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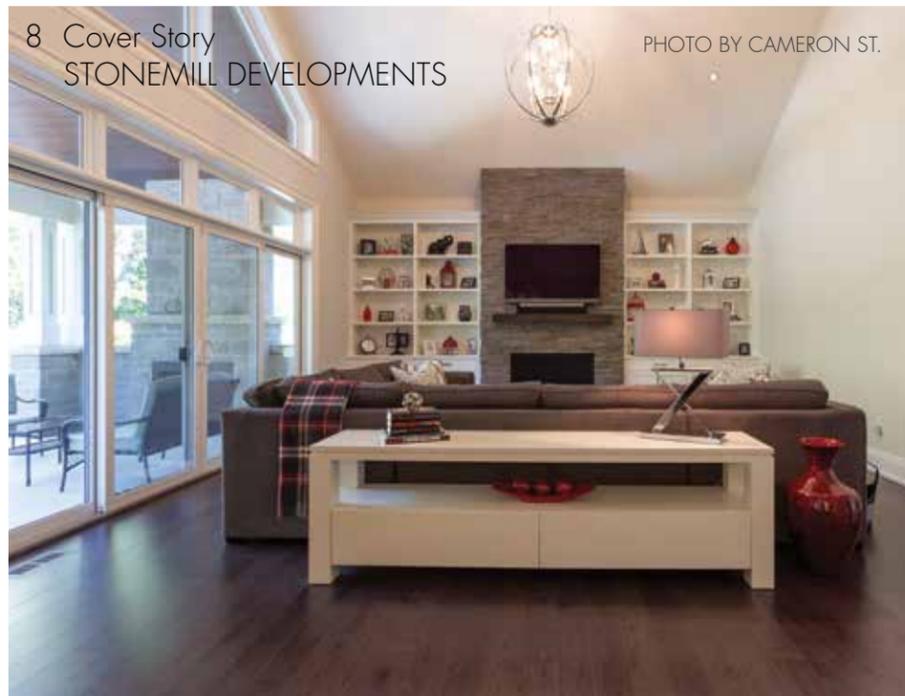
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FROM THE PUBLISHERS

Welcome to the December/January 2018 edition of Forum Magazine! We are pleased once again to feature Stonemill Developments based in Oakville. President, Paul Ribau is one builder that is passionate about building and more importantly, innovative building in this constantly challenging market! He has an incredible team of associates, designers and a full scale real estate sales company scoring big points with all his clients! Their success with the bungalow over the years has been popular among their clients and now Paul and his visionary team at Stonemill introduce the upad – a personal luxury residence and a sound investment for baby boomers! This company never disappoints; its Stonemill's commitment to deliver without compromise every time!

Up for a quick get-away for a little R & R – enjoy the feel of Europe with literally only a few hours drive from Toronto... visit the Place d'Armes hotel in old Montreal. Pamper yourself at the RainSpa, indulge in all that the Brasserie 701 restaurant offers and stroll the quaint streets of this great Canadian city.

It made the Conde Nast Traveler 2017 World's Best New Hotel Hot List! The Six Senses Zil Pasyon in the Republic of Seychelles off the east coast of Africa just north of Madagascar is a tropical dreamland with crystal clear beaches and luxurious villas offering the ultimate getaway experience! Visit sixsenses.com for more.

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.

Happy holidays to you and your families, may you all make great memories and enjoy this festive season and bring in 2018 with a bang!

Until next time,

Sean & Ana Patrick
Publishers



STONEMILL DEVELOPMENTS INC.

Innovative Visionaries

TEXT Krista Deverson

PHOTOS BY CAMERON ST.



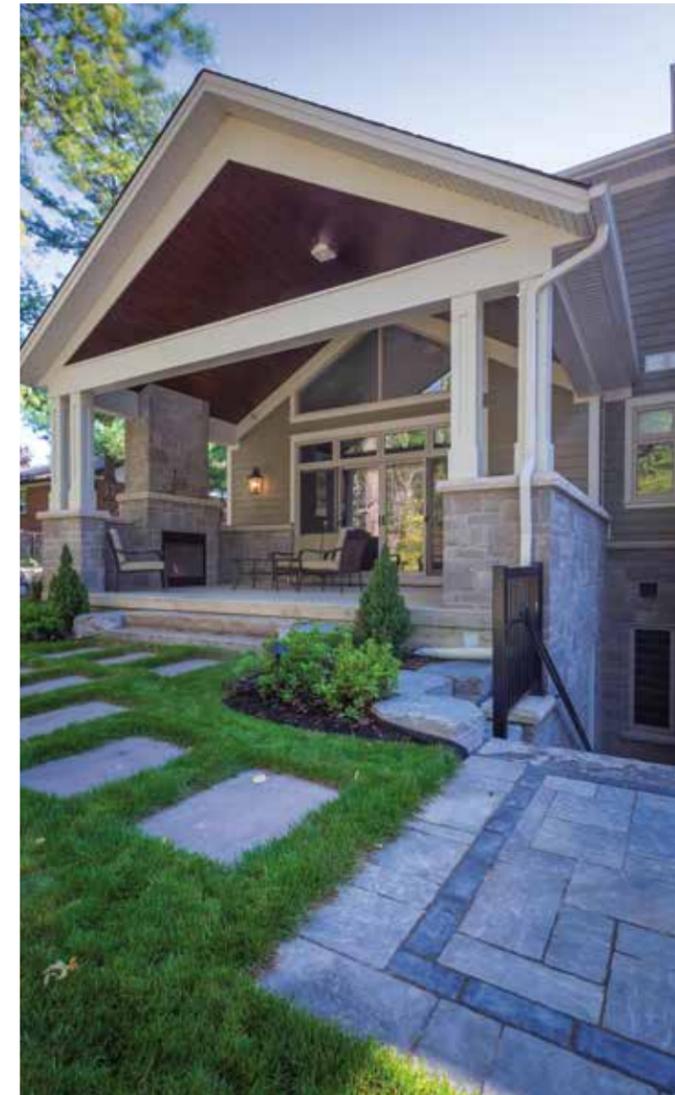
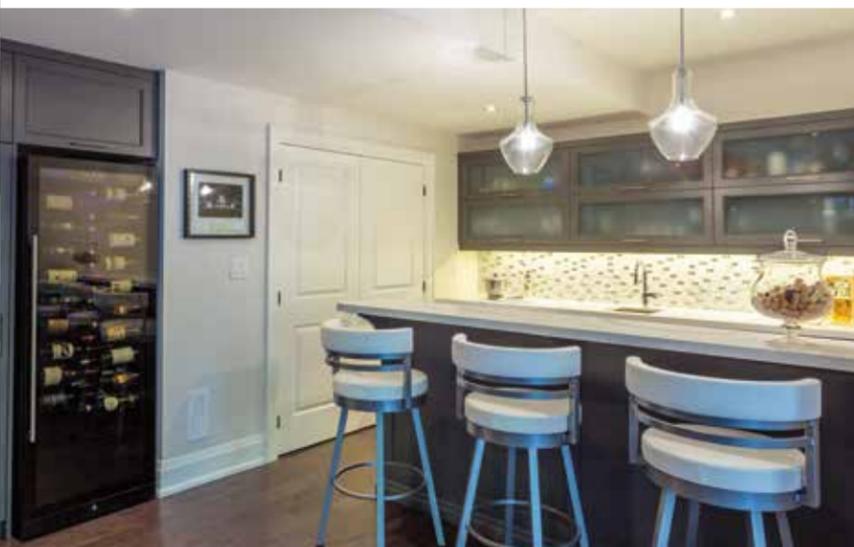
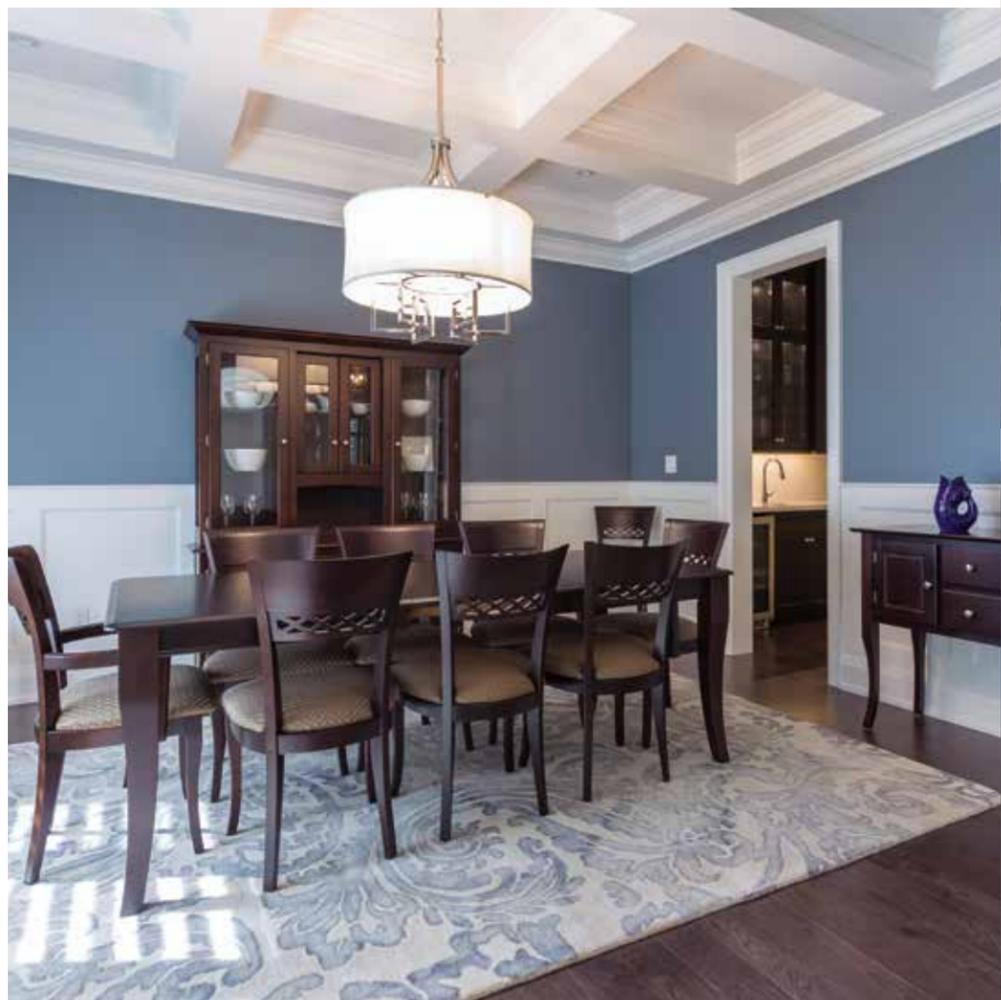


PHOTOS BY CAMERON ST.

To be successful in the custom homes business over time takes innovation and vision. Being in sync with the housing trends and the needs and desires of the clientele, and having the foresight to accurately predict what buyers will be looking for in the future has been a cornerstone of Stonemill Development Inc.'s success.

Celebrating 20 years in the custom home business, Stonemill Developments Inc. has designed and built over a hundred homes for their happy customers. As a member of Taron's Home Building and Renovation Warranty Program, Stonemill offers both professional design and homes custom-built to suit the owner's requirements. Large-scale renovations and additions are also a part of their repertoire, offering clients a seamless experience of completing a space from start to finish. And their aesthetic covers everything from modern to traditional.

Over his time in the industry, Paul Ribau, principal owner of Stonemill Developments Inc., says he has noticed the custom home





Stonemill introduced the bungalow concept, a product that gave baby boomers the appointments of the big kitchen, large family room, and private back yard on a smaller footprint and in a more manageable space that still met all of their needs.

business is becoming more diverse and requiring more forward-thinking solutions to meet client's lifestyles and their needs. Paul says that he has seen the industry evolve from building mainly large custom homes for families to now seeing some smaller homes that are more customized or downsizing solutions with a custom appeal.

"We're driven by our clients and we design based upon what people want," he explains, "Lately, the trend has been downsizing while not giving up the custom look and feel, as well as the privacy, the lifestyle, and the quality that

a Stonemill property has to offer. We have been able to maintain that caliber of customization while building a smaller home, thus meeting and exceeding our clients' expectations."

The company's experience with design/build is coupled with a full-scale real estate sales company that, although independent of the development side, works together in a synergistic relationship with the developer. Thirty-seven full-time sales agents at Stonemill Realty act like hands out in the field and they provide a real-time pulse on the industry. Through their dealings with the housing needs of

real people, the sales office is quick to share what modern-day homeowners are looking for and dreaming of. This information allows Stonemill to both see what people want in advance and to be able to design something to fit the needs and desires of these real-life clients.

