

THE KIT

THE KIT X JOE FRESH

THE STRENGTH ISSUE: *Fun new ways to get fit, science-backed stress beaters and first-person stories about discovering power within*



FLOWER POWER

Bring the breezy spirit of summer blooms into your fall fashion wardrobe with a moody colour palette, painterly prints and inspo from four amazing Canadian women

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PHOTO: PETER STIGTER



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WEEKEND WARDROBE

Head-to-toe looks to take you from Saturday strolls to date-night dinner

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FEED THE SOUL

“What came to me was just needing to feel connected to people, to myself, and food always brings people together.”

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ONE-MINUTE MIRACLE

HAPPY SKIN

Must-try products to soothe, soften and satiate

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FIRST PERSON

FRENCH CONNECTION

Lora Grady on finding strength in the streets of Paris

One balmy September afternoon when I was 23, I found myself sitting outside a laundry mat in the Marais. After writing a journal entry, I looked up to take in the Parisian cobblestone streets and the smell of butter from a nearby patisserie, and tears sprang to my eyes. In the past week, I had stood in front of the *Mona Lisa*, taken a tour along the Seine and tasted caviar for the first time. It was surreal to think that earlier that year, I was relying on a walker after having both hips replaced.

Seven months before, I had my operation, and four days after that, I was transferred to a rehab hospital to recover. When I arrived at my room, three other women who had recently had similar surgeries were in the other three beds. Paramedics offered to transfer me from the stretcher to the fourth bed—or, they said, I could walk. I took a breath and pulled myself up onto the support bar of a heightened walker and took baby steps until I reached the edge of the bed. Suddenly, I realized I could hear applause. I looked up to see the three women whose names I didn't even know yet clapping and cheering. For a moment I felt like my badass self. The next month was the toughest of my life, but my roomies' well-timed jokes and reassuring winks kept me going. We talked about what we wanted to do when we "got out." Christine wanted to see her grandkids; Cheryl wanted to get back on her Harley. I took laps around the hallways with my own goal in mind: Travel to Paris once I recovered.

I invited my mom to split a trip in the fall. She had been through the same surgery (and many others) herself, which made her empathetic. She also didn't take pity from anyone and refused to let uncooperative joints hold her back, which made her the perfect travel buddy. For 10 days, we walked all over Paris. We took the metro to the Champs-Élysées, visited Versailles and strolled through museums. My mom photographed me in front of the Eiffel Tower, grinning with my cane placed off to the side.

I recently found my old journal with the entry from that day in the Marais: "I've learned so much about myself here," I had written. "I realize now that I can do anything." Since then, I've made it a priority to surround myself with supportive, confident women who help me through my toughest moments, and to celebrate our wins together—maybe in Bali next time.

STAY CONNECTED



Fall Trend Report

with **JOE FRESH** inside



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MOST WANTED

Body talk

Who doesn't love a good Canadian success story? Here's a new one to add to the list: Basd body care, a line of organic body coffee scrubs, washes and lotions, that are sourced and made here and shipped all over North America by two former execs from protein shake purveyor Vega. They're going straight for the sweet tooth with scents like coffee, mint and crème brûlée, and their aloe, plant oil and shea butter-packed formulations are all-natural so you don't have to feel bad about those coffee grounds rinsing down the drain. Plus, those graphic, metallic, unisex designs on the bottles and waterproof scrub packets will dress up any shower or sink. Scrub-a-dub. —Rani Sheen. Photography by Paige Furtney

BASD BODY WASH, \$16, AND BODY LOTIONS, \$25 EACH, BASDBODYCARE.CA



STRESS LESS

Three calming ways to extend your chill summer vibe



Eat chocolate

It's something we've all known: Chocolate helps quell stress. A 2014 two-week-long study found that eating 40 mg of dark or milk chocolate a day reduces perceived stress. The study also found that females were more affected by the nosh than males—food for thought.



