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WINTER 2022

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FEATURES

- 8 Feature  
PCM NOW  
Perfectly Executed Luxury  
by Krista Deverson
- 16 Changing our mindset to  
achieve our highest potential  
by Stephanie Fredricksen
- 34 Introducing the new Range  
Rover SV
- 48 Hy's Steakhouse & Cocktail Bar
- 56 Cirillo's Academy  
Let us host you!
- 60 Ammanpuri, Phuket, Thailand  
by Emilia Florek-Guerrero

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FROM THE PUBLISHERS

Welcome to the Winter 2022 edition of Forum Magazine. It's with great pleasure that we feature Oakville based company, PCM Now, with President, Carlos Jardino at the helm and Partner, Luca Filice. This formidable duo oversees and execute accuracy in the perfection of planning to offer clients the ultimate in a stress-free experience when building each and every dream home. Every project's focus is on scheduling, finance, production, and timing; four important attributes that this company takes very seriously. So seriously that PCM Now has had the privilege to build over thirteen Princess Margaret Fall Lottery Homes with the esteemed Cancer Foundation!

Looking for something fun to do with family or friends? Why not book an eventful evening with Cirillo's Academy on the Esplanade in Toronto. It is an exciting evening with a pre-planned menu that you and your guests can enjoy while creating a gourmet feast with the help of their sous-chefs. Have a beverage of your choice while cooking and you may even learn a thing or two. Contact Erika at [erika@cirillosacademy.com](mailto:erika@cirillosacademy.com) to book your upcoming event.

Hy's Steakhouse is the quintessential Canadian steakhouse celebrating over 65 years – this is one restaurant downtown Toronto, that is definitely on our bucket list. It's an incredible modern steakhouse boasting 18,000 square feet. This new flagship location is timeless and dramatic with a newly expanded bar and lounge.

It is almost time to say goodbye to 2021 and I am certain there are many that are hopeful for a better and more progressive new year going forward for 2022. The holidays are here and what a wonderful time of the year it is to gather with family and friends and create memories that will last a lifetime. Merry Christmas and a Happy New Year from our family to yours!

Until next time,

Ana & Sean Patrick

Publishers



8 Cover Story PCM NOW  
PHOTO APi360.ca



34 New Range Rover SV



48 Hy's Steakhouse & Cocktail Bar



60 Ammanpuri, Phuket, Thailand



# PCM NOW

Perfectly Executed Luxury

TEXT Krista Deverson

PHOTOS APi360.ca

Planning is the key to perfect execution, and the better and more thorough the plans, the more streamlined the project, and the superior the result in the end. The guiding philosophy of PCM in planning a custom home project is to spell it out in full detail from the very beginning and to be meticulous in covering all aspects of a project prior to commencement.

Because of their educational backgrounds, President Carlos Jardino and his partner Luca Filice take a different approach to construction than most custom home builders. As an Engineer, Carlos had experience in a large multinational company in Sweden which endowed him with a knack for overseeing and completing large projects with precision and accuracy. He founded PCM in 1998 when he moved to Canada because his experience gave him the confidence to complete high





quality custom home projects efficiently in 5 to 6 months time. And when Luca joined the PCM team in 2017, he brought his expertise in economics and finance to ensure accuracy in quoting on projects and to streamline the planning phase with accurate forecasts of cost and timing. With their combined educational and experiential backgrounds, Carlos and Luca focus intensely on scheduling, financing, production, and timing with every project. Over time and with their over 70 projects in Southwest Ontario, their workflow has been honed to perfection where they can plan all aspects of a project with almost 100% certainty and accuracy.

The PCM team knows that the biggest challenge with constructing a custom home is finishing on time and on budget. With their engineering and finance backgrounds, Carlos and Luca work together to ensure that the experience is a positive one for their clients and that the projects are so thoroughly planned that unexpected surprises and delays don't appear. They ensure accuracy on



their timing and projections on anything within their control, treating the entire process more like a manufacturing than a construction process with the project moving from step to step. Given the current pandemic environment, getting permits can be one part of the process

that is unpredictable and out of their control, but they can help the client through that process and then beyond that they typically can stay on target for timing and budget.

One of the keys to their success is their team of tradespeople who have been



with them for 18-20 years or more. The whole group, from the office to the construction site, works together as a team to achieve their goals and complete the homes as planned. Because they have all been working together for so long, they know each other so well, work together seamlessly, and look out for each other and for PCM on the job sites. If some issue does come up, they handle it together and notify PCM immediately so they can work it out in a timely fashion and stay on target. PCM's clients also feel less stressed over their

projects, knowing that their home is in the hands of this reliable team and their high functioning teamwork.

Together, PCM's main goal is for their clients to have a great experience. They know that the custom home building process is often stressful for the client and that they're committing a lot of capital to the project and, thus, have a lot of expectations for its outcome. Towards that end, PCM focuses on preparation because the more work done up front, the smoother everything

runs throughout the project. They do the work of costing out the entire project, making all the selections with the client, and determining construction costs before any work starts. It eliminates 99% of surprises from the start. It does mean a lot of work and planning for them but then once that part is done, the construction is just a formality where everyone follows the plan and knows what to expect and when to expect it. Whereas typically, on construction sites, plans are not as formalized, and managers are just reacting and dealing







with change orders.

Luca says they still accommodate changes the client wants on site, but they would do the same procedure as they did in the beginning where they cost out the change and do a formal change order. That way the client knows the true

cost of the change and the updated timeline if an extension is necessary.

With a seasoned crew and knowledgeable management team, PCM really prides themselves on quality. Therefore they do not build just to building code, which is the minimum standard



for builders. They always go far above building code with their projects and the quality shows in their final products. Even if the client has used their own architect, PCM has their structural engineer review the designs and strengthen the “bones” of the house so that the small details of quality in the home are evident. For example, if you’re walking on the floor of the home, there is no bounce to it that causes a rattling in the china cabinet. This level of excellence is by design and as per their standard.

To start the process of building with PCM, a client ideally comes with a blank slate or with a piece of land. If they don’t have the location, PCM can even help find the land for them. From there, they recommend an appropriate architect for the client’s budget and style preference, selecting from a repertoire of architects they’ve worked with. From the beginning, they also engage a landscape designer and an interior designer so they can determine a budget for the entire project





and not go over it. PCM acts as the control tower, overseeing every aspect of the planning stages and construction. Furthermore, they are there throughout the project as the voice for their client to ensure that they get exactly what they want within their budget. They're able to do all styles of home from modern to traditional and everything in between, with the goal of executing the client's vision to perfection.

