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FROM THE CLOUDS A RICH
AUTHENTIC TASTE
— OF —
COLOMBIA

— **PREMIUM** —
RUM LIQUEUR
MADE FOR
COFFEE LOVERS





Editor's DESK

A Note From Noa

By now, the whole world has seen Catherine, Princess of Wales' announcement that she is undergoing treatment for cancer. Recently, I have had several friends, women my age, receive cancer diagnoses—news they say came completely out of the blue. With April being Cancer Awareness Month in Canada, it's time to change the way we think about cancer, particularly when it comes to younger women—and the three incredible ladies we interviewed for our feature on page 4 agree. This issue also includes a heart-warming piece about post-mastectomy bra fittings, and how they can transform one's cancer journey. Plus, plenty of fashion, beauty, travel, dining and wine news for you to enjoy as we head into spring.

Noa Nichol EDITOR-IN-CHIEF



SPRING TRANSITION: Rudsak's Cassa Iridescent Crop Bomber Jacket (\$395)

Style Life

How one of Canada's best-dressed does it

BY LAUREN WALKER-LEE

Diving into the wardrobe of Lucy Yun reveals a collection of favourite pieces she'd never part with. The Vancouver-based art director and founder of Lucky Lucy Creative Inc. mixes her penchant for colour and prints with brands like Acne and Simone Rocha. With a lifelong passion for art, fashion and design, Yun's career trajectory took root at the head office of Chanel Korea before blossoming into roles spanning marketing, styling and visual merchandising—all of which have contributed to her personal style, which she describes as "eclectic, fun and dynamic with a blend of classic sophistication and avant-garde flair."

Yun enjoys experimenting with bold patterns, textures, and silhouettes while maintaining a sense of elegance and refinement. The multi-faceted creative prioritizes quality, craftsmanship and versatility when choosing what to add to cart, often looking for pieces that resonate with her aesthetic and can seamlessly integrate into her existing wardrobe. Among her treasured possessions: the classic Acne Studios cashmere coat in salmon pink and the beloved Kimhekim Venus blazer with white pearl buttons; both hold sentimental value and are cherished parts of her style journey.



In terms of the actual shopping, Yun's approach mirrors her eclectic style. "I like to mix it up, opting for independent boutiques like Vancouver's Leisure Centre and thrift shops to discover unique pieces that speak to my personal style. I also appreciate online platforms like SSENSE that offer a wide selection of independent

and emerging designers along with sustainable brands."

Her Instagram-worthy wardrobe reveals a mix of staples and carefully curated statement pieces: a patchwork multi-coloured Roksanda coat; a puffy-sleeve baby pink coat from Simone Rocha; a bold statement white tulle button-up shirt

and a black tulle skirt from Comme des Garçons. "I am drawn to clothing that exudes confidence, creativity and individuality. I enjoy mixing and matching different styles and textures to create unexpected and compelling looks."

For Yun, the act of dressing is a creative process; she often draws inspiration from her mood, the occasion and the environment, and experimenting with different combinations to create looks that feel authentic and expressive. As in her work as an art director, her personal style is infused with innovation and storytelling. She says, "cultivating your own style is essential for expressing individuality, creativity and self-confidence. It allows you to present yourself authentically to the world and to create a visual language that reflects your personality, values and aspirations." ▽

Snag Her Style

JACQUEMUS Black & White Les Sculptures "Les doubles sandales" Heeled Sandals, \$1,709, [Ssense.com](https://www.ssense.com)

MARQUES ALMEIDA Blue Belted Jeans, \$360, [Ssense.com](https://www.ssense.com)

GANNI Occasion Top Handle Knot Bag, \$245, [Ganni.com](https://www.ganni.com)

SIMONE ROCHA Pink Easy Tank Top, \$335, [Ssense.com](https://www.ssense.com)

HERMÈS Rouge Hermès Matte Lipstick Limited Edition in 47 Rouge Cinétique, \$99, [Holtrenfrew.com](https://www.holtrenfrew.com)

THE MAKING OF THE BRITISH COLUMBIA

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VITA X MONAT + MARC ANTHONY + OPI

Stock up on these seasonal must-haves for warmer-weather-winning skin, hair and nails

3 Spring Beauty Staples

MONAT SKINCARE MAKEUP
This vitamin E, niacinamide and peptide-powered makeup collection from global beauty brand Monat features a range of products for the lips, eyes, cheeks and skin. The weightless formulas instantly moisturize and nourish the skin while adding a healthy glow, which help to create the perfect dewy look for the season.

MARC ANTHONY STRICTLY CURLS HAIR & SCALP 5-IN-1 REFRESHER
This 5-in-1 Refresher is made to neutralize scalp odour, reduce frizz, redefine curls, rehydrate and refresh the scalp. It's formulated with shea butter and avocado oil to hydrate and defrizz, making it ideal for unpredictable spring weather. The 5-in-1 Refresher is also perfect for those looking to embrace their natural hair by using salon-quality products. Strictly Curls Hair & Scalp 5-in-1 Refresher is available at Shoppers Drug Mart, Walmart Canada and other retailers nationwide.

OPI XPRESS/ON PRESS ON NAILS
OPI has launched a new artificial nail, OPI xPRESS/ON, offering professional quality shades, artistry and innovative effects available anytime, anywhere. With OPI xPRESS/ON, iconic colour, trendsetting designs and a flawless gel-like salon manicure are right at your fingertips—just xPRESS, set, go! Each OPI xPRESS/ON set includes 30 professional-quality nails, super-hold glue, a cuticle tool and a file. To apply, use the quick and easy four-step process: fit, shape, prep and xPress. OPI xPRESS/ON offers 14 days of gel-like manicure wear for \$18.99 (iconic shades), \$19.99 (salon effects and longer lengths) and \$21.99 (professional nail art) at Shoppers Drug Mart.

