



Style
and
meaning

5 Hilary MacMillan

Real clothes for real people—Hilary MacMillan makes size-inclusive, cruelty-free clothes that also happen to be magic to wear

Profiles by Briony Smith

Photography by Jenna Marie Wakani



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WOMEN TALKING

We gathered the game-changing filmmakers from our 2023 Power List to celebrate their achievements and hear their inspiring stories

Earlier this month, *The Kit* teamed up with Four Seasons Hotel Toronto to host our second annual Women in Film luncheon. The event brought the pages of our September 7 issue to life through a fascinating panel discussion with the trailblazing directors, writers, producers and documentarians from our 2023 Power List. Joining in conversation with *The Kit* editor-in-chief Laura deCarufel, each of the five women shared how they are challenging what it means to be a woman in the film industry behind the scenes—and how those experiences inspire them to make movie magic onscreen.



From left: Laura deCarufel, Anubha Momin, Meredith Hama-Brown, Noura Kevorkian, Zoe Hopkins, and Vanessa Magic.



Moderated by *The Kit*'s Laura deCarufel, the panel spoke to their experiences as women in film.



Guests were treated to a three-course lunch from Four Seasons Hotel Toronto chef Fares Alshara.



Etalk senior correspondent Lainey Lui hosted the event.



Filmmaker and *Kit* cover star Anubha Momin poses with the September 7 issue of *The Kit*.



Photographer Ryan Emberley captured stylish guests as they arrived, like legendary journalist Lisa LaFlamme (above left), new *Breakfast Television* host Meredith Shaw (above) and actor/producer Jennifer Podemski (left, with Hopkins).



Laura deCarufel and Patrick Pollak, General Manager Four Seasons Hotel Toronto.



"I want everybody's voice to feel heard," writer and director Zoe Hopkins said on the importance and responsibility of storytelling.



The team of Halo & Co., the PR powerhouse behind the event.

Real talk: It's not easy being a Canadian designer, even if you're great. Hilary MacMillan shares her lessons in self-confidence

Hilary MacMillan has never wanted to blend in. The Toronto-based designer's eponymous fashion line embodies boldness: bright colours, wild patterns, bright-pink Barbie collars. This year, she celebrates a decade in business. She's been busy of late, opening her first stand-up pop-up store, and launching homewares and swimwear. MacMillan has been an advocate for more compassionate clothing as well. All her pieces are vegan, and MacMillan doesn't use skins, furs, feathers, wools, silks, or any animal byproducts in her designs. She also ensures her line is size-inclusive. "If you're living in a larger body, the simple task of getting clothing can be a struggle. It's not only very frustrating but sometimes impossible," she says. "Making clothing harder to get if you are not what is seen as typical is ridiculous to me. Clothing is supposed to be joyful—it's supposed to be a way to show your personality. We simply want to give more people more options, and that's why we do it." Looking to feel a little bolder, a little brighter? Here, MacMillan shares six lessons in how to boost your own self-confidence to new highs.



MOOD BOOSTERS

Don't hold onto things that make you feel bad about yourself. Fashion is supposed to be fun. It's supposed to make you feel good about yourself. If something doesn't fit, or you're a different size than you thought, who cares? Don't let it have a hold over you. Donate the pieces that don't work. Cut out the tags if they make you feel bad. Buy things that make you feel good. Have fun with the way you dress.

Don't concern yourself with what other people think. This is a hard one. We all have anxiety; we all second-guess how we come off when we meet someone new or in a social interaction. I always remind myself when those thoughts creep in that if I'm not thinking about them, they probably aren't thinking about me. So try not to overanalyze.

Surround yourself with people that lift you up, not drag you down. This is the most important thing. Those you choose to surround yourself with have a direct impact on who you are as a person. Don't be afraid to cut people out of your life that aren't good for you. Yes, you might have known them since elementary school but if that person's dragging you down, drop them. As you get older, you realize you need to keep people close to you that make you smile and feel good about yourself, and support you.

Celebrate differences—be proud of being weird. The greatest people are the weird ones, and I mean that in the best way possible. Our differences are what make us great, so don't be afraid to show that fun, kooky side of yourself. So often we worry about how we come off when we should be focusing on having fun and enjoying life more.

Actively experience things that matter to you. Have a charity you're really passionate about? A cause you're interested in? Go volunteer. Go visit the place you care about. Be present. So often life gets in the way but try and go out into the world and take part in the things you believe in. Go join an organization, be on a board, be actively involved and bring your people to experience these things you're passionate about with you, and be open-minded to learn about their causes, too.

