

April/May 2017

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April/May 2017

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FROM THE PUBLISHERS

Welcome to the April/May 2017 edition of Forum Magazine!

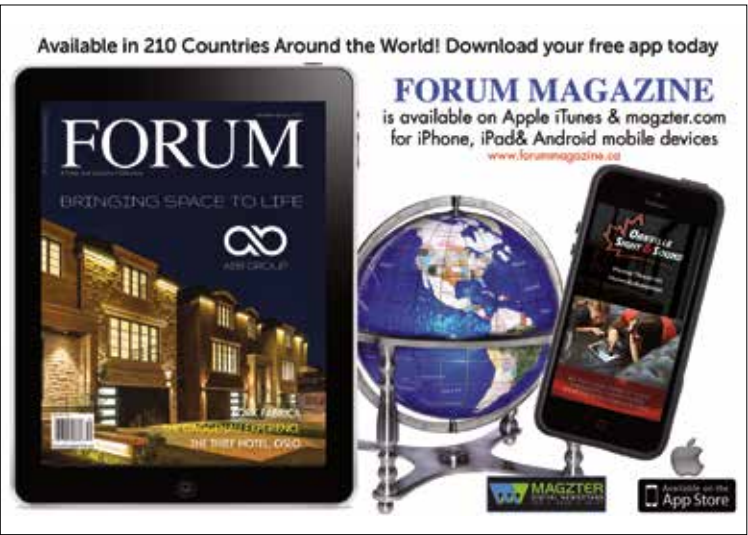
We are pleased to feature the Molinaro Group, based in Burlington, Vince Molinaro and his incredible team have a successful history of building some of the most iconic high rise buildings in the area. The Molinaro Group bring decades of experience to the table and their reputation for excellence and value is second to none. Paradigm in midtown Burlington is the latest exciting project that will deliver the best luxury condo experience with modern and trendy condo suites, steps away from transit and an endless array of amenities.

Cedar Springs Landscape Group can transform your backyard into the perfect vacation destination, Adrian Bartels and Len Hordyk and the talented team will bring it all to life for you. Visit cedarsprings.ca/escape for more inspiration.

The Six Senses Samui and Yao Noi resorts in the tropical paradise of Thailand sets the highest benchmark for island resorts in Asia. The Six Senses brand reinforces the commitment to sustainability with natural materials used in modern architecture while supporting the philosophy of creating exceptional experiences. Visit sixsenses.com for more on these incredible resorts!

Until next time,

Sean & Ana Patrick
Publishers





MOLINARO GROUP

PARADIGM

A unique jewel in Canada's
most attractive setting

TEXT John Reynolds

Year after year, the city of Burlington, Ontario is selected as one of the most attractive and liveable communities in Canada.

Many of the city’s appealing qualities are easy to recognize at first glance. Its location on the shore of Lake Ontario, the many nature trails winding through nearby woods and meadows, and various cultural and recreational facilities all add up to a site that few other cities can match.

Now add to that list of attractions a unique development company: the Molinaro Group.

It may be surprising to suggest that a development company qualifies as a bona fide community attraction, but the Molinaro Group is a surprising company. In fact, the Molinaro family and their company have done more than help shape the city of Burlington with their many projects. They have helped define it through their support of community projects that contribute to Burlington’s ranking as a desirable place to live.

The city’s Joseph Brant Memorial Hospital, Performing Arts Centre, Central Library and a host of other community projects have all benefited from Molinaro support over the 50 years since the company was founded by Domenic Molinaro, Chairman. His vision and leadership have guided the management team that includes President Vince Molinaro, Executive Vice-President Robert Molinaro, and Managing Director Sam DiSanto.

Long-term Burlington residents recognize Molinaro Group as the developer of the city’s most desirable high-rise condominiums. Spencer’s Landing, Bunton’s Wharf, The Baxter, 360 on Pearl, Strata, and The Brock all stand as examples of exceptional quality in design and execution. Nothing, however, quite matches Paradigm, the newest Molinaro residential project whose features make it unique not only in Burlington but all across Canada.



“As a midtown site, Paradigm will offer its residents access to all the things that make Burlington attractive,” Vince Molinaro says.

“They will be within walking distance of the city’s vibrant downtown area and the lakeshore. There are several kilometres of walking and biking trails along the shoreline, plus safe sandy beaches. The downtown area is undergoing a lot of revitalization with new shops, restaurants, parkland and much more.” The city’s core boasts a range of

exciting changes. Major renovations and expansion at Joseph Brant Hospital will double the facility’s capacity, and the new Performing Arts Centre and Burlington Pier have lent new excitement to the area. For many people, the big deal-maker for choosing Paradigm will be its proximity

to transit service from the new Burlington GO train station. Soon to be completed, the sparkling facility will stand as one of the most attractive and efficient commuter stations of its kind. “Residents at Paradigm will step out of their building and in a few steps board their GO east to Toronto and beyond,



or west to Hamilton,” Vince Molinaro explains. “I know of no other residence where you can reside in a community with so many natural attractions and have such easy access to rail travel.”

With house prices in Greater Toronto soaring to stratospheric heights, and road traffic growing more congested day by day, swift commuter travel to Canada’s largest city has become an essential part of life in the region. Service to and from downtown Toronto currently operate every 30 minutes, with future plans to increase the schedule to every 15 minutes throughout the day. From Toronto Union Station, riders can board directly to Pearson International Airport with scheduled service to other areas of the province.

And when their work day has ended and they arrive back in Burlington, Paradigm residents can stroll to the Lake Ontario shoreline, stopping to shop or dine along the way.

They may be content to remain at Paradigm and enjoy its many amenities. With an all-season swimming pool and integrated hot water spa, fully-equipped fitness studio, gymnasium-style basketball half-court and panoramic rooftop sky lounge, Outdoor Fitness Deck & Games Room, Paradigm serves as a major year-round attraction all on its own.



When the weather is right, residents can gather at various outdoor locations in the facility, including the outdoor party terrace, ideal for barbecues or just gathering with friends.



Or they may simply enjoy the comfort and luxury of their attractive Paradigm suite, preparing meals in their attractive kitchens and admiring the views of Lake Ontario and the Niagara



Escarpment from their living room windows or balcony.

“Many standard finishes and fixtures of Paradigm suites would be considered upgrades in other residences,” notes Molinaro Group design consultant



...chosen to reflect the elegant and contemporary design concept that defines Paradigm.



Kristen Baugaard. “Visitors to the model suite are constantly amazed to discover that the European-style appliances, quartz countertops and glass enclosed showers are not extra-cost options. They were chosen to reflect the elegant and contemporary design concept

that defines Paradigm, and are used throughout the three towers.”

Molinaro Group’s tradition of going beyond expectations in the design and construction of their residences has been demonstrated in other ways



with Paradigm. They include the firm's policy of building green and sustainable projects that deliver lower energy costs, healthier indoor air quality, greater durability, and general peace of mind for Canadians who insist on energy efficiency and environmental protection methods.

Paradigm residents will enjoy efficient year-round comfort with individual residence temperature controls. These wide range of energy-efficient and environmental protection features has qualified Paradigm as a LEED Silver building, honouring its exceptional energy and environmental performance.

Paradigm's seemingly endless features and attractions are viewed in dramatic fashion at the Presentation Centre on Fairview just east of Brant Street in Burlington. Visitors can inspect the upscale amenities for themselves and even experience the view they'll enjoy from any of the Paradigm's suites.

For those whose career and lifestyle are tightly linked to life in the GTA, Paradigm represents the future – elegance and affordable luxury located in a walkable community offering a range of attractions unmatched anywhere else in Canada with swift and comfortable transportation to and from downtown Toronto just beyond the front door.

Add up this unique combination of qualities and it's no surprise that units are approaching Sold Out! status.



PHOTO BY ROB ANZIT

Vince Molinaro, Sam DiSanto and Robert Molinaro.

The next time someone asks "What's the best part about working in the GTA?", the answer may be, "Burlington!" And to the fortunate residents who call it home, the reason will be Paradigm by the Molinaro Group.

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What is a Conscious Entrepreneur?

TEXT Laura Cannon

The word "conscious" has become a bit of a buzzword lately. It's common to find the word on everything from clothing to cosmetics, but what does it mean to be conscious?

Consciousness roughly equates to "awareness," and in the context of a company or a product it normally refers to a business' awareness of the impact that it has on the environment,


its employees, and so on. What the word conscious means when applied to a person is a bit different. When we say that someone is conscious, it means that person is capable of being fully present and aware – not only of their external circumstances, but also of their internal emotions, biases, and motivations.

Therefore, a Conscious Entrepreneur is not simply a business owner who takes into account the impact that their business has on the world, while that is certainly important in today's economy.

Rather, a Conscious Entrepreneur is a businessperson who actively cultivates self-awareness as part of a practice of continual personal growth.

