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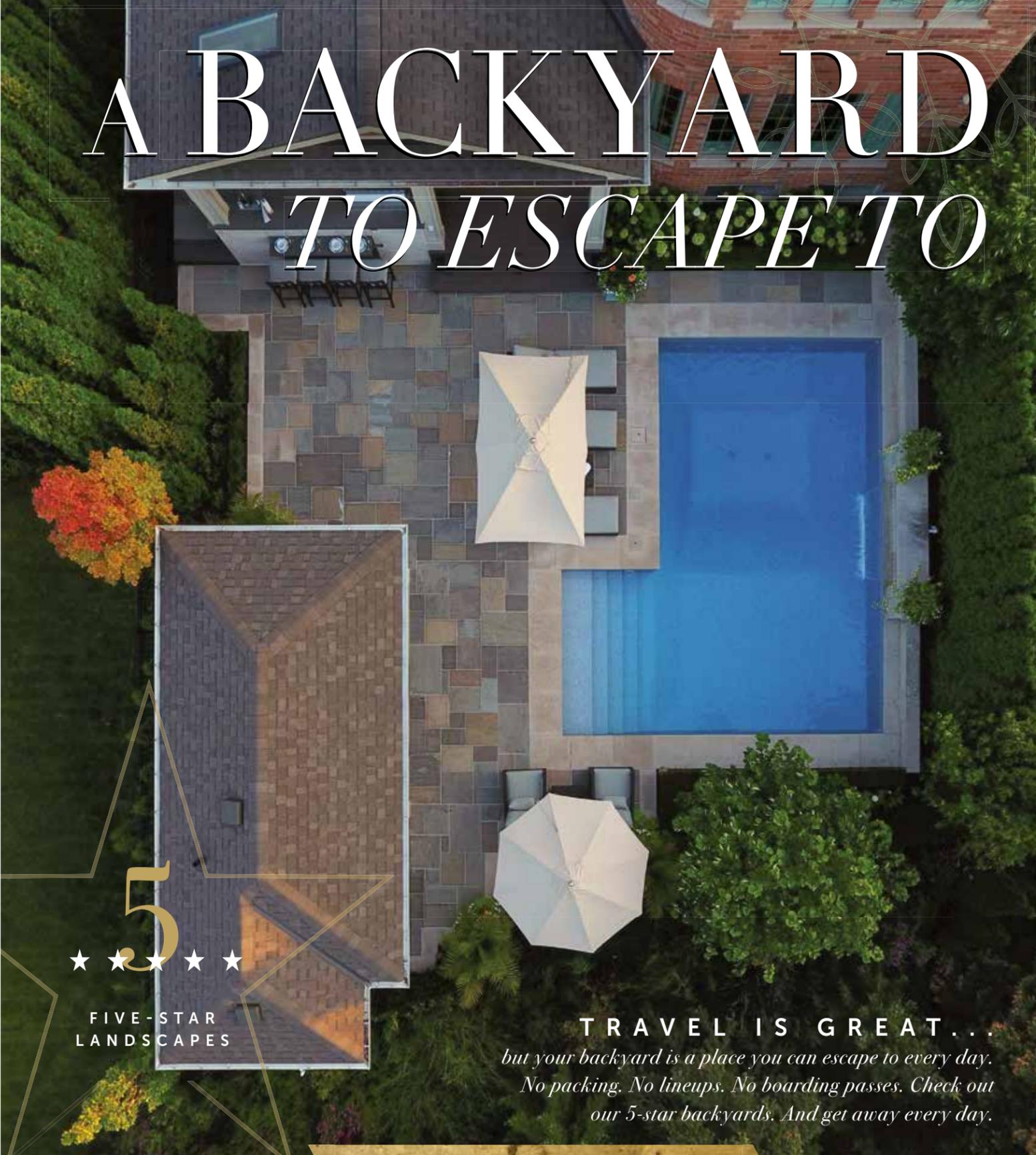
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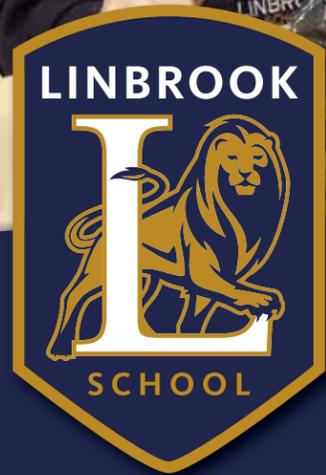
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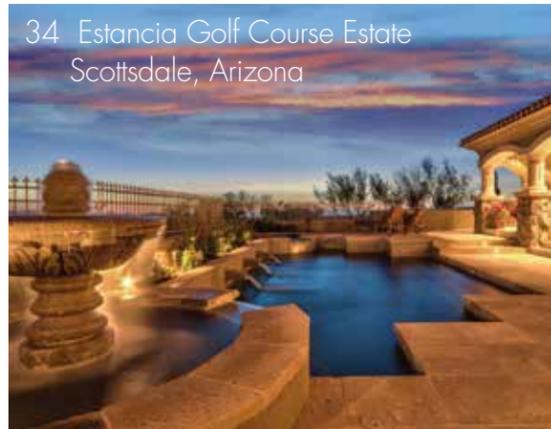


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## FROM THE PUBLISHERS

Welcome to the April/May 2018 edition of Forum Magazine! It is with great pleasure that we feature DB Custom Homes. David Bernstein is at the helm of this forward thinking, innovative brand of custom home building company. A young, dynamic and creative company that prides itself on offering each and every client attention to the smallest detail and exceptional service! Dave's slant on the modern luxury market is apparent in the pages that follow – offering creativity and functionality with no limits – and modern luxury that seems to be the trend and mainstay for home design and build today.

Spring? Is it here yet? I think we are ready for some warm weather...and with that comes spring cleaning and organization! The solution is Ideal Closets and Garages. Organize your home with state-of-the-art solutions for your closets or garage that can store cars and everything else that we sometimes tend to fill these spaces with – president, Ian Barrett knows the frustration of inadequate storage solutions and is up for any challenge – book your free design consultation today, you will be glad you did!

Cape Town, South Africa is an incredible destination and here you will find The Silo Hotel, an architectural piece of artwork itself, its unsurprising that The Royal Portfolio's latest addition, The Silo, occupies prime positioning above The Zeitz Museum of Contemporary Art Africa, one can stay in a slice of city history while exploring all that Cape Town and its surrounds have to offer.

Would your company make an excellent cover story? Are you building a unique custom home? Contact us, let's profile it in an upcoming edition.

Until next time,

Sean & Ana Patrick  
Publishers



# DB CUSTOM HOMES

Expert Execution  
of Modern Design

TEXT Krista Deverson



PHOTOS COURTESY OF DB CUSTOM HOMES



The sleekness of modern design is accomplished only through thoughtful and precise construction. Clean lines, unadorned interiors, and naturally-appointed homes require expert execution in construction to obtain a seamless finish that enhances the overall aesthetic. Where traditional custom homes are dressed up with ornate trim and finishes that can mask any imperfections, the simple finishes of modern homes have nothing to hide behind.

The challenges in construction provided by modern home designs have long been David Bernstein's passion. Founder of DB Custom Homes, David has a long history in the building industry, having started by cleaning and sweeping job sites at fifteen years old. Later he learned from the best in custom home construction as a site supervisor. Then ten years ago he started his own company, doing smaller projects but at the same high quality of the custom homes he

had been working on. From basement renovations, additions, and garages, David grew his business and from the beginning his strong interest in the modern design style blossomed.

David found himself attracted to modern design because of its futuristic appeal and something that was very different from the standard, typical custom home builder. His vision for his company was to set themselves apart in quality,

accountability, and the type of design he focused on. He became selective in his projects, choosing them based on their design and staying within the modern home niche.

He never expected the modern style to become so popular and mainstream, always thinking that it would remain a fringe, niche market. But with its sudden popularity, DB Custom Homes has the edge over its competition. With their solid experience in the style, David and his team are well-versed in overcoming the design and construction challenges that the modern look holds. With the unique configurations in modern home construction, DB Custom Homes takes care to ensure the projects are completed with the highest attention to detail.

Their skilled craftsmanship has created quite the buzz around their recent notable project on Old Dundas Road. Poised over Ancaster Creek amid a curtain of lush greenery, the modern architectural masterpiece in both design and construction mingles with the natural surroundings while harmoniously incorporating sustainability, modern expression, exquisite detail, and multi-generational living.

A collaboration between architects Betsy and Shane Williamson of Williamson Williamson Inc. and luxury homebuilder, DB Custom Homes, the creekside home brilliantly mediates the challenges presented by building in a natural landscape, the complexities of designing for an multi-generational family, and

the modern-day desire to live green and incorporate natural elements into the home.

For David and the DB Custom Homes team, the home was exciting because it was the most ambitious project they had completed up until that time. He was intent on making sure that the final results were perfect, despite the project's many challenges. He attributes the final success to his company's teamwork and his collaboration with the architect, Betsy Williamson.

Several modern design elements of the home pushed the creative envelope during construction. From the structural steel cantilevering that is similar to structural components of a shopping





mall, to the ambitious window installation, to the absence of bulkheads, the DB Custom Homes team was encouraged to step up to the bar and deliver on higher than ever expectations. David says that because of the preplanning of the home, they were able to leave out anything that would impede the design element, avoiding any kind of post, build-out, or bulkhead. The result is so clean and undisrupted in design that it has a calming effect on the beholder.

The world-class design and construction on the Ancaster Creek home has been garnering the attention of the press and the accolades of the industry. Having won the Ontario Woodworks Award, they are also nominated by BILD for best custom home of 2017 and been featured in the Globe and Mail and Canadian Architect Magazine.

David and the team at DB Custom Homes take great pride in their work, ensuring that the client is overjoyed with both the process and the final results. Like this home, he wants all his projects to be in the same superior shape twenty years from now that they are they day they are completed, without wearing or fading.

David attributes a large part of his company's success to his lineup of young, enthusiastic tradespeople who are at the top of their game. His company's strength is their ambition to set new standards in building the next generation of custom homes, and he regularly receives compliments from his clients on his team's cooperation on projects. He is selective about the people that he surrounds himself with at work, choosing tradesmen who contribute to the close-knit, positive and respectful environment he has created on site.



As with the Ancaster Creek home, DB Custom Homes emphasizes the use of technology and green building standards. To keep the client in the loop, they utilize a cloud-based construction management software program which organizes everything from the budget, to the schedule, to any documents and selections needing to be made. This technology keeps the project super organized and transparent, allowing the architects, tradesmen and clients to stay in constant communication and be abreast of the latest developments. At any time of any day, the client can click onto the website and know where the project is, which gives them a feeling of comfort in the process.

With his unique project management style, David allows his clients to drive the cost.





He has a minimum standard of quality and will not use substandard trades or materials. There is a plethora of products that he uses that are above the standard practice in the industry including sound-proofing every wall and floor, instant hot water to every tap, and stronger floor structures to reduce vibration.

