

FIRST LADY

GLOBAL

20
20

WOMEN
of
SUBSTANCE®

BOLD NEW YEAR

Friends help friends.
The problem with the “good ole boys club” —
that closed system of men using friendships
and connections to help each other —
is that you aren’t a member.
Frankly, neither are most men.
So start your own club.
Create your own rules and help
your own friends.

P.S. Make lots of friends and count the
men who help you amongst the very best.

Thank you, my friend.



Karyn Mullen, Founder
FIRST LADY GLOBAL

FIRST LADY

GLOBAL

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A special thank you to Graydon Hall Manor, Anita Norris, Robert Noakes,
Raymond Aaron, and Royale de Versailles Jewellers

FIRST LADY

GLOBAL

First Lady Global invites you to be a Woman of Substance; to step-up and step-out with world-class style and ability; to live intentionally as a role model for the next generation while you re-commit to making ALL your dreams come true. It's about creating the dignity of true authority - that leadership, depth of character, courage and beauty worthy of being honored and esteemed by men, women and children. It's about creating your life and creating your version of what a woman ought to be.

First Lady Global re-awakens you. It expands your abilities, confidence and world view. It enables you to lead with power and inspire with the lightest touch. It magnifies your beauty, your love and your happiness. It takes you places you've never been, introduces you to people worth knowing and teaches you the essential tools for the good life.

*“This is an invitation to live
a beautifully, curated life.”*

Whether you lead a household, a company, a classroom, a community or a boardroom, this is where you, a leading woman in your particular activity or field come to rest, recharge, grow and be inspired. This is an invitation to live a beautifully curated life; to edit your life with the values you hold most dear as you use your influence for the greater good. At First Lady Global, we say “Because you can, you must.” If you have something important to say or to do, First Lady Global is about saying it or doing it - now - with intention, style and charisma.

May this serve as a platform to share aspirations and wisdom from around the globe. May it empower you - women of all ages, ethnicities and cultures - to create your future with confidence, prosperity and enthusiasm.

Karyn Mullen, *Founder and Editor-in-Chief*



W
elcome!

CREATIVE DIRECTION/PRODUCTION/MAKEUP BY JACKIE GIDEON
PHOTOGRAPHY BY CORINA VAN SLUYTMAN STYLING BY AMY LU HAIR BY LEANNE HARE
PRODUCTION ASSISTANTS ALEJANDRO BRAVO AND DEVON BARNES
Shot on location at the Beverly Wilshire, Beverly Hills, Four Seasons Hotel

Malala Yousafzai, Jane Goodall, Rosa Parks,
Marie Curie, Indira Gandhi, Ruth Bader Ginsburg,
Gloria Steinem, Jacqueline Kennedy Onassis,
Hilary Clinton, Mother Teresa, Michelle Obama,
Eleanor Roosevelt, Queen Elizabeth II,
Jennifer Lopez, Oprah Winfrey, Queen Rania,
Peng Liyuan, Princess Kate, Audrey Hepburn,
Margaret Atwood, Maya Angelou, Anna Wintour,
Kelly Werstler, Lady Diana, Sandra Bullock, Alicia Keys,
Serena Williams, Aretha Franklin,
Melinda Gates, Laverne Cox, Susan Buffett,
Margaret Trudeau, Stella McCartney,
Nina Simone, Amal Clooney, Meryl Streep,
Tina Turner, Zaha Hadid, Neremat Shafik,
Franca Sozzani, Ho Ching,
Sheikh Hasina Wajed, Tsai Ing-wen,
Sandra Oh, Georgia O'Keeffe, Theresa May,
Queen Letizia of Spain, Mary Wells Lawrence,
Shonda Rhimes, Dolly Parton, Lady Gaga,
Grace Coddington, Grace Kelly, Eartha Kitt,
Angela Davis, Ellen DeGeneres, Fairuz...

Be on
the list.

What do you and these ladies have in common?

[FirstLadyGlobal.com/JoinUs](https://www.firstladyglobal.com/JoinUs)

joy

PHOTOGRAPHY BY CARLYLE ROUTH

CREATIVE DIRECTION / PRODUCTION / MAKEUP BY JACKIE GIDEON

DESIGN DIRECTOR PIA NUMMI / STYLING BY RITA FIORUCCI

HAIR BY KIRSTEN KLONTZ

A SPECIAL THANK YOU TO LANA OGILVIE AND ANITA NORRIS



*Linnea powder blue gown,
Narces
Jewellery - earrings, Tuleste,
available at Archives Toronto
18k pave diamond ring
18k mother of pearl diamond ring
Casato 18k rose gold necklace,
Royal De Versailles Jewellers
Photography Assistant Mark Luciano
Lana Ogilvie, courtesy of Anita Norris Models*

Isn't
she
wonderful.



Isn't
she
lovely.

Earrings by Rebekah Price



FIRST LADY LANA

*Romper - Narces
Zorro Bis Nat Hat, Lola Hats
Archives Toronto
Jewelry - agate diamond earring,
18k turquoise diamond necklace,
rainbow moonstone classic link necklace
with 18k gold, long pomellato white opal ring,
turquoise pear shaped ring,
finger length blue diamond ring,
Royal De Versailles Jewellers*





*Linnea powder blue gown,
Narces
Jewellery - Earrings, Tuleste,
available at Archives Toronto
18k pave diamond ring
18k mother of pearl diamond ring
Casato 18k rose gold necklace,
Royal De Versailles Jewellers*



*Dress - Yasmin tulle gown, Narces
Jewelry - 18k yellow gold sutra ruby ring
18k yellow gold lattice diamond Ring
18k rose gold morganite ring
18k pink sapphire pendant
18k ruby and beryl earring
18k yellow gold casato ruby bracelet
18k yellow gold ruby ring,
Royal De Versailles Jewellers*



THERE WAS MAGIC IN THE AIR
THE DAY LANA OGILVIE CAME TO TOWN.
STEVIE WONDER'S
“Isn’t She Lovely”
FITTINGLY PLAYED IN THE BACKGROUND.

BY ADRIENNE ROMAN

She moves easily through life. Even with so many successes to her credit, she continues to travel forward fearlessly.

While still a teenager at Havergal College in Toronto, Lana was scouted by agent Elmer Olsen and moved to New York to model with The Ford Agency, where she lived and worked alongside blooming celebrities Naomi Campbell, Rachel Hunter, and Christy Turlington.

In 1992, she was the first black model to secure an exclusive multi-year contract with COVERGIRL Cosmetics, and was featured in the iconic Sports Illustrated Swimsuit issue. Lana also worked on one of the longest running musical variety shows in American television history, Soul Train, and was a segment producer and co-host for Fashion Television in Toronto.

She just kept saying “yes” to every opportunity and her impressive career has taken Lana around the world, appearing on magazine covers like British and Australian Vogue, Spanish and Dutch Elle, and working on advertising campaigns such as Ralph Lauren and shows like Tommy Hilfiger. She’s been a runway model in London, Paris, and Milan... She’s been spotted on a reindeer on top of a glacier and navigated the perils of an African desert.

Lana also partnered with American model and activist Bethann Hardison, who co-founded The Black Girls Coalition, supporting advocacy for greater African American visibility in the fashion industry.

“I’m happy to see the growth of inclusivity in fashion, and that these changes are breaking down previous barriers of race, age, gender, and size. Someone in Italy on a set once complained that I was too old for the shoot. I was 26!” she said with a smile. “It’s nice to see that mindsets are finally different now.”

This mom of two relies on her strong entrepreneurial, artistic, and adventurous spirit. This desire for new adventure propelled her to become a fine jeweller, and expand her passion for expression with the creation of her own jewellery business, Sabre.

An artist herself, previously having studied lithography, drawing, and illustration, Lana is working with wax as her next creative outlet (jewellery casting is the process of using a wax pattern that is made into a jewellery mold and filled with the molten metal). Her unique and earthy handmade pieces are crafted in gold, silver, vermeil, and bronze. She’s focused on the use of quality materials, individual design, and the credibility of knowing her craft well.



*Dress - Yasmin tulle gown, Narces
Oversized Giga Spinner hat, Lola Hats
Archives Toronto
Jewelry - 18k yellow gold sutra ruby ring
18k yellow gold lattice diamond ring
18k rose gold morganite ring
18k pink sapphire pendant
18k ruby and beryl earring
18k yellow gold Casato ruby bracelet
18k yellow gold ruby ring,
Royal De Versailles Jewellers*

S

charming!