Someone who is in touch with themselves and understands their own strengths and weaknesses can better recognize whatever is hindering their progress.

When it comes to achieving outstanding results, it's often the willingness to look inward – for understanding, guidance, motivation, courage and strength – that makes the



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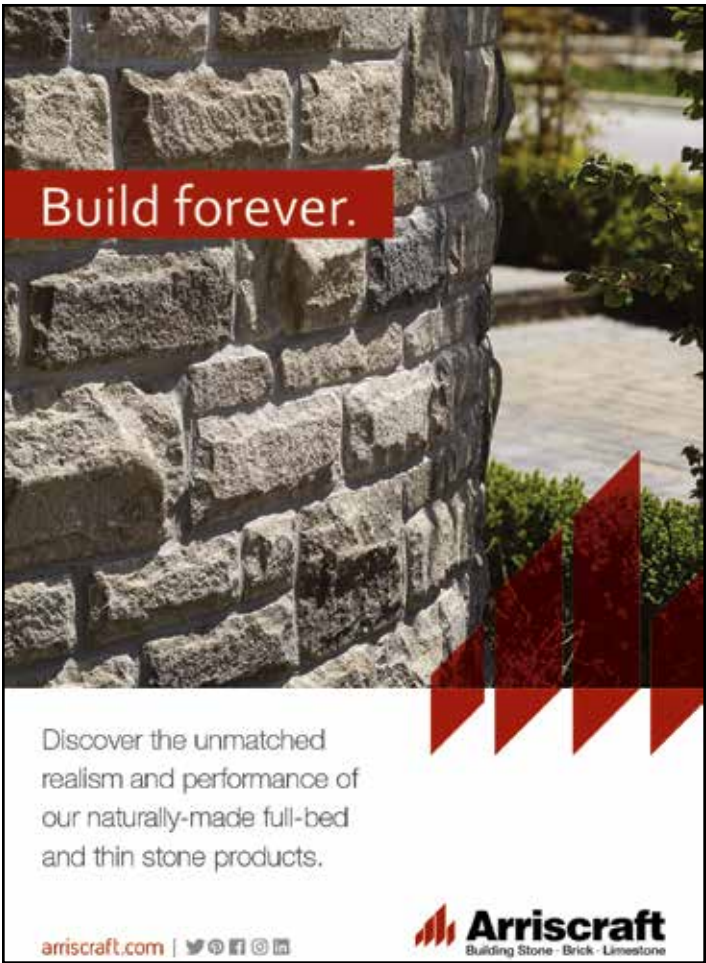
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difference between facing failure or finding true success.

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It's no mystery that entrepreneurs and businesspeople are constantly searching for a competitive edge in business, whether it's a new technology, a new market, or a new partnership. More and more, these boundary-pushing trailblazers are looking for ways to not only improve their businesses, but to improve themselves as well. Seeing self-improvement and skill-building as a way to "growth hack" their businesses and careers, a new generation of ambitious go-getters has contributed to the explosive popularity of authors like Tim Ferriss and Brendon Burchard, as well as renewed interest in peak-performance coaches such as Tony Robbins and Jack Canfield.


This emphasis on personal development has now taken an exciting new turn, with more and more of the world's top entrepreneurs focusing their attention on a potent combination of modern psychology and the ancient wisdom of Eastern philosophy. Steve Jobs, Oprah Winfrey, Russell Simmons, and Arianna Huffington are



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only a few examples of massively successful entrepreneurs who openly credit a significant amount of their success to mindfulness, meditation, and personal growth.

The Motivation to Succeed

In my new book, *The Conscious Entrepreneur: A Guide to Maximizing Your Potential for Success, Freedom, and Happiness*, I explore six fundamental principles that are critical for success in today's fast-paced and ever-changing business world.

Central to these principles is the concept of "self-actualization," popularized by American psychologist Abraham Maslow's Hierarchy of Needs. Maslow theorized that once our basic physiological and emotional needs have been met, our primary motivation is to self-actualize - simply put, to reach our highest potential.

In essence, this means that the desire for self-improvement and personal growth is not simply a luxury afforded to a small group of ambitious and self-motivated people, but is a critical part of our identity as human beings.

The drive to achieve our highest potential, to "be your best self" as Oprah Winfrey puts it, isn't just a pleasant-sounding idea, but is instead the fiery core burning in each of our hearts.

For anyone who is interested in maximizing the success of their businesses or careers, this makes sense - but understanding Maslow's hierarchy and reaching the top are two very different things. Reaching the point of self-actualization is often dependent on each person's willingness to face challenges and their individual level of consciousness.

Putting it into Practice

Bringing conscious awareness into your personal and professional life can produce amazing results, leading to greater success as well as more balance and a wider perspective. Rather than engaging in a purely philosophical exploration of these concepts, *The Conscious Entrepreneur* includes interactive exercises and real-world business examples to help you understand and apply these principles to your business and your life right away. You'll find concrete, action-oriented advice for making difficult choices, managing relationships, and finding a greater sense of peace and well-being.

The
Next
Essential
Skill

TEXT Nan Russell

"Remember, the feeling you get from a good run is far better than the feeling you get from sitting around wishing you were running." Those words from Olympic swimmer and author Sarah Connor capture the essence of a skill those wanting to thrive in the new world of work need.

We live in a world with constant interruptions, interesting internet rabbit holes to explore, and mobile apps to try. There's more information than we can possibly absorb, consider, and read; more activities than we can ever do in a lifetime. Thriving in today's world requires us to self-manage, or we can drown in a sea of busyness, with our time used up and our results minimal.

There is plenty to keep us busy - we know that. But, people who are winning at working know how to

self-manage that busyness from the inside-out around their needs, desires, challenges, talents, and aspirations. They understand the choices they make determine the results they get.

Self-managing people display common sense, but also uncommonly practiced behaviours that enable them to be winning at working.

- Here are 10 examples:
1. They know what they want and work towards achieving it, using the power of incremental progress.
 2. They embrace learning, personal growth, and well-being. They compete with themselves, working to improve who they are, what they can do, achieve, or contribute.

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Precast concrete building solutions

TEXT Krista Deverson

High quality construction requires vast experience. The building of notable projects such as professional sports stadiums and arenas, airports, parking garages along the Vegas strip, and the Dolby Theatre (home of the Academy Awards) are entrusted to only the most qualified and professional companies, ones whose resumes stand out from the rest.

Towards this end, Coreslab has become a leader in the North American marketplace for the manufacture of precast concrete, providing building solutions for these and many other projects. Their focus has been on both large multi-level buildings, as well as custom-built homes.

Having started in 1975 as a small hollow core producer in Ontario, producing primarily 8" and 10" thick Coreslab floors, with other complimentary products like balconies and stair landings, the company seized an opportunity to expand into the USA only 13 years later.

The 1988 purchase of a large structural facility in Phoenix, Arizona was the official start of Coreslab Structures. Looking back over the past 30 years of operating in the US precast market, the company has grown to include 19 precast facilities, with another currently under construction in Leesburg, Florida. As mentioned, Coreslab Structures' resume of completed projects boasts some of the most significant construction projects on the continent.



Their work in the USA market on such prominent developments translates into the residential construction industry here in Ontario. Reinvesting back into their original Ontario operation in 2012, they built a state-of-the-art total precast facility. By strategically designing and developing the facility to compliment their existing hollow core facility, the company is able to offer more to their great Ontario market.

Through their products, Coreslab offers a true total modular building system. Able to offer full structure solutions from below grade all the way to the roof, their products simplify the building process for the customer. During the construction, the client can then focus on the details with their finishing trades and not be preoccupied dealing with masons, structural steel trades, or the like. By being the only structural trade working on site as the building goes



up, Coreslab takes the headaches out of the process.

Anthony Franciosa, Vice President of Coreslab Structures, says, "We strongly believe that 'more is less', meaning that the more precast concrete solutions we can offer clients, the more efficient the project becomes, the less headaches for the client. The Ontario operations is largely successful because of our constant ongoing vertical integration with our most important assets - our people. We currently have over 3,000 experienced and dedicated staff throughout all of our operations in North America, giving us a large



pool of knowledge and expertise to draw from."

As the construction process commences, it's never too early to contact Coreslab for their assistance in the design and to gain their participation in any project. From a simple plot plan and an idea, Coreslab is able to bring your project to life. Whether it's a superstructure ranging from 6 stories to over 30 stories using full total precast solutions, or the floor system for your

custom home, Coreslab's team is up for the challenge.

Coreslab's solid reputation in the industry has earned them numerous high status projects and accolades. With extensive human and physical resources north and south of the border, they have the confidence of over 40 years experience in the industry.

