

ISSUE #2

Life is messy and mesmerizing. Everyone needs an outlet for both. Here is our contribution.

CRAFTY ZINE

- M A R 2023

model: @winnieisawesome photo:@hellovictoriablack

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COGRAPHY S



### REFER 3 **GET 1 FREE!**

**REFER 3 NEW CLIENTS** TO YOUR CRAFT STYLIST THE NEXT ONE'S ON US!

WANT A FREE HAIRCUT?



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ASK YOUR STYLIST N YOUR NEXT VISIT

### JSYK THIS ZINE IS HAND-CRAFTED

by a bunch of really stellar people



### A WORD FROM OUR NOT SO FEARLESS LEADER

A year ago I was spending the majority of my days on a peaceful beach in Troncones Mexico picking rocks. #borntobeabeachbum

The rock picking was not a form of beach clean up - but more like a meditation with the intention of disconnecting whist finding 13 perfect rocks.

13 is my favourite number but it is also the number of rocks needed to create a set of Witches Stones (pictured here - to be used for divination, or maybe even paper weights IDK). Now, whether or not I identity as a "witch" (most people think I am anyway...) is neither here nor there.

The point of the exercise (and this story) was to include in a bit of Hygge. (pronounced hoo-ga) Not familiar with this Scandanavian concept? It refers to the act of spending a calm, comfortable time either alone or with people you love in complete absence of frustrations or anything overwhelming. Often enjoyed with good food (for me in Mexico- tacos and more tacos), drinks, cozy settings and no technology. I am officially addicted to this lifestyle. If there was a Hygge-Anonomous Program, I'd be Vancouver's chapter leader.

I'm so obsessed with Hygge, I built our entire <u>@craftacademysalon</u> 2022 Annual Team Retreat around it. A cozy gathering meant to celebrate the interweaving (our Surrey team joining the East Van Team) of us together. It was Hygge to the max! We had a "warm belly bar" (aka every type of hot chocolate + accompaniment you could imagine), hydra-therapy, comfy blankets, a games night, shared family style meals, a pyjama party and of course tons of laughs and crafts. Each team member was asked to bring a piece of their own fabric that we interwove it into a wall hanging you can check out the next time you visit us.

I wasn't completely conscious of it at the time, but this 2nd issue of the Zine also celebrates Hygge from start to finish. Read it from cover to cover and you'll see what I mean.

Craving comfort food? Check out our "Woman to Watch" featuring Chef Tasha Sawyer + one of my tried and true "Lickety Split" recipes. Maybe you want to spend a night in cuddled up on the couch with a fun movie? Rempel's "Spoiler Alert" article has a great suggestion for ya. You may want to pair that with Katy's "Wine for Every Occasion" follow your own adventure. LOL. Prefer a good mystery story instead? "Ruth Recommends" is back with her must read book list. Need some new tunes for your "de-stress/decompress" walks around your neighbourhood? Delaney's "Seriously on Repeat" column and our fave local LP suggestions have you covered. Looking for more self love/ self actualization activities to make 2023 your best year yet? Don't miss Samriddhi's "Confidence Boost" and Annik's "It's All in the Cards" columns to help set your intentions.

Maybe you (like most of us these days) are looking for ways to save money? Bingo! We've got options for you there too. (next page)

Hygge is also the practice of appreciating the little things. I sure feel that. Thank you to everyone involved in making this Zine Dream of mine possible :)

We hope you dig this second edition of our CRAFTY Zine and feel it's good enough to share! 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>

### FREE SHAMPOO FOR A YEAR BINGO!

Treated myself to a Fusio-dose

Shared the CRAFTY Zine with a friend Followed CRAFT on TikTok Attended the CRAFT Event Jan 29

Received a Gloss

Saved 10% by building my own travel pack

Pre-booked my appointment Tried a Metal Detox Treatment for only \$10 Referred 3 to get 1 (haircut) Free Tagged 2
Friends on a
CRAFT
Giveaway
Post

Handed out 3 CRAFT Referral Cards Got my hair done in February



Shared a tagged CRAFT Post on my IG Story

Stocked up on leave -in conditioner or masque

Bought a Giftcard Followed 2 women featured in the 2nd CRAFTY Zine

Tagged CRAFT in an IG post Enjoyed a Deluxe Haircut Tagged CRAFT & my stylist in a selfie

Received a Hair Advice from my Stylist

Left CRAFT & my stylist a 5 Star Review Picked up Hairspray or Salt Spray Enjoyed an item off the new snack menu

Added a Scalp Scrub to my Haircut

### BY APRIL 1ST 2023 DO JUST THAT!

The Bingo card must be completed between January 1st 2023 - April 1st 2023.