Wear colour! Sporting colour brightens your mood. Try it. It's dopamine dressing: It really does boost your mood.

If you're living in a larger body, the simple task of getting clothing can be a struggle—it's not only very frustrating but sometimes impossible.

Clothes for all

We asked chic Canadians to share their favourite size-inclusive shopping destinations



JOANIE PIETRACUPA, EDITOR AND WRITER

Pietracupa loves vibrant colours, fun fabrics, cool shapes and skin-tight dresses. "I also love to wear crop tops, knee-high boots and super baggy jeans, all of which are supposed to be 'unflattering' for bigger bodies. But guess what? I really don't care. As long as I love what I wear, I feel beautiful and confident." **For dreamy dresses:** "I'm a huge fan of Montreal designer Eliza Faulkner. Almost all her pieces go up to an XXL now, which fits me perfectly. I have a couple of dresses and a denim jacket that I just adore and wear so often. Her pieces are impeccably cut and amazing quality, and make me feel feminine and trendy."



BRITTNEE BLAIR, MODEL

For Blair, fashion is a love language. "My style is ever-evolving. I love to bring new looks to the table, whether it be for an event, a vacation or just a day out on the town. I'm here for comfort, but I'm also here for elegance and a loud statement. It's the first way you introduce yourself without having to use any words." **For thoughtful designs:** "Lesley Hampton is not only an incredible Canadian female designer but she advocates for mental health and is a strong leader in the Indigenous community. Each piece feels so thoughtfully crafted and luxurious, and you feel seen and represented when you wear her clothes. They are strong, stunning and proud."



HAYLEY ELSAESSER, DESIGNER

"I'm a huge fan of over-the-top prints, streetwear and vintage fashion," says Elsaesser of her own wardrobe. "From a very young age, I was drawn to fashion as a means of expression. I was a super-shy kid and I loved the feeling that I could show who I was through fashion. I still feel that way." **For the comfiest jeans:** "Universal Standard is my go-to brand for basics. Their inclusivity is incredible with sizing from 00 to 40. Their jeans have amazing stretch—I could literally do yoga in them—but they also have support and don't lose their shape. The quality of their items is fantastic, so I love shopping them for items I know I'll need and wear for years."

Dr. Toni Zhong



As breast cancer rates rise, this renowned surgeon is on a (successful) quest to promote early detection

While other kids may have spent their weekends frolicking in field or stream, or feeding the machine at the local arcade, little Toni Zhong spent her Saturdays at the hospital. She shadowed her physician father, soaking up everything she could about a surgeon's life. "We would round up all the mice and rats that he would operate on, and I would actually observe him do transplantation in mice and rats under the microscope with the most delicate instruments and delicate sutures," she says. "I think that's where plastic surgery and then eventually microsurgery really played into my career." Today, Zhong is a fourth-generation doctor, and followed her father's footsteps into the surgical suite. She put her early interest in microsurgery to good use as a plastic and reconstructive surgeon at University Health Network with University of Toronto, and the Belinda Stronach Chair in Breast Cancer Reconstructive Surgery at UHN. She has reconstructed countless breasts and flat chests and ducts and nerve pathways, helping folks who have experienced breast cancer feel a little more themselves again. "One of the things that I love about breast reconstruction is that you can tell the profound difference you can make in one's life, and the kind of relationship you can develop with your patients," she says. "I like understanding a patient, understanding their values, and helping them through surgery, and then in the post-operative recovery period, you can see the result, like visually right then and there, and also know the kind of quality of life changes that you've made for a patient."

over. She has taken up the charge to try and bring back more breast self-exams, patriarchy be damned. "That's one of the things that I'm working on with a number of different colleagues and medical students from our medical school, is how to properly teach people to do their own self breast exam," she says. "You can start doing that early, and I think that we have a long way to go to teach people how to perform properly their own self breast exam." She's trying to get the word out about personal breast cancer risk and who really needs to start testing at 40, and lesser-known risk factors like breast density as well. Accessibility is another Zhong passion project: How can we provide screening to patients who live in more remote areas. And what about breast cancer subtypes?! Her advocacy is loud and lasting. And in her time off, she jets overseas with Reconstructing Women International, a non-profit of female plastic surgeons from all over the world who volunteer their time to visit low-income countries where women and children lack access to surgical care. She is, as always, inspired by her father, who performed all kinds of surgery on folks in remote rural China during the Cultural Revolution. Today, he would be proud of his famous daughter. "It's always been important to me to have a career where I feel passionate about the work that I do," Zhong says. "And I feel that at the end of the day, or at the end of the week, I have made a difference and an improvement in some way."

