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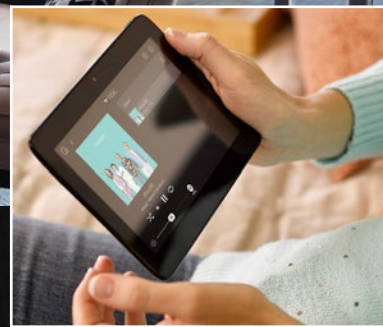
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FROM THE PUBLISHERS

Welcome to the Spring 2021 edition of Forum Magazine.

It is our pleasure to feature Renocorp Inc. for our Spring 2021 edition. A relatively new company but no strangers to this competitive building industry, John Teixeira and his business partner Mike Dimartino, no doubt have fun at what they do! John and Mike each bring their own unique skill sets to every project and their clients can enjoy a stress-free experience with perfection as the result. Not only do John and Mike make each project a memorable one with their knowledge of building and sense of humour but clients can rest assured it will all come in on budget every time! Check them out on Instagram @ Renocorp_inc.

When travel is again in our distant future, the Calile Hotel in Australia is one fabulous destination. Its uniquely a sub-tropical resort embedded into a city streetscape with a minimalist design to ensure the true essence for optimum relaxation and regeneration. Visit thecalilehotel.com for more about this exclusive property.

I'm sure everyone is waiting for Spring to arrive and it can't come soon enough! The opportunity to get out and about and perhaps take a drive and explore all that is in our own backyards and support local businesses in our own city and neighbourhoods! That's our mantra for the coming months!

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

Until next time,
Ana & Sean Patrick
Publishers

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RENOCORP INC

Raising the Industry Bar with Teamwork

TEXT Krista Deverson

It is said that teamwork makes the dream work, and it is true that when the right combination of strengths, skills, and natural abilities unite for a purpose, they can do so in such a way as to endeavour a smoother process and create outstanding results.

For Renocorp Inc.'s partners, John Teixeira and Michael Dimartino their combined construction history, specialized knowledge, and personal strengths were the right yin and yang combination





that elevated their developments and streamlined the working process for both clients and contractors.

Already successful in their own companies, when they met on a mutual

project a few years ago, both John and Mike observed the other's excellence in certain skills that were not their own fortes. The combination of which worked undeniably well on that project and made them both realize that joining



forces would be a professional asset. With a similar vision for their work projects and a goal to be unique in the field, they merged to create Renocorp Inc.

Jointly, they aim to be different and create designs and projects that are visually unique from the standard look. Their ability to think outside the box on construction ventures, whether residential or commercial, and develop unique aesthetics that are professionally finished and on budget are what make Renocorp stand out in their field.

In fact, the duo pride themselves on their unique approach and results. Individually, John has extensive work experience in the commercial and residential field, including subdivisions, custom builds, restaurants, fast food, and numerous office spaces. And Mike has a great deal of knowledge in the residential area including, custom homes and extensive home renovations. Combined, their knowledge and experience covers a wide array of construction work and is an asset for any project.

In this partnership, both partners focus on creating outstanding experiences for their clients across the Greater Toronto Area. From the beginning, they work to



develop strong personal relationships with their clients, getting to know them on a deeper level. Their goal is to really understand the client's needs, preferences, and desires for their home or commercial project. By getting a solid

understanding of the client's vision, they can work together to make that vision come to life.

And just like yin and yang, the partners balance each other out when working with their clients. Their relationship



and their focus on making the process enjoyable for their clients works well to put clients at ease throughout the experience. On one hand, John has a more serious personality and excels at client meetings, preparing quotes, and all aspects of accounting during a project. From the office end, he handles the details well and ensures that projects run on schedule and within budget.

To counterbalance John's serious side, Mike has a laidback and joking personality. He is skilled at keeping people calm under pressure and stress with his ability to cut tension with humor. From the job site, Mike focuses on



interacting with the tradespeople and ensuring everyone gets their job done properly and on time.

This partnership allows them both the opportunity to work within their strengths and excel at what they do best, knowing that their partner is filling in the gap with their own unique abilities. It works well for their clients because all aspects of the construction projects are completed at the highest level possible.

John jokingly calls it, "the almost perfect marriage," noting, "we all have our unique strengths and with Mike and I, we complete each other. It's a great relationship where we have a lot of fun together. We take our projects very seriously, but we like to make people laugh along the way and feel at ease as much as possible throughout what can be a stressful time."

For example, if there is a delay of any kind, John focuses on getting things back on track as quickly as possible and works through all the details to ensure completion. While, at the same time, Mike can calm their clients' fears with his upbeat attitude and work with the



trades to pull together and negotiate any hiccup. John says they are really the perfect balance.

Because of their mutual focus on professional client-focused service, they often get repeat and referral business. By knowing exactly what the client wants to spend on their project, Renocorp can come up with realistic expectations for the client's budget. From there, their main priority in terms of work is staying 100% on budget, something they accomplish 99% of the time. They consider themselves budget conscious



and they go the extra mile to ensure that everything is done professionally and properly. Overall, they treat every project like it is their own home, taking extra care and consideration to perfect the details and keep within client expectations while executing their vision as closely as possible.

In terms of style, they tend to do a mix of both traditional and modern, but with an overall balanced look. They work with a couple of designers and they stay loyal to their tradespeople because they believe in doing quality work. Their

selectiveness in who they choose to work with on projects has upheld a standard of quality that reflects in every completion.

Renocorp's unique approach to their work and stunning projects have also garnered a large social media following. Almost half of their business comes from social media, whether through their outstanding Instagram photos, or their regular Wednesday night Facebook lives, or their Saturday feature on the Portuguese TV channel Gente TV. Part of their business philosophy is participating in the community and giving back,

which they do through their social media channels. Adding credibility to their corporate reputation, the duo also has the support of well-known, reputable brands like DeWalt, Schluter and the Biiibo app.

They regularly run contests, sponsor local teams, answer viewer questions, and participate in their local community. At Christmas, they even gave away a free bathroom renovation. They strongly believe that it's a good thing to give back to the community that supports their business.



Since joining forces at Renocorp, John Teixeira and Michael Dimartino have found that combining their unique individual strengths has allowed them to hit their stride in the renovations and construction business. Their client-focused and budget-conscious approach ensures projects are beautifully completed on time and within the expectations set for the project. Above all, they love what they do and enjoy working together to create unique results for their clients' residential and commercial construction needs.

Their perfect yin-yang relationship benefits the clients by ensuring all aspects of the project are done well and with attention to detail at every step. They are proud of every project they take on and they build relationships with clients that last for years.

Many of their clients are referrals from previous happy homeowners that have spread the word about the dynamic duo. The stunning one-of-a-kind aesthetic results are Instagram-worthy and rack up numerous likes and followers on social media. Follow them on instagram @renocorp_inc to be wowed by their amazing projects and see what they are about.



The support of well-known, reputable brands add credibility to Renocorp

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The 3 P's for Success

TEXT Daniel Dunoo

While a Marketing student about a decade ago, we were taught the 4 P's in our first year and later taught the 7 P's. This categorization made it much easier to remember the variables of what in Marketing parlance is termed the Marketing mix. Akin to the 4 P's of the marketing mix is what the world renowned Best-selling motivational author, Napoleon Hill considers "an unbeatable combination for success" and which I prefer to term "the 3 P's for success." These include patience, persistence and perspiration as itemized by Napoleon Hill in the quote above.

It is my candid opinion that the 3 P's for success are non-negotiable and are an absolute necessity on the route to success. In as much as these traits are certainly not the only requirements for success, they are irreplaceable.

Success may mean different things to different people. However, for the purpose of clarity and in the context of this write-up, I wish to define success as completing an objective or reaching a goal. A young person who aims at becoming a millionaire at age forty and who eventually achieves it within the specified period of time may be considered to have succeeded.

Another who dreams of graduating from the university with a degree in Law and who in time graduates with a degree in Law has in essence succeeded in reaching his or her goal. Success simply has to do with accomplishing ones dreams, goals and aspirations.

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PATIENCE

It was Jean-Jacques Rousseau, the Genevan philosopher, writer and composer who once rightly noted: "Patience is bitter, but its fruits are sweet." This is exemplified in vivid terms in the occupation of farming. Farmers plant their crops with expectation of a harvest but also with the understanding that they will have to wait for weeks, months or even years, depending on the kind of crops planted. They thus plant their crops and provide the necessary care while they wait patiently for harvest time. It will be mission aborted and certainly a misnomer should a cultivator of Chinese bamboo trees destroy what he or she has planted (while still below the earth surface) with the pretext that the trees he or she planted are not growing or that they are taking too long to grow. It is common knowledge that the Chinese bamboo takes a couple of years to as much as shot out of the ground, let alone grow into maturity. The point of this illustration is to drum home the fact that in life, any accomplishment of significance takes time; sometimes longer than one may expect. This makes patience a necessity, less great dreams are aborted.