Inhale lavender oil

You can't go to a spa without being offered lavender oil in some form. That's because the refreshing scent is an aromatherapy go-to when it comes to calming the nerves, lowering blood pressure, heart rate and skin temperature.



Mindfully meditate

Talking about your many meditative experiences isn't going to win you any favours among friends, but this is something to share: Clinical trials are exploring meditation as a means of treating anxiety patients. So go ahead and take a few mindful moments.

—Veronica Saroli

WORTH THE WORKOUT

It's never been easier—or more enjoyable—to be physically active. These five workouts, ranked from least to most fun, have people talking

BY VERONICA SAROLI

BARRY'S BOOTCAMP

The benefit: Burn up to 1,000 calories in a class.

The scoop: Celebrities like Kim Kardashian and Jessica Alba flock to the grueling classes to push their bodies to the limit and raise their resting metabolism via weight training and cardio. Each day at Barry's is dedicated to a different body area—Monday is arms and abs, Tuesday is butt and legs and so on. The first Canadian location is set to open in Toronto in October.

F45

The benefit: High-intensity interval training (HIIT), circuit training and functional training come together all in one place for a 45-minute workout.

The scoop: There are 27 different programs to try and each workout varies from the next—wall-mounted TVs keep people on track. Movements mimic everyday actions, like lifting, and twisting, with biking and rowing to stay lean.

VIRTUAL WORKOUTS

The benefit: Time-strapped individuals don't have to clear their schedule in order to make it to the gym.

The scoop: Gyms are turning to digital offerings to lure in new clients or as standalone classes. Luckily, online classes tend to be cheaper and allow us Canucks to try crazes that are taking American metropolises by storm. For instance, online training from ConBody, a workout in New York created in a 9x6 prison cell by a former cocaine king, is \$5 USD a month.

BEYONCÉ DANCE CLASS

The benefit: Get your heart pumping to Queen B's many hits and work toward cutting an equally striking figure.

The scoop: Any city worth its salt offers Beyoncé dance classes. There's plenty of material to work with and her choreography is not for the faint of heart—think fast and controlled movements. Beyography in Toronto recommends bringing heels if you have them. Challenge, accepted.

GOAT YOGA

The benefit: Not like any yoga class you've ever taken before.

The scoop: It's exactly like it sounds: doing yoga on a farm with goats. "I ducked a few times because I thought they were coming at my head, they nibbled at my toes, things like that," a woman who attended a practice in North Grenville told CBC this summer. "It just makes it more interesting."



THE MODERN GYM BAG

Fact: On-trend pieces and products punch up every workout sesh. These seven essentials are worth working up a sweat for

JOE FRESH TOP, \$29, JOEFRESH.COM. JOE FRESH 8 HR WATERPROOF KOHL EYE LINER IN TWILIGHT, \$8, SHOPPERS DRUG MART. NIKE SHOES, \$170, NORDSTROM.COM. JOE FRESH BAG, \$34, JOEFRESH.COM. NIU BODY COMBINATION SKIN MAKEUP REMOVER WIPES, \$15, NIUBODY.COM. TORY SPORT SHORT, \$145, TORYSPORT.COM. DRAKE GENERAL STORE WATER BOTTLE, \$32, DRAKE-GENERALSTORE.CA

FIRST PERSON

Breaking free

Lily Hardy on finding the strength to ditch her bad boyfriend

I had the controlling boyfriend. He didn't like me hanging out with people without him. He criticized, and made fun of, all of our friends after we spent time with them. He barked orders at me like I was a chihuahua, and praised me like I was a child. He never made eye contact with me when we laughed. He was either laughing at his own joke or the world: It was a cruel way of letting me know he didn't want me to share in his fun. It would strike me when I would see other couples laughing together: this isn't right. It was the same

old story: we were in love; things were great for a while; something changed.

