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FALL 2021

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FEATURES

- 8 Feature
CASA BAUZA
Pushing the Envelope of Design
& Possibilities
by Krista Deverson
- 15 Success, happiness & a more
meaningful life?
by June Stepansky
- 16 SMPL DESIGN STUDIO
- 28 Gooderham Building
by Cristina Nikolic
- 44 Bisha Hotel Toronto
- 48 BlueBlood Steakhouse
- 60 Emerald Villas & Suites
by Emilia Florek-Guerrero

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FROM THE PUBLISHERS

Welcome to the Fall 2021 edition of Forum Magazine.

It is our pleasure to feature Alejandro Bauza and Casa Bauza for our Fall 2021 edition. It isn't every day that builders get the opportunity to work with awesome clients and have the privilege to create fun spaces – and this is what happened to Alejandro! His company was able to create a fun and functional space for his client's incredible collection of luxury vehicles.

Alejandro also has a passion for renovating and creating incredible modern homes. An expert in renovations since a very early age in areas of New York state has given him the talent to push the envelope of design and style to its limits.

The city of Toronto has so much to offer, not only in architecture, but in gastronomy and cool boutique hotels, just to name a few of our fair city's accolades!

BlueBlood's Steakhouse is set in the opulent Casa Loma offering a superb dining experience and the space lends a unique twist with the juxtaposition of classic architecture and modern with art pieces by the likes of Warhol, Mr. Brainwash and Salvador Dali. The menu highlights the finest beef from around the world, as well as fresh seafood and an extensive international wine list.

The Bisha Hotel is a swanky boutique hotel that appeals to all the senses. An entire floor of suites designed by Lenny Kravitz is definitely worth a stay for the ultimate upscale lifestyle experience.

Enjoy your time wherever life takes you! And take time for yourself too!

Until next time,
Ana & Sean Patrick
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CASA BAUZA

Pushing the Envelope of Design & Possibilities

TEXT Krista Deverson

Cutting edge. Visionary. Up-and-coming. At Casa Bauza, building is not simply about construction, it's about pushing the limits of design and possibility. So it's no wonder that such revolutionary words are connected to their name.

For founder, Alejandro Bauza, it seems epic design is in his blood. From an

early age, Alejandro was inspired by his father's work, crafting unique fashion designs and leather jackets for the Canadian market. His father had a real artistic flair and eye for design that Alejandro is certain he inherited. Like his father, Alejandro aims to create beautiful, unique, luxurious cutting edge designs, however, his medium is architecture

instead of garments. Born in Canada, Alejandro actually spent his formative years in Chile. There, he was influenced by the modern style, open concept structures, and clean lines of design. This fresh looking style translates into his construction projects, where he prefers a modern aesthetic. His unique designs differentiate Bauza



and his company in the construction field in the Oakville and Burlington area. His clientele and referrals are people who are looking for something extraordinary in their homes, something unlike anything else they have seen before.

People know that when they call Casa Bauza for their project, that he will come up with a stunning idea and plan to create something special in their home.

He has gained a reputation for doing things that nobody else does or can even imagine.

His ability to innovate and push the envelope on cutting edge designs developed when he started in construction at 19 years old. He had left Chile at that time to follow some of his friends to New York. His friends had assured him that life was similar to the way it was

in Chile, but that there was excellent career opportunities in construction, so he left home after high school and went to work. The projects that he started on right from the beginning were opulent and luxurious homes with all the bells and whistles. The exciting designs and lavish projects made Alejandro's head swirl with ideas. During this time, he worked his way up from organizing the tools on a daily basis until he got to know how to do every facet of the construction of a home.

From Long Island he went to Connecticut, where the projects were unfathomable in their extravagance. He worked for a large architecture firm there, where he learned to do the work immaculately and with care so that the quality of the workmanship matched the opulence of the projects. The job sites that he worked on never ceased to amaze him with their spectacular appointments and he says the homes were so special that they reminded him of something from a movie.

For Alejandro, it was very normal to work



in an upscale construction environment because that was all he had worked on throughout the beginnings of his career. In this setting, he was exposed to numerous different designs and it pushed his thinking on the limits of what is possible for home construction and finishing. From this experience, he has tried to make the most out of every project he works on and give the client something spectacular for their budget.

However, for larger budgets, Alejandro is passionate to share the grand ideas he envisions that are a product of his time surrounded by such fine workmanship and grandeur.

By the age of 26, Alejandro had a crew of 12 working under him for the architect firm and he was married with kids. But it wasn't long before the 2008 recession stopped construction completely in New York. He returned to Chile with his family for two years before deciding to come





to Toronto in 2010 on the advice of his father who told him that construction was still booming.

When he first arrived he worked for a builder for six months, where he met Alex Ferrino, who would later become his business partner. The two clicked right from the beginning because they

both were born in Canada, had grown up in South America (Alejandro in Chile and Alex in Argentina) and then they had each returned to Canada to work in construction. It was a natural progression to working together and each partner played to his strength. Alejandro has been the face of the business while Alex

manages the construction, the tradesmen on each project, and every detail going on inside the home.

Together they opened Casa Bauza South Pacific Contracting. Nobody knew them at the time, so over the past twelve years they have built their business from nothing to continual stream of client referrals that they receive today and the recognition they're getting for their unique ideas and projects. Alejandro decided on the name Casa Bauza because it was the name of his family business in Chile that has been open since 1936 as a home outfitters store.

For Alejandro, every project he works on is cool and exciting; he doesn't have a favourite because they're all different. And with each project he undertakes, he feels fortunate to have been selected to do the work because each project is an exciting opportunity for him to showcase his passion for home design. Working

mostly in the Oakville and Burlington areas, Casa Bauza focuses mainly on large renovations, additions, second storeys, and custom construction.

Recently, Casa Bauza finished construction on a luxury garage for a long-time, repeat client. The homeowner had a Ferrari collection that he wanted to showcase to be the aesthetic of a dealership with a high-end, luxury feel.

The space was going to be used as a place for friends to visit and hang out, so it had to be cool and functional. Alejandro created a kitchenette with living room space, dining space and office area so that it would be multi-purpose and meet all of the client's needs.

Working within the client's budget, Alejandro built a second floor balcony, a motorcycle rack, LED in-floor lighting and overhead lighting. The design creates an emotion of class and style at every turn. Each element was carefully considered



to fit into the luxurious and cool appeal. Alejandro created the idea from scratch and tailored it to the client's vision while making the entire project unique and awe-inspiring.

No matter the project, Alejandro and

Casa Bauza put the same effort and imagination into all of their work. Their goal is to create something different and unique that will appeal to each client's own preferences. As an expert in renovations, Alejandro has the ability to



push the envelope of design and style to their limits, creating architectural works of art that are simply jaw-dropping.



