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A Trade and Lifestyles Publication

Oct/Nov 2017

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FROM THE PUBLISHERS

Welcome to the October/November 2017 edition of Forum Magazine! We are pleased to feature Philo Construction. Ilija Manduric and Sam Mikhail are partners at the helm of a company that take building beautiful custom homes seriously. Both perfectionists in their own right; every single detail and nuance of a Philo home is addressed at every single stage of the construction process plus the final exterior landscaping. They are confident building in the well sought out Oakville area as they are in Richmond Hill and their goal is not simply to produce a home of high quality but to create homes that are as close to perfection as humanly possible.

The east coast of Canada is where you will find Fox Harb’r Resort in Wallace, Nova Scotia, founded by Ron Joyce, it’s a five star, four diamond resort and gated community that is truly a treat for the senses. An exceptional golf course overlooks the Atlantic Ocean, activities that range from skeet shooting, to horse back riding to kayaking will leave you breathlessly wanting more. Plus savoury local flavours and wine will tantalize your taste buds. Residential ownership opportunities are also available to make this special place your home. For more on this Canadian destination visit foxharbr.com

The Farol Design Hotel just outside of Lisbon is a sleek and fashionable hotel overlooking the Atlantic Ocean from Portugal’s dramatic coastline. This hotel blends a classic Portuguese villa with contemporary architecture and design; the mix of old and new with a whimsical restaurant encased in glass is a slick success. For more on this incredible property visit farol.com.pt

Don’t hesitate to reach out to us if you feel your company would make an excellent covers tory or if you would like your company profiled... would love to hear from you!

Until next time,

Sean & Ana Patrick
Publishers



PHOTOS BY CAMERON ST.

PHILO CONSTRUCTION

The secret of perfection is all in the details

TEXT John Reynolds



"It's a jewel!"

Whenever you hear those words applied to a work of art, you know they mean high praise indeed. They signify elegance, style, quality and luxury. And if have heard them used when describing a

custom home, you'll know the home was built by Philo Construction.

That's appropriate, because Sam Mikhail, one of Philo partners, began his career as a jeweller. This sounds like a strange beginning for a builder of outstanding

homes, but Sam has an explanation.

"Two things make jewellery valuable," he says. "One is design and fashion. Does it please the eye? Are the lines elegant? Is it unique? The other way to judge a jewel is in the very smallest details. The most



valuable jewellery is perfect and free of flaws.”

Sam smiles while his words make their impact. Then he adds, “Those words describe the kind of custom homes that Ilija and I set out to create – real jewels of design and quality that people can build their lives around.”

Ilija Manduric, the other side of Philo, agrees. His construction background is more rooted in typical homebuilding skills than Sam’s, but his appreciation for quality and detail is just as

demanding. When Sam decided to shift his design expertise from jewellery to custom homes, he and Ilija teamed up to blend their skills into the team.

“We both share an obsession for detail,” Ilija says, explaining their success. “We saw this aspect missing in many custom homes. The people we build homes for not only expect that everything, down to

the smallest detail, will be perfect – they demand it.”

The attention to detail begins with the original design concept for a Philo home. Working in conjunction with top architects, Sam and Ilija search for ways of enhancing details within the original design. It may be the use of perfectly-crafted wainscoting or crown moulding



PHOTOS BY CAMERON ST.

throughout every space in the home, including the laundry room... or the selection of rich walnut as both an exquisite flooring material and for matching stair railings and balustrades... or one of a dozen other design decisions that collectively deliver a mood of elegance and grace.

And after the design decisions are made, the attention to detail extends through every phase of construction. It is not unusual, for example, to find Ilija or Sam working alongside skilled tradespeople to carefully select by hand each component of an installation. "We may tell the person laying the wood floor," Ilija explains, "'Don't use that piece. The colour isn't quite right. Use this one instead.'"

Ilija agrees that such thorough involvement by builders is unusual, and it may even make some tradesmen uncomfortable. But the teams of people we use," he explains, "they understand we do it because the end result will be so much better." The goal is not simply to produce a home of high quality. It is to create a high-quality home that is as close to perfection as humanly possible.

Their hand-selection of building components is doubly important because Sam and Ilija favour natural materials throughout their homes. One of the appeals – and one of the drawbacks – of natural materials is their lack of consistency. The perfect balance between beauty and consistency is a design decision, and the result is often spectacular.

The partners love to use Eramosa limestone, for example, for the warm buff-coloured patina that is unavailable with similar



material. Its texture, banding and durability are unique, but Sam and Ilija insist on examining every piece before it is set in place by in-house masons.

Behind all of this attention to detail, of course, are practical considerations. Homes, after all, are not created to be admired – they are built to be lived in, which means they should be constructed to ensure comfort, convenience and durability over the long term.

Sam and Ilija begin every custom-built project by discussing the needs of the owners. Do they have children? Will they be entertaining a great deal? Is there a concern about easy access? The blending of these needs with their celebrated attention to detail mark every Philo-built home as something beyond a place to reside. It becomes both an expression and a stimulus of the owners' lifestyle.

Once a project has begun, Sam and Ilija visit the construction site each day to confirm that schedules are being met and every detail is being addressed.



This marks another measure of Philo Construction's success. To put it simply: The two partners work hard. Very hard. Yet still have fun.

Both men love what they do, and it shows. They build each home not as though they are building it for clients but for themselves. That's an important distinction. Tiny flaws that might escape the attention of an otherwise-proud homeowner would never be tolerated by the dedicated professional who built it. So, as Sam and Ilija explain it, why should their clients settle for anything

less than perfection?

The result is a unique blend of practical concern and rigid attention to detail. Those familiar with Philo Construction's high standards have suggested that the partners consider every home they build to be a jewel box.

Tiffany's has never been in the homebuilding business. But anyone from that company who took a tour of a Philo-built home would surely agree with that description.



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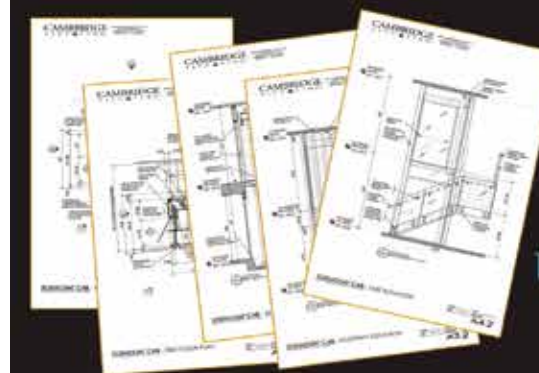
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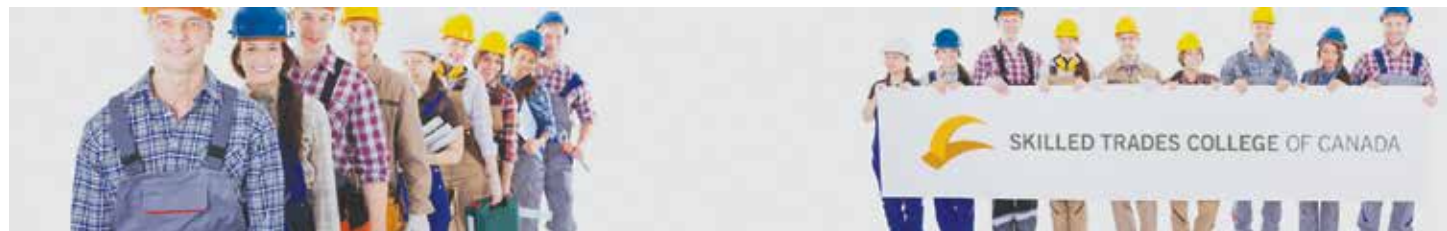
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Skilled trades industry outlook

Over the next decade, one million skilled tradesmen and women will be needed to keep Canada's growing economy strong. With increasing economic growth and a shortage of skilled trade workers, we are looking at a very promising future for those in trades.

Shortages of skilled trades = better employment opportunities

Based on the "Taking Action on Skilled Trades" research report published by the Ontario Chamber of Commerce, Ontario will face a shortage of about 100,000 skilled trade workers in the manufacturing and building sectors over the next 15 years, due to retirement. This forecast does not include the void created as a result of growth in the industry.

If these 100,000 retiring skilled workers are not replaced over the next 15 years the provincial and federal government would stand to lose between \$1.2 billion and \$1.3 billion in combined taxation revenues. The impact to Ontario's economy will be cumulative loss of some \$43 billion by 2020.

The forecast losses stated above could double or triple within this time frame

as the construction trade continues to grow and prosper in Ontario, resulting in astounding job creation in the skilled trades sectors.

