

ISSUE #1

Life is messy and mesmerizing. Everyone needs an outlet for both. ts dynamic, cosmopolitan mix. Ope evening, I watched a mesmerising

Here is our contribution

SEPT - DEC 2022

CRAFTY ZINE

the city, I made my way to the Blue Yountains which is a two-hour drive

For a change from the bustle



JSYK THIS ZINE IS HAND-CRAFTED

by a bunch of really stellar people



A WORD FROM OUR NOT SO FEARLESS LEADER

Real Talk. A big part of the past two and a half years have been nothing short of a struggle.

I'm pretty sure people who know me are wondering "Why on earth have you decided to do a zine? Sounds like you're just adding another thing to your already full plate; running a salon company, continuing your coaching business, fast tracking associate stylists, building education programs and co-producing a standup comedy show on the side!" Yeah. It's a lot.

Honestly, my most recent struggle is a new found (extremely unexpected and detested) high level of anxiety. (My Mother always says..."perhaps due to the fact you have so much on your plate", ahem...) I've come to the conclusion that the only solution to dealing with it involves going back to what really matters to me most. That meant breaking life down to the most basic pieces and and working on rebuilding myself, with the hope of eventually overcoming it.

I felt like I'd "lost the magic". Unfortunately, this seems like it is highly relatable these days... Sigh. I needed to get happy again. Stat.

High on Fricken' The Bucket List- A Zine.

Basically, I'm just a GenXer who pines for bitchin' 90's publications like Sassy, Bust & Riot Grrrl. Before social media, DMs, and blogs, zines helped connect people based on shared interests or identities. Their accessibility empowered contributors whose voices might otherwise go unrepresented in mainstream media — women, people of color, and members of the LGBTQ+ community. This innagural issue features a sh#t ton of great content (and NOT just pictures of my cat) ranging from "Woman to Watch" featuring Nageen Kerns, self love advocate Samriddhi's column "Confidence Boost", to Rempel's "Spoiler Alert" article, as well as octogenarian "Ruth Recommends" must read book list, a Deer Audrey advice column, special CRAFT offers and so much more! Check out all the links as you read! Creating and collaborating with everyone has been magical. It's rewarding when you're able to gain a better understanding of yourself through the process rather than just the outcome. I'm extremely grateful for all the support of our @craftacademysalon team, their "get up and go" attitude is infectious! We hope you love this first quarterly edition of our CRAFTY Zine and feel compelled to pass it on to someone else to enjoy. The more shares, the more recognition all of our deserving collaborators enjoy:) I know this is true for sure: The world is both messy and mesmerizing. Everyone needs an outlet for both. Here is our contribution.

XO Tanya <u>@craftybosslady</u>



WANT TO NOMINATE SOMEONE TO BE FEATURED?

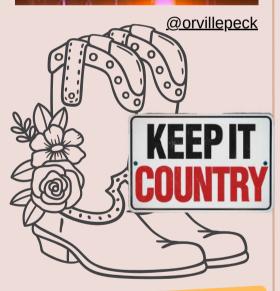
Know someone who deserves to be recognized? Who's business could use a boost? Who continually gives back to the community?



REACH OUT!

<u>@craftacademysalon</u>
<u>ilovethecraft@gmail.com</u>





your cowboy-Grab boots and get ready to ride with our three current favourites:

Dead of Night

Any Turn I lost count of the labels I tasted.

ut quickly that trying too many a single day can confuse your What helps is that each winery has its own experts who will help you choose wines best suited to you

guides nearby. Little towns like Leura provide ample gift opportunities, with a host of antique jewellery and The estates have comfortable accommodations with good views of the vineyards. The Hunter Country collectibles shops in their midst.

ORVILLE PECK

Delaney Macleod

We disagree on a lot of things.

The temperature of the salon, the best toner formulas, whether or not Crocs are fashionable, but everyone agrees on one thing- no country music.

MUSIC SERIOUSLY ON REPEAT

If you've been in the salon before you've heard our playlists ranging from house to lo-fi covers to dad rock. Relegated to the depths of an IPhone 5 that serves as our DJ station sits a lone rider- our country music playlist.

One Wednesday morning I dared to play it and there were five complaints within 12 minutes. I once tried my own personal country playlist for the naysayers (titled Country Music That Doesn't Suck) and even the dulcet tones of Dolly and Johnny couldn't change the minds of my country hating coworkers.

I threw the country playlist onto our pile of failed ideas (along with bookclub and keeping the break room clean) declaring it a lost cause; but the evening of July 31st a masked man emerged.

