Life is messy and mesmerizing. Everyone needs an outlet for both. Here is o<mark>ur contribution.</mark>

### **ISSUE** #5

- were dappled with Werenderse homes. Off the beach, like all great cities, Sydney's adrenaline was provided by its dynamic, cosmopolitan mix. Oneevening, I watched a mesmerising open-air performance of a Dreamtime sagaoin Centennial Fark by the Aboriginal Marrugeko Company, in which agile, balletic ancestral giants (acted throughout on stilts) Were stalked by a spirit three times their size Ten migutes' walk away I sat eating oysters and wood- grilled swordfish in Sydney's fashionable bar-

restaurant, Centen Al. Later I strolled the galleries restaurants of Woollahra and Paddington, Teafy suburbs whe timber cottages wore lacy ov casement windows and intricasement windows and intriwrought-iron balconies. At th

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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 closs and plunging ravines of the Blue Mountains seem more the ticket for rugged adventure.

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north of Sydney, a two ho the F3 highway. The be

Vew South Wales.

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2023

<u>hair: @</u>heatherannhair 💳

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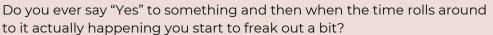






<u>@craftybosslady</u>

A WORD FROM OUR **NOT SO FEARLESS LEADER** 



Just because you are passionate about your goals doesn't mean they don't scare you a little.

That fear makes you question what the hell you were thinking and why the eff you said yes in the first place?!? Especially when the rubber hits the road. You know, when shit gets real.

Truth Bomb. My toxic trait is I yes to a lot. I'm pretty much a "let's do it" kinda gal. Usually before I know if I'm ready **or** capable to take on the challenge. Like what exactly you ask?

Uh, like becoming a Stand-Up Comic! Building a Consulting/Coaching business! Getting Married! Twice.

(shoulda listened to my gut more that time...) Starting a Zine! Opening a salon! Leading a team!

And now the CRAFTY Chix Wild West tour we are embarking on... \*gulp

I often question what the purpose is of that last minute anxiety (that hits you like a ton of bricks) when you've already gone too far and it's too late to turn back?

Some say it's Imposter Syndrome (like Samriddhi's great Confidence Boost column in this issue), other spout that "it means you care" and the rest well, they typically say no so that they don't have to suffer the consequences of saying yes in the first place.

It's not a question of me caring – that's a given, and I don't think it's imposter syndrome, for me anyway. I believe the visceral reaction I experience is a direct result of cognitive dissonance. That is the phenomenon where we have a natural drive to follow our core values, and that our actions must always align with our belief system. So, when we fall out of harmony (shit gets real), and we are faced to think or act in opposition to our beliefs (how we thought it would be), tension builds, and we become distressed. Of course, this is bound to happen – nothing ever goes as planned! How on earth can we control this naturally occurring reaction?

We can't. But we can focus on what really matters to alleviate the tailspin.

A couple years ago I dug deep to identify my 2 Core Values. Not my business' core values, mine.

Since then, I have utilized these 2 North Stars to assist me in making hard decisions, choosing what to say yes to, deciding what is important to me and so on.

Mine are Legacy + Magick. They may not mean much to you, but they are my ride or die.

Legacy leads me to consider how my answer, reaction and approach to a team member's request will be remembered. (I sure as hell don't always get this right, progress over perfection, amirite?) It's what makes me try my damn-dist (sp?) to make CRAFT enjoyable and memorable for everyone who experiences it. It drives me to build systems and workshops that address what's "below the waterline" topics, not just "hairstyling". It also helps me choose courage over comfort and always makes me sit back and recognize someone's potential, rather than their short comings.

Magick, now this one is so intuitive, it's gut feeling in perpetuity. It's that feeling you get when you know something's right. You can't help but feel it. It's glimmers and warm fuzzies all wrapped up into one instinctual reaction. It's ultimately how I decide between two options. If one option leaves me feeling "Meh", well then it isn't Majick. It drives me to have more fun in my career. For example, we *could* produce a regular hair show on tour, **or** we could have a Karaoke Hair Show instead! See the difference?

Now, despite the jitters I am experiencing leading up to our tour, saying Yes sometimes isn't so bad. I know that even if everything doesn't go exactly as planned, it'll still be Majick.