Dress - Terani Couture, Freda's Toronto Jewelry - 18k ruby and diamond earrings, emerald matrix ring in 18k yellow gold with diamonds, Capri Chrysophase ring in 18k yellow gold available at Royal De Versailles Jewellers-



**“IT’S NOT ABOUT ANTI-AGING,
IT’S ABOUT SUPPORTING WOMEN
AS WE GET OLDER. CHOOSING SKINCARE
WITH NATURAL INGREDIENTS FROM AN
EARLY AGE WAS THE FOUNDATION OF MY
SUCCESSFUL THIRTY-YEAR CAREER.”**

She’s also created a cosmetics company geared towards mature skin, Lana Ogilvie Cosmetics. An appreciation of natural elements is also prominent in her line of cruelty-free organic serum, oil, and cream, free of silicone, parabens, synthetic dyes or fragrances, petrolatum, and mineral oil.

“It’s not about anti-aging, it’s about supporting women as we get older. Choosing skincare with natural ingredients from an early age was the foundation of my successful thirty-year career.”

“I was always obsessed with taking great care of my skin,” she said, “I gravitated towards natural lines like Dr. Hauschka and Weleda.” Wanting to better understand how to help women find the right fit for their complexion, and to learn more about creating organic products, Lana took an organic skin formulations course with the UK-based school, Formula Botanica. Her studies resulted in the capability of ongoing dialogue with her laboratories, “It’s given me the knowledge base to work with the lab, to be able to ask relevant questions and know enough about how different ingredients function, how they work together, and formulation practice. In conjunction with the lab, I can determine what I want in my own products, which are all Canadian made,” she said.

“I want people to be inspired to try something new instead of falling back on the safety of I can’t do that or I’m too old,” she said.

She credits her mother’s witty Jamaican parables as a source of constant inspiration, helping to keep her grounded when life presents challenges.

“I want to do more and see more, and I definitely have a clear direction of where I want to go,” she said.

Lana Ogilvie exemplifies the wisdom that often blooms from intentional living. She’s a reflection of strength and growth, and ultimately, of quintessential beauty.

Model, skin care professional, fine jeweller. What’s next for Lana? TV Host? Sommelier? Maybe both.

Whether widely respected for her early work breaking barriers to champion inclusion and highlight diversity, inspiring women to embrace their individuality, or working diligently to expand her entrepreneurial enterprises, Lana Ogilvie is a proud representative of First Lady Global living.

*Find Lana’s cosmetics line at
www.lanaogilviecosmetics.com*

@lanaogilviecosmetics

Sabre Jewellery www.sabrenyc.com

@sabrejewelry

*Ooh
la*



Lana

LANA

CONFIDENTIAL

AN INTERVIEW WITH LANA OGILVIE
BY ADRIENNE ROMAN

Favourite ritual: my skincare routine

Biggest surprise in life: becoming an entrepreneur

Spirit animal: a dolphin

Best vacation: Gobernadora Island, Panama

Greatest inspiration: my two children, Rufus and Coco

Most exotic shoot: Ouarzazate, Morocco for British Vogue

Future goals: living on a lake and paddle boarding

First job: a lifeguard

Current wish: to be an on camera host again

Calm place: doodling and drawing

Soul relief: listening to ambient music

Favourite piece of jewellery: my Sabre cuff

Best exotic retreat: The Maldives

What I wish for: getting an Industrial Design Associate's Degree

Hardest thing: not enough time to do everything

What I would love: to study to be a sommelier



*Bodysuit - available at Oh Linda
Jewelry - yellow petal earring,
Archives Toronto
Silver rings and cuff designed
by Lana Ogilvie, courtesy
of Anita Norris Models*

BIG BEAUTY.

SMALL ECOLOGICAL FOOTPRINT.



DEVELOPED MORE THAN 15 YEARS AGO BY AWARD-WINNING AND CELEBRITY HAIR STYLIST BRIAN PHILLIPS, WORLD HAIR AND SKIN (KNOWN WORLDWIDE AS WHS) IS THE INDUSTRY'S FIRST AND REMAINS THE PUREST ECO-FRIENDLY BEAUTY PRODUCT LINE IN USE IN NORTH AMERICA. EVERY STEP OF THE PRODUCTS' LIFECYCLE IS FRIENDLY TO THE ENVIRONMENT, PEOPLE AND ANIMALS.

BY BARBARA INNISS PHOTOGRAPHY BY CORINA VAN SLUYTMAN

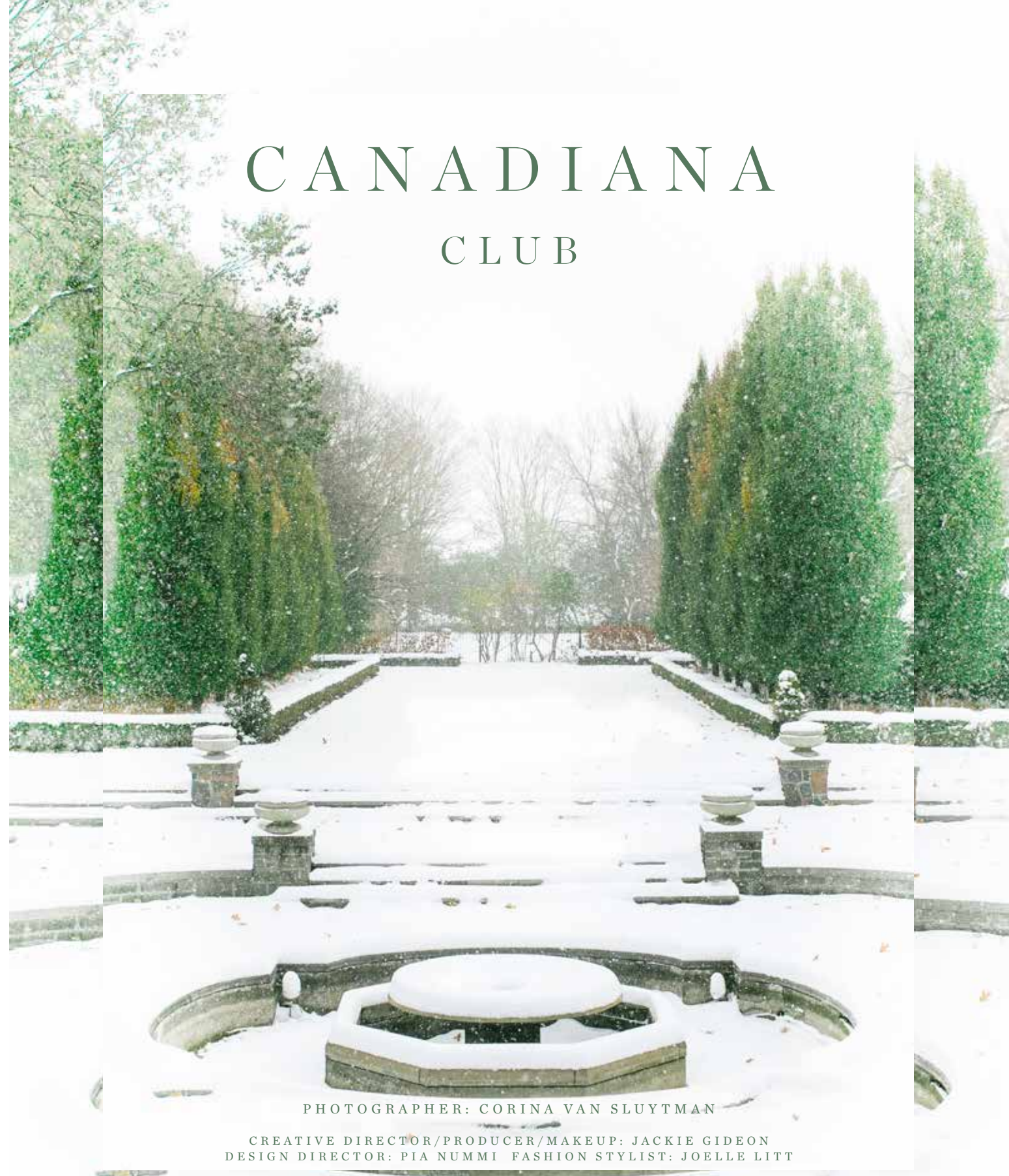
WHS is a minimal natural beauty line that you use BOTH on your skin and your hair. Just three of its products can replace nearly 100% of your personal care products and frees up 90% of your cupboard, countertop or shower space, which you currently use to store all those single-use products. WHS's shampoo is also your shaving cream; the hair polish is also your dry skin balm; the lip balm is also your hair wax groomer; and so on. The quality and versatility is unparalleled.

