

The Confident Woman ^{3.0}

Fabulous40Plus Portrait Series 2023 by FrancTal Studio

PORTRAITS BY CAROLINE LATONA



Capturing Grace: Portraits of Wisdom and Empowerment



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As a photographer, my lens has become a powerful instrument through which I've had the privilege to witness and document the incredible stories of women over 40. In a society that often fixates on youth, I embarked on a journey to redefine aging, celebrating the wisdom and strength that comes with each passing year. This collection of portraits is not just about capturing images; it's about immortalizing the spirit and resilience of the confident women who have graced my studio.

In the pursuit of showcasing the multifaceted beauty that blossoms with age, I set out to create a series for The Confident Woman magazine that transcends the superficial boundaries society has imposed on women. I aimed to shatter the preconceived notions that tend to diminish the worth of a woman as she matures, replacing them with a celebration of her depth, grace, and enduring strength.

One of the most inspiring aspects of this project was the opportunity to sit down with each woman, hearing your story unfold like the petals of a blossoming flower. You have all weathered storms, faced challenges, and emerged victorious, wearing the scars of their battles with pride. It was not just about the lines etched on their faces but the profound tales behind those lines that truly defined their beauty.

The portraits in this magazine have captured the essence of these women – the lines etched on their faces were not signs of weariness but rather imprints of countless smiles, tears, and the laughter that echoed through the years. Each photograph speaks volumes about their journey, capturing the unspoken wisdom that radiated from their eyes and the strength that emanated from their posture.

In curating this collection, I aimed to create a visual symphony that resonates with women of all ages. The radiant smiles, the confident gazes, and the graceful poses are an ode to the beauty that transcends the limitations of time. I hope that these portraits serve as a mirror for women to see the strength, resilience, and beauty that they possess, regardless of societal expectations.

As women, we often find ourselves grappling with the pressures of ageism, but this project is a testament to the fact that every year brings with it a new chapter of growth, wisdom, and uncharted beauty. The Confident Woman magazine is not just a platform for showcasing portraits; it is a celebration of the extraordinary journey of women over 40, a rallying cry for self-love, and an invitation to redefine aging on our own terms.

In sharing these portraits and stories, I invite every woman to embrace her journey, to wear her age like a badge of honour, and to revel in the confidence that comes with every passing year. Let these images be a source of inspiration, a reminder that true beauty is timeless, and that the wisdom gained through the years is a treasure to be celebrated and shared with pride.



“I actually enjoy being over 40. I mentally don't think that I'm in my 50's, but still in my 20's, LOL. Age is just a number.”

- Amanda Hammer

Amanda Hammer, 55

“My understanding of beauty is that it's skin deep. A person's inside reflects on the outside; this is why having a good heart, being sensitive and caring, as well as loving and joyful, are the traits that make a person beautiful.”

I have always been a determined person. Growing up, my grandfather and my parent told me I can do anything and be anything I wanted. These affirmations have served as my greatest motivations over the years; leading me to become a go-getter and taking on challenges, especially those not expected from a woman.

I enjoy my job, and love the fact that I deliver a specialized, skilled, professional service to my clients. By not shirking difficult challenges, and completing them successfully, I have been able to keep my customers and employees happy and proud, respectively.

Outside work, I go for long motorbike and car rides. I also enjoy camping, paddle boarding, kayaking, amongst others, with my kids, family, and friends. My kids are a huge achievement of mine. I am very proud of them, and myself; being a single parent is challenging. Becoming one of the first female motorcycle instructors in AB 13 years ago, and starting my own business, are also major achievements of mine. I started my business, Hammer Ventures Inc. in Abbotsford/ Salmon Arm, with a pilot truck company to support myself and my kids. After a few years, we (my partner and I) decided to take a chance and buy his semi-truck, some gear, and get into transporting mobile & modular buildings and homes. We did not think we -

would grow so fast! Now we have a fleet of semis and pilot trucks, as well as equipment, and are regarded as one of the top transport companies in our industry.

A huge life challenge I experienced was having to start over with nothing and support myself and my kids.

My parents helped me rebuild our lives and encouraged me when I second-guessed my decision to start my own business. Starting from rock bottom was hard, but I am grateful for my friend, now business partner for his constant words of encouragement. There is always light at the end of the tunnel, even in the darkest times.

My future revolves around a positive mindset. I will be looking at expanding my company in new directions soon, as well as buying more trucks, equipment, or starting another transport division. The sky is the limit! I hope to pass down the legacy to my kids so that I can travel and see what other opportunities are out there. Even being in my 50s, I feel like I still have a lot to experience, learn, grow, and offer.

My understanding of beauty is that it's skin deep. A person's inside reflects on the outside; this is why having a good heart, being sensitive and caring, as well as loving and joyful, are the traits that make a person beautiful.

I took part in this project because I wanted to do something for myself for once. It was the perfect time for me to show my growth and accomplishments and face any inherent fear! When I saw my portraits, I was impressed how well they turned out. It made me feel good inside! For all women out there, the Confident Woman series is such a great thing. We are all beautiful, and we as women need to embrace it more.

Adriana Bathurst, 44

“At this stage in my life, I am excited to be aging but not looking my age! Beauty is what’s inside you that makes you beautiful. It’s not only what is on the outside.”

One word commonly used to describe me as a child was ‘friendly.’ As an adult, I still enjoy meeting new people, as well as spending time with my family.

My kids are my greatest influences. We motivate and encourage each other, and I count them as my greatest achievements. Passing the road test is another major achievement of mine.

Growing up, I watched my mum never work; this motivated me to be a better mum for my kids, so I could give them all I did not have growing up.

In future, I intend to move up at work, work hard, and believe more in myself and my abilities. I also will try hard to lose some weight and live a healthy life.

Doing it with my kids made it more fun! I am happy to be a part of the Confident Woman series. It made me feel beautiful; Caroline did an amazing job capturing all the beautiful moments in pictures. Thank you!.

“Getting my portrait taken was a wonderful experience. I loved getting all dolled up.”
- Adriana



Anna Vecchiato, 59

“Beauty, in my opinion, is found deep within a person's soul; it radiates right through to their eyes and their smiles.”

One word to describe me over the last 59 years is **STRONG**. I enjoy cooking, reading, camping, and spending time with my family. I also love listening to music, and hiking.

