

BRINKA

A WELL-CRAFTED LIFE

EVERY  
SUMMER  
HAS A  
STORY.

## LETTER FROM THE CO-FOUNDERS



**A**s east coast residents, we experience the four seasons in all their glory. Winters are long, fall and spring zip by, but summer, despite being only a few short months, feels free, invigorating and completely luxurious. Summer gives us permission to relax our hyper-productive schedules, linger outside whether on a patio, in a park or on a dock and dive into every ice cream flavour our hearts desire with little guilt and definitely no regret. We know that it's only a matter of weeks before cooler temperatures bring us back to reality, so we are making it our mission to revel in each and every beautiful day from the moment the sun wakens us early in the morning.

To inspire you to do the same, we rounded up some of our favourite summer pieces, along with a collection of tips, tricks and tidbits to help you make the most of your summer.

For more great content, be sure to visit our blog at [blog.BRIKA.com](https://blog.BRIKA.com), and follow along our adventures on social media at [@shopbrika](https://www.instagram.com/shopbrika).

Happy summer!

*Jen & Kena*

# Foe and Dear's arc hook earrings



**K**atherine Huie of Foe and Dear's **arc hook earrings** (\$55-\$60, available in stores and online) first caught our eye as gorgeous, expertly crafted pieces of jewelry that are a unique spin on the classic hoop earring. As one of many in our community of talented Makers, BRIKA asked her to share the secrets of her creative process with us.

## WALK US THROUGH THE PRODUCTION PROCESS.

The process starts out with a carefully measured, plain strip

of gold or silver wire. It is then cut, hammered flat at one end, hand filed to form the point, bent to shape the earring, the sharp edges are filed down, and finally polished.

## WHAT'S THE BEST PART OF YOUR JOB?

It's impossible to pick one thing. In the past year or so, I've been lucky to connect with many amazing people to create bespoke, one of a kind jewelry—everything ranging from





customized pieces to engagement and wedding bands. I also love being able to create exactly what I'm dreaming of, and being able to play and experiment with different stones, materials and techniques. Way too many things!

#### HOW DO YOU STAY CREATIVE?

Staying creative has actually been quite a challenge since the business has grown so rapidly. You definitely have to set aside time to open your mind, and jot down ideas and things that inspire you. I'm also always reading up on what my favourite design, architecture and fashion brands are up to.

#### WHERE'S YOUR FAVOURITE SPOT IN VANCOUVER TO GET INSPIRED?

My sunny, light filled studio in Gastown. ▲

*"I've been lucky to connect with so many amazing people to create bespoke, one of a kind jewelry."*



# The double-knot ponytail

*Keep cool in the heat with this Pinterest-worthy pony, which can be pulled off in under five minutes flat.*



1

**DIVIDE YOUR HAIR INTO TWO SECTIONS; A TOP AND BOTTOM HALF.**

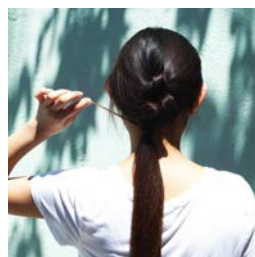
Divide the top half into two sections (behind each ear) and tie into a knot. Tie a second knot underneath the first and tighten by pulling both ends in opposite directions.



2

**TUCK THE TWO ENDS UNDER THE BOTTOM HALF OF YOUR HAIR.** (It's okay

if the knot becomes loosened, this will create a less fussy look.) Tie with a hair elastic to create a low ponytail.



3

**TAKE A PIECE OF HAIR FROM THE UNDERSIDE OF THE LOW PONY**

and wrap it around the hair elastic to cover any exposed elastic.

Secure underneath the ponytail with a bobby pin.



4

**GENTLY PULL OUT SECTIONS OF THE KNOT TO CREATE A MORE UNDONE LOOK.**

Secure any pieces that come loose with bobby pins.