As with the Ancaster Creek home, green technology is becoming increasingly important in home building. To reduce the ecological footprint, energy consumption was decreased in the home through a solid building envelope comprising high-performance triple glazed windows, and a 37 module 9.8 kW Canadian made solar array installed across two of the flat roofs.

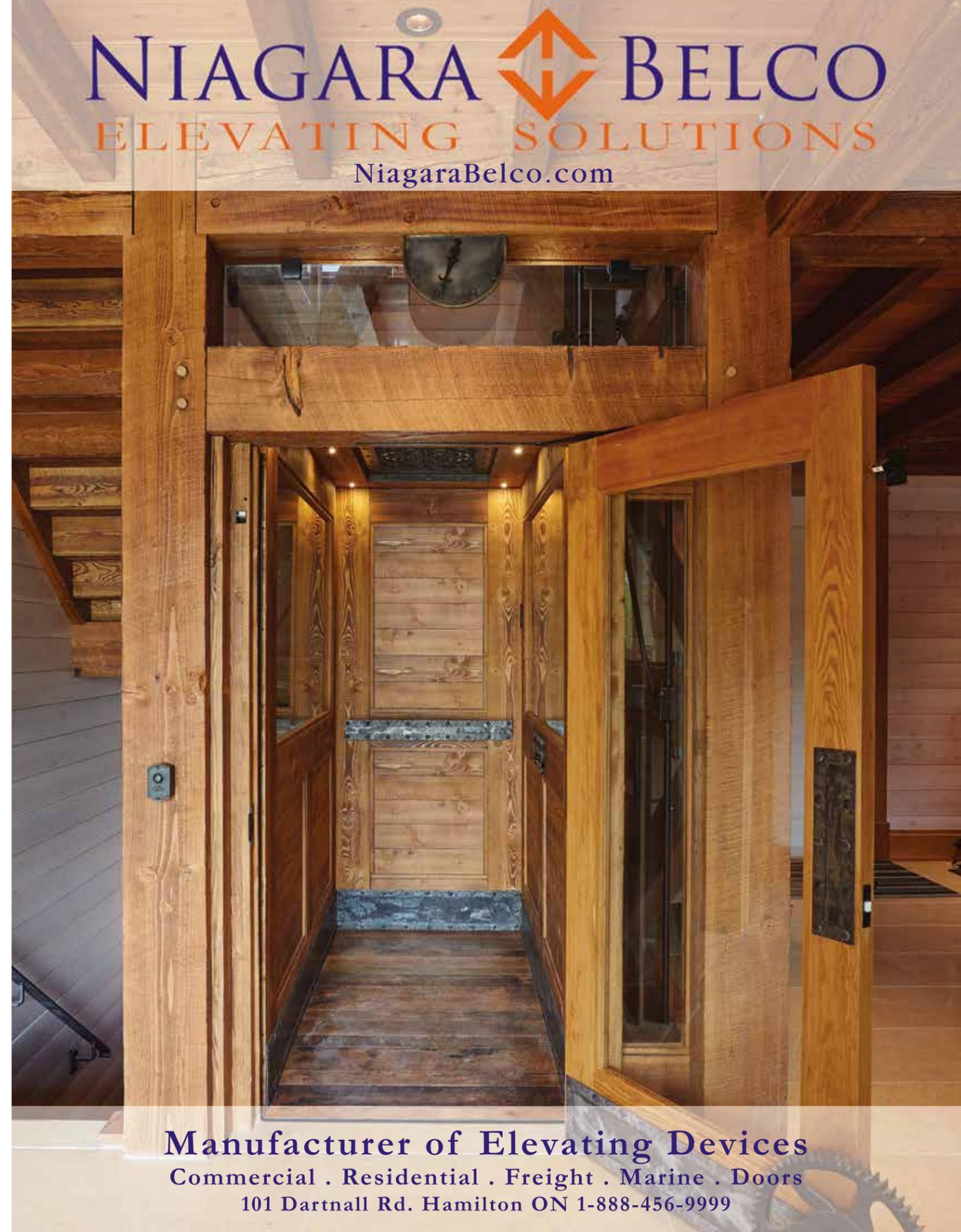
The demand for these types of home features are growing and the DB Custom Homes team is proud to be ahead of the curve in familiarizing themselves with these options. Often the result is that a client can move from a smaller custom home into one of the larger new green-built custom homes and find that they actually save on their monthly energy expenses.

All the complex elements that went into the beautiful design and construction of the Ancaster Creek home work so well together to leave the impression of simple and unencumbered modern architecture. Its execution so well done that for the viewer of the home there is nothing more to add to the design and nothing more to take away. Its simplicity and minimalism speaks for itself.



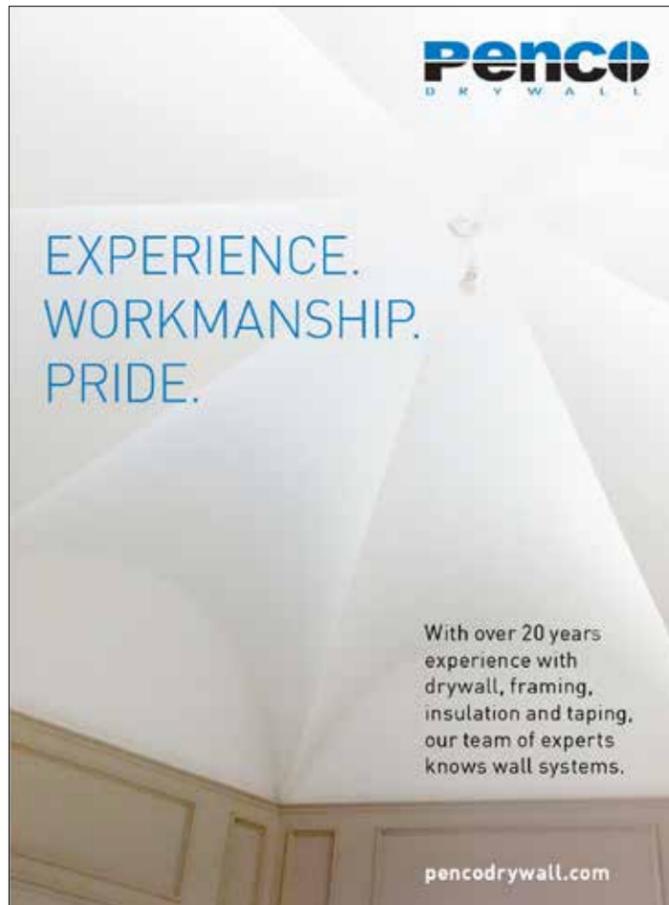
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2. Be unceasingly grateful

Daily Stressors won't seem quite as bad when you are constantly reminding yourself about the things that are right in life. Take just one minutes every day to stop and appreciate the good things will makes an enormous difference.

3. Avoid absolutes

Have you ever caught yourself saying (or thinking) to family or friends "You're ALWAYS late!" or criticized a good friend by saying "You NEVER call me?" Thinking and speaking in absolutes like 'always' and 'never' makes the situation seem worse than it is, and programs your brain into believing that certain people are incapable of delivering.

4. Disconnect from negative thoughts

Unfortunately, most of us have had the wrong kind of programing most of our life. Year after year, word by word, our life scripts were etched. We begin to believe what we've been told by others and most of it negative. Now here's the good news your thoughts can't hold any influence over you if you don't judge them as true. If you notice yourself having a negative thought, disconnect from it. Don't argue with it don't judge it as bad just notice and let it go.

5. Practice you've got that lovin' feeling – give a hug

You don't have to be a genius to know the value of a good hug. Positive physical contact with friends, loved ones, and even pets, is an instant stress buster. Giving a hug serves to benefits, first you get instant stress relief, second you make somebody else feel mighty good.

6. Get out and get social

By increasing social activity, you reduce loneliness, and keep your mind on things other than yourself and your challenges. Surround yourself with healthy, happy people, and their positive energy will affect you in a positive way.

7. Volunteer give a hand to get a hand

Everyone feels good after helping somebody else. You can volunteer your time, your money, or your resources. The more positive energy you put out into the world, the more you will receive in return.

We all want to be more productive. But that can be pretty tuff when you don't control how you spend your time. One of the biggest time wasters is the inactivity that occurs when you feel stressed and ruminate on all the negative things that may come into your day. Positive thinking is more than just a good thing to do, it's emotionally healthy and can make you financially wealthy.

# Who's the Boss?

## 7 ways to take control of your mind

TEXT Linda Hampton

At first glance, it would seem that positive thinking and time management have nothing to do with one another. But many of us who are natural born clutterers develop negative thinking patterns because we become exasperated by our challenges and frequent feelings of being overwhelmed. This negative attitude then makes it more difficult to control our feelings and move forward.

Practicing positive thinking allows you to focus on your accomplishments, which increases happiness and improves motivation. This, allows you to spend more time getting things done, and less time feeling stuck.

1. Take good care of yourself

It's much easier to be positive when you are eating well, exercising, and getting enough rest. Commit to doing something good every day. Start with a single effort, maybe it's eating just one healthy meal if you keep that up then it will be 2 healthy meals until you choose to eat healthy all the time. Sometime failure comes from trying to make a 360 degree change in one day.

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Construction:  
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# 5 different ways goal setting can improve your life

TEXT Jack Brown

Setting goals is one of those things we fully intend to do, but never quite get round to.

However if you realize just how much your life could be improved by this one simple task, you would make the time! Below are just 5 of the benefits to setting goals, so have a read through, then take 30 minutes to really think about your goals and write them down.

## 1. Targets

If you have nothing to aim for, it is easy to just drift along in life, fully intending to do all those things one day. But generally one day never comes and you don't achieve what you want to and are capable of. Having a set goal gives you a target to

aim for, with a specific end point. When you reach this target you feel great!

## 2. Motivation

Having a goal is a great motivator. Seeing that clear target and thinking of all the benefits that will come with reaching it will spur you on, even when your energy and motivation is low. Inevitably there will be a few ups and down on the way to achieving your goal "" these are par for the course and you must be persistent enough to work through them. Keep looking at your end point and its benefits and remember, persistence WILL get you there!

## 3. Priorities

Do you have several things on the go at once? You may have to juggle work, a husband, wife or partner, children, family, friends and so much more. This often means your own hopes, dreams, desires and needs are put on a back burner and the things you really want to do simply remain dreams. Setting goals makes it easier to achieve your dreams. When they are written down as goals, you can plan the time to make them come true.

## 4. Success

The most successful people all set goals. Only 3% of people in the U.S. have written goals, and according to research, these people accomplish 80% more than those who don't. Put yourself in the top 3% now and see your success and confidence sky rocket.

## 5. Confidence

Setting, working towards, and achieving goals gives your self confidence a huge boost and inspires you to achieve more. Even very small goals make a difference; you might make a goal in the morning to make 3 phone calls you have been putting off. Write it down in the morning, plan half an hour to do it and then feel the satisfaction when you put a big line through the to do list! The more you do, the more confident you become and everyone could do with more self confidence!

Remember goals don't have to be huge, life changing aims. Start with tiny things and see how good it feels to achieve something, no matter how small. I cannot stress enough how important it is to actually write down your goals. So take action now!



