

YYC IN STYLE

CELEBRATING WOMEN + THEIR INCREDIBLE LIVES



VOLUME 2.



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Dear Reader



Throughout my journey of living in Calgary, I have met some COOL ass people. One day I sat down and thought; "wouldn't it be really rad to have a place to share all of these cool people with other cool people?" I wanted to hear stories, and build connections, and make true and honest friendships. This was my chance to do so with a few of the most amazing women in Calgary. After Vol. 1 was released, I felt an urge to create more, and knew this was something that was going to be great.

Something I've learned from being a small business owner in Calgary, is that....community means so much more than competition here. There's no such thing as the "Who's better than who" or "We can't be friends, because we must compete until the bitter end!" Nope. The women in Calgary have really come together to form a bond. An unspoken bond. Sometimes a wine drinking, night out bond, or a pen pal type of bond, or even just a straight up Instagram bond. Whatever it is, know that this community of women is here for you.

In Vol. 1 of YYC In Style, I tried to hone in on my business at the same time as featuring some other small business owners in our city. While that remains the main focus of this issue, I wanted to add MORE. Go bigger, be better and share more real thoughts from the people in our community. If you're anything like me, you want to know how drinking wine can be stylish, or how to juggle that side hustle. Or hell, just to learn a little bit more about the strong women that surround us in our everyday lives.

I hope you enjoy reading through this magazine. This is just a small glimpse of the people in our city, and I hope somewhere through the next few pages, you resonate with something that is written. That's the purpose of all of this. Connection. As I like to say "Can your life become worse by adding good women to it? Never!"

Follow along with us while we get to know some of our local boss babes, and you'll quickly learn why we had to share them with you.

YYC in Style Volume 2. Where a bunch of babes in our city come to kick ass.

I've dedicated this entire magazine to my mom. The one person in my life to have been there through it all. Thank you.

Katie Evans
Owner, The Clothing Bar



An Open Letter to My City

Article by Jackie Larkin, Writer and
Communications Specialist



Calgary and I are approaching our twelve-year anniversary. Things are officially serious, folks. As with all relationships, there are moments where I'm entrenched in a deep, impassioned love for my fair city. These moments, however, are inevitably countered by others when I'm silently stewing over the latest injustice the metropolis has imparted. Like the time I tripped on an untied shoelace and fell into a construction ditch (true story), or when I'm driving and the city's traffic lights conspire against me, so that I hit every red.

My moments of adoration for Calgary typically occur while strolling along one of the city's scenic river paths. It's a network of paved trails that run along the grassy banks of the Bow River, gently winding along the waterway's natural contours. To the west, I can see the Rocky Mountains, a striking vista with rugged peaks that pierce the clear, blue sky. It's all very picturesque. It's an optimistic horizon unblemished by clouds or signs of less favourable weather (oh Calgary in July, you deceptively charming season).

Then there are other instances where I resent everything that lies within city limits. Where I curse the far-reaching corners of suburbia, which seem to extend in every direction, forever. And ever. On such days, I cast a critical glance at the sprawling thoroughfares practically coughing with traffic congestion and question: "What is this madness?" or "Why did I take this exit on Crowchild during rush hour? Do the city limits end here? Or there? Surely, it's up ahead, where that solitary house stands?" But then I see another cluster of rooflines looming in the distance and I think, when it comes to Calgary, "city limits" may be loosely defined.

On such days, I wish that I could run away. I concoct elaborate fantasies of a different life. A quieter life. One where I live as a recluse, pitching a tent or residing in a canopied abode that resembles the charmingly rustic quarters of the Robinson family. I'd spend my days far, far away, nestled in the woods, where the clamour of crowded sidewalks, heavy traffic backed up on Memorial, and jackhammers in mid-construction are replaced by the pleasant sounds of birds chirping and frogs ribbeting. Or where a deep, meditative silence prevails. A utopic-calm that would envelope me in a reassuring blanket of solitude. And I could be still. But this isn't a Disney movie, and I'm not a character languishing in an untouched paradise with woodland creatures as my friends.

There is a romantic sentiment to living a reclusive lifestyle, it's true. However, when it comes to Calgary, and cities in general, metropolitan living undeniably possesses a certain *je ne sais quoi*.

Since moving from my hometown, a quaint coastal community on Vancouver Island, to Calgary (aka "the big city"), I've learned some valuable lessons as an evolving urbanite. Some are hopeful, some are pragmatic, while others are tinged by an undeniably jaded cynicism. However, I hope that all these insights will impart useful perspective, and help you to navigate the hustle and bustle that goes hand in hand with city living.

1) Embrace being a small fish—When I first arrived in Calgary, I was fresh out of high school, had a naïve outlook on the world, and not a nickel to my name. Like many of my generation, I regarded myself as a unicorn. Unique. Shiny. Different. I believed that I was destined to make an indelible mark on the city, and subsequently, the world at large. Hailing from a small community where literally everyone knew my name, I was caught off guard by my newfound anonymity. At times, city living can feel lonely. It's a strange and disorienting dichotomy to navigate. To be surrounded by people and yet feel alone, but if you embrace it, it can also be incredibly liberating. Revel in being a small fish some days. Enjoy the privacy and inconspicuousness of being a little guppy in a great big sea, and don't be deterred. Realize that there are niche areas within a metropolis where you can stake your claim and stand out. Cities are places of sweeping, shifting perspectives that regularly challenge our own. They are constantly posing the question: where do you fit in? Or better yet, where do you want to fit in? Remember, you get to decide.

2) Take it one day at a time—Cities are wondrous, fraught-with-possibility places. When I first arrived, everything seemed bright, shiny, and new. The C-train was a slick transit system transporting me swiftly from far-reaching suburbia to downtown. The city had an endless selection of restaurants, clubs, pubs, bookstores, bakeries, galleries, theatres, and coffee shops to explore. The Calgary Stampede was an annual rodeo and exhibition steeped in cowboy culture that I would never tire of attending. There was magic in the air, and my fervent, youthful hope was that some of that enchantment would rub off on me.