The other benefit is that Stonemill agents always have product on their shelves. A client can come in and fall in love with the drawings for a particular home while the agents at Stonemill can help find them the right lot for building. From there, Stonemill Developments Inc., can customize the model for the lot. This sort of relationship is ideal for the trend of tearing down older

homes that are functionally obsolete and unable to fully accommodate modern living, and building a new custom home in its place. It's simply because the trend in every aspect is towards efficiency, with open concept homes, more space for parking, and backyards that are integrated with the interior.

Ribau says, "It's no different than going to buy a new house from a sales centre where you pick the model and then select a lot from a diagram of available lots, except that the home is custom and the lot is custom to the area the client prefers."

With their innovations rooted in real-world

experience, Stonemill Developments Inc. noticed a need by downsizers who wanted smaller custom homes that didn't feel as though any space nor quality was lost in the transition.

So, in 2011, Stonemill introduced the bungalow concept, a product that gave baby boomers the appointments of the big kitchen, large family room, and private back yard on a smaller footprint and in a more manageable space that still met all of their needs. Because it is so well thought-out, the 3000-4000 square foot bungalow model has remained a popular request ever since.

Ribau comments, "It's hard to make a smaller custom home and give it the same look and feel of a 5000-square foot home. It's an art to be able to have the client downsize by 2000 square feet without feeling like they're giving up anything- and that's been our success! We do it by listening to the clients and that's why we are celebrating twenty successful years of doing it."

At the beginning of those twenty years, Stonemill often had requests for large custom homes to accommodate the growing family, whereas now they are noticing there is also the need for smaller custom housing solutions for the family that is shrinking and empty-nesters.

Considering the needs of this population, Stonemill Developments saw the possibility of addressing both the downsizers' housing requirements and the desire to protect their nest egg. Often these baby-boomer clients who have achieved personal wealth and lived in beautiful 4000 and 5000 square foot homes, then retire and find themselves with too much house for their needs. Their kids have moved out and they no longer require so much space, but they don't want to lose the investment they have in their current property by downsizing.

With people living longer and healthier

Stonemill Developments Inc. is introducing the üpad, an investment and a personal residence all wrapped up in one location.



lives, homeowners would be wise to consider ways to turn their nest egg into an investment that can support their lifestyles for the rest of their lives without draining their bank accounts or eating up all their equity.

So this year, Stonemill Developments Inc. is introducing the üpad, an investment and a personal residence all wrapped up in one location. Highlighted in the green build magazine, the üpad features three stories: the main floor boasts a 1200 square foot apartment with 1200 square feet of garage space to store all your cars, boats, snowmobiles, and other toys. The second and third floor each feature a 2800 square foot custom apartments with high end finishes, ten foot ceilings, open-concept design, and an elevator to arrive at your door. The design is stunning with lots of glass and beautiful large porches which gives it an air of luxury.

An affordable and financial-savvy home, the üpad can provide the owner with upwards of seven thousand dollars in rental income per month, creating a waterfall income that slims down expenses without

taking away from the feeling of living in a custom-built home. The üpad can help baby boomers reshape how they live in retirement by conserving their assets and their energy. Being brand new, it will be a maintenance-free home for the next fifteen years.

Paul Ribau envisions the üpad popping up all over the GTA from Burlington to downtown Bronte, to South Etobicoke and Mimico. They would be ideally located within walking distance of core shopping districts and that would typically provide the right zoning for the property. It could have the three floors and it could even have more, provided the right zoning is available in the property's location.

With this foresight Stonemill has designed the üpad with concrete slab floors and concrete slab roof, so that if the zoning changed in the future, the homeowner could keep building the property up by adding another storey. The idea makes the üpad a flexible home. The üpad came about because it is about you, the homeowner. It's about your needs, your lifestyle. And thus, the üpad can change

as your needs and lifestyle changes.

Stonemill has once again proven their innovation and ability to anticipate the needs of their clientele takes them to the cutting edge of custom home design. With ingenious ideas like the üpad, Stonemill Developments Inc.'s twenty year success in the custom home building arena is the foundation for a solid future in this industry.



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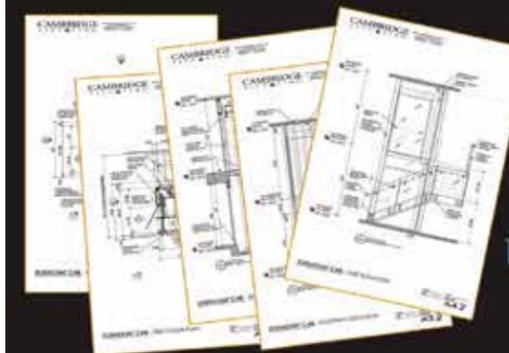
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Blurred lines require new skills

TEXT Nan Russell

Instead of an early start, with time to read the news, check key messages, and write uninterrupted for a pending project, I spent it down a rabbit hole. What I expected was a five or ten minute interruption to answer a client's email, marked with one of those urgent exclamation points, but it took me over an hour. Before I could even send the requested information, I got an email telling me, in essence, "never mind," the direction had changed.

Situations like this happen to all of us. Sometimes we're sent down rabbit holes by someone we work for, or with, gobbling our time with little to show for it. But much more often, we send ourselves on our own long, winding paths, exploring offshoots and falling into semi-connected rabbit holes of links, information, and interesting "stuff."

Responders to a 2014 "Wasting Time at Work" survey by Salary.com named "Google" as the top online time-waster. Add to that other time-wasters like back and forth email communications and unproductive meetings, plus a host of others. For 89 percent of those surveyed, who admitted wasting time at work, some of those "other" ways included March Madness, Facebook, LinkedIn, and online shopping.

In that same year, two-thirds of employees reported "feeling overwhelmed" according to Deloitte Global Human Capital Trends, with too much to do and too little time to do it. While 89 percent of us are "wasting time" at work, most of us are still feeling too busy? What gives?

The dichotomy is that both are true. Constantly being connected, an "always on" lifestyle, and reduction of barriers between work and home, means we can no longer easily divide our lives into separate "work" and "home" tasks. The lines are blurred. And because they are, people who are winning at working occasionally answer important text messages or emails from home, handle the critical off-hours problem, or put in extra time evenings or weekends to finish an important project after the kids are in bed.

More and more our life is being blended and our work has changed. As barriers between work and home continue to blur, people who are winning at working know that to make their blended life work, the blur has to occur in both directions. This requires a new way to think about time and results in both spheres.

Those who are winning at working think of it as a time exchange. They're not "wasting" time to occasionally check a sports score,



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answer a personal message, or take care of something non-work related while at work, because the same is true in reverse when at home.

Yet, operating well in this blended life, where lines blur from time to time between work and home and home and work, requires new skills for new times. So, if you want to be winning at working in this new world, you'll need to master the art of self-managing for two reasons. First, there will always be rabbit holes and time-wasters. You can't get great results in a world with constant interruptions, interesting internet rabbit holes to explore, mobile apps to try, more information than you can possibly absorb, consider, and read, and more interesting activities than you can ever do in a lifetime - without first knowing how to manage yourself.

Second, those who will thrive and be winning at working for the long-term, will be those who are able to focus on the "right stuff" at the right time, inject balance into their own lives and relationships, apply their talents, optimize their time, and contribute and add value regardless of where they live, who they work for, what technology they use, or what they do for a living. In this blurred world, no matter who signs your paycheck, you now work for yourself and your time is your life's currency.

Know how to hold on to the essence of negotiating

TEXT Peter Mckean

Mastering clear negotiation requires the sales professional to own a transparent understanding of the client, matters and themselves in the least times.

Unfortunately not all of your customers will return from a footing of integrity or from a desire to seek out a mutually beneficial solution in the negotiation. They appear to be in the game simply to save money and that they can be ruthless in the pursuit even if they need to resort to manipulation by using underhanded ploys and tactics.

Avoid losing the essence of the negotiation

method; be aware of the negotiation ploys, tricks and techniques that some of your customers may be using.

Good Cop/Bad Cop

Don't fall into the entice of operating with the Good Cop and not the Bad Cop; confidently raise open-ended queries to the get the negotiation under control.

Higher Authority

Remove the chance for this ploy to be used. Check you have got started your negotiation with the senior decision

maker. Ask, "Who additionally to yourself is concerned in creating the ultimate call?"

Last and Final Offer

Is it price they are wanting for or the simplest overall solution? Focus back on what sets you aside from the rest. Raise "Alternative than the value happening what else can influence your buying call?"

Nibbles

Don't create any concessions, if you concede as you're concerning to steer out the door your credibility is damaged. If

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you nibble back the negotiation is back to square one.

Crunch

Check for commitment. Don't provide up one thing till you have their commitment. Don't provide too much away, you will loose the deal.

Humble and Helpless

Don't be fooled - they are simply enjoying on your sympathy. You'll never be on equal terms in the relationship if you fall for this one.

Straw Man

Avoid creating concessions or inventing a few freebies to administer away. Realize out what their goals and objectives are and why - it can enable you to determine through any false or "straw" issues.

Cherry-picking

They may take bits and pieces from your

proposal and tell you your competitor has worth -adds to form your proposal look inferior. Ask them who offered this outstanding deal. Specify the terms at the beginning - this proposal is predicated on acceptance of the entire offer.

Telephone Deal

When asked for your best price during a hurried telephone call give yourself a buffer - "Before I will do this, let me ask you a number of questions so I can see what your desires are, then after I quote you, it will be more acceptable for you.

The true essence of sales negotiation is understanding that selling is about an exchange of worth between individuals and organizations. Hold on to the essence of clear negotiations, add worth and place integrity into your negotiations. Be positive, be proud and be principled in all that you do and there can be no limit to your success.

The famous saying says it all...
Past is history.
Tomorrow is a mystery.
Today is a gift, that's why it's called present.



Reaching your goals begins here

TEXT Bill Treasurer

Most people perform better when they are heading toward a goal. But it is important to understand that the goals must motivate. If your goals leave you feeling inadequate, stressed out, or over-worked, then you will lack the motivation to complete them. Goals that motivate have specific characteristics:

Clarity. Clear goals are specific, measurable, actionable, realistic, and time-bound (SMART). When a goal is clear and specific, people know what needs to be done and what is expected.

Challenge. We are often motivated by achievement, so we'll judge a goal by how difficult we perceive it to be. If it is too easy, we won't give it as much attention and energy. However, if it demands us to stretch ourselves in order to achieve the recognition of a job well done, we are more likely to be motivated to excel.

Commitment. For goal setting to be effective, the goals need to be agreed upon and understood. While this doesn't mean you negotiate every goal with every employee, there is value in engaging the people working towards the goal in crafting it. When we help to create the stretch goal, we are more connected to the challenge and more willing to commit. The harder the goal, the more commitment is needed.

Task complexity. For goals that are highly complex, we have to not only give people sufficient time to meet the goal, but actually provide the time to practice or learn skills that are necessary for success. The purpose of goal setting is successful achievement, so you have to be careful that the conditions around the goal support that success rather than stifle it.

Feedback. Incorporating feedback into the

goal setting process allows for expectations to be clarified, difficulty to be adjusted, and recognition given. In particular, when a goal is long-term in nature, it's important to set benchmarks that help people gauge their success and see their achievement.

Once the goals are defined, each goal should be "drilled down" with specific objectives and measures. Objects can be thought of as the yardstick; measures can be thought of as the exact location on the yardstick of each goal area; and both short-term and long-term objectives and measures should be defined.

I appreciate this simple statement from Sir Edmund Hillary: "You don't have to be a fantastic hero to do certain things - to compete. You can be just an ordinary chap, sufficiently motivated to reach challenging goals."

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10 WAYS to Achieve Work and Life Balance

TEXT Stephanie Chandler

Is your busy schedule running you ragged?

Studies show that we are running at a faster pace than in generations past. Between work, family and the daily demands of life, there is little time left in a day to decompress.

Unfortunately, when you don't take time out to relax, you can be headed for trouble. Emotional and physical problems are often the result of over-stressed, over-tired adults on the go.

