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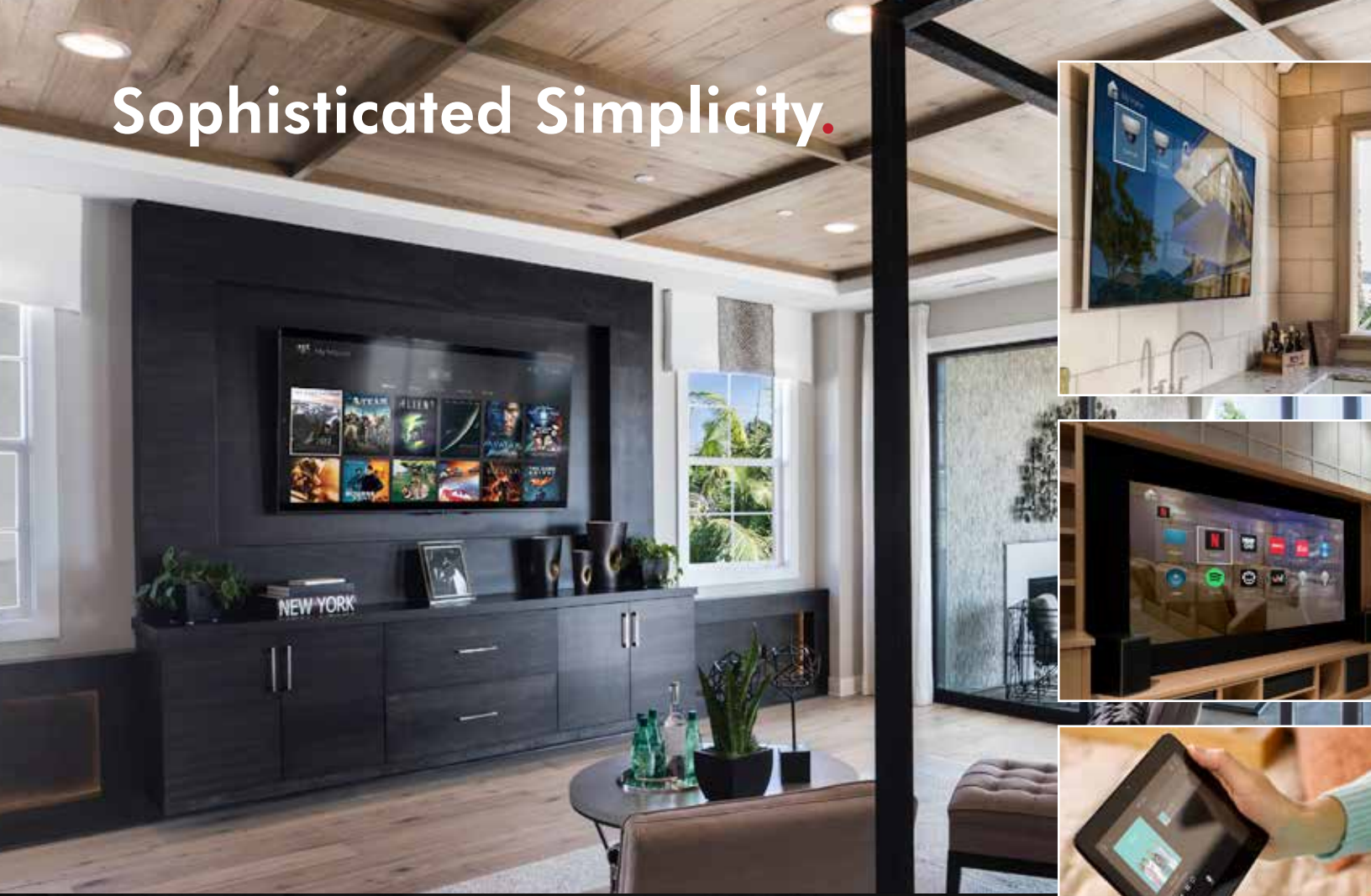
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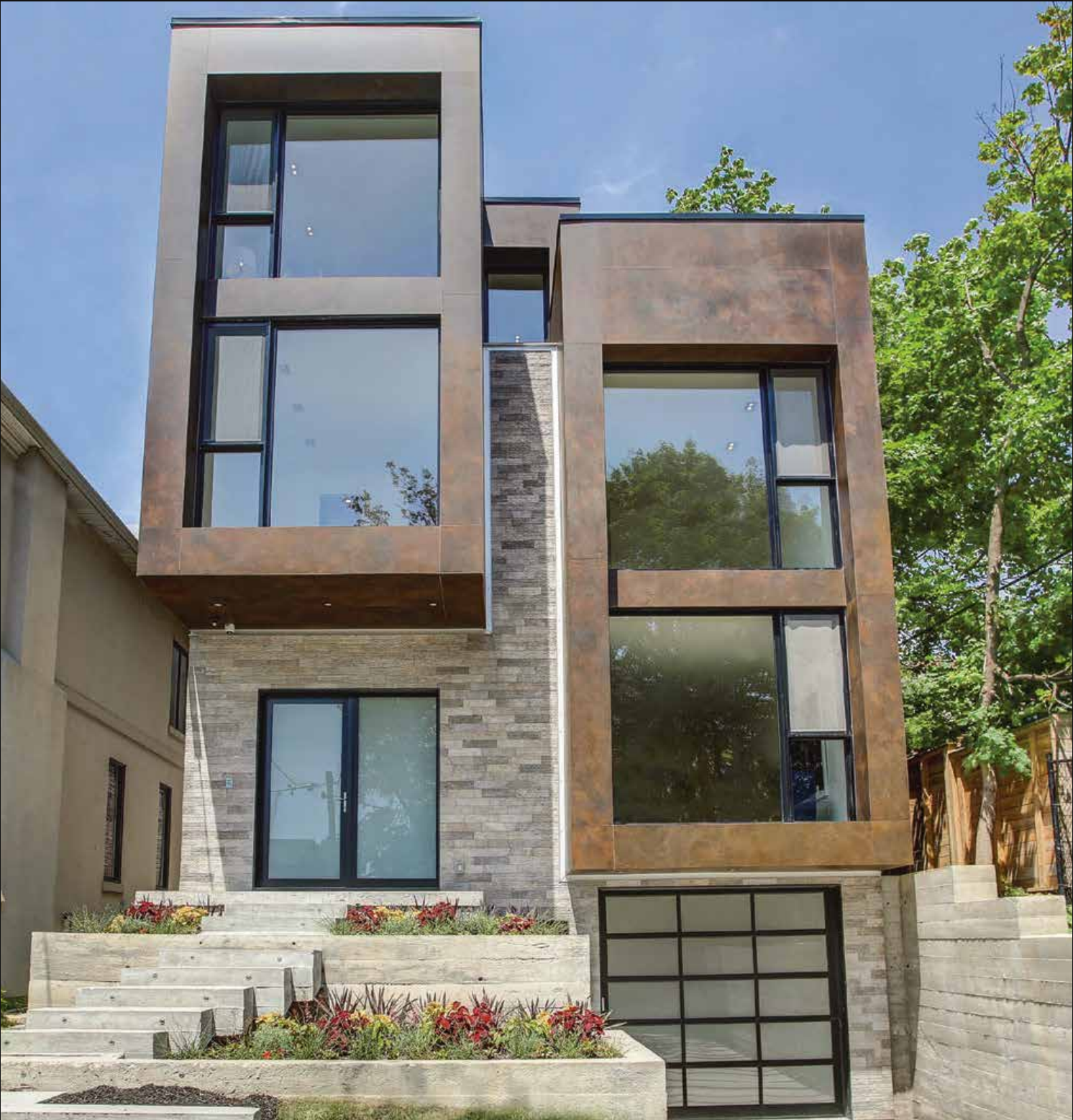
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MEET THE RENO GURU

Sebastian Falinski, owner of Reno Gurus, has made his mark in modern luxury design and renovation in Toronto and the surrounding GTA. His expertise in the selection and use of exquisite materials, unique lighting installations, smart home integration and creative designs has earned him the title "The Reno Guru".

His passion for perfection shines through all of his projects. Luxury interiors, dream kitchens, spa bathrooms and breath taking designs are executed with precision and dedication of his team. Sebastian takes the time to ensure client needs are always exceeded and that every project is left with a perfect finish.