Because of their ability to stay on target and their commitment to excellence, PCM has constructed the Princess Margaret Fall Lottery Home for the last 13 years and they're currently working on their 14th. Being a lottery, the deadlines for these projects are critical, so with their reputation for timeliness, PCM has consistently done this job and has a great relationship with the foundation. Meanwhile, they usually have two or three other private client homes on the go because they have each project planned out and have scheduled the trades to complete the work without any overlap. They run projects in the planning, rough-in, and finishing stage simultaneously.

With an effective in-depth planning stage, a smooth workflow, and a commitment to excellence and quality in everything they do, PCM's custom home projects are exemplary. Their commitment to planning, staying on budget, and finishing on time creates a stress-free experience for clients that make each project unique in its own right. That's luxury done right!



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# Changing our Mindset to achieve our highest potential

TEXT Stephanie Fredricksen

How to develop the power of belief?

Think success, don't think failure. At work, in your home, substitute success thinking for failure thinking. When you face a difficult situation, think, "I'll win," not "I'll probably lose." When you are thinking of changing habits for health, think "I can do it," never "I can't." Let the master thought "I will succeed" dominate your thinking process. Thinking success conditions your mind to create plans that produce success. Thinking failure done the exact opposite. Failure thinking conditions the mind to think other thoughts that produce failure.

Remind yourself regularly that you are better than you think you are. Successful people are not supermen/women. Success does not require a super intellect. Nor is there anything mystical about ordinary folks who have developed belief in themselves and what they do. Never sell yourself short.

Believe Big. The size of your success is determined by the size of your belief. Think little goals and expect little achievements. Think big goals and win big success. Big ideas and big plans are often easier – certainly no more difficult – than small ideas and small plans.

Cure yourself of excuses, the failure disease!

"But my health isn't good."

"I don't feel good."

"I've got such-and-such wrong with me."

Refuse to talk about your health. The more you talk about an ailment, even the common cold, the worse it seems to get. Talking about bad health is like putting fertilizer on weeds. Besides, talking about your health is a bad habit. It bores people. Success-minded people defeat the natural tendency to talk about their "bad" health. One may get a little sympathy, but one doesn't get respect and loyalty by being a chronic

BELIEVE  
YOU  
CAN  
SUCCEED  
AND  
YOU WILL!

complainer.

Refuse to worry about your health. Dr. Walter Alvarez, consultant to the Mayo Clinic, wrote, "I always beg worriers to exercise some self-control. For instance, when I saw this man (a fellow who was convinced he had a diseased gallbladder although eight separate X-ray examinations showed that the organ was perfectly normal), I begged him to quit getting his gallbladder X-rayed. I have begged hundreds of

heart-conscious men to quit getting electrocardiograms made."

Be genuinely grateful that your health is as good as it is. There's an old saying worth repeating often: "I felt sorry for myself because I had ragged shoes until I met a man who had no feet." Instead of complaining about "not feeling good," it's far better to be glad you are as healthy as you are. Just being grateful for the health you have is powerful vaccination against developing new aches and pains and real illness.

Remind yourself often, "It's better to wear out than rust out." Life is yours to enjoy. Don't waste it. Don't pass up living by thinking yourself into a hospital bed.

Build confidence and destroy fear!

Use this two-step procedure to cure fear and win confidence:

Isolate your fear. Pin it down. Determine exactly what you are afraid of.

Then take action. There is some kind of action for any kind of fear.

In the moments when you alone with your thoughts – when you're driving in your car or eating alone – recall pleasant, positive experiences. This boosts confidence. It gives you that "I-sure-feel-good" feeling. It helps keep your body functioning right, too.

Just before you go to sleep, focus on good thoughts. Count your blessings. Recall the many good things you have to be thankful for: your wife or husband,

your children, your friends, your health. Recall the good things you saw people do today. Recall your little victories and accomplishments, go over the reasons why you are glad to be alive.

Use big, positive, cheerful words and phrases to describe how you feel. When someone asks, "How do you feel today?" and you respond with an "I'm tired (I have a headache, I don't feel so good), "you actually make yourself feel worse. Practice responding like this: "Just wonderful! Thanks, and you?" or say "Great" or "Fine"

Believe!! When you believe, your mind finds ways to do. Belief releases creative powers. Disbelief puts the brakes on.

Give yourself a pep talk several times daily. Build a "sell-yourself-to-yourself" commercial. Remind yourself at every opportunity that you're healthy, energetic, and fit person.

Make your environment make you successful!

Be environmental-conscious. Just a body diet makes the body, mind diet makes the mind. Make your environment work for you, not against you.

Don't let suppressive forces – the negative, you-can't-do-it people – make you think defeat. Don't let small-thinking people gold you back. Jealous people want to see you stumble.

Don't give them that satisfaction. Get your advice form successful people. Your future is important. Never risk it with freelance advisors who are living failure. Throw thought poison out of your environment. Avoid gossip. Talk about people, but stay on the positive side.

Get plenty of psychological sunshine. Circulate in new groups. Discover new and stimulating things to do.

Get the action habit!

Use the mechanical way to accomplish simple but sometimes unpleasant business and household chores. Rather than think about the unpleasant features



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of the task, jump right in and get going without a lot of deliberation.

Next, use the mechanical way to create ideas, map out plans, solve problems, and do other work that requires top mental performance. Rather than wait for the spirit to move you, sit down and move your spirit.

Don't wait until conditions are perfect. They never will be. Expect future obstacles and difficulties and solve

them as they arise.

Remember, ideas alone won't bring success. Ideas have value only when you act upon them! Use action to cure fear and gain confidence. Do what you fear, and fear disappears. Just try it and see. Think in terms of now. Tomorrow, next week, later, and similar words often are synonymous with the failure word, never. Be an "I'll start right now" kind of person.