Exceptions will be given if gift cards were purchased in December 2022.

The winners will be able to choose from a variety of Pureology Products. - first come first serve.



### MUSIC Delaney Macleod SERIOUSLY ON REPEAT

TEEN JESUS AND THE JEAN TEASERS

<u>@teenjesusandthejeanteasers</u>

There is a tendency, I think, to label any loud band, any loud female band, as Riot Grrrl. Reducing a band to a genre they're not and plugging your ears while they show you why they're not that genre is damaging- both to the band in question and to the Riot Grrrl genre. That's how you get New York Post articles about Olivia Rodrigo as the current face of Riot Grrrl. Spoiler alert- she's not. Riot Grrrl was started as a movement, as a backlash, to the male dominated punk of the 90s (and 80s and 70s and so on). This label isn't frivolous.

It shouldn't be tacked onto any female lead band you don't have the time to examine in depth. I grind my teeth at night over this frequent misnomer so please know when I say this next sentence I mean it. Teen Jesus and the Jean Teasers' debut album, Pretty Good For A Girl Band, is a Riot Grrrl masterpiece.

Teen Jesus consists of Anna Ryan (vocals, guitar), Scarlett McKahey (guitar, vocals), Jaida Stephenson (bass), and Neve van Boxsel (drums). The project started while the band was still in high school and still retains, a now polished version, of that childlike energy. Released in May on Domestic La La (run by Violent Soho's James Tidswell), Pretty Good For A Girl Band borrows its title from the backhanded compliment often received by the young Australian band. Opening track and lead single "AHHHH!" gurgles with grunge revival riffs and gang vocals. "Up To Summit" takes a break from the wall of sound experience and cracks down on the melancholy instead. A valiant effort at variety, it unfortunately lags as the worst track on the EP. While the song isn't necessarily bad it shrinks back next to the expertly crafted tracks surrounding it. "Miss Your Birthday" is memorable, not only for the tambourine, but the world historically sticky chorus. Don't blame me if you're humming it tomorrow at work. The album peaks with "Girl Sports"- an anthem for a band that's on the precipice of being crowned Riot Grrrl royalty. It's a snarling take down of every misogynistic prick with a PBR who slots in the word 'girl' before the word 'band'. The crunchy guitars layered liberally on top don't hurt either. "Bull Dragon" is the perfect closer. Threading in lyrical and instrumental throwbacks from earlier songs, "Bull Dragon" is the cool down you need after yelling for four tracks straight. The EP is short but boasts righteous lyrics and melodies that will be stuck in your head for days.

Pretty Good isn't bogged down by self important lyrics or unnecessary extended instrumentals; it's a gritty, guitar driven sing (or yell) along romp. It's fun, unpretentious and ready to be cranked on your stereo.

If Pretty Good For A Girl Band is a sign of things to come then Teen Jesus and the Jean Teasers may be the next big Riot Grrrl band.

Delaney Macleod is a talented music critic who writes for

Scene Point Blank and The Minute
<a href="mailto:@scenepointblank">@scenepointblank</a>

<u>@theminutemusic</u>.

As well as co-facilitating "Dykes in Print"

A Lesbian Zine Making Workshop Series in partnership with the Vancouver Public Library

### WOMAN TO WATCH CHEF TASHA SAWYER



What propelled you to go into business for yourself?

I decided to go into business for myself, because beyond everything else, I love the creative process.

Each new client brings a chance to use my creativity. I LOVE making menus! It's some thing I've been doing since I was about seven years old. Starting with a set of guidelines from my clients, and then calling on my knowledge to craft a menu that works for them, and finally seeing the results in a successful event is very satisfying.

What makes your business unique?

What makes my business unique is the diversity of clients I work with.

I work with individuals, businesses, families.

Every single client needs a menu and products tailored to their particular situation, and I am very good at figuring that out with them.

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

I'm proud of the personal touches I'm able to bring to my clients' events.

Whether it's a request to incorporate a specific kind of cuisine, or create a mood for a special occasion.

