer you leave it in, the longer it will last on your hair, even as it fades.

Why do you think Clairol opted to create the Vibrant range?

Self-expression is going strong; our trends analysts are seeing more solid applications of bold colours, but this has always been a bit messy when done via a regular colour application. When we were able to create the hues in a conditioner base that is very easy to use, we created the full line-up of natural and bold expressive shades to offer something to everyone. To get the bold colours to really pop and last, put the product on hair that has been pre-lightened to a pale-yellow color. Since this is a conditioner, there's no worry about any further damage to hair. Just be sure to really saturate and massage the conditioner into the hair to get the best result. V

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Designer devotees

Our favourite influencers discuss their most beloved luxury brands

BY SHERI RADFORD



PHOTOS: JENNY LIU

GUCCI ALEEM KASSAM @ALEEMKASSAM

Why Gucci? It's a very creative brand. They've had a slew of different creative directors that are wildly varied over the decades, but they've always held true to their origins.

How many Gucci bags do you own? My partner would actually kill me, because I hide some, too.

We won't tell. Definitely upwards of 40.

First bag? I was probably about 15 or 16, and we were in Italy. We went to the Gucci store in Florence, and I basically begged my mom. I said it's the perfect bag to take when I go off to university. It was the classic brown monogram with black leather trim. She said "OK, you deserve it."

Favourite bag? When it comes to bags, I'm not monogamous. I cheat on all of them. The brand evolves and changes so much that every year I'm like, oh, that's my new favourite! Right now my favourite is the red felt anniversary bag. The day that my partner and I got engaged last year was the launch of the 100-year anniversary at the Vancouver store. I bought the bag to commemorate the day I got proposed to.



FENDI YVONNA CHOW @GLAMOURSPIRIT_

Why Fendi? Fendi was always on my radar, especially with the Fendi baguette made famous by Carrie Bradshaw. It was such an iconic piece in *Sex and the City*. And I just love the Zucca Monogram. So classic. Recently I fell in love with the Fendi First collection. I love the modern take on a new classic design.

Favourite piece? Anything from the Fendi First collection, but I would say the small pouch bag and sandals, which I own in black. The design matches well with my aesthetic.

Bag that should be resurrected? The Fendi Spy bag. If hobo bags come back in style, I'd like to see that bag again, in the classic monogram and other exotic skins.



HERMÈS VIVIAN LOW @WISTERIA_VOYAGE

Why Hermès? I've been collecting these items for the past five or six years, and they're quite timeless. How I see investment is a little bit different. When I say investment piece, it doesn't mean that I'm going to sell it at a higher price. It's more like the bag still keeps its value, and I can carry it for the next 20 years.

First piece? I think my very first Hermès was the Herbag. That was one of the entry-level bags. It kind of looks like a Kelly but it only costs one-third because it's made of canvas. I still have it.

Favourite piece? The new Birkin 30 that I recently got for a milestone birthday is my favourite. For every Hermès piece that you get, there is always a story, because it takes patience and time to get it.



CHANEL ALEESHA HARRIS @ALEESHA_HARRIS

Why Chanel? Gabrielle Chanel's story is so fascinating to me. And I've loved the house's designs for as long as I can remember. I recall being at an airport in the early 2000s, and I spotted a woman at the baggage carousel wearing a Chanel Cambon Tote. I remember thinking she was so chic. That handbag left an impression, and I told myself then and there that I would have a Chanel bag one day.

First piece? I bought my first Chanel piece, a wallet, during my first visit to Paris, in 2009. It's a simple black leather design with a silver double-C snap closure on the front. I remember leaving the boutique with it wrapped up and in the iconic black-and-white shopping bag, almost in disbelief that I had purchased my first Chanel accessory. I still have it today.

Favourite piece? I love the classic Chanel flap handbags. They're timeless investment pieces. And, of course, you can't go wrong with a classic Chanel jacket. ♡

LOUIS VUITTON CASSIE GILL @CASSIE_GILL

Why Louis Vuitton? For me Louis Vuitton has always been the definition of the ultimate baseline in luxury. The classic brown monogram is a print and a pattern you can never go wrong with, because it's been such a staple in the luxury space.

First piece? My very first Louis Vuitton bag; I actually still have to this day. I remember going to the store and my dad buying it for me. It is the one item I own that I would be absolutely devastated to lose, and it is nowhere near the most-expensive bag or designer item that I own. It's just because it has such a sentimental quality to it. I feel like I've grown up with that bag. Each mark and each little wear and tear ties into a personal memory.



Piece that you always recommend? The only designer wallet to buy is Louis Vuitton. The LV ones just wear the best. I've had my wallet for 12 years, and I don't imagine that I will buy another wallet in my lifetime.