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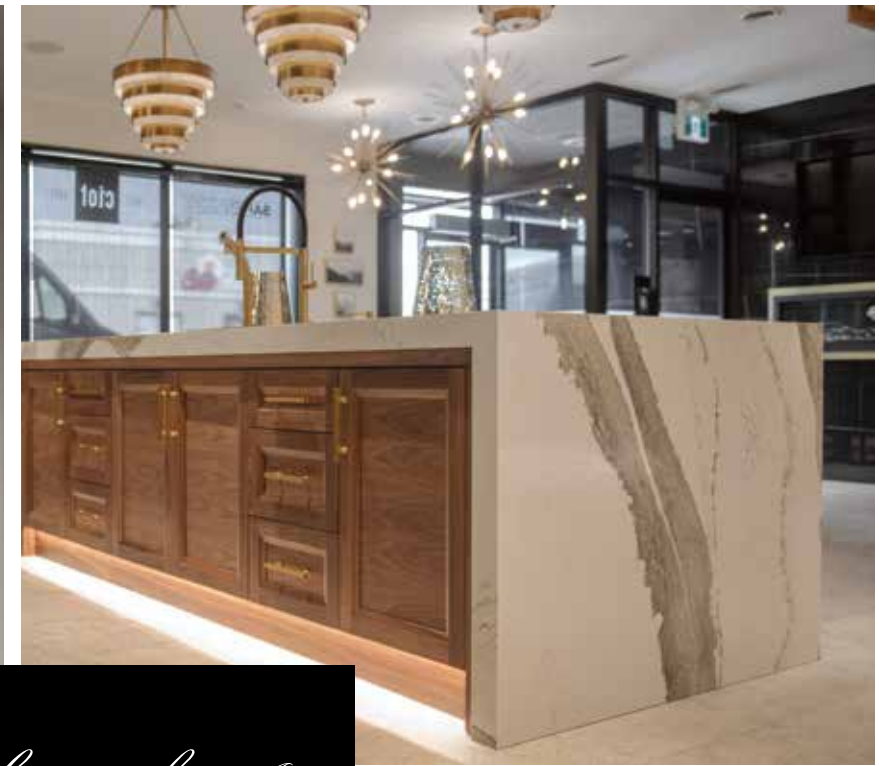


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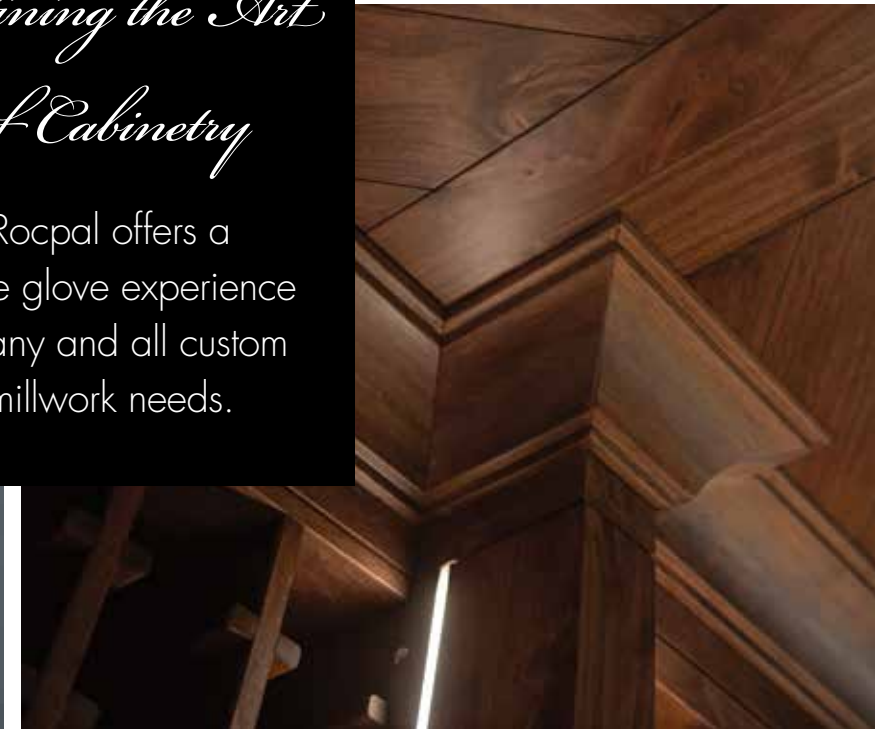
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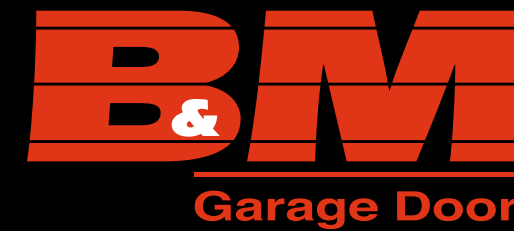
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## POSITIVE PHRASES

TEXT Suzanne Glover

Positive phrases are easy to master when you know a couple of tricks.

The first thing to remember when learning how to use positive phrases correctly is that positive words and phrases carry with them a "positive energy" that can get embedded into your mind and body. In fact, the more positive thoughts you think on a consistent basis, the more you are actually changing your body's chemistry to create more positive thoughts. If you can keep it up long enough, your body will actually become addicted to having a mindset full of positive words and phrases that will make it easier for you to stay happy.

Many people think that they are correctly reciting positive phrases when they say things like, "I am losing weight," but the reality of this phrase is that it focuses on "weight." A better choice when using positive thinking phrases for weight control

would be to get down to your core desire, which is to be slim and beautiful, and instill positive thoughts of "I am rapidly becoming slim and beautiful."

Ever hear the term, "Don't worry, be happy?" Well, when I say to you "Don't worry," your mind automatically picks up the subject of that sentence, which is worry. Why not drop the first two words of that sentence which focus your mind on "worry," and instead focus your mind on being happy by just saying "be happy?" The same is true with, "No pain, no gain." Does that motivate you to think positive thoughts, or thoughts about pain?

The bottom line that you want to get to when doing positive thinking exercises such as creating positive phrases is that you want to choose positive words and phrases that tell your subconscious exactly what you want it to do. One way to get to your core desire is to journal out your thoughts about the change you'd like to make in yourself and see what

words come up.

Another reason many people are not successful at instilling positive words and phrases into their minds enough to make substantial change is because they don't see the positive words and phrases consistently enough to get absorbed on a level that makes a difference. This is where having positive thinking quotes around you either on your computer screen, on your desk or on your walls will keep the "positive flow" going into your mind enough to make change.