And the acknowledgement of putting ourselves out there by sharing our **CRAFT** with other stylists across the country is sure to be a Legacy we can all be proud of.

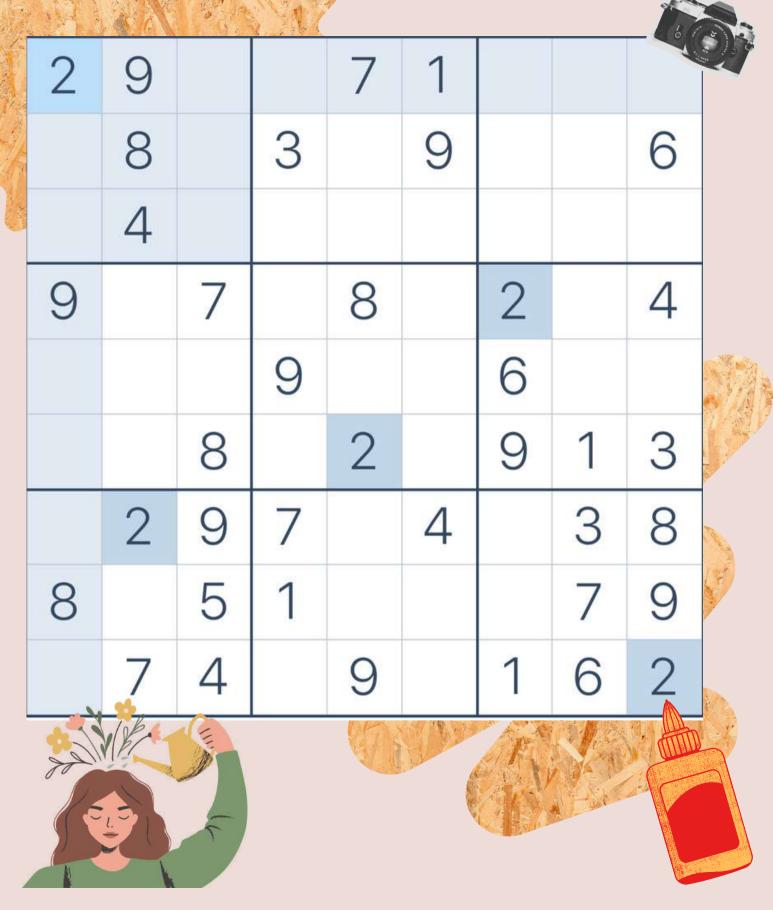
I know this is true for sure: The world is both messy and mesmerizing. Everyone needs an outlet for both. Here is our contribution.



XO Tanya

## **COMPLETE THE SUDOKU TO REDEEM 15% OFF YOUR FAVOURITE PRODUCTS!**

(DIFFICULTY: EASY)



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





It's back-to-school season. It's jacket-in-the-morning-and-sweating-by-the-afternoon season. It's wow-it's-getting-dark-out-so-early season. It's pumpkin season. It's nightmares-aboutforgetting-your-locker-combination season (even though you're 10 years graduated now). It's fall.

Above all else, fall is made for reminiscing. It's when you rewatch Gilmore Girls. It's when you flip through old photo albums (or your Instagram archive). It's when you call your mom and ask if she still has your prom dress in a storage box, perfectly preserved since 2014. You don't want it in your 500 square foot apartment, you just want to know it's still there. Something about the sudden cold and falling leaves makes us curl up in the back of our minds. Reach for your pumpkin spice latte, reach for your scarf, reach for your headphones- it's time to get nostalgic.

The first song I ever remember hearing was Deep Purple's 'Highway Star'. I was four years old and gave my mother a bloody nose while sitting on her lap and head-banging. The first CD I ever put into my Disc-Man was Best of Both Worlds by Hannah Montana. I'm secure enough in myself not to lie about that one. The first band I ever loved, really loved, was Nirvana. The first music video I consciously remember seeing was Talking Heads' 'Girlfriend is Better'.

#### You never forget a suit that big.

We're reminiscing. We're curled up with a cup of tea. We're doing nostalgia. What does it sound like then- nostalgia? My best guess? 'Road to Nowhere'.