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New Nosh

Where and what to eat
this month



PHOTO: ALEXANDRA DUNLAP

MONARCA COCINA MEXICANA

The Gastown restaurant space beside Secret Location has been a bit of a revolving door in the past few years—it previously housed Coquille—but it finally feels like it has met its culinary calling with Monarca. Ask for a window seat to watch the after-work foot traffic speed stylishly by while you sip a margarita (or a mezcal flight) and wait for the delicious main event, which should absolutely start with an order of the Queso con Chorizo, served in a tiny cast-iron with bubbling-hot Oaxaca cheese and housemade chorizo. Follow it up with, well, your choice—you can't go wrong with the various tacos on offer, or an order of Enfrijoladas de Cochinita Pibil (a layered tortilla with achiote-braised pork, black bean and queso fresco cheese). Dip into house-made salsas as you go, and save room for some sweet churros for dessert. The restaurant's name is a nod to Veracruz-born chef Francisco Higareda's father—he lived near the Monarch Butterfly Biosphere Reserve, a UNESCO site in Michoacán—and Higareda's playful-authentic Mexican and Latin American fare is skillfully executed and beautifully plated. **181 Carrall St., 604-569-2258. Monarcavancouver.ca**

KATIE NANTON



R+D KITCHEN BY WHITE SPOT

White Spot, but make it fancy? You bet. As the name implies, R+D Kitchen by White Spot is a research and development location for B.C.'s iconic Nat Bailey-founded chain—and, yes, it's fancier than most Spot locales. In addition to serving your fave WS classics, the test kitchen, helmed by exec chef James Kennedy, promises to turn out a rotating roster of fresh dishes with an emphasis on new flavours and some excellent veggie and vegan bites. Not unlike Burnaby's Amazing Brentwood development, where R+D is located (seek it out at the food-hall-inspired food court, Tables), the restaurant has an elevated vibe, with loads of natural light streaming

through fantastic large windows. Whether you're a classic Monty Mushroom burger type of person, or more into an R+D House Wagyu Burger or Black Truffle Vegan Mushroom Fettuccine, you can order exactly what your heart desires here, along with local beer on tap, B.C. VQA wine galore and excellent hand-crafted cocktails. (If you're bringing the family, take note: there are no Pirate Paks, but there is a kids' menu.) There's also a handy "Kitchen Window" take-out option, perfect for those shopping spree days when you don't have time to sit down. **4567 Lougheed Hwy., Burnaby, 604-416-4604. Rdkitchenbywhitespot.ca**

KATIE NANTON

JOLLIBEE

You'll likely have to brave a healthy lineup, but the wait is worth it. The chicken chain's first Vancouver outpost features fan-fave takeaway menu items like bone-in chicken, hand-breaded for max crispiness on the outside and juiciness inside, served with a side of dipping gravy. The Jolly Spaghetti has a sweet-style sauce and is loaded with chunky slices of hot dog and a generous topping of cheese. End with a peach mango pie, made with peaches and Philippine mangoes tucked into a light, crispy and flaky crust. Wash it all down with a signature Pineapple Quencher, for a sweet taste of the Philippines, right on Granville Street. **833 Granville St. Ca.jollibeefoods.com**

NOA NICHOL



PHOTO: JONATHAN SANSON



CARLINO

Award-winning chef Mark Perrier is heading up the Shangri-La's new-la-la Italian restaurant. Located on the hotel's third floor, the space is airy and elegant, featuring plenty of natural light and, at its centre, a live olive tree. Inspired by the Friuli region of Italy, the menu offers lesser-known dishes (francobolli) as well as familiar favourites (gnocchi). Breakfast, brunch, lunch, dinner, dessert and drinks—there's lots of good food to choose from, much of it made with local ingredients sourced from small producers (like a flock of black copper Maran hens on a family farm in Abbotsford), but we encourage you to order "fai tu"—an Italian expression meaning "you pick," that's offered as a family-style tasting experience designed by the chef (\$85 per guest). **1115 Alberni St., 604-695-1115. Carlinorestaurant.com**

NOA NICHOL



PHOTO: MARK YAMMINE



PHOTOS: RICH WONG

MENYA ITTO

Menya Itto on Robson is the ramen chain's first North American outpost—and it's on a mission. Eight illuminated words remind guests that founder Yuki-hiko Sakamoto aims to illuminate a path for others to shine and enjoy noodles around the world. Beyond the beautiful high-ceilinged space, the restaurant provides a unique way to enjoy a bowl (well, make that two) of the dish that made Menya Itto the King of Tsukemen: its signature Chashu Tsukemen. These extra-thick dry noodles, topped with three types of pork, are served with a separate bowl of chicken-ball soup. Dip your ramen in the hot broth one bite at a time; the benefit is a noodle that remains al dente from start to end. There are also ramen-in-soup options, like the Chashu Noko Gyokai Ramen (a chicken and seafood broth with house-made thin noodles and finished with scallop oil) and, if you're in time, the limited-edition Lobster Tsukemen. After finishing the dipping noodles, staff will add Japanese white rice and cheese to your remaining lobster broth, torch it and make it an "aburi" style risotto. Spectacular. **1479 Robson St., 604-568-6898, Menya-itto-canada.com**