Living Proof

No longer an “old man’s disease,” we asked three brave, young, beautiful women about their cancer journeys

BY NOA NICHOL

Kama Money

Heavy periods, severe cramps, extreme fatigue; with all the stress of the pandemic, splitting from her partner, adjusting to being a single mom and moving from White Rock, B.C., back to her hometown of Port Alberni on Vancouver Island, Kama Money, a teacher, didn't give much weight to her symptoms. Neither did her doctors, until, in summer 2021, her pain increased and an emergency trip to the hospital resulted in a fast-tracked hysterectomy—and a completely unexpected outcome.

“I woke up from surgery and they'd removed a seven-inch section of my colon due to very serious metastatic stage 4 cancer,” she says. “I wasn't in a good place to receive that news; all I needed in that moment was an Ativan and a warm blanket.”

A Dylan Thomas line also, eventually, came to mind: “Rage, rage against the dying of the light,” Money recalls. “I thought, I have to be there for my son. So, despite the data showing there's only a 15 per cent likelihood of me

making it five years, I've decided to fight my best fight.”

Besides, she says, the stats are old, and largely based on a different sort of patient—when it comes to colon cancer, it's been painted as an old person's disease. But more and more young women, like Money, are getting the disease, and experts have yet to figure out why.

Money has her own theories. “Is it the stuff in our food, the ingredients in our skincare, the toxins in our cleaning products?” she wonders. “Is it stress? Grief? Keeping our emotions in, rather than letting them out? I'm not qualified to call these things causations, but what's the correlation?”

In addition to her doctors' recommended treatment, which includes chemotherapy, Money has spent a lot of time and effort (not to mention, finances) changing her lifestyle and exploring naturopathic modalities. Beyond juicing, cutting out processed sugar and alcohol and “eating all the salad,” she's also invested in mistletoe and IV therapy, engaged in reiki



CREDIT: TASHIA POTTER PHOTOS

and sound bath sessions and, through InspireHealth, spoken with a counsellor.

She's also become part of an incredible community: the cancer community. “It's a club you don't really want to join,” she laughs, “but the people in it are so positive and supportive. We swap ideas and recipes, we cheer each other on. And if we find another people dealing with

cancer, we bring them in wholeheartedly.”

Though she still wakes up each day thinking, is this really true, she recognizes that cancer has, in some ways, changed her life for the better. “That sounds crazy to say, but I feel a lot lighter. I feel like I have this purpose, to fight and beat this thing, even though, yes, it's absolutely scary as hell.” [Gofund.me/36aef8c](https://gofund.me/36aef8c)

Daniella Allen

A year or so ago, freelance curve model Daniella Allen was a happy, healthy 27-year-old. When she started feeling under the weather, she didn't make much of it—until the bug lingered a bit too long.

With no family physician, Allen paid a visit to a walk-in clinic; the doctor on duty told her there was nothing to worry about. Then, “out of nowhere,” large bruises began to bloom on her body. She had a scratchy throat; felt too sick to work out. She went back to the same walk-in doc—and continued to do so week after week; he said she was “young and healthy” and put her on various antibiotics and a puffer.

“I was doing everything I possibly could to not stay sick,” Allen recalls. “I took cold and flu meds, probiotics, vitamins up the wazoo. Nothing worked. And all the while, as a young adult, I was trying to figure out why, even when asking to get bloodwork done, I was being pushed to the side. It's like the system assumed that, since I was young, I was healthy, and therefore I didn't really need much else.”

The system could not have been more wrong. When she woke up one morning feeling like she couldn't breathe, her sister drove her to the hospital where they took blood and did a chest X-ray. The tests seemed to show severe pneumonia, so she was kept overnight. “It was awesome, strange as it sounds, to hear some sort of diagnosis,” Allen remembers.

However, an hour or two later, a hospital staff member returned, needing to take more blood. The next day, a doctor came to her bedside and asked if there was any history of cancer in her family;

he finally revealed they'd found some abnormalities in Allen's blood. After more testing, a verdict: acute myeloid leukemia, a.k.a. blood cancer.

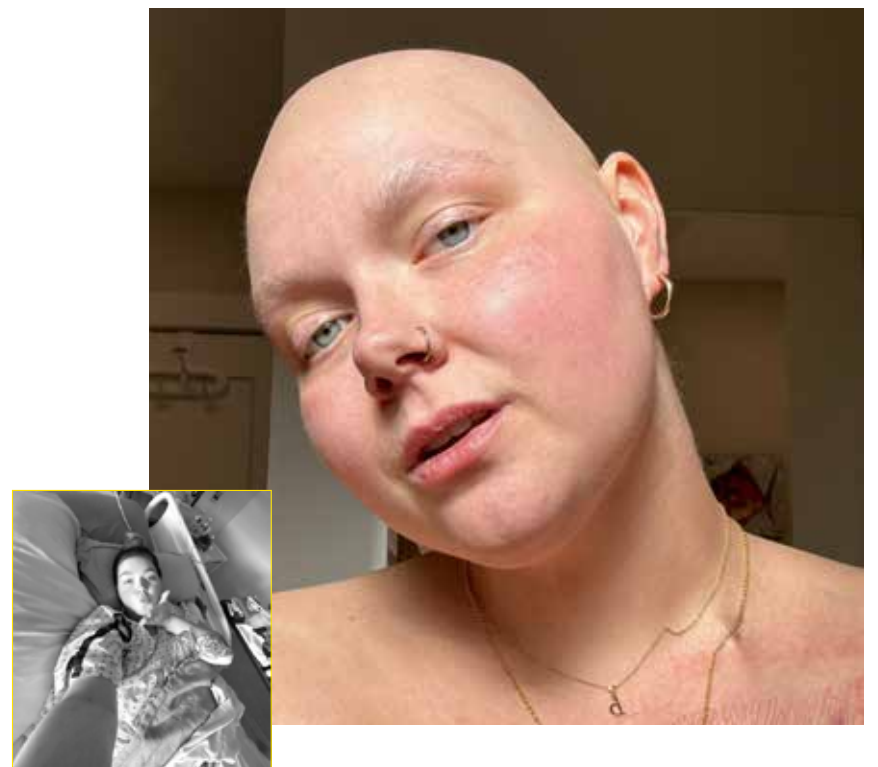
“It was complete and total shock, just utter disbelief,” she says. “It was literally a snap of the fingers: from normalcy to cancer.”

