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Canada Post International
Publications Mail
(Canadian Distribution)
Agreement Number
40784513

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FROM THE PUBLISHERS

Welcome to the October/November 2019 edition of Forum Magazine.

Elegant design and precision construction are the hallmarks of Nuvo Homes. Andrew Nullmeyer takes pride in building each home with a thoughtful process that captivates the discerning purchaser. Typically building in midtown or downtown Toronto, a new project is only complete when all its parts have been implemented professionally and there is a breathtaking appeal both from the curb and from every room in the home.

October is a time of transition, summer fades into fall. Late season harvests give way to pumpkin spiced everything. The days get shorter. The nights are longer. And of course, it's always a good time to get away.

Against the stunning scenery of the south coast of Sardinia, Hotel La Villa del Re is a 5-star hotel with a particular style aimed at a clientele that is not seeking extravagant excess, but rather a privilege of feeling that they are welcomed guests in a discreet environment that is both comfortable and fascinating. For more visit lavilladelre.com

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Until next time,

Ana & Sean Patrick

Publishers



NUVO HOMES

Luxury Design & Precision Construction

TEXT Krista Deverson

PHOTOS courtesy of Nuvo hHomes



Luxury homes are defined by their impeccable design, innovative features, and a high caliber of construction and quality. In custom home construction, the homeowner with discerning tastes will appreciate the consideration and skill that Nuvo Homes brings to every project they undertake - whether it is a full custom-built home or a renovation with a custom feel. Specializing in high-end premium custom homes, typically in mid-town to downtown Toronto, Nuvo Homes endeavours to create homes that are masterpieces of design while ensuring a high degree of quality in their construction.

Andrew Nullmeyer, President of Nuvo Homes, enjoys the process of seeing a home built from the beginning design phases through to its completion. He started his company with one small project, establishing a reputation for elegant design and precision construction from the beginning. This distinction for quality construction has been solidified by high standards in all his projects. Having always had an interest in houses and their design, Nullmeyer enjoys seeing his projects come together and feels a deep sense of reward when his project is finished and has the flow and well-rounded design he envisioned to begin with. The process of bringing his clients ideas to life and orchestrating a well-designed home with exceptional quality construction is Nuvo Home's strength.

A stunning example of Nuvo Homes' design and construction is the 'Dawlish House' that Nullmeyer built from inception to completion as his dream home, for his own use. Nullmeyer moved into the home and enjoyed its many features. Because most people will only ever see a home from its exterior, Nullmeyer strongly believes that the curb appeal and exterior



look of the home is paramount to its overall design. Therefore, a key element to the design of the Dawlish house was the exterior of the home and the care the trades took in constructing it. Nullmeyer prides himself on selecting implementing a variety of stunning style selections that create the handsome and flawless looking home from the highest quality brick and stone selections, to the dark trim, and perfectly manicured landscaping.



To create a bold first impression, he worked with an architect to give the home a transitional feel while incorporating both modern and classic components. The combination of brick and stone give the home a striking street presence without being too overpowering. The black windows were chosen to add a unique touch of modern to the style without being too contemporary. And the simplicity of the landscaping and driveway's stone



finish was used to pull the look together. Nullmeyer accomplished his goal of providing a bold statement without having too many different style components that could overpower the simplicity of the design, rather than enhance it.

Of further importance to Nullmeyer is ensuring the design flows from the exterior to the interior to create a cohesive look and feel. With an open mind, their team of designers works together with Nullmeyer to bring both his design ideas, and the exceptional quality features he wants to incorporate, together into a central look. Nullmeyer works hands-on with the architect designing the exterior aesthetic and the floor-plan of the interior.



From there, he collaborates with the interior designers to determine how the floor plan will flow, what the features will look like, and what features they want to add that could affect the floor plan or architectural components of the home. A final consultation with the architect bridges the gap between the design and the architecture, and Nullmeyer ensures that any changes are incorporated into the house or floor-plan so they can achieve the design they had envisioned.

Nuvo Homes created the interior using a



combination of highly-skilled tradesmen and top-quality materials to ultimately design a unique presence. These elements combine to give the home the unique feel of a custom luxury home that was built just for its inhabitants. Their goal, when designing and building a custom home, is to make it a true home from the start, playing up the unique design

elements and features to make a one-of-a-kind property. When they're finished, they want a product that is as turn-key as possible so that the homeowners can simply move in and enjoy.

With their experience in high-end luxury homes, Nuvo Homes also have become creative at problem-solving. An excellent example of their innovative thinking is

found in the Dawlish home's garage. Clients in this area typically want a three or four car garage, where the lot only allows for a two-car garage. To overcome this challenge, Nuvo Homes incorporated a cantilever car lift into the garage so that it can now accommodate three cars without altering the home's footprint.



Often custom home clients already have an architect that they are working with or have completed the design process, prior to contacting the builder. However, if this is not the case, Nuvo Homes has architects they work with for clients who haven't yet started the process. Nullmeyer can be involved from the very beginning with the architect and the client to ensure a seamless experience.

Regardless of the design, as homeowners discuss their desires for their home and as the project gets underway, some components of the home need alteration to accommodate certain elements. Nuvo Homes' specialty is being able to work with all the custom components of the home, which are often so unique to the end user that every situation has its own different challenges. Nullmeyer has honed his skills of being adaptable and creative to overcome design and construction queries that pop up due to the unique nature of the custom homes.

For each project, Nullmeyer works directly with the homeowners and designers to make selections for the components of the house like the stonework, material selections, plumbing, fixtures and hardware, the railing design, and even paint choices. Then he usually deals with the construction components to work out any kinks or challenges in the design. He is able to seamlessly work with the designers, architects, and tradespeople to get the team to work toward the end goal of a superior custom-built home. It's a process that keeps Nullmeyer on his toes because there are numerous elements to consider, but knowing the construction of homes so well, he is easily able to navigate any challenge. Towards this end, everything ends up fitting perfectly in its place and they're able to meet all regulations and building codes.

Nuvo Homes success in custom home building is due to a combination of knowing how things should flow in a home, and then working with the





right designer team and ensuring they understand what the client is trying to achieve in those components and the overall feel of their house. For Nullmeyer, the key is the way they manage the quality of the project all the way through from start to finish. Starting with the design, and then ensuring all the pieces fit together, and that everyone along the way of the build is working to their highest standards, supervising the tradespeople and ensuring they have everything they need to get the job done right. Nullmeyer says that for Nuvo Homes, he has certain



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expectations and his team is superior in their skills and abilities to ensure the expectations are met.

Whether it's a custom home or a renovation of your current home, Nuvo Homes are a portrait of quality in construction and stunning beauty in their design. Novo Homes knows that a home is completed when all of its parts have been implemented professionally and the home has that breathtaking appeal both from the curb and from every room in the house.

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Why is taking the first step so hard?

TEXT Andy Kay

If you're anything like I used to be, you've been held back by your current problems for more than a matter of months. You've wanted to be taking the first step. But... How??