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

1. Identify commitments you made that you dread including memberships, time-wasting meetings, etc. Learn to say no and eliminate them.
2. Start and end each day with a To Do list and then prioritize each task. Odds are that you won't accomplish every task on the list so tackle the most important items and then forget about the rest when the day is over.
3. Make a list of goals. This will help you focus on what is important. Goals should include short-term and long-term plans for your business, personal life and family.
4. Set a schedule for daily and weekly activities and put them on your calendar. For example, dedicate one hour per week to updating your blog or decide that you will make sales calls between 9 am to 10 am each morning. When you start blocking out your time for tasks, not only will you use your time more wisely, but you will start meeting goals and will put an end the multi-tasking cycle.
5. Get organized. Countless hours can be wasted due to missing paperwork and lost time can equate to lost income. Schedule time to take care of the clutter and either hire a professional organizer or dedicate yourself to getting systems in place and finding a home for everything in your work and home space.

6. Check e-mail no more than two to three times per day (morning, afternoon and end of the day). Organize messages with folders and try to touch each message only once.
 7. Take frequent breaks throughout the day. Sitting at a desk all day is a recipe for disaster resulting in back and neck problems, headaches and carpal tunnel syndrome. Get up, walk around, stretch, breathe, have a glass of water and take a few minutes to clear your head.
 8. Keep your energy up with small meals throughout the day. It's easy to skip meals when you're in the heat of the workday, but this can actually impair productivity. Instead of reaching for a caffeine fix, grab a granola bar, piece of fruit or a cup of yogurt. Keep snacks on hand to make it easy to keep your personal engine fueled throughout the day.
 9. Leave early at least one day each week. Treat yourself to some time alone or spend some quality time with your family.
 10. Quit doing it all yourself. Outsourcing is a great way to reclaim your time. Think you can't afford it? Consider what you earn hourly. If you can hire someone to take care of tasks for less, then it's probably a worthwhile investment. Hire a virtual assistant to help with paperwork, have your laundry picked up, get a landscaper or house cleaner and have your groceries delivered.
- Even implementing just a few of these suggestions can make a dramatic improvement in your well-being. And if any of these suggestions leave you feeling guilty, shake it off. Work will always be there, but if you don't take care of yourself, you won't be of any use at work or at home.
- Take care of number one and the rest will fall into place.

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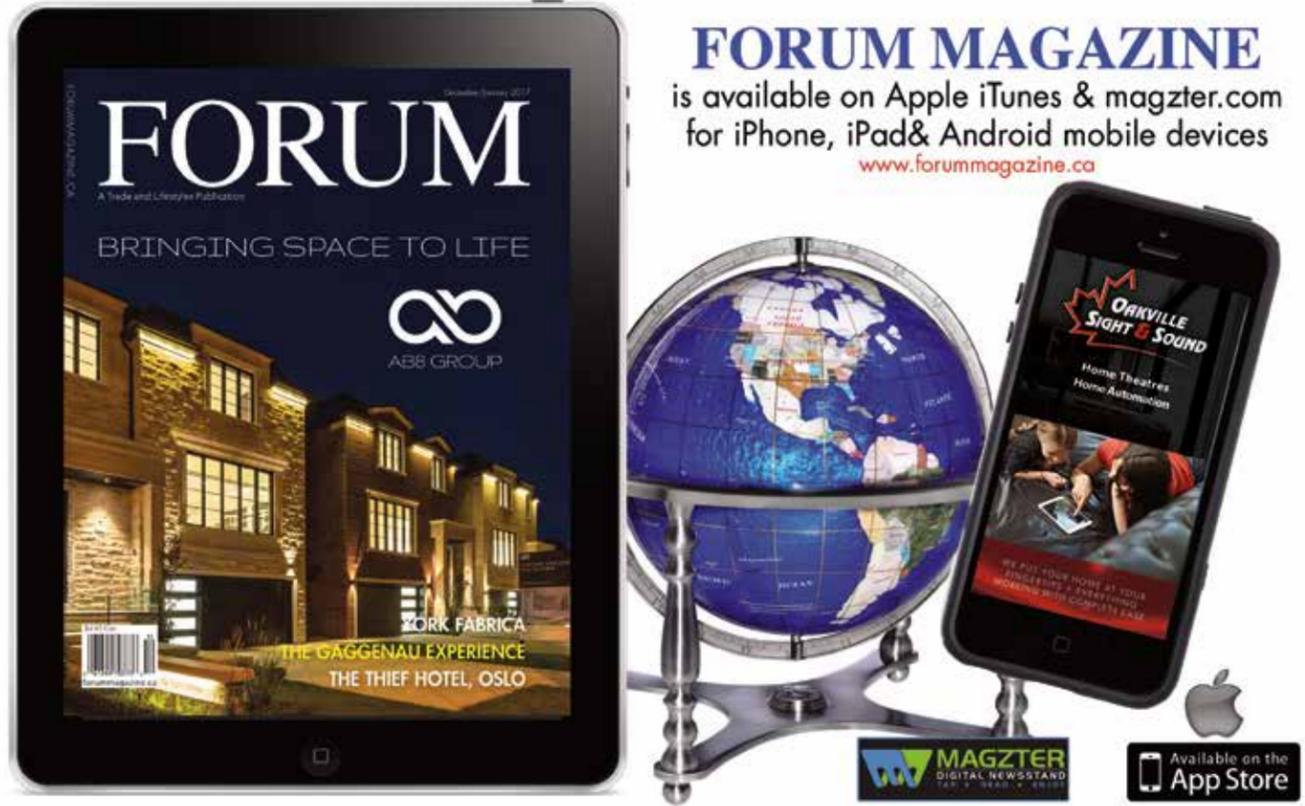


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Learn how to effectively remove stress from your life

TEXT Kirstin O'Donovan

When I did a recent survey on every day stress, I had no idea what the results would be. I was amazed when more than half of the participants rated daily stress at a level higher than 5, from 0 to 10.

More than half of them experience high levels of stress on a regular basis. Does this sound right to you? What are we missing here? Do we really need to live our lives this way?

Most of the time, we only realize how stressed out we are, when we

already have the symptoms, such as irritability, anxiety, poor health, physical pain, memory loss, constant worrying, poor judgment; the list is really lengthy. Research has shown that stress contributes up to 80% of all major sicknesses.

Stress is something that we all need to manage; sometimes it cannot be avoided so the key is to learn how to manage it effectively.

Like many other essential skills in life, managing stress is one of them but we

were not taught the skills that we need.

The way you deal with stress is most likely a habit for you now, we all develop different coping mechanisms and we do this unconsciously. The level of stress that you experience in a moment can be really realistic but it can also be the way that you are viewing the situation and handling it that can make it more stressful. In other words, we create unnecessary stress as well.

Here are some ways that you can effectively remove stress from your life and start to experience a different reality.

Identify the source of the stress

Think about all the things and situations that normally make you stressed. We have every day stress, at the office, traffic and at home. Big events or changes can also bring about stress, a death of a loved one, changing jobs, moving houses, surgeries, etc, all of these add to your overall level of stress and the more of these experiences you have, the more stressed you will feel. The first step is identifying what makes you stressed and what contributes to the levels you experience.

Either get rid of the stress contributors or learn how to cope with them

Looking at your list, what are some of the elements that you can get rid of?

For example, if you are always rushing to get to work on time, waking up ten minutes earlier might help to reduce that stress.

Once you have come up with a few strategies to reduce the stress in your life, look at the things that you can't avoid or remove. If you can't remove these stress elements, how can you cope with them better? The best way is by managing yourself in the situation.

For example, you arrive to work and look at your tasks for the day. The long list in front of you looks very daunting and overwhelming and you wonder how you are going to get through it. Then your boss gives you another deadline which apparently you need to squeeze in with all your other tasks. You have two options in the way you manage this.

Option 1: You start to panic, feeling flustered and resentful towards your boss. You can't think straight and your thoughts are facing around 'how can he do this, how on earth am I going to get this done, this is impossible, this is so unfair...'

Option 2: You take a deep breath, look at all your tasks, your thoughts are along the line of 'wow, OK, this is a challenge but it is OK, I am confident I will get everything done. So what do I need to do to be able to get everything done? What is the first step?... etc

The pivotal part is in the way you view stress immediately, your perspective of the situation. You can see with the two examples shown, that the outcomes will clearly be different. The conversation you have with yourself is the best way to start to cope with stress.

Develop necessary skills

Start to improve the way you manage your time to feel more organized and be more in control of what you are able to achieve. If you don't manage your time effectively, you could be adding unnecessary stress, because if you managed your time better, you would be able to get more done.

Learn how to relax in the moment when you need it

When you feel stressed, your body feels it everywhere, tense, accelerated heart beat, lack of focus, etc. Learning how to relax can make you feel much better in that moment.

Breathing deeply when feeling stressed is a really effective tool to calm yourself down. Stop what you are doing and take deep breaths in and out.

While you are breathing in, imagine breathing in power

and relaxation and when you breathe out; imagine you are breathing out the stress and releasing it. With just 10 repetitions, you will feel amazingly different. Also take up meditation or other activities which force you to relax if that resonates with you.

Find more enjoyment regularly

When you have one stressful experience after another, it can leave you feeling really worn out and even depressed. What is one thing that you incorporate into your life to enjoy it more? What is one change that you could make to your lifestyle to give you more peace? When you feel happier, your stress automatically lessens

A great way to gain more insight into your stress levels is to ask your family and friends what they think. How stressed do they think you are and how do you normally deal with it? This can give you some great insights to help you deal with this.

You most likely started to read this article because something inside of you wants to have less stress in your life. Taking on a few of the suggestions I gave or all of them will help you to effectively remove stress from your life.

4 ways you could be sabotaging your success

TEXT Kirstin O'Donovan

People often fail to exploit their true potential because they are limited not by resources, but by themselves. We underestimate our capabilities and give in too easily to doubt, fear and our bad habits, when we are in reality, capable of achieving much more. What are the common reasons that make people falter and stumble on their journey to success? What undermines success and separates success from breakdown?

Here are 4 commonly made mistakes, avoid being victim to them yourself.

Only wanting to do "certain" things

Lack of discipline is a sure shot way to failure. The importance of discipline in achieving a long term target should never be underestimated. Discipline doesn't come easily, you need to be consistent and focus on the outcome. If you aim to

be a successful athlete, for eg: you need to have a disciplined approach in your diet, exercise and daily routine. Giving into procrastination, feeling lazy, not pushing yourself when you need to and putting comfort before results; these habits do not bring you results. If you want to accomplish anything in life, you need to discipline yourself, to do the things you don't want to do but needs to get done! Successful people make a habit of doing things they don't like.

When you want to give up, remember why you held in for so long in the first place.

Scared to move out of your comfort zone

Each of us has experienced the fear of failure, the fear of losing, making the wrong decision. Years down the line, when you reflect on your achievements in life, you don't want to realize that you could have achieved a lot more than you did, if only you had been bold enough to follow your dreams. Don't live a life that you will regret later on.

What people fail to realize is that unless you take risks, you are not pushing yourself out of your comfort zone, opening yourself up to amazing opportunities and experiences. There are of course "good" and "dumb" risks. However, all mistakes and perceived "failures" are lessons, which we must learn from and then keep going forward. Remember your rewards in life are always proportional to the risk undertaken and your actions taken.

Not taking responsibility

It is always easy to hold someone else responsible for the situation one is in, but that is a weak-hearted approach. Only if you take command of things and consider yourself powerful enough to change the situation around you, you will be able to work things around. There is no point blaming the economy, your family or your boss and holding them responsible for not letting you progress in life, playing a victim. You need to take responsibility for your results, for your achievements and your actions. It is the only attitude to have if you want to succeed.

Wanting to give up too soon

You cannot expect success without sweating for it. Success comes only after you perform your activities with dedication, time and continued efforts.

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Although there are likely to be many obstacles on your way, do not quit whenever you face a challenge. Obstacles and challenges are normal throughout your journey to success, it is how you deal and learn from these experiences that matter.

People who give up at the slightest indication of struggle can never expect success. When you want to give up,

remember why you held in for so long in the first place.

Awareness is the first step. What is the next step you need to take to bring you one step closer to what you want in life? And what is going to have to change to make that possible? Don't give yourself reasons why you can't do what you know you need to - give yourself reasons why you can!

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Ten habits to change your life

TEXT Kirstin O'Donovan

Here are ten tips and good habits that you can incorporate into your days to make them more positive, feel better and see better results...