In reality though, life happens. You experience a few textbook setbacks, rejections, and failures. Transit runs late in the depths of winter leaving you with frostbitten toes. You realize that the enticing restaurant menus and theatre playbills are well outside the range of your paltry student budget. The Stampede crowds grow tiring (though you still attend to sample the vast variety of deep-fried goodies). Your favourite bookstore shuts its doors, its intimate and character-rich quarters taken over by a big-box retailer. You can't find a job or a reasonably priced place to rent. Your optimism wanes and you're no longer seeing the city through rose-coloured glasses. You stumble a bit, and sometimes even flat out fall, and wonder to yourself: "Is it just me?" I can promise you, it isn't.

One of the things that has surprised me the most are the many, many instances where individuals I idolize have openly admitted that, they too, have days where they have no idea what the hell they're doing. That their ducks aren't in a neat, orderly row, but are instead out of line, flapping and quacking in all different directions. They're also uncertain over what job to take, whether to rent or buy, what neighborhood to live in, how to date (or whether to at all), when to start a family, and how on earth to manage a professionally and personally fulfilling lifestyle in an environment that sometimes sets these two realms in opposition to one another. In a city of vast possibilities, sometimes simply deciding on a path can be overwhelming. As it happens, we're all just doing our best to figure things out and to make the "right" choice at any point in time. The prevailing wisdom I have learned from others is this: the best anyone can do is to start, then take it one day at a time.

3) Everything changes—Impermanence is particularly evident when you live in a place considered the epicenter of the Canadian oil industry. Our city's dramatic boom and bust history means the landscape is persistently shifting. You need only scan the constantly morphing skyline for evidence of this. In times of recession, cranes, mid-construction, have gone still, leaving the cityscape spotted with half-finished high-rises. Shuttered shops and restaurants, relics of the last boom, lined the streets. In times of prosperity, progress resumes and the city makes great strides with

new developments, communities, and businesses springing up rapidly. Calgary has taught me that there will forever be things outside my control. Not everything can be neatly plotted out or planned. Often, you can't even control your daily commute. And so, in response you adapt. You learn—however reluctantly—to bend. You do this even when you are hurried, stressed, and over-caffeinated. In its own discreet and endearing way, city living teaches us that whatever happens here, you will survive.

4) Never lose your sense of wonder—Even if your curiosity and enthusiasm has been seriously depleted. On days when temperatures dip to sub-arctic lows, construction is rampant, and the traffic is deafening—realize that even in the midst of chaos and frustration, there remains a promising glimmer. One that beckons, "come find me." In these moments, go for a stroll, hop on a bike, or take the train and remember to keep your eyes wide open. Just outside your line of vision there's an unknown neighborhood to explore or a new art exhibit to see. There are restaurants, coffee shops, galleries, theatres, markets, parks, public art, live music, sporting events, and festivals to discover. There is a Pretty Sweet Bakeshop raspberry donut and a steaming Americano from Luke's Drug Mart. There is a captivating performance at the Arts Commons and a bold mural painted along the Beltline. There is magic to be found. There is meaning in small details. There is history in motion. There is your next great adventure.

Although I bear these lessons in mind, I still have my moments. Ones where I concoct elaborate plans to escape the city and go to the remote and wooded region of interior B.C. In those instances, where I feel that true contentment can only be found in extreme solitude, I'm reminded of the many, many wonderful relationships, experiences, and memories that I've made while living in Calgary. I realize solace may be found in seclusion, but connection also holds great meaning, and that is one of the greatest gifts city living has afforded me. The opportunity to connect.

Cheers to city living, my friends.



PRIVATE
PARKING
UNAUTHORIZED
VEHICLES WILL BE
TOWED
OWNERS

How to Manage that Side Hustle You've Always Wanted.

By Lateisha Brown, Creator of Tish Jewellery

When I started TISH jewelry I was working a full-time administrative job and to this day, even with the growth of my business, I still am. Owning a business is a great honour and privilege, but it doesn't come without its challenges, especially working a 9-5 during the day. If you are considering starting your own business, I encourage you to do so! Here are a few tried and true tips that help me juggle it all. As Oprah once said "Anything you can imagine, you can create". The only person stopping you is yourself, and as a woman who has done it, you absolutely can do it to.

1. **Have a great support system.**

Although I consider myself a one-woman business, I wouldn't be as successful if I didn't have people in my corner. I have gained so many supportive friends through this great community, which helps when you need someone to bounce ideas around. I am also very fortunate to have a supportive husband and family in all aspects of my business. Everything from market set up, to opinions on style to tagging stock and everything in between. Every ounce of support has a positive impact on your business.

2. **Be organized.** What has helped me in this process and the two things I couldn't live without are my calendar and my daily lists. I plot all deadlines in my wall calendar, yes I prefer the old school method instead of a digital calendar, but you will figure out what works best for you. I feel more accountable when I can see my deadlines each time I walk past the wall where my calendar lives. I also wouldn't be anywhere without my trusty notebook. Its that simple – just a pen and paper. Each day, I write out tasks I want to accomplish when I get home from work. All details including packing

orders, responding to emails, making stock for stores etc. If something doesn't get accomplished, it is moved to the next day. In my opinion, there is nothing more satisfying than crossing completed tasks off a list.

3. **Get yourself out there.** It sounds scarier than it really is. We are fortunate here in Calgary to have great resources available, especially for female entrepreneurs. There are many networking events and workshops that happen across the city, and this is how I have found some of my closest friends. Networking is a great way to meet like-minded individuals and you have more in common than you may think. Although everyone's business is different, I believe we all face similar obstacles. Being surrounded by other female entrepreneurs is so empowering and inspiring. I encourage you to push your boundaries and get out of that comfort zone. Everyone starts somewhere and we are lucky enough to have a super supportive small business community here in Calgary.