We do this for several reasons. Some more evident than others.

For example, if lack of confidence is holding you back, there's probably several by-problems affecting your entire predicament.

You might feel too tired; stressed; hurt; overwhelmed; too frightened. Or your fear might be an inner, hidden one which manifests as apparent laziness and comfortability.

Maybe you don't know how to plan your time. Maybe you prioritize wrongly. Or maybe you don't feel comfortable in making the right choices.

The right choices are different from everyday ones like choosing what to wear, what to eat, when to sleep, what to read, etc.. For the most part, those make but small differences in our lives.

Conversely, making the right choice is the last thing anyone does before permanently changing their life for the better.

The right choice has will and focus behind it. A will to go in a certain direction; a focus on the direction itself.

Now, those things in themselves don't make any choice "right". (I'm sure a lot of murderers had will and focus too...) But any right choice will necessarily encompass will and focus.

Then, why is making the right choice so hard for people with low confidence?

I'd like to be able to present a simple, yet surprising reason here. But the fact is, people are different, and so are their sources of low confidence, respectively.

Some might not know what they want. Others might, but may then be too scared of failure and humiliation. - Or even of the responsibility and exposure following a successful completion.

Whatever it is, here's the good news:

While taking the first step might seem hard, the first step matters less than you think.

So what really matters is that no matter how you feel, you go ahead and do it anyway.

Yes, it's scary. But you can do it.

Consider how great musicians and speakers get nervous before going onstage. Hell, great artists are among the world's most notoriously depressed people.* But they do it anyway.

I'm not making you feel bad about yourself. I'm saying, whatever you want to do CAN be done.

And if you don't know what you want, you won't find out by wallowing in inactivity, but by getting out and gathering new inspiration.

Remember: You can always change directions. If you're stuck somewhere, you probably won't evolve. But whatever new place you go, you'll learn new things to help you further on.

All you gotta do is to be taking that first step to get going.

ACTION ITEM

1. Write down your three biggest values, your three biggest strengths, and your three biggest interests.
 2. Take the biggest one from each category, and write down three possible ways of combining the three into something you'd like to do.
 3. Pick one.
 4. Write down the three first things you can do to make this happen.
 5. For the next three days, do one of these things.
 6. Repeat point 4) to 5).
- Congratulations: You're taking the first step.

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Success is who You are

TEXT Mark Irabor

The major problem with self-belief is that one way or the other we are somehow programmed to focus on our faults rather than our abilities and attributes. With this way of thinking, your intention to remedy the faults can no longer affirm a strong self-belief.

You should focus on developing your capacity and abilities to understand your natural talent and strengthen your belief in yourself. Everyone is unique in his or her way. There is nobody in this world that is exactly like you.

People fail in their life endeavors because they try to be like someone else, do not try to replicate someone's career path or style. You will weaken your resolve and hinder your own progress by doing so.

Believe in yourself, what you can do and how you can do it differently to anyone else and this will offer more than any other person.

When you look in the mirror, you should see individual who cannot be compared. There is uniqueness in this individuality, irreplaceable in its one right.

You cannot begin to find success without self-belief. The luck and circumstances

that is required for you to attain your goals can only manifest if you believe in yourself.

How is anybody going to believe in you if you do not believe in yourself? You will glow like a beacon attracting all the positive circumstances of success if you have self-believe.

This is the simple way the world works, as you project your plans consider this perspective and work on this aspect of development.

"Employ your time in improving yourself by other men's writing so that you shall come easily by what others have labored hard for." "Socrates" When you spend time improving yourself, you become better person and develop your self-image, the easiest way to get there is to follow what others have to impact through their life experience.

The issues about out our appearance, how we are perceived and understood may, to a great extent, affect self-confidence in ourselves.

Our upbringing and circumstances of our childhood and education can make us develop negative beliefs about ourselves. Those people with an obvious charisma have no such problems, and with the power of self-belief can forge a clear path towards their goals and ambitions.

More often than not, it is not just talent that uplift these people. Many averagely talented people scale the heights of their chosen fields, based on their self-belief and an unstoppable drive to succeed.

We go to school, get qualification and pay our dues in order to advance ourselves in jobs, in status and in life style, but we neglect the one thing that can guarantee success with all certainty – self-belief.

Be SMART when Setting GOALS

TEXT Brian Bailey

Goal setting is like working on a business plan, it needs to be felt and analyzed. It needs more than just an evaluation of what you want and desire, it entails an in-depth analysis of what you are capable of and what you want to do.

Just like a business plan, you should also consider the risk and rewards, cost and opportunities, possibilities and resources. It takes so much to set a life goal, but it is the foundation of getting what you want. It is the path in which you drive your efforts into, a solid brick foundation of your dreams and ambition.

Being SMART when setting goals is important. Especially if you really want good results at the end of your quest. Just like in business planning, you need your goals in place, and should follow the SMART principle. Goals needs to be Specific, Measurable, Achievable, Relevant and Time bounded.

Specific - When an objective is put in place, you should be very specific about it. It should not be too general for it can mislead you to what you really want. Be clear and precise about your goals and you will have a clear direction into it.

Measurable - You should be able to measure the progress you are making towards your goal. In setting up a goal, you should be able to answers questions about quantity such as "how much" and "how many". Knowing the figures will help you in the evaluation if you are really gearing up towards your objective.

Achievable - We know that we are bound to great things, that everything is possible, but let us not disregard our limitations and specialties.

Our skills are enhanced on various matters; we do not have the monopoly of all the knowledge and skills. Everything can be learned but wouldn't it be more realistic and achievable if we

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gear our objectives up to what we were really meant to be?

Relevant - Choose goals that matters to you. You can set a lot of specific goals, one that you think will work out just fine to make your life better but is it relevant? Is it important? Is it worth your time and effort? Choose what is relevant, choose what matters.

Time-bound - Set a time frame. Know when you would want to have your goals and objective materialized. The tendency of not setting a time frame that is realistic is that you will tend to procrastinate doing things.

So have a realistic time frame and work on your objectives religiously.

Still, like all other things, being SMART is not the end of goal setting, You need to EVALUATE and RE-EVALUATE just to make sure that all other things are still gearing towards your goal. SMART setting of goals need not be the smartest for you leave no room for flexibility in the superlative form, you just need to be SMARTER and you're off to a good start.

Remember, you are more powerful than you know!

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Your Right to Emotional Freedom

TEXT Giesele Bohn

When people hear the word “freedom” uttered in this day and age, most of them would immediately relate this to financial freedom. Many tend to think that having a lot of money is the key to being able to experience life without barriers, to be able to have access to the best of what life has to offer. The problem is, financial freedom isn’t the only thing people should focus on if they want to live a great life.

They should also focus on their emotional freedom as well. Being

emotionally healthy is just as important as having a lot of money in your bank account.

