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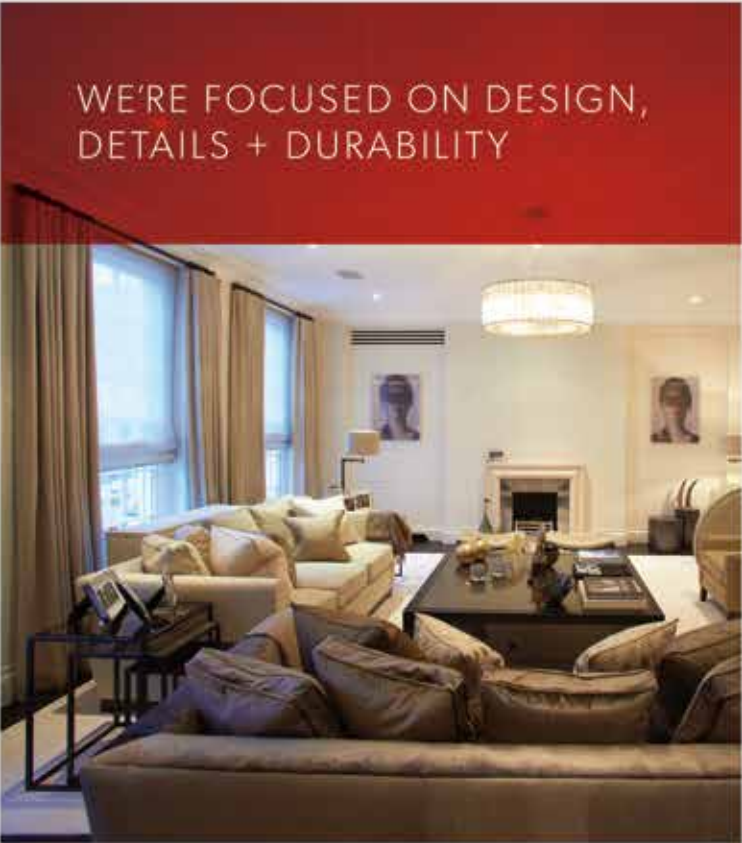
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FEATURES

- 7 Publishers Notes
- 8 Feature
River Rock Construction Ltd.
Vision & Work Ethic with
an Air of Distinction
by Krista Deverson
- 26 Glasshouse Dental
Bespoke Dentistry in Yorkville
by Elizabeth Shaw
- 36 Minutiae Boutique
Alessandra Salvati's Passion
for Fashion
by Krista Deverson
- 44 Porsche 718 T Models
- 54 Lisbon, The Lumiares Hotel & Spa
by Emilia Florek-Guerrero

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FROM THE PUBLISHERS

Welcome to the August/September 2019 edition of Forum Magazine.

It is with great pleasure that we feature River Rock Construction, Denise Higgins and Dan Martin are a dynamic team; with the knowledge of construction and the finesse of design and not to mention their heartwarming personalities – they are truly a force to be reckoned with and a joy to collaborate with. Confident in building on infill lots, from custom estates to executive town homes in Port Dover to lakeside cottages on Georgian Bay, there isn't any challenge they can't tackle.

Sometimes we just need a little refresher, a short break to re-energize and inspire us, why not visit these boutique hotels only an hour or so away by air travel. The James Hotel, New York-NoMad is undoubtedly a cultural epicenter for urban explorers. Perfectly situated steps from Fifth and Madison Avenue, you are truly at the centre of New York City, close to the best shopping, the best people watching, theatre and culinary experiences that make New York fantastic!

Or if Chicago is more your style, the whimsically elegant Staypineapple Hotel, rich in architectural history is only 20 minutes from Midway Airport via the orange line plus Michigan Avenue and the Magnificent Mile are all steps away as is the Art Institute of Chicago, a must for art lovers, one of the oldest and largest art museums in the United States.

Glasshouse Dental in Yorkville is bespoke dentistry at its finest. Its a state-of-the-art practice with modern technology and well thought out interiors that dazzle the senses with a professional staff making you feel comfortable as soon as you walk through their doors.

