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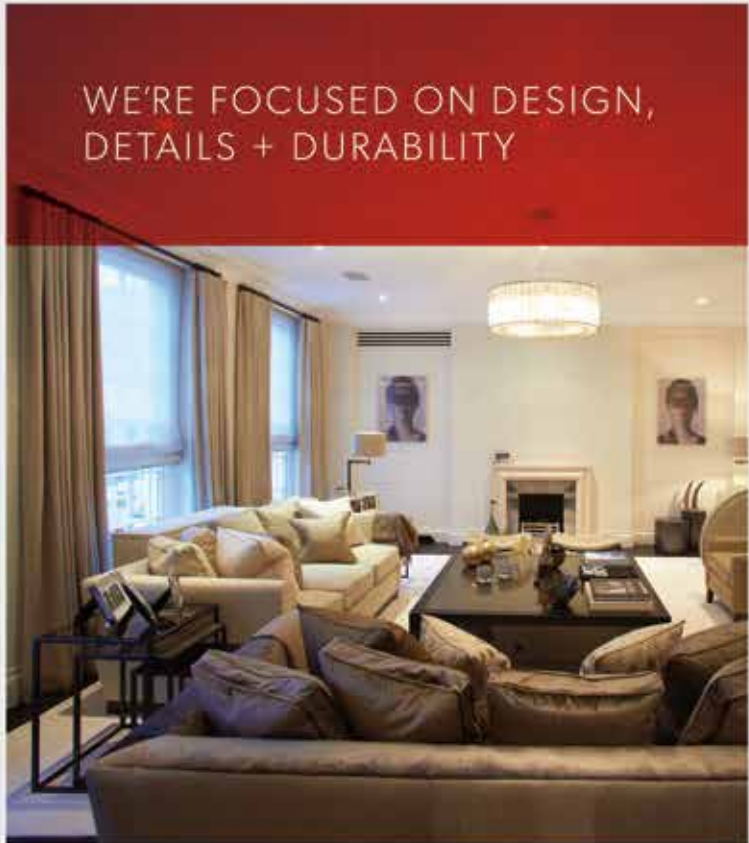
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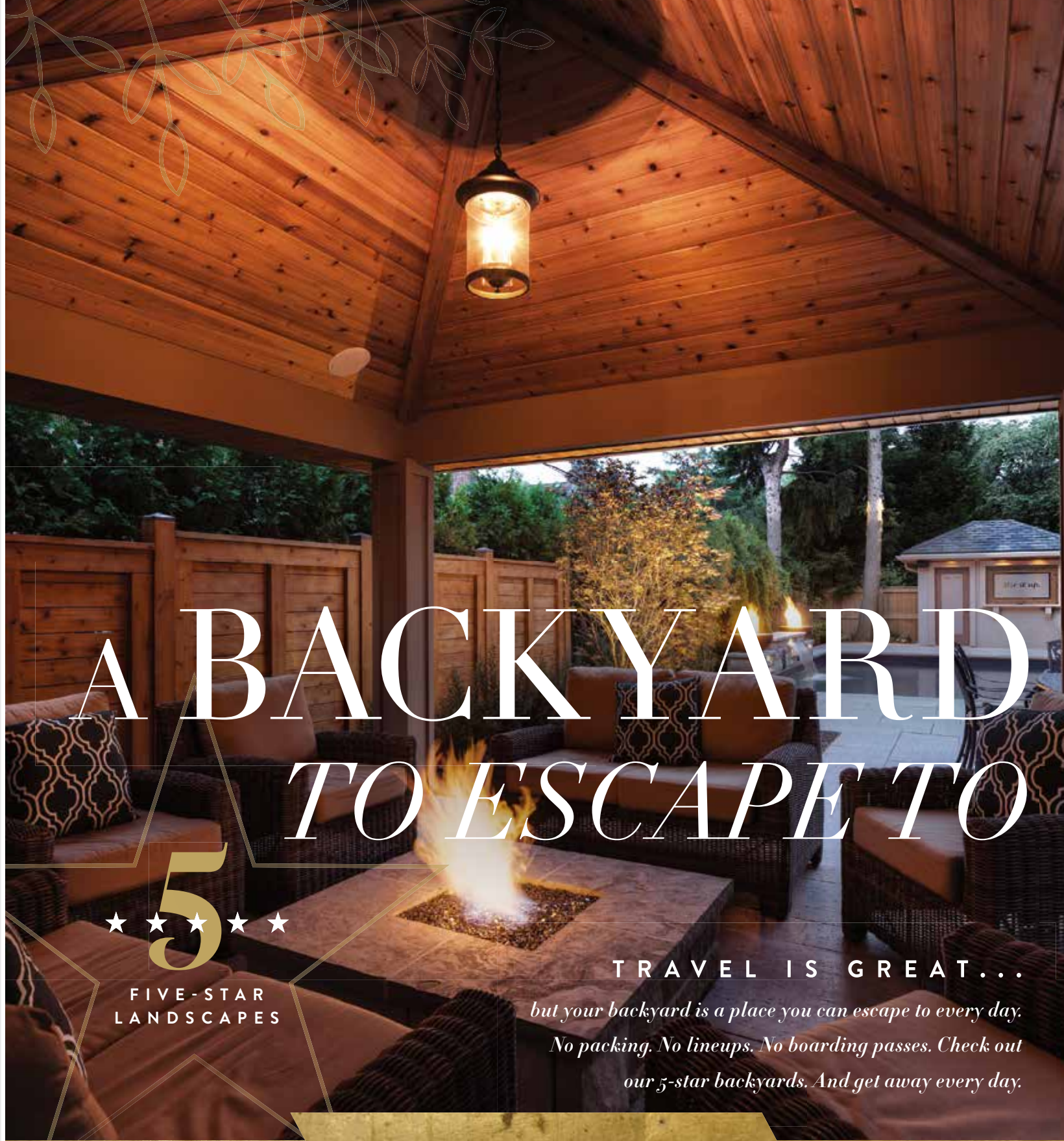
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8 Cover Story
MAKI CONSTRUCTION



38 Executive Yacht
CARVER C52 COMMAND BRIDGE



45 Maserati
GranCabrio



58 B Ocean Resort, Florida

FEATURES

- 7 Publishers Notes
- 8 Feature: Maki Construction
When nothing less than perfection will do
by John Reynolds
- 28 Lebovic knows Luxury
Spectacular model homes on a private golf course
- 32 Kolbe Gallery Ontario
Superior Client Relationships
by Krista Deverson
- 45 2018 Maserati GranCabrio
Open-air grand tourer
- 57 How to Perfect your Plank
by Kelsey Hergott
- 58 B Ocean Resort, Florida
by Emilia Florek-Guerrero

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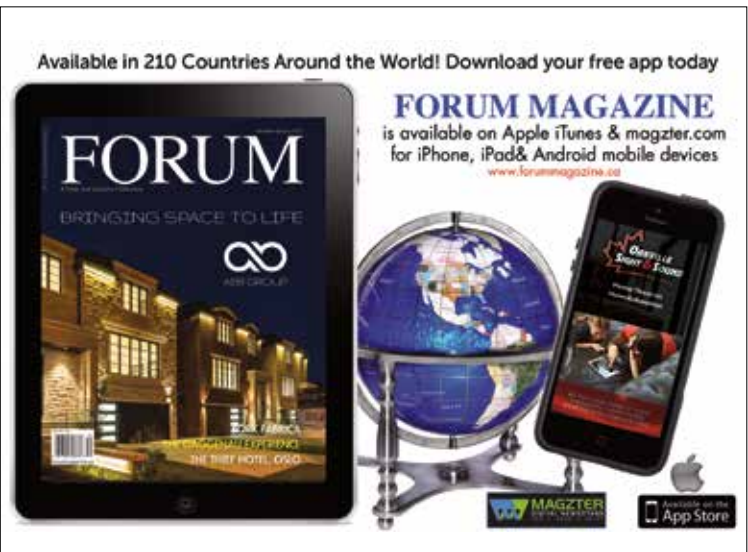
Welcome to the August/September 2017 edition of Forum Magazine! We are pleased to feature Mario Causevic and Maki Construction based in Mississauga, a company that measures their true success from their commitment to go beyond the ordinary to create extraordinary homes for their clients. Maki Construction prides themselves in achieving the utmost level of quality for each and every project and their team of professionals share the same dedication and enthusiasm.

