

June/July 2017

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A Trade and Lifestyles Publication

AGRIGENTO LUXURY HOMES

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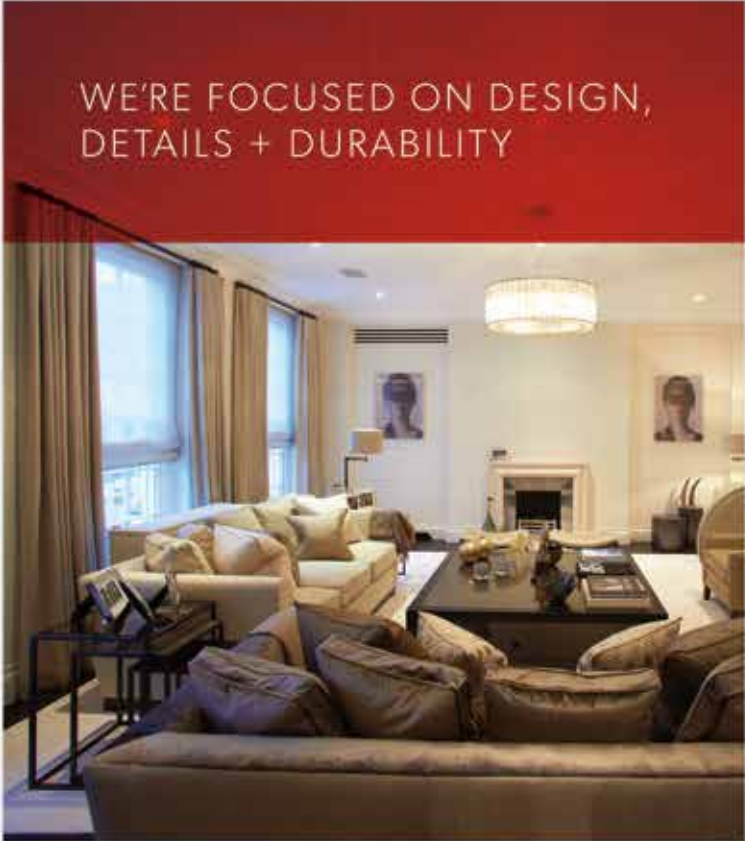
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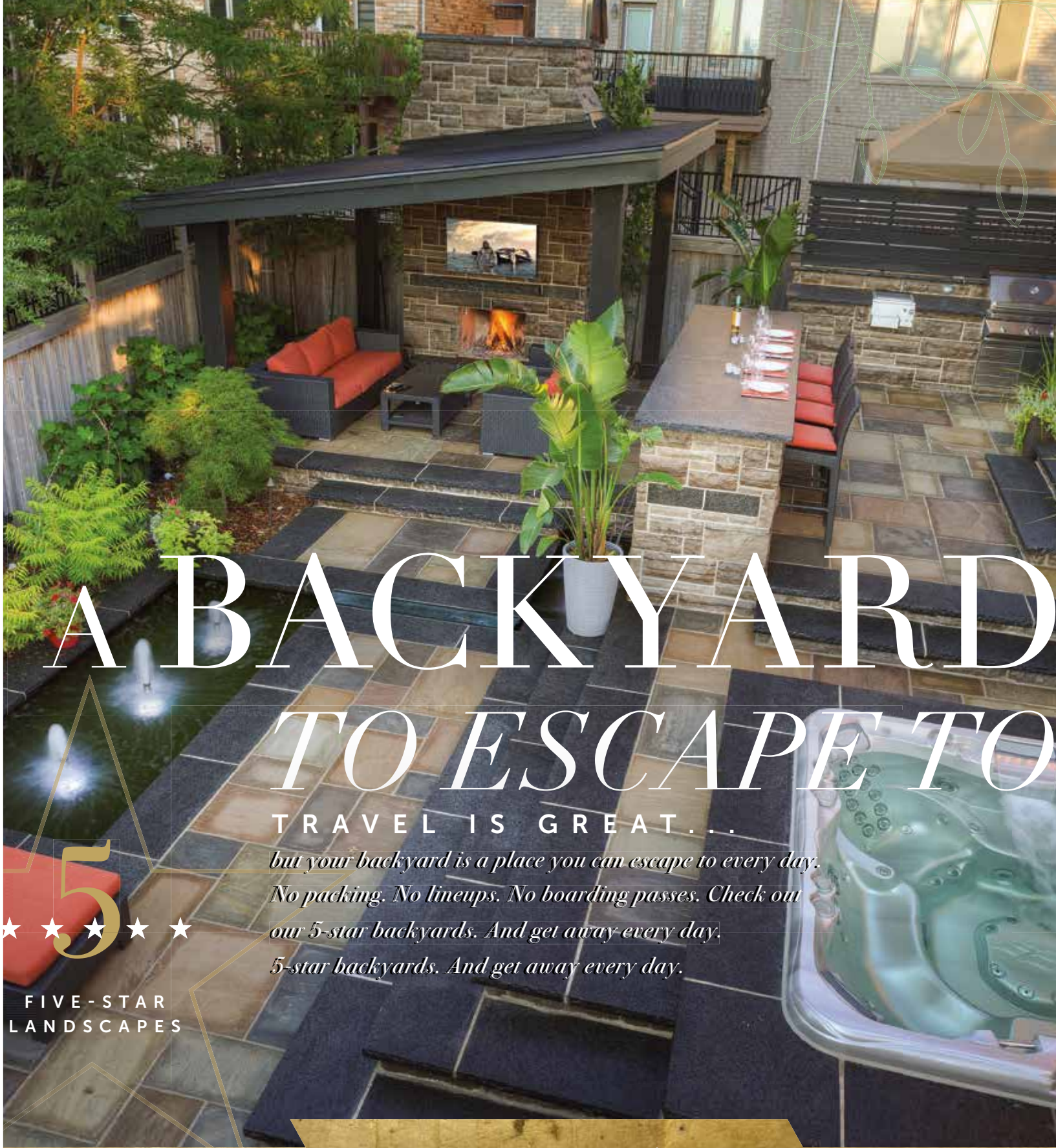
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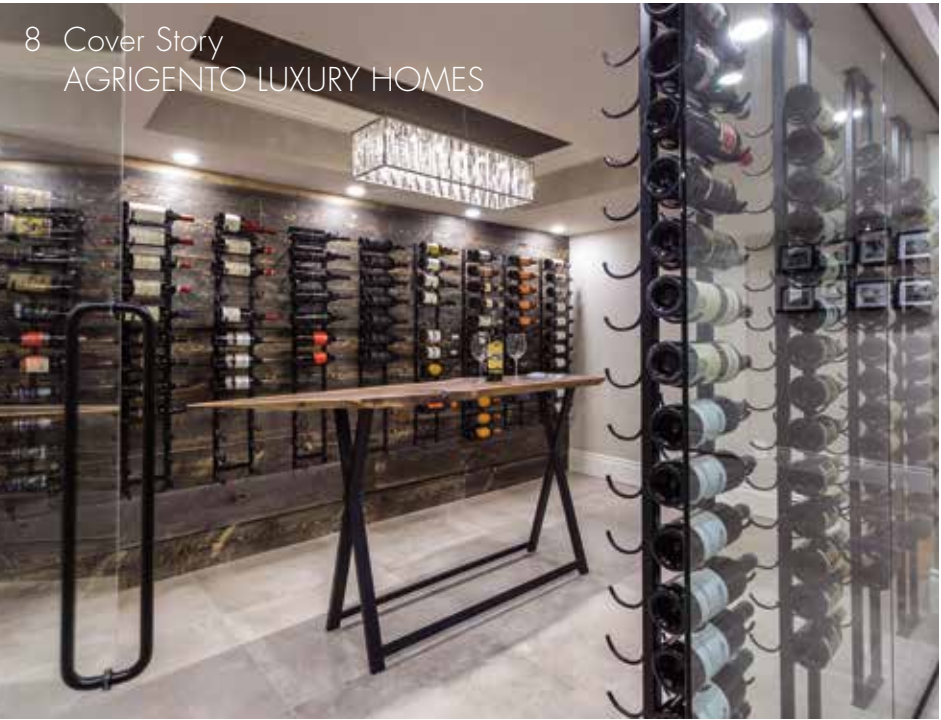
 Manhattan 52



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FEATURES

- 7 Publishers Notes
- 8 Feature: AGRIGENTO LUXURY HOMES – Perfection takes time but the smiles are often instant by John Reynolds
- 17 5 Ways to Strengthen Your Brand Identity by Susan Friesen
- 28 Soren Custom It's not a suit... it's an experience
- 38 Executive Yacht Everglades 355 CC
- 43 Range Rover SVAutobiography Elevated Performance & Desirability
- 52 Finding that Balance by Kelsey Hergott

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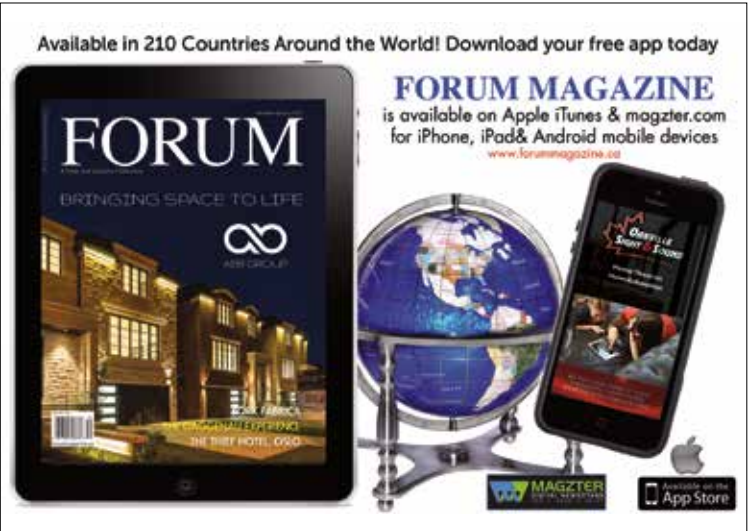
Welcome to the June/July 2017 edition of Forum Magazine! We are pleased to feature Agrigento Luxury Homes of Ancaster, President, Carm Gueli has been always open to new and innovative ideas. He launched his company in 2006, adopting a tradition set by his father, a talented stonemason and perfectionist in his own right. His father set the bar high for Carm, "As my father would say to me, over and over again, 'Slow down and get it right.' Quality was more important to him than speed and it's still the most important thing to us today."