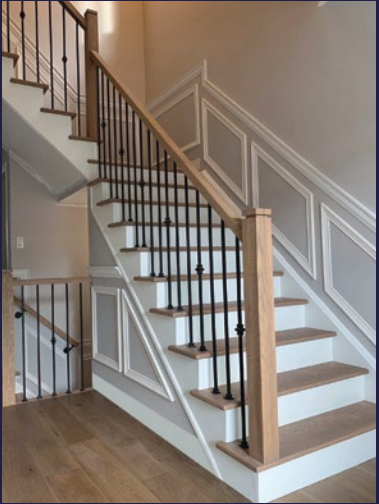
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Left to right: Marian Koky, Mario Yallonardo, Isaac Gomez, Alejandro Ferrino (Owner), Alejandro Bauza (Owner), Marcia Bauza, James Clark and Alvaro Perez



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Success, happiness & a more meaningful life

TEXT June Stepansky

Achieving personal success

What is an important key to achieving personal success? Before this question can be answered, we must define what we mean by personal success.

Many of us equate personal success with power and financial success, and indeed we must have enough self-esteem and enough financial security in our lives to feel confident that we are meeting our necessary responsibilities, but in my definition of personal success we must view our lives in all of its varied aspects. That means attention must be paid not only to our work and our careers, but also to our personal needs—health, recreation, personal relationships and growth. In today's fast paced environment, this takes a special commitment to dedicate ourselves to planning and balance.

Barriers to success

There are often common barriers that block us from achieving success. Before we can examine these barriers, we must define which type of success we are seeking, because the two separate definitions of success demand different strategies and

follow different paths.

Financial and career success demand that we learn to work hard, pick ourselves up from our failures and continue to constantly do what is necessary to move forward toward our goals, making success the first priority in our lives and not allowing failure to deter us. If we make this choice then we can be confident that we will eventually succeed.

Success in one's personal life has a different path. Our own private needs and our personal relationships must then become part of our decision making process. These more personal decisions may take time and energy away from our drive toward our financial and career success. Each person must make his own decision as how to continue to move forward, but each decision that is made has its consequences. If we

continued on page 43

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Joel Tanner heads the SMPL Design Studio and his creative and energetic team, work in collaboration with clients to inspire practical solutions for carefully executed modern design.

Each project starts with a consultation to discuss project scope and style, construction budget, building orientation and other site-specific factors. Through the conceptual design process, detailed floor plans are





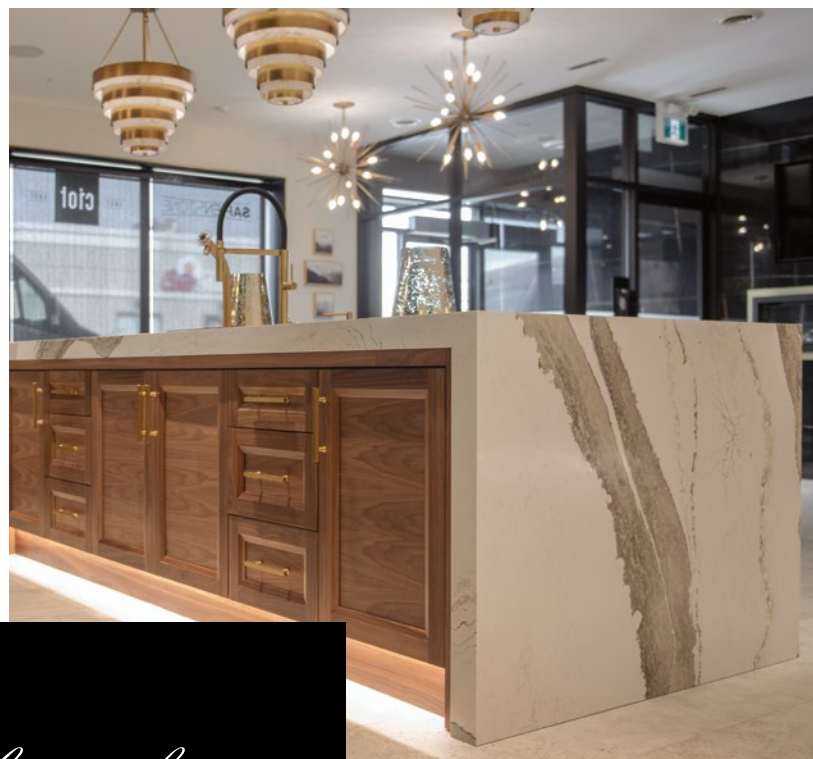
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prepared and brought to life with interior and exterior 3D models and renderings. Clients are provided with an unparalleled vision of their home complete with proposed materials, specific architectural highlights, and a final site landscape.

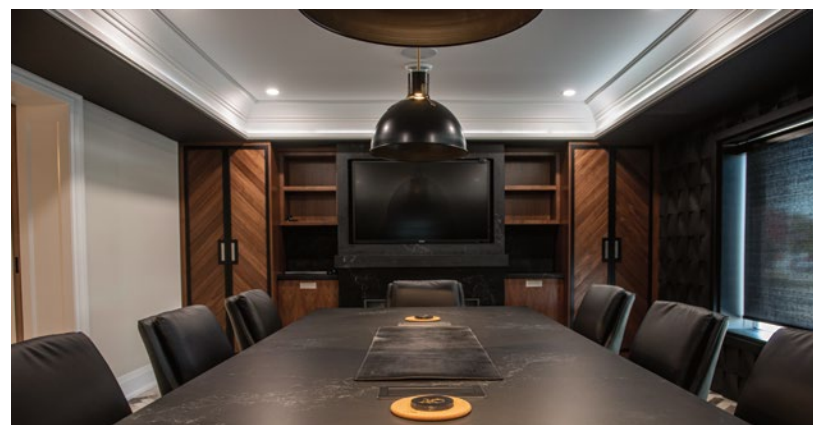
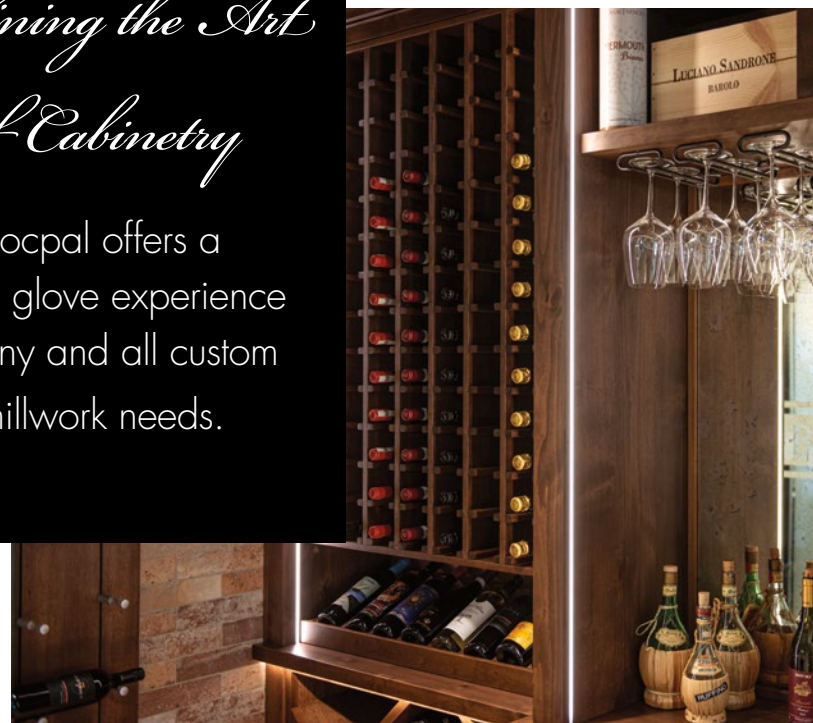
The SMPL team will manage projects carefully through the municipal planning process including zoning, minor variances, and site plan approvals. Their strong relationships in the industry will align their clients with the right construction firm for each clients' home.