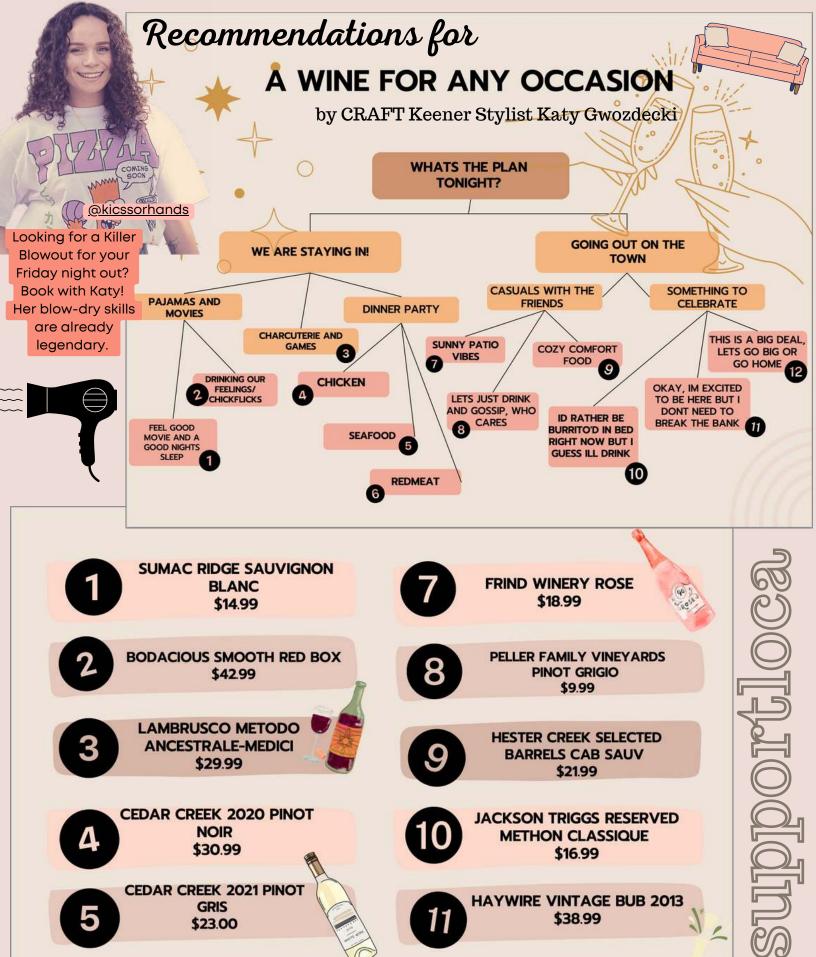
### What would you say to a young woman with a dream of opening their own business?

business for herself. It's a unique opportunity to be able to choose your path very deliberately.

Be prepared to do ALL things, at the same time don't hesitate to ask for help. There are amazing mentors everywhere.



You can sample some of Chef Tasha's delectable delicacies at our 9th Anniversary Celebration Jan 29th!



MOET CHANDON ROSE

**IMPERIAL** 

\$92.99

**BURROWING OWL** 

**MERLOT 2019** 

\$42.99

GREAT ADVICE

# DEER AUDREY

Deer Audrey,

I love to wear my hair in beachy waves and I'm pretty good at curling my hair, (thanks to Laura's tutorials) but sometimes it falls flat or seems like it needs a little extra.

What can you suggest?

Love, **Addicted to Volume** 





hair for @makaelaviger by @laurabeth hair

Deer Volume Lover,

We recommend Kérastase VIP Volume in Powder Spray!

It is a 24 hour texturing, volume spray with a reshapable hold. You get the volume at your roots like you backcombed your hair, without the fuss.

Shake well and spray at the roots 10-20cm away.

We like to lift the hair and spray underneath the parting, put the hair back and rub with your fingertips.

Instant volume for any hair type and works beautifully for beachy waves:)

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

### TEX MEX NO FUSS NO MUSS ONE POT CASSEROLE

#### Ingredients:

1 cup Chicken or Veggie Stock

1 cup rice

1 cup of corn (canned or frozen)

1 can black beans

1 cup salsa

3 - 4 raw chicken breasts or thighs

tsp chilli powder

tsp ground cumin

1/2 tsp cayenne powder

tsp italian seasoning

S+P

chopped green onion for garnish 1/2 cup shredded cheddar cheese sour cream (on the side)

#### Pre-heat Oven to 375 degrees

Throw all the other stuff (except the green onion, cheddar cheese and sour cream into a casserole dish, mix well (make sure chicken is buried under rice mixture) and bake for 45mins - 1 hr.

