

FORUM

A Trade and Lifestyles Publication

WINTER 2020

NUVO HOMES

The Collaboration between
Designer, Builder & Client

A MEDICAL SPA

Where Science Meets Art
Yorkville

BORGIO EGNAZIA

Puglia, Italy

MASERATI MC20

A Dynamic Sculpture



Sophisticated Simplicity.



Our home entertainment and automation systems are found at the centre of some of the GTA's finest smart homes and most luxurious properties.

As technology evolves, our mission stays the same - *simplify smart home integration and entertainment while providing only the best in customer service.*

Contact us for a free in-home consultation today.

Luxury is our Lifestyle.



HOME THEATRE & AUTOMATION



OAKVILLESIGHTANDSOUND.CA | 905-338-2275

CONSULTATION | DESIGN | INSTALLATION | SERVICE



North American Homes with
EUROPEAN FLAIR



EPAL brand stands for high-end quality and prestigious window and door solutions, all from one source.

Tel 647.533.9349 | info@epal-windows.ca | 1070 Birchmount Rd, Toronto ON M1K 1S4

epal-windows.ca





Iron Gates • Blacksmithing • Metal Screens • Sculpture



SARANA | TILE

porcelain | stone | hardwood | glass



TORONTO



HAMILTON



OTTAWA



MONTREAL



WWW.SARANATILE.COM



FEATURES

- 8 Feature
NUVO HOMES
The Collaboration between
Designer, Builder & Client
by Krista Deverson
- 16 Canaroma Bath & Tile
Toronto's Designer Bathroom
& Tile Retailer
- 30 The Lakeshore Psychiatric Hospital
by Cristina Nikolic
- 34 5 Keys to Stress Relief
by Helen Macmillan
- 42 Maserati MC20
A Dynamic Sculpture
- 56 Borgo Egnazia - Puglia, Italy
A Happiness Retreat in a
Blue Zone Setting
by Emilia Florek-Guerrero

THE FORUM MAGAZINE Inc.
Tel. Toronto 416.819.2576
Tel. Dundas 905.719.4479
905.627.1660
Fax 905.627.4112
e-mail: forumedit@sympatico.ca
e-mail: forum@bell.net
Visit us at www.forummagazine.ca

ADVERTISING INQUIRIES
Sean Patrick
416.819.2576

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

Although every precaution is taken to ensure accuracy of published materials, the Forum Magazine Inc. cannot be held responsible for opinions expressed, facts supplied by its authors and or errors of production of any sort. Copyright 2003 The Forum Magazine Inc., all rights reserved. Reproduction in whole or in part without written permission is prohibited.

CONTRIBUTORS

PUBLISHER
Sean Patrick



EDITORIAL DIRECTOR
Ana Patrick



CHIEF EDITORIAL WRITER
Krista Deverson



DESIGN DIRECTOR
Helen Witkowski



CONTRIBUTING WRITER
Emilia Florek-Guerrero



CONTRIBUTING WRITER
Rich Carroll



FROM THE PUBLISHERS

Welcome to the Winter 2020 edition of Forum Magazine.

We are pleased to feature Andrew Nullmeyer of Nuvo Homes with his design team that truly sets the stage for a brilliant collaboration between builder, designer and most importantly the client. Typically building in mid-town or downtown Toronto, the team is all about great design with a high degree of quality.

Since 1979, Canaroma has been offering bath, tile and lighting with exclusive designer lines. The showroom is always a fabulous treasure trove of design ideas. Celebrating over 40 years, Canaroma will be moving to their new location in January 2021 at 25 Torbarrie Road. Visit the impressive 35,000 sf showroom or visit them at canaroma.com.

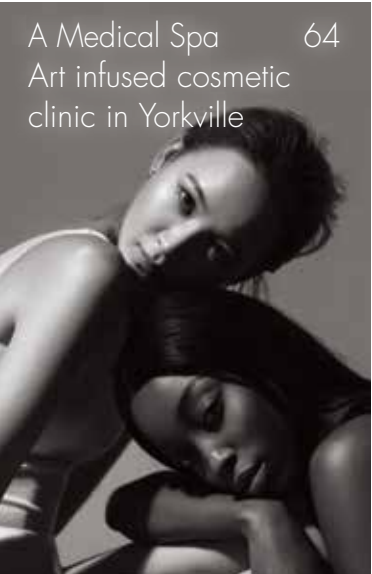
When future travel is in store for you, why not explore Borgo Egnazia in Puglia, Italy! All year-round Borgo Egnazia embodies a different concept of hospitality and wellbeing based on local and authentic experiences in the incomparable beauty of the Puglian countryside. The property has also been recognized as the #1 Top Italian Resort by Travel + Leisure, plus "Most Life Changing Experience" by Conde Nast UK. Visit borgoegnazia.com for more.

Again, where does the time go? The holidays are right around the corner, alas it will be a holiday season that will be just a little different then many of the past. The year 2020 has definitely been a year we will not forget, full of hiccups and challenges for many.If you can, please support and donate in your local area to those less fortunate and those struggling through the holidays. Wishing you all a safe and happy holiday. Let's hope that 2021 will be a positive year for us all!

Until next time,
Ana & Sean Patrick
Publishers



56 Borgo Egnazia, Italy



A Medical Spa
Art infused cosmetic
clinic in Yorkville



42 Maserati



PHOTOS courtesy of Nuvo Homes

The Collaboration between Designer, Builder & Client

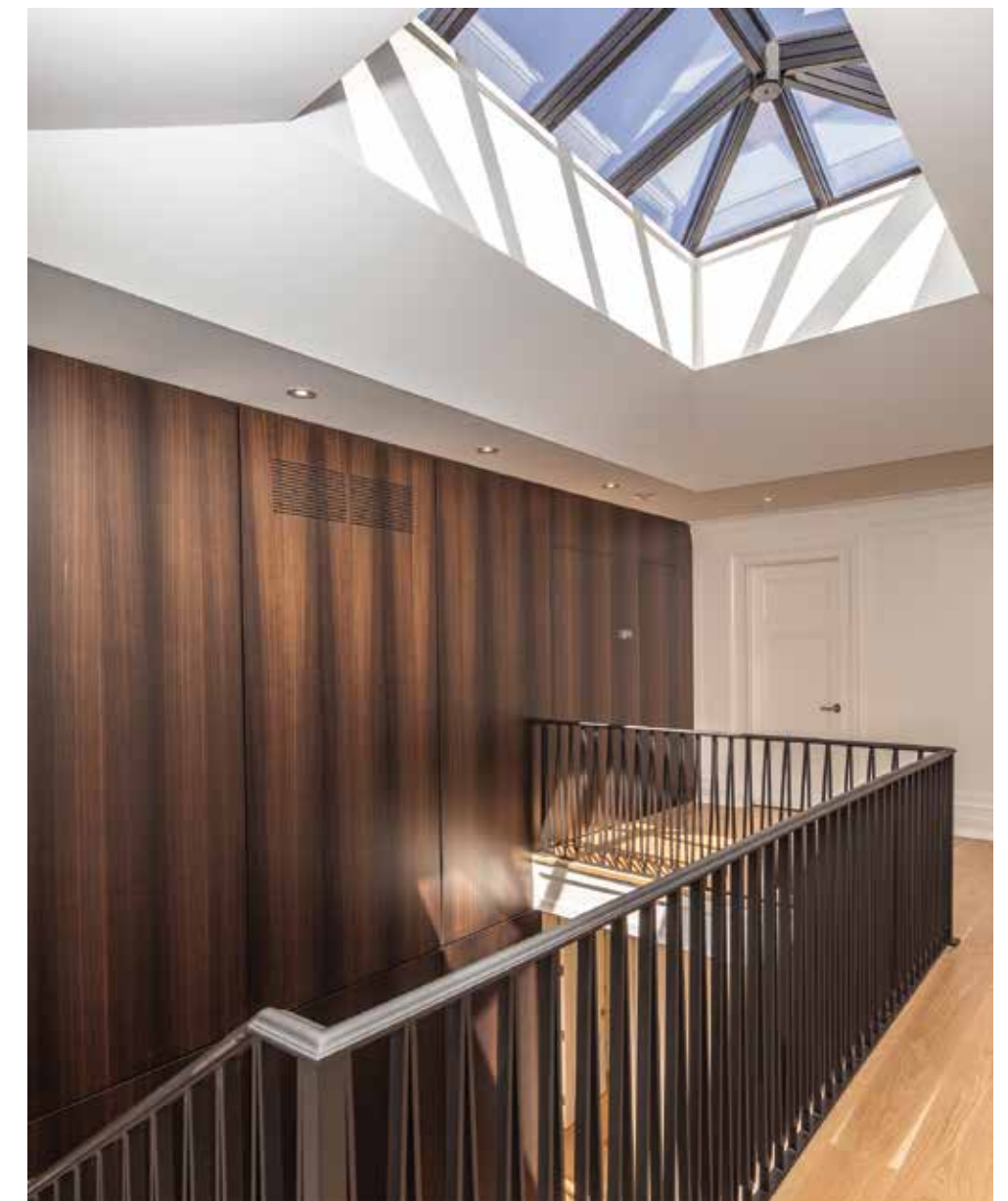
Designer, Karen Fisher on the solid foundation behind creating exquisite homes

TEXT Krista Deverson

"A three-partner marriage that lasts about two years," is how Karen Fisher of Sachiko Designs describes the close, intimate relationship between designer, builder, and client during a custom home construction project. The relationship and the open communication between the three

parties form the solid foundation necessary for turning the client's vision into reality.

Karen's approach to interior design starts with getting to know the client, their needs and tastes, and then incorporating it all into cohesive design elements that will work with their lifestyle. She believes





We're both perfectionists," she says.

Open communication between the three parties is integral to their success so that any concerns are addressed along the way. The client has to feel comfortable to speak freely and provide honest feedback without being concerned

about offending the designer or builder.

"Clients often change their minds, and you have to be able to go with the flow. A custom home is something most people are doing for the first time, and it can take time for them to figure out exactly what they want," Karen notes.

The builder works directly with the architect, the designer, and the owner to create a home that suits their client's unique lifestyle. Nuvo Homes assigns a supervisor to each build to schedule and lead trades from start to finish through the architectural, structural, mechanical,

family homes need to be functional, comfortable, and low-maintenance. "A house should be beautiful, unique and elegant but not a museum. It should be truly lived in and enjoyed by all age groups," she says. "People need to have the freedom to live well without chasing after their guests, sticking a coaster under every glass of wine to protect the marble counters."

A three-storey limestone and red brick house in midtown Toronto is Karen's latest endeavour with builder Andrew Nullmeyer, president of Nuvo Homes. The outcome is a stunning example of what happens when designer, builder, and client have the same conception and communicate effectively throughout the process. "Working with Andrew is great because he really listens to the client and oversees the project in its entirety to make sure they achieve the clients' ideal home.





and design plans, ensuring that the results are in line with what the client requested. Andrew and the design team at Sachiko Designs collaborate and work together throughout each phase and component of the project to ensure that, together, they build their client's dream home.