Enjoy the summer,

Until next time,

Ana & Sean Patrick





RIVER ROCK CONSTRUCTION LTD.

Vision & Work Ethic with an Air of Distinction

TEXT Krista Deverson

PHOTOS API360.ca

Excellence is the quality of being outstanding. It means greatness—the absolute best. With their combined knowledge and experience, Denise Higgins and Dan Martin of River Rock Construction have truly mastered excellence in the custom home field with each of them bringing a unique skillset and solid combined background in home construction to the company.

Although River Rock Construction is still fairly new, the business partners and their entire team have a rich history in home construction. When Denise and Dan met six years ago, they quickly realized that their unique talents in the construction industry were the perfect complement to each other. At that time, Denise already had a well-rounded experience in custom home design build, having built over 200 homes in her career and having sold for builders previous to that. Meanwhile, Dan was a tool and die maker and a millwright with an extensive background in the skilled trades. He had also built homes for himself but had never tried it professionally. With their comprehensive abilities in both the design/build and the industrial side of home construction, they decided to get their Tarion license and build custom homes professionally together; thus, River Rock Construction was born.

Since starting the company, the pair finds that their skills do indeed mesh together perfectly which results in the beautiful quality homes that have established their reputation of excellence. Denise runs the design, sales, and marketing for their company and also some of the construction. Her knowledge of the market and emerging design trends gives them a leading edge on their style. Whereas, Dan takes the ideas and sees them through to completion. He works directly



with all of the trades and because he understands their needs, he can help them with any problem they encounter. Their impeccable teamwork helps the process run smoothly and results in superior quality custom homes that are completed on time and on budget.

As a smaller company, River Rock typically builds 5-6 home a year, but they do them with complete attention to detail.

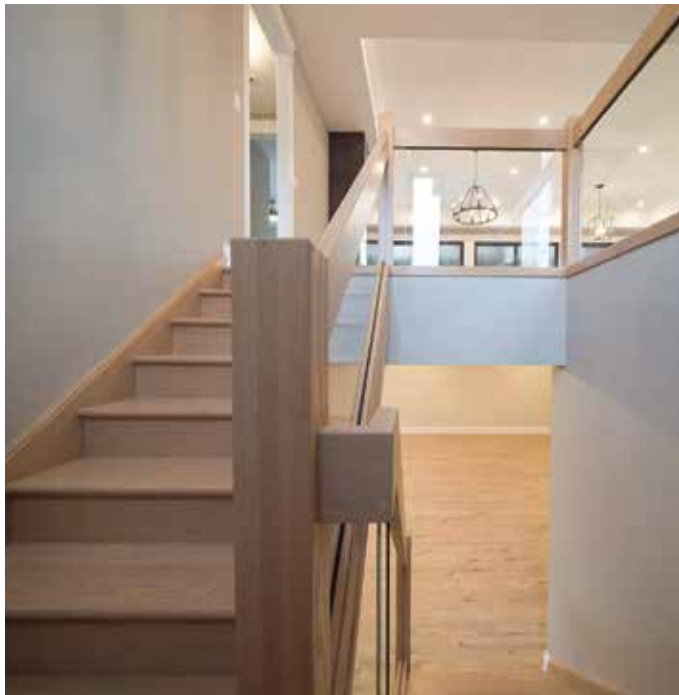


The design stage itself is intensive and together they spent a lot of time working on the designs to ensure they get everything right the first time. That way, when the trades arrive on site, there are fewer issues or concerns and the home comes together more efficiently. For example, they will have their electrical layouts, plumbing selections, and even lighting fixtures all pre-determined to make the project run smoothly to completion. On top of that, they are on-



site every day to oversee the progress and answer any questions the tradespeople may have. They work together with the trades in case something doesn't work out and adjustments need to be made like if doors or walls need to be moved. And they encourage their tradespeople to be creative or share ideas if they think there is a better way.