"I am passionate about creating spaces that are visually astonishing yet completely practical. A space is to be used, to be lived in, to be enjoyed. Every project is as unique as every client. I love what I do. An originally designed space is not only a different way of living, it is a celebration. The gratitude that I receive from all of my clients keeps me motivated to constantly evolve and produce the best result possible time and time again."

Sebastian Falinski

- Sebastian Falinski, The Reno Guru



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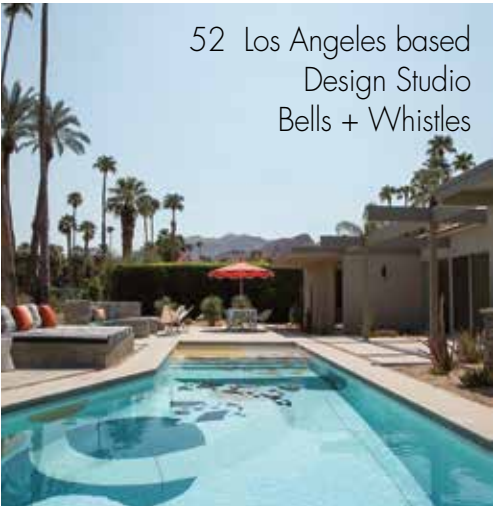
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THE FORUM MAGAZINE Inc.
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Sean Patrick
416.819.2576

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

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FROM THE PUBLISHERS

Welcome to the Summer 2021 edition of Forum Magazine.

It is our pleasure to feature Bruce Cromie and Woodcastle Developments for our Summer 2021 edition. Bruce has been in this industry for decades; his approachable and laid-back manner makes him one of the best builders in the Mississauga and GTA area or up in cottage country. His timeless designs, superb workmanship and exceptional attention to detail are what his clients love most about him!

It is our favourite restaurant, *Born and Raised* in Hamilton and if you have been there once, you can't wait to go back! Chef Vittorio Colacitti tantalizes your taste buds with his incredible Italian dishes, especially the gnocchi. Wood fired pizzas are always delicious and his fresh oysters are incredible... and my fave is the steak and frites which never disappoints plus his iconic General Johnny brussel sprouts and spicy rapini! It's worth the drive!

Long time advertiser and friend, Jamie Kozub, you would know him as the head of the formidable company, Oakville Sight & Sound has touched the hearts of a family in need. A local family had reached out on social media looking for assistance with a front yard overhaul as their daughter has cerebral palsy and could not comfortably use the outdoor space. Jamie partnered to co-lead the project with Mark Duncan, a fellow Burlington Dad and Dan VanderLelie, President of the Burlington Professional Firefighters Association IAFF 1552 and with an amazing team of volunteers and sponsors Jamie was able to make a family's life a little easier to enjoy this summer. We love to hear these stories and how wonderful do we feel when we can all give a little.

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

Until next time,
Ana & Sean Patrick
Publishers





WOODCASTLE DEVELOPMENTS

Custom Homes Perfected

TEXT Krista Deverson

With over two and a half decades of experience building custom homes and doing substantial home renovation projects, award winning Woodcastle Homes Management has perfected the process and the completion of custom home projects down to an art form. Since starting in the business in 1995, Bruce Cromie, President of Woodcastle Homes Management , has always taken great pride in getting each custom home



project finished perfectly while staying on time and within budget. His dedication to high standards of construction and craftsmanship are a hallmark of his finished products. Meanwhile, he has refined the process for clients to allow the projects to run smoothly and mitigate challenges easily. From start to finish, Woodcastle Homes Management's expertise and experience with custom homes is an invaluable asset to any client with a vision for their dream home.

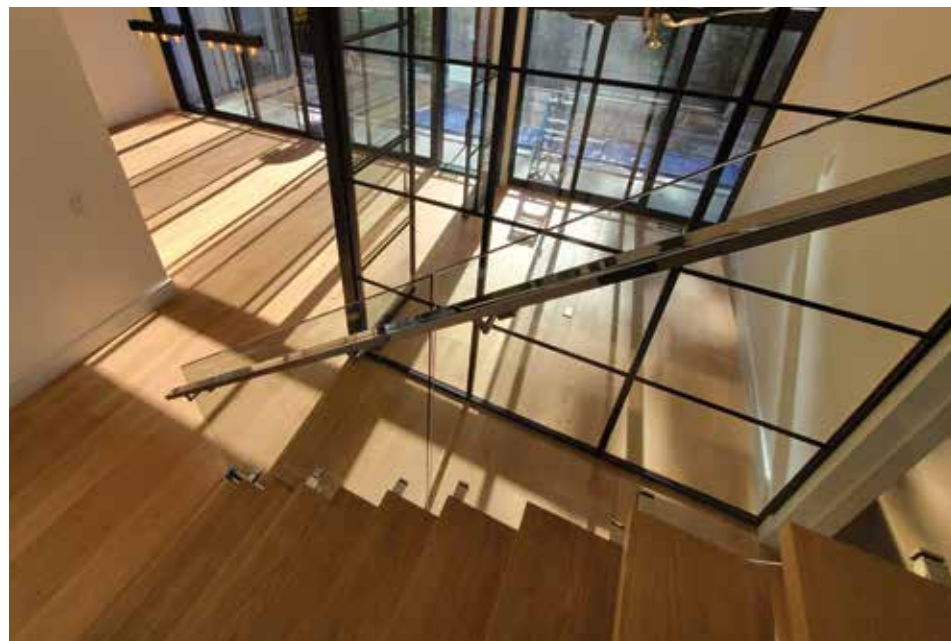
Well-known in the south Mississauga and Oakville neighbourhoods such as Lorne



Park and Mineola,, Woodcastle Homes Management is seasoned in what it takes to complete a custom home from start to finish. Whether a client comes with a lot and architectural drawings or without, Woodcastle Homes Management can manage all aspects of the project. Their team can do the groundwork of finding the right lot and having a skilled architect procure the designs, or they can come in after the lot and designs are ready and handle the construction and more. They have the right team of tradespeople and designers that they can bring the project to the final stage of completion including landscaping, furniture selection, and

PHOTOGRAPHY courtesy of Woodcastle Developments

PHOTOGRAPHY API360.ca



interior design. Depending on what the customer wants, Woodcastle Homes Management can make the custom home construction so easy for the client, that all they have to do when the project is finished is come home and hang up their coat and hat. Every finishing, furnishing, landscape, design, and home automation aspect of the project can be completed so the home would be simply move-in ready.

With their extensive work in the field, Woodcastle Homes Management stays on the cutting edge of custom home trends. With more interest in custom homes, Cromie notices that the face of many 40 and 50 year old neighbourhoods are changing with older homes being torn down making way for custom homes

built for the modern lifestyle. And the wish lists of new custom homeowners have more options than ever before. Exciting new finish selections and cutting-edge technology top the custom home designers lists for client must-haves. Cromie notices more custom glass detailing being used in custom home projects than previously including glass doors, glass railings, and glass wine cellars. On top of that, home automation is in demand for custom houses with everything from fancy lighting controls, to smart home systems, HVAC controls, audio systems, and pool management integration. With their professional network in the industry, Woodcastle Homes Management have the right expert for every project. Selecting



from the best tradespeople in the industry, they know exactly who is the ideal fit for any part of the project. After 26 years of construction, they have a solid group and network of all trades and professionals in their arsenal to choose from.

Woodcastle Developments has developed such a solid reputation in the industry that they were selected for the last two years in a row to be a builder for the Princess Margaret Lottery Foundation. For these projects, Woodcastle Homes Management managed every aspect of the home, from the design to the construction and interior design, to the furniture, decoration and landscaping. They handle absolutely every aspect of the project to create a turnkey product for the lottery. For anyone interested in a custom home, the Princess Margaret Lottery home is a solid example of Woodcastle Homes Management full capabilities to make a turnkey product for any potential custom homebuyer. Cromie says, "If you have a lot and a vision, call us. We can run with it and make your vision come to life."

The current Princess Margaret Lottery Foundation home is the latest home completed at the Vines subdivision,

Woodcastle Development's first subdivision project. Situated in picturesque Niagara-on-the-Lake, the Vines is a collection of homes designed to fit in with the olde world charm of Niagara-on-the-lake while catering to empty-nesters. The designs of the homes compliment the winery region surrounding them, matching the pastels of the town center, and they feature unique decor items like wine barrels on the walls, natural wood on the fireplaces and as accents in the kitchen, and vineyard murals on the walls. And no Niagara-on-the-Lake home would be complete without a climatized wine cellar to display all the Ontario wines collected from the surrounding region. In keeping with the area, all of the homes have a natural style to them.

