

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

CRAFTY

ISSUE #3



CRAFTY ZINE

APR - JUN 2023

model: @krygerconnor hair: @kristalbodell

...were dappled with...
homes.
Off the beach, like all great cities, Sydney's adrenaline was provided by its dynamic, cosmopolitan mix. One evening, I watched a mesmerising open-air performance of a Dreamtime saga in Centennial Park by the Aboriginal Marjuekk Company, in which agile, balletic ancestral giants (acted throughout on...
...Australian flag.
For a change from the bustle of the city, I made my way to the Blue Mountains which is a two-hour drive from Sydney. The vertigo-inducing cliffs and plunging ravines of the Blue Mountains seem...
...the way inspir...
with the wind...
New South Wales. It is about north of Sydney, a two hour the F3 highway. The be... along the way inspir... with the wind...
...CRAFTY ACADEMY SALON.COM...
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CHECK OUT OUR
SWEET MOVES
TO FIGHT BREAST CANCER



Breast
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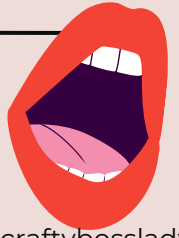
HELP FUND RESEARCH FOR BREAST CANCER

JSYK THIS ZINE IS HAND-CRAFTED

by a bunch of really stellar people



A WORD FROM OUR NOT SO FEARLESS LEADER



@craftybosslady

Spring has finally sprung and I couldn't be more stoked.

It wasn't until this past winter that I believed in the whole "Seasonal Affective Disorder" thing. Oh, I sure as hell believe in it now. I was about as SAD as someone could get these past 3 months. <it may be menopause too, but who's to know?> Thank the Goddess for vacation and a heavy dose of Vitamin D. Halle-fricken-lujah!

Everyone vacations for different reasons. Some love to experience different cultures, for others it's the food, some prefer to not do anything at all, some like to do all the activities and visit all the sites. My vacations are few and far between (it's usually for work or family obligations) but when I do, it's to completely disconnect, recharge and gain perspective. For example, recognizing how much of a raging hag I become when I don't take regularly scheduled vacations. LOL. (They should have a Mars Bar commercial for that.)

This past vacation did not disappoint in the perspective gaining department. Some people sleep in when they are away. I don't. Not that I don't want to, I just can't. So rather than resenting the early rise, I chose to revel in them. After the first few mornings I recognized how much more at peace I was with myself because of them.

One morning the sky, still black with night was glowing with stars. I felt like the galaxy was mine and mine alone. Another morning, after walking the full length of the beach, the sunrise painted the entire world a shade of pink I've never seen before. There was also an early riser kitty that I hung out with :) Bliss. Sometimes sleep *is* overrated.

The Stillness / Solitude / Silence allowed for greater reflection. In my time alone I uncovered that I am not my insecurities, my sorrow, my fears, my failures, my doubts or shame. Instead, the solace allowed me to discover my creativity, my possibility, my gratitude, my strengths, my purpose, my craft. I finally felt happy again.

We know that not everyone is able to go on such a relaxing vacation, but hope that this 3rd issue of our Zine allow those that read it a little escape from day to day stresses. We wish for our readers to immerse themselves in our contributors columns like Samriddhi's suggestion of taking yourself out on a date or maybe even get lost in one of Ruth's book recommendations.

Maybe you need a little more Stillness / Solitude / Silence during your next appointment? That's totally something you can request. Just ask for "A Silent Appointment" when booking or mention to your stylist the day of. We get it.

We want to deliver whatever type of self-care and pampering you feel you may need. We love being the place you go to "get away".

If you dig this second edition of our CRAFTY Zine please share it with someone else! 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





MUSIC SERIOUSLY ON REPEAT

Delaney Macleod

EASY SIN, THE SMASHING PUMPKINS AND MAYONAISE

I don't want to get heavy- not yet anyway.

So here's something else to chew on. Roll this around in your mind for a couple minutes and then we'll get into it. Billy Corgan, the real life inspiration for every super villain ever, is responsible for the single most joyous song of all time- Mayonaise.