86 Park Lawn Road in Toronto is where you will find Soren Custom Suits. The custom interiors at this shop are as exceptional and impressive as the suits this company designs and creates... it is a definite go to destination for that perfect suit. Apparently, this is what happens when passion meets perfection. Soren Custom is the only place to get a flawless, one of a kind suit, because it's not just a suit, it's an experience.

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The Przystan and Hotelarnia Hotels & Spa are two incredible properties in Poland. It's a chance to experience nature at its fullest with an opportunity to watch wildlife, go fishing, windsurfing and sailing. The award winning spas offer professional luxury brands and unforgettable experiences.

Until next time,
Sean & Ana Patrick
Publishers



AGRIGENTO LUXURY HOMES

Perfection takes time but
the smiles are often instant

TEXT John Reynolds



PHOTOS BY CAMERON ST.

Happiness in your work can be measured in many ways. Carm Gueli measures his according to smiles from the owners of an Agrigento-built custom home when they first move into their new residence.

"I love being there when they walk in the door and see the home we created for them," Carm says. "It's the most satisfaction that I get out of doing my job."

Along with new home owners, Carm is also aware of meeting his father's expectations. Giacomo Gueli arrived in Canada from his native Sicily more than 50 years ago as a skilled stonemason. He immediately applied his specialized trade to home construction and later was involved in some of Hamilton's most iconic construction projects. When Carm launched his custom home construction company in 2006, he saluted his father's heritage by naming the company after the Sicilian village where he grew up. He also adopted a tradition of excellence that is deeply embedded in his culture when it comes to construction. In Giacomo's eyes, there is only one way to build a home: Perfectly

"When I first began working with my father," Carm recalls, "I was impatient to get things done. My father would say to me, over and over again, 'Slow down and get it right'. Quality was more important to him than speed, and it's still the most important thing to us."



Finding the balance between the quality and meeting the schedule his clients expect can be challenging at times, but Carm has managed to achieve it. The proof is in the referrals: The majority of new projects for Agrigento Luxury Homes are the result of previous clients recommending Agrigento to friends in search of an exceptional custom home that reflects their unique tastes and lifestyle.

Despite Giacomo's "Olde World" approach to quality, Carm remains alert to advances in construction materials new building and techniques. He proposes applying them wherever clients can benefit through better performance or lower cost – and sometimes both. "My father was always open to innovations," Carm notes. "Once he's sold on the advantage of a new idea his next



question is, ‘Will it stand the test of time?’ If the answer’s yes, he’ll go ahead.”

Staying abreast of new developments in construction materials and techniques remains a challenge in itself. Each advance that delivers better energy efficiency, longer maintenance-free life, reduced installation time and other advantages can prompt changes in the applicable building code.

Keeping up with new code requirements and working with architects to apply them on projects places a heavy demand on Carm Gueli. It’s an important part of his responsibility to clients. Aside from ensuring that every Agrigento-built home meets or exceeds code requirements, understanding changes in the building code equips Carm to explain costs and procedures in detail.





Everything, of course, hinges on the expectations and satisfaction of clients. These are established through initial consultations and measured over the construction period via constant communication. The consultations begin with questions, and each response makes an impact on the ultimate design. Are there children in the family? Is the family athletically active? Do they entertain frequently? What other aspects of their lifestyle are important to them?

Many design elements commonplace in today's custom homes were rarely seen just a few years ago. They include temperature-controlled wine cellars, state-of-the-art home theatres, zoned HVAC systems and more. Whatever the features, however, design remains a critical element, and selecting everything from interior colours to ceiling motif and light fixtures involves making a series of



important decisions. For this, Carm relies on the sharp eye and polished taste of Natalie Kurjancic and her firm Interiors By Natalie. Natalie guides clients through each room of their upcoming

dream home, selecting design elements to complement both the home design and the owners' preferences.

During the construction process, various



concerns may arise. They could involve a slight alteration to the position of a dormer or window, or a proposed change in the finish and texture of a material. When Carm raises the issue

with clients, their response is almost always, "We trust you to make the decision." Their reply is not a matter of abdicating responsibility; it's a matter of expressing total trust in Carm and

his teams of tradespeople to act in the client's best interests. In itself, that's a degree of trust that every company, whatever business they are in, prizes beyond measure.

While the reputation of Agrigento Luxury Homes has been built on custom residences created according to the unique needs of their owners, the firm has recently applied its quality and design standards to townhouses. Village Walk, a collection of ten exquisite residences set alongside a ravine in downtown Ancaster, Ontario translates the Agrigento style into a compact expression of luxury and taste. Ranging in size from 1500 to 1800 square feet, the homes deliver pride of ownership and lifestyle in a new dimension for the lucky owners.

It has often been said that the best qualities of any profession are passed



on from one generation to the next, and Carm Gueli represents living proof of this fact. From his father Giacomo, Carm inherited an abiding concern for perfection. He added his own appreciation for modern developments in homebuilding, energy efficiency and client satisfaction, extending the reputation of Agrigento Luxury Homes farther afield. And now Carm's six-year-old son Adriano appears to be planning his own future as a noted builder of exceptional custom homes.

"He walks with me through some projects under construction," Carm says with a smile, "asking me questions and pointing out details on his own."

Is Adriano the next Gueli craftsman to transform the dream homes of clients into dramatic reality? Carm's not sure, but the idea brings a smile to his face – a smile as broad and warm as the one he likes to see from every new owner of an Agrigento Luxury Home.



PHOTOS BY CAMERON ST.



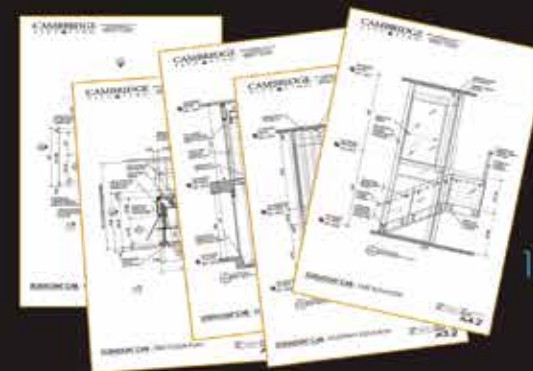
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5 Ways to Strengthen Your Brand Identity

How the business of branding works to meet your sales and marketing goals

TEXT Susan Friesen

One of the most important elements in making sales is the ability to build trust and rapport with prospects.

In person it's easy. You shake hands, strike up a conversation and build a connection.

But online sales are a bit different.

Often times you are doing business with strangers who have never met you. They have doubts about who you are, if you can create the results they are looking for, and if you are specialized enough to understand their needs.

Moreover, today's consumers are craving more connection and authenticity from companies they do business with.

And this is where business branding comes in.

Your business brand defines who you are. It's the heart of your business. Branding helps to identify and differentiate your business in the marketplace. It defines and positions your business in order to separate you from a sea of competitors.

Branding creates an emotional connection and turns regular customers

into raving fans. But how do you build an effective brand?

Here's 5 ways to build a business brand that will strengthen your relationship with your target market so they will be more inclined to do business with you:

1 Claim your Niche

It's really important to define who your perfect customers are. Brands that try to appeal to a wide audience are weak.

Instead, when you define your target market with a specific niche, it allows you to speak more powerfully to their needs.



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2 Be the Top Expert

Being a dentist in your home town puts you in the same class as all the other dentists in your area.

But what if you are the top holistic dentist using all-natural products running a “green” dentistry practice? That brand may attract clients from all around the country.

Accentuate your strengths. Claim your title. If you are not the best, you can be the first, the biggest, the #1 trusted choice.

Find a way to set yourself apart as top dog in your industry. Then constantly read, learn and grow to keep your leading edge. When consumers see you as an authority they’ll seek you out.

3 Be a Wow

Seth Godin talks about “Purple Cowing” your business: “Transform Your Business by Being Remarkable”. Offering VIP value to your customers helps you stand out.

Instead of just being an oil change shop, imagine if you have a cappuccino maker, offered a mini back massage, and had a big screen TV within a high-end lounge that customers could wait in. You could charge premium fees for a business with “over the top” service and amenities.

Maybe you offer “freaky fast” service like the Jimmy Johns sandwich chain. Or perhaps you offer personalized services that make your customers feel special.

Do what it takes to stand out from the crowd and be remembered for

something your customers will be wowed over. The more you strive to make your existing customers feel special, the more they will tell others about you.

4 Build a Tribe

Create a community your fans can be a part of.

Some ways to do that are:

- Share frequent updates with your fan base on social media and in your newsletters.
- Tell them insider information about future offers, releases or launches.
- Give them exclusive discounts or gifts with purchase.
- Reward them for their loyalty. We offer incentives for those who refer others to us.
- Recognize top fans publicly.