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## POSITIVE THINKING

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to enhance emotional health  
and make it ready  
to beat any  
complication or challenge.

# Why people don't get what they want

TEXT Elizabeth Tobin

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

Take a moment and think about how you feel when you are unclear and unfocused. Do you procrastinate? Do you go from one task to the next without really completing anything? If you've ever frittered away your time by doing busywork and didn't really accomplish much, then you know what I'm talking about. You also know that indecision is

the breeding ground for the exhausting triple whammy of doubt, anxiety and frustration. Now, what happens when you are decisive? You make clear and wise decisions and the Universe mobilizes to support you!

You see, making wise decisions is the clearest route to achieving your goals. You know how you feel when you are certain of your next step. You stay focused and energized. You feel confident; you know what to do and the rest follows naturally. It's as if the details take care of themselves.

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

say decisiveness is the key to success. And indecision and procrastination are dream killers.

The good news is that you can change your patterns of indecision and procrastination by optimizing your Wood Element Energy. And Spring is the perfect time of year to do this because according to the Chinese Five Element Acupuncture system this is the time of year when the energy of the Wood Element is strongest. If you're feeling disorganized, unfocused and indecisive this is an indication that you need re-patterning for the Wood Element. You see, procrastinating, second guessing yourself, wasting time, and getting stuck in the same old rut are what happens when your Wood Element Energy is out of balance. And you know all too well what happens next... You spiral down into anger, frustration and hopelessness. And then you start frantically searching for a solution that doesn't materialize. You go from one thing to the next always searching and never finding, and the cycle of anger, frustration and hopelessness continues.

Just reading about it has probably got you all tense. Now, relax and visualize how powerful you will feel when you are aligned with the positive qualities of the Wood Element:

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

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# 7 simple hints to manage your stress level

TEXT Kevin Nelson

Adult life seems to be full of fun and unlimited possibilities. You can go wherever you want, do whatever you want, and never think about consequences. But when you grow up, you understand that there is nothing fun about being an adult.

You have thousands of responsibilities, hundreds of daily tasks to accomplish, and the consequences are the only thing you can think about. You live in the state of permanent stress. You have no right for a mistake. You have no time for having rest. You can't tell someone that you cannot handle your problems.

You need to be strong, you need to work hard, and you need to find a solution to every problem that appears.

## Stress in modern Life

With every year, the level of stress increases. Unfortunately, no one is surprised today when a 30 year old person has a stroke. The situation becomes worse: even children suffer from stress. They have sleep disorders, problems with concentration and nutrition, and they do not even understand that the reason for this lies in the habits of their parents and surrounding society.

Still, today we can handle the stress. It requires time, attention,

and effort, but the results – strong mental and physical health – are totally worth it. In this article, we have collected several approaches to stress management. These approaches can be divided into two large groups: something that you can do to decrease stress level at the current moment and methods that you need to introduce into your life and make them your habits.

## Change your life to get rid of stress

Of course, you cannot eliminate stress from your life for good. For our bodies, a stressful situation is everything that makes us feel uncomfortable: too hot, too cold, too many people around, etc. Your stress management will be more effective if you build stamina and make your body and mind strong. Thus, you can prevent the negative effects of stress.

### 1. Healthy nutrition

We are what we eat. If your daily meals consist of hamburgers, soda, fries and other fast food, you have severe problems with nutrition. A person needs to consume not only enough calories (fast food has too many of them, causing obesity) but also enough elements and vitamins.

When you consume good food, your body receives enough energy to be productive all day long and build the important connections between your blood, cells, and the nervous system.

### 2. Regular sports

If you suffer from stress regularly, you need to change your daily activities. The best way to get rid of stress (and prevent it) is regular sports classes. It does not matter what type of class you choose, swimming or yoga, you just need to make your body move.

While moving, our endocrine system starts to produce hormones helping to lower the impact of stress. Besides, if you feel stressed right here and now, you can also use sports as the way to manage stress level. Perhaps, you need some passive activities right now, or on the contrary, you need to be active to forget the problems that make you suffer.

### 3. Meditation

Ability to calm down your mind and keep your emotions under control is precious. Regular meditations help to find out methods to remain calm and preserve a clear mind in different life situations. Meditation is the habit that will change your life even more dramatically than quitting smoking or drinking alcohol. First of all, it will help you release your hidden potential. You will be able to find answers to the questions that have been bothering



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you for a long time. You will be able to understand what exactly you want. You will learn how to listen to yourself and how to use this knowledge in your further life.

Along with the meditation practice, we would also recommend that you try some of the breathing techniques. For stress management, they work perfectly. They balance your blood pressure and help you enrich cells with oxygen. Besides, a long, measured rhythm of breathing has a calming effect.

### 4. Sleep at night

Night sleep is a key element of your strategy to prevent negative effects of the stress. At night, our bodies produce the most important hormones that help us beat stress. If you sleep in the daytime, your body cannot sufficiently perform its functions. Besides, you need to sleep at least 6 hours to give yourself time to have a rest and relax. What's Next?

### 5. Positive thinking

Stress ruins our mental health. To prevent that, you need to teach your mind to be strong and believe in the best outcomes.



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Positive thinking is an easy and effective way to enhance your mental health and make it ready to beat any complication or challenge. If you feel that you can no longer take your emotions under control, give yourself a break.

Try to get rid of all negative thoughts and start thinking about positive moments. Imagine that you are sitting on the shore of the ocean, observing the waves and listening to nature. Or remember your childhood when mom's smile made you the happiest person in the world.

### 6. Be pro-active

Lazy people suffer from stress more frequently than those who have an active life. If you have something to do, you do not have time to make up problems and think about them. Each time you notice that stress level is rising, start doing something that requires effort and concentration from you.

For some people, the best solution for stress is to work with their hands. Other people prefer to delve into studying or investigation. Try different methods to understand what works perfectly for you.

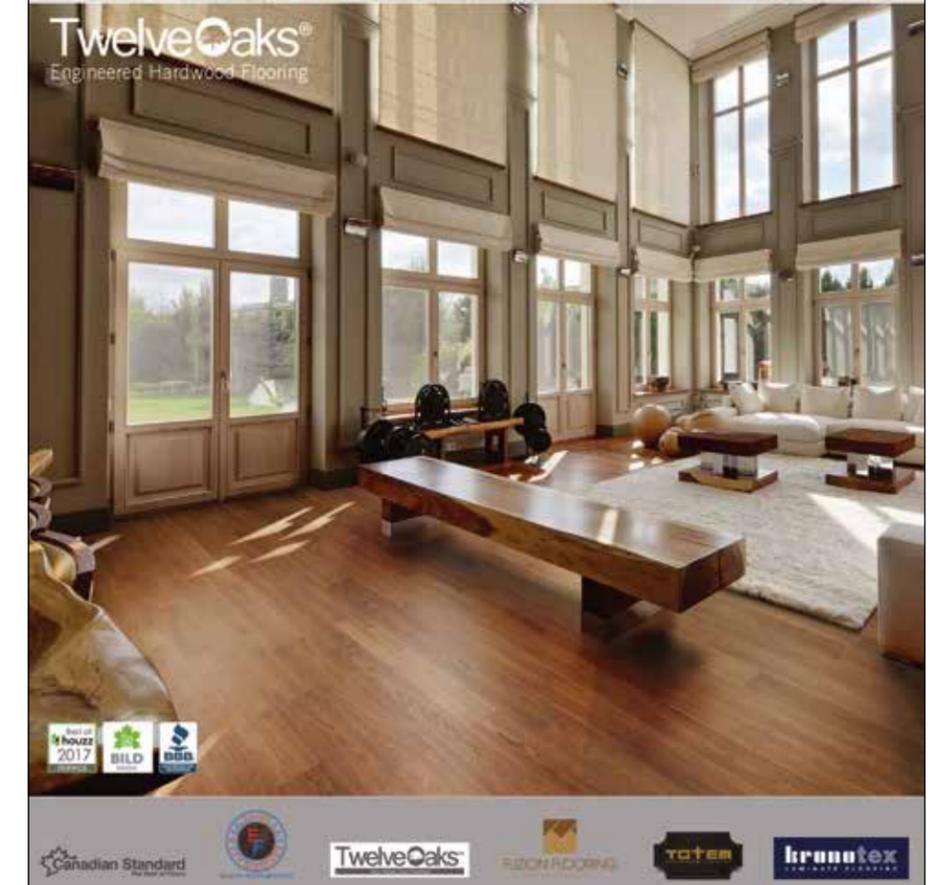
Another approach that will help you beat the stress is to learn something new. However, you need to be careful with this approach. First of all, the theme should be interesting, and secondly, you should not get irritated when you cannot cope with some new tasks.

### 7. Do what you like

It has been noticed that students who admire writing do not suffer from writing an essay. They do it easily in comparison to the students who do not love what they do. If you notice that everything in your life creates additional stress, change what you do.

If you admire writing, but work as an accountant (and you actually hate your

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job), quit it and give a try to writing different types of thesis statements for a magazine. If you cannot quit the job, introduce your hobbies to your life and make them more important than the things you do not like at all.

Of course, it is difficult to change your approach to life in a couple of days. But you need to work on it to get rid of the stress and make your life

more comfortable. Stress should not be your friend.

It should not guide you through your life and spoil its best moments. You need to take your life under control and make it better. Develop a habit to fight against stress and find the ways to eliminate it from your life. These 7 tactics will help you choose the right way to beat this problem and enhance the quality of your life.

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## HUMOUR, LAUGHTER & WIT

TEXT Mercy Emmanuel

Did you know that laughter is contagious? A good sense of humour is free to anyone who is willing to accept it. Laughter will keep us younger.

Studies and researchers have discovered that laughter affects the body in many good ways and we don't even realize it. Humour lets you feel in control of your situations and make them seem manageable. It will allow you to release anger, fear, and stress.

Humour is very important to our mental health. Humour makes us feel good. It will increase our energy and with this we can do things we might not otherwise do.

Humour affects our behavior. We may talk more, touch others and even be able to make eye contact with others. Without humour our minds would become stale and this could lead to depression.

If you practice good humour you will not be feeling depressed, angry, anxious, or resentful. Humour gives us the ability to connect with others. We are programmed to laugh. Humour can help us cope with bad experiences. It can help us to stay focused at difficult times.

When we hit the bumps in life, we can cope by focusing on our humour and our past experiences. The first thing you might do is look around and see what absurd and silly activities are around you everyday. Watch children and you will find that they are delighted and amused by just ordinary things.

Expose yourself to funny things, comedy programs, joke books, etc... Hang

around with people that are funny and enjoy humour. Remind yourself daily to enjoy yourself and have fun. Avoid things that make you feel sad and unhappy. If you have negative emotions, use laughter as a bulletproof vest. You can reset your emotions with just a little bit of humour.

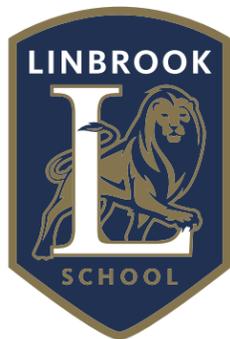
Research has shown laughter with numerous positive outcomes. There are no known negative side effects to laughter. A little chuckle each day will keep us laughing a little longer. A good laugh can release anger, fear, and stress. All of these can cause harm to the body over a period of time. We need to use the power of smiles and laughter to help heal as well as prevention. Laughter is a good medicine. No matter what adversities we have in our lives we must have room for laughter.