I am currently going through the final stage of my divorce, and it's been bittersweet, sad, and stressful. Having to put our beautiful home on the market has been heart-breaking.

I want to show myself, my daughter, and granddaughter the truth; that women are strong, beautiful, proud, and we should never be afraid to show it.

My major achievements in life are my son, daughter, and 5 grandchildren! I am also proud of myself for raising over \$1200.00 and running a 5K race for the CIBC 'Run for the Cure for Breast Cancer.'

Major life challenges I have gone through include my recent separation from my husband of 26 years, and having to sell our home. These challenges have shown me that I am strong, brave, and courageous. Living on my own for the first time in my life would be exciting! I plan to travel and get to know myself as a woman; not a mother, wife, daughter, or sister, but Anna, -

the woman. I am excited to explore what I am really like when I find my wings and soar. I also, eventually, hope to own a home again one day soon.

I decided to have my portrait taken because I wanted to experience my old self, regain my self-confidence, and flaunt my beautiful soul.

I want to show myself, my family, and friends, that turning 60 is just a new number to write down.

Taking these pictures were a response to my need to love me just as I am, and find unconditional love within myself. At 59, going through my 2nd divorce, with 2 adult children and 5 grandchildren who are the joy of my life, it's me time baby.

During the shoot, I was nervous about coming across not looking like myself, or not looking relaxed and natural. While the shoot was going on, I felt a little more relaxed and actually loved how I looked and felt.

The Confident Woman Series is a wonderful initiative by Franctal Studio. I love how it brings out the inner beauty of a woman; you can see mine in my expressions and smiles. I think every woman should treat themselves to this experience and feel their confidence and strength come through the photos.



“I may be getting old, but I definitely don't feel old.” - Anna Vecchiato

Barbara Steele, 51

“I cannot think of three challenges because everything I have done in my life has been a challenge. My past actions have made me into the person I am today.”

I have always been described as INDEPENDENT. I enjoy cooking, baking, camping, and doing paper crafts. My greatest motivation in life has been the passing of my dear husband. He always said I could do anything, but I didn't have the confidence so I never believed him even though I did lots of things people said I couldn't do. Since he has been gone, my confidence in myself has grown and I am believing in myself. I'm following my dreams and the dreams we made together. My major achievements in life include a 32-year career in the Royal Canadian Air Force and a master's degree in Management, all while juggling the roles of wife, daughter, sister, and niece.

Right now, my future is so different from what I hoped. I dreamed of a retirement spent traveling the world, experiencing new adventures with my husband. Now, my future involves self-care and gaining the strength to travel the world and live our dream by myself. I hope to become a better friend, and family member (with baked goods), as well as a better sister, daughter, niece, and I know this will only happen if I am better to myself. Therefore, my greatest aspiration is to just be me. Being 51 and newly retired, I am excited to finally have time to focus on what makes me happy. -

I won't say I am excited about aging. I am, however, excited about the fact that I have learned what I like and what I don't like. I'm excited at aging because now I can say NO, not that it's that easy, but I can say it and I'm learning that it's OK to not always say yes.

This current phase of my life is a reawakening for me after 32 years; I can finally find out who I am without a uniform.

I started the journey of my portrait experience as a way to get out of my comfort zone and see the beauty in my own eyes that everyone else says they see in me. I have been widowed for 19 months and I'm starting to come out of the grief. I am ready to move forward with my retirement alone and taking this step to focus on me is a great start.

Before the experience, I was terrified that my size would make it difficult to find glamorous clothing that would make me feel beautiful. I was afraid that I would end up looking nothing like myself. After my session I became even more fearful that none of the pictures would turn out well. Now that I have seen the pictures, I can see the beauty that Caroline said I had. I can see what everyone has been seeing for all these years. I may not be perfect but I am beautiful.

Finding this series has been a turning point for me. It has given me new hope that I have the confidence and strength to achieve my dreams. I would recommend this experience to anyone who is struggling to see themselves as others see them. Follow your dreams and if you can don't wait to do, see, or visit places or people you love. Life is short, don't look back and see regrets see a life full of love and happy memories.



**“Beauty for me comes from within.
It is confidence, honesty, and loyalty.”**
- Barbara Steele

Candy Foster, 51

“I absolutely love my life and I am so thankful to be where I am today; enjoying my amazing kids and their significant others, my husband, and my BFF for over 26 years!”

I turned 50 last year December, and I am over-the-top thrilled to not be in my 40's anymore!! My 40's were really hard because I survived gallstones, then stage 3 colon cancer, and stage 4 breast cancer. I had a huge 50th birthday party in a hay loft to celebrate with my amazing friends with a live band that I knew personally. Being in my 50's is 100% amazing!! This is the best time to have my portrait taken because life is so amazing and I am so happy -

that I can celebrate with my husband of 29 years, my best friend of 28 years, and my 3 kids aged 22 years, 20 years, and 18 years. It is also the right time to celebrate me and all the things I have overcome and accomplished!

**“I survived gallstones, stage 3 colon cancer,
and stage 4 breast cancer.
Life is awesome!” – Candy Foster**



Christine Toop, 54

“I have always let my insecurities rule my world. Now I just let my finances rule my world, lol. In 20 years, I can look back and say wow I was a babe at 50! Also, I have great hair to work with. I feel that treating myself to something like this is important for my self-care.”

I believe my 50s have been great because I have been able to learn about myself and what I value in life. With that, I put relationships with the people closest to me as number one rather than putting up with others' drama. I expend my energy towards what is important. I also know that while working with people, I need to take time for self-care.


At 54, I like that I have the freedoms to do things like travel and just do whatever I want in my free time.

I am old enough to have wisdom, but still young enough to enjoy life; old enough not to care about others' opinions and young enough to enjoy preferential treatment given to older people. Taking part in Franctal Studio's portrait series was the right and fun thing to do. It was the perfect time to have a portrait experience because I had never had my portrait done before.

“If I am not at my best, I cannot give my best.” – Caroline Toop



Chris Reimer, 64



“To anyone reading this, start moisturizing and keep moisturizing, especially your eyes, under your eyes, lips, chin, and forehead!”
-Chris Reimer

“As a single mum, my four children greatly influenced my life. I raised them to be hard working and loving parents and they have given me six grand children, age seven and under.”