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Rocpal's new luxury boutique showroom is a one-of-kind experience offering impeccable service and cream-of-the-crop options in home design.

Refining the art of cabinetry, Rocpal offers a white glove experience for any and all custom millwork needs. Their new luxury boutique showroom is a one-of-a-kind experience offering impeccable service and cream-of-the-crop options in home design. The VIP experience offers exclusively high-end brand materials and companies including Cambria, Cosentino, Silestone Quartz, Dekton Porcelain, Ciot tiles and

porcelain counter-tops. Mostly European and Italian inspired products that lend a timeless elegance and chicness to both their showroom and their clientele's finished homes. The white glove experience offered by Rocpal includes private presentation rooms for selection making, while perusing options, a dedicated concierge to attend to their needs during meetings, and everything all inclusive in the showroom for making

decisions on all aspects of a project. For designers, architects, contractors, and builders, the showroom is a one-stop shop for the most beautiful projects and impeccable designs that will delight the most discerning homeowner.

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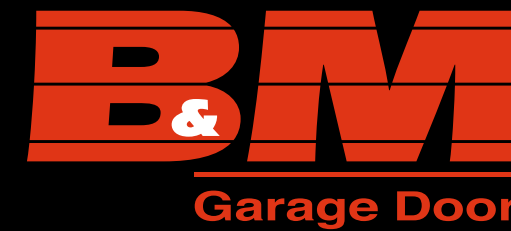
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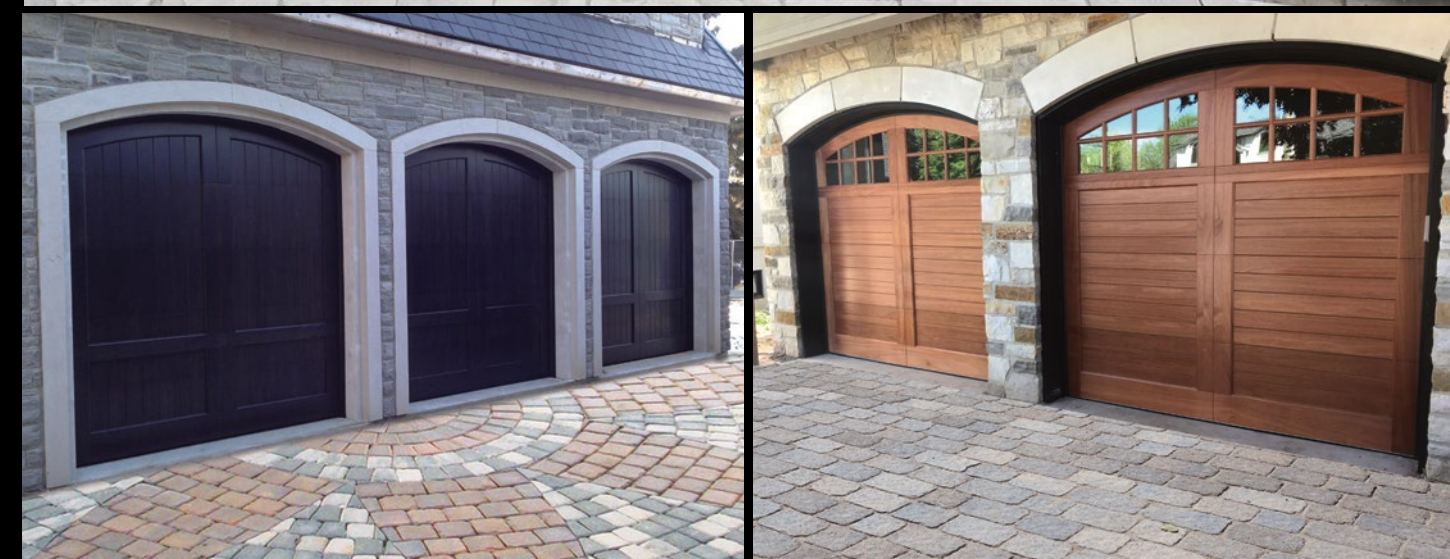
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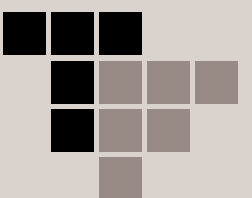
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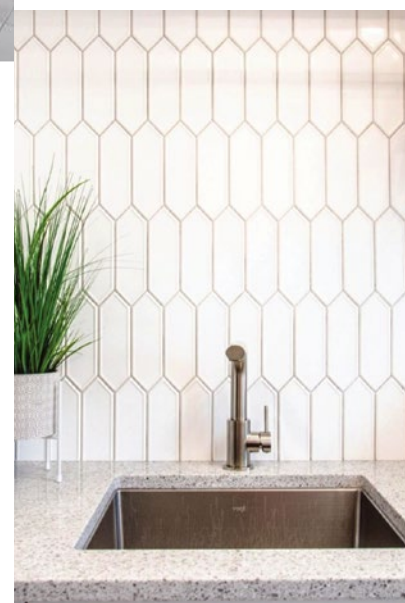
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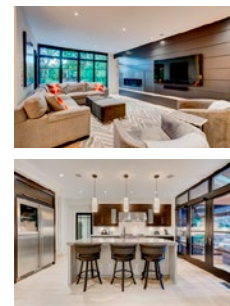
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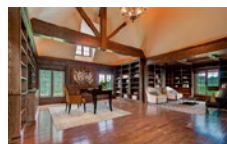
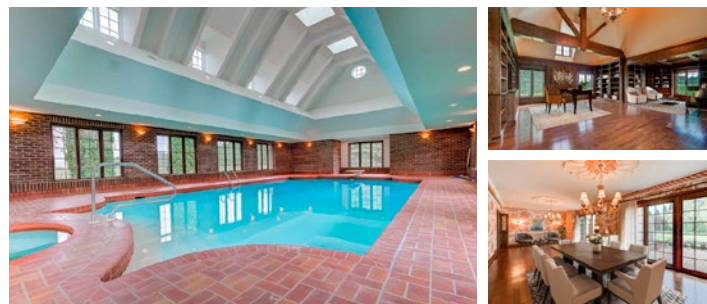
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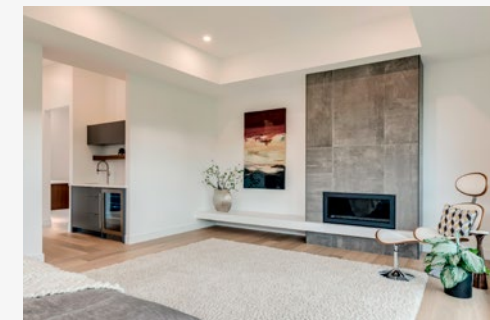
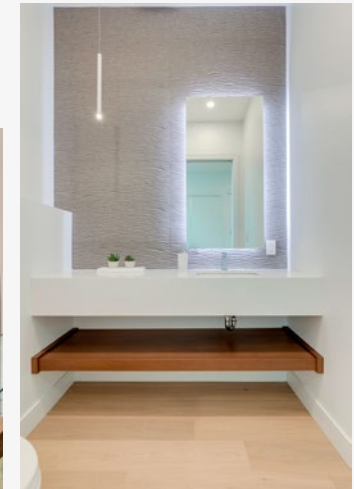
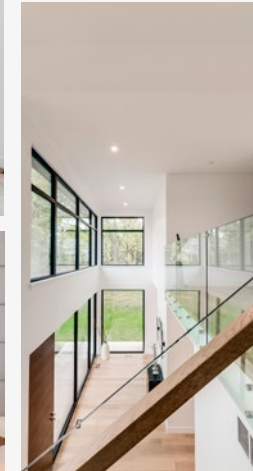
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GOODERHAM BUILDING