But how exactly does one become free emotionally? If you are asking yourself that question right now and are pretty much stupefied as to what the answer is, then don’t worry.

A lot of people don’t know the answer to that question, either, because unfortunately, being emotionally healthy is not as

popular a notion as making sure to have lots of savings or ensuring that you rise in the ranks of your company. This is really a shame, because this notion really does deserve to be as popular as financial freedom, and in certain respects, maybe even more so.

So how does one achieve emotional freedom? The answer to that question is actually quite simple. It’s all about honesty. It’s not so much being honest to others as being honest to yourself.


This is an act that isn’t practiced all that well these days. We often tend to tell ourselves untruths in order to get us by each day, when we really should be telling ourselves what’s really going on with our lives and what we really should be doing to improve our lives.

Think about it: when was the last time you told yourself that you should be doing more for yourself? When was the last time that you openly admitted to yourself that you deserve something better than what you already have? Those are the key questions that can help unlock your emotional freedom.

Once you realize that you should actually be doing these things, only then can you start practicing being emotionally free for the first time.

Once you are truly free in that sense, you’ll be amazed by how much you can do with your life! You can finally muster up the courage to leave the people who are poisoning your life, and move on to meet the right kind of friends, the kind who support you and want you to grow as a person.

You can also find the courage to leave your dead-end job and pursue something that can really satisfy you as an individual. To experience emotional freedom is to experience a freedom from what is expected of you. It is to experience the things you’ve always wanted, and not the things other people want for you.




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Can you really imagine living the rest of your life without this kind of emotional freedom?

Sure, you may have a lot of money in your bank account, and you may even be seen as a person of esteem in the public eye, but will all of that really be worth it without you knowing that you did all of it purely because you wanted to? Can you really live a life that isn’t truly yours, that is something practically

owned by the world around you?

If you have yet to practice true emotional freedom, then do so right away. You will change your life for the better – that’s a guarantee!

Practice emotional freedom so you can live the life you’ve always dreamed of. Believe in yourself, work hard, be smart and always be on the lookout for opportunities!

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Jump start to a new habit

TEXT Appiah Sackey

If we want new results in any area of our life, it goes without saying that we must also change habits - giving up old ways of doing things that no longer serve us and creating new habits that support us.

1. Surround yourself with reminders
This could include having a vision board, putting up photos or encouraging posters of a goal you want to reach, and buying relevant books on a subject. Having a mentor or coach, especially someone who has already achieved what you want to accomplish and can give you advice from direct experience, is one of the most invaluable tools to ensure success. The support of a good friend who encourages you to stay on track or will hold you


accountable can also be of great help.
2. Enrol in a class or program
Taking a regular class or a course can certainly support some lifestyle changes. Goals such as attaining a certain weight or gaining skills - like playing the guitar, or learning to speak a new language - often require taking many steps repetitively over a considerable period of time, and by enrolling in a class or program you increase your chances for success.

3. The no-exceptions rules
This is a tough tool for more determined folk: once you decide to give up a bad habit that no longer serves you, it is imperative to start behaving as the new person you wish to be and not to make any exceptions whatsoever. As we all know, one more slice of that cake beyond what is healthy for you can lead to one more.

4. Deliberate practice
Set aside time to deliberately practice

the new habit. If you're learning to be a public speaker, you don't wait till the once-a-week session at Toastmasters or the Speaking Club: you set aside time and practice - just like professional musicians or athletes or tennis players do. This tool can be applied to a huge range of goals and habits, including the tough habits like smoking. For example, you can consciously decide, "For the next one hour I'm going to be a non-smoker" and keep that resolve, and then gradually extend the time as you build the new habit muscles.

5. Go to a boot camp
An even more effective way to jump start a new habit or lifestyle change is to go to a boot camp - where for a week or so, you practice a new lifestyle with intensity. This will take you out of your normal environment, build confidence and give you a chance for a clean break from an old way of life and a quick start of the new. It can be a great gift to oneself.



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WELLNESS TRENDS IN DENTISTRY

Why critical assessment is necessary

TEXT Dr. Kaveh Nedamat

What a world we live in. I can use my watch to order a car to pick me up, walk into a coffee shop and grab my ready-made drink off the counter and even tell my speaker to order me more toothpaste and have it on my doorstep by the time I return from work. Technology has certainly made life more efficient. And with this infiltration of technology into our daily lives, there is a huge push towards simplifying other aspects.

There is an obsession with “natural” and “organic” in a way that recalls simpler times. This feeling of nostalgia often ignores the advancements modern science and medicine have made in order to improve our quality of life and extend it. For example, the average global life expectancy in 1800 was just 28,5 years while today it sits at roughly 71.5 years.

This is of course even more in industrialized nations, sitting at just over 82 years in Canada. We have seen what a “natural” and “organic” diet and way of life has done. There are entire history books filled with it. However, is this a place for those prevailing sentiments to be married with science to further improve our lives? I would suggest yes.

Here we will briefly discuss three trends that pertain to wellness and oral health. Some of these trends can have a serious negative impact on oral health, others may not have any benefit beyond a



PHOTO Marek Michalek Photography

placebo effect. And still, keeping an open mind while insisting on science-driven decision-making, may even open up a new world of possibilities and improved treatment options for our patients.

Oil Pulling

While the merits of oil pulling are controversial, from a practical perspective, the time involved in performing it as prescribed by proponents really seems prohibitive. The idea that patients often claim they don’t have enough time to floss daily but, would spend 20-30 minutes swishing oil in their mouths doesn’t seem to be a viable long term option.

In 2011, Asokan et. al. released a study comparing the effects of oil pulling on halitosis and a certain type of bacteria found in the mouth. The results were not overwhelming and the sample size was

extremely small (10 patients in each group). The author claims that oil pulling seems to have a similar positive effect to another mouth rinse, chlorhexidine. The difference? You rinse chlorhexidine for 30 seconds, not 20 minutes.

The verdict? Perhaps oil pulling does have a mild positive effect although the evidence is weak. That being said, if you already practice excellent oral hygiene, including daily flossing, and you want to spend 20 minutes swishing sesame oil in your mouth, more power to you. You can even make it a ritual and practice mindfulness in that time and that is certainly known to have a positive effect.

Activate Charcoal

Teeth whitening has now become commonplace in a patient’s treatment plan. Patients are in search of a brighter, more vibrant smile that exudes health.

While traditional methods of in-office whitening with a light-activated hydrogen peroxide gel are as common as ever, there has been a huge movement towards the use of activated charcoal as a stain remover.

There certainly may be some merit behind this claim as activated charcoal is used in medicine to absorb toxins and even to treat certain drug overdoses. Its ability to absorb pigment is what makes it useful in dentistry. So what’s the drawback? It’s highly abrasive. In fact, it’s so abrasive that long-term brushing with an activated charcoal paste can lead to the removal of the enamel layer on teeth. Following this trend without critically assessing the risks would result in permanent damage to your vital tooth structure, not to mention ultimately causing your teeth to appear more yellow once the enamel has been brushed away.