Thomas Alva Edison once noted: "Many of life's failures are people who did not realize how close they were to success

when they gave up." If only they had been a little more patient. Anold H. Glasow made an insightful and brilliant observation when he stated: "The key to everything is patience. You get the chicken by hatching the egg, not by smashing it."

PERSISTENCE

The value of persistence on the route to success cannot be overemphasized. It simply is a must have if one is to go far in life. Thomas Alva Edison, the prolific inventor and entrepreneur once stated: "Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." Similarly, Elbert Hubbard, American

"Patience, persistence
and perspiration
make an
unbeatable combination
for success"

– Napoleon Hill.

writer, publisher, artist and philosopher stated thus: "A little more persistence, a little more effort, and what seemed hopeless failure may turn to glorious success." Samuel Johnson, English poet, essayist, editor and lexicographer caps it up when he observed thus: "Great works are performed not by strength but by perseverance."

The struggles of Abraham Lincoln, the famed and revered former United States president epitomizes the virtue of persistence in the pursuit of one's dreams and aspirations. He failed constantly in his life journey, but in the end; he was elected president of the United States. A perceptive mind wisely noted: "What matters most is not how many times you fail, but that you never stop trying."

PERSPIRATION

Perspiration essentially connotes hard work as against slothfulness. It was Thomas Alva Edison who retorted thus: "Genius is one percent inspiration and ninety-nine percent perspiration." He further noted: "There is no substitute for hard work." This observation ought not be taken lightly especially when it comes from one credited with numerous inventions, the first industrial research laboratory, and one who held over 1,093 patents in his name across the United States, United Kingdom, France and Germany. His phenomenal accomplishments are well documented and speak for themselves. Hard work obviously pays. If you doubt this, ask the ant. Even when people speak of working smart, it still boils down to hard work; thinking is hard work and thinking



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is a necessary route to working smart.

One of my all-time favourite inspirational quotes comes from the pen of the renowned poet, scholar and novelist, Henry Wadsworth Longfellow. He creatively underscored the value of hard work when he once stated: "The heights that great men reached were not by sudden flight, but they, while their companions slept, were toiling upward in the night."

A similar train of thought can be inferred from a statement attributed to Ray Bradbury, an American novelist, essayist, playwright, screen writer and

poet when he sought to give some encouragement to persons who aspired to be writers. He noted: "Any man who keeps working is not a failure. He may not be a great writer but if he applies the old-fashioned virtue of hard, constant labour, he'll eventually make some kind of a career for himself."

For as many as desire to succeed in one area or the other, the ball is in your court. Go ahead, play it and play it well fully armed with the 3 P's of success and you have it made. Patience, persistence and perspiration most certainly make an indefatigable and indomitable mishmash for success.

"Genius is 1 percent inspiration and 99 percent perspiration."

– Thomas Alva Edison

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10 WAYS

to achieve work/life balance

TEXT Stephanie Chandler

Is your busy schedule running you ragged? Studies show that we are running at a faster pace than in generations past.

Between work, family and the daily demands of life, there is little time left in a day to decompress. Unfortunately, when you don't take time out to relax, you can be headed for trouble. Emotional and physical problems are often the result of over-stressed, over-tired adults on the go.

If you're running on empty, it's time to make some changes. Following are ways that you can find more time in the day and ultimately take better care of yourself.

1. Identify commitments you made that you dread including memberships, time-wasting meetings, etc. Learn to say no and eliminate them.



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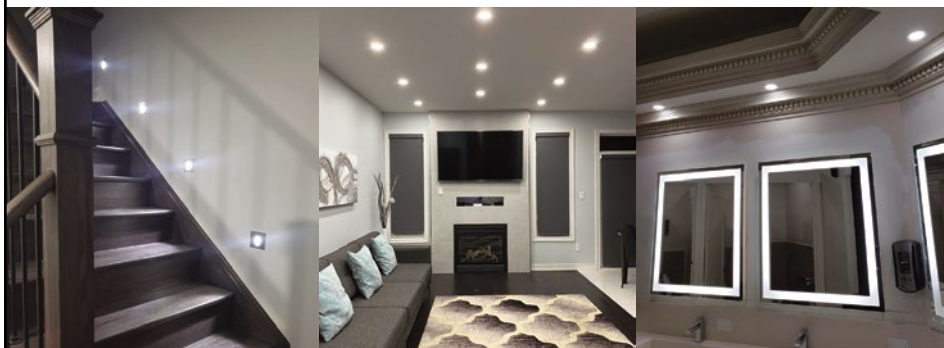
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2. Start and end each day with a to do list and then prioritize each task. Odds are that you won't accomplish every task on the list so tackle the most important items and then forget about the rest when the day is over.
3. Make a list of goals. This will help you focus on what is important. Goals should include short-term and long-term plans for your business, personal life and family.
4. Set a schedule for daily and weekly activities and put them on your calendar. For example, dedicate one hour per week to updating your blog or decide that you will make sales calls between 9am to 10am each morning. When you start blocking out your time for tasks, not only will you use your time more wisely, but you will start meeting goals and will put an end to the multi-tasking cycle.
5. Get organized. Countless hours can be wasted due to missing paperwork and lost time can equate to lost income. Schedule time to take care of the clutter and either hire a professional organizer or dedicate yourself to getting systems in place and finding a home for everything in your work and home space.
6. Check e-mail no more than two to three times per day (morning, afternoon and end of the day). Organize messages with folders and try to touch each message only once.
7. Take frequent breaks throughout the day. Sitting at a desk all day is a recipe for disaster resulting in back and neck problems, headaches and carpal tunnel syndrome. Get up, walk around, stretch, breathe, have a glass of water and take a few minutes to clear your head.

8. Keep your energy up with small meals throughout the day. It's easy to skip meals when you're in the heat of the workday, but this can actually impair productivity. Instead of reaching for a caffeine fix, grab a granola bar, piece of fruit or a cup of yogurt. Keep snacks on hand to make it easy to keep your personal engine fueled throughout the day.
9. Leave early at least one day each week. Treat yourself to some time alone or spend some quality time with your family.
10. Quit doing it all yourself. Outsourcing is a great way to reclaim your time. Think you can't afford it? Consider what you earn hourly. If you can hire someone to take care of tasks for less, then it's probably a worthwhile investment. Hire a virtual assistant to help with paperwork, have your laundry picked up, get a landscaper or house cleaner and have your groceries delivered.

Even implementing just a few of these suggestions can make a dramatic improvement in your well-being. And if any of these suggestions leave you feeling guilty, shake it off. Work will always be there, but if you don't take care of yourself, you won't be of any use at work or at home. Take care of number one and the rest will fall into place.

When you start blocking out your time for tasks, not only will you use your time more wisely, but you will start meeting goals and will put an end to the multi-tasking cycle.

Don't let age dictate your attitude

TEXT Rick Hagler

I've have used this statement so often, and for so long, that I don't recall if I came up with it or if it came from something I've heard over the years. Regardless, the statement is simply "Age is a matter of mind, if you don't mind it doesn't matter."

Having said that, it's obvious that age does matter in some situations, and it can pose certain physical restrictions and limitations. There's usually something that restricts us all to some degree, however, we can generally find ways to work around the limitations, or at worst, tolerate them.

It's wise to make every possible effort to change your non-beneficial habits such as smoking, drinking in excess and lack of exercise, etc., to maintain your physical well being. In addition, it's equally important to keep your mental attitude fresh and current, that's what keeps us

"young at heart" and "young at thought", regardless of our age.

Use the knowledge and experiences that age has blessed you with, however, be open to new ideas and new ways of doing and looking at things. That's when age becomes "a matter of mind". Don't allow yourself to become stagnate in your ways – think out of the age limiting "age box."

To communicate in today's world, and be to be able to maneuver through the marvels of modern technology, you'll have to keep up with what's happening around you. Embrace technology, don't run from it. Stay in tune with today's youth. You don't have to agree with them, just stay in tune. It's the differences and individualities in life that keep us going. What in the world would we do if everybody was the same? As the kids today would say – "Boring!"

My dad is a spry eighty-eight years and can out think me in just about any situation. He keeps himself active both physically and mentally by not giving up, or giving in, to the "you're too old game." Again, he has some physical limitations but his mind is sharp as a tack.

The inner self in everyone, regardless of their age or situation, needs, and wants, to be happy. We all need to have a life filled with fun, laughter, and above all, compassion for and from others. These life sustaining emotions shouldn't be confined to a specific age or group.

We need to learn and appreciate the knowledge gained from age and life experiences, but think and communicate in today's terminologies. If you can pull this off, you'll be more effective in sharing your ideas and thoughts with others in a way that your point of view, or opinion, will be understood.