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B Ocean Resort in Fort Lauderdale is a fabulous hotel conveniently located on the A1A that travels along the Miami Beach strip northward with great views of the Atlantic Ocean, this cool property offers a marine décor and a mermaid swim show... check out this property on your next visit to Fort Lauderdale!

Until next time, enjoy!
Sean & Ana Patrick
Publishers





MAKI CONSTRUCTION

When nothing less than perfection will do

TEXT John Reynolds

PHOTOS BY SCARFONE PHOTOGRAPHY

Every business thrives on its good reputation. No one recognizes the truth of those words better than Mario Causevic, and he has applied it to make Maki Construction, an outstanding builder of custom homes in the Greater Toronto area.

But how did he build Maki's exceptional reputation in the first place? He answers, without hesitation. "Our success comes

from our commitment to go beyond the ordinary to create the extraordinary."

Going "beyond the ordinary" demands more than promise. For Mario, it demands perfection.

"I insist that everything in my homes, every single detail, is perfect, I walk through each home at every stage, looking for details that others may not notice. If

something is not perfect, if there is one little flaw, I demand that it be changed."

He justifies his approach by assuming that if the quality level matches his own, his clients are sure to be satisfied, and the measure of quality is nothing less than perfection.

This can make things challenging for designers and tradespeople working with Maki Construction who choose to create his exceptional homes. Meeting the Maki Construction standards often demands going beyond "good enough." Fortunately, his team of professionals share his dedication and enthusiasm. Office manager Samira Causevic and Project Coordinators Iryna Kukhar and Linda Nguyen help monitor construction progress, ensuring flawless results.

Why does the Maki team stretch themselves so far? "We want to be known as builders who will build luxury dream homes, that are incredible and exquisite in every way," he replies. "So, we need to do things differently from others. We absolutely need to create homes the best we possibly can."

The insistence on exactness makes an impact from the moment you enter a Maki Construction home. For example, most homes may hide the mechanical system in square bulkheads. But bulkheads intrude on a room's natural lines, making them appear smaller and less attractive, although at times particularly in renovations, bulkheads may be inevitable. With careful planning and coordination amongst the trades, the infrastructure of each newly built home can be designed to eliminate the boxed-in enclosures



Left to right: Linda Nguyen, Project Coordinator; Samira Causevic, Office Manager and Iryna Kukhar, Project Coordinator

and instead offer the preferred smooth uninterrupted lines for walls and ceilings.

Achieving such high standards involves making demands on suppliers and sub-contractors. The Maki Construction

team along with their dedicated and eager professionals understand they are expected to rise to the occasion and consistently prove their talent and abilities and share pride in their workmanship.

"Our first obligation is to the client for whom I build my homes. They expect nothing but the best from Maki, and we cannot let them down. Because, if we do, I let myself down as well."

Mario honed his insistence on perfection over many years as a framing carpenter, precisely shaping every angle and slope of new houses. It's a unique hands-on approach to home building, and the experience taught him the value of building quality from the inside out. When he decided to focus his skills and energy on creating custom homes in and around the Mississauga-Oakville region, "I wanted to build homes in a way that wasn't just different than others, but better in every way," he explains. "I wanted every house I built to be the best it possibly could be,





"Our success comes from our commitment to go beyond the ordinary to create the extraordinary." – Mario Causevic





my homes, high-grade porcelain is much better.” Natural stone may be lovely to look at, he points out, but it cracks easily and must be sealed to prevent discolouration. The quality level of porcelain selected includes finishes that look exactly like stone, yet resist cracking and require very little maintenance.

The only thing as impressive as Maki’s insistence on perfection is the level of interior design. Working with Cristina Farina of Luxe Manor Designs Inc., he elevates the interior appearance of Maki-built homes to new levels of refinement, detail and beauty. Ceiling details and lighting fixtures reflect the same degree of elegance that is achieved in the overall concept of all custom homes. You can see the effect in the responses from visitors who first enter a Maki Construction home. Their first comment is usually, “It’s so stunning and unique!” The next is, “And it’s perfect!”

and not settle for anything less.”

The degree to which Maki Construction goes to achieve this goal is remarkable. To most builders, stone and ceramic tile are natural materials for floors and other applications. Mario favours Italian porcelain. He loves the perfect finish,

durability and wide range of shapes and sizes available from the best porcelain manufacturers – the ones who understand his quest for perfection.

“I was among the first to use porcelain tile for so many applications,” Mario says. “There is little or no stonework in



Perfection isn't always visible and obvious, of course. Sometimes it is hidden and beneficial. Consider home insulation. Homes are always insulated with 4-inch foam, effectively doubling the R-value of building codes and making them twice as energy efficient as most others, and assures every client that he is just one phone call away should any question about their new home arise.

All of this explains why Mario holds special affection for each custom home his company creates. Asked how he feels about the many projects completed by Maki Construction over the past 20 years, he beams a wide smile and says in his husky voice, "I think of them as my babies."

And, as every parent knows, all their babies are perfect.



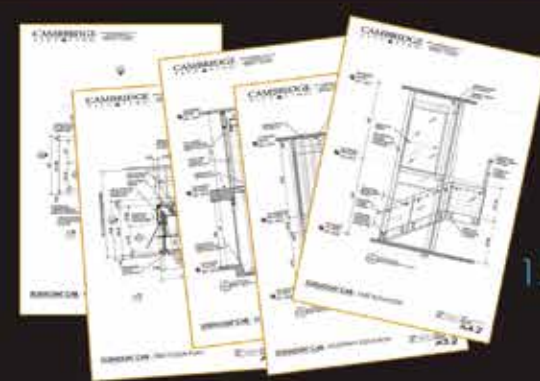
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Helping others to progress creates BUSINESS SUCCESS

TEXT Anne Bachrach

If you are in a position of authority then you must be conscientious of two areas: ensuring a quality job (or upholding a directive) and training others to progress in the same field.

Essentially, you might be teaching the person who may some day replace you. Is this a fair outlook? This is certainly a common fear among some authority figures that believe instituting such efficient systems could

backfire and cause rapid changes in managerial structure. So what are the alternatives? For a leader to actually restrict information from his delegates in hope of securing his job? This would be a poor way of doing business, from a commercial point of view as well as a personal one.

Commercially speaking, the company wants to listen to any new input and utilize all available experience. In

creating an efficient machine, there would be no reason to deliberately hinder employee advancement as this would directly affect productivity and eventually profit.

Personally speaking, it makes sense to train new staff members according to the same criteria that you would live by. When you teach by example and are helpful to new workers, they will remember this training in future years, considering you more of a personal mentor than just a boss.

If you go out of your way to be unproductive, you probably won't be in that position long or if you are self-employed, you won't be in business long.

THE MOST IMPORTANT FACTOR IN OVERSEEING PROGRESS

The single most important factor in overseeing progress is that of individuality. You cannot assume that delegation or training can be lazily standardized and yet simultaneously help an entire staff progress rapidly.

Teaching involves taking an interest in people as individuals. Some people will progress faster than others, others

slower, and still others will require special training because their perceptions are totally different from most of the other workers. Some staff will be particularly hard working, convergent thinkers. Others will be very good at "thinking outside the box."

The key is to identify the skills of each particular team member and then individually hone those skills until every worker progresses at a comfortable pace. It may also involve you identifying the weaknesses of some workers and coming up with ways to train them into becoming more efficient performers, or give those tasks to someone else who can be or is efficient at those tasks. Leverage people inherent skills.

For example, let's say you are writing an evaluation of one of your favorite delegates. First, start by focusing on their positive characteristics. You would describe them as a steadfast worker.

They always come in a few minutes early and volunteers whenever there is overtime. They are respectful and diligent in customer service.