LOUISA CHAN



LUIGI & SONS

Here's a restaurant extension that makes meaty good sense. Luigi & Sons, an offshoot of Elisa steakhouse next door, may be the finest butcher shop in the city. Find a hand-selected curation of meats sourced from high-grade local and global suppliers, from 63 Acres in Chilliwack to Japan's Kagoshima Prefecture. Beyond the beautiful cuts, the shop provides delicious takeaway options and house-made provisions (the shepherd's pie, with slow-cooked beef, red wine and mashed potatoes is a bestseller), as well as an in-house dry-aged program that elevates the flavours of the products, and lends an incredible aesthetic to the space. For Father's Day, Luigi & Sons is offering premium, curated gift baskets featuring signature cuts from Elisa and a variety of high-quality takeaway options and house-made provisions. **1119 Hamilton St., 604-416-5443. Luigiandsons.com**

NOA NICHOL

CASA MIA

Craving Italian? Head to West Van pronto, where Casa Mia has opened in an airy, brightly lit space on Marine Drive. Created by the team that introduced Vancouver to Italian bakery café Sciué, and led by Italian-born managing partner Maela Lovisetto, this place is about as tasty as they come—and comes with a highly Instagrammable Casa Mia neon sign upon entry, to boot. Consulting chef Alessandro Vianello has brought his Italian heritage to the table, with a menu of easy, flavourful plates for breakfast, lunch and dinner, including housemade pastas (if you catch chef doing his incredible pasta rolling trick, lucky you!), influenced by celebrated regions of Italy. We enjoyed the camera-friendly Anchovy in Saor Toast, the creamy burrata with red grape agro-dolce on fluffy house-baked bread, the quirky Cabbage Carbonara and various piping-hot brick-oven pizzas. Still peckish? Pop into the Italian market at the back for a selection of pantry items, like handmade pasta, pizza dough and sauces, to take home to your casa. **2215 Marine Dr., West Vancouver, 604-281-3313. Casamiacucina.ca**

NOA NICHOL



RILEY'S FISH & STEAK

Helmed by chef Jérôme Soubeyrand, who has worked at eight Michelin-starred restaurants in Europe, this new fish and chophouse boasts dishes that spotlight fresh seafood, prime cuts of beef and Pacific Northwest produce. Standout appetizers include Wagyu beef carpaccio, crab cakes, oysters Rockefeller, salt-and-pepper calamari and garlic-and-Gruyère-stuffed brioche with whipped butter. For entrées, you can't go wrong with beef stroganoff, coq au vin, swordfish, halibut steak, sablefish or steamed lobster. The raw bar features every kind of fresh seafood you can imagine, while beef runs the gamut from an 8-ounce tenderloin to a 40-ounce tomahawk. But the real stars are the chilled seafood towers. The King is the true showstopper—with its heaps of tiger prawns, oysters, snow crab, Dungeness crab, mussels, clams, lobster and more—but the Deluxe and the Grand are Instagram-worthy contenders, too. **200 Burrard St., 604-629-8800. Rileysrestaurant.ca**

SHERI RADFORD



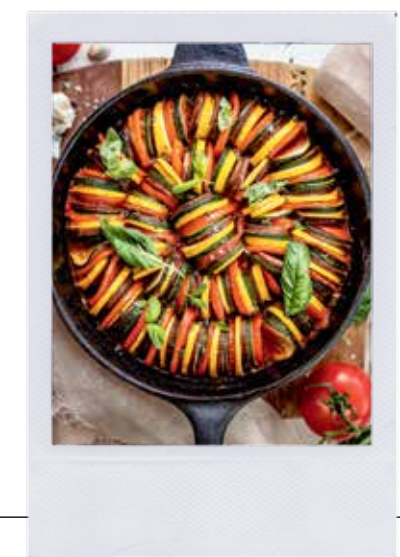
Summer *Rainbow* Ratatouille

- › 2 tablespoons olive oil
- › 1 large red onion, finely chopped
- › 4 cloves garlic, finely chopped
- › 1 teaspoon fine sea salt, divided
- › 1 red bell pepper, finely chopped
- › 2 cans (28 ounces/800 mL each) crushed tomatoes
- › 2 teaspoons herbes de Provence
- › 3 teaspoons fresh thyme leaves, divided
- › ½ cup tightly packed fresh basil leaves, chopped, more for garnish
- › 1 green zucchini, sliced into ½-inch rounds
- › 1 yellow summer squash, sliced into ½-inch rounds (or another green zucchini)
- › 1 Japanese eggplant, sliced into ½-inch rounds
- › 3 Roma tomatoes, sliced into ½-inch rounds
- › ¼ teaspoon freshly ground black pepper
- › Fresh basil leaves, for garnish (optional)

Preheat the oven to 375°F (190°C). Heat the olive oil in a 10-inch cast-iron skillet over medium heat. Add the red onion, garlic, and ¾ teaspoon of the salt. Cook, stirring often, until the onion has softened, about 10 minutes. Add the bell pepper and cook, stirring occasionally, until softened, about 7 minutes. Pour in the crushed tomatoes and season with the herbes de Provence and 2 teaspoons of the thyme. Cook at a low simmer until the sauce has slightly thickened, 10 to 15 minutes. Add the basil and stir to combine. Remove from the heat. Starting from the outer edge of the skillet and working your way to the middle, arrange the sliced veggies over the tomato

sauce, snugly upright but slightly angled, and alternating the colours (zucchini, summer squash, eggplant, and tomato). Fan them apart slightly, if needed, to cover the entire pan with no large gaps. Sprinkle with the remaining 1 teaspoon thyme, remaining ¼ teaspoon salt, and the black pepper.