One word that describes me is “Content.” I am semi retired and able with my finances not to work too hard at all. Just recently, I was let go of my part time job; it’s sad but I am excited to go onto something else. I am a Automotive Service Advisor. I loved my one to two day job per week. I love the people in Tsawwassen who trusted my boss 100% and made it easy for me to sell and have fantastic conversations. My hobbies include crafting, painting, sewing, crocheting and looking for homemade Christmas presents to make for my friends. My strongest life motivations are my three dogs, and two Main Coon Cats. I love doing my crafts on the couch watching Netflix or the News, with my family beside me. If I could be a foster mom for dogs, I would do it again with all my heart; except I fall in love and keep them all. So I had to put a stop to it for now.

At 15 years old, my kids had to find a job, just like I did when I was 15 also. Now, they are career oriented kids that work very hard for their families. I am so proud of them.

My major achievements of course, are my children and grand kids! I was a shy kid from the age of five to twelve. My parents moved to North Delta in 1973. I worked at my dad’s busy full time 24 hour gas station after school everyday (and some Christmas mornings) until I was 16 years old. I became a positive, -

happy individual who can say hi to anyone, wanted to make lots of long term friendships, and make a positive first impression entering a room.

Today as an adult, and a senior, and with the help of FRANCTAL STUDIO, I feel like I can take on the world. Soon I am going to get extended eyelashes, and try to curl my hair everyday. I am wearing face foundation and blush, lining my lips and feel beautiful. I am really proud of myself since my studio photoshoot and feel like a million dollars!! Thank you Caroline!

Major events in my life that shaped me include: looking after my very sick mom, who passed away in my home; having to grow up very quickly when my brother, dad and mom all passed away within some years and left me alone as an orphan; acting as the caregiver for each person in my family; getting divorced twice before 40; and working for my dad and mom in the automotive shop business to become the confident person I am today.

My future looks positive. I have a cabin I bought for my 4 children a few years ago. I spend a lot of time there in the hot weather. My long term friends have designated weekends and I would love to have some new friends over for a weekend too. I have family up for weeks and rent the cabin off and on. The rest, I am taking one day at a time! My sweet common-law husband still works full time (also 64) and when he retires, we may move to the cabin, maybe build a house there, or move to Harrison Hot Springs closer to the kids and the cabin. Give me 4 more years and I can answer this question.



Chrissy Ozulumba, 40

“My failures and my successes are part of who I am and I embrace them both. Life will always throw you curve balls. You will drop some but, the ones you catch could help define you into the woman you're meant to be”

I am Strength personified! My life has shaped me to be strong in order to survive. Surviving an alcoholic father, a broken relationship with my mum, moving out at 18, and relocating to Canada, all required strength and fortitude. As a single mum for three years, I also had to make major career and lifestyle changes to adjust to that season in my life. Despite all that, I love life, and I always embrace the adventures that come my way daily. Looking back now, I am grateful I went through that stress, because it made me a woman of strength, courage, resiliency, and confidence.

I enjoy socializing and connecting with other people. I enjoy meeting people, getting to know them, and talking with them. I also enjoy singing and dancing with my kids, not minding any awkwardness. I also love food; I love to cook it, share it with others, and of course, eat it. I would say I am a true foodie. I work in the hospitality industry and a big part of that is working with food and people. I am very grateful I get to live out my passions every day.

God is a big part of my life; I love Him and love people. I am finding as I get older, it's better to be kinder and gentler with the people you come into contact with.

I am so proud of the woman that I am becoming. I love who I am! Being a mom is a huge accomplishment for me. I am proud that I get the opportunity to raise 3 beautiful girls. I get to love them, build memories with them, share in their success, and failures. I am also proud of the life that I have.

A huge part of it is my husband. He has shown me a different meaning to hard work and determination. I am proud that I am going back to school at 40 years old. I want more for myself and if I have to go back to school to achieve it, I will hold on for dear life and enjoy the ride.

Moving to Canada at 15 years old was my first major life change. It was hard at first as it was hard to fit in as an uncertain teenager. I didn't have a great relationship with my mom so that also played a huge role in my adjustment. I was working at 16 and moved out when I turned 18. Meeting my husband 7 years ago was my second biggest life change. I had just come out from a bad break up and prayed to God to meet someone that would love me for who I am and respect and support me no matter what. I always say he is my special gift from God. My third major life change was having kids. Instead of my dreams of being a single girl-mum with a red convertible, it's 3 kids, a husband, a house and a white Toyota Highlander. This is better than my dream.

In future, I will be going back for my Human Resources Management Certification. That's the starting point. Having planned 8 years to get my degree, I am truly looking forward to that adventure.

Beauty for me, is who you really are on the inside and choosing to share that with those on the outside.

“You never know what someone is going through or have gone through; sometimes they just need a little kindness and it makes all the difference.”

Chrissy Ozulumba

Christine Jacques, 57

In my 40s, my only child had graduated, left home, and blessed me with grandsons. In my mid-50s I went through grief and loss in the family, and survived a pandemic. I am the primary caregiver for my 82-year-old father full-time. I'm also going through divorce and I am diabetic.

I don't know what my 60s have in store for me but I am trying to get my diabetes under control in order not to potentially die 10 years sooner than my friends.

This portrait session came at the right now: it gave me an opportunity to start afresh, and show the world the new Christine!



"Today is a gift;
that's why it is called the present."
- Christine Jacques



Caroline
Veillette

Carol Miwa, 50

I am really happy
and excited with
the life I currently
have, especially as
I also have more than
I can accomplish in
the near future.

Life is a gift.
I'm a happy woman.
I am continuously
celebrating life!