Orville Peck, along with his band and a host of drag gueens, headlined Happyland at the PNE. Peck, who wore a mask before it was cool, crooned his way into our hearts; a deep baritone that reverberated off our city sleeker sheen. Within a week we were all Orville Peck superfans. Although Peck was born in South Africa, he is currently based in Canada.

Peck has released two full length albums; signing to Columbia Records in 2020 after his initial collaboration with Sub Pop. A mix of classic country crooning and emotionally dense lyrics kept modern with autobiographical influences of Peck's experiences as a gay artist.

Orville Peck is an alternative darling that made country music cool agai

Delaney Macleod is the Salon Director of CRAFT East Van They also write for Scene Point Blank and The Minute

<u>@scenepointblank</u>

Atheminutemusic.

As well as co-facilitating "Dykes in Print"

A Lesbian Zine Making Workshop Series in partnership with the Vancouver Public Library https://vpl.bibliocommons.com/events/630409a25c4abd415439d1c4

VOMAN TO WATCH NAGEEN KERNS OWNER OF @METIMEAESTHETICS

What propelled you to go into business for yourself?

I went into business because I didn't feel comfortable with the service that the Nail Industry offers. It's a detached, sterile, business where the client is someone who pays money and leaves. I wanted to offer a service that would be a personal experience and would educate the client in making an informed decision for the health of their nails. Nails are an extension of our body and shouldn't be treated simply as objects of beauty, but as a living organism whose health affects our life.

What makes your business unique?

I immigrated to Canada in 2012 from Pakistan. In Pakistan I had completed my Major in Social work and started working with a non-profit organization and then later as an Admin Officer at a High School. My experience was around serving communities. I also had an interest in the arts and had gone through training and received certification in Sculpting, Painting, Hairdressing and Make-Up.On moving to Canada, I wanted to pursue the creative side of me in a way that would complement the Social Service aspect as well.

Me Time Aesthetics I went to London School to find out what I could do to mix these two and fell in love with the Nail Industry. 6563 Main St I went into business on my own because I wanted to offer a unique experience to those who came for mani-pedicure. I wanted my Nail Salon to be a space where the client would feel nurtured, understood and relaxed and would leave with a 604-600-6427

better understanding of Nail Care, with healthy, clean and beautiful nails.

This is my way of serving the community by fulfilling a need at the grass roots level.

What is it about your business you are most proud of?

www.metimeaesthics.com

Nageen's CRAFTY clients include: Shelby, Rempel & Tanya

> HOLY CRAFT! YOU NEED -A HAIRCUT

When someone enters Me Time Aesthetics, they enter into the living room of a home. They feel welcomed and relaxed. They are not rushed, nor disturbed by those around them, they are treated as an honored guest and served in the same spirit. At Me Time Aesthetics they are heard, supported and get the 'me time' that they came for.

What would you say to a young woman with a dream of opening their own business?

Never stop dreaming and never stop believing in yourself. Something that has come to your mind is achievable because you are the one who has thought of it, and only you have the potential to achieve it. So have faith in yourself, your dreams and take action. Don't pay heed to the "nay" sayers. Persistence, patience and strength are the path to success, and you have them all.



RTSY FARTSY ANNIE!

Annie Lefebyre

"Everything I need to know about life I'm learning from pottery"

Mud. Dirt. Earth. Primeval stuff. I take a lump of it and turn it into my favourite spaghetti bowl, a flower pot, your Christmas present, an object of beauty, all glazed and smooth and shiny.

Science, Nature, Time.

Go in on most days for a drop-in or a class @mudlab.ca on Hastings and there's not much talking at all, just a bunch of assiduous folks bent over their work,

getting mud to take shape.

Making something from nothing.

Along with some rad people making incredible things at this studio, I've been able to ignite a new connection with the earth, a wilder side of me and to my body because pottery teaches not to muscle our way into creation, it requires release. That became clear the minute I closed my eyes and let my finger brains do the

Making bowls, vases and cups on the wheel has allowed me to go inside: a place that is calm and quiet. Just me and the mud.

The humble, every day vessel. Making one is transcendant; it demands all my attention, my presence. Once that happens, the chatty squirrel brain finally shuts up and it's quiet and it's just me and this clump of dirt.

This post Covid life can sometimes feel like a game of 52 pick up, but when it gets nuts, I go for a drop in where the faces are familiar and we talk about a shared passion: Making things. We all agree that it's a way of tending to life in an artful

Oh, and another thing I learned; there's only so much I can plan for, anticipate or

When I pull a piece out of the kiln, I know there's always a little something that is left up to the pottery gods.

My mudlab instructor Vin reminded me: "Pottery teaches us to not muscle our way."