Excerpted from *The Two Spoons Cookbook* by Hannah Sunderani ©2022 Hannah Sunderani. Photography by Hannah Sunderani. Published by Penguin, an imprint of Penguin Canada, a division of Penguin Random House Canada Limited. Reproduced by arrangement with the Publisher. All rights reserved.



Hot Shops

The city's latest and greatest retailers

BY NOA NICHOL

KOTN

Dare we say, Kotn, now open in Mount Pleasant, could be Vancouver's prettiest new positive-impact brick-and-mortar retailer. Spend some time wandering the 1,450-foot space, which blends design elements (photographic artwork and arched entryways) inspired by the company's Egyptian origins with secondhand wood furnishings and plant parent-worthy succulents. The store carries a great selection of the brand's earth-minded and ethically-made offerings, from clothing (summer-perfect babydoll dresses and knit sets) to blankets and bedding, all made from raw cotton sourced straight from farmers in the Nile River Delta (bonus: Kotn donates a portion of all in-store and online sales to building schools for the children of their cotton growers). Since local is important, too, you can also shop a limited collection of consciously made goods from Vancouver-based creator, Rachel Saunders Ceramics, and emerging Canadian brand, SSSoaps. Kotn is definitely giving us all the good fabric feels. 3743 Main St. Kotn.com



PHOTOS: KAYLYN MCLACHLAN



SHABBY RABBIT BOUTIQUE

When Bernadette "Bunny" Doyle opened her first retail venture, it was with the sole purpose of carrying one-of-a-kind, completely natural, naturally dyed and never chemically treated clothing by a brand based in Fredericksburg, Texas, called Magnolia Pearl. "The women who wear Magnolia Pearl are of all sizes and ages," says Doyle, whose first Shabby Rabbit Boutique is located at 657 Fort Street in Victoria, B.C. "They are generally creative women with a love of natural textiles and are not afraid to express themselves through a very different kind of clothing." Doyle also entered the Vancouver market just over three years ago and is currently located in a new space in Point Grey Village. Shabby Rabbit boutique continues to carry the largest selection of Magnolia Pearl in B.C. and has been called a "Magnolia Pearl superstore" by the partner of the creative genius behind the brand. As well as Magnolia Pearl the Shabby Rabbit shops carry a variety of other unique clothing lines which are ever evolving. "We carry other lines, too, but there are too many to mention!" says Doyle, who encourages everyone to drop by a Shabby Rabbit Boutique and discover the treasures there for themselves. Challenge accepted! 4408 W. 10th Ave., 604-336-9454. Shabbyrabbitclothing.com



HABIT TRADING CO.

Oh, how we love discovering a new spot to unleash all of our interior creativity! Habit Trading Co. in Point Grey Village is a décor store that's captured our hearts. Owner Christa Joe curates a perfect selection of home goods, many handmade and local, art, refillables—essentially, a collection of things she loves and wants to share with customers. Find a rotation of monthly featured artists to keep your walls fresh; a large selection of handmade pottery, woodwork, woven baskets and textiles (local, fair trade and/or made by women);

pump bottles of refillable hand soap, dish soap, laundry detergent and cleaning products from four planet-conscious brands (snag a glass vessel in store if you need a starting point); plus selected chairs, ottomans and side/end tables. Sprinkles of greenery, yummy candles and lots of easy-living items complete the picture. Joe's passion is working with local entrepreneurs to showcase innovative, unique home décor items, and offers a designer discount, to boot. This is one shopping habit you won't want to shake! 4410 W. 10th Ave., 604-740-2527. Habittradingco.com



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Take Our *Dad*vice

Top sips and gifting inspiration for Father's Day

BY JANET HELOU

With Father's Day just around the corner, it's time to celebrate all the dads and dad-like figures in our lives. There are countless reasons for such a celebration, each as unique as every dad out there. Did he teach you how to tie your shoelaces? How to drive? How to handle a breakup, or handle a socket wrench, how to be a master gardener, how to be an expert napper, or how to use the barbecue without burning off your eyebrows? Did he deliver cringe-worthy jokes, allow slightly-less-than-nutritional dinners to be served while mom wasn't around? Maybe he guided you to give your academics more attention, or was the strong but silent type? Or maybe your dad wasn't a dad at all, but an uncle, grandparent or other caregiver that helped craft the person you are today. Whatever the case, we raise a glass to, "the dads"! Wines, beers and spirits can make a great Father's Day gift, from the most easy-going dads to the most discerning, hard-to-shop-for types. The verdict is in, and the favourite child award goes to ... the giver of any of the below sips and gifts!