Known as the Flatiron Building

TEXT Cristina Nikolic

One of the most photographed buildings in Toronto lies on the triangular intersection of Wellington, Front, and Church Streets. Erected in 1891, the Gooderham Building – also known as the Flatiron Building – has long been a focal point of the vibrant and historic St. Lawrence Market District.

The building was constructed for George Gooderham, the multimillionaire son of William Gooderham, who founded the Gooderham and Worts Distillery decades earlier. As the distillery prospered, George began expanding the family's business interests into railways, insurance, and banking. His need for office space combined with his desire to one-up the architectural achievements being made by other tycoons at the time is ultimately what motivated George to create the building.

The current site of the Gooderham Building used to be occupied by the Coffin Block Building. Built in the 1830s, the Coffin Block was the first flatiron building in Toronto and home to various businesses and office spaces. In the 1890s, it would be demolished and replaced by the Gooderham Building.

George commissioned architect David Roberts Jr., who was the son of the architect who built the Gooderham and Worts Distillery, to erect the building for \$18,000 (approx. \$500,000 today). At the time, this was the most expensive office building within all of



Toronto. George took up the office on the fifth-floor and was able to look out at all of his enterprises – from his trains, to his distillery in the distance, and his employees at the bank across the street. Fourteen years later, in 1905, George Gooderham died as the wealthiest man in Ontario.

The building itself exhibits characteristics of Romanesque and Gothic Revival styles, with its red-brick walls, Roman arches, steeply pitched roof, and tower topped with a steep, green conical roof and finished with an ornamental finial. Its most recognizable feature is its "flatiron" wedge-like shape which is a result of the confluence of Wellington Street with Front Street. The famous mural on the back wall of the building was created by renowned Canadian artist Derek Michael Besant in 1980. It uses a "trompe-l'œil" effect to create the three-dimensional optical illusion of a faux façade "pinned" to the building.

The Urban Renewal era of the late 1950s saw city planners demolishing old buildings in favour of a more modern city. Luckily, the Gooderham Building was spared. As the distillery's business slowed down during the 20th century however, the Gooderham estate sold



the building to an investment company in 1957. In 1973, the building was sold again to David and Thomas Walsh

for \$600,000. These new owners permanently saved the building from demolition by investing \$500,000 into its restoration.



The building was designated a historic site under the Ontario Heritage Act in 1975. In 1998, investors Michael and Anne Tippin took control of the building and restored it further. The building sold for \$2.2 million in 1999 before it was sold to heritage developer, Paul Oberman (CEO of Woodcliffe Corporation) for \$10 million in 2005. In 2011, the Woodcliffe Corporation sold the building for \$15.2 million to The Commercial Realty Group who are continuing to maintain the building and rent out the office spaces.

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Landscape Artist
**ERIN
HANSON**

Her bold and vivacious “Open Impressionism” oil paintings bring fresh colour to the contemporary art world



Erin Hanson is a life-long painter, beginning her study of oils as a young child. Her passion for natural beauty is seen in her work as she transforms vistas familiar and rare into stunning interpretations of bold colour, playful rhythms and raw emotional impact.

Her frequent forays into National Parks and other havens of nature include backpacking expeditions, rock climbing, and photo safaris. Erin is at the forefront of a new unique impressionistic movement and is the creator of the painting style known as “Open Impressionism”.

