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THE FORUM MAGAZINE Inc.
Tel. Toronto 416.819.2576
Tel. Dundas 905.719.4479
905.627.1660
Fax 905.627.4112

e-mail: forumedit@sympatico.ca
e-mail: forum@bell.net
Visit us at www.forummagazine.ca

ADVERTISING INQUIRIES
Sean Patrick
416.819.2576

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CONTRIBUTORS

PUBLISHER
Sean Patrick



EDITORIAL DIRECTOR
Ana Patrick



CHIEF EDITORIAL WRITER
John Reynolds



DESIGN DIRECTOR
Helen Witkowski



CONTRIBUTING WRITER
Krista Deverson



CONTRIBUTING WRITER
Emilia Florek-Guerrero



CONTRIBUTING WRITER
Rich Carroll



FROM THE PUBLISHERS

Welcome to the June/July 2018 edition of Forum Magazine! Blake Wyatt and the Wyatt Development Group are bringing something new and refreshing to Bronte Harbour in Oakville! Luxury townhomes – with a waterfront lifestyle at its finest! Blake Wyatt says it all....“We focused on designing Water Walk to capture the waterfront lifestyle to draw people to the shores of Bronte.” It’s an incredible project that has the classic appeal of the Hamptons and nuances of Cape Cod....and now who wouldn’t want to have the appeal of the Hamptons at their door step?

If you have never been to Arizona... then this would be the perfect time to do so! The Phoenician in Scottsdale has just completed a multi-million dollar re-design renovation and the results couldn’t be more stunning – updated guest rooms, a new and contemporary spa, a state-of-the-art athletic facility, new restaurants and of course an incredibly new designed golf course! It’s been over 20 years that Sean and I have frequented the Phoenician and believe me it never disappoints! Check out some very special summer rates that the Phoenician is offering, it’s definitely worth the visit! And after the winter we have had here, I think we all deserve it!

A special thank you to Beli Merdovic at the Penske Automotive Group in Scottsdale that generously provided a beautiful media car for our stay while in Scottsdale – the Rolls Royce Wraith offers the ultimate experience in driving luxury! Next time you are in the Scottsdale area reach out to bmerdovic@penskeautomotive.com for your special ride!

Would your company make an excellent cover story? Are you building a unique custom home? Contact us, let’s profile it in an upcoming edition.

Until next time,

Sean & Ana Patrick
Publishers



WYATT DEVELOPMENT GROUP WATER WALK

Luxury Living

TEXT Krista Deverson



PHOTOS COURTESY OF WYATT DEVELOPMENT GROUP



Nothing says luxury like living by the water does. The quintessential waterfront lifestyle is defined by exclusive locales like The Hamptons and Cape Cod where architecturally-stunning homes are nestled in quaint sea-side villages. Walking to the water, sailing away from shore, sipping an espresso in the local cafe, perusing the shops, and afternoon socials are the

idyllic way of life at waterfront areas around the world.

In 2015 when Blake Wyatt of Wyatt Development Group got the opportunity to purchase land at Bronte Harbour in Oakville, he immediately knew he had something special. Being only two blocks from the waterfront inspired him to do something different architecturally.

His idea from the get-go was to capture that waterfront essence that made Cape Cod and the Hamptons so distinctive and desirable.

As a developer, Blake Wyatt has always perceived the style and design of the home to be essential to the construction because of how design influences the way people live. From childhood, Wyatt

gained design experience by spending time on construction sites with his mother, a notable interior designer. "She'd take the time to explain the creative process to me and allow me to see a design plan put into motion," he remembers, "She made every space beautiful and unique, and I'm certain that inspired me to want to do the same."

With this early experience in real estate, he went on to work in development financing and real estate sales for ten years. There he learned invaluable skills and made the right connections to be able to understand all sides of the development process from buying land, to raising capital for developments, to working with private equity and financial companies, and really being able to perceive what buyers were looking for in their homes. He loved his

work however, he found his heart was always pulling him towards the creation side of real estate; towards building something for someone.

With all the right experience under his belt, he started developing in 2013. Striving for distinction in his field, he focused on what he knew and loved: building design-oriented real estate.

Although a relatively new company, Wyatt Development Group aligned themselves with experienced, professional, and highly-esteemed people in the industry. Part of Blake's vision was to build a superior quality home that would inspire people with its well-considered design and beautiful finish.

So, for the Water Walk project at Bronte Harbour, Wyatt joined forces with



Audax Architecture in Toronto. Together, they spent almost a year discussing the design and the direction they wanted to take for this unique project. With the potential buyer in mind, they envisioned the stunning Cape Cod contemporary look and the classic appeal of the Hamptons. Being within a short stroll to the water, they wanted the townhomes to have the nautical feel of the beach life, so they spent time drawing ideas from pinterest's images of beachfront homes, farmhouses in fishing village areas, and the East coast of the USA.

"When I look at any waterfront location around the world, I see that people are always drawn to water," Wyatt explains, "it's a gathering place. There's a certain essence and it's matched by a certain architecture. We focused on designing Water Walk to capture that lifestyle and draw people to the shores of Bronte."

The exquisite aesthetic of the townhomes

is in line with the revitalization of the main corridor of Bronte Village, which historically was an old fishing community that became part of Oakville through amalgamation. With recent planning changes in the area, new developments, group retail, and improved street fronts are on the horizon. Water Walk is setting the standard for style in the area because it maintains the quaintness of the historical fishing heritage with the luxurious appointments of modern living.

The response for the project from potential buyers and the community has been strong because they offer the size and features of luxury homes combined with the low-maintenance lifestyle of a condominium townhome.

A great opportunity for both downsizers and young professionals, the exclusive enclave of 19 townhomes range from 2000 to just over 3000 square feet and offer open floor plans, a large outdoor



terrace for entertaining, and superior quality finishes while upgrade options include wine cellars, private elevators, Bose stereo systems, smart home technology, and finished garages.

From his experience in Vancouver real estate, Wyatt has brought a new interior design selection style to the Water Walk project. He wanted to create a turn-key selection process where buyers have four options of colour schemes, without the extra cost for higher quality finishes. Everything has been designer-selected with the intent of being consistent with the architecture and location of the project so that clients are getting something unique right out of the gate.

It simplifies the experience for the buyer and gives them that custom-designed feel throughout the home. Wyatt said this design package makes the client feel immediately at home in the space because there is a relationship between the quality of life and the quality of the home.



...stunning Cape Cod contemporary looks and the classic appeal of the Hamptons. Within a short stroll to the water, Wyatt Development Group wanted the townhomes to have the nautical feel of the beach life.



All the facets of the project combined paint an idyllic picture of lakeside living. With the proximity to the lake, residents have all the amenities they need at their doorstep from the parks, marinas, restaurants, shops, services, and above all, the natural beauty of Bronte Harbour. Meanwhile it's a short drive to the GO station and main highways. It is the easygoing and posh Hamptons lifestyle with the city convenience.

The classic style of the Water Walk townhomes is set to bring an upscale flair to the Bronte waterfront area. Their well-considered design, luxurious appointments, and Hamptons-esque essence is the waterfront lifestyle at its finest.