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How potent is your vision?"

TEXT Kendall SummerHawk

Every time I would hear that to be successful in business, "you have to have a vision" I felt like I was missing something. I thought everyone else had some secret, super-cool way of laying out their business goals, and that somehow, my way probably wasn't good enough.

That is, until I kept seeing my business blossom right before my eyes, with every goal met or exceeded.

With that in mind, I decided that even

though my business vision system might not be as "formal" as others, it certainly worked! Which is why I'm sharing four of the very same steps I use to keep adding as much as 300% to my income every year.

You gotta feel it

The whole point of a powerful vision is that it pulls you forward, which means if you're not feeling the love, it's not going to work.

So stop trying to play it safe and declare what it is you really, truly want. You'll know you've hit it if you feel scared, thrilled, excited and terrified all at the same time. Trust me, those feelings are your inner guidance telling you you're on the right track with your business purpose!

Connect with your bigger "why"

To be powerful, your vision must be grounded in a deep, emotional

connection to what moves you. So tell me, why is this so important?

Don't judge your reasons, thinking they're too mundane or selfish. .

The point isn't whether your bigger "why" is important enough to someone else, but is it important enough to you?!

Is it clear enough that even a 10 year old would understand it?

There's nothing like vague descriptions to sink a vision before January of the new year is even over. To avoid this from happening to you, test out your vision by speaking it out loud, as if to a ten year old. You'll not only get past the "I can't believe I'm about to publicly declare this" jitters, you'll also get crystal clear on precisely what it is you want to achieve.

Make it measurable

Most visions fall apart because they're vague about the end result. When we designed our new home, I had a clear vision of the house's style, and that everywhere you looked, you would see a custom, artistic touch. Now that our home is finished, guests are amazed and always comment on the amount of detail and thoughtfulness that clearly went into the design.

The same must be true for your vision. Clearly define what it will look like when it's achieved. Then you'll know what steps (think of these are your goals) to take to accomplish it.

If you're not sure where to start, then begin by giving yourself permission to write anything you want, without fear of censure or judgment, and complete this sentence:

"If I were handed a magic lamp that when rubbed, would release three wishes, each designed to express my heart's desire, I would wish ..."

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Why your self esteem is so important for your success positivity

TEXT Kirstin O'Donovan

For people with a low self esteem, improving your self esteem must become a pre-requisite for your journey to success. That does not mean that you cannot start your journey but in parallel, also work on improving your self esteem.

So how is our self esteem formed? It is formed from birth, all the experiences we have had, what we have heard and felt and our thoughts we connect to our experiences. If we have low self esteem, we could have experienced situations that made us feel uncomfortable, unwanted, embarrassed or alone in the past. Neural pathways are formed in our brains every time we think and the more often we have a certain thought, the stronger that pathway becomes. Eventually, it is the way you will automatically think about something.

Why is your self esteem so important to your success then?

It is important because as individuals, we cannot perform beyond the limits of the way we see ourselves, whatever those limits may be. So if you have a low self-esteem, you may have more boundaries than a person who has high self esteem. You might say, I would love to do this, but I am not clever enough – that is a boundary, a self imposed limit, you have put up for yourself.

Most negative self-talk, consciously or

unconsciously only reinforces the negative thoughts and brings us down. Very soon our minds start believing these statements as true, as facts and our behaviour changes according to how we feel.

The way we feel about ourselves, good or bad, has a direct result on our productivity. Feeling low and bad about ourselves will most likely be followed by not being as productive as you could be if you had good feelings about yourself.

When we feel good the world looks better, our relationships seem better and our productivity increases but the opposite is also true when we don't feel good about ourselves. So feeling bad about yourself effects how productive you are.

High self esteem on the other hand, does not mean having a big ego, people who have a high self esteem are not arrogant and vain. People with high self esteems don't feel the need to compete with others, unlike people with a low self esteem.

You want to ensure you are working towards improving your self esteem. A negative self esteem can impair your job performance and it can create depression, stress, anxiety and even problems with relationships.

If you have a high self esteem, it's more likely that you are creating the life you love and that you are more motivated in doing this.

So what can we do to change a low self esteem? Here are a few tips...

1. We need to become aware of our self limiting beliefs and ask ourselves, how does this way of thinking benefit me? If it does not, you need to change your belief on something.
2. We can also improve our self-esteem through the use of positive affirmations. When we say to ourselves, I am not good enough, we need to change these negative affirmations for positives ones – I am good enough.
3. Stop comparing yourself to others - comparing yourself to others could be the main source of a low self esteem. It could be a habit we started at an early age – a bad habit. Try to catch yourself in the process next time you compare yourself and remember, comparing yourself to others is pointless, there has never been or will be a person just like you.
4. Read books and take courses. There are many free courses online that you could take to improve your self esteem and books to read.
5. You could sign up for a personal coaching program.
6. Hang around positive people and people who make you feel good about yourself. Don't spend time around people who put you down, criticize you or make you feel less about yourself.

Having a positive self esteem seems to be necessary for having a healthy and a happy existence, it doesn't matter who we are or what profession we have in life.



The Cornell-Campbell House

Ontario Regency Cottage Style of Home

TEXT & PHOTO Cristina Nikolic

First settled in the late 1700s, Scarborough has gone from a handful of rural farms to a sprawling and diverse city. The settlers, who displaced the Indigenous inhabitants of the land, began to arrive after the land was surveyed in 1793, with the first land patents being issued in 1796. Only a few historical sites from this time have survived over the years, with the Cornell-Campbell House being one of them.

Built in 1836, the Cornell-Campbell House was home to William Cornell, one of Scarborough's earliest residents. Cornell was a descendent of a Rhode Island colonist who came to America in 1636. Cornell came to Scarborough from Rhode Island in 1799, spending his first summer on the ship that brought him and his family across Lake Ontario. Following this, he was squatting on a piece of land in which he cleared and built a log cabin.

Cornell made some of the first developments to the city of Scarborough. In 1801, he helped cut out a new road which is now Kingston Road. In 1802, he planted the town's first orchard tree, and in 1804, he built the town's first grist and sawmill. It was in 1809 when he purchased farmland and started making bricks and potash before building the Cornell-Campbell House in 1836.

The Cornell family descendants lived in the house for decades. In the 1940s, the farm transferred to a female descendent of Cornell, Helen Campbell, and her husband Albert Campbell. Albert Campbell served as reeve of Scarborough from 1957 to 1966 before becoming the first Mayor of Scarborough from 1967 to 1969, and then Chairman of the Municipality of Metropolitan Toronto from 1969 until his death in 1973.

The original site of Cornell's farm has

been lost, with the site of the Cornell-Campbell House being the only remainder of the farm. The house is an Ontario Regency Cottage style of home, featuring a wide veranda and a symmetrical three-bay façade. The house also includes tall, shuttered windows, high chimneys, and a wide roof.

This style of home has disappeared over the years, mainly because they weren't very practical. The inspiration came from retired officers of Britain's colonies who were used to warm weather and didn't consider Ontario's differing climate. Additionally, modifications were made to these buildings over the years including added wings and stories, which changed the aesthetic.

The Cornell-Campbell house was designated as a heritage building in 1979, with the city showing interest in acquiring the property as early as 1995. In 2007, the property was sold to the city who transformed the historical landmark into a horticultural centre complete with garden tours and a community vegetable garden.

You can visit the Cornell-Campbell house at 3620 Kingston Road, Scarborough.

Why assumptions are bad for business

TEXT Stephanie Ward

We make assumptions when we don't fully understand a situation. It is a natural reaction to immediately fill in any missing information by making up our own story. We do this because we like to try to make sense of people and situations.

The problem with this is that most of the time our story is incorrect which causes all kinds of complications. The fact is, we don't know what the truth is unless we ask.

As much as we would like to think we know what others are thinking, we simply can't read minds. Sometimes we think we have the super power to know the reasons why people do the things they do (without asking them) which is pretty presumptuous. Remember, not everyone sees the world the same way you do (shocker, I know, but it is easy to forget).

Need another reason to stop making assumptions? Try turning it around, do you believe that other people can read your mind? Would you rather that someone makes up a story (an assumption) about what you are thinking and feeling? Or, would you prefer if they ask you?

When you ask instead of assume, you may not always get an answer you like or expect. Still, asking is much better than making up your own story because then you are in the position to make an informed next step.

Asking questions seems like an easy thing to do so why don't we do it more often?

Why do we sometimes become paralyzed when it comes time to:

- Contact a client to find out why they haven't responded to a phone call or e-mail
- Ask a partner if they are satisfied with the way you work together
- Ask a colleague if they still plan to make that introduction for you that they promised

It goes something like this. Let's say you see a prospective client at a networking event, he sees you too but when you try to approach him for a chat he leaves abruptly. That is all that happened, you don't know why he had to leave and yet your mind starts making up a story, an assumption.