“All the best to all women
in the world! Cheers.”
– Carol Miwa



Carla
Bartlett

The Confident Women Portrait Series by Franctal Studio

Caroline
Simard





Dolapo
Fowowe



Francina
Therault

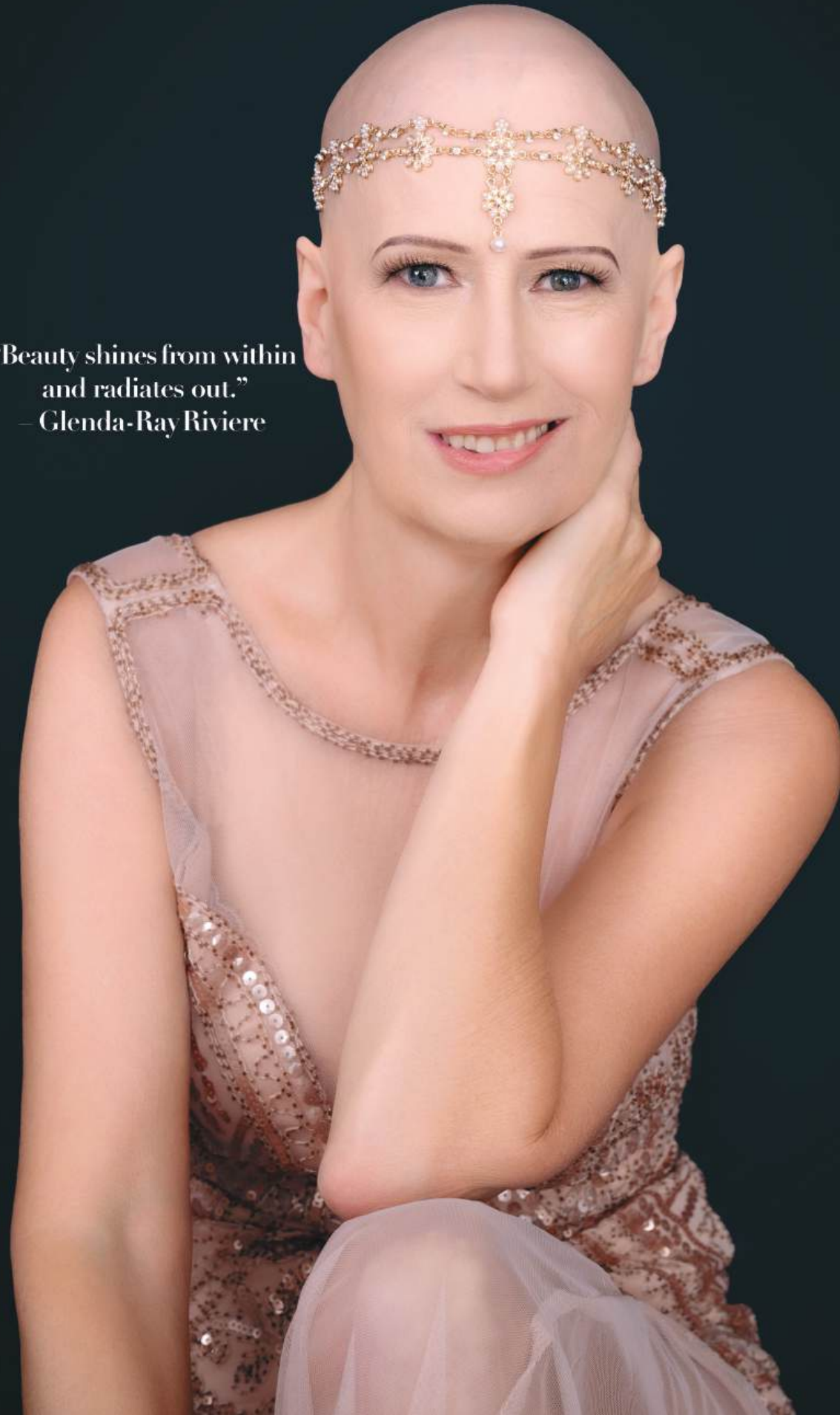
A portrait of Gloria Inah, a woman with long dark hair, wearing a voluminous, multi-layered red tulle gown. She is standing against a solid red background, smiling and posing with her hands near her chest.

Gloria
Inah

A portrait of Grace Nwandu, a woman with braided hair, wearing a black long-sleeved top and a voluminous red tulle skirt. She is sitting on a large, ornate, tufted chair with a pink and silver frame, set against a dark background. She is smiling and looking towards the camera.

Grace
Nwandu

“Beauty shines from within
and radiates out.”
— Glenda-Ray Riviere



Glenda- Ray Riviere, 61

“I love being my authentic self, simply showing up as I am, shining my beauty from within with wisdom gleaned from many lifetimes. I love to dress up in colors that speak to me, playing with different looks that reflect how I am feeling in the moment. I am always excited to step out of my comfort zone to express different aspects of my being that may have previously been hidden or dormant, ready to breakthrough and shine out.”

I pride myself on being, and living as Authentically as possible. I love nature, animals, being near water, and trees, as well as mountains. As an Intuitive energy healer and artist, I love to share my spiritual gifts, talents, and wisdom with others to help raise their consciousness of themselves, other people, and the planet.

I love being my authentic self, simply showing up as I am, shining my beauty from within with wisdom gleaned from many lifetimes. I love to dress up in colours that speak to me, playing with different looks that reflect how I am feeling in the moment. I am always excited to step out of my comfort zone to express different aspects of my being that may have previously been hidden or dormant, ready to breakthrough and shine out.

A near death experience woke me up to my spiritual gifts, and unique wisdom to share with others to help awaken them to their truth & medicine. It woke me up to deep gratitude for the preciousness of life and a deeper connection to everything. I am proud of the fact that I taught young children for 33 years. I wrote and published a book entitled "Transformative Meditation." I offer energy healing sessions for others to help them transform and empower their lives. I participated in global healing events to help heal planet earth and all her beings.

As a child, I was not seen or heard; I hid behind the curtain for fear of what might happen if I spoke up and shared my thoughts, feelings, and emotions. This challenging experience helped me to realize that the only one that can truly see me, acknowledge me, and love me is myself. Now I am ready to speak and share my light, as well as wisdom with others.

In future, I hope to write and publish another book for children and adults to help them reconnect to the magic and wonder within themselves and the universe. I also hope to speak in front of large audiences to share my story, unique wisdom, spiritual gifts, and talents to help raise people's consciousness of each other and the planet, all to help heal, transform, and assist others through alternative healing modalities and my story. I also love to help animals and their caregivers heal. I believe that we are ageless and timeless; that we continue to shine even more brightly from within and share that bright light with others. We are beautiful exactly as we are.

Heather Fortt, 66

“My friends and family are my greatest motivation. They have always been there. They've encouraged me, influenced me, and helped me accomplish things I never thought I could. Raising my two daughters on my own and watching them become the amazing people they are today, is a great source of pride and joy to me.”

