



The Confident Woman^{2.0}

The Fabulous40Plus Portrait Series 2022

Designed & Created by Francal Studio



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Welcome to The Confident Woman Magazine 2.0

I cannot fully express how gratifying this has been and how much I am so honoured that I get to celebrate you; that I get to tell your stories and capture beautiful portraits that explore who you are today. What you see in the magazine is only a glimpse of the glorious portraits that every woman in this issue gets to enjoy everyday. For most of you, we created so many photographs that explore the different sides of you - many of which you prefer to enjoy in the comfort of your home and private spaces.

The focus of The Confident Woman Portrait Series remains the same: celebrating women over 40 and changing the conversation about beauty and aging. My goal is using photography to showcase the strength, wisdom, and beauty of women. Aging is a privilege and I believe in celebrating it. I want to redefine beauty as something that comes from within and is reflected in our confidence, resilience, and wisdom.

A lot of these stories highlight the challenges that women over 40 face, such as ageism in the workplace and lack of representation in the media. There are lots of practical advice to glimpse from your lives and so much inspiration, while amplifying the voices and stories of women who have succeeded in spite of these obstacles.

I strongly believe that every woman has the power to be confident, strong, and resilient. Join me to celebrate the beauty and diversity of women over 40 and inspire each other to live with purpose and passion.

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Anita Wilson, 51

Business Name: Coast Therapy

"I feel that women's empowerment is such a trendy statement right now that the true meaning of it gets lost or even ignored amongst so many people. To me, it's about women recognizing our ability to achieve so much more than we often give ourselves credit for, and to see the optimism and positivity in the many challenges we face as women."

As a recently turned 50-year-old, single mom, and successful business owner, I am so passionate about women feeling fabulous! I feel it even more with aging, as there is a stigma to youth and beauty, often suggesting that we are "less than" or can't succeed the same as our younger selves or younger counterparts. I feel that women today feel so much pressure to look a certain way, act a certain way, juggle all things, and still look like we just walked out of a magazine. Although I believe that many of the cosmetic/esthetic choices these days are freeing, personal, and should be able to be done without judgement, I'd also like to

represent the choice to be natural. I have had no 'work' done, no enhancements to my eyebrows, lashes, nails, etc. Women often sell themselves short in terms of their own natural beauty, lifestyle choices, career paths, and how we sometimes still feel forced to try to "fit in a man's world," even in 2022. The Fabulous40plus project, by Franctal Studio is an opportunity, in my opinion, to put a face to the struggle a lot of women face. You CAN be over 50 (over 40) and still be beautiful, youthful, successful, and proud, as well as independent, without giving up your femininity, power, or 'yourself' to do so.

*"I want women to see the beauty, success, drive, and motivation that they have within themselves, and to truly feel confident in letting the world see them."
— Anita Wilson*



Anjali Murray



I love living in my divine female body. I combine femininity and intelligence beautifully. My exquisite female body radiates loving kindness to the world. I give permission to my inner goddess to work her magic. I embrace being a woman. I empower myself and all women in the world. I appreciate the female cycles that my body experiences. Being a woman is the greatest gift the universe has given to me. My body is a tremendous gift, and I will treat it with love and kindness. I am a wonderful daughter/mother/sister/partner to my mother/children/siblings/partner. I am confident in my sexuality.



You are worthy!

affirmation



"Beauty is what you make of it. It's not how you look on the outside, it's what radiates from within."

— BobbiJo Roback

BobbiJo Roback, 48

Business Name: Flight Centre

"You see yourself the way others see you."

I am resilient! I love people, I love to connect with people and connect others together to build strong communities. When I am at work, I love to help people understand our systems and learn how to use them to be more efficient in what they do. I love building relationships with everyone whether at work or away. My greatest life motivation has always been my family. I work hard to provide for them and allow them to have experiences to make memories that will last a lifetime. My greatest influence has always been my mother. She worked so hard all through my childhood to give us everything she could while still being the one that anyone could come to for help, comfort, or just a listening ear.

I am extremely proud of my children. They have had many challenges in their young lives being neurodiverse, and they have handled it with grace. It has absolutely not been easy but they are dealing with their differences with pride and I am so grateful for them. I am proud that I have been chosen to be the Canadian Chapter Head for the IADWP (International Association of Destination Wedding Planners). Hence, I will be able to do what I love the most which is network in the most wonderful industry in the world - Travel. I will also be able to give my family experiences that would otherwise not have been possible. I am extremely proud of my ability to keep going in the face of challenges.

When I was a child, my family broke apart and I had to be the strong one for my mom. In 2015, I lost 7

people in six months. In 2021, I lost 4 people in one weekend, and in 2022, I lost 3 very good friends. I have had my youngest child be diagnosed with autism, my mother diagnosed with cancer, and my daughter is being tested for some challenges as well. I know that the only way that I can keep going is to remember that no matter what happens, making time for them and creating memories is what will give them the best life.

My future is exceptionally bright with many new opportunities around the corner. I hope to be able to travel with my family and create many more memories. My hopes are for my children to lead full and fruitful lives with so much joy. I aspire to be the best role model for my kids and to be able to show them that they can face anything.