Treatment for Allen began immediately, including month-long chemotherapy at Vancouver General Hospital and, eventually, a bone marrow transplant (thanks to a donor she's lovingly nicknamed Dennis). Though she says she “didn't get to stop and think about it ... I had to go directly into it,” one question did cross her mind: when she came out of this on the other side, would she still be able to have children?

“No one ever posed that question to me, although I obviously was a young, childless woman,” she says. “I had to plan and work through that on my own.”

After a second bone marrow biopsy, Allen was in remission. Two rounds of chemo past that, she underwent an egg retrieval, to up her chances of one day starting her own family. “If you're older or past menopause and you get cancer, that's not something you think about,” she says. “But I'm in my 20s, and it is. The frustrating part is, I had to advocate for myself on that matter, and make it happen on my own. I think that's part of the stigma around leukemia being a child or an older person's disease that really needs to change.”

With a lack of resources for her demographic within the health system, Allen found a community—and information—online. “Social media gave me the op-



portunity to meet people my age going through what I'm going through,” she says. “Even if we have different strains, we can relate on so many issues, like fertility, sex, intimacy, losing so much of yourself, losing your hair. But I had to go out there and find it myself.”

Again, she says, the perception around who cancer impacts needs to change. “Everything, from the financial burden to fertility issues to the fact that very few of us have a family doctor ... those are issues that hit differently when

you're 20, 30, 40,” Allen says, adding that, while she is incredibly grateful to all the nurses and medical professionals who have helped her during her journey, it was difficult to be sick and have to advocate for herself.

“I'm coming out on top, though,” she says with a smile, adding that she's already received invitations to return to modelling and “can't wait to rock this bald head! Cancer is going to be with me for the rest of my life, but it's not going to define me.” [Gofund.me/309b483a](https://gofund.me/309b483a)



Fiona Forbes

Six months or so before the pandemic hit, Fiona Forbes started receiving notices that she was overdue for a mammogram. “I was on a scheduled yearly mammogram because I'd had a minor cancer scare 20 years earlier,” she recalls. “I got cocky, thinking lightning wouldn't strike twice, so I just ignored the letters.”

That, she admits, was a big mistake—one she's determined not to let other women make.

“When I finally did go in, in October 2021, the technician found a tiny shadow on my mammogram,” Forbes says. “She must have been my guardian angel, because she offered to take more pictures after her other appointments. That tiny speck turned out to be 2 millimetres of breast cancer, caught early; that woman in a full hazmat suit saved my life.”

Next up was a titanium insert biopsy and, after that, Forbes was put on a wait list for surgery. Four long months of stress and worry later, she underwent the procedure and, in July of 2022, was deemed cancer free.

“I was very lucky; I had a very treatable kind of cancer that required radiation only. But there are many kinds of breast cancer, each one different. And a big part of the problem, when it comes to people getting really sick and even dying, is not going for your mammogram when you are supposed to. I really feel I'm here today to spread the word: don't be like me and don't put off your mammogram. Get checked when you're supposed to get checked. It could save your life.”

Later this month, Forbes will host the Canadian Cancer Society's 28th annual Daffodil Ball, which raises funds for critical cancer research and support program. “Giving back to cancer as much as I can is a priority for me,” she says, adding how grateful she is for the care she received during her cancer journey. “With great advances in medical treatments the new motto really is that we want people living with cancer, not dying from it. I am walking, talking proof of that.” [Daffodilballbc.ca](https://daffodilballbc.ca)

A Good Bra

Finding the perfect post-mastectomy fit can make a world of difference

BY FARAH KHAN

When it comes to recovery after a mastectomy, something as simple as finding a new bra can spark feelings of confidence and control. Soft and breathable materials, adjustable straps, front-closure options—these, along with professional post-surgery fittings—can also, crucially, allow for proper, and better, healing.

Dr. Waqas Jalil, a plastic surgeon and co-founder of Form Face + Body in Toronto, says that after a mastectomy the chest undergoes significant changes, and a well-fitted bra provides essential comfort and support—which is where fitting specialists come in. More than a sales associate, an in-store bra-fitting specialist can help put post-surgery patients in the perfect bra—and get them feeling better about their bodies.

Amie Heenan, owner of Toronto's Melmira Bra and Swimsuits, is passionate about the process. "Being involved in their healing by finding the right garments to support them is incredibly rewarding," she says. Lynda Barr, store director of Diane's Lingerie in Vancouver, agrees, emphasizing the importance of offering support to folks going through this process. "Knowing there was a need for women who were feeling vulnerable and were faced with uncertainty surrounding post-surgery options is my driving force to help ... in every way possible," she says.

Although compression bras or camisoles are worn immediately following surgery, the real excitement begins post-healing when women have fun exploring at speciality stores like Melmira and Diane's. Each women's post-surgery bra is unique, offering features like pockets, no underwires and full coverage—but some may opt for lace, underwire or strapless styles. "Women will often discover things about themselves and explore more interesting and diverse styles than they have ever worn, and this can be a very important part of her healing after breast surgery," Heenan explains.

For women who reject or are not candidates for reconstructive surgery, Dr. Jalil says prosthetic placements in mastectomy



bras can be key. "Many mastectomy patients opt for breast prosthetics to restore symmetry," he says. "Bras with pockets for prosthetics help secure and position them correctly for a natural look." Barr adds, "Post-surgery pocket bras keep the breast form in place and, depending upon the weight of the natural breast, helps balance the weight, relieving pressure across the lower neck and shoulders."