Now focus on some areas where the worker needs improvement. They often make mistakes in their reports. They have a tendency to alienate other co-workers. Some of their proposed ideas are out-of-sync with the rest of the office. Now that you have an understanding of this worker, personalize the training to match their personality and state of progress.

Always focus on the positive, remembering that every institution and every staff member could benefit from self-improvement.

HELPING WORKERS WITH ENCOURAGEMENT & COUNSEL

When it comes time for training, the ones you teach should be approached respectfully and with an attitude that encourages improvement. A new worker needs to feel confident that you believe he or she can accomplish the task ahead.

Once a team member knows that you have this confidence, and that there is a network of information and assistance available, he or she will feel ready.

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Avoid babying new workers that are looking to advance. A team member will respect you if you tell them what to do, but he or she would much prefer it if you gave them an opportunity to showcase their talents.

What if a delegate that you trusted makes a big mistake?

This calls for balance between playing educator and friend. If the worker does something wrong you owe it them and to the company to offer helpful criticism.

Do not criticize the effort itself; try to explain why the decision was a mistake and how it negatively affected productivity. If you sense that the

team member was pursuing the right direction or had a good intention, which is probably the case with most people, then thank them for it.

After praising the effort put forth, make it clear why modifications will be needed.

The objective of counseling should be to ensure that the subordinate understands the problem. Next, that he or she is helped back to a confident state and is ready to avoid making the same mistake in the future.

One way to make sure they don't make the same mistakes is creating procedures for everything being taught. Put all procedures in binders or store

them electronically to recall when needed. This may take a bit more time up front but saves a ton of time in the short-term and long-term.

Employee training and delegating authority are part of overseeing a company's progress. It is a golden opportunity to advance your interests while helping others grow into their professional roles.

It is a great feeling to see others make progress with your training and mentoring and it makes everyone more effective and efficient which means people are more productive overall and that leads to goal achievement.



Defeating BRAIN FOG

TEXT Steve Gillmant



We all have a bit of brain fog from time to time - particularly in the morning for myself.

We may want to concentrate on finishing that story, working on that report for work, or whatever it is that requires our best mental efforts, yet we are in a haze.

What can you do to more effectively concentrate on the task at hand?

Fortunately there are several things.

Caffeine is one possibility. Without a doubt it "wakes up" the brain for most people. But there are problems with that coffee or tea. First, there are people like myself that don't tolerate too much caffeine. I actually get more tired and my brain gets foggier when I am drinking coffee daily. Even in those people who do well with six cups daily, the beneficial effects tend to diminish

in time. Eventually the caffeine just gets the user back to normal, and makes functioning without it very difficult.

Then there are the nootropic drugs. I wouldn't want to recommend these either, because many of them have not been used for enough time by enough people for us to know what side effects they might have. On the other hand, there are a number of perfectly legal ones, and some

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of us are willing to be in that first wave of self-experimenters that prove or disprove the value of such things.

I have tried one recently that is available from health food and supplement vendors online and off. It is called piracetam. There have been some studies done on this one, which show some real effects. As for my experience, I can say that I am convinced it helps me concentrate.

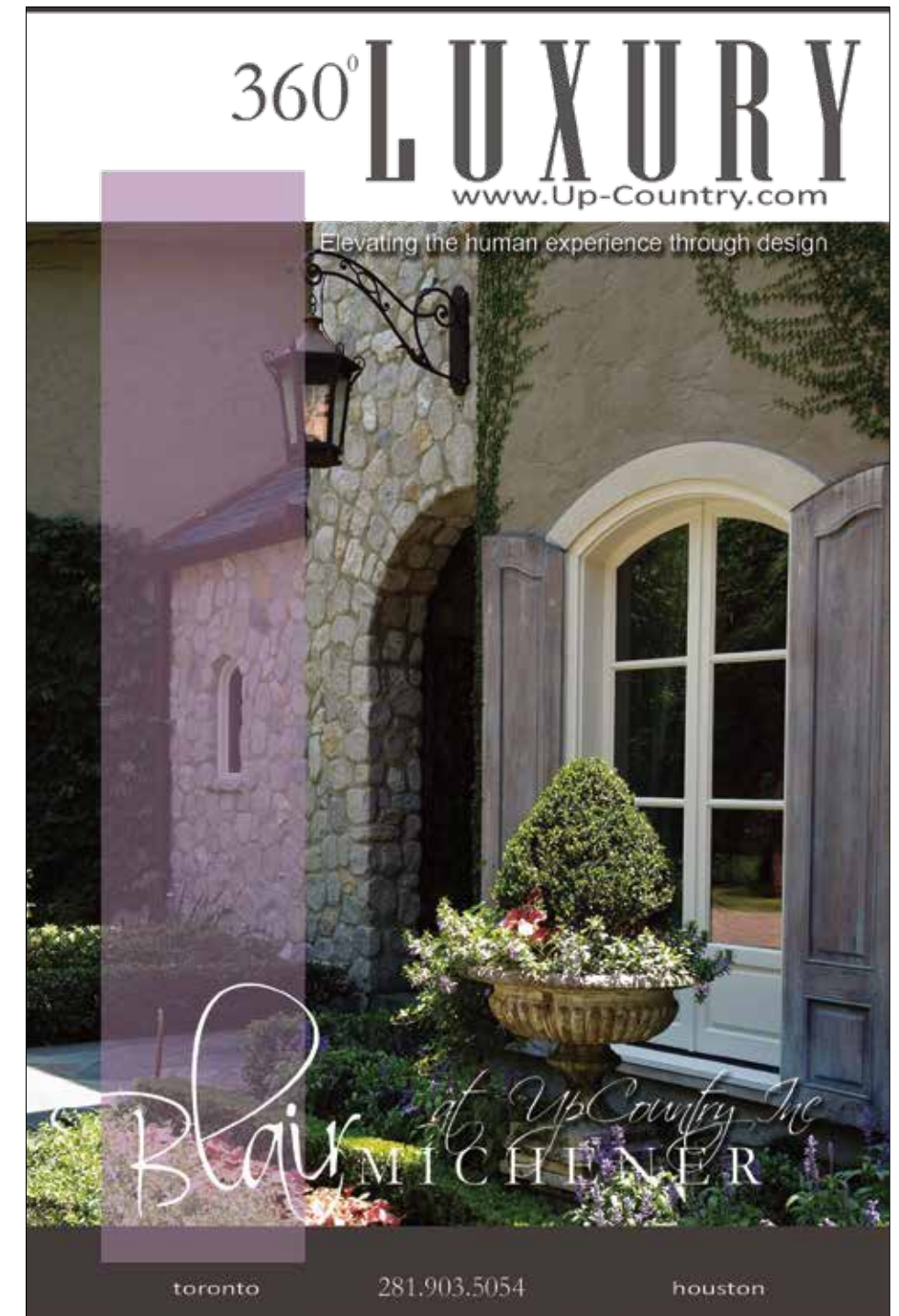
In fact, instead of the thirty blog posts that I might normally write in a day when I want to promote my websites, I wrote over one hundred the first time I tried piracetam. 12,000 words, and they came easily. I was focused on the task to say the least.

Dealing with brain fog without drugs is probably safer though, and it is certainly cheaper. For example, sometimes all you need is a few deep breaths to clear your mind. Meditation would be the next step up from this, and can help with long-term clarity by reducing stress and anxiety.

There is also a specific mindfulness exercise that you can do to rid yourself of brain fog, if your particular condition at the moment is caused by an excess of thoughts, both conscious and unconscious. Often there is just too much occupying our minds to think clearly. The following exercise deals with that.

Pause what you are doing and take several deep breaths through your nose while letting the tension run out of your muscles. Then become aware of what is going on in your mind. Watch yourself for several minutes, to see what surfaces.

As each potentially distracting feeling or



thought or memory pops up, deal with it in a way that clears it out.

For example, if you find that just below the surface of consciousness you have been worrying about a task at home you need to do, make a mental note or write it down on a to-do list, so you can let go of the thought.

If you realize you are feeling hungry, grab

a quick snack. If there is a phone call you need to make, go ahead and make it or schedule it for later. Essentially you want to find a way to let go of whatever little "mind irritations" might be interfering with your ability to concentrate.