Remove cover + add cheese until melted Serve with more salsa, green onions and sour cream

A LICKETY SPE RECIPE

We adore Rempel's super cute lipstick tat!

by <u>@sarahgrisdaletattoo</u>

Find her at:
<a href="mailto:chick">Chick</a>



dykesinprint

Vancouver, British Columbia

LESBIAN ZINE MAKING

where strathcona branch (vpl)

when january 8 from lpm-3pm

who any self-identified lesbians and dykes





### CRAFT NEWS

WORTH WRITING HOME ABOUT

SATURDAYS 8AM - 2PM

### RECESSION PROOF YOUR HAIR WITH THESE WAYS TO SAVE:

JANUARY:

**BUY ONE - STEAL ONE** 

FEBRUARY:

BUILD YOUR OWN TRAVEL PACK

**SAVE 10%** 

MARCH:

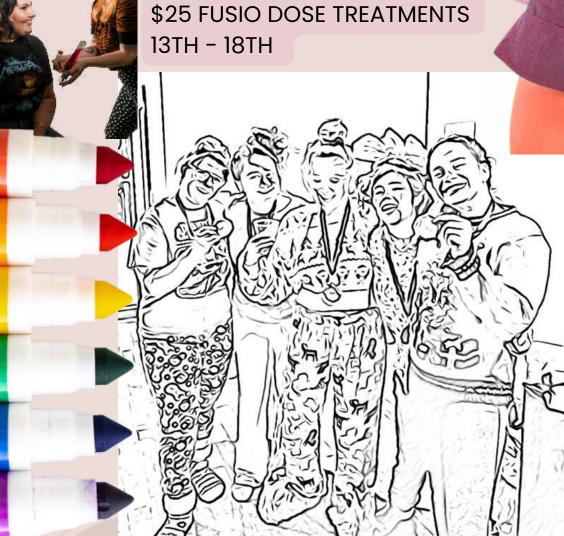






CRAFT

\*select products



We're stoked to welcome Danielle back from maternity leave on Jan 10th! Book your appointment with her: TUESDAYS 3:15PM - 9:30PM



### COLOUR THEORY

THERAPY

Here are:

Renee

Daniela

Sadie

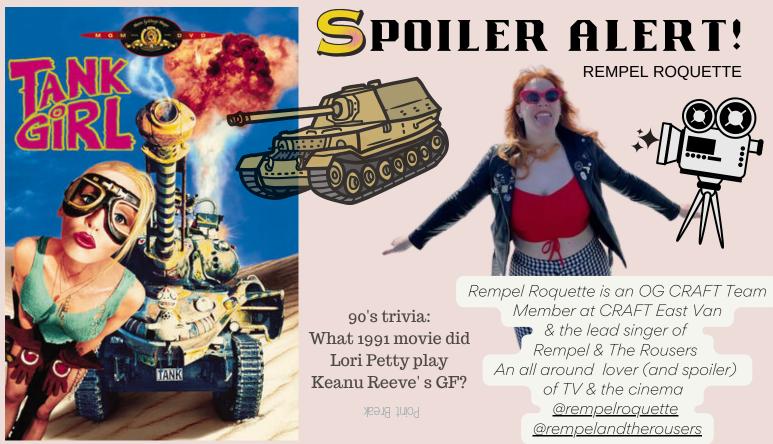
Anju

+

Katy

receiving their welcome medals at the 2022 CRAFT Retreat





"Ok guys, here's the plan.."

Have you ever seen this movie? You've probably heard about it. Directed by Rachel Talalay from B.C.!

It was a beloved underground comic that got turned unto a movie that I watched every single day the summer I turned 14.

A badass loveable weirdo who saves the day from an evil corporation with her trusty sidekick? (Naomi Watts WITH BLACK HAIR) And her human-kangaroo hybrid boyfriend (SPOILER ALERT: FEATURING ICE T AS A KANGAROO) they were a science experiment to be used in the war against Water & Power, the evil corporation hoarding all the water after an asteroid hits the earth and caused a drought?

Ok here we go: Rebecca (Tank Girl) and her commune get ambushed after it's discovered they're stealing water from Water & Power. She gets taken as prisoner, the head of the company Keslee becomes obsessed with her, she escapes with her new bff Jett, saves her kid from a SEX CLUB? Where she then performs a dance number to "Let's Do It" by Cole Porter WITH THE ENTIRE CLUB while taking the Madam hostage, W&P finds her (SPOILER ALERT: They've put a tracking device on her), they wander the desert to find a secret underground lair with previously mentioned Kangaroos called The Rippers, Rebecca and Booga fall in love, they team up, fight W&P, the final fight scene involves a beer shooting tank (there's gotta be a tank!) and they drive off into the sunset in the tank happily ever after. AWWWW.