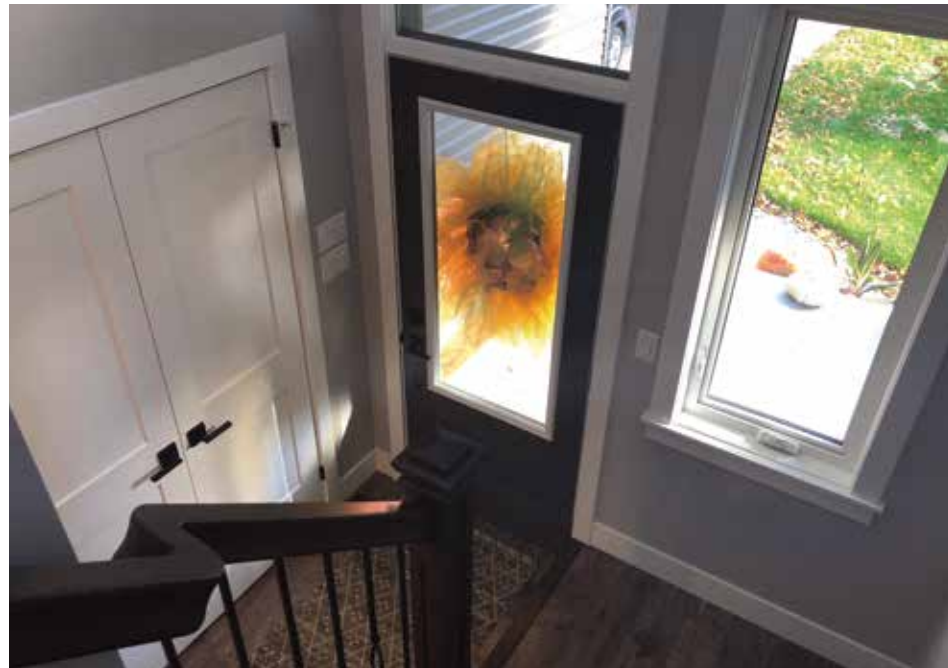
Like their previous endeavours, River Rock Construction focuses on luxurious quality, but this time they are taking it to the next level. Because of their deep building history and their extensive knowledge in construction, they don't compromise or cut corners on their projects. They know how to build things properly and so their



attention to detail is impeccable. From start to finish, they pick out every detail of the home including all interior design choices like the kitchens and bathrooms and all exterior finishes and features. The homes stand out because of this commitment to quality and in only the first few years since opening, clients are already starting to recognize the River Rock name and call them for their upcoming projects. How much their clients and the public are loving the finished homes gives Denise and Dan satisfaction that they have hit the mark.



As custom builders, they work with their client from the very beginning to design the home to suit their needs. Going through the whole colour and product selection process is time-consuming but ensures the homeowner will be happy with their million dollar property in the end. To make the process easier, they've created Allusion Interiors Ltd., a design studio that has just opened for customers to visit and to make all of their colour and feature selections. Allusion Interiors creates the design of the floor plan right down to furniture, accessories, window treatments, lighting and colours. The consideration of all aspects of a quality custom home help clients get an idea



of how they will live in their space and the functionality of it. Clients are really appreciating the convenience of the design centre and the thoroughness of the home design planning stage. Denise says that Allusion Interiors came to be because everyone has different ways they live and function and so they wanted to make the whole home work for people and be able to show them that in advance of completion. Their clients wanted more than just a home; they wanted a total look for their home that would allow everything to work together from the construction, to the design choices, to the functionality of living in the home. Allusion Interiors allows them to lay it all out in advance and get it right.

River Rock Construction's projects are becoming known for their elegance and uniqueness. As builders, they like to mix things up and get creative. They want to change the standard subdivision look where every home has the same feel to it, so they try to push the envelope on their designs. They're always taking the functionality into consideration and trying to give clients the best value for their dollar with the most functional spaces for how they want to live. Along the same lines, they seek out tradespeople that work in the same way and who often come up with unique ideas and designs that will improve the look and functionality of a home and space. The elite level of craftsmanship of their tradespeople elevates the aesthetic look from the exterior brickwork all the way to the interior cabinetry design. The willingness of their tradespeople to step outside of the box means that their homes feature fresh design ideas and uniquely elegant looks.