With thousands of collectors eagerly anticipating her work and millions of followers online, Hanson has become

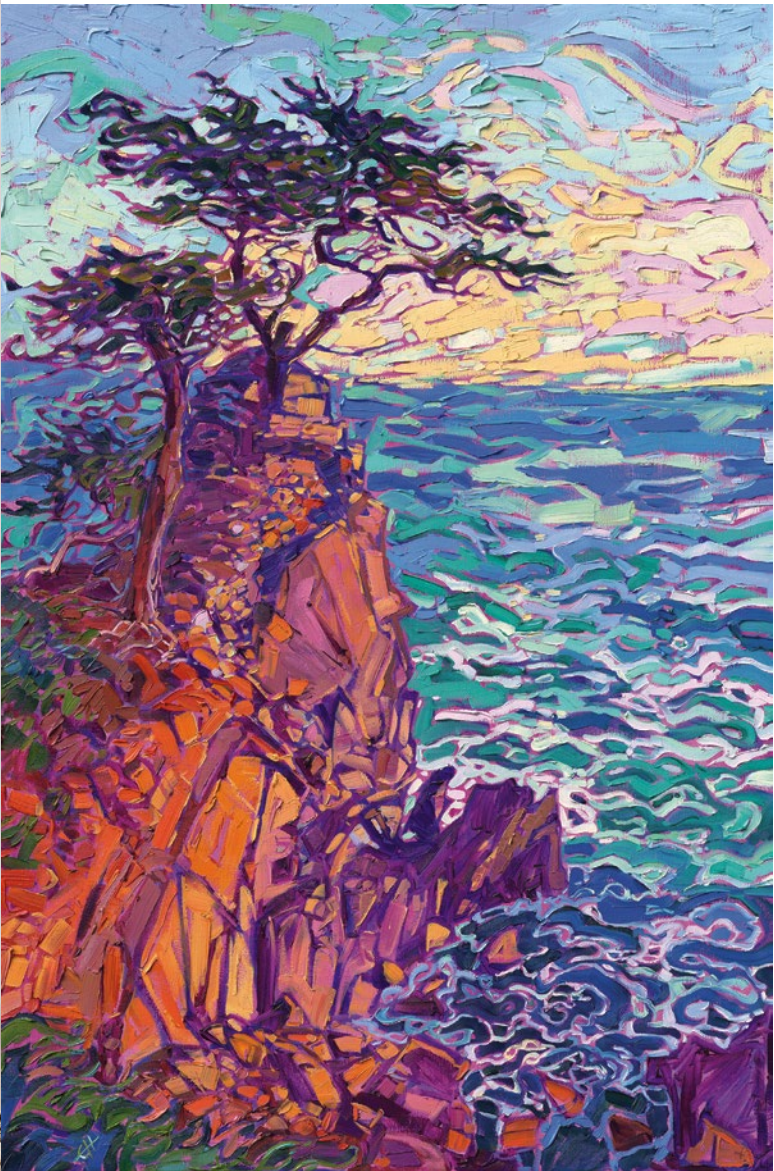


Hanson’s style is related to that of post-impressionists, such as Van Gogh, but it’s entirely her own. She has been inspiring a new love for impressionism in the contemporary art world.

an iconic, driving force in the rebirth of contemporary impressionism, and she is recognized as a prolific, modern master.

Erin has been developing a unique, minimalist technique of placing impasto paint strokes without layering. She gets all her inspiration directly from nature, re-creating the motion and vivid colours and loose, expressive brush strokes.

Through the years, Hanson has continued to use the outdoors to inspire a huge collection of work. As a landscape painter, she said, “my job is to bring that beauty back to the studio and record it on canvas so others can enjoy it”.



Cypress Waves Curving waves of white foam swirl at the base of Lone Cypress, in Pebble Beach, CA.



Dance of Irises This painting captures some classic purple irises, painted in vibrant colour.



Palms Sky A row of palm trees stands in contrast against the brilliant sunset sky. The brush strokes are thick and impressionistic, alive with colour and movement.



Hills and Vines Cadmium-tipped grape vines catch the first light of dawn, gleaming like fiery brands against the cool purple and green backdrop of hills and rolling vineyards.

Erin transforms these landscapes into abstract mosaics of colour and texture, her impasto application of paint lending a sculptural effect to her art.

In response to a growing demand for textured prints, “Erin Hanson 3D Textured Replicas” are created using cutting-edge, 3-dimensional scanning technology and multi-layered printing to capture the actual brush strokes and texture of the original. Erin is the first artist to pioneer and launch state-of-the-art reproductions using German and Swiss 3D mapping and printing science.

Erin resides in McMinnville, Oregon.
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The body style, which is unique in its segment, proves alluring the moment you set eyes on the new Audi RS 6 Avant, even when stationary. The RS model sports an emphatically differentiated design compared with the A6 Avant base model. With the exception of the front doors, roof and tailgate, the exterior is made up solely of RS-specific parts. The body, which has been widened around 40 millimeters (1.6 in) on each side with its broad flared wheel arches, emphasizes the distinctive character of the high-performance Avant. The 22-inch wheels accentuate the striking proportions.

The entire front-end is differentiated to the maximum, providing a distinctive look

within the A6 model line. In addition to the new hood together with powerdome, the RS 6 Avant also adopts the front headlights from the A7 model line. These not only come with a flatter, sportier expression, but also offer the option of the RS specific Matrix LED laser headlight with darkened 2/7 trims as an additional USP of the RS 6 Avant in the A6 family. Similar to the LED rear lights, they feature a dynamic turn signal along with RS-specific sequencing when the vehicle is locked and unlocked.

The three-dimensional honeycomb structure within the Single frame grill is finished in gloss black. In combination with the much flatter and wider geometry, this reinforces the athletic look of the RS 6 Avant (combined fuel consumption in l/100 km: 11,7 – 11,5 (20.1 – 20.5 US mpg); combined CO2 emissions in g/km: 268 – 263 (431.3 – 423.3 g/mi)).

The Singleframe surround and the quattro logo in the bumper have been eliminated. Below the standard LED headlights, side

air inlets open on the strikingly drawn new RS bumper and extend almost into the lower edge of the headlights. The designers have taken their cue from the front-end of the Audi R8 supercar (combined fuel consumption in l/100km: 13.3 – 12.9 (17.7 – 18.2 US mpg); combined CO2 emissions in g/km: 301 – 293 (484.4 – 471.5 g/mi)).

The characteristic Avant silhouette dominates in the side view – elongated front section, long, straight roofline and flat D pillars, which rest on the quattro blisters. The RS-specific sills with black inserts visually emphasize on the flanks the pronounced forward thrust. The dynamic rearend consists of the roof edge spoiler and an RS-specific bumper with rear diffuser and design elements in gloss black. In hallmark RS style, the RS exhaust system flows on both sides into oval chrome-colored tailpipes – an RS sport exhaust system with black tailpipes is available as an option.



Supreme power package: the engine

The 4.0 TFSI in the new Audi RS 6 Avant delivers 441 kW (600 metric hp) and 800 Nm (590.0 lb-ft) of torque, which is maintained at this high level between 2,050 and 4,500 rpm.

In just 3.6 seconds the high-performance station wagon sprints from zero to 100 km/h (62.1 mph). And in a mere 12 seconds the RS 6 Avant reaches 200 km/h (124.3 mph). Top

speed is electronically governed at 250 km/h (155.3 mph). With the optional dynamic package, the RS station wagon does up to 280 km/h (174.0 mph) or even up to 305 km/h (189.5 mph) with the dynamic package plus.