At almost 50, I am excited to lead a fulfilling life with my family. I have lived so long doing what other people think I should do, so it's time for me now. I want to see my children have incredible experiences and to watch them grow into amazing humans.

This portrait experience is happening at the perfect time. I lost myself in grief for the last 3 years and I have come out the other side. I appreciate the opportunity to allow the new me to shine through in these photographs. I have lost a lot of confidence, and I was terrified to show someone else my vulnerabilities, but Caroline made me completely at ease upon walking in. I was shocked at how confident the person in the photographs looked. I believe that everyone above 40 should try this!

A professional portrait of Bianca Myddleton. She is seated, wearing a light pink blazer over a black top and black pants. She has dark, wavy hair and is smiling at the camera. The background is a plain, light color.

**Bianca
Myddleton**

Business Name: Myddleton Real Estate Corporation

A portrait of Beverly Graham standing in front of a lush, vertical garden wall. The wall is covered in various green plants, including ferns and hanging purple flowers. She is wearing a cream-colored, short-sleeved top with a diamond-shaped lace pattern and a tan skirt. She has short, grey hair and is smiling.

**Beverly
Graham**




**Beata
Jivara**

Business Name: BioMune Wellness



**Binita
Chaudhary, 53**



*"My grandson is joy."
– Catherine Adlam Campbell*

Catherine Adlam Campbell, 68

"Life has taught me that you need to be strong and if you get knocked down, get back up and move on. Never dwell in the past, always seek a better future."

I am an adoptive parent of my special needs grandson (who clocks 9 in December), and while raising him on my own can be challenging, I am excited to see him grow into a caring person. This makes my 60s an exciting time for me. I like to read, crochet, spend time with my son and travel.

One word that describes me is "Persevering." My greatest life influences were the women of my mother's family: their strength and abilities, borne from the hardships in their lives. I took my strength from them.

My major achievements were surviving an abusive father and protecting my family in the process. As a woman, I feel accomplished because I am independent and able to do many things on my own, such as repair almost anything; I can build a cabinet from my own design and wire a house to code.

My first life challenge was my father who was physically and emotionally abusive. My mother was not strong, but I pushed her to leave, and she did. When we left, she became sick so my next challenge was to make sure her and my siblings would survive; I went to school, and I got a job all while taking care of my mom and siblings. My third challenge was

being a single mom and finding a job which I enjoyed. I have to say I loved all my jobs and what I learned in them.

My future is full and busy raising my challenged grandson who I have adopted, I hope to find a special someone but if not, that is fine. My aspiration is to buy a small farm and enjoy my own food grown by me.

Being over 40 bites; your body doesn't cooperate. Whoever said golden years needs to take that back, to be honest nothing excites me about aging because it seems that something happens to slow you down. This current phase is scary because I have a precious child to raise which I wouldn't change for a bit, but it seems that my having children messed up my body, so doctors are a regular thing. However, I would not change a thing. I live by the following quote, "They whispered to her you can't stand with the storm, she whispered back, I am the storm." I feel I am a force in myself, and life is the storm.

Beauty to me, is how people treat each other or a newborn child. My photoshoot experience was great! I had fun and laughed a lot; it was very enjoyable and I felt safe. I think all women should do something like this for themselves and feel free.

Chris Collins, 50

Business name: Chris' Home Daycare

"Spending wonderful days with my grandmother as a young adult had a lot of influence in my life. She taught me that if I wanted to do something in my life, I did not need to look any further than within myself."

One word description of Chris Collins? Giggly. This is because I am very shy and I often giggle to mask my feelings. I really enjoy cleaning (it is my main exercise), dancing, and singing, and I absolutely love a game of Wii with my teenage kids. My other hobbies include enjoying warm days, beach picnics, roasting marshmallows, and hanging out with my family without electronics. I love instrumental jazz, the warm scent of vanilla or pumpkin spice in my home, and the inner satisfaction of watching the children I have cared for (and those I am caring for) grow, thrive, and engage through play.

My grandmother was a strong female role model in my youth and influenced me a lot. My children also motivate me to continue to do my best with all I do, in order to be a positive role model for them. The loving family unit I am so lucky to be the mother of, is my pride and joy. I have been married for 25 years to my high school sweetheart and we have 4 very different children we get to parent together. I am proud of my ECE College degree which I was able to accomplish while living on my own and working two jobs. I am extremely proud that I obtained my home daycare license in 2020 after many years of

practicing, opened up Chris' Home Daycare located in North Burnaby, and all the positive ways I have been able to influence these young minds to become wonderful adults.

Three major life challenges I have undergone are moving out at age 17, moving from Toronto to British Columbia (where I did not have any friends) after marriage, and working in an unfulfilling job for a year before I moved into the daycare field. These experiences taught me to have my own opinions and be proud. I have taught my children this too. In future, I hope to open and own my own daycare to give affordable childcare opportunities to all. I would also like to get my autistic son into a career, as he is in limbo at this time.