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One of the things I love is you can tell the profound difference you make.

Zhong did, however, notice a disturbing trend in her patients. More and more folks in their 30s and 40s were coming to her with advanced breast cancer. (She has a patient right now in her early 20s.) What could she do about this? Zhong decided to go after the guidelines. Canada's current mammogram protocol recommends screening starting at age 50. The protocol also is based on 30-year-old data. Even more terrifyingly, Zhong says, the health authority stopped urging folks to perform breast self-exams, since they, apparently, may do it wrong and misdiagnose themselves, causing "anxiety." (Who's to blame for this pivot? "The patriarchy," Zhong sighs.) Zhong set a mission for herself: advocate for lowering the recommended screening age from 50 to 40, and keep advocating until the rules changed. She posted about it on social media. All. The. Time. She advised breast cancer advocacy groups. She spread the word to her fellow medical staff. And, finally, they listened. In June, the Canadian task force on preventative health care announced that it will fast-track its plans to update the current breast cancer screening guidelines. Zhong was elated. "We all know that how well you do after breast cancer has so much to do with how early you catch it, or it becomes more widespread in your body. So early detection is really the key to providing a good prognosis," she says.

The quest for better early detection isn't over. She has taken up the charge to try and bring back more breast self-exams, patriarchy be damned. "That's one of the things that I'm working on with a number of different colleagues and medical students from our medical school, is how to properly teach people to do their own self breast exam," she says. "You can start doing that early, and I think that we have a long way to go to teach people how to perform properly their own self breast exam." She's trying to get the word out about personal breast cancer risk and who really needs to start testing at 40, and lesser-known risk factors like breast density as well. Accessibility is another Zhong passion project: How can we provide screening to patients who live in more remote areas. And what about breast cancer subtypes?! Her advocacy is loud and lasting.

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When this performer's MS worsened, she devoted her life to honest, empathetic disability representation

When Ardra Shephard started blogging about her MS in 2015, disability representation wasn't really a thing just yet. And when she first started needing mobility aids and turned to the internet for role models and inspiration, there was little to be found. "I was frustrated by how MS stories were being told. It felt like there was a lack of authenticity, and nobody was telling it like it is," she says. "I didn't need to see mountain-climbers and marathon-runners. I needed someone to say, 'This shit is hard, here's what you can do about it.'" Today she has created a mini-media empire filled with disability representation; in addition to her popular blog, *Tripping On Air*, she created and hosts *Fashion Dis*, a makeover show for folks with disabilities (you can catch it on AML.ca), and co-hosts the AMI podcast. Oh, and she also has a memoir coming out and a sitcom in development. Here, she shares how she created the change she wanted to see in the world. "2015 was a time of transition for me. My disease became less invisible when I started to need mobility aids. People started asking things like 'What's wrong with you?' and 'Why are you walking like that?' My identity as a singer was being threatened. Even before I was no longer physically able to perform,

the disability community has made me more empathetic to what others are dealing with. Sharing my experience with MS has empowered me to claim my own narrative, to be able to say to myself and the world, disability isn't what you think it is. Then, in 2022, AMI approached me about doing a podcast. So much of disability is shrouded in mystery. As much as I regularly hear mind-blowingly clueless and inappropriate comments and unsolicited advice ('have you tried kale?'), there are questions that need answering that people are afraid to ask.

I stopped getting hired for gigs once I started using a cane. People's first impression of me was that I was someone to feel sorry for and my sense of self was rattled. That's when I started my blog. One of the first posts I wrote was called 'Honey, I peed the bed.' I thought, 'If I'm going to do this, I have to be sure that I can be vulnerable and real and talk about the stuff that doesn't get talked about.' Healthcare is so tragically under-resourced that so much of living well with a chronic illness means self-advocacy and hacking it on your own. A lot of blogging is just sharing what I wish someone had told me. Being active in the disability community has made me more empathetic to what others are dealing with. Sharing my experience with MS has empowered me to claim my own narrative, to be able to say to myself and the world, disability isn't what you think it is. Then, in 2022, AMI approached me about doing a podcast. So much of disability is shrouded in mystery. As much as I regularly hear mind-blowingly clueless and inappropriate comments and unsolicited advice ('have you tried kale?'), there are questions that need answering that people are afraid to ask.