Franciosa explains, "Our passion for our business comes easily. We are in our 5th decade doing precast in

North America. Although we are one of the largest precasters on the continent, our pride comes from being known for the best quality and service in the industry. Contrary to myths out there, no project is too small for us. We do everything from a four hundred square foot garage floor for a single-family home in Kapuskasing, Ontario to total precast football stadiums in Los Angeles, California. Every project is as important as the next to us. Our dedication to every project is what makes Coreslab unique and very easy to work with. A potential client can come visit us at our facilities or we can come meet them for a coffee. With a drawing or simple sketch on a napkin, I assure you that Coreslab has the horsepower to turn your dream into a reality."

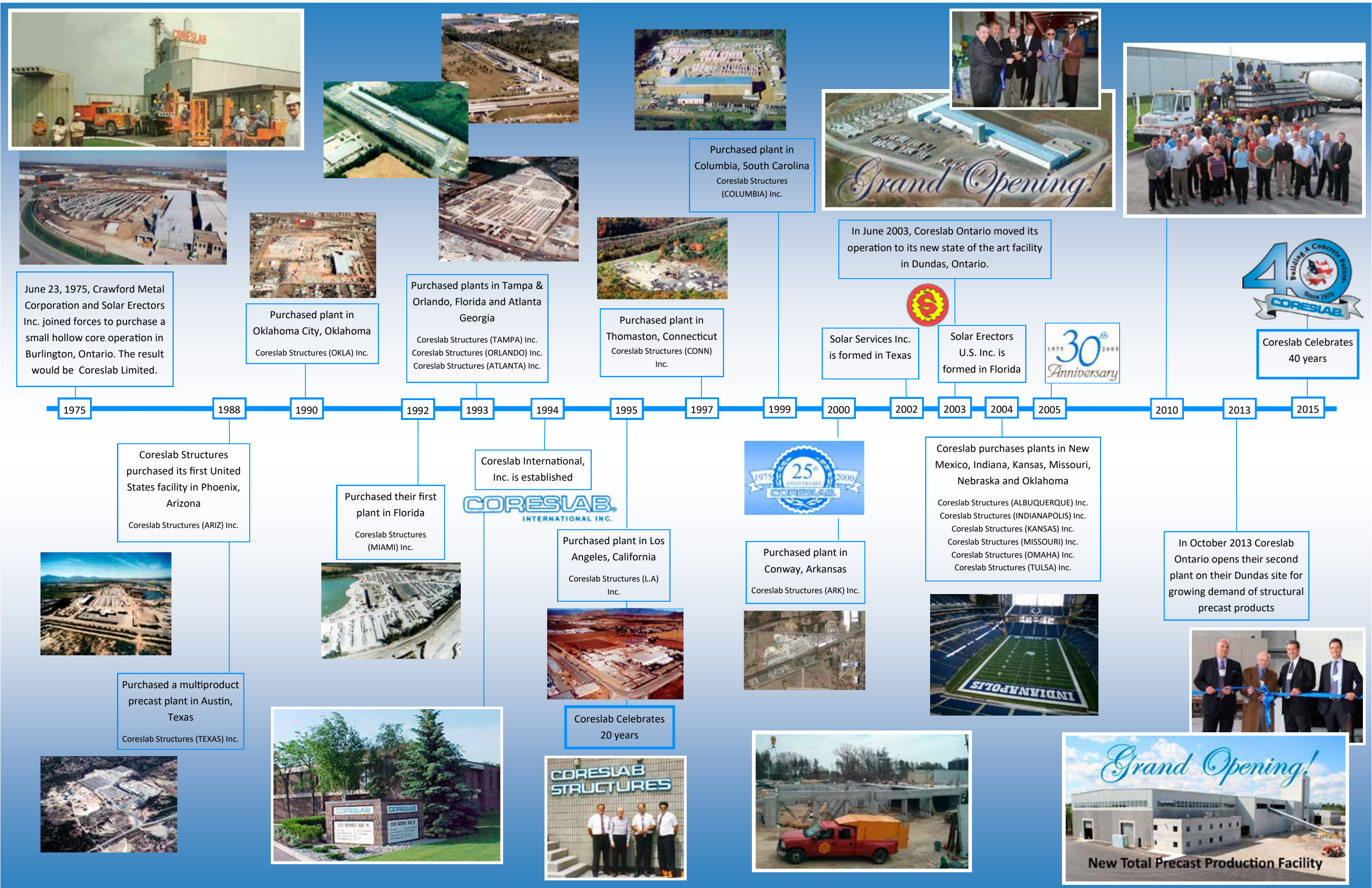
Benefits of Total Precast

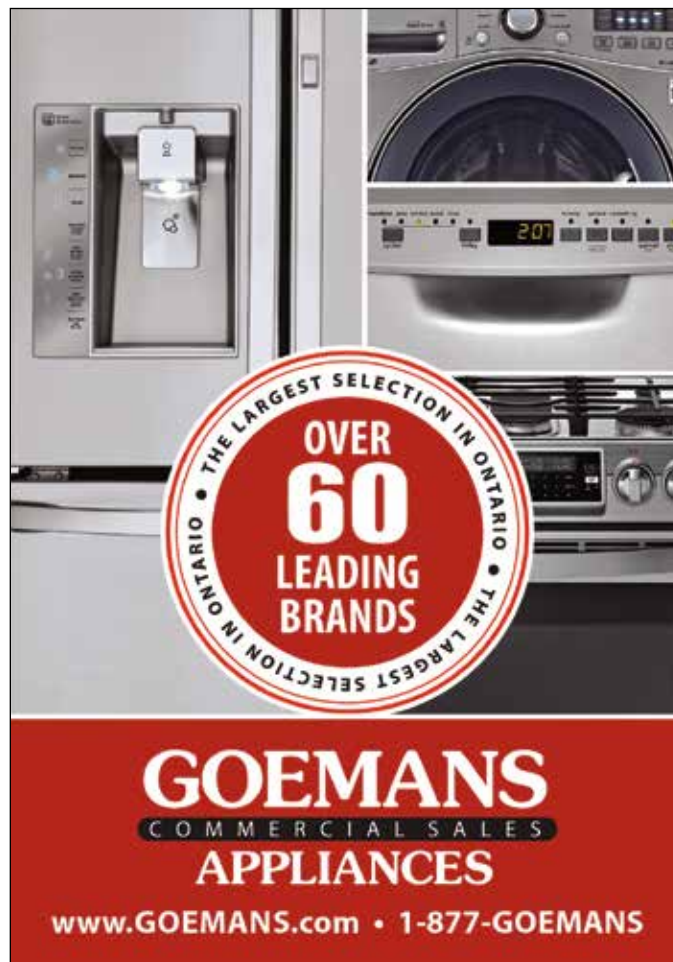
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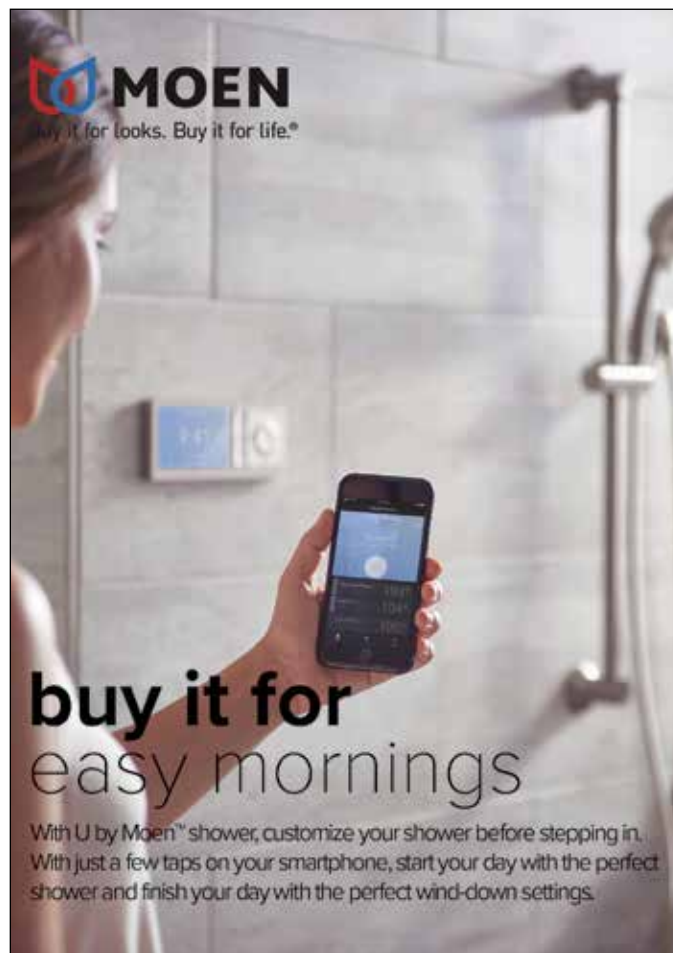
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3. They're worthy of trust; they're dependable, reliable, and consistently good to their word. If they say they'll do it, they do it, or tell you ahead that they can't.
4. They set boundaries for themselves, making time for what matters to them while understanding that life's ebbs and flows can change their priorities.
5. They operate from the inside out with self-managing essentials such as self-trust, enhanced awareness, self-direction, and reflective choices.
6. They invest time in fixing the problem, training the new person, figuring out new or better ways, and "stopping the bleeding" before moving forward.
7. They do what needs to be done, whether they like the task or not.
8. They're self-motivated and engaged, with what others might call "drive" or "passion." They want to make a difference with their work and life.
9. They're contributors to the common good, not myopically self-focused, with a "big" team mentality; they help and assist others, build strong relationships, and share their knowledge and talents willingly.
10. They use, enjoy, and invest their time thoughtfully. They have a make-it-happen mindset and are highly productive.