I am excited about being over 40. My body has been good to me. I work with children and I appreciate that I am still able to sit cross legged and run with them. I have a few changes I have had to make due to the way my body has changed, but I feel so much more relaxed and try to enjoy each day.

This portrait session came up at the right time as I am turning 50 in November, and I would love to honor that. Being married with children, and a child-carer, I do not indulge and always care for others. This seemed like a fabulous experience to take part in. I was a little hesitant to be the center of attention and wear makeup, but I am happy that I had this experience. Caroline was very helpful in helping my poses. This project is wonderful as it is nice to know you are not the only one who might be struggling with issues. It helps to see we are worth so much more then we have been giving ourselves credit for. It is great to just be kind about the aging process as we all go through things differently.

"I think a person who is caring, and kind is beautiful. A person who is approachable and gives you positive vibes is beautiful."

– Chris Collins



Dawn Crawford, 52

"I am a Survivor."

I survived sexual abuse and one of my challenges is dealing with the PTSD, anxiety, and depression that I am bombarded with on a daily basis. Another challenge I faced was returning to the workforce after 20 years while still dealing with my mental illness, but the greatest challenge is accepting the woman in the mirror that I see every day. Dealing with these challenges has helped me live more in the present, it's still a struggle as I'm mired quite deeply in the past but as I look at my scars and look past the hurt and rage, I see in my eyes, I see a strong, caring woman standing tall; a guardian fiercely protecting a small, shattered girl; and a woman I like, admire, and one day hope to love.

Being an Animal Care Attendant is extremely fulfilling and I feel it helps me put pieces of my soul back together. Outside of work, I'm an avid reader who enjoys doing puzzles, cross stitching, and relaxing with my husband while watching our favorite TV series.

My children, and most especially my husband who is my rock are my greatest supporters and motivation; without them I would not still be alive. No matter how much I struggle mentally, my daughter considers me the greatest mother in the world and that means everything to me.

Although I am over 40, I've never worried about my

age as it's just a number but the exciting thing about aging is experiencing new things and the knowledge you can gain. You are as young or old as you want to be. I try not to look too far into the future as living day to day is never easy but one day, I hope to live somewhere warm by a body of water with my husband by my side. As my husband and I are empty nesters, I look forward to deepening our relationship as we start this new journey in our lives. This portrait session came at the right time because for the first time in years, I feel like I'm worthwhile and strong. I can actually look at myself in a mirror and like who I see; one day I hope to finally love that person.

With these portraits I wanted to be able to see myself as my husband sees me: beautiful and strong. I was very worried about how I'd look and how the pictures would turn out. It was hard looking at my portraits and not be overly critical as I hate having my picture taken. Yes, I immediately got rid of quite a few but I was pleasantly surprised by how many I truly liked.

Doing the portrait session was a lot of fun and it was great dressing up and being spoiled for the day, a very unique experience. These pictures helped me see who I truly am. I believe any woman going through this experience will feel empowered, strong, and beautiful.

"Beauty is more than physical. True beauty comes from inside. A person that is comfortable with who they are; someone who is kind, caring, and giving, has a certain glow: this is true beauty."

– Dawn Crawford



Deborah McCormick, 65

"I believe that teaching is my God given gift, and there is nothing more powerful than knowing that your story can inspire others and help change lives."

I am friendly, energetic, and empathetic. My greatest strengths are my resilience, my resourcefulness, and my joie de vivre. My family is most precious to me. I love children; all children. I was a teacher for 36 years, so I feel like I have many adopted children out there. I have found deep and lasting joy in the privilege of watching my children grow up. My biggest motivators for getting through life's toughest challenges were my children and the love I have for them, as well as my grandchildren who fill my heart every day.

Outside of work, I enjoy gardening, decorating, hiking, and kayaking. I learned early on as a mom how precious our health and life is, and not to take anything for granted. My son was diagnosed with juvenile diabetes when he was 9. I therefore became a spoke person for JDRF, advocating for school programs to adopt policies, and provide support.

My mother has had the most influence on my life. She showed me the magic of a smile. She had a heart for helping people especially the underprivileged. Having taught for 36 years, I inherited that same heart for helping my students. My dad influenced me differently by helping me develop a keen sense of worth and a strong work ethic.

Two personal accomplishments are: (1) becoming a spokesperson advocating for school programs, lobbying for legislation changes for insurance companies to pay for insulin

pumps, initiating/ organizing a yearly walkathon to raise money and awareness for diabetes (this walk lasted for 21 years and only stopped because of Covid in June 2020), and creating a family support system for children with diabetes; and (2) becoming a mentor, and a coach to empower women financially in the last five years.

Three major life changes I've gone through are: My son being diagnosed with juvenile diabetes, having no support as a young mom, with a young family (this experience made me vow to my children that I would be the kind of mom and grandma that would always be there for them), and my husband's brush with death thrice in ten years. I am a doer and a fighter, and surviving multiple vehicle accidents shows that. I am an analytical person, and I am not a quitter.