For this project, the pair's challenge was their clients' desire for a family home that was modern with a twist of traditional — fresh, clean lines but without feeling cold, stark, or plain. "We incorporated materials like wood and earth tones to create a softer palate, not just the popular



greys and whites," explains Karen. "Texture helps with warmth, so we used materials that are tactile rather than slick and smooth to achieve this effect."

Suede and natural oak were used in the stunning principal retreat to create interest and refinement. For a spark of creativity on an otherwise blank wall, Karen created an impressive built-in component that acts as a gorgeous display case while providing extra storage. The look offsets the roof trusses, adding balance and symmetry.

Another highlight is the third floor, also Karen's favourite part of the home. "The architecture of the space is absolutely incredible, bringing in the most sunlight in the whole house!" she exclaims. The room could be almost anything: an office, an in-law suite, a playroom.

And it turned out better than she could have imagined: "When it was finished, I walked in that room and the way the light was shining in, it made me so happy!"

Karen and Andrew's collaboration is a testament to their solid teamwork and ability to see a project through from start to finish, and to thoroughly understand their





clients' needs and preferences, the first visualization, the design process, the construction, and the ultimate completion. Focused on achieving the client's desired aesthetic, they work together every step of the way to create a dream home as perfect as can be. You might even say it is a marriage made in heaven.

INH

NUVOHOMES

Luxury Design & Precision Construction

416.300.8017
info@nuvohomes.ca
www.nuvohomes.ca

NIAGARA BELCO
ELEVATOR INC

Engineered for Installers, Designed for Homeowners

Introducing the all-new 2020 redesigned Victorian Home Elevator. Fully Extruded Aluminium Rails come in lightweight modular sections. Provides ultra-smooth ride and reduces installation times drastically. Modern cab design with brushed aluminium trim, modern luxury cab choices, clear acrylic cab gate, and modern LED lighting. Removable interior panels allow for design changes easily in the future. Full commercial rated digital variable speed valve and digital position indicators also standard. There is no more elegant home elevator on the market. Priced competitively. For those ultra-custom applications, we have the Victorian Heavy Duty which allows for Glass Cabs, 96" Cab Heights, 1400 lbs Capacity (where permitted) and extreme custom applications such as this timber home shown above. For more information, please see our article in this issue of Elevator World.

NIAGARA BELCO
ELEVATOR INC

1-844-389-2977 | WWW.NIAGARABELCO.COM

CANAROMA BATH & TILE

Toronto's Designer Bathroom & Tile Retailer



colours and materials: modern vanities, contemporary vanities, traditional vanities, double sink vanities, pedestal basins, glass vanities, luxury vanities, shower columns, shower glass panels,

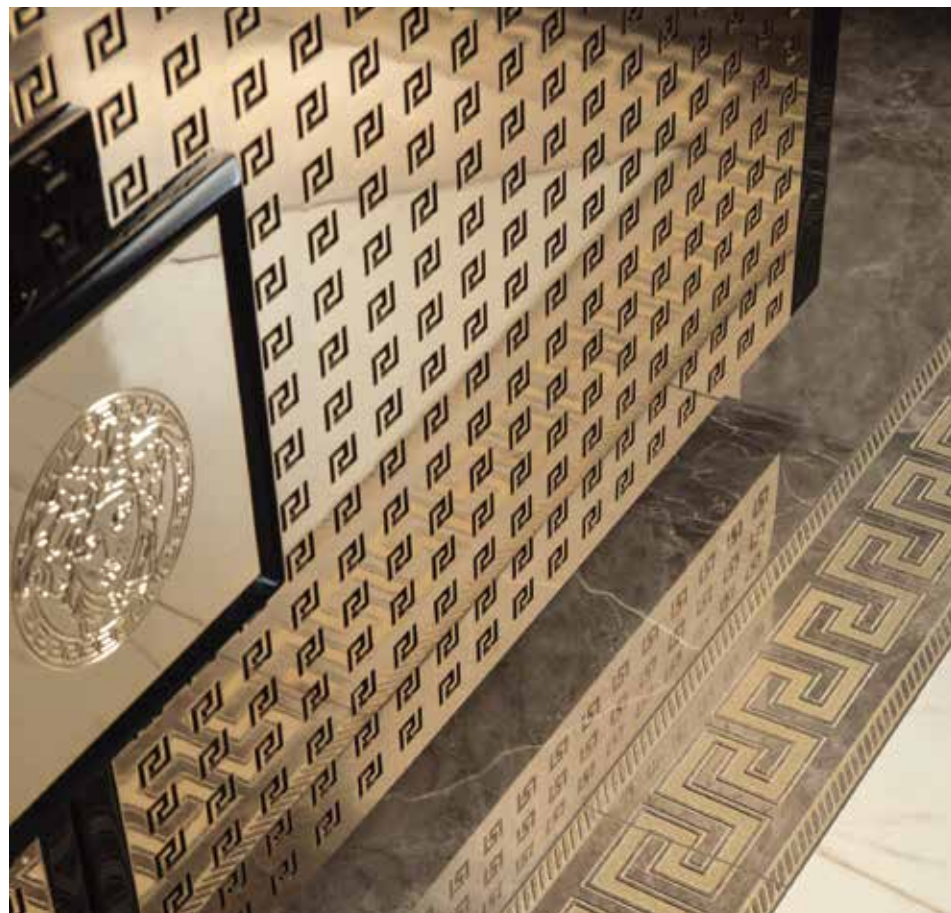
shower bases, round toilets, 1 piece toilets, 2 piece toilets, and many others in the toilet and bidets category, as well as kitchen/bath faucets and bath accessories.

In such a competitive industry, Canaroma's emphasis in the design community focused on exclusivity, luxury and providing wide range of design materials and styles. Canaroma serves a range of personal styles from sleek and modern, to classic and traditional. Canaroma features over 30 international brands of bath and tile products from Europe and North America, with over 40 vignettes of bathroom settings on display at any given time. Bringing designer luxury to the customer.

Canaroma has earned a reputation throughout the bath and tile industry and design community for its commitment to providing its customers with the hottest, in-demand designer bath and kitchen remodelling products. Aside from displaying collections from brands like WetStyle, Victoria Albert, American Standard, Neptune and Vanico to name a few, Canaroma brings the exclusive world of expensive luxury to the everyday design-conscious consumer in

Canaroma's 20,000 sf designer showroom features an array of bath, lighting and tile products including exclusive designer lines, as well as an outlet center adjacent to our main bath and tile showroom. Canaroma stands as the only authorized dealer in Canada currently carrying the highly-exclusive internationally renowned brands which include Artelinea, Armadi Art, Aquos, CEA, Cerasa, Glass Design, Knief, Oasis, Onsen, Macral, NOVA, Vissoni, Sherle Wagner, SICIS Mosaics, and Versace Ceramics. In addition, Canaroma has the largest boutique in Canada for Dornbracht, Zucchetti and Porcelanosa floor and wall tiles.

Canaroma offers the following bath and tile products in a variety of styles,



SHERLE WAGNER
INTERNATIONAL

GLASS DESIGN

canaroma CELEBRATING 40 YEARS

BATH & TILE

VERSACE

7979 Weston Rd, Vaughan ON L4L 0L4 t: 905.856.7979 **canaroma.com**

their respective remodeling projects.

From working with partners ranging from HGTV's own hit series Love it or List it, and other award-winning designers and companies like Caesarstone and Nexterra, Canaroma prides itself on its inter-industry relationships and customer satisfaction.

One of the additional programs that Canaroma has enlisted in has been the Improve network, which is Canada's largest home improvement center. Located in Toronto, Canada, Improve stands as a 310,000 sq foot business providing both consumer customers and trade businesses with construction, renovation and design solutions. This partnership not only gives Improve access to Canaroma's luxury, but makes Canaroma even more readily available to its multitude of loyal customers.

Canaroma not only focuses on luxury and bringing exclusive products to the



FORUM MEDIA

Turnkey Marketing Solutions

416.819.2576

- Brochures
- Presentation Folders
- Logo & Ad Design
- Photography
- Advertising
- Company Profiles
- Branding
- Websites

customer, but also keeps the environment and green initiatives in mind when offering bath, lighting, kitchen and tile products. By diligently practicing the process of utilizing reusable materials and maximizing cost-effective initiatives for consumers and overhead expenses, Canaroma proudly offers a variety of bathroom and tile product that are green, from floor tiles using recycled bottles to dual flush toilets. Canaroma is committed to protecting our environment.

The staff at Canaroma prides themselves on always being well-stocked on their most popular bath, kitchen, lighting and tile products, well-informed and eager to help with all of the customer's design needs. Canaroma has situated itself as an industry-leader in the bath and tile product business, with its cost-effective luxury for any customer's bath or kitchen remodelling project.

Moving January 2021 to
25 Torbarrie Rd., Toronto

LEADERSHIP TRAITS in Covid Times

TEXT Mary Townsend

We have been talking about it for years, about the lack of planning and agility — and then comes Corona: a word soaked in trouble and on everyone's lips. Stockpiling and stock market crash. Have we really learned anything in the last few years, or do we just act as if we have? In this article, we will discuss what leaders should pay attention to now.

1. Attitude and Orientation but No Blind Actionism

As leaders, we have a duty to care for our employees. We are, therefore, asked to assess risks and evaluate them accordingly, and then act. Corona is one of those risks.

We have also informed our employees about the rules during the pandemic and reminded them of hygiene measures. First, however, we made clear our company's position: health before sales. Why? We want employees who think, decide, and think in our context.

That means that basic principles and orientation are required for self-reliant employees in this phase, but no lengthy guidelines or blanket prohibitions. Or do we not trust agile teams, after all?

2. See What's Current but Don't Forget the Perspective

Wood Mood provides top quality flooring combined with professional installation for over 25 years



3/4" x 7" white oak stained and finished on site



We sell and install hardwood flooring and renovate floors and stairs, using air purifying floor finishes.

wood mood

hardwood flooring

905.669.0779

www.woodmood.com

Scientists understand the virus better each day, and the development of COVID-19 is dynamic, as are the reactions and consequences. We are, therefore, asked to review and evaluate each day anew. At the moment, we are only feeling the here and now.

But we shouldn't forget other perspectives. Especially those that change with time. What is next? How will Summer and Autumn 2021 turn out? And regarding issues not related to the virus: what else touches our customers and our environment?

There are currently many major issues in the background. Starting with the question of the strategic direction of companies, digitization, etc. to social issues, such as climate change, right-wing terrorism, or global refugee movements. Here too, leadership is required to provide an attitude and orientation for everyone to notice.