Self-managing people who are winning at working do, while others talk of doing. They plan their day, while others let their day plan them. They motivate themselves, while others wait for someone or something to motivate them. They know the results they get are not about the time they have, but the choices they make in how they use it.

If you want to be winning at working and thrive in today's crazy, busy world, the next essential skill you need to learn is the art of self-management.

Self-managing people understand the choices they make determine the results they get.



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NEEZO Renders Inc., as well as its sister companies NVYVE Inc. and XORTUS Inc., are very proud of our association with The Molinaro Group over the last few years working on the Paradigm Development, creating Photorealistic Renderings, Animation, 3D Real Time Interactive Applications as well as a Scale Model.

To Risk or Not to Risk, that is the Question!

TEXT Bill Treasurer

To live is to risk. Risk-taking is as essential to life as breathing. It is the oxygen of such things as innovation, entrepreneurialism, leadership, wealth creation, and high adventure.

Without risk, there can be no scientific progress, economic expansion, or community activism. At a more personal level, remove risk and there is no personal growth, career advancement, or spiritual

development (faith, after all, is a big risk). Personally and collectively, all progress, advancement, and momentum depend on risk. Like air, it is both nourishing and life sustaining. And, like change, risk is constant, inescapable, and inevitable.

To risk is to live. As a vehicle to personal progress, taking risks is the surest way to get from where you are to where you want to be.

The most fulfilling times in your life—the times you felt most alive—have undoubtedly been when you surprised yourself by doing something you never imagined you could, something hard, something scary. Though most of us have enjoyed the accompanying rewards of an intelligently taken risk, most of us have crashed—n-burned under an ill-considered one as well.


By definition, to face risk is to be vulnerable and exposed to harm. Consequently, we spend a lot of time trying to avoid risk by “playing it safe.”

Chances are, anytime you have passed up a big opportunity, stayed in an unsatisfying situation, or failed to stick up for yourself, avoiding risk had a lot to do with your behaviour.


In a world that continually reminds us about how unsafe it is, it is difficult to maintain a “play it safe” approach. From terrorist threats, to stock market gyrations, to corporate implosions, we are buffeted by the reckless risks of others. In an increasingly compressed and frenetic world, we are like billiard balls being smacked around in somebody else’s pool hall hustle.

Ironically, those who play it safe

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Maple Garage Doors

Creating Jealous Neighbours

TEXT Krista Deverson

Like a person with unique facial features and personality, each home has its own distinctive character and style. There are as many home designs as there are people to inhabit them. Modern, cute, quaint, luxurious, extravagant, simple,

classic, Elizabethan, Edwardian, Tudor, Victorian, Colonial, Art Deco: the list of architectural appearances could go on and on.

But the homes that make the neighbours want to keep up with the Joneses are the ones with a cohesive look and inviting curb appeal. If all of the features of the home are in sync with the overall design, the first impression can be striking.

That’s why Maple Garage Doors believes selecting the right garage door for the character of the home can be the piece de resistance in its design. Being that the garage door is such a grand element in the home’s appearance, it is important that its look contributes to the larger aesthetic.

With their years of experience and solid reputation with clients, Maple

Garage Doors are the experts in garage door design and installation. Rob Canizares, Vice President at Maple Garage Doors, jokingly comments, “Our slogan is ‘Creating Jealous Neighbours!’ because we always start with one garage door and soon we’ve caught the attention of the neighbourhood and we’re suddenly redoing the garage doors on the whole street!”

The company is well known in the GTA and beyond for providing custom overhead garage doors to both builders and home owners.

Their passion for garage doors goes back to 1978 when Rob’s father, Romeo Canizares started working in the garage door business. From the beginning, Romeo found he loved creating the right look for each home with an expertly selected garage door to enhance the home’s



character. So in 1995, Romeo struck out on his own and opened Maple Garage Doors.

From the start, the company was built on the philosophy that they would treat every home like it was their own, from the careful selection of the perfect garage door for each home to the quality installation of the product. Their dedication to their work shows in their client's satisfaction and appreciation: the company has grown almost entirely from referrals from past clients, who trusted Maple Doors with the entire process.

The industry has changed immensely since Romeo started in 1978 when there was only the standard typical garage door. Now, with numerous

options available, Maple Garage Doors strives to provide their clients with the best and largest selection of products.

Rob Canizares feels a certain pride in transforming a home. He says, "Knowing that we can put our mark on any of our clients' homes speaks volumes. They trust our vision in the industry and our passion for our work." It's not necessarily the most or least expensive garage door that they suggest to their clients, but the one that most suits the home.

To begin with, a client can call the office or visit their showroom, which is undergoing a total beautiful revamp. They've placed a great amount of consideration into the expansion of



the showroom to provide clients with a clear idea of the final product.

From there, Rob, himself, will visit the client's property to gain an understanding of the design and feel of the home. Part of what makes Maple Garage Doors stand out in

the business is their desire to listen to customers and understand what the client is hoping to see in a finished product. Rob then picks a garage door that will enhance the features of the home. Often, the clients place complete trust in his vision for their property. Maple Garage Doors also has options to show the client how the work will look once completed and can provide renderings to help the client understand the vision.

With service that is number one in the industry and the best selection of products, Maple Garage Doors have earned themselves one raving fan after another. Testimonials from past clients are a testament to their fast and professional service.

Valentino from Bolton comments, "Rob and his team are honest and reliable. Rob returns calls and provides excellent customer service. His



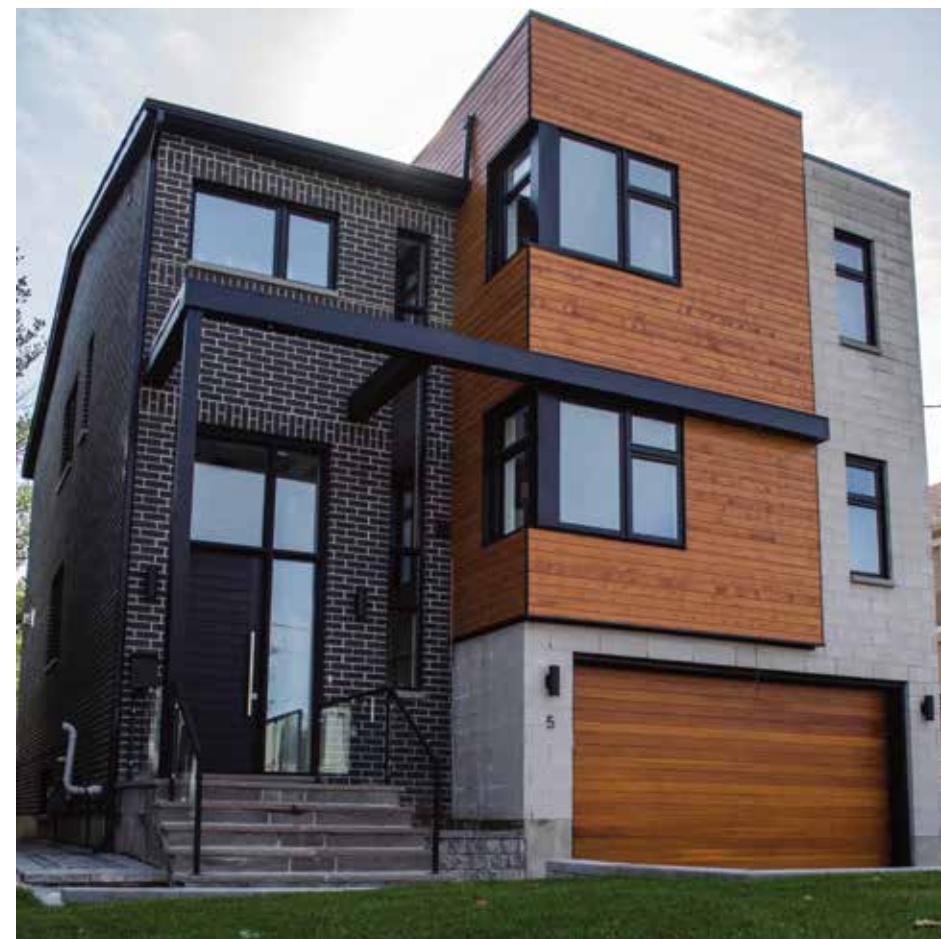
installers are professional and clean up the job site better than they found it. I highly recommend this company: you will not regret it!"