The tipping point, after four years, was him screaming in my face when I challenged his opinion: "When I say something, I mean it!" on a street corner in rush hour as we were heading home on a Friday night. Everything went silent. It was like something snapped with a bright, clear ping! and it was all over: pretending things were normal, that he was a reasonable, desirable person worthy of me, the excuses I made to myself and everyone I knew. We got on the bus and he rambled on in his self-important way and it was all gibberish in my ears: I was leaving him. Not sadly, not reluctantly and not uncertainly.

It took me a week. A week during which I offered no clues, but undetectably grouped together my minimal possessions from around our tiny apartment so they'd be easy to stuff into bags when I was ready. I knew I had to say the words—and then leave. I was resolved, but I couldn't take the chance of talking about leaving, and then packing up, of allowing any time for him to convince me to stay. I'd let him do that once before, and it was soul-smothering enough for one lifetime.

I told the temp agency I worked with to find someone to replace me at my assignment for the following week because I wouldn't be back. I knew that leaving him meant getting on plane back to my home province—more insurance that I wouldn't cave to his entreaties to reconcile. On the following Saturday morning I woke up, got out of bed, steeled myself and said it. While he was trying to wrap his head around what was happening, I was stuffing the strategically gathered piles into bags or tying them up in sheets that I had left handy for that purpose. He protested, cried, ordered me to stay. Fifteen minutes later I was in cab to a waiting friend's house. A few hours after that I was on a plane home.

In hindsight it all seems a little cloak and dagger: He never hurt me physically; he never threatened to. But he was changing who I was, pulling apart my bonds with family, extinguishing my autonomy. Some part of me was starting to accept that this was to be my life. It was nauseating and depressing, and eventually, I found myself on that street corner, the dread of surrender proving too much to swallow, self-preservation screaming in my ears right after him—but, thankfully, louder.



JOE FRESH JUMPSUIT, \$59, SHOES, \$49, JOEFRESH.COM

Fashion Trends

Bring the coolest looks from the international runways into your wardrobe.

1 Trend: The Jumpsuit

The onesie has evolved from its pyjama dressing roots to become a surprisingly versatile fashion-forward piece. Dress it up for the office with a flattering, fitted blazer, or add downtown edge to your Saturday afternoon look by pairing it with a classic-cool moto jacket.



JOE FRESH JACKET, \$69, NECKLACE, \$19, JUMPSUIT, \$59, EARRINGS, \$8, SHOES, \$49, JOEFRESH.COM



JOE FRESH VEST, \$59, PANTS, \$39, SHOES, \$49, JOEFRESH.COM

3 Trend: The Statement Leopard

Leopard print is the ultimate shortcut to all-eyes-on-me style. For neophytes, a single piece—like a scarf, shoe or dress—adds a dash of drama, or go full trend-setter with leopard layers balanced with generous blocks of solid colour.



JOE FRESH SWEATER, \$34, RING, \$12, SKIRT, \$24, BOOTS, \$49, COAT, \$89, JOEFRESH.COM



NEW THIS FALL! JOE FRESH OFFERS A SELECTION OF TOP W

and Report

ur closet. These are the top four trends to build your fall wardrobe around

2

Trend: The Long Vest

A sophisticated take on the ubiquitous menswear trend, the long vest also creates a lovely, lengthening effect. It looks sexy worn sans shirt and paired with cropped cigarette pants, or ace 9-to-5 style by adding a chic white button-down. Either way, you'll look like a boss.



JOE FRESH VEST, \$59, SHIRT, \$59, PANTS, \$39, EARRINGS, \$10, SHOES, \$39. JOEFRESH.COM



FROM LEFT: JOE FRESH BOMBER, \$59, CAMI, \$19, PANTS, \$34, SHOES, \$49, BOMBER, \$79, T-SHIRT, \$16, PANTS, \$39, SHOES, \$49, COAT, \$59, DRESS, \$29, BOOTS, \$49, JOEFRESH.COM



FROM LEFT: JOE FRESH VEST, \$59, DRESS, \$29, SCARF, \$16, SWEATER, \$29, SKIRT, \$39, DRESS, \$29, VEST, \$49, COAT, \$89, JOEFRESH.COM

4 Trend: The Army Green Bomber

Meet your new wear-with-everything essential: this bomber looks equally cool thrown over jeans and a tee for brunch as it does over a stylish sweater dress for dinner with the parents. Bottom line: Your fall weekend wardrobe starts here.