Thanks to the 48 volt main electrical system the twin-turbo V8 combines maximum performance with high efficiency. A belt alternator starter lies

at the heart of the mild hybrid system (MHEV). Up to 12 kW of power can be recovered during light deceleration and stored in a separate lithium-ion battery. If the driver takes their foot off the accelerator at a speed between 55 and 160 km/h (34.2 to 99.4 mph), the drive management selects one of two options:

Depending on the driving situation and setting in the Audi drive select the new RS 6 Avant recovers energy or coasts up to 40 seconds with the engine switched off. Pressing the accelerator makes the belt alternator starter restart the engine. MHEV technology allows for start/stop operation at speeds of up to 22 km/h (13.7 mph). Fuel savings of up to 0.8 liters per 100 kilometers are possible in everyday driving. The cylinder on demand (COD) system is also onboard as another efficiency component. At low through intermediate load and speed, it deactivates cylinders 2, 3, 5 and 8 in

the high gears by switching off injection and ignition and closing the intake and exhaust valves. In four-cylinder operation the operating points in the active cylinders are displaced toward higher loads in areas of the characteristic map with higher efficiency, while the deactivated cylinders largely run without losses, like gas springs. When the driver presses the accelerator pedal, they are reactivated instantly.

For all its efficiency the 4.0 TFSI develops a sporty, voluminous V8 sound. The driver can influence the engine sound using the Audi drive select system. The optional RS sport exhaust system with black tailpipe trims ensures a maximum sporty sound experience. In the customizable RS1 and RS2 modes, customers decide themselves whether the sound should be sporty or balanced.



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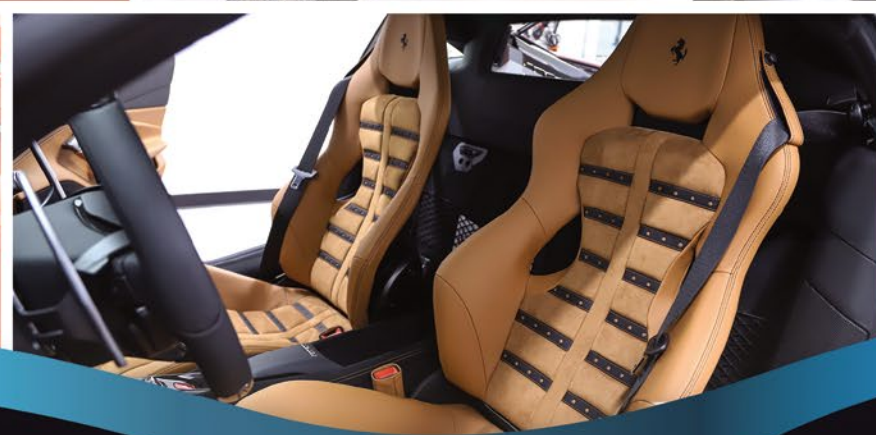
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FRESH VEGETABLES

Additional reasons they should be in every diet

TEXT Rich Carroll

Eat your vegetables! Not many of us can say we haven't heard our mothers tell us that dozens of times while growing up.

The logic of knowing that they are wonderful for our health has always been overridden by our perception that they just didn't taste as good as, let's say, chocolate cake. And then being made to eat them only added to the resistance. As we grew older, and hopefully wiser, we learned to prepare them in ways that made them more palatable, and eventually, truly enjoyable.

Almost all reputable diet plans these days will include lots of vegetables. Many dietitians regard them as a true wonder food, and study after study supports that. For people who take in a variety of servings of vegetables and fruits per day, studies have found that it will reduce their risk of dying from any medical cause by as much as 40%. That is compared to those that eat just one portion or less each day.

The health advantages can also be quite unexpected, as we'll point out. For instance, you may not be aware that this wonder food could in fact help cope with anxiety. Our goal should be a mix of vegetables in an array of colors. So, when organizing a meal plan it is important to incorporate a variety range, rather than sticking to our favorites. Again, the key is to prepare them in interesting ways.

Vegetables as a relaxation food

Cortisol, a hormone that is released in times of stress, can be detrimental to our health when out of control. Magnesium



will help stabilize cortisol, and leafy green vegetables such as kale and spinach are packed with magnesium. Reduced magnesium ranges are associated with migraines and anxiety disorders. Another effective food for stress is avocado, as they're loaded with folate, which is extremely healthy for the brain. Avocados, loaded with potassium and glutathione, should not be ignored in any diet plan, since they also are among the healthiest fats we can consume.

Vegetables may give skin a more youthful glow

Vitamin C, which is abundant in cucumbers, broccoli, peppers and tomatoes are crucial for collagen formation. If you'd like to decrease wrinkles eat these kinds of vegetables. Also important are those full of beta-carotene, which include carrots, red and orange peppers and winter squash. Look for vegetables with these pigments to help to appear healthier and more youthful.

Vegetables and gut health

Vegetables are loaded with fiber, which should help purge wastes and gastric irritants from the system. Bloating from gas will be caused by many things, but often it is generated by the bacteria in the gut; the same bacteria that help improve digestion. Soluble fiber in blueberries, nuts and other fruit slow the digestive process. Insoluble fiber found in leafy vegetables, celery, carrots along with green beans will help to move everything through the digestive system more quickly. Based on your digestive problems one should choose those vegetables which have the type of fiber needed to remedy any particular problem.

When buying vegetables, typically the greener or more colourful they are the more nutritious they will be. Purchasing from the produce department will be a better option compared to the frozen food or the canned vegetable section. And they also taste far better.

COFFEE

in moderation, can have surprising health benefits

Text Rich Carroll



Coffee as a social drink has had a long and interesting history. But I'm sure the English, when they were first starting to enjoy coffee in the London coffee houses in the 1650s didn't think if this new beverage was healthy or not.

Interesting fact: a small coffee shop that Edward Lloyd operated in 1668 became a business hub where many transactions were negotiated. It went on to become the still-operating Lloyd's of London insurance company. In some respect coffee has reverted to a place to gather, and perhaps to start another company that will last 450 years.

Many people of all ages love a cup of top-quality coffee. It wasn't long ago that the quality of coffee sold commercially was substandard; a beverage mostly drank by seniors, and then frequently out of routine. Then there were reports that coffee caused blood pressure problems, diabetes, ulcers, and heart disease. Not a good time to be in the coffee business.

But things have certainly turned around. Coffee houses have sprung up all over, and the quality of coffee has turned out to be vital necessity in the coffee industry. And by looking at the prices

being charged; consumers are more than willing to pay for quality. The days of the 10 cent cup of coffee are over.

Furthermore, now there are studies which are completely debunking the health risks which used to be commonly accepted. There are several caveats to your coffee-drinking that we'll get into later, but one of the latest findings is it has a positive effect on mood. Most of us that need that cup of coffee in the morning will attest to that.