Rob says customer service has

always been a top priority, and that's what sets them apart from their competition. They also dispatch their calls according to client's schedules to try to make the process smooth and enjoyable. On the job site, Rob credits his crew of installers for their hard work and professionalism, saying, "We wouldn't be where we are today without our dedicated team of installers who give it 100% each and every day."

Since Rob joined the team 15 years ago, he has worked diligently to bring the business up to speed with the new millennium, from rebranding the company to developing a social media following to bringing an exciting fresh vision and an extra heaping of passion to the work and everyone on the team has a simple philosophy for the business, "We strive for the best in what we do. We aim for perfection," says Rob.

With so many happy homeowners and stunningly beautiful final products, the company is clearly on target for that goal.





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may be in the greatest danger. When we don't take risks we get stuck in a rut of safety. Over time, we become trapped inside our own life, like a pearl confined to its shell. Life becomes stale and boring.

We grow resentful at ourselves for letting our grand passions languish. We tell ourselves, there's got to be something more out there for me.

But we know we'll never find it unless we take more risks. Here are a few questions that can be used when you aim to take more risks:

- For the sake of what? In other words, what are you hoping to achieve by taking more risks?
- What are you ready to lose? When you "take" a risk, you have to be prepared to sacrifice something in return. What are you willing to let go of in order to gain something through the risk?
- What if you don't risk? Every risk can be divided into two: the risk of action and the risk of inaction. If you don't take the risk, what negative impacts could result from your inaction.



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Are You Choosing the Right Choice?

TEXT Jaime Jones

"There are 2 primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them."

– Dennis Waitley

I was recently standing in a very long, slow moving security line at an airport. One would think I would be so numb to the process that the "long and slow moving" part would not be an issue anymore. Some days it isn't, but this day, virtually everything about the "long and slow moving" part was an issue with me.

As I was seemingly inching my way along, I happened to glance behind me for what had to be a small fraction of a second. It took a few moments to register, but my mind was telling me that something just wasn't quite "normal" about what I saw.

Now, we have all been in this spot. You want to look again at whatever caught your eye – but you don't want to be too conspicuous, right? You

don't want to get caught staring at something – or worse, someone. So I did my absolute best non-obvious casual turn of my head behind me and it became quite clear why I wanted to look again.

Standing there was a young boy about the age of 10 or so. To look at his face, you would think he was a poster kid for a Norman Rockwell painting – red curly hair, freckles and all. He looked up at me with his instantaneously contagious smile, and when our eyes met I simply said, "Howdy, pardner!" He rather shyly acknowledged my greeting, and that is when I acknowledged that this was not just some regular kid.

Much to my amazement, protruding from the tops of both of his Nike



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running shoes were 2 titanium legs. As if that weren't enough to get my attention, there was nothing below his left elbow where his arm was "supposed" to be. Well, we ambled along for quite awhile in that line before I could muster up the courage to ask him where he was headed. He told me he was going to go see his grandma in Missoula, Montana, for a week. I asked him what he was going to do up there, and he said he hoped to do some fly fishing and ATV riding with his grandpa. All of a sudden, the security line didn't seem so long.

Before he went his way and I went mine, I finally asked him if he had any idea how many people he inspired on a daily basis. I could tell from his reaction he was far too humble and innocent to understand what I was asking. So I simply said, "Well, you sure inspired one today. Have a great trip, and catch some lunkers."

You see, it dawned on me that this young man has more challenges to deal with before he gets out of bed each day than I have had in my entire 56 years on this planet. What was so obvious was that he wasn't about to accept his conditions as they existed.

It was very clear he had already accepted the responsibility for taking his circumstances and condition and determining what his reality was going to be. What a great lesson! The lessons are all around us each and everyday if we are open to seeing them.

And what about us? What choices do we make in our careers? It's funny when you think about the fact that the only choice we don't have is to not make choices. Let's choose wisely.

How Tall are You!

TEXT Lenora Billings-Harris

As I took my seat on a flight from Toronto to La Guardia recently, I noticed that the female flight attendant was considerably taller than 6 feet. Because I know that many people in the USA ask tall men, "Did you play basketball?" I was curious about her experience with that or similar questions.

When there was a moment when she was not performing her duties, I had my chance. "Excuse me", I said. "I have a question. How often in a day of flying are you asked, 'How tall are you?'" She smiled, and said, "At least ten times a day and often more." She shared that it was only

7:15am as we spoke and she had already been asked three times.

Later in the flight she returned. The aisle seat next to me was empty. She sat down shook my hand and said, "My name is Samara. May we talk?" "Yes, of course," I said. She was curious about why I asked my question, and grateful that I had not asked the same question as most.

After I explained that I work in the area of diversity, unconscious bias and multicultural competency her curiosity piqued. I shared that I

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Get Away Every Day

TEXT Krista Deverson

PHOTOS by JEFF McNEILL PHOTOGRAPHY

CEDAR SPRINGS LANDSCAPE GROUP

It's five o'clock on Friday in the sweltering humidity of July. Just home from work, out of his suit and tie and into his jeans, a man steps out onto his back patio. Seasoned steaks in hand, he heads over to fire up his gas barbeque at his grilling station under the sleek-looking pavilion beside the pool. A feeling of complete relaxation washes over him as he is greeted by the smile of his beautiful wife reclining on the chic poolside lounge and the joyous laughter of his two children

splashing around in the pool. As the steaks sizzle on the grill, he looks around at his backyard oasis.

The simple design, clean lines, and modern look are at once calming, visually appealing, and functionally gorgeous. In his backyard, he feels he is in a different world, a private retreat of his own away from the hustle bustle of the city, and far removed from the dreaded weekend commute up the highway to cottage country.

Those days of stop-and-go traffic have given way to peaceful weekends beside the turquoise waters, gatherings with neighbours and friends over tasty cocktails at the outdoor bar, and romantic meals by the warmth of the fireplace and under the glow of the stars with his wife.

This dream backyard vacation starts with the perfect design, something that melds the look of the home with the style of the owners and the dreams of the family. Creating a

cohesive look between the landscape design and the architecture while ensuring its functionality for the family is a common wish of the modern homeowner. Regardless of the style of the home and the taste and dreams of the owner, Cedar Springs Landscape Group has the experience and flair for design to make the right landscape aesthetic come to life.

Owner of the company, Adrian Bartels, says they can create landscaping for any style from

modern to traditional, from Japanese style gardens to English gardens, from Muskoka style to rustic and natural. With their knowledge, they can even seamlessly blend styles, mixing in different design elements from one style, that may appeal to the homeowner's tastes, with another style that is more in line with the design of the home. Their expertise in the field shows in their ability to marry the look and feel of the property to that of the home.

In doing so, they've created a niche in the market and are continually pushing the envelope on design. This unique quality puts them somewhere in the category of landscapers and somewhere in the category of renovations. Previously, landscaping companies were known for the traditional patio and garden, but Cedar Springs Landscape Group has developed over the years to be able to take extensive designs from start to finish.



REGARDLESS OF THE STYLE OF THE HOME AND THE TASTE OF THE OWNER, CEDAR SPRINGS LANDSCAPE GROUP HAS THE EXPERIENCE AND FLAIR FOR DESIGN TO MAKE THE RIGHT LANDSCAPE AESTHETIC COME TO LIFE.



Their in-house groups of tradesmen cover everything from stone and brickwork, to custom millwork and outdoor cabinetry, to running gas lines for fire features and electrical lines for incorporating lighting throughout the design. Their goal was not to have one guy who could do every task to an average quality, but to have several specialized crews who would be highly skilled in one part of the project and be able to bring it all together seamlessly.

With their over 25 different specialty

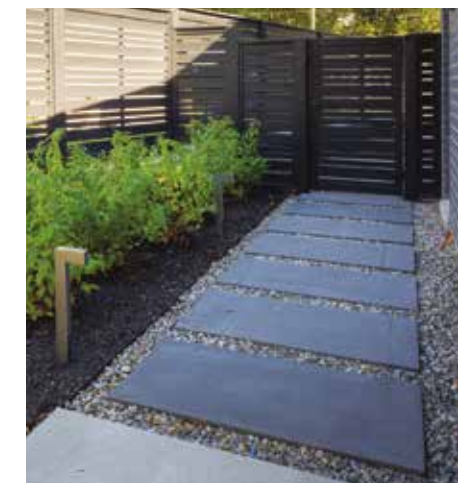
crews, Cedar Springs Landscape Group is a full service, start-to-finish, design-build company. And everything starts with the design, a process that melds the homeowner's vision with the design team's experience. Adrian Bartels says the company encourages clients to stop by their office in Oakville to meet with the design team and take a look at some of the designs, ideas, and products and samples available for selection. The showroom is a unique idea for landscaping that allows the client to get a full understanding

of what they're purchasing. In the end, they can even have realistic 3D renderings of the proposed landscaping so there is complete faith in the look of the design.