Pre-Apprentice training for electricians and plumbers

Program admissions

Skilled Trades College of Canada offers programs to individuals that are interested in learning the skills, experience and fundamentals to enter the plumbing or electrical trade. We offer programs that are ideal for individuals looking to get into skilled trades which typically average an annual salary of \$76,000.

Formerly known as the Electrical College of Canada, Skilled Trades College was established to provide individuals with the hands-on skills and knowledge required to begin a career in the skilled trades industry.

Our mission is to provide our students with a practical application of the skilled trades to ensure that they are prepared with the theory and safety knowledge required to meet the needs of their future employers. Upon completion of a Skilled Trades College Pre-Apprentice program, graduates will have the education, skills, and confidence necessary to be employed by a contractor and succeed

in the skilled trades industry.

We offer exceptional and specialized Electrical and Plumbing Pre-Apprenticeship programs designed for individuals looking for a career in skilled trades. STC programs focus on safety knowledge, theory, and hands-on experience through simulated work environments in the lab providing young adults and those looking to change careers with the fundamentals necessary to begin an apprenticeship in the skilled trades. The high demand for skilled pre-apprentice labour combined with the strong construction industry growth has encouraged the college to expand to offer a larger spectrum of pre-apprentice programs.

Today with 2 campuses conveniently located to serve Toronto and the GTA, STC has graduated over 800 students and prepared them for a career in the skilled trades.

What's in it for me?

Graduates of our Electrical program leave with a full set of Klein Tools, personal protective equipment, safety certifications, textbooks, and most importantly, the skills and knowledge of a second year apprentice. After completing our program, you will have the confidence and hands-on experience needed to start working and become an asset to any company.



Why become an electrician?

Electricians are very well respected in the construction industry. It takes a very specialized set of skills and knowledge to work with electricity every day. A career as an Electrician can provide a salary substantially higher than the national average.

If you are interested in registering with Skilled Trades College, please schedule an appointment to meet with a Program Advisor. Our advisors are here to provide you with important information about the details of our programs, class schedules, employment opportunities and any other questions you may have.



How to become a plumber

1 Get your High School Diploma, GED or Equivalent

A plumber needs a solid foundation in math, physics and blue print reading. Although not mandatory, a high school diploma or equivalent is recommended.

2 Pre-Apprentice training

Plumbers are required to start off as an apprentice in their respective fields. But before getting an employer to hire you as an apprentice, you will need some prior training. This is where a pre-apprenticeship training program can mean the difference between finding employment or not. At the Skilled Trades College, we have a Plumbing Pre Apprentice Program to give

students the right mix of theory and hands-on experience needed to make them successful apprentices. Plumbing classes at Skilled Trades College of Canada will provide you with safety training, introduction to plumbing, theory, plumbing code, residential prints, math for plumbers, and plumbing practical techniques. The certificate will help you learn your water supply, drainage systems, as well as working with piping equipment.

3 Start your plumbing apprenticeship

After you have successfully completed a plumbing pre apprenticeship program, you will then take part in your apprenticeship, where you will earn while you learn, where you get paid for the work you do while learning the respective trade, and ever so often, you will go back to school for eight-week blocks of technical training. After completing 9,000 apprenticeship hours, you can apply to write your certificate of qualification exam.

4 Get your license

After completing your plumbing training, obtaining and completing your plumbing apprenticeship, and passing your C of Q exam, you will then obtain your license to become fully certified in your region.



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LINEAR INTERIOR SYSTEMS

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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, specialty 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.

How to invest in a LIFE OF CURIOSITY

TEXT Sandy Camarda

It's easy to get trapped in a daily pattern with work, home, family and sleep. Our lives can become boring and routine as a result, and we often wonder if there is more to life. When this is the case, keep in mind that although curiosity may have killed the cat-it is also the cure for boredom.

A good way to start doing interesting things is by composing a list of exciting activities that you would like to learn, achieve, or experience. Next, it is important to set yourself short and long term deadlines of either devoting 15 minutes a day or a whole summer to accomplishing your goals. If you think that there isn't enough time in the day, then try replacing watching TV, scrolling through your iPhone, and waiting in long lines-with an activity on your list.

If money is tight, there are many free activities you can join in on. Meet-ups is a great app that hosts get-togethers for different interests such as wellness, social gatherings, and hobbies. You can also try borrowing a library book on a topic that intrigues you, such as spirituality or travel. Taking up a new craft or hobby, like learning how to bake or sew, are other low cost options. Not to mention that learning to meditate will also help you to de-stress and to wind down after a long day.

If you are willing to spend some money, there are countless other ways to add excitement to your life. You can enrol in a dance class, learn how to play an instrument, join a sports team, or take an online course. Getting active by trying rock climbing, taking a pole



dancing class, or joining a horseback riding club-are also exciting and beneficial options. Believe it or not, even the smallest things you add into your day, can leave a lasting effect on your life style. You can do this by trying out a new restaurant, catching a new movie, attending a festival or concert, or visiting an art museum.

If you are willing to go the extra mile literally- to spice up your life, then try local weekend trips or exploring places overseas.

This past winter I was feeling the blues so I crafted a lot, tried cooking new recipes, and meditated more often. As I was doing this, I noticed that I began gravitating towards the East Indian culture. I was using images of Hindu Deities in my art, I found that my meditations were stronger while

listening to East Indian music, and I developed a strong interest in cooking and eating Indian food. After some time, I decided I wanted to further my knowledge by planning a trip to India with a good friend of mine. The months leading up to my departure were even exciting, as I devoted at least 15 minutes a day to preparing for the trip.

I came back from India with a fresh new perspective, a greater understanding about the culture, fun experiences, new friends and a greater appreciation for life.

The fun still hasn't subsided as my travelling pal and I meet often to reminisce about our trip, as we add photos of our journey to our travel journals.

Staying curious and excited can do more than just break a boring routine. Taking on new interests will make you generally happier and will bring new like-minded friends. It can aid you in developing new skills, creations, and a wise mind. It can promote a healthier lifestyle, fit body, and a new found confidence.

People who regularly step out of their daily routines maintain their mental abilities later in life. As a result, curiosity will bring excitement into an otherwise monotonous life. With results like that, curiosity won't kill the cat, it will bring it back to life.

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REPLACING YOUR STRESS HABIT

TEXT Karyn Buxman

We're cruising down the highway on a sunny California afternoon-the sparkling ocean to our left, the picturesque mountains to our right-then as we come around a curve we see motionless cars stretching for miles and miles ahead of us.

"Shoot! Dang!" cried my husband. (Okay, so those weren't his exact words. Hey, I want to keep this article rated PG-13!)

His knuckles whitened around the steering wheel, his jaw tensed, his muscles stiffened. "Look at this frakkin' traffic." (Note: He actually did use the word "frakkin'".)

The sight of a traffic jam sent him immediately into a stress response. But I reminded him that we had plenty of time to get to our destination, we had plenty of gas, we had food and drink in the car (and neither of us was in need of a bathroom break!).

So rather than fume about traffic I pulled out my phone, and played several episodes of a show that we both find hysterical (Cabin Pressure, a BBC radio sitcom, starring Benedict Cumberbatch). And we relaxed and laughed our way to our destination.

Stress can be
habit-forming.

We see a stimulus (a traffic jam, a virus alert on our computer, that neighbor

who rambles on incessantly) and we respond with irritability, muscle tension, anxiety, loss of focus, and the urge to strangle some jerk who desperately deserves it.

Holocaust survivor Victor Frankl once said, "Between stimulus and response there is a space. In that space lies our freedom and our power to choose our response. In our response lies our growth and our happiness."

So often, when challenges pop up, we fly into an automatic response.

But we do have a choice. There are lots of interventions you can initiate in that space between stimulus and response. One of the easiest and most effective choices is humor. Rather than experience a stress habit, create a humor habit.

The trick is having humor easily available so that accessing it is a no-brainer.

Here are three quick techniques for the next time you feel stress coming on. Pick one!

Use your smartphone

Depending on the time you have, you can access a funny podcast (10-60 minutes), a funny video (30 seconds to 10 minutes), or funny memes through apps like Tumbler, iFunny, and Pinterest (mere seconds).

Use another person

Ask a colleague, a friend, or a customer to share something funny with you: A funny story, a joke, an embarrassing moment. It doesn't have to be wet-your-pants funny. You're just going for a quick reframe of your mindset, from stress to jest.

Use your mind

Use your mind. Have some go-to images that bring a smile to your face just thinking about them:

The look of delight on your toddler's face when she first met your new puppy.

Your husband on the dance floor trying-hilariously-to disco dance like John Travolta. Kramer bumbling his way into Seinfeld's apartment.