Talking Heads' 'Road to Nowhere' came out on their 1985 album Little Creatures. The choral opening, the circus meets marching band instrumentation, the yips and yowls- it all radiates warmth. Listening to it gives you the same feeling as a bubble bath or an overpriced latte. The entire vibe is very much 'everything will be okay- eventually'. In a world of instant gratification and 20 second sound bites, the meandering march harkens back to a different time. Mirroring its sound, the lyrics are about taking your time to find yourself, someone else or what you want. It's about searching and not particularly caring what you find. The journey is what matters; this specific journey happens to be carried by swirling synths and an insanely hummable chorus. If you have the time, the four minutes and 19 seconds (and I know that you do), take a second to reminisce. It's the perfect track to plug into as the temperatures plunge and the memories start rolling in. Pull up and get going, we're on the road to nowhere.

RELIT

Delaney Macleod is a talented music critic who writes for

The Minute <u>@theminutemusic</u>. As well as co-facilitating "Dykes in Print" A Lesbian Zine Making Workshop Series in partnership with the Vancouver Public Library GET TO KNOW VANCOUVER'S VIBRANT ART COMMUNITY WITH

## RTSY FARTSY ANNIE!

FOLLOW ANNIE'S ADVENTURES

Warm Autumn Solstice greetings to you, reader.

**BC Culture Days** 

Here is a delightfully artful proposition for you to take advantage of, to bask in during the last days of sunshine or perhaps plan a cute day trip around, as the events are held province wide.

Culture Days is three weeks of free or pay-what-you can activities for you and the family with events in the fields of dance, ceramics, comedy, blacksmithing (!) Agriculture, digital Art and Design and so many more. Events are inclusive and accessible and presented in many languages.

Culture Days fosters discourse and dialogue with community, creators and curious folk which reminds us that Art is a crucial loom upon which we weave our social fabric.

You can go to hubs to check out many events at once, or you can meander through various locations to have singular experiences.



One event overlaps, a two hour ceramics workshop with <u>Clare Wilkening</u>, the artist who created a very moving ceramic piece representing the world's very last 75 Southern Resident Killer Whales in the exhibition entitled PRECIPICE: Changing the course of the extinction crisis in BC., which I visited on its opening night. Presented by CPAWS (Canadian Parks and Wilderness Society) and curated by Rachael Ashe, this exhibition featured 7 BC artists in their respective mediums with some truly arresting works that tell the stories of the loss of biodiversity in BC and ring the alarm bells that beg us to protect the land and the water of this province.

I was especially struck by Wilkening's large piece, Orca Tiles. Each tile is sculpted with each whale's markings, number and scientific ID. The montage changes with every exhibition, where the groups might find themselves in the open ocea or near the Salish Sea. A new tile is created to celebrate the birth of a new calf or placed just outside the frame of the piece when an orca dies. I found it quite moving to see in one single work of art every last remaining individual of this subspecies whose survival is entirely dependent on (the ever dwindling) chinook salmon.

May this piece live on and on.

Check out the Culture Days Calendar for events throughout the province. Culture Days runs from September 22nd through October 15.



exploring beaches or Da

### WOMAN TO WATCH TALIE PERRY

CHILLXSTUDIO

#### What propelled you to go into business for yourself?

I wanted to do what I loved which was everything to do with creativity, comedy and the arts.

After 3 years of producing stand-up shows in the city, I realized that along with Comedy being a male dominated industry – the city needed something more unique and welcoming for the next generation of innovators to make their mark. We took a gamble and made it happen.

#### What makes your business unique?

My studio has an entirely women led team which is a dream come true. Our team includes veterans of the comedy scene, music scene and a lot of wild visionaries. Our space is filled with ambient colourful lighting, tinsel and has a space she meets 70's disco feel. From Jazz, Poetry, Stand-Up comedy, Photography and private events we truly have something for everyone.

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

The business launched at one of the craziest times in my life. I'm proud of myself for getting here. But mostly I'm just really proud of the incredible support from friends, family and the community.

What would you say to a young woman with a dream of opening their own business? Take no sh\*t, stand your ground and be courageous.

### What should readers know about your business?

Swing by and check out our space. We have weekly Jazz shows every Wednesday and **TONS** of Stand-Up weekly. We're always looking for new people to collaborate with and would love to host your next event.