3. Leaders in Doubt — No (New) Time for Heroes

Modern leaders are often referred to as servant leaders. They work well as long as there are sufficiently clear framework conditions. But now a new level of uncertainty has risen and with it the risk of falling back into old behaviour patterns. Employees call for decisions ("What should I do now?") Or managers who can (finally) demonstrate their strong leadership ("Here's the way!").

It may be tempting to give in to bad impulses due to the virus for a time, but in the long term, it is harmful. And it's okay not always to have all the solutions and decisions in your bag.

Even we are not free from it. At the moment, we are dealing with spatial issues. Should we do team meetings in person or online? The first impulse was: we, as managing directors, decide that the meeting takes place virtually. But what we did is let the employees decide.

4. Corona and Beyond — Courage in Turbulent Times

We recently noticed a customer with a sign that was easily visible to everyone. It said: "Open to tolerance. Closed for exclusion." An attitude that we appreciate and in which the boundaries between what concerns us as private people and managers are blurred

When is it important as an entrepreneur to be visible? When is it okay to also address the issues that are not

obvious but still concern us? To convey one's own inner contradiction to the outside world and to seek public discourse is courageous but also self-critical. There is no question: it is much easier to succumb to the corona depression!

Nevertheless, we decided to speak openly about self-critical questions — first privately, then professionally: "Are we talking about the right things?" And we have found that others are driven by similar thoughts. It is not about black and white logic, but about the open, honest examination of topics that concern us. At the same time, that also means that it is bearable that opinions are different and that there is not always a solution seen immediately. Incidentally, it is an important finding that protects us, both privately and professionally, from blind actionism.

5. Show Your Attitude towards Important Issues

It is always worthwhile to deal with yourself and the world. Listen instead of talking over — act instead of reacting. Have the courage to ponder the inside out, to show an attitude towards what is important. Say what you feel, even if it's uncomfortable. That is what distinguishes us as people and as leaders. A noble goal indeed.



Replace the negatives in your life with positivity and move your life forward

TEXT Marion Mwanukuzi

If you want to move your life ahead, you should replace the negatives in your life with positives.

This article will show you how to take the negative influences in your life away and replace them with positives, so you will have increases in morale, and productivity. Focus on the positive for success and peak performance.

Most of us are not aware of the amount of negative influences in our lives. We are bombarded with negative messages from the media, the people around us, and most damaging of all, ourselves.

The first step in the process in replacing negatives with positives in your life is to make a decision to start looking for the negative messages and ways to replace them with positives. Decide that you will focus on the positive in this world.

Begin to drastically cut down on the amount of news you take in. Most people start their day with the news. And of course most of the news is bad news, fires, floods, etc. Then it is on to traffic and weather, which also stresses the negatives. So by the time you have finished your coffee, you have had enough bad news to last a week. Does all this bad news make you want to throw open the door and greet the new days, no quite the opposite. And how about the way we end the day?

Many of us watch the news before going to bed and get a big dose of negative information just before trying to go to sleep. Is it any wonder so many people have trouble sleeping? The

CREATIVE Residential & Commercial GLASS



RTN Glass is a family run company based out of Milton, Ontario that is dedicated to providing quality products coupled with expert installation. With over twenty years experience, our goal is to make it easy to get the glass and mirror service you need.



416.735.6309

www.rtnglass.com

rtnglass@outlook.com

mood we are in before we go to sleep carries over to the next morning, so you are setting yourself up for starting the next day in a bad mood. Odds are you don't need all that negative information you are taking in from the news, and you will function just fine without it.

Replace the news you were taking in with such things as, motivational tapes, uplifting music and sites such as happynews.com, that stress good news. Also reading empowering books helps a great deal. Books can be a fantastic way to recharge your life. Look for success stories, biographies of successful people, etc and see what works for you. You will begin to feel better right away.

Next you need to limit your exposure to negative people. Most people don't realize how draining it is to be around negative people, but they drain your energy and spirit in many ways.

The most damaging source of negativity is ourselves. Most of us generate lots of negative self talk that our minds accept as the truth and results in our being held back in many ways. We focus on our shortcomings, our problems, and spend our time

continued on page 25

B&M Garage Door Inc. constructs distinctive garage doors that compliment the unique architecture of significant older homes or newly designed residences. All doors are handcrafted with the highest quality detailing. B&M doors have deceiving features, as they appear to swing, fold or slide open like old fashion carriage doors, yet they roll up conveniently with an automatic opener. The result is a unique overhead garage door that provides continuity in expressing the character of the home. B&M carriage house doors are created by people who are committed to delivering the finest garage doors found anywhere.



www.bmgaragedoor.com





MASTERS OF STONE

Stone Brick Blocks Fireplaces Precast "Specialists in Stone Work"



J.H.D.
CONSTRUCTION
Tel: 519.220.9065
www.jhdconstruction.ca



CREATING ELEGANCE

Floors Shown: Elegant Floors • Royal Collection • Colour Mountain Air

Providing High-End Floors At Low End Prices!

Elegant Floors- Available at Selected Fine Flooring Retailers in the Greater Toronto Area.

Elegant Building Materials Inc. 905.916.7000 www.elegantbm.ca



continued from page 21

predicting more bad news for ourselves, generating lots of fear and worry, while undercutting our ability to try new things.

Begin to focus on the positive aspects of you. What are your unique strengths, what have you accomplished, how are you different and better than other people? Use visualization and affirmations to build images of yourself accomplishing the things you want and use these to replace the negative images.

Give yourself lots of credit for everything you do right, so you are getting even more positive news about yourself. Also, set aside three minutes every day to think about all the good things you have in your life right now. The process of thinking of the good things in your life, will generate

good feelings for you that will last much of the day.

Don't forget to take care of your body. Eat healthy, cut out some bad habits, and get regular exercise in order to boost your self-esteem while building your strength and endurance, so you can accomplish more.

Helping others will also help you feel better about yourself. Take time to get involved in a charity, animal shelter, or other activates that help others. You will get good feedback from others and develop a genuine sense that you are a good person. What you put out comes back to you, so make sure it is good that goes out.

By replacing the negatives in your life, with positives, you will make yourself and probably the world a better place. You

will feel better mentally and physically, plus accomplish many of the things you wanted to.

Nothing is ever accomplished without action, so start now to move your life ahead.

Life is a gift

and it offers us
the privilege,
opportunity,
and responsibility
to give something back
by becoming more.

The 7 "P"s

Positivity - Persevere - Prosperity - Professionalism - Persistency - Patience & Procrastination

TEXT Lessie Rodriquez

7 "P" words starting with Positivity - where one is as important as the next for your overall character.

The following are common "P" words that have been - or are a part of how you operate every day. Below they are touched on briefly however you can delve further into each topic via the links in each segment or, at the end of the article.

So which is the most important?

Well they all play a significant part if you were to relate them to successful business practise. You would most probably like most of these attributes in your overall character. However if it is procrastination you suffer from on the odd occasion, then it will definitely be something you will need to address.

Positivity

Continually being a positive person is another wonderful attribute to have. Feeling positive and happy all the time about your business, your personal life, just your everyday things you do. Positive people are wonderful to hang out, converse with and really a delight to be around. Totally beats the complete opposite, negativity!

Prosperity

Being prosperous or having a prosperity conscious mind will serve you greatly. It's so important to consciously think success and abundance and realize there is enough for all. Having prosperity consciousness as opposed to possessing the opinion that there is not enough to go

around or feeling complete lack will not serve you at all.

Persistency

Sometimes when I think of persistency, I think of children. They do it beautifully, and sometimes not so - but the end result is they usually get what they were going after. Being persistent in your goals or your business or whatever it is you are striving for is a pretty good quality to have. And usually with good result. Learn to persist and more importantly possess the 'never give up' attitude.

How to Persevere

Changing your life personally or professionally is no easy feat however persevering with what information you study and read. The people you surround yourself with, the dreams you go after, but also learning what motivates you to make these changes and continue with them is also a good attribute to have.

If you are not happy with one of these the important thing is to not settle. Again perseverance is key in finding out what works for you, your personal life and your career.

Professionalism

Depending on where - or what your work description is - there are certainly different definitions of professionalism. You may absolutely need to "look the professional" and be the complete package within your workplace - a polished act when interacting with fellow peers or clients etc.

However if you're like me, you have an online business. Your professionalism may lay in the way you speak with prospects on the phone, or using a "skilled and professional attitude" when marketing and advertising. Being professional most definitely requires contribution from the other "p" words or attributes outlined earlier in this article.

Having Patience

This is definitely one of the important "P" words. After implementing a positive mindset for physical or business success. Persevering with different actions you take and being persistent in all of them daily. Then having patience for the fruits of your labors to unfold is imperative.

Rome wasn't built in a day.

Your business success and newly toned, healthy body won't be either!

Procrastination

Even though it is something we don't like to have, at times it can raise its ugly head. It could be procrastinating about a business decision, maybe something to do with your family or just an indecisive action in your own personal well being.

Perhaps it is the fact you may just succeed at the task and have a fear of success. Even though it may occur, the important thing is you are aware of it, do your hardest to overcome it and get on with it!

Someday is not a day of the week.
- Author Unknown

DESIGN CREATE DELIVER...



GRANITE PLUS INC



905.388.0295
200 Nebo Rd Hamilton
www.graniteplusinc.ca

LUCK

has nothing to do with it

TEX Andy Kay

That's right!

Luck has nothing to do with it, as some allegedly "fortunate" people say. And in this case, "it" doesn't just mean confidence.

It means life. Life as you'd like it to be. And the life that we see someone leading, when we immediately consider them "lucky".

See, whenever someone seems to reap all the rewards in life, we tend to think of them as "fortunate" or "lucky", yeah?

Well, would you believe me if I told you that ascribing "luck" to anyone or anything is potentially harmful to us?

What exactly is luck anyway? Many people would probably define it as something like, "when things coincidentally fall out to your advantage". But is it really just that?

And more importantly, would we need more than merely coincidence to receive the gifts of life?

Yes. Yes it does.

When Michael Jackson recorded the "Thriller" album, did it sell millions because of "luck"? Or was it because he had spent his entire childhood and adolescence working his derriere off, meticulously honing his craft and gathering a hugely talented team of producers, songwriters and A&R people behind him?

When Steve Jobs released the first iPhone, did it become hugely successful

because of "luck"? Or was it because he dared to take chances, push the envelope, fulfil the needs that his customers had, even ones they didn't realize they had and amass an army of professional developers and marketers behind him?

Sure, Michael Jackson was probably as close to being the proverbial natural talent as they come. And Steve Jobs, according to many, was a natural visionary who simply thought outside the box and dreamt big.

But what good would that have done them if they hadn't put in the work, insisted upon their dreams, and kept at it for years and years?

Luck has nothing to do with it because "it" doesn't happen without taking action.

Here's another thing:

Have you ever seen "Forrest Gump"? If not, it's a fine movie, and you should see it at least once.*

Forrest Gump, our titular protagonist, is clearly slow-witted, but likeable. And he somehow manages to walk through life and attract all kinds of success and

fortune as he cluelessly goes along. Only he never realizes it. Because success and fortune simply doesn't resonate with his humble mind.