Mayonaise with one 'n'. Mayonaise is a semi-deep cut off The Smashing Pumpkins album Siamese Dream. Light enough to lift you off your feet and dreamy enough to sweep you away. It's a delicate declaration of love, hope and future happiness. It's unattainable in its momentum. Think about any great day you've had. It always ends. You spend a day at the beach and get a speeding ticket on your way home. You finally try a restaurant you've been eying up for ages and end up with a stomach ache from overeating. You dress up to see a band you love but it rains the whole way home. All good things end; but not Mayonaise.

The end loops back seamlessly into the opening notes.

It's a song about grief and hope. Well, it is lyrically. But each word bleeds into the next and it's hard to hear anything other than the soaring tones of Billy Corgan's guitar whisking you away to somewhere better.

It's joy personified the way Billy Corgan is rage personified.

Now, I'm sorry, but it's time to get heavy. Mayonaise, to me, is a promise of a perfect day, a perfect month, a perfect life. It's never ending happiness. Mayonaise is the ability to dream. Mayonaise is also the name of my kitten who passed away last month. She was three months old. When you're named after the ideal manifestation of lifetime happiness, three months isn't very long. So, the dream is dead. Quite literally. Luckily for me I have an unimaginable number of incredibly kind friends who offered me support.

Beyond that, one of the things I turned to, as I always do, was music.

It wasn't The Smashing Pumpkins. It wasn't Mayonaise. It was Easy Sin. Easy Sin are a three piece glam punk band from Vancouver. They play legendary local shows that convince even the stiffest of Vancouver's anti-dancing show goers to start moving. They play with the audience and connect with everyone in the room. After a full set of sequin studded rock songs they end every show with Cherry Blossom Skies (and no, it's not on streaming, you're going to have to attend a show to hear it). It's delicate, it's beautiful, it's sad.

Yes there's hope and happiness but there's other things too. They aren't afraid to show the other side of a good day; they aren't afraid of the inevitable stomach ache after. I was lucky enough to interview Easy Sin a few months ago for The Minute and am friends with their drummer.

Easy Sin played Bully's Studios March 17th to a sold out crowd. There was dancing, yelling and headbanging galore. There was community. They closed out the night in their headlining spot with Cherry Blossom Skies. They dedicated that song to my kitten Mayonaise.

So go listen to The Smashing Pumpkins, to Mayonaise, listen to grandiose, unattainable things, but listen to your friends too. Appreciate the people who are still there when the dream fades away, when tragedy strikes.

Listen, and appreciate, your friends' art.

Listen to Cherry Blossom Skies.



Delaney Macleod is a talented music critic who writes for

The Minute

@theminutemusic.

As well as co-facilitating "Dykes in Print"

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

FASHION FOR EVERY - BODY



SARAH D'ARCEY

Fashion Stylist

Editorial, Commercial, Personal Styling

www.sarahdarcey.com @sarahdarcey

Spring Has Sprung! Now What?

Four Steps To Overhaul Your Wardrobe

“I have nothing to wear.”

I hear a version of this problem statement from many of my clients. You may be repeating it to yourself right this minute. If you are, there is no shame. It's not to say that you don't have beautiful clothing now, or in the past. Perhaps you haven't been able to articulate what you aspire your personal style to be, or your lifestyle has changed.

What you do know is you are tired of looking at the clothing that does not work.

If you're seriously considering overhauling your wardrobe, one piece of advice that I want you to take in early in this process is, stop haunting yourself with what you have spent up until now.

If you don't, it might haunt you forever. In the wise words of Elsa from Frozen, “let it go”.

You may be thinking, “If only I could start over”. The great news is you can with these four steps:

1. Be Selective
2. Be Authentic
3. Quality Over Quantity
4. Sustainability Is Always In Style



Enjoy the rest of Sarah's insight on our website: www.craftacademysalon.com/

Sarah's amazing hair compliments of [@silviapensatohair](https://www.instagram.com/silviapensatohair)

CRAFTY STUFF WORD SEARCH



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REWARDS
SCRUB
SHAMPOO
STEAMPOD
TEA
ULI
WITCHY
ZINE

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D	R	S	Y	H	A	I	R	S	P	R	A	Y	N	A
S	N	O	I	S	N	E	T	X	E	P	D	N	M	E

Find all the words in the puzzle during your visit
+
you'll qualify for 20% off all retail + merch product
purchases the same day!