I enjoy traveling, camping, and golfing, as well as cooking. I also love spending as much time with family as I can.

My friends and family are my greatest motivation. They have always been there. They've encouraged me, influenced me, and helped me accomplish things I never thought I could. Raising my two daughters on my own and watching them become the amazing people they are today, is a great source of pride and joy to me.

My biggest life challenge was leaving my husband and having to raise two young children on my own. Working 3 jobs to put food on the table and a roof over our heads was not easy. It came with many challenges but as a team, we did it.

In future, I'm hoping to travel and visit new places. Absolutely everything brings me excitement these days. Retirement has brought many joys and adventures.

“I find beauty in everything. Sometimes you just have to look a little deeper.” -Heather Fortt

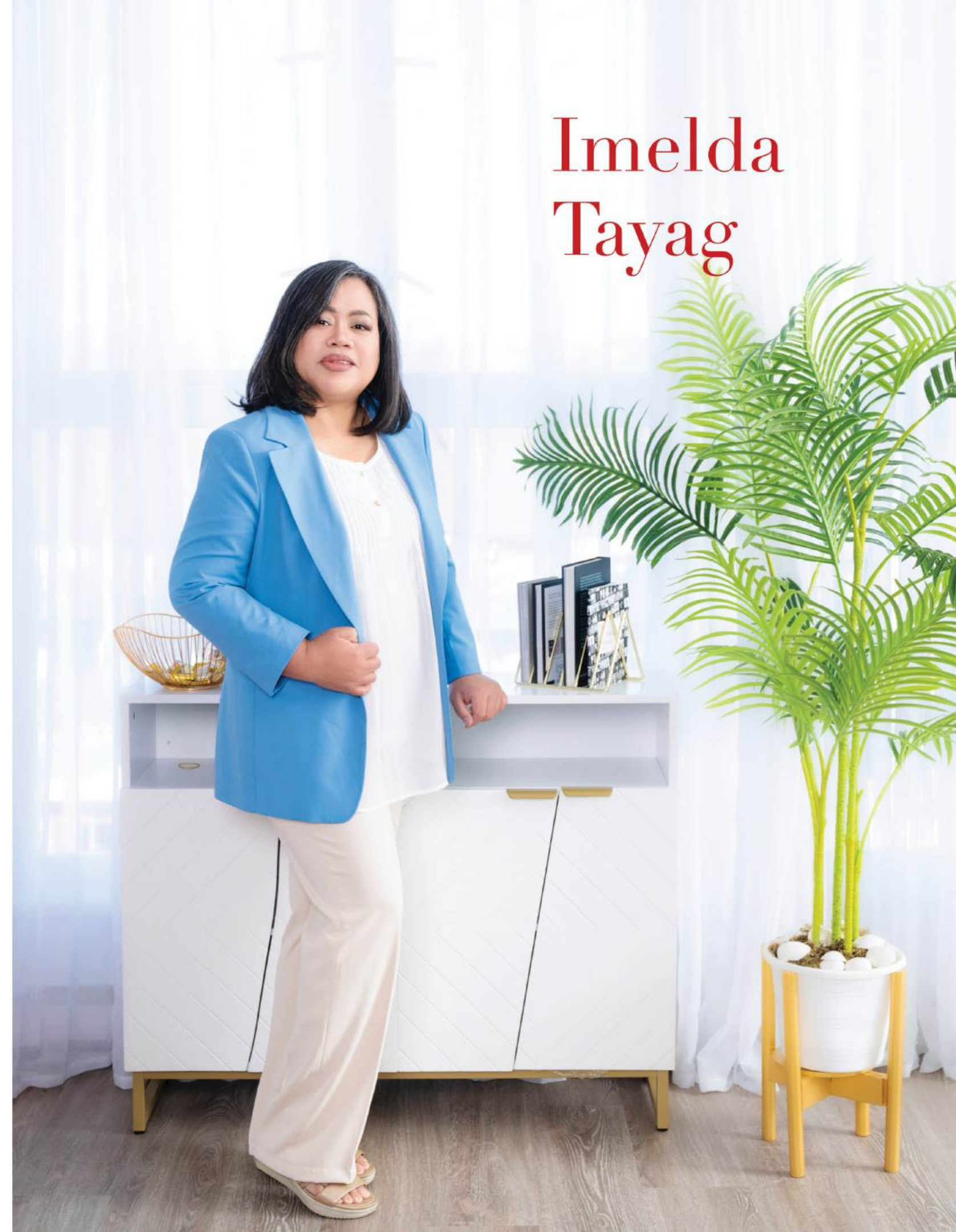


Imelda Tayag, 54

I stopped being comfortable taking pictures after suffering from Bell's Palsy. I am recovered now, but not at a 100% yet. Although my business requires professional branding, I have been reluctant due to my insecurities getting in the way,

Doing this photoshoot with Franctal Studio is a great way to challenge myself beyond my comfort zone. I felt this portrait session will help me conquer my fears, in a good way. Although I love taking other people's pictures, I have never been comfortable taking my own. Experiencing the joy of seeing a good photo of myself (despite my imperfections), was a great motivation for joining the project. (I was very happy to see my lips filled with smiles.

Imelda Tayag



A portrait of Josee Perron, a woman with blonde hair, wearing a black dress and a pearl necklace, posing against a dark background. She is smiling and has her right hand raised to her head.

Josee Perron, 54

“What excites me most about aging and this current phase of my life is the increased self-love, self-acceptance, and self-confidence that come with it. For me, beauty at 54 is not just about physical appearance but also includes inner qualities and self-acceptance that radiate through a person.”

“Overcoming adversity draws motivation from difficult experiences or challenges I have faced. These experiences have inspired resilience, determination, and the belief that I can overcome any obstacle in my path.”
- Josee Perron

Josee is unstoppable! At work, I enjoy motivating and inspiring my grade 8 students. It brings me joy to see them grow and develop into their best versions. Additionally, I love being a part of their journey of self-discovery and teaching them about self-awareness, social awareness, and self-management as well as relationship skills, and responsible decision-making. Being able to make a positive impact in their lives is extremely rewarding for me, and I see myself as an agent of change in their lives.