The advantage of this technique is that you can eliminate or reduce your brain fog whenever and wherever you wish, and you'll get better at it with practice.



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Okay, so you messed up. Now what?

TEXT Andy Kay

Okay. So you did something wrong. Maybe you made a social blunder; maybe you carried out some task and failed. In short: You messed up. For people with low confidence, failure can be downright devastating. I know. Because I used to be ashamed of things I did or said. All the time.

And I'm not talking about calmly realizing one's wrongdoing and immediately learning from it. I'm talking an involuntary panic-anxiety-attack-like-muscle-spasms-complete-with-grinding-teeth-and-making-noises sorta sensation.

With an inner voice going like: " You messed up, and you're useless! You're unable to do anything right, and you should be locked away! You messed up, and that's all you're ever gonna do!" Every day, several times. And it doesn't even have to be something big. It could be a misused word, a social faux pas... anything.

When non-fident people react drastically to making any kind of mistake, it's because non-fidence is often accompanied by low self-esteem, perfectionism, and insecurity.

When we have low self-esteem, we tend to judge ourselves more vigorously than we would our peers. If we don't like ourselves, we're hard on ourselves. Simple as that.

But moreover, if we don't allow for ourselves to make mistakes, we develop perfectionism. Which, in turn, makes it seem so much worse to us when we do make a mistake. Or even do something in a manner less than "perfect".

And then there's the insecurity, which doesn't allow for much space for mistakes, nor for even trying. This is governed by the amygdala, the reptilian part of our brain, most commonly known for our "fight or flight" mechanism.

See, amongst our primitive ancestors, social identity was way more important than today. Dangers were all around. If you messed up something, it could get you expelled from your tribe and thrown out into the wilderness on your own.

All of this perfectly illustrates the dangerous downward spiral of non-fidence. If we have low regard for ourselves we make less space for ourselves to make mistakes. This, in turn, causes making mistakes to be even more likely, which, then, will only lead to much more self-loathing and shame.

Because we do make mistakes. Everyone makes mistakes. We know this perfectly well, yet tend to act like we're the only

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flawed person alive.

But here's the kicker: Confident people make way many more mistakes than less confident people.

The more confident you are, the less regard you give to other people's opinion about you. The higher you think of yourself, the less you worry about making mistakes. You know perfectly well that your rights outnumber your wrongs. You know perfectly well that you're able to learn from your mistakes.

Indeed, if you don't make mistakes, you can never learn. And if you don't learn, you don't grow.

For every time you messed up something in life, you had the opportunity to learn, grow, and prevent yourself from making the same mistake again. So get out there and mess up. Badly. Learn, improve, repeat. And as you learn and grow, watch as your confidence grows with you.

The next time you're embarrassed about something, stop what you're doing and breathe ten long, deep breaths. Think. Realize that whatever negative response on your part are merely thoughts, and that they're not necessarily true, constructive or favourable. Choose how you want to feel about what happened. Accept, learn, and grow. The choice is yours.

When life gives you Lemons

TEXT Sandy Camarda

You can be at peace knowing that you will be able to painlessly handle any future life challenges if you simply view them as a blessing in disguise. Life happens for a reason and each obstacle sets you up for something greater.

You will also be able to learn, grow and make changes once you understand why these life events have taken place. An example of growth from a challenge is that of the oyster. If a few grains of sand get caught inside the oyster, it makes the most of this obstacle by creating a precious pearl. Without the setback of this uncomfortable object, the oyster would never have had the opportunity to make a pearl.

I too have observed a greater outcome

when I dealt with a painful situation that I had experienced earlier in my career.

After college, I started working at an insurance company, even though it wasn't in my field of work. Over the next few years I was finding it harder to get out of bed. I was constantly tired, I was becoming depressed and I was resentful that my job was so time consuming. One morning I endured the humiliation and of being let go by my manager. I was so ashamed and felt like a failure. However, later as I looked back on my situation, I was able to see how it was actually a blessing.

- I got to catch up on my sleep
- I no longer felt depressed
- I had more time for me
- I was able to find a job that I was passionate about

I also saw that this life event had pushed me to make a change, when I wasn't willing to initiate it on my own. It also helped me to learn more about myself and what I wanted in a career.

Additionally, life challenges can bring you strength, it can encourage you to make more of an effort and it can help you learn how to deal with emotions effectively. An example of this is when a person who has been abused later uses their experience to help others in similar situations. This gives greater meaning to the proverbial phrase; "If life gives you lemons, make lemonade."

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Those in search of the GTA's most remarkable prestige residences need look no further than Lebovic Homes' spectacular new luxury golf course community in Aurora.

Located on a picturesque landscape of rolling hills and farmland, Venetian Estates is a breathtaking community of just 75 multi-million dollar homes, which has the unique distinction of being the very last new home community anywhere on the protected lands of the Oak Ridges Moraine.

The luxurious homes featured in this new community have all been designed by Dr. Wolf Lebovic, whose many fine home designs have been copied and admired by discerning homebuilders the world over. Situated on a quiet cul de sac running through the heart of a world-class 18-hole Lebovic Golf Club, these homes constitute the most elite collection of luxury residences that Aurora has ever seen. Every home boasts 3 above ground storeys, a 4-6 car garage, an elevator and a flat rooftop patio, not to mention an





impressive selection of the finest interior features and finishes. Homes in this new community range from 3,800 to 8,700 sq. ft. and start from \$2,900,000.

With 8 immaculate model homes now available to tour, interested homebuyers are encouraged to visit this weekend for a firsthand experience of the elite standard of living available here.

One of the many striking home designs available in this community is the Michelangelo. The ground level of this home boasts a spacious 4-6 car tandem garage along the side of the home, a washroom, a recreation room, a covered porch at the front of

the home and a spacious foyer and direct elevator access to the remaining two floors and rooftop patio right from the garage. The main level features a stylish open-concept floor plan, with a large gourmet kitchen and breakfast area, family room, dining room and living room seamlessly connected in this elegant space. The main floor also offers large balconies on both the front and back sides of the home.

On the upper level the luxurious master suite features his and hers walk-in closets and his and hers ensuite washrooms, while the remaining 3 bedrooms all offer ample closet space and access

to ensuite bathrooms. Not to mention a spacious laundry room. Finally, the rooftop patio provides the ideal space to relax in style and enjoy this picture perfect golf course setting.

Lebovic Homes has been building homes in the GTA for 64 years. Famous for breathtaking home designs and high quality features and finishes, the company has a well-earned reputation as one of the region's most respected builders.

To view floor plans, or to learn more about Lebovic Homes' many fine communities, visit lebovichomes.com

Kolbe Gallery Ontario

Superior Client Relationships

TEXT Krista Deverson



Every client should matter to a company as if they are the first and only one. This core philosophy has made the team at Kolbe Gallery Ontario stand out as a leader in their field. From the beginning, they set the standard for superior client relationships by offering a dramatically different level of service, project management, accountability, and knowledge.

To earn their clients' repeat and referral business, their team always aims to give the extra personal attention and deliver the customer experience that is sure to impress.



As a full service window and door distributor, Kolbe Gallery Ontario caters to the custom and luxury homebuilder, providing support with their products and knowledge to best achieve the client's architectural vision. They are confident they can provide excellence in their products, services, and solutions.

This client-centered philosophy permeates through the entire team, making the client's full experience with the company outstanding. From the outset, clients can look, feel, and experience the Kolbe Gallery Ontario difference at their boutique showrooms in Ontario.

For the upscale market, Kolbe Gallery Ontario is the trusted group of professionals that can facilitate the architects, the builders, and the interior designers and any of their aesthetic requirements.

Their unique products and ability to adapt to changing trends are what make their products so impressive. They have flexibility in their product design





PHOTOS BY ARTSCAPE 360



and manufacturing from the colours, styles, sizes, shapes, configurations, and emerging trends. They are always adapting to and embracing change so as to stay ahead of the curve and appeal to the modern homeowner. With a passion for design, they push the limits and possibility of options, innovations, and custom solutions. From a style point of view, they can accommodate any look from modern, to traditional, to transitional. Regardless of the requirements of the job, Kolbe Gallery Ontario has the product and solution for every aesthetic. When customizing, they affirm that if it's makeable, they'll be able to do it.