Tapping into a quick humorous memory can change your body chemistry-and your day-almost instantly.

And here's one last tip: You'll get the maximum benefit from humor when you use it consistently. You can actually rewire your brain-so practice some kind of humor every day!

Stress is always going to be part of our lives, but it doesn't have to dominate our daily lives. Exchange your stress habit for a humour habit.

The famous saying says it all...
Past is history. Tomorrow is a mystery.
Today is a gift,
that's why it's called present.

7 steps to effective communication that gets results

TEXT Anne Bachrach

Communication is everything in business and in all of our relationships. Honestly, how else would people communicate? In order to enjoy an agreeable business and personal discussion, the communication level has to be excellent. How does one communicate effectively? Simply put, say what you mean, say it clearly, and say it with respect.

Step 1: Establish trust

Some people naturally distrust other people, because they do not know what the other one is thinking. Therefore, the sooner that you come out and say what you want, the sooner you can

begin establishing trust. If you sense that someone is especially apprehensive, then you could go try and reassure him or her that you are not a threat. As you can guess, this doesn't always work, so don't waste time trying to change someone's mind. Instead, continue being cordial and ethical and hope that your professionalism and consistency eventually wins them over – assuming you want to win them over. There are some you may not want as clients or even associates.

Step 2: Speak clearly and concisely

Speaking clearly can sometimes be a

problem since not everyone actually takes the time to improve in diction or word usage. For the best results, try practicing speaking in front of a mirror and recording yourself for playback. The last prerequisite is respect. Never disrespect someone that you just met. First impressions never really go away, so make an effort to present yourself as a confident and respectful business associate. If all you have to say is, "Blah," don't say "Blah, Blah."

Step 3: Recognize problems in communication

What are some of the most common barriers in effective communication? For

starters, there is language, or word usage. One cannot always assume that what sounds benevolent to you would strike others the same way. People can easily misinterpret or even distort a statement's original meaning. It is wise to avoid saying anything questionable that might confuse a listener, or inadvertently provoke a negative reaction. Sarcasm and humor can also be difficult to get across. Humor should be fairly obvious and nothing too droll, or else one could easily take offense to a flippant statement.

Step 4: Learn how to use tone and body language together

In trying to improve your own communication, beware of a defensive posture or negative voice inflection. Once a person goes on the defensive, the conversation tends to spiral into oblivion. Make sure that you use a friendly and welcoming posture, with open arms and a smile. If you sense yourself taking on defensive gestures or even resorting to a defensive tone (perhaps provoked by the other person) then eliminate those telling signs. Don't let emotion overpower good judgment. In fact, the misreading of body language and tone of voice is one of the most common problems in the breakdown of communication.



Even if you are saying something agreeable, if you show physical signs to the contrary, your message and your honesty will come under suspicion. Remember that negative and positive body language comes across in any language and in any circumstances.

Step 5: Never assume anything

Assumptions are another common problem, whether they are self-fulfilled assumptions or merely assuming that others see things in the exact same way that you do. Never assume – the fact of the matter is that most people do not see things they way that you do, nor do they have the same feelings as you do. The less you assume, the better. This falls under the category of making sure that your communication is always clear.

Step 6: Recognize communication issues caused by technology

With the advent of new technologies also come new technology-related barriers in communication. Sometimes messages can be misunderstood because of cell phone static. Additionally, when communicating by phone it is common for people to use selective hearing (hearing what they want to hear), which can add to the problem. Other technology based communication problems might result from lost phone messages or ambiguous email messages. Lastly, remember that this form of impersonal communication usually doesn't allow for non-verbal clues,



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although virtual conferencing is an ever-increasing trend.

Other communication problems may result from keeping biases and stereotyping groups of individuals based on their race, sex, nationality, age or religion. Remember that nothing is universally true of any kind of person; every man or woman should be given the chance to prove him or herself based on efficient work. What cannot be denied however is that with more diversity in the office comes the possibility of major cultural differences and personality clashes. Sensitivity training has helped many in this regard.

Step 7: Learn how to talk business

If you are trying to get someone to open up then try using open-ended questions rather than yes or no interrogations. When reviewing your own tactful manner analyze how you approach people. Do you bully them with close-ended questions or do you ask them in a positive manner how the both of you can make necessary changes to get a project, for example, moving more efficiently?

The more effective you can be with your communication the more successful you will be – personally and professionally. Communication can be extremely powerful in helping you or it can hurt you. Apply any or all of the seven steps mentioned above and set goals around enhancing your communication.



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Luxury without pretension

FOX HARB'R RESORT

Wallace, Nova Scotia



Sam Mattina teeing off.

The course has also been rated as one of the Top 20 Golf Resorts in North America and the Caribbean.

Ron Joyce's name is synonymous with the Tim Horton franchise but he also is responsible for Fox Harb'r Resort, a five star, four diamond resort and gated community in Wallace, Nova Scotia sprawling over 1,100 acres of impeccably manicured gardens and spectacular ocean views.

He was born in Tatamagouche, Nova Scotia and it was in 1987 when Ron Joyce was at home that he had stumbled upon a parcel of wilderness (approx. 1,100 acres) on the water with 6 km of beautiful oceanfront shoreline near his hometown that captured his heart. He knew he wanted to make it something special, so he decided he would build a Golf course and asked architect, Graham Cook to design it.

Golf Digest has rated it as one of the best courses, Rolex has chosen it as one of the World's Top Thousand and this course has been host to such as UK Prime Minister John Major, Tony Blair, Bill Clinton, George W. Bush, Al Gore, General Colin Powell, Tiger Woods, Wayne Gretzky and many more.

You can enjoy an unforgettable golf experience with this championship golf course; the immaculately trimmed fairways offer a variety of services that can enhance golfers of all skill levels.

Sport shooting is an exhilarating compliment to a round of golf, guests can discover the thrill of trap and skeet shooting under the careful guidance of staff at the elegantly rustic sporting lodge. This full sporting clay shooting facility is truly one of a kind and offers numerous stations set up throughout the forest with various skill levels and creative shooting scenarios for all levels of shooters or you can try the five stand sporting clay condensed version that is designed to offer a wide range of targets of exotic and standard clays. Even first time clay and skeet shooters can gain expert instruction for the initial safe use of a firearm for clay and skeet shooting at Fox Harb'r and the course can be set to one's level of experience.



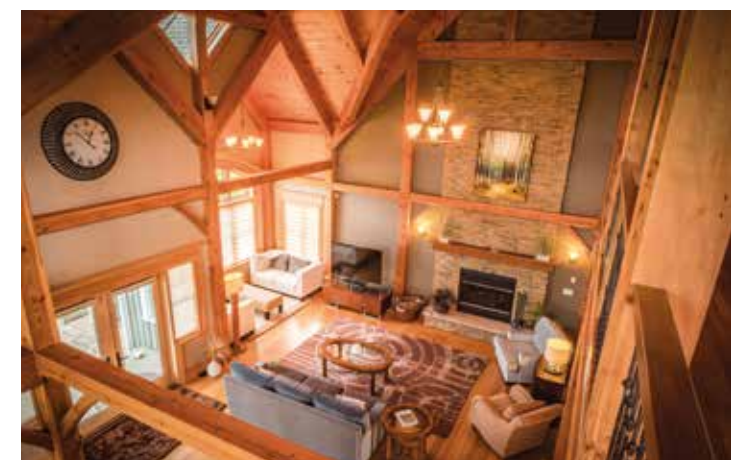
Sight seeing tours, fly fishing, hiking, biking and nature trails are just some of the other activities at Fox Harb'r. Trail rides with Forever Memories Equestrian Partnership offers expert trainers and guides promising guests a memorable riding experience through the resort's scenic pastures and views of the oceanside and beach. Outdoor activities have expanded with the addition of sit-inside sea kayaks. According to Peter Phillips, Director of Sport Shooting, Hunting, Fishing & Water Sports, "Sea kayaks are designed for paddling on open water and Fox Harb'r Bay; a calm and protected tidal bay. In this serene setting, paddlers enjoy outstanding views and photo opportunities from the water plus extensive bird wildlife as well as sunsets and sunrises on the horizon offering spectacular vistas from wherever you are at Fox Harb'r." One must experience the opportunity to try their hand at fly fishing on the well stocked



spring fed trout ponds that feels like a private lake or take a few lessons from the on-site pros who are great instructors and will surely have you fishing like one in no time!