Outside of work, spending time with friends and family is a priority for me, as it helps me relax and rejuvenate. I also enjoy cooking and baking, as it allows me to express my creativity and unwind. Meditating helps me maintain my mental and emotional well-being.

Several factors motivate me, including the love and support from family and friends. Their encouragement and belief in my abilities drive me to achieve some of my goals and become the best version of myself.

I consider myself extremely lucky to have had mentors and role models who have had a profoundly positive impact on my life. My mother, Claudette, Melanie, Rootz, Nathalie, Lynn, Nicole, Maryse, and Chantal have all been part of my journey. In the last 5 years,

I am proud I had the courage to: delve deeply into my self-study and learn to develop self-awareness via my personal development course; start a book club where I teach men and women the fundamentals and importance of studying their hearts and minds; discover my voice and acting as a voice-over actress, and complete my post-degree coursework in educational leadership; create a social-emotional curriculum to encourage social and self-awareness in my eighth-grade students.


In the future, I plan to expand my platform and reach a larger audience to teach others about the importance of personal development. I want to bring more awareness to the significance of mental health and how self-study can positively impact all areas of life.

I saw determination, resilience, and strength in my portraits; seeing myself from a different perspective, through the eyes of a photographer who captured my true essence. I felt a sense of self-appreciation and pride in the person I have become. Before the portrait session, I often struggled with self-doubt and a lack of confidence in my appearance. However, seeing myself in the portraits made me realize that there is beauty in vulnerability and authenticity. I believe everyone should have the opportunity to see themselves through the lens of a talented photographer.

A portrait of Jennifer Badu lying on her back on a vibrant red fabric background. She is wearing a black long-sleeved top and has her hair styled in braids. She is smiling and looking towards the camera.

Jennifer
Badu

The Confident Women Portrait Series by Francetal Studio

A portrait of Kerri Boyce standing in a black, long-sleeved, floor-length gown with multiple layers of ruffles. She is smiling and has her hands on her hips. The background consists of white curtains and a light-colored wooden floor.

Kerri
Boyce

The Confident Women Portrait Series by Francetal Studio

“Happiness is my biggest motivation - which has helped me learn how to forgive. It's also taught me that life is about being happy, not right.” - Kimberly Flint



Kimberly Flint, 54

“ At 54, it's time to enjoy where I am. I've worked to get where I am professionally and personally, and although there are still some things I need to work on, I truly am in a good place. The future holds retirement for us, but I'm not ready for that yet. I look forward to watching my boys go forth and create their own paths in life. “

I am an ambivert (outgoing introvert). As an architect/ design specification representative, I get to satisfy my love for being creative. I love the balance of engaging with my customers and alone time in the car going from customer to customer. There is nothing like a sunny day, a good song on the radio, and the road to myself. I love my dinner date nights with my husband. It really keeps the connection alive. I love cats, and I am happy to say that I have brought my canine-loving husband over to the cat-side. After a stressful day, there's nothing like relaxing with a warm kitty that doesn't need or want anything from you (after they're fed of course), and just wants to be with you. I also love to do crafts and I create one-of-a-kind custom pieces.

The biggest influence throughout my adult life has been my husband. Growing together from such a young age, we really influenced each other; we helped each other become the people, and couple, we are today. I have three major achievements: 1) My love achievement, dating my husband from 18 years old, still together and enjoying each other 37 years later, while putting in the work; 2) My two sons, born on the same day 5 years apart, they have truly good hearts, contribute to society, and are law-abiding. I am proud of them; and 3) My

in an event. I also won a gold and two bronzes at the swimming Canadian Nationals at age 16.

My first life challenge was being an only child: I didn't learn how to share very well and had to learn the hard way, that if you can't share, you won't have friends. Now as an adult, I have a great group of friends. Growing up, I didn't have a sibling to run to if I had a fight with my parents, so I had to find a way to deal with that, which is why I'm introverted. Having children was a challenge, for sure. Raising them taught me patience and how to let things go. Being in a long marriage is a challenge as we all change as we grow. It's so important to change together, to work together, to always turn to each other, and remember that the grass is not always greener elsewhere. As we've grown, and matured, I've come out of my shell and I am now a strong, independent woman, and my husband has settled down and is a responsible, loving man.

Aging grants you security (professional, personal, and financial) that you do not have when you are young and starting out. Beauty to me, is kindness; how a person makes me feel when I'm with them, a certain aura you can feel when you're in their presence.



Darlene
Carpenter, 56



Mary
Van Someren, 62



“Beauty is not always on the outside, what people do and say show you their internal beauty.”
- Maryanne Peters

Maryanne Peters

“I don't really have future plans. I just live a day at a time. Unfortunately, nothing really excites me”

I find it really hard to describe myself, had to get some help with this one. I believe the one that I chose fits, and that would be “Determined.” I enjoy spending time with my friends and family, love camping but it's getting to the point it may be time to switch to glamping. I also love watching movies with my son and having some me time as an introvert.

I did not have much influence growing up. I had to overcome a lot of obstacles while growing up, and into adulthood. I dropped out of high school, due to my upbringing and had tried a few times to go back, but when my oldest son was young, I went back and got my GED, completed it on the first attempt, then proceeded to go to complete a college-level automated office applications' secretarial program and medical office assistant course.

I have been a single mom; raising my boys has been tough and I've had to resort to assistance, one being the Surrey food bank. When I started my current job, I wanted to give back for all the years that I had to use it, and my job was willing to help me with this. My current job is the longest job that I have ever held, just over 11 years, they really helped and gave me a chance. As a single mom, there were situations that affected my job and they were very patient and understanding which was very much appreciated.

Losing my oldest son 5 years ago really changed me. It has been a very tough struggle, not something you ever think you will have to face. It is not something you get over or forget; it changes things and it's like learning to live all over again as there is a big hole in your heart. It changed a lot of different things for me, made me look at things differently and I have educated myself more since his passing. I have struggled with my weight since my youngest was born. A few years ago, my doctor helped with my request for help. I was referred to a medical weight-loss clinic which has been assisting me in being able to start my weight-loss journey.