How to get started with positive phrases that work: First, get down to your core desire. Second, learn which words not to use when creating positive words and phrases, and lastly, keep all your positive thinking quotes and positive phrases around you enough to have them be completely absorbed by your mind and body enough to get addicted to them and make your journey to becoming positive run on auto pilot.



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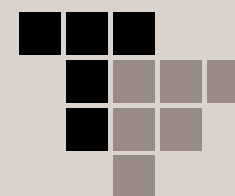
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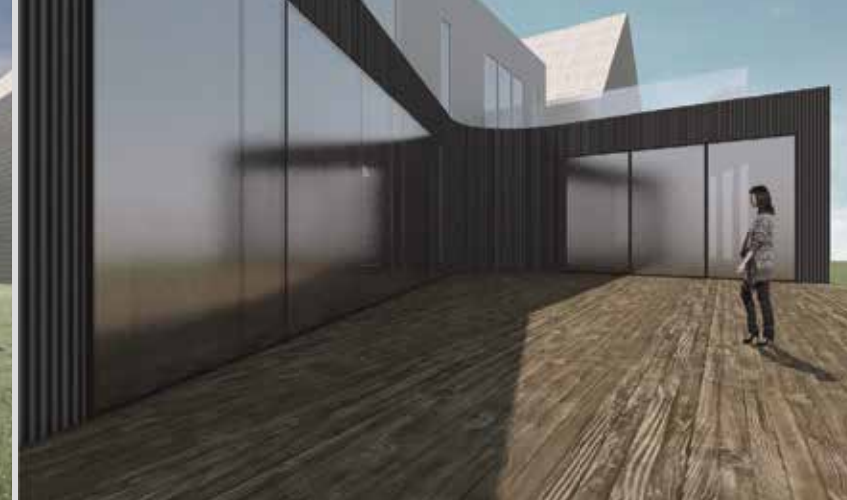
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The elegant New Range Rover defines modern luxury, providing more refinement, customer choice and scope for personalisation than ever before.

Range Rover is the original luxury SUV and has led by example for 50 years, combining serene comfort and composure with all-conquering capability. The New Range Rover is the most desirable yet, mixing breathtaking modernity and aesthetic grace with technological sophistication and seamless connectivity.

The New Range Rover combines advanced technology with modern luxury to deliver peerless refinement for

every occupant and is the first model to use Land Rover's new flexible Modular Longitudinal Architecture.

MLA-Flex can accommodate internal combustion, plug-in hybrid and 100 per cent electric powertrains. It represents the next step in Land Rover's simplified architecture strategy as part of the move to deliver greater powertrain flexibility and set new quality benchmarks.

It is available with a choice of efficient mild-hybrid and plug-in hybrid powertrains and four, five or seven-seat interiors across Standard and Long Wheelbase body designs.

A pure-electric Range Rover – the first all-

electric Land Rover – will join the line-up in 2024.

Comfort and wellbeing are enhanced by Cabin Air Purification Pro3, which combines dual-nano<sup>TM</sup> X technology for allergen reduction and pathogen removal to help significantly reduce odours and viruses, while CO<sub>2</sub> Management and PM<sub>2.5</sub> Cabin Air Filtration enhance air quality. Advanced nano<sup>TM</sup> X technology is scientifically proven to significantly reduce viruses and bacteria including SARS-CoV-2 viruses<sup>3</sup>.

Sustainability extends beyond the choice of efficient powertrains, with innovative materials and processes combining to reduce the environmental impact of producing and driving the New Range Rover. These include a Kvadrat<sup>TM</sup> remix wool blend fabric that will be offered as a leather-free interior option. Its wool blend is warm and cossetting, making it the perfect cloth to accompany the technical Ultrafabrics<sup>TM</sup> material, which has all the tactile qualities of leather but is 30 per cent lighter and generates only a quarter of the CO<sub>2</sub>.

Customary Range Rover capability and composure is provided by Land Rover's pioneering Integrated Chassis Control system, which controls the most comprehensive array of chassis technologies ever fitted to a vehicle of this kind. All-Wheel Steering provides greater high-speed stability and the tightest turning circle of any Land Rover, while advanced Electronic Air Suspension pre-emptively reacts to the road ahead using eHorizon navigation data. New Dynamic Response Pro technology provides fast-reacting electronic roll







control for elevated composure and agility in all environments.

The all-new fifth-generation Range Rover has been designed, developed and engineered in the UK and will be produced exclusively at Land Rover's Solihull Manufacturing Facility – the historic home of Range Rover – on a new state-of-the-art production line. The investment at the plant will drive enhanced quality, with assembly of efficient mild-hybrid, plug-in hybrid and pure-electric examples of the New Range Rover on the same line.

The new Range Rover SV is an exquisite interpretation of Range Rover luxury and personalisation from the experts at Special Vehicle Operations. The SV model is available in both SWB

and LWB body designs, with exclusive features including new SV Serenity and SV Intrepid design themes and a four-seat SV Signature Suite configuration.

The New Range Rover is defined by three lines that can trace their origins back through the generations; the falling roofline, strong waistline and rising sill line. These trademark features combine with a characteristically short front overhang and a distinctive new boat tail rear – complete with practical split tailgate – to create an elegant profile that conveys Range Rover's peerless presence.

The unbroken waistline showcases Land Rover's attention to detail as the rounded edge of the door meets the glass in a simple, clean finish thanks to a specially

engineered hidden waist finisher. The design-enabling technology combines with flush glazing, hidden-untillit lighting and precise detailing to create the impression that the vehicle has been milled from solid.

The sophisticated surfaces provide a clean and contemporary appearance – and contribute to a drag coefficient of 0.30, making this the most aerodynamically efficient luxury SUV in the world.

The luxurious interior is underpinned by modern, intuitive and relevant technologies, designed to work harmoniously with the finest materials and wellbeing innovations to create a calm sanctuary for all occupants – turning every trip into an experience to savour.







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# 3 effective strategies to help you sleep better

TEXT Rich Carroll

Sleep deprivation is a very real health problem for millions of people, and perhaps one reason many of us don't recognize its significance is because the effects are often long-term.