You might think he doesn't like you or that he isn't interested in your business. That may or may not be true but why bother thinking negative thoughts when you don't really know the reason he left.

If you want to know the reason, ask! You may find out that he just went outside to put money in a parking meter, that he had a family emergency, or something else which was not related to you at all.

So how do you do it? When asking questions, do so in a non-judgmental way with the intention to discover the truth. Stick to the facts and use a neutral tone when asking questions verbally.

If you're still not convinced, here are seven reasons why you, and your

business, may be suffering because of assumptions. Making assumptions is bad for business because doing so can:

1. Cause unnecessary stress
2. Waste time and energy
3. Create misunderstandings
4. Cause you to miss out on great opportunities
5. Lower your confidence and create self-doubt
6. Lead you to offer the wrong product/service
7. Create obstacles that don't exist

Hopefully it is clear why assumptions are not good for your business and you are willing to stop making them.

Making assumptions isn't good for any relationship which means you can apply this to your personal life as well. After all, you do have a life outside of your business right?

My challenge to you is to start paying attention to your thoughts and become aware of when you are making assumptions and then get into action and ask the right questions.

Asking questions is simple, and not always easy. Find the courage to do what may feel difficult and just ask.

Ending assumptions is like any skill, it takes practice. The more you do it the easier it will become.

Lougheed House

High Victorian Style in the shadow of the Rockies

TEXT JOHN LAWRENCE REYNOLDS



James Alexander Lougheed knew where the future lay in mid-19th Century Canada. It was in the west, and after earning his law degree in Toronto he headed in that direction, riding the Canadian Pacific rail line all the way to Calgary.

His legal practice, specializing in transportation law, did very well there thanks to his close association with the CPR. So did his investments in real estate and his political connections, helping win an appointment to the Senate at the youthful age of 35. In 1884 he married Belle Hardisty, whose mother was of the Chinook Nation. With a growing family to house while he was in Ottawa, he built Beaulieu, a 48-room 1300-square metre (14,000 square feet) sandstone mansion designed by architect James C. Bowes in High Victorian style.

Beaulieu would be a spectacular residence in any location. In frontier-style Calgary, it was an instant landmark. Bowes added a range of features, including some Queen Anne Revival touches, steep roof lines showing a Romanesque Revival influence, and cone-shaped towers reminiscent of French Chateau architecture.

Inside, the home was even more impressive. There was much exquisite wood-carved detailing executed in Spanish mahogany, plus Italian marble, French stained-glass windows and, for local reference, hand-painted images of Alberta flora and fauna. All of this with the modern luxuries of electric lighting and hot running water.

The mansion served the community well over the years. The Lougheeds hosted several celebrities there, including Princess Louise Margaret of Prussia and Edward, Prince of Wales. After the city of Calgary acquired the estate in 1934, the residence



was used during World War Two as a barracks for the Canadian Women's Army Corps and a Red Cross blood donor clinic.

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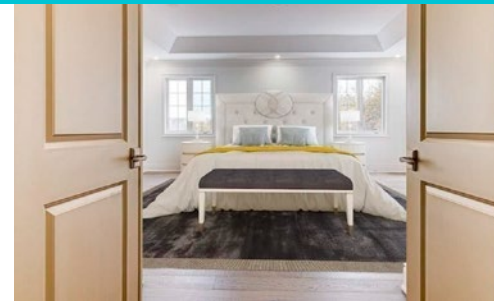
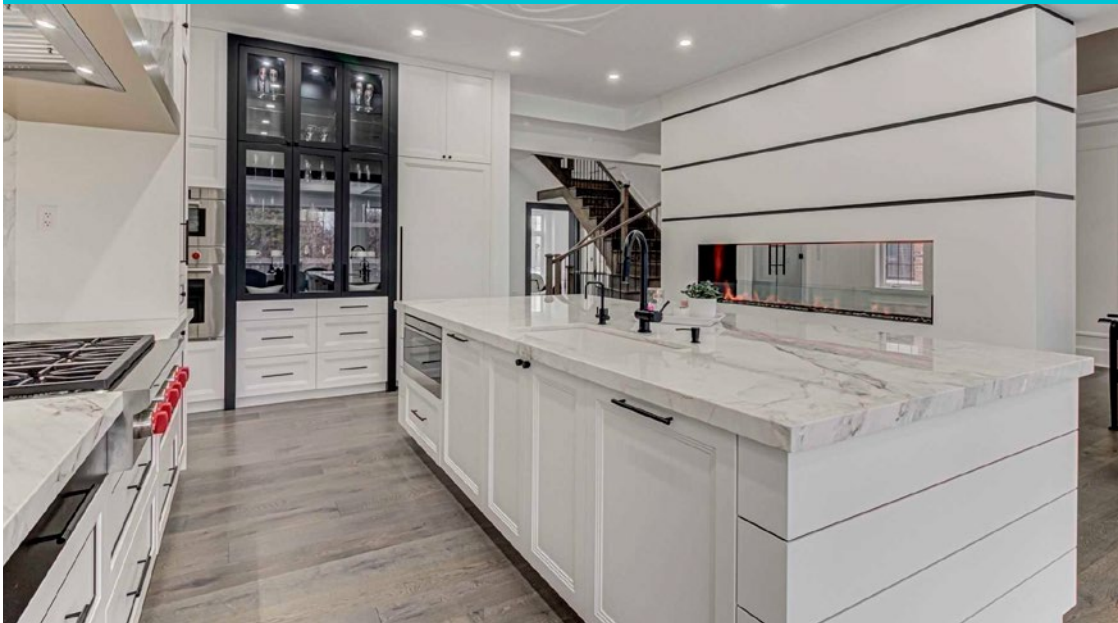
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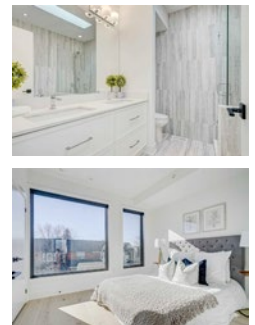
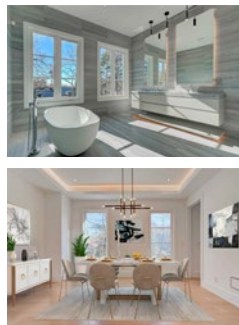
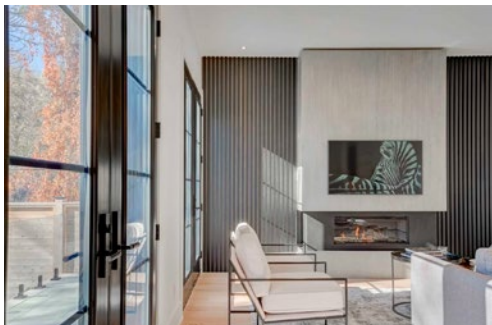
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To procrastinate or to not procrastinate

TEXT Kirstin O'Donovan

How different would your life be if you just didn't procrastinate at all? Or, think about how much better your life could be if procrastination actually made you more successful instead? Both might be hard to imagine, but today I am going to tell you why they are both possible.

Procrastination is something you hear about more often. There is a wealth of information about why and a lot of advice on how to tackle those moments. Yet, there seems to be something missing, it is still crippling action and people's dreams.

I strongly believe that we have it all wrong, and mainly in our ability to deal with it effectively. What do I mean exactly?

What we know...

Two parts of your mind at battle

When you just feel lazy sometimes, downright lazy, it is completely normal. You feel this way because two parts of your brain are in conflict; the part that constantly seeks pleasure (limbic system) and your planning/forward thinking part of your brain (pre-frontal cortex).

Your limbic system is always working and unfortunately your pre-frontal cortex gets tired quickly, so your limbic system often wins the fight.

The more serious reasons

The more serious procrastination plays a role when you procrastinate because you have a fear of something; like failure, success, or the unknown. You will also procrastinate when you lack motivation, clarity or confidence for example.

The procrastination cycle

When any of the above happens, you might find yourself going through a similar cycle. You start off enthusiastic when you schedule a task or set a goal. The time comes to take action and you start to feel a bit of apprehension and trepidation starts to build.

You want to move forward, but there is an invisible cord attached to your back keeping you where you are. It can feel extremely overwhelming as you struggle to make sense of why it is so hard. You might desperately want to take action, but there is a lot more of inaction going on and you resign to rescheduling the task. You have a glimmer of hope that next time will be different. Next time comes around, but unfortunately it is still the same.

You might push through and get the job done (depending on deadlines and other pressures) or if it is something more personal, you will probably keep putting it off, until you forget about it, or resign

to the idea that you will never do it.