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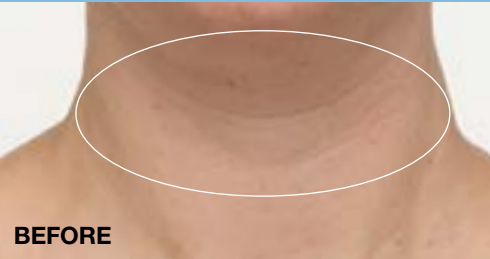
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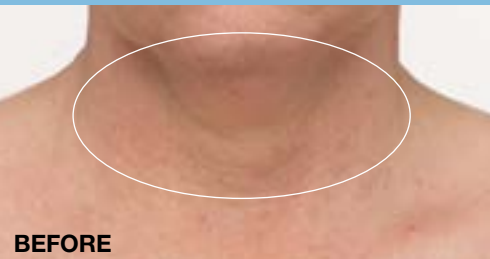
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STYLE MADE SIMPLE

Say goodbye to confusion in the hair aisle with this styling quiz



We all want to perfect our styling technique, but finding the right products tailored to our hair type and concerns can feel like searching for a needle in a haystack. It often seems like there are a million options, yet none seem perfectly suited to our individual needs. Whether you're longing for defined curls, a sleek and smooth style or hair that's strong enough to stand up to heat styling, the challenge remains the same: Where do you start, and which products are right for you?

The new Style Made Simple quiz takes your hair's unique characteristics, your areas of concern and your desired end look into consideration to deliver truly customized recommendations. Here's how the quiz works:

What's your type?

First things first: Whether your hair is wavy, curly, straight, coily or somewhere in between, identifying your hair's texture is key for setting the foundation of a great hair routine.

Cet on track

Then, hone in on the specific concerns you might have, like colour maintenance, preventing heat damage, banishing dryness or increasing definition.

The grand finale

Finally, determine your ultimate hair goals, from mastering the bounciest blowout, embracing your natural waves, adding sky-high volume or rocking the sleekest updos.









Once you've completed the quiz, you'll receive a personalized regimen to help you make your hair dreams a reality, all available to shop at Shoppers Drug Mart. But that's not all! You'll also receive tutorials featuring local Canadian creators on how to use each product effectively, every step of the way.

Scan to take the quiz



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Frank conversations about MS, chronic illness and disability are normalizing. The things we're all afraid of are way less scary when we talk about them. When we take away the mystery, we take away the power.

It's important to create entertainment where people with disabilities can see themselves. For so long disability stories have been told in a way that hasn't always served the community. *Fashion Dis* is different from other makeover shows in that all of our makeover participants have a disability, the show has a disabled host and some additional cast and crew also have disabilities. Rather than erase disability from the fashion and beauty space, *Fashion Dis* acknowledges that the industry has created barriers that people with disabilities face, but also showcases the adaptive and universal designers and brands that have exploded onto the scene in the past few years. It understands that there's more than one way to be beautiful, cool and stylish—that our differences are what make us interesting, and that fashion belongs to every body.

Disability pride isn't about loving MS: It's about refusing to accept that I have less value because of it.

Fashion Dis is different from other disability-centric shows in that we don't seek to fix anyone. There's no sad soundtrack or b-roll hospital footage.

There's this idea that people with disabilities don't care about style and self-care. Many believe that people with disabilities don't have the same interest or capacity for romantic relationships, sex and partnerships. We're often infantilized or thought less capable. While there are lots of misconceptions around disability, representation in the style and self-care space can help correct some of these specific assumptions.

Having this type of representation on TV is also important because it can cultivate a sense of disability pride. To me, disability pride isn't about loving MS: It's about refusing to accept that I deserve less access or have less value because of it. A collective pride in identity is what allows us to demand change. The general public is not yet angry enough about how inaccessible the world is, if they are even aware of the barriers we face. Our society has a high tolerance for how much we are willing to exclude the disability community and that has to change.