Phillips was the first to win the Green Circle Award at the nation's largest hair show, WHS delivers effective and natural, plant-based formulas. It does not use any fragrance or chemicals including those most commonly used in personal hair and skin care. The industry labelling practices can sometimes be misleading. For example,

by using the proprietary nature of "fragrances", manufacturers can hide a myriad of other chemicals even in products labeled "fragrance-free." WHS does not include a single chemical including parabens, silicon-siloxanes, sulfates, phthalates, fragrance, color, palm oil, hydrolyzed wheat protein or lm oil. It is gluten-free, vegan and never tested on animals.

The simplicity of the formula allows for an environmentally-friendly manufacturing process that consumes less resources during production. "With just three products that meet all of your personal care needs, your countertops are free of clutter, you save more money, you reduce the number of toxins you are exposed to and far less plastic waste goes to the landfill," says Brian Phillips. Visit world.ca or [@worldsalon](https://www.instagram.com/worldsalon)

CANADIANA CLUB



PHOTOGRAPHER: CORINA VAN SLUYTMAN

CREATIVE DIRECTOR/PRODUCER/MAKEUP: JACKIE GIDEON
DESIGN DIRECTOR: PIA NUMMI FASHION STYLIST: JOELLE LITT



MODERN FAMILY

ASSISTANT PRODUCER: ANNIE ALDWORTH
HAIR STYLIST: BRIAN PHILLIPS, WORLD SALON
WRITER: BARBARA INNISS
PRODUCTION ASSISTANT: ISABELLA MOGK
PHOTOGRAPHY ASSISTANT: SAM ASSAM
HAIR ASSISTANT: GARY INDIGO
STYLING ASSISTANT: BRIT WACHER
MODELS: MEAGAN, TRISTAN, GRAHAM, LUCAS,
KEVIN AND ISAIAH @ANITANORRISMODELS
MELLA @SPOT6MANAGEMENT
ELIJAH @ELMEROLSENMODELS

On Tristan: Jacket - Hiso On Graham: Sweater and Scarf - Roots On Meagan: Jacket - Hiso, Dress - JACQUEMUS at Simons, Scarf - Simons, Earrings - Carole Tanenbaum On Mela: Jacket - Sentaler, Sweater - Twik at Simons, Skirt - Anisha Kumar On Kevin: Sweater and scarf - Roots On Isaiah: Jacket - Hiso, Sweater - Ralph Lauren, Denim - model's own On Elijah: Jacket - Hiso, Blouse - Christian Dior at Divine Decadence, Trouser - model's own, Footwear - Roots On Lucas: Sweater and Scarf - Roots, Denim - model's own, Footwear - Converse

P U R S U I T



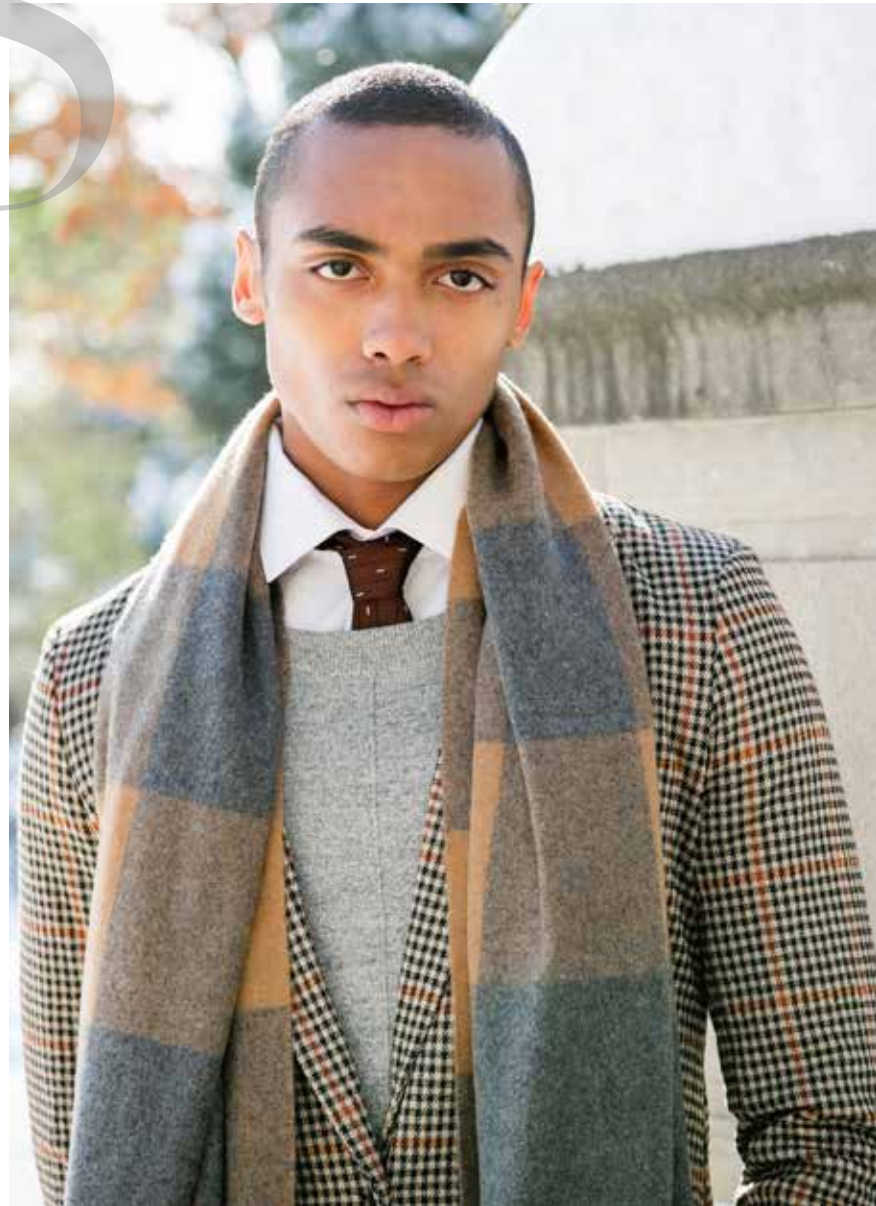
o f H A P P I N E S S

*Suit - Tiger of Sweden, Shirt and scarf - Roots, Tie - Divine Decadence
Footwear and Socks - model's own, Jacket on chair - ICHI at Simons*



*On HER:
Jacket and Blouse - Smythe at Simons
Overcoat - ICHI at Simons
Earring and brooch - Carole Tanenbaum
Ring and Embellished Case -
Divine Decadence, Blanket - Roots
On HIM:
Coat, Suit and Tie - model's own
Scarf - Lanvin at Divine Decadence
Shirt - Christian Dior at Divine Decadence*

S



CANADIAN
SARTORIAL
STYLE

Jacket - Simons, sweater and scarf - Roots, Shirt, Tie and Trouser - Divine Decadence



Jacket - Samsoe Samsoe at Simons, Suit and Shirt - Divine Decadence, Scarf - Gucci Footwear - Prada

Jacket - Hiso, Suit - Tiger of Sweden, Shirt and Pocket Square - Eton, Tie - Ben Sherman, Scarf - model's own, Belt - Tommy Bahama, Watch - Seiko, Footwear - Donald Pliner

Jacket - Hugo Boss, Suit - Divine Decadence, Shirt - Christian Dior at Divine Decadence, Belt and tie - Hugo Boss, Footwear - Prada

S N O W



A N G E L S



Dresses - RVNG, Jacket - Roots



CHARACTER STUDY

*Jacket - Hiso, Suit - Tiger of Sweden, Shirt and Pocket Square - Eton, Tie - Ben Sherman
Scarf - model's own, Belt - Tommy Bahama, Watch - Seiko, Footwear - Donald Pliner*