Also, consider staying away from powders as there is the possibility of particles becoming lodged under the gums leading to inflammation and subsequent attachment loss. Instead, look for a product that has research behind it, from a reputable company. Additionally, it may be beneficial to use a very specific type of brush that has very many soft bristles to aide in this process.

Cannabis and Oral Health

Often times, people are surprised when I mention the oral health benefits of cannabis. They cannot reconcile the idea that cannabis could be beneficial as they link it with smoking.

However, there are alternative ways to deliver cannabinoids that can provide benefit. I liken it to water. Water is the most essential substance for human life and yet, inhaling it can lead to death. Cannabis is similar in that the traditional method of consumption, smoking, has been linked to gum disease, decreased salivary flow, increase cavities, and even oral cancer. However, while it’s in

its early days for this research, there is a suggestion that certain cannabinoids can actually help mediate the inflammation in the gums that leads to gum disease and bone loss.

Moreover, there is also an antibacterial property that may prevent cavities. So while, the most “natural” and traditional way to enjoy the benefits of cannabis has been smoking and thus, detrimental to our oral health, with modern extraction methods and product development, we can actually improve upon this ancient herb and present something to the consumer that may actually be an upgrade to what else is commercially available.

Look out for new products starting to become available in early 2020, however, please assess the science behind each product and its claims.

While this desire to get back to basics seems to be a predictable human response given the additional stresses created in this hyper-connected world, not all decisions being made are informed. This concept extends to dentistry as well. The dental community is guided, like the medical community, by science. More specifically, reproducible, peer-reviewed scientific studies help shape our policy and treatment recommendations.

As such, when a new trend arises, often times dentists are skeptical to embrace this without the necessary science to back it up. However, patients are more and more involved in their own care these days and with information readily available at our finger tips, we have a real challenge deciphering what is and isn’t real.

The key is to listen to our patients and understand what they are asking and their motivation behind it. It’s our job to help provide them with the most up-to-date information so as to arm them to make the best decision for their oral health.



Dr. Nedamat has been in private practice since 2010 and has owned and managed multiple successful dental practices across Ontario. Currently, he is the co-owner of Glasshouse Dental Yorkville located in Toronto. He is also an oral health consultant in the medicinal cannabis sector.

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Pomellato

The first global luxury Italian
fashion fine jeweller,
unconventional, colourful.

The New Precious

Working towards a more eco-conscious future, Pomellato has now achieved 100% responsible gold purchasing. Established in Milan in 1967, Pomellato was the first brand to introduce the prêt-à-porter vision into the world of jewelry. Crafted by the hands of expert goldsmiths,

Pomellato stands out for its unique design and colourful gems which through innovative stone cutting and setting techniques have come to define an unmistakable and iconic style. Pomellato is part of Kering, a global luxury group, managing the development of a series of renowned houses in Fashion, Leather Goods, Jewellery and Watches.

Pomellato, an environmentally conscious approach to jewel-creation

Pomellato has increased Fairmined gold purchases as well to create a special collection and continues to invest in the traceability of coloured stones and diamonds while exploring new materials and recycling solutions. Meanwhile, it collaborates with a Milan-based goldsmith school to safeguard consistency and craftsmanship. Through initiatives and advocacy, Pomellato continues to reinforce the importance of sustainability, an earth-conscious community, female education and career growth, and a global well-being that promotes a healthier work-life balance.

Available at bandierajewellers.com



NUDO DEEP BLUE 2019

Pomellato dives into Mediterranean inspiration with the intense blue gemstones of Nudo's new rings. Capturing the summery blues of the sea, Pomellato makes new waves with the NUDO DEEP BLUE ring collection. With two-layer settings of both gem and mineral stones, NUDO DEEP BLUE shines with unprecedented colour intensity. In three innovative stone combinations, Sky Blue Topaz with Agate, London Blue Topaz with Lapis, and London Blue Topaz with Turquoise, NUDO DEEP BLUE recalls the liquid reflections of the Mediterranean, as it pushes the boundaries of gemstone colour.

WAVES OF COLOUR

Inspired by the infinite blue hues of the Mediterranean, Pomellato pays tribute to Italy's iconic coastline. Sky Blue Topaz combines with Agate to float a turquoise paradise, sparkling like the crystal waters of Sardinia's Cala Luna Beach. London Blue Topaz and Lapis erupts with intense blue hues, inspired by Stromboli and the deep waters that surround its volcanic island. London Blue Topaz and Turquoise splashes to capture the colourful spirit of Portofino, the chic and glamorous seaside village rendered famous by celebrities and Italian charm.





DEFY INVENTOR

WITH ITS NEW DISRUPTIVE "ZENITH OSCILLATOR"
CONTROL SYSTEM, THE BRAND WITH THE GUIDING STAR
IS REVOLUTIONISING MECHANICAL WATCHMAKING.

High frequency, chronometric precision, reliability and stability: the oscillator developed and patented by the Manufacture replaces the traditional sprung balance used for more than three centuries. Featuring a single element (compared with 30 or so components of a standard regulating organ), this high-tech device equips the new DEFY Inventor. A case made of lightweight titanium and Aeronith – an innovative aluminium-polymer composite – teamed with an architectural design: through the DEFY Inventor, Zenith is (re)inventing the watchmaking of tomorrow, in an entirely independent manner.

Taking on the future

Zenith announced right from the start that DEFY would write new chapters in its history. This contemporary, even futuristic saga – given that the brand's visionary gaze remains firmly fixed on the horizon – began in 2017 with the remarkable 100th of a second chronograph named DEFY El Primero 21. The same year, Zenith unveiled DEFY Lab, an 'archetype' regulated by a revolutionary oscillator developed by the manufacture and issued in a 10-piece limited edition. Today, the 'specimen' is moving beyond laboratory stage and becoming the DEFY Inventor, produced in a run of several hundred

units and equipped with its own patented regulating organ. Like its predecessor, DEFY Inventor offers superlative technical performance and a modern aesthetic composed of cutting-edge materials. With its chronometric precision, this avant-garde three-hand watch is now series-produced – an industrial tour de force – and stylised to appeal to urban aesthetes. A brief reminder of its outstanding assets.

Zenith Oscillator

Beating at the extremely high frequency of 18 Hz (compared to the usual 4 Hz usually) and endowed with a comfortable two-day autonomy, Defy Inventor owes

its exceptional properties to a disruptive technology: the single-piece Zenith Oscillator developed and patented by the Maison. A strategic component that constitutes the ultimate achievement of an independent Manufacture capable of developing and producing a mechanical movement in its entirety, including its own regulating system! The result of an unprecedented scientific approach to the quest for performance, it has replaced the sprung balance used in mechanical watchmaking for three and a half centuries. This major innovation for the industry offers a number of benefits. Firstly, increased reliability, given that this

ultra-thin element (0.5 mm) replaces the thirty or so components of a standard regulating organ and thus eliminates contact, friction, wear and deformation; and secondly, stability, since it is made of monocrystalline silicon and therefore insensitive to temperature variations and magnetic fields.