From start to finish, Cedar Springs takes the worry out of the entire process. They handle everything from the permits and utility locates to the design and implementation with their skilled crews. Of recent trends, Bartels notes, "Landscapes have evolved over the last ten to fifteen years to really

become an extension of the home. It encourages designers to get really creative. By extending the home, people want to have all the amenities of inside, outside! They want to be comfortable; not get wet when it's raining; but stay warm when it's cool. In a way, it's creating a 3-season room right off the house."

A stunning example of these recent design trends and the finished product by Cedar Springs is the Hardy Residence in Oakville, a beautiful modern home with a perfectly paired modern landscape.



The modern theme of the home and landscaping is very trendy at the moment and the project involved some typical wish list items that clients desire including a pool, comfortable seating area, an outdoor barbeque, island and waterfall. But regardless of the size of a project-big or small-Cedar Springs Landscape Group is happy to work on them all.

Thinking about outdoor space as an extension of the home is where the designer's creativity shines. With at least six designers collaborating on

any given project and a great office culture that aims to inspire, the team is always on the cutting edge. They draw ideas from multiple sources like the Internet and tradeshow. Bartels says that clients are wanting the amenities they're used to enjoying indoors to be brought out for their use outdoors as well. For example, they're often integrating TV and speaker systems into the garden.

Ultimately Cedar Springs has the goal of making the backyard into the ultimate staycation spot.

Instead of battling traffic up highway 400 to a cottage, Cedar Springs clients find their backyard to be all the vacation they desired.

With an outdoor space that's as comfy as the indoors from the furniture, to the warmth of the fire pit, to the gentle sound of the waterfall, to the outdoor grill island and the pizza oven, Cedar Springs is successfully bringing the vacation time home.



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had conducted unscientific research several years ago and discovered that very tall men in North America are asked, "Do you play basketball?" on average of fourteen times a day when they are in public environments. If they say "no" the inquirer does not know how to continue the conversation. No doubt, they don't want to say aloud, "What's wrong with you?"

Samara went on to share her experience and how frustrating this question is. She fully understood that people have good intentions, and think it is a way to acknowledge her and be friendly but the result of that question and some others create an opposite effect.

She and the men I have spoken to about this predictable behaviour do not waste their energy becoming

angry with the inquirer, but have no motivation to encourage more conversation. One former pro basketball player told me if that is the first question a person asks him, he quickly ends the conversation and walks away. He feels they have not taken a moment to recognize that it is a superficial question that reflects an inability to hold an interesting conversation.

According to research conducted by Judge and Cable only 14.8% of adult North American men are over 6 feet tall, yet 60% of North American CEOs are over 6 feet tall. A similar statistic is true for presidents and generals. Although this is a career advantage, it does not dismiss the annoyance of 'the question.'

I know, some of you are wondering what is the big deal? Why can't they just get over it and go with the flow and be thankful they have this perceived advantage. But since you are still reading, that suggests you are curious.


Will the sun not rise if you ask 'the question'? Of course it will. Will you get punched in the nose? Not likely.

So in the scheme of things, asking this question is not going to prevent world peace, but if your motivation is to engage in a conversation to get to know the person, I suggest that you hold back the urge to ask 'the question.' If you want to get to know this tall person, start by asking a non-judgmental, open-ended question that reflects the present.


In Samara's case, perhaps the question would be, "What motivated you to become a flight attendant?" If

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Bentley introduces the BENTAYGA MULLINER THE ULTIMATE LUXURY SUV



Bentley's in-house personal commissioning division, Mulliner, has applied its exquisite craftsmanship to the multi-award winning Bentayga, creating a new flagship model and setting new standards in automotive luxury.

New interior and exterior features – including optional Duo Tone paintwork,

unique 22" wheels, Mulliner Bottle Cooler and a new veneer concept – complement the Bentayga's sculptural, modern design.

Featuring Bentley's class-leading 6.0-litre, W12 engine, the Bentayga Mulliner combines efficiency and refinement with ultra-luxurious levels of power and torque. With 608 PS (600 bhp) and 900 Nm

(663 lb. ft.) delivering a 0-60 mph time of 4.0 seconds (0-100 km/h in 4.1 seconds) and a top speed of 187 mph (301 km/h), the Bentayga is the world's fastest SUV.

Produced in very limited numbers due to the highly complex, handcrafted nature of the Bentayga Mulliner's luxurious interior features, this new flagship model will be



available to order in Spring 2017.

A special one-off example of the Bentayga Mulliner will be on the Bentley stand in Geneva, featuring a unique inlay to the front fascia depicting the stunning Monte Rosa mountain range in exquisite hand-crafted marquetry.

An Extraordinary Mulliner Exterior

The Bentayga Mulliner is the most exquisitely appointed luxury SUV ever created, and will appeal to owners searching for the pinnacle of go-anywhere motoring, with the finest performance and comfort.

This new model introduces striking optional Duo Tone paintwork for the first time on Bentayga. The elegant finish is achieved by choosing the perfect proportional balance point for the split,

the resulting effect making the cabin and bonnet appear as though floating. The split also serves to enhance the Bentayga's trademark super-formed muscularity and accentuates its powerful presence.

The new Mulliner 22" Paragon seven-spoke wheels with floating wheel centres, unique exterior badge, and the addition as standard of body-coloured lower bodywork and bright chromed lower bumper grilles, complete the exterior enhancements.

The Ultimate Handcrafted Interior

Inside, Mulliner has combined traditional and modern coachbuilding design. A new Mulliner designed interior colour split – with the front and rear seats finished in different hide colours and offered in seven suggested colour ways



– complements the optional Duo Tone exterior paintwork. The hand-stitched hides are finished with unique Mulliner embroidery and contrast stitching.

Bespoke features by Mulliner include a new Mulliner Bottle Cooler in the rear of the cabin, featuring an illuminated chilling cabinet and bespoke Cumbria



Crystal flutes, all seamlessly integrated into the generously proportioned, rear centre console.

Ombré Burr Walnut Veneer is exclusively introduced to the Bentayga Mulliner model. This showcases a unique wood transition from Black through to Burr Walnut as the veneer wraps around the interior and a special veneered panel replaces the standard central console fascia.

Mood lighting, comprising six different ‘moods’, together with illuminated Mulliner tread plates and Bentley LED Welcome Lamps, create a luxurious night-time ambience. Bentayga Mulliner also offers owners the chance to create their own bespoke ambience, with ‘My Mood’, which allows occupants to choose from 15 different colours, while also adjusting the brightness in doors, armrests and footwells.

Luxury in Audio, Comfort and Convenience

The Naim for Bentley Audio system in the Bentayga Mulliner is the most powerful, highest quality audio system in the class, featuring twenty speakers driven by a 1,950-watt, 21-channel amplifier.

A convenient, remote-controlled Parking Heater function allows the vehicle interior to be heated or cooled when the engine is switched off, while electric rear window blinds and a double sun-visor are also available with the Sunshine Specification.

The Touring and City Specifications enhance the comprehensive suite of standard driver assistance features, including Park Assist, Lane Assist, Adaptive Cruise Control, Traffic Assist, Night Vision and a Head-Up Display.



The Bentayga Mulliner also benefits from Bentley Dynamic Ride – the world’s first electric active roll control technology that utilizes an unrivalled 48V system. This system instantly counteracts lateral rolling forces when cornering and ensures maximum tire contact to deliver class-leading cabin stability, ride comfort and exceptional handling.

The flagship Bentayga is also available with the exquisite optional Linley Hamper by Mulliner, complete with

refrigerator, bespoke fine Linley china cutlery, crockery and crystal glass, and storage area for dry goods. For comfort in the great outdoors, sections can be removed and used as seats.

Another striking option is the bespoke mechanical Mulliner Tourbillon by Breitling clock. The most complex of watch mechanisms, the Mulliner Tourbillon features 196 individual pieces and is automatically wound periodically by a dedicated high-precision winding

mechanism within the car. This masterpiece is machined in solid gold (customers can select from yellow, white or rose gold), with a choice of either a mother-of-pearl or black ebony face and decorated with eight diamond indexes.

Mulliner – The Beauty of Bespoke

As Bentley’s personal commissioning division, Mulliner exists to respond to individual customer requests for further

bespoke features on the Bentayga Mulliner.