Kolbe Gallery Ontario is always seeking continuous improvement to set themselves apart. In this prestigious market, clients find that the whole package offered by Kolbe Gallery Ontario is more professional with a dramatically different execution from the service to the presentation to the quality.

To simplify the process, Kolbe Gallery Ontario offers in-house design and engineering support. Their in-house certified Kolbe technicians provide full installation to exceed every expectation. Thus, they have earned a reputation in the high-end residential home market that brings them repeat and referral business from designers, builders, and architects alike.

The experience of working with Kolbe Gallery Windows is top notch. With a white-glove service that simplifies the process and offers the client peace of mind that everything will be handled professionally through to completion, Kolbe Gallery Windows is world-class full-service window and door company.

Blair Michener strives to be at the forefront of inspiration and quality, leading the industry in New Luxury Design.

"We share our projects with many collaborators - nurserymen, craftsmen, architects and artists. A complete artistic vision".

Our approach ensures that every client has our individual attention. We are committed to creating a forged place and atmosphere where there once was nothing; understated, proportioned and exquisitely detailed finishes garnering international and regional design awards.
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Spacial Design, Art

The Spacial Artist, known for a meticulous, understated elegance. As a discipline he uses the language of Architecture, Interior

Design and Landscape Architecture to communicate design intentions.

"My world is in the quarries, nurseries, steel mills, artist studios, museums, visual libraries and the private gardens of my wonderful and gracious clients".

His Passion? "to CREATE".

Since 1987, Michener has created works and collaborated on projects on three continents - From the far reaches of Argentina across to Europe and back to the United States and Canada.

"I have always had a fascination with the bones of exceptional design, choosing to pay close attention to architectural context and integration... blurring the lines and

scope of traditional garden design in the direction of Spacial Art.

His name has been synonymous for the timeless and enduring design of some of the most notable and luxurious estate homes throughout North America and beyond. Catering to the ultimate in luxury living, the epic and award winning properties that he designs are evidence of a rare level of care and understanding.

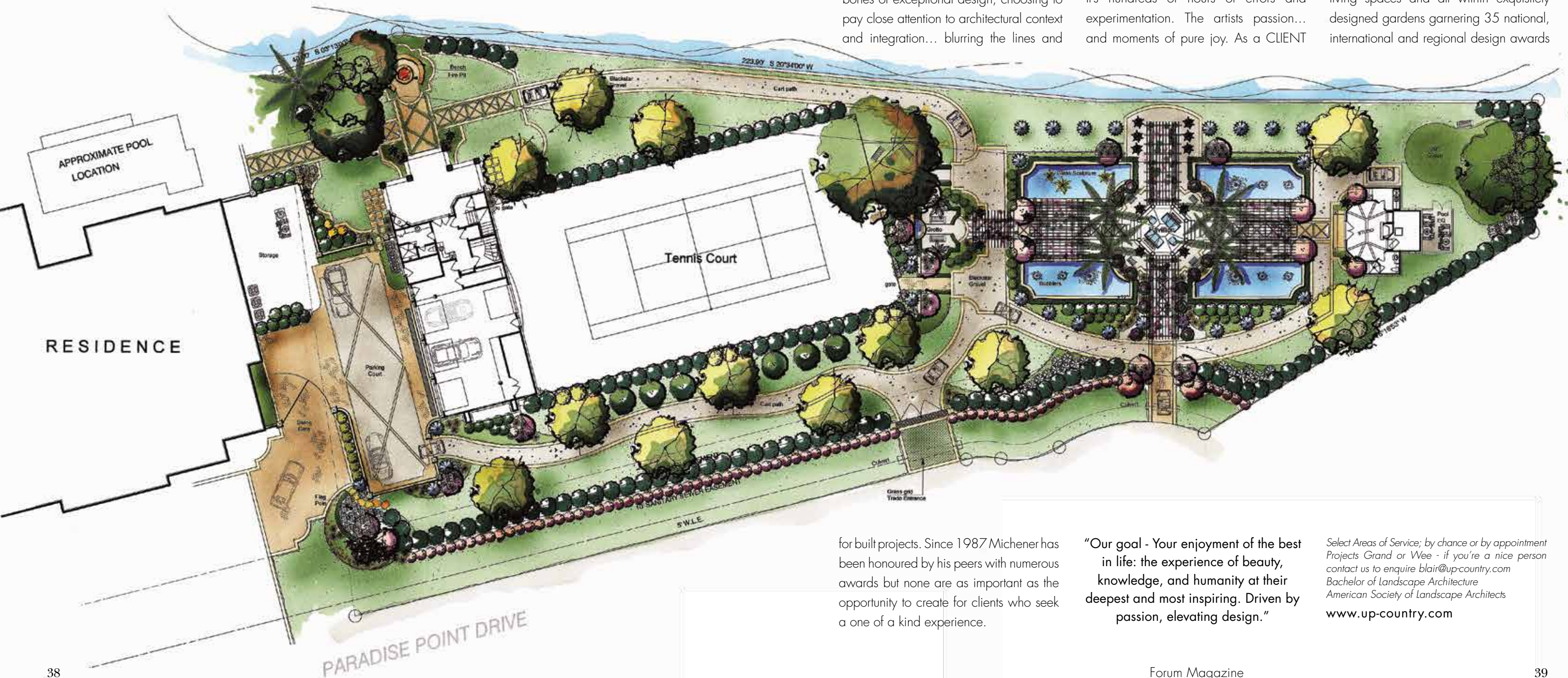
When you obtain something from an artist you're receiving more than an object.

It's hundreds of hours of errors and experimentation. The artists passion... and moments of pure joy. As a CLIENT

you're not sharing just one thing; it's a piece of heart, a piece of soul... a small piece of someone else's life experience.

Our "New Luxury Brand" approach ensures that every client receives something unique. A jolt of beauty and wonder that reminds us to love the life we're living, Our foundation is built upon timeless, award winning and creative design services with 28 years in the field and degreed in Landscape Architecture.

A boutique approach to swimming pools, hardscapes, water features, outdoor living spaces and all within exquisitely designed gardens garnering 35 national, international and regional design awards



for built projects. Since 1987 Michener has been honoured by his peers with numerous awards but none are as important as the opportunity to create for clients who seek a one of a kind experience.

"Our goal - Your enjoyment of the best in life: the experience of beauty, knowledge, and humanity at their deepest and most inspiring. Driven by passion, elevating design."

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LINEAR INTERIOR SYSTEMS

Exclusive Hardware Designs

TEXT Krista Deverson



Luxury is in the details. It's the fine things that add up to make a lasting opulent impression. These features show the quality and care in construction of the entire project.

In a home or office, the fine details make all the difference in the grandiosity of a space. The hardware and finishes give away the deep consideration taken in designing a room.

Linear Interior Systems Inc. specializes in these upscale details and finishes for home, condominium, and office construction. Their systems and products are designed and manufactured to enhance the look and function of any modern living or working environment. Both the aesthetic and the functionality of their designs make them stand out as prestigious products. For the client,

the look of the product can make the space have the appearance of high-end design, but the comfortable feel of the product in their hands reinforces its thoughtful creation.

They have long offered numerous products for the home, condominium, and office including fixtures, sinks, shower enclosures, specially mirrored lighting, sliding doors, wall partitions, bathroom vanities and more.

Within the last year they secured the Colombo Design hardware exclusivity for North America, a product that expands their market reach and capability. These green products are leaders in the marketplace, flaunting fine Italian aesthetic and quality workmanship. Manufactured in an environmentally friendly manner from construction to

packaging, the creations stem from a design-oriented, family company with a high standard of design for the modern living space. From just outside of Milan, these high-end hardware products are creations of world-class designers who typically design and introduce a couple levers every year.

Their creations are renowned as cutting-edge, being that they are at the forefront of the industry. The styles they launch into the market have custom-made finishes that appeal to interior designers with their superior quality.