For women like Laurie Grantham, a double mastectomy patient, who chose not to pursue reconstructive surgery, her fitting session marked a turning point. She worked with Melmira fitters to find styles that fit her body and needs after her incisions had healed eight weeks post-sur-

gery, including custom ones.

"The first experience was uplifting," Grantham recalls. "I was delighted at the choices available and how beautiful the products accessible to me could be. Without a fitting consultant I would have never known nor explored and embraced these options." In fact, she says her first fitting session was the start of a relationship with staff, and a turning point of her cancer journey. She remembers feeling a surge of emotions; indeed, finding the right bra becomes a statement of self-care, healing and empowerment.

"It was like finding a place where an entire sisterhood was there for you, cheering you on," she says. "And when I got my first

of many compliments of how pretty my strap was peeking out of a summer shirt, or during a healthcare appointment, it was so nice to hear. Who would ever think I'd hear something like that?"

Bras like the Amoena Lara Bra are great for everyday wear, while the Selenia Mastectomy Bra by Anita with floral lace detail adds a feel-good factor. Both are popular options for those starting out. Grantham says she loves the colours as well as the details of bras from Marie Jo and Chantelle, as they are more fashionable. She says, "The bras I have now are more beautiful and fashionable ... than I've ever owned. And that goes for swimsuits [Melmira] helped me select, too." V

Blink Big

Should you add a lash or brow serum to your beauty routine? Three experts weigh in

BY FARAH KHAN

Fluttering lashes and full brows: more than just beauty aspirations, they're now the focal point of a burgeoning trend that's ignited a rise in eyelash and eyebrow serums meant to take your finest hairs to new lengths.

"As people seek more non-invasive options, brow and lash serums offer a way to achieve fuller, healthier-looking eyebrows and lashes without resorting to extensions, false strip-lashes or 'drawn-on brows,'" says Lexi Miles Corrin, founder and CEO of Waxon, a laser and wax bar that offers eyebrow and eyelash services. Plus, she adds, as more people start to see visible results, share their experiences and educate themselves, the trend is further gaining momentum. "Consumers are now more informed and curious about products that can contribute to achieving a youthful and defined appearance due to social media and beauty influencers."

But it's not all (Tik) talk. Recent advancements in cosmetic formulations have yielded potent ingredients that claim to promote fuller lashes and brows. Across the board, these products purport to enhance follicle growth and promote fuller, healthier hair. But the ingredients themselves can vary, meaning not every serum is created equal.

"Key ingredients may include vitamins such as biotin and panthenol, antioxidants and peptides, or castor oil," says Nicole Karajovic, a licensed aesthetician at Waxon. "There are also prescription-strength prostaglandin-based products that have increased risk of side effects."

Olaplex, for one, has created a peptide complex technology for its Lashbond Building Serum, which has a blend of potent peptides, hyaluronic acid and biotin to promote healthy-looking and fuller lashes. According to the brand's chief scientist, Lavinia Popescu, "[It] supports the natural lash growth cycle and maintains an optimal environment to support the look of longer, thicker, stronger and fuller lashes." She adds that both the hyaluronic acid and biotin promote nourished lashes and reduce the



appearance and feel of dry, brittle hairs. Olaplex's new Browbond Building Serum includes similar tech to support the natural growth cycle and brow retention for the look of fuller, denser more youthful eyebrows—in as little as four weeks. Bonus: the product is said to also contain an innovative peptide to help reduce the appearance of new greys.

How fast do they work? It's a common misconception that the results will be instant and permanent. "In order to see results, lash and brow serums have to be a part of your self-care ritual," Popescu says. Corrin agrees: "Consistent and regular use of these serums is typically recommended to achieve optimal results over several weeks or months before noticeable improvements in length and thickness become apparent. This means that daily use will be the most beneficial to target sparse brows or barely-there brows and lashes."

By adding the serums to your routines and being consistent, you will see gradual results. However, genetics, lifestyle, health and usage will play a role in how well they work. "Some may assume that using a growth serum will lead to unlimited growth, whereas they are geared to support the natural growth cycles and promote healthier hair, within the genetic limitations of the individual," Karajovic explains.

Despite the variables, Popescu says these serums are a great option for most consumers who want longer, thicker, and healthier looking lashes and brows. "It is a ... solution ... over other options like extensions or false eye lashes due to their natural ingredients and long-term results." V



Totes Awesome?

Can you really save the world, one tote bag or reusable cup at a time?

BY AILEEN LALOR

When the “Stanley Cup” craze arrived, we heaved a heavy sigh. This again? We’ve seen the Hydro Flasks, S’wells and Corkcicles come and go and, to all external eyes, it seemed like this was the same new same old. But then we read around a little more and realized one key part of their appeal: their collectability. “They aren’t that great,” Caroline Moss, the founder and host of podcast *Gee Thanks, Just Bought It*, told *Vox* writer Alex Abad-Santos. “But they are pretty. And that’s all trends really seek: is this thing moderately useful, and does it look good?”

Hold up though: isn’t one of the purposes of a reusable water cup that it should be, you know, reused, thus eliminating waste? Likewise the Trader Joe mini tote bags that went viral a minute ago. So surely this over-consumption is in direct contravention of the products’ purpose?

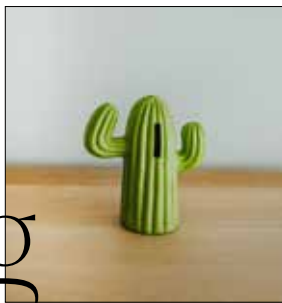
Yes, of course, but it’s even more complicated than that. “With some items we’re choosing that we think are sustainable, sometimes there may be some kind of hidden trade-off,” says Dr. Katherine White, a professor specializing in sustainability and consumer insights at UBC. “So maybe your tote bag is recycled or made of bamboo, which is a sustainable attribute, but the company or brand producing it isn’t highlighting all its attributes, such as where it was sourced from, how it got to where it is now and the chemicals, energy and work that went into producing it.”