WATER WALK AT BRONTE HARBOUR

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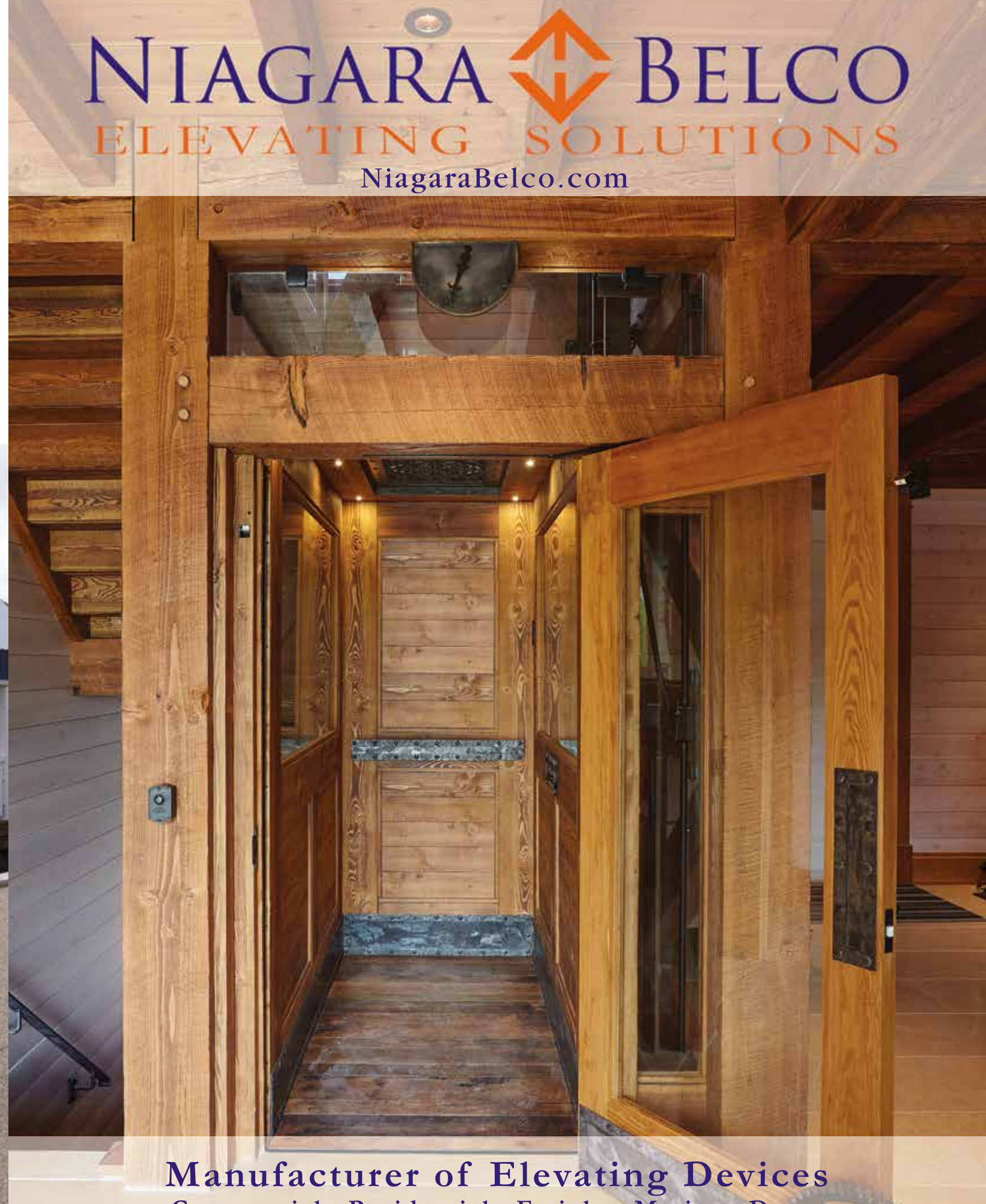


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The Top 3 Musts to Achieving Success in Anything

TEXT Ed Allen

I am a strong believer in success coming from proper information and execution. Many people struggle with the idea of success for the lack of one thing.

The very thing that keeps so many people from succeeding is incredibly simple and when I tell you what it is, you will find it simple to the point of almost being silly. However, I find that the most profound things in life are actually the most simple things that we can adhere to and do.

OK here it is: Most people are not successful simply because they have not had an example of success. They simply do not know what success looks like.

Isn't that interesting? I think it's very interesting.

So I am going to list and discuss 3 of the major components for people who have not had an example of success.

These are things that successful people do, if they are conscious of it or not. Every success you see is based in these 3 things. It doesn't matter what success you are looking for, they all live in these principles. Don't worry, they are also very simple.

Unequivocal Belief in Yourself

This is certainly easier said than done, but it is certainly extremely important in your journey for success of any type. No master piano player learns how to play the piano without believing they will eventually learn how fully master playing the piano.

Records are broken almost every day because the record breaker believes and sees the record as immaterial, nothing to focus on. But they focus on themselves and breaking the record, and they do. It isn't a new concept but it is one that we forget.

You must learn how to believe in yourself in being able to accomplish anything, no matter how hard it may seem, or how hard it may actually be. We are all greater than our circumstances, but we have to be constantly reminded of it.

So here is your reminder, Believe in yourself with all the power you can muster, and trust me, that is a lot!

Conscious Decision to Succeed

Who knows the famous quote "A Journey of 1000 miles starts with one step"?

Yes I know it is a bit cliché at this point, but the principle that it supports is universal and unending and also unclichéable, yes I just made up a word and yes you can use it!

But the point is this: Even before you make that first step on your new journey,

you have to do something in a secret place that no one else knows of and has no map to. That is your mind.

You must in your mind, decide to take the first step into whatever it is you want to accomplish, even if that is first learning how to approach your journey.

Your foot will not move to take that first step until you decide you want to take that step. That will lead you into doing more and trying more. Have confidence in yourself and take steps. But you must have made the decision to succeed to even begin to try to succeed. The decision is the greatest power that man possesses.

If you want to be more, do more, or have more, simply decide to experience it first, and you will be led to success. It is not a promise of right now, but it is a promise.

Continuous Learning

Do not, I repeat, do not ever stop learning, ever.

The only thing that keeps a person from being ever successful is lack of knowledge.

If you want to argue that then I pose this question. If you knew how to make a million dollars right now this very moment. Would you? Even if you lie and say no, the answer is yes!

You see we as humans suffer from being complacent because we think someone else has the inside track, the secret formula, etc. This is partly true, but mostly the information or track that they have access to is not secret. It's just in a damn book! Ha!

We often forget that just about all knowledge of from all time has been recorded in some form in a book. Those books are available to you. We have to

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make a conscious decision to pick up a book on a subject and pour through it until you have a good idea of what to expect.

Even better, we should pick up 10-15+ books on the subject and gain as much perspective on it as possible. This is where power lives. We desire ever more in our lives but we often do not desire the very thing that can grant us our ever valid desires.

You can learn how to do just about anything with the proper set of books. This has been true since the book was invented.

Desire for success comes from the desire to learn about the success we are attempting.

Don't even try anything without learning about it first. It will benefit you greatly, and embarrass you a lot less!

So continue to learn and continue to remember to learn. Everything is learn-able.

Finding Your Self Worth

TEXT Linda Cattelan

Do you measure your personal self worth based on what others think of you? Do you work really hard to make others like or approve of you? Do you find it hard to say no to people believing that others’ priorities are more important than your own? Do you lack confidence? If you answered yes to most of these questions you may have a low opinion of yourself or perhaps you just don’t consider yourself worthy. Enhancing self image will help build your confidence and your personal self worth.

5 ways to enhance your personal self worth:

Pay Attention to Your Posture and Your Body Language

How you hold your physical body has an impact on how others see you and on how you personally feel. Similarly, how you feel often determines your body language and your

outward behaviour. The two go hand in hand – body language impacting feelings and feelings impacting body language.

A simple solution is to check your body language and especially your posture. Stand tall with your head held high, shoulders squared, back straight and legs solid and perfectly aligned; you will feel more in control and more self-assured. Remember the phrase “chin up”? When you hold your chin up it is much easier to stay in a positive, more optimistic mood.

Make sure you are outwardly projecting a strong physical presence. Over time what you feel inwardly will begin to match your outward posture and body language.

Filter Your Self Talk

What is the story you are telling yourself in your thoughts or out

loud in the words you choose? Are you beating yourself up with your own language? Our unconscious mind is just like a robot and takes everything we say literally and personally.

Filter your thoughts and filter your words. Catch yourself when you start to spiral into negative thinking or negative language. Wear an elastic band on one of your wrists and snap it as soon as you think or say something that is negative. It will interrupt your negative thinking/speech pattern. When you catch yourself reword the negative thought or message into a positive thought or message.