We know that it is easy to laugh when we feel good. It's even easier to feel good when we laugh.



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# Boys' School in Oakville

JUNIOR KINDERGARTEN TO GRADE 8

Linbrook isn't just where boys will be boys; it's where boys will become young men.

Linbrook School, Oakville's only Independent Boys' School, has created a name for itself as an exceptionally positive environment.

The theory that boys and girls learn differently is one that is backed up by an increasing amount of academic research. It is also what led Amber Way, the founder of Linbrook School, to start a boys' school in Oakville. Prior to Linbrook opening in the fall of 2014, parents' options for single gender education for their sons were limited to the city of Toronto and northern campuses. Now, families who live between Etobicoke and Hamilton are also benefitting from a unique program that develops a love of school in young men.

Linbrook School is a not-for-profit, independent day school that prides itself on the compassion and knowledge of its



staff. The school's capacity of 180 boys creates an intimate environment, where every member of staff knows every student.



Linbrook's program is designed to address boys' need for movement and to build upon their natural love of learning through humour, competition and a customized academic program, boys who attend Linbrook spend a significant amount of time actively engaged in athletics, music and art.

The program has been designed to offer students a wide array of experiences with teachers who are passionate about their subject area and who love inspiring boys to achieve their true potential.

From the moment you walk through Linbrook's front doors, you know you've entered a special place. The positive energy that spreads throughout the school is immediately evident, and the physical



## ENGAGE. INSPIRE. ACHIEVE.

environment is warm and inviting. As you stand in the school's lobby, the expansive playing fields and dense woodlot are pleasantly visible.

In addition, every classroom is bright and airy, with large windows that bring the outside into all learning spaces. The boys' work areas include ergonomically designed stools and tables, including standing work surfaces, and technology also plays an important role in engaging the boys within their lessons. In the absence of girls, boys are generally more willing to try things and take risks, including activities as diverse as hip hop dancing, knitting, karate, coding and robotics – there's even

a babysitting club. Another thread that runs alongside the school's academic and extracurricular programmes is teaching the importance of helping others. Linbrook's students often help with local charities, while "kindness challenges" encourage the boys to commit good acts.

For families who also have girls, Linbrook has the distinct advantage of having a girls' school directly across the road, which many of the boys' siblings attend.

Linbrook invites families to schedule a personal tour. Visit [www.linbrook.ca](http://www.linbrook.ca) to learn more and contact [info@linbrook.ca](mailto:info@linbrook.ca) with questions or comments.

Laughter, kindness, responsibility, charity, music, academics, empathy, honesty, competition, family, fairness, morality, positivity, arts, and athletics are just a few of the foundational elements that form Linbrook's mandate.

With a capped enrollment of just 180 boys, the school boasts attention-based learning practices and an involved community of parents and teachers supported by research-based curricula, contemporary facilities, music and art studios and "an exemplary academic program that reflects the latest in research for boys' education and technology."

# MOTIVATION

## Winning the battle in your mind

TEXT Rotem Cohen

Motivation is a peculiar and complex state. What motivates one person can be very different than what motivates another even though they are striving for the same goal.

Some people can motivate other people but only to a certain degree. At the end of the day, you still have to work out a way to get yourself motivated. But when everything looks bleak and all you want

to do is to surrender, where do you find the will to carry on?

Begin with winning the battle in your mind.

The battle always starts in your mind. One part of your brain tells you to move, work, and strive for your goals. The other part tells you that it is foolish. It is always easier to listen to the latter, because it is more convenient, less taxing, and easier to do. The former forces you to act and follow-through.

All things being equal, people always choose the less inconvenient, easy way out. But this isn't always the better choice. In fact, it is never the best choice.

What separates highly effective people from those who are non-effective is their ability to make the right choices most of the time, even if these choices are the most difficult to accomplish. They know how the game works and they try to beat

it every single time. Exhausting, yes, but it is also gratifying. There is always a sense of satisfaction in defeating your worst enemy – your own mind.

How do you win the battle that goes on inside your mind?

Understand your thoughts and how they affect your emotions and your will power. Negative thoughts can easily kill your sense of direction. It comes in many forms – lack of self-confidence, general negativity, lack of belief in others and procrastination; the list is endless.

Each of these has the power to convince you to give up and accept the fact that you can't carry on. Identifying each of your negative thoughts is the first step to winning yourself back from a defeatist attitude.

It is no simple feat, however. It takes time before one can shut out the chatter in the mind that says 'give up, give in'. And sometimes, even when you have already succeeded in neutralizing your negative thoughts, it is still easy to give up at the first challenge you come upon.

After all, it gives you time to rest from the unending struggle to achieve whatever it is you are pursuing, even for just a moment. But don't buy into that. That short period of rest can turn to days, weeks, months, years, ultimately paralyzing you from taking action and living a full life. That's the characteristic of discouragement. It offers you immediate gratification without offering anything in return.

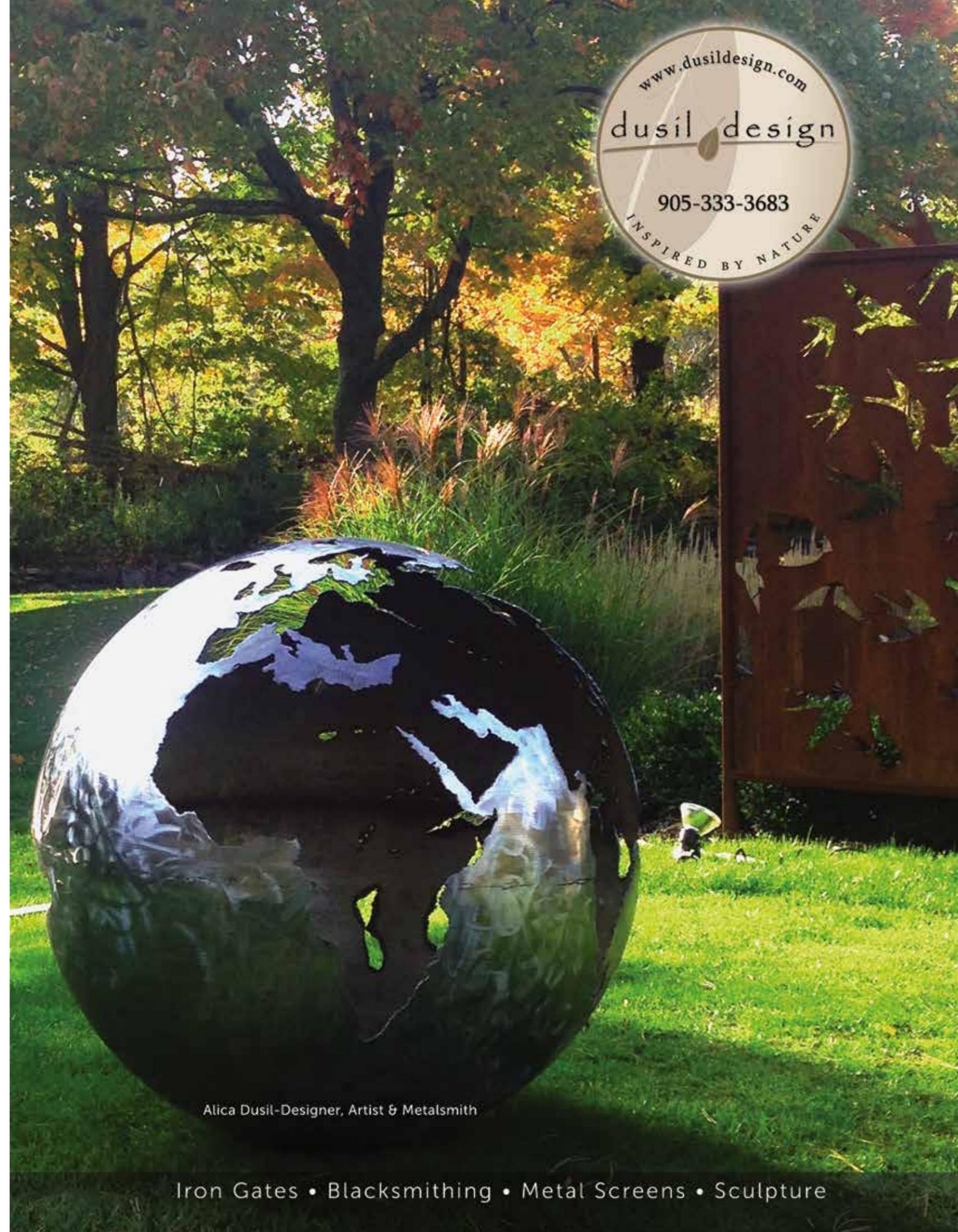
You will gain positive momentum every time you choose to follow your motivation, instead of succumbing to a demoralizing attitude. Each time you listen to the positive choice in your mind, you build self-esteem and that offers you power to make the next positive choice. Your motivation increases along with your sense of well-being.

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# CONFIDENCE

## How to increase it and use to your advantage

TEXT Anne Bachrach

Confidence will improve both your personal and professional life, here you will learn how to increase it, and use it to your advantage. Some people seem as if they have all the confidence in the world, while the rest of us are left to figure out how to muster it, and if we have any reason to be confident at all. Having a clear understanding of the talents you possess will help you understand the value you bring to every situation. In this article, you will learn how to identify your strengths and weaknesses, and how to make improvements. Confidence will improve your self-esteem, your performance and trust in yourself to do even more.

If you want to increase your confidence but are not sure how to do it, follow these simple steps and you'll be on your way to more confidence and a better life.

### Identify your talents

Start with a piece of paper and draw a line down the middle to make two columns. In the left column, write down your natural talents. In the right column, write down your learned talents.

There are two types of talents: natural and learned. A natural talent is one that came effortlessly without any formal training, like a childhood talent. Some people are born with an internal calculator and can calculate numbers easily, while others might be naturally talented at drawing or painting. Your natural talents can be whatever you feel you are naturally good at, including sports and physical activities.



Learned talents are those talents you acquire through education, say an engineering degree or fashion design degree. You might have had natural talents that enhanced your learned talents, but you can't become an engineer without getting an accredited education.

Another great source for identifying your learned talents is in your work experience. Revisit the job duties you've had and find similarities. Maybe you are good with people, so you were typically in positions that utilized your people skills. Or maybe you're a good strategist, so you always found yourself in the planning and strategy departments.

Write down everything you know how to do, natural and learned. This exercise might take a few days to really nail down your talents, so if your list is initially short, don't worry. When you remember something you're really good at, just add it to your list. You can call up friends and family and ask them to help you identify your natural and learned talents.