There have been three recent reports which show caffeinated coffee may in fact be an instrumental factor in reducing suicide, provided it is consumed on a reasonable level (two to four cups each day). Caffeine interestingly can pass directly into the nervous system by emulating the discharge of neurotransmitters.

Many drugs have a problem passing through these barriers, but caffeine seems to have a free access. These neurotransmitters are chemical messengers which direct how neurons in the central nervous system interact. When caffeine blocks adenosine, a chemical substance that makes us drowsy, we stay more alert. Additionally, it increases levels of dopamine, which plays a major role in enhancing

our mental state.

Below are a few things to keep in mind to make certain your coffee will remain health-friendly:

It's essential to drink coffee in moderation

For most people that is three cups a day. Coffee is a whole food containing an array of nutrients in addition to caffeine. Yet caffeine itself can be a potent and addictive drug, and when consumed in excess might lead to issues.

Ideally it should be organic

Coffee crops are typically sprayed with pesticides. Pesticide sprays have proven to be toxic, not something we want in our systems.

Dark roast is better than light roast Just like with many foods, those having the darkest hues normally provide the highest health benefits. It is so with dark roast coffee. Studies with volunteers who consumed dark roast exhibited greater weight loss than those that only drank light roast coffee.

Drink it black

Adding sugar is going to spike your insulin levels, and cream and other additives add calories.

Grind your own whole beans

Whole bean coffee stays fresher for much longer than ground coffee, thus maintaining its power, and its health advantages.

Coffee has been woven into our cultural fabric increasingly more in recent years, and that's undoubtedly a good thing. There was a time when we'd meet others in a bar for adult beverages. Now we arrange our rendezvous in a coffee house. We may not have realized what a healthy choice it has become.

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continued from page 15

choose career success at any cost then the personal side of our lives may suffer. If we choose our personal success path, then we may make less money and feel perhaps a lesser sense of achievement in our careers. Therefore the barrier to achieving success is really our own conflict about these choices, and the difficulty in deciding what our choices should be. Once we make our decisions,

we can then move quickly toward our selected goals.

Goal setting

Goal setting is an important part of achievement. There are two ways that we set our goals. One is outer driven and one is inner driven. The outer driven goals are the goals that others set for us. They may be set by our friends, our neighbors, the society in which we live

or the prevailing values of our time.

The second way we discover our goals is inner driven. It is an internal system which show us what we would like to personally achieve. It is this inner voice that whispers to us who we are and how we can achieve our unique potential. Before we can achieve our goals we must know ourselves well enough to know what goals we want to achieve, and be sure they are our own goals and not the goals that others have set for us. When we know what we really want to accomplish, it is then easier to take those steps which help us to achieve those goals.

How can we live
an extraordinary life?

The extraordinary life is not so much about what a person achieves or what others think of him, but rather how he views his own life and his own achievements in terms of his loving relationships and his competence in adjusting to the difficult demands of living with strength and with dignity, so that he can say when he looks back over the passing years "I have been grateful for the gift of life. I have tried to continue to learn and grow. I have tried to have the courage to follow my internal honesty." This more examined life is an extraordinary life because it leads to more balance, more contentment and to the fulfillment of each individual's personal vision.

Leading happier more
fulfilled lives

Life is a marvelous, continuing journey. Every day is a challenging adventure with opportunities for new insights, growth and change. With thoughtful planning and good decision making skills we are more able to have some control over our days and to achieve that ultimate goal of leading happier, more fulfilled lives.

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Arguably the chicest boutique property has a lobby with walls clad entirely in black crushed velvet, made to look even more dramatic when next to a reflective front desk panelled in gold.

Walking through the entrance of the Bisha Hotel, you will be greeted to a sexy lobby with black marble floors and crushed black velvet walls. Located in the entertainment district, rooms are artfully designed and effortlessly casual.

The incredible rooms at Bisha appeal to the senses. Sharp, bold, and sophisticated spaces imbuing sexiness. The artfully decorated rooms bring glamour back with names like The Nina, The Frank, The Oscar, The Grace, The Andy, The Stella – 96 rooms and suites including an entire floor designed by Kravitz Design, yes, Lenny Kravitz, combining the ultimate in luxury with a rock n roll edge.

Bisha is designed to make you feel like a celebrity. The eclectic and edgy vibe will have you feeling red carpet worthy. Grab a seat at the sophisticated lobby bar or opt for rooftop views at Kost on the 44th floor that lets you dine on top of the world with panoramic city views being served up alongside fresh California inspired cuisine.



For the ultimate dining experience, Michelin-Star Chef, Akira Back's Japanese restaurant is a must try. Maki rolls are decked with delicate fish and secret sauces – there's even one topped with foie gras.


The Bisha Hotel is pet friendly so you can bring your special friend with you for an unforgettable stay!

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Located inside Toronto's majestic castle, Casa Loma, BlueBlood Steakhouse offers a refined dining experience in an upscale environment. The one of a kind space offers a modern and edgy feel with a juxtaposition of classic heritage architecture, unique heirloom antiques and modern art pieces by Warhol and Mr. Brainwash offering a modern twist on the classic steakhouse, the menu



highlights various cuts of the finest beef from around the world, as well as fresh seafood and an extensive international wine and spirit list.

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SONESTA HOTEL

South Florida's Coastal Hospitality

TEXT Emilia Florek-Guerrero



South Florida is renowned for having it all for a perfect vacation. Whether you want to sit back and relax on the long sandy beaches or have the time of your life by enjoying its vibrant nightlife.

Cities like Fort Lauderdale welcome tourists from all over the world and offer something for everyone. Year-round excitement awaits with numerous festivals, events, parties and best of all incredible weather.

Staying at the Sonesta Fort Lauderdale





Beach Hotel will give you a taste of what South Florida is about. With its ideal location overlooking the golden sands of 7-mile-long Fort Lauderdale Beach and the Atlantic Ocean, this property offers you a coastal ambience with a maximum convenience.

The Sonesta Fort Lauderdale Beach Hotel has 240 newly renovated rooms



and suites all showcasing the elegant beach and yacht club vibe that South Florida is known for. 23 of the suites offer incredible sea views that will leave you with a lifetime of memories.

The rooms are designed with delicate touches that resemble the sand patterns that one encounters on the beach. Gentle wooden accents give that extra touch and flair that make your stay feel as if you were in the comfort of your own home. Shades of blue from draperies and some of the interior decor blend perfectly with the colours of the pristine ocean plus floor-to-ceiling windows feel as if you are right at the beach and next to the ocean.

Numerous amenities will make your stay more comfortable so you can indulge into relaxation mode during your vacation.