The company's extensive background in design build homes gives them the confidence to push the boundaries of design. Having previously done the typical home, they hate being bored and are always looking for ways to improve their homes and to make their designs different with a more modern look. It





takes nerve to continually explore their creativity in home design, but they are very comfortable doing it considering their skill level and knowledge base. With so much experience in the field, it makes their projects truly enjoyable to finish.

A stunning example of their unique vision is the beautiful home they recently completed in Otterville which features a traditional exterior with a more modern or transitional interior. The 1.3 million dollar single family home backs onto the Otter Creek Golf Course and showcases their unique design features. For such a special piece of land, River Rock Construction aimed to create a showpiece quality home.

They feel up to the challenge of building a one-of-a-kind home on rarely available properties and so they purchased two more lots on Georgian Bay in Owen Sound. Similarly, to the Otterville property, these two waterfront properties will have spectacular masterpiece homes of superior design that properly accentuate

the beauty of their surroundings. Dan and Denise loved the exclusive properties and bought them knowing they would have to push their creativity to an even higher level for these two high-end estate homes.

Most recently, they completed a block of four executive townhomes in Port Dover which was a different type of project for Denise. The towns are built with the luxury and elaborateness of a custom home. And they're currently working on a larger 34 townhome project called Coast Road, also in the Port Dover area.

Typically, they work within an hour radius of Otterville including Port Dover, Brantford, Woodstock, and London. They also have experience in building homes

on infill lots and buying old properties and tearing down the old to make way for a new build. Clients love their new concepts and the vision they bring to these types of projects. Their experience makes it possible to remove the old and do proper site clean-up while changing the look of the neighbourhood.

Because of their confidence in their abilities, River Rock Construction has fun building their gorgeous custom homes. They enjoy making each home unique and special because that is where their strengths lie. Their vision, work ethic, and thorough knowledge of home construction give their custom homes an air of distinction.



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The Not-Me Syndrome

TEXT Nan Russell

A common pastime at work, it seems, is pointing out flaws, missteps, and problems – especially the boss’s, a coworker’s down the hall, or that roadblock person in some other department. Stories of performance and style inadequacies, or snippets of memorable negative encounters can be repeated for days or even weeks. Some live perpetually in the work-culture, fueling rumors about a perceived inept, difficult, or bureaucratic department or person based on years-ago happenings. Certainly, difficult people, poor leaders, and problems exist at work. But, the reality is most people aren’t that way. Still, entire industries exist with training courses, and books and articles flourish devoted to how you should deal with these people. Articles like “How to Work for an Idiot” to “Ways to Cope with the Coworker from Hell,” and everything in between.

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In this Age of Me where selfies, personal-branding, and self-expression push limits of common sense and beyond-tribe community, did you ever think “What about me?” – does someone at work believe those things about me? Might you be someone else’s difficult person or idiot boss? It’s not a question we typically ask ourselves, but if you want to be winning at working you should.

While we’re quick to want to fix everyone else, to think the problems at work are about them, most of us fall short when it comes to seeing our own impact on others, even if it’s milder than being a “coworker from Hell.” In my first executive role years ago, while going through 360 degree feedback, I quickly discover that what I intended, and how it was perceived by others, was vastly different.

If I’ve learned anything in my 30 year career, it’s this: self-awareness is a critical and challenging skill to develop. Today, as me-focused approaches encourage and reinforce projection outward, not reflection inward, it’s even harder.

From popularity and work performance, to driving skills and general intelligence, we have the collective tendency to overestimate our skills. Duke University Professor Mark R. Leary calls it the “better than average” effect, noting in his book, The Curse of the Self, that “most of us have a higher-than-average perception of ourselves, often blinding us to our shortcomings.”

This “illusionary superiority” even applies to how trustworthy we think we are. Take criminals for example. While they wouldn’t typically top most trustworthy lists, that’s where they see themselves. According to research from the British Psychological Society: “Jailed criminals think they are kinder, more trustworthy and honest than the average member of the public.”