The experienced team, supported by the in-house engineers and designers at Crewe, prides itself on a long history of fulfilling the desires and demands of Bentley’s most discerning customers worldwide.

Bentley Motors is the most sought after luxury car brand in the world. The company’s headquarters in Crewe is home to all of its operations

including design, R&D, engineering and production of the company’s four model lines – Continental, Flying Spur, Bentayga and Mulsanne.

The combination of fine craftsmanship, using skills that have been handed down through generations, alongside engineering expertise and cutting-edge technology is unique to UK luxury car brands such as Bentley. It is also an example of high-value British manufacturing at its best.

there is no opportunity to have an in-depth conversation, which is usually the case with a flight attendant or a tall guy standing in line to board a plane, then just don't ask anything.

This will be difficult at first. The urge to ask the obvious question is strong for some people.

I can guarantee you if you start with a more open-ended question you will learn about the real person, not just the possibly envious attribute they have. And, if height is important to them, somewhere reasonably early in the conversation they will mention it without you having to ask.

Samara shared that she speaks three languages, lived in Germany and France for a time, speaks to youth groups about the joys of travel and how one can learn about other cultures.

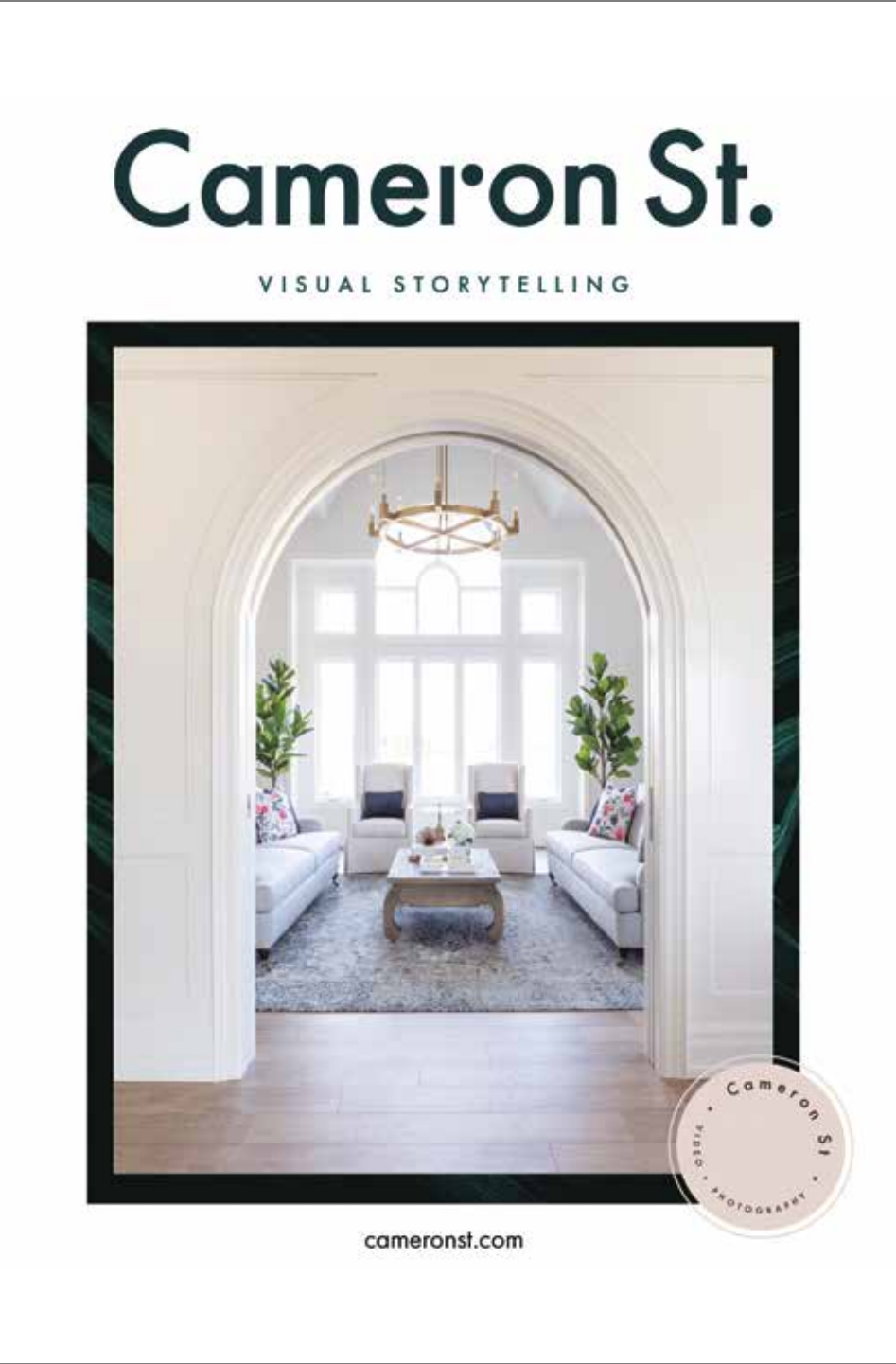
The other question she hates is, "How old are you?" According to her, apparently older folks think it is okay to ask that question. She feels it immediately puts her in a box with an assumption that she is too young to know certain things when she has actually had amazing experiences beyond those of many older people.

Lean outside of your comfort zone and try this. Look for ways to engage in conversation by asking a question related to the reason you and that person are in the same place at the same time.

Don't ask the following questions, and see how long it takes for people to share the answers without you asking:

- 1. How tall are you?
- 2. Where do you work?
- 3. Do you have kids?
- 4. Where do you live?

No, I never did ask Samara 'the question.' I gained so much more than just knowing her height. Yes, I still have an inner urge to ask 'the question' but I fight it. I know that it only feeds my curiosity, and does not honour the whole person. Let me know your results.



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YOGA helps to maintain Vigor

TEXT Rich Carroll

High intensity interval fitness and resistance training have become the “in” methods of exercise now, and for anyone who has the ability to perform these types of exercise they really are the way to go. But for many people, particularly as they age or if they are just getting into an exercise agenda, yoga has found a niche. As we age certain things such as overall flexibility, equilibrium, range of movement and weakness with core muscles turn out to be even larger problems and yoga is designed to impact these troubles.

Yoga can be practiced by everyone at any age, and even when a person is out of shape or is rehabbing an injury, almost anybody can get some profit from yoga. Naturally when it's utilized in therapy, some yoga poses may have to be skipped or adapted to the person's ailment. But yoga can be practiced for people with back pain, for instance, and building up strength in the core region helps the rehab. Even with having the support from a wall or chair, it can be tailored for people

having almost any ailment.

Recent research connects yoga for having an impact on leptin. High levels of leptin signal the brain for hungry strikes. This protein hormone has a significant role in regulating calorie consumption. It is currently thought that by regulating this hormone we are able to suppress appetite and thus hunger, which obviously could be a major breakthrough with weight management and reduction.

It has been found that people who participated in yoga had a drop in levels of circulating leptin. Frequency of yoga sessions together with the number of years of practice had a big drop in these ranges. Although additional testing must be done to offer more thorough evidence, it could be that the capacity for yoga to loosen up our bodies will have much to do with keeping the levels of leptin down, and consequently suppressing our desire for food.

To receive the maximum benefit from

an exercise plan, it is best to include a wide variety of exercises. By sticking to an unchanging workout routine, the body will adapt and the benefits will start to plateau.

Frequently challenging the body with different exercise routines, which incorporate interval and resistance training, core exercises, as well as working equilibrium and stretching into your exercise routines will offer top benefits. Due to its variety Yoga takes in several, but not all of those facets of physical healthiness. But it gives the body an excellent base for strength, stretching and balance to build on.

The point is it is never too late to begin an exercise program. There are many examples of people who have started working out when they are in their seventies and eighties, and have experienced considerable

improvement with range of motion, stability, bone density, strength and mental clarity. But first, let a medical professional understand what you propose to do so you are able to receive health clearance for a plan you'll be able to physically handle. Then knowing your health status, dig right in to get started. Just appreciate that yoga is a superb option when you age, and many individuals are actually using it to enhance their health and weight control as they grow older.



@thekelseyrose_





The antioxidants in mushrooms make them some of the healthiest foods known to man. One of the most important antioxidant in many mushrooms is ergothioneine, which is an amino acid incorporating sulfur. Sulfur has become known recently to be extremely important for human health that a great many folks are seriously lacking. Moreover, mushrooms include many nutrients like polyphenols and selenium which are present in plants that add to their health benefits.