JOE FRESH BOOTS, \$59, JEANS, \$39, BOMBER, \$59, EARRINGS, \$8, BAG, \$24, JOEFRESH.COM

WOMENSWEAR STYLES IN EXTENDED SIZES: 16 TO 22, 1X TO 3X

Change is good

Four inspiring women—dressed in the season's coolest florals—talk success, strength and how they're helping young women grow

BY EDEN BOILEAU | PHOTOGRAPHY BY LUIS MORA



FROM LEFT: BIANCA HARRIS IN JOE FRESH JACKET, \$59, TOP, \$16, PANTS, \$34, EARRINGS, \$10, NECKLACE (TOP), \$19, NECKLACE, \$19; KENZIE BRENNIA IN JOE FRESH JACKET, \$69, DRESS, \$49; SUZANNE BARR IN JOE FRESH JACKET, \$59, TOP, \$16, PANTS, \$39, BRACELET, \$16; HEATHER PAYNE IN JOE FRESH TOP, \$29, DRESS, \$49, EARRINGS, \$8. ALL AT JOEFRESH.COM. HAIR BY ASHLEY READINGS FOR PLUTINO GROUP/ORIBE. MAKEUP BY WENDY RORONG FOR PLUTINO GROUP/MAKE UP FOR EVER

A chef, a blogger, a tech entrepreneur and a makeup artist walk into a bar—well, actually, a photo studio—to talk to *The Kit* about how they're each using their career and life experiences to make a positive impact on the careers and lives of young Canadian women: whether it's through body-positivity advocacy, advancing women's representation in the tech field, hosting female-empowerment events or providing employment skills to disadvantaged young mothers. What happened when these pioneering women shared their stories was they all walked away fully charged by each other's accomplishments. "These ladies—I am totally inspired and impressed!" said chef Suzanne Barr. You will be, too.

Bianca Harris, founder of Women Inspiring Passion and Purpose, and makeup artist

"I was just like a lot of people, stuck in a job that I was not loving, and I took a chance to just quit and not have anything lined up," is how Bianca Harris describes the move that led her to start her motivational event series, Women Inspiring Power and Purpose. "It allowed me to force myself to hustle, and to find out what I really wanted to do," she says. Along the way, she was regularly asked, "How did you do it?!" So Harris decided to host a networking event for women looking to launch or evolve their careers—and in doing so, she found her own path: "We got such a great response that we continued, and I love doing it. It's turning into my full-time focus now." While originally career-driven, WIPP has expanded to include topics like mental health, sexuality and body empowerment, with speakers such as international model Adwoa Aboah, fashion designer Melody Ehsani and sexual health expert Shannon Boodram. Harris says she'd like to host the next WIPP event in New York next spring. In the meantime, she's doing a pop-up meditation workshop in October, and you can catch discussions with "badass female bosses" every week on Harris's podcast, WIPPed Cream.