It didn't do well at the box office, but has become a cult hit thanks to teenage me. Plus Courtney Love curated the soundtrack and it is AWESOME.



# CRAFT FURBABY FEATURE

ULI
We are so lucky to have this sweet little ball of fun in house!
She is the official @hairbynadiadomany suite mascot! If you see her on your next visit, be sure to give this adorable mini long haired dachshund

a pet!



### ITS ALL IN THE CARDS

ANNIK PAPRIKA @ANNIKPAPRIKA
FOUNDER + CEO
COALITIONSKIN | #THEPXSSYSHOP

Tarot is an energetic guidance to find clarity.

it 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 flow-state 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.

Ten of pentacles reversed: after a lot of effort on a path or project you had set out to take on, you find yourself feeling like you don't have much to show for it. you thought you'd have been very successful/ rewarded and feel proud by now, and reaping all the benefits you have sown. were your expectations realistic? if so, then the journey is not over yet. continue on this path til you make your reality match your vision. if your expectations don't feel quite realistic, it's time to decide whether putting in more effort into this is worth it. perhaps the project or path needs a revision.

In a traditional deck, the imagery of this card shows a couple in a garden with their child and pets. there's a sense of love and fulfillment and "having it all". material wealth (pentacles) and life working out beautifully. with this card reversed it's time to ask yourself: what can i do to steer this project or path in a completely new direction so it's in alignment with what i truly desire for myself?

**Visualize** yourself in that feeling of total abundance + fulfillment. do a meditation with this abundant intention or journal your answers.

Affirmation: "i am worthy of abundance in all aspects of my life. today i start taking action-steps to align my life to my desires."

Blessings Annik SELF-CARE RITUALS HERE

CoalitionSkin | #thepxssyshop Wellness for Body + Spirit 424 Homer Street Vancouver BC V6B 2V5

<u>coalitionskin.com</u> | IG <u>@coalitionskin</u>

Mention this zine to receive 10% off our in-studio aesthetics + infrared sauna services as well as any online services w/ Annik, under the SAYULITA tab of their site.

### HO ARE THE FUNNY PEOPLE IN YOUR NEIGHBOURHOOD? (STUPID QUESTIONS FOR LOCAL COMEDIANS)

THIS ISSUE'S LOCAL LEGEND: PAUL ANTHONY @talenttimetv

What is the ONE stupid question you are sick of being asked?

paul's hair by @shelbybets

What is the ONE stupid question you are sick of being asked?

Touche

#### Tell us about your birth - where?

I was born in Winnipeg in the middle of a blizzard. My mom was taken to the hospital on a snowmobile.

Apparently I as soon as my mom got on the hospital bed I shot out! Not something I think I would brag about if I was my mom, but she will tell that to anybody who will listen. I'm an Aquarius (cusp)

#### What do you do? Job? Fun?

Job and fun is mostly the same thing. I act in other peoples things and write and produce my own things.

I have also been teaching an acting class one day a week at New Image college.

### What do you moonlight as?

The most random stuff. Most recently I've been hired to punch up some dry technical invention pitches.

I helped a bitcoin millionaire put together a corporate pitch with more personality.

### Who would be your comedy/music/art/career mentor be if you could choose anyone?

I probably have to say David Letterman. I really admire his early work and how we redefined the structure of a talk show and also because I know he's so incredibly private and reserved

it wou<mark>ld just feel like a bit get to have him as a mentor. I would also except Paul Ruebens and/or Weird Al.</mark>

### What is the most ridiculous thing you are afraid of? Why? What drives you nuts? Pet Peeve? Why?

My biggest pet peeve would have to be Global Food Insecurity and the corporate greed that is displacing and killing all of us. It's a toss up between that and people not standing right on the escalator.

### What food do you crave most often? Fave drink?

A really love fresh cut fries and I can't resist a nice vegan poutine. I also love a good Tequila cocktail.

### What piece of clothing do you wish you still had from childhood/teen? Why?

It would be a shirt I had that said SKATE OR BE STUPID. Because it was the best! I think about it too often to be honest.

#### What would be the recipe for the worst burrito of all time?

Packing peanuts, blood and cheese stuffed in an old gym sock. Or anything made by Subway.