Here’s what that might sound like: “I’m an idiot I can’t believe I just did that”, “stop/delete”, “I could have done a better job on that project. I will use the feedback to do better next time around.” No one is perfect. Recognize that there is no failure only feedback. Learn from your mistakes and then move on.

Develop Your Own Measuring Stick

Know what’s important to you and take time to honour what you value most.



Don’t let others influence your view of success and/or happiness. Take time out to recognize your accomplishments no matter how big or small.

Keep track of your accomplishments and proud moments in a journal. If you maintain a personal journal or even a work journal, start writing in the journal from back to front keeping track of all the little and big things that happen every day that validate your successes and accomplishments. It could be as simple as “I contributed a valid point in a business meeting today” or “Two people gave me positive feedback on that sales proposal I developed”. The more you fill up your proud moments pages the more you have to feel good about when you reread what you wrote.

You will also begin to develop some supporting documentation for your strengths and accomplishments.

Know Your Worth

Here’s a simple exercise you can do to gain a richer perspective on how you are perceived by others. Start by taking a close look at yourself and create an inventory of your unique characteristics and strengths. Who are you? What sets you apart from others? What attributes do you have that you might have taken for granted or not previously recognized? Include your personality traits, passions, experiences or areas of expertise. Then enlist the assistance of others to help you understand how you are perceived by others. Ask friends, colleagues, clients,



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suppliers, family to share with you what they see as your core characteristics. Ask as many people as you can within the next couple of weeks to describe you in four to six words. Once you get all the feedback, look for patterns. Choose six to eight of these essence words or phrases that really represent who you are. Notice any differences or similarities between your list and the list others came up with. What you learn about how the world sees you can be very empowering.

Create a Vision for the Future

Develop a vision board. Focus on what you want: your goals, aspirations and your dreams. Clip images, pictures and words of what you wish to create for yourself and pin or paste them to a corkboard. Then take a step towards something you really want by taking some action, no matter how small a step it is.

You are much more than you think you are. Stand tall, look for evidence of proud moments and accomplishments and let that be an acknowledgement of how great you really are. Determine your own measuring stick for success not what everyone else tells you it should be. Create a compelling positive vision of your future and then confidently move forward.

5 ways to deal with negative and cynical people

TEXT Marcia Reynolds

Most people prefer to work with those who spend more time laughing than complaining. They often get the opposite.

Although people aren't born with a negative attitude, over a life span they experiences disappointments, regrets, and broken promises. Some people are resilient by nature or experience. Others become perpetually cynical, resentful, and paranoid about who will cheat them next.

Unfortunately, negativity can quickly destroy a good mood.

Can you respond to negative people without becoming upset yourself? Can you lift everyone's spirit by overriding the dark cloud of pessimism? There are biological and psychological benefits for fostering hope and optimism even if the people around you are full of doubt.

Here are a few suggestions for dealing with negative people:

Avoid reacting

If your tendency is to commiserate and divulge your own complaints, or get

annoyed because they ruined your day, practice noticing when your anger or irritation is triggered. Catch your muscles tightening, and then breathe and choose to feel something else.

I once had a client put a hook on his office wall so every time a person entered his office with a complaint or horror story, he looked at the hook to remind himself as he slowed his breathing to control his reactive emotions. He then said the word, "patience" to himself and either
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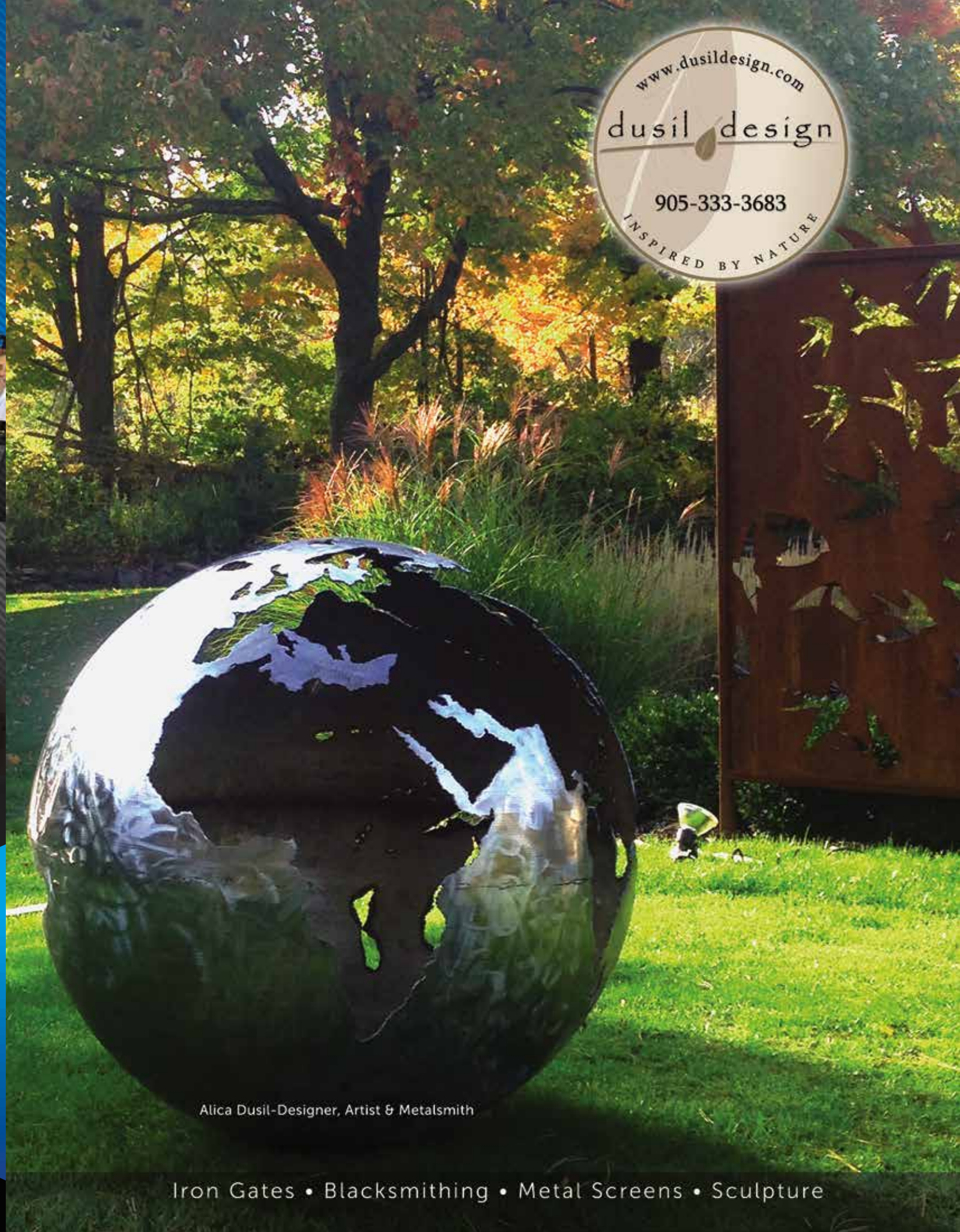
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Since opening in October 1988, The Phoenician has always been the destination of choice for those seeking perfect weather, incredible golf, all the amenities one can only imagine and an abundance of space and activities to relax, refuel and rejuvenate.

The Five Star AAA Diamond Hotel in Scottsdale, Arizona has recently redesigned the incredible property and now welcomes guests to luxury that does not disappoint. The modern day traveler is now welcomed to a newly renovated lobby, introducing a new kind of luxury, open concept and accessorized by furniture and art inspired by textures and colours of the Sonoran desert.

Whether you choose an elegant guestroom in the hotel, an intimate casita on the edge of Necklace lake, or residential style suite, you will enjoy the rich tones of the surrounding Sonoran desert in a relaxed Scottsdale atmosphere, all with expansive resort views, open terraces and standard amenities that are sheer luxury! Offered are 577 guestrooms, 64 suites and 4 presidential suites.