5 Give Back.

Want your brand to become legendary? Find ways to give back so your business brand leaves a legacy.

Here’s some ideas:

- Create a scholarship program.
- Align yourself with a non-profit.
- Get involved in projects in your community.
- Pay it forward on social media

Find your own way to touch the world and leave your mark in a way that only your company can.

Conquer the Obstacles to Achieving your Goals In Life

TEXT Chery Schmidt

There are so many obstacles that keep us from achieving our goals in our lives these days that it is so easy to just put them all on the back burner. But is this something you really can afford to do?

No you can not give up. Adversity is the optimal condition for anyone to gage their own worth.

What you do after failing for the hundredth time is a test to your courage and perseverance.

I am going to let you in on a few things that I have done to help me conquer those obstacles that are now helping me to achieve my goals.

The first thing that you need to do is to get crystal clear on what it is that you want and where it is that you want to go. You have to ask yourself what is the end result that you are looking to achieve.

Now you are going to focus on these and hold yourself accountable for acquiring what you are after. If your goal is to loose weight, then watch what you eat. If your goal is to become financially free, then find a way to make this happen. Do not let anyone or anything get in your way. (These are the obstacles that will stop you)

You will have to take action and work



diligently towards those goals. Get a blueprint in front of you and you will then have a new belief. Do not focus right a way on the outcome, you will want to focus on taking little steps, once you accomplish these little steps you will have a new belief and you will keep at it.

Do not just sit around spinning your wheels because you don’t know what steps to take. Reach out and find yourself a mentor. This is going to be someone who can help you find a system for you to follow. They can also keep you accountable to conquer those obstacles to get you step by step closer to your goals.

When you take action you will achieve the outcome you want, but it will only work if you apply what you learn. You need to know the little results that are required to get results you want to achieve.

You have to become responsible for yourself. What I mean by this is you have to take credit when credit is due as well as when you fail. Don’t go blaming anyone but yourself for the outcome of your situations. Believe me when you start taking responsibility for your actions, things will start happening for you.

There is one more thing I would like to add here and that is your mindset. What you think about you bring about. So keep a positive attitude. If you start thinking that you are not going to be able to this, turn it around and say yes you can and you will. Get out of your own way and let things happen, learn the steps to take and take consistent action to conquer those obstacles that will take you closer to your goals. Never give up on the end results you want. It’s up to you to find the key that unlocks the door to a more fulfilling life.

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Leadership: "Sarcasm - Handle with Care"

TEXT Karyn Buxman

"I'm trying to imagine you with a personality."

"This isn't an office. It's Hell with fluorescent lighting."

"Don't bother me. I'm livin' the dream."

Sarcasm. Gotta love it, don't ya? Used for comic effect and dry criticism throughout the ages-by us common folks and by the famous.

Oscar Wilde observed: "Some cause happiness wherever they go; others whenever they go."

Stephen Bishop said: "I feel so miserable

without you, it's almost like having you here."

Mark Twain once quipped: "I didn't attend the funeral, but I sent a nice letter saying I approved of it."

Sarcasm. You hear it nearly every day, from all kinds of people, in all kinds of situations.

[Yeah, we all know-or think we know - exactly what sarcasm is. But for the meticulous among you, here's the precise definition, according to Webster's Dictionary: "the use of words that mean the opposite of what you really want to say - especially in order

to insult someone, to show irritation, or to be funny."]

Sometimes sarcasm works, and sometimes it doesn't. Sarcasm does work when it bonds like-minded people together, and when it produces just the right level of chuckle. Sarcasm doesn't work when it's wielded like a weapon - when it's used to cut someone down to size, especially when they're not in a position to defend themselves.

Leaders need to learn how and when to employ sarcasm, and also how to recognize and deal with it when your employees/followers use it.



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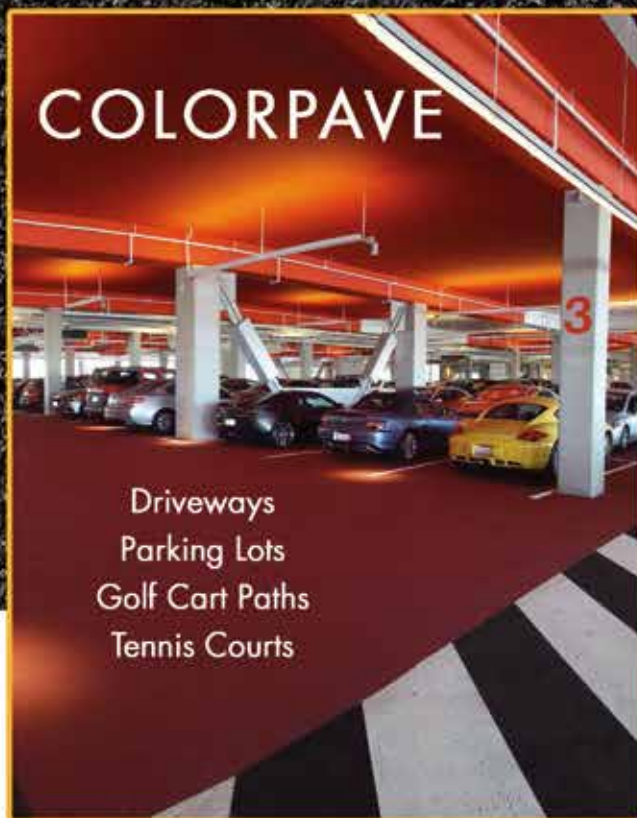
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Among equals/friends/insiders sarcasm is often used as friendly jousting. It can be an entertaining and intellectually stimulating exercise in bantering. But when directed at strangers/outside visitors sarcasm is cruel and unfair-producing embarrassment, anger and resentment. (Not good things to stir-up in your people!)

Sarcasm used well is like fencing: Battling as a friendly sport. Sarcasm used poorly is like aggressive fighting with a sharpened blade.

Because sarcasm can definitely cause harm, hurt feelings, and even damage someone's standing in the group, many leaders simply ban sarcasm (and often any kind of humour) from the workplace. This is not a good idea for two reasons:

1. It's actually impossible to stop

people from using humour. You can censor it, but you'll only drive it underground - where it can backfire on you as it subverts your authority. (Also, humour is hard-wired into the human brain. You literally can't stop humour from arising spontaneously).

2. Humour - including sarcasm - can be a tremendously positive force among people and inside organizations. Humour can bond people, it can ease tensions, it can enhance communication and it has been shown to enhance the bottom line.

And here are some facts from the scientists who study such stuff: positive humour can produce a dopamine hit which leads to feel-good sensations throughout the body. But hostile humour can evoke stress hormones such as

cortisol and adrenalin, which lead to inflammatory responses throughout the body that exacerbate illnesses such as heart disease, diabetes and cancer.

One insight that eludes many users of sarcasm is that cruel sarcasm reflects poorly on them. Bystanders are likely to judge them as boorish and vicious. Not an image that many leaders want to project!

Wise leaders use humour - including sarcasm - in an intentional and strategic manner. It's a subtle skill. But then, great leaders know how to wield a host of tools to help them direct human behaviour.

As a neurohumourist - one who studies the intersection of humour and the brain - I utilize many different forms of humour. But sarcasm? Me? Never!

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Reaching your goals begins here

TEXT Bill Treasurer

Most people perform better when they are heading toward a goal. But it is important to understand that the goals must motivate. If your goals leave you feeling inadequate, stressed out, or over-worked, then you will lack the motivation to complete them.

Goals that motivate have specific characteristics:

Clarity

Clear goals are specific, measurable, actionable, realistic, and time-bound (SMART). When a goal is clear and specific, people know what needs to be done and what is expected.

Challenge

We are often motivated by achievement, so we'll judge a goal by how difficult we perceive it to be. If it is too easy, we won't give it as much attention and energy. However, if it demands us to stretch ourselves in order to achieve the recognition of a job well done, we are more likely to be motivated to excel.

Commitment

For goal setting to be effective, the goals need to be agreed upon and understood. While this doesn't mean you negotiate every goal with every employee, there is value in engaging the people working towards the goal in crafting it.

When we help to create the stretch goal, we are more connected to the challenge and more willing to commit. The harder the goal, the more commitment is needed.

Task complexity

For goals that are highly complex, we have to not only give people sufficient time to meet the goal, but actually provide the time to practice or learn skills that are necessary for success. The purpose of goal setting is successful achievement, so you have to be careful that the conditions around the goal support that success rather than stifle it.



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Feedback

Incorporating feedback into the goal setting process allows for expectations to be clarified, difficulty to be adjusted, and recognition given. In particular, when a goal is long-term in nature, it's important to set benchmarks that help people gauge their success and see their achievement.

Once the goals are defined, each goal should be "drilled down" with specific objectives and measures. Objects can be thought of as the yardstick; measures can be thought of as the exact location on the yardstick of each goal area; and both short-term and long-term objectives and measures should be defined.

When determining your objectives and measures it can be helpful to ask, "How will we know when this goal is achieved?" "What, exactly, will be different around here when the goal is attained?"

I appreciate this simple statement from Sir Edmund Hillary: "You don't have to be a fantastic hero to do certain things - to compete. You can be just an ordinary chap, sufficiently motivated to reach challenging goals."

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THE STRESS CURE

Is stress
zapping
your memory?

TEXT Linda Hampton

What is it about stress that causes us to dwell at length on negative thoughts?

The answer has a lot to do with our memory. Although it's miraculous the brain - a three pound lump of neural tissue can store any memories at all. But the human memory system has some surprising quirks. Most notable, we forget things.