There’s also our usage of products. “With the plastic bag ban, something that happened in the U.K. is that people started using reusable bags as though they were disposable—you forget your bag, you buy another one,” Dr. White says. “There are more materials, energy and chemicals going into that—so that’s worse than just having the disposable one.”



VITA X WEALTHSIMPLE

Green Investing



Put your money where your heart is this Earth Month

Earth Month once meant cleaning up the schoolyard and learning how trees benefit the environment. But as an adult living during the climate crisis, celebrating Earth Month doesn’t feel as uplifting as it once did. It may make you feel the opposite: powerless.

If you’re feeling powerless in the face of climate change, we have a suggestion: ever heard of “green investing”? Green investing or “eco-investing” is a form of socially responsible investing where investors put their money into companies and portfolios that support or provide environmentally friendly products and practices. It lets you put your money where your heart is, and support environmentally friendly projects and businesses that resonate with your passions and lifestyle choices.

In 2022, green investing was dubbed a “mega-trend,” and in 2023, the Canadian Responsible Investment Trends Report found responsible investing was a priority for Canadian investors.

So, this year, how do you get in on the environmentally friendly action? The Wealthsimple Green Bond ETF is a great place to start. These are bonds where the proceeds are required to be used for green purposes. And if you’re unsure of what a Green Bond is, we’ve got you covered.

GREEN BONDS A Green Bond is a type of fixed-income instrument intended to raise money for climate and environmental projects. These bonds represent a pivotal shift in investing and allow you to support environmentally friendly projects while potentially earning returns (a win-win!).

The Wealthsimple Green Bond ETF is designed to track the performance of the Solactive Green Bond Index which includes bonds issued by governments, municipalities, and corporations to finance environmentally friendly projects and initiatives. This bond is a collection of bonds that support various green initiatives around the world, to balance against risk.

A SOCIALLY RESPONSIBLE INVESTING PORTFOLIO Not interested in Green Bonds? A socially responsible investing portfolio is another option to maximize returns, minimize fees and help you invest without compromising on what matters to you. We like Wealthsimple’s Socially Responsible Investing (SRI) because it’s diversified, and built for growth, and the proprietary ETFs (WSRI and WSRD) are screened for environmental and social impact while remaining as diversified as possible.

RETURNS: WHAT’S IN IT FOR YOU? This Earth Month, remember, you’re not completely powerless. If you have extra funds, green investing is a meaningful way you can contribute to a greener, cleaner future. There are many options for green investing, but Wealthsimple’s Green Bond is a great option. It’s considerably more cost-efficient than any similar Green Bond ETF in existence and provides individual investors (like you!) a steady income over the life of your bond, while also contributing to a greener planet. Now that’s what we call a world-friendly win!

[Wealthsimple.com/en-ca](https://www.wealthsimple.com/en-ca)

They aren’t that great ... but they are pretty. And that’s all trends really seek: is this thing moderately useful, and does it look good?

And, she says, there’s also a psychological phenomenon known as the “licensing effect,” where you did something good like using your reusable cup instead of buying a disposable one, so you feel “licensed” to do something less sustainable later. “It’s like a reward for previous ethical or moral behaviour, where you let yourself off the hook,” she explains.

That said, perfection can be the enemy of the good. “If you’re vegan but wear leather boots it can be perceived that you’re worse than someone who isn’t vegan at all. This kind of attitude is a problem,” says Dr. White.



It’s far better to look for manageable goals. “You can go veggie five days a week,” she says. “Some people find it daunting to think of riding their bike to work every day, but more people would start if it was three days a week.” And she suggests focusing your efforts in three areas: transportation (how you get to work or school and how many flights you take); food (moving toward a more plant-based diet and reducing red meat) and how you heat and cool your home (alternative sources such as heat pumps).

And then we all need to think about whether we need to tickle our consumerist interests—buying secondhand instead of new, sharing products with neighbours instead of having our own or just buying stuff we don’t need because of the trend cycle. “It is getting more fashionable to be sustainable,” she says. “There is an increasing culture where it’s OK or even trendy and socially approved of to go thrifting, so doing that and talking about it so it becomes a social norm is good.”

And what of your Stanley Cup? “In a best-case scenario, most things that are reusable, it’s about how it gets used,” says Dr. White. “If you used it once or twice and get into that consumer cycle of buying more, that’s a problem. But if you use it long enough, it eventually becomes the more sustainable choice.” ♡

ORGANIC & VEGAN
BIOLOGIQUE & VÉGANE



TIERRA RICA
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PLEASE ENJOY RESPONSIBLY.

Hot Stops

Vancouver's latest and greatest
retailers and restaurants

BY KATIE NANTON

MÈREON

Weekend plans? How about a spring stroll along Ambleside Beach followed by a deliciously French pit stop at nearby Mèreon. This chic West Van brunch bistro gets its name from the famous mères of Lyon, a lineage of female chefs that heavily influenced the country's cooking—no small feat given that Lyon is the capital of French gastronomy—and pays tribute with a solid menu of classics envisioned by Dijon-born Emmanuel Joinville (of recently shuttered Jules Bistro). Think duck confit cassoulet, lobster bisque and West Coast niçoise salad with smoked tuna, as well as excellent cocktails. Craving a cheesy croque monsieur with a hint of herbs de provence? You've got three decadent choices: the traditional, with ham, gruyere and bechamel; the Madame, with an egg; and the Forestier, with mushrooms in place of meat. Pro tip: plan ahead and make a reservation for this one—nobody likes to wait in line for brunch. **1479 Clyde Ave., West Vancouver, 236-323-2010. Mereon.ca**