### Identify your weaknesses

Everyone has weaknesses, and they do serve the purpose of somewhat balancing out our personalities. Having

some weaknesses is perfectly normal, but if you don't know what they are, you will not be able to effectively apply talents in any given situation. The point here is to identify your weaknesses so you can work on concentrating on what you're good at and like to do. If you can lessen your weaknesses, great - but for the most part, just identifying them is enough. Once you have identified them, you can build a team with people who complement your strengths. To be efficient, if there are things that you procrastinate on, or don't like to do - delegate those tasks to someone that has that strength, and can apply it to complete those tasks efficiently. This will save you time and energy.

If you're not sure what your weaknesses are, again, ask friends and family. I even suggest asking your boss and coworkers because they might give you completely different weaknesses that your friends and family will be able to identify. Granted, this is not an opportunity for personal attack. You are looking for honest feedback from the people who know you, so you can improve your personal and professional life. Ask for honest feedback with a kind delivery.

*continued on page 56*

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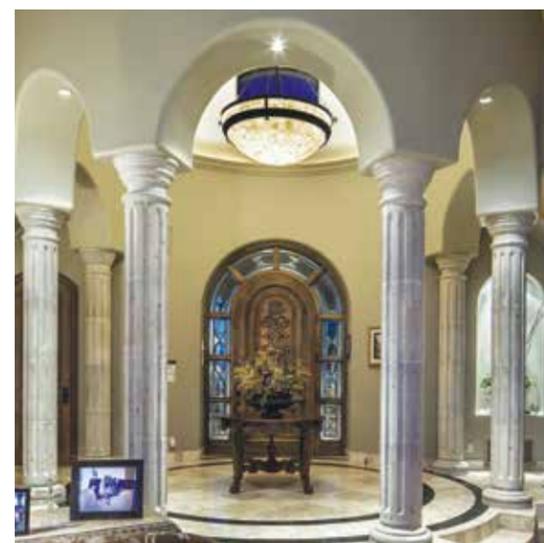
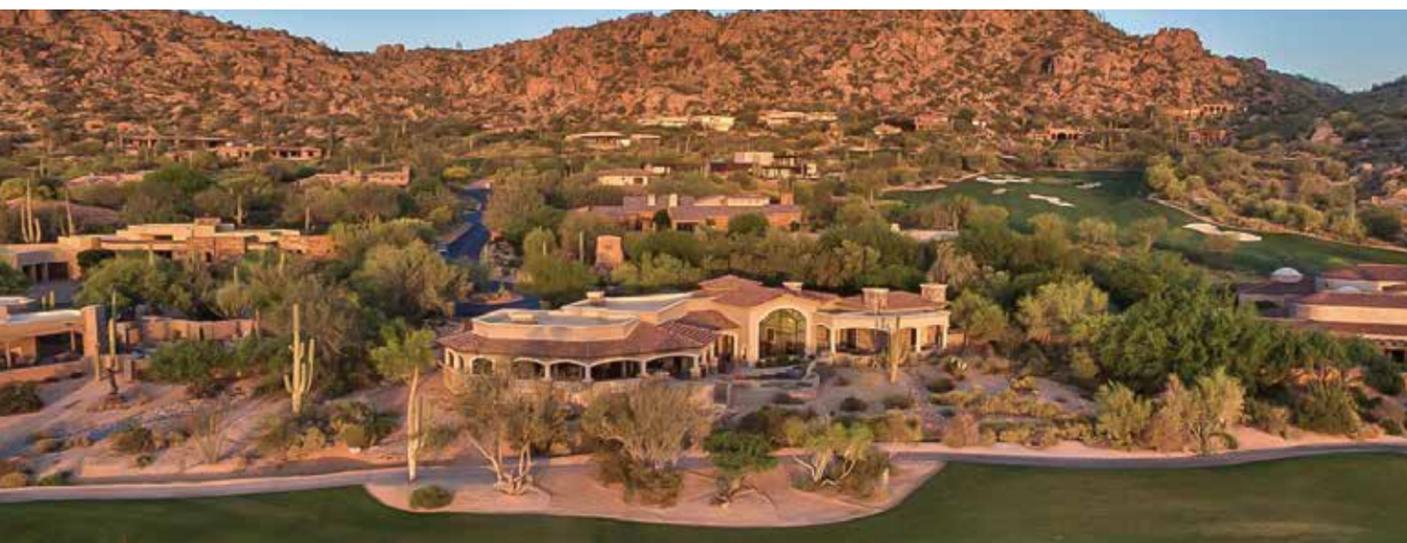
Custom designed by architect, Lee Hutchison, this incredible 8,000+ square foot home is located in north Scottsdale near the base of Pinnacle Peak. Located in one of the most beautiful communities in Scottsdale. The lush desert vegetation and incredible multi-million dollar homes create a level of unmatched privacy and quality unparalleled in Arizona.

The estate overlooks the 5th fairway of the renowned Estancia Club, nestled on 640 acres, the Tom Fazio designed 18-hole championship golf course is a private golf community behind guarded gates.

Leaded glass windows and doors can be found throughout this home plus natural stone floors, Cantera columns and granite throughout. The spacious kitchen is a gourmet's dream and perfect for entertaining guests. Pocket glass doors allow the inside to flow outdoors to the patio kitchen area to the expansive covered patio.

An oversized master suite plus two private suites with separate security panels and entries. The elevator access to a lower level guest area is complete with a kitchen, bedroom, exercise room, fireplace and closet space plus a movie theatre and a wine room with a 1000 bottle capacity – envy of any wine lover!

This home wouldn't be complete without a guest house boasting a kitchen, fireplace and two spacious closets that will have your guests in complete comfort!





The home features four interior fireplaces and a fire pit on the private patio of the master suite where only steps away is a Pebble Tec pool and spa, fountain, built in BBQ and firepit.

The property is spacious and special, offering abundant storage throughout plus more areas for dog runs and workshops. Water features complement the unique architecture at the main entry of the property and again in the rear elevation of this incredible home.

From the lush green fairway to the city skyline to the mountain range of Pinnacle Peak, one is able to capture all of the elements of the high Sonoran desert – Arizona sunsets, the city lights, lush green fairways and mountain views that Scottsdale offers.

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# The enhanced BMW M6 Gran Coupé



The BMW 6 Series Gran Coupé conjures up a new balance of dynamic excellence, elegance and luxury. The latest addition to the BMW 6 Series range blends the sporting performance and aesthetics of a Coupé with the extended functionality of a four-door car. Its distinctive proportions and longer wheelbase accentuate the exterior's irresistible radiance.

The interior of the BMW 6 Series Gran Coupé delivers luxurious long-distance comfort for the driver and passengers in four full-size seats and offers a third seat in the rear that is suitable for shorter journeys. Detail refinements showcase both the elegance of the body design and the exclusive ambience of the interior.

Aerodynamically optimized  
exterior mirrors,  
newly designed model badge

Like the modified design of the front apron, newly styled exterior mirrors also contribute to the optimized aerodynamics of the models in the new BMW 6 Series Gran Coupé, while the side indicators are now integrated into the exterior mirrors in the form of slim horizontal light strips.

The standalone proportions of the BMW 6 Series Gran Coupé and the exclusive elegance of its lines are emphasized even more clearly by a new design for the side window surrounds at the trailing edge of the rear doors. There, a graphic element



bearing "Gran Coupé" lettering guides the eye to the "counter-swing" at the foot of the C-pillar, known as the Hofmeister kink. On the new BMW 6 Series Gran Coupé this element is made from black painted aluminum and bears raised, embossed lettering.

#### Powerful, sporty appearance

The enhanced BMW M6 Gran Coupé announce their high-performance credentials before even turning a wheel thanks to an athletic and dynamic appearance. New, standard-fitted Adaptive LED headlights make the intentions immediately clear – the M-specific double-bar kidney grille and eye-catching front apron with large air intakes see to that.

The powerfully sculpted front wing mirrors with hallmark M gills (with integrated

side indicators), the side skirts and the forged 20-inch M light-alloy wheels only add to this impression. The sporting looks of the new BMW M6 Gran Coupé are rounded off by a rear apron with integrated diffuser insert, two sets of M-specific twin tailpipes and the M6 logo on the trunk lid.

Another unique M feature is the ultra-lightweight contoured carbon roof of the new BMW M6 Gran Coupé, which also helps to lower the cars' center of gravity.

The sporty and luxurious high-performance essence of BMW M also shines through the interior of the new BMW M6 Gran Coupé. Key elements here are the M leather steering wheel featuring shift paddles for the M Double Clutch Transmission with Drivelogic and M Drive, along with the distinctive M

gearshift lever, special M instrument cluster, iPhone-style iDrive screen, center console in black panel look and an M-specific Head-Up Display.

Setting the seal on the unique Merino full-leather interior appointments with contrast stitching are the electrically adjustable M multifunction seats, illuminated M door sill finishers with M6 logo, and an M driver's footrest.

#### Exclusive appearance and innovative options

The updated BMW M6 Gran Coupé leaves the factory with an extensive and unique range of equipment fitted as standard. New features include Jatoba Brown metallic paint, Aragon Brown Full Merino Leather upholstery and stylistic accents in classy black chrome.



# Ideal Closets and Garages

## Raising the bar

TEXT Krista Deverson

Organization is an art that can change the way you live. Imagine waking up in the morning and while the coffee is brewing you step into your closet to pick out your power suit for today's important meeting. Instead of the chaotic rush of mornings' past where you rifled through what looked like the disastrous discount rack of a department store with every shirt, jacket, pair of pants, and accessory bursting from whatever spot it would remotely fit, today you can breathe a calm sigh of relief as you experience the luxury of perfect organization.

In a custom closet, everything has its proper place. Racks of colour-coded pressed shirts, suits, and dresses all

hanging meticulously in a row, making it easy to pick the best combination for the day. Floor to ceiling shelving displays all your shoes while drawers keep the little things like socks and underwear neatly tucked away. Every detail is carefully considered to start your day off right including slide-out tie and scarf racks, velveteen-lined jewelry inserts, and a tucked-away mirror to ensure you're dressed to impress. To enhance your daily routines, a true custom closet matches your personality style while catering to your needs with high-quality, long-lasting products.