At 65, I am living life to the fullest, staying healthy, and focusing on ME. I love that I have the opportunity to travel frequently with our company, to share my story and impact lives, and to create a legacy for my family. I am aging "gratefully," and believe age is just a number. I am proud of myself for learning a completely new skillset at the age of 60 (trading and investing).

I am grateful for this opportunity for this portrait session at Fractal Studio. I am in awe of how the pictures captured my essence and personality. It really gave me a chance to reflect on me and who I am. I am proud of the person I have become. I am the embodiment of the saying, "Wrinkles mean you laughed, gray hair means you cared, and scars mean you lived."

"Beauty is what is on the inside. It is compassion, empathy, love, and inclusiveness."

– Deborah McCormick



Heather Christie, 68

*"I love who I am and who I have become
as a wife a mother and now a
grandmother."*

Being in my 60s is exciting because I'm able to be Me! To be who I want to be, have confidence in my own skin, and play the role of maturity finally! I enjoy travelling the world to places that excite me i.e., experiencing the culture of other countries. I am also excited to give back to my community by

volunteering where I feel I would do good! This Portrait session by Francetal Studio came at the right time because I'm proud of who I am and who I've become. I want to show the beauty within mothers and mature women! It's our time to shine!

Heather
Christie



Jan Penner, 62

"Bloom Where God Plants You"

Little did I know that this motto on my childhood bedroom wall would become my life's motto.

Since leaving home at 17, I've lived in five countries, in ten cities and planted our home in eighteen 'gardens.' Each move built a foundation for the next adventure in my educational career.

The 'bloom' implies a flower, but I always felt like an ugly weed although a strong and confident one. During my 23-year marriage, I struggled to find a crack in the concrete in order to bloom.

Even then, I left because I wanted our child to thrive in a healthier garden. I couldn't do anything to nourish myself. My mantra shifted to, "You may think you're buried, but perhaps you are planted – so bloom."

At 63, I don't feel like a weed anymore but rather a bud who can see and nurture the beauty in others but is not good at focusing on my own growth.

The photoshoot with Caroline was hard for me since I felt like a weed that couldn't find the sunshine in the crack. However, others who have seen the portraits say they are angelic, graceful, diaphanous (light and delicate) and capture my essence – fragrance.

Will the thousands of people I have educated over the past 35 years remember the weed, bud, blossom or fragrance?

I'm grateful to Caroline for allowing me to view myself as an endearing blossom.

*"Being in my 60s is a great time to reflect on people who have influenced me and how I can influence others."
– Jan Penner*



Jan Peters

One great thing about being in my 60s is finally accepting me for me and embracing life.

Taking part in the portrait experience offered by Francetal Studio is a way to go through one more out-of-my-comfort-zone experience that I believe will give me the confidence boost that it's ok for me to be seen.





Jasmine
Shivji



Jen
Plaza

Karen Lieuw, 44

Business name: Karen I Fitness (online)

“True beauty is how you adapt to change; how you take a challenge and tackle it with grace and kindness, strength, humility, and empathy. I am so happy to be me, in my own skin, and proud of it!”

One word that describes me is “Inspiring.” I am passionate about supporting people and helping them find their voice. I do this at work as a police officer and off work as a fitness trainer. As a trainer, I enjoy helping people find the right program for them, and it thrills me to watch them get stronger and more confident. I love everything physical and outdoorsy. I dance, participate in martial arts including kickboxing, cycle, and indoor spin. I moved to Canada in 1994, at 16. The Canadian school system put me back in grade 11 (because I came from a third world country). However, I took this as a challenge to complete grades 11 and 12 in one year, which I did! In 2007, I gave birth to my son. However, my husband was not supportive and did not appreciate more attention going to the baby than him, at the time. It was a scary situation and I felt alone. However, I rose to the challenge again to keep my son safe and create a life for us where we did not need to rely on anyone else to support us. I went through police training at the same time. I met my amazing second husband in 2011. In 2013, I got injured on duty and thought my career was done. I did not give up though, as I wanted to show my son that the only answer to life’s challenges is to choose to forge forward instead of giving up. I had major back surgery, got back to work, and was named police officer of the year a few years later.

As teenager I did judo with a 78 year old man. He was so strong and fit. My motivation became to ensure I could do that, so that I am strong for my family. My son has always inspired me to be the best version of myself, to never let the world dictate my feelings, and to take ownership of my choices. I am most proud of him and my two stepdaughters. I am also really proud of myself for going back to work after getting injured badly on the job. My surgeon thought I would use a cane for the rest of my life, but my determination surprised him. I just completed a 9 day cycling journey, 800km to raise \$6000 for pediatric cancer. I am super proud to have tripled the goal, (raising almost \$19,000) and proud as this is the most activity my body has been able to accomplish since the injury. This year for me, has been about acceptance, rediscovery, and empowerment. I guess this is why I was so drawn to getting my photos taken. I am so glad I met Caroline and followed through, because I feel like a new woman: beautiful in and out! I had been feeling so self-conscious since my surgeries, and I was totally unsure about how the photos will turn out. The Confident Woman series is such an amazing way to build each other up and give each other a voice. It helped me realize just how many positive attributes I have!