Let's pause here for a moment. Now, think about your own life.

Have you ever learned a new word, and then in the following days and weeks you saw and heard that word everywhere?

Or have you ever been unemployed and looked for jobs, and all of a sudden job applications are everywhere?

I know, right?

The key word here is awareness.

Forrest Gump doesn't consciously experience fame and fortune, because his awareness is on a different level. When we're consciously aware of something, we're gonna find it.

Not because there's more of it, but simply because we've become aware of it. Like a hunter who deliberately ignores anything but the potential sights and sounds of his prey.

Luck has nothing to do with it, because what good would all the coincidence in the world do us if we weren't aware of it?

"But wait a minute! What was that thing you said about how ascribing luck to anyone could be "harmful"??"

Yeah, see, that's because it's something that non-fident people tend to do. Which is rarely beneficial.

It's when we're non-fident that we tend to think in terms of "luck" and "bad luck". Specifically, we tend to think that other people get all the luck, and that we're victims of unfortunate circumstances.

This is a conveniently easy way of thinking, because it takes the responsibility for our lives out of our hands. And for the same reason, it's also a dangerous way of thinking.

But when we allow ourselves to go for the life we want, consistently taking action and raising our awareness will make sure that we get it.

Some people might be born with certain advantages, yes. But imagine how many people never put that advantage to any use. Either because they never see the possibilities and/or because they're

simply too shy to act on it.

And now, think of all the famous media persons who obviously wouldn't recognize talent even if it came out of nowhere and took away all their limelight.

Think of all the wealthy corporate leaders who got where they are by being uncompromising, cold as ice, playing the game and doing what's best for the company no matter what.

Think of all the powerful politicians, all the Frank Underwood's of the world, who got to where they are by lying, manipulating, and probably worse.

Really, luck has nothing to do with it. But being aware of our opportunities, and taking consistent action towards them has everything to do with it.

ACTION ITEM

This week, take up learning something new. Something you've been wanting to get into, only you couldn't find the time or whatever excuse you made for yourself.

Set aside 1/2 hour every night, Monday through Friday, for working on that thing only. Nothing else. This means, turn off your phone. No phone; no social media or other distractions. Just you and your new challenge.

Getting into this sort of habit will eventually prove to us that luck has nothing to do with it.

And that practice, consistency, and focus are the keys to accomplishing pretty much anything.

Available in 210 Countries Around the World! Download your free app today

FORUM MAGAZINE
is available on Apple iTunes & magzter.com
for iPhone, iPad & Android mobile devices
www.forummagazine.ca



The advertisement features a tablet on the left displaying the cover of Forum Magazine. The cover has the title 'FORUM' in large white letters, with the subtitle 'BRINGING SPACE TO LIFE' and the 'ABB GROUP' logo. Below the title, there's a photo of a modern building at night. To the right of the tablet is a globe. Further right is a smartphone displaying the 'Oakville Sight & Sound' app interface, which includes sections for 'Home Theatres' and 'Home Automation'. At the bottom right, there's an Apple logo and the text 'Available on the App Store'. At the bottom left, there's a logo for 'MAGZTER DIGITAL NEWSSTAND'.

The Lakeshore Psychiatric Hospital

Gothic and Romanesque Revival

TEXT Cristina Nikolic



The hospital was designated as a heritage property in 1988, and in 1991 Humber College purchased the land, signing a 99-year lease.

In 1993, the college began a complete restoration of the cottages.

Nestled in the idyllic Humber College Lakeshore Campus lies a group of cottages with a rich and unexpected history. Now used for classrooms and offices, these buildings used to make up the Lakeshore Psychiatric Hospital.

The hospital, which opened in 1890 as the Mimico Branch Asylum, served as a mental health institution created in response to overcrowding at other institutions at the time. The plan was to use this new facility to care for the patients that were considered to be ‘incurable’,

so that those who were believed to still have a chance at recovery could receive more attention and care.

Construction of the facility began in 1888 using the unpaid labour of patients, which was considered a form of treatment at the time. A system of tunnels was also constructed underneath the facility in order to easily transport supplies and patients from cottage to cottage.

Architect, Kivas Tully designed the buildings in a combination of Gothic and

Romanesque Revival styles, popular for cottage-style homes. The ‘cottage system’ was considered to be better than having one large structure because it allowed the facility to seem less institutional and more home-like. Many of the cottages feature broad arches, thick masonry walls, and ornate columns, as well as decorative gold trim, and a stone and brick façade.

Within the facility, a variety of archaic treatments would be used over the years, including moral treatment which was thought to be a more humane approach to treating mental illness. The idea of moral treatment was to run the asylum like a strict household, where patients would build discipline by sharing responsibilities.

At the Lakeshore Psychiatric Hospital, male patients were expected to construct and maintain the buildings while female patients were expected to cook, clean, and do laundry among other tasks.

As new treatments for mental illness such as electroshock therapy and lobotomies came over from Europe in the 1940s, some of the first uses of these treatments in Canada occurred at the Lakeshore Psychiatric Hospital. These treatments eventually started being replaced by modern medicine, starting in the 1950s with the discovery of chlorpromazine. This meant that patients could now be treated at home, and so the need for these institutions decreased, kickstarting the process of deinstitutionalization.

In addition, overcrowding and a lack of funding would increasingly present issues in the following decades, drastically worsening the standard of care in the facility. In 1979, due to worsening conditions and the need for psychiatric facilities declining, the Lakeshore Psychiatric Hospital was closed.

The hospital was designated as a heritage property in 1988, and in 1991 Humber College purchased the land,



The former carriage house of the Lakeshore Psychiatric Hospital, is a part of Humber College's Lakeshore Campus. Photo by Rev Edward Brain, D.D. at English Wikipedia.

A system of tunnels was also constructed underneath the facility in order to easily transport supplies and patients from cottage to cottage.

signing a 99-year lease. In 1993, the college began a complete restoration of the cottages.

During the restoration process, the goal was to repair the buildings while still maintaining their historic significance. The original brick and windows of the cottages were conserved, the wooden verandas were replicated with a more sustainable material, and additions were made to be consistent with the original wood and red brick. By 1995, the main restorations had been completed and the campus opened its doors.

In 2017, Humber College opened the

Lakeshore Grounds Interpretive Centre (LGIC) to “research, preserve, and share the natural and built histories of the Lakeshore Grounds.” After the hospital’s closure, the bulk of the records were not preserved. The LGIC is currently working through public records on a decade-by-decade basis to restore and preserve the history of the grounds.

Through searching public records, talking to descendants of patients and staff at the hospital, and having eBay alerts set for any historical items related to the grounds that may come through, the LGIC is able to slowly piece together the history of the land and the patients that occupied it.

Although the Lakeshore Psychiatric Hospital has been transformed and put to new use, the 130-year history of the grounds is filled with the memories and experiences of former patients and staff. By piecing together the limited records available, those experiences are finally able to be told.



WHEN YOU NEED TO
look your best

API

Architecture & Business Photography
www.api360.ca

Exquisite Homes

Presented by Krista Deverson

Call today 416-572-1016 to view one of these luxurious listings



21st Century Meets Victorian Charm

Two Bedfordbrooks Designed Luxury Suites Sleek Kitchens, New Appliances, Ample Storage, Designer Fixtures, Live-In & Rent. Walk To Trendy Bars, Restos & Bellwoods Park.

\$2,250,000



Majestic Masion

The Loblaw Family Mansion Fully Renovated With Meticulous Attention To Detail. Over 8000 Sqft of Living Space with Grand Parlour, Brand New Chef's Kitchen, and Temp Controlled Wine Cellar.

\$3,449,000



Breath-Taking City and Lake Views

Lower Penthouse In The Sought After Cultural Epicentre Of Toronto at the popular Bisha Hotel. Two Balconies to enjoy the Unobstructed View Of The Cn Tower + Lake Ontario. Natural Light Floods Through The Floor-To-Ceiling Windows.

\$2,250,000



5 Keys to Stress Relief

TEXT Helen Macmillan

Do you remember the last time you got caught up in a situation that ticked you off or made you so fearful that it completely dismantled your ability to respond in a constructive way?

Sometimes it can feel like you didn't really have a choice in how you responded, it "just happened". If you'd like to have a more conscious choice in how you respond to stressful events in your life, keep reading...

Imagine this common scenario: You've had a late start to your already overbooked day and are already feeling somewhat stressed when you get into your car and remember you needed to get gas as your tank is on "E", so now you have to make another stop, which will delay you further!

Depending on your typical thought process, you may immediately begin to feel anxious and worried: "Oh no! I'm going to be late for my appointment", causing tension to build as you speed down the street, gripping the steering wheel tightly and swearing at the slow poke driving leisurely in front of you.

Or, you may find yourself getting angry, berating yourself with thoughts like: "Why am I late again?... I should be more organized... I should have gotten gas last night... But I was just too tired! ... I need a break! ...They better not give me any flack about being late! ... Do they have any idea what my life is like?... I'm not putting up with any flack today.

After all, they kept me waiting last time!". You head into your day feeling

belligerent and defensive..

The Mind Body Link

Whether you react in fear or in anger, the thoughts in your mind create stress in your body. Your heart beats faster, your blood pressure rises, your breath becomes shallow, your adrenalin surges, and you produce higher levels of a hormone called cortisol. The primitive "fight-or-flight" response is activated but there are no lions or tigers coming at you, "just" thoughts convincing you that your survival is at stake.

Your thoughts have immense power.

When something happens that violates your sense of how things should be, and you perceive danger — whether real or imagined. Are you aware that numerous studies have shown that chronic stress accelerates aging and makes you more prone to diseases like heart disease, stomach ulcers, cancer, insomnia, migraine headaches, panic attacks, and depression?

Fortunately, there are many valuable practices that can help you go beyond the primal fight-or-flight response. You can train yourself to respond from a more evolved part of your brain creating a different response — one that is as natural as the stress response — but infinitely more peaceful, healing and aligned with what I call your 'Million Dollar Zone' that state of being where you are grounded, relaxed, flowing and abundant.



OF ALL THE THINGS WE'VE BUILT,
YOUR TRUST IS VALUED THE MOST.

Choices that Relieve Stress

Connect With Your Body. While the mind is constantly flitting to thoughts of the future and memories of the past, the body lives in the only moment that truly exists: the present. One of the best ways to relieve stress is to tune in to your body.

Allow yourself to feel all your bodily sensations, including ones that your mind might label as “unpleasant”, such as tightness in your jaw, churning in your stomach, or stiffness in your neck.

Most people want to avoid feeling these sensations but if you allow yourself to observe them without judging them as “good” or “bad”, or needing to understand, interpret or rationalize them, they will often resolve spontaneously.

Tuning into your breath is also a great way to connect with your body and create a shift in your state of being.