CHILL X STUDIO 2270 Manitoba Street Vancouver Instagram handle: <u>@chillxstudio.jpg</u> Email: chillpill604@gmail.com





DEER AUDREY Deer Audrey,

GREAT ADVICE

I adore the cozy vibes of fall and winter, but my hair seems to have a different opinion. The colder weather is making it frizzier and more lifeless than ever. Help! Chilled to the Roots,

Winter Woes

KERASTASE

#### hair by @kicssorhands

#### Deer Winter Woes,

Fear not, I've got just the remedy to keep your hair feeling fabulous all season long! This time of year, it's all about hydration and protection.

I recommend Kerastase Nutritive Nectar Thermique. This nourishing leave-in treatment is like a warm hug for your hair. It helps to moisturize, control frizz, and protect your locks from the harsh elements.

Apply it to damp hair before styling, and you'll be flaunting gorgeous,



winter-ready hair in no time. Stay cozy and fabulous,

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



If you were a Canadian child growing up in the 80's-90's there's a chance you had a fever dream about this movie and thought "there's no way this is an actual film, this is a delusion from my mind" and then Googled it and learned, nope this is a for real movie. I don't even know if I'm going to be able to tell you everything that happens in this movie in one page! Ok, let's give it a go..

There's this kid Michael, who hears about a house that burnt down in his neighbourhood, goes to check it out with his bff who dares him to go inside, Michael sees the ghosts of the people that died in the fire, and gets so scared that all his hair falls out when he wakes up the next morning. Already INSANE. He's playing a soccer game like very shortly after this, and a bully like pulls his wig off that's been glued to his head FOR THE SOCCER GAME, and when I was a child watching this movie, I was eating a mozzarella string cheese, and I'm not joking, I've never eaten string cheese since!

So then the ghosts feel bad that Michael's hair is falling out, and they tell him about this peanut butter solution to put on his head and then he grows hair, like, too quickly. It won't stop growing, it's absolutely out of control. ALSO OMG, HIS BFF puts the solution on his groin to make it seems like he's gone through puberty AND IT WONT STOP GROWING AND HE ALMOST GETS EXPELLED AND HE STOPS IT FROM GROWING BY YELLING AT IT. I can't y'all.

Turns out his art teacher is an absolute whack-a-doodle, kidnaps Michael, kidnaps like 10 other students, uses them to harvest Michael's hair to make paint brushes. PS- these are magic hair paint brushes, they could paint a whole picture in like, a stroke. His bff and sister follow the art teacher, get to his warehouse of child paintbrush makers, the bff gets locked in. It looks bad, he's now got to make paint brushes. Sister's on the outside, working with her dad to find the art teacher's location.

Meanwhile, the BFF challenges the art teacher to draw magical painting of the house that burnt down (remember 20 mins ago from the beginning of this review?) DARES HIM to go into the painting house where he then sees the ghosts, gets frightened and loses all his hair. The art teacher is furious, (and bald) he's about to lock up the kids, when BOOM, sister and dad show up with the police! Michael and the other kids are free!

Again, I can't tell you the amount of times I had small clips of this movie pass through my brain and thought what a weird dream I still remember from my childhood, none of it is cohesive at all, there's no way that this could possibly be a real movie. You're welcome, and it's free on YouTube.



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





#### SHE'S GOT TORTI-TUDE!

MOLLY BEE IS 7 YEAR OLD (?) RESCUE WHO RULES THE ROOST AT @craftybosslady 's HOME.

SHE LOVES CHEESY SNACKS, LONG NAPS AND CHASING BUGS AT TWILIGHT.

SHE DOES NOT LOVE HER FELLOW FELINE NEIGHBOUR STEVIE!



### 

THE RAIN IS COMING...

DON'T LET IT BE THE REASON FOR A SERIES OF BAD HAIR DAYS.

OUR CRAFT TEAM IS EXCITED TO OFFER LIQUID KERATIN SMOOTHING TREATMENTS!

JUST ASK YOUR STYLIST OR BOOK A CONSULT :)





BEFORE & AFTER BY @silviapensatohair

> Liquid Keratinis a progressive treatment with results improving with each application.