The subdivision features 60 homes and was fully completed by Woodcastle, from setting in the roads and services to designing and naming all the house models. Situated in the middle of the vineyards, all home model names are inspired by wine like the Shiraz, the Cabernet, and the Merlot models.

Although Woodcastle's mainstay is



PHOTOGRAPHY courtesy of Woodcastle Developments



custom homes, their foray into subdivisions is a result of their strong organizational capabilities as a company and their solid expertise in construction. They could easily handle a larger project like the subdivision because they have managed so many construction projects through the years and they have the network to get the work thoroughly and professionally completed. Even with a larger project like the subdivision, Woodcastle's clientele, the homeowners, remain their primary focus. Cromie explains, "We have the capacity to easily handle a subdivision, in a similar way that we handle custom home construction. But overall, we really

love the custom home process because every custom home is a completely new creation, like an artist painting a picture. It allows us to create something new and special each time. And we love being able to wow our clients with their dream homes."

Not only did the Princess Margaret Lottery Foundation put their trust in Woodcastle Developments to complete the lottery home to a certain standard and meet the deadlines required, but the company also won best modern house in Toronto under two million dollars from the building and land industry awards through BILD.



Over the last twenty-six years, Bruce Cromie and his company, Woodcastle Developments have worked hard to build a reputation of quality, care, and skill in the custom home field. They have won a multitude of awards over the years. As a company they are growing and building on their foundation of custom homes, but their passion for top notch construction has never wavered and their passion for custom home building is as strong as ever. Earning accolades for their work and being selected as the Princess Margaret Lottery Foundation home demonstrates the credibility of the builder and acknowledges their skill in building beautiful, luxurious, custom homes, as well as subdivisions.



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Does Wisdom increase with Age?

TEXT Nurhashimah Binti Bahrain

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In biology, the correlation between knowledge and aging has a basis: as people grow older, the mind grows more, a direct by-product of only having to live longer and experience more things.

Older people are often more proficient than young people in several aspects of cognition, notably those that involve

To be called an old soul is a compliment itself. It implies that we are wise beyond our years

several methods to solve issues, as well as life planning and setting future objectives. Those deemed “wise” are considered to have greater empathy, to be more reasonable in their views of the emotional state of others, and to be more considerate of other people’s well-being. It’s noticeable that wisdom is a quality that for thousands of years has indeed been highly regarded.

The more situations that we have to look back on and learn from, the more we understand theoretically. Getting that deeper understanding subsequently helps one to empathize with others better. To some extent, just because someone is older does not necessarily imply that they are wiser. And for those who hold a different view, they’ve already displayed

their depth of understanding.

Age comes with experience—people who have lived longer have had more “life experience.” But, contrary to popular belief, wisdom is not a catch-all term for higher intelligence. And it doesn’t mean ‘all-knowing,’ as many people often believe. Here is what is meant. A farmer who has solely grown tomatoes on the same plot of land for years will have an infinite amount of expertise on the topic, but that does not make him the world’s wisest farmer.

By a long shot, the world’s wisest farmer is considerably younger than the tomato farmer, but he has more experience in the sense that he has grown root vegetables, fruits, nuts, and legumes in a variety of climates, seasons, and locations around the world. He can’t speak to farming as a whole in the same way the younger, more experienced farmer can.

If the entirety of our life experience is repetitive, monotonous and practically unchanging, age will not grant us wisdom. If we want to be wise, we must become life students and learn as much as we can through experience.

A person with accelerated wisdom or wiser than those with their age has always been called an old soul. Hearing someone claim, “She has an old soul,” as if they can see into their soul, is always amusing. The calm, relaxed, no nonsense kind of people: they are commonly described as an old soul. These individuals concentrate on the here and now, but still understand the significance of where they come from and where they are going.

To be called an old soul is a compliment itself. It implies that we are wise beyond our years, with many more ahead of us to make good choices, bring good to the world, and our life. But if we are the person being told we have an old soul, we might not know exactly what it means. In fact, we could have spent our whole lives trying to fit in with a community that

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cherishes youth and action. Of course, now we use the term to refer to someone who has wisdom beyond their years.

Others tend to use it as someone who is more enlightened than other people who are their age. An old soul is a unique kind of person that not many people come across. Rather than coping with mainstream society’s superficialities, an old soul has deeper interests. Some people say an old soul is simply more mature than those around them. But that doesn’t tell the full story.

While the rest of society follows each other like sheep, an old soul forges their own way. In the life of an old soul, banality and toxic energy are non-existent.

An old soul, instead, questions conventional wisdom and critically thinks for themselves.

They want to understand more about life and what makes the universe tick.

Old souls are more required than ever in a world of sensationalized automated newsfeeds and bogus news.

The perception that young people are more egocentric than adults has been generally accepted in the past. For this, we need a new paradigm.

We need to understand to what degree youth inclinations (even risk-taking behaviors) can often be regarded with positive intent as thoughtful deliberations, not just impulses seeking instant gratification.

Sometimes, the ability of a youth to interact with those who may be “bad influences” stems from a desire to assist them rather than emulate them. A good kid in a bad crowd may be able to accomplish more overall good than a bad person in a good crowd. Thus, it can be concluded that wisdom does not always come with age.

Changing our mindset to achieve our highest potential

TEXT Stephanie Fredricksen

Believe you can succeed and you will!

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 does 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 excusitis, 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 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

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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!

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!

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 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.

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 your 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

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

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.

My main passion is to help others to feel their best in all aspects of their lives, be it physical, mental, emotional, or spiritual. I love the idea of holistic health and practicing it as well!



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The Historical MASSEY HALL

TEXT Cristina Nikolic



The lights go down, the band comes out, and the audience roars. The atmosphere glows with thousands of people gathered together for one purpose. Many of us now couldn't imagine a life without concerts.

With shows slowly coming back after a year without them, people are scrambling to buy tickets and go out

again. However, prior to 1894, there were no music venues in Toronto. Hart Massey changed that.

Hart Massey was a Canadian businessman and member of the prominent Massey family. Born in 1823, Massey worked in his father's manufacturing company until he became the sole owner following his father's death in 1856. By the 1880s,

Massey was ready to retire and pass the company on to his son Charles, however Charles suddenly died of typhoid in 1884, forcing Massey to return to the company.

Charles's death hit his father hard – he decided that his family should never be forgotten by the public and began creating various monuments for his son. By 1888, Massey's dreams of opening

a major music hall in Toronto would take shape when he asked Canadian architect, Sidney Rose Badgley to draw up the plans. Massey had a lifelong interest in music and served as the vice-president of the Toronto Philharmonic Society in 1891.

This, combined with his desire to design another memorial for his son Charles, is ultimately what motivated Massey to build the grand hall.

Massey purchased land at Shuter and Victoria streets in 1892. Designed by Sidney Rose Badgley and built under the supervision of Toronto architect George Miller, construction of the hall occurred between 1893 and 1894. Massey

Music Hall officially opened on June 14, 1894 with a performance of Handel's Messiah performed by a 500-member chorus and 70-member orchestra.

It was around this time that Massey's health also began declining as a result of what he was told was heart disease. He attended the show against his doctor's orders. Massey died less than two years later in February of 1896.

Massey Hall's phenomenal acoustic properties combined with the need for a public venue meant that the hall immediately became an epicenter for musical and public functions.

Massey Hall was the only substantial

venue that the city had until the creation of Roy Thomson Hall almost 100 years later. Many icons of the 20th century would perform at Massey Hall, including Dizzy Gillespie, Bob Dylan, Prince, and Billy Joel just to name a few.

In 1973, the City of Toronto named Massey Hall on its first-ever list of heritage sites with the city stating that the hall served as one of Canada's most important cultural institutions. It is without a doubt that Massey Hall played a large role in the development of Toronto's vibrant music community. If we didn't have a creative and cultural hub to gather during the 20th century, the city would likely look very different.