*Jacket - Divine Decadence
Dress - Divine Decadence
Footwear - Aquazzura at The September*



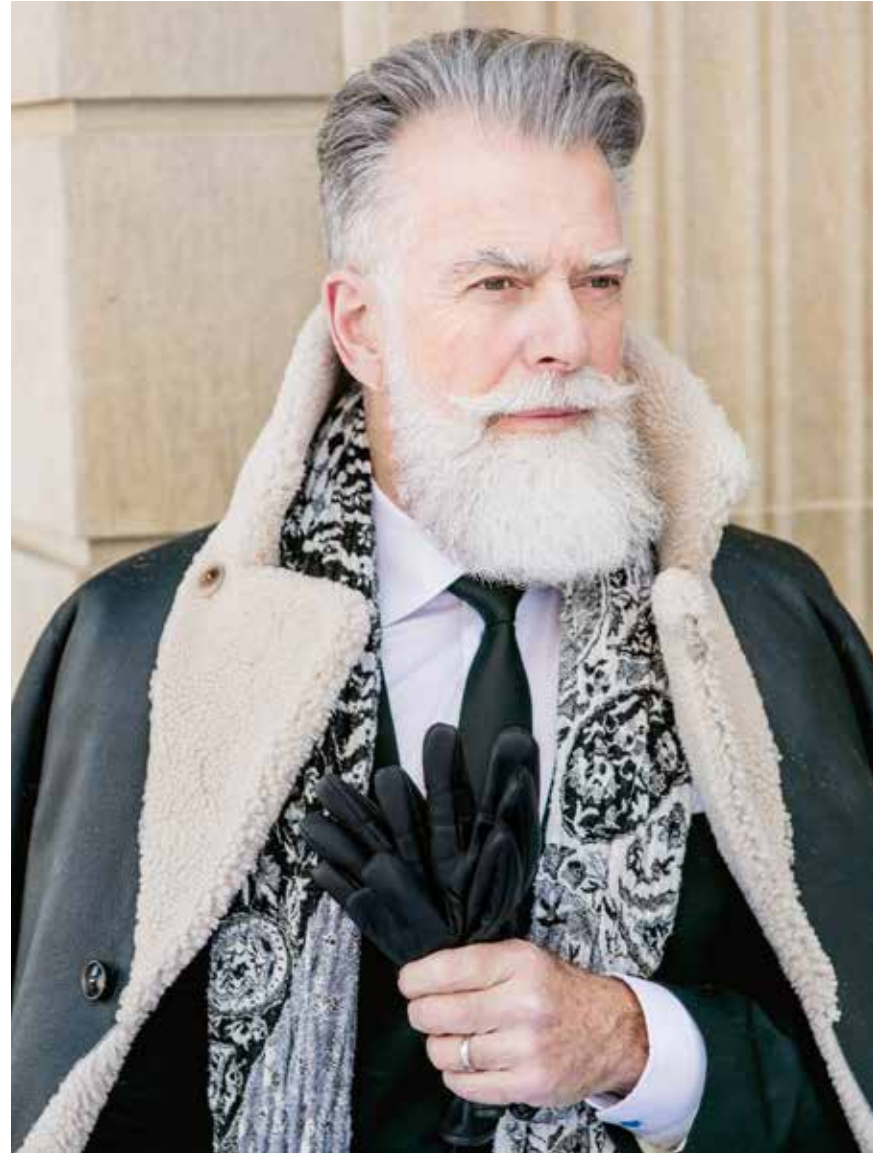
LADIES & GENTLEMAN

*Jacket - Hugo Boss, Suit - Divine Decadence, Shirt - Christian Dior at Divine Decadence
Belt and tie - Hugo Boss, Footwear - Prada*



*Gown - Steven Lejambre
Earrings - Divine Decadence*

TRUE



NORTH

*Suit - Tiger of Sweden, Shirt and Pocket Square - Eton, Tie - Ben Sherman
Scarf - model's own, Belt - Tommy Bahama, Watch - Seiko, Footwear - Donald Pliner*



*Jacket - Simons
Sweater and Scarf - Roots
Shirt, Tie and Trouser -
Divine Decadence*

BAND OF
BROTHERS

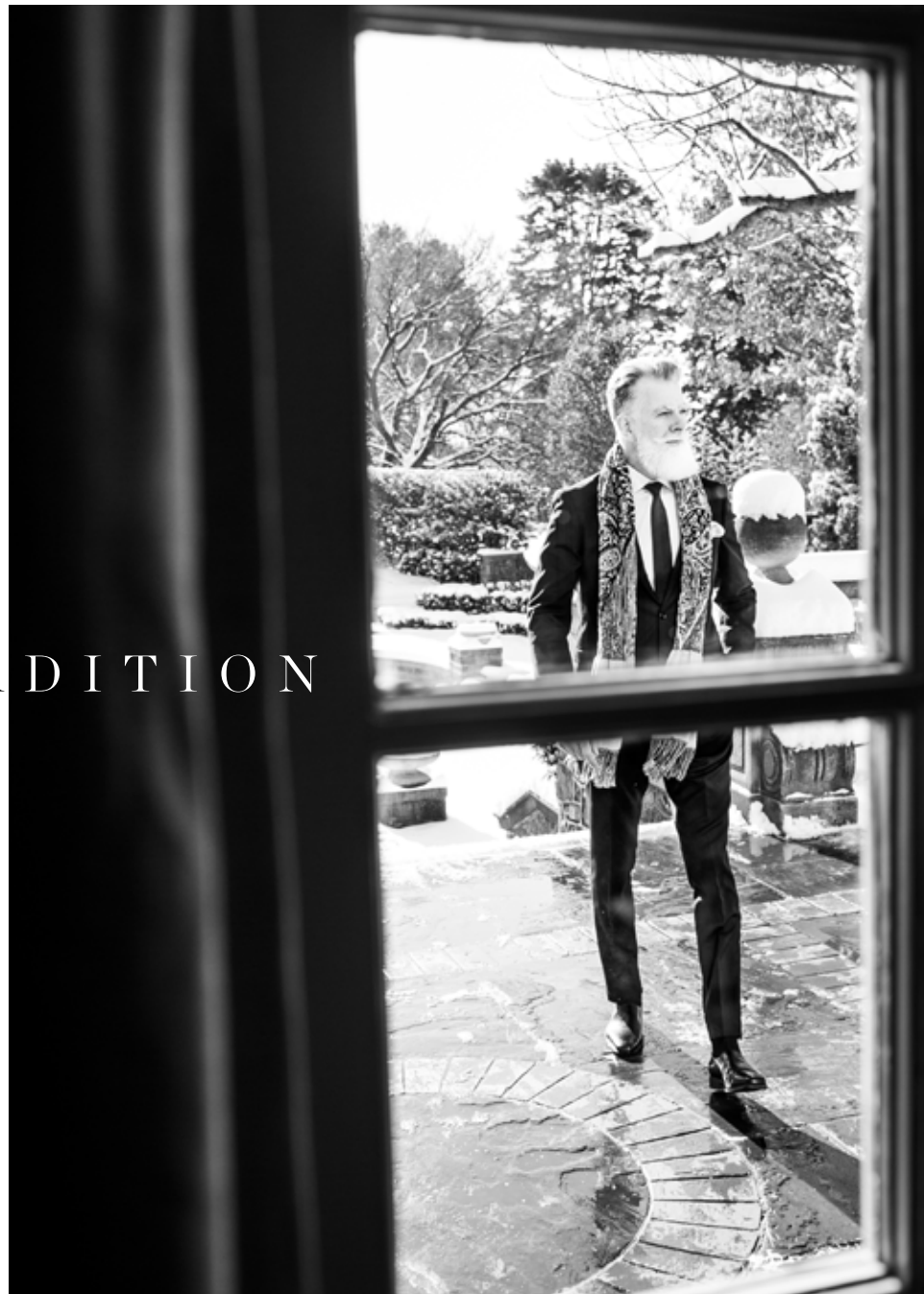


*On Lucas: Sweater and Scarf - Roots,
Blanket - Roots
On Isaiah: Suit - model's own
Blanket - Roots*



*On Elijah: Jacket - Hiso
Sweater and Scarf - Roots
Shirt - Roots
Trousers - model's own
Footwear - Roots
On Graham: Sweaters and Shirt - Roots
Trousers and Footwear - model's own*