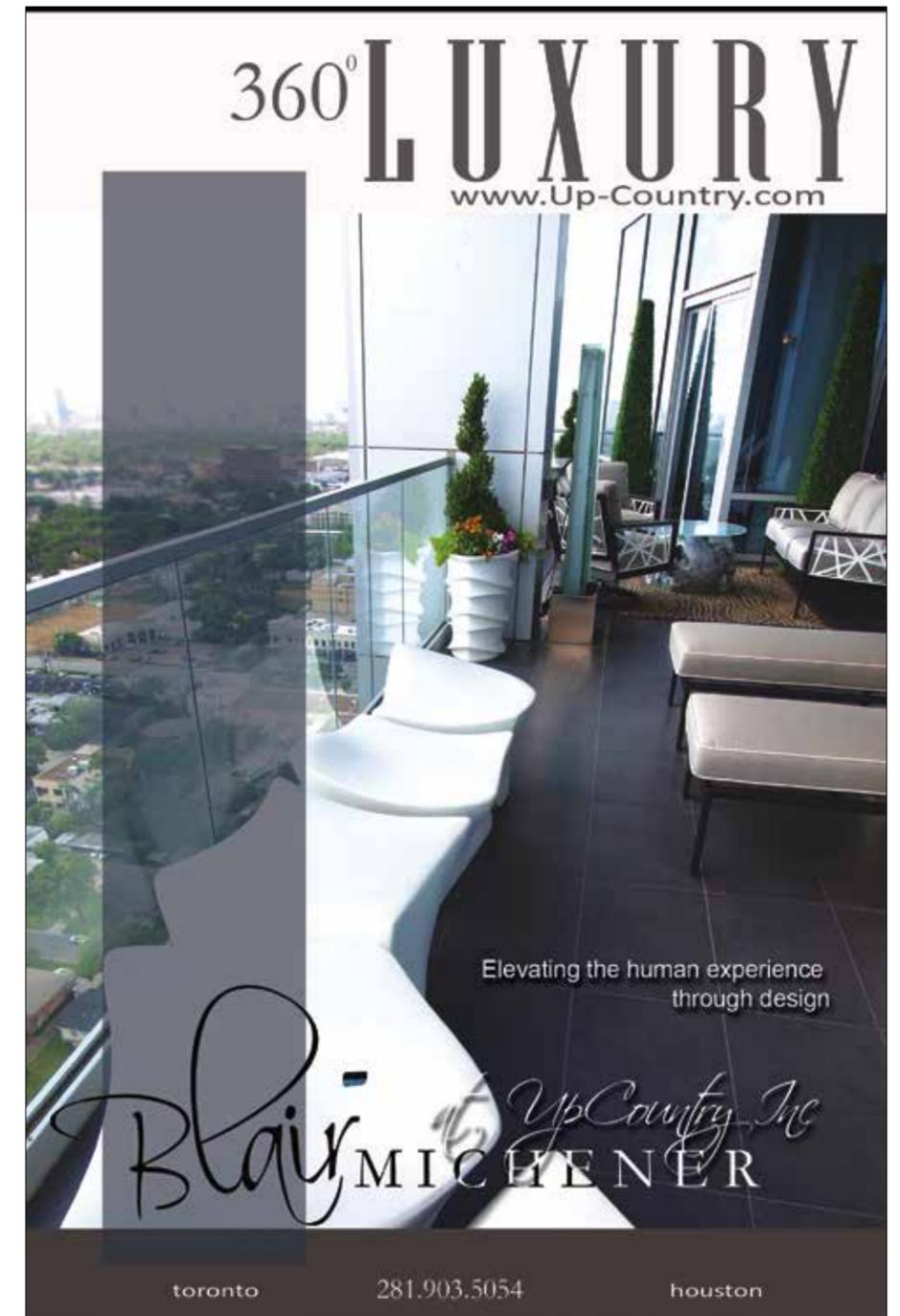
Focus on solutions; not problems

If something is going wrong in your life, it is normal for most people to focus on the problem and how bad it is. Normally you find yourself asking how this can happen to you, why this is happening, I have such bad luck, etc, and you wallow in your problem. You run this situation over and over in your mind like a video on auto-replay, again and again – and does it ever help?

I am inclined to think it doesn't. Feelings associated with these thoughts also make us feel worse - so if you combine all of that together, you can imagine how terrible you will feel. So why not focus on the solution? You can't do anything about the problem – as I prefer to say, the challenge – so redirect all your energy to the solution. Stop focusing on the problem, the bad, try to focus on what you are going to do now. You can't change what has happened so why give more energy to the negative. Look forward and find the path that will take you out of your current situation.

Look for the lesson and gift in every situation

When something good happens, it is easy for us to see the lesson or the gift in the situation, or not even think about it. But when something bad happens to us,



we can only see the bad. The experience is actually only feedback that what you are doing is not working and you have to readjust your course. So why not look for the opportunity? We normally see the opportunity months later...have you ever heard yourself saying "now I know why that happened" or "if that had not happened, I would not be here". Train your mind to be positive and look for the lesson in every experience, good or bad

Question your thoughts

Your thoughts and beliefs are made up of all your experiences, relationships with family, friends and partners, everything you have seen and heard. They are not facts about the world. If your thoughts are not serving you, this is just and injustice towards yourself. Be aware of your thoughts, change the negative thought

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OAKVILLE SIGHT & SOUND

Creative Automation

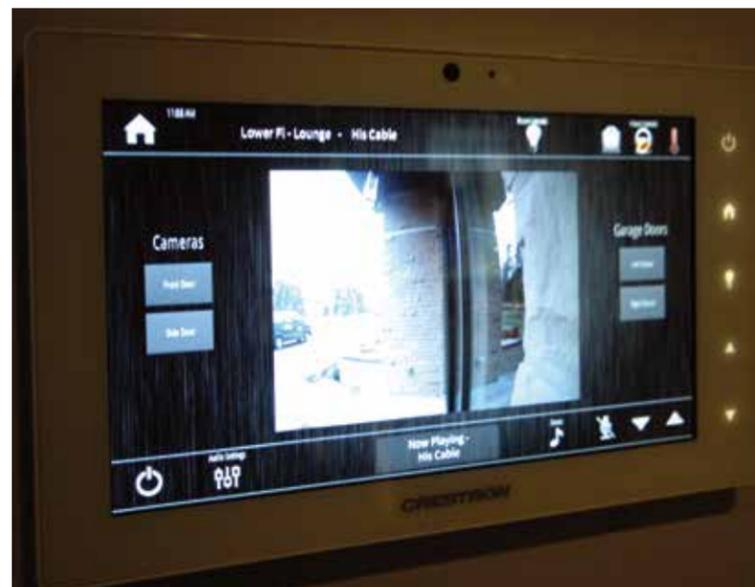
TEXT Krista Deverson



Some of the world's most high tech homes may not even have a television screen in sight, nor speakers, nor even a single wire snaking its way across the floor. Although they're not visible at first glance, it doesn't mean they're not there. They've simply been expertly incorporated into the home's functional aesthetic.

For Oakville Sight & Sound, technology in the home is about creating a whole home technological strategy. Dependent on the look and feel the client is hoping for, the team at Oakville Sight & Sound considers how to beautifully configure all elements of a home's audio, video, lighting, and shading systems into a design that enhances the interior of the home instead of detracting from it. Their smart home automation includes installation, service, and support to ensure all the home's electronic systems work as they should and are visually pleasing to the client.

Typically, the process starts with a wish list from the client for the technology in their home and Oakville Sight & Sound knows how to do it all. They offer solutions for home theatres, automated lighting control systems, motorized shading, audio and video setup, thermostat regulation, as well as smart phone integration to keep watch over and control your electronics from anywhere in the world. Sometimes a client may be only looking for a TV installation or audio installation throughout the home and then they decide to



expand to a fully integrated system. And there are lots of options to consider.

Audio and video can cover a plethora of choices from very simple to elaborate solutions. A touch keypad in one room or a smartphone can play music on speakers throughout the home. Or a home theatre is an option that can be anything from a wall-mounted television with speakers to a fully-engineered room with proper acoustics that eliminate sound transfer inside and out. Or they could even come up with solutions

for audio and video systems for a cabana, pool house, or the outdoors. For a clean finish, Oakville Sight & Sound ensures that no components are visible and the cables are hidden neatly out of sight.

Excited by clients who bring them aesthetic challenges, Oakville Sight & Sound has invented some unique solutions to accomplish both the client's technological and aesthetic goals. Often clients want a high tech home without a high tech look and Oakville Sight and Sound has provided

endless custom options for this outcome. They've designed both invisible speakers and custom speakers that maintain their high performance, but blend seamlessly into a room.

For example, for clients that don't like the way a TV sounds nor the look of speakers in a room, they have created a sound bar that looks like it was built with the TV, resulting in a custom manufactured solution that looks sleek. Another recent creation was a mirrored television that goes from looking



like a mirror in a room to an actual high quality TV when turned on.

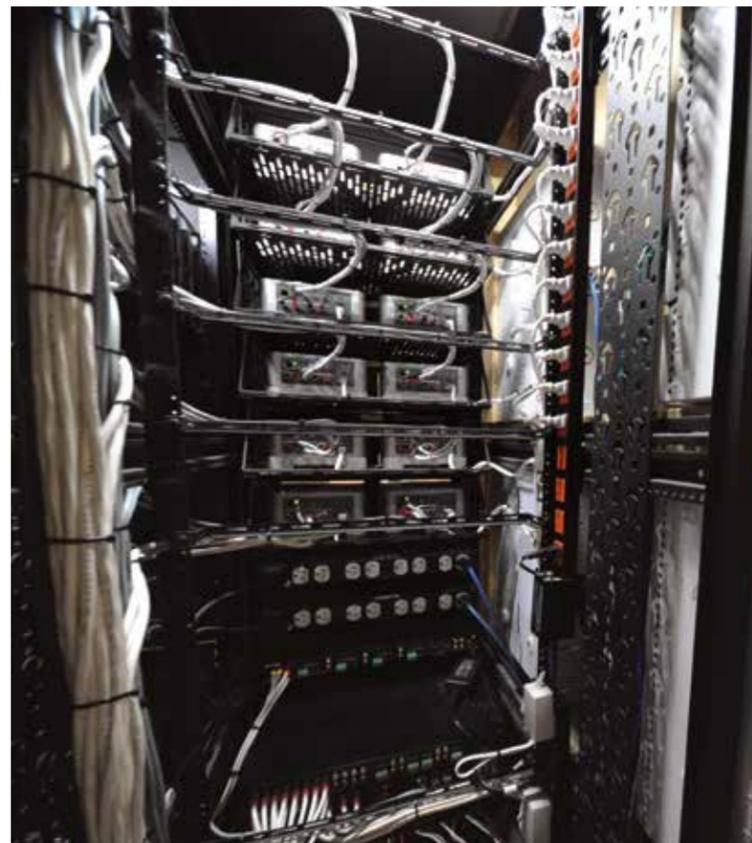
Oakville Sight & Sound specializes in creating ideas to overcome technological roadblocks and enhance the decor of the home while using the most modern equipment.

Their repertoire also covers lighting control and motorized shading throughout a home which is designed to clean up clutter on the walls and allow the homeowner to have more lighting control from a single global keypad in the room. Other benefits of this automated system can create certain lighting scenes where multiple zones of one room will react at the same time. On the other hand, motorized shading is easy to use and provides great benefits like protecting floors and artwork from sun damage while giving the homeowner privacy as needed.

For today's world, Oakville Sight & Sound also considers digital integration allowing homeowners to access and control their home from anywhere in the world from the palm of their hand. Smart phones can control anything from garage doors, to lighting, to security systems, to home heating and cooling, and everything in between.

From brand new homes to existing homes needing modern solutions, Oakville Sight & Sound has the inventiveness and experience with

electronics to make any technological and aesthetic look like a reality.



Oakville Sight & Sound
 481 North Service Road West
 Oakville, ON L6M 2V6
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 www.oakvillesightandsound.ca

continued from page 27

patterns, and the results will be priceless. Ask yourself different questions – instead of thinking, I don't have money, I can never afford that, ask yourself "how can I find a way to afford that?" Become conscious of the thoughts, feelings, beliefs and attitudes that are creating your world.

Take responsibility for them and choose those that serve you. Take control of your thoughts or they will control you.

Try to think towards joy and happiness. Being positive really does have a big effect on your day-to-day life. You will attract positive experiences, your feelings will be more positive and you will feel better. Nothing good comes from negative thinking. Start anew; choose to believe that anything is possible.

Take responsibility

Take responsibility for your actions and behaviour. Most of us are inclined to never look at ourselves, but always at other people, pointing fingers, "he did this and she said that..." You need to take responsibility for who you are, not the way anybody else is. Everyday when you go to bed, ask yourself if there was anything about my behaviour today that I want to change tomorrow. Everything starts with awareness; and remember that the way you react will always affect the way the other person will react to you each and every time. The more you take responsibility for your life, the more you will be able to change it. Responsibility is freedom and empowerment.