## CLARITY CORNER

ANNIK PAPRIKA <u>QANNIKPAPRIKA</u> FOUNDER + CEO COALITIONSKIN | #THEPXSSYSHOP



Tarot is an energetic guidance that helps us find clarity + to develop intuition. Readings enlighten us on the path to take + provide answers to help us reflect. This reflection flow-state enables healing + clarity to occur.

In this quarterly column I pull one card, discuss its meaning, prompt reflection and close with an affirmation to work with for the months ahead. The aim is to reflect on a specific theme to gain clarity as you build trust with your intuition.

#### 7 of wands:

The traditional image on the seven of wands card is someone on a hill, seemingly defending their higher position. The person is wearing mis-matching shoes, symbolizing instability.

The message is to protect the level of success you've worked for + earned. Stand up for yourself, defend yourself against people trying to belittle the big accomplishment or big steps you've made. Jealous people may be wishing they have what you've built. They may dismiss your achievements to try to convince you that it's not worth it, to enjoy watching you give up because it threatens them and/or to take your place. Stay on your path, keep working towards your dreams + believe in yourself while doing so! You are worthy of the successful place you are in.

you are in. -Are you practicing + keeping up with healthy + firm boundaries?

-Are you acting + speaking with honesty + kindness to all people? If you are, yet someone is coming at you with drama, invite them to communicate with you about it. They will either speak with you from the heart and things will smoothen out for all involved, or they will not want to have a convo with logic because they'll be called out. Let people watch you with jealousy. This is not your shit. Breathe in, breathe out and let this go. Be kind + truthful, the rest is out of your hands. You cannot please everyone.

-Are you feeling depleted after taking advice from someone? Does this person have an understanding of everything you've done to have gotten to this level of success? (Also all the inner-work you have done to get here.) Of course life experiences can be applied in all sorts of ways and people don't have to have done your exact path to be able to offer you good advice. That being said, your intuition knows what is best for you. This is your path. If you feel conflicted or depleted after processing what someone thinks should be your next move, it's because it does't resonate, so let that go and go with what does resonate. We are all on a unique path. Remember that!

Affirmation: "I believe in myself and my ability to find clarity by leading with my soul's mission. I am capable of handling challenges. Challenges prepare me to up-level. I let go of what is no longer in alignment on this path, I refine the plan and I persevere."

Annik Founder + CEO of CoalitionSkin

Vancouver, Canada + Sayulita, Mexico

> IG <u>@coalitionskin |</u> <u>@annikpaprika</u>

Mention this column to receive 10% off our Vancouver aesthetics + infrared sauna, or online offerings with me like tarot, reiki, innerwork, clarity. Read about all services at coalitionskin.com.

### Be mindful of your money

Wellness is the active pursuit of activities, choices, and lifestyles that lead to a state of holistic health. We all know we should eat well and get lots of exercise, but what about our financial wellness?

Have you done any savings stretches lately? A debt detox? What's your financial fitness routine? It's important to spend some time being mindful of your personal finances, so here are my top tips for getting in peak financial shape:

1) Bring awareness to your spending habits – build a budget, track your spending, and think before busting out the credit card.

2) Make saving a habit – automate your savings withdrawals, that way you'll be automatically paying your future self. How considerate!

3) Bring intention to your investments – make your money work for you! Open an RRSP and/or a TFSA and make sure you're investing your hard-earned dollars so that you can beat inflation and harness the power of compounding interest.

My number one financial wellness tip is to work with a financial advisor who can help you build a plan so that you can be confident you're on the right path to achieving your goals.

Want to explore how compounding can work for you? Let's make a plan!

Emily Lonie is an independent Financial Advisor living in Vancouver. emily@makeaplanfinancial.ca www.makeaplanfinancial.ca

Get holiday-ready with our exclusive Holiday packs!

### LEVATE YO-HAIR GAME THIS SEASON

Unwrap the joy of the season with our Kérastase, Serie Expert & Pureology Holiday packs! Enjoy a jolly 20% savings on these holiday must-haves and gift the gift of gorgeous hair this year. HURRY, this offer won't last long!