The worst for me is what it does to self confidence. This is when you start to put yourself down because of it. You might criticize yourself, feel like a failure and always ask yourself 'what is wrong with me?' etc. If this happens often, you might start labeling yourself as lazy, a procrastinator, a loser, you name it.

What is missing?

What are we missing? What are we not getting about procrastination? I believe that everything that we experience serves us in some way, if we are open to it of course.

Could it be possible that procrastination is the 'quieter voice inside of you' saying that something isn't aligned and needs to be before you can continue forward?

Looking at it from this perspective, you could use this tool to help you identify what needs to be dealt with first, to then have success in whatever it is that you want to do. For me, that is not negative at all, quite the opposite.

If you procrastinate on something that you really want, isn't it worth it to learn ways to manage your procrastination more effectively? I used to be a chronic procrastinator myself until I found the hidden gems about procrastinating.

And so, as with everything in life, you have a choice. You have a choice to keep procrastinating and putting off what you really want to do or you can learn how to deal with it in a more productive manner and use it to your advantage instead.

You can have and create what you desire in this world, sometimes you just need to get out of your own way first! Are you ready?



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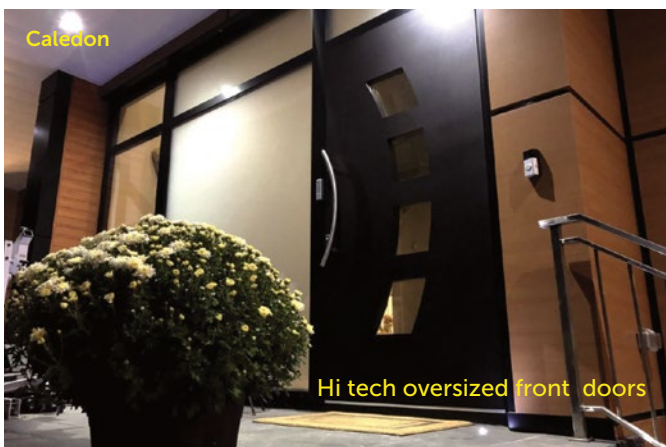
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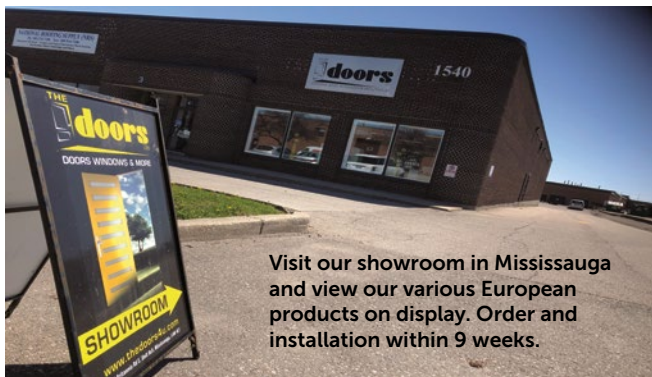


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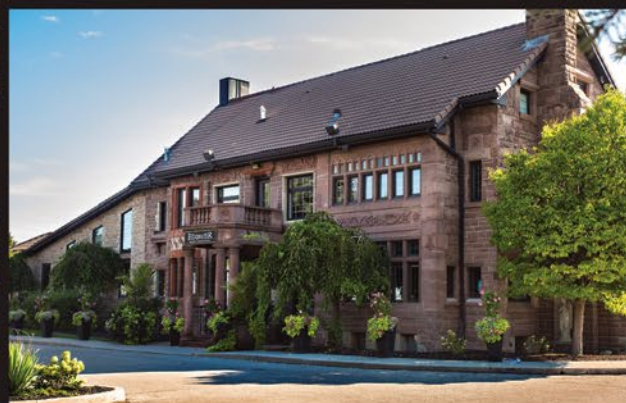
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5 tips to eliminate overwhelm and accelerate action

TEXT Beth Tabak

The more you get up to bat the more you develop skills. Each time at the plate is another opportunity coming your way. The more you take action the more you will advance. Whether the game is your sport, career, business, home, or taking a risk one thing is clear. The more you take action, the greater your skills become, and the more you achieve.

1 Maintain a clear path-imagine mowing your lawn by just wandering around mowing wherever you see grass at any given moment. Can you imagine how long it would take? Studies are now acknowledging multi-tasking to be multi-debilitating. The more you create a clear track of what needs to be done while fully focusing on one thing at a time, the faster you can move forward on it.

2 Microstep to success-overwhelm is paralyzing. Start by microstepping. Take tiny steps to progress. Do what you know you can do (even if it seems ridiculous). I know I can clean out 1 drawer. I know I can put on my workout clothes and walk to the street. I know I can sit down with pen and paper for 15 minutes

to ponder my book idea or begin a business plan. Microstepping will move you forward, build momentum and confidence.

3 Set time deadlines-setting deadlines when you begin a task helps maintain pace. It prevents the regret of 'where did the day go?' Time is a valuable asset to be cared for. When beginning decide how much time you will allow, and focus to complete within that time. Set times during the day to manage tasks that would normally interrupt you such as e-mails, phone calls, and co-workers. When interruptions are inevitable, set a boundary by deciding the time you will allow for the interruption.

4 Schedule the significant stuff first. we are so responsible that we cast aside the things that will make the biggest impact in our lives. Or maybe it is fear that holds us back. In any event, add the important things to your schedule as a priority and move towards what you want.

5 Systematize. Consistently look to create systems to save time. When something new goes in a cabinet something old comes out. Return calls and check e-mails at scheduled times daily. Throw junk mail in the trash immediately. Give your items a home so nothing is ever lost. Schedule blocks of time to handle tasks in the various roles you hold. Keep a running list of items you need and errands, then handle at once. Put the breaks on overwhelm and accelerate action by taking the first step, starting now!

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AUDI R8

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Extensive update for Audi R8

"The R8 occupies a unique position for Audi in every respect," says Michael-Julius Renz, Managing Director of Audi Sport GmbH. "It's now even more powerful and faster," adds Olive Hoffmann, Technical Managing Director of Audi Sport GmbH: "Motorsport is part of our DNA."

With around 50 percent shared parts with the R8 LMS GT3 and even 60 percent with the R8 LMS GT4, no other automobile is so close to motor racing as the R8."

EVEN MORE POWERFUL

The engines

Instant response, lightning-fast high-revving and a unique sound – the heart of the Audi R8 is its V10 naturally aspirated engine. It is available to customers in two output ratings. The almost identical drive technology of the V10 engine in the R8 LMS GT3 and R8 LMS GT4 is put to good use on the racetrack. The V10, which is produced at the engine plant in Győr Hungary, is very compact. A separate radiator controls the temperature of the engine oil, which comes from a dry sump. This principle was adopted from motor racing and allows for an

extremely low installation position of the engine, producing a low center of gravity. The pump module operates with multiple suction stages and assures proper lubrication under all conditions – including during lateral acceleration of around 1.5 G, which is possible in the R8. Both engines have a gasoline particulate filter.

RAZOR-SHARP PRECISION

The suspension

Modifications to the suspension provide even more stability and precision. The assistance has been retuned both with the optional dynamic steering and the electromechanical power steering: Steering response and the feedback from the road come across as even more precise across the entire range of speeds.

Depending on the selected engine, the three additional programs dry, wet and snow are added to the well-known Audi drive select modes with the performance mode. They adapt the key dynamic parameters to the friction coefficient of the road. Thanks to the enhanced Electronic Stabilization Control (ESC), the top-of-the-line model brakes from 100 km/h (62.1



mph) to a standstill up to 1.5 meters (4.9 ft) earlier; the stopping distance from 200 km/h (124.3 mph) is up to five meters (16.4 ft) shorter – in each case depending on the exterior conditions.

The new Audi R8 is equipped with factory-installed 19-inch wheels. Ultralight 20-inch fully milled wheels in five-V dynamic design with new summer and sport tires, which convey even more precise handling, are available as an option. Audi offers ceramic brake discs as an alternative to the standard steel discs. The stabilizer at the front is optionally made from carbon fiber-reinforced polymer (CFRP) and aluminum, which cuts weight by around two kilograms (4.4 lb).

SHARPER AND TAUTER The design

The honed character of the new R8 models also becomes clear visually. The Singleframe radiator grille has a wider, flatter line. Thick bars divide up the large air inlets. Flat slits in the hood are reminiscent of the Audi Sport quattro brand icon. The new front splitter is now



wider, as is the striking low-set air vent grille at the rear. The grille rounds off the diffuser that extends quite some way up. All of which underlines the sporty look of the Audi R8. In the engine compartment the air filter is situated under a new, three-part cover – available in a choice of plastic or carbon fiber.