1. DILLON'S SINGLE GRAIN RYE WHISKY

For dads willing to venture into some "whisky" business, this newly launched rye whisky (\$47) uses 100 per cent Ontario rye as the base grain (10 per cent malted, 90 unmalted) and is pot-stilled one batch at a time. Once distilled it gets aged in new Ontario oak, new American oak as well as ex-bourbon casks for a taste experience of herbal and vegetal notes, toffee and clove-like vanilla oak character with a spicy, fruity finish. This rye is truly a grain-to-glass whisky great for sipping after a long day at work, or around a campfire with friends on one of B.C.'s many beautiful beaches. [Dillons.ca](#)

2. TREANA CABERNET SAUVIGNON

For the grill-master! If your dad is one with exacting standards at the barbecue, this wine is for him. Treana is your quintessential Cabernet Sauvignon from Paso Robles AVA (a designated wine-growing region like Napa or Sonoma). From the depth of colour and intense nose, this wine (\$40) is made with structure and purpose. On the palate, rich blackberry, warm vanilla, toasted coffee and black cherry are finished with firm but refined tannins. Serve to dad alongside espresso-rubbed steak and grilled mushrooms on a warm summer eve and watch him beam with pride. [Hopefamilywines.com](#)

3. LIBERTY SCHOOL RESERVE CABERNET SAUVIGNON

For the hunting enthusiast, Liberty School Reserve Cabernet Sauvignon (\$39) packs a punch of flavour—another big Paso Robles red with black fruit character of plums and blueberry, oaky notes of vanilla and tobacco with ripe strawberry and cherries. The weight and length of this wine is a perfect match for wild game like venison, pheasant or duck. Great for gifting or, let's be honest, keeping! [Hopefamilywines.com](#)

4. M BY MINUTY PROVENCE ROSÉ

For the dad that always lightens the mood, this delicate but flavourful rosé (\$33) is the equivalent of the French Riviera in a glass—a crisp blend of Grenache, Cinsault, Syrah and Tibouren macerated to a soft blush hue. The elegant bottle can class up a table of tapas, grilled seafood and salade niçoise, or be poured and enjoyed poolside without a care. Tangy berries and tropical fruit with a refreshing acidic backbone make this a party-pleaser. Santé. [En.minuty.com](#)

5. MISSION HILL FAMILY ESTATE ROSÉ

Perfectly paired for the oyster/seafood lover! The freshest seasonal fruits—peaches, watermelon, raspberries and other red fruits—with a lively acidity and bright effervescence, this Pinot Noir-dominant sparkler (425) is a delight. Pop it at the beach in the sunshine, or at your favourite oyster bar, and toast to your pops. [Missionhillwinery.com](#)

6. ROAD 13 JACKPOT 5TH ELEMENT

Don't be deceived by this big, lush Bordeaux blend from our own Okanagan Valley; it comes on rich with spice and



smoke but with a beautifully balanced fruit and oak structure, like a rough-around-the-edges dad who's truly a teddy bear inside. This wine (\$55) is Merlot-dominant, but nearly equal parts Syrah for a Bordeaux-with-a-twist, all sourced from the best-producing vineyards and then selected from the best of the barrels in the cellar. [Road13vineyards.com](#)

7. ARDBEG WEE BEASTIE WHISKY

For the wee bit rowdy! A youthful five-year expression finished in ex-bourbon and Oloroso sherry casks, Wee Beastie's as punchy as the rebellious teenager you may or may not have been (we'll leave that to your conscience). As far as tasting notes go, picture you and your friends sitting by a seaside bonfire onto which someone drops a heap of peat, but somehow notes of vanilla, brown sugar, spare ribs, citrus peel, black pepper and fruity sweetness emerge from the heady smoke. A must-try (\$71). [Ardbeg.com](#)

8. BUFFALO TRACE KENTUCKY BOURBON

For the Old Fashioned type! Buffalo Trace Kentucky Bourbon (\$43) is a staple in any good at-home bar. The distillery is named after the buffalo trail (or "trace") migration cross-continent. But to really delight the bourbon lover in your life, what about a leather-trimmed Buffalo Trace apron, for mixology and grilling delight? Or a Buffalo Trace games kit for a good Old Fashioned x Game night, gently lit by a bourbon and roasted pecan scented candle? And for the beard-sporting type, both beard wash and oil in delightful bourbon-inspired scents are all available through the online shop. Bottoms up! [Buffalotracedistillery.com](#)

9. KAMIKI WHISKY

For the exotic whisky enthusiast, this one's a real treat—a true blend of Japanese-style whisky that harmonizes Japanese nature with artanship. Everything from the pure spring water to the second maturation in Japanese cedar to honouring one of the oldest Japanese shrines in the country make this an experiential sip. Elegant and inviting notes of plum, green tea, sandalwood, peppered peat and caramel notes play with a floral overlay. Serve this sensation (\$151) neat, with people you admire. [Kamikiwhisky.com](#)