@vin_arora



@REDUXDELUX



EER AUDREY

Deer Audrey,

I love my haircut, my new yummy colour and my super sweet waves.

What I absolutely detest are the constant flyaways that continually ruin every selfie and cannot be edited out in canva, no matter how hard I try!

What (if anything) can I use to wrangle these lil' monsters into submission without feeling like I have a hair helmet?

Over it. Flyaway Frannie



hair for @brittanyng by @kristalbodel

Deer Frannie.







I feel you. You think you're looking fly as hell and then those freakin' flyaways strike again!

Our go to flyaway fixit is R+Co's Velvet Curtain. We could do a tutorial on how to use it – but that would be the world's shortest hair tutorial **ever**. All you gotta do is pop the top, squeeze a dime sized amount into your hands, rub them together and apply to the areas you wish to tame. That's it. This magic (non-greasy or sticky) serum works its velvety soft alchemy as soon as you apply it to your mane.

Great for short, long, wavy, curly, or super sleek hair types. You can pick up this product must have in salon or online via The CRAFT Shop.

> With Much Hair-Love, Audrey

Are you an up and coming stylist who could benefit from Fast Tracking through Hand CRAFTED Coaching?











email ilovethecraft@gmail.com to learn more



CRAFT NEWS

WORTH WRITING HOME ABOUT



SAVE AT CRAFT ALL YEAR LONG!

SEPT 1 - OCT 14



OCT 15 - OCT 31



NOV 1 - DEC 31







We're stoked to welcome Jessie back from maternity leave on Sept 13th! Book your appointment with her:

Mondays 8am - 3pm Tuesdays 8am - 3pm Thursdays 8am - 8pm @jessiestylist



Ally is off to New York FashionWeek again & is looking forward to her extended holiday Oct 1st - Nov 22nd! Need to get in while she's away? Reach out to receive a personal CRAFT stylist recommendation to care for you in the meantime & make sure to book your Christmas appointment now if you can! @hairby allybrown



CHECK THEM OUT ON BANDCAMP! https://rempelandtherousers.bandcamp.com/



Have you ever seen Under The Cherry Moon?

We've all seen Purple Rain, arguably the best thing Prince has ever done, but this is a whole 'nother level of wild. After the success of Purple Rain, Prince was given carte blanch to do any creative project he wanted to do. He chose this movie - which he ended up directing (SPOILER ALERT!) after the original director Mary Lambert guit after 16 days.

It's shot and black-and-white so you know it's artsy, and set in the French Riviera?



Him & Tricky crash her party, only to get thrown out by the bouncers. And then for some reason (to develop the love story between them which is also wild because just like in Purple Rain he spends most of the movie being kind of a dick to her) decides to visit him at his apartment. She's engaged to another fella, but hates that her dad is trying to run her life. She turns into the arms of Christopher and they to runoff together. Her dad says "Not on my watch" and calls the Coast Guard to find Christopher and Mary on some small island. SPOILER ALERT! They shoot him dead then she buys Tricky his own apartment complex to manage.

The Make-out scene alone is insanity as (SPOILER ALERT!) Prince basically eats her face while his song "Kiss" plays.

Also, a fan won a contest with MTV to have this movie play in her hometown which was small town Wyoming, so THAT'S WHERE THE PREMIÈRE OF THIS MOVIE WAS HELD. Bonkers.

Rempel Roquette is an OG CRAFT Team Member at CRAFT East Van & the lead singer of Rempel & The Rousers An all around lover (and spoiler) of TV & the cinema

> @rempelroquette @rempelandtherousers





Love your CRAFT Stylist? Leave a 5 Star Review It would mean the world to them! CRAFT FURBABY FEATURE

DANI-GIRL Sadly, this sweet, loving fluffy ball of fur left this earth in August. She will forever be missed and deserves to be recognized for all the love and memories she gave Ally over the years.

XOXO



ITS ALL IN THE CARDS

ANNIK PAPRIKA
FOUNDER + CEO
COALITIONSKIN | #THEPXSSYSHOP

Tarot is an energetic guidance to find clarity.

I can also be used as a tool to develop your intuition. readings don't predict a set-in-stone future because the future can change due to our free-will. readings enlighten us on the path to take, provide answers to help us reflect. this reflection flowstate is where our healing + clarity come from.

Each issue i'll pull one card, discuss its meaning, suggest questions to ask yourself around the theme and offer an affirmation to work w for the months ahead. the aim is to reflect on the theme to build trust with your intuition to gain clarity.