Before my portrait session, I had always wanted some nice pictures of my younger son and myself as we have never done anything like this before. I thought of bringing a picture of my oldest son at the last minute but then changed my mind, though I wish I had. I was extremely nervous as this was vastly different to what we have done before. I thought my son would be reluctant to take pictures with his mum, in his 20s, but Caroline made the whole experience comfortable, fun, and enjoyable. After losing some weight over the past few years, I decided to proceed with having these pictures done, as I never enjoyed having my photo taken in the past. I have never really considered myself being photogenic and always dread it. I was very impressed with the outcome of the session; I saw myself differently, it surprised me how well they turned out, and hearing the reaction from family and friends made me happy. Doing this portrait at Franctal Studio helped me to look at myself differently; I can't say I am completely confident in myself, but I am on my way and feeling slightly more confident.



**“My definition of beauty is pursuing my dreams without fear and having no regrets.”
- Maria AbuAta**

Maria AbuAta, 54

“At 54, it's time to enjoy where I am. I've I have ideas for the future. These need money and networking. I would like more people to know about brain injuries, I would like our health and mental health team to listen to people. I would also like to open a space where anyone can come to make connections with other people. Life is so much easier with a friend.”

One word to describe me is ‘Resilient.’ I work for an agency that serves adults with disabilities. I enjoy my job greatly. Outside of work I like to geocache, see live music, dance, and just do activities that rejuvenate me. My boys have always been my motivators. I raised 5 and birthed 4. I have amazing relationships with my boys. I once had a hockey parent who said if she could have a quarter of the relationship with her boys that I do with mine, she would be happy. My boys are thoughtful, considerate, and respectful to me always. My achievements are the relationships I have with people. I have learned so much from people and chose to continue to foster relationships with those who are in my life. I have also received the EXCEL award from my company. It stands for excellence, commitment, enthusiasm, and leadership. My greatest life challenge was when one of my sons died by suicide. I am still working on who I am today. This trauma took me back to square one and I feel like I am starting over.

On aging, I am not excited about my body starting to fall apart. My mind set is no regrets though, so I believe in experiencing life without fear. The others which are a no-brainer for me are kindness, genuine, listening, and empowering each person I meet. During my portraits, Caroline was amazing! She allowed me to feel comfortable. She had me put my body in ways that felt uncomfortable and told me to look like I was having fun! I did both and it was great. The photos turned out better than I could have imagined. It tells me that with a little bit of makeup and crazy posing, I can be a hot grandma now. I loved the idea of having an adult dress up time with the hair, make up, and dresses. I remember my 3-year old granddaughter loved playing dress up and now I understand why. The photos are a great keepsake of this confidence builder. Seeing myself through the eye of the person behind the camera was surreal! As the years go by, we change, even if we see ourselves the same; because age is just a number.



Mary
Villaraso



Morena
Mejia

A portrait of Nahla Saleh, a woman with dark curly hair, wearing a gold and red sequined two-piece outfit. She is sitting on a red shaggy rug, looking down with her hands near her face. The background is a textured red surface.

Nahla
Saleh

A portrait of Neena Parmar, a woman with brown curly hair, wearing a dark blue pinstriped suit. She is sitting on a blue chair, smiling and looking towards the camera. The background is a solid dark blue.

Neena
Parmar

Nickie Temreck, 65

“Beauty is having a good heart and being able to treat yourself with kindness. Once that happens, your outward beauty will shine through, and it will show. My portrait experience was wonderful. My fear was that my insecurities would show in the pictures, but Caroline was wonderful in making me feel comfortable and letting out a little bit of naughtiness”


One word to describe me is the word “Resilient.” I enjoy playing my guitar and spending my winters in Mexico. My greatest motivation was the fact that through the loss of my youngest son, I chose meditation to get through my grief. That opened a path on a journey to finding who I am as a person and realizing that life is to be taken day by day, using gratitude; and discovering that gratitude opens us up to being able to receive the true form of love, which is true love for one-self. I am still working on becoming the person I am meant to be and now that I believe in God's unconditional love, it helps me to give myself that. I would say my greatest accomplishment is that I accepted empowerment through my loss and try my best to make each day count. Major achievements I am proud of include learning to ride a Harley Davidson at 50 (which I don't do now) and teaching myself to play the guitar starting at 50 also. I am also proud to have raised 3 other wonderful children who have become my friends.

My first major challenge was becoming a widow at 33, raising 4 children on my own, and working full time. Then the loss of my youngest son hit me hard. It was not easy, and I was not the best parent through all the stress, but I see now how those challenging times have made me as resilient as I am today. Recently, going through a separation has been another challenge, but I am confident that it will be another loss that I will come through with grace. I am blessed at this point of my life to be able to travel to Mexico for the winter and hope to move there permanently one day.

This type of photoshoot is something we should be able to treat ourselves to. I am looking forward to seeing the pictures and my goal was to see the beauty in myself that is hard for me. It is something I think we can all use to boost ourselves as we age.

**“Aboutaging, what excites me is that I now know that no matter your age, anything is possible, if you just trust who you are and stay true to yourself.”
- Nickie Temreck**





“Beauty shines from within
and radiates out.”
– Glenda-Ray Riviere

Radha Reddy, 56

“My greatest motivations are people who have gone through crisis in life and have used that as their teacher to succeed in life. They make me know that I can also overcome anything in life. Growing up, I had a fear of public speaking. I am proud of myself now for growing my coaching business, being seen, and facilitating meetings attended by a large audience.”

Radha is radiant. I enjoy helping others and making a difference. I love being in nature.

My major life challenges include an accident in 1994. I was home for 2 years, unable to do anything. It taught me perseverance and helped me know that I can achieve anything I want in life. In 2018, another physical medical issue happened which stopped me from everything. I had no income, I was physically stuck, and had to be a full-time caregiver for my mom. In 2019, mom passed away and I decided to change my career. I went to post-secondary at the age of 52. This was when I realized these challenges came my way for me to learn, grow from it, and to take charge of my life. It really confirmed that I am the creator of my reality because I was able to switch everything around.

In future, I hope to go full time with my coaching business. Being of service to as many people as possible, while sharing my knowledge and teachings on brain health and reality creation, is my goal.

I also look forward to being fully booked for speaking engagements, travelling more, continuing to work on the best version of me. I would love to keep attracting like-minded individuals, and to keep living life like a holiday and inspiring others to do the same. Becoming a brain health coach came naturally to me as I always wanted to help others. Going through a divorce in my twenties, having the accident, and other challenges, empowered me to help friends and family going through the same. I always had a dream to have a wellness center and my focus is on empowering women. I do this globally, and I am proud of this accomplishment because there were lots of challenges on the way.