10. CHATEAU DE BEUCASTEL CHÂTEAUNEUF-DU-PAPE

For the dad who ages like a fine wine! The Châteauneuf-du-Pape region of the Southern Rhône is revered worldwide and wines produced there evolve beautifully as they age, with intense tannic structures and bold, angular black fruit and spice aromas in its youth that morph into softer, luscious tannins and leather, forest, blackcurrant complexity. The finish of this wine could go on for days, and the structure works wonderfully with grilled swordfish, lamb or duck, especially with berry reductions. A little on the spendy side but worth every penny. [Beaucastel.com](#)

11. B.C. CRAFT BEER We couldn't exclude the suds-loving dads, nor could we ignore the abundance of fantastic B.C. breweries. Four Winds Brewing is a perennial favourite in Delta with a taproom and kitchen that pleases all the senses. Not to miss: tacos, bestselling Nectarous Sour and Juxtapose IPA, as well as experimental brews. In Mount Pleasant, 33 Acres is a must-visit, with a recently expanded experimental brews side and offering fantastic brunch and the best chill-chat-sip space in the city. And for the ultimate dog-loving dad, Yellow Dog Brewing in Port Moody offers pup-named brews (Chase My Tail Pale Ale). Dad joke: in dog beers, I've only had one!

12. STANLEY PARK BREWING GIFT SET

Father's Day, delivered! Our friends at Stanley Park Brewing have put together the perfect bundle for the beer-loving dad in your life. Featuring a selection of four favourite beers (1897 Amber Ale, Windstorm West Coast Pale Ale, The Captain Hazy IPA and Trail Hopper IPA), two Stanley Park Brewing glass and two laser-engraved wooden coasters, this grade ale gift set (\$35) is sure to elicit big "cheers" from dad on his big day. [Stanleyparkbrewing.com](#)

Cold Brew Old Fashioned

Ingredients:

- 1 ½ OZ. DILLON'S RYE WHISKY
- ½ OZ. DILLON'S CLASSIC SIMPLE SYRUP
- 3 DASHES DILLON'S CHOCOLATE BITTERS (AROMATIC, ORANGE OR MOLE WOULD WORK, TOO)
- 1 OZ. COLD BREW COFFEE
- COFFEE BEANS, FOR GARNISH

In your cocktail shaker add the Rye Whisky, simple syrup, bitters and cold brew. Add ice and shake. Add ice to your rocks glass and strain cocktail into glass. Garnish with whole coffee beans. Enjoy! [Dillons.ca](#)



A Timely Collection

Dive into the latest range from the Citizen Watch Company

BY SHERI RADFORD

Just in time for summer's stellar diving conditions—not to mention Father's Day—Citizen is launching the Promaster Dive Automatic Collection. Longtime watch enthusiast Eric Senftleben, who has been with Citizen Watch Canada for 30 years and is now the managing director, shares the inside scoop.

The Promaster series was launched in 1989 “to meet the demands of professionals active in challenging environments,” Senftleben says. It includes Promaster Air pilot-inspired timepieces, Promaster Land watches for rugged activities such as climbing and racing, and Promaster Sea dive watches.

Citizen's history with dive watches dates back to 1959, when the brand launched its first water-resistant timepiece, the Parawater. “Although water-resistant watches had been created in the 1920s from Swiss brands, they weren't widely available to the general public,” according to Senftleben. The Parawater changed that, helping to pave the way for the dive watches of today.

“In its simplest form, a dive watch refers to a watch that is designed to withstand the extreme conditions of underwater diving,” he explains. “In order to be effective, a dive watch should also be durable and able to withstand pressure, sunlight and humidity. They should also be legible underwater, which is why luminosity is so important.”

Senftleben singles out a few of Citizen's key innovations in the dive-watch category, including “the world's first combination quartz watch with depth meter using an electronic sensor” in 1985, along with “the world's first analogue light-powered watch to include a depth meter” in 1998. He adds, “In 1983, a self-winding Citizen diver's watch was found on Australia's Long Reef Beach. Although the body of the



back case; and the luminosity.”

Two case finishes are available: DLC-coated titanium or Super Titanium. “Super Titanium is produced by treating solid titanium with our proprietary surface-hardening technology to achieve a level of hardness over five times that of stainless steel,” Senftleben explains. “It is also around 40 per cent lighter than stainless steel.” Plus, “Super Titanium is highly resistant to corrosion from salt water.”

Senftleben likes in particular the NB6005-05L: “I love how lightweight it feels because of the Super Titanium case and how comfortable the polyurethane strap is.”

The second new model family is the Promaster Dive Automatic, which Senftleben describes as “great for daily use because of the curb appeal,” with such notable features as “the sapphire crystal and notable upgrade on the bezel—bezel has 120 clicks as opposed to the 60 clicks of previous collections. This means that it can more precisely define a dive time when in use.”