On the premises of the Sonesta Fort

Lauderdale Beach Hotel, guests can enter the renovated swimming pool that also has a spacious sundeck to soak up the South Florida sun-rays. Furthermore, guests have direct access to the beach with two lounge chairs available per room.

At the Sonesta Fort Lauderdale Beach Hotel, the Spa Suite provides an array of different treatments for an unforgettable experience. Such services include deep tissue massages, hot stone therapies, aromatherapy, and hydrotherapy tea bath soaks.

A state-of-the-art fitness center is open 24 hours a day with top-of-the-line equipment.

To get the most of your stay, it is a must to dine at the full-service beachfront Steelpan restaurant. This Caribbean-American fusion restaurant serves up

an incredible variety of dishes highly influenced by the multicultural flavours of the region. The mixology team at the Steelpan offers unique cocktails served in a very presentable way.

No wonder that Steelpan is a proud winner of the 2021 Trip Advisor Travelers' Choice Award. The Sonesta Fort Lauderdale Beach Hotel also has in-room dining in the event you would prefer to enjoy your vacation in privacy. Either way, anticipate spending moments of pampering and relaxation, thanks to the hospitality that this hotel never compromises upon.

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Emerald Villas & Suites

Your private space under the Greek sky

TEXT Emilia Florek-Guerrero

PHOTOS Enframe Studio



Greece is one of the most incredible places in the world with its rich history, unique culture, phenomenal sights, amazing Mediterranean climate, and delicious cuisine.

Every island brings a new adventure to tourists from all over the world. One of the numerous islands, Zakynthos, is a hot spot that offers a perfect vacation with endless of opportunities to have the time of your life. One should definitely choose the Emerald Villas and Suites while staying in Zakynthos. This is a true gem that embraces the real essence of luxury, hospitality, privacy, and comfort.

Opened in 2006, the Emerald Villas and Suites has evolved and grown into a complex of luxurious suites as over the years more suites have been added to the collection. The most recent additions have been the Cave Suites, the Honeymoon Cave Suites and the Deluxe Suites.

The entire complex is located in the north-east side of the Island in the Volimes area. The natural surroundings are a part of the spotlight while staying at the Emerald Villas and Suites.

The magnificent panoramic views of the Ionian Sea play a major part in the Emerald Villas and Suites' beauty. Sun rising over the sea guarantee moments full of magic. Every fenced, private terrace and infinity pool allow for guests to enjoy these views for as long as they



wish. This is an ideal place if you want to embrace space and privacy. The villas and suites are decorated in a minimalist, luxurious, and simple way - a visual rest from loud colors and clutter.

Modern design blends traditional architecture as some of the villas feature a rustic style furnishing which gives them a more local feel. In your lounge and dining area you can breathe in the gentle, warm sea-breeze flowing into your direction. The villas and suites are tucked away on a hillside which therefore provides a feeling of coziness to your stay.

Let's take a look at the newest additions to the Emerald family - the Cave Suites, the Honeymoon Cave Suites and the Deluxe Suites. The Cave Suites and the Honeymoon Cave Suites are built onto the cliffside surrounded by stone walls.

Modern
design blends
traditional
architecture as
some of the
villas feature
rustic elements





This is a perfect choice for couples who want peace and quiet. The Deluxe Suites are two-story stone villas located on the uppermost top of the hill. Here is a perfect location for total privacy and also ideal for families. The swimming pool is covered with non-slip tiles and a hydro massage spot. There is also a private children's swimming pool and a fenced playground area.

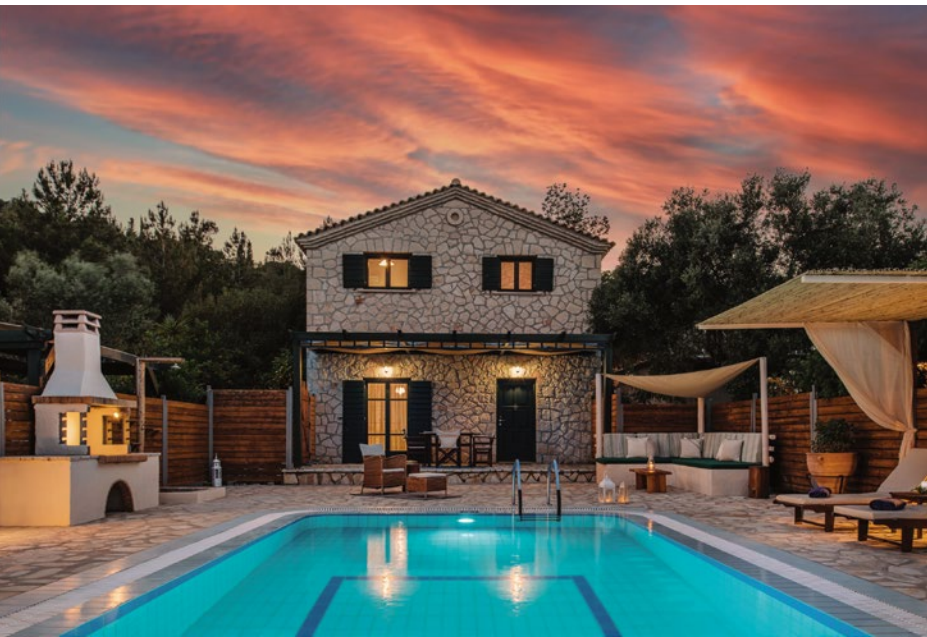
To make your stay much simpler and stress-free, the well-trained staff and concierge services are available 24 hours and can arrange numerous services upon request.

There are also possibilities to organize boat and yacht trips, scuba diving, personal trainings, water sports, beauty treatments, massage therapies, chef services, private photo shoots, and



much more. For those interested in the island's most Instagrammable spots like Blue Caves and Shipwreck Beach, an Instagram trip is a number one pick that can be organized. What is the most important during pandemic times, there

is an appointed Health Coordinator supervising health protocols as well as a Doctor on-call, so that you can rest assured that the Emerald Villas and Suites guarantees a safe and enjoyable stay.



Emerald Villas & Suites, Agios Nikolaos Volimes, Zakynthos 29090, Greece
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Body One Fitness	43
Clinic Build	22
Edgewater Group	42
Epal Windows	3
European Automotive	37
Evergreen Bio Products	30
Homes by Krista	26
Kolbe Gallery Ontario	68
Lockwood Leasing	39
Millworx	31
Oakville Sight & Sound	2
Pella Windows & Doors	20
Penny Lane	56
Quality and Design Stairs	15
Rocpal Kitchen & Bath Studio	18
SMPL Design	17
Splash Bros	38
The Doors Ltd.	24
Tri City Flooring	23
The Phoenician AZ	67



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