Celebrating the nurturing of the individual spirit in the approach to relaxation, fitness, beauty and nutrition, the Phoenician spa offers a contemporary approach that includes a roof top pool, VIP suites, Dry Bar, fitness centre for personal training and movement studio.

Pamper yourself with a couples massage and the lower lever of this state-of-the-art facility offers 24 treatment rooms and a Quiet Relaxation room for after spa or for meditation plus a 1400 square feet retail boutique featuring an Aromatherapy Blending Bar to customize spa treatments and to take home products.

Two new restaurants that have made their debut are Mowry & Cotton plus J&G Steakhouse. Mowry & Cotton will





tantalize your taste buds and the laid back rustic aesthetic complimented by a contemporary touch features a menu of bold flavours and savoury dishes. J&G Steakhouse dazzles without intimidation. The modern interiors offer stunning valley views while you dine and a menu of the finest steaks and seafood.

The Phoenician pools is a three-tiered complex featuring the iconic hand tiled

Mother of Pearl pool on the lower level and recreational pools on the east and west end of the upper level, plus a re-designed centre pool is family friendly and youngsters will have thrills down the waterslide and tree house in the Kids Zone. The Funicians Club for kids is a daily supervised program for special guests between the ages of 5 to 12 and offers numerous outdoor adventures and indigenous arts and crafts. The Night Owls

program allows mom and dad to enjoy an evening out while the kids have their own special time filled with food and fun.

The Phoenician Athletic Club is a brand new facility where one can enjoy breathtaking views of Camelback Mountain from the second level. State-of-the-art fitness equipment and 'Fitness on Demand' technology provides access to hundreds of virtual exercises ranging from yoga to spin.

Looking to get away for your next corporate event? Look no further... the Phoenician offers 160,000 square feet of indoor/outdoor space including a 22,000 square foot Grand Ballroom, multi-media theatre, 26 breakout rooms and four boardrooms. High speed video conferencing and satellite up/down input capabilities as well as built-in and portable theatrical lighting systems.

Last but certainly not least, The Phoenician Golf Club has been re-designed and rerouted as an 18 hole course that plays to a par 71 and offers 5 sets of player-friendly tees ranging from 4,418 yards from the forward tees to 6,501 yards from the championship tees. Everything is in front of the golfer with no surprise bunkers or blind hazards. The course will create a more contiguous pattern of play showcasing

the unique desert beauty of Arizona's Sonoran desert debuting this fall.

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listened to discover what the person needed or asked to focus on solutions instead of what was wrong.

Listen beyond the emotion to what people resent or assume will hurt them. Many people cover their disappointments and fears by complaining, blaming, and criticizing others. Listen to understand their situation and what respect, control, recognition, security, or value they lost.

Feeling understood can diffuse their negative feelings. Then you can determine if you can help the person or at least acknowledge that you understand why they feel the way they do. .

Ask the person if they want to find a solution or just need a sounding board to safely express how they feel.

You don't need to agree with them. You just need to know what they need in the moment. Start by acknowledging and holding up a mirror to their feelings.

For example, you might say, "You seem very upset about not being recognized for your effort. Is that right?"

Many habitually negative people walk through life believing no one cares or understands them. Demonstrating that you hear and understand their feelings may be all they need before you can ask them what they want to do next.

Don't rehearse what you are going to say while they talk.

When people think you are not listening, they spiral deeper into their feelings. They don't need you to fix them, they need you to listen and understand. Then they might respond when you ask them what is in their power to control in the moment so

they can begin to feel less victimized.

Teach others where your personal boundaries lie.

If people are not willing to look at how they might help themselves in the situation, you might hold up the mirror by saying, "You don't seem willing to look for a solution or a different way of dealing with your problem. Is that true?" If they indicate the situation is hopeless, you can say, "I understand why you feel the way you do. I would be happy to take up this conversation with you at another time when you are willing to look at taking a step forward."

If they keep complaining, you may have to be more direct by saying, "It is important for me to shift our conversation to something more positive.

Either we do that now or later, but I can't keep looking at the dark side of this situation with you now."

Keep in mind that you have the power to choose your feelings, thoughts, and behavior in response to someone else. Notice when your stomach, chest, shoulders, or jaw tighten up. Breathe, relax your muscles, and choose to feel compassionate, curious, patient, or hopeful instead.

It is not easy to create the habit of responding positively to negative, cynical people. Like any new skill, it seems difficult until it becomes easy.

You will take two steps forward and one step back. Some people, possibly family members, will always trigger your reactions.

Yet step by step, conversation by conversation, you will get better at warding off the contagion of negativity and helping others to move on.

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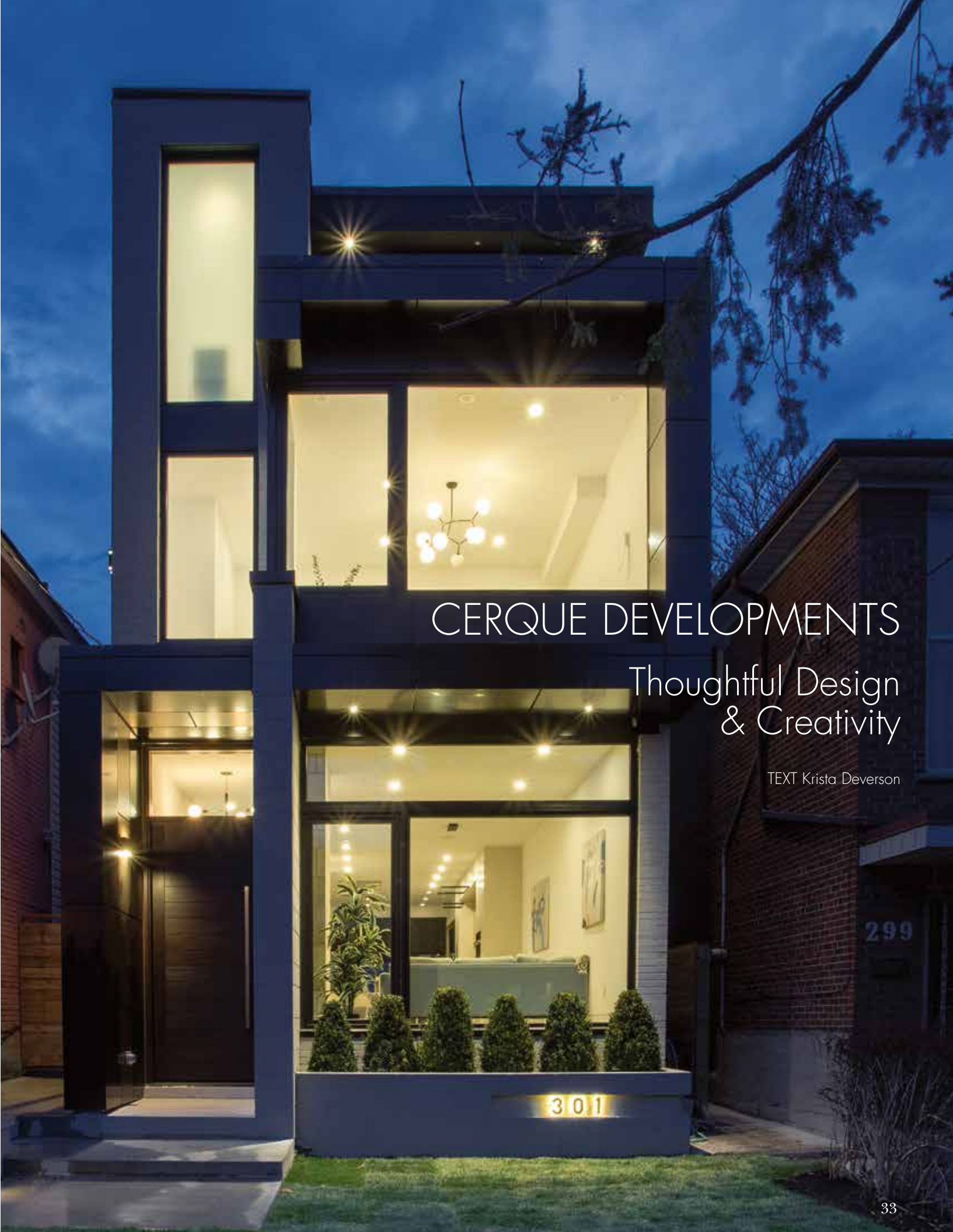
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CERQUE DEVELOPMENTS

Thoughtful Design
& Creativity

TEXT Krista Deverson

For every design challenge, there is a solution and the results can turn out spectacular with the right amount of creativity.