The forgotten information is still in our brains somewhere; it's just that it's difficult for the brain to put its (metaphorical) hands on any one specific memory when it's needed. There is so much other competing information there.

To solve this problem the brain often has to rely on memory cues or bits of information related to the thing we're trying to recall "to jog" our memory. Pretty much anything can serve as a cue, as long as it's associated somehow with

the information we're looking for.

As it turns out, the brain uses our mood state as its single most important memory cue. Believe it or not the brain tags every one of our memories according to the emotional state we're in when the event occurs. And whenever we're in the same mood this serves as a powerful retrieval cue.

When you're sad, for example that despondent mood triggers all sorts of memories from other moments when you were sad or in low spirits. When you experienced a sense of failure, during times of loneliness and rejection all show up and it becomes difficult to remember any specific times in the past when things were going well.

If you are in a relationship that break up all you can think about are all the

other break-ups in the past you can't remember the good times that you had with anyone. It becomes a downward spiral of reminiscing.

When you are overwhelmed with stress, you might identify with a decline in your emotional health. Besides being quick tempered and easily agitated your memory may also be affected. Stress is frequently the result of a chaotic schedule, and with too much to do, when stressed it's not unusual to forget things.

If you are feeling stressed out and "scatterbrained" you need to spend time improving your concentration to relieve overload and overwhelm during times of extreme chaos and tension. When your attentiveness decreases, it's up to you to regain control.

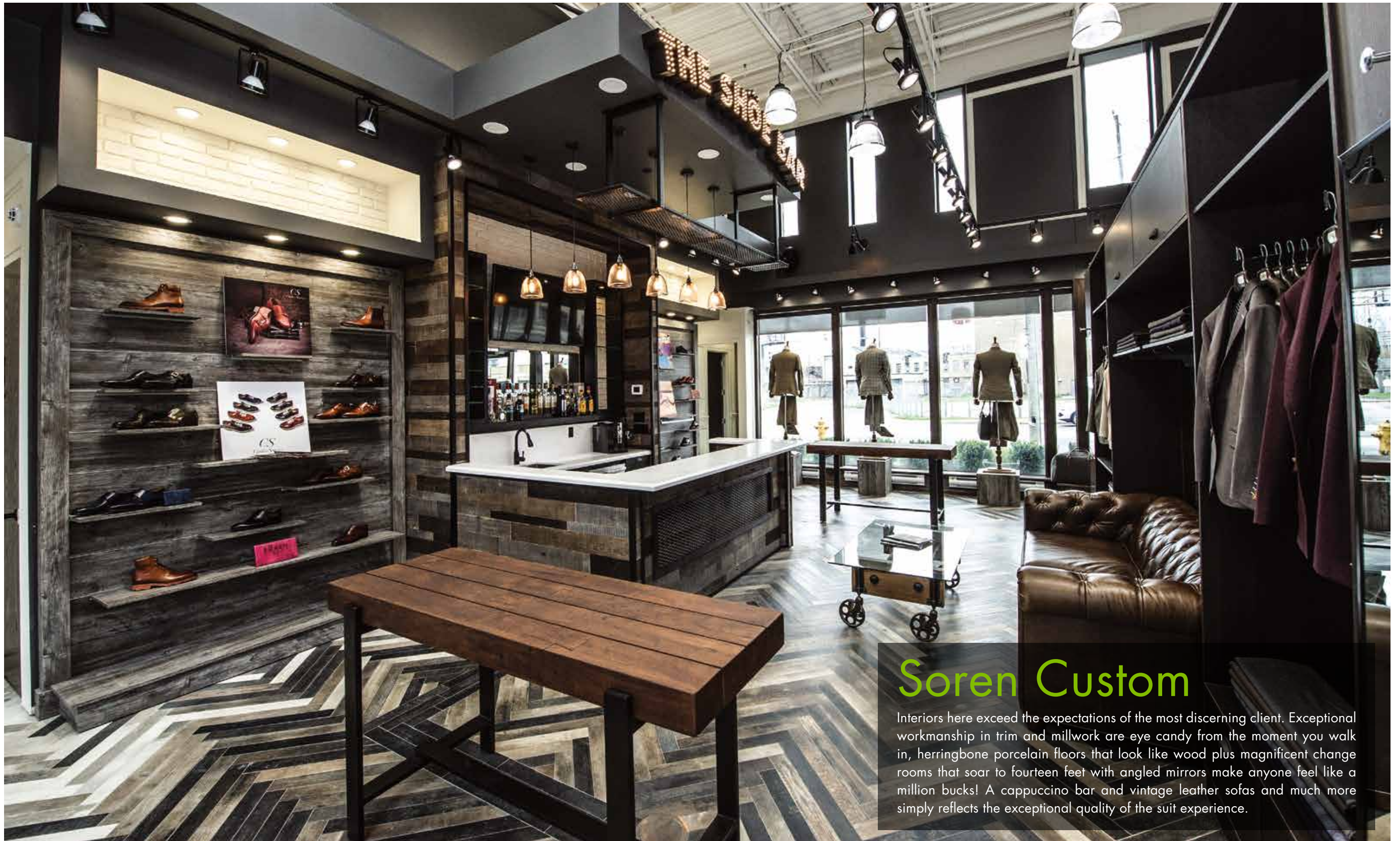
continued on page 48



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Soren Custom

Interiors here exceed the expectations of the most discerning client. Exceptional workmanship in trim and millwork are eye candy from the moment you walk in, herringbone porcelain floors that look like wood plus magnificent change rooms that soar to fourteen feet with angled mirrors make anyone feel like a million bucks! A cappuccino bar and vintage leather sofas and much more simply reflects the exceptional quality of the suit experience.

IT'S NOT A SUIT... IT'S AN EXPERIENCE



There was a time in the not so distant past when men were men. A cursory glance at a fellow, his comportment and choice of attire would quickly affirm whether that man was, in fact, a man.

Soren Custom is all about the man. We are unequivocally, unabashedly and unapologetically men. However, this does not mean we are onside with the machismo, "raining dollars" persona you see in the media. That is not a man. That is a cartoon character.

A man says thank you, holds the door for a lady and walks with purpose. A man has fire in his eyes, a love for life in his bones and maybe a little scotch in his belly. This is the man that the Soren Custom suit was conceived and ultimately created for: the man who is ready to express who he is

through the beautiful and varied vocabulary that is his style. Because a Soren Custom Man is not defined by his suit – the suit is defined by the man.

This is our personal invitation to you:

Ditch the non-fat latte and drop the Swiss exercise ball.

Try on our suit.

Look at yourself in the mirror and begin to tap into what we feel is at the core of every man: Purpose. Resolve. Strength. Confidence.

Or don't. Either way just make a decision.

That's what men do.



HANDCRAFTED

At Soren Custom, we follow the traditions of bespoke tailoring. Our reputation is based on our uncompromising dedication to craftsmanship and personal service. We produce the finest handmade custom suits, formal wear, and shirts in the city.

CRAFTSMANSHIP

All of our custom clothing is 100% hand-sewn. Our garments are made with a full-canvas construction to ensure the highest quality.

CUSTOM FIT

Our patternmaking techniques are backed by generations of expertise. At Soren Custom, we sell custom suits, not "made-to-measure" suits. To ensure a perfect fit, all garments go through a basted fitting stage.

COST AND DELIVERY

Despite our strict quality standards, our prices remain affordable. Custom suit prices range from \$1,050 to \$1,795. Custom shirt prices range from \$200 to \$320. Your garments will arrive in 4 to 6 weeks.



86 Park Lawn Road, Toronto
www.sorencustom.com



3 Simple Garage Improvements

TEXT Drew Kerr

A garage does not have to be a drab, cluttered, and poorly functioning space. Garage Living believes that the garage space is an extension of the home's interior. Use these top three garage improvement tips to transform this premium garage space into a bright, clean, and highly functional area.

1 Give the garage a great base with a floortex™ floor coating

Upgrading the garage floor with an application of Floortex™ floor coating to transform the entire look, feel, and functionality of the garage. After all, the floor is the largest single surface in the garage and it serves as the foundation for the entire space.

A Floortex™ polyaspartic floor coating creates an attractive base and it's available in 15 colours. That makes it easy to choose a colour that

complements the rest of your garage interior. Garage Living can have it applied in as little as one day and in just about any temperature setting. You can't say the same about epoxy floor coatings. Their application involves a much lengthier process that also requires very specific temperature conditions.

Here are some additional benefits of choosing a Floortex™ floor coating:

- Provides excellent resistance

to most household chemicals, including oil, gas, and salt, as well as tire rubber

- Hides dirt and dust well and is very easy to maintain
- Has a UV stable topcoat that preserves the floor's glossy finish
- Textured surface which provides more traction than traditional epoxy coatings
- Provides exceptional abrasion and impact resistance

Left page: Garage Living's Floortex™ polyaspartic floor coating can be applied by Garage Living professionally trained workers in as little as one day.

Below: Slatwall panels are ideal for organization and they also provide a finished look for your garage. Available in 6 colours: grey, taupe, white, black, gunmetal and blue.



2 Smart garage organization solutions

Garages should be able to function as a multi-purpose space that serves as a work area and storage area for tools, other belongings, and vehicles. Many garages fail to function to their true potential in these areas due to poor storage and organization systems that fail to keep clutter at a minimum.

One of the garage makeover tips that will solve this problem is to simply choose smart and effective

garage organization solutions. We have many to choose from, including:

Garage cabinets – choose from our wide variety of storage cabinet lines for the system that works for your needs and budget. All of our garage cabinetry is made from high quality materials that are built to last.