To boost visibility in low light, a fully lumed version of this watch features a dial coated in luminescent material. “The luminosity works by a material applied to dial and markers that is charged by light. When light energy hits the material, the electrons get excited and begin to energize rapidly, creating a phosphorescent glow,” Senftleben explains, singling out one specific watch from this family: “I find the NY0150-51A to be very elegant with the white dial, and I think it really stands out.”

But, truly, it seems Senftleben is enamoured with the entire Citizen Promaster Dive Automatic Collection. He admits, “I would be happy with any of the watches.” The Citizen Promaster Dive Automatic Collection is available online and at select retailers across Canada. Prices range from \$675 to \$1,595. Citizenwatch.com



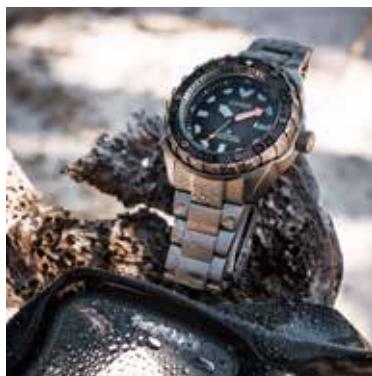
“In 1983, a self-winding Citizen diver's watch was found on Australia's Long Reef Beach. Although the body of the watch was covered in barnacles and other matter, the internal structure was still operating normally, having quietly continued to keep time for six years while at sea”

watch was covered in barnacles and other matter, the internal structure was still operating normally, having quietly continued to keep time for six years while at sea.”

Continuing the brand's pattern of innovation is the new Promaster Dive Automatic Collection, consisting of two model families. First is the Promaster Super Titanium Dive Automatic. “It's the first diving watch offered by Citizen to have the enhanced magnetic resistance of up to 16,000 amperes per metre,” Senftleben says. “Any magnetism is crucial in a mechanical watch, with the average mechanical having magnetic resistance of up to 4,800—having the 16,000 amperes per metre means that there is much higher protection on these timepieces. This allows for the movement to be protected against other electronic devices, which can affect the accuracy of the watch—which is so crucial in today's digital world, considering the increase in everyday electronic devices.”

Powered by a Cal. 9051 movement and inspired by the design of the original Promaster NY004 diving watch released in 1989, the Promaster Super Titanium is easy to grip while wearing dive gloves, thanks to the bezel's serrated teeth. The watch is water-resistant to 200 metres, and it features a date wheel, a 42-hour power reserve and lume-filled hour markers, visible even in low light. The movement uses 24 jewels.

Senftleben lists some of the watch's other impressive features: “The thick crystal to increase water resistances; the screw-down crown that makes it airtight when screwed in, preventing any water from entering; the screw-



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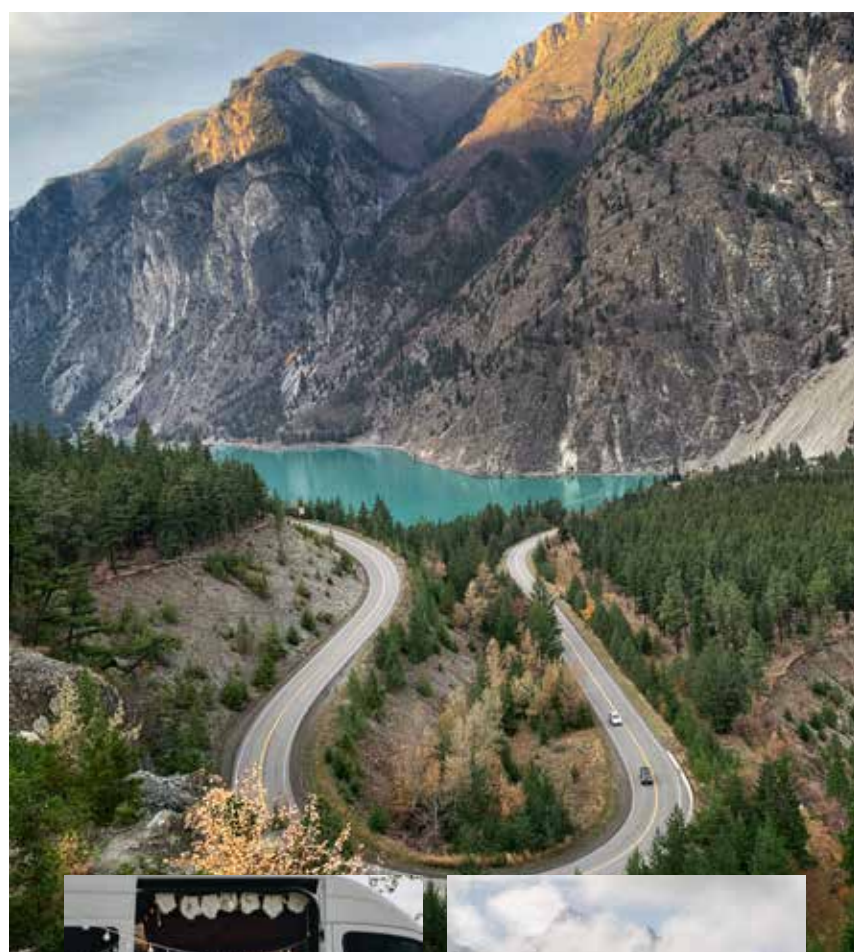
BY NOA NICHOL

When the pandemic first hit a little over two years ago, one of the first things Mandy Donjakov of Coquitlam, B.C., did was cancel her family's spring vacation. "We were all pretty devastated about it," recalls the mom of two. "Travelling is a major part of our life, and at that point, we weren't sure when we'd be boarding an airplane again."