The latest project in Hillcrest Village by Cerque Developments is proof of just that. The narrow, deep lot at just 23' by 129' posed a challenge to Pedro Pires, the builder, and residential designer, Marin Zabzuni of Contempo Studio because it only allowed for a home with a footprint of nineteen feet in width. Jenifer Cerqueira takes on the role of lead designer for all Cerque Development projects, providing design inspiration and producing 2D and 3D design drawings as well as sourcing materials and budgeting for various projects.

She also ensures sub-trade coordination, site visits, oversees installs and the sourcing of unique fixtures and any other finishes.

Creating an appearance of grandeur and spaciousness both inside and out took some imagination and thoughtful design. Marin's firm, Contempo Studio offers a unique and creative approach to home designs ensuring that both curb appeal and interior functionality work well together in harmony.

For the exterior, drawings and clay sculptures allowed them to work with different design elements to give the facade some character with its different protrusions and dropped front entry,



instead of simply looking like a square box. The dynamic design features dark aluminum composite panels at the base and around the entry, nicely incorporated landscaping, and a feature stone wall that continues seamlessly to the interior. Large windows play into the expansive feel of the building while adding lots of light to the inside and therefore creating a feeling of spaciousness.

The overall effect is an optical illusion that makes everything appear larger than it is.

Inside, it's clear that one can't judge

a book by its cover. The carefully designed interior plays on architectural elements to portray an expansive feeling and the trendy contemporary layout took advantage of every bit of space to create storage and functionality for the homeowner.

Working collaboratively with Pedro, Jenifer Cerqueira, works hand in hand to ensure that his vision of the home comes to fruition. Carefully positioning a third-floor skylight that brings vast amounts of light all the way down through the bedrooms to the kitchen, bright white walls and light coloured flooring, glass

partitions, sleek lines and a modern aesthetic with a floating metal staircase, a feeling of airiness and openness is created throughout – pleasing clients and creating a home that is indeed a showpiece!

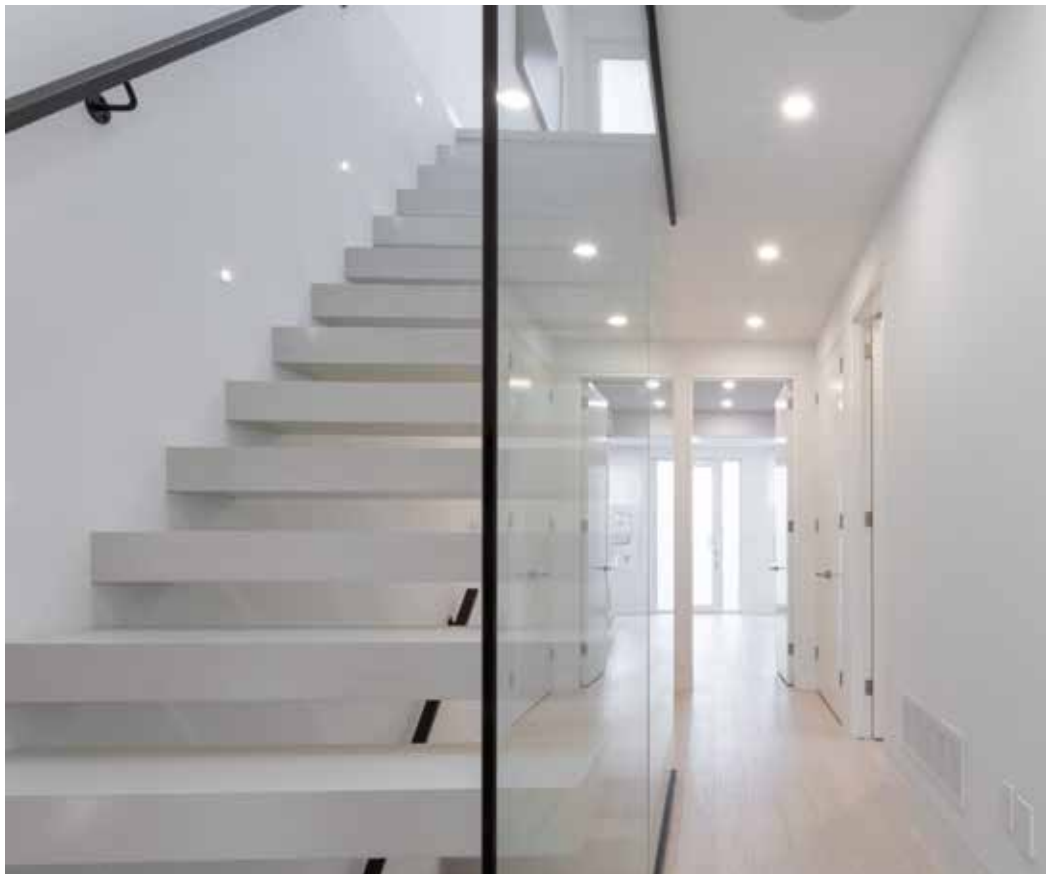
Coming from a long family history of building, Pedro’s ingenuity and craftsmanship really stands out with this project. He is proud of the element of surprise that clients have when they walk through the door and are impressed by how spacious the home feels inside.

Cerque Developments prides itself on designing and building a home as if it were for themselves. The project itself, was an incredible challenge, offering an opportunity to incorporate imagination on this size of property, or any for that matter.

But as a forward-thinking company, Cerque Developments is always creating for the client and thinking of how the home will function for them as a living space that the home owners can enjoy and feel comfortable.

Out-of-the-box thinking on this project has taken a small footprint for a home and made in into an expansive and spacious creative design.

It goes to show... that good things really do come in small packages.



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& Project Management

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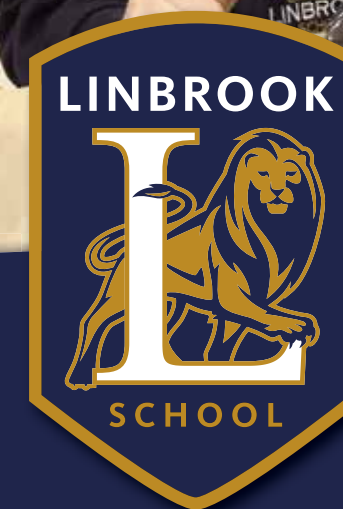
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ROLLS-ROYCE WRAITH

When it does not exist
design it



When Rolls-Royce Motor Cars came to update its Phantom family of models, the words of company co-founder Sir Henry Royce informed everything that designers, engineers and crafts people set out to achieve: Take the best that exists and make it better.

But that was only part of Royce's famous quote. Take the best that exists and make it better: when it does not exist design it. These words informed the development of Rolls-Royce Wraith: nothing like it existed in the Rolls-Royce portfolio, nor the wider automotive world.

And of course there was the company's founding forefather, the Honourable Charles Rolls, a man whose appetite for adventure drove him to success in motor racing, ballooning and aviation. He became the first man in history to cross the English Channel and return without stopping in a powered aircraft, an achievement that earned him the highest praise of King George V.

Wraith echoes the spirit of these historic endeavours, pushing the boundaries of design and engineering, challenging perceptions and delivering the most dynamic, involving driving experience in the marque's 109 year history. It didn't exist, so Rolls-Royce designed it.