R8 customers can choose from up to three exterior packages, depending on

the engine variant; these packages add various highlights to the front splitter, the side trims and the diffuser. As an option, the Audi rings and badges on the exterior are painted in high-gloss black. The new metallic colors Kemora Gray and Ascari Blue add to the paint range. The Audi exclusive range gives customers the opportunity to customize many details of their Audi R8 – inside and out.



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EXERCISES TO EXPAND YOUR GOLF SWING FLEXIBILITY

TEXT Rich Carroll

Perhaps for golfers it doesn't feel like it at the moment, but golf really is right around the corner. And getting into "golf shape", which requires more flexibility than raw strength.

Quite often golfers try to get extra distance on their shots by maximizing muscle power. Naturally to have greater power you'll need some muscular strength, so it might seem the thing to do to try to attain the physique of a body-builder. But golf really doesn't work like that. The most crucial aspect to adding length when swinging a golf club is overall flexibility, and to get more distance getting more flexible is the answer.

Suppleness is something that once you lose can be difficult to get back that full range of overall flexibility. But overall flexibility can be regained with some work. The goal should be what is called the X factor; that is, a 90° turn angle in the shoulders, and the hips should be able to turn 45°. Rigid hips are what prevent this. A wider range of motion can be gained with the right exercises, and that will lead to a well-timed swing action creating maximum power.

So, rather than hitting the weights an obviously better exercise choice will be yoga-specific workout routines. Doing approximately 10 minutes of these workouts 3 to 5 days every week will deliver results, and you could see more distance with your golf shots.

Dynamic twist

While lying on your back, swing one leg with the knee locked to the opposite side of the body, touching the floor. It is important to keep the hips as close to

the floor as possible. Then do the same with the other leg. If you are doing this correctly you should feel the core area stretch, but not so violently that it has any chance of pulling muscles and causing injury.

Front and side leg motion

While holding something with the right hand to maintain balance swing your left leg forward and up as far as possible,

then back. After completing that movement, swing the leg outward to the side as far as possible. Then repeat with the opposite leg. The core muscles are the place you get most of your power, and most likely where you lose your flexibility first. But it is also essential to make certain that shoulders remain flexible, as well as the hamstrings. Doing the various yoga poses, especially as we age, will help significantly.

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MODERN Makeover





PHOTO Roger Davies/Otto Archive

Landry Design Group (LDG) completely transformed a Mediterranean-style home in Los Angeles into a striking modern residence that accommodates the clients' world-class art collection as well as their family-oriented lifestyle.

The home's nearly one-acre hillside lot with landscape architecture by Robert E. Truskowski is set back from the main road, providing the precious commodity of privacy, and is accessed through a gated, meandering driveway lined with palm trees.

The residence's curvilinear façade gently conforms to a circular motor court bordered with water features, a theme that permeates the property and includes a spectacular glass-clad infinity pool offering panoramic city-to-ocean views. Thoughtfully conceived arcs and warm, natural textures distinguish this modern design.

Inside the residence, a sweeping, sensually illuminated stone staircase dominates the soaring entryway, a functional element that has been transformed into a dramatic artistic statement. With a unique, undulating texture created by world-renowned Zaha Hadid Architects, the sculpted stone wall floats three stories along the stairway, contributing a sense of motion that evolves throughout the day as the light and shadows change.

This memorable element also previews a diversity of glamorous finishes found throughout the 12,000 -square-foot home. There is, in fact, a genuine sense of discovery in this residence, whose charisma relies on a coherence of materials and themes. High-ceilinged spaces are flooded with light and integrated with the outdoors through massive automated sliding glass panels.

Thanks to LDG's architectural vision, complemented by sophisticated interior design choices by Magni Kalman Design (MKD), unexpected elements and art are revealed around every corner. Among the world-class artists, craftsmen and designers represented in this home are sculptor Anish Kapoor, avant-garde painter Enrico Castellani, and contemporary painters John Millei and Jason Martin. Unique custom furniture and objets d'art from the Magni Home Collection, Dakota Jackson and Fendi Casa add to a strikingly modern environment warmed by richly textured natural materials.

Notwithstanding the fact that the home was planned for a family, luxury has not been spared in this residence, a reflection of the meticulous attention to detail that is a signature of both Landry Design Group and Magni Kalman Design. Among the myriad of elegant features at this Beverly Hills home are gold-leaf coffered ceilings in the dining room, a spa entirely clad in mother-of-pearl, a cinema room with adjoining cocktail lounge, and an extraordinary master suite incorporating an expansive sitting area, his-and-her baths and dressing rooms, and a series of terraces with dazzling city views. The Baccarat chandeliers, Zaha Hadid marble coffee tables, Lalique bath faucets from THG, and a stunning solid quartz bathtub from Baldi Home Jewels lend a lavish touch to the home.

In a metropolitan area known for extraordinary homes, this property reinforces a rich heritage of residential design from architects who embrace L.A.'s unique topography, climate, and creative spirit. In this modern estate, Landry Design Group honors that tradition while presenting something entirely fresh and new.

Want to
improve
your
complexion?

7 foods that can help

Text Rich Carroll

Nearly all of us have a deep desire to delay looking older for as long as we can, and although inner beauty (those intangibles that make people look attractive) are real, our complexion is a necessary ingredient to retaining a youthful look. Fortunately, there are certain foods that can actually make the skin appear younger and healthier. Add in the important benefit that younger, healthy skin can also mean less chance skin diseases such as cancer, and it becomes obvious that everyone should pay close attention to adding these foods to our diets.

Certainly, there are many factors in maintaining a healthy complexion, including refraining from smoking, keeping hydrated, moderate alcohol consumption, maintaining adequate sleep levels and controlling stress. All would be great topics for further examination, but here we will concentrate on foods that not only are healthy for the skin, but have great nutritional value overall.

Cold-water oily fish

Collagen is a fibrous protein in skin that maintains its firmness. As we age, we need to produce more of it naturally, or we must turn to collagen supplements. Since we want to stay healthy the natural way if possible, we should look to foods that help us maintain collagen. Among these are sardines, tuna and salmon that are rich in omega-3s, and the fats in these types of fish help us maintain collagen. These foods also offer qualities that reduce inflammatory compounds that help alleviate the risk of tumors. We should try to eat a meal with these kinds of fish at least twice every week.

Foods that contain lycopene

Lycopene is a plant nutrient with antioxidant properties. People who have greater concentrations of lycopene have smoother skin. Tomatoes are some of the best providers of lycopene, as that's where they derive their red color. Other sources are carrots, red peppers, watermelon, pink grapefruit and guava.

Cocoa

We chocolate lovers can all be thankful that, no, there is no link between chocolate and skin blemishes. Not only do studies tell us this, but dark chocolate can even be beneficial for the skin. It contains a form of flavonoid known as epicatechin, and studies have shown that if taken daily for a twelve-week period of time skin texture can actually be improved. This is brought on by increasing the blood flow through the skin which provides more nutrients and oxygen, resulting in more vibrant skin. Of course, as with everything, too much of a good thing will not be beneficial.

Soy products

These contain isoflavones, which researchers think stops the collagen we have in our skin from breaking down. Foods that have soy which we should include in our diet are tofu, edamame

and soy milk.

Coffee

Perhaps this is another surprising one, but a single cup of coffee may lower your danger of skin cancer. Decaf doesn't seem to offer the same protection. Coffee may also help reduce the appearance of cellulite. It's thought that the caffeine content in coffee is the key to cellulite reduction by dilating blood vessels beneath the skin and improving overall blood flow.

Vitamin C

This wonderful vitamin has been found to help ward off wrinkles and age-related skin dryness. A cup of strawberries provides greater than the daily suggested requirement of this essential vitamin.

Beta-carotene

This combats dryness and helps cells to regenerate, resulting in more vibrant-looking skin. Add olive oil with your beta-carotene rich meals for an even more effective combination. Sweet potatoes are an excellent source, along with carrots, spinach and squash.



Coffee can actually help fight depression

Text Rich Carroll



A lot has happened in the coffee industry in the last 40-50 years. At that time the quality of coffee was generally very poor, as it became a fact in the industry that coffee was sold based on price, not quality. The result was that hardly anyone even knew what a good brew tasted like. Young people stopped drinking this wonderful beverage en masse, and then there were reports from the medical community that coffee was causing high blood pressure, ulcers, heart disease and diabetic issues. Not a good time to be in the coffee business!

How things have changed. Not only Starbucks, but many coffee houses are promoting high-quality (and high-ticket) coffee. Numerous studies have found that the overall health threats which were thought to be common knowledge have been totally debunked. There are a few caveats to keeping our coffee-consumption at healthy levels, but one thing that has been brought out that is especially important in today's world is what it does to help reduce depression.

There have been three fairly recent studies that indicate caffeinated coffee may actually be a contributing factor to reducing suicide, but only if it is consumed in moderate levels (two to four cups per day). Caffeine interestingly has the ability to pass directly into the nervous system by emulating the discharge of neurotransmitters.