The company listens to the changing requirements of the industry and stays ahead of the curve on design trends. Not just handsome in their appearance, their products have an appealing functionality and durability that surpasses the competition in every respect.

For inspiring homes and work spaces, the Colombo Design masterpieces add a luxurious touch and feel to any modern living space. Upscale architects and designers appreciate the way Colombo Designs enhance the ambiance of a space while impressing their clients with their modern look and upscale feel.

Colombo Design products provided by Linear Interior Systems appoint the most exclusive buildings in some of the largest metropolises of North America and the world.

Their elegant designs, provided by Linear Interior Systems, grace the Shangri-La Hotel and Four Seasons Hotel in Toronto.

While in New York, they can be found at the exclusive addresses 56 Leonard and 429 Kent Avenue.

Montreal's Ritz Carleton Hotel, The Icone, Roccabella and Lowney Sur Ville constructions all feature the



gorgeous designs.

And in Vancouver they beautify the spaces of the Concord Gardens, Concord One Pacific, Concord Park Avenue and Navio on the Creek.

Desired by upscale designers, architects, and builders in the hottest markets in the world, Linear Interior Systems is gaining interest for the impeccable Colombo Designs in cities like New York, Los

Angeles, Miami and Toronto.

The quality construction and striking appeal of the Colombo products sell themselves to the discerning buyer.

Their commitment to high-end finishes and show-stopping design is evident in every detail and these details are what take a space to a new level of sumptuousness.

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Colombo Design products provided by Linear Interior Systems appoint the most exclusive buildings in some of the largest metropolises of North America and the world.



2018 Maserati GranCabrio

Open-air grand tourer



The four-seater Maserati GranCabrio receives a substantial refresh for 2018

The Maserati GranCabrio – the convertible interpretation of the iconic GranTurismo.

Designed by Pininfarina, it offered the joys of luxury grand touring in a full four-seater from a breath taking new perspective. The new model features a subtle restyle that respects the dramatic elegance of the original.

Its sensuous lines can be traced directly

to its ancestor, the 1950 A6G Frua Spyder – a highly exclusive production convertible with a race car engine.

The timeless design is accompanied by the exhilarating, inspirational performance of a naturally aspirated, Maranello-built V8 engine and the hand-crafted comfort of four individual Poltrona Frau® leather seats. In short, the GranCabrio is the ultimate expression of luxurious, open-top grand touring at its authentic best.

The GranCabrio, together with its GranTurismo sibling, is assembled at the historic Maserati plant of Viale Ciro Menotti in Modena, following the highest manufacturing and quality control standards in the world.

The GranCabrio range has been streamlined for 2018 and two well-defined versions will be offered – Sport and MC. The 4.2-litre GranCabrio has been discontinued, while the Sport and

MC share the same powertrain and interior personalization packages.

Both the GranCabrio MC – short for Maserati Corse – and the GranTurismo MC take on important ambassadorial roles for the entire Maserati range, representing the company’s long and illustrious racing heritage.

Both the GranCabrio Sport and GranCabrio MC are equipped with the legendary 4.7-litre V8 engine, producing 460hp at 7,000rpm and 520Nm at 4,750rpm. The naturally aspirated unit is hand-assembled by Ferrari in Maranello and weighs only 175kg.

It also features a wet sump and, exclusive to Maserati, a cross-plane crankshaft for unrivalled throttle response, free-revving characteristics and a thrilling Maserati signature sound. All that race-bred power is transferred via a six-speed ZF automatic gearbox (MC Auto Shift), which features a wide array of technologies proven in other Maserati models. They include five selectable operating modes.

When it came to the MY18 restyle, the timeless Pininfarina design was treated with the utmost respect by the Maserati Design Centre. The results, among others, are even better aerodynamic efficiency and compliance with the latest pedestrian safety regulations.

The new front and rear bumpers of the MY18 GranCabrio elegantly refine the visual impact of the striking original styling. The Sport and MC share the same basic features, although each has unique inserts to accentuate its distinctive character. Additionally, the headlights for each model are slightly restyled for 2018, while a new rear parking camera is now integrated.

While the sleek body of the GranCabrio remains untouched, the rear bumper has



been redesigned with the sole aim of emphasizing the natural elegance of this iconic convertible. With its neater, more cohesive design, the new bumper further accentuates the impression of stability, while adding a graceful finishing touch to the car’s unmistakable silhouette.

The exterior of the MY18 GranCabrio is available in 16 colours. A brand new three-layer colour is introduced (Blu Assoluto), while four more three-layer colours – are now available on the entire range. There is a range of 14 light alloy wheels in six designs, one of which is

in forged aluminium, and an exterior carbon package is offered both for Sport and MC versions.

The elegant interior of the GranCabrio offers unparalleled comfort thanks to its four individual, Poltrona Frau® leather seats with integrated headrests. For 2018, the dashboard features a more sculptured design in the passenger area, complemented in high-fashion style by stitched leather finishes.

The centrepiece of the dashboard is now a high-resolution, 8.4” capacitive



touchscreen. The GranCabrio system is in line with those featured in the other Maserati models and compatible with both Apple CarPlay and Android Auto smartphone mirroring functions. Both models also now feature the high-end Harman Kardon Premium Sound system as standard.

The climate and seat heating control are not integrated into the touchscreen

function, although the central console area is still significantly neater, with fewer buttons than before. The lower console is redesigned to accommodate a user-friendly, double rotary dial – now a standard feature in all Maserati models. Positioned next to the gear lever, this a high-quality component in forged aluminium. The driving modes button cluster is now in front of the gear lever.

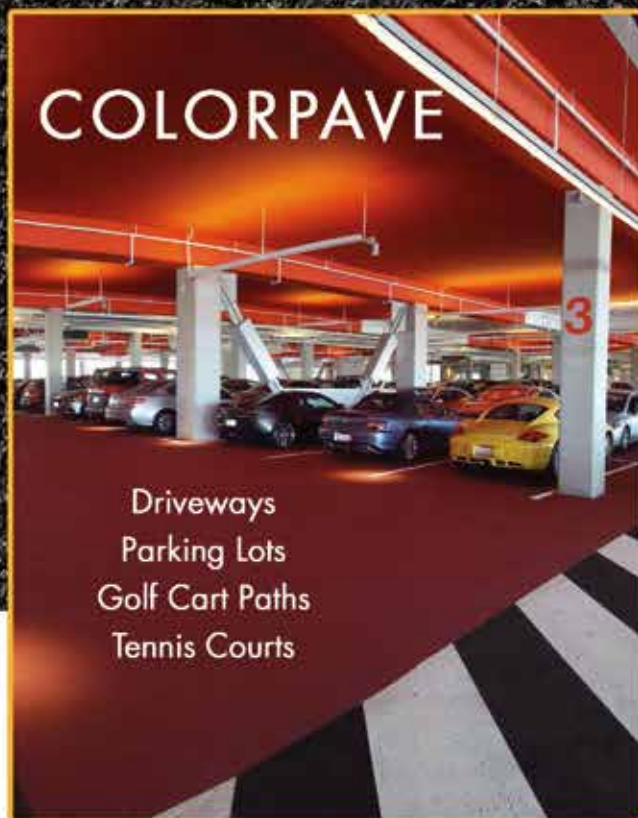
For 2018, there are eight interior colours and five interior trim options – from Carbon Fibre to Black Piano and Walnut Briarwood. All are available on the Sport and MC.

There are also three Special Edition interior packages as well as an optional new Centennial Pack (in four colour combinations) for both GranCabrio versions.

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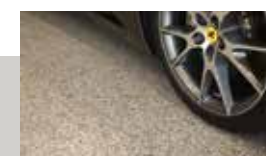
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GARAGE CABINETRY

Design, function, customization & quality TEXT Drew Kerr

A well-designed garage makeover project focuses on making the garage beautiful and functional as an extension of the home's architecture, design, décor, and most importantly, homeowner's lifestyle. Garage Living's neat, tidy, clean and bright mandate ensures that every garage space welcomes you home every time the garage door is opened.