**MONEY'S** 

WORTH

with

Emily Lonie

Emily's stylist! @silviapensatohair

## THINGS WE'RE EXCITED ABOUT THE CRAFTY CHIX WILD WEST TOUR!



Oct 1st & 2nd the CRAFTY CHIX will be going on tour! **Starting in Saskatoon! CONGRATS AND BEST OF LUCK!** 

111



<u>@hairby\_allybrown\_}rempelroquette</u>

<u>@jessiestylist</u>

@Craftybosslady @jessiestylist

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**CONGRATS KYLA, HEATHER** & JESSIE FOR ACING THE L'ORÉAL PAT **TRAINING 2023 IN MONTREAL** 

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+ CONGRETS +

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BEING SEMI-FINALISTS FOR THE JOHN STEINBERG AWARD FOR COMMUNITY SERVICE

> SILVIA AND REMPS FOR A WELL DESERVED SPOT

FOR THE L'ORÉAL WORLD TOUR

<u>@silviapensatohair</u>

HOLLY

OCT 22-23

Having Breanne back in salon every 3 months! Book now for her return in September!

<u>@rempelroquette</u>

<u>@stylingwithestella</u>





Do you ever feel like you've tricked everyone around you into thinking you're capable? Have you felt unsure of what you're doing in the workplace, and thus felt undeserving of the position? Congratulations (and condolences); you may have experienced imposter syndrome!

CRAFT

CRAFT

Imposter syndrome refers to the inability of a person to feel confident or competent, regardless of their achievements. As a society, we're often quick to recognize others' successes, yet reluctant to notice our own. Your success may look completely different than someone else's and that's absolutely okay! Not all accomplishments get the same loud appreciation and love though; so this responsibility is now yours: appreciate the little moments, the small steps, the silences that go unseen. Growth is success. Learning a new skill is success. Progressing towards a personal goal is success. However, stability is also a form of success – you don't always have to be moving forward or reaching higher. Rest is a necessity, and there is a beautiful kind of peace that accompanies that realization.

When facing imposter syndrome, I remind myself "my career does not define me or my worth". Too frequently, we make our careers the center of our lives and rely on the validation from work to sustain us emotionally. Your career is a part of your life, but it can not be your whole life. The more I remember this, the freer I feel. It lifts a lot of the pressure off and reduces chances of feeling like an imposter.

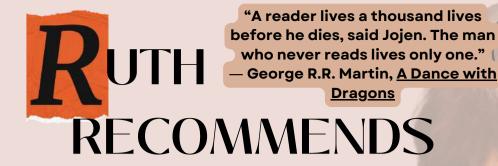
You deserve to be confident in the workplace. You deserve to have trust in your abilities. So try this out for a little while, to see if it'll help. Take the spotlight off your career for a bit. Focus on your personal relationships, take time out for friends and family, try a new activity. Emotional fulfillment creates better work and increases potential to achieve goals.

#### With love, Samriddhi 🤎

Samriddhi Singh is a talented local actor seen on <u>@netflix @amazonprime @appletv</u>

## CRAFT'S ANNUAL 15% MORE GIFT CARD SPECIAL NOVEMBER 19TH - 25TH

@samisinghofficial



1.The Henna Artist by Alka Joshi

2. The Art Thief: A True Story of Love, Crime, and a Dangerous Obsession by Michaell Finkel

**3.Demon Copperhead by Barbara Kingsolver** 

4. The Chancellor: The Remarkable Odyssey of Angela Merkel by K Morton

### **5.The Violin Conspiracy: A Novel by Brendan Slocumb**



Ruth is a retired Teacher-Librarian with a life long love of learning.

HENNA

ARTIST

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!

# **Caring for Your** Mental Health

A THREE PART WORKSHOP SERIES FOR OUR TEAM

> WITH DR. LAURA KLUBBEN DR. LUCY GOFTON

OCT 29 '23 NOV 26 '23 JAN 21 '24



Caring for Yourself while Defining and Navigating your Role and Boundaries as a Stylist



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Ally Brown took the Big Apple by storm At New York Fashion Week 2<mark>023</mark>



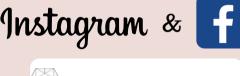
Check out Ally's socials for all the updates!

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<u>CRAFT Academy Salon</u> (ilovethecraft)

● 142 ● 37 ▲ 27



TikTok

## **UPCOMING PROMOS**



## OCTOBER





### 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! <u>ilovethecraft@gmail.com</u>