Make peace with yourself

Love yourself. If you don't, how can anyone love you? You are an accumulation of the past – this is not who you truly are forever. If you have negative habits you want to change, find that strength and make the change. Intention and awareness are the first step. Nobody is perfect, ever, so don't hold ideas that you need to match

up to this person or that. We all possess the same qualities, perhaps in different quantities. Start respecting yourself and you will feel a big shift in your daily emotions and feelings. The more you love and accept yourself, the less you will judge others. We all make mistakes. Seek to forgive, love and understand yourself.

Forgive yourself and others

Forgiveness of others and yourself can be said as the ultimate mind-body-soul detox. It frees you from negative and damaging emotions and it sets you free from draining attachments. It can also set you free from feelings of guilt, shame or undeserving which block you from happiness and success. In forgiving another you are also forgiving yourself. It is an immensely powerful and the most gracious gift you can give yourself and others. Many people don't speak to loved ones for years because they can't forgive; who is the real loser there?

Nourish and energize your body

For most of us, the same excuse is often heard; "I don't have time to eat well or to exercise", "I don't have enough time to cook". The importance of health is not fully understood until it is too late, until we have a life-threatening disease or condition. Just by eating a little healthier every day, you will wake up with more energy, you will feel more vibrant, alive and willing to do things, more revitalized and ready to take on the world. Your body is your most precious gift. Many people are overweight, saying that they don't have time to exercise. Going to gym is not the only form of exercise. I have many techniques you can use to exercise at home – while watching TV., while working, while travelling. There are no excuses, and the benefits are immeasurable. Also, ensure you sleep enough; you will not feel good if you are tired, you will most probably feel irritable, unhappy, with no energy and feeling negative.

Identify your passion and follow it

We all have a passion. Some people say "I wish I had a passion" or "other people have a passion but not me". This is not true, we all do. Some of us just do not know what it is but taken through a series of exercises, it soon appears and literally lights you up. If you cannot live from your passion, try at least to incorporate it once a week in your life. Painting, riding, going for walks in nature... whatever it is. If you really don't know, a professional can help you to get clear on your passions.

Make a list of things you want to do in life

Write down the things you would like to do in your life before you die. It does not have to be extreme, let's say wanting to go to the moon for example, but things you would love to do but don't make time for. Try to do at least one of these things a month or even every few months. By doing things that we love, we feel more alive, vibrant and we enjoy life much more.

Live in the present

Most of the time our thoughts are either in the past or in the future. Past thoughts are normally associated with feelings of regret, shame and frustration. Thoughts in the future are related to feelings of anxiety, apprehension or stress. Try to bring yourself into the present, enjoy each moment. Trust and surrender to life unfolding. The famous saying says it all... Past is history. Tomorrow is a mystery. Today is a gift, that's why it's called present.

Focus on gratitude

When you wake up or go to sleep, even when you feel bad, remind yourself of all your blessings. Just having two legs, eyes and a healthy body are reasons to be grateful. Feeling grateful puts you into a state of happiness that automatically lifts your soul. Being grateful opens your heart and the more you value and appreciate something, the more there will be to value and appreciate.



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I'm Dreaming of a Calm Christmas

TEXT Sandy Camarda

If you're like me, you love the holiday season, but just not all the work that goes into it! This year, you can cut the crazy out of Christmas and trim the holidays back to one that is sustainable and calm. Setting simplicity strategies in place early will keep you from being swept up in holiday madness. To ensure you avoid a frazzled festive season, here are my top 10 tips:

1. Lists: Santa's making his list and checking it twice. My advice is to make two lists and check them all the time. The first one is for the people you need to buy gifts for. Use a Notes App on your phone and put everyone's name on it with a suggested gift and budget. As you buy, cross them off so you don't forget anyone. The second list is managing your time. We all have a ramped-up social life at Christmas as we plan lunches, dinners and get-togethers. If you don't use your phone calendar or diary, start now. If you're technologically challenged, print off a six-week calendar and keep it in your bag. However, to avoid burn out, ask yourself; "If I don't do this, what will happen?" and knock down the list a bit.
2. Greeting Cards: Reach out and touch someone ... the easy way. Online greeting cards are easy, inexpensive and fun to send. No more lines at the post office!
3. Gifts: Discontinue gift exchanges that have been outgrown or lost their meaning. Limit gifts to children only, or organize a Kris Kringle where each person picks one recipient's name. The stress relief from only having to buy for one gift is incalculable, so you'll take extra care to get something perfect.
4. Gift wrap: Save time by having your gifts wrapped at the gift wrap booth at



5. Décor: Focus holiday décor on the Big 3; front door, tree and focal point. Scale down décor by opting only to hang wreaths on your front door instead of installing Christmas lights. Decorate your tree with minimal ornaments and lights and simply add fresh evergreen branches with pinecones to your fireplace mantle.
6. Christmas visits: Eliminate visiting people with gifts if you are seeing them at Christmas. If you have young children, pick up a Christmas outfit or Pyjamas for them in November and arrange to visit Santa for pictures- as soon as he's at the mall. This will avoid long line-ups and lots of tears.
7. Food: Turn your back on the oven this year and visit supermarkets and bakeries for pre-baked holiday treats. Plan your visits in advance by stocking up on tasty tidbits, a cheese platter and drinks.
8. Hosting Christmas: If you're the lucky one who gets to host Christmas dinner,

banish stress by planning your menu in advance and prepping your food in the morning. Make things easier by asking guests to bring a dish and to help with clean-up, or better yet; get some hired help.

9. Cleaning: Cut the clean-a-thon by focusing your attention on kitchen and public rooms only. Let private areas slide until the end of the season. Better to schedule deep-cleaning chores like carpet cleaning until after the wear-and-tear of the holiday season.
10. Stay home: Stop and smell..Christmas. A holiday "stay-cation" allows for time with the family to really enjoy Christmas at a slow pace by rocking around the Christmas tree, baking a treat or two, going tobogganing/building a snow man, Christmas caroling, and watching Christmas movies.

As soon as November comes around, be sure to write those lists and keep these tips in mind. They are sure to make your holidays stress-free and most importantly will allow for you to have yourself a merry little Christmas- at a slower pace. Happy Holidays!

The Edge of Beautiful

A visit with the Design Director of UpCountry Inc., Blair Michener
Text Kathryn Powell
Images courtesy UpCountry Inc.

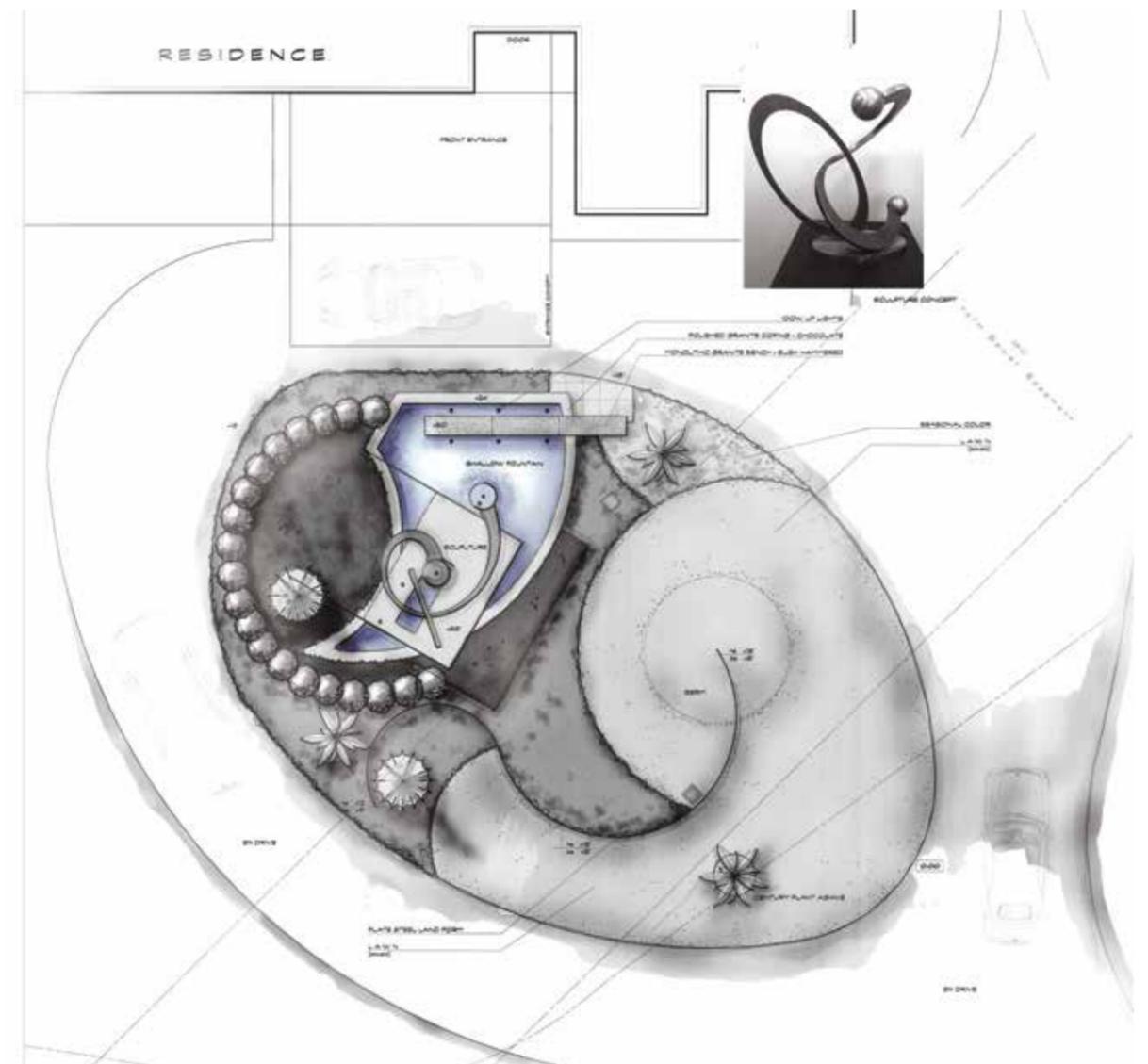


Canadian Designer and artist, Blair Michener is a prolific creative. Never seeking the limelight, he is an open book, full of opinion when we get on the topic of design – his passion. His office is an eclectic mixture of art and furnishings. A "Humpty Dumpty" kinetic bronze sculpture pokes out from the wall over his hand carved Rococo desk. His photography coats the walls blurring the lines between

his travels and work. Everything to inspire and appreciate. Like his work, there is a tangible sense of creative about the space. He has an appreciation for art and its environs that he not only creates, but fully immerses himself in.

"For me" he says, "my design approach is about creating space that is not only beautiful but also free from excess, essential form and

experience." His passion for water and its form is, like his work, diverse. His ethos has not changed since his first residential project over 30 years ago: to create spaces that calm the senses. In his first few years of designing residential projects, he garnered dozens of awards nationally and internationally. It was clear. The aesthetic sensibilities that define his designs today – balanced spaces, strong connections