Belongings Don't Create Belonging

By Jess Leblanc, Founder of Embodied Adventure and Lucent Festival



When was the last time you truly dug into the WHY behind your consumption and consumerism? Do you consciously choose your purchases and make decisions from creative choice based listening or instead are you reacting from fear? Why do you do what you do and have what you have? I often think it comes down to this: The desire & need to belong is paramount. We need to belong to one another, our friends and families, our culture and country, to our world. Belonging is primal, fundamental to our sense of happiness and well-being.

When we feel a threat to our connection, we become afraid of judgment and petrified by what other people think of us. When this happens, we often make choices and formulate habits that actually damage us & end up separating from ourselves and others versus bringing us closer together.

Consider this; You have been invited to a function on the weekend by your coworkers. You know them but you don't REALLY know them well. It is important for you to have them like you and to enjoy your night out. You frantically look through your closet to figure out what you might wear. You try this, that and the other thing on and nothing seems to fit. Your thoughts spiral negatively and you begin to speak poorly of yourself in your mind. You question what they will think of you, their reactions, judgements and so on. To avoid potential embarrassment, you come to the conclusion that what you really need is a new outfit. Several purchases on the old credit card later and you have yourself the ticket to head turns and approval from your work mates, right?!

At this point in your thought processing, a decision is being made that seems somewhat benign, you're getting a new outfit. HOWEVER, it is in the moments like these ones when we can make a different choice. A new choice that is empowering and integral rather than one based in reaction and the need to 'fit in'.

Brene Brown writes "Many us suffer from this split between who we are and who we present to the world in order to be accepted but we're not letting ourselves be known, and this kind of incongruent living is soul-sucking". Fitting in is easy but it comes at a cost and it is one of the easiest ways to lose precious parts of you. Perhaps that cost is financial, emotional, spiritual, physical or soul deep. In our own ways we each experience the dilemma of fitting in, maybe we don't purchase a new outfit to do so but instead we take a job that we don't love so our parents are proud, we can say things we don't truly mean to be seen as 'cool', lease a vehicle that is

beyond our budget, spend time with people that restrict our fullest self expression. The examples are endless.

Here's the thing, if you feel like you don't belong, there's a very good chance you don't, and this isn't a bad thing! Pay attention to what specifically triggered that feeling for you. Is it that you don't care about the things others do? Is it that you're spending time with people who are your opposite? Is it that you don't enjoy the activity at hand? Not fitting in doesn't mean anything's wrong with you or the people around you, it just means you're different or the circumstance is not suited to you. Use this as an opportunity to explore what would need to change for you to feel like you belong. This isn't about changing yourself or forcing yourself to be anything you're not, it's about taking an honest look at the situation.

You deserve to be seen. You deserve to be heard. You deserve to be known for the real deal that you are. Not for the clothes that cover your body, the car you drive, the house you live in or the job/education you have.

Maybe you need a new set of friends or to spend less time with your family. Maybe you're not dating the right person. Maybe you'd rather be at a cultural event than out drinking. Whatever it is, just make note of it and create better alignment in your life, work, and relationships going forward. Belonging is about inhabiting the world as the R E A L you.

It takes courage to show up in your own skin.



Here Are Some Top Tips For Cultivating More Belonging

1. Love yourself first. Remember that there is only one you on this planet & you have unique gifts to offer.
2. Listen to your body – it will never lie. Discover how it feels in your physical self when you are ‘fitting in’ vs ‘belonging’, the sensations, the breath, your energy level, emotions and clarity of thought. Figure out how each feels and then choose to spend more time where it feels lightest, free and soothing to your cells. (psst. it's belonging, hands down!)
3. Stop with the stories: Quit creating stories in your mind about why you aren't important, good enough or the ‘right person’, unlikable etc. AND DO NOT change your values, likes, dislikes, words in text messages, embellish, pretend or lie in order to fit the part of someone else's role for you in their story.
4. Join in + try new things. Say yes to opportunities, get outside of your comfort zone.
5. If one pathway to connection isn't working, seek alternative paths + people. Keep looking.
6. Acceptance for Self + Others. Practice this often. Concentrate on things you have in common rather than what sets you apart.
7. Share who you are, what you love + what you do. When you hide, people cannot find you. Your tribe is waiting.
8. Actively participate. Begin to take part in community life and contribute in meaningful, ongoing ways that have a positive impact
9. Be the longing - discover what you are most missing in your life – and then give that thing away. EX: If you long for a listener in your life, fill that roll for someone else. Longing for a friend who checks in to see if you are well, be that caller for another. You crave community gathering and ritual, start a group, be the source of connection.
10. Be kind to yourself. Remember you're not alone in this feeling, regardless of how intense, frequent, or unique to you it may feel.



The Things I Wish I Knew Before Starting a Business

By Francesca Bell, Owner of Outside The Shape

Sometimes you wake up in the morning and you don't want to be the boss anymore. You want to curl up under a pile of blankets and hide from the world while someone strokes your hair and tells you that everything is going to be ok – BUT you can't do that because you and you alone are the only one who can run the ship!