TRADITION



*Suit - Tiger of Sweden, Shirt and Pocket Square - Eton, Tie - Ben Sherman
Scarf - model's own, Belt - Tommy Bahama, Watch - Seiko, Footwear - Donald Pliner*



*Jacket - See by Chloe
at Simons
Dress - Divine Decadence
Footwear - Aquazzura
at The September*



*Blouse - Simons
Skirt - Anisha Kumar
Earrings - Carole Tanenbaum
Ring - Divine Decadence
Footwear - Jimmy Choo at The September*

T I M E L E S S



B E A U T Y

W O N D E R



Y E A R S

Sweater and scarf - Roots, Denim - model's own, Footwear - Converse





Dresses - RVNG, Jacket - Roots

STRONG



& FREE

S

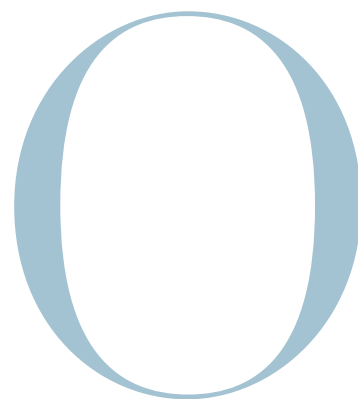
Shot on location at Gradyon Hall Manor—the elegant, stately and private special event venue in the heart of Toronto, Canada.

Built in 1936, it's a historically significant manor with a grand staircase and a central entrance that opens onto a breathtaking ballroom and an expansive view of a formal garden.

It's unexpected beauty.



Jacket - See by Chloe at Simons, Dress - Divine Decadence, Footwear - Aquazzura at The September



originally built for Rupert Bain, a business financier, as a sportsman's paradise and a place where the Royals would stay when visiting Canada. He hired notable professionals of the day - George & Moorhouse to create the

feildstone Georgian-style home with tennis courts, swimming pool, race track and horse stable; Dunnington Grubb and Stensson to create the formal gardens; R. Marcum Slimon to do the interiors and George Cumming to design its 9-hole golf course. The site of many balls and parties - the Bain family home was a favorite gathering site for the well-travelled elite.

While the Bain family no longer owns the estate and much of it has been parcelled off, the manor and its immediate grounds remain under private ownership and it continues as a site for exclusive celebrations.

The manor combines historical features - a warm wood-panelled cosy den with a crackling fireplace, painted wall murals, a grand ballroom with 14 foot high ceilings and architectural gardens with updated contemporary interiors so the space is comfortable, functional and inspiring. It's home to Italian-trained chef Arpi Magyar who is well-known to foodies and Food TV audiences. It operates 7 days a week, fits between 20-180 for sit-down events or between 40-400 for cocktail parties and the stone terrace accommodates seating for up to 250 guests. It can accommodate kosher events and

hosts the best of local and destination weddings, anniversaries and philanthropic events. It's also a preferred filming location for movie and television productions. While the event venue is known for its privacy, we do know that two-time academy award winner Cate Blanchett and her movie film crew were arriving the next day after our shoot. And it's public record that Winona Ryder, Kiefer Sutherland, Heather Graham have also filmed there.

A special thank you Corina V - a preferred photographer of Graydon Hall Manor for gaining us access to the venue for our photoshoot (corinavphotography.com)

For more information on booking Graydon Hall for your event, www.graydonhall.com



All gowns - Ines Di Santo Earrings and bracelet - Divine Decadence

WE THE NORTH



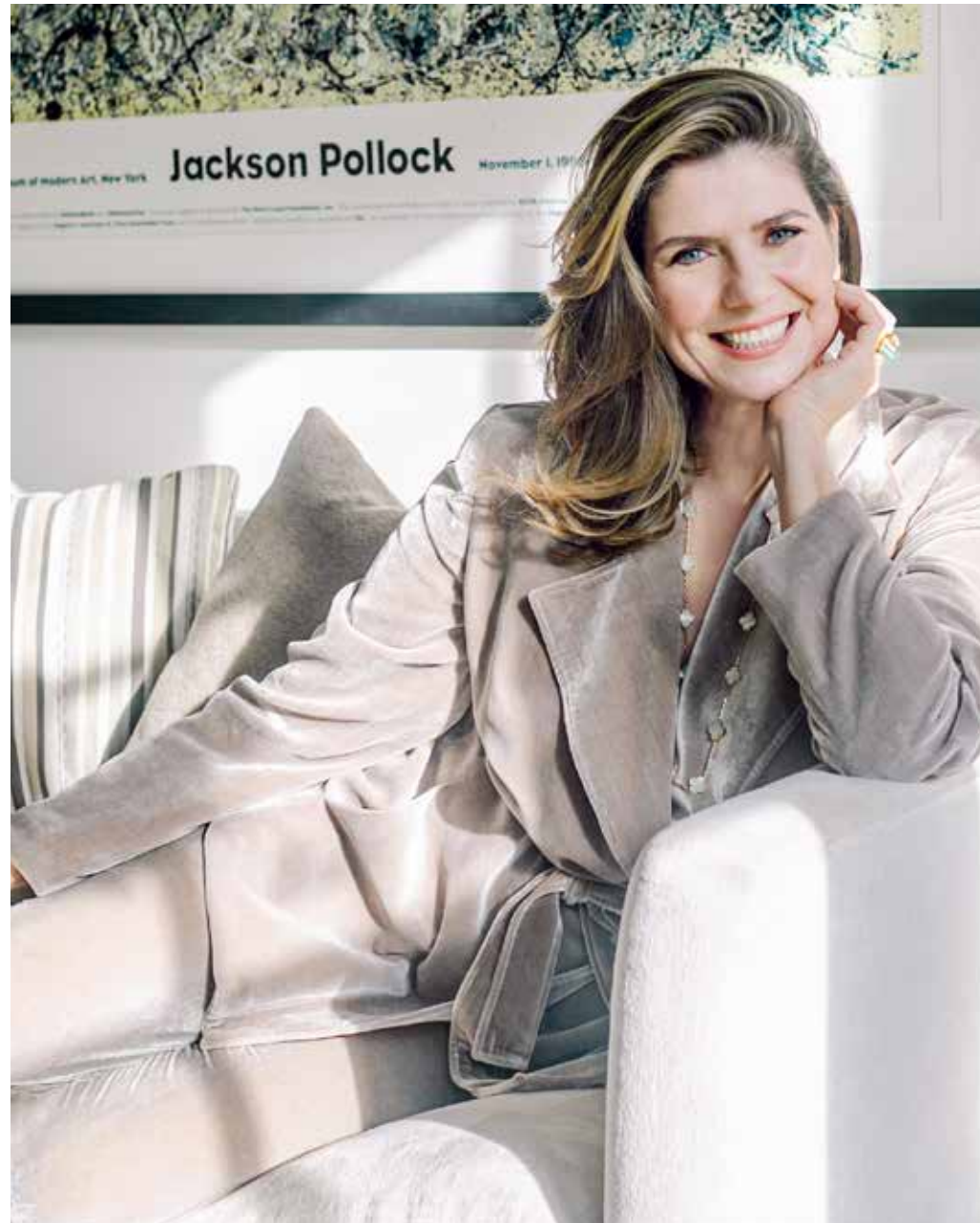
ANITA

CONFIDENTIAL

AN INTERVIEW WITH ANITA NORRIS
OF ANITA NORRIS MODELS BY ADRIENNE ROMAN

1. WHAT DO YOU LOVE MOST ABOUT YOUR JOB? I love the development side of the business, discovering new talent and guiding them in their careers. Helping them grow to gain confidence in themselves. Introducing them to worldwide markets and mentoring them into becoming successful women. **2. WHY DID YOU BECOME AN AGENT?** I began in front of the camera when I was 15 years old so the evolution to an Agent was pretty normal. But the real transition took place in the late 90s when I was living in Milan. After the birth of my son, my former husband and I purchased an existing agency and relaunched it as Ice Models Milan. And so my journey began. **3. TELL US ABOUT YOUR EARLIER YEARS AS A MODEL IN MILAN - HOW DID IT INFLUENCE YOU AND THE DEVELOPMENT OF YOUR AGENCY?** I arrived in Milan in 1991 and was fortunate to work for some of the most talented designers at that time: Gianni Versace, Giorgio Armani, Pucci, Roberto Cavalli, and Cerruti amongst others. Coming from Canada and from a small city like London, Ontario it was such a great experience to see the world and experience fashion with these amazing creative people. It really opened my eyes to the wider world and taught me about other cultures and the importance of hard work and passion. I would like to think these experiences influence how I manage ANM (ANM Inc.). Certainly understanding Toronto's place in the global industry and having significant international contacts also helps. **4. AS A WOMEN IN YOUR FIFTIES, WHAT DO YOU WISH TO IMPART TO OTHER WOMEN?** Enjoy life, pursue your passions and find your purpose.