Slatwall storage – adding a slatwall panel system to your garage

maximizes its storage space, making it one of your best weapons against clutter. Use more than 40 slatwall hanging accessories for plenty of versatility.

Specialty storage racks – our heavy duty storage solutions take care of just about anything else in your garage that can't be hung on your slatwall. We have overhead racks, tire racks, shelving units, and much more.



A new garage door provides one of the best returns on investment for home improvement.

3 Boost the home's curb appeal

Improve the functionality and looks of the garage. Adding an upgraded garage door accomplishes both of these things and is one of the most impactful ways to boost the home's curb appeal. Bear in mind that garage doors can account for as much as one third of a home's front exterior.

Technological advances have made today's garage doors much more durable and energy efficient. It's also easier than ever to choose a style and design that both aligns with the aesthetic preferences and complements the exterior decor. Steel garage doors are our most

popular choice for homeowners. They offer great durability, require little maintenance, and come with plenty of design options.

Our wood garage door collection offers plenty of choices for those seeking a warmer, more traditional look for their garage exterior. In contrast, full view aluminum garage doors provide a bolder, more modern appearance with their raw industrial look featuring glass panels.

Durable and low-maintenance fibreglass garage doors are another sensible option to consider.

These garage makeover tips are proven to transform any garage space.

These garage makeover tips work wonders for any garage space. Talk to the garage professionals at Garage Living to review the many options available to you, the home builder, and the value you can offer your home-buying customer. We have completed thousands of garage remodel projects with satisfied homeowners throughout North America that prove it. Consider Garage Living an extension of your team.

www.garageliving.com

Generations of Talent

Kevin Wiggers, Kenneth Forbes & the history of Valsberg Grenolo

TEXT Krista Deverson

A child's first role models are his parents. Regarding them with admiration, he often wonders, "Can I one day be like them? Could I ever fill their shoes? Will I make them proud?" Holding them in such high esteem is the reason why a child will often follow in a parent's footsteps and join the family business.

Vaalsberg Groenlo is a company built on that kind of strong family foundation, starting back in 1967 with Johan Wiggers, founder of Wiggers Custom Furniture. Johan's son, John, literally grew up on his father's workbench, curiously watching his father work and playing alongside his dad. So naturally, even though John went to university to become a lawyer, he was drawn back to the woodworking bench with his father, eventually starting full-time work with the company in 1981.

After exporting its first piece of furniture to the Charles L. Orr Company of Chicago in 1982, Wiggers Custom Furniture quickly expanded across showrooms in the USA via word-of-mouth and soon became a successful global company. Because of the level of finish and the high quality veneer work, the company did a lot of high-end business including work for elite clients like the Ritz Carlton Hotel and the Presidential Suite in Washington.

As the company grew, so did the family with John's marriage to Teresa Forbes in 1984. Custom furniture quickly became a family affair with Teresa handling the administrative functions of the business.



Her brother, Kenneth developed a close friendship with John, helping him out from time-to-time on various projects starting in 1996. He says, "John was profoundly hardworking, one of the most hardworking people I've ever known. He put in incredible hours in order to make his business work. A smart man; He ran the shop, keeping everyone happy from his dad, to his wife, to his employees."

Over the years, Teresa and John had three children. Their second son, Kevin, took a particular interest in woodworking. From his first Christmases, Kevin wanted real tools like his dad, not settling for the Fisher Price toy imitations. As a child, Kevin's concern for the conservancy of trees inspired John to become more environmentally-conscious and to aim to produce exquisite furniture in a way that could be sustained indefinitely. He joined the board of directors for the forestry stewardship





council and received one of the first green certificates for sustainably harvested woods.

Having always had an appreciation and admiration for the work his father did, Kevin went to Conestoga College for a woodworking program after high school. Upon graduation, the pair worked together for the next five years- a father-son team that had perfect harmony because they were so much alike: quiet and somewhat shy, but endlessly hardworking and incredibly determined. They worked together everyday and Kevin both loved his father and looked up to him as a mentor, learning everything he needed to know about the business from the greatest resource.

The elder Johan, a gifted veneer worker, often visited the shop during these years, working sometimes and imparting his knowledge and techniques upon his grandson. Kevin had a natural ability with the veneers and was immensely artistic and creative in his designs,



producing some critically successful pieces from the beginning.

In 2014, while completing an important order, John began experiencing some severe back pain. Pushing through to complete the job, he finally was seen by a doctor in late May and was diagnosed with a rare form of terminal cancer in early June. Sadly, on September 18, 2014, John passed away, leaving Kevin alone at the workbench.

Having lost his mother at a young age, Kevin's uncle Kenneth realized the void that would be left in John's absence at the shop and he knew how difficult it would be for 25-year-old Kevin to return to the work alone. Furthermore, with John's illness lasting 4.5 months, the business had quieted and was in need of a fresh start and a boost of positive energy.

Remembering some conversations he had with the late John about designing a watchwinder for a client who was a real watch aficionado, Kenneth

suggested the project to Kevin as a way to do something fun and get back into production in an upbeat way. Kevin had never mentioned it to Kenneth, but he had the same conversations with his dad about fabricating a watchwinder. The project was a really neat, unique way for them to come together and for Kevin to recognize his talents and gain confidence in himself independent from his father. Because their main goal was to make the project enjoyable, this sense of fun became the foundation of everything they do now in their work.

Having a long history of producing extraordinary pieces, the renewed energy in the work has pushed the company to reach higher levels. The pieces they've fabricated in the last two years have been some of the best pieces they've ever made. To see Kevin's skilled talents and his patience while working is gratifying and the final products are a testament to his deep passion for the work. Kenneth says, "Our philosophy is that you might as well enjoy as much as you can at any



given moment. We focus on what we enjoy and on doing the most extraordinary thing whenever we possibly can. When we have two options, we push the more complicated one unless it becomes aesthetically overwhelming." This focus on remarkable designs makes their products stand out to the discerning client. With an intention of creating serenity in the design so that it isn't visually disruptive, the pieces also lend a feeling of relaxation to any home.

The process of completing a piece is complicated because it can only be accomplished by hand by very talented individuals with high attention to detail who are willing to put the effort and time into a project. The construction and veneer of the piece is Kevin's forte and he meticulously spends time sequencing the veneers

so that the grain is continuous and always lines up. The process is precarious because the veneer can only be cut by hand and ensuring the grain blends perfectly together is time-consuming and tedious. If something does go wrong in production, they have to start over from scratch and rebuild the piece entirely, or it just won't look right.

Just like a custom Rolls Royce takes time to create, the furniture can easily take eight weeks to produce or more. People that appreciate a high quality piece will appreciate the work that goes into ensuring the construction is exact. The finish on these pieces is among the best in the world with high gloss and no shrink-back. The finish, alone, must sit for five days and truly harden before polishing can begin.

There's something special about a quality piece that's made by hand. It's a unique luxury market to find in Canada, but high end specialized Canadian products are gaining traction due to the Canadian fashion industry. People are beginning to see the luxurious products and absolutely unique designs Canadian fabricators offer. Clients of Vaalsberg Groenlo are often enthralled by the furniture and its stunning aesthetic appeal. The company is pleased to produce an overall effect that immediately lets the customer know it's an absolutely unique piece.

And the company is happy to work more directly with the client, designing an exact piece that client may have in mind. The company's real unique ability comes into play when choosing and sequencing the veneer into exceptional patterns. Sometimes they see a veneer with a feature they want to capitalize on and they design a piece out of it. Other times, they see a piece that might normally be seen as a flaw and they get an idea to work with it and turn it into an asset in the design.

By finding features they can highlight, the work results in stunning outcomes. It completely differentiates the product from something that is manufactured, which clients with good taste will appreciate. It's also allowed them to expand their repertoire to include items like built-in closets, accessory nooks, and bars.

February 2017 will be the family business's 50th anniversary. Vaalsberg Groenlo is a division of Wiggars Custom Furniture that meets the high expectations of the Wigger family name and also gave Kevin Wigger the freedom to develop his own identity and push his passion for excellent furniture design. By connecting to his family legacy, Kevin is able to offer a continued standard of quality while being able to change with the times and develop his own unique products.

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Range Rover SVAutobiography

ELEVATED PERFORMANCE & DESIRABILITY



The SVAutobiography Dynamic is the most powerful production Range Rover. Its potent 550PS 5.0-litre V8 supercharged engine is shared with the acclaimed Range Rover Sport SVR. The engine has been specifically calibrated for the flagship Range Rover and delivers 680Nm of torque, powering the SVAutobiography Dynamic from 0-100km/h (0-62mph) in only 5.4 seconds. It is paired with ZF's eight-speed automatic transmission for seamless gear changes and supreme performance.

The interior takes Range Rover to new heights of desirability and refinement.

Diamond quilted leather seats with contrast stitching are available in four exclusive colourways, which complement the Ebony perforated leather headliner, giving an immediate impression of luxury. The front fascia and door casings feature a Grand Black veneer, with an additional Red keyline finish on the door casings. In addition, key features, such as the rotary shift controller, start stop button and pedals have a sophisticated knurled finish.

Underlining its dynamic positioning, the paddle shifters are finished in anodized red (except when specified with a tan

interior) while the driver's handbook is bound in quilted leather chosen to match the interior.

The new addition to the range is identified by a series of unique exterior features. The side vents, bonnet finisher, grille, front bumper accents, Range Rover script and tailgate finisher are all finished in Graphite Atlas.