Ian Barrett of Ideal Closets and Garages knows the frustration home owners feel

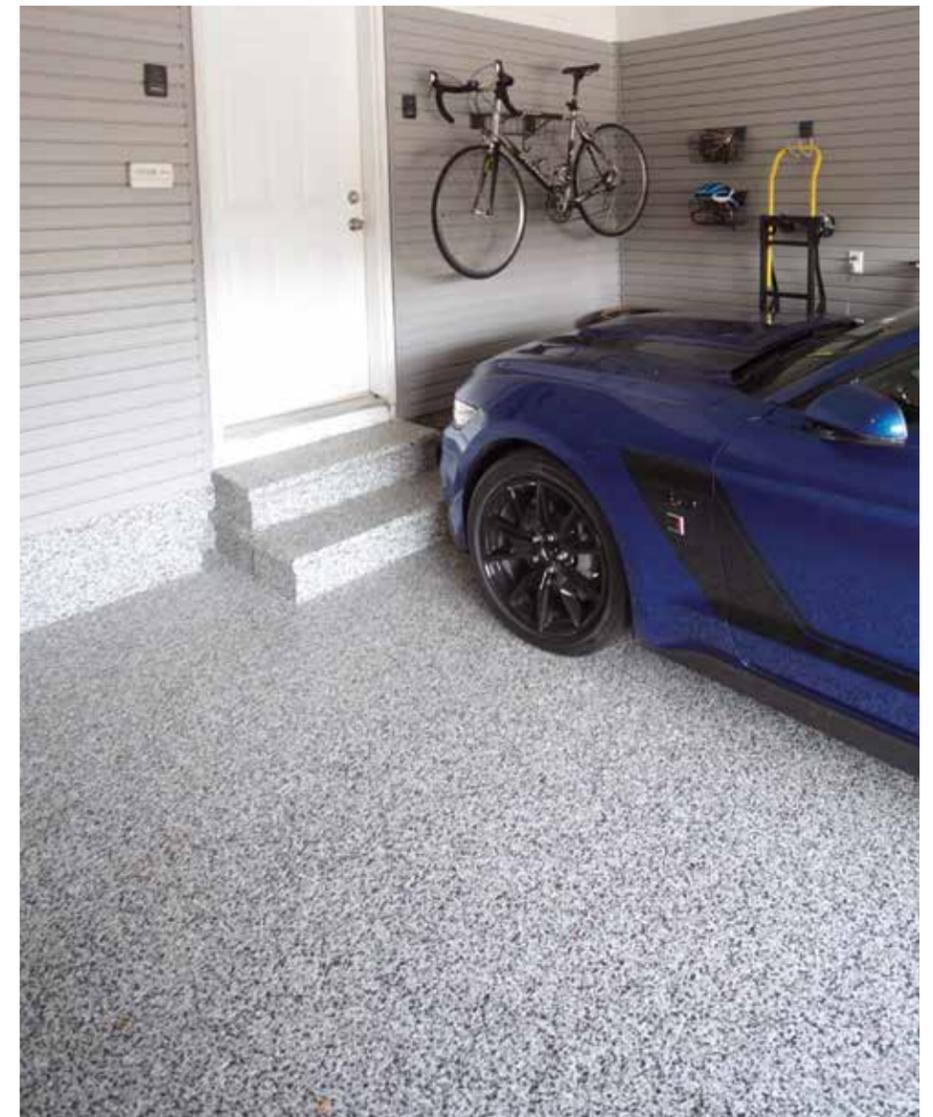


when their current storage is inadequate for their needs. At 43, Ian left his job as a Regional Manager of a large multinational engineering firm to pursue his passion in home organization. For him, an organized home meant stress relief to start the day because everything is where it should be, and as a result the day begins and runs more seamlessly.

Ideal Closets and Garages prides themselves on creating storage and organization solutions for today's homeowner. Believing that everyone should experience the zen benefits of a meticulous home, Ideal Closets and Garages takes time to understand their clients' needs and personal style to determine the best organization options for both their closets and garages.

Today's modern homeowner has so many belongings to contend with that even garages intended to store cars are filled to the brim. Ideal Closets and Garages has solutions to organize all the sporting, gardening, lawn care maintenance, snow removal, and vehicle maintenance equipment filling homeowner's garages. Wall storage, cabinets, and floor coatings will turn any garage from an overflowing mess into an easy to use parkable space. They ensure the homeowner will have room to not only park their car, but to get in and out with ease without ever having to worry about tripping on anything. With scratch/dent resistant coatings and slatwall, their designs are built to withstand the wear and tear of every day garage use.

All the high-quality products they install are the only true custom products on the market today for closets and garages. Unlike the branded market leader or big box stores who provide the same product, Ideal Closets and Garages' custom-manufactured closet gables eliminate the traditional top to bottom



holes that were the industry standard. At affordable prices, clients can feel confident knowing they have added value to their homes with a closet that has a smooth and clean appearance while

eliminating some of the daily stresses associated with cluttered closets and garages. Their close association with Superior Ideas, a trusted and recognized custom millwork manufacturer with more



than 3 decades of experience in the GTA market allows Ideal Closets and Garages to provide high quality locally custom-manufactured closets and cabinets to clients at affordable prices.

A comprehensive in-home design consultation is the first part of the Ideal Closets and Garages experience where detailed measurements are taken, client belongings and layout are considered, and where the consultant listens closely to understand the client's needs and desires. Flexible 8am to 9pm, 7 day-a-week appointment times take into consideration clients' busy work schedules and family lives.

Secondly, Ideal Closets and Garages create a 3D rendering and model of the custom closet or garage organization system to show clients how the space

will ultimately look and function while allowing the client to collaborate on finishes, accessories, and colours. This stage ensures the client gets exactly what they want and that the designs will meet the client's schedule and budget.

From there, the custom design is sent to the local manufacturing facility where Canadian made materials are used to craft the system components. From sustainable materials to beautiful accents, the custom-crafted closet or garage organization system will meet the highest quality of standards and be backed by a limited lifetime guarantee.

Lastly, the new system is installed with bespoke service on a schedule that works for the client. The installers at Ideal Closets and Garages treat homes with the same care they would treat their own home and

ensure that the new closets and garages are left perfectly clean and ready for use.

Passionate about organization, Ideal Closets and Garages is eager to help any homeowner overcome a storage dilemma. With an honest, quality, and value-driven approach, the team at Ideal Closets and Garages will take the stress out of home organization. Their solutions will help any homeowners' day begin and run with ease from the moment they get dressed in the morning to the closing of the garage door in the evening.

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# Steam Whistle Brewing

TEXT Holly Postlethwaite



A selection of Steam Whistle's vintage fleet over the years. Left to right – Shakey (1950's Chevrolet Sedan Delivery), Steam Machine (1967 Ford Econoline HEAVY DUTY), Grande Verde (1964 Jeep Wagoneer), Grumpy (1957 Chevrolet Pickup), Lumpy (1949 International Stake Truck), Chuckles (1956 Dodge Fargo) and The Party Bus (1965 Ford Blue Bird).

## Vintage vehicles tell a story at every stop light

When Steam Whistle Brewing, an independent Canadian craft brewery, was founded almost 16 years ago, one of its first purchases was a 1949 International Stake Truck, affectionately known as Lumpy.

Greg Taylor, Steam Whistle co-founder and longtime car enthusiast, reveals that the dream of a owning a branded vintage vehicle existed well before the brewery filled its first green bottle.

Prior to founding Steam Whistle, Greg Taylor, Cam Heaps and Greg Cromwell, all worked at Upper Canada Brewing Company. At the time, Upper Canada used an old white van for deliveries, until one day it was brought to a local graffiti festival for a refresh where it got covered bumper to bumper.

Greg Taylor recalls the stark contrast between how he felt driving to the festival compared to driving back.



Steam Whistle's 3 Founders (aka the 3 Fired guys). (Left to right) Greg Taylor, Cameron Heaps and Greg Cromwell. Photo: Martin Lyons

"People were cheering at me, rolling down their windows and yelling 'I love your van!'"

"At that moment I realized how a vehicle could express brand character and evoke an emotional response from consumers."

Custom vehicles are ingrained in brewing history. In the 1930's breweries were faced with rigid advertising regulations restricting them from promoting their products publicly. In response, Labatt Breweries and industrial designer Count Alexis De Sakhnoffsky, came up with one of the most influential marketing ideas with the release of their custom streamlined semi-trailers.

Inspired by history, Steam Whistle envisioned its fleet to embody the brand's character, retro aesthetic and "age of innocence" while bringing to life the fun and enthusiasm associated with vintage vehicles.

Lumpy, the 1949 International Stake Truck, became the perfect vehicle for delivering refreshing Pilsner.

"A little bit of the brand story was shared at every stop light."

But the founders saw an opportunity to extend that engagement even more.

"We wanted to be able to pull up to offices, set up in backyards and create a lasting experience," says Taylor.

The Steam Machine, a 1967 Ford Econoline HEAVY DUTY, was the first to be equipped with chrome draught taps on the outside.

"We really let our hair down with Steam Machine. It was the first vehicle where you could simply pull up and start pouring. It extended the use of our vintage vehicles in a very practical way; creating authentic brand experiences. It embodied the fun, innocence and humility that is Steam Whistle."

Steam Whistle found the perfect balance between nostalgia and style with every custom paint job and modification.

"I'll never forget the time I pulled into a gas station to fill up Shakey (1950 Chevrolet Sedan). An older gentleman with a cane approached me and shared how he first learned to drive standard in the same model. As we chatted, a group of younger guys drove past and one of them, with his whole body sticking out the window yelled 'That Ride is 'Sick' dude'... that was a classic moment!"



Lumpy, a 1949 International Stake Truck, is outfitted with chrome wheels, a Perkins diesel engine and dual rig-style exhaust stacks.

Steam Whistle's vintage collection transcend eras from the 40's into the 70's. "Chuckles", a 1956 Dodge Fargo is a head-turner with its smiling headlights and grill. The Steam Weaver, a 1973 Dodge Tradesman, relives the 70's with shag carpet, window tassels and a horseshoe-shaped couch that converts to a bed.



Chuckles, a 1956 Dodge Fargo, is equipped with two draught taps and a roll up back door. Caution: May induce laughter.

"By recreating a vintage vehicle from each era and embodying their most classic and coolest elements, we appeal to a broader cross-set of people and make more meaningful connections." What's next for the fleet?

"A streamliner. We've taken an Isuzu straight-truck and added a 1935 cab body. It's a work-in-progress but we can't wait to get it cruising to our next party."

Visit [www.steamwhistle.ca](http://www.steamwhistle.ca) to see Steam Whistle's vintage vehicle fleet.



Shakey, the 1950 Chevrolet Sedan was once used to deliver baked bread to household in the 50's but since swapped the loafs for kegs, new mag wheels and trim.





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# Interesting food choices when visiting these 4 European countries

TEXT Rich Carroll

When traveling to any foreign country, what I always try to do is immerse myself in the culture of that country. And one of the most important parts of any culture is the native foods they eat.

There are times that a visitor must make a leap of faith when unfamiliar ordering foods, but if one keeps an open mind they are usually pleasantly surprised. Here we will give a brief overview of the foods of four well-visited countries in Europe.

When contemplating European foods, it's always interesting to look back into how their food intake has developed. Hundreds of years ago prior to colonization their diet was based on bread, oats, wheat and other grains. These were extremely hardy and could be grown in a variety of climates, which meant a relatively abundant food supply.

Subsequent to expansion to the New World during the 1700s other products such as corn and potatoes were to become well-accepted in the European food diet. But a major difference was in the development of sugar from the West Indies. Sugarcane was to become a necessary ingredient in European foods.

Yet another thing which will be noticeable will be the cultural importance of alcoholic beverage. Though pure water has become an option, until a couple of centuries back it was regarded as risky to consume. Therefore wine, beer and hard liquor were the preferred drinks for Europe, simply because the alcohol wiped out any bacteria. Coffee, tea and chocolate also became popular beverages which were brought from America as well as Africa and Asia.

Below are a few of countries regularly traveled to that provide a few food basic to their diet:

## England

It is true that English cooking differs quite a lot from Scottish or Irish cuisine. Cakes, pastries, pies along with pudding are traditional, but you must experience English pub food if you are going to experience Great Britain. I wouldn't recommend pub food every day (it's good but not that healthy). You will find that there is a great international influence in Great Britain, due mostly to the far-flung Empire. By the way, I think every English pub in London claims to be haunted. English food is quite hardy and if you like big breakfasts you will want the full English breakfast.