Kenzie Brenna, body positivity blogger

"I stumbled upon being a social-media influencer," says Kenzie Brenna of her body-positivity Instagram account, @omgkenzieee. Brenna started a weight-loss-focused account a couple of years ago to connect with like-minded women, but the emotional highs and lows of watching the scale made her question her path. "My self-esteem would come up and then it would crash right back down. I realized that this could be a scary roller-coaster if I continue on it because I don't feel

like I am actually fixing myself," she says. Looking up a self-acceptance hashtag one day changed her focus, her community and her life. "I started to ask for help online from strangers, like, 'I don't know how to do this. I don't know how to love myself. Do you have any tips or tricks?'" Today, Brenna is the one helping women (including her almost 200,000 Instagram followers) to love themselves by posting pics of herself: her cellulite, her stretch marks and her not-size-2 body—looking beautiful and confident—alongside heartfelt, vulnerable expressions of her personal struggles and triumphs with self-acceptance. She does it, and her online month-long self-love boot camps because she wishes her 13-year-old self had someone to tell her that just because she had "extra fat" didn't mean she was "not worthy of being happy, and going to sleepovers, and dating and having fun." Comments on her posts like "Whenever I start feeling down about myself and trapped in negative thoughts, your feed is where I come to get my head on straight again" show she's clearly reaching her goals, no scale in sight.

Suzanne Barr, chef

Food is a time-honoured, universal facilitator of human connection. It was this realization during some soul searching 11 years ago that led Suzanne Barr to choose food as her career. "What came to me was just needing to feel connected to people, to myself, and food always brings people together," says the Toronto chef. Fast-forward to today and Barr has one restaurant under her belt (the now-shuttered Saturday Dinette), a new restaurant on the way (Kid Chocolate with her husband, Johnnie) and her current gig as the first chef to star in the Gladstone Hotel's Chef-in-Residence program, where she has created a Jamaican-inspired menu in honour of her mother. To give back for all the restaurant industry has given her, Barr has started a 13-week chef-training program called the Dinettes, which will provide education to young mothers in need of employable skills. After participating in fundraising events with Massey Centre, an organization that provides a home and guidance to pregnant or new-mom teens who don't have the support they need (emotional, social, financial) for parenting success, Barr formed the Dinettes. "What happens after

the Massey Centre? Where do they go for work? I'm hoping to give them some skills that they can take out into the workforce," says Barr. That's a recipe for success.

Heather Payne, tech entrepreneur

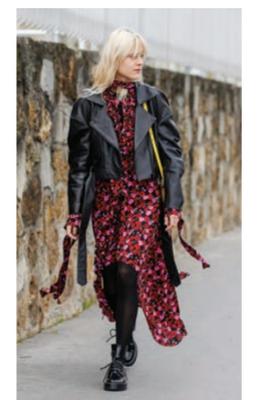
In the world of gendered vocations, tech is notoriously a boys' club: The stats of female representation are dismal. Reprogramming that reality is entrepreneur Heather Payne's mission: "My passion is making tech a more even playing field. Since the '80s, there has been a lack of women in the industry, and I want to be someone who helps make it better." Teaching herself to code after graduating with a business degree, Payne discovered her love for it and thought there ought to be a group for women in Toronto looking to learn coding. "I tweeted that idea out, and the response was immediate and enthusiastic. That was the beginning of Ladies Learning Code," says Payne of the non-profit she started in 2011 to connect women to coding education. The organization has since expanded to include Kids Learning Code and Girls Learning Code, and Payne moved on to start her own private college, HackerYou. "Every year, we have about 140 developers that I work with one-on-one to help them get jobs in the industry. Of those 140, about 100

of them are women—every single year... And it's important because tech jobs are some of the best jobs, so I want to make sure that women have access to those jobs."

"Tech jobs are some of the best jobs, so I want to make sure that women have access to those jobs."

FANCY FLORALS

The perennial spring trend gets the fall street style treatment



SHOP THE TREND



JOE FRESH DRESS, \$29, JOEFRESH.COM. TED BAKER BAG, \$299, TEDBAKER.COM. JOE FRESH PANTS, \$39, JOEFRESH.COM. WINNERS SHOES, \$50, WINNERS. JOE FRESH TOP, \$59, JOEFRESH.COM

ONE-MINUTE MIRACLE

Board of review

In hot pursuit of radiant skin, three Kit staffers put the latest all-natural potions to the test



NIGHT SHIFT

THE TESTER: Jillian Vieira, fashion editor
THE PRODUCT: The Organic Pharmacy Jasmine Night Conditioner, \$70, Murale

WHY IT APPEALED: "As I inch closer to my 30s, I've found that my skin's radiance has been the first to fade. I'm looking for a miracle product to maintain that youthful glow."