# 5 proven secrets to HAPPINESS



**N**ew York Times bestselling author, popular TED speaker and director of the Institute for Global Happiness, Neil Pasricha, is on a mission to get people happy. His newest book, *The Happiness Equation* (\$35, available in stores and online), proves that unlike what we may believe, happiness is a choice and there are simple, science-backed steps we can

take to get there. Here are five of them.

**ONE** Take three 20-minute walks a week.

**TWO** Write down five things you are thankful for, once a week.

**THREE** Commit five random acts of kindness a week.

**FOUR** Replay one positive thing that happened during your day by spending 20 minutes writing about it in your journal.

**FIVE** Meditate, even for just two minutes a day.

For more insight into how to lead a happier life, pick up your copy of *The Happiness Equation*, available at BRIKA.



## PRETTY PIECES YOU'LL NEVER TAKE OFF



GOLD PINEAPPLE  
NECKLACE, \$25  
**SWEETHEART JEWELRY  
BOX**



TURQUOISE +  
DIAMOND DOUBLET  
STUDS, \$97  
**LA KAISER**



GOLD FILL SIREN  
RING, \$52 **ELISHA  
MARIE JEWELRY**



CILANTRO RESORT  
CHAIN NECKLACE, \$44  
**VOZ COLLECTIVE**



CONCHA CUFF, \$163  
**FRANNY & METAL**



LIGHT PINK + GOLD LEAF  
RESIN EARRINGS, \$31  
**TINY GALAXIES**

## The exclusive **BRIKA** Bath & Body collection

Developed with Maison Apothecare, the **BRIKA Bath and Body collection** was specially formulated with the sweet scent of 100% pure essential orange blossom oil. Combined with notes of grapefruit, this citrusy blend leaves skin soft and smelling delicate yet fresh. *Available in stores and online.*



# 9 WAYS TO HAVE A WELL-CRAFTED SUMMER

**1. BOOK A STAYCATION.** Get to know your hometown through the eyes of a visitor. Make a bucket list of everything you've ever wanted to eat, drink, see and do on home turf – then go do them!

**2. SWEAT IT OUT AT YOUR LOCAL PARK.** Grab a towel and channel your inner yogi, work up the courage to try slacklining, or join the local tai chi-ers during their morning exercise routine. Air-conditioned gym < great outdoors.

**3. HOST AN OUTDOOR MOVIE NIGHT.** Hang a sheet outside and

fire up your projector, or check out what's on tap for al fresco cinema in your hometown.

**4. HAVE A PICNIC!** Grab an oversized blanket, pack up your favourite snacks and head to your neighbourhood green space.

**5. LET NATURE BE YOUR INSPIRATION.** The cliché about the beauty of nature is true —enjoy the things we are freely given. Bring a sketchbook or journal outside and create a work of art that is entirely yours.



**6. GET THYSELF TO THE WATER.** Be it a lake, river or ocean, there's something undeniably magical about a cool dip on a hot day (or night!).

**7. TAKE STOCK OF SUMMER PRODUCE AT YOUR LOCAL FARMERS' MARKET.** Cherries, corn, plums, cucumbers, peaches and berries are all safe bets for what's on tap in the seasonal produce department.

**8. ROAD TRIP. PICK A DESTINATION, BOOK OFF A WEEKEND AND GET PLANNING.** Car top down, summer playlist blaring, open road ahead – need we say more?

**9. TACKLE YOUR READING WISH LIST.** With warm local temperatures no longer warranting a beach vacation to get through the book that's been sitting idle on your bedside table, take the opportunity to get reading. ▲



## Q+A WITH TASTEMAKER ESTHER LEE OF THIS WILD HEART

**W**HAT ARE THE TOP  
THREE THINGS  
ON YOUR BUCKET  
LIST FOR THIS SEASON?

1. Adventures. Summer always brings a longing for travel and exploration. This summer I'd love to make a trip to somewhere I've never been before, even if it's a weekend trip!
2. Picnics. Food, friends and sun – who wouldn't want all of those things in one sitting?

If you're not much of a cook, have a potluck picnic so you don't have to do it all!

3. Toronto's annual summer carnival, The Ex. Marking the end of summer, I'm looking forward to some funnel cakes and interesting culinary concoctions – let's be real, I always go for the food!