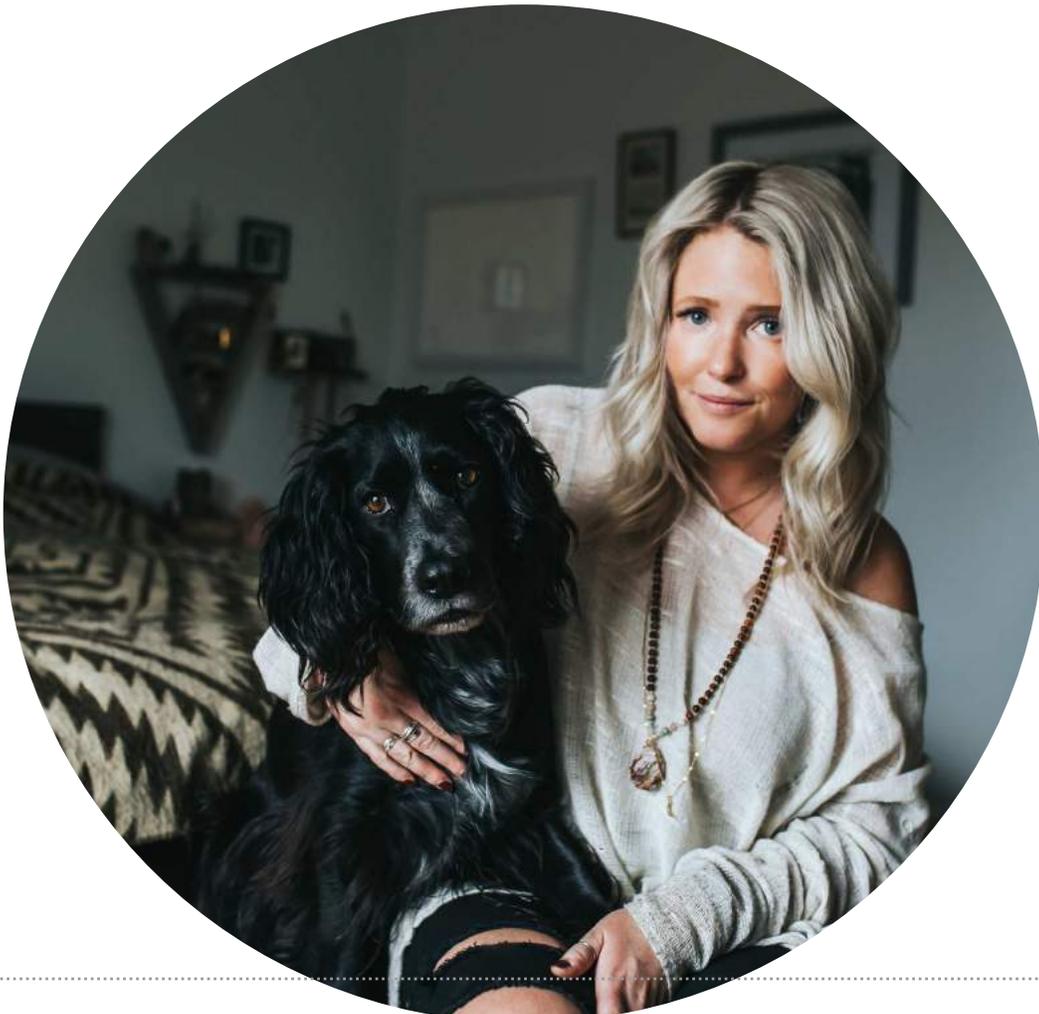
- 1.** The moment you take that leap and jump into being “self-employed” full time, for real, things will never be the same again.
- 2.** Oh how I wish I stumbled across something like this before I jumped head first into the abyss of starting my own small business. Throughout the years I have learned so so much. I have probably made all the mistakes possible (with more to come I'm sure). The peaks and valleys have been vast. So take this with a grain of salt and smile along the way.
- 3.** When you decide to follow your dreams and start your own business in whatever makes your heart soar – you will also in fact be signing up to become a marketer, a photographer, a book keeper, a janitor, a web designer, a customer service agent and the lowest paid employee in your own little business.
- 4.** There will be times where you stare out the window or at the blank wall for hours on end yearning for that stable nine to five where someone tells you what to do and how to do it and you receive a paycheck every two weeks. The things you ran away from in the first place can occasionally sneak back into your mind forcing you to question every decision you have ever made.
- 5.** Your social life will at first (for an undetermined amount of time) – be flipped upside down and inside out. Your friends will miss you, some of them will be mad at you, your family will worry that you are becoming a workaholic, your significant other and or pets will feel neglected... Your head will very rarely be present in the moment as every waking second your attention will be drawn to your new baby business. This will leave you so exhausted that at the end of the day the very thought of talking to anyone makes you want to cry. Don't worry – it gets better and the people who believe in you will stick around.
- 6.** Mixing business and friendship is both the worst and best thing you can do. You will find your people and wonder where they have been hiding all this time – You will make friendships that are more honest and supportive than ever before. You will also have your heart broken – probably more than once, because when you mix these two things everything is personal, and yes it will hurt.

7. You will have to work extremely hard all the time to actually look after yourself – Yes this sounds like just being an adult but trust me... Eating, staying hydrated, sleeping, showering, wearing real pants and shaving your legs all suddenly become optional and things can get really weird real quick. Try to get ready for work every day even if you don't plan on leaving the house. Make small steps to ensure you are caring for the CEO of your business no matter how big or small you are. Nothing will work if you can't.

8. Find ways to manage and cope with stress before the stress has even begun. This needs to be incorporated into your everyday life. Yoga, Wine, Kickboxing, Reading, dancing naked – whatever floats your boat and chills you out, do that. If you don't have a way to release stress you will likely self-implode.

9. Social media is one of the most important things for a small business, Make sure you have it. However try not to take social media to heart (easier said than done) – DO NOT, I repeat do NOT buy an app who shows you who has unfollowed you. Do not base your worth on likes. Do not believe everything you see on social media, trust me the background of every perfectly lit flat lay is always a disaster.

10. Be kind, you will come across all sorts of people and the strangest of situations and sometimes all you can do is be kind. That doesn't mean you shouldn't stand up for yourself and your business because you absolutely have to. People will copy you, people will belittle you and people will challenge you. Never let that dull your own light. Business can be a rough playing field but remember reputation is everything.





Clothing/Styling: The Clothing Bar
Photography: Sue Moodie Photography
Makeup: Esme Beauty Bar, Tasia Cullen
Hair: Ari + Blair, Erika Stadig
Model: Vic Ansell

A woman with light brown hair pulled back, wearing a maroon, long-sleeved, wrap-style dress and black thigh-high boots, stands in front of a dark blue, horizontally-slatted wall. The lighting is soft, highlighting the texture of the wall and the woman's features.

“Clothes Aren’t Going
to Change the World.

The Women
Who Wear
Them Will.”