In addition, its escape-wheel is made of flexible blades, a first in the watch industry. These exceptional qualities are triple certified: for magnetic insensitivity (ISO-764), thermal insensitivity (ISO-3159) and chronometric precision (TIMELAB – Foundation of the Geneva Laboratory of Horology and Micro-engineering). So much for the technical aspects, as we now turn to the design.

Urban legend

An innovative ‘engine’ has been teamed with an avant-garde exterior. DEFY Inventor is as architectural as it is organic. Like an animated being in a state of perpetual motion, its heart of a new genre pulsates on the dial side, beneath a sophisticated openworked construction. Its powerful stature is carved out from ultra-light materials: brushed titanium for the 44 mm diameter case, Aeronith for the textured bezel. This lightest aluminium composite in the world was developed using an exclusive high-tech process. Three times lighter than titanium, made of open-pore aluminium foam, stiffened with a polymer, Aeronith is easily forgotten when worn, while asserting a unique modern style.

The equally airy openworked dial forms a stylised propeller, of which the five ‘blades/branches’ evoke the Zenith star. Broad hours and minutes hands sweep over the mechanism, while a slender star-tipped central sweep-seconds hand – equipped with a stop-seconds system enabling ultra-accurate adjustment – marks off the seconds. In an ultimate touch of futuristic sophistication, the iconic DEFY Inventor is secured to the wrist by a black rubber strap with a midnight blue alligator coating.



Inspire Your Fall Style

TEXT Alessandra Salvati

FASHION TRENDS

It's that time of year again. The seasonal shift into Fall is among us and with that brings an overhaul of our wardrobes, getting ready for what is arguably the most stylish season of the year. We can finally reintroduce texture, dimension and endless possibilities into our daily style. While most basics and even some of the more go-to looks from one season can certainly transcend to the next, the major trends are ever evolving. The runways have spoken and below are the top trends of Fall/Winter 2019.

Leather

While leather is always a go, it typically takes on the form of a jacket, accessories or maybe if you're daring enough, an edgy bottom. This season, we are seeing head to toe full leather looks. Leather tops and blouses or leather co-ord sets are something new and interesting that spanned across the runways.

Dark Floral

While last year was dominated by basically anything in an animal print, F/W'19 is moving on towards a season of dark, romantic florals. It's a lovely juxtaposition showing a traditionally summer print during a darker season. It is very uncharacteristic and fresh, in an otherwise repeated cycle of typical fall prints. Combining a dark floral blouse with a leather bottom is the perfect way to add some edge to your look while combining distinct trends of this season.

Jewel Tones

Every season, one or two colours seem to dominate over the others. This year, it is pleasing to see that a wide array of jewel



tones took center stage. Whether it was an accessory, specific piece or a head to toe monochromatic jewel toned look, by incorporating anything of the sort into your wardrobe, you are sure to make a bold fashion statement.

Metallica

Designers were practically dipping their models into silver or gold this season. Both through heavily accessorized looks with metal hardware or actual clothing items in silver or gold this is an interesting, more full on version to some of the metallic items that designers dabbled in during



Alessandra Salvati
Owner of Minutiae Boutique, Toronto minutiae.ca



previous seasons. It's an interested nod to the 80s/90s, which is present in a lot of other subtle ways as well.

Statement Outerwear

When it comes to outerwear this season, anything goes. When I say statement, I don't necessarily mean it in an outlandish way, however we did see a lot of that.

We were seeing everything from long, sweeping hems in beautiful neutral or jewel tones to bold patterns and colour combinations. There was however, quite a bit of focus on interesting prints and bright colours for outerwear. Many designers in particular featured capes this season as the ultimate statement in outerwear.

Suiting

Suits and blazers, typically with bold 80s style shoulders in oversized fits are very popular right now. If you're looking to take this trend one step further, houndstooth or check patterns are a particularly edgy and modern take on this popular trend.



Men's Fall Fashion Trends

Fall Fashion for men is a great opportunity to add a more personal touch and some fresh energy to your otherwise formulaic wardrobe. As the temperatures drop you can embrace layering, reintroduce jackets and accessories back into your life. You no longer need to wear the bare minimum in order to not overheat at any given moment. It's a time for mixing heavier textures and silhouettes. Basically adding some variety, depth and texture back into your life.

Bottoms Up

Light wash denim, a still very versatile but slightly more fresh take on the ever loved pair of jeans is surging in popularity at the moment. Slimmer fits are still very much a go in everything from jeans to trousers. Many designers are also doing a higher rise in their pants and some are even trying for pleats to make a comeback.

Mixed Prints

Basics are great, but if you want to try something different and add some edge to your look, try mixing in some of the prints that designers are really pushing for Fall/Winter. The ever-trusted check is going to be very popular this season but designers are taking it one step further by mixing prints in interesting ways. Unique combinations of checks, stripes and patterns have been spotted everywhere.



Softer Side

In terms of tailoring, jackets and coats in a softer more unstructured look are very of the moment. For those of you who still opt for sport jackets or suits, Italian houses in particular are producing softer looks with less padding and rigidity. Not only is this more comfortable but in today's largely casual atmosphere they are much more versatile.

Overshirts

Layering is a great way to add interesting texture and unexpected detail to your look. Overshirts (literally exactly as they sound), a hybrid cross between a shirt and a jacket that you can wear either way are a great way to do so.



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Helping others to progress creates BUSINESS SUCCESS

TEXT Anne Bachrach

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

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

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

Commercially speaking, the company wants to listen to any new input and utilize all available experience. In creating an efficient machine, there would be no reason to deliberately hinder employee

advancement as this would directly affect productivity and eventually profit.

Personally speaking, it makes sense to train new staff members according to the same criteria that you would live by.

When you teach by example and are helpful to new workers, they will remember this training in future years, considering you more of a personal mentor than just a boss. If you go out of your way to be unproductive, you probably won't be in that position long or if you are self-employed, you won't be in business long.

The most important
factor in
overseeing progress

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

"Success
usually comes
to those
who are
too busy
to be looking
for it."

— Henry David Thoreau

progress rapidly.

Teaching involves taking an interest in people as individuals. Some people will progress faster than others, others slower, and still others will require special training because their perceptions are totally different from most of the other workers. Some staff will be particularly hard working, convergent thinkers. Others will be very good at “thinking outside the box.”

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

For example, let’s say you are writing an evaluation of one of your favorite delegates. First, start by focusing on their positive characteristics. You would describe them as a steadfast worker. They always come in a few minutes early and volunteers whenever there is overtime. They are respectful and diligent in customer service.

Now focus on some areas where the worker needs improvement. They often make mistakes in their reports. They have a tendency to alienate other co-workers. Some of their proposed ideas are out-of-sync with the rest of the office.