FIRST IMPRESSION: "The formula was reminiscent of a toner—one with an airy, garden-like fragrance and little floaty bits sitting at the bottom. Really living up to its organic name, it reminded me of those cheeky fresh-pressed juice labels: Real ingredients will settle."

WHAT I LIKED BEST: "Despite all the serious actives in this skin conditioner—retinol, vitamin C, hyaluronic and glycolic acids among them—my usually sensitive face was calm and responsive almost immediately. I put it on before bed and by daybreak, my skin was bouncy, luminous and more receptive to makeup application."

"My usually sensitive face was calm and responsive almost immediately."

ROOM FOR IMPROVEMENT: "At first, I thought the spray nozzle was ingenious (look, no hands!), but it turns out that keeping the active ingredients out of your eyes isn't easy. A classic toner spout would have suited the formula better."

WHO IT'S BEST FOR: "Anyone who is looking for a skin recharge. Nourishing rose water and lemon and pineapple extracts add up to a concoction suitable for all skin types, even finicky, sensitive skin."



GLOW BOOST

THE TESTER: Nabra Badr, style intern
THE PRODUCT: Frank Body Glow Mask, \$22, frankbody.com

WHY IT APPEALED: "I'm sucked in by anything that promises extra hydration. And as someone who suffers from dry skin no matter the season, masks are my go-to."

"I'm sucked in by anything that promises extra hydration."

FIRST IMPRESSION: "It went on like a thick white cream and stayed creamy, never drying down."

WHAT I LIKED BEST: "It's great if you're looking for a quick fix: The label says to apply it in the morning for five minutes, and while I usually ignore that because I think if I leave it on for longer it'll get better (anybody else have this theory?) I obeyed just this once and it really worked. After I rinsed the mask off, my face did feel very smooth and it provided a nice base for the rest of my skincare and makeup."

ROOM FOR IMPROVEMENT: "I realized that after rubbing away at it for a while that it would be best removed with a damp washcloth. And I actually wish it had left more of a dewy feel to my skin (dry-skin girls understand the need to always be dewy)."

WHO IT'S BEST FOR: "I would recommend it for all skin types—it hydrates just enough for dry skin types but wouldn't be overly dewy or greasy for oily and combination skin. The perfect middle ground."



BODY BOUQUET

THE TESTER: Rani Sheen, beauty director
THE PRODUCT: Dr. Hauschka Rose Nurturing Body Cream, \$47, Hudson's Bay

WHY IT APPEALED: "When it comes to body products, I really like to go all-natural, because I apply them on such a large surface area of skin, and because when I shower there's more of their residue to wash down the drain and into the environment. This new body cream fit the bill."

FIRST IMPRESSION: "The cream was lighter than I was expecting—it sank into my arms and legs in seconds, with just a few quick massaging swipes, leaving behind a nice illuminated look—especially great for baring skin in sleeveless tops and shorter skirts."

WHAT I LIKED BEST: "The scent. It makes you feel as if you've walked into a blooming rose garden just after a spring rain, and I love that that fragrance just comes from pure rosa damascena and rosa canina extracts and oil."

ROOM FOR IMPROVEMENT: "It leaves a slightly waxy, coated feeling on the skin (probably from the rich shea butter and seed oils) that would probably be more welcome when the weather gets colder, as a protective layer. On the warm day I used it I could have done without that."

"It makes you feel as if you've walked into a blooming rose garden just after a spring rain."

WHO IT'S BEST FOR: "Someone looking for a natural body cream that really nourishes dry skin. As well: Must love rose!"