Anne Klein

YYC IN STYLE EDITORIAL

Clothing/Styling: The Clothing Bar

Photography: Sue Moodie Photography

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Hair: Ari + Blair, Erika Stadig

Model: Katie Evans, The Clothing Bar



Clothing/Styling: The Clothing Bar
Photography: Sue Moodie Photography
Makeup: Esme Beauty Bar, Tasia Cullen
Hair: Ari + Blair, Erika Stadig
Model: Kelsey Shiovan



Clothing/Styling: The Clothing Bar
Photography: Sue Moodie Photography
Makeup: Esme Beauty Bar, Tasia Cullen
Hair: Ari + Blair, Erika Stadig
Model: Lateisha Brown



Clothing/Styling: The Clothing Bar
Photography: Sue Moodie Photography
Makeup: Esme Beauty Bar, Tasia Cullen
Hair: Ari + Blair, Erika Stadig
Model: Jess LeBlanc



Clothing/Styling: The Clothing Bar
Photography: Sue Moodie Photography
Makeup: Esme Beauty Bar, Tasia Cullen
Hair: Ari + Blair, Erika Stadig
Model: Julia Wilson



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Making Self-Care More than a Buzz Word

Article by Cassandra Heap, MC, C.C.C.,
Registered Psychologist



I have been in awe of Canada's shift towards mental wellness and mental health in recent years. With national campaigns bringing awareness to mental health issues, school and teachers inviting discussion on the topic, and even workplaces allowing for their employees to take mental health days! We are becoming better versed in the world of mental health as a society.

With the emergence of a more empowered, educated and aware society on the topic of mental health, we allow room for more stories to be told, and for mental health issues to be normalized and destigmatized.

These are all amazing things...don't get me wrong. But I can't help but question if there is a cost to this. The much discussed/shared/tweeted/snapped/instagrammed topic of self-care comes to mind as an example of the possible downsides to this newfound societal enlightenment.

In the last few years I've heard this word said more times than I can count. As a therapist I hear this word thrown around by my clients and other therapists alike. But what does self-care even mean anymore?

*I'm going to have a bath-> self-care
I had a slice a pizza (and now feel guilty)-> self-care
I want to order another drink-> self-care
I am buying a new outfit this weekend-> self-care*

By all means, keep calling these things self-care! I am not the official ordained self-care 'gate-keeper', and these things can absolutely be considered self-care. However, I can't help but wonder if the overuse of the words 'self-care' has created a situation where self-care is nothing more than a buzzword. Maybe we are using it as an excuse to simply treat ourselves or to indulge in quick fixes. But I'm about to say something wild here... sometimes self-care is doing the 'stuff' in our lives that that isn't glamorous or 'Instagram worthy' as we might like. Maybe it isn't about just about having a bath, a slice of pizza, a drink or getting a new outfit.

So What Is It Then?

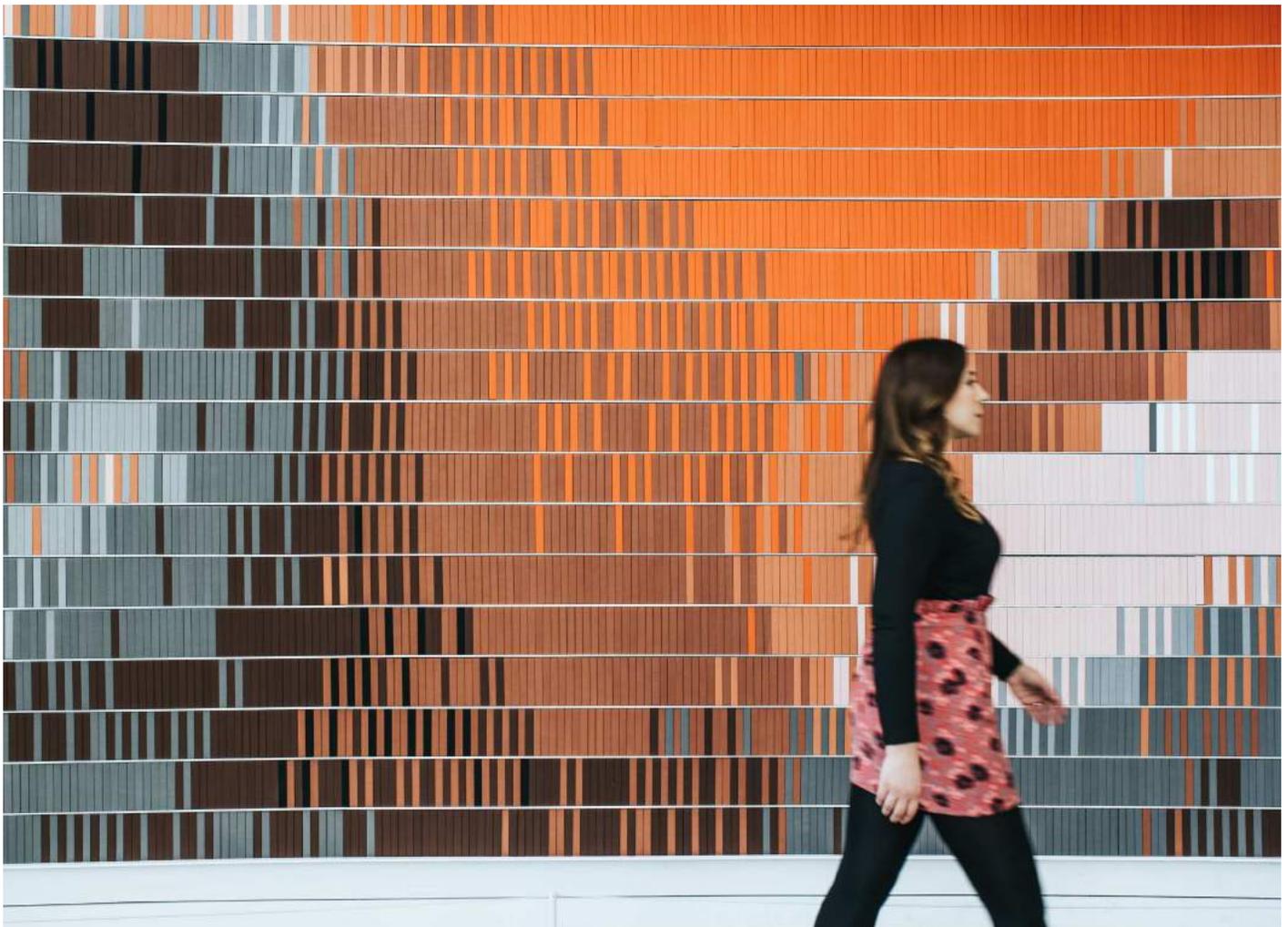
I am inviting everyone to start viewing self-care as multi-faceted, diggin' deep, soul work. It is about recognizing your needs in any given moment and giving yourself permission to address those needs.