Spacious studio suites, exquisite executive suites and ocean view townhomes offer

well appointed luxury and ultimate comfort for the most discerning guest. The 3,000 square foot bedroom town home combines the peaceful lifestyle and natural beauty found throughout the resort with all the comforts of home and are a perfect luxury retreat with outdoor patios, living and dining rooms and state of the



art kitchens. Or you can start living the dream now with a half acre home site with spectacular ocean views. Whether this may be your principle residence or vacation home; this community is comprised of unique individuals in a world class resort offering custom homes, modern marina homes or executive townhomes. With ownership of a home or building lot comes membership at Fox Harb'r with full playing privileges and access to all resort amenities.

Guests can savour superb cuisine with locally sourced ingredients. The award winning culinary team of chef Shane Robilliard offer exquisite seasonally-inspired menus showcasing the best of local flavours and the freshest ingredients. The local fisherman will drop by with their catch of the day with offerings of fresh

shell fish or perhaps a 100 lb plus halibut that will be served up for fish and chips or grilled to perfection at The Willard restaurant for lunch.

Savour melt-in-your-mouth Atlantic lobster, flavourful Tatamagouche rack of lamb, superb wines from exemplary cellars and an array of enticing signature desserts or treat yourself to the Eggs Benedict that will tantalize your taste buds first thing in the morning as you start your incredible day with amazing ocean views from the patio at the Cape Cliff dinning room.

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Fox Harb'r is also a sanctuary wrapped in serenity and natural beauty that inspires well-being.

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Resiliency: An equal opportunity resource

TEXT Eileen Mcdargh

Do any of these sound like you: Your organization has been downsized, “right-sized,” capsized. Perhaps you’ve been merged, remerged, submerged. Every time you think you know the answers, they change the questions. Up is down and down is up.

Perhaps you have the opposite challenge: your organization is growing so fast that it’s hard to maintain the pace! Business change is a daily fact of life.

Perhaps you’re the leader with followers looking toward you as a model to move forward in complex and demanding times. You feel stuck in a time warp and want nothing better than the old days of career progression, linear movement, and a marketplace that is predictable and faithful.

Perhaps you’ve assembled a team of world-class performers but getting them to play from the same “sheet of music” and honoring each other’s skills appears a task worthy of Hercules. Teamwork is a fiction. Virtual teams are virtually invisible. Or perhaps you’re juggling the professional and personal demands of requests that surround you 24-7. Aging parent, ailing spouse, boomerang kids, or your own soul wanting more - it’s all a sign of the times.

In all of these cases what is needed is resiliency. Not the dictionary definition of bouncing “back,” but rather the proactive result of growing through challenge as well as opportunity. That’s right: opportunity. You see, we’re used to thinking about resiliency only when faced with hardship, loss, or negative events. However, I believe that resiliency is a life skill!

Resiliency is rooted in energy - the capacity to keep on keeping on. This is not about adversity but advantage. It is not about pain but possibility. Resiliency can be learned, cultivated, and practiced. And it can be

done with vision, foresight, and joy. It is about thinking differently, learning to ask critical questions, and most importantly, discovering how to listen deeply to yourself as well as others.

Regardless of your current situation, here are four actions to be practiced. Some days we will be better than others. It takes practice:

1. Work on intelligent optimism
To see the glass as half-full rather than half-empty, reframe whatever is going on in terms of possibilities. As a simple example, a bad hair day becomes a great hat day. A downturn in personal finances becomes an adventure in minimal living.

Ask yourself, “And what else can I do?” My friend Jesse lost her opening bid for a house she wanted to buy. She literally had no more money to offer. But she kept thinking, “What else could I put in the mix?” She had some gold coins in her safety deposit box. She offered to introduce the sellers to key people in the city where they would be living. And, she told the sellers that if they wanted to relive memories where they started their family, she’d move out for a weekend and they could come stay. She got the house!

2. Create a support network
None of us are “islands”. Stay in touch with people where mutuality is a given. You support them and visa versa. Don’t hesitate to ask for help. Often, reframing takes someone with fresh eyes to see what we can’t see. Think contribution with your support network. What can you give? Energy returns when we move out of ourselves and into aiding someone else. If fact, consider helping people who are NOT in your support network. Energy expended on behalf of others returns multiplied.

3. Celebrate small steps
There is a reason babies crawl, stand,

walk and then run in that order. They are building up muscle and muscle memory. Some babies might be faster than others but developing new responses takes time. We often forget to acknowledge ourselves and others in moving through change. Some days it takes courage and energy to just show up! In the book OPTION B, Sheryl Sandberg confesses that there were days she just wanted to crawl in bed and stay there. Just showing up was cause for a pat on the back.

4. Laugh
I have always believed that people without a sense of humor have no sense! In challenging times, laughter is the literal breath of fresh air that laughter brings that re-energizes.

According to Cancer Centers of America, laughter offers these healing results:

- Enhance oxygen intake
- Stimulate the heart and lungs
- Relax muscles throughout the body
- Trigger the release of endorphins (the body’s natural painkillers)
- Ease digestion/soothe stomach aches
- Relieve pain
- Balance blood pressure

Whether watching funny animal videos, cracking a joke at a pun, or using humor to lighten a mood, laughter offers perspective. At the height of the Civil War, Lincoln was heard to mutter, “If I didn’t laugh. I would cry.”

Resiliency is a trait that is not hard-wired by genetics or restricted by life’s circumstances. But it is a choice point. When we begin to get our head, heart and hands involved in growing resilient responses, we will have a renewable energy source that defies OPEC and pipelines. In fact, human energy is the most important renewable resource we have.

Blair MICHENER
at UpCountry, Inc
360°

Seizing Beauty

“Discovery consists of seeing what everyone is seeing, but thinking what nobody else has thought”.

This phrase embodies the personal design philosophy for Blair Michener of UpCountry Inc. For over 30 years he has carefully sought opportunities to grow as an Artist and Designer in unconventional

places. Passionate about the sculptures of Dale Chihuly, the private gardens throughout the Tuscan countryside and his own ability as a photographer have all led him on an unconventional journey.



Born in Toronto, Canada, Michener has had the privilege of working on commissioned projects throughout the world. Currently he studios just west of Houston, Texas and continues to create extraordinary exterior spaces both here in the GTA as well as the United States and beyond.

“The underlying bones of a garden should be found in its context”. What does the architecture say? What is the vocabulary of place? Is it a busy urban environment? A plot of land far from the maddening crowd? What kind of architecture has sparked the imagination of the client? Clients often retain his services at the same time as they begin with their architect.

As Michener says,
“this provides the best possible outcome when everyone has an opportunity to interact and develop together.
Leading us all in a direction of discovery.
Elevating the human experience through design”.

Casa di Cavallo Nero

A project which required a distinct understanding of context. In meeting with the client for the first time and like projects in the past, Michener spent little time reviewing photos of works historical, but rather more time getting to know each other. A discussion in general - letting the client lead, and divulge their own honest intentions for their home life.

His design process is by intention,



inclusive. Drawings and sketches are a layer of what is to come. Story boards are developed to help visualize different aspects. Mood. Light. Texture.

His passion for design and detail ever present. The process is rightfully consuming and simply asks each client to come on a journey that reinforces their ownership in decisions made. Michener’s skill is found in the ease in which it is presented. Proportioned dimension and rhythm between shadow and light.

As Michener states, “I know I have been successful when a client talks of harmony and serenity”.

Casa di Cavallo Nero was no different. Success for many has its own trappings and for this client the sense that he was transported to another place and time was key. The pool cabana, rustic and charming. Evidence of those earlier conversations. The deep rich colours of the pool that change throughout the day. Gardens lush and brimming with life.

“Planning. Listening. It might be what we do best”. Michener defines the concept of the “New Luxury Code” as not something to be consumed but rather one that appreciates over time. It’s a living art form - authentic and unique and one which can be resolutely lived in.



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TIFF 2017

TEXT Krista Deverson



The streets of Toronto literally buzz with excitement as September rolls around the corner. It's not just the extra caffeine pumping through the veins of pumpkin-spiced Starbucks devotees; it's because it's that time of year when sunglasses-adorned celebrities meander through the city amongst average Torontonians. During the first couple of weeks of September, the Toronto International Film Festival takes center stage at venues across the city featuring movie premieres and the chance to hob-knob with the film industry's finest.

To make the most of the Toronto International Film Festival (TIFF), it's important to plan ahead by reading up on all the films, the events, and of course the stars who will grace the city streets.

Gala premieres are always a sell-out and fans line-up hours in advance for a chance at an autograph or even a selfie. But if you can't get tickets to the hottest shows, there's always a chance to try your luck at the Rush line if last minute seats are available. And of course, each movie will play several times over the course of TIFF, so there's an opportunity to see the films regardless of if you miss the premiere.