Now that you have an understanding of this worker, personalize the training to match their personality and state of progress. Always focus on the positive, remembering that every institution and every staff member could benefit from self-improvement.

Helping workers with encouragement and counsel

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

“Success
isn’t just about
what you
accomplish in
your life;
it’s about
what you
inspire others
to do.”

Once a team member knows that you have this confidence, and that there is a network of information and assistance available, he or she will feel ready. Avoid babying new workers that are looking to advance. A team member will respect you if you tell them what to do, but he or she would much prefer it if you

gave them an opportunity to showcase their talents.

What if a delegate that you trusted makes a big mistake? This calls for balance between playing educator and friend. If the worker does something wrong you owe it to them and to the company to offer helpful criticism. Do not criticize the effort itself; try to explain why the decision was a mistake and how it negatively affected productivity. If you sense that the team member was pursuing the right direction or had a good intention, which is probably the case with most people, then thank them for it.

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

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

One way to make sure they don’t make the same mistakes is creating procedures for everything being taught. Put all procedures in binders or store them electronically to recall when needed. This may take a bit more time up front but saves a ton of time in the short-term and long-term.

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

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

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MCLAREN 720S SPIDER





"The new McLaren 720S Spider offers an unparalleled blend of extreme performance, crafted luxury, driver involvement and daily usability – all with the additional exhilaration of open-air driving whenever required. As the most accomplished convertible supercar ever, the new Spider delivers across a remarkable spectrum of abilities to outstandingly high levels, and as lightest in class with an increase of just 49kg over the 720S Coupé, moves us even further ahead of our competition in the weight race."

Mike Flewitt, Chief Executive Officer, McLaren Automotive

The design foundations of the new McLaren 720S Spider are shared with the 720S Coupé, the organic shapes that comprise the second-generation

McLaren Super Series combining to maximise downforce, minimise drag, enhance powertrain cooling and optimise aerodynamic balance. The forms also produce an overall appearance akin to a futuristic sculpture, styled by the air that flows over, under, around and through it.

For the new Spider, a new, electrically actuated Retractable Hard Top (RHT) and new buttresses were seamlessly integrated into the design. Like all McLaren cars, the 720S Spider has a carbon fibre core, in this case designated Monocage II-S. The strength, rigidity and light weight of the structure is the base

for the dynamic excellence for which McLarens are renowned; the Monocage II-S is a development of the Coupé's Monocage II, without the central 'spine' running front to rear above the cabin and with the rearmost section of the upper structure also unique, to accommodate the Retractable Hard Top. The header rail across the top of the windscreen has also been revised, to suit the RHT sealing.

Comfortably the lightest car in its competitive set, with a lightest dry weight of 1,332kg – 88kg less than the 1,420kg dry weight of its closest rival – the new 720S Spider is also lighter by 9kg than the first-generation Super Series 650S Spider, as well as having enhance refinement.

The new Spider weighs in just 49kg – or



less than 4% - above the 720S Coupé, the difference primarily associated with the RHT and tonneau system. The low weight – and stunning power-to-weight ratio of 540PS-per-tonne (in comparison to 485PS for the 650S Spider) – is the foundation for the dynamic, performance and efficiency benefits enjoyed by owners of McLaren cars.

Engineering ingenuity, underpinned by the inherent qualities of carbon fibre, means that despite the removal of the fixed roof there is no need for additional reinforcement to maintain structural strength and rigidity; even the unusually slim windscreen A-pillars first seen on the 720S Coupé remain. To further enhance rollover protection for occupants, fixed carbon fibre supports – which are visible externally – were engineered into the rear of the Monocage II-S, additionally providing the main anchor points for the roof system and the seatbelts.

The cockpitlike design of the 720S Coupé is recognised for the sense of 360-degree vision it provides, allowing light to flood into the cabin and setting a new benchmark for visibility. This philosophy of unrivalled vision is central to the second-generation Super Series and the new Spider moves the game on again, with unique, glazed flying buttresses further aiding driver visibility as well as adding visual drama to the car.

The leading edge of the buttress features an aerodynamic carrier to guide airflow, before dramatically tapering off to expose darkened glazing; the design and the use of glass delivers a 12% improvement in over-the-shoulder visibility compared to the previous McLaren Super Series Spider.

"The 720S Spider marks a revolutionary step forward in our pioneering use of carbon fibre technology. Every McLaren built since 1981 has had a carbon core,

but this is the first time a convertible has featured a carbon fibre upper structure. The windscreen surround, the rollover protection system and the architecture above the powertrain – in fact all integral parts of the new Monocage II-S – are constructed of carbon fibre, as is the new Retractable Hard Top (RHT), including the frame and exterior panel."

Andreas Bareis, Vehicle Line Director – Super Series, McLaren Automotive

"The new 720S Spider epitomises cutting-edge elegance. The striking lightweight aluminium bodywork is 'shrink-wrapped' around our pioneering carbon fibre structure, and the dihedral doors feature an innovative double-skin that channels air into the side radiators. The beautifully sculpted body is able to integrate our state-of-the-art aerodynamic excellence due to our designers and engineers working as one – we're also particularly proud of the new glazed flying buttresses. The result is a truly stunning supercar."

Rob Melville, Design Director, McLaren Automotive

Fast moving, high-energy air coming from the sides of 720S Spider is guided through the aerodynamically sculpted shape of the glazed flying buttresses, creating a high-pressure zone over the rear tonneau cover and engine bay to reduce rear axle lift. Thanks to the innovative glazed solution, rearward visibility is not impeded, enhancing daily usability and driver confidence.

A supercar
of unrivalled sophistication
and luxury

"The 720S Spider further widens the breadth and depth of abilities of the second-generation McLaren Super



Series. The new Retractable Hard Top brings the intense thrill of an open-top supercar on demand, while the glazed roof option with electrochromic glass means our customers can experience the light and airy ambience of a Spider all-year round with the roof up if they prefer. This is supercar that satisfies a driver – and passenger – in a way that no competitor can.”

Jolyon Nash, Executive Director – Global Sales and Marketing, McLaren Automotive

Engine response – both on- and off the throttle – has been calibrated to deliver the optimum blend of immediate reaction and progressive control, ensuring absolute driver involvement. Under full acceleration, the power delivery builds relentlessly through the rev range, encouraging the driver to hold each successive gear to over 8,000rpm.

Matching the feeling of the powertrain is its exhilarating sound, enhanced further when the rear window is lowered, or when the Retractable Hard Top is stowed completely. The twin-exit stainless steel system delivers a scintillating supercar soundtrack that is clean and crisp, and rises with engine rpm and engine load to deliver a thrilling crescendo.