My future is bright! I plan to continue my career in law enforcement, and my online coaching and wellness business. Being over 40 has been an incredibly inspiring adjustment. I am so proud of myself when younger people worry that they can’t keep up with my exercise routine. I have learnt what it means to give myself space and practice self-love. I have learned that it is OK to be me, and not to be ashamed because someone else doesn’t like what they see.

“Women should be strong, stand tall, never give up on their dreams, and realize how powerful their voices can be.”

– Karen Lieuw



Lourdes Kao, 53

*One word that describes me is
"Tenacious."*

I had my first son when I was 18, then 2 more lovely kids after. It was tough but they were the ones who motivated me to become the best version of me. I have always prioritized my family and job and had no time for myself. Then I became a young grandma. Now I'm 53 and have time for myself. I am living my life, am confident in my body, serious about my self-care, and ready to show the world that life begins after 50!

My Dad is and will always be my hero. As a young child, he instilled in me to always fight for what is rightfully mine and to stand up for my rights. My mother is a strong willed, beautiful woman who taught me grit and perseverance, and while we may not see eye to eye sometimes, as I grow older, I see that I am becoming that strong willed woman who made the best of what she had into something wonderful.

I am proud that I was a part of a male dominated fraternity back in the Philippines and was accepted as one of them. I am also proud of my children's achievements! In my career, I am proud of where I am right now. Outside work, I love Salsa and Bachata. I also sew clothes.

Three major events that have shaped my life are: leaving my home country to start a new life in Canada (it was scary since I had to leave my children but, in the end, the sacrifice was well worth it; joining a male dominated organization, going through

training, the rite of passage and getting accepted as one of them; learning that to be accepted in a male dominated world doesn't mean giving up my womanly wiles. I will be forever grateful for that experience and for my oldest and truest male friends. Looking towards the future, I am at a stage where I can say I am truly independent, as my children are grown up with lives of their own. It is now time to rediscover myself, enjoy the things I never had a chance to do because I was busy with my family. I work with a wonderful group of people who are supportive and like-minded. There are still new worlds to conquer in terms of my career. However, my immediate goal is to excel at dancing, maybe perform again or compete?

Taking a boudoir shot has always been in my bucket list but I hated the camera (I still do). However, Caroline made it so easy to laugh and smile and even if my back and neck hurt from all those poses, it was an experience to remember. If I wasn't shown the photos immediately after the shoot, I would never have believed it! I kept telling myself, "damn lady, you're hot!"

I am thankful for the Confident Woman series. It is an affirmation of the feminine body in all shapes and form. It is a celebration of women and a reminder that we have to take a step back and acknowledge our successes. Thank you, Caroline for making this a truly memorable experience.

*"Beauty is the confidence
you exude. When you are
confident in yourself, there
is that glow that makeup
cannot compete with. The
posture that tells the world
- I have lived through
laughter and pain; the
tone of voice that says
- been there, done that!"
- Lourdes Kao*



Lynne Evans, 55

"Believe in yourself, your gut and ensure you're taking care of yourself because you can't help others until you do."

One way to describe me is the word "Compassionate." I enjoy making the world a better place through giving, creating and connecting with friends, family and my community. Family is my everything and I continually aspire to grow and support mine.

Life has challenged me throughout my years. I grew up in a dysfunctional family without parental support and had to find my way as a young teenager. I endured an abusive stepfather as a child and teenager till I found the courage to stand up and say No. Despite the experience, my goal was to be an amazing mom, so I went through counseling to heal and nurture myself. I married my high school sweetheart and we had 4 children in 5 years. My life was so fulfilling and happy, until my neighbor attacked me, and all my childhood trauma came crashing back, leaving me with doubts about myself and the messages I might have been sending to men. I subconsciously started gaining weight as a way of protecting myself. By age 40, I was facing a divorce, weighing 302 lbs., and afraid of looking into the mirror. Forcing myself to plan for my single future, I went back to school and started my journey to regain myself and reconnect with the world.

I started walking with great difficulty, but I kept at it and as I did, my success at school, and on the scale helped firm up my motivation and dedication. I

graduated top of my class with honors and went on to lose a whopping 250 lbs, which I have happily kept off for 10 years. I am extremely proud of myself and now I know I am worth it, and I have so much to offer. I am also proud of working with and for people who are facing life altering health concerns.

I love the confidence that I have gained through aging; with all that I have encountered and experienced, I know deep down in my core. I am capable and my decisions can be trusted. Being over 40, I feel happy and content. My future is what I want to make it as I have learned I am my only limit. I plan on continuing to take the opportunities that life presents to me and enjoy each and every moment. I am excited at my children's futures and how they will evolve and my involvement. I look forward to travelling to many beautiful places in the world and experiencing new cultures and food and art.

I am self-conscious of my excess skin due to my previous obesity, and I have only been photographed once in grad school. I went through the photoshoot due to my continual striving to be the best me. My portrait experience was very professional and supportive. This was definitely out of my comfort zone, but it was also a growing experience helping me get more comfortable in my own skin.