Mild insomnia, described as less than 4.5 hours of sleep a night consistently, does not appear to increase one's risk of mortality substantially, provided sleeping pills and other drugs are not used as sleep aides. However, the long-term effects of sleep deprivation on the body will definitely take their toll. The body heals itself and restores chemical balance during sleep, a necessary process for long-term health.

Lack of sleep, over time, will affect not only the central nervous system, but also the respiratory, digestive, and cardiovascular systems. All this stress on the body has been found to negatively affect mental abilities and emotional wellbeing, compromising decision-making and creativity. Lack of sleep affects hormones that control feelings of hunger and fullness, making it difficult to control appetite and maintain desired weight. Sleep deprivation also prevents the body from building immunities that allow us to defend ourselves from illness.

That said, in a perfect world most people would prefer to get 6.5 to 7.5 hours of sound slumber each night, simply because most will say they feel more energetic the following day when they do. So, for anyone without additional health problems that might keep them awake, here are some diet ideas that will help us get an excellent night's sleep.



Curtail caffeine use, particularly as bedtime approaches

Some people are more sensitive to caffeine than others, and it often affects people more as they get older. Whereas coffee has loads of caffeine; tea, soda and chocolate also have it, but in smaller amounts. If you think caffeine is an issue, limiting its use to just the AM hours is highly recommended.

Don't go to bed on a full or empty stomach

Hunger can rob people of sleep, so going to bed on an empty stomach could trigger insomnia. Some experts say a little snack with carbohydrates is the best. An apple or possibly some crackers might help your body produce serotonin, which can cause you to be drowsy and relaxed. A little trial and error might help you find the right balance for you.

Cut back on your consumption of alcohol

One might be tempted (I know I have)

to think a nightcap will cause drowsiness and, therefore sleep, but once past that initial lethargic stage of two or three hours we're wide awake.

Each sleep stage that occurs in the course of a night is linked to specific brain wave activity, and as we cycle through these stages as we sleep, our deeper rapid eye movement (REM) cycles become increasingly longer. Alcohol can cause disruption in the movement between sleep stages, and this disruption makes restful sleep impossible.

It is important to recognize the cause of insomnia in each specific case to have a plan to stop it. Maintaining a consistent sleep timetable, such as similar routine each night is vital.

Exercise will also help, but not just before retiring. Finally, if it is time for sleep, watching TV as a distraction is not advised for help in getting a good night's sleep, so it's a good idea to get the TV out of the bedroom.

## The healthiest cheeses & some common myths

TEXT Rich Carroll



One could probably not name one type of food that is produced, and enjoyed, in more parts of the world than cheese, and in so many varieties.

Go to Switzerland and you will experience their cheese fondue, a part of their culture since the 18th century.

Canadians have their poutine, cheese curds on top of fries and gravy. As an American I must admit it sounds like a curious pairing, and I'm sure given the chance it would grow on me. But having grown up on Velveeta and cheese whiz, and with Mac and Cheese now considered fine dining, North Americans should never consider themselves cheese snobs.

It seems one of the big differences in the way North Americans and Europeans view their cheeses is how much they are willing to pay.

Especially in France, where cheese has

for generations been part of their culture, people are going to demand high quality in their cheese choices. This means higher production costs and higher prices, and North Americans, perhaps because they've grown up on processed

cheese, are more price conscious. So now, after that background information, let's address the question of cheese as it pertains to a healthy diet.

Or the question could be: other than





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tasting great and having so many fascinating selections to pick from, is cheese really healthy? Much will depend on the cheese you choose (and don't even consider processed cheese). If one chooses right, it will be a great source of high-quality protein, vitamins and minerals like zinc, calcium, vitamins A, D, B2 and B12. But vitamin K2 is the one we are going to center on here. Vitamin K2 helps to channel calcium into bones and teeth where it should be, and prevents it from being lodged in the arteries. You get the advantages of calcium and its channeling agent in the same food.

Diverse cheeses will provide different amounts of vitamin K2 due to their varying strains of bacteria. The cheeses with the highest amounts are Brie and Gouda. Hard cheeses generally yield approximately 30% more than soft cheeses.

Next on the all-star list of vitamin K2 cheeses will be Edam, Cheddar, Colby, hard goat cheese, Swiss and Gruyere.

The necessity of vitamin K2 is becoming more understood all the time, and it is regarded now as a vital nutrient in the human diet. We really require this vitamin, and if not from cheese, consider natto, a traditional Japanese breakfast dish made from fermented soybeans. It is regarded as having the most vitamin K2. Other great options are egg yolk and butter.

Now for a few common myths. Many people who love cheese become concerned with the saturated fat issue. There is information confirming that saturated fat doesn't necessarily make individuals fat.

In fact, it should be a fundamental piece of a good diet. Europeans, particularly in places like Germany, France or Greece have lower rates of obesity and fewer issues with high blood pressure than North

Americans; yet consume significantly more cheese than the normal North American. Again, though, moderation is key.

Another objection is the salt content of cheese. Salt is crucial for flavour, ripening as well as preservation of cheese, so there is obviously going to be some salt. But the salt content of cheese pales in comparison to the salt content

in the majority of North American food, but like with everything it is possible to overindulge. Roquefort is considered the saltiest variety with 100 grams that contains about 1300 mg of sodium. But compared to food in restaurants or processed food found on grocery shelves, it isn't out of line, especially when considering the health advantages derived from high-quality cheese.