FIRST PERSON

WHAT LIES BENEATH

Briony Smith on finding strength at a strip spelling bee

There are, I'm sure, worse texts to get in response to sending your boyfriend a picture of your butt, but a terse "nice" then abruptly changing the subject isn't exactly the type of slobbering excitement I was hoping for. What man wouldn't be ecstatic to receive this tasteful nude? Mine, apparently. "It's my stern Scottish heritage!" he cried when I told him how bummed his apathy made me. "Too racy for my blood." My belfie wasn't the only thing he found distasteful; he decided, on my behalf, that I wasn't ready to settle down, that my wild nature and penchant for parties and naked pics excluded me as a candidate for marriage or motherhood.

That breakup was rough: not because I still loved him, but because he made me question whether I was worth loving at all. I stopped dating, slithering into self-doubt. His judgment quashed my boldness, rendering me weak and unsure of who I was. During my post-breakup stupor, one of the few events I would drag myself to for some small titillation and general life affirmation was the Strip Spelling Bee. There are three rounds; participants who misspell a (near-impossible) word have to remove one-third of their clothes, getting down to their undies—or naked—by the final round. I hadn't had the courage to compete, so I cheered on the brave people showing off their different bodies and a glorious confidence I once had. They looked free.

Seven months into the breakup, the Halloween edition of the bee rolled around. That night, I heaved myself out of bed to pick through outfit options and threw on Drake to get a little pep going, swaying along to "Hold On, We're Coming Home." I paused, mid-shimmy. "Maybe you should strip tonight" suddenly popped into my head as clear as a white cartoon thought bubble. Fear bloomed in my chest and I panicked: "What if I look silly?" This didn't feel right. "No," I thought. "I won't do it." But that made me feel even more anxious. I realized it wasn't the idea of showing off my body to a crowd that didn't feel right. It was my own fear that was torturing me. Fear wasn't who I was. I was the kind of girl that sent a butt pic to her joyless boyfriend! Or I used to be. I had to get her back. My ex may not have wanted to see my bare behind, but I knew where to find a room of 100 people who did.

So, there I sat with my fellow five contestants in the front row at the bee, a vodka and soda jiggling in my hand. I had chosen a jaunty nautical costume with anchor-print shorts, blue button-up, a navy scarf and a sailor cap. Suddenly, it was my turn. I strode on stage in my red leather peep-toe heels and up to the mic. Have you ever been pushed into an icy lake? That is what standing in front of a bar full of people waiting for you strip naked feels like. The adrenaline hit caused my face to start trembling uncontrollably. Of course, I got all three of my words wrong. I worried that the second I had to strip, the shaking could get worse—the fear would come back, take over. But, as the music and the screaming started up, it was just like dancing to Drake in my bedroom. First round: "bdelloid" (a leech). I slowly unbuttoned my shirt, peeled off my shorts, showing the lacy red lingerie underneath. Then, "tjaele" (ground that is permanently frozen). The shaking stopped. I pulled the top over my head, then slipped off the bottoms, uncovering the last layer: strappy Marlies Dekkers bra and pink silk Roberto Cavalli panties. The more I exposed, the more powerful I felt. Final round: "ocellus" (coloured spot giving the appearance of an eye). I turned away from the audience to take off my bra, then swivelled around to reveal the seashells covering my nipples before tossing them into the roaring crowd. Finally, I reached down and whipped off my panties. There I stood, completely naked—but for a sailor cap and heels—in front of 100 cheering strangers, laid bare and born anew, myself once more.

"My ex may not have wanted to see my bare behind, but I knew where to find a room of 100 people who did."

FASHION

LIVING FOR THE WEEKEND

Upgrade your Friday-Saturday-Sunday style with effortlessly cool head-to-toe looks



BRUNCH

Elevate your espresso and eggs with a casual-chic look that plays with unexpected extras: sculptural earrings and a statement shoulder bag.