In its design, Rolls-Royce Wraith presents a masterpiece of elegant simplicity, exuding poise and the promise of dynamism. There





is a sense that this car is ready to move with purpose on its driver's command.

Performance complements the drama of exterior styling. A shorter wheelbase, wider rear track, 624 bhp / 465kW derived from the twin turbo V12 and a 0-60 time of 4.4 seconds (0-62, 4.6 seconds) give expression to the car's dynamic looks.

But Wraith is no GT bruiser; it is every inch a refined and luxurious Rolls-Royce, a car where the sense of arrival and joy of the journey are as important as the canvas upon which it is drawn.

Wraith debuts the most intelligent drive train ever to feature in a Rolls-Royce, including the application of ground-breaking technologies like Satellite Aided Transmission (SAT). This processes GPS data to predict the driver's next move and automatically select the right gear for the road ahead. Unnecessary gear changes are thus avoided, augmenting the

famous Rolls-Royce trait of waftability and ensuring Wraith is constantly poised to deliver on its dynamic promise. Following a sweeping bend, for example, the optimum gear is always pre-selected for effortless acceleration.

Step inside Wraith's coach doors and there is the feeling of going aboard a luxury yacht. It is a serene space for four occupants, who will be cocooned in a striking and contemporary interior furnished in beautiful materials, surrounded by tactile Phantom-grade leathers.

Design details like the expansive Canadel Panelling and blood orange needle tips for speedometer and power reserve gauge hint further at agility, speed and performance. Look upwards however, and Rolls-Royce presents something more traditional – at least for the 21st century. Starlight headliner – offered for the first time beyond the Phantom range – features thousands of tiny fibre optic lamps hand-woven by crafts people into the roof

lining. It remains one of the company's most endearing and popular features.

DESIGN

Like a world-class athlete poised at the starting blocks, Wraith presents a picture of anticipation and quickens the pulse when viewed for the first time. Without overstatement there is drama and an immediate sense of refined power expressed by its bold fastback design. Wraith exudes effortless style and beauty... derived through elegant simplicity. A high waistline combined with low roof line and raked cabin accelerate the eye rearwards, while tension in its surfaces suggests a car set to move – quickly if necessary.

In terms of sheer presence Wraith is clearly cut from the same luxurious cloth as today's Phantom and Ghost models. Yet it displays cues that can be traced through past generations; effortless poise with accentuated rear overhang, elegant

coach doors and, of course, the Spirit of Ecstasy adorning the grille.

But this is a very different model to those of the last century – and stands alone among Rolls-Royce models today. A wider rear track, longer bonnet, raked glass house and deeply recessed pantheon grille, unite in presenting a truly focused car, a Rolls-Royce with its own unique character.

The expression of power

The traditional pantheon grille design has further evolved with Wraith. The cue here is that of a more functionally derived air intake, not unlike that of a jet turbine, giving greater expression to the car's dynamic promise. The grille itself is recessed by 45mm compared with Rolls-Royce Ghost. The surround has also been lengthened by 40mm while the bumper has been designed to incorporate the number plate surround with a focused lower air dam.

Recessed and finished in black, the lower valance mesh helps create depth to echo that of the grille. Chrome blades plant

the car, complementing horizontal lines that accelerate the sense of flow around the exterior.

In Wraith's design, every detail has been considered; stainless steel door handles for example conceal barrel locks maintaining clean exterior panels. Three new wheels have also been designed to fit like a tailored shoe. Confident yet understated, these include a standard 20" seven spoke design along with optional 21" seven spoke part polished and 21" five-spoke part polished, bi-colour choices.

Architecture in two-tone

The wide rear track reinforces the promise of Wraith's athletic prowess and powerful intent. Prominent rear shoulders with powerful wheel arches nestle the tapered glasshouse, so beautifully accentuated by the raked rear screen. These design elements present the perfect three dimensional canvas for a two-tone paint scheme that further enhances the unique, architectural design qualities of Wraith and hints at a nautical theme.

Dynamism and delicacy

The dynamic theme is reinforced when viewed from the driver's seat. Black chrome dials are framed by a black horseshoe sweep. Blood orange tips to gauge indicators pay homage to the marque's aviation heritage whilst the steering-wheel is thicker rimmed to build dynamic intent.

The finest Phantom-grade natural grain leather adds to the luxury, its tactility unequalled in the motor industry. Detailing to armrests and panniers reinforce the opulence, inspired in their design by fine saddle-making.

Light from darkness

The Rolls-Royce principle of effortlessness has informed designers' thinking throughout. Perfectly appointed storage compartments for two iPads add convenience for rear seat passengers, whilst automatic door closing buttons located behind the a-pillar aid those in the front.

Warm and serene, Wraith's interior



lighting bathes occupants in gentle light. Beyond this, additional ambient lighting comes on request – courtesy of reading lights above c-pillars and waterfall roof lights that deliver increased but unobtrusive illumination with a hint of Art Deco influence.

One of the marque’s most popular

Bespoke features is now available to complete the glamour that befits this stunning new Rolls-Royce interior. Starlight Headliner presents a starry night sky within the cabin, an effect that is achieved with 1,340 individual fibre optic lights hand-woven into the leather roof-lining by crafts people in the Rolls-Royce Leathershop.

A quick getaway to Scottsdale Arizona to feature the infamous Phoenician Resort and the opportunity to test drive the new Rolls-Royce Dawn was all going too smooth, prior to my arrival I was told that media cars had all been allocated for the Mothers day weekend event. A call into our good friend Beli Merdovic at Rolls-Royce Motor Cars of Scottsdale and the wait was over, he set us up with a gorgeous Rolls-Royce Wraith from his fleet and this Wraith was finished in Tuscan Sun one of my favourite colours for this coach. Our course consisted of a nice drive through Old Town with a quick stop for lunch and then we headed through the picturesque landscape of the Sonoran Desert. The powerplant of the Wraith consists of 6.6 litre twin turbo V12 with 624hp and belts out 590 ft lbs of torque which felt effortless in this coach as it weighs at 5100 lbs! With stunning coupe styling, impeccable craftsmanship, and an enhanced focus on driving pleasure the Wraith is custom built to entice a new breed of customers to the Rolls-Royce brand. The Wraith was impeccable in every way.

– Sean Patrick



ENGINEERING

“Wraith is powerful, but never brutal. It’s a cultivated power which perfectly complements the dynamism of its exterior styling. This is a true Rolls-Royce.” Dr. Helmut Riedl, Director of Engineering.

One hundred years ago Rolls-Royce entered the gruelling 1913 Alpine trial with four 75hp cars. It won six awards, including the Archduke Leopold Cup.

Under the stewardship of founding forefather Sir Henry Royce, engineering credentials that had been established through events like the London to Edinburgh top gear trial in 1911, were further reinforced by this astonishing achievement. A series of Alpine Eagle cars were subsequently produced by the company.

CONNECTIVITY
and the Rolls-Royce on-board valet

For over a century a Rolls-Royce motor car has featured technologies designed to operate discreetly, thereby delivering a driving experience that is as effortless and enjoyable as possible. These assist the driver when called upon, but are prepared to return without fuss to the background when no longer required.

In the 21st century, the drive to improve the famous Rolls-Royce trait of effortlessness takes on a new persona. For while advances in mechanical and electrical technology deliver systems like head-up display, adaptive headlights and Wraith’s keyless opening boot, improvements in connectivity have taken the human-machine interface to a new level of sophistication.

Wraith presents the most comprehensive example of effortless connectivity in the Rolls-Royce portfolio, a network where communication between car, environment and driver helps lower the pulse, ease the journey and delight its occupants. It could

almost be likened to a contemporary on-board valet, a service fit for the Honourable Charles Rolls were he alive today.

Voice activated navigation

Service starts – as one might expect – with a one-touch call button. Located on the steering wheel, this allows navigation, telephone and other commands to be directed straight into Wraith’s on-board computer. The car’s response is then displayed on a 10.25” High Definition screen – rich in depth and colour – located in the dashboard.