**HOW DO YOU LEAD A WELL-CRAFTED SUMMER?**

I love making, and try to

figure out ways to create things of my own. However, my husband frequently tells me that I take on too many DIY projects, so I'd love to explore more local shops – not only in Toronto, but also during my travels. Sometimes, it's okay to leave certain things to the experts/makers themselves, and it'll inspire you in one way or another!

#### **WHAT'S THE BEST GIFT YOU'VE EVER RECEIVED?**

The best gift I've ever received was a custom leather passport holder from my husband when he first started making leather goods as a hobby, and not yet a business. It was version 1.0 and one of a kind. It has accompanied me on many travels over the years and has developed a nice patina. He put so much time and thought into designing and making it that

I refuse to upgrade to version 2.0!

#### **WHICH BRIKA PIECE IS ON THE TOP OF YOUR WISH LIST FOR THIS SUMMER?**

This is so difficult! I really do love knick-knacks for the home, and really love *Romi Hefetz's planter holders*. They are simple, but beautifully made – and not to mention, multifunctional. I'd love to have more greens around the home.

Because I can't pick just one, *Yield Goods' French Press* would just sit so pretty on a clean kitchen counter, or out on the patio table during breakfast.

Follow Esther on Instagram [@thiswildheart](https://www.instagram.com/thiswildheart). Visit her blog at [thiswildheart.com](http://thiswildheart.com).



## ESTHER LEE'S PICKS



EXTRA-LARGE SPINNER, \$88  
ROMI CERAMICS



SMALL FRENCH PRESS, \$140  
YIELD GOODS

## BOLD PIECES THAT SCREAM SUMMER



BLOOMING BIKE, \$30 **MADE  
IN BROCKTON VILLAGE**



WOVEN TOTE BAG, \$103  
LA BOTICA



TOASTED MARSHMALLOW  
CANDLE, \$26 CANDELLES



REPELLENT SET, \$116  
AROMAFLAGE



MAYAH KILIM CLUTCH 11,  
\$72 **BOHO GYPSY**



BACKYARD GARDEN  
PILLOW, \$74 **ELIZABETH  
GRUBAUGH CREATIVE**

# OUR TOP PICKS FOR SUMMER



**SEASIDE LIFE BAG** HONEY & BLOOM, \$40

“The type says it all – bring this to the beach!” - Nadine, *Merchandising Assistant*



**GEOMETRIC II PRINT** LOVE LIKE RED, \$26

“Gorgeous design + watercolor wash = instant gallery wall addition.” - Sam, *Digital Editor*



**EUCALYPTUS MINT BODY SCRUB** CEECEE & BEE, \$30

“Keep sunkissed skin fresh with this naturally refreshing scrub.” - Sasha, *Creative Designer*



**PERSONALIZED PINK POPSICLE 3 PIECE SET** HI LITTLE ONE, \$85

“A summery motif with your little one’s name makes this set a winner.” - Jen, *Co-Founder*



**MINT LA PLAYA BLANKET** MORNING CULTURE, \$55

“For the park on summer days, and the beach on summer nights.” - Kena, *Co-Founder*



**DONE LIKE DINNER PLATES** SAID THE KING, \$70

“Did someone order a side of humour with their picnic?” - Gavin, *Maker Relations*



# *Watermelon Mojito Recipe*

RECIPE BY [BITE ME MORE](#)

Does any other fruit evoke visions of hazy, sun-drenched afternoons more than the watermelon? Cool off with this refreshing take on the classic Cuban mojito, infused with a minty twist.

## **INGREDIENTS**

2½ cups cubed watermelon,  
pureed in a blender  
8 fresh mint leaves, torn  
3 tbsp fresh lime juice

1 tbsp sugar

2 oz light rum

Mint sprigs, for garnish

Lime slices, for garnish

## **DIRECTIONS**

Using 2 tall glasses, muddle torn mint leaves, lime juice and sugar. Add ice cubes and pour in pureed watermelon and rum. Stir and garnish with mint sprigs and lime slices.

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