McLaren dynamic purity

The beautiful materials used throughout the interior of the 720S Spider highlight the high level of quality across the vehicle. Not only are the leathers, Alcantara® and other materials remarkable, but the comfort and convenience characteristics are particularly noteworthy. All the controls in the cabin of the 720S Spider are as precisely engineered and tactile as they are visually appealing. Even the smallest details have been given forensic attention, with delicately crafted machined switchgear used extensively throughout the cabin, and unique stitching patterns developed specifically for second-generation Super Series featuring

on the leather. An air of sophisticated luxury is evident throughout the interior, ensuring the driver enjoys the ambience and indulgence of the cabin environment as much as they do the thrilling driving experience.

The new 720S Spider is available in three grades of specification, with the Performance and Luxury models extending above the standard 720S model to create cars with their own character and ‘feel’. The 720S Spider Luxury, for instance, is the perfect long-distance cruiser, with power-adjust heated memory sports seats for both the driver and passenger and a meticulously appointed ‘By McLaren’ interior featuring the finest Nappa leather hides. By contrast, the 720S Spider Performance specification features a ‘By McLaren’ interior trimmed predominantly in tactile, lightweight Alcantara®, the focused nature of this specification accentuated inside and out with carbon fibre.

The driver and their passenger sit as standard in sports seats that have not only been developed to deliver the perfect amount of lateral support, but at the same time supreme comfort for cross-continental trips. Owners can choose to replace the standard leather-wrapped sports steering wheel with colour-matched, carbon fibre enhanced or Alcantara® options – but the wheel always remains free of buttons and switches, a McLaren trademark.

A centrally-mounted 8.0-inch high-resolution Central Infotainment Screen is the primary hub for vehicle convenience, comfort and connectivity functions. The interface displays audio, media, navigation and other convenience features – such as mood lighting colour – with rich, crisp graphics. All key applications are displayed on a vertical carousel, as well via several dedicated quick-access ‘hard’ keys below the screen. For optimum usability, the climate control function remains fixed to the bottom of the screen.

At the touch of a button – conveniently

located next to the steering wheel – the driver can alternate between Full Display Mode and Slim Display Mode. When the Active Dynamics Panel is activated, the display defaults to Full Display Mode when in Comfort mode and Slim Display Mode when in Track mode. The customer can specify if the display defaults to Full Display Mode or Slim Display Mode when in Sport mode. By only displaying critical information in the Slim Display Mode (rev range, speed and selected

gear) the driver’s already excellent forward visibility is further enhanced and the dashboard is given an even cleaner appearance. Such a feature is in keeping with the fluid, uncluttered interior design and deliver a unique, futuristic experience.

The ground-breaking system for the second-generation Super Series delivers pure, engaging sound through the implementation of key Bowers & Wilkins’ acoustic technologies, including the first

automotive application of Double Dome tweeters. Performance is maximised and unadulterated sound – this time not from the exhaust system – takes the driving experience to completely new heights.

“A convertible can be dynamically compromised compared to a Coupé, but at McLaren our carbon fibre structures do not require strengthening, so no weight is gained and no rigidity is lost.

That means the 720S Spider drives just like the ground-breaking 720S Coupé; one moment it is our most luxurious and sophisticated supercar and the next it is track-focused and capable of astonishing lap times. And the best thing of all is that whichever character you want to bring out, you can lower the roof and experience the added exhilaration of open-air driving.”

Kenny Brack, Chief Test Driver, McLaren Automotive




Why people don't get what they want


TEXT Elizabeth Tobin



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What do you think is the number one reason why most people don't get what they want? I'll tell you. It's because they are indecisive. They don't know what they want!

Take a moment and think about how you feel when you are unclear and unfocused. Do you procrastinate? Do you go from one task to the next without really completing anything?

If you've ever frittered away your time by doing busywork and didn't really accomplish much, then you know what I'm talking about. You also know that indecision is the breeding ground for the exhausting triple whammy of doubt, anxiety and frustration.

Now, what happens when you are decisive? You make clear and wise decisions and the Universe mobilizes to support you!

You see, making wise decisions is the clearest route to achieving your goals. You know how you feel when you are certain of your next step. You stay focused and energized.

You feel confident; you know what to do and the rest follows naturally. It's as if the details take care of themselves.

Being decisive is about more than just being able to choose among life's many options. It's about knowing what you want. Knowing the right questions to ask. Knowing what to do, what not to do, and when. But most importantly, when you are decisive you can be proactive and take timely action.

That's why I say decisiveness is the key to success. And indecision and procrastination are dream killers.

The good news is that you can change your patterns of indecision and

procrastination by optimizing your Wood Element Energy.

If you're feeling disorganized, unfocused and indecisive this is an indication that you need repatterning for the Wood Element. You see, procrastinating, second guessing yourself, wasting time, and getting stuck in the same old rut are what happens when your Wood Element Energy is out of balance. And you know all too well what happens next... You spiral down into anger, frustration and hopelessness. And then you start frantically searching for a solution that doesn't materialize. You go from one thing to the next always searching and never finding, and the cycle of anger, frustration and hopelessness continues.

Just reading about it has probably got

you all tense. Take a couple of breaths...

Now, relax and visualize how powerful you will feel when you are aligned with the positive qualities of the Wood Element:

- Feel the peace of mind that flows from having a clear vision of what you want and need.
- See yourself knowing how to begin and then taking each step as it naturally unfolds.
- Picture yourself feeling confident because you have laser sharp discernment: you know what to do and when.
- Imagine maintaining your hope and optimism - even when those

inevitable challenges come up!

Just by moving into resonance with the positive qualities of the Wood Element you can support your decisiveness, wise decision making, focus, vision, goal-setting, discernment, right timing, positive self-assertion, hope and optimism.

When you are decisive you can be proactive and take timely action.



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A few thoughts on how parent's health decisions affect their kids

TEXT Rich Carroll



If you are contemplating starting a family, there may be a greater reason for adhering to a healthy eating and workout program.

A rather new niche called epigenetic processes is uncovering intriguing facts about how we launch genetic signals to our children.

We have always been aware of the connection between the mother's health during pregnancy and the child's health, but researchers are discovering genetic

signals that the father is sending may also have great significance. And they go much deeper than what we've believed.

An Australian research study recently found that obese fathers will not only increase the risk of obesity for their children, but also their grandchildren.

The study also found an elevated danger of developing type II diabetes in both female and male offspring, and there is evidence it might be passed along from either parent. Folate deficiency in fathers,

a basic ingredient for overall neurological health, contributed to a 30% higher risk in birth defects. Folate, a B vitamin, is also important for developing cognitive skills.

All of these findings demonstrate an important influence of the father's nutritional status for the unborn baby. It is now thought that a father's health possibly can have greater bearing on his child's future health than the mother's in some instances.

It's definitely new ground for understanding how the health choices of parents can significantly influence their children's and their grandchildren's health.

Since we understand that human genes are malleable and are affected and shaped by environment and our thoughts and emotions, we can affect them in positive ways.

Each of us has the ability to influence genetic expression by the lifestyles we lead. The dietary and environmental choices we choose (if we choose the right ones) can provide protection against medical issues of our children.