Many drugs have difficulty passing through these barriers, yet caffeine has free access. These neurotransmitters are chemical messengers which direct the way neurons within the nervous system connect. When caffeine obstructs adenosine, a chemical that makes us drowsy, it also raises levels of dopamine. This plays a major role in enhancing our emotional wellbeing. Coffee may also perform a function similar to what exercise does to make us feel more content.

Here are a few considerations to make sure coffee will truly be health beneficial:

1. It is essential coffee is consumed in moderation, meaning not more than two to four cups a day. Coffee is a whole food made up of a wide range of nutrients in addition to caffeine. But caffeine by itself is a powerful and habit-forming drug, and when ingested in excess could potentially cause problems.
2. Preferably coffee should be organically produced. Coffee crops are still the most sprayed with pesticides, and those pesticide toxins will definitely decrease any benefits gained from coffee.
3. Dark roast versus light roast: which is healthier? All things considered, there doesn't seem to be a great deal of difference. There is some indication that consuming dark roast will lead to greater weight loss, and may also be easier on the stomach. But it will probably come down to personal preference.
4. Drink coffee in its purest form: black. Adding sugar will spike an individual's insulin levels causing insulin resistance.
5. Grind whole beans just prior to brewing. Whole bean coffee stays fresher for much longer compared to ground coffee, which is going to lose its taste power, along with some health benefits.

Coffee in recent years continues to be woven into our social fabric more and more, which we have found is healthy. There was a time when our social beverage would involve alcohol. Increasingly we now rendezvous at a coffee shop for our social encounters. We now understand what a healthy choice this has become.

HISTORIC HOMES IN CANADA

Canada boasts a vast number of impressive historical homes. Many are well-known, but others deserve acclaim and recognition. We'll feature a collection of them in future issues, with visitor information to those that are open for public viewing.



PHOTOGRAPHY by APi360.ca



RAVENSLIFFE

Hamilton's Other Castle

TEXT John Lawrence Reynolds



Among Canada's best-known historical landmarks is Dundurn Castle located on the shores of Burlington Bay in Hamilton. Dating back to the 1830s, Dundurn was the family home of Sir Alan McNab – lawyer, railroad magnate and first premier of the United Canadas. For several decades, Dundurn has stood as a restored historical landmark, attracting thousands of tourists each season.

But it's not Hamilton's only castle.

In the heart of the city's most prestigious residential area sits Ravenscliffe Castle, a stunning residential home designed 140 years ago by one of the country's leading architects. With 12 bedrooms, 8 bathrooms, 8 fireplaces, round turret and 5-storey tower, the home was one of several masterworks by local architect James Balfour. After studying with the noted Edinburgh firm of Peddie and Kniver, Balfour honed his skill in New York City for several years before returning to Hamilton, where he won several architectural assignments, including the city's acclaimed 1888 City Hall (demolished in 1960) and the Scottish Rite which, at its completion, was hailed as one of the finest private residences in the British Commonwealth.

Ravenscliffe Mansion stands among Balfour's finest residential work. Completed in 1881 for William J. Copp, whose firm built iron stove and furnaces, the house was later acquired by Sir John Morrison Gibson, a former Lieutenant Governor of Ontario. Other owners over

the years have respected and lovingly maintained many of its interior features, including extensive original hand-carved woodwork, trim, wainscoting, doors and veiling medallions. Outside, the building's dramatic roof lines and decorated bargeboard mark it as a superb example of Romanesque and Gothic stylings, rendered in Scottish stone.

The home was originally constructed on 9 acres of land at the base of the Niagara escarpment. In time much of the adjoining land was severed to become the site of several palatial homes. Today these serve as a setting for Ravenscliffe and its perfectly balanced lines, almost like a crown jewel. And while Dundurn Castle retains its role as a Canadian historical artifact, it hasn't served as a domestic residence since the passing of its original owner. In contrast, Ravenscliffe Castle was listed for sale in early 2021, a truly spectacular home for a family who values both beauty and tradition within an environment rich in bygone luxury and modern comfort.

As an extra incentive (if one were required), the purchaser of Ravenscliffe would also acquire a 1928 Ford sedan.

The opportunity to visit a genuine castle grows less available each year.

The opportunity to actually reside in one becomes even less likely. Unless, of course, you are – or were – successful at acquiring Ravenscliffe.

ti amo per sempre

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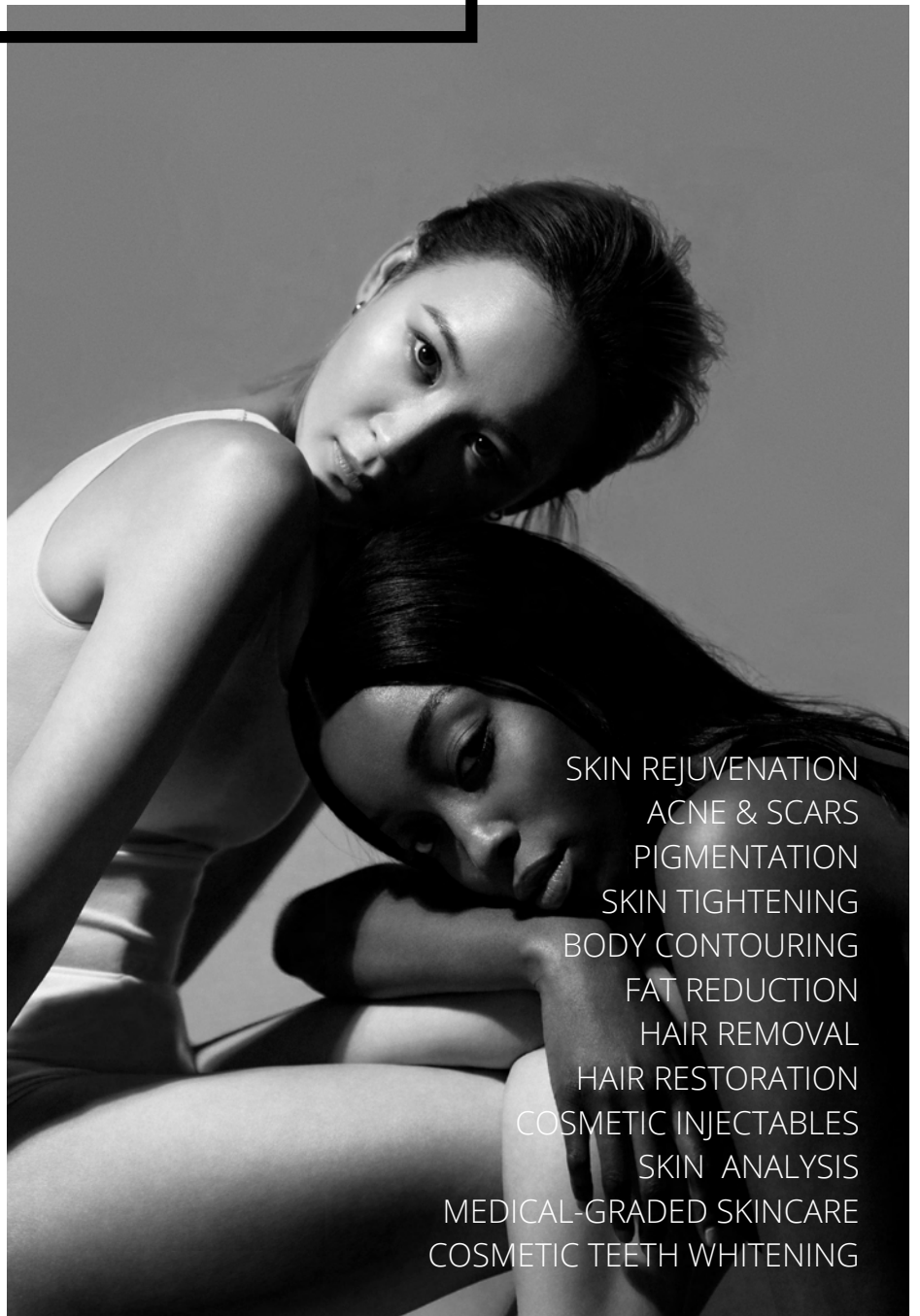
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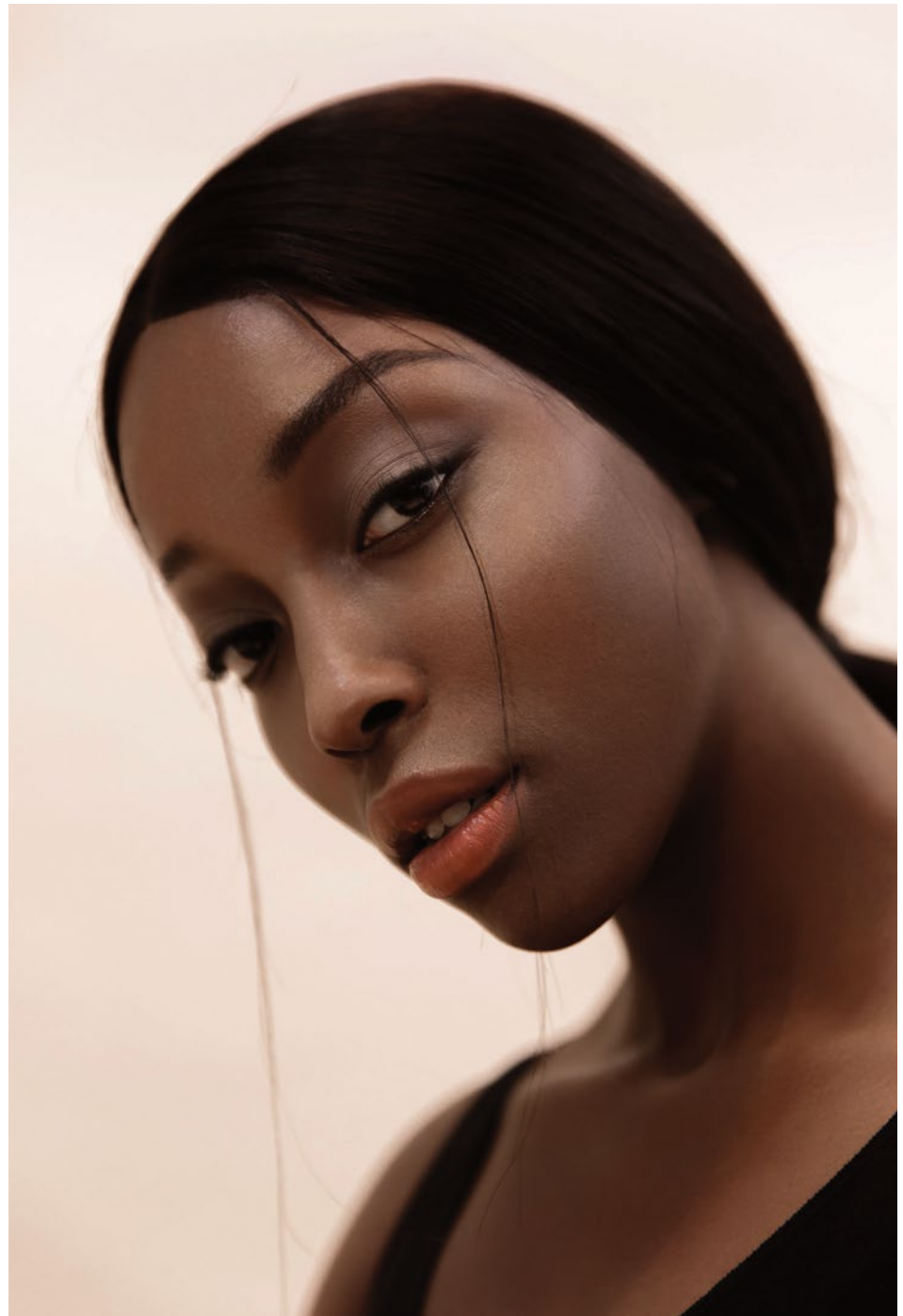
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Beauty meets art and science at A Medical Spa