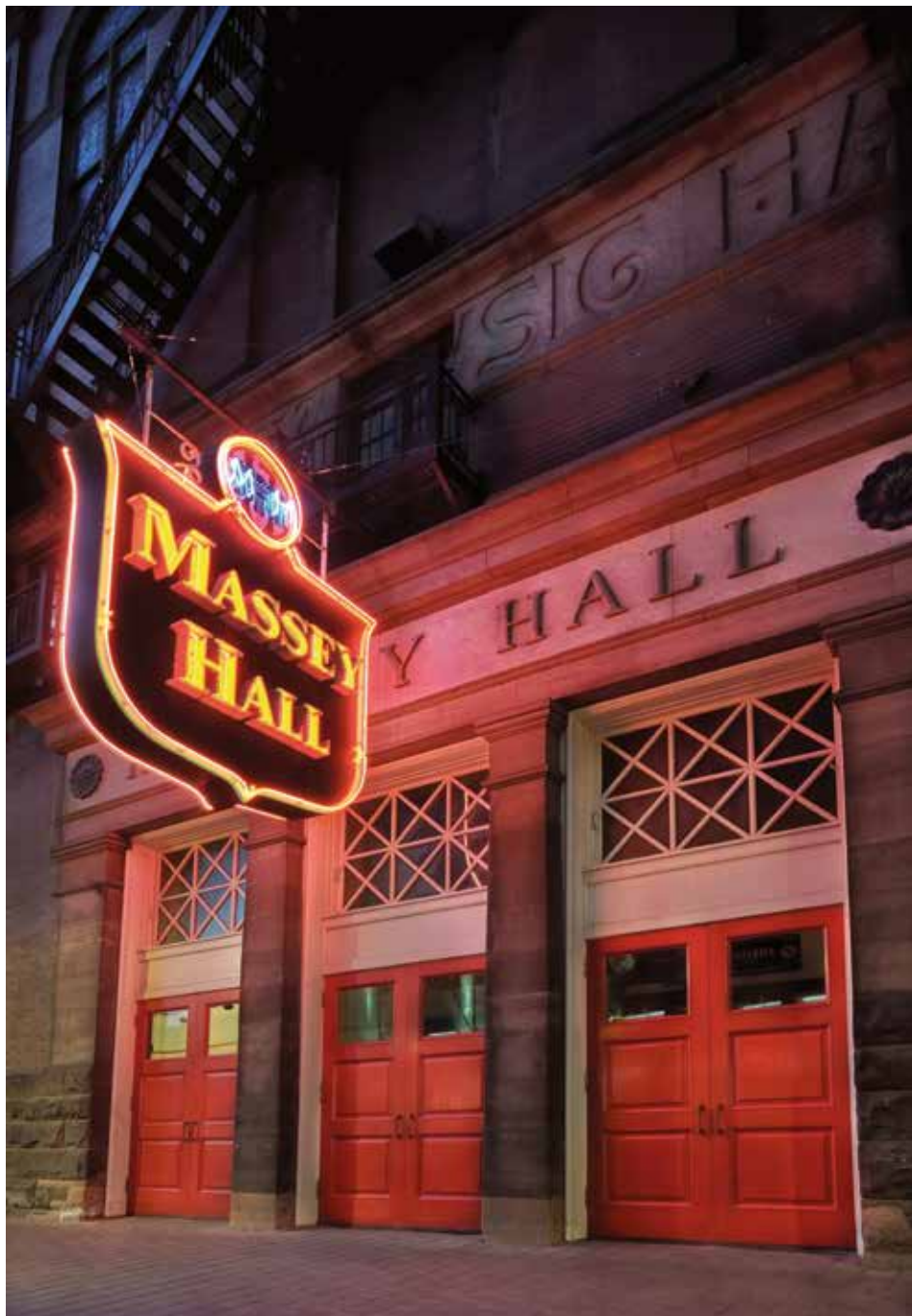
The building itself is a three-story, red brick concert hall built in a conservative late Palladian-revival style. The building features a slightly projected centre block and lower, hipped roof side wings. The façade features symmetrical round and flat-headed windows separated by fluted pilasters and a triple-door entry under its inscribed name. Inside the hall, elaborate decorations and use of Moorish elements create a lavish environment. Horseshoe arches and scalloped ceiling hangings with carved trim saturate the hall.

The arrangement of the space as well as the chosen surface finish help foster the acoustic properties that the hall is renowned for.

Massey Hall originally seated 3,500 patrons but in 1933, renovations at the hall reduced the seating capacity to 2,675. Renovations at this time saw the creation of a new lounge, an enlarged ground floor entrance area, and the flammable wooden stairs replaced with stone and steel. In 1948, concerns over fire safety led to the installation of concrete under the stage and ground floor seating, bringing the capacity to 2,753.

With no major renovations for decades, the Federal Government of Canada committed \$8 million in 2013 to begin the process of revitalizing Massey Hall. In 2018, it was announced that the hall would be closed for at least two years while it undergoes renovations. Initially, the plan was to renovate the existing stage and lobby, but in late 2020 Massey Hall announced that they received a significant investment from real estate company, Allied Properties, and they would be vastly expanding the scope of the project.

The biggest change is the inclusion of a new 7-story multi-purpose performance facility adjacent to the hall, called Allied Music Centre. In a press release, Massey Hall stated the facility would include



two new state-of-the-art performance venues and dedicated spaces for Artist Development and Education & Outreach initiatives.

On Massey Hall's 127th birthday this past June 14th, it was announced that they would be re-opening the hall in November, three years after starting renovations. The club will officially reopen on November 25th with a three-night performance from Gordon Lightfoot, who was also the last artist to perform at the hall before the closed in 2018.

With numerous venues in Toronto shutting their doors over the past few years, it is a breath of relief that not only is Toronto's oldest venue still open, it has been massively upgraded with added attention being paid to emerging artists, and how the venue can continue to foster Toronto's growing music community. Massey Hall provided a platform for the arts to cultivate throughout the 20th century.

With this new era they are ushering in a platform for the arts to flourish.

Success, Happiness and a More Meaningful Life

TEXT June Stepansky

What is an important key to achieving personal success?

Before this question can be answered, we must define what we mean by personal success.

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

Barriers to success

There are often common barriers that block us from achieving success.

Before we can examine these barriers, we must define which type of success we

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

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

If we choose career success at any cost then the personal side of our lives may suffer.

If we choose our personal success path, then we may make less money and feel perhaps a lesser sense of achievement in our careers. Therefore the barrier to achieving success is really our own conflict about these choices, and the difficulty in deciding what our choices should be. Once we make our decisions, we can then move quickly toward our selected goals.

Goal setting

Goal setting is an important part of achievement.

There are two ways that we set our goals. One is outer driven and one is inner driven. The outer driven goals are the goals that others set for us. They may be set by our friends, our neighbors, the society in which we live or the prevailing values of our time.

The second way we discover our goals is inner driven. It is an internal system which show us what we would like to personally achieve. It is this inner voice that whispers to us who we are and how we can achieve our unique potential.

Before we can achieve our goals we must know ourselves well enough to know what goals we want to achieve, and be sure they are our own goals and not the goals that others have set for us. When we know what we really want to accomplish, it is then easier to take those steps which help us to achieve those goals.

How can we live an extraordinary life?

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

Leading happier more fulfilled lives

Life is a marvelous, continuing journey. Every day is a challenging adventure with opportunities for new insights, growth and change.

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Porsche presents its first Heritage Design Model

Paying tribute to tradition: 911 Targa 4S Heritage Design Edition



A state-of-the-art 911 with design elements from the 1950s and early 1960s: Porsche presents the 911 Targa 4S Heritage Design edition as the first of four collector's models from the Heritage Design strategy.

Historical exterior and interior design elements have been reinterpreted and combined with the latest technology in an exclusive special edition from Porsche Exclusive Manufaktur. It is now available to order and will be in Canada from fall 2020 with pricing starting at \$205,900.

The edition is limited to 992 models, matching the internal model series abbreviation. Along with the introduction of the special edition, selected interior elements will be available as part of the Heritage Design package for all current 911 models. PorscheDesign has created a high-quality chronograph, also a limited edition, exclusively for anyone purchasing the collector's model.

"We are evoking memories of the 1950s, 1960s, 1970s and 1980s in customers and fans with the Heritage Design models. No brand can translate these elements into the modern day as well as Porsche. In this way, we are fulfilling the wishes of our customers. With the exclusive special editions, we

are also establishing a new product line which stands for the 'lifestyle' dimension in our product strategy," says Oliver Blume, Chairman of the Executive Board of Porsche AG.