Five of cups reversed: the five of cups carries a theme of grief. reversed, it signifies you're ready to accept a situation from your past that caused grief. previously you identified as the victim instead of seeking the lesson that came from it. now you're able to process the painful experience(s) to heal it + move forward. sometimes we look back and see something better came out of it; the previous situation had to end or hit rock bottom, for the better situation to come in. other times, extracting the lesson or the blessing isn't as obvious, but we can always see that we learned something.

In the imagery of this card, there are three cups knocked down and two standing. you're metaphorically ready to pick up your two full cups and start a fresh chapter w acceptance + gratitude. start or continue your inner work. life doesn't happen to you, it happens through you.

Reflection: what modalities will help me process my emotions on what happened? [ideas: therapy? reiki? a writing ceremony: journal about what happened, the emotions it brought then and the lingering emotions. list positive attributes you've gained from it. feel gratitude + closure.]

Affirmation: [write this on a post-it on your laptop or mirror-marker it onto your bathroom mirror.] "my healing is a priority. i'm doing the work. i am expanding."

Blessings Annik

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coalitionskin.com | IG @thepxssyshop





the · bodhi · effect LIVE THE LIFE YOU LOVE



Courtney Thomas
@thebodhieffect
www.thebodhieffect.com

Society injects insecurity and impels us to reconsider our inherent truths.

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October 13th

December 15th

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THINGS WE'RE EXCITED ABOUT



WHO WANTS POPCOR

As soon as CRAFT is completed it's new expansion we will be serving refreshments once again! Stay tuned, all sorts of fun additions are on the horizon!





Parts & Labor Model **SALONSCALE** SALONSCALE SALONSCA



NOVEMBER 19-21'22



[Curl Expression]

PROFESSIONNEL PARIS

CONFIDENCE

Self-Love Advocate Samriddhi Singh

BOOST

It's Friday evening.

You're scrolling on Instagram and come across a fitness motivation post. The potato chip bag next to you remains half empty. You close it up and continue scrolling. The next post happens to be an acquaintance of yours partying with 20 of her closest friends.

Now, feeling lousy about your once perfectly relaxing evening, you exit the app and start doubting several aspects of your life; forgetting that others' experiences don't diminish your own.



<u>@samisinghofficial</u>

That's the weight social media has over our self esteem, and it can often be quite damaging over time. The content we see online affects our brain the same way the foods we eat affect our body. To protect your own peace of mind it's extremely important to filter the accounts you follow on social media. If seeing fitness content makes you negatively compare your body to others' instead of encouraging a healthier lifestyle, it's actually doing more harm than good. With the significant impact social media has on us, we have to be picky about the content we're letting into our minds. So, take out that phone. Yes, right now. Go through your social media accounts and unfollow/unfriend all the accounts that don't add value to your life; regardless of whether it's a family member, friend, or celebrity. This is truly a wonderful technique to maintain self esteem. Try it out and be sure to let me know how it's working for you!

CRAFT Academy Salon is proud to Sponsor Samriddhi on her road to Miss Teen International Canada in Ecuador November 2022

Remember, confidence isn't something that comes overnight, it takes constant effort.

Understanding this is the first step towards becoming your most confident self.



Ruth is a retired Teacher-Librarian with a life long love of learning. She returned to University in her sixties to complete a Doctorate in Education, and is always on the lookout for interesting and inspiring books to read and share with others. In this column Ruth will share her recommendations for beloved books. A favourite client of Rempel & Tanya, she has been recommending books to them for as long as they can remember! Happy Reading!

The plot never changes but your perspective does.

- 1. Let the Great World Spin by Colin McCann
- 2. The Hare with Amber Eyes by Edmund de Waal
- 3. Anxious people by Fredrik Backman
- 4. The Water Rat of Wanchai by Ian Hamilton
- 5. Educated by Tara Westover



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COLOUR THEORY THERAPY



CRAFT gives it



Paul Anthony's Talent Time: Halloween Special Oct 20th at The Rio Paul Anthony's Talent Time: New Years Eve Extravaganza Dec 31st at The Rio

@talenttimety @riotheatre



Just GREAT food!





Did you know the women from the Dixon Transition society get their hair done for free at CRAFT?



Link to donate: https://dixonsociety.ca/get-involved/donate/monetary/

THAT'S ALL! THANK YOU TO ALL OUR CONTRIBUTORS & THOSE WE ADORE:

- @metimeaesthetics
- @reduxdelux
- @mudlab.ca
- @vin_arora
- @scenepointblank
- @theminutemusic
- <u>@vancouverpubliclibrary</u>
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Tell us what you would like to see in our next issue! ilovethecraft@gmail.com