As the weeks dragged on and it became clear international travel would not be an option for some time, Donjakov and her husband decided to purchase an RV. "We wanted to continue to travel and explore with our kids, and that seemed like a good loophole," she laughs, adding that they dubbed their Jayco trailer the Mighty Tiny. "It turned out to be much more than that. We've been all over the province ... and don't plan on stopping."

On top of having the convenience of travelling in what is essentially a home on wheels or being able to bring their dog, Brewster, along, what Donjakov loves most about RVing is that it is a safe, affordable and more-sustainable travel option that has allowed her family to explore one of the most beautiful places on earth, British Columbia. In fact, according to Go RVing Canada, the not-for-profit association that promotes the RV lifestyle in Canada, when compared to flying and staying in a hotel, RVing with a travel trailer or tent camping trailer is 57 per cent less expensive—it's a truly flexible travel option that can be tailored to fit your wants, needs and budget. From nomads to large families, RVing is highly customizable, offering a different adventure and experience for everyone, placing the control into the hands of the driver, and allowing you to decide what you want your experience to be.

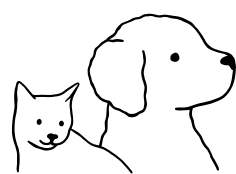
When Donjakov began her search for an RV, she leaned on GoRVing.ca as a



key resource, connecting her with local dealers who were able to answer questions on all the different models and features available, including solar-powered RVs. "That's something we really enjoy about this mode of travel," she says. "It feels like we're doing what we love and being easier on Mother Earth, too."

In fact, each year, more RVs are operating on solar power and/or lithium-ion batteries, offering a more sustainable way to generate energy. Compared to other traditional forms of travel, RVing has a lower carbon footprint, operating as a more sustainable mode of transport and travel option. With this in mind, Go RVing Canada offers advice on RVing responsibly to ensure our beautiful B.C. parks remain healthy for the next generation of RVers, like using eco-friendly cleaning products, practicing bonfire etiquette and avoiding single-use plastics by bringing reusable items. Continuing its support and taking environmental action to better our parks and society, Go RVing Canada has joined The Conservation Alliance and is currently working with Canadian Parks and Wilderness Society British Columbia to curate a custom trip guide focusing on conservation and mindfulness while in B.C.'s parks.

That said, as we head into summer 2022, Go RVing Canada continues to encourage and inspire B.C. residents to live their Wildhood—that inner-child sense of venturing off the beaten path that can result when travelling by RV—and offers a plethora of resources to do just that, sharing some of B.C.'s best guides to exploring the province on the road. Here's to a summer full of local adventures, reconnecting with nature and loved ones and making memories in the places you love. Get the RV running because it's time to hit the road! Visit GoRVing.ca for more. ♡



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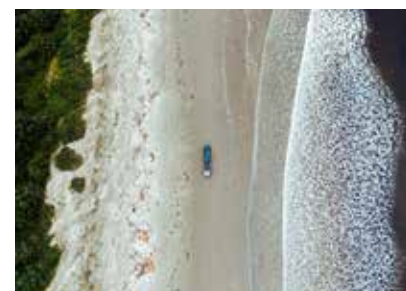
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Must-Do B.C. RV Expeditions



Northern B.C.'s Route 16: Drive through Prince George, B.C.'s largest city in the north, and experience the only inland temperate rainforest in the world. Walk underneath the canopy in the Ancient Forest/Chun T'oh Whudujut Provincial Park or wander in town and explore shops and restaurants. Next, stop by the Lakes District for picturesque views of more than 300 lakes and nearly 5,000 kilometres of shoreline. Finally, follow along the Skeena River gazing upon the rich coastal drive—one of B.C.'s most beautiful drives to Prince Rupert. If you are craving more wilderness, set out for the Khutzeymateen Grizzly Bear Sanctuary, Canada's first grizzly sanctuary.



Vancouver Island by RV: Stop in Victoria, filled with a mix of mountains and a rainforest oasis offering breathtaking views around every corner. Visit Nanaimo, the birthplace of the Nanaimo bar and explore the Harbourfront walkway, suspended above the shoreline and ocean, all while eating the iconic Canadian dessert. Don't forget Tofino, known for its surfing, ancient rainforests and sandy beaches.



Or explore unique trips and RVers stories, including "Recipe for Adventure", a Wildhood story exploring how to forage and fish while travelling through remote B.C. islands. For more inspiration on losing yourself to the wild, visit GoRVing.ca and explore pre-planned trip guides or create your own adventure using the Trip Planner tool. GoRVing.ca



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