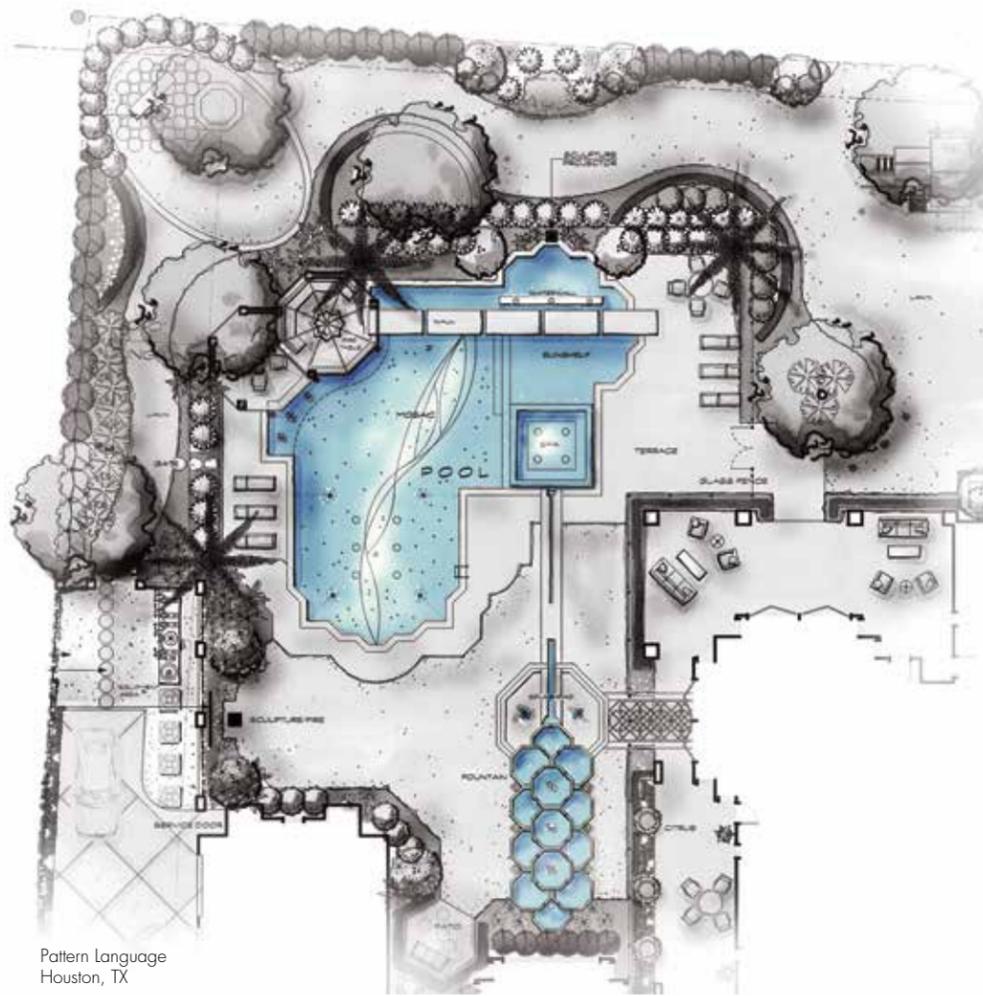


Tangled Sarasota, FL

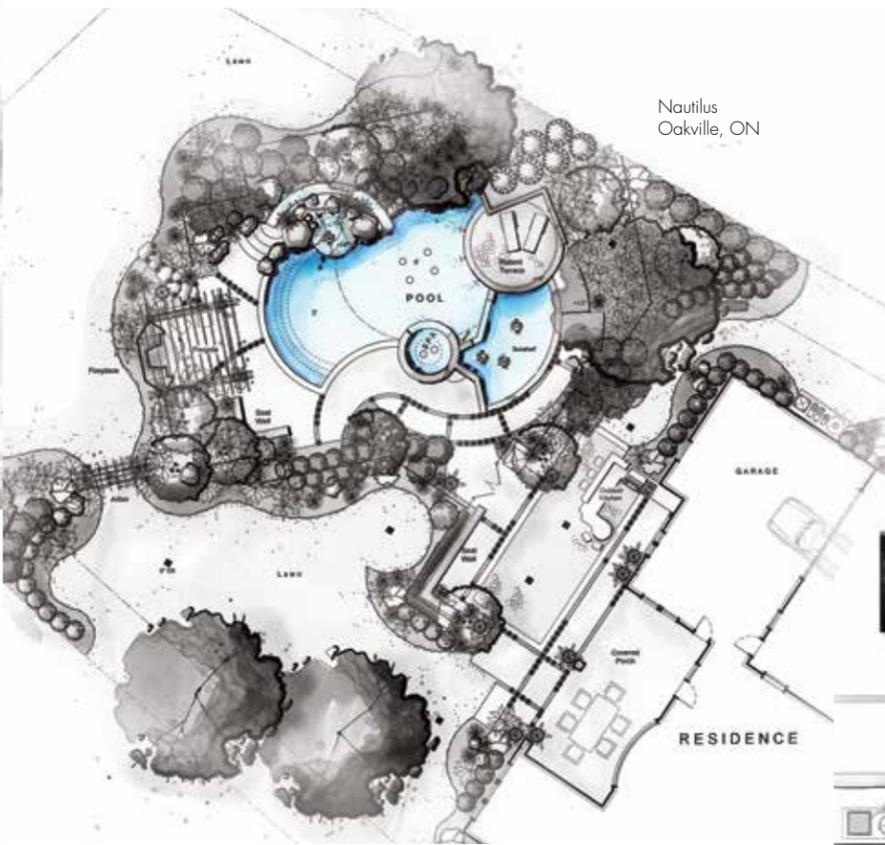


between the indoors and out, sophisticated line, finish and bespoke furnishings has been there since the beginning. All this combined with the detailed craftsman approach for fit and finish, Michener has remained close to the build process to ensure that every client's dreams are properly represented.

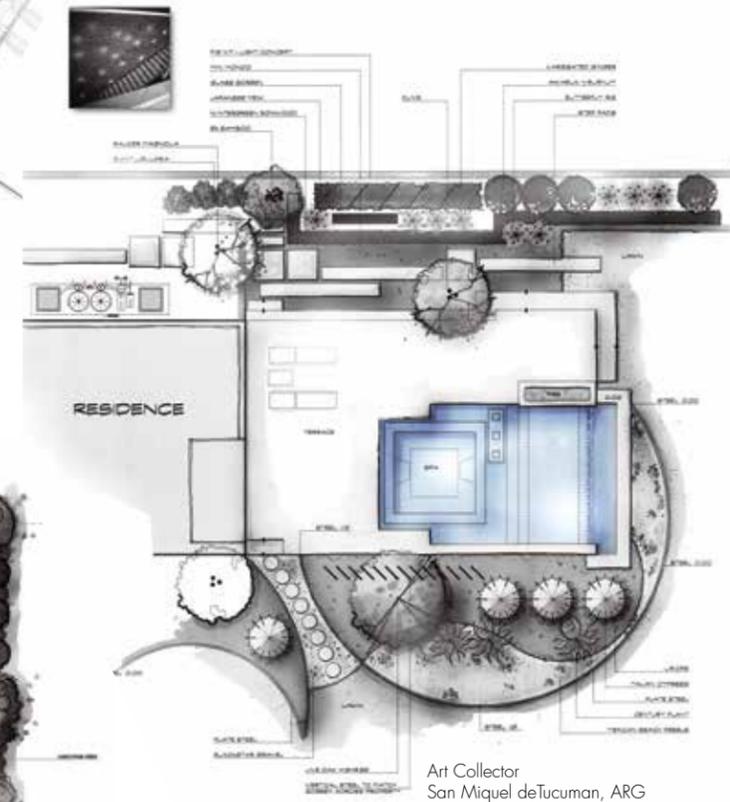
For Michener, his design work is less about all the latest trends and more about the art of living well. "My task as a Designer is to contribute to the quality of my clients' life. This approach has led me all over the world and I'm only getting started at age 55. A client in Atlanta who desires European gardens and wine cellars. Another in Argentina that



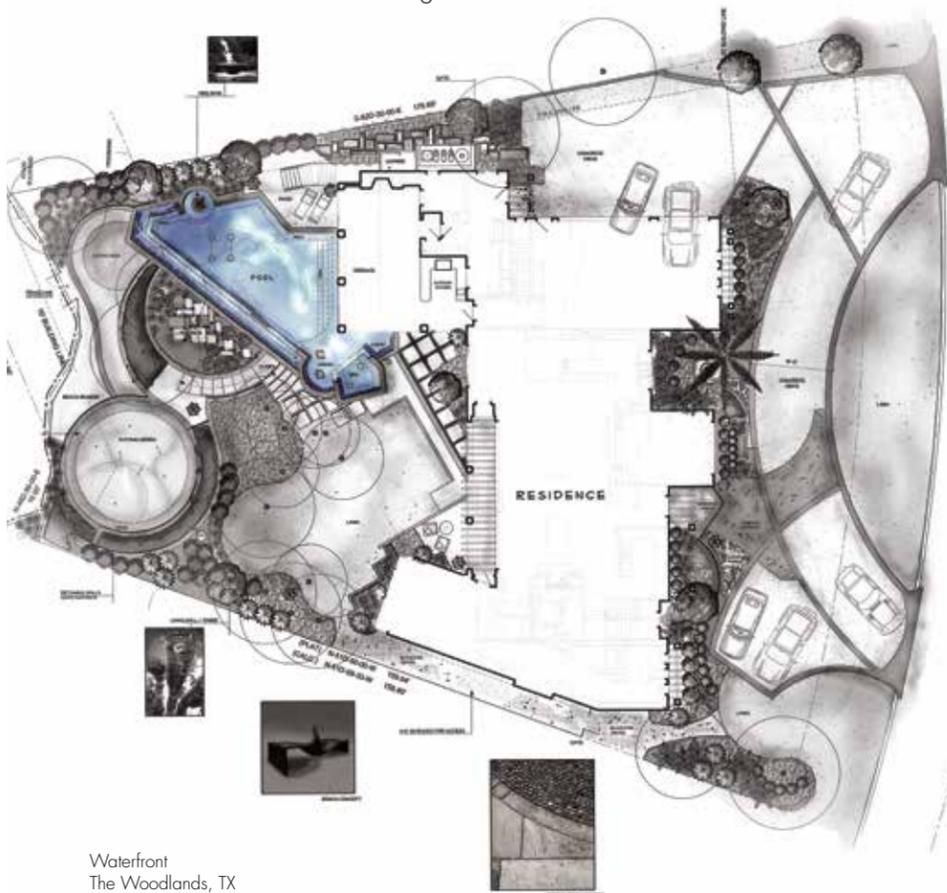
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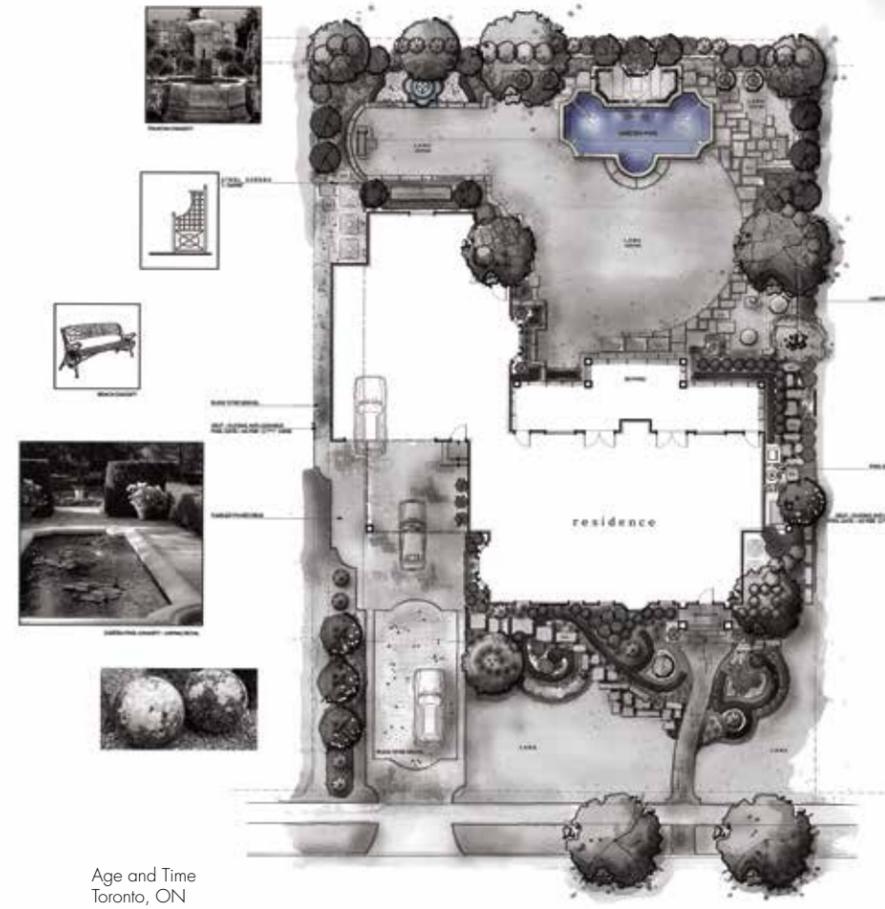


Waterfront
The Woodlands, TX

is looking for cutting edge restraint and deft art installation."

In every case it is still about the emotions created. The quality of life. Spatial design and Art. By remaining open to all exterior form and not just one single genre, Michener has found himself designing in unique settings. Recently, he spoke about an installation 28 stories off the ground gave him the opportunity to bring renowned Vancouver artist and sculptor Marie Khouri's work to the penthouse gardens of a discerning art collector in Houston Texas. "Facilitating the opportunity to embrace my design work as art is an honour. For me, success manifests itself when a client realizes their own dream. The beauty of connecting exteriors with a client is the knowledge that time only enriches their experience."

This writer's advice; "if you're looking for something extraordinary, someone different, then you need to reach out to him".