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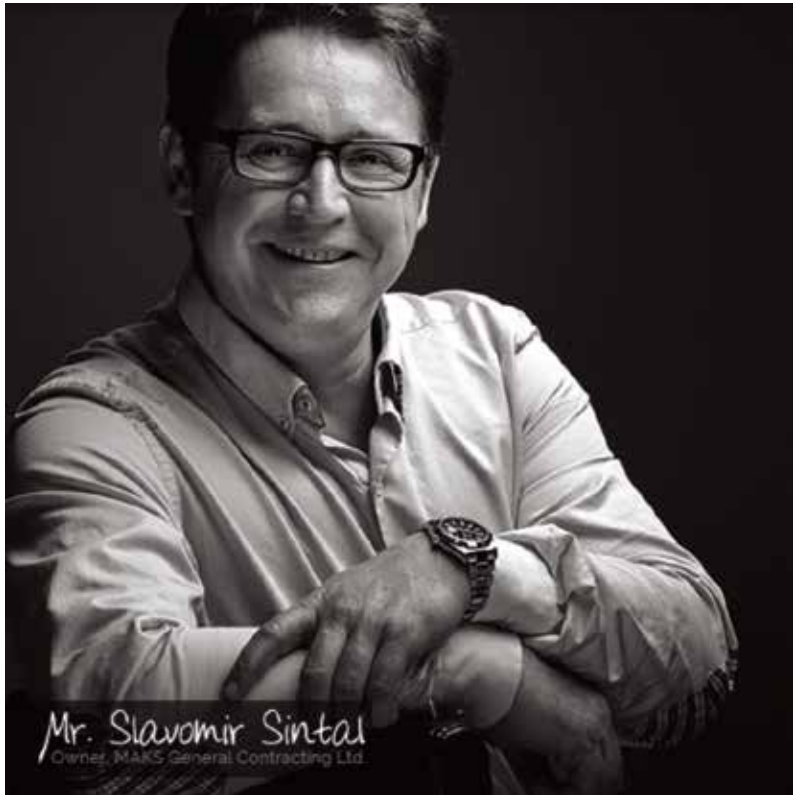
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Slavo and his team pride themselves in creating everything from the simplest railing to the most intricate, ornate design and attention to each and every detail without compromise.

They custom design and manufacture railings, gates, gazebos,





window grills, front entry door grills, balconettes, furniture or specialty items. In addition, they repair and reproduce antique pieces; all meticulously custom crafted to perfection and can also be combined with wood, glass, granite, marble or types of stone.

His intimate knowledge of the iron trade allows him to create premium hand forged objects of art accessible.

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MAKS General Contracting Ltd. is always enthusiastic to be involved with members of its community. They participate in the yearly cancer bike rides. It's their third consecutive year supporting a great cause – Princess Margaret Cancer Centre-Home Lottery in association with PCM Project & Construction Management Inc. In close cooperation with Brain Gluckstein and his design team showcasing their workmanship. MAKS General Contracting will be creating the interior railing for this spectacular home.

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# 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.

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Hy's Steakhouse and Cocktail Bar

# The Quintessential Canadian Steakhouse



Hy's Steakhouse and Cocktail Bar has returned to Toronto's financial district with a spectacular new flagship at the corner of Bay St. and Richmond St. W. (365 Bay St.)

Timeless and dramatic, the impressive 18,000 square-foot space ushers the beloved Canadian-family-owned-and-operated establishment into its 65th year of operation, building on Hy's classic menu and tableside experience with an expanded bar and lounge program to deliver a modern steakhouse at its finest.

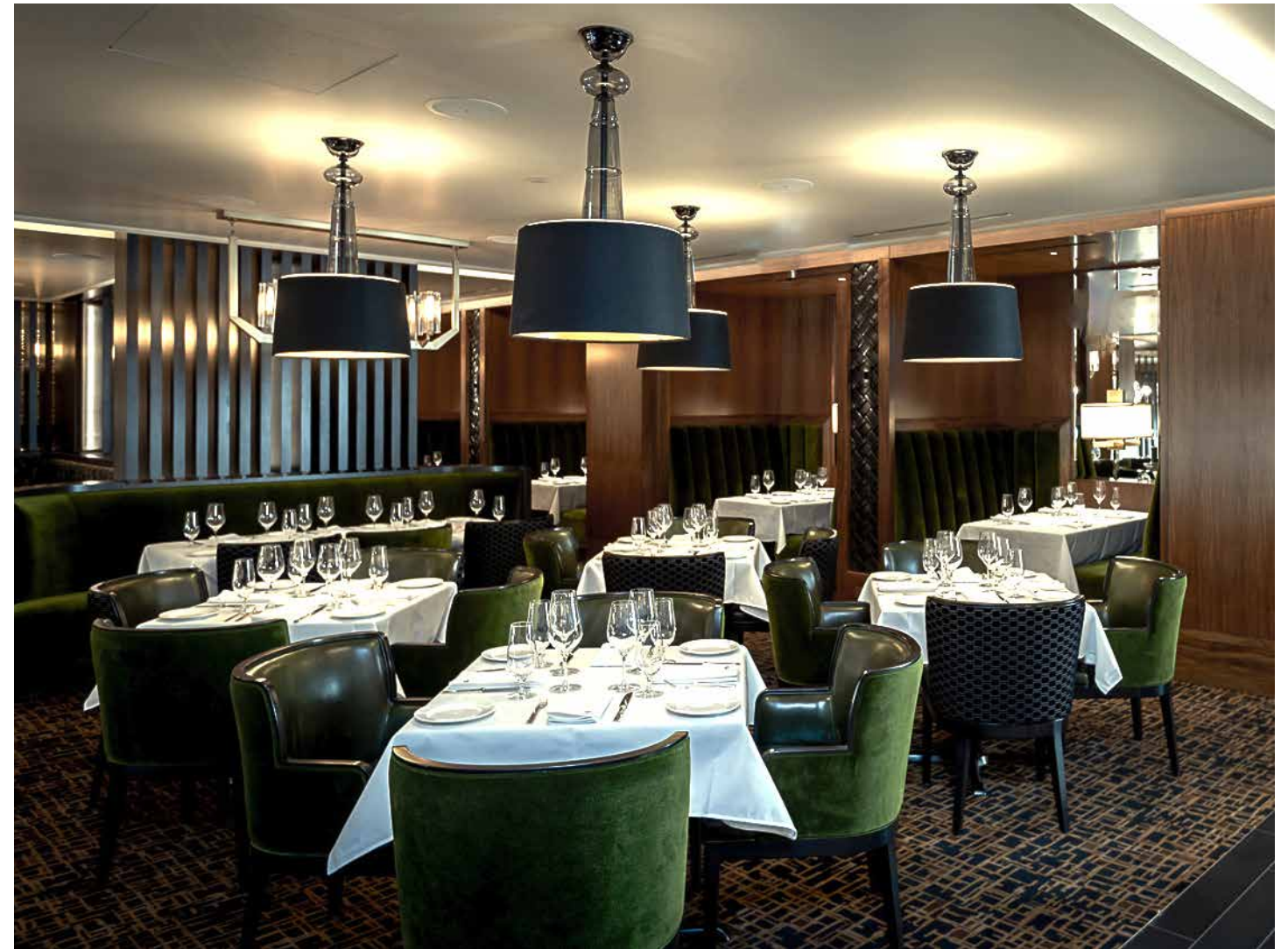
Designed by Vancouver based Elaine Thorsell and built by the team at Anjinov Construction, each of the restaurant's





three levels offer a distinct experience. True to the brand's heritage, a lush colour palette of rich greens and burnished golds, leather and velvet materials, and hand-crafted Mozambique millwork with burl Walnut details, are paired with contemporary Canadian art, granite and metal accents, and large windows that open onto Richmond St.