Exclusive paintwork in Cherry Metallic and four other available exterior colours along with gold logos create an authentic look in the 1950s style. The exterior of the 911 Targa 4S Heritage Design edition features high-quality white livery with a historical design. The spear-shaped graphic motorsports elements on the front wings are particularly striking. These "spears" recall the early days of Porsche motorsports.

A further highlight is the Porsche Heritage badge on the engine lid grill in the rear, which is reminiscent of the one that was awarded back in the day when a Porsche 356 reached the 100,000 kilometers mark. The quality seal from the past – with a modern twist – will grace the rear of all four Porsche Heritage Design models.

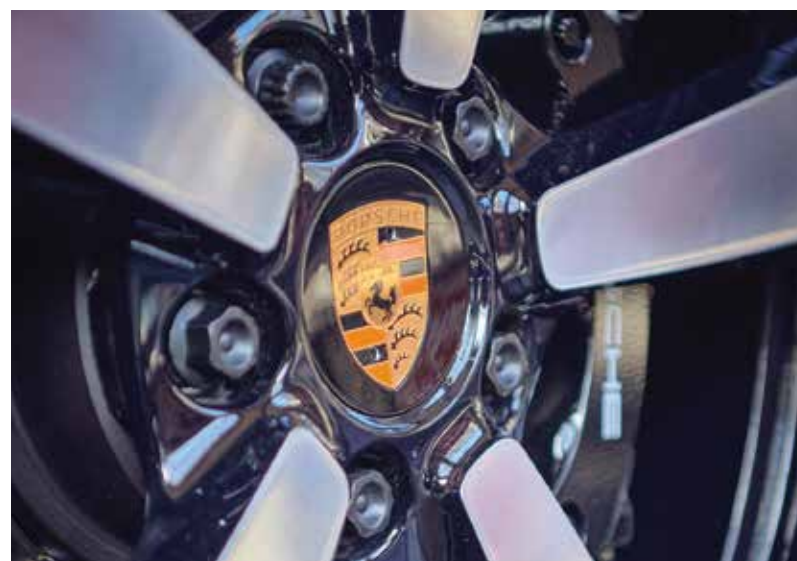
A further connection between past and present is provided by the historical Porsche Crest of 1963 on the bonnet, steering wheel, wheel hub covers and vehicle key, and embossed on the head restraints and key pouch, along with the

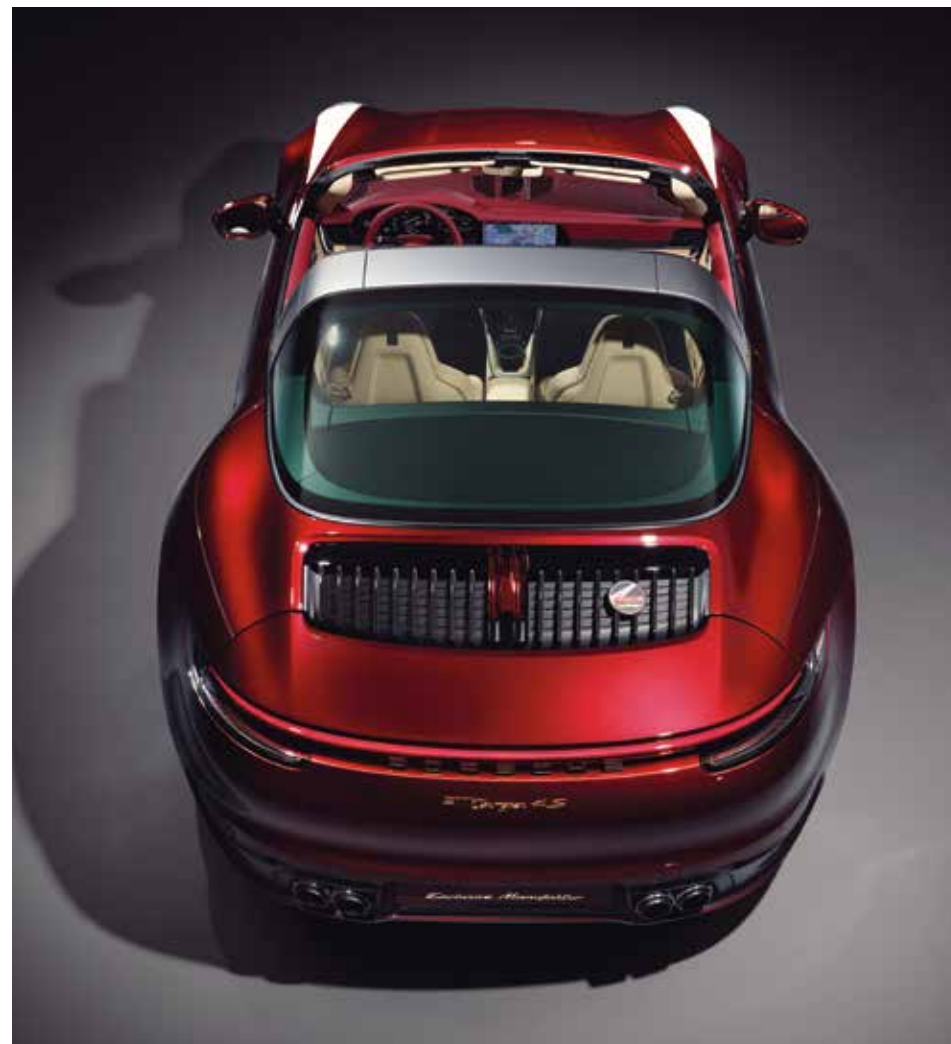
standard 20/21-inch Carrera Exclusive Design wheels and the Black classic-look brake calipers.

The interior also pays tribute to the past: the exclusive two-tone leather interior combines Bordeaux Red leather with OLEA club leather in Atacama Beige or Black leather with OLEA club leather in Atacama Beige. The use of corduroy on seats and door trims signals the return of a material already used in the Porsche 356, reviving the zeitgeist and fashion of the 1950s.

The rev counter and stopwatch in a classic look with green illumination underline the emotive nature of the concept in the same way as the perforated roof liner in microfibre fabric and extensive Exclusive Manufaktur leather trim. A metal badge on the trim panel of the dashboard visualizes the individual limited edition number.

The first Heritage Design model is based on the new 911 Targa of the 992 generation introduced just days ago, and has been equipped with the latest technologies for chassis, assistance systems and infotainment. A 443 HP twin-turbo engine powers it. Combined with the eight-speed dual-clutch transmission, the high-tech boxer engine





interpreting classic design elements.

The Heritage Design models emphasise the “lifestyle” dimension that represents particularly emotive concepts within the Porsche product strategy. Here, the “Style Porsche” design department and Porsche Exclusive Manufaktur reinterpret iconic 911 models and interiors of the 1950s to 1980s, bringing typical characteristics back to life. The Heritage Design package for the 911 Speedster from 2019 deliberately provided an initial preview of this strategy. Porsche will now produce a total of four special edition models in limited series at certain intervals.

**911 Targa 4S Heritage Design
edition chronograph:
the watch to match the car**

Porsche Design has created a high-quality timepiece exclusively for owners of the limited edition: the 911 Targa 4S HeritageDesign edition chronograph. This mechanical watch has an elegant

and clean design and, just like the car, is limited to 992 units. In many of the details, the designers drew inspiration from the legendary Porsche 356 and iconic Porsche 911 Targa: for example, the design of the face with its white seconds hand and “Phosphorus Green” rings is based on the speedometer and rev counter of the cars. The hour indices are designed in the lettering typical for Porsche. The strap is made of genuine Porscheinterior leather. The “911” embossing is as a further tribute to the iconic sports car.

About Porsche Cars Canada, Ltd.

Established in 2008, Porsche Cars Canada, Ltd. (PCL) is the exclusive importer and distributor of the Porsche 911, 718 Boxster and 718 Cayman, Taycan, Panamera, as well as Cayenne and Macan. Headquartered in Toronto, Ontario, since 2017, PCL employs a team of more than 50 in sales, aftersales, finance, marketing, retail development, and public relations. They, in turn, work



to provide Porsche customers with a best-in-class experience in keeping with the brand’s 70-year history of leadership in the advancement of vehicle performance, safety, and efficiency. In 2019, a Parts Distribution Centre opened its doors in Mississauga to service the countrywide network of 19 Porsche Centres. PCL is

the dedicated subsidiary of Porsche AG, headquartered in Stuttgart, Germany. In 2019, Porsche sold an unprecedented 9,025 units in Canada, up 1.4% over the prior year.