This year's Rush lines started earlier than ever with some fans lining up as early as 5:30 a.m. Typically the Rush line only starts to fill in an hour or two before the show begins. However, the promise of an intimate piano performance by Lady Gaga

was bound to elevate the excitement level to epic proportions and have fans cueing up all day long.

Waiting for that once-in-a-lifetime chance to see the celebrity of your dreams is well worth it and the Rush line is never boring. Longtime TIFF-goers and movie buffs will entertain each other until their excitement turns to elation when the TIFF volunteers start handing out the extra passes.

Lady Gaga's dramatic and intimate performance at the Princess of Wales Theatre before the premiere of her film *Gaga: Five Foot Two* stunned audiences. After amazing the crowd with her voice, the fashionable singer then joined the premiere audience to watch the documentary about the making of her most recent album. An intimate portrait of the artist in her every day life, the film touched on her family, her personal and relationship struggles, and the hard work she put in to produce the album *Joanne*. Fans left feeling a little emotionally closer to Lady Gaga.

It's difficult to top such a grand start to the festival, but there were more extravagant premieres and astonishing films. Angelina Jolie was back on the red carpet with her children for the gala of *First They Killed My Father*, the film she directed, co-wrote, and co-produced about the genocide under the Khmer Rouge regime in Cambodia.

For movie aficionados, the beauty of

TIFF is that there are so many options to choose from and a film for every taste. The inspiring, thought-provoking, and gripping line-up of movies will have you running through a range of emotions all week.

Roy Thompson Hall had two such premieres on Friday at TIFF. Hilary Swank and Helena Bonham Carter portrayed the real life story of a lawyer helping a mentally ill woman fight for her rights in California in the poignant drama *55 Steps*. Audiences leapt to their feet in applause upon learning that the real lawyers who worked on this case were in attendance that evening and there was not a dry eye in the house.

With not much time between films, volunteers scramble to clear the theatres, refresh the auditorium and then re-fill the seats for the next showtime. *55 Steps* was followed up by the premiere of *My Days of Mercy* featuring Ellen Page and Kate Mara in a love story about two women with differing political views on capital punishment. The complex story brings a deep layer of empathy to a complicated issue and gave audiences a human side to a political discussion.

When audiences leave the theatre each night, they go home discussing the films; a discussion that they can't help but bring to the office water cooler the next day. With newly acquired knowledge of what movies are the talk of the town, one simply must get tickets to the next showing!

Are you underestimating yourself?

TEXT Nicole Bernd

I estimate that 99% of people underestimate their own capabilities in multiple ways. This means that chances are likely that you underestimate yourself. Do you say things like, that's impossible or I can't do that, often? I imagine that you say it more than you notice about many things.

Many people use this limitation as an excuse to get out of something that they are afraid of doing regardless of the benefits. For example, going back to school is a huge step and many people make excuses to themselves about how it is

impossible because of the financing, time constraints, they are too old, they haven't been in school for too long, etc. As far as we know we only get one life to live and none of us really know how long we get to keep it. Underestimating how much you are really capable of can hold you back from being everything you dream of being. Don't limit yourself. Imagine what would have happened if the Wright brothers had listened to everyone who told them they could not fly?

You are capable of amazing things and part of realizing that is reversing that negative internal conversation you find yourself having often. Let's think of something you want to do but think is impossible. Now, hold that in your mind. Think about what it would be like to accomplish it; really feel, see, and hear what it would be like. Put yourself in a state of accomplishment, feel good.

Now I want you to think about how you could accomplish what it is you see, hear, and feel. Don't limit your thoughts, think outside of the box. What are your options? Go online and google options, or get a small pad of paper and write down your ideas as they come to you for awhile.

If you really want to avoid underestimating yourself and limiting your possibilities stop every night and spend a few moments really getting back to what it would be like to accomplish your goal. See it, feel it, and hear it. This exercise alone knocks down the imaginary barrier you put up and helps you start running towards accomplishing your goal.

You can use this method with anything you think is impossible. Forget about why you think you can't do it and start thinking about how you can do it.

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Enjoy an entire season of boating
and then decide

With a Fractional Yachting Program, this is possible! It is perfect for people that have dreamed about owning a yacht but could not justify the expense. Or perhaps you would like to try out the yachting lifestyle and explore if your family would also like it.

Many people are just too busy and don't have the time to look after a boat and the day to day responsibilities. Some are already boat owners at another location like their second home. There are some that presently own or have owned a boat but have become tired of the hassles and time required to maintain a boat in good condition.

Probably the best reason to join a Fractional Program is when people want to buy a boat, but are not sure what they would want in terms of size, type, features and options.

If you live in the GTA, you can now enjoy an entire season of boating without the expense and responsibilities of traditional boat ownership. With a Fractional Yachting Program (sometimes referred to as a Fractional Lease) you share the yacht of your choice making reservations for your boat months or minutes in advance. You are one of a select group of yachts users and it is the closest thing to owning your own boat

without the high cost and day to day responsibilities. Use it for a day excursion or week-long cruise through Lake Ontario perhaps visiting Niagara-On-the-Lake, Prince Edward County or dozens of other popular destinations.

"I've been a Fractional Yachting client for several years and it's wonderful to have a late model, well-appointed and maintained boat at my disposal without the day to day responsibilities. I have a busy practice and love boating but would not have gotten into yachting otherwise."
– Dr. R. Pinto

The program made available through



YACHT Solutions is a practical boating system that allows you the user, the satisfaction of accessing a beautiful late model yacht without all the hassles, headaches and expenses that can be associated with ownership. You will captain a pristine yacht that is bigger than most of the other boats on the water with a minimum of 3 - 4 cruise times every month from May through to October.

The annual fee includes usage, slip fees, insurance, maintenance, detailing and management. The cost of sole ownership calculating just the fixed expenses alone including insurance, dockage, winter storage, maintenance, pump-outs, spring commissioning and haul out far exceed this. Plus, if you are like most boat owners, only end up using your new boat 2-3 times per month. The YACHT Solutions program will bring you as close as possible to the feel of sole ownership.

A distinct advantage of this program is being able to access the newest latest boats which are easier to handle, more enjoyable to use, safer and more comfortable than ever. A program like this can only be further complimented with a fine selection of yachts.

Enter BAVARIA Yachts
for the 2018 season

A combination of German Engineering and Italian Design. This award-winning yacht manufacturer based in Germany



is the most modern shipyard in the world to produce yachts. They aspire to build quality sailing and power boats using only premium equipment from only the best suppliers in the industry. Since 1978 more than 40,000 yachts have been built at their facilities. Bavaria have incorporated many unique features such as their tri-model designs. Three different configurations are available on certain sized boats, so you can choose from the Open, Hard-Top or Coupe designs.

Bavaria is on the forefront of innovation with patented construction technologies that ultimately improves performance. Their latest E-Line series of motor yachts offers a Hybrid Electric / Diesel powertrain for Environmental and Economic operation.

Bavaria offers an extensive lineup of

sail, power and catamarans with over 40 years of boatbuilding experience combined with world class 24/7 product support. Bavaria yachts are one of the most sought-after brands in the world.

" I entered into a Fractional Program to get comfortable operating a boat and getting a feel for what the lifestyle was like. This was an ideal step before I ventured out to buy one which was my dream. The program took me from A to Z and gave me the confidence and knowledge to make a better buying decision for myself and our family. I highly recommend it for 1st time purchasers".
– C. Lacey, Business Owner

Fully equipped Bavaria yachts will be available in the Greater Toronto Area offered by YACHT Solutions. These new

sail and power yachts offer utmost comfort and safety for a paramount yachting experience. Now you can select the boat that suits your needs, one season at a time. This is the perfect "Try it before you buy it" program. All too often you will see boats for sale that are only a few years old and hardly used. Likely an expensive lesson that can now be avoided.

You will be delighted to know that the boats are professionally managed and maintained impeccably which also includes being detailed, fueled up, pumped out along with other day to day responsibilities. You will be spending most of your time enjoying the boat and entertaining your guests.

Flexibility and convenience
Choose the yacht that best suits you

The cost of sharing a first-class yacht starts at only \$5220 for an entire season. No long-term obligations, no high ownership costs – just a modest membership fee that can be spread out over monthly payments and a refundable security deposit. YACHT Solutions uses a web-based, real-time scheduling system to easily and conveniently plan your cruising times.

Training is another important aspect of the program and full instruction is available. When you join, you will participate in an in-depth demonstration of your boat with one of our staff who will take the time to completely familiarize you with the boat. Many videos and tutorials are also made available building competency and safety.

If you're thinking about trying out this lifestyle, you could not make a better investment. Whether this is your dream of a floating cottage to share with friends and family or a unique way to entertain business clients and acknowledge your staff's efforts.