Helpful hints:

Words can go in any direction.

Words can share letters as they cross over each other.



*does not apply to extension hair orders/purchases + cannot be combined with any other offer.

GREAT ADVICE

DEER AUDREY



Deer Audrey,

Now that Spring is here, I'm finding that my scalp is feeling dry, itchy and super sensitive. It's never happened to me before!

What's up with that?

Kisses,
Dry Dilemma



hair by [@hairbyky_la](#)

Deer Sensitive Scalp,

Yes - Spring **IS** finally here!
Can we get an AMEN!!!

It's actually really common to suffer some scalp irritation due to seasonal changes and especially if you lighten your hair from roots to tip. (Beautiful colour by Kyla BTW)
So that's why it's great to sometimes substitute your regular haircare regiment for one that meets the needs of your scalp, whether it be dryness, itchiness, irritation and of course dandruff. We're stoked that both L'Oreal Professionnel Serie Expert and Kérastase have launched completely new scalp ranges. They are not only prescriptive, but equally luxurious too.

Def not your dad's dandruff shampoo lol.

Don't hesitate to ask any of our team members to find the combination that works best for you :)

Because Happy Scalp = Healthy hair!

With Much Hair-Love,
Audrey



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Kathy's

PEANUT BUTTER POPPERS

- 1 C. OATS
- 2/3 C. UNSWEETENED COCONUT
- 1/2 C. PEANUT BUTTER
- 1/2 C. GROUND FLAX SEEDS
- 1/2 C. SEMISWEET CHOCOLATE CHIPS
- 1/3 C. HONEY
- 1 tsp. VANILLA
- 1 TBSP. CHIA SEEDS
- COMBINE ALL INGREDIENTS. CHILL TILL FIRM
- ROLL IN BALLS. KEEP IN FRIDGE

OMG! I ♥ YOUR TATTOO

Sarah's
tattoo
is
so
cute!



by
[@ink.bunni](#)

Find her at:
[@thefalltattooing](#)

[@sarahthehairfairy](#)



A LICKETY SPLIT RECIPE

Listen Up!



PODCASTS WORTH WASTING TIME ON



< About A Girl Episodes ...

All Episodes Unplayed Downloaded

AUG 22, 2021 - 12. Linda & Paul McCartney
How Linda Eastman found herself before she met Paul McCartney
▶ 34 mins ...

AUG 15, 2021 - 11. Rachel Humphreys & Lou Reed
The little known story of Lou Reed and his girlfriend, a trans woman named...
▶ 30 mins ...

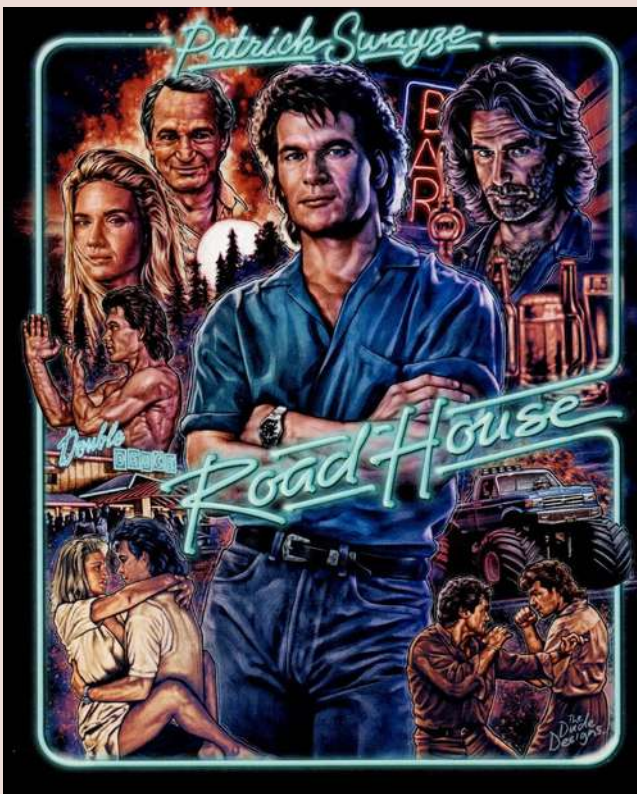
AUG 8, 2021 - 10. Tammy Wynette & George Jones
The first couple of country music and their many personal demons



About A Girl is a scripted narrative anthology series about women whose stories have long been eclipsed by the legends of their famous partners.