Customers have a choice of 21 and 22-inch alloy wheel designs, as well as three unique finishes. The SVAutobiography Dynamic is also the first Range Rover available with eye-catching red brake

calipers and Brembo brake technology.

Jaguar Land Rover's SVO division has fine-tuned the suspension to achieve the optimum combination of performance and comfort. Revisions to the knuckles, links, springs and dampers provide a lower ride height (8mm lower than standard) and more immediate responses.

SVAutobiography Dynamic also features two driver-focused technologies designed to deliver improved body control and agility. Dynamic Response improves vehicle handling and occupant comfort by reducing the amount of body lean during cornering. The system controls the front and rear axles independently, delivering increased low-speed agility, superior high-speed stability and greater steering precision. Adaptive Dynamics monitors vehicle movements up to 500 times a second, reacting to driver inputs and changes in the road surface to provide greater control without compromising Range Rover's peerless refinement.

2017 Range Rover adds convenience through innovative technology

Range Rover is the ultimate expression of luxury and 2017 Model Year customers can access more advanced autonomous technologies than ever before. Advanced Tow Assist debuts and takes the stress out of the potentially difficult task of reversing while towing a trailer.

Using the vehicle's existing Surround Camera System the clever technology enables drivers to guide a trailer into position with minimal effort. By following the trajectory lines overlaid on an image from the rear-facing camera displayed on the central touchscreen, Advanced Tow Assist is able to automatically steer the vehicle to follow the path selected

by the driver using the Terrain Response 2 rotary controller.

Advanced Tow Assist allows even the most inexperienced drivers to manoeuvre a trailer into position quickly, easily and safely – the intelligent set-up even alerts the driver if they are approaching a jack-knife situation.

Specialist technology enhances all-terrain credentials

Peerless all-terrain capability is a cornerstone of the Range Rover family and new 2017 model year Range Rover features a pair of new technologies designed to reinforce its class-leading credentials:

Low Traction Launch – A manually selectable driving mode designed to assist drivers when pulling away from a standstill on slippery surfaces such as wet grass, snow or ice. By controlling the amount of torque that can be applied by the driver, the system reduces the likelihood of wheelspin to maintain traction and ensure smooth acceleration.

The feature can be accessed independently through the central touchscreen and the driver is prompted to engage Low Traction Launch whenever Grass/Gravel/Snow mode is selected using Terrain Response 2. The system remains active until the vehicle reaches 30km/h.

All-Terrain Info Centre – Relays useful information to the driver relating to the vehicle's configuration and status via the central touchscreen display.

Improved connectivity and intuitive interactivity

The introduction of Jaguar Land Rover's InControl Touch Pro infotainment is a





significant enhancement to 2017 Model Year Range Rover. The class-leading system delivers improved satellite navigation functionality and connectivity while its more intuitive operation is augmented by the new larger 10-inch dual-view touchscreen display.

InControl Touch Pro introduces a series of new app services to Range Rover. InControl Remote Premium allows customers to remotely control vehicle functions such as activating the climate control to cool or heat the car ready for departure, set and deactivate the alarm, and even start the engine. The app will alert owners if their vehicle alarm has been triggered.

Additional InControl Touch Pro Services include live apps that can be downloaded to the system to provide information such as weather reporting and flight tracking.

Improved satellite navigation and services

As part of the new InControl Touch Pro system fitted to 2017 model year Range Rover, the fully integrated

satellite navigation has been extensively developed with a range of new features including door-to-door routing. The comprehensive system allows customers to set a destination on the Land Rover-dedicated smartphone Route Planner app. The app will navigate you to the vehicle, before transferring further directions to the in-vehicle system. Once parked close to your destination, the system will switch back to the smartphone to guide owners to their chosen location on foot.



Commute mode automatically learns frequently used routes, such as the journey to work, and recommends the best route dependent on live traffic data. Meanwhile the sharing function allows owners to share their destination, arrival time and current location with friends, family and colleagues.

The driver is also able to view a partial or full navigation screen within the Virtual Instrument Display, depending on their preference. Rear passengers can also view the journey time and distance to destination using the built-in rear seat entertainment system and even browse navigation maps and send suggested destinations to the driver, who can choose to reject or accept them using the central touchscreen display.

Advanced safety systems

New 2017 model year Range Rover introduces a host of Advanced Driver Assistance Systems (ADAS) to the luxury SUV. Standard driver assistance technologies include Rear Park Distance Control, Cruise Control and Speed Limiter, Lane Departure Warning and, Autonomous Emergency Braking (AEB).



This intelligent technology uses a forward facing camera to detect a risk of collision and warn the driver, and applies full emergency braking if the driver fails to respond.

The additional Drive Pack includes existing features such as Blind Spot Monitor, Traffic Sign Recognition and Reverse Traffic Detection, and new technology including Intelligent Speed Limiter, which uses the Traffic Sign Recognition hardware to automatically adjust the vehicle speed to meet the prevailing speed limit.

Driver Condition Monitor analyses data such as steering inputs and road speed,

as well as taking account of the time of day, to warn against driver fatigue.

The Drive Pro Pack takes the features from the Drive Pack and adds Adaptive Cruise Control with Queue Assist and Intelligent Emergency Braking. New to 2017 model year Range Rover is Blind Spot Assist, which automatically applies counter steering if the driver begins to change lane into the path of a following vehicle.

Lane Keep Assist is another new feature for 2017 model year. It provides gentle, corrective steering input if it detects the vehicle drifting across the white lines out of its lane.

Unique colours and finishes for most luxurious Range Rover

The level of personalization available for 2017 Model Year Range Rover is taken to new heights with the introduction of new exterior finishes available through Special Vehicle Operations.

The mix of 19 new colours gives customers a more varied choice of metallic and pearlescent colours, all available in either gloss or satin matte finishes. The additional options range from traditional shades to bolder, more contemporary choices. From spectacular, deep blacks to dramatic reds, the new colours perfectly complement and finish the design of the world's most luxurious SUV.

There are a few ways to increase your mind's ability to perform during duress. My first choice is to exercise.

Exercise helps your brain generate new cells that are linked with the enhancement of memory. Physical exercise increases oxygen to the brain and increases neural firing.

If you feel isolated because you work long hours, or home taking care of your family or you don't drive or for whatever reason - find new friendships.

Make sure you socialize with the friends and family you have. Invite a friend to dinner or out to lunch. If it's someone you work with don't talk about work. And if

you can't get out to meet your friends or meet new people develop new friendship with people you meet on-line. There is a whole world out there and a lot of people are lonely and would love to find a new friend. This gives the brain a new workout as you adjust to different conversations in a new environment all while activating or re-activating different senses.

If you have a long drive, consider listening to an audio book. You'll be surprised how delightful your drive becomes and the traffic becomes much less stressful allowing you to arrive at your destination in a much more relaxed state. You can also break-up the routine of the drive by trying a new route once in a while. If you normally drive on the highway find a route that allows you to drive on a country road.

Stress doesn't have to cause your memory to decline that is if you don't allow it to. As long as you give your mind a workout by creating new neural pathways the same way you would build new muscles when you work out your body, you'll have a healthy memory that allows you to remember the important things during times of stress and anxiety.

*...the brain uses our mood
state as its single most
important memory cue.
Believe it or not the brain
tags every one of
our memories according to
our emotional state.*

TIPS TO MAKE OUR Workouts more Effective

TEXT Rich Carroll



Ageing in truth can and should be our golden time, particularly if we are able to maintain our strength and vitality.

In those "golden years" we tend to be more financially established, our main goal in life isn't to scratch our way to the top of the corporation, and we develop a keener interest in helping the people we love instead of ourselves.

But when our energy is in fact low (or gone) and it is hard just to get around, life can be not a joy, but a burden.

When we are in this situation there is good news, and then not so good news. The bad news is changing one's life style isn't as easy as it once was. The good news is it is never too late to recover much of our lost vitality. Having the commitment

to living a healthy lifestyle at first entails sacrifice because our bodies are unfamiliar with change. But once healthy routines are firmly established, when we take a break from them our bodies will urge us back to those old healthy routines.

I recently talked with a man in his 50s who travels a good deal and who avidly exercises. He told me when he stops for a just a couple of days he feels his body prodding him to exercise again. Anyone can tune their body to require exercise if they develop a regular routine and stick to it.

So, the goal is to get to that spot, meaning the hard part is just getting over the hump.


One of the first things we have to realize is as our body alters, the ways we approach working out also must change.

Whereas when we were younger we spent the majority of our time with strength training, when we reach our 50s and older we should start thinking about splitting our workouts 50-50. Which is, for every minute of strength training you should spend at least a minute preparing to lift. These would consist of overall flexibility and mobility exercises.


As we get into our senior years, we must accept the fact that we'll never be as physically powerful as we were. So, it will be vital to make practical concessions to what we are now capable of doing.

A person might love to play basketball, and it is really a superb way to keep in shape. But if it requires a week for the joints and muscles to recover, which puts that person on the shelf for that length of

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time it may be wiser to opt for something else.

We certainly never advocate eliminating lifting; in truth, strength training ought to be part of everybody's fitness agenda, including that of women. But a bigger part has to be stretching and keeping the joints limber and loose.

A lot of seniors have put yoga into their exercise routines, and for good reason. It is great exercise for everybody, and it is truly a workout gift from the fitness gods for seniors. I have for a while been promoting Bikram yoga, and will recommend everyone explore its benefits. But seniors especially should explore all forms of yoga to find the best personal fit.