## France

Due to its rich soil, French food will be marked with herbs, fruits, grains and fresh vegetables. Wine certainly is another big component of their meals, and meats such as chicken, veal, duck and sometimes pork are also prevalent.





French food is often rich their sauces, and bread is usually part of any meal, in addition to cheese and pastries.

## Germany

Because most areas of Germany have distinct cultures, foods and the way they are prepared will also vary widely. But almost all of Germany have certain things in common. There use of potatoes, sausage and sauerkraut, along with

great German beers are going to be found most everywhere. And although it may seem that their foods are not very healthy, they use healthy foods such as apples, cabbage and horseradish quite universally.

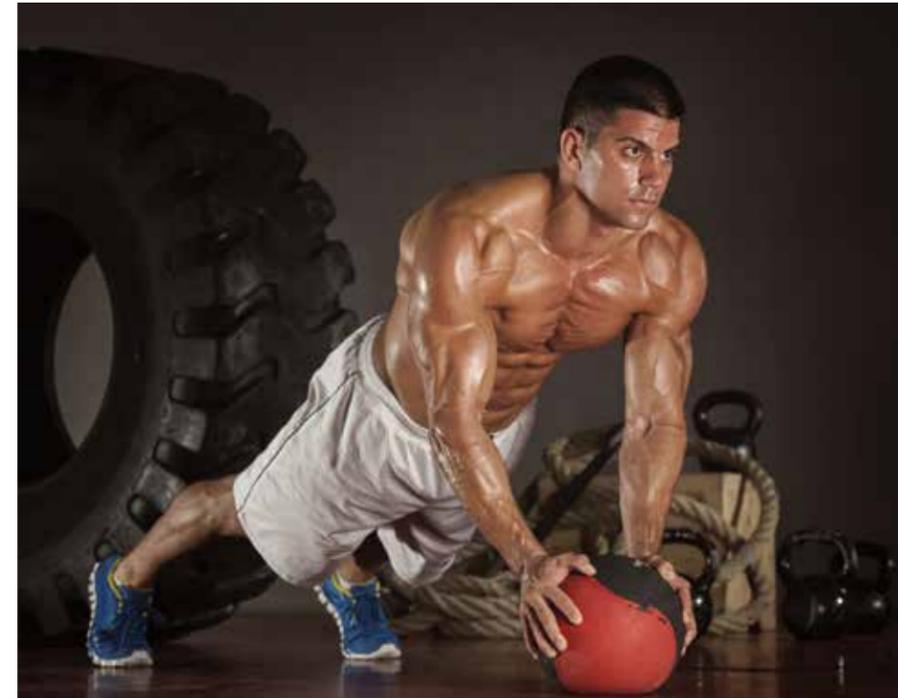
## Italy

The Mediterranean Diet most defines Italian foods, and these are generally considered to be some of the healthiest.

But there's an important influence of French, Austrian and Balkan State cooking when it comes to Italian meals. Pasta, chicken, fish and red wine are some of the hallmarks of Italian cuisine. There are a variety of cheeses which are connected to Italy, and pizza, especially in the southern parts also must be experienced. Of the four countries mentioned the tourist will probably find French and Italian foods the most interesting.

# 5 Biomarkers that can tell us our real strength as we age

TEXT Rich Carroll



We know it is sometimes easier said than done, but the health values we receive from strength training are invaluable, even with elderly people. But how can we really determine our actual strength? Before we identify five strength biomarkers, let us quickly review why resistance strength training is vital, especially as we age.

Extra lean muscle mass creates a higher sitting metabolic rate. This helps us to keep the pounds off, because following strength training we can continue burning calories up to three days later. This isn't true with basic cardiovascular exercise. Additional benefits are increasing our range of flexibility, the capacity to better carry out daily activities and the protection against osteoporosis. Along with what it does for a more positive mental state, resistance training is absolutely an essential for vigorous aging.

Here are a few of the markers which signify how our strength is:

### 1. Bone density

The vast majority of research supports the idea that resistance training increases bone density. There are a few studies that oppose this, but this fact might be related to a deficiency of minerals in the diet. As we start to get older, broken hips and other problems can crop up from brittle bones. A DEXA scan, which is like an x-ray will give us a common measurement of bone strength and density. This is usually measured with bones in the spine and sometimes hip.

### 2. Cardiorespiratory health

We can get this with effective circuit training sessions while incorporating resistance training. These exercises place demands on the cardiorespiratory system. You gain a lot more bang for your

buck using higher intensity programs, as you're able to receive much more from them in a shorter time frame. Plus, they make exercise a lot more invigorating.

### 3. Blood pressure

Lower blood pressure can be a marker for a healthy strong body, and resistance training can both raise or lower your blood pressure. There's been quite a lot written that resistance training could in fact be damaging to blood pressure levels. Knowing how to correctly weight train can lower blood pressure levels and increase superior cardiovascular health. If a person has hypertension problems they have to be conscious of it and monitor it during exercise sessions, and of course before starting a program should have a doctor's okay.

### 4. Blood glucose level

Strength training done over long periods of time have been found in scientific studies to improve blood sugar levels and diabetes. In fact, strength training for diabetics has about the same effect that cardio training does. The most effective combination seems to use resistance training and aerobics for controlling diabetic issues.

### 5. Body make up

Strength training can reverse the modifications that occur with body as folks age, particularly when it pertains to lean muscle mass and stronger bones. Aging body composition not only represents a common pathway through which multiple diseases can contribute to age-related issues, but strong lean muscle permits us to remain more lively in our retirement years.

continued from page 32

### Commit to continual learning

The more you know, the better equipped you will be in any challenge. Do whatever you can to learn something new every day. Buy a calendar with daily trivia, read a book a month, go back to school. Learn a new software application, or improve your skills on your current programs. Read a magazine that discusses topics you're interested in. Learn about fitness, health, and nutrition. Research a physical activity you enjoy and would like to do more of. Research charitable organizations you would like to get involved with. Learn to think 'outside the box' and create better ways to be even more efficient and productive to produce even better results. The more you know the more confidence you'll have.

### Learn to trust yourself through successful action

Learning from successful actions is the most

powerful way to build your confidence. The mind records everything you do and when you successfully complete a task, your mind says, "Wow - that worked!" It literally saves every step you took to complete the task successfully and calls on that memory for successful actions needed for the next task. It's like creating a blueprint for your success. With each success, your mind becomes keener at zeroing in on everything you need to do for success.

### Confidence in business

Applying your confidence in business can make the difference between a sale and a "thanks, but no thanks." Be clear though, confidence is not the same as arrogance. Confidence will get you the business; while arrogance will get you led to the front door. Confidence is being secure in your abilities and expressing how your abilities benefit your client or boss. It really comes down to a perception - the perception of the person facing you.

Confidence and the talents to back it up convey that you know what you're doing. And when you know what you're doing, they can trust you to deliver what you say you can do. When you have great strengths and can deliver results, people will want to work with you.

A word of caution; do not up "sell" if you cannot deliver. Over promising and under delivering will damage your credibility and reputation. The truth is powerful. It may not always be easy, but is typically appreciated, sooner or later. Concentrate on improving your overall skills, while stepping just far enough outside your comfort zone to learn new things. You will learn to trust yourself and know when you're stretching too far to deliver on your word.

Stretch yourself, rise to each occasion and finish strong. Go get 'em!

*Believe and act as if it were impossible to fail.* CHINESE PROVERB

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# THE SILO HOTEL

CAPE TOWN'S BREATHTAKING  
NEW ICON

TEXT Emilia Florek-Guerrero





The magnificence of Cape Town is the reason why it is constantly rated among the best cities in the world to visit. It is a vibrant city renowned for its mountains, beaches, bio-diversity, climate and well-developed infrastructure. The multicultural diversity is one of the many things that make Cape Town a great city to visit with its blend of culture, art, design and cuisine. One can fall in love with Cape Town with its picturesque views, present in every direction. The "Mother City," of South Africa, as it is affectionately known is a colourful and vibrant city surrounded by dramatic mountains and sandy beaches.

This 5 star-hotel known as The Silo will provide an unforgettable stay and leave lasting memories for guests. It is a part of the Royal Portfolio - a collection of exclusive hotels, lodges and private residences situated across South Africa.