SPOILER ALERT!

REMPEL ROQUETTE



80's trivia:
What 1985 movie did
Sam Elliott play
Cher's BF?

MASK



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

Alright, by now we've all seen a shirtless Jake Gyllenhaal prepping for his role in the upcoming Roadhouse remake. But have you seen the original? Dirty Dancing may have been a pivotal movie from our youth, but Roadhouse is what made us "Crazy For Swayze". Let's get into this...

Ok, so this owner of a dive bar wants to class up his place, he gets in touch with Dalton (Swayze) a "cooler" with a mysterious past (have you ever heard of a bouncer being referred to as that? A cooler? Not me) and pays him a stack o cash to help turn The Double Douce around. Turns out, Dalton knows the blind blues guitar player who has to play behind chicken wire as to not have bottles thrown at him while playing, they're old pals, adorable friendship. While the cleanup is happening, Brad Wesley who owns this town, is extorting the Double Douce (plus every other business in town) and causing a ruckus by having his girlfriend dance on tables and his henchmen beating up the patrons. Dalton gets stabbed at one point, goes to the hospital, we meet Doc, his love interest, who maybe at one point was with Brad Wesley? Or he liked her? There's some sort of jealousy story line there. OBVIOUSLY, they fall for each other. Things get worse when THE BEST CHARACTER, Dalton's mentor Wade Garrett (played by absolute smoke show Sam Elliott) gets involved and Wesley KILLS HIM. Turns out this is the straw that breaks the camel's back, because Dalton flies into a rage and kills the henchmen, including this one maniacal lunatic Jimmy whereby Dalton (skip if you're squeamish) tears his throat out. (This is the mysterious past I mentioned, he did this move on someone before- BUT IT WAS SELF DEFENSE!)

Then he takes on Brad at his house, Brad pulls a gun, you think "Oh no! He's done for!" But the townspeople who we've gotten to know, all take turns shooting him, and then they hide the guns, and the police show up and nobody saw nothing and they all live happy lives. Thanks Dalton! Saved the day.

Honestly, an underrated movie that is just such a good time.



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



WE RESCUES!

CRAFT FURBABY FEATURE



DR. PICKLES

Dr. Pickles, a stray street cat with a heart of gold, has come a long way from her frostbitten tail days up north. Found at Lake Cecile in -14 degree weather, this little warrior fought her way through the cold and spent three months at the SPCA with no luck in finding her forever home.

But fate had other plans for her. She was shipped to the Vancouver SPCA where Katy and her human instantly fell in love with her. Although Dr. Pickles may be missing a portion of her tail due to her frostbite, she's still as playful as ever

Dr. Pickles has a unique talent that we like to call her "biscuit factory". She loves making biscuits with her paws, and it's a heartwarming sight to see.

Despite her rough beginnings, Dr. Pickles is nothing but loving and sweet, and she has a soft spot for belly rubs. This little fighter is the epitome of resilience and grace. Her loving personality, charming demeanor, and delectable biscuits, make her a true gem, and she serves as a reminder that love knows no boundaries, not even those of a stray street cat.

PROUD CAT MOM: [@KCISSORHANDS](https://www.instagram.com/kcissorhands)

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IT'S ALL IN THE CARDS

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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.

The devil card asks us to notice the limitations that we put onto ourselves through deep beliefs. It calls out our addiction/obsession to having power or needing to have all the finer things in life at any cost. It can represent our dependency on an authoritative figure in our life and the idea that we aren't able to make aligned decisions without them.