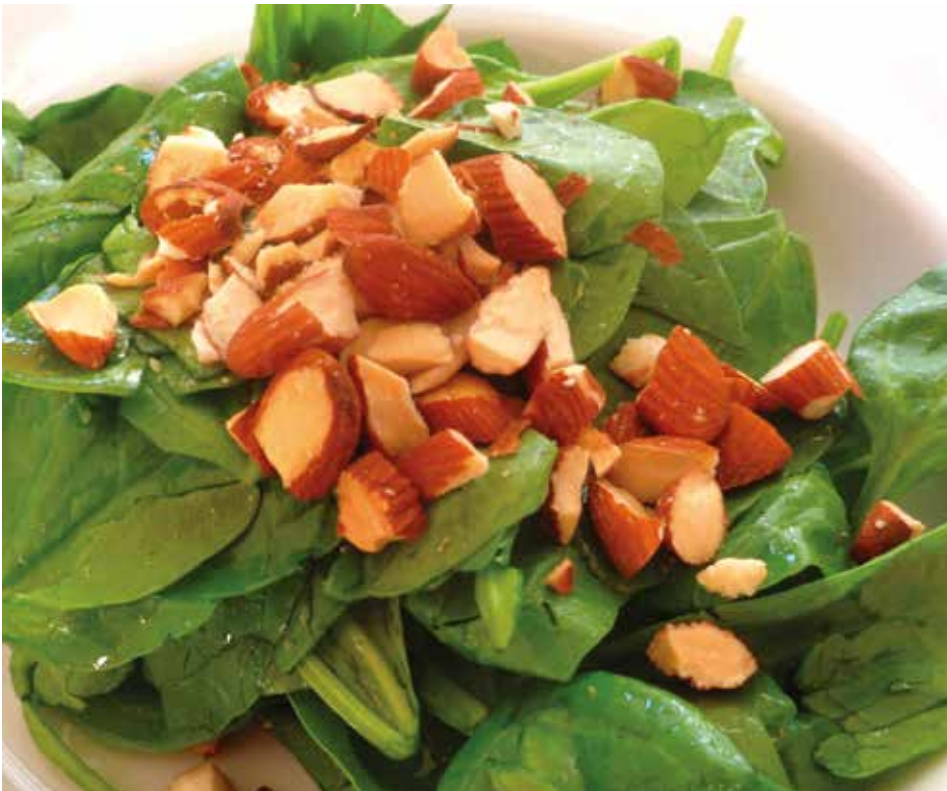
At whatever age, but particularly as we reach our 50s, 60s and beyond, stamina and strength must be constructed on a solid foundation of coordination, flexibility and balance. All of these areas will be addressed with yoga, as well as isometric balance exercises.

The important thing to remember is it is never too late to start, but you may have to convince your body otherwise.



Why Nuts can contribute to Weight Loss

TEXT Rich Carroll



So much of weight loss and controlling diet entails consuming natural foods moderately on a long-term basis. One of those foods available to us that come from nature is nuts, and though some people tend to keep away from them because of their fat content, there is now strong evidence that adding nuts to your food intake plan can actually cause you to reduce weight.

Taking into account the fact that in testing the weight reduction results may have been minor for some people, they are heart healthy and decrease your diabetes risk. So, everyone concerned with their health ought to add them to their diet plan.

Until recently it had been generally

supposed that all fat we ate became directly proportional with weight gain, so all forms of fat was to be avoided more than sugar. That thinking has changed, because good fats are now considered essential to nutritious diet, with a couple of caveats: they need to be eaten moderately and they should be pure and not processed.

The key to using nuts for losing weight is always to substitute, never add. In other words, exchange snacking on whole-grains with nuts is really a much healthier alternative.

Here are a number of factors as to why eating nuts are a great way to manage weight:

1. Helps to raise metabolic rate. Nuts will induce the body to use greater amounts of energy, and if coupled with an agenda for building muscle or high intensity aerobics the body will use more calories.

2. Low in sugar. Reducing sugar in your system is actually something practically every one of us needs to do, which makes nuts as opposed to most snack food a healthy alternative. Some nuts, especially walnuts, have elevated amounts of Omega-3 fats, which most people need more of.

3. Nuts make you feel full. Because they're high in fiber as well as beneficial fats, you will not feel immediately hungry after eating, therefore postponing additional snacking. The importance of fiber in the digestive system has long been recognized.

Along with reducing your weight, nuts constitute an outstanding source of vitamins, minerals and antioxidants. Their numerous health benefits consist of reducing systolic blood pressure, a lesser occurrence of metabolic syndrome along with obesity, particularly within the abdominal area.

Their multiple vascular benefits will be due to the amino acid L-arginine, which our bodies do not normally produce in adequate quantities and therefore must be obtained with our food intake. This not only is significant for heart health, but now is associated with possibly slowing down the aging process.

Consequently, with all these benefits we are getting from eating nuts, you are probably wondering which will be the healthiest. If you had to pick only one, it may be almonds, but you do not have to decide on only one. Different nuts have differing nutritional benefits, so it's best, such as with vegetables, to include a variety. Since they've got significant quantities of calories, you can't consume massive amounts and expect great results.

But if most of your diet is composed of low calorie foods such as vegetables and lean meat, two ounces of nuts daily shouldn't put you over your daily calorie confines.

FINDING THAT BALANCE

TEXT Kelsey Hergott

PHOTOS BY ERIC BLACK
@ericblack_



Life is all about balance, finding a happy medium between what we want and what we should be doing. When it comes to fitness, it's all about finding and maintaining that healthy active lifestyle.

It is much easier committing to something once it becomes habit; all you need to do is start somewhere. Set your goals, create a realistic routine and stick to it. Take that first step! Get out there and try something new. The possibility of finding a new found love for an activity is there you may just not know it yet. Of course there are going to be days where we want to indulge and skip the gym and that is totally OKAY!

It is more important to focus on what you are doing the majority of time than dwelling on imperfection. Your mindset will eventually change from I 'have' to workout today to I 'want' to workout today, it just takes time and consistency.

So why is living a healthy active lifestyle so important? The list of benefits is never-ending. From heart health to self-esteem, staying active keeps us physically and mentally fit. Staying active decreases resting heart rate, risk of cardiovascular disease, body fat, stress/anxiety, lowers blood pressure and improve balance, coordination and core strength just to name a few. It is a necessary part of our existence as human beings.

Our bodies are meant to work, sweat and recover. Once it becomes familiar we crave that endorphin release which exercise generates, improving quality of life in more ways than one. Above all else think of exercise as a form of therapy. Dedicate 60 minutes of your day to yourself, freeing all your worries and stresses that come along with life. We become happier, healthier and stronger than we once were.

Find what motivates you and use it to your advantage. If it's a new workout outfit, go shopping. If it's working out with a partner, call your best friend and schedule a workout together.

Whatever it may be, use that fuel to conquer your goals. I don't



believe in working out for an occasion, event or vacation. That is not the purpose of working out and staying active. The objective is to create a healthy active lifestyle that you can maintain for a lifetime. Be active for life, it is that simple.

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

TEXT Kari Farmer

Here are just a few ways you can do random acts of kindness that will have you feeling good from the inside out.

Help someone out - Take the time to help someone carry something that is too heavy, or reach for something in the store that they can't reach.

Lend an ear to someone in need – Listening is one of the greatest gifts we can offer

someone. I mean really listening to what they have to say and understanding their point of view. You will make them feel validated and possibly help them work through a major issue they are having.

Surprise someone – Whether you just call someone you haven't heard from in a while, or if you go out and buy someone something they wanted, surprising them can make them feel really good. You may even brighten up a gloomy day.

Donate – Try donating to your local food bank or shelter on a regular basis.

Be courteous – Most people will not let you in front of them in line for any reason. People do not want to give up that extra inch they have whether they are standing in line or driving in rush hour. Be a courteous person and let people get ahead of you sometimes. You will shock them, and you will show them there are people out there who think about others first.

Take notice of others – We live in our own bubble, that's for sure. We can walk down a street and not see anyone even if the street is crowded. Take the time to notice others and appreciate their differences. Say something nice to someone to make them feel noticed. Just a quick hello and smile can brighten someone's day.

Pick up after someone – Instead of yelling at someone for throwing garbage on the ground, or leaving their shopping cart in the middle of the parking lot, try picking up after them. You will feel better for not yelling and you may even inspire them to start picking up after themselves. People don't respond well to yelling but kindness is a different story.

Be kind to yourself – Do something you love and something that makes you happy. Buy something you want that will make your life more fun or easier. You owe yourself as much kindness as you give to other people.

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A lakeside beauty in Poland

TEXT Emilia Florek-Guerrero



PRZYSTAN HOTEL & SPA

The northeast area of Poland is one of the most wonderful natural places in Europe. This region known as the Masurian Lake District, has an infinite amount of lakes (over 2,000), lush green forests, rivers, canals and historic towns. It is the most famous lake district in Central Europe.

This is a perfect get-away for many people who would like to just disconnect from the daily hustle of everyday city life or enjoy a wide range of outdoor activities, including sailing, windsurfing, biking, fishing and wildlife watching.

The city of Olsztyn, located north of Warsaw, provides the perfect hotel to take advantage of such wonders. The Przystan Hotel & Spa is a 4-star hotel located right at the shore of Ukiel Lake and is guaranteed to connect you with nature.

There are a total of 150 rooms at the Przystan Hotel & Spa, where many of the rooms feature a view of the lake and some of them have even a private pier connected directly to the water. The quiet tranquility can fulfill all expectations of a paradise where you will feel as if you were the only one on the lake.

Every season provides a different experience from the long, warm sunny summer days to the cozy winter days and the environment will always offer the peace that guests' desire.