With a fusion of passion, innovation, creativity, and expertise, Garage Living's metal cabinets offer superior first-rate craftsmanship, materials, and options to satisfy any homeowner's wish to create a personalized custom space.

Garage Living's cabinets use high quality 16-gauge and 18-gauge North American steel in their construction and are powder coated for improved durability and longevity. As garage transformation professionals, Garage Living has the ability to accommodate both standard and custom metal cabinetry and can customize a cabinet system to any height, width, and depth required. Their clients love the ample number of colour selections, designs, and specialty

options available, such as adding a built-in sink, power bars, USB charging ports, lighting, a TV cabinet, glass door inserts, and many more choices.

A custom-fitted garage cabinet system gives Garage Living's designers immense flexibility to customize the cabinets to their clients' exact design, usage, and garage space requirements, with high-end garage storage, custom-fit precision, and showroom quality looks. Customized cabinetry is ideal for the discerning homeowner looking to complement their luxury vehicles with an appropriately high-end surrounding in their garage interior. Clients frequently choose their garage cabinet colour to complement their vehicle.

When it comes to choosing the perfect cabinet system for your garage, don't overlook the critical importance of quality materials and construction, and particularly the ability to customize. Garage Living specializes in designing custom garage cabinet solutions of the highest quality that will transform your garage space for years to come.



Top: Custom cabinetry wraps around inner and outer corners. Bottom: Hidden vacuum units. Right page clockwise: Custom-fitted cabinetry within a niche, Recycling bins hidden behind tall cabinetry doors, Hose reel hidden within lower cabinetry fastened to a pull-out shelf on slider bearings, Wall-to-wall precision fit cabinetry, Concealed water manifold, Industrial aesthetic cabinetry design.

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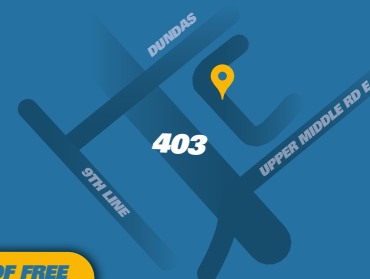
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Amazing Vitamin D and its many health benefits

TEXT Rich Carroll

As we learn more about vitamin D, we are realizing how this important vitamin can help us. We will explore our sources of vitamin D in a minute, but start with some of the exciting recent findings for this genuine wonder vitamin.

There is now evidence that link vitamin D to the reduction of Alzheimer's Disease, aid in eye health, help to prevent Type 2 diabetes and seizure control in epilepsy, as well as the treatment of tuberculosis.

But here we are going to focus on gaining strength and losing weight. In a recent study published in the journal of Clinical Nutrition, it was found that when individuals combined vitamin D with weight training it was found to have a more positive change in waist-to-hip ratio as opposed to those who only did resistance strength exercise.

Waist-to-hip ratio is currently considered a much better gauge in determining your threat for heart problems and type 2 diabetes as opposed to body mass index (BMI). This ratio really highlights the importance of dropping abdominal fat for superior health.

Additional research has established



that those with greater levels of vitamin D in their systems had greater arm and leg strength, with a superior correlation found with strength in the arms.

We normally link the vitamin with assisting bones to absorb calcium, but newer research has found that it plays a crucial role in the improvement of fast-twitch muscle fibers. Since the arms and upper body have greater amounts of the fast-twitch muscles than our legs, this is the main reason why the vitamin will take on a greater significance on the upper body.

In one more investigation of NFL players it had been found that players who suffered muscle injuries generally had significantly lower levels of vitamin D. Surprisingly, this study found that 27% of the participants in this study had deficient levels, which means that if those deficiencies were being addressed by all professional teams they could possibly reduce athletic injuries, perhaps dramatically.

So how do we find the most effective ways for us to get this valuable vitamin, and is there any risk with getting too much? The optimum source is from the sun. As the cholesterol within the skin becomes exposed to sunlight, it will be converted to vitamin D.

However, since we have now been told how harmful cholesterol and sunlight is to our health, it really is no surprise so many people are wanting. As with anything, our sunlight exposure and our cholesterol need to be kept within safe levels. It is recommended that

sun exposure to the legs and arms for 5-30 minutes a day twice weekly at midday is sufficient. This will be the source we ought to be getting 80-90% of the vitamin.

Of course, if it's winter and you do not catch sight of the sun for weeks at a time, there are some excellent food options. Vitamin D fortified orange juice or milk is good, as are egg yolks, cheese, butter and fortified cereals.

Salmon and other fatty fish are additional great options. But since it is recommended that we consume 600-800 IU of vitamin D, that is a lot of salmon to consume if you don't have other sources.

Supplements in this situation may be the final resort; however, most specialists that are not selling supplements agree that this isn't your best source of vitamin D due to challenges with absorption into the system.

3 effective diet strategies to help you sleep better

TEXT Rich Carroll

Sleep insomnia is a vast topic, as there are many differing types and causes, and as a result different ways for managing it. In a poll conducted about fifteen years ago in North America it was found that 58% of all adults experienced insomnia at least a few nights a week. One of the interesting statistics from this is that women are 40% more likely to be affected as opposed to men.

One more rather surprising bit of

data is that as long as a person stays away from sleeping pills, despite the unpleasantness of insomnia it appears that there is little increase in the risk of mortality that may be linked to mild insomnia. This is described as 4.5 hours of sleep per night.

Even acute insomnia is associated with a small rise in mortality. By this we mean death associated with lack of sleep alone, and not a health matter that may be the cause of insomnia.

As to the other side in the sleep spectrum, it isn't known why but there seems to be a higher mortality rate linked to those who regularly get in excess of 8.5 hours a night.

That said, if most people had their choice they'd prefer to get their 6.5 to 7.5 hours of sound slumber each night, because most will say they feel higher energy the following day when they do. So, for the individual without any additional health problems that keep

them up, here are some diet ideas to help us get an excellent night's sleep:

1. Don't use caffeine

For those that are highly sensitive to caffeine, this would be a no-brainer. But caffeine impacts people in a different way, and it might affect a person more when they get older. Whereas coffee has loads of caffeine, so does tea, soda and chocolate, but in smaller amounts. If you think caffeine impacts you, it is recommended to not take it later than around 4 pm.

2. Eat before bedtime

Eat before bedtime. Hunger can rob you of sleep, so going to bed on an empty stomach could trigger insomnia.

The experts say a little snack abundant with carbohydrates is the best. An apple or possibly some crackers might help your body produce serotonin, which can cause you to be drowsy and relaxed.