This card appearing in reverse signals that you are coming to the realization of these dependencies + addictions and gives you the ability to break free of all of the "chains"/ restrictions that come from your addictions + poor habits. If you're unable to call out these "demons", think of an aspect of your life or a pattern that feels like HELL, and has been calling you for a big change in the way you show up there. Breaking our bad habits or patterns of recurring poor choices is not easy. Be excited about a change on the horizon and prepare yourself mentally to make the necessary changes. The first steps may seem painfully difficult but as we go with our new healthier steps + habits, they become easier and will always pay off by feeling more like yourSelf again + feeling that fiery vitality light up once again.

Write a list of the "things" you need to get rid of. Can be: negative self-talk, false beliefs you were taught or inherited, material things cluttering your space, weak boundaries within relationships, responsibilities that bring you intense pressure without expanding you and bring you no joy.

Write 1-2 action steps to initiate each item on the list.

Now take action!

Affirmation: "I enjoy creating healthy habits. I am crystal clear on making good + aligned decisions for myself."



**SELF-CARE
RITUALS
HERE**

Blessings
Annik

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Annik Founder + CEO of CoalitionSkin [The Spiritual Spa] Vancouver, Canada + Sayulita, Mexico
Mention this column to receive 10% off our Vancouver aesthetics + infrared sauna + online offerings with me.



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

THIS ISSUE: AMBER HARPER-YOUNG @amberdalsey



Tell us about your birth - where?

I'm an aquarius. I do LOVE the water ;) I was born overseas in Durham, England, in a small village called Framwellgate Moor, to be moor specific (ugh I hate myself lol). I came into the world in the evening (that's my Ma's reasoning for why I am a night owl. (she was a self professed witch).

What do you do? Job? Fun?

I heart yoga, jogging (at my own pace), biking (short distances), travelling, bingeing-food, bingeing-crave, weed and people.

I'm an ovo lacto-pescatarian but I do have a substantial junk food addiction which could also fall under hobbies. When my partner goes to bed and I am home partaking in some evening, indica "The monster" comes out and eats anything/everything edible that's bad for me under our roof, if I'm lucky fruits and veggies sneak in there. We try to keep bad food out of the house to trick "The Monster." I also paint and thankfully keep that out of my mouth. I draw every now and again, usually as a gift for loved ones (wish I'd do it more). I don't even know if they like the art, but it gives me an excuse to keep doing it. F them anyhow! Hahaha Nah I love em so much..

What do you moonlight as?

I'm actually NOT moonlighting right now! It's empowering to say. I have been all in on Stand-Up Comedy, FULL-TIME! I am terrified!!! Buy my album, come out to Cool Fun and /or Too Funny Stand-Up...I can't believe I've taken this leap, but I had to see about a dream.

Who would be your comedy/music/art/career mentor be if you could choose anyone? Joan Rivers R.I.P. XOXO

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

Success because it holds you accountable to continually reach your potential. I am leaning in. I'm feeling the fear and doing it anyway. I believe in the power of now. I guess I have a self-help hobby/addiction (white woman alert) also that I forgot to mention. I can't stand the sound of mouth open chewing.

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

I had this maroon, maybe burgundy (are they the same colour?) corduroy bomber jacket in the 80's I think grade 3. I lost it at school or on the playground and have regretted it ever since. I could totally carry it off now that jacket would be dope, it was a good colour for me.

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

Just one tortilla wrapped in another over and over. Each bite constantly being just full of flour tortilla with no other accompaniment. You never get anything else just dry folded wheat.

What are you listening to on serious repeat? 90's RNB Playlists are what's up! Tribe, SWV, TLC, Brandy...

What is the most useless talent you have?