Seeing clients shift from depression, addiction, etc., motivates me. At 56, being ok with my body but at the same time staying healthy, takes priority. It's more about the energy and waking up excited about life than the looks. I love not being concerned about what anyone thinks of me, while loving and embracing my uniqueness. Being in my 50s has just been fabulous!

Rene Paterson, 63

“Since my spouse passed in 2021, I’ve had to work at creating a new life without him. I am alone for the first time since I was 17. I am now 62 and making it io my own.”

I’m excited about having the privilege of being in my 60s. I’m pleased that I surpassed my mother’s age (47) when she passed. Therefore, I’m breaking down stereotypical barriers and living my best life; not repeating negative life cycles in my family. I live a drug and alcohol-free lifestyle. I am an independent indigenous woman, who is just breaking lots of barriers down, and living better.

“I am the exception to statistics that said I will repeat negative lifestyle cycles.” - Rene Paterson





"Me in one word:
DETERMINED!"
- Sheryl Gill

Sheryl Gill, 56

"I am a Physical Educator and have been for over 30 years. I chose this as my profession because I enjoyed being physically active as a kid and stayed physically active throughout all the changes in my life."

Over the years, I have enjoyed skiing, softball, soccer, field hockey, water skiing. Once I had kids, two boys who are now 18 and 16 years old, I enjoyed taking my kids out to play, and as they got older, watching them participate in the things that brought joy to their lives also brought joy to mine.

I also enjoy photography. My dad gave me my first camera. I spent a lot of time during my travels taking photos of landscapes and interesting old buildings. Once my children were born, my subject changed, and I dabbled in sport photography so that I could create photo books for my kids. My boys have motivated me to stay active and healthy as I want to be a part of their lives for as long as possible. My greatest influences have been my parents and my sister. We recently lost my dad, and I see the strength in my mom as she moves through her grief. My sister inspires me to love myself and be who I am unapologetically.

My major achievements cover teaching for 30+ years and continuing to teach physical education. This is an achievement as many physical educators my age are starting to move more toward the classroom, but I continue to model lifelong physical activity by being active with my classes. My children are also my proudest accomplishments.

I have been told by their teachers and coaches that they are kind, thoughtful, hardworking, bright, and respectful. Raising two boys to be good men is a huge accomplishment.

Ten years ago, I was involved in a hit and run vehicle accident that brought on early onset arthritis in my right hip. I was in constant pain and discomfort for 5 years and missed a lot of moments with my kids while they were young. I was depressed until I decided to do my first Mudderella at Whistler. It is an obstacle course that is spread out over the mountain like a Tough Mudder (but designed specifically for women). Five years later I ended up with a total hip replacement and I have been able to increase my level of activity. I believe that my fierce determination to be independent helped me get through this time.

I hope to retire within the next 5 years so that I can enjoy the next chapter of my life. I hope that it includes traveling, and I am also hoping to get back to photography and enjoy the landscapes of my new travels. I am looking forward to learning about the things that will excite me and look forward to spending time doing those things now that my time is mostly mine. I've realized over the last few years that sometimes we don't have control entirely over what happens to the physical self, and I have learned to appreciate the inner beauty that a more mature woman exudes.



Shelley
Carpenter, 60

You are
purposefully created,
intricately woven and
absolutely beautiful
just as you are!

Step into your Power!

Caroline Latona



Trisha McPhail, 42

“ As I age, I get compliments all the time at how I am glowing. Beauty is so much more than the outside and should be viewed considering how you make people feel when in your presence.”

I love hiking, spending time with family and friends, and networking and helping others. I love finding solutions to help people and creating systems to help people thrive. I spent 10 years as a nutritionist coaching others because if you are not focused on your health, everything else suffers.

Major achievements I am proud of include leaving a career after 10 years and starting over with zero experience. I went from flexible sales to sales manager, then general manager in 8 months. After working as a VP of Sales and Marketing for a company for 5 years, I purchased part of the company when I left so I could raise my babies from home and be present for their first 9 years. This business still generates over 30k in profit with minimal effort and time and operates more as a turnkey residual business. By 41, I had a BBA, Certification in Business Marketing, Certification in Business Management, Certification in Sports Nutrition (the second highest score ever by that university at 99.6%), Certification in Transformation Expert, and Level 1 of Insurance and NLP trained. During covid, I homeschooled my kids for a full school year. This year, I was able to take part in raising \$50,000 for a great cause: Punchout Parkinson's. I also was able to volunteer my time in a few areas like feeding the homeless on new year's

**“ Age is just truly a number and when you are happy it shows through and through.”
- Trisha McPhail**

One word to describe me is “Inspiring.” My major life challenges include growing up in a family that struggled with money. I have worked hard to become who I am today so that I never need to say no to my kids because of money. In future, I will keep providing value to others. I hope to be able to create my own foundation one day as a non-profit for a more dedicated purposeful give-back. I started my business 20 years ago when the owner from these companies, did an order with a business that I worked with and eventually bought in-promo. I am inspired at the experience we can create, the incredible staff I get to work with daily, and it motivates me to find ways to improve systems and implement positive change where I can.

As I age, I get compliments all the time at how I am glowing. Beauty is so much more than the outside and should be viewed considering how you make people feel when in your presence.

Caroline was an absolute gem. Having done this before, having makeup and hair available and part of the package was something often included as an added cost. Caroline was perfect in directing and punctuality. We got incredible shots quickly, although she was happy to keep going if I needed more shots. I was so impressed by her work, that I went from my initial package of 2 photos to 9. Going to a new career, I wanted new headshots as the new me. I am so happy I chose Caroline and cannot wait for our next shoot! It is quite inspiring how Franctal Studio is highlighting women. Together, we rise!!!

Terri
Rutty



Tersia
Maritz



A woman with dark hair, smiling broadly, wearing a black sleeveless top and a voluminous, flowing red gown. She is standing with her hands on her hips against a solid red background.

Thoko
Kamwanja, 42

A woman with blonde hair and bangs, smiling, wearing a red, off-the-shoulder gown with multiple layers of ruffles. She is posing with her hands near her face against a white background.

Vicki
Mills



Portraits^{couture}



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