On Anita: Donna Karan vintage velvet suit, shoes, Valentino, necklace Van Cleef & Arpels "Al Hambre" collection.

5. AS AN AGENT, WHAT DO YOU WISH TO ADVISE YOUNGER WOMEN? Obviously, beauty is important for this business, but it's not the only thing we look for. We are looking for the full package - intelligence, personality, communication skills, perseverance and hard work are critical. If our models keep developing these skills they will not only be successful in modeling but importantly in life. **6. FAVORITE RITUAL:** A great facial every 3 months, 8 hours of sleep every day and I drink lots of water. **7. BIGGEST SURPRISE IN LIFE:** Finding my partner again 32 years after we first dated in high school. **8. SPIRIT ANIMAL:** I did an online test (thanks Google) and it came back as a Butterfly, but I like to think of myself as more of a Cheetah.

9. BEST VACATION: Maui. **10. GREATEST INSPIRATION:** Jeannie Becker and Fashion TV. It changed my life when I was 12 years old. **11. FUTURE GOALS:** Learn something new every day, take on new challenges and continue to pursue my vision for ANM. But, most of all, I want to enjoy my time with friends and family. **12. FIRST JOB:** Selling jeans at Thrifty's at Westmount Mall London, Ont. **13. CURRENT WISH:** A fancy yellow diamond. **14. CALM PLACE:** At home in front of the fireplace. **15. SOUL RELIEF:** A Hot bath. **16. FAVORITE PIECE OF JEWELRY:** My most recent Christmas present. **17. BEST EXOTIC RETREAT:** I haven't made it there yet but I have always dreamed of going on a Safari in Africa. **18. WHAT I WISH FOR:** A world where people are nicer to each other, and if I can't have that, a piece of Paterson Ewen's art for my living room would be good too. **19. HARDEST THING:** Seeing what is possible when others don't.

PHOTOGRAPHER: CORINA VAN SLUYTMAN
CREATIVE DIRECTOR/MAKEUP ARTIST: JACKIE GIDEON
HAIR: PAOLO MAROLA

RA's

WISDOM

by Raymond Aaron,
NY Times bestselling author, adventurer and professional speaker.

Long Suffering VS. Short Suffering

When I ask people if they are a long sufferer or a short sufferer, they always proudly reply that they are a short sufferer. But the truth is far from that.

Short suffering is the courage to tell the truth, regardless of consequences, so that everything is aired and nothing continues. The truth always has that characteristic that nothing continues. Everybody thinks they are a short sufferer; but rarely do people have the courage to tell the truth except of course when it's easy.

So, when is telling the truth not easy? Here's an example... Your favorite aunt gives you a vase that you consider ugly. She can sense you don't like it; but you

do not have the courage to tell the truth. What do you do? You do what is easy, but not what is the truth. You tell your favorite aunt: "No, I love it really I totally love it." You know it's not the truth and all your family members know you're not telling the truth.

You put the vase in the basement but you can never forget it. Every time you fear that your favorite aunt might drop in, you think in horror to yourself that you had better get the vase from the basement and put it on the mantle. Every time someone even mentions that aunt, your brain goes into a tizzy remembering that darn ugly vase in the basement. And, it never ever ends.

That one single untruth goes on forever. You might wonder "So what?" How much can the memory of one darn ugly vase hurt me? And here is where the problem lies.

This is the horrid essence of long-suffering. Remember that little untruth you told your spouse to cover up a little embarrassment a couple years ago? Do you remember the promise you made to the kids years ago that you reneged on? Do you remember that big messy litter that you accidentally dropped but didn't clean up? All those embarrassments are there all the time in your mind on top of the embarrassment of the vase and on top of all the other little untruths that you ever said.

You saved yourself the moment of pain but you imprisoned yourself in a lifetime of long-suffering.

My observation is that people will do anything to prevent the moment of pain and embarrassment because the lifetime of long-suffering doesn't seem as real and certainly not as close as the moment of pain and embarrassment.

Think of life as a hallway. When you're born the floor is clean. As you add an untruth to prevent a moment of pain and embarrassment the floor gets covered with an inch of gooey mud. The second untruth only adds another inch. And the third adds only another inch. As you can easily see, rather soon you are wading through a tough life of difficulty. Your life seems tough. Your mind is never truly at ease.

Is there an alternative? Yes! The option is simply to tell the truth. But, you might object that it might hurt somebody to tell the truth. Firstly, they probably know you're lying anyways; and secondly when you tell an untruth you have seen already how you were hurting yourself horribly.

I will end this little essay by giving you some help in being a short sufferer. You see the trick is to prepare in advance. Here are the three sentences that I say when someone gives me a gift that I do not like:

Dear Auntie,
I love you.
I love that you gave
me a gift.
I do not love the gift.

It is as simple as that. Once you are prepared, the moment of awkwardness is not as tough and the freedom from ongoing lifelong suffering is a treasure.

Now I ask again: are you a long sufferer or a short sufferer? It takes great courage and a moment of pain to be a short sufferer. Long sufferers do not have an awkward moment, they have an awkward lifetime! aaron.com

Beauty & why I love what I do.



Photo by Corina Van Sluytman
Dress by RVNG, Jewelry by Pomellato

I am so happy to be a part of a movement that honors authentic beauty and style in all women, of all ages and cultures. We all deserve to be adored! First Lady embodies this wonderful ideal.

It's really quite simple. The decade of no boundaries to being yourself is here! Real beauty is democratic and holistic, personal and intuitive. We are all wonderfully unique and we should be celebrated and encouraged for that uniqueness, not shamed for it. It should energize us, not debilitate us. I'm here to tell you, that after 30 years in the fashion and beauty industry, the value of individual beauty, and fresh diversity is more essential than ever. It is within our reach. To me, integrity, wisdom, elegance, character and personality are all examples of this alluring appeal. It's not about perfection, excess, ageism or sameness. It's about respect, freedom, harmony and confidence in oneself. Be bold and embrace your own true identity. Stand your ground.

Beauty is the essence of life, it is the driving force that propels us to be better, to live better, to see better and to do better. It renews and cleanses our perspective.

As an artist, I am lucky to do what I love. I love beauty in all its forms and I am enamored and enchanted by works of art created in nature, and by man. The idea of genuine beauty to me, is all encompassing. I wake up thinking about it, and pursuing it. It is my career, my muse, and my life. It is also my balance.

For example, a very early and crucial memory of mine that still evokes vivid and visceral feelings of pure joy, is also one of absolute simplicity. I was only two or three years old visiting my grandmother in Beirut, Lebanon, when in her fruit garden, I first encountered the sweet and heady scent of Jasmine flowers.

I will never, ever forget that sensation of complete euphoria. I was captivated by those small delicate white flowers. I was intoxicated by their hypnotic perfume. Even at 2 years old, I somehow understood that it was something so lovely, yet so ephemeral. At that very moment, I experienced my oldest conscious memory. I was instilled with a love of that fleeting beauty, and I intuitively knew that I would grow up to chase it and create IT forever. I had my first epiphany and had discovered my true language. Ever since, I've tried to intellectually, emotionally, and physically replicate and distill that feeling into an enduring visual language. It drives and inspires me to create. The indelible scent of Jasmine, to this very day, still has the same power to transport me. The beauty we take for granted all around us is so extremely potent and poetic. We just have to open our eyes and hearts and use it as a conduit for happiness.