At the core of this success is Porsche’s proud racing heritage that boasts some 30,000-plus motorsport wins to date.

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Best Life Quotes

TEXT Revy Sullivan

"Life Quotes" Everyone needs a little inspiration from time to time. Whether you're going through a break up, you've just lost your job, or you simply woke up feeling a little insecure this morning—we've all had these days. Feeding your mind inspiring quotes daily is a great practice to boost your positivity.

LIFE – is a four-letter word that is complicated enough that no one will ever decode its true meaning. Whether you were born into a wealthy family or a poor one, your life will be full of ups and downs. The goal in life is to minimize the down's and live a happy and inspiring existence. "

You know you're in love when you can't fall asleep because reality is finally better than your dreams. – *Dr. Seuss*

I'm selfish, impatient and a little insecure. I make mistakes, I am out of control and at times hard to handle. But if you can't handle me at my worst, then you sure as hell don't deserve me at my best. – *Marilyn Monroe*

Life is what happens when you're busy making other plans. – *John Lennon*


Get busy living or get busy dying. – *Stephen King*

Life is like riding a bicycle. To keep your balance, you must keep moving. – *Albert Einstein*


Nothing can dim the light that shines from within. – *Maya Angelou*

You get in life what you have the courage to ask for. – *Oprah Winfrey*

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once is enough. – *Mae West*

A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow. – *William Shakespeare*

The big lesson in life is never be scared of anyone or anything. – *Frank Sinatra*

Those who dare to fail miserably can achieve greatly. – *John F. Kennedy*

Good is not enough. You've got to be great. – *Simon Cowell*

The most important thing is to enjoy your life – to be happy – it's all that matters. – *Audrey Hepburn*

We all have two lives. The second one starts when we realize we only have one. – *Confucius*

The only impossible journey is the one you never begin. – *Anthony Robbins*

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Born and Raised

PHOTOS oh Sierra creative



Chef Vittorio Colacitti

The saying 'born and raised' commonly refers to where we grew up and spent our formative years, but in the case of Vittorio Colacitti, the phrase isn't so much about where he comes from, as it is about what he was called to do. Although not strictly speaking eponymous, his restaurant Born and Raised located at 224 James St N in Hamilton Ontario represents his vocation to prepare delicious food that has been ingrained in him from childhood.

TEXT Michael Buccioni

Growing up in Toronto's traditionally Italian neighbourhood of St.Clair and Oakwood, Vittorio spent a great deal of time with both sets of grandparents who instilled in him a passion for all things food related, from growing it, to cooking it and, of course, enjoying the fruits of their labour over family dinners.

Italian on his paternal side and English on the maternal, Vittorio benefitted from a melding of cultural traditions that found common ground in the love of food. "My grandparents on my mother's side owned a farm in Lowville, Ontario, and my nonno and nonna would come up and plant their vegetables all together. Come harvest time I'd spend all day picking the vegetables and then we'd flash freeze them and store them. The basement was always full of home grown produce."

Although his family eventually moved to the more 'gentrified' city of Burlington, Vittorio's affinity for the grittier, working-class neighbourhoods remained in his blood. Finding inspiration from the restaurants in Detroit, he always knew that he would end up opening in Hamilton. The juxtaposition of the beauty and the darkness of a city or town that has had its challenges appeals to him. "Hamilton is not cookie cutter; it has great architecture and the people have a bit of an edge to them. I love the area and the people and I think there's a great community here."



The former Top Chef Canada competitor got his start at the iconic restaurant, George, in Toronto under the tutelage of Chef Lorenzo Loseto, who Vittorio credits with providing him with an excellent apprenticeship. Starting from the bottom, cutting vegetables, he was able to move quickly up the ranks honing his skill set. He eventually opened his first venture, The Good Son on Toronto's trendy Queen Street.

The need to venture out on his own led to the opening of Born and Raised 6 years ago. The exposed brick walls and the tractor seat bar stools confirm

that the space is one where everyone is welcome to come as they are. The focal point of the restaurant is the wood burning oven situated in the dining area from where authentic Napolitano style pizzas are created. Vittorio has always loved cooking over a wood fire but conversely is very proud of the restaurant's raw dishes: oysters, crudo tartare. My favourite menu item is their gnocchi, which Vittorio helped his nonna make from scratch every Sunday when he was a child.

As we speak, Vittorio and his team are just gearing up to reopen patio dining after

the latest covid 19 lockdown is eased. Rather than bemoaning the hardships that he has endured in the industry over the past year and a half, Vittorio prefers to focus on the silver lining associated with the shutdown.

"I was drained I wasn't focussed and my work was suffering. I was executive chef for 6 locations. now I am focusing all my efforts on Born and Raised. I want to establish a proper work /life balance for me and my staff, and I want to create a sustainable business model not only on the business side but to devise the most enjoyable experience possible for our customers."

"I like walking into a restaurant and feeling like nothing else matters. I want our customers to come here and to feel restored, not to be rushed."

Vittorio is truly appreciative as to how the Hamilton community has embraced Born and Raised and rooted for it during the closure. "I would get calls of support, people telling us how they hoped we would survive this and doing what they could to support us while in house dining was unavailable."

Now firmly ensconced as part of




Hamilton's fabric, Vittorio and his staff recognise the importance of paying it forward. They partake in a charitable venture spearheaded by Born's chef Johnny Segundo, where they prepare 75 meals for the kids associated with Living Rock Youth Resources, using quality ingredients and creating simple, great tasting food.

Vittorio has also initiated the opportunity for talented aspiring chefs to operate pop up restaurants once a month from his space on the days Born is closed "I want to provide opportunities for them to gain experience and earn some income, and to understand what running a restaurant is all about."

More than anything Vittorio is keen to ensure that there is a sustainable future for the restaurant industry as a whole "There's something very humbling about eating with another person and cooking for people to have a mutual experience. People depend on restaurants."

Vittorio strives to offer a dining experience that gives people hope, to band together and all grow stronger." Born and Raised ticks all those boxes.

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5 foods that can cause heart problems

TEXT Rich Carroll

Cardiovascular disease has now dropped to the second leading cause of death in Canada, which means that it is still a problem to be reckoned with. The numbers of people with heart disease are decreasing in Canada, so here's a shout-out to Canadians, not to proclaim victory over this terrible illness, but to say you are making strides to control its effects. Those effects are hypertension, obesity, high cholesterol and diabetes just to name the most common ones, and they are as a rule interrelated and mostly attributed to bad diet practices. So, as we offer a hearty "well done", there is still much work to do. To help, here are five foods that should be avoided whenever possible.

1 Soft drinks It is really hard to defend why sugary drinks should be consumed at all, even in moderation. Throw 10 tsp. of sugar into your system each time you finish a regular soda, and then imagine drinking a few every day. A study followed young



adults during a 20-year time period and established that high consumption of sugary drinks was associated with high cholesterol, hypertension and high ranges of triglycerides, each being triggers for heart disease. Diet soda yields the same dietary benefits: zero.

2 Fried fish There are so many health benefits to fish, particularly on how it helps reduce cardiovascular disease risk. But with all healthy foods, the way it is prepared will go far in determining any benefits you will truly reap. Add to your fish an unhealthy bread coating, then put it in the deep fryer and all your health benefits get lost. When tests had been conducted evaluating fried fish to baked or broiled, the results confirmed a 50% higher risk for heart problems with the deep-fried fish. So, plan to consume fish at least twice a week, but stay away from the deep frier. As an alternative either broil, steam, bake or sauté your fish in a small amount of olive oil for the most effective health results.

3 Any meat that has been processed So just what is processed meat? Generally, it's a term we use for meat that has been modified to taste better or give it a longer shelf life. Hot dogs, bacon, canned meats and bologna are only a few examples of processed meats. Compared with red meats they had a 42% higher heart attack risk. They contain fat, salt, nitrates,

cholesterol and preservatives. Smarter options will be unprocessed chicken, turkey and fish.