I can skip on my ass, I can jump rope sitting down, I double dutch on my butt (YOU HEARD ME!!).



www.amberisfunny.com for all upcoming tours and local shows
<https://www.youtube.com/@amberharper-young3550>

Check out
Amber's Comedy Album
DRENCHED

Check out Amber Harper Young's Shows:

Too Funny at The Park Pub

Doors 7:30pm 1755 Davie Street
(Every Tuesday)

Cool Fun at The Anza Club

Doors 7:00pm 3 West 8th Ave
(Every Third Thursday of the Month)



THINGS WE'RE EXCITED ABOUT

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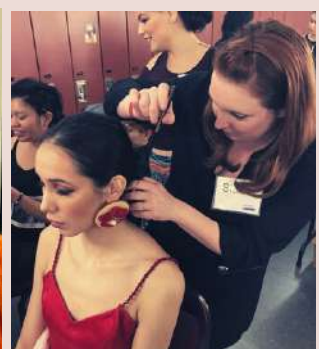


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The CRAFTY Zine was spotted being enjoyed by vacationers in Troncones Mexico!



@hairby.breanne

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THEY'VE BEEN PROMOTED

- @sarahthehairfairy
- @kicssorhands
- @lenimotohair

CONFIDENCE BOOST

Self-Love Advocate Samriddhi Singh



@samisinghofficial

When was the last time you pampered yourself? And I'm not just talking about taking a bath or practicing self-care (though that is part of it). I mean, when was the last time you took yourself on a date? If you're having a hard time answering that question, open up your calendar and set aside 'date night' as soon as you can. Because today we're discussing the importance of dating yourself, regardless of what your relationship status may be.

The first and most important relationship in our lives should be the one we create with ourselves. As you may know, quality time is such a fundamental aspect of all relationships. But it's also the aspect we ignore the most when it comes to ourselves. Regular 'me dates' have been so rejuvenating for my energy, that I recommend you all to give them a shot sometime. Dress up, go watch a movie, grab a meal on your own, or take yourself shopping. Whatever date night looks like for you, do it.

A typical date night for me is getting some gelato and taking a walk alongside the New West quay pier. If you're ever feeling stuck for ideas, I've got your back! I asked my Instagram followers how they enjoy spending quality time with themselves, and these are some of the answers I received:

- Going on walks while listening to music ♥ Listening to podcasts while drinking tea
- Journaling/Reading ♥ Dusting/Cleaning
- Painting/Colouring Books ♥ Creative Outlets ♥ Shopping
- Netflix + Takeout ♥ Baths & Skincare
- Meditation ♥ Cooking ♥ Dancing/Working out

Now that you've got all these wonderful ideas, pick your favorites and take yourself on a date night!

With love, Samriddhi ♥

Samriddhi Singh is a talented local actor seen on [@netflix](#) [@amazonprime](#) [@appletv](#)



WE'RE STARTING A STICKER CLUB

WHAT SHOULD WE PRINT? DO YOU HAVE A DESIGN IN MIND?

This amazing piece created by CRAFT Stylist Renée [@chrysalishair](#)

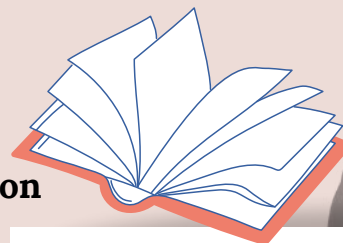


HAVE YOU MET DANIELA?

She's our social media maven with the most amazing mane. She may ask to take your photo, star in our next TikTok or if you like Capybaras! (she's obsessed) Don't be shy - just say Hi! follow her adventures [@chunuu](#)

This 3rd column is dedicated to Canada Reads, the CBC's annual great Canadian book debate. This year's theme is One Book To Connect Us.

RUTH RECOMMENDS



1. Ducks: Two Years in the Oil Sands by Kate Beaton
2. Greenwood: A Novel by Michael Christie
3. Hotline by Dimitri Nasrallah
4. Mexican Gothic by Silvia Moreno-Garcia
5. Station Eleven by Emily St. John Mandel

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!



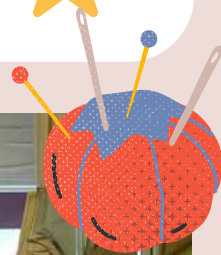
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THAT'S ALL!
THANK YOU TO ALL OUR CONTRIBUTORS & THOSE WE ADORE:

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Tell us what you would like to see
in our next issue!

ilovethecraft@gmail.com

APR - JUN 2023





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ACADEMY SALON