The program was designed to be flexible and convenient - being able to take guests cruising on a beautiful day, an evening, a weekend or even a full week.

You will not only take pride in the boat that you captain, but you also have the satisfaction of knowing that you aren't paying full price for such a luxury. You'll feel great about the money you will be saving and likely find it hard not to tell everyone about how you embarked on this exciting lifestyle.

YACHT
SOLUTIONS

416.907.9046

greg@theyachtsolutions.com

theyachtsolutions.com



Captain Greg Marlo is founder and President of YACHT Solutions in Mississauga. He has been involved with Fractional Programs both in the Aviation and Marine industries since 1999. His experience in launching and managing Fractional Businesses while having been a Fractional client gives him a unique and diverse perspective. He uses his experience and knowledge to deliver yacht products and services to the highest level.

Audi RS 5 Coupe

Gran turismo combines aesthetics and everyday usability



The new Audi RS 5 Coupe is the first Audi Sport model in the new RS design idiom. The car's all-new 2.9 TFSI biturbo engine produces 331 kW (450 hp) and delivers 600 Nm (442.5 lb-ft) of torque. Standard quattro drive distributes the power to all four wheels.

"The new Audi RS 5 Coupe is the gran turismo among the RS models from Audi Sport. The high-performance Coupe combines elegant aesthetics with high everyday usability. The car's V6 biturbo has been developed from the ground up and provides significantly more performance coupled with higher efficiency," said Stephan Winkelmann, CEO of Audi Sport GmbH, in describing the new model.

The designers drew inspiration for the RS 5 Coupe from the distinctive racing details of the Audi 90 quattro IMSA GTO. Massive air inlets with the honeycomb structure typical of RS models characterize the front



end of the new Audi RS 5 Coupe. The Singleframe radiator grille is much wider and flatter than in the base model. Next to the headlights are additional lateral air intakes and outlets; tinted bezels differentiate the optional Matrix LED headlights. quattro blisters on the flanks emphasize the pronounced bulges over the wheel arches, which have been widened by 15 millimeters (0.6 in).

The 2.9 TFSI V6 biturbo engine, which Audi developed from the ground up, offers sharp increases in power and efficiency as well as an incomparably full-bodied RS sound.

The 2.9 TFSI units 2 turbochargers are positioned centrally between the cylinder banks. The ingested air flows to the respective turbocharger and into the combustion chambers through a dual-branch system for spontaneous response.

The B-cycle combustion process with central direct injection represents a new level of efficiency among the RS models. The shortened compression stroke used here enables an engine process

with a significantly higher geometric compression ratio. Combined with a power stroke that, while normal, is longer relative to the compression stroke, this allows for more efficient combustion and increased engine efficiency.

The biturbo's power flows through a sportily-tuned, eight-speed tiptronic with optimized shift times to the quattro permanent all-wheel drive. The drive forces are distributed asymmetrically to the axles (40:60) to guarantee dynamic handling with optimal traction and the greatest possible safety. Audi Sport also offers an optional rear sport differential.

An updated five-link construction is used on the front axle. At the rear, a five-link suspension replaces the trapezoidal-link suspension used on the previous model. This benefits the sporty driving characteristics and agility. It also improves comfort significantly. With the standard RS sport suspension, the new Audi RS 5 Coupe sits much lower than the production model. Audi Sport also offers the RS sport suspension with Dynamic Ride Control (DRC), ceramic brakes and

dynamic steering with RS-specific tuning. Drivers can make their personal driving experience more individual, dynamic or comfortable using the standard Audi drive select system.

Bathed in black, the interior of the new Audi RS 5 Coupe is extremely upscale and sportily appointed. Details such as RS sport seats with optional diamond stitching in fine Nappa leather and the flat-bottomed RS multifunction sport steering wheel underscore the character of the high-performance coupe in the interior as well. There are RS logos on the seats, steering wheel, door sill trims and the selector lever. Special RS displays in the Audi virtual cockpit provide information on tire pressure, torque and g-forces. A shift light prompts the driver to upshift upon reaching the rev limit. The RS design package uses red as a sporty contrasting color. Package highlights are the steering wheel, selector lever and knee pads in Alcantara plus seat belts contoured in red and floor mats with the RS emblem. Audi Sport offers Sonoma green metallic as an exclusive paint finish for the RS 5 Coupe.

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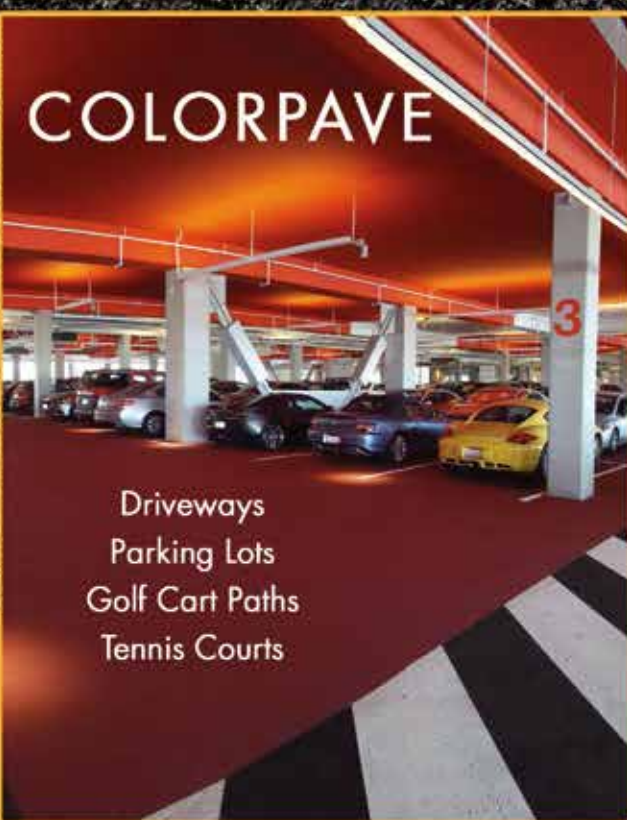
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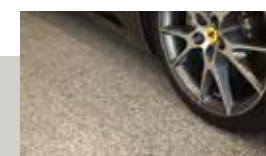
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Creating beautiful garages underground

TEXT Drew Kerr

Creating high-end garage spaces is one of Garage Living's specialties, as a recent project for one of their Oakville clients demonstrates.

The project involved the unique challenge of performing a makeover in a garage located below a traditional aboveground garage. By adding custom-fit garage cabinets, a polyaspartic floor coating, and several other intriguing design concepts, the full aesthetic and functional potential of this garage space became fully realized.

The garage floor was transformed with a new Floortex™ polyaspartic

floor coating, which provides a sleek and durable surface that's very easy to maintain. Sealed with a top coat that won't lose its lustre or peel and blister over time, the new garage floor is highly resistant to chemicals, environmentally friendly, and slip resistant when wet. The charcoal colour chosen involves a blend of silver, black, and white decorative Floortex™ flakes, resulting in a beautiful surface that also hides dust and dirt well.

The polyaspartic floor coating is extremely resilient and designed to withstand the types of abrasions and impacts that can take a toll on lesser quality garage surfaces, such as some epoxy-coated

floors. The baseboard coating used enhances the garage's aesthetics by creating a seamless finish between the floors and walls.

The GL Custom Steel line of custom-fit garage cabinets provides ample and efficient storage space for tools and supplies. This helps keep the garage organized and functional. These cabinets are constructed with 18 gauge steel for a higher level of durability and longevity, while also delivering style and a modern touch to the garage space.

For the cabinet system's countertops, stainless steel was chosen by the client

(galvanized steel and maple butcher block options are also available).

The powder coated black matte textured finish for the cabinets has become a popular choice for consumers nowadays, who are attracted to its subdued, more inviting look. The black matte finish was the most popular colour for Apple's iPhone 7 and it's also become a highly coveted finish with luxury cars. The aluminum polished diamond plate backsplash used on the cabinets and parts of the garage walls instills an extra measure of flair to the overall design, along with adding protection benefits.

From the top down: Easy to clean Stainless steel counter top with an aluminum polished diamond plate back splash. Tall cabinet with 18 gauge steel double wall construction and European soft close hinges. Drawer with 150 lb ball bearing slides. Shown here, a slip-resistant liner.



Successful people are organized

TEXT Jessica Lane

Highly effective and successful people tend to share similar characteristics in common. In fact, entire books have been written on the kinds of practices and habits people can adopt in order to run their lives more efficiently and find more success. These are the kinds of things that some people are born with a gift to do naturally, such as waking up early, never forgetting to write a thank-you note or always remembering an acquaintance or business associate's name. However, even if you were not blessed with the ability to do these things naturally, there are numerous ways you can integrate the habits of successful people into your own life – with the hope of turning yourself into a successful person, of course!