Meditation gives you access to the inner silence and calm that lies beneath the mind’s noisy internal dialogue.

You can experience profound relaxation that dissolves fatigue and long-standing stresses.

Studies have found that a daily meditation practice can lower blood pressure and cholesterol levels, decrease anxiety and

Your heart
beats faster,
your blood pressure
rises,
your breath
becomes shallow,
your adrenalin
surges,
and you produce
higher levels of
a hormone
called cortisol.

depression, and reverse the biological markers of aging.

There are many different ways to meditate, so it’s about finding the ways that work for you. This is one of the tools I teach in my retreats and programs.

Understand your Unique Stress Response.

Your conditioning and life experiences play a great role in how you respond to stress. Here are three common patterns of responses to stress:

Type 1

You respond with anxiety and worry. Normally creative and enthusiastic, in the face of stress, you tend to blame yourself for your problems and become extremely nervous and scattered.

Type 2

You are usually warm and loving, but if you’re out of balance, you typically react to stress by finding fault with other people and becoming angry.

Type 3

Normally, you are even-tempered, easygoing and gentle, but when faced with overwhelming conflict or stress, you withdraw and refuse to deal with the situation. You tend to avoid confrontation at all cost because it’s just too stressful.

Do any of these describe you? Maybe more than one? No judgement here. Just awareness.

When you become aware of your response, you can interrupt the cycle and choose a different response. Awareness is the first step of my 5 step S.H.I.F.T. process because you cannot change what you cannot see.

Learn the Skills of Conscious Communication

When we aren’t able to clearly communicate our needs, we experience

a lot of stress and frustration in our lives. Fortunately, conscious communication is a learnable skill.

With practice, you can learn to express your needs, ask for what you want, and create more fulfilling relationships. The skill of conscious communication are a vital component of all my programs.

Exercise

Doing some form of exercise will help to shift your focus, get your blood and energy flowing, calm the nervous system, increase the production of stress-relieving hormones, and release stored toxins.

The key is to do something that will cause you to stop dwelling on stressful thoughts and help you feel more lighthearted and joyful.

You don’t have to go to the gym to do this, many people (myself included) find certain housecleaning activities extremely cathartic. So is taking a walk in nature or practicing yoga. Not only is yoga an excellent physical exercise that increases your flexibility and strength, it also balances the mind and body.

With a regular practice, you begin to experience a sense of calm and wellbeing that extends beyond the yoga mat into your daily life.

In life there will always be challenges, they are actually here to serve us, to help us grow but sometimes it hard to see that when they come one after another and we are overwhelmed!

The goal isn’t to try to control the flow of life so that we’ll never experience stress or frustration again; the secret lies instead in having compassion and patience as we learn to befriend our mind.

No matter how long you have been stuck in habitual thought patterns, you can learn to remain peaceful and joyful even when life is stressful.

CLEANLY
POWERING
ONTARIO
SINCE 2009

Power Your Palace

In-House Engineering and Design • 450 Installations - Residential/Commercial • Electrical Contractor ECRA/ESA 7013540 • WSIB and Full Liability Insurance

Use clean energy from the sun to generate your own clean electricity with Solar Photovoltaic (PV) Panels. Reduce or eliminate your reliance on Hydro.



Contact us to learn about your solar options.
guelphsolar.net • 519.804.0757



We put the sun to work for you!

ELEVATED CASUALS

Penny Lane is a High End women's boutique located in Forest Hill Village. The owner, Quinn Mastromonaco comes from a line of personal shopping and customer service specialists and always strives to create a relaxed environment where clients feel welcome to pop in and catch up. While offering unique elevated casual pieces, including cashmere and fine jewellery, Penny Lane distributes designers from NYC, LA and Europe to create a curated selection of lifestyle pieces that will last a lifetime.

FOREST HILL
PENNY
LANE
BOUTIQUE

Connect with us @shop.pennylane | pennylaneboutique.ca | 647.819.5600

EDGEWATER HOSPITALITY GROUP

AWARD-WINNING RESTAURANTS, SCENIC VENUES,
AND FULL SERVICE CATERING & EVENTS



TERRACE ON THE GREEN • EDGEWATER MANOR • ON-SITE CATERING

EXCLUSIVE CORPORATE CATERER: RUN-A-FOWL HUNT CLUB, HOOVER'S MARINA, THE PADDOCK CLUB

EDGEWATER MANOR

518 FRUITLAND RD.
STONE CREEK, ONTARIO
905-643-9332
EDGEWATERMANOR.COM

TERRACE ON THE GREEN

8672 MISSISSAUGA RD.
BRAMPTON, ONTARIO
905-459-4447
TERRACEONTHEGREEN.COM



TEXT Andy Kay

Okay. So you did something wrong. Maybe you made a social blunder; maybe you carried out some task and failed. In short: You messed up.

For people with low confidence, failure can be downright devastating. I know. Because I used to be ashamed of things I did or said. All the time. And I'm not talking about calmly realizing one's wrongdoing and immediately learning from it. I'm talking an involuntary panic anxiety attack like muscle spasms complete with grinding teeth and making noises sorta sensation.

With an inner voice going like: “You messed up, and you’re useless. You’re unable to do anything right, and you should be locked away. You messed up, and that’s all you’re ever gonna do!”

Every day, several times.

And it doesn't even have to be something big. It could be a misused word, a social faux pas... anything.

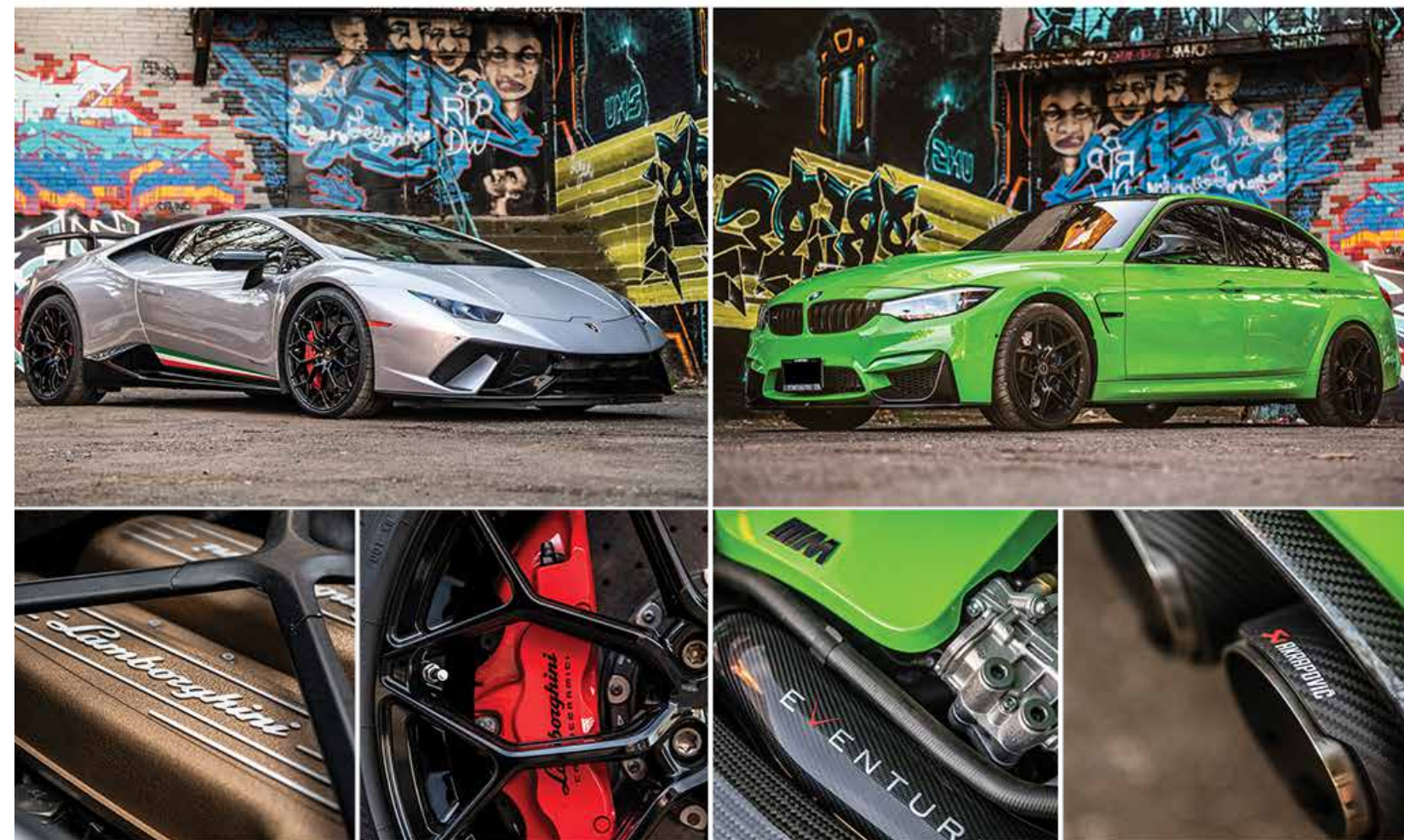
When non-fident people react drastically to making any kind of mistake, it's because non-fidence is often accompanied by low self-esteem, perfectionism, and insecurity.