Finding a destination, for example, no longer requires manual input from the navigation menu. For example the driver with a lunch date at the Ritz Hotel in London would merely command Wraith to “Navigate to Piccadilly in London”.

RR Connect App

Effortless navigation is extended to searches with a mobile device when away from Wraith – once a client has downloaded the free Rolls-Royce Connect App.

Consider a business meeting for example, where the need to locate and visit a venue off-site has been identified. From the application menu on an iPhone or iPad, this is easily found; then by selecting ‘send to car’, on returning to Wraith navigation guidance will commence immediately.

Additional features of the RR Connect App include news updates displayed via RSS, web radio streamed directly into the cabin and Google local search.

SAFETY AND TECHNOLOGY

As one would expect of a Rolls-Royce, no technical avenue has been left unexplored to ensure occupant safety.

The Advanced Crash Management system (ACSM) for example, utilizes sensors





placed around the car to make 2,000 measurements per second. This data ensures the car deploys the correct safety features in the event of an accident.

A combination of seat belts with force limiters and smart airbags help protect occupants in the event of a severe impact. Those in the front seats have the reassurance of knee airbags and intelligent front airbags which feature graduated output and adaptive vents ensuring that the strength of bag deployment directly responds to the severity of a collision.

Night vision technology, now includes warning messages, as well as automatic

brake preparation to support evasive action should an accident be imminent. Infrared cameras located in the upper corner of the grille are used to project a thermal image on-screen, an image which highlights warm objects, but which also identifies specific hazards on the road between 15m and 200 m ahead.

Pedestrians and animals such as cattle and deer are shown, and where a hazard is identified, they are accompanied by a yellow, triangular warning symbol on-screen and via the head-up display function. Depending on the position and movement of the hazard relative to the car, the triangular image turns red. An audible warning alerts the driver

to imminent danger, and brakes are preconditioned to reduce the stopping distance if the situation becomes critical.

Wraith also comes with a groundbreaking third brake light, located above the rear windscreen. A first in the motor industry, this feature incorporates two LEDs at either end of a light bar and prism technology to deliver an unbroken, clear red light across its length. This illuminates more quickly and presents a brighter warning for drivers of following vehicles. And contributes to the uncluttered simplicity of Wraith's exterior design.

In the event of an accident Auto eCall ensures that the emergency services

are immediately aware of the incident's location. If a driver is unable to respond to telephone calls, the car automatically alerts emergency services to its location via GPS positioning.

iBrake 6

The iBrake 6 function uses information from the radar sensor and front camera to help the driver stop quickly and with maximum efficiency should an emergency situation arise. Working with the early or late crash warning system, the pedal reacts to the force applied to it, pre-filling the brake pedal and reducing the amount of pressure required to brake suddenly.

The system also alerts the driver with a series of warnings, urging action via the head-up display and on-screen. If no action is taken a further audible and visual warning is given. The active third brake light also flashes under emergency braking.

Top View Cameras

Effortless motoring in both the city and on the open road is augmented by a sophisticated series of cameras discreetly placed around the car. Rear, front and 360 degree top view cameras ensure total ease of manoeuvrability.

When working in combination, the

cameras are able to provide a 'fish-eye' view at blind junctions, whilst parking is made more effortless through obstacle recognition and reverse path prediction on-screen.

"Our new car will boldly shape the years ahead for Rolls-Royce, building on the success of Ghost, bringing more new customers to the marque. For Wraith is the ultimate gentleman's gran turismo; it is the car we believe our great founding forefather and adventurer the Honourable Charles Rolls would have chosen to drive were he alive today."

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BLURRED LINES require new skills

TEXT Nan Russell

Instead of an early start, with time to read the news, check key messages, and write uninterruptedly for a pending project, I spent it down a rabbit hole.

What I expected was a five or ten minute interruption to answer a client's email, marked with one of those urgent exclamation points, but it took me over an hour. Before I could even send the requested information, I got an email telling me, in essence, "never mind," the direction had changed.

Situations like this happen to all of us. Sometimes we're sent down rabbit holes by someone we work for, or with, gobbling our time with little to show for it.

But much more often, we send ourselves on our own long, winding paths, exploring offshoots and falling into semi-connected rabbit holes of links, information, and interesting "stuff."

Responders to a 2017 "Wasting Time at Work" survey by Salary.com named

"Google" as the top online time-waster. Add to that other time-wasters like back and forth email communications and unproductive meetings, plus a host of others. For 89 percent of those surveyed, who admitted wasting time at work, some of those "other" ways included March Madness, Facebook, LinkedIn, and online shopping.

In that same year, two-thirds of employees reported "feeling overwhelmed" according to Deloitte Global Human Capital Trends, with too much to do and too little time to do it. While 89 percent of us are "wasting time" at work, most of us are still feeling too busy? What gives?

The dichotomy is that both are true. Constantly being connected, an "always on" lifestyle, and reduction of barriers between work and home, means we can no longer easily divide our lives into separate "work" and "home" tasks.

The lines are blurred. And because they are, people who are winning at working occasionally answer important text messages or emails from home, handle the critical off-hours problem, or put in extra time evenings or weekends to finish an important project after the kids are in bed.

More and more our life is being blended and our work has changed. As barriers between work and home continue to

continued on page 56

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4 SPICES

that have Potent Antioxidants

TEXT Rich Carroll

The conventional Western diet has brought much criticism in the last few years, and for good reason. It's kept us well fed but it has not kept our bodies healthy and balanced.

Perhaps one reason relates to our lack of use of naturally-occurring spices in our food preparation. Instead of including wonderfully nutritious spices that do so much for cooking flavor, we use preservatives, sweeteners and harmful fat.

Here we are going to describe what some spices can do to make your food healthier.

Whenever we add spices and herbs to our food we enhance the healthiness of what we eat while adding very few calories. Fruits and vegetables are known to be elevated in antioxidant substances, but still on a weight basis herbs and spices are far higher. Several spices also have additional extraordinary remedial

qualities. Here we will point out four spices which virtually top all of the charts for their potent antioxidant qualities:

GINGER

Although ginger has for many centuries been used to minimize unsettled stomach from motion sickness and pregnancies, studies have highlighted their wonderful ability to decrease inflammation. Ginger can help reduce symptoms of rheumatoid arthritis and various other inflammatory

troubles. Additionally, it has been found to help to protect the brain against damage caused by Alzheimer's.

TURMERIC

Curcumin gives turmeric its golden hue, and that is from which turmeric gets its anti-inflammatory and anti-cancer features. Turmeric is a wonderful antioxidant that fights free radicals. Anyone who is exposed to the sun's rays, as well as chemicals and toxins in the environment around us must concern themselves with free radical exposure. Also, turmeric is thought to be among the best spices for overall liver health.

OREGANO

A long-standing question is oregano a spice or maybe an herb? People who know say it's a Mediterranean spice that masquerades as an herb. No matter what we call it, oregano will bring food alive and it's incredibly healthy. It has been found that it contains anti-inflammatory, anti-fungal as well as anti-viral components.

Also, oregano provides seven hypertension-lowering natural elements. It was used by the Greeks for healing purposes and is a staple spice/herb in the Mediterranean food diet.

CLOVES

Research has shown that cloves are one of the highest grade natural antioxidants. Their mixture of anti-inflammatory and antioxidant properties gives countless health rewards. Some of these are fighting cancer, cardiovascular disease and arthritic pain brought on by cartilage and bone tissue damage. Cloves have natural compounds much like those within cinnamon that appear to enhance insulin function, as well.

Most spices have anti-inflammatory qualities, and you have probably already deduced that this is a common theme with most spices and herbs. But it is an extremely important to know that while inflammation



in our body is perfectly ordinary and in fact beneficial, it needs to be kept under control. Inflammation can happen when the body's white blood cells defend us against foreign intruders like bacteria and viruses. However, when the inflammatory

process gets out of hand, mainly because of nutritional issues, the chain of events may lead to health problems. Many diseases like obesity, cardio disease and cancer continues to be linked with chronic inflammation.