Anchored by a 35 foot wraparound bar, the main floor's eclectic groupings of cozy booths, cocktail tables, club chairs, and ottomans encourage casual drop ins and vibrant, interactive energy, bolstered by live music Wednesday through Saturday from 7 to 11 pm and daily Happy Hours

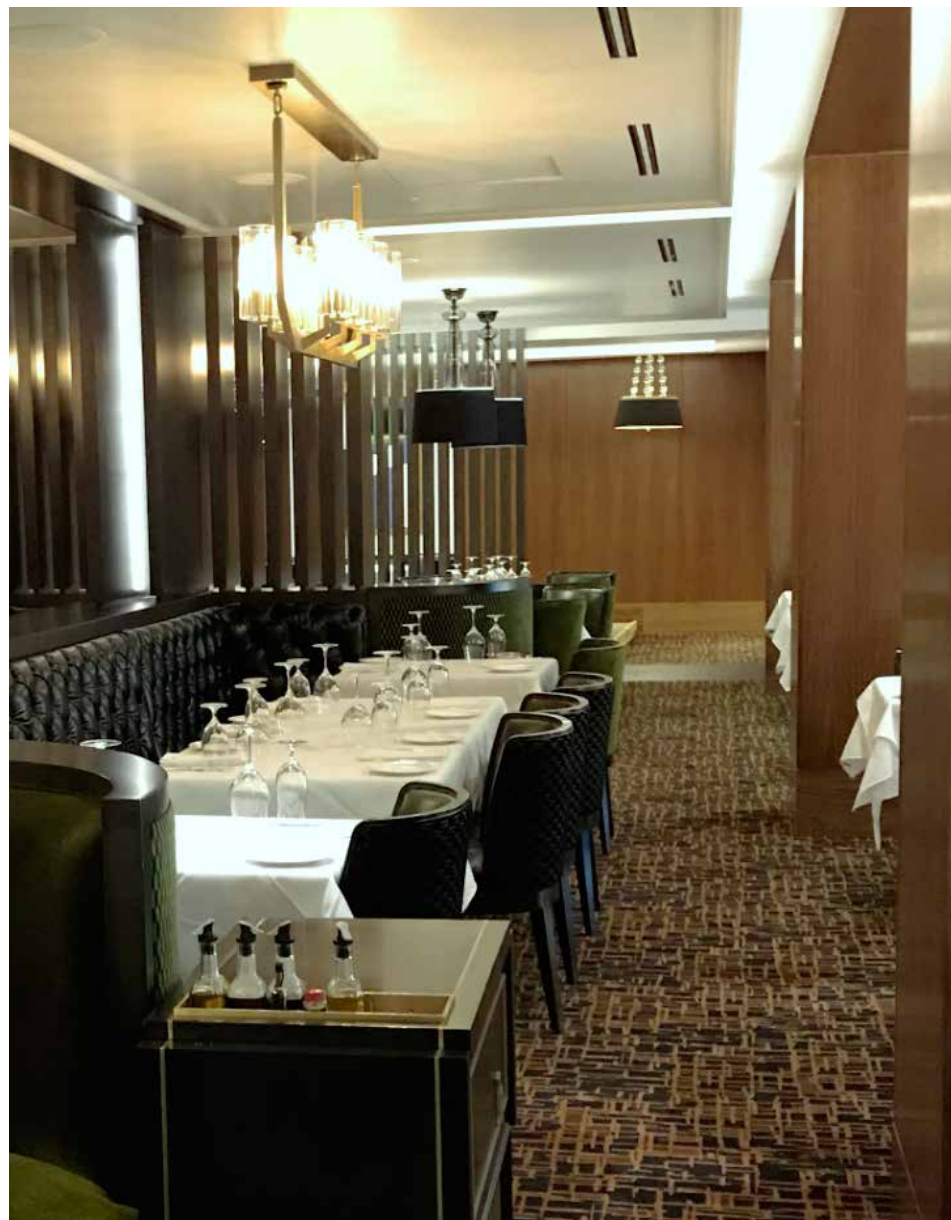


form 3 to 6 pm and after 9 pm.

Upstairs, the white linen dining room is bookended by elegant private spaces on one side, and a sleek and sophisticated whisky and champagne bar on the other. In between, tables along the mezzanine overlook the action in the lounge below, while seating to the side and away allows quieter, more intimate dining. On the lowest level, two exclusive private rooms, each with full bar and state of the art technical accoutrements, are ready to host all types of business and social occasions.

"The steakhouse is as much about the atmosphere as it is the menu. Hy's is trusted for both, and this is the heart of the new flagship on Bay Street," said Neil Aisenstat, CEO and son of Founder, Hy's Steakhouse and Cocktail Bar. "With





this spectacular new space we are celebrating the fact that for 65 years - 50 in Toronto - Hy's has been known as the quintessential Canadian steakhouse, offering the highest quality of Alberta Prime steaks, classic cocktails, and warm, professional service across the country."

In 1955, Hy Aisenstant opened the first Hy's Steakhouse over a women's clothing store in Calgary. Toronto's first Hy's operated on Richmond St. W. from 1970 to 1998. Hy's on Adelaide followed, and served the financial district from 1999 until closing in December 2018. Now, Hy's new flagship location, on the southeast corner of Richmond and Bay, sits just down the street from where it all began almost five decades ago.

Helmed by Hy's veteran Chef Saku Velumylum, the core menus remain constant, featuring the very best Canadian Prime steaks aged a minimum of 28 days and grilled to order, and famously irresistible starters and sides, such as the signature Cheese Toast and Caesar Salad prepared tableside.