#### What are you listening to on serious repeat?

Abraham Hicks Morning Rampage

#### What is the most useless talent you have?

I can peel and eat a banana only using my feet. I actually got a call back to play one of the main monkeys in one of the Planet of the Apes movies because of it. This sounds like a joke but it's 100% true.

So not that useless I guess?

TALENT TO AQUARIUS AQUARIUS ONE ONE

Paul Anthony's TALENT TIME is a critically acclaimed comedy/variety/talk show that you can experience LIVE at the Rio Theatre in Vancouver, BC.

1660 E Broadway

www.talenttime.biz

### THINGS WE'RE EXCITED ABOUT



THE ADDITION OF OUR SURREY TEAM TO EAST VAN!

@HEATHERANNHAIR @KRISTALBODELL @HAIRTHINGSBYKAT @HAIRBY.BREANNE

9 women
from Dixon
received
complimentary
CRAFT
makeovers
in 2022

ixov

Follow our
Talented Associates
Guest Spot Appointments
Available!

Call or Book Online

Use the promo code "neighbour" for 2 for 1 tickets! January 11th

> February 8th March 8th

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The most inclusive standup show in town!

@sarahthehairfairy @kicssorhands @lenimotohair

Associate Program and

those that Mentor them!

### SPEAKEASY STAND UP COMEDITION



"A hidden gem!"



@speakeasystandupcomedy



facebook.com/speakeasystandupcomedy

## CONFIDENCE Self-Love Advocate Samriddhi Singh BOOST

When I catch up with people in the new year, the phrase I hear most often is "I guess it's time to lose that holiday weight" regarding themselves.

This kind of thinking associates food with guilt, making it hard to actually enjoy eating during festivities.

If you're constantly stressing about your calorie intake or the time it would take for you to work it off, you subconsciously elevate your physicalities and negate your emotional wellbeing. It's absolutely okay to still go to the gym and work on your physical health, as long as you're doing it for yourself - not for others.



@samisinghofficial



Food is directly correlated to experiences, memories, and increasing the body's happy chemicals. So during celebrations or family reunions, it's expected that our minds will form that correlation and lead to cravings, which is 100% okay! What's not okay is to make yourself feel guilty about this.

Attaching expectations of immediately losing any gained weight can also make one believe that their physical appearance matters more than who they actually are on the inside.

This year, I challenge you to not judge your worth based on the number that appears on the scale.

So let's play a little game. I want you to practice giving yourself an essence compliment, every day for 31 days. An essence compliment relates to your personality, passions, ambitions, accomplishments, etc. They can not be about physicality.

For example: "I'm proud of myself for being bold in the workplace".

The purpose of this game is to get a few steps closer to becoming your most confident self.

If you're comfortable doing so, write all of your 31 essence compliments down and send me a picture, via Instagram, so I can give a shoutout to all of you brave souls!

With love, Samriddhi ♥

Be sure to catch Samriddhi playing Sue in Netflix's Firefly Lane Season 2 Episode 1!



This 2nd column's theme is Mystery! As author Steven J. Daniels said: "A good friend will help you move, but a true friend will help you move a body."

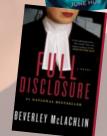


### RECOMMENDS

- 1. THE CUCKOO'S CALLING BY ROBERT GALBRAITH (THE PSEUDONYM OF HARRY POTTER AUTHOR J. K. ROWLING)
- 2. MINDFUL OF MURDER BY SUSAN JUBY (SET ON VANCOUVER ISLAND, AND THE DETECTIVES ARE BUTLERS!)



- 3. A KILLER IN KING'S COVE: A LANE WINSLOW MYSTERY BY IONA WHISHAW (THE FIRST IN A SERIES SET IN THE KOOTENAYS IS IN
- 4. THE SILENCE OF BONES BY JUNE HUR (SET IN KOREA IN 1800).
- 5. FULL DISCLOSURE BY BEVERLEY MCLACHLIN (THE DEBUT NOVEL FROM THE FORMER CHIEF JUSTICE OF CANADA)



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!

### CRAFT gives it



Local kick-ass musical talent! <u>@littledestroyermusic</u> @summerwitch





SHANE MARTIN OWNER / OPERATOR portsiderenos@telus.net

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

<u>@chef_tasha_sawyer</u>
<u>@scenepointblank</u>
<u>@theminutemusic</u>
<u>@teenjesusandthejeanteasers</u>
<u>@dykesinprint</u>
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Tell us what you would like to see in our next issue! ilovethecraft@gmail.com

@jhockerhair



@hairbynadiadomany

@laramariehair