Exercises to expand your golf swing flexibility

TEXT Rich Carroll



Perhaps for golfers it doesn't feel like it at the moment, but golf really is right around the corner. And getting into "golf shape", which requires more flexibility than raw strength, is always a good thing as we advance past middle age.

Or as the nasty weather keeps persisting, have faith and consider some of the exercises described in this article to increase your golf flexibility.

Quite often golfers try to get extra distance on their shots by maximizing muscle power. Naturally to have



greater power you'll need some muscular strength, so it might seem the thing to do to try to attain the physique of a bodybuilder. But golf really doesn't work like that. The most crucial aspect to adding length when swinging a golf club is overall flexibility, and to get more distance getting more flexible is the answer.

Suppleness is something that once you lose can be difficult to get back that full range of overall flexibility. But overall flexibility can be regained with some work.

The goal should be what is called the X factor; that is, a 90° turn angle in the shoulders, and the hips should be able to turn 45°. Rigid hips are what prevent this. A wider range of motion can be gained with the right exercises, and that will lead to a well-timed swing action creating maximum power.

So, rather than hitting the weights an obviously better exercise choice will be yoga-specific workout routines. Doing approximately 10 minutes of these workouts 3 to 5 days every week will deliver results, and you could see more distance with your golf shots.

Listed here are a few possibilities to consider:

Dynamic twist

While lying on your back, swing one leg with the knee locked to the opposite side of the body, touching the floor. It is important to keep the hips as close to the floor as possible. Then do the same with the other leg. If you are doing this correctly you should feel the core area stretch, but not so violently that it has any chance of pulling muscles and causing injury.

Front and side leg motion

While holding something with the right hand to maintain balance swing your left leg forward and up as far as possible, then back. After completing that movement, swing the leg outward to the side as far as possible. Then repeat with the opposite leg.

Stretching exercises, you can do at home

These are just a few of several exercises that can be done to gain overall flexibility. The core muscles are the place you get most of your power, and most likely where you lose your flexibility first. But it is also essential to make certain that shoulders remain flexible, as well as the hamstrings. Doing the various yoga poses, especially as we age, will help significantly.

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blur, people who are winning at working know that to make their blended life work, the blur has to occur in both directions. This requires a new way to think about time and results in both spheres.

Those who are winning at working think of it as a time exchange. They're not "wasting" time to occasionally check a sports score, answer a personal message, or take care of something non-work related while at work, because the same is true in reverse when at home.

Yet, operating well in this blended life, where lines blur from time to time between work and home and home and work, requires new skills for new times.

So, if you want to be winning at working in this new world, you'll need to master the art of self-managing for two reasons.

First, there will always be rabbit holes and time-wasters. You can't get great results in a world with constant interruptions, interesting internet rabbit holes to explore, mobile apps to try, more information than you can possibly absorb, consider, and read, and more interesting activities than you can ever do in a lifetime - without first knowing how to manage yourself.

Second, those who will thrive and be winning at working for the long-term, will be those who are able to focus on the "right stuff" at the right time, inject balance into their own lives and relationships, apply their talents, optimize their time, and contribute and add value regardless of where they live, who they work for, what technology they use, or what they do for a living.

In this blurred world, no matter who signs your paycheck, you now work for yourself and your time is your life's currency.

Operating well in
this blended life,
where lines blur
from time to time
between work and home
and home and work,
requires new skills
for new times.

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SIX SENSES FIJI

Malolo Island

TEXT Emilia Florek-Guerrero



Fiji is a tropical paradise in the southern part of the Pacific Ocean with incredible natural views that only dreams are made of. The Six Senses Fiji on Malolo island is sure to be a luxury lovers paradise. Just imagine walking on the soft white sandy beaches and taking a dip in the crystal clear blue waters.

Fiji is ideal to visit any time of the year, perfect year round weather for those who especially need to escape the harsh winter months. The Six Senses Fiji offers surfing, sailing, snorkeling and several other aquatic sports plus so much more.



24 spacious villas are at your disposal at the Six Senses Fiji. To top it off, all villas include a private pool and a wooden sun deck.

For guests who would like to have more space, there are 60 residences on the premises that also including private infinity pools, sun decks, outdoor

showers, an outdoor barbecue area and a fully equipped kitchen and offering the choice of beachfront, ocean or marina panoramic views.

You can expect to also see nuances of local architecture; thatched roofs, the bi-fold wooden doors, sand coloured interiors and palm blade ceiling fans will truly connect you with the island. Some

of the amenities include a rain shower, a mini bar, a wine fridge and an outdoor bath with a soaking tub.

The Six Senses Fiji is very conscious about the sustainability within the resort. The largest off-grid solar installation using Tesla Battery packs in the Southern Hemisphere is used by the Six Senses Fiji. The resort takes pride in keeping it



Six Senses Fiji
Where happiness finds you

green with their commitment of a 100 percent solar powered property, making you feel like a responsible eco-tourist without excluding any necessary tropical island creature comforts such as air conditioning. Very cool indeed!

The resort also focuses on recycling water, waste management and reduction and energy conservation.

To really indulge with everything that the Six Senses Fiji has to offer, the spa experience is second to none. Several stepping stones will lead you into the entrance of the spa which happens to be surrounded by the lush jungle vegetation and the beautiful environment to ensure guests reach ultimate relaxation.

Inside, the spa offers facial treatments, heated lava shell massages, and best of all a Fijian Ritual (flower necklace preparation, Fijian Bobo Massage just to name a few). Or try your hand at the alchemy bar where you can concoct your own solution to use your own customized treatment. Take a dip in one of hot or cold whirlpools or enjoy a relaxing massage. The Wellness Village is fully

equipped with a gymnasium and yoga pavilion plus a range of outdoor fitness programs and hill circuit class, all while overlooking the ocean.

Six Senses Fiji is truly an unforgettable destination, get a true feel for Fiji with excursions and experiences that immerse you into the local way of life. Allow the experienced team at Six Senses guide your journey through the beautiful waters of Fiji with kayaking, paddle-boarding, fishing and scuba diving, all activities that truly showcase just how precious and picturesque the marine ecosystem is in Fiji.

Explore the local village life off the beaten track with hiking excursions, an island-hopping trip and even support the protection of coral reefs by planting coral.

Fijian culture is rich in tradition and the Six Senses Fiji makes sure to present this to its guests. Fijian cultural night presents Fijian delicacies, traditional dances performed by Fijian warriors and maidens, and stories about everyday Fijian life. The Six Senses Fiji is all about experiences!

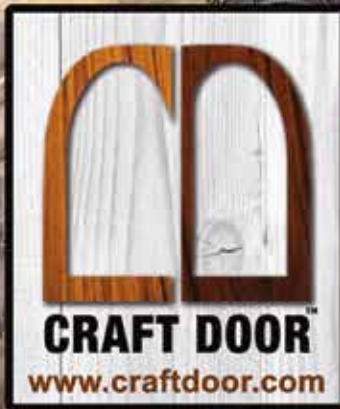


Six Senses Fiji Malolo Island, Fiji
tel. +679 666 5028
e-mail: reservations-fiji@sixsenses.com
www.sixsenses.com

HERÍA, founded by Emilia Florek-Guerrero, is an expert in conducting hotel audits and designing brand experience. Far from the cookie-cutter standardization, HERÍA stands out with its customized approach. Things are kept simple at HERÍA and there is no room for anything but the best! Optimize your brand experiences for the best outcomes with a unique charm that can only be found with HERÍA. More on www.heria.eu.

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VAUGHAN
77 Courtland Ave Unit 4
416.635.1714 • 905.660.9898

1-866-712-7238
www.facebook.com/craftdoor
info@craftdoor.com • www.craftdoor.com

MISSISSAUGA
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905.569.3667 • 416.919.1714



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