GAP JACKET, \$90, GAPCANADA.CA. COS BAG, \$275, COS. FRANK AND OAK SKIRT, \$80, FRANKANDOAK.COM. SAM EDELMAN SHOES, \$160, HUDSON'S BAY. BIKO EARRINGS, \$69, ILOVEBIKO.COM



SHOPPING

Hit the high street in relaxed pieces that pack a poppy style punch, like a pretty, patterned top and a stylish hat in a wear-with-everything neutral.

JOE FRESH SHIRT, \$29, HAT, \$34, PANTS, \$34, JOEFRESH.COM. BONLOOK X SIMONS GLASSES, \$69, SIMONS.CA. CALL IT SPRING SHOES, \$80, CALLITSPRING.COM



DINNER DATE

You'll always love your LBD, but this season, switch out classic black for sophisticated navy. Glam yet easy leopard print loafers add a cool-girl twist.

LINKS OF LONDON BRACELET, \$1,045, LINKSOF LONDON.COM. JOE FRESH DRESS, \$49, JOEFRESH.COM. JOHN AND JENN COAT, \$249, JOHNNANDJENNCOLLECTION.COM. MICHAEL KORS BAG, \$428, MICHAELKORS.CA. JOE FRESH SHOES, \$39, JOEFRESH.COM

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THE STRENGTH ISSUE: *Fun new ways to get fit, science-backed stress beaters and first-person stories about discovering power within*



FLOWER POWER

Bring the breezy spirit of summer blooms into your fall fashion wardrobe with a moody colour palette, painterly prints and inspo from four amazing Canadian women

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PHOTO: PETER STIGTER



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WEEKEND WARDROBE

Head-to-toe looks to take you from Saturday strolls to date-night dinner

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“What came to me was just needing to feel connected to people, to myself, and food always brings people together.”

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Must-try products to soothe, soften and satiate

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FIRST PERSON

FRENCH CONNECTION

Lora Grady on finding strength in the streets of Paris

One balmy September afternoon when I was 23, I found myself sitting outside a laundry mat in the Marais. After writing a journal entry, I looked up to take in the Parisian cobblestone streets and the smell of butter from a nearby patisserie, and tears sprang to my eyes. In the past week, I had stood in front of the *Mona Lisa*, taken a tour along the Seine and tasted caviar for the first time. It was surreal to think that earlier that year, I was relying on a walker after having both hips replaced.

Seven months before, I had my operation, and four days after that, I was transferred to a rehab hospital to recover. When I arrived at my room, three other women who had recently had similar surgeries were in the other three beds. Paramedics offered to transfer me from the stretcher to the fourth bed—or, they said, I could walk. I took a breath and pulled myself up onto the support bar of a heightened walker and took baby steps until I reached the edge of the bed. Suddenly, I realized I could hear applause. I looked up to see the three women whose names I didn't even know yet clapping and cheering. For a moment I felt like my badass self. The next month was the toughest of my life, but my roomies' well-timed jokes and reassuring winks kept me going. We talked about what we wanted to do when we "got out." Christine wanted to see her grandkids; Cheryl wanted to get back on her Harley. I took laps around the hallways with my own goal in mind: Travel to Paris once I recovered.

I invited my mom to split a trip in the fall. She had been through the same surgery (and many others) herself, which made her empathetic. She also didn't take pity from anyone and refused to let uncooperative joints hold her back, which made her the perfect travel buddy. For 10 days, we walked all over Paris. We took the metro to the Champs-Élysées, visited Versailles and strolled through museums. My mom photographed me in front of the Eiffel Tower, grinning with my cane placed off to the side.

I recently found my old journal with the entry from that day in the Marais: "I've learned so much about myself here," I had written. "I realize now that I can do anything." Since then, I've made it a priority to surround myself with supportive, confident women who help me through my toughest moments, and to celebrate our wins together—maybe in Bali next time.

STAY CONNECTED



Fall Trend Report

with **JOE FRESH** inside



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