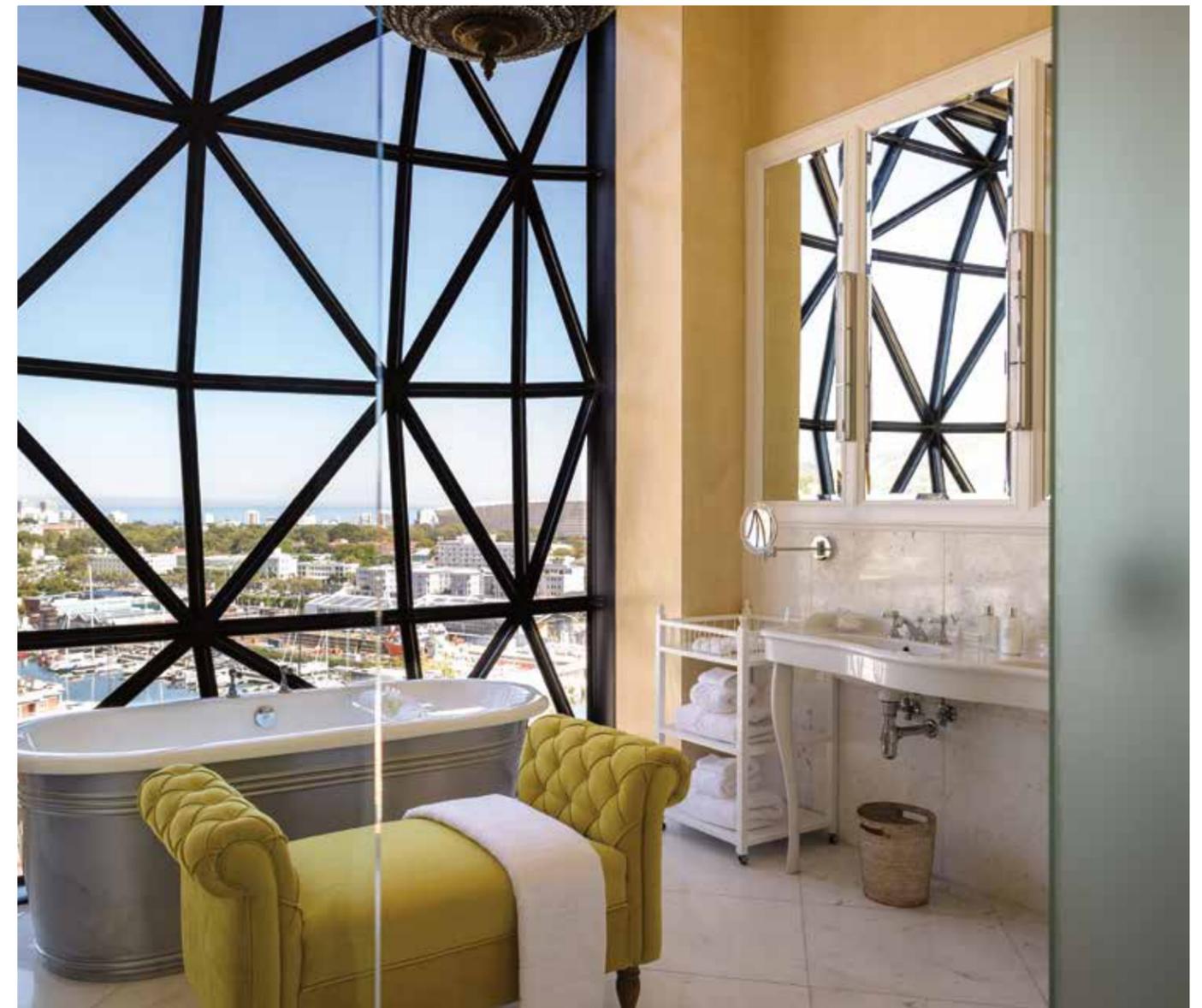


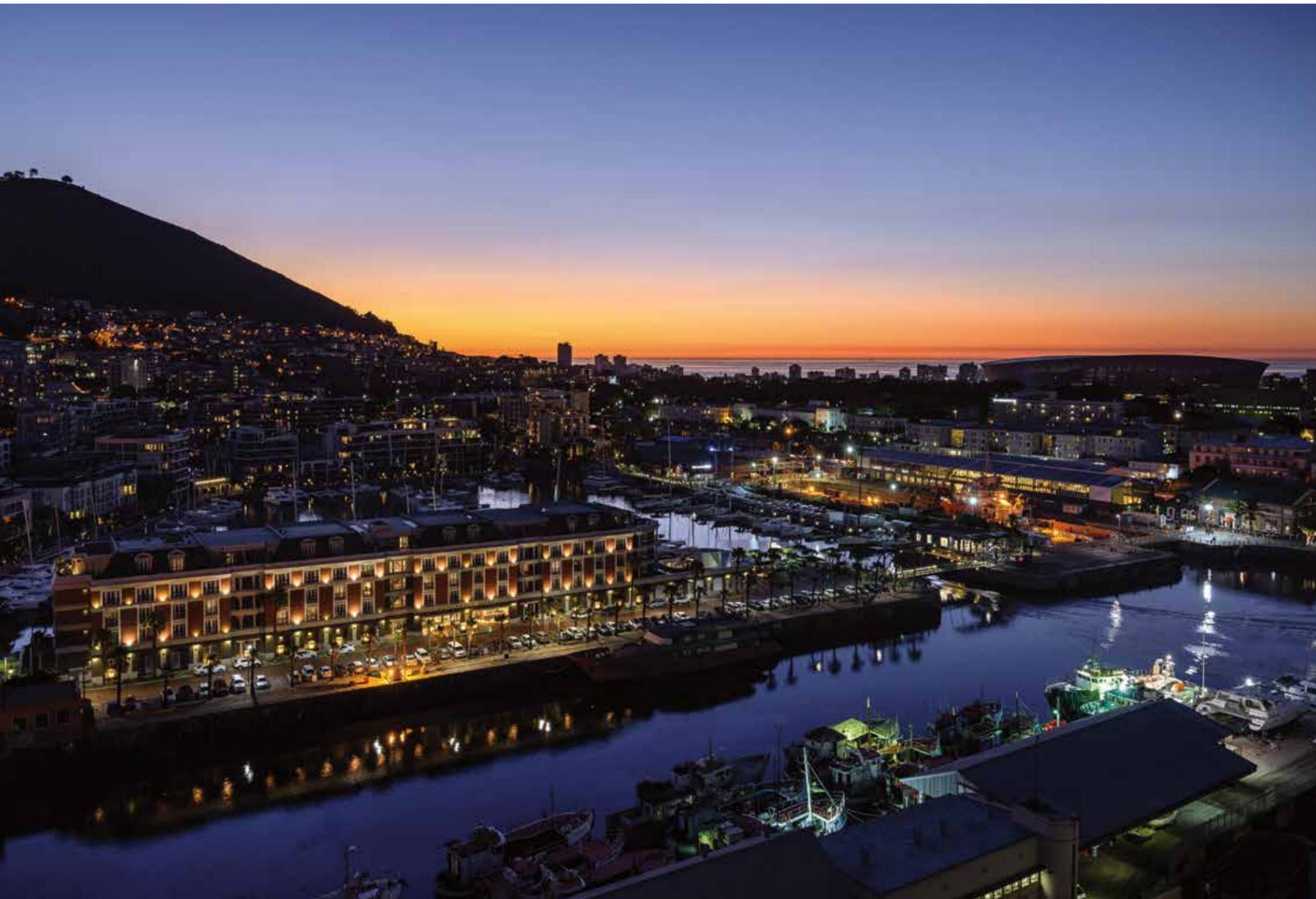
The Silo is conveniently located in the center of Cape Town, offering spectacular views of the city and all it has to offer.

Standing at 65m tall, the actual building of the Silo Hotel, dating back to the early 1920's, was at one time the tallest building in Sub-Saharan Africa. It once played a critical role in the international trade sector for South Africa. There are two parts that make up The Silo Hotel. The hotel itself is located in what is known as the elevator tower. This section served as the mechanical bulk handling of grain and the actual storage of the silos themselves. Now, a blend of industrial and modern design encompasses the



The Silo Hotel  
Best New Properties Worldwide  
Travel + Leisure It List 2018





façade and the interior of the hotel. The exterior's design is a result of Thomas Heatherwick, founder and principal of the London-based Heatherwick Studio, a multi-award winning British design and architecture studio. The distinctive multi-faceted, outward-bulging, pillowed window bays offer a unique perspective to the natural wonders of Cape Town. Each window contains 56 panels of glass. There are 11 levels at the Silo

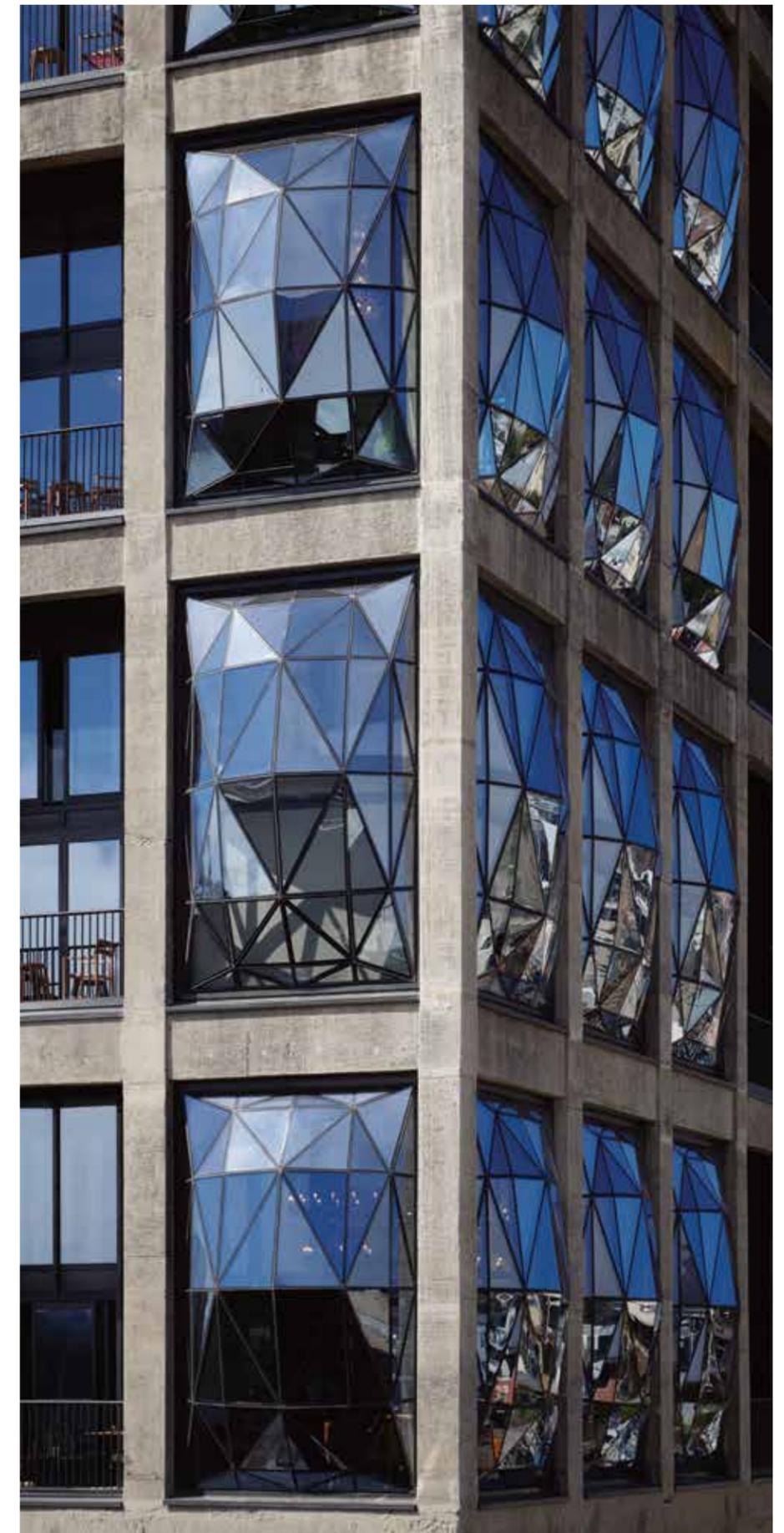
Hotel, where the rooms are situated above the Zeitz Museum of Contemporary Art Africa, showcasing the largest collection of contemporary African art.

The Silo Hotel has 28 individually-designed rooms divided into 7 categories. The gem of the Silo Hotel is the 211 m<sup>2</sup> exquisite one-bedroom penthouse. The rooms are colourful and lively and more vertically spacious than

horizontally, with that being said, the benefit of having this type of vertical design and architecture when blended with the pillowed windows, creates an abundance of light and the possibility of observing the marvels of Cape Town from numerous directions. 80 crystal chandeliers can be found throughout the hotel. On the top level, there is a rooftop bar, a sky terrace and a swimming pool overlooking the V&A Waterfront, Table

Mountain and Lion's Head. As art is an intricate aspect of the Silo Hotel, there are numerous displays of works in the lobby, library, the reception area and the Wilaston Bar. The bar proudly displays the one-of-a-kind steel ring chandeliers, inspired by the originals located inside the grain elevator.

The Silo Hotel is a true work of art, it could be described as an Industrial





Heritage Site and even a wonder of Cape Town. It's truly a celebration of art, style, architecture and design. A tribute to timeless glamour and contemporary luxury.

The Silo Hotel, Silo Square  
V&A Waterfront 8001  
Cape Town, South Africa

[www.theroyalportfolio.com/the-silo](http://www.theroyalportfolio.com/the-silo)

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