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

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

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

continued on page 47

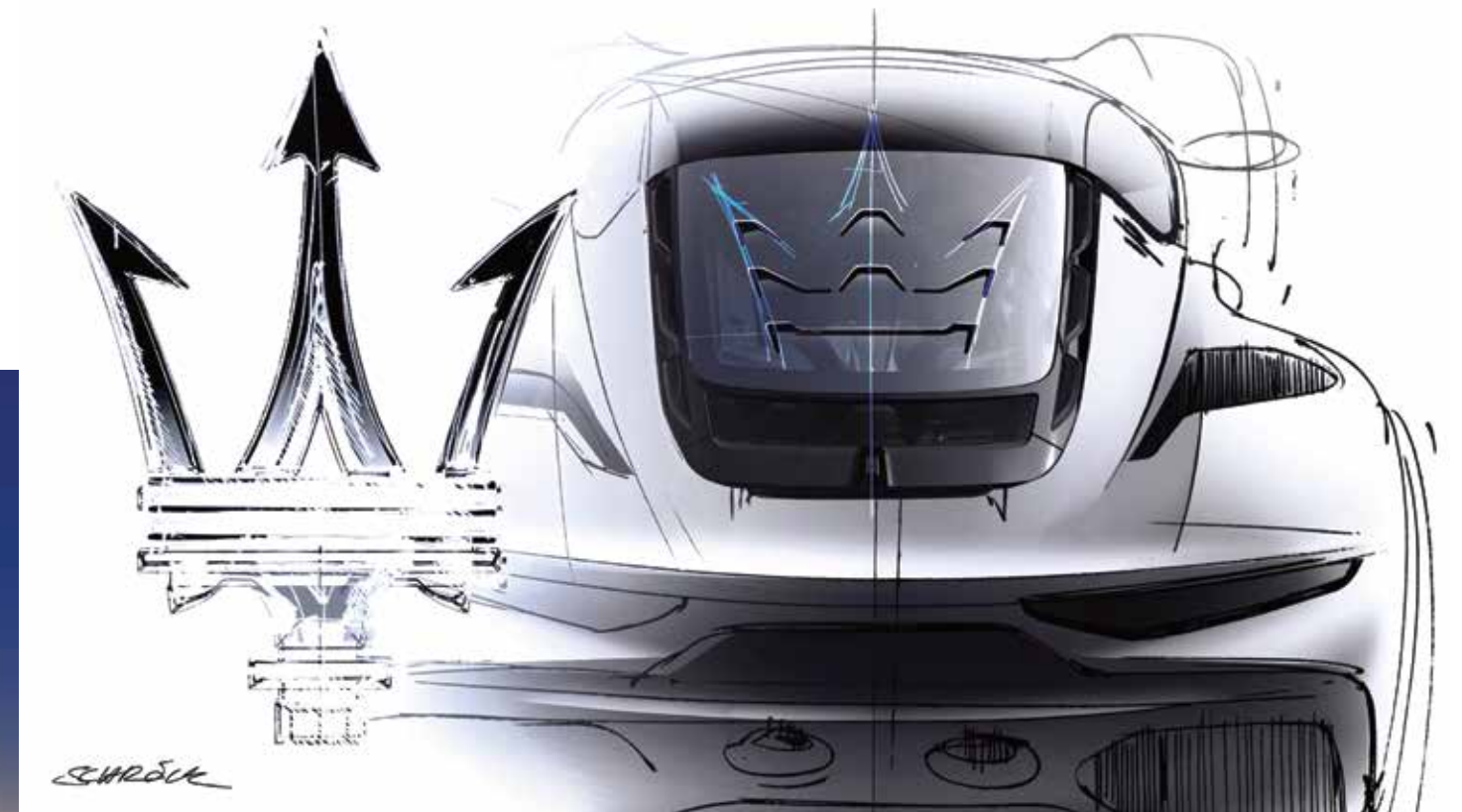


333 Wyecroft Road, Unit 11A
Oakville, ON L6K 2H2



MASERATI

MC20, a dynamic sculpture,
heralding Maserati's entrance into the new era



How do you become what you already are? MC20 stands for Maserati Corse 2020 and marks the Brand's entrance into a new era, the rediscovery of its original sporty DNA, its dynamic roots and essential audacity.

Maserati long known for its comfort and elegance on the road, now strikes back with ferocity on the track: a car that runs but doesn't sweat. MC20 represents the pure form of speed, with Maserati panache: a work of sculptural engineering seemingly hewn, piece by piece, from a masterfully chiselled block of raw carbon, showing the way to the Brand's aesthetic future. Created through a process of elimination, there are no frills and no excess: just energy. MC20 is an archetype, carved for speed, so pure one seems to hear the hallmark Maserati sound even with the engine off.

It all began back in 1926 with the legendary Tipo 26, the first race car displaying Maserati's Trident logo. In the same way, MC20, created in 2020, will be the first car of a new Era. A design that

expresses pure performance and matches it in elegance. A design that transcends the confines of mere appearance giving way to this dynamic creature. We have moved beyond sartorial costumes and coverings, and can see only raw beauty.

The form of MC20, which will also be available in convertible and electric versions, is composed of a chorus of elements singing in mechanical perfection. The racing beauty of 2020. Sharp edges generate friction, a slowing action, while the sublime sinuosity of the monocoque carbon-fibre frame allows the air to flow freely across it. Side vents are present but not visible.

Even the Trident, symbol of the Brand, has been reduced to its essential, archetypal truth. Remaining a perennial source of graphic inspiration: the perfect number three, with a central element and two lateral ones, also returns to adorn the rear window and wheels. The butterfly doors open dramatically, wings that unfurl upward to facilitate getting in and out for



drivers and passengers, despite the low-slung attitude, revealing an eagerness to spring into action. Kerb-proof wings. The lower part of MC20, always dark, in exposed carbon fibre or black paint, is the uncontested realm of engineering. Here the process of elimination has even been applied to the question of colour: what remains is pure technology.

However, in the spirit of contrast and harmony, colour comes back to capture the spirit of movement: in the new Bianco Audace, MC20 shimmers with iridescent blue undertones when exposed to the light. The Blu Infinito tone gleams with a ceramic brilliance that only sunlight can capture. And the Grigio Mistero hue recalls the mesmerizing beauty molten metal. Then again, there are six different options that include Rosso Vincente, Giallo Genio and Nero Enigma, that

showcase the distinctive features of speed, infusing them with life. Even the interiors, comfortable, luminous and luxurious, in keeping with the Brand's image, exude a sense of dynamism.

From the laser-generated textural effects to the seats in Alcantara leather, as colours appear in all their kaleidoscopic glory in one place, only to shade toward black in another. The infotainment system features a high-resolution screen similar to a tablet, providing a total user experience. The audio system is the result of a 100% Italian collaborative effort involving the craft-based Sonus faber, renowned for its meticulously engineered acoustic speakers.

The heart of MC20 is a V6 twin turbo petrol engine, entirely produced at the Modena plant, the first in over

twenty years and another important Maserati patent. Located at the rear of the vehicle, in keeping with traditional racing configurations, this unique engine features Formula 1 technology, propelling the Brand toward the exciting world of racing. This historical piece of engineering is called Nettuno and compresses all the energy of 630 CV into 3000 cc of displacement. A magnificent god of the sea, brandishing a trident and out to conquer new lands, will bring that sweet Maserati sound to its maximum expression on both the open road and racing circuits.

Maserati S.p.A.

Maserati produces a complete range of unique cars with an amazing personality, immediately recognizable anywhere. With their style, technology and innately



exclusive character, they delight the most discerning, demanding tastes and have always been a global automotive industry benchmark. A tradition of successful cars, each of them redefining what makes an Italian sports car in terms of design, performance, comfort, elegance and safety, currently available on more than seventy markets internationally. Ambassadors of this heritage are the Quattroporte flagship, the Ghibli sports sedan, now also available in hybrid version, the Trident Brand's first electrified car, and the Levante, the first made by

Maserati SUV, all models denoted by use of the choicest materials and technical solutions of superlative excellence. A complete range, including V6 and V8 petrol, 4 cylinder hybrid and V6 diesel powerplants, with rear-wheel and four-wheel drive.

The range's prestige was recently even further enhanced by the introduction of the new Trofeo Collection, comprising Ghibli, Quattroporte and Levante, equipped with the powerful 580 hp V8 engine. The top-of-the-range is the new MC20 supercar,

powered by the ground-breaking Nettuno V6 engine, incorporating F1-derived technologies now made available in the power unit of a standard production car for the first time.

Today, the Maserati range is produced at three plants: Ghibli and Quattroporte are built at Grugliasco (Turin) at the Avvocato Giovanni Agnelli Plant (AGAP), and Levante at the Mirafiori Plant in Turin. The new MC20 supercar is produced in Modena, at the historic Viale Ciro Menotti plant.

PERFORMANCE DRIVEN LITIGATION



continued from page 40

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

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

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

But here's the kicker:

Confident people make WAY many more mistakes than less confident people.


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

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

In other words:

For every time you messed up something in life, you had the opportunity to learn, grow, and prevent yourself from making the same mistake again.

So get out there and mess up. Badly. Learn, improve, repeat. And as you learn and grow, watch as your confidence grows with you.



body one
FITNESS

Fitness for Life

personalized training | group training | massage

905.628.6806
118 King St W, Dundas, ON
www.body1fitness.com





ACTION ITEM:

The next time you're embarrassed about something, use the following method:

Stop what you're doing.

Breathe. Ten long, deep breaths.

Think. Realize that whatever negative

response on your part are merely thoughts, and that they're not necessarily true, constructive or favourable.

Choose how you want to feel about what happened. Do you genuinely want to be ashamed? Or would you rather accept, learn, and grow?

The choice is yours.

These tacos are vegetarian.

Green jackfruit is the next superfood. It has nearly zero fat and cholesterol, low in calories and high in fibre. The best part about it, it tastes just like pulled pork. In the photo below, green jackfruit is flavoured with the most delicious hot sauce in the world, Umé by FlavürLust. This hot sauce is a wonderfully complex and bold combination of scorpion peppers, wildflower honey, plum and spices, all blended together with a secret mulled vinegar.

Use Umé by FlavürLust to add character to your next meal, whether it's meat or vegetarian.



Umé by FlavürLust is available exclusively online at www.flavurlust.com

To find out more about Green Jackfruit, contact Jason@kappafoods.com

FlavürLust

SÖREN
C U S T O M
X

KAWHI LEONARD

CUT FROM THE SAME CHAMPIONSHIP CLOTH.

86 Park Lawn Road | Toronto | ON | 416.201.9024 | sorencustom.com

FOOD LABELS can be baffling

Here are some tips to understand them

Text Rich Carroll

If reading food labels seems baffling to you, you'll be happy to know that you're not alone.

In my household I do almost all of the grocery shopping, and I only read them if I think it's absolutely necessary. My wife, on the other hand, is an avid label reader. I have told her more than once that it can take as long for her to buy a can of peas as to buy a car. But she knows what she's looking for, and has the patience to do it. And, I'll admit, she is a better shopper than me.

The best way to manage the nutrient intake and avoid the bad stuff is to get proficient at reading labels.

So, for those that do take the time to read labels, what should we be looking for? Nutritional labels are now required on virtually all beverages and packaged food by the United States Food and Drug Administration. Health Canada has the responsibility of setting standards and providing informational advice on food labels, with The Canadian Food Inspection Agency enforcing the standards.

So, for those spending time in both countries, it is important to know that although there isn't a great deal of difference in the quality standards between the two countries, with regard to food labeling there will be some nuances how they are presented.

For instance, high-fructose corn syrup, something that should always be avoided, can be found in too many of the foods that we normally consume. In the United States it will show up on the food label as "High Fructose Corn Syrup", whereas in Canada it is identified as "Glucose-Fructose".

A label could be broken into three general categories.

Serving size

They are listed as standard measurements, such as in cups. For ease of comparison, like foods have similar serving sizes. Find the number of servings in the whole package, and then individual nutrients are broken out for each serving. One must always recognize from a nutritional standpoint the number of servings you eat; if you consume two servings, double the total amount of calories or additional nutrients. Those portion sizes can seem quite small.

Calories

These are listed as the amount in one serving of food, and will also show the number of calories from fat. If the percent of every day requirements is on the label, it will be based on the daily standard quantity of 2000 calories for women and 2500 calories for men. This will be particularly beneficial when comparing similar products.