CHERRY BLOSSOM SEASON @ SHANGRI-LA VANCOUVER

This spring, Shangri-La Vancouver is offering spa treatments, stay packages and edible treats to celebrate cherry blossom season. At CHI, The Spa, two Renew & Bloom treatments incorporate various custom (to the hotel) Lola's Apothecary Cherry Blossom formulations—think bath salts, massage oil and a decadent body soufflé. Pick up a Bespoke Cherry Blossom Gift Set with four Lola's products to recreate your experience at home. For a floral staycation, Shangri-La's Picnic Per-

fection in Vancouver package includes a one-night stay, a picnic setup and basket of gourmet treats for two, plus valet parking. Or, enjoy a picnic or afternoon tea, to-go; prepped by Emelle's Catering. Order these specialty takeaway meals for pickup or delivery on Shangri-La Vancouver's online retail site, nestle yourself under a nearby canopy of pink flowers (may we suggest Coal Harbour or Stanley Park?!), and indulge. To add on a bespoke picnic setup option, email vancouver@shangri-la.com. **1128 W. Georgia St., 604-689-1120. Shangri-la.com** NOA NICHOL

BUFALA

If a huge mountain of grated parmigiano reggiano and a scattering of bacon crumb atop your kale caesar salad sounds like a dreamy start to dinner, you've come to the right place. If not one, not two, but three housemade oils (parmesan, herb, Calabrian chili) to drizzle over your Neapolitan-style pizza is your idea of a good time ... you get the picture. Bufala's third location in the River District has all that and more in a beautiful, airy space. Share-ready dishes feature seasonal and local ingredients like blue oyster mushrooms (when we visited, they popped up in our roasted mushroom farfalle boscaiola with truffle-cream sauce) and local Okanagan goat cheese (scattered across the funghi pizza). Try twists on classic pizzas, like pepperoni and honey or pesto and ricotta—all crisped to perfection in an 800-degree stone oven—as well as exclusive-to-this-location dishes like a roast chicken main with truffle and chestnut sausage, bread pudding, and marsala chicken jus. **3489 E. Sawmill Cr., 604-423-9594. Bufala.ca**



CREDIT: JONATHAN NORTON



CREDIT: GOOSENECK HOSPITALITY



CREDIT: NICOLE ROBERTSON PHOTO



MERCI BOULANGERIE

At long last, this farmers' market fave has a storefront on Commercial Drive. At female-owned and operated Merci Boulangerie, owner and head baker Natalie Cumberbirch—who launched her biz during the pandemic and became known for pastry home-delivery services—turns out wildly popular double-baked croissants filled with homemade frangipane (almond, chocolate almond or chocolate hazelnut) and other decadent treats like orange-blossom chocolate babka and to-die-for cruffins. It's no surprise the quality is A+; after graduating from Vancouver Culinary College, Cumberbirch worked at Michelin-starred restaurant L'Atelier de Joel Robuchon in Paris before perfecting her laminating skills at the city's famed Maminche. Merci is currently open Friday through Sunday (which makes each visit feel extra-special), but if you can't make it to the weekend check out the website for a list of stores that sell its line of frozen, bake-at-home delights. **2879 Commercial Dr., 778-875-1424. Merciboulangerie.com**

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CIRCLE WELLNESS SPA

High tech meets healing nature at Circle Wellness Spa, the first self-guided experience of its kind in the world. Situated behind a nondescript black facade in the heart of Granville Island, it all starts with an aura of mystery: a large locked door opens with a passcode. What lies behind? Heaven, truly, in the form of six private spa circuits. After a quick check-in and orientation, enter your therapeutic (and clothing-optional) oasis for either a 90- or 120-minute session. The circuit experience starts by putting away your phone in your personal change room. Next, an outdoor rain shower followed by bliss: a big-enough-for-two natural cedar tub filled with hot water. As you sink into solace and watch birds quietly fly overhead, breathe deeply and let time slip away. Feeling brave? Step into a cold plunge pool, then ground yourself upon a floor of river stones warmed by radiant heat before heading back into the cedar tub. A voice recording announces when it's time to move into the WellPod, a multi-sensory sauna featuring pink Himalayan salt walls. Our session gave us 45 minutes inside, during which we stretched and meditated to calming music while the lights gradually dimmed and brightened around us. After showering and exfoliating, we slathered on hydrating Circle-branded face serum (featuring extracts from the Pacific forest like lichen, birch bark and pine mushrooms) and stepped back out into reality, completely renewed and refreshed. **1297 Johnston St. Circlewellnessspas.com**



CREDIT: JONATHAN NORTON

LUCKY TACO

Skip the flight to Mexico and head to the River District next time you're craving really good tacos. Lucky Taco's second location feels like a vacation, transporting diners south with sombreros lining the walls, brightly coloured Mexican party banners overhead and fun music to feast to. To start, order the Corn Cob (trust us) tossed in mayo and served with queso fresco, pico de gallo, tajin and cilantro; tater tot fans should also get the Sexi Fries with cheese and chorizo. For the main taco event, don't sleep on the carnitas with confit pork, the tempura-battered enoki mushroom or the double-decker choriqueso with pork chorizo and melted cheese wrapped up in a soft and hard tortilla. (It gave us Crunchwrap Supreme vibes, but better). We loved how each guest's tacos came out of the kitchen one-at-a-time, on fresh corn tortillas, to maintain absolute freshness. Once the warm weather hits a 25-seat patio will open up, becoming the perfect place to sip a mezzal flight, a margarita mixed with fresh-pressed juices (fishbowls are available, too) or a Jarritos soda—they have it all. **8547 River District Crossing, 604-336-9097. Luckytaco.ca**

Sunshine Coast Spoils

Escape to the sun, sand and surf of Australia's famed coastal playground

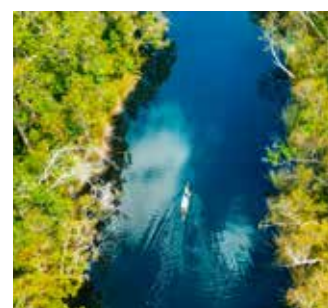
BY CLAUDIA LAROYE

SOAR

Getting to Australia's Sunshine Coast is as easy as boarding a direct flight from Canada's west coast. Air Canada operates six weekly non-stop departures, taking off from Vancouver International Airport and landing 14 hours later in Brisbane, Queensland. [Aircanada.com](https://www.aircanada.com)