Perhaps the most obvious cause for poor health is related to overweight issues. Obesity rates worldwide are increasing by leaps and bounds, but they're growing at especially distressing rates among children.

If we all don't do something to reverse this development those "fat genes" are going to be passed on to generations to come, which will make it increasingly more difficult to reverse the wave of overweight problems.

So rather than try to explain this very intricate subject in a very short column, I'm going to give you some homework, now that I know I've piqued your interest. Look up the very interesting (well, I think



it is) topic of epigenetics. It is the study of mechanisms that switch genes on or off, and understanding it will shed light on how vital wise lifestyle choices of both parents really are.

Of course, it is impossible to control every element that goes into any youngster's overall health. But we now know that there are more factors under our control

than we'd ever previously believed.

No longer can people completely dismiss issues of children's health as bad luck or God's will. Infant mortality rates are still higher than they should be. With education and understanding, future parents have the capacity to turn these heartbreaking children's health issues into happy, healthy children.

4 Healthy Spices

that should be in every diet plan



The conventional Western diet has come into a lot of criticism in the last few years, and for good reason. Although it has kept the population well fed, it has not provided people with a healthy and balanced diet.

Perhaps a contributing factor relates to the scarcity of naturally occurring spices that people used to add to their cooking. Instead of including all these wonderfully nutritious spices that do so much for the flavour of our food, we instead use preservatives, sweeteners and harmful fats.

Read on to see why people should use herbs and spices, not just for better flavour but better health.



Whenever we add real spices and herbs to our food, we are upgrading that food's nutrition without ever adding one single calorie. Fruits and vegetables are known

to be elevated in antioxidant substances, but still on a weight basis herbs and spices are far greater. Several spices also have extraordinary remedial qualities. Here



we will point out four spices which are off the charts for their potent antioxidant qualities:

Ginger

Although ginger, has been for many centuries used to minimize unsettled stomach from motion sickness and pregnancy, studies have found their extraordinary ability to decrease inflammation. It has helped reduce symptoms of rheumatoid arthritis and various other inflammatory troubles. And, it is currently thought to help to protect the brain against damage caused by Alzheimer's.

Turmeric

Curcumin gives turmeric its golden hue, which is where the anti-inflammatory and anti-cancer features lie. Turmeric is a wonderful antioxidant which fights free radicals brought on by several environmental factors. The sun's rays' exposure to the skin surface and chemicals and toxins in the environment around us cause cellular damage to people every day. Turmeric is thought to be among the



best spices for ailing liver health.

Oregano

A long-standing question is: is oregano a spice or maybe an herb? Fun fact: It is known as a Mediterranean spice which masquerades as an herb. No matter, it is going to bring food alive and it's incredibly healthy. It has been found to contain anti-inflammatory, antifungal as well as antiviral components. Also, it provides a minimum of seven hypertension-lowering natural elements. It was used by the Greeks for healing practices and is still a staple spice/herb for the Mediterranean Diet.

Cloves

Researchers have demonstrated that cloves are one of the highest-grade natural antioxidants. Their mixture of anti-inflammatory and antioxidant properties gives many health benefits. These include helping to fight cancer, cardiovascular disease and arthritic pain brought on by cartilage and bone tissue damage. Cloves have natural compounds much like those found in cinnamon that appear to enhance insulin function.

There are additional spices along with other foods which have anti-inflammatory qualities. The reason that this is extremely important is that while inflammation within our body is perfectly ordinary (and in fact beneficial), it needs to be kept under control. For example, inflammation can happen if the body's white blood cells defend us against foreign intruders like bacteria and viruses. However, when the inflammatory process will get out of hand, mainly because of nutritional issues, the chain of events may lead to several health problems. Many diseases like obesity, cardio disease and cancer are linked with chronic inflammation.

EXPLORE SARDINIA with these Secluded Hotels

Text Emilia Florek-Guerrero



Sardinia is one of Europe's most fabulous gems.

This magnificent island intrigues with picturesque views, clear blue water, the unique culture and of course the incredibly pristine weather. There are so many wonders in Sardinia that the possibilities are endless.

Here one can relax, take in plenty of sun and enjoy delicious cuisine plus eventful sightseeing in the main city of Cagliari, and of course experience all kinds of water sports and activities.

Beaches are like those of tropical islands and the La Villa del Re is one boutique hotel with direct access to crystal clear beaches that will have your stay create a myriad of memories and relaxing opportunities to fully regenerate.



La Villa del Re

La Villa del Re is a 5 star, adults only hotel. That's right, only adults are allowed!

An ideal place for a romantic getaway or to really get away from all the noise of everyday city life. Located on the southern coast of Sardinia, La Villa del Re is perfectly situated on the most crystal blue beaches of the island. 48 rooms are available, each designed with elegant décor in mind, space, soft colours, and best of all with an unforgettable view of the garden and the sea!





The sandy colour of the interior, the vintage furniture and lighting along with wood floors offer a palatial appeal. All the rooms feature numerous amenities such as air conditioning, a chromotherapy shower, cozy beds and much more.

Guests can enjoy the immense infinity pool that creates an oasis of true indulgence. A restaurant with an outdoor terrace and a poolside bar serve the finest Mediterranean cuisine. Along with direct access to the beach, staying at La Villa del Re will provide you with sheer joy of relaxation on the premises during your entire stay.



La Villa del Re
 Loc. Su Cannisoni - Costa Rei
 09040 Castiadas Cagliari,
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www.lavilladelre.com



Hotel Aquadulci

The Hotel Aquadulci is located on the eastern coast of Sardinia, literally showcasing another side of the island. The lush scenery creates a true paradise both outside and inside the hotel.

The Hotel Aquadulci offers numerous amenities to create a perfect, tranquil

setting for its guests. A bar with a terrace overlooking the pool, a garden, a hydro-massage pool, a reading room with a fireplace, a wellness area and beach are just the tip of the iceberg.

The rooms have been specifically designed to complement the natural surroundings.





One can rest assured that they will be well taken care of with an array of delightful goods available in each room. A sandy hue gives the ideal sensation of a beach house and interestingly enough the bathrooms with slate walls provide a modern feel. The superior garden and seaside rooms contain a fully furnished patio and a balcony respectively. For guests with a bigger group, no need to worry, the Hotel Aquadulci also has suites available and seaview suites offer a fully furnished balcony looking outward to the sea.

Hotel Aquadulci
Chia, Loc. Spartivento
09010 Domus de Maria, Cagliari,
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www.aquadulci.com



HERÍA, founded by Emilia Florek-Guerrero, is an expert in conducting hotel audits and designing brand experience. Far from the cookie-cutter standardization, HERÍA stands out with its customized approach. Things are kept simple at HERÍA and there is no room for anything but the best! Optimize your brand experiences for the best outcomes with a unique charm that can only be found with HERÍA. More on www.heria.eu.

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