Feeling overwhelmed and burntout?
Give yourself permission to say no to going out or taking on a new project

Feeling stagnant and blah?
Find something to do that your future self will thank you for later

Feeling busy and split between too many things?
Make time to be still and reconnect with yourself

I was once told by a good friend and mentor that self-care is kindly, and wisely, parenting yourself.



****Disclaimer:** the article is not intended to be a substitute for professional advice. Under no circumstances will the author be liable for any loss or damage caused by your reliance on information obtained through the article. It is your responsibility to evaluate the accuracy, completeness or usefulness of any information, opinion, advice or other content in the article. Please seek the advice of professionals, as appropriate, regarding the evaluation of any specific information, opinion, advice or other content. Never disregard professional advice, including medical advice, or delay in seeking it, because of something you have read in this article.

The Perfect Pair

By Kelley Abbey, Freelance Writer
and Co-owner of Conteur Social



There is something strangely perfect about women and wine. It's the glue that sticks us together in good times and in bad, and the simple gesture of “going for a glass of wine” can often be the beginning of many beautiful friendships. Just like wine goes with women and jeans go with stilettos, when a wine and food pairing is done right, it's the perfect storm. Wine elevates food, it brings to life unexpected layers and flavours in almost any dish. On the other hand, having food with wine makes wine more approachable and is a great way to introduce a new wine drinker to different varietals or types of wine.

What I love most about wine and food is the way it brings people together. When it comes to pairings it's all about experimentation, you don't really know if it works until you try. So the next time you're having the girls over at your place make some of these pairings or even better, create your own. After all, gathering together sharing laughter and making memories is what life is all about.

#1 Sparkling Wine and Truffle Popcorn

This is honestly so damn delicious that you and your guests won't be able to stop (you have been warned).

Why it works:

Think of the last time you had popcorn at the movies; the salt from the popcorn dehydrates your mouth so having a sip of an ice-cold soda works as a palette cleanser making you want more popcorn. Now take away the soda and replace it with a glass of sparkling wine. The acidity from the wine cuts through the butter or oil in the popcorn and is refreshing and delicious. The truffle in the salt is rich in umami which elevates the flavour profile of the popcorn and pairs especially well with different flavours in the sparkling wine.

Wine

Any bubbles will do, but I'm a sucker for sparkling wines made in the traditional method like Champagne or Cava as they tend to have a bit less fruit and more of that toasty breadiness. If you're not a fan of this style, grab some Prosecco, it's one of the most crowd-pleasing bottles out there and when served ice cold, is always delicious.

Recipe

- Coconut oil
- Truffle salt (make sure salt is fine, not rocks, I get mine from the Italian Centre)
- Yellow popcorn

Directions: Hot air popping won't do. In a medium-sized pot add two tablespoons of coconut oil and enough popcorn kernels to cover a single layer on the bottom of the pot. Turn the element on high and place the lid on. Once you hear the first kernel pop, start to gently shake the pot until the popcorn is done popping. Transfer the popcorn to a large bowl and melt ½ a cup of coconut oil. Gently drizzle the melted oil on top of the hot popcorn; add 1-2 teaspoons of truffle salt and toss.



#2 Chardonnay and Triple Cream Brie and Basil on a Baguette with an Olive Oil Drizzle

Simple yet so sophisticated. This pairing literally takes minutes to prepare and everyone loves it.

Why it works:

Creamy with Creamy. Think creamy triple cream brie with a creamy white wine and you have a match made in heaven. The basil adds a delightful herbaceous element that often brings out the same in the wine while the olive oil is kind of like a warm blanket that keeps it all mellowing in your mouth together in harmony. The baguette, well who doesn't love a good baguette, I prefer the "à l'Ancienne" style which is a bit softer and chewier.

Wine:

This pairing works best with a fuller bodied white wine like Chardonnay. Not a big oaky Chardonnay lover? Try an unoaked Chardonnay, It's a great way to get to know this varietal on an entirely different level but still enjoy its creamy subtle nuances. Another wine that works especially well is Viognier, which is still full bodied and creamy but has a floral element that goes really well with the basil. Don't serve your white wine too cold, take it out of the fridge about 10-15 minutes before serving (10-13 degrees Celcius is best). This way the wine will express all its pretty aromas and flavours at its fullest potential.

Recipe

- Triple Cream Brie - served at room temperature
- Basil
- Extra virgin olive oil
- Baguette a l'Ancienne

Directions: Cut brie into ½ inch wedges while cold and then set aside to warm up to room temperature. Slice baguette into thin slices and arrange on a platter. Place brie on baguette slices, top with basil tore into 1-inch size pieces. Drizzle with olive oil and serve.





#3. Syrah and White Cheddar with Wine Soaked Cherries and Herbs

This is definitely the most complicated recipe of the three but in every way possible it is worth the time and will leave your taste buds in awe.

Why it Works:

Syrah is a fuller bodied, bold red wine so pairing it with a bolder cheese such as an Aged White Cheddar allows the wine to hold up to the cheese and the cheese to hold up to the wine. The Wine Soaked Cherries match perfectly with the deep berry flavours in the Syrah and the herbes de Provence bring forth all the beautiful earthiness and layers of spice in the wine.