3. Cut back on your consumption of alcohol

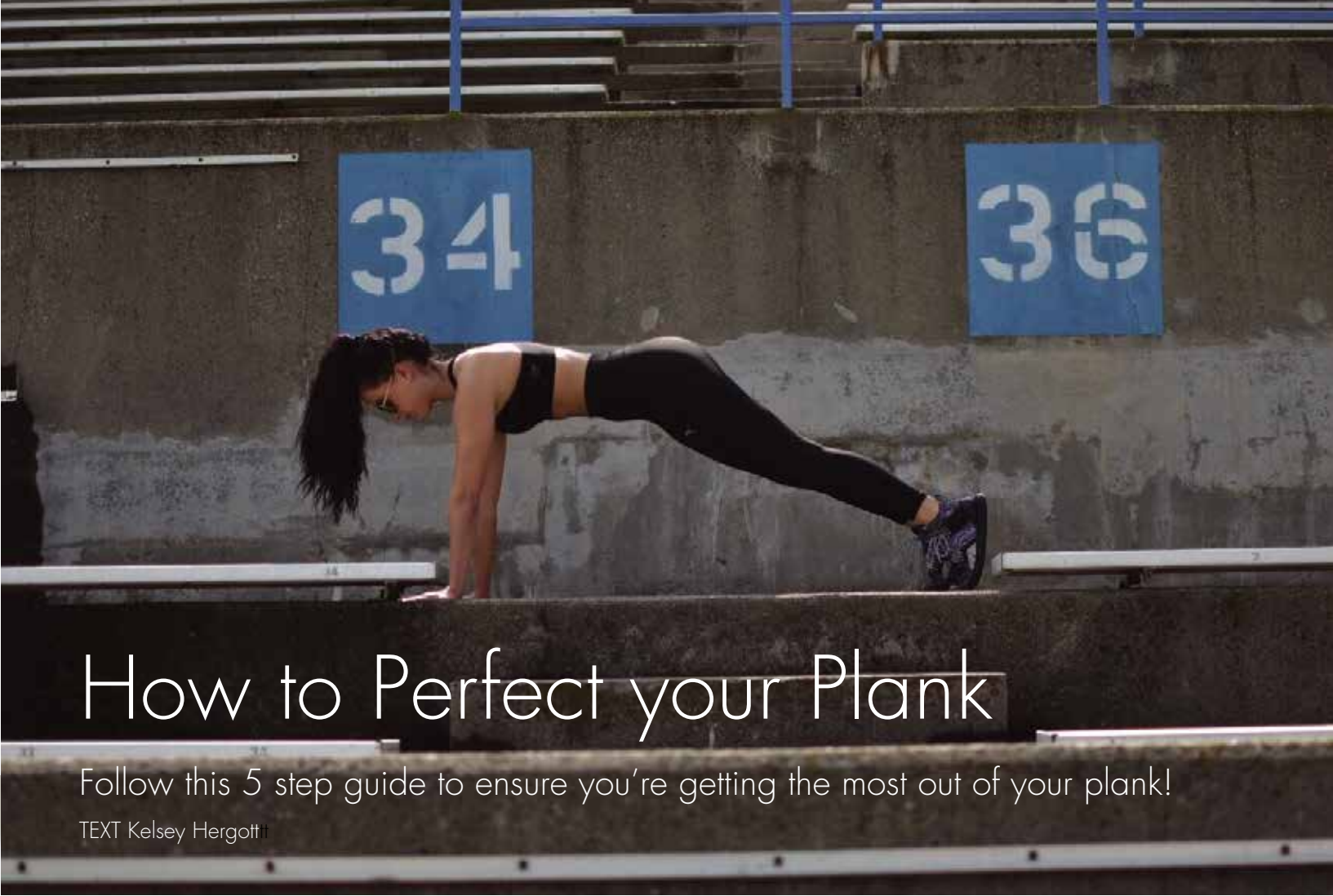
Cut back on your consumption of alcohol. Because alcohol may cause you to be drowsy and cause you to feel exhausted, a lot could keep you awake once you get past that initial lethargic stage.

Consuming too much alcohol close to bedtime may suppress the rapid eye movement stage of sleep which is important to really peaceful sleep.

Regular moving between sleep stages takes place, and a person might awaken throughout the night because of headache, dryness, or the necessity to urinate. The effect will be repeated movement between sleep phases, making restful sleep impossible.

It is important to recognize what is producing insomnia in your specific case in order to plan how to stop it. Maintaining a consistent sleep timetable, such as familiar times we head to bed and get up will be vital. Exercise is definitely a good thing, but not just before retiring.

Finally, if it is time for sleep, watching TV is a distraction that will not help getting an effective night's sleep, so it's a good idea to get the TV out of the bedroom.



How to Perfect your Plank

Follow this 5 step guide to ensure you're getting the most out of your plank!

TEXT Kelsey Hergott

PLANKS! One of the best exercises for core conditioning while also engaging multiple muscle groups simultaneously ... when done properly. Planks not only work your core strength but they also engage triceps, lats, glutes, hamstrings, quads and more. They also help improve stability, balance and overall posture. Good technique with any exercise is crucial in order to achieve the greatest benefits, which is of course what we want when working out.

As a personal trainer, planks are probably one of the exercises I see being done incorrectly the most. It appears to be a simple exercise to mock however most people need specific cues in order to feel the full effects. Here are my top 5 cues to keep in mind while planking it out!

Cues for Proper Plank

- 1. Arm Positioning – Elbows lined up shoulder width apart, directly underneath shoulders (no forward lean)
- 2. Core and Glute Activation – Like most exercises both are engaged with a slight tailbone tuck, ensure hips are not dipped or raised

- 3. Spinal Alignment – Spine is lengthened & neutral, lift head away from the shoulders. Do not round your spine or extend from your neck
- 4. Feet and Leg Positioning – Feet are hip-width apart. Instead of just balancing on your feet, drive legs backwards and feet into the ground engaging quad muscles
- 5. Shoulders – Shoulders must be packed down on the rib cage to connect arms to the core, lats are contracted

Planks are personally my favourite exercise for my core, they leave me feeling strong and lean after a workout. Try incorporating 3 sets of 60 secs into your workout, adjust time based on level. If you are just starting off there are modifications that can be made from your knees or try a high plank (what I'm doing above) which will help work your way towards a forearm plank. Now you have no excuses to execute the perfect plank, so get to it!

www.kelseyrosefitness.com  [thekelseyrose_](https://www.instagram.com/thekelseyrose_)

PHOTO BY ERIC BLACK @ericblack_.

B first to experience the B Ocean Resort in Florida

TEXT Emilia Florek-Guerrero

South Florida is one of the most visited destinations on the planet. Year-round perfect weather, incredible beaches and it is easily accessible from almost every corner of the world.

There is always something for everyone such as professional sports matches, water sports, parks, nightclubs, fast and luxurious cars, top of the line restaurants and just about every A-list spot in the country. You might also see Hollywood celebrities lounging in the area.

The B Ocean Resort is a fabulous hotel that allows its guests to explore the vast coast line of South Florida. It is conveniently located on Florida State Road A1A, the road that travels along the Miami Beach strip northward in Fort Lauderdale, FL and has amazing views of the Atlantic Ocean.





With 484 guest rooms and suites, the B Ocean Resort goes over and above to make certain their guests will “B” indulged and “B” a part of an ocean resort that caters to every guest’ whim.

Upon entering the premises, the property offers plenty of natural light, offering a dose of positive energy to enrich your stay along with the marine-themed decor.





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The world-famous Wreck Bar is known for its MeduSirena Mermaid Swim show and top of the line seafood. This is one of a few places in the world where you can enjoy the beauty of living mermaids from a porthole view while enjoying a tropical cocktail and dining on fresh seafood. The Wreck Bar is an underwater shipwreck as the porthole shaped windows are connected to the pools where the Swim show with mermaids takes place.

Furthermore, the pool is accessible throughout the whole year and it's one of the best places to relax and immerse yourself in this Floridian paradise.

The B Ocean Resort is designed in a unique way that from a distance and a specific angle one can see the image of a cruise ship. It has the sky-blue "B" logo on the top of the hotel perfectly blended with the white façade, dark-blue tinted windows and escalating levels. It contrasts nicely to the sunny South-Florida sky. Behind those windows is where the true magic lies.



The rooms and suites emphasize the true beauty of the calm waves of the Atlantic Ocean. Floor-to-ceiling windows, white walls, wooden floors and blue furniture connect guests directly to the beach.

Guests may also find an adorable stuffed sea animal could well “B” swimming in your bed as if the guests would “B” entering an underwater paradise! This is in-line with one of the B Ocean Resort’s signature elements, B Humane, where the property does everything in its power to minimize the impact on the protected animals native to this region such as the sea turtle.

Another element is B Indulged which focuses on the well-being of all their guests. The Spa provides an inviting, tranquil environment where guests can relax, unwind, be pampered with a variety of treatments and remedies to B able to relax to the max.

The B Indulged Spa experience also allows guests to customize and create their very own spa package. Stays will B memorable, relaxing and carefree.

The B Ocean Resort with its concept, location and signature elements provide one of the best locations in South Florida for leisure, weddings or business meetings.

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Complete Coatings	53
Craft Door	67
Durraseal Paving	48
Executive Yacht	4
Garage Living	42
Gardener Dental Group	52
Kolbe Gallery Ontario	68
Lebovic Homes	5
Linear Interior Systems	25
Oakville Sight & Sound	2
Scarfone Photography	44
See My Clients	22
Silmen Fine Cabinetry	21
Steam Whistle Brewing	27
The Royal Wood Shop	19
Trampoline Parks	52
UpCountry	23



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