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Gerald and Trudy are now stepping down from the business which now employs 40 to 60 workers annually, serving their clientele with the dedication and diligence learned from father George Schuit.



Today the third generation are at the helm of the company. Their son, John Schuit owner/president and his wife Melissa, son-in-law Gary DenDekker owner/manager and his wife Jennifer, Brad VanderMaarel as chief estimator and Rose McCallum office administrator are now the diligent team that will keep the family tradition of dedication and pride serving their clientele.

Gerald is still active in the family business, mainly with promotion and sales, working with his sons on a part time basis. He is

very pleased with what he sees in the third generation keeping the values of honesty, integrity and respect, as the past two generations have sought to keep.

Gerald takes this opportunity to thank you warmly, all their customers, for choosing their company to serve you in the past years. Please continue to trust the family business, Schuit Plastering and Stucco Inc, in the future, for the quality workmanship and service your company deserves.

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New Porsche 911 GTS Models

Improved performance, sharper
design and a distinctive sound

In true GTS fashion, the new 911 GTS models provide even greater performance. Five variants are available: the 911 Carrera GTS with rear-wheel drive, the 911 Carrera 4 GTS with all-wheel drive – both available as a Coupe and Cabriolet – and the 911 Targa 4 GTS.

The newly developed turbochargers for the three-liter, twin-turbo flat-six engine give the sports cars a performance boost of 30 horsepower compared to the current 911 Carrera S models and 20 horsepower compared to the previous 911 GTS model with a naturally aspirated engine. All models come standard with a seven-

speed manual transmission. The seven-speed Porsche Doppelkupplung (PDK) dual clutch transmission is optional.

The new Sport Design front fascia gives the GTS a striking look. The aerodynamically optimized front end with a more pronounced front spoiler and a rear spoiler that extends higher than on the 911 Carrera S reduce lift on the front and rear axle. At the rear, tinted tail lights, black logos, a rear lid grill with strips in satin black and center-mounted exhaust tailpipes in high-gloss black clearly highlight the GTS. The rear-wheel drive models are distinguished further by a black trim strip between the tail lights,



while the all-wheel drive variants feature the characteristic light strip. Sport Design exterior mirrors and center-lock wheels painted in satin black round out the GTS accents. For the first time, the 911 Targa 4 GTS features a black Targa roof bar as standard.

Infotainment

Porsche Communication Management system with touchscreen is operated similarly to a smartphone. It features the new Porsche Track Precision app as standard, which can be used in all GTS models. This enhancement from the world of motorsport offers automatic recording, detailed display and analysis of driving data via a smartphone.

Five new GTS models in Coupe, Cabriolet and Targa versions

The five new GTS derivatives are the most powerful and sportiest variants of the 911 Carrera/911 Targa model line.

They are designed specifically for 911 drivers seeking everyday usability and even greater performance. In addition to performance-enhancing features, the GTS models offer exceptional standard equipment.

The 904 Carrera GTS first brought motorsport technology to the streets as a road-approved sports car back in 1963. The 924 GTS and 928 GTS that followed refined this principle throughout the 1980s and 1990s. In 2010, the GTS celebrated its rebirth in the form of the 911 Carrera GTS (Type 997). Since then, a total of 15,334 911 GTS models have been sold to customers world-wide.

Greater performance – new turbochargers provide more power

The heart of every Porsche is its engine. The new 911 GTS models are powered by a three-liter twin-turbo flat-six engine developing 450 horsepower at 6,500

rpm and 405 lb.-ft. of torque between 2,150 and 5,000 rpm. The engine makes 30 horsepower more than the 911 Carrera S and 20 horsepower more than the previous 911 GTS predecessor model with naturally aspirated engine.

This increase in power comes courtesy of newly developed turbochargers which feature a 3mm larger turbine, a 4mm larger wheel, compressor and housing, as well as a higher boost pressure (18 psi (1.25 bar) compared to 16 psi (1.1 bar) on the S models). This results in improved torque characteristics, quicker acceleration and an even higher top track speed.

All 911 GTS models accelerate from zero to 60 miles per hour at least 0.2 seconds faster than the current S/4S models. The quickest version is the 911 Carrera 4 GTS Coupe with PDK, which reaches this speed in just 3.4 seconds. GTS models are up to three miles per

hour faster than the respective S/4S models and feature a top track speed in excess of 189 miles per hour. The Coupe with manual transmission and rear-wheel drive reaches the highest top track speed of any 911 GTS at 193 miles per hour (2 miles per hour more than the comparable 911 Carrera S model).

Design and aerodynamics - sharper lines and reduced lift

The new GTS models do not just stand out from other 911 models in terms of technology, but also through their design. All GTS vehicles feature the 911 Carrera 4 body with 1.73 inch (44 millimeter) wider rear wheel arches and the 1.57 inch (40 millimeter) greater track width of the all-wheel drive 911.

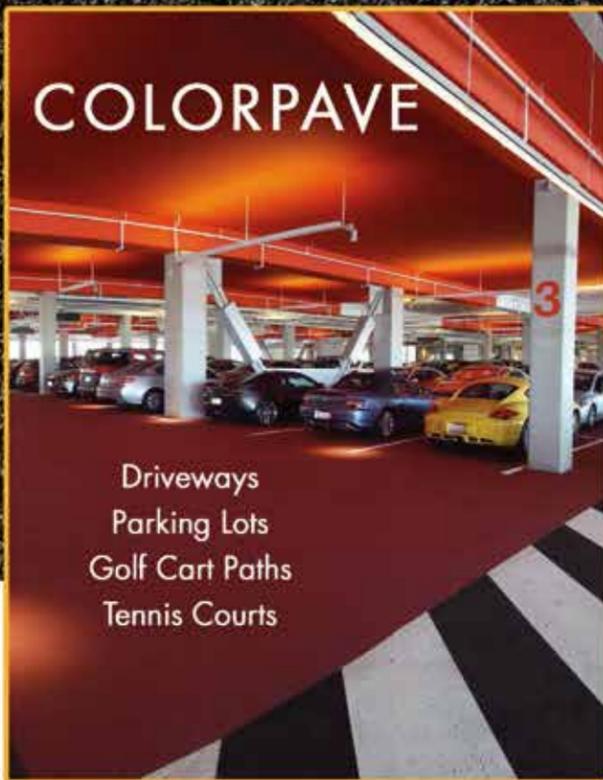
The new Sport Design front fascia with black spoiler lip and larger air intakes gives the GTS models their own distinctive look. The front end and lower front spoiler have been aerodynamically optimized. Combined with the rear spoiler, which extends higher than on the 911 Carrera S, this reduces lift on the front and rear axle. The larger air intakes also increase cooling, which improves braking efficiency driving dynamics and performance. Bi-Xenon™ headlights with the Porsche Dynamic Light System (PDLS) and satin black headlight washer jet housings are standard. LED headlights with black surrounds are available as an option.



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HÔTEL PLACE D'ARMES

High-end with no pretension!

TEXT Taylor Patrick and Christian Mattina

Located in the core of downtown Montreal, Hôtel Place d'Armes displays a mixture of modern and old-fashioned elegance. Surrounded by historical monuments such as Paul de Chomedey de Maisonneuve, founder of Montreal, and nearby architecturally historic buildings including the Notre Dame Basilica; Montreal's oldest Catholic church, built in 1656—notably where Celine Dion and Rene Angélil married in 1994, the Hotel Place d'Armes is a Canadian architectural gem.

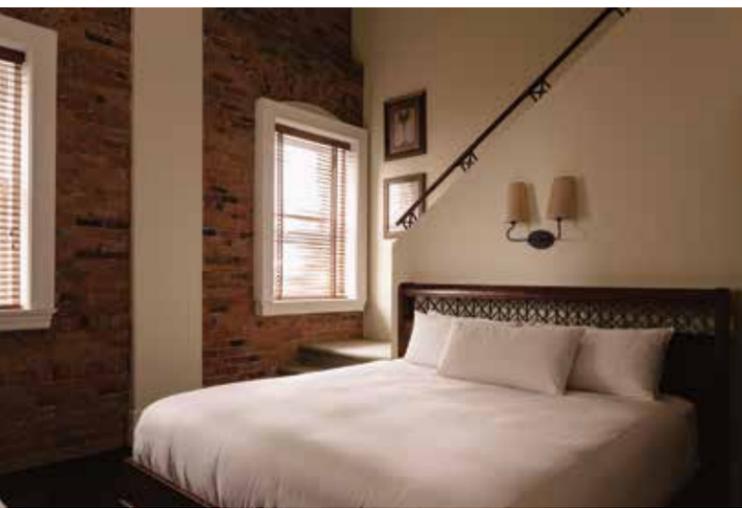
The award-winning Place d'Armes sets high standards as the first boutique hotel in Old Montreal with its 80 luxury guest rooms, 48 suites, and 5 indulgent penthouses attracting passionate and adventurous guests to experience lavishness beyond the ordinary.

Multi-million-dollar renovations to the property were recently completed the summer of 2017, in keeping with the historic architectural brilliance of the building.



Guests can venture into rooms and suites featuring architecturally unique exposed brick walls, hardwood floors and then pamper themselves with luxurious bathrobes, plush bedding and spacious ensuites boasting walk in rain showers, refined mini bars, work desks plus Nespresso machines add to the utmost comfort.

One of the Place d'Armes best amenities is Brasserie 701, located on the main floor and open to the public, the restaurant draws inspiration from Paris's most chic brasseries transporting guests to a lavish bistro. The seasonal dishes are induced with rich flavours accented by superb service by hosts and servers. The quiet and intimate atmosphere makes for a memorable visit for brunch or dinner and during the summer enjoy a cocktail al



Inspired by Paris's golden-era, Brasserie 701 welcomes you in a chic décor with its grandiose neo-classical architecture and a lively ambiance

fresco on the seasonal roof top terrace.

The main source of comfort at the Place d'Armes resonates from the delightful hospitality provided to all guests. Services range from conventional wake-up calls and valet parking to exceeding guest expectations by offering tours

around the city for couples or families with young children.

Pamper yourself with a visit to the RainSpa and rejuvenate with a Swedish massage, or the popular Hammam treatments, steam bath, exfoliations, wraps or essential oil treatments. Attentive specialists combine

advanced technology and ancient knowledge with guaranteed results to pamper and satisfy all their guests.

Hôtel Place d'Armes is the perfect destination for a sophisticated and comfortable getaway – a high-end and chic feel with no pretension!

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Overcome holiday stress by eating well

TEXT Cynthia Love

Most people feel a little or a lot of stress, as the holidays approach. Trying to balance work, family commitments, shopping, lack of sleep and of course, holiday festivities which always include decadent food and tasty drinks, can be a real challenge. The effects tend to show in January. In addition, we all want to have a little fun and not worry about the 400 calories, which are in our egnog.

For most of us, the stress begins from overdoing things... too much food, too much drinking, too much shopping and not enough time out to re-generate. Every health care professional will agree on one thing... eating the right foods and finding time for daily exercise will help your body deal with the stress. When we take better care of ourselves, our mental and physical health improves significantly

Creating a goal of 'maintaining' your weight through the holidays is a good one and makes the New Year a lot more fun!

Here are a few suggestions to help your waistline survive.

Don't go hungry – Before going to a party have a healthy snack such as almonds, Greek yogurt, protein bar, low fat cheese, as this will reduce the temptation to eating everything in site.

Have a plan – If possible, look at menu's before going and decide what you're going to order or share, so you don't get sidetracked.

Avoid starchy carbohydrates – Try dropping the starchy carbohydrates, such as white bread, white rice, baked potatoes with meals and opt for salads and veggies with your protein... it will fill you up and allows you to have other treats.

Drink less – Alcohol has a lot of calories that can turn to fat in the body very quickly; try having spritzers, and if having more than one cocktail, try to drink a glass of Pellegrino or water in between. The more you drink, the harder it is to say no to extra food. Make a plan to drink no more than 1 drink per hour...this is how long it takes for your body to metabolize the average alcoholic beverage.

Sharing – Try sharing appetizers and desserts with friends or your spouse, so you're not tempted to eat it all.

Try not to eat mindlessly – Pay attention to what you're eating. Drinking and snacking before the main meal will have an effect on your body. Try to save your calories for the main meal.

Drink lots of water – Often being thirsty translates to into feelings of hunger, when you really aren't.

Enjoy what you really love – Save the extra calories for your favourite treats. You won't undermine an overall healthy lifestyle by having a treat once in a while. Also, when you do indulge, don't go overboard, enjoy a small portion and move on.