4 Any food containing trans fat They will make food taste better, however from the dietary standpoint they're a nightmare. In the 1990s, Canada had one of the highest levels of Trans's Fat intake in the world. In 2018 Canada passed a law to nearly eliminate Trans Fat from all foods, but this legislation did not apply to naturally occurring Trans Fats, which can be found in some animal-based foods such as cheese, beef, lamb and milk. Even though Trans Fats are thankfully being legislated out of our diet gradually, continue to check food labels and avoid them at all costs.

5 Salad dressing We can put together some amazingly wonderful salads, healthy and beautiful to look at, and then bring them down with loads of bottled salad dressing full of sugar, saturated fat, preservatives and salt. All of these ingredients have been linked to heart disease, hypertension and elevated levels of cholesterol. Salads should be a necessary part of our diet, but increase their health benefits by using a healthy dressing. Consider making your own, since you can come across many great recipes on the internet that offer much better health values than store-bought dressings.



3 ways to develop STRONG CORE MUSCLES

TEXT Rich Carroll

The importance of keeping our core muscles strong and flexible is an essential part in having an active lifestyle, and that goes double as we age.

Core muscle strength not only can help decrease lower back pain, but helps a person gain greater flexibility and equilibrium. All this allows us to do what we love to do, such travel and sports activities, to be enjoyable experiences, and not physical burdens.

Plus, keeping better balance minimizes injuries from falls and pulled muscles, aggravations that only slow us down.

So, knowing that, let's examine three workout routines which have been commonly accepted as good ways to build core muscles, and some of the disadvantages each can also have.

Yoga

There are actually several varieties for yoga, and yoga aficionados learn to integrate yoga's physical, mental and spiritual properties to strengthen the system and enhance blood flow.

People have been doing forms of yoga for about 5,000 years and many versions have been spawned, from workout routines which are gentle and intended to temporarily relieve muscles and joints to those routines that can be extremely intensive.

This adaptability is arguably one

explanation why countless senior citizens are utilizing this as central to their workout program.

Yoga instructors can furthermore offer routines specifically for people suffering from backache or arthritis.

Some people who experience back pain have a condition called ligament laxity, or ligaments that have become overly flexible due to injury, or perhaps a condition some people are born with.

Ligament laxity is a topic for larger discussion, but it is important to know that people with this condition need to tailor their workouts to strengthen the lower back region but not damage it.

But for most people, studies have revealed that just by doing yoga without the other strength training they were able to noticeably increase their strength, particularly in the core area.

Pilates

Named after fitness trainer Joseph Pilates, these exercises are based on maintaining balanced movements. These will assist core strength, graceful movement and suppleness.

A research study at Auburn University in the United States revealed that when people did ten reps of Pilates abdominal workouts versus the same number of normal crunches, the Pilates results for strengthening abdominal muscles was far superior. For toning up the midsection

Pilates is a wonderful choice.

For alleviating back pain, though, there seems to be some debate on how much Pilates may help.

An older study found it didn't reduce pain or increase overall performance in comparison with other forms of physical exercises for the back. Perhaps the cause for this is that a painful back normally arises from poor physical posture and poor body mechanics.

But when back pain is caused by weak abdominal muscles, building that core strengthen could well be the ticket for a strong back. Because many Pilates moves could damage the back, a certified trainer would be highly recommended before jumping into a Pilates program.

Foundation Training

Created by chiropractor Dr. Eric Goodman, Foundation Training does not have the familiarity of the others. These routines take a different approach to core training, and are designed to unlock the posterior chain and decompress, or lengthen, the spine. This will improve stability and reduce back pain. The basic idea is to teach the integrated chains of muscles that connect to the core to work together in harmony. These muscles connect with the pelvis, the glutes, hamstrings and adductor muscles.

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Mid-century, a residential project in Palm Springs, CA.

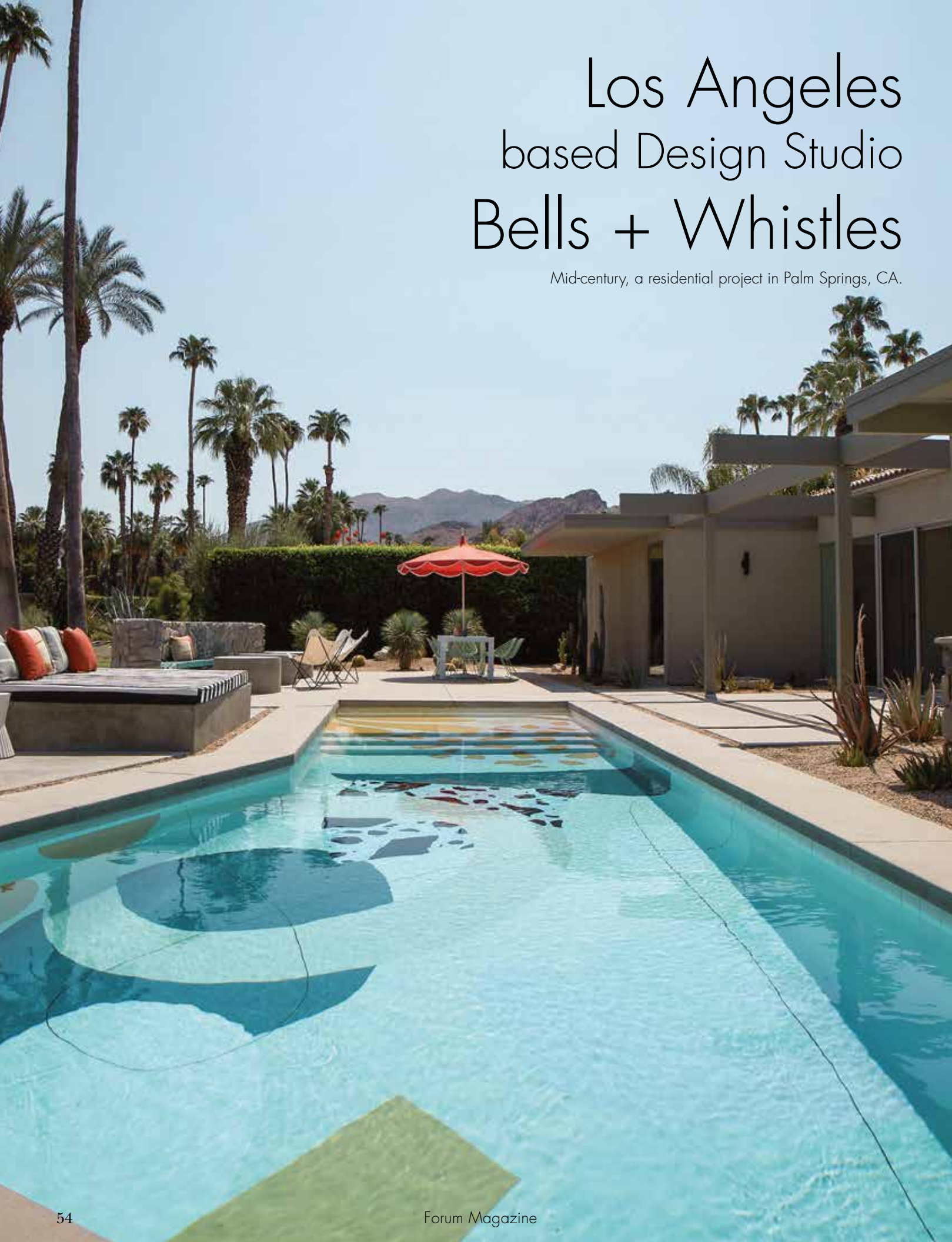
This past summer, Barbara Rourke and Jason St John, founders of LA-based design studio, Bells + Whistles, completed Marrow Mid-century, a residential project in Palm Springs, CA.

The team was selected by Jillian and Tim Sassone, the founders of the fine jewelry brand, Marrow Fine, to design a home that embraced colour and pattern but also felt “homey” since they have small children.

This is the second project they have teamed up on; in 2019, Bells + Whistles completed the design of the Marrow Fine Flagship in San Diego, CA.

Originally built in 1957 by renowned mid-century modern architect, Donald Wexler, the home has been deemed architecturally significant and is registered as a historic site.

The home is part of Thunderbird North, an enclave of 10 homes designed by mid-century masters, Cody, Wexler & Harrison. The B+W team began





designing the Palm Springs based “Marrow Mid-century” home in Fall 2019 and completed the project in July 2020.