I think the Confident Woman Series is an amazing tool, a way for women to support women.



"Beauty is someone who is content with themselves; someone who realizes their worth and what they bring to the table. Physically I have a good bone structure with an engaging smile, but I believe my kind, warm, and helpful nature sets me apart from others. Everyone possesses beauty; find your confidence and yours will shine through."

– Lynne Evans

Lyudmyla Korshynska, 42

"Turning 40 was such a liberating, beautiful and absolutely great experience. The life lessons I've learned, the wisdom I gained, as well as the confidence, strength, and inner peace I have grown into while getting my body back have been wonderful."

I am so happy to be a woman over 40! The confidence, the experiences I had throughout my life, my inner and outer beauty! This is the best time for a portrait session because I'm entering a new and exciting stage of my life. While raising two kids (one with special needs), life gave me an opportunity to rediscover and reinvent the new me while still being who I am.

I am a positive person. Outside work, I enjoy nature photography. I always have my camera with me on hikes and walks. I like fashion and I know I can model as a career within a mature model industry. My greatest motivators are my family, my kids, and my friends. They all played an important part in who

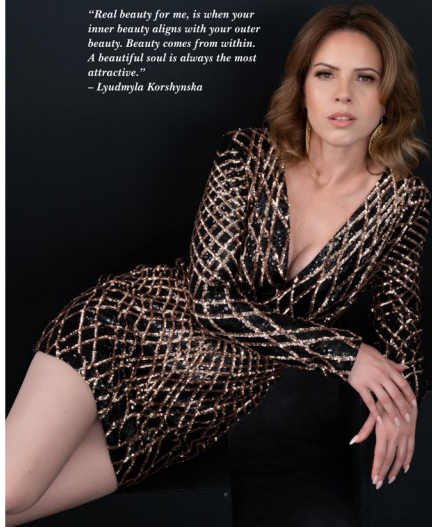
I'm right now. I am very grateful to all of them.

I am proud to be a mother of a special needs child. I am super grateful that my daughter chose me as her guide and protector in her life. Being tolerant, understanding, patient, and forgiving, are some of the traits I gained through my experience as a mother to a special needs child. Going through a divorce made me appreciate and love myself.

My portrait experience was absolutely amazing. I feel that it has to be the must for every woman turning 40 to get a photoshoot done. To celebrate the body, the mind, and the soul. I was simply stunned seeing my photos done by Caroline. Great experience, amazing project, and talented photographer!

"Real beauty for me, is when your inner beauty aligns with your outer beauty. Beauty comes from within. A beautiful soul is always the most attractive."

– Lyudmyla Korshynska



Marnie Kaufhold, 53

Business Name: Creative Scents

"Now that I am over 40, I feel I have become more self-assured and that I can trust in myself more."

I was married at 16, had 3 children by 29, and arranged my life around my family. Therefore, when I reached 50, I decided that I was going to focus on me and my life. For the first time on my birthday, my husband and I went on a vacation, and I had the best Christmas/ birthday ever. I realized that I no longer felt guilty about doing what I wanted and focusing on my needs and getting to know myself as a woman, not just as a wife and mother. One word that describes me is "Loyal."

My greatest motivation is my family. They have always inspired me to work harder and better, and my children and grandchildren have inspired me to look after myself physically, so I can play with them. By not being so important to my parents, I didn't believe I was important. So I have tried to make my children as important as possible in my life.

I am proud of myself for finding a hobby that allows me to help people. Growing up poor

showed me that with hard work you can achieve most anything. Fear and procrastination will cause you to miss out on last chances, which is what happened to me by being afraid to see my dad (I hadn't seen him in 38 years and he was in long term care in Ontario with dementia); I waited too long and he passed away. Outside work, I love to travel. I believe I have found a hobby that I can make into a business. I have hopes of retiring and traveling on a regular basis. My business, Creative Scents, creates salves, aromatherapy items. Being self-employed will allow me to work past retirement age. Doing a photoshoot now is perfect timing, as I feel I am realizing who I am, and have a clear vision of my future for the first time in my life. I wanted to show myself a different side of me. One that was a bit freer than I normally am. I love the Confident Woman series and believe that all women over 40 should give themselves a chance to participate. Thank you, Caroline for the opportunity.



"A person's beauty comes from what they bring and give to the world around them."

– Marnie Kaufhold



Melissa
Toews

*She was powerful,
not because she wasn't scared
but because she went on so strongly,
despite the fear.*

-Atticus

Miral Hassan, 56

Business Name: PowerSmile Dental

One of the things I enjoy doing is helping and easing people's pain through dentistry, in addition to art and dancing. My father is my greatest motivation. As a doctor and professor at a university, he had a huge impact on my life and taught me to be humble no matter what. I am so proud of the lovely girl, Salma and being able to lead life by example, and helping her accomplish whatever she's set to do. I have had my fair share of life's challenges including my divorce, which taught me to stand up for myself and be able to say NO. Studying dentistry was

challenging and starting all over again after 35 years in practice in a new country is a reflection of my passion for my work. Building new connections and raising a child in a new country was also very challenging but it helped become stronger. Over the next few years, I'm looking to expand my dental practice as well as building a new high end business in art and history. I am excited to live even better and enjoy every moment, as well as having grandkids.