I am a dreamer. Friedrich Nietzsche's quote that "no artist tolerates reality" was definitely written for me! That's why I always instinctively try to create my own creative reality. So can you. With vision, persistence, determination, and hard work you can absolutely turn that abstract dream into the tangible truth. By sharing our passion for art, design, fashion, architecture, history, music, home, and nature, we can communicate on a deeper level. Surround yourself with what's beautiful to you! The good fortune of working on First Lady lets me do just that. Again, this is why I love what I do. We can forge our own stories and design our own lives absolutely and positively. We encourage you. Make your own beauty.

Jackie Gideon

CO-FOUNDER AND CREATIVE DIRECTOR,
FIRST LADY GLOBAL MAGAZINE, JACKIEGIDEON.COM

INSIDE the
ARTFUL WORLD of

ROBERT NOAKES

An exclusive interview
by Karyn Mullen.

CREATIVE DIRECTION:
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EDITORIAL DESIGN:
PIA NUMMI



No one creates space and uses it more beautifully than Robert Noakes. He understands that perfection is found in balance and proportions.

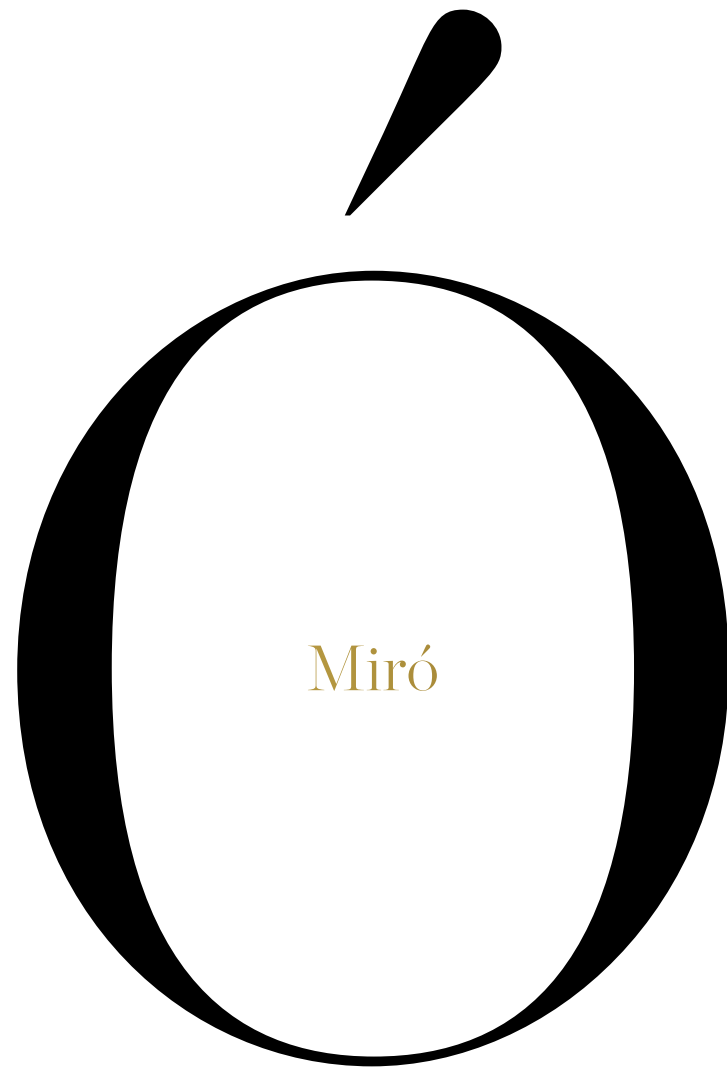
Robert Noakes is a true design master who has enjoyed four decades of massive success working discretely to create exquisite art-filled private residences and executive offices in Paris, New York and Toronto. He understands that perfection is found in balance and proportions. Like no one else, he understands that what you do in a space is just as important as what you don't do.

He delivers artful perfection of proportions and spaces you would love to inhabit. He succeeds without the aid of marketing through the media, internet or any social media. He just quietly delivers glorious finished spaces. His signature style is the masterful use of space. This is true regardless of the interior style – contemporary, traditional or modern.



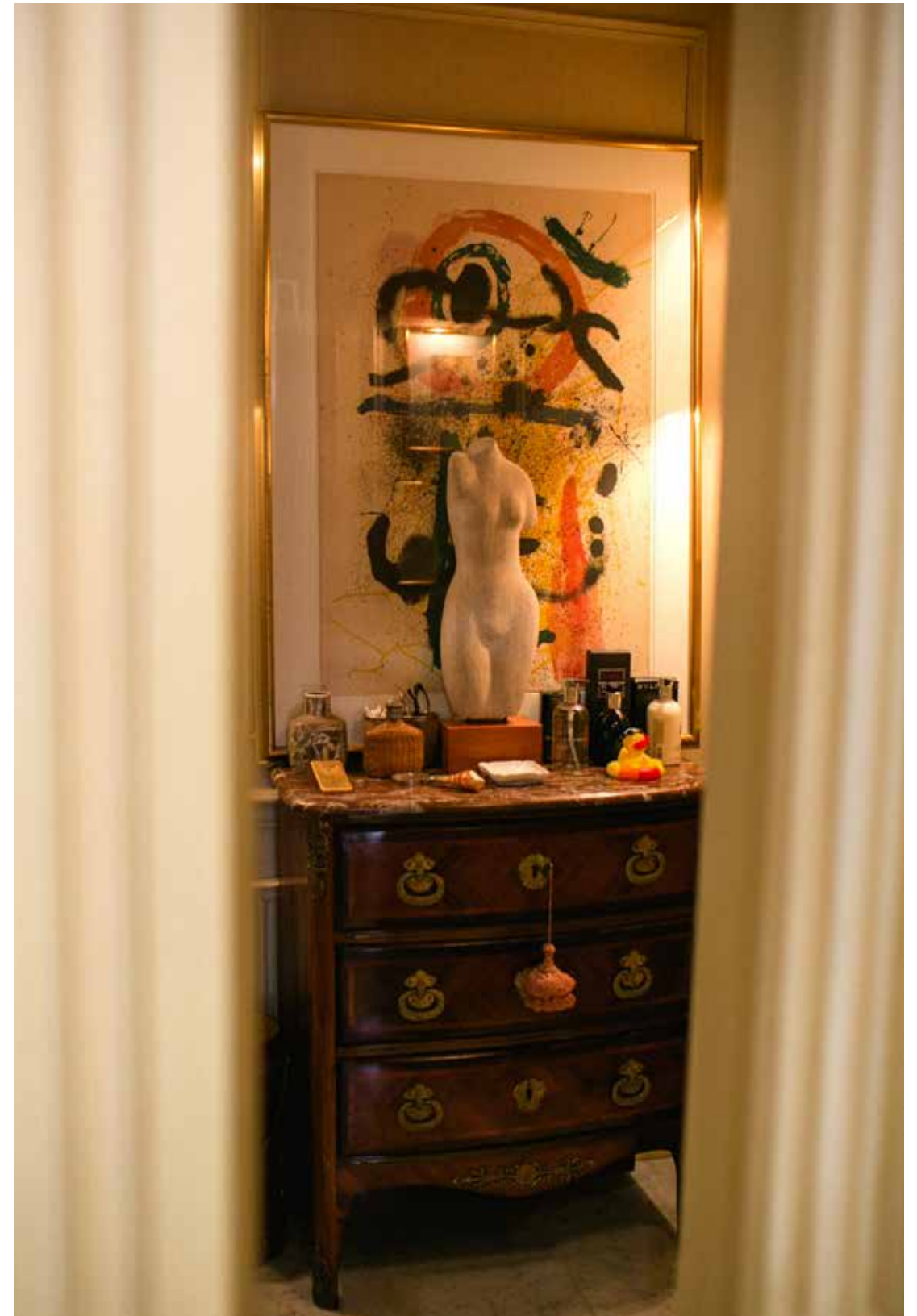
“ I met Robert every Friday morning for six months to learn from the master and to coauthor a book together. I'd sit on this sofa, which once belonged to Lee Radziwill, an American socialite and sister of First Lady Jacqueline Kennedy. What I love about Robert's interiors is that each space, and all the objects invited in it, are intentionally created for the people who live there. It is such a refreshing change to what I call “instant interiors” where everything is purchased from one store and it could be the home of anyone. Now you know why I would retain only Robert to design our home.”