Thankfully, we're at least moving in the right direction. It's kind of mind-blowing to witness the evolution of disability representation over the past few years. Social media has levelled the playing field, and I expect we will see more and more mainstream inclusion and representation ahead. It's no longer about teachable moments and after-school specials, it's about realizing that disability is different, but that it's not that different. Disability is just another way to be human." — *As told to Briony Smith*

Deepa Mehta

The celebrated filmmaker's latest project is a unique collaboration—and a radical portrait of trans joy

Acclaimed director Deepa Mehta has made a career out of brave, bold films, tackling topics from closeted queerness to child brides. She, however, never meant to be a messenger. "I don't think I've ever been motivated by the need to send a message through my films," she says. "It's curiosity that drives me." Now, Mehta's curiosity has driven her to co-direct *I Am Sirat*, a poignant yet ultimately uplifting documentary, with subject Sirat Taneja, an Indian trans government worker. The film debuted at TIFF and follows Taneja's everyday life in New Delhi as she experiences both prejudice (Taneja's mother still sees Taneja as her son) and hope (she celebrates her trans identity via joyful club outings, Instagram reels and receiving her transgender identity card). We quizzed Mehta and her co-director Taneja about pushing the boundaries of traditional documentary filmmaking and the importance of bringing authentic trans stories to the screen.

What was an early triumph in your film career that showed you that this is how you wanted to spend your life? Why did it make you feel so alive?

Mehta: "No triumph has...propelled me to pursue my career, but instead it has been innate curiosity, revelation, the development of characters, unexpected gestures, unexplored situations and perhaps the inequality in life in all its myriad states."

Many of your films explore human-rights issues via storytelling. How do you pick your films' subject matter?

Mehta: "Every film that I have made has been the result of my desire for inquiry about a certain subject and the impulse to unravel its mystery all the way down to its core. The want to explore sectarian war—after hearing stories from my family—led to *Earth*. The lives of widows in India—after encountering one in Varanasi—led to *Water*, and so forth."

How can film explore these types of human-rights issues in a way that other media or information cannot? How can they perhaps change hearts and minds?

Mehta: "The advantage of film as a medium is that it provides a more tangible experience than most. It doesn't leave things up to your interpretation but lays down a path into a new world at your feet. We've been told stories, by our parents and grandparents, since birth and that is how we have learnt a lot about the world. Film takes that one step further to immerse you so deeply in those stories, that you feel like you're a part of that world and can touch it, if only you extend your hand and try. And this vivid visual imprint stays within you for a long time, impacting the mind and body for many years beyond the actual moment of watching the film."

Some of your films have caused controversies. How do you remain steady and strong in the face of outrage?

Mehta: "I don't think I would have made any of those films if I'd have known they would cause controversies. It hasn't been strength that has motivated me to keep going on, but curiosity about the world we live in. Or maybe I'm just a sucker for punishment!"

***I Am Sirat* is a story of trans experience. Deepa, as a cis person, how did you set up the collaborative filmmaking process with Sirat?**

Mehta: "Long-time trust and respect for each other has gotten us where we are. I really love her. Sometimes she calls me 'Ma,' and I guess that's what it's about. I am not her mother, but I think she hopes her mother will love her for who she is, the way I do."

Many trans stories told by cis filmmakers have not been well-received by the trans community. Sirat, what made you comfortable enough to share your story alongside Deepa?

Taneja: "Whenever I spoke to Deepa, I felt a sense of kinship with her. I never felt like I was talking to a stranger but to someone close to me. We built a strong bond, and I felt like I could share anything with her. I felt a sense of comfort around her. I feel like we're connected somehow. Maybe it's because we're both searching for our sense of belonging. I talked to her like she was my mom. I have one mother, who gave birth to me, and a second mother in Deepa. That's why I was able to entrust her with my life story."

Every film I've made has been the result of my desire for inquiry.

What are you hopeful that audiences will take away from this film? How do you hope it could help improve trans representation in the overly cis film-scape today?

Taneja: "My hope from society, and people that watch this film, is that they will understand the lives of trans people. And that they will accept and understand not only me, but all trans people. Acceptance doesn't mean that they have to bring trans people as guests to stay in their homes, but to give them respect. The same respect that people give to one another within society—that boys and girls give their friends, others around them and to family. I hope that trans people also get the same respect and aren't harassed while walking on the street. I hope they're treated in the same way others are. But my main hope is that my mom, family and society understand me."

What were some of your favourite moments making this movie with Sirat? What made them so memorable or poignant?

Mehta: "Interviewing her mom, with Sirat sitting next to her, and her mom constantly referring to Sirat as a "he." Sirat's generosity and equilibrium as she dealt with this was heartbreaking and yet so generous toward her mother. Her duty as her mother's son, made her—and this is huge—put her own identity aside while the conversation lasted."

Why is it more important than ever to showcase trans stories onscreen?

Mehta: "It is important and has always been, in my view—being a woman of colour—that we expose our essential humanity to each other. Whether it's race, caste or gender. Peace in an angry, disintegrating world is more essential than ever. We all need to know, understand and embrace a Sirat."

THE KIT

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