Organization is key

People who manage to get a lot of

impressive things done tend to be highly organized. This is an essential part of managing and juggling numerous tasks and projects. One saying states, "If you want something done, give it to a busy person," and it couldn't be more true. Busy people can prioritize a set of tasks and manage their time wisely so that they get everything done. Making lists, delegating tasks, not wasting time and being realistic about what they can complete in a given day is standard operating procedure for these kinds of people, whereas others have to force themselves to do these things.

Building good habits for youngsters

Because organization is such an essential component of success, it's important to encourage it from a young age if we

want the young people of today to be the successful leaders of tomorrow. One of the best ways to do this is to encourage the use of student agendas. This is not necessarily something that students are inclined to do on their own without being prompted. If educators and parents introduce students to the idea of organizing their lives by writing things down and provide them with the tools to do it, they are more likely to carry that practice throughout the rest of their lives. There are a number of good Web resources to turn to, such as Meridian Planners, if you're looking for the different kinds of formats available. The great thing about encouraging organization at a young age is that the benefits will have a multiplying effect. It won't just be a student's schoolwork and grades that improve, but also their prospects for a successful career in whatever field they choose.



Tricks to curb hunger pangs

TEXT Rich Carroll

Whatever approach we can use to reduce our food portions is a way to lessening calorie consumption, and at dropping weight. It may for most of us seem like a losing battle, because from the moment we grow hungry, the body sends out ghrelin, a hunger hormone to entice us to devour food.

Science tells us that our stomach is not naturally programmed to be anti-diet, so when it senses that food is running out it is programmed to get us to eat. Our goal can be to trick it to believing the hunger condition isn't so dire.

Listed here are a few of the things you can do to psychologically throw your need to eat off base:

Out of sight
is out of mind.

For a great deal of the world food at this time in human history is so abundant that it is exposed to us on a continuous basis. Typically, it is not vegetables and fruits we have on hand, but harmful snack items that are much simpler to grab and eat once we feel hunger pangs rolling in. So, if we keep those harmful munchies in hand to get at places or never at home at all, we are more likely to turn to whatever is available. Make that a banana, apple or additional fruit, or whatever your preferred nourishing snack item is.

Consume more lean protein.

We all know that protein makes us feel fuller for a longer time, as it takes more time to absorb and to digest. But a recent study also found that it keeps you satisfied longer if consumed at an earlier time within a day. Therefore, always arrange for protein that is lean to be included with breakfast.



Include more fiber in your diet plan.

Like protein, fiber is another great healthy filler-food. Vegetables, fresh fruit, lentils and unprocessed whole grains are excellent options.

When you eat, keep your focus on your food.

Experiments have revealed that individuals consume more when they unconsciously devour it while watching television, for instance, as opposed to taking time to appreciate it. We've probably all been familiar with consuming bulk quantities of popcorn while watching a movie, and we wondered where it all went halfway through the film. Pay attention to the things you eat.

Smelling particular kinds
of foods.

This may seem surprising, because we always believed that smelling foods triggers our hunger. But a study established

that the smell of certain foods leads to the lessening of appetite, and by surprisingly considerable amounts. This test utilized peppermint scent every two hours, and folks concerned consumed an average of 2700 calories weekly lower than normal. Other scents that have similar effects are banana, vanilla and green apple.

Dine using chopsticks.

Whatever makes you eat slower will help, and it has been found that you can save approximately 70 calories by consuming a meal in one-half hour as opposed to ten minutes. For my part, if I ate with chopsticks all the time I would lose too much weight.

These constitute only a few of your ways to fool yourself into curbing hunger. Some are merely part of any healthy eating plan, and others will perhaps be “out-there” a little. But if something works for you, what difference will it make if it’s outside-the-box thinking. Try them and see if they help.

Three habits to get rid of that mid-day tiredness

TEXT Rich Carroll

Do you habitually suffer from lack of energy in the afternoon?

A major reason for this might be a result of our diet, or more precisely do we burn off more sugar or fats as our primary energy source. The eating routine of our ancestors was to burn fat as their principal fuel. But with sugar and simple carbs becoming a significantly larger part of the modern diet the majority of us are now using sugar or glucose as our go-to fuel source. And by having less fat being burnt off, more fat is stored, resulting in weight gain.

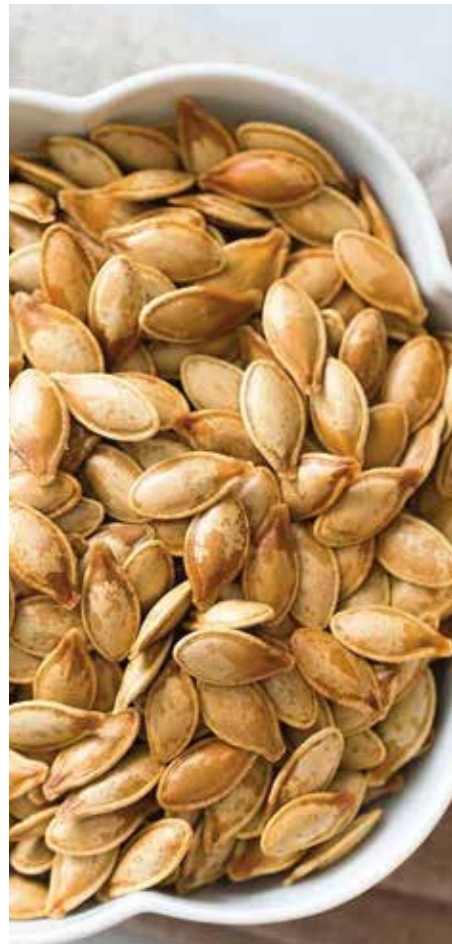
So how exactly does an individual determine if she or he is sugar or fat adapted? When you can skip a meal, or go for several hours devoid of food and not get short-tempered, suffer extreme hunger or require sugar or carbohydrates you probably are fat adapted.

But when you'll need a sugar fix as soon as you have an empty stomach and if you do not get it you encounter these post-lunch blahs, you are probably relying on sugar as your fuel source and at greater risk of a wide variety of long-term degenerative diseases.

There are methods to get your body to become fat adapted instead of sugar adapted. Here are some things to think about to get healthy fats as part of your everyday living:

Diet

We must replace bad carbohydrates with healthy ones, but note that all carbs don't have the same effect on the body. Grains and sugars tend to be harmful carbohydrates and should be removed



from your diet whenever possible. They need to be replaced by healthy carbohydrates, and we are able to get them from vegetables. Given that carbs from vegetables tend to be less dense than those from grains, you need to consume significantly more fresh vegetables to make up the difference.

Next, we need to boost our consumption of healthy fats. Increasing your caloric intake of nutritious fats to a little more than fifty percent of total calories should be the target. Foods that fit into the monounsaturated group are avocados, nuts, olives and olive oil and canola oil. Within the polyunsaturated collection will

be omega-3s found in fish and walnuts, flax seed and pumpkin seeds. Chicken eggs and coconut oil are also good.

The well-known Mediterranean Diet contains both monounsaturated fats as well as omega-3 fats.

Eliminating all Trans-fat (which are for the most part chemicals) and limiting saturated fat (still an essential element of a good diet) to less than 10% of one's entire calorie intake would be an excellent target.

Exercise

Many experts have placed this as their target in eliminating afternoon weariness. Afternoon exercise is probably the ideal for most people, although it's not really the time for pushing yourself to your maximum. Particularly if you're employed within a high-pressure situation, more modest exercise like yoga may very well help the brain slow down but not become entirely relaxed. Make use of a more high-intensity training for the weekends or after work, but not within three hours of sleeping.

Proper sleep

Failing to get good sleep is an obvious reason for afternoon blahs, but effectively addressing dieting and exercise issues would go a long way to making certain you get a good night's rest. One can find lots of dos and don'ts on sleep, but the most important one is to remain on a habitual schedule. This can eliminate having the body guess when it should be the right time of day to turn in for a good night of sleep.

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Winter Vacation Prep

TEXT Kelsey Hergott

Going on vacation can be daunting for a lot of women, especially when having to strip down to your bikini and other minimal clothing – which is typically the dress code when heading down south.

Every woman wants to feel strong and confident enough to be themselves without the worry of judgment or insecurity. It is empowering as a woman to be vulnerable in front of complete strangers, yet own the skin you're in.