With the rise of science and technology, especially the internet, the world seems to be covered under a huge net, where everyone and everything is connected to one another. We browse the lives of different people and share our own with others. With the invention of e-commerce, everything that we ever wanted seems to be within our reach. Gradually, we are lost in this excessive consumerism, unaware of the growing desires and forget what really fulfills us.

From sunrise to sunset, we bathe ourselves in the pool of the emptiness as if we are very involved. In the bustling crowds of loneliness, we keep on dancing. One day, may we finally realize that all these seemingly close connections are so fragile and even indispensable.

We love art, not only because of the beauty in each work, but also because of the maverick expressions in each painter's heart, showing their passion for life. We love medical aesthetics, not because it's trendy, but because we



PHOTOS by Will Wang Yao

hope to establish quality relationships and strong social connections with our friends as we age gracefully together.

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you can discover what you really want, instead of what others impose on you. Through this intimate journey of self-discovery and revelation, may we all find our true calling.





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THE CALILE HOTEL AUSTRALIA

An Instagrammable
Resort Experience
in an Urban Setting

TEXT Emilia Florek-Guerrero

PHOTOS Sean Fennessy





Australia is renowned for its uniqueness especially for its flora and fauna, natural wonders, national parks, beaches, position in the world, and overall beauty and the land down under also boasts metropolises such as Sydney, Melbourne, and Brisbane.

With its subtropical climate, it is a great holiday destination as Brisbane has numerous popular tourist and recreation areas. From the South Bank Parklands and the Brisbane Riverwalk network to the Lone Pine Koala Sanctuary and the Kangaroo Point Cliffs and park, there will always be something for every kind of visitor to enjoy and The Calile Hotel – Australia's first urban resort will make your trip even more memorable.

The Calile Hotel (pronounced kal-isle) is a 5-star hotel located in the heart of Brisbane on James Street minutes away from the downtown area, but "miles away from the downtown-ness."

What sets the Calile Hotel apart is the concept as a sub-tropical resort embedded into a city streetscape. It also focuses on a minimalist design to





captivate the true essence of relaxation and regeneration.

It is important to note that the Calile Hotel was designed by Richards and Spence Architects where they "...looked to other hot weather cities like Miami, Palm Springs, Rio De Janeiro and Mexico City with a resort focus to influence design.

Australian city hotels are traditionally pitched to a corporate market, focused on the conference facilities, rather than on the pool – The Calile Hotel has





changed that." Several elements in the hotel's architecture focus on the position of the room so that natural breezes and the sun's rays are captured in a way to blend in with lush outdoor areas to create an urban resort. The Calile Hotel is here to stay with its timeless architecture consisting of white bricks and concrete – perfectly accented with touches of marble, brass, and timber. Some fun facts about the architecture, construction and design of the Calile Hotel is that it boasts 213 arches, 1 amphitheater, 270,000 bricks, 7,800 custom designed breeze blocks, 850 class 2 precast concrete panels, 1 clock tower, 12 architectural stair wells, 7 cabanas, 200,000 litres of pool water, and a 27m x 8m pool.

The Calile Hotel comprises of 164 rooms, 11 suites, and 2 private rooftop terraces. There are a total of 163 balconies and 52 rooms that happen to be interconnected. During your incredible stay you will be spoiled with numerous amenities such as "Grown Alchemist" organic bath amenities,



custom linen robes, UHD television with soundbar, locally sourced mini bar, day bed, and motorized blackout blinds. The rooms themselves have marble bathroom finishes, cork floors, custom crafted oak furnishings, and brushed brass accents. The combination of all these elements creates an atmosphere of epic relaxation and incredible resort sensation.

Speaking of which, at the Calile Hotel one can truly revitalize by experiencing the Kailo Medspa or the gym. Wellness and fitness are a priority at the Calile Hotel, so you can rest assured that these treatments will be top notch. However, there is more - the Calile Hotel is also a dining and drinking destination with its four exquisite spots: a lobby bar, ideal



for an espresso in the morning or martini at night, Hellenika is one of the best of Australia's Greek restaurants, SK Steak & Oyster boasts the best in local steak and seafood, and Ada Lane serves street-inspired Thai food.

An interesting fact, the Calile Hotel's does not have a lobby shop – it has a Museum of Small Things (M.O.S.T.). The curator of the M.O.S.T. Rebecca Malouf states, "My inspiration was to create a space that speaks to the hotels'

manner but has its own personality. I want to stock well-designed interesting basic items that I wanted for myself. I also wanted to champion local artisans and labels and hope that travelers will take these beautiful treasures home



with them.” Here you will find in-room merchandise and exquisite labels and designs that will immediately remind you of your unforgettable stay at the Calile Hotel.

The Calile Hotel is architecturally eye-catching and inarguably Instagrammable. At the Calile Hotel “Instagram-worthy” elements and settings can be found everywhere, from the minimalist pink and blue marble bathrooms to the property’s curvaceous balconies and concrete walls. Nevertheless, the most Instagrammable spot is the poolside where the Calile logo is etched at the bottom of the pool, framed by palm trees and chic

cabanas with mint green cushions. The Calile Hotel naturally creates a stage where even the most amateur photographer would struggle to take a less than perfect photo. It is a perfect example of a well-thoughtful design where a pastel palette reminds one of beaches and sunsets, at the same time making the property 360-degree Instagrammable.

The Calile Hotel

48 James Street

Fortitude Valley

QLD Australia 4006

www.thecalilehotel.com

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