Nutrients area

Minimally the label must list all fat, including trans and saturated fat, plus total carbohydrates, calcium, protein, sugars, sodium, cholesterol, dietary fiber and iron. It will all be based on a single serving, and will be shown as a percentage of what we should consume.

This will not tell us to stay away from the evil stuff such as trans-fat, which you should never eat.

Unfortunately, except for these small clues the labels will not tell us what will be bad for a healthy diet, and what we should be getting more of. It will make us be aware of pure specifics, and from that it is going to be up to us to act.

Remember that totals for daily calories remain just reference points, and may not have a direct relationship with how many calories you should actually consume. A person's age, exercise levels, and weight goals are all going to have a bearing.

One has to know if there will be products for their specific diet that are lacking, or need to cut down, like sodium. In such cases the wise shopper can tailor this knowledge to their own dietary needs.

When the weather gets cold, these are foods to add to our diet

Text Rich Carroll

I'm sure I'm not telling you anything you don't know by saying the weather is changing, and for the better...if you're into cold weather. And being Canadian probably doesn't mean you automatically qualify for the Winter Wonderland Club. So, if you are spending the winter in the frozen north, either by choice or your hunkered down in Covid 19 isolation, in this article we will discuss some food choices that perhaps can make life just a little more tolerable.

So, what are we trying to accomplish with the foods we eat during the winter months? We are looking for those that not only help getting us through the health challenges that harsh weather can put us through, but also those that put us in a better mental state. There are many things to consider, so let's take the easy one first.

Foods high in antioxidants

To stay healthy during cold and flu season, foods such as broccoli, spinach, sweet potato, cabbage and citrus fruits will help to boost immunity. Vitamin C has long been known not for preventing colds, but for decreasing their severity.

Hydration foods

To stay in top health, staying hydrated is at the top of the list. During winter, having multiple glasses of cold water or iced tea normally isn't something we might think we need. But since inside conditions in the winter are typically dry anyway, we must be aware to maintain adequate liquids. Warm drinks such as tea and cider are excellent, as they warm the body as well as hydrate.



Hot foods

Hot soups and stews will increase the feeling of being warm, plus the fact that if we prepare them in our home the warmth and wonderful smells coming from the kitchen will be welcoming during cold weather. Also, adding spice to your favorite stew or gumbo will give an even greater sensation of warmth.

Foods that put us in a better mood

Winter depression is a very real thing for many people. Being cooped up because of bad weather, plus less sunlight can make people crave carbohydrate-rich foods, as they naturally make us feel better. But there are better options than cake or cookies. Complex carbohydrate foods, such as whole oats, legumes, pastas and brown rice, are much healthier options.

Don't forget to get your healthy fats

Vitamin D deficiency can contribute to depression and poor health, and when we get more than enough sunlight during the summer absorption of this important vitamin isn't a problem. But obviously during winter sunlight is rarely in abundance, and that's where healthy fats will help to aid in vitamin absorption. Fish, nuts, avocados and tofu are great-tasting sources of healthy fats.

During the cold months of winter, the body experiences changes in metabolism and energy levels. To retain optimum levels of health we should winterize our diet, and that certainly doesn't mean taking a step back from a diet that is less than a wonderful dining experience.

Bermuda's not all about Beaches

TEXT John Lawrence Reynolds



why high-profile names such as actor Michael Douglas and wife Catherine Zeta-Jones, Microsoft founder Bill Gates, ultra-billionaire Michael Bloomberg and Canadian businessman Michael DeGroote have chosen Bermuda as their means of escape from the madness of the rest of the world.

Proximity is also an attraction for residents

in eastern Canada and the U.S. Barely two hours after departing Toronto, Montreal or New York you touch down at the island's compact airport and step into a climate that resembles perpetual spring. Bermuda sits roughly on a plane with South Carolina so its winters are comfortably mild and summers merely superb.

For various reasons, Bermuda is perceived by many as a place for plutocrats, a kind of offshore Palm Beach or Beverley Hills. True, the island boasts la-de-da resorts such as the Hamilton Princess whose room charges can soar well north of \$700 per night. But a vast range of comfortable and less bank-breaking accommodation is available, much of it located across

It's true – the sand on most beaches in Bermuda really is pink. It is also soft as talcum powder, and the combination makes strolling a Bermuda beach irresistible.

Add the warm waters of the Gulf of Mexico and it's no surprise that most visitors to Bermuda head for a beach upon arrival. But if that's your only destination you'll miss out on the island nation's most

endearing feature: its unique blend of relaxation and indulgence.

Indulgence? Well, yes. Bermuda is not renowned as a bargain-basement holiday choice, but it doesn't have to be a break-the-bank selection either. One way to savour its atmosphere is by choosing accommodation that's inland rather than seaside. It's also the best place to sample its heritage.

As one of Britain's few remaining Overseas Territories, Bermuda recognizes the Queen as its head of state, relying on the Olde Country to handle international concerns while it elects its own parliament to manage internal matters. This creates a slightly upper-crust ambience born of the island's British heritage, producing a sense of stability that's reassuring to tourists and residents alike. It also explains





the harbour from the delightful skyline of Hamilton. The Greenbank Guest House, a hop-and-a-skip from the Salt Kettle ferry stop, is a favourite of ours, as is the nearby Newstead Belmont Hills resort. Greenbank offers separate units, most with patios on the water's edge and all with fully-equipped kitchens, at about \$200 nightly. Newstead Belmont Hills features private balconies and verandas with the same cross-harbour view for another \$100 or so. Instead of using do-it-yourself kitchens, guests choose meals from an outstanding restaurant whose creations range from Coq au vin to cheeseburgers.

Once you grow weary of gazing at the cityscape across the harbour you can experience it up close by hopping a ferry. Riding Bermuda ferries is one of those experiences where the fun of the journey rivals the joy of the destination. To Bermudians they're about as exciting as a cross-town bus, but to a Canadian landlubber the view of gently

sloping hills, white-roofed houses and the pastel shades of Hamilton's shop fronts is mesmerizing.

Speaking of those shop fronts:

Browse along the half-dozen or so blocks extending from the ferry terminal in Hamilton and you'll discover enough temptations to wring your credit card dry. Many clothing items are exclusive to Bermuda. Check them out in stores like Flying Colours, and the tidy Gibbons Company department store. The English Sport Shop prides itself as the originator of Bermuda shorts for men, along with (as the name suggests) British-inspired fashion items. If your shopping spree includes jewellery and alcohol, you will find outstanding selections of both at fair prices with – Hallelujah! – no sales tax. Launch your shopping pursuits at Goslings for fine wines and Astwood Dickinson for watches and trinkets. Bermuda's Brit tradition naturally dictates the presence of a Marks and Spencer's,

tucked a block back from the harbour.

St. George's, the other main community on the island's north-east tip, boasts its own shopping treasures. Between April and October you can reach St. George's via an extended ferry ride along the north shore. At other months use the island's excellent year-round bus service to tour the island and explore the favoured pastel shades of Bermuda homes and landmarks, many reflecting the celebrated pink sand of its beaches.

Shopping is always a major attraction, but to many of us vacations are for wrapping ourselves in tranquility and serenity. Vacation spots like Cancun and others offer various temptations, but tranquil and serene they're not. For that – especially when a quiet nap is more enticing than a flashy disco – you'll appreciate the indulgent ambience of Bermuda.

You may never miss the beaches, pink sand or not.

THANK YOU, FRONTLINE HEALTHCARE HEROES!

FOR YOUR KINDNESS, WE WILL BE FOREVER GRATEFUL.



BORGO EGNAZIA

PUGLIA, ITALY

A Happiness Retreat in a Blue Zone Setting

TEXT Emilia Florek-Guerrero

Magical Puglia, located on the south eastern coast of Italy, with numerous UNESCO World Heritage sites, showcases Italy's unique culture, art and history.

A place that brings tales of Puglia alive through its timeless architecture, natural and picturesque setting as well as local, authentic experiences, is the Borgo Egnazia. It is a multi-award-winning property, a heart-warming place nestled among millennial-old olive trees, surrounded by the scenic San Domenico Golf and two charming private beaches, Cala Masciola and La Fonte offering endless opportunity to soak up the sun's rays while basking in the fresh sea breeze. Especially as Puglia also enjoys both a mild autumn and winter season.

At Borgo Egnazia a tribute is paid to Puglian architecture created by a local designer - Pino Brescia, as it is built entirely on the shapes, colours and materials, with hand-cut local stones and "tufo" - the rough typical limestone of a typical Puglian village amplifies the architecture of this region.

The property offers three different types of accommodation. Il Borgo - where walking along the narrow "streets" and main Piazza with its iconic clock tower and 92 townhouses will transcend you back in time. Le Ville - 28 villas providing an oasis of tranquility and seclusion where each features a private pool and garden. And finally La Corte - the main building, with 63 refined and cozy rooms divided into three categories.

The quintessence of Borgo Egnazia is the concept of wellbeing, a presence that can be felt in each and every corner of this property. Borgo Egnazia is a pioneer in wellbeing and happiness travel, and its approach is confirmed by an international certification, as it became the first hotel in the world of its kind to offer a new way of experiencing hospitality. Its “Blue Zone Retreats” certified by the BLUE ZONE Institute are based on specific lifestyle habits that cater to the discovery of the secrets of longevity. These principles are reflected in the “Power 9” of Blue Zones: Move Naturally, Purpose, Down Shift, 80% Rule, Plant Slant, Wine at 5, Belong, Loved Ones First, and Right Tribe.

The “Happiness Break” is the essence of the Borgo Egnazia’s fascination around wellbeing.

“I started studying the science of happiness in a very profound way understanding how to innovate our already existing experiences and creating new ones that could unleash our guests’ potential of being happier with a science based, result driven approach. This is how our Happiness Break programs were born” - explains Erica D’Angelo, the Director of Wellbeing at Borgo Egnazia. As in the end “What



is human life’s chief concern?” “It is happiness.” claims William James, the “Father of American psychology”.

A journey towards happiness offered by Borgo Egnazia takes place during a 3-day or 6-day stay executing a tailor-made program based on two fundamental steps: the Pro-happiness test performed online and the Aroma Intro on the premises, “an adventure in pursuit of a renewed sense of happiness, which uses the universal language of perfume. A perfect combination of art and science which allows you to establish a sincere connection with your potential”, continues Erica D’Angelo.

The Happiness Break is available all year round and offers many other highlights: a careful selection of fitness, movement and mindfulness classes, spa treatments and a “Laughter Art” workshop; all preceded by a consultation and educational online video classes catered

to the individual needs. Besides that, you can decide if you want to have a power walk to meet the morning sun, a cycle tour, or savour a glass of fine wine by the sea.

Another important essence of Happiness and Blue Zone retreats at Borgo Egnazia is the cuisine. Here, you will not only be provided with the best, but also gain priceless knowledge associated with





mindful and healthy eating. There are six restaurants at the Borgo Egnazia that offer traditional dishes with locally grown and hand-picked ingredients. It is no surprise that the gourmet restaurant “Due Camini” is a Michelin Star recipient with its magnificent creations seen nowhere else. Also, one should take advantage of the beautiful sea view and dine at the Masciola offering superb quality seafood.