However, because a lot of women yearn to feel this way crash dieting appears to be the easiest and fastest solution to achieve the above. Wrong! I know this because A) I'm a female and when I was younger, didn't know any better and I fell victim to crash dieting and B) I have a lot of friends and I've witnessed some of them go through the exact same notion.

Now there are healthy ways to prep along with the unhealthy.

If you know you are going away months in advance but don't feel like you are "bikini" or "beach ready," starting to make lifestyle changes further ahead is your first step. You can't starve yourself or go on a juice cleanse (eye roll) 1-2 weeks before and think you will be



ready. Most people care more about the numbers on the scale instead of what is actually going on inside your body, which is not the mindset to have.

One time when I was in university I did not eat a single carb for TWO WEEKS and worked out like a maniac. I can't even imagine doing that now! Yes I was definitely confident on the beach in Mexico (well, only for a couple days) but it wasn't healthy for my body and I will tell you why.

When you restrict yourself from certain foods (in this case I was only eating meat, fruit, veggies, eggs, nuts) but then start eating them again (which most likely will happen while vacationing) your body will store the food as fat. Essentially it gets scared that you are going to do that again, slowing down your metabolism from fat burning to fat storage. If you are doing this frequently, it can have greater long-term effects on your metabolism. It will be harder to regulate it and will eventually slow down.

After a couple days on vacation I was back to eating (and drinking) regular food not so conscious of my diet and my cravings were also more intense because I cut it out for so long. Not healthy for mind or body. It left me feeling not so good and that my two week restricted diet was definitely not worth it.

INSTEAD, there needs to be a balance. There is definitely a better solution to the topic at hand. Now before heading on any vacation I have a way different approach. In terms of working out, 1-2 weeks before I try to do a lot of HIIT (high-intensity interval training) which is awesome for fat burning during and after your workout (search EPOC). HIIT does not necessarily mean you are just doing cardio and bodyweight exercises. I do try to do a couple more sessions

of sprints on the treadmill but I am still lifting weights when doing HIIT. The misconception that strict cardio will make you lose weight fastest is REAL! This is definitely not the way to go.

Ladies you need to be lifting weights and working those muscles, this will help you lean out the fastest. HIIT is awesome because you are ramping up your heart rate, strengthening your muscles and burning a good amount of calories/fat in less time!

When it comes to diet, again I try to be more conscious of what I am eating 1-2 weeks before but I don't get too crazy with what I am cutting out. I already eat pretty healthy as is (I have a dairy allergy



so I already cut that out) but I would recommend eliminating as much sugar and 'bad' carbs as possible – pasta, pizza, white bread etc. Especially if you are working out, you need to fuel your body with 'good' carbs i.e. quinoa, whole grains, brown rice, sweet potato etc.

Other than that my diet pretty much consists of fruit, veggies, meat, fish and the occasional cookie.

For snacks my go-to's are nuts, popcorn, almond butter w/ pretty much anything

and granola bars (usually Lara bars). I try to stick to this as much as possible but really do not stress about it anymore. Life happens and it's okay to treat yourself in moderation. Again, starving yourself will only intensify your cravings which will most likely result in bingeing. This will cause bloating and uncomfortable feeling, not what you want while basking in the sun!

If you need a vacation to kick start a healthy active lifestyle, then amazing! That is the best news ever. Use your trip as a reason to kick your butt into gear and start making healthy choices. At the end of the day, focus on loving yourself the way you are. Period. End of sentence.

Don't believe you need to look a certain way or drop a certain amount of weight, EVER! Love you for who you are, once you accept this and own it your confidence will shine through. And hey, nothing is sexier than a confident woman. Don't judge or compare yourself to other women. We are all different, we all have flaws. We all have certain things about our bodies we wish we could change, don't forget you're not alone.

The take home from this post is do what feels right for you. Just because I shared with you what I like to do before taking a vacation, doesn't mean you should be doing the same or even need to do the same. Every body is different; I choose health over starvation and neglect. I choose to love myself and take the steps to feel my best. This is what makes me feel invigorated and confident while dancing on the beach drinking margaritas and if it works for you as well then I'm glad it was worth the read.

www.kelseyrosefitness.com

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

PHOTOS BY ERIC BLACK @ericblack_.

Scenic hotels set on the edge of beautiful Portugal

TEXT Emilia Florek-Guerrero

Portugal is perhaps one of Europe's best places for an ideal vacation.

With picturesque views, year-round sunny weather, phenomenal cuisine and culture, it is no wonder tourists instantly fall in love with this country as soon as they land. The entire geographical landscape of Portugal provides different opportunities to create lasting memories.





THE FAROL HOTEL

Ever wondered how the astonishing cliffs and beaches such as the ones at Cascais near Lisbon look like? The Farol Hotel is the one that offers this possibility accessing such incredible features directly. This remodeled 19th century private mansion was once owned by the Count of Cabral, The Farol Hotel is a 5 star hotel set on the edge of a cliff with 33 unique rooms offering luxury and romantic views.

The exterior of the hotel with its white façade and stone coloured gable roof allows it to blend perfectly with the natural dark colours of the rocky cliffs.

There is a lounge area with a pool set upon the edge to be as close as possible to the Atlantic Ocean. There are 5 types of rooms based on specific features.

The Garden view rooms encompass a cozy atmosphere with a balcony or a garden terrace embracing the Mediterranean villa theme.





The Sea view rooms also offer a garden terrace and the unique designer rooms focus on eclectic, stylish and minimalistic designs. The suites and the penthouse take advantage of the panoramic views and the immense space to enjoy this paradise.

Portuguese and international fashion leaders have given a unique identity to each room.

The hotel restaurant is a mix of modern and airy with three distinct dining areas and floor to ceiling windows affording you great views of the rocky coast, where flavours are foremost and created through freshness and use of the finest ingredients sourced locally in Portugal. The minimalist On the Rocks Lounge bar is cozy and doors open on to the terrace and gives on the feeling of floating on water..

This is a full-service resort with two magnificent infinity-edge pools, a spa, a lounge area, a bar and 2 restaurants.

FAROL HOTEL

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THE SIX SENSES DOURO VALLEY

Going more towards central Portugal, a new world appears. Mountainous terrains, wine valleys and villages on the hills are what define this part of the country.

The Six Senses Douro Valley provides a romantic getaway to

a hotel set on a hill overlooking a vine-covered rolling hill and a river in the vicinity. The Six Senses Douro Valley is a renovated 19th century manor retaining elements of the past on the outside of the hotel giving it a rustic feel while the rooms combine modernism with a contemporary décor.

The sandy coloured façade, the roof tiles and brick flooring in the dining/ lounge area give the Six Senses Douro Valley a true villa experience. There are 41 guest bedrooms, 9 suites and 7 villas, some with private pools and gardens with sweeping panoramas. Most of the rooms provide a vineyard, river or a





courtyard view, where some provide multiple choices.

Coziness was taken into consideration when designing the rooms. Rooms boast wooden floors, vast windows, fireplaces and modern amenities.

For those who plan to stay longer with family and friends, the Douro Valley offers multiple-room suites in a duplex format with direct access to the pool and the garden. The vineyard pool villa is a private retreat with a loft-bedroom for those guests who are more into minimalism and design and desire true privacy.

The Six Senses Douro Valley does its best to provide top-of-the-line amenities and takes special care in perfecting the ultimate treatment for its guests. Dining is a culinary experience of a lifetime. The estate harvests its own vegetables and herbs and provides them directly to you!

One can indulge and treat themselves to the numerous spa treatments and therapies at the Six Senses Spa. With 10 rooms ranging from citrus based to multi-day treatments, you



will leave completely rejuvenated. A heated pool, a gym, an outdoor pool set with a backdrop of the rolling hills, the list goes on and on of all the amenities available.

The Six Senses Douro is also considered as one of the UNESCO World Heritage Sites Douro ecosystem. A 4-hectare woodland is an integral part of Six Senses Douro and have pledged to do everything necessary to improve the ecological and carbon footprint.

To top it all off, less than two years after its opening the Six Senses Douro has been recognized with the Best Achievement in Design in Vituoso's 11th Annual "Best of the Best" Awards.

SIX SENSES DOURO VALLEY

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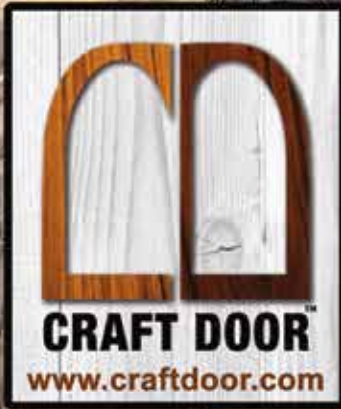
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