- KARYN



“Bathrooms, like kitchens, are great places for art. You spend time there everyday. This artwork once hung in the office of William S. Paley, the founder of the C.B.S. television empire. It's behind glass so it is protected from any steam from a shower. The sculpture that sits atop the empire chest is by E. B. Cox, a Toronto-based sculptor, which pairs perfectly with rubber duckie.”

- ROBERT





“Years ago, I privately bought this painting from a family which was downsizing in Rosedale, an affluent neighborhood in central Toronto. I bought it because I loved it. I put it in the window of my shop but I thought, “I don’t really want to sell it.” Two days later a man walked by and wanted to buy it. At that moment I decided to keep it.”

- ROBERT



M

atisse

N

Matisse, a French artist most known for his colorful paintings, also produced prints by the process of etching.



“I bought it because I liked the look of it - It’s a life-size portrait of William Astor by Gerald Leslie Brockhurst. He was a leading portrait & society artist of the 30s and 40s. He did portraits of the Duchess of Windsor and socialite Margaret Sweeney, Duchess of Argyll, which hangs at the Tate Museum in Britain. When I saw it, I said “wow, this is a great painting,” I knew the artist, I didn’t know the subject yet, but thought, “I’ll go for it.” I bought it at an auction in New York.”

- ROBERT

1. COLLECT, DON'T BUY STUFF.

This requires patience. There is not a shop in the world that has everything you “must have.” I’ve bought 20 or so Vinini Corroso Glass Bowls as I’ve travelled throughout the world; a walnut chair from an antique store in Tetbury, England; fabrics from Milan; sculptures at auctions in New York, Paris and London. First of all, you have to love it. Then decide if it is good enough.

2. COLLECT FURNITURE THAT WORKS BEST WITH YOUR ARTWORK COLLECTION.

I like straight legs, simplistic furniture so it had to be 18th Century. Therefore as far as French furniture was concerned, it had to be Louis XVI.

3. DON'T DESIGN FOR WHAT YOU DO ONCE A YEAR, DESIGN FOR WHAT YOU DO EVERYDAY OF THE YEAR.

I didn’t want a dining room. I don’t have dinner parties here. We always go out to eat. At the cottage, I have dinner parties but not in the city. The same thing with my place in New York. No one ever eats in their apartment in New York. Everyone goes out to eat. Maybe the odd time you order in. In Paris I did the same. If we entertain here, it is in the living room and maybe just hors d’oeuvres. Design for your lifestyle.

4. DON'T WORRY ABOUT RE-SALE.

There could be a downside to the fact that I made this former 3-bedroom 3-washroom apartment into a luxury 1-bedroom. But many of my clients have luxury 1-bedroom apartments much larger than mine. Specialized or bespoke homes could take a little while to sell if they are sold to a general market. But if you have a Realtor that serves the luxury market or art clients, for example, this could go in a minute.

5. WIDEN YOUR HALLWAYS.

Most hallways are narrow because people think it is just losing money to make them wider, but art lovers want the added wall surface. North American hallways are 3 to 3 1/2 feet wide. From an art-lover’s perspective, a narrow hallway is doing nothing. It’s better to have a wider hallway - 5 to 6 feet wide like they do in Europe. It gives you the distance to appreciate your art.

6. ELIMINATE DEAD-SPACE.

Many homes have plans and layouts with what I call a living room and a half. It’s a room that seats up to 10 people and then there is this little nook where people stick a piano they don’t play or two chairs with a skirted table they don’t use. The truth is, when you entertain, you never have conversations with 10 people. So if you create your living room around the idea of having great conversations that usually suggests seating for 4 to 6 people. My living room has a major sit-down area where 6 -10 people can talk and enjoy hors d’oeuvres.

10. PERFECT WALL COLOR:

I’m obsessive about getting the color correct. I look for crispness and balance. I refuse to buy paint off a chip; it’s not exact. I might get a suggestion of a color from a chip but I usually start selecting a color with drapery. In the case of this apartment, I started with a sample of drapery I loved from France. I had my living room painted 6 or 7 times until it was an exact match.

11. HAVE AT LEAST ONE DARK ROOM.

These character rooms are spaces that you only use in the evenings or at night. Usually it’s a powder room or a dining room.

12. USE THE BEST NATURAL MATERIALS ONLY.

I don’t ever use anything that is synthetic - that is my standard. Only wool carpets, silk, velvet and linen, etc.

A

A mix of Pre-Columbian and African art flanked by a pair of French Art Deco light fixtures. A piece by Louise Nevelson hangs on the wall. Nevelson was an American artist known for monochromatic wooden wall pieces that were made out of boxes, scraps and furniture found on the streets of New York.



“ Even avid art collectors consult Robert before buying. He shares the same passion, he’s got great taste and a collector’s eye.”

- KARYN



Q

“The original layout had this space as a bathroom and you converted it into a walk-in coat closet. How do you reply to someone who says, “Eliminating a bathroom is bad for re-selling your home.”

- KARYN



A

“Well, I’ve left the rough-in of plumbing there so it could be converted back. But my real answer is, I don’t care. I live for myself.”

- ROBERT

“The front hallway cloakroom is upholstered in wool. You feel like you are walking into a cocoon – you leave the world behind.”

- ROBERT

“An 18th century Italian mirror contrasts with a contemporary oil painting by Michael Snow. If it was all “fussy antiques” or all contemporary art, it would get boring.”

- ROBERT





“
*A narwhal tusk which once washed up on the shores of Greenland;
Vinini glass bowls; an 18th Century chest of drawers; a husband
and wife sculpture from the Dogon Peoples of Mali, West Africa.
I just like beautiful objects.*
”
- ROBERT



“Collecting art is fun. Many of my clients collect art too. I found this unsigned sculpture in London. I bought it because I loved it. I found out later it was by a Canadian artist, mostly known for his paintings. When I did some research I saw that he lived and worked in London during the time the sculpture was made. The mystery can be part of the fun. Uncovering value is secondary.”

- ROBERT





MAKE
AN

ENTRANCE





Robert with Dorthy and Bill Ballard, the wife and son of Harold Ballard, former owner of the Toronto Maple Leafs. Bill and Robert were friends and neighbors so when the Maple Leafs won the Stanley Cup in 1967 and rumors were circulating that fans wanted to steal the Stanley Cup, they hid the trophy in Robert's garage. Then he drove it to the Ballard family cottage in Georgian Bay in his Triumph Spitfire.

“E

verything is Yin-Yang to me. Complimentary opposites working together to create a whole. Dark-Bright. Feminine -Masculine. Negative-Positive. Full-Empty. One creates the other and one needs the other. One element doesn't overpower the other. The closer all the elements are in tune with one another, the closer you

are to perfection. Some people can approach this balance within a mile and some people can approach it within a millimeter.

It is the pursuit of balance, this harmony of elements, that is the perfect expression of yin-yang. This, for example, is a traditional room with pairs of objects - 2 chairs, 2 rock crystal lights, 2 statues of around the same height, which read as a pair. Then you have the gold in the screen, gold in the silk velvet on the chairs, nothing is jarring - everything is late 18th century and 19th century. Everything reads as one - a traditional room. Then, you take the whole thing and throw it to the wind, so to speak, by putting a contemporary steel sculpture in the middle. It holds its own and breaks up the symmetry and the expectation that the whole room would be traditional. It's the contrast of that one piece of contemporary, in amongst the traditional, that makes everything interesting and timeless.

You can mix high and low, but why would you? Sometimes you can put a room together with an inexpensive piece of art but it wouldn't work if you also put two Ikea chairs in there - you'd lose the impact. Contemporary art and a traditional backdrop works because of contrast. If you start playing around with the traditional you mess up the impact of the contemporary. It works together as a whole. It is best to keep things of the same value, in every sense of that word, together.

Pure contemporary has the same principles, and its success depends on how good the architecture is. The space can be empty but the relationship of the windows and doors can create this harmony. You might have an empty room, but if there is a fabulous wall of glass and a great view, it gives the needed contrast to the sparse room. Without this contrast and balance, it is just an empty, uninteresting room. There is nothing to give it anything. There is nothing to see. robertnoakesinternational.com

Based on an interview with Robert Noakes by Karyn Mullen.

PS: Thank you Robert. I've seen the world's most beautiful spaces and yours are the only ones I want to live and work in. You create effortless beauty and transformative spaces. You have a master's touch. You are so special.