STAY

A big part of the mystique of the Land Down Under is its incredible wildlife. More than 80 per cent of its mammals, reptiles, amphibians and plants are unique to the country. During our stay in a comfortable glamping tent at Habitat Noosa Everglades Eco Camp, we woke to the cackling call of a kookaburra and the sight of wild mobs of grey kangaroos and their joeys, wandering freely in the camp's 65 acres of protected land in Great Sandy National Park. For luxurious interactive wildlife immersion, book a family-friendly cabin at The Crocodile Hunter Lodge, built by the Irwin family next to the iconic Australia Zoo. Guests receive admission to the wildlife preserve made famous by Steve Irwin, including the chance to go on a behind-the-scenes tour of the zoo's renowned Wildlife Hospital, which to date has treated more than 100,000 native animals, including many affected by Australia's 2019/20 wildfires. [Habitatnoosa.com.au](https://www.habitatnoosa.com.au) | [Thecrocodilehunterlodge.com.au](https://www.thecrocodilehunterlodge.com.au)



SURF & TURF

The Sunshine Coast's 100 kilometres of glorious shoreline is a popular playground for sand and surf sports. The Noosa World Surfing Reserve is a 5-kilometre stretch of crystal-clear waves stretching around the Noosa National Park headland. Established in 2020, the reserve offers five world-class point breaks with waves suitable all surfers, from learners to champions. Out of the water, buckle up for a thrilling guided Great Beach Drive 4WD tour along the expansive 70-kilometre beach from Noosa to Rainbow Beach. This is an official "gazetted" road, complete with speed limits and jaw-dropping views of pounding surf, trotting dingoes, multi-coloured rainbow sand cliffs and visits to the historic 19th-century Double Island Point Lighthouse. In laidback Rainbow Beach, keep an eye out for celebrities like Chris Hemsworth and Sir Richard Branson, who own properties in this quiet sub-tropical beach town. [Greatbeachdrive4wdtours.com](https://www.greatbeachdrive4wdtours.com)



SAVOUR The stellar cuisine of this popular coastal region is influenced by the abundance of fresh seafood caught just offshore in the Coral Sea. After strolling past chic boutiques on Hastings Street in upscale Noosa, enjoy modern Australian cuisine beachside at Sails Restaurant. The local catch features prominently on executive chef Paul Leete's menu, including butter-poached Moreton Bay "Bug," a small lobster-like shellfish that can also be enjoyed in a legendary "bug roll" at many local restaurants. For a more casual dinner, grab a bucket of prawns and a cold beer at Noosa Heads Surf Life Saving Club and enjoy watching surfers hang ten on their longboards. [Sailsnoosa.com.au](https://www.sailsnoosa.com.au) | [Noosasurfclub.com.au](https://www.noosasurfclub.com.au)



SPLASH The Sunshine Coast is home to three connected UNESCO Biosphere Reserves, and within them are some of Australia's most pristine landscapes, including Great Sandy National Park, the Glass House Mountains and K'Gari, the largest sand island in the world. In Great Sandy, dip a kayak or canoe paddle into the beautiful Noosa Everglades, a 60-kilometre network of waterways and one of only two everglades systems in the world. In this protected environment, ocean water is sifted by sand and turned into freshwater, made dark and fragrant thanks to tannins from the surrounding forest of tea trees.

SOJOURN Board the ferry from Hervey Bay to K'Gari (the K is silent), the world's largest sand island and a UNESCO World Heritage site. Formerly known as Fraser Island, its Indigenous name was officially reinstated in 2023, acknowledging K'Gari's deep connection to its original inhabitants, the Butchulla People. Stay at the Kingfisher Bay Resort, a luxury eco-resort property tucked into K'Gari's lush rainforest habitat. Enjoy brilliant sunsets and learn about Indigenous bush "tucker" like lemon myrtle and finger limes. Tour the island's turquoise blue, essential-oil-infused lakes and tall temperate rainforests along ever-changing sand roads with a 4WD guided excursion. The tour includes an exhilarating ride on Australia's most famous beach drive: 75 Mile Road, and the chance to take off and land on one of the only beach landing strips in the world. It's heaps of fun (as the Aussies say). [Kingfisherbay.com](https://www.kingfisherbay.com)

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Spring Sips

With patio weather (*nearly*) upon us, spring sipping is on our minds. Below, drinks to salut the season

BY NOA NICHOL

1. DILLON'S VODKA RTDS

There's a small-batch distillery in the heart of Ontario's Niagara wine country crafting unique spirits using local and seasonal ingredients; just call it "grain-to-glass". Dillon's Small Batch Distillers offers a collection of spirits, including vodkas, gins, rye whisky, absinthe, liqueur-style gins, peach and plum schnapps, prepared bottled cocktails and a line of cocktail bitters. For spring, we love their new vodka cocktails in a can, in flavours like Blueberry Peach & A Twist Of Lemon, Apricot & A Touch Of Ginger and Raspberry, Lemon & A Hint Of Lavender (your best bet is to grab the handy variety pack). "We've spent a decade answering the question of how to drink our spirits—canned cocktails are an easy solution," says founder Geoff Dillon. "They're an easy way to have a balanced cocktail in a simple can." Dillons.ca

2. DILLON'S DRY GIN 7

Also from Dillon's, this perfect-for-cocktails traditional dry-style gin is made with 100 per cent Canadian rye and vapour distilled through seven botanicals, including juniper, as well as through oak for a slight sweetness. Developed with top bartenders, the result is a smooth sophisticated "London-er" that's perfect for a classic G&T and a jolly joy to the dry martini—or, mix up a spring-y Basil Gin Gimlet by muddling five basil leaves and a half ounce fresh lime juice in a cocktail shaker, then adding two ounces Dillon's Dry Gin 7, a half ounce simple syrup, three dashes Dillon's Lime Bitters and ice. Shake for 10 to 15 seconds, strain into a chilled coupe glass and garnish with a basil leaf and a fresh lime wheel. Dillons.ca