My definition of beauty includes being caring and loving unconditionally.



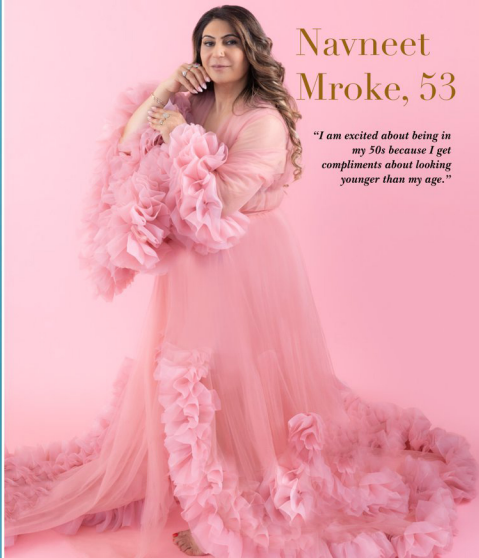
Nancy Joyce, 60

I didn't have a lot of beautiful photos and I don't spend a lot of time feeling beautiful. I liked the idea of having someone help me have some nice photos. I've worked hard to get where I'm at and now I really want to enjoy the ride.



Navneet Mroke, 53

"I am excited about being in my 50s because I get compliments about looking younger than my age."



Staci Horucki, 47

Business Name: XStaci Body Piercing

“What have I learned? Life. Goes. On. I am therefore, living every day to the fullest. I love my children, love my career, love my life!”

I am Resilient. Both in and out of work, I enjoy making art. I have been working in the tattoo/piercing industry since 1999 and never looked back! I got into this niche as I had 32 piercings of my own and really loved the atmosphere in being in a tattoo Studio. I love meeting new people and learning about them. Everyone has a story. My greatest influence by far is Queen Elizabeth I. The strongest woman I know! She didn't need a man to attain a great spot in history. John Lennon has been a HUGE part of my life as well. I am very proud of raising my 4 children alone and owning my own business, XStaci Body Piercing (in Burnaby) since I began my career. Over my 40-plus years on this earth, I have faced challenges such as being adopted at birth and struggling to find my

identity (took a while, but I found it!), raising my 4 kids single handedly, losing my fifth child in 2008 (stillbirth), and having an abusive ex.

Being over 40, I am finally being authentic and true to myself ! I don't need anyone to validate me. I am enough.

I went into my portrait session with an open mind! I really enjoyed being pampered for the day! I had never had my hair and makeup done before, so that was pretty cool. The Confident Woman series is so important because we all need to embrace ourselves as women. No one needs validation to be themselves. If it makes you feel good about yourself, GO FOR IT! According to Baz Luhrmann, “You're not as fat as you imagine.” Honestly, I feel better at 47 than I've ever felt!

*“Beauty is having a beautiful soul.”
– Staci Horucki*





"Currently in my 50s, I feel more in shape than in my younger years. I have a toned body and I eat healthy." This will be a great opportunity to show the world how a 50 year-old woman can also be beautiful and glamorous.

Sheila Sheik
Amamuddy, 51

Stacy Hulbert, 48

At 48, I am allowing myself to make mistakes and knowing it's ok to make them. I am allowing myself to finally chose my educational journey without being afraid I'll be a failure at it. Now in my 40s, I am excited at being my own person. I was excited for this experience since the last time I was professionally photographed was when my 12-year old was born.



Tamara Dewar, 51

“Being over 40 gives me the confidence to leave behind the trappings of my younger self. I feel freer to be Me and know who I am as Myself. I have learned that self-love is real love and as important as any other love you can have. I definitely feel more compassion and forgiveness towards myself for my past, present, and future.”

I am an inspiration to people. In my spare time I play video games, watch movies, go for walks, or belly dance.

In 1994, I sold everything I owned (which wasn't much), packed my belongings into a suitcase and moved to Vancouver from Winnipeg. I became a locally known dancer and teacher in the belly-dance community and coached students to win dance competitions around the world. I am proud of this singular act of mine.

Three major challenges I faced in life are: (1) Moving to a city where I knew nobody (this made me realize that I can be self-sufficient and make it on my own), (2) being diagnosed with depression after years of not understanding what was going on with me (this made me feel powerful rather than weak), and (3) learning to work within my limitations and then push those boundaries.

My future is focusing on the simple joys. My partner and my family, my friends, my cats, and relaxation. A vacation to a sunny beach is definitely in my future! I feel that as I age, I feel less of a need to apologize for who I am, what I like, what I do, and what I look like. This gives me a sense of freedom and the ability to take up space in this world, not because I can, but because I deserve it.