Wine: Syrah has two different styles; Old World vs. New World. The Old World style from France and Italy tend to have more earthiness and acidity while the New World style (aka Shiraz) from Australia drinks a lot more fruit forward and spicy. While both styles will work in this recipe, I prefer to pair it with an Old World Wine as it tends to allow all the lovely flavours of the cherries and herbs shine through.

Recipe:

- ½ cup of Syrah or other dry red wine
- 2 tablespoons of extra virgin olive oil
- 1 tablespoon of balsamic vinegar
- 1 teaspoon of herbes de Provence
- ¼ teaspoon of coarse kosher salt
- ⅔ cup of dried Bing cherries coarsely chopped
- 8 ounces of sharp white Cheddar Cheese
- Oat or whole wheat crackers for serving

Directions: In a medium glass bowl combine the wine, olive oil, vinegar, herbes de Provence, and salt. Add the cherries and cover and refrigerate for at least 24 hours stirring occasionally. Place cheese on a platter and let cherry mixture come to room temperature. Spoon cherry mixture over and around the cheese. Serve with crackers on the side.

The Sweat Life

By Lucy Dunne, Certified Trainer and Nutritionist,
Founder of Dunnebells



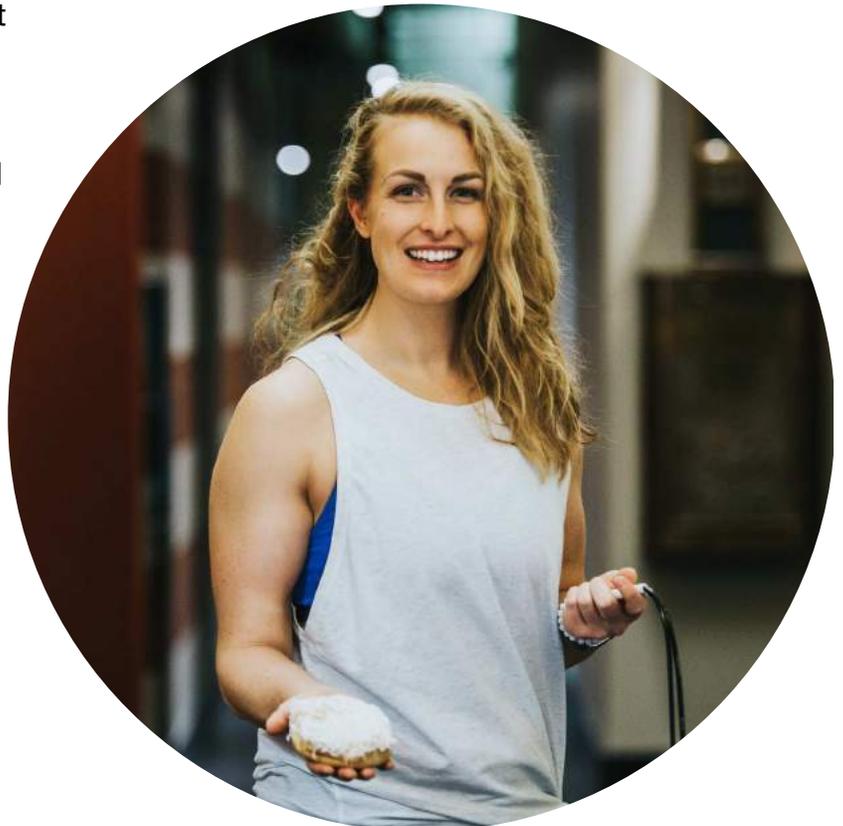
After losing 65 lbs, and overcoming a binge eating disorder I am now inspiring women all over the world to become the best versions of themselves. I founded Dunnebells after years of struggle and over 35 thousand dollars spent on trainers, weight loss programs, and empty promises that I would be able to lose the 65 lbs that I needed to.

Never in a million years did I think health & wellness would be how I make a living. After moving to New York City from Australia straight out of High school bright eyed and bushy tailed I had no idea what the future held. After backpacking for a few years I eventually made my way to Whistler, BC with the rest of Australia. Making \$3 an hour and drinking beer for breakfast got old pretty quick so I packed up again and made the move to Calgary which I now call home with my beautiful Partner Kelsi.

My weight loss journey is something that I can now look back on with a smile because I truly believe it shaped me into the person (and business owner) that I am today. Let me tell you, there were very few smiles while I was on the actual journey to lose the stubborn fat!

I soon turned to Instagram to document my entire journey. Workouts, food, mindset and pretty much everything in between. Once I started to see some real results it became clear that everything I had been working so hard for the last couple of years was working! I knew it is what I needed to be doing.

Stay strong. Be the fire.





Q&A with Lucy

Q: Why are you different than the other trainers out there?

A: How many trainers do you know telling you to drink beer, eat burgers and wash it down with doughnuts? Yeah, hi! I am different because I GET IT! Losing over 65 lbs and then dropping my body to an unhealthy low of 6% fat means that I have been on both ends of the spectrum and I know what it takes to get the results you are after. Dunnebells doesn't believe in meal plans or diets. We are all about the delicious foods because life is too short for deprivation. Clients learn how to include all of their favourite foods in their journey to become healthy. Dunnebells connects clients all around the world going through the journey at the exact same time because #fitfriends rock. We have weekly live video calls and offer 24/7 support so that clients always have their coach to talk/vent to! Start taking advice from a trainer who understands you and who has achieved results that you are wanting to achieve.

Q: Advice for women looking to make a healthy change?

A: Do this first. Ask yourself why do you want to get healthier? Write that down. Pin it up. Set it as your phone background. Get your WHY in front of you and get to work. Stop eating salads and doing endless hours of cardio. Start eating food that makes you happy and lift some weights. This is your starting point, start doing the opposite of what you have been doing if it isn't working. Sorry to be THAT guy but there is no quick or fast way around this one. Sure, I could help you lose 30 lbs in 20 days but when it comes to long term results and real weight loss there is a little bit more to it.