3. BEARFACE CANADIAN WHISKY RTDS

Wildly refreshing premixed cans of Bearface have been created to bring you a taste of the wilderness—without leaving your backyard. Easy-drinking and full of flavour, every pre-mixed cocktail



is bursting with real refreshment and an uncompromising Bearface elementally aged Canadian whisky taste. Wildly Refreshing Whisky, Ginger & A Hint Of Lime is clear, effervescent and light, perfectly balanced between whisky and ginger with a tart citrus bite. Always serve chilled, and please, remember to recycle these cans; if you are out in the great outdoors, leave the wilderness as unspoiled as you found it. Bearfacewhisky.com

4. 2 HOOTS HARD ICED TEA

Here's a beverage brand that looked at the world's iced tea and saw that it deserved better: bolder, fresher and juicier, with some attitude. In other words, it needed people to give a hoot about it. And then another. So, 2 Hoots got to brewing, combining sustainably sourced tea with hand-picked, cold-pressed lemons. The result: big flavour and bold taste in every single can of Original, Zero Sugar and Half & Half. You're welcome. 2hootshardtea.com

5. WHITE CLAW

Blended with real fruit juice, White Claw is making waves in Canada by introducing the brand's first tequila-based drink along with a vodka-based version. The new collection upholds White Claw's commitment to better-for-you beverages, containing 100 calories, 1 gram sugar and 5 per cent alc./vol. Perfect for the patio, White Claw Tequila Smash features authentic Mexican tequila with refreshing real fruit juice in four sensationally delicious flavour pairings: Lime Prickly Pear, Pineapple Passion Fruit, Mango Paloma and Strawberry Guava (available in an eight-pack Variety Pack). White Claw Vodka Smash is crafted with White Claw Vodka and blended with real fruit juice in four new flavour combinations: Peach Raspberry, Cranberry Wild Cherry, Watermelon Mint, and Pineapple Tangerine (also available in an eight-can variety pack). Ca.whiteclaw.com

5 Earth-Friendly Wines

When it comes to good sipping, sustainability is key

BY NOA NICHOL

BODEGA GARZÓN

This boutique winery in the idyllic countryside of Uruguay is the first sustainable winery outside North America to comply with requirements set by the United States Green Building Council and the first in the world to earn LEED certification for its entire facility. The 205,000-square-foot winery boasts a sustainable design that enables the process of gravity winemaking, and Bodega Garzón optimizes energy efficiency with insulating green roofs—which also develop a biodiverse environment and facilitate rainwater harvesting and reuse, plus a high-efficiency HVAC with heat recovery. The modern winery is producing wines celebrated by critics and establishing itself as a world-renowned destination furthering sustainability, wine culture and tourism in Uruguay. Bodegagarzon.com



Bodega Garzón



Santa Julia



Tierra Rica

DREAMING TREE

The environment is incredibly important to musician Dave Matthews' Dreaming Tree Wines. The grapes are grown sustainably, promoting efficient water use, soil management and habitat preservation. The packaging is eco-friendly, featuring a lighter bottle, 100 per cent recycled paper label and a cork without foil, reducing carbon emissions. Plus, in collab with The Nature Conservancy, the brand plants a tree for each Cabernet Sauvignon or Crush Red Blend bottle sold. Dreaming Tree Wines has planted over 365,000 trees and donated \$2,000,000 to environmental causes thus far. Dreamingtrewines.com

SANTA JULIA

In Argentina, Santa Julia Wines stands at the forefront of sustainability, integrating eco-friendly practices throughout the



Tormaresca Wines

winemaking journey. In the vineyards, they prioritize organic farming (read: no synthetic pesticides and herbicides) and embracing cover crops for soil enrichment. Precision irrigation minimizes water usage while solar panels power the winery, reducing reliance on non-renewable energy sources. Waste reduction is achieved through composting grape remnants and utilizing recycled materials in packaging. Fair wages, community engagement and education initiatives for employees underline their social responsibility. Partnering with local suppliers ensures a smaller carbon footprint in transportation. Santa Julia's commitment to sustainability is evident in each pour—a testament to a holistic, environmentally conscious approach to winemaking. Santajulia.com.ar

TIERRA RICA

From Chile, Tierra Rica sustainable wine stands as a beacon of environmental and social consciousness. In the vineyards, the use of natural predators and cover crops promotes biodiversity, enriching the soil without resorting to synthetic chemicals. The winery harnesses solar power extensively, while rainwater harvesting systems supplement water needs sustainably. Packaging is crafted from recycled materials, reducing the ecological footprint. Tierra Rica actively engages in community programs, providing education and healthcare support for its workforce. This brand exemplifies a meticulous fusion of sustainable viticulture and community well-being, crafting wines that embody responsible practices from vine to bottle.

TORMARESCA WINES

This Italian estate under the Antinori umbrella champions sustainability with a focus on eco-conscious viticulture and winemaking. Embracing organic and biodynamic practices, they prioritize soil health, biodiversity and natural pest control. Tormaresca employs innovative water-management systems, ensuring efficient irrigation in their vineyards while minimizing water usage. Solar power and energy-efficient technologies are integral to their cellars, reducing the winery's carbon footprint. Waste-reduction initiatives, from recycling to composting, underline their commitment to environmental stewardship. Tormaresca Wines epitomizes a holistic approach to sustainability, harmonizing traditional winemaking with cutting-edge eco-friendly practices for a flourishing future. Tormaresca.it

Enjoy Responsibly

this little piggy goes to market ~~xxxx~~ New Zealand

this little piggy stays home

this little piggy has roast beef ~~xxxx~~ ~~xxx~~ carbon zero certification

this little piggy had none

this little piggy goes wee wee wee ~~xxx~~ ~~xxxx~~ ~~xxx~~ down a treat

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