I did these portraits to reclaim my body. Going from straight size to plus size is something that I struggled with both physically and mentally. I wanted to show myself that beauty does not come in a size and that I can be beautiful at any size and any age. I was worried about how I would look and how my body would be on camera in the clothes that I chose. I was worried that I chose the wrong clothing. I was worried that I wouldn't be able to make the poses look good and that I would fail. However, the exact opposite happened! Once I saw the photos, I was so pleased with how so many of them turned out. I could still see “ME” inside this body at this size and I could still feel beautiful.

I definitely recommend the Confident Woman series to everyone. It's empowering, it's fun, it's a day just for you. Treat yourself and take up the space that you deserve.

Now is the perfect time for a photoshoot because I am learning to love myself the way I am and in the body that I am in. I have always felt like my body was not mine until recently. I feel like I am reclaiming it and learning to truly love myself as who I am now and not who I was or “should” be. Learning to accept myself as a plus size person is a process I am still going through and believe it is so important to normalize, “normal” bodies in all shapes and sizes.

“Beauty is happiness and joy. A real smile of true happiness will make anyone beautiful.”

– Tamara Dewar





Trish
Clarke



Trina
Kosumi

Business Name: TK Cleaning Services

Vijaya Tungaturthy, 45

"Life is celebration and that's me!"

Outside work, I like to enjoy myself. Currently, I am a full time mum (my youngest is two years old). I just like to chill out in any way possible. I also love to cook and explore new cuisine. I love to travel! My kids are my world. I see being over 40 as a new beginning in life.

My greatest motivation is a friend of mine who is 90 years old. He migrated to Canada during his 20s, very accomplished. However, he lost everything when he was 50 but he is still mentally strong and lives alone in his home in Toronto. Whenever I feel low, his stories make me strong and motivated. My grandmother is also my greatest mentor. I feel blessed to have gotten my strong mind and my persevering nature from her.

I am extremely proud of myself for relocating to Canada, and establishing myself in an unknown place, with no friend or relative. I am also proud of having my first baby after my long fertility treatment and my obtaining my citizenship of Canada. Three major challenges I faced include: ejected Canadian visa,

immigration issues after getting to Canada, and buying a house.

However, it is God's blessings I am enjoying, and the fruits of my hard work. The future is unknown, but I am just positive that it's going to be wonderful.

We like to make ourselves look pretty from the outside, by getting dressed up. This is because acceptance is not easy, so we all work it out in different ways. Two decades ago, I wanted to be a model and get my portfolio done, but I couldn't pursue my dream because other things took priority. I did the photoshoot because I wanted to capture my time and look through photographs, to cherish in future. I also realized that I need to change my priorities and live my dream. Things like a photoshoot are rejuvenating; they add value to us and keep us going forward in life.

My experience was awesome. Caroline is so friendly and sweet. I liked the entire team; they did an awesome job during my photo shoot. I felt like a star! Now, I feel I am self-confident and back in business!

*"Beauty to me is found
both in your inner self
and your mind ...that is
what I believe in."
- Vijaya Tungaturthy*



Wendy McCartney, 60

Business Name: Inner Solutions

“Love resides in all things; even the dark; all you need to believe in is yourself, and that there are others like me that can help you.”

One word used to often to describe me: “Dynamic.” Outside of work, I enjoy hanging out with my two boys who are 35 and 40! I also enjoy working out at the gym or going for a run or hike in one of the many local parks. I love working with my amazing clients to help them shift and grow before my very eyes, and I am so grateful to be a Master NLP, Master Hypnotherapist, and Master Therapist.

My greatest motivation/ influence was my mother. It's a long story but I am proud of myself for walking away from toxicity in a gracious manner. I am also proud that I never took alimony from my ex-husband, and I brought up my two boys on my own.

I've never stopped believing in my two boys and I never stopped believing in myself. Yes, there have been dark times, but I always dug deep inside myself to learn, and to rise above it.

Major events I survived are being suffocated by my mum at 6 weeks old, being thrown against the wall at 2 years old (resulting in a broken tooth), enduring

cigarette burns from her when I was 10 or 11 (as a literal deterrent to smoking), and lots more. I vowed to find a job by the time I was 16, which I did, moved down to the basement for my safety, and was able to get a diagnosis for my mum by the time I was 17. My future is to speak more frequently in how normalizing abuse in humanity is not the truth! I will continue to assist my clients, to release the trauma they endured. It can be done; I am a living inspiration to that! Two of my favorite mottos are: “Physician heal thyself,” and “If I don't grow and change, how can I possibly expect my clients to?” Therefore, onward, and upward always.

My portrait experience showed me my transformation into my 60th birthday. I am happy to see and feel my wisdom and love show through. This portrait session was done to honor my 60 year old self. Yes, I am still single, but I am loving myself day after day after day, through the trials and tribulations of making it on my own; learning to be happy with me! That is a feat!

“At 60, there are so many valuable experiences to share and so much more to learn! In my opinion, beauty lives within the body; it speaks only of love. Listen deeply to your body because it knows your beauty.”

– Wendy McCartney





Zeny
Sylvestre, 53



Behind the scenes

No hips, backs, or knees were hurt in the making of these portraits :)

couture Portraits



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