New additions to lunch, dinner and Happy Hour emphasize local produce, and plant-based options, such as Organic Vegan Bowl.

The cocktails are classic, and the cellar is deep with both pedigreed labels and eclectic treats, and upstairs the exclusive whisky and champagne bar is stocked with a carefully curated list.



Hy's of Canada remains a family-run business and continues to set the standard for fine dining in the hospitality industry. Hy's features a relaxed and refined atmosphere and serves perfectly grilled Canadian Prime steaks and hand-crafted cocktails with warm hospitality. Hy's has five locations across Canada: Whistler, Vancouver, Calgary, Winnipeg, and Toronto.

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After opening the first Cirillo's Academy in 2009, Chef John Cirillo's vision moved from just offering cooking classes to becoming a culinary event space that specializes in large group cooking parties.

The new location, next to the St. Lawrence Market, was designed to share this experience with a whole new community. Being so close to the heart of the city, Cirillo's Academy is the perfect place to entertain your clients, employees or friends and create unforgettable lasting memories.





Whether it is a corporate team building event or a Chef's Table, or a birthday party with friends every experience at Cirillo's is sure to stimulate both your mind and your taste buds.

How do these events work? The Director of Guest Experience, Erika Cirillo, will assist you through all the steps in planning your event at Cirillo's.

They like to start your event with a short

reception where both alcoholic and non-alcoholic beverages are served. Menus will be chosen prior to the event and can be personalized, and your group will get a glimpse into the culinary world. The group will be divided into teams where each team will prepare one course of the 4-course meal.

Once all the food is prepared and cooked, (and no worries for those who don't do any cooking – there are many sous chefs in the kitchen to give you step by step instructions) everyone takes a seat with their drink in hand and of course and enjoys the fruits of their labour.

Cirillo's Academy was built with the home cook in mind, everyone is always welcome in their kitchen and look forward to hosting you.





AMANPURI, PHUKET, THAILAND

## Peaceful wellness in the tropics

TEXT Emilia Florek-Guerrero

PHOTOS Courtesy of Aman

Phuket, Thailand is one of the world's most renowned beach destinations. People from all over the world flock to Phuket to enjoy its warm and perfect year-round climate, shimmering blue waters of the Andaman Sea, palm trees and fine white sand. Thailand's delicious cuisine, rich culture,

and tradition make it the ideal place to experience life at its best. The Amanpuri, "place of peace" takes the beauty of Phuket and turns it into an oasis of tranquility. It is a flagship resort of the Aman collection; known for their vision of building a collection of retreats with a sense of serenity, warm hospitality, and

a holistic wellness experience.

The Amanpuri is only a 30 minute drive from Phuket International Airport, with its own peninsula encompassing nature, space, and breathtaking views of the Andaman Sea.

With 40 private villas and 40 stand-





alone pavilions, one can truly embrace the local classic architecture along with a luxurious setting. Guests are surrounded with luscious green palm trees and gardens that give that extra sense of discretion along with the connected network of raised walkways that direct them to their immaculate rooms. The villas are secluded with coconut palms casting tropical shadows onto private terraces, providing an ultimate experience of peace and tranquility.

The Buddhist architecture of the ancient Ayutthaya gives a sense of being in a spiritual location. The villas all have private pools and others with infinity pools. The villas range from one to nine rooms with outdoor dining and lounging areas, ocean or garden views, a private courtyard and much more. Guests can



also be accompanied by a personal live-in Thai chef and a butler.

Influenced by the bountiful environment that it inhabits, Amanpuri's authentic dining venues utilize locally sourced ingredients and explore cuisines from across the globe, including Thai, Italian, Mediterranean, and Japanese with an emphasis on fresh seafood.

One thing that makes the Amanpuri really unique is that it is Aman's first Holistic Wellness Center with Intensive Wellness Immersions. Integrative medical services such as preventive medicine, sport performance, and aesthetic medicine are offered at the Amanpuri. The highly qualified and certified medical team along with world-renowned experts in ancient healing techniques and alternative therapies are there to provide





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guests with the best care possible.

The Amanpuri has also incorporated wellness into the menu of its restaurants with three new culinary concepts as part of the Wellness Immersions. Aman has launched a wellness dining which caters to those guests that want to maintain and improve their wellbeing. One can expect gluten and dairy-free meals with vegan and vegetarian options. This option of the wellness menu focuses on a vast range of fresh and raw ingredients. If guests want to enjoy local tastes there are also Thai-inspired vegan dishes available.

Tailored to the finest detail, the Intensive Wellness Immersions offer different pathways towards wellbeing. Aman's Wellness Concierge connects with guests before their arrival to assist in choosing the program that best suits their needs. For those that want to embark on their journey into wellbeing, the Amanpuri offers a Detox and Cleansing Immersion program. After a private consultation,

this program is uniquely designed to regenerate body and remove toxins and obstacles that are a result of bad habits and a high-stress lifestyle and environment.

Guests are also equipped with tools on how to break up negative thoughts, forge new neural pathways and increase mental health. This will lead to a better quality of life as all of these techniques are to be used in daily life. In addition, there are wellness activities such as acupuncture, yoga, and lymphatic drainage. Along with that, there is a daily mindful menu of fresh juices and a personalized blend of herbal tea created by a Traditional Chinese Medicine (TCM) specialist.

Amanpuri does not offer solely a place to stay. It offers a journey into a new, happier, healthier, relaxed, and mindful life with its beginning in this tropical setting like no other. Amanpuri is a real place of transformation.





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## ADVERTISERS INDEX

A Medical Spa	57
APi 360 Photography	27
B & M Garage	21
Born and Raised	4
Body One Fitness	43
Clinic Build	22
Edgewater Group	42
Epal Windows	3
European Automotive	37
Granite Plus	5
Homes by Krista	26
Kolbe Gallery Ontario	68
Lockwood Leasing	39
Maks Iron	20
Millworx	31
Oakville Sight & Sound	2
Penny Lane	47
Quality & Design Stairs	22
Rocpal Kitchen & Bath	18
Saunacore	32
SMPL Design	28
Splash Bros	38
Strybos Barron King	17
TFX	33
The Doors Ltd.	24
The Window Company	15
Tri City Flooring	23
The Phoenician AZ	67



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