Per B+W, “Marrow Mid-century is where Donald Wexler meets acid fantasy. Every area of the 1957 compound has been transformed with injections of vivid colour, hypnotic pattern, and desert magic, creating the quintessential California getaway house.”

What you’ve probably already seen is the spectacular IG-perfect pool designed by Alex Proba. B+W discovered Proba’s



work on Instagram and called her in to make the pool extra special.

They mentioned the idea of having Alex paint the bottom of the pool as a nod to David Hockney and the rest is history.

According to B+W, “It was an interesting challenge to inject a new spirit into an iconic Wexler home. Sometimes designing for an architecturally significant home or building can add a layer of

design paralysis to the mix.

With the support of Tim and Jill, we pushed past design reservations in order to create a home exploding with colour and pattern.”



An Instagram friendly renovation complete with disco ball



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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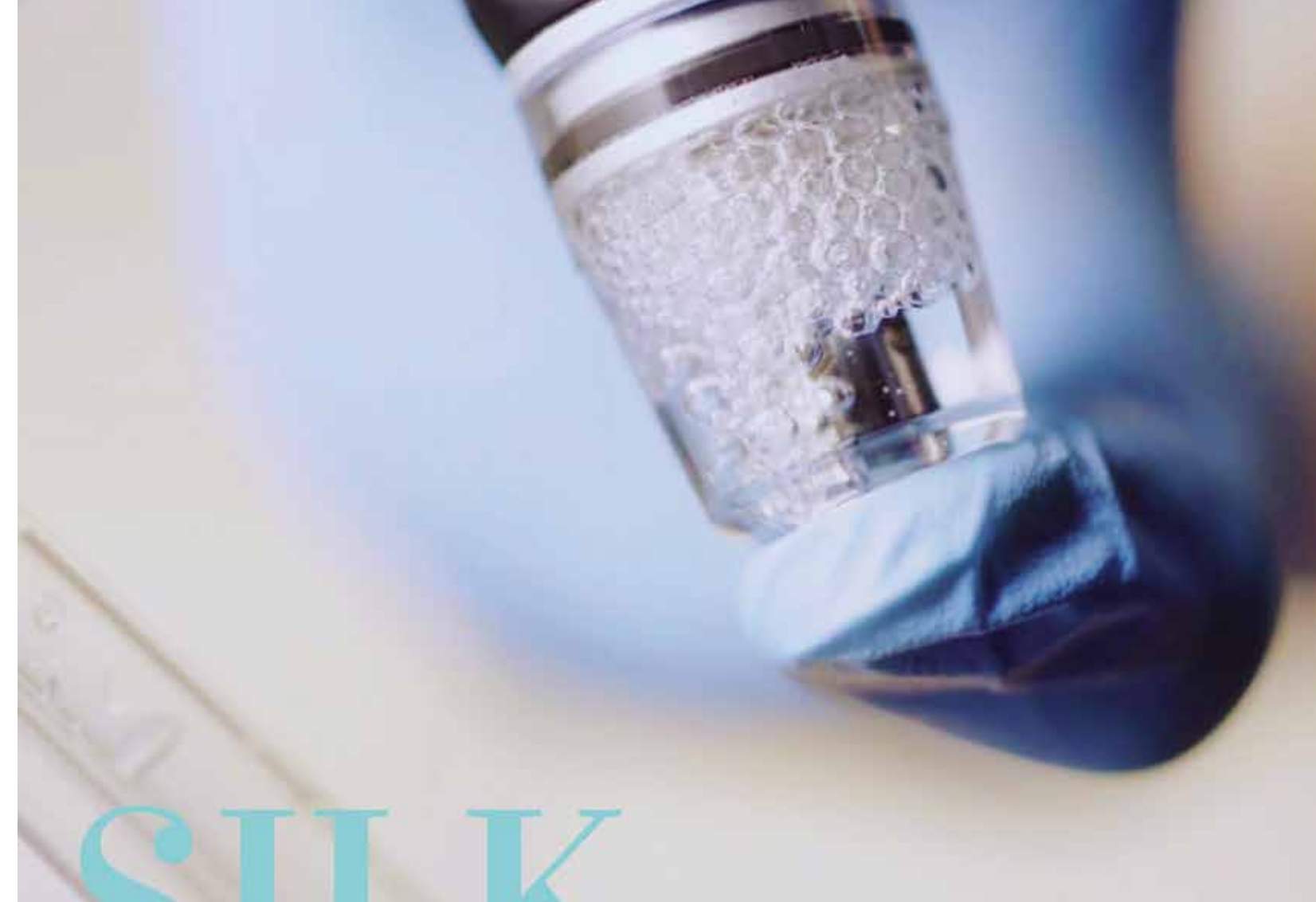


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AMAN KYOTO JAPAN

Wellness inspired by nature & design

TEXT Emilia Florek-Guerrero

Japan is a place where the past blends with the present and at the same time takes you on a futuristic journey. With such rich culture, tradition, cuisine, architecture, history, natural landmarks, heritage sites, and lifestyle, it is no wonder that Japan is a dream destination for many. These elements also have redefined the concepts of wellbeing, discipline, dedication, and gratitude in every aspect of daily life for numerous people around the world.

Let's take an unforgettable trip to one of Japan's main cities, Kyoto. Truly feel the history of this magnificent city by staying at the Aman Kyoto – where the rooms and pavilions pay homage to the traditional Japanese Ryokan Inn. You can rest assured that you will have a stay of a lifetime as the Aman Kyoto



does everything it can in order to provide guests with an unforgettable stay with life-changing experiences that one can take home to improve their wellbeing.

The location of the Aman Kyoto will transport you into a different dimension. The Aman Kyoto is located in a secret garden right at the foothills of the Hidari Daimonji mountain. In the vicinity are the Kinkaku-ji Temple (just to give you an idea of the history of the region it was completed in 1397!) and 16 UNESCO World Heritage Sites. This entire area is an oasis of Zen and the same can be said about the guest rooms.

Natural elements, light, a minimalist design, and space are just some of the key components to the numerous amenities and traditional essences in



your accommodation. The guest rooms (Susuki, Nara, Kaede, Hotaru), the Takagamine Suite, and the Washigamine Pavilion feature natural woods, floor-to-ceiling windows, Tokonoma alcove (which will be described later), and last but not least Tatami flooring. All rooms feature a Japanese bath of Hinoki cypress wood. The memorable picturesque views are unbelievable; nature in all corners of your room will leave everlasting images. Touching on the minimalist design, wood panels disguise technology by giving control to the guests if they want to fully immerse in their own Ryokan Inn.

One should definitely spend some time in the Tokonoma (every room has one). This is a special room found in traditional Japanese homes that is for hanging scrolls, special items, and flowers. This





is a great place to take some time to reflect on the beauty of life and pause for a moment.

Aman lives by its purpose of also offering life-changing wellness experiences. The Aman Kyoto's Aman Spa embraces the lush surrounding in its design and structure. Just imagine that as soon as you step foot in the reception, you are offered a Yamamasa Koyamaen (one of the most renowned teas) blended Japanese tea that will instantly soothe your body. There are 3 treatment suites, a relaxation lounge, and both indoor and outdoor Onsen facilities. The Onsen facilities keep in line with the Ryokan Inn concept. These facilities are bathing facilities with separate pools for men and women. What better than to bathe in natural, mineral-rich water that is provided by the famous Japanese hot springs. Reconnecting with nature is a way to reset our body's internal systems. Aman Kyoto provides Shinrin-Yoku (taking in the forest atmosphere) sessions. With 29 hectares



of forest and three hectares of gardens, a session of Shinrin-Yoku will provide with the healing capabilities of mindfulness, tranquility, and the possibility to breathe in fresh air. Furthermore, a yoga session in the garden along with breathing and meditation exercises is a must.

The Aman Kyoto also offers other unique experiences to its guests. The Zen Experiences are a collection of activities related to Zen such as morning meditations at a temple, expert guidance offered by resident monks, Japanese calligraphy workshops, Ikebana flower arranging, and traditional tea ceremonies. Finally the Hanamachi Experience provides an exclusive access to ancient tea houses that demonstrate traditional Ozashiki games and a dance performance.

Staying at the Aman Kyoto will transform you and without a doubt offer more than just a stay at a hotel. Aman's attention to detail, dedication, and offering what culture and wellbeing are truly about make the Aman Kyoto a destination within a destination.



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