One can find 140,000 types of mushroom-forming fungi, but science acknowledges about 14,000. That can further be broken down to only about 100 varieties that are recognized for their health-promoting advantages. No more than six are classified as exceptional in their capacity to help the immune system. One mushroom that we North Americans are in love with is the common button mushroom and its relatives, the Portabella and the Crimini mushrooms. Of the 900 million pounds of mushrooms we consume annually, 95% of these come from this variety.

Many of us consume this class of mushroom regularly, and they're an excellent food that is low in calories. They're packed with protein, Vitamin B and vitamin D2. There are numerous ways we can get mushrooms in our diet

The MAGIC of Mushrooms

TEXT Rich Carroll

plan, such as in salads, pasta sauces, pizza, sandwiches, with meat dishes and a variety of additional tasty recipes. They are certainly nourishing fair that is a perfect match to complement a number of foods.

You're most likely quite familiar with the button mushrooms we come across in nearly all of our produce supermarkets, but there is a complete mushroom world of tasty delights which have even more health benefits. Explore some of these other varieties such as Reishi, Shiitake, Turkey Tail and Himematsutake. They've tremendous health benefits that have become common in numerous diets in different parts of the world.

There are a few important factors you should know about mushrooms which are very important. First, not all mushrooms are safe to eat. Over 50

types of mushrooms are acknowledged to be lethal. This reminds me of a story I heard in France, where picking wild mushrooms has always been a tradition many French people partake in. Pharmacists in France are trained to identify harmful fungi, and people subsequent to picking their naturally grown mushrooms can bring them to their neighborhood pharmacist to check if they will be safe to eat.

Another important factor to remember about mushrooms is they readily absorb whatever soil they grow in. This really is what gives mushrooms their power. Healthy growing conditions will be crucial to deriving the health advantages we want from your mushrooms. As a result, this is one of the products you should always purchase certified organic to guarantee you are receiving the most nutritious product.

Why mushrooms tend to have extremely important health benefits to humans is because we share with them similar bacteria and viruses. Fungi as a resistance to bacterial attack have produced resilient antibiotics that are most effective for humans. Vital antibiotics like penicillin, tetracycline and streptomycin have all been developed from fungal extracts. Everyone should look into the fascinating culinary world of mushrooms.

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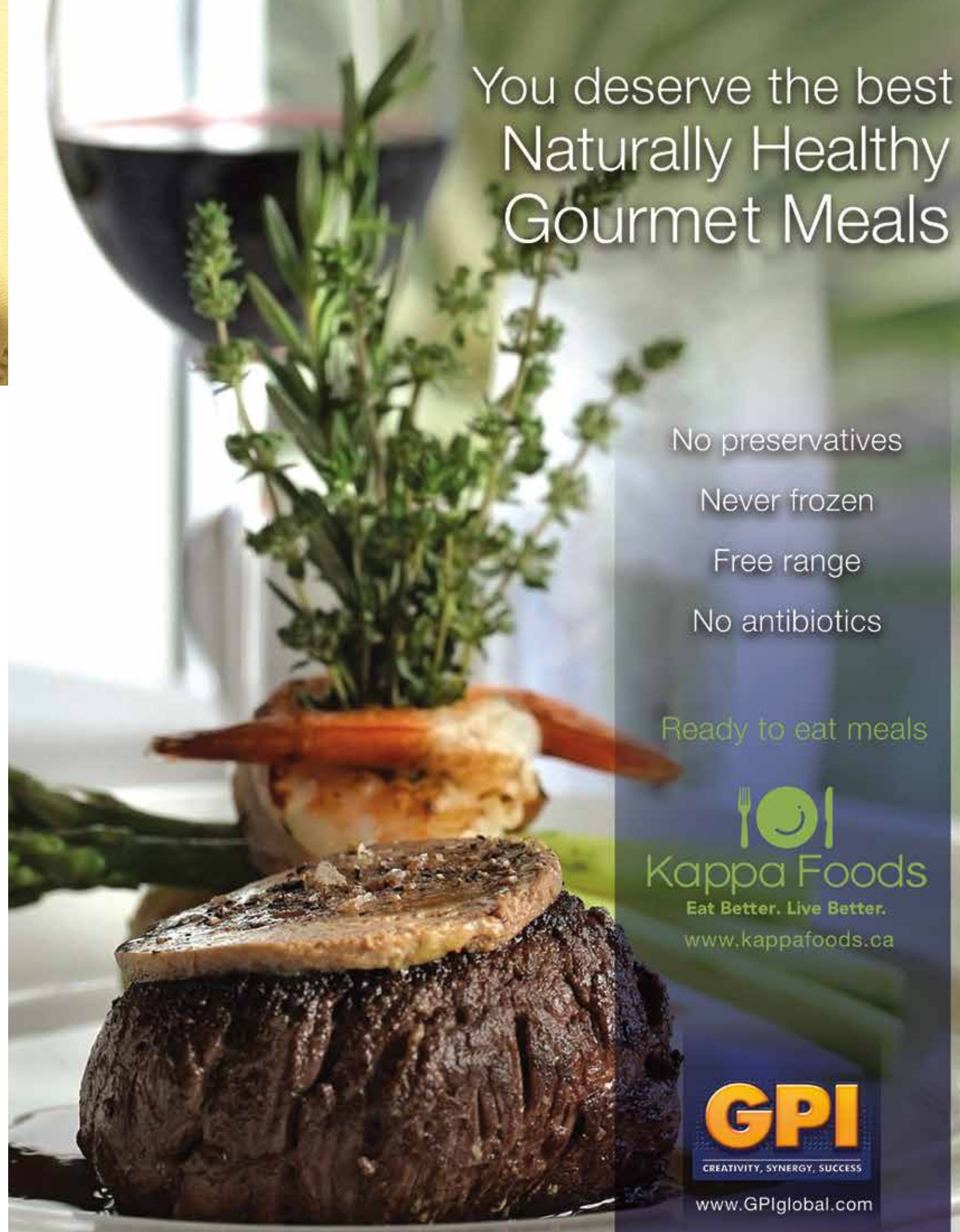
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Paradise in Thailand

Six Senses Samui & Yao Noi Resorts

TEXT Emilia Florek-Guerrero

Thailand is one of the most visited places on earth due to its fascinating scenery, year-round beautiful weather, culture, traditions and its architecture.

Numerous islands define the term tropical paradise where for many can also mean the vacation of a lifetime. What better way than to explore these feelings at the Six Senses Samui in Koh Samui and the Six Senses Yao Noi in Phang Nga. Your senses will be stimulated to the fullest while staying at one of these two marvelous resorts.

SIX SENSES SAMUI RESORT

The Six Senses Samui resort with its 66 villas provides an incredible experience that will leave a long-lasting impression.

Many of the villas have a personal pool which blends in perfectly with the surrounding ocean along with the panoramic views of the Gulf of Thailand. Private decks are designed for lounging and soaking up the warm rays of the sun along with the ocean breeze.

Roof tops and ceilings are made of thatched straw and hut features which give the Six Senses Samui a



traditional feel. Large windows in the perimeter of the rooms provide plenty of sunlight which make the wooden flooring, furniture and columns blend perfectly and create a connection with the earth-tone and beautiful natural surroundings.

The dining areas known as the Dining on the Hill and the Dining on the Rocks are exactly what their names imply. Due to the warm weather, these are open space areas containing weathered teak and bamboo. You will certainly consider returning to add more memorable experiences to your holidays.

Slx Senses Samui Resort
9/10 Moo 5, Baan Plai Laem, Bophut
Koh Samui, Suratthani 84320
Thailand
www.sixsenses.com





SIX SENSES YAO NOI RESORT

The Six Senses Yao Noi explores the Phang Nga Bay which showcases inspiring panoramic views of Thailand's beauty. Natural materials encompass the interior and the exterior of the Six Senses Yao Noi along with the lush vegetation and the sea.

Some of the villas contain a spacious, two bedroom duplex villa with the master bedroom overlooking an open decked area below. The roofs and the ceilings set a traditional feel with straw thatching and plenty of wood on the premises of the villas.

The infinity pool is then accessed by a staircase leading to the decked area also including an outdoor shower room. The numerous shades of light brown and wood create a connection between the lush gardens and the ocean to provide a true tropical setting.

When the time for dining comes, The Six Senses Yao Noi excels at providing a one-of-a-kind setting. At one of the dining areas known as the Dining Room, the glass



floor will leave a lasting impression as the water flows briskly beneath. There are numerous dining pavilions which are all in an open-space area to enjoy a fascinating dinner along with the warm climate. For those guests who would like to take it to another level, literally, the Hilltop Reserve sits atop of the resort overlooking lavish pools and the Phang Nga Bay. Last but not least, the Spa at the Six Senses Yao Noi, provides a true Thai experience with unique and exclusive treatments and exceptional interior design.



Six Senses Yao Noi Resort
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Amphur Koh Yao
Phang Nga 82160
Thailand
www.sixsenses.com

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