The design of the hotel plays an essential part in the comfort on the premises of the Przystan Hotel & Spa. The facade of the hotel is a blend of wooden horizontal tiles, dark steel edges, frames and most important of all, floor-to-ceiling windows.

The interior of the hotel continues this trend seen on the outside using glass and transparent elements, granite walls and minimalistic furniture. One visible feature is the 3-storey glass elevator where the interior mechanical parts provide an eccentric fusion to the rest of the design.

At the top, one can gain access to the rooftop terrace overlooking the lake. Here, glass barriers provide an infinity-edge like illusion. The wooden deck with numerous lounge chairs allows for guests to connect directly with nature and enjoy unforgettable moments such as an early sunrise or the beautiful array of a sunset fading behind the lush forests in the vicinity.

The rooms themselves are cozy and comfortable. Floor-to-ceiling windows are the most crucial feature to enjoy as this will provide extensive light showcasing each element in the room to a higher degree. The fresh 'good-ol' outdoors are felt once you open the glass doors, leading guests to the private pier with lounge chairs. The carpets are composed of a turquoise/bluish blend connecting one figuratively to the colours of the





lake. The bathrooms with unique rain-shower compartments exude interesting reflective light.

The Przystan Hotel & Spa also has an in-house spa and wellness center with a fully-equipped gym, sauna, jacuzzi and an infinity-edge indoor swimming pool with incredible floor-to-ceiling windows. The certified spa personnel provide deep relaxation services based on professional luxury brands, unforgettable blends of scents as well as world class skin and body care equipment. A visit to this spa is a must at the Przystan Hotel & Spa, after one treatment, you will understand what the scent of relaxation feels and smells like!

The Port Restaurant at this hotel, provides an Asian-fusion cuisine that will satisfy the most particular taste buds. There is a wide dining area both inside and out with a lounge area at the shore/mini beach to enjoy tantalizing drinks from the wide



selection at the wine bar. When it comes to the breakfast buffet, everyone will find something to their liking, from green detox drinks and latte art coffee to some of the typical Polish dishes. Breakfast can be enjoyed in the outdoor area with the lake serving as an incredible backdrop.

The Przystan Hotel & Spa provides an exclusive look at the natural beauties in Europe and in Poland.

Przystan Hotel & Spa

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10-160 Olsztyn

Poland

www.hotelprzystan.com



HOTELARNIA HOTEL & SPA

Would you like to spend even more time in nature? We invite you to visit Hotelarnia Hotel & Spa which is situated in the National Park in the center of Poland.

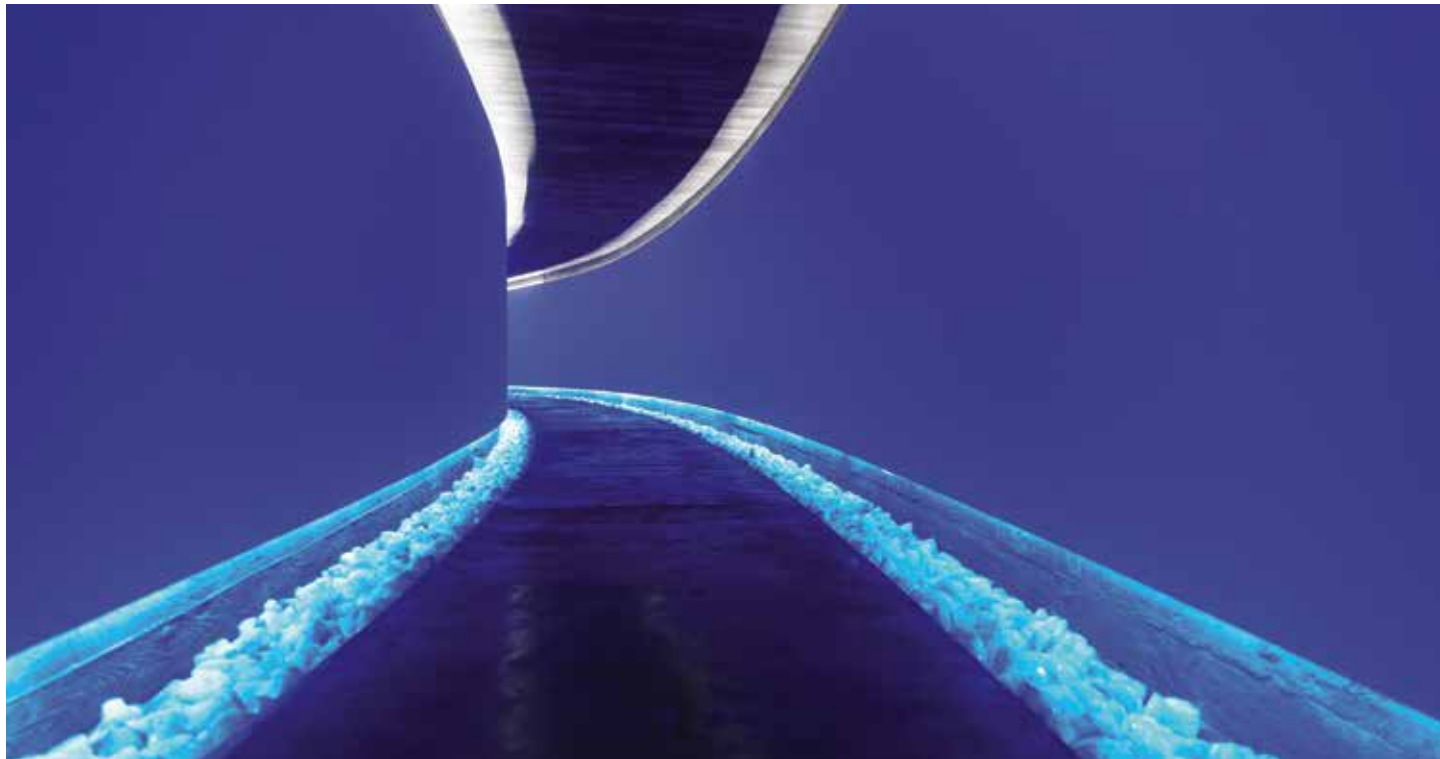
The Hotelarnia Hotel & Spa is an outstanding complex in Puszczykowo, near Poznan that consists of two buildings: a boutique hotel with a hip restaurant and a luxury spa. It is known for its unique character and exceptional architecture. Bartosz Konieczny - the architect of both properties, embraced traditional Polish style outside and fused it with modern design inside creating an eclectic but consistent masterpiece.



Walking through the doors and within the premises of the hotel is quite an experience. The interior embraces the concept known as New Design by Fabio Novembre and Marcel Wanders and all the guestrooms exude remarkable

details by Philippe Starck and Patricia Urquiola.

Interestingly enough, the hotel rooms do not have numbers (in order to find one's room a guest needs to follow the appropriate colour on the corridor's carpet) makes the



experience at this hotel even more unforgettable. The rooms at the Hotelarnia Hotel & Spa provide plenty of space and a unique feel with wooden details, intriguing shapes and carefully chosen colours.

There are four types of rooms to choose from depending on the size and number of guests. The main feature that one will notice is the connection the rooms have with nature. Wood, gray and plenty of natural light exacerbate the hotels' New Design. This truly creates a cozy atmosphere where an entire family will feel at home.

One interesting feature in the double/twin room deluxe are the stairs that lead to the higher floor are actually pieces of separated, wooden blocks. This creates the illusion that they are floating in midair!

In order to take your stay to the next level, a luxurious and award-winning spa, is offering the guests a high level of relaxation.



One only needs to follow an underground hallway as the spa is located in the basement of the old manufactory. This unique trail provides the illusion of walking under the ocean as there is plenty of blue lighting. Once you reach your destination, the large magnificent pool tastefully decorated with glass

mosaic surrounds the area and the perimeter awaits you. Also present are a sauna, a Roman steam bath, a cafe, a hot tub and for those who want to indulge in relaxing treatments are welcome in the massage and treatment rooms.

The restaurant, TASTE It, provides



a top-of-the-line menu featuring a modern twist to traditional, regional Polish cuisine. The restaurant itself houses modern furniture with actual tree trunks acting as pillars! The spacious restaurant can serve as a facility for large gatherings like weddings and banquets. There is direct access to the courtyard which provides the perfect setting for a tranquil afternoon or evening. There is a playground area and plenty of trees in the perimeter.

Hotelarnia Hotel & Spa

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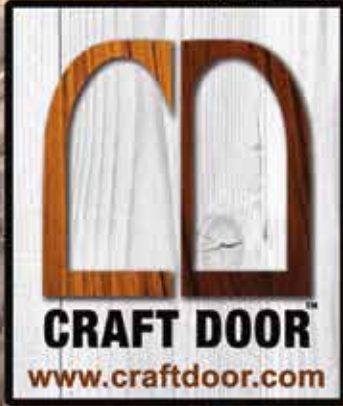




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ADVERTISERS INDEX

B & M Garage Door	24
Cambridge Drywall Services	20
Cambridge Elevating	15
Cameron St.	40
Capa Granite	17
Cedar Springs Landscape Group	3
Craft Door	67
Durraseal Paving	22
Executive Yacht	4
Ferrell Brick & Stone	16
Garage Living	42
Interiors by Natalie	18
Kappa Foods	55
Kolbe Gallery	68
Linear Interior Systems	25
Monticello Carpentry	19
Oakville Sight & Sound	2
Paradigm Condos	41
Peerani's Flooring	27
Sarana Tile	5
See My Clients	21
The Black Wall Gallery	48
Trampoline Parks	54
Woven Concepts	26



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