Q: How do you overcome failures when it comes to your business?

A: Bring on the FAILURES! This is the kind of the attitude I have adopted and I think it really helps me overcome the failures I have. We can't truly appreciate how it feels to be at the top if we have never been at the bottom so I am truly grateful for my past failures and for all future failures because they will help me appreciate all the wins and high times to come. Advice to others: Fail fast, learn from your fails and get back up quick!

Q: How do women make time to be business owners or mothers while making fitness a priority?

A: You are a badass. Come on! You can do it. "I don't have time" is the #1 excuse I hear every single day. Also the #1 excuse I used to give to everyone in my life when talking about working out. Trust me, you do have time.. If you want the results, you will make it happen. You don't need fancy equipment or hour-long workouts. Start with 15 minutes every single morning of high-intensity bodyweight movements. When you do this first thing in the morning you will have more energy during your day and there will be no room for excuses to get in your way. I promise. Once the habit is formed THEN you can look into what else you can do get the results you are after. Example: Joining a gym, classes, personal training etc. See? You can do it! Just start. You are killing it by the way. I see you.





Hand To Heart Breast Oil
Created by Lisa Piluschak, Adorn Infusions

A creation that came out of a need to nurture and connect with our hearts through intention and massage. Getting in touch with our female anatomy is as much of an esoteric journey as it is a physical one. The oils work in perfect harmony to create a rich connection.

HΔND
TO
HEΔRT



BREAST MASSAGE OIL
1 oz.

The Breast Love Project

The Breast Love Project is an endeavour to raise money for women healing from breast cancer while encouraging *all* women to touch and care for their own breasts. This project is inspired by women who have discovered abnormalities through the regular practice of breast massage.

We will raise money for one woman every 3 months in support of her journey with breast cancer. \$5 from each online sale of the breast massage oil “Hand to Heart” will be collected and donated to them to use however they see fit. We wholeheartedly encourage these women to get their support systems, friends, family, acquaintances, and strangers involved. We are all connected, so this is truly a global rising of humans supporting humans.



Usage:

Apply a dropper full of oil to hands and massage breasts in a circular motion.

For an extra amazing experience:

Light some of your favorite candles, play soothing music, turn down the lights, take 3 deep breaths, carrying the breath to your lungs, feel the way the air moves through you. Start your massage. See if you receive any messages and journal about the experience.

www.adorninfusions.com

Final Words from the Photographer

My name is Sue; photographer, dog-mom, wife, friend, sister, daughter and connector. I felt a strong desire to encompass the inner strength that the women in our city hold. It's the reason I was inspired to photograph each and every part of YYC in Style Volume. 2. From the very beginning, I had the urge to connect with this community of inspiring boss babes, and this magazine is an ode to every single one of you. The real women with real style and real stories. Thank you for being so open and trusting! Katie and I appreciate you so much. To our readers, I hope you've been able to find connection, community and strength from learning more about the women we surround ourselves with daily right here in our very own city. Photography is about trust. So is community. After all, we are in this together.

Sue Moodie
Photographer
www.suemoodiephotography.com





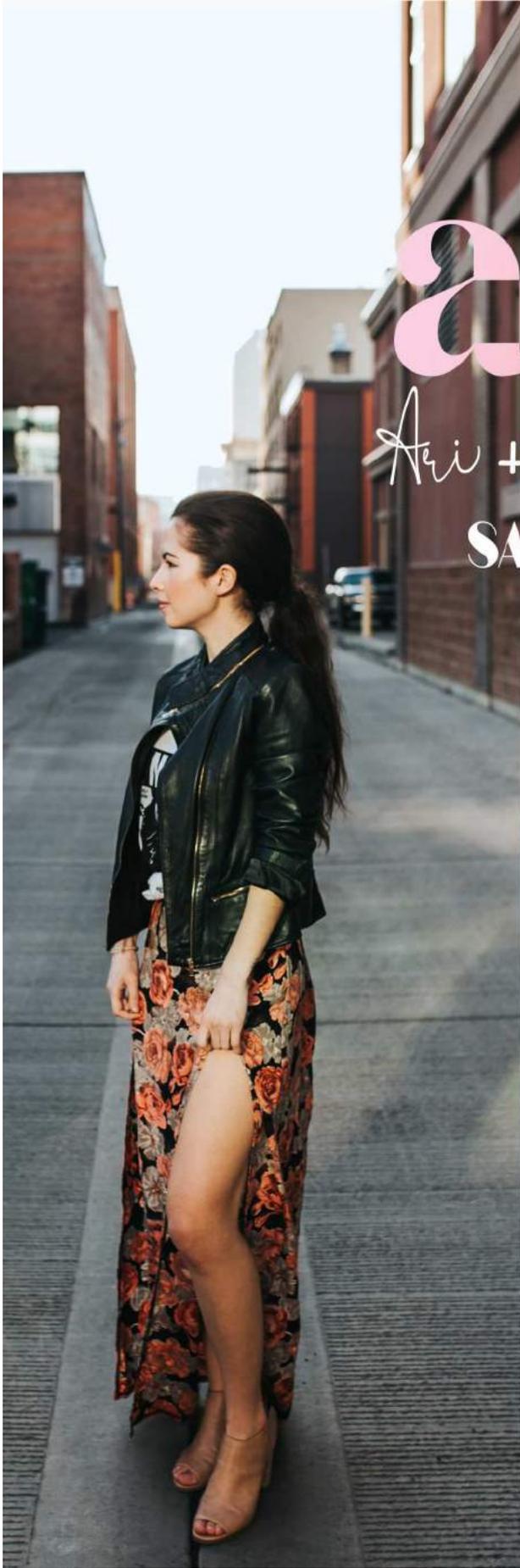
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Esme

Esteem, self-esteem, and love;
Loving all that is beautiful about ourselves and our lives.



Ari + Blair
SALON



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