A centerpiece of a stay at Borgo Egnazia is a visit to the Vair Spa, which represents a yet unknown dimension of wellbeing. Here, you will be taken on a journey that will rejuvenate your body almost instantaneously.

“We use freshly squeezed lemons, sea salt and of course olive oil in many of our treatments. Our facial Abel Bel Vair Stories treatment uses exclusively local and fresh ingredients: aromatic herbs from our garden including lavender and rosemary as well as apricot and cherry oils,” explains Erica D’Angelo. The treatments at the Vair Spa are unparalleled as the highly skilled and innovative therapists-artists apply techniques inspired by the “Science of Happiness”. In addition, you can enjoy a vigorous workout at the fitness area or indulge in the heated indoor pool. After,

you can rejuvenate in the meditation room, the sauna, Roman Baths, or in the steam bath with an ice fountain. The options are endless, and many are tailor-made to your needs and desires.

As the Dalai Lama claims: “The very purpose of our life is happiness, the very motion of our life is toward happiness”, Borgo Egnazia together with its Blue Zone setting and the Vair Spa as its pinnacle, creates a perfect environment



for cultivating happiness.

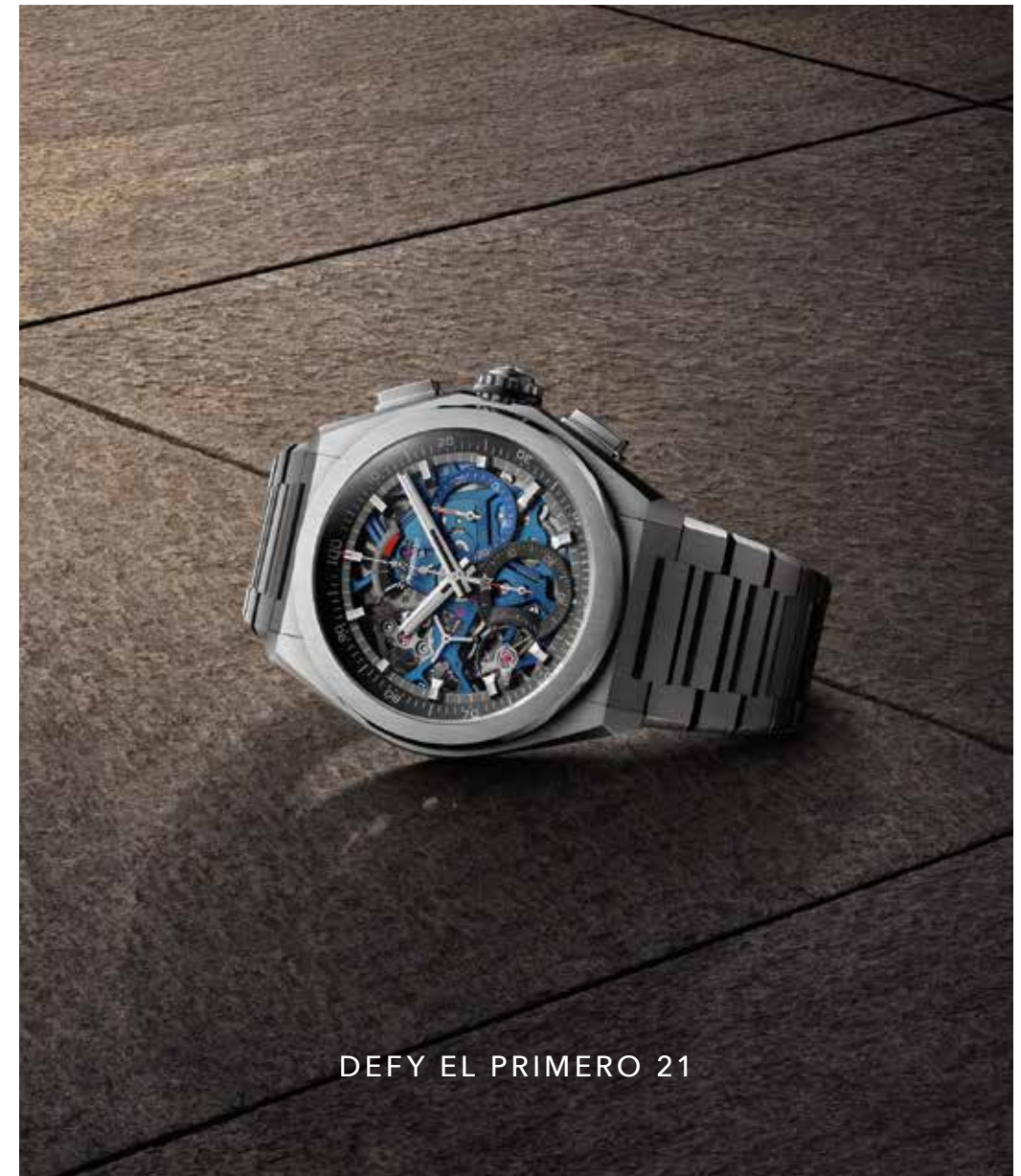
All this takes place while experiencing meaningful human connections as relationships are the number one predictor of happiness. Borgo Egnazia is a place which takes you closer to your own equilibrium marking a starting point in your life-changing experience towards a light and joyous vision of life. It is a place like nowhere else.

Borgo Egnazia
Savelletri Di Fasano
72015 Fasano Brindisi
Italy
www.borgoegnazia.com



TIME TO REACH YOUR STAR

★
ZENITH
THE FUTURE OF SWISS WATCHMAKING SINCE 1865



DEFY EL PRIMERO 21

BANDIERA
— JEWELLERS —

123 Yorkville Avenue - Toronto (416) 642-8806
7777 Weston Road - Vaughan (905) 856-8860

www.bandierajewellers.com

Beauty meets art and science at A Medical Spa

A Medical Spa offers bespoke services with industry approved state of the art technology and advanced medical-grade skin care products and formulas. All services are carefully designed for you in mind. Beauty at A Medical Spa is not one size fits all. Unlike other medical spas, A Medical Spa takes a science-based, customized approach to medical aesthetics and anti-aging.

It's located in the heart of Yorkville. A Medical Spa is not your average medical spa. There are three elegantly appointed private treatment rooms with crisp green pops of exotic plants and surrealism art pieces. The spa is private, convenient and provides clients with a uniquely luxurious, full-service one stop shop. Additionally, the treatment options at A Medical Spa are quite customizable, inclusive and cater towards both male and female clientele.

At consultations, advanced facial imaging is used to capture high-resolution wrinkles, pores, UV invisible spots and colour, unevenness to properly diagnose and treat one's skin conditions.

Primarily focused on advanced med spa treatments, including classic yet effective treatments with the latest cutting-edge aesthetic services. A Medical Spa is known for their vast range of non-surgical services, so you don't have to worry about long downtime in-between treatments.

From basic services to advanced skin resurfacing and purifying SILKPEEL dermal-infusions, reliable and powerful VECTUS permanent laser hair removal,



PHOTOS by Will Wang Yao



THE BEAUTY OF ART & SCIENCE



A Medical Spa Inc.
Where Science Meets Art,
With Incredible Results

Art infused Cosmetic
Clinic in Yorkville

Beauty meets art and science for those seeking professional aesthetic treatments. *A Medical Spa Inc.* is an art Infused cosmetic clinic in Yorkville for discerning clients deserving the precision of art-infused aesthetics.

Working in partnership with experienced professionals, cosmetic industry leaders and innovators, *A Medical Spa Inc.* offers bespoke services with industry approved state-of-the-art technology and advanced medical-grade skincare and formulas. All services are carefully designed for you in mind to discover your beauty every step of the way.

An authorized SkinCeuticals & Cellcosmet retailer

303 - 7 St. Thomas St. Toronto M5S 2B7
437 997 1299
a-medical-spa.com



- SKIN REJUVENATION
- ACNE & SCARS
- PIGMENTATION
- SKIN TIGHTENING
- BODY CONTOURING
- FAT REDUCTION
- HAIR REMOVAL
- HAIR RESTORATION
- COSMETIC INJECTABLES
- SKIN ANALYSIS
- MEDICAL-GRADED SKINCARE
- COSMETIC TEETH WHITENING



high quality and purified Botulinum Toxin and Dermal Filler injections to multidimensional skin tightening and fat reduction treatments with EXILIS ULTRA radiofrequency treatments.

The spa also offers LipoDissolve injections, pigment reduction and overall skin revitalization with the added capability of tattoo removal with PICOSURE laser. Plus Non-surgical Skin and Hair Rejuvenation with Platelet Rich Plasma (PRP) or IV Nutrition Therapy to boost immunity, rid the body of toxins, increase metabolism and make the skin healthier and fresher this cold and flu season and

offering cutting edge aesthetic treatments. A Medical Spa Inc places a high focus on skin care and is an authorized provider of SkinCeuticals and Cellcosmet skincare products.

A Medical Spa Inc.
Where Science Meets Art,
with Incredible Results
Art infused Cosmetic Clinic in Yorkville
303 - 7 St. Thomas St.
Toronto M5S 2B7
437. 997.1299
a-medical-spa.com

Forum Magazine

ADVERTISERS INDEX

APi 360 Photography	32
B & M Garage	22
Bandiera	63
Body One Fitness	47
Brenlo	20
Canaroma	17
ClinicBuild	35
Dusil Design	4
Edgewater Group	39
Elegant Building Materials	25
Epal Windows	3
European Automotive	41
Granite Plus	27
Guelph Solar	37
Homes by Krista	33
JHD Construction	24
Kappa Foods	55
Kolbe Gallery Ontario	68
Laishley Reed LLP	46
Millworx	23
Niagara Belco Elevator	15
Oakville Sight & Sound	2
Penny Lane	38
RTN Glass	21
Sarana Tile	5
Soren	49
Saunacore	5
Trampoline Parks	40
Wood Mood Hardwood	19



ICONICALLY YOURS

Welcome to the next chapter of The Phoenixian's storied legacy, thoughtfully written to inspire today's luxury traveler. From a new spa and premiere athletic club, to reimagined, shimmering pools and freshly crafted dining experiences, Arizona's renowned AAA Five Diamond destination reveals everything you never knew you always wanted.



THE PHOENICIAN
A LUXURY COLLECTION RESORT, SCOTTSDALE
6000 E CAMELBACK ROAD, SCOTTSDALE, AZ 85251 USA
T 480 941 8200 - F 480 947 4311
THEPHOENICIAN.COM





KOLBE *Gallery*
ONTARIO

By Infusion Windows and Doors, Inc.

www.kolbegalleryontario.ca

MUSKOKA
705.645.3667

GTA
866.348.4398

ONTARIO
877.319.0744