Exercise – As the weather gets colder, it's easy to get lazy. Try to make sure that you are moving every day whether in the gym, just walking around the block, using the stairs instead of the elevator, skipping rope or doing an exercise video at home. Exercise will help to maintain your weight over the holidays and go a long way to help manage stress from the holiday season.

Foods that will make you look (and feel) younger

TEXT Rich Carroll

When people are young and still boast their youthful good looks, many believe that to stop the aging process they must smear things on to their face to keep it looking youthful and dazzling. As we get older some of us come to understand that the way we look doesn't come from the exterior, but from within. I am not talking about the internal attractiveness that many people seem to be capable of radiating (although there is unquestionably something to that), but we're talking here about the natural foods we consume to make the skin appear healthier, and make them look younger.

There are particular foods that can help do this, and not unexpectedly will also help guard against skin cancer. The majority of these foods we are going to cite here have certain qualities in common. And, of course you'll never want to get addicted to smoking; this is the one thing which will do greater harm to the skin as opposed to nearly anything, and can override everything else you try to do to keep your skin young and vibrant. Here are a few things to add to your diet on a regular and permanent basis:

Cold-water oily fish

Tuna, salmon and sardines contain omega-3s, and the fats within these fish preserve collagen. This is a fibrous protein in our skin that keeps it firm. It also has qualities



that reduce inflammatory compounds that promote the growth of tumors. Try to eat a meal with this kind of fish no less than two times every week.

Any food that has lycopene

People with greater concentrations of lycopene in their skin have smoother skin. Lycopene is one of our best protective antioxidant compounds like tomatoes, carrots, pink grapefruit, red peppers, watermelon and guava.

Cocoa

It was once thought that people got acne from chocolate. Not only do studies say there is no link with skin blemishes and chocolate, certain types of chocolate may even prove to be helpful for the skin. Cocoa contains a type of flavonoid called epicatechin, and if taken daily for a twelve-week period it's been established to improve skin texture. This is brought on by increasing the blood flow through the skin and providing additional nutrients and oxygen, which results in more vibrant skin.

Soy products

This would include tofu, edamame and soy milk, and that is because it is full of isoflavones. Researchers believe isoflavones contain something that prevents

collagen in our skin from breaking down, much like omega-3s.

Coffee

This may be another surprising one, but just one cup of coffee may lower your danger of skin cancer. Decaf did not appear to provide the same protection. Coffee contains some of the highest levels of caffeine of anything we take on a regular basis, and caffeine is known to fight free radicals as well as a great anti-inflammatory agent. This excellent for skin health.

Vitamin C

There are several vitamin C foods which most of us are aware of (citrus fruits, dark leafy greens), and vitamin C has tested to help you ward off wrinkles and age-related dryness. A cup of strawberries gives more than the every-day suggested requirement of this essential vitamin.

Beta-carotene

This fights dryness and helps cells to regenerate, and this leads to better looking skin. Add olive oil to your beta-carotene abundant meals for an even more effective combination. Sweet potatoes remain a very good source, along with squash, carrots and spinach.

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Here are five ways to relieve back pain

TEXT Rich Carroll

It might seem shocking that for as many people that live with lower back pain as part of their lives (thought to be as many as 80%), not many specialists have a clear understanding of how to treat it. And anyone who has gone to a physician with chronic back pain often become quite frustrated. Exams will be ordered, MRIs and CAT scans will be done, and there might be nerve impulse exams. After it is all over you'll probably end up with a medical prescription for a painkiller, or if you are unlucky a spinal fusion which will most likely not fix the problem.

The rate of success for spinal fusion is barely 25% and sometimes merely increases the disability. And one reason why individuals get doctor prescribed pain killing drugs is to attempt to just relieve the pain in the small of the back. This triggers a whole new list of concerns including overdosing or an expensive dependence. The news now is full of how painkillers are causing many more deaths than drugs such as heroin.

There are better ways to deal with back pain, particularly if a person does not wait until they are inactive or obesity sets in. Listed here are a number of options



available to just about everyone:

Stretching Especially as we age stretching is just about the best thing we could do. Stretches which emphasize the legs and the core muscles should be a normal part of every person's daily routine. I'll point out one method, referred to as the Egoscue Method that is a set of precise stretches relevant to an individual's specific needs. It's designed to restore muscular balance and skeletal positioning. But as always, check with your doctor before taking on any new program.

Strength training. Any resistance training exercises that build a sound core will help against lower back pain. Planks, lunges as well as squats can be helpful, but you have to be especially careful to

perform them safely to avoid creating additional issues.

Massage. A good professional will know inside 10 seconds where the problems are if it's a muscle-related back issue. Once they determine the source of the problem often they can provide a great deal of relief just by working those muscles. Just be sure to drink plenty of water to flush the system, and believe me that is imperative. Massage will also discharge endorphins to lessen stress and allow the muscles to become less tense.

Yoga. Numerous lower back pain problems come from lack of flexibility in the core region, and one yoga program weekly has shown to diminish back pain more than medication or therapy treatment. If you aren't into full yoga sessions at least find out which yoga poses may boost flexibility within the back and core region.

Chiropractor. When you are struggling with back pain it could be that something is just a little out of alignment. I have used chiropractic professionals with different problems (although not back pain), and they can be a great help.

These are a few strategies that should be investigated before looking for painkillers or surgery, which should only be considered as a last resort.



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New Ruth's Chris Steak House starts sizzling at Toronto Airport



Said Franchise Owner Lana Duke, "We've been part of the Greater Toronto Area restaurant community since 1995 with our downtown location in the Hilton Toronto on Adelaide St. W. Our new venue, continues the Ruth Fertel New Orleans traditions of sizzling steaks, fine wines and exceptional service. At our Grand Opening, we're also launching our support of the Leukemia & Lymphoma Society of Canada, and we are hoping our dinner guests will also demonstrate their support of this worthy organization."

The interior designer for the new restaurant is David Leonardi of Tandem



Celebrating the Grand Opening of Ruth's Chris Toronto Airport (left to right) Co-Franchisees Lana Duke and Executive Vice-President R. David Duke; Mississauga Mayor, Bonnie Crombie; Toronto Ward 1 Councillor Etobicoke North, Vincent Crisanti; The Gupta Group President & CEO, Steve Gupta and Toronto Ward 2 Councillor, Michael Ford. Photo: Lux Photobooths



"Come Hungry Darlin'" - Ruth's Chris Steak House - Toronto Airport opened November 13, 2017 as Co-Owners Lana Duke and R. David Duke cut the sizzling ribbon. Celebrating this new location (left to right) Lydia Sabourin; Jesse Melbye, General Manager; Rob Horton, Director of Finance; Lana Duke; R. David Duke; Sara Wilde, Director of Sales and Marketing; Vince Varone. Photos: Stephen Uhranay

Building Inc. His brother, Italo Leonardi of Leonardi Construction Ltd., completed construction of the striking restaurant, located between The Gupta Group-managed Westin Airport and the Holiday Inn International Airport.

According to Executive Vice President R. David Duke, "We're delighted to be able open this new location. We will uphold our simple tried-and-true recipe: fresh ingredients, classic dishes, skilled preparation and a passion for every detail of your perfect dining experience. Add to that, the gorgeous interior ambiance designed by David Leonardi, and our diners are in for a real treat."

A Restaurateur Co-Franchisee, David Duke divides his time between three locations in San Antonio, Texas and two in Toronto and is the driving force

behind the Toronto Airport location.

Ambience was critical to the construction and design process for the 7,600 sf restaurant that features a 1,300 sf covered patio. David Leonardi collaborated with Milton architect John D. Dorris for both the exterior and interior design. "Our goal was to reflect the high quality of cuisine and service of the Ruth's Chris brand," he said. "The look is contemporary with some nods to the chain's New Orleans roots. The exterior is stone, stucco and decorative metal for the formality of symmetry, with angles and soft curves added to suggest casual elegance. The red stone, medium-grey stucco and off-white cornices highlighting the crown of the roof are timeless and evoke liveliness."

Inside, the designer and architect used an



Ruth's Chris - Toronto Airport interior designer is Tandem Building Inc.; the striking restaurant, located at 970 Dixon Rd. between The Gupta's Group's Westin Airport and Holiday Inn Airport, was completed by Leonardi Construction.

elegant colour palette with predominantly shades of grey punctuated with hints of red and black accents. "This is a subtle nod to the company's corporate colours," Leonardi said.

"As soon as you walk in, you know you are in a Ruth's Chris Steak House. The first thing diners see is the large wraparound bar that anchors the restaurant along with the adjacent lounge with its double-sided fireplace. Both areas are flanked by full-height windows along the entire length of the patio. Sheers enable customers to create a semi-private atmosphere of open it up to bring the outdoors inside."

Said David Duke, "The new restaurant's four private dining rooms are separated from the general dining area, bar and lounge by a long glass wall. These dining rooms can be used separately or opened up to create larger spaces, and can accommodate 120 diners in total. Each room has a TV or display ready for presentations. It's all about flexibility."

Sara Wilde, Ruth's Chris Director of



As Lana Duke says, "Come Hungry Darlin'".

Sales and Marketing said, "This prime location in Toronto's West Humber-Clairville neighbourhood is easily accessed by car and public transit, and is just minutes from Toronto Pearson International Airport.

About Ruth's Chris Steak House

Ruth's Chris Steak House was founded by Ruth Fertel 52 years ago, in New Orleans, Louisiana. Ruth Fertel had a recipe for everything - from how to prepare her signature sizzling steaks to how to treat her guests. This timeless formula is a testament to how one neighborhood eatery has become the largest collection of upscale steak houses in the world,

with more than 150 restaurant locations around the globe. Ruth's Chris remains true to its heritage, helping guests make their best memories on 500-degree sizzling plates. Ruth's Chris Steak House. This is How It's Done.

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LUXURY & SECLUSION

at the Six Senses Zil Pasyon, Seychelles

TEXT Emilia Florek-Guerrero



Photo credits
Six Senses



The Republic of Seychelles is an archipelago of 115 islands located in the Indian Ocean off the east coast of Africa and north of Madagascar.

It is the perfect destination to experience the true beauty of nature and discover new adventures. A rich culture with year-round tropical weather, a diverse flora and fauna and numerous crystal, clear beaches should make this tropical dreamland, a must on everyone's bucket list. The Six Senses Zil Pasyon resort guarantees luxury and comfort and the ease of access to all of Seychelles' wonders.

Located on the Felicite Island, the Six Senses Zil Pasyon is set on this exclusive private island 55 km northeast of the airport in Mahe. A quick helicopter or speedboat ride will offer guests a first glimpse to the astonishing surroundings of this 115-island nation.



The surroundings are astonishingly unsurpassed by the vistas of the ocean.

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the astonishing surroundings of this 115-island nation.

There are 30 pool villas ranging from 200 to 500 square meters offering privacy, an infinity-edge pool, top-of-the-line amenities and even a butler service.

There are also several private residences offering more rooms and extra space. Best of all, to enjoy this perfect year-round climate, the villas offer private sun decks and an outdoor dining area. Everything you need is at your finger-tips and as with every Six Senses resort, each villa will have its own Guest Experience Maker (GEM), for a stay as pleasant as possible.

One aspect to really focus on is the concept of the architecture and the design of the Six Senses Zil Pasyon. The surroundings are astonishingly unsurpassed by the vistas of the ocean and the private infinity pool embracing



the local culture and traditions while adding a modern twist.

The villas blend perfectly with the lush tropical environment featuring subtle grains of balau timber with wooden shingle roofs. Naturally

modern furniture unleashes a fusion of comfort, luxury and natural elements by blending in with the surrounding weathered rock formations.

The residences encompass black



granite connecting it with the island rock. A glass floor roof top swimming pool allows for delicate filtered light to transcend through the room below in the residences. Materials were chosen to withstand weathering such as natural granite cladding. A base palette of stone, timber, tile and fabric was chosen to make sure the resort village retains the delicate features of the natural surroundings.

The Six Senses Spa Zil Pasyon offers exceptional sensory experiences with perfect synergy on its magical oceanfront location. The spa features five double treatment villas reflecting the island's eco-system, colour, textures and themes. The elevated

salt water pool with sundeck, yoga and meditation pavilion enhance personal journeys. The spa also has a wide range of holistic wellness, rejuvenation and local and African inspired treatments. Natural materials connect the guests with the

intriguing rock formations and the eco-system. An open-air entrance, a fully glassed villa, and 180-degree ocean views built upon a large rock to create a suspended sensation are some of the unique architectural features of the spa.

The Six Senses Zil Pasyon will provide an experience and a vacation of a lifetime!

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