

Everyday Matters february

Inspiring ideas for day-to-day living

BY DONNA PARIS

5 WAYS TO GET OUTSIDE AND EMBRACE THE SNOW

1. HEAD OUTDOORS

to skate, watch a few shows and enjoy the snow at the Jack Frost Children's WinterFest in Charlottetown.

2. DRINK HOT CHOCOLATE

when you visit the Royal Manitoba Winter Fair, one of only two fairs in Canada to receive patronage from Queen Elizabeth II.

3. TAKE A HIKE

with the family and watch the winter animals at the Toronto Zoo's Tundra Trek, which includes polar bears, arctic wolves and reindeer.

4. ENJOY ALL THE VIEWS

that Canada has to offer. Hop on a train from Vancouver for a scenic ride through snowcapped Rockies on a winter day.

5. PLAN AN OVERNIGHT ADVENTURE

in Parc National des Monts-Valin, Que., where the whole family gets to sleep in an igloo. The kids will love it!



Beat the February blahs with five winter-blues busters at canadianliving.com/february.

Chocolate Couture

You can grab a candy bar at any convenience store – but it's so refreshing to find someone who takes pride in the craft of chocolate making.

Coining herself a "cocoanista" (a combination of chocolatier and fashionista), Jacqueline Jacek, owner of Jacek Chocolate Couture in Sherwood Park, Alta., decided to combine her love of food and fashion to pursue her dream job – concocting chocolates with delectable fillings such as Strawberry Champagne, Salted Rose Caramel and Pink Grapefruit Sherbet.

But there's more. "Since the launch of Jacek Chocolate Couture, I have been thinking of ways to use my craft to not only raise awareness of breast cancer but also to raise funds," says Jacek. Last October, she launched the LouLou Belle Collection in memory of her Aunt Louise, who lost her battle with cancer at the age of 32. A portion of the proceeds go to support Rethink Breast Cancer.

Jacek likes to conjure up new combinations for Valentine's Day, so if you think chocolate is an impersonal fallback gift, think again. "Gone are the days of giving generic chocolates in a flimsy heart-shaped box," says Jacek. "Now you can buy the people you love handmade artisanal pieces."

– Paula Cilia

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