This “better than average” effect can yield a “not-me syndrome.” It’s not me that’s creating stress, building road blocks, or diminishing trust – it’s someone else. It’s not me who needs improved communication or more trust-based work relationships – it’s them. And it’s not me who’s micro-managing, or failing to follow through on my words or commitments – it’s those other people.

But, people who are winning at working don’t rationalize their shortcomings or failures. They try to understand them, recognize them, and learn from them. They ask themselves the hard questions knowing that self-honesty and self-awareness are key to building trust, operating with genuine relationships, getting great results, and reaching their goals.

What people who are winning at working know that people who aren’t is this: self-awareness is a critical success skill. There are many ways to create it, to become mindfully aware of our personal intentions, word-action alignment, and impact. But, each requires persistence, focus, and ongoing work to achieve. For those who want to be winning at working, a focus to eliminate the not-me syndrome and gain self-awareness can’t be optional.

Surround yourself with success

TEXT Amethyst Wyldfyre

When you are called into your greatness - there is an overwhelming desire to move into the work - you are passionate, excited, enthusiastic and filled with juice - you’ve got your goals in sight - your engines are revving and you are caught in the throes of a love affair with your work!

Then like in all good relationships - the high-octane fuel of new love recedes and the time comes for you to settle in and do the regular work of feeding the fire of your passion and keeping it going. That is the precise time that you need to surround yourself with others who are successfully - very successfully delivering their gifts to the world. When your own initial burst of excitement has burnt itself out - you need friends, partners, mentors, colleagues, coaches, trainers, and masterminders to help you to continue to

Successful people do
one thing - they commit.

To themselves, to their dream,
to the people they are here
to serve and
to the Universe.


move forward into your becoming - into your dreams and into the service that you were born to deliver into the world.

This is the most important time to look around and to see exactly who you have in your life- are the people around you your cheerleaders? Are you surrounded by folks who want the very best for you? Do you have anyone on your team who can offer a constructive view of where you might have some (or even many) weaknesses in your plan? Are there people in your circle who



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have already succeeded in doing something similar to what you are trying to accomplish.

The birds are squawking outside my window this morning - crows I think - reminding me to remind you that “Birds of a feather flock together” - so take a good long look at who you are “flocking” with. If you are challenged to move forward in your work - perhaps you’ve been spending too much time with the naysayers and it’s time to look elsewhere - to look to create relationships with people who you wish to emulate - to engage in activities that are going to grow you, expand your mind about what is possible and provide a container of mutual support within which to investigate just where you might need some additional help to strengthen your own areas of weakness.

Detach from drama - drama just sucks up your life force - your energy and it makes you lose focus on what is truly important to you. If you are surrounded by a lot of drama - ask yourself - what within me is ready to die to all this so that I can actually create something beautiful, sustainable and transferable that will serve not only myself but also the people I am here to serve and perhaps even future generations. Who is out there that is doing what I want to do? Go out there and start “flocking” with them - sooner or later success rubs off. Seriously!

How to Redirect a Meeting Monopolizer

TEXT Helen Thamm

Ever been in a meeting where one person talks and talks and TALKS and either repeats her point over and over or talks around the subject? About the only thing those folks inspire from the rest of the team is a strong desire to “space out” or maybe even think about “checking out”!

If no one intervenes and helps the over

talker “bottom line” what he says, (i.e. shorten up and focus to share his thoughts succinctly) he is likely to just keep on talking. Monopolizers don’t even seem to be in contact with whether anyone is paying attention as they tend to lack self awareness and how their behaviors make a negative impact on others.

They often are not even aware they

engage in long and sometimes boring monologues, rather than being part of healthy give and take interactions with their peers.

As a result, meetings can often run overtime as well and important items on an agenda may not even have time to be addressed. Therefore it is really important for the facilitator (or a confident,

assertive peer) to help redirect them, so all who wish to can give their input and feel valued.

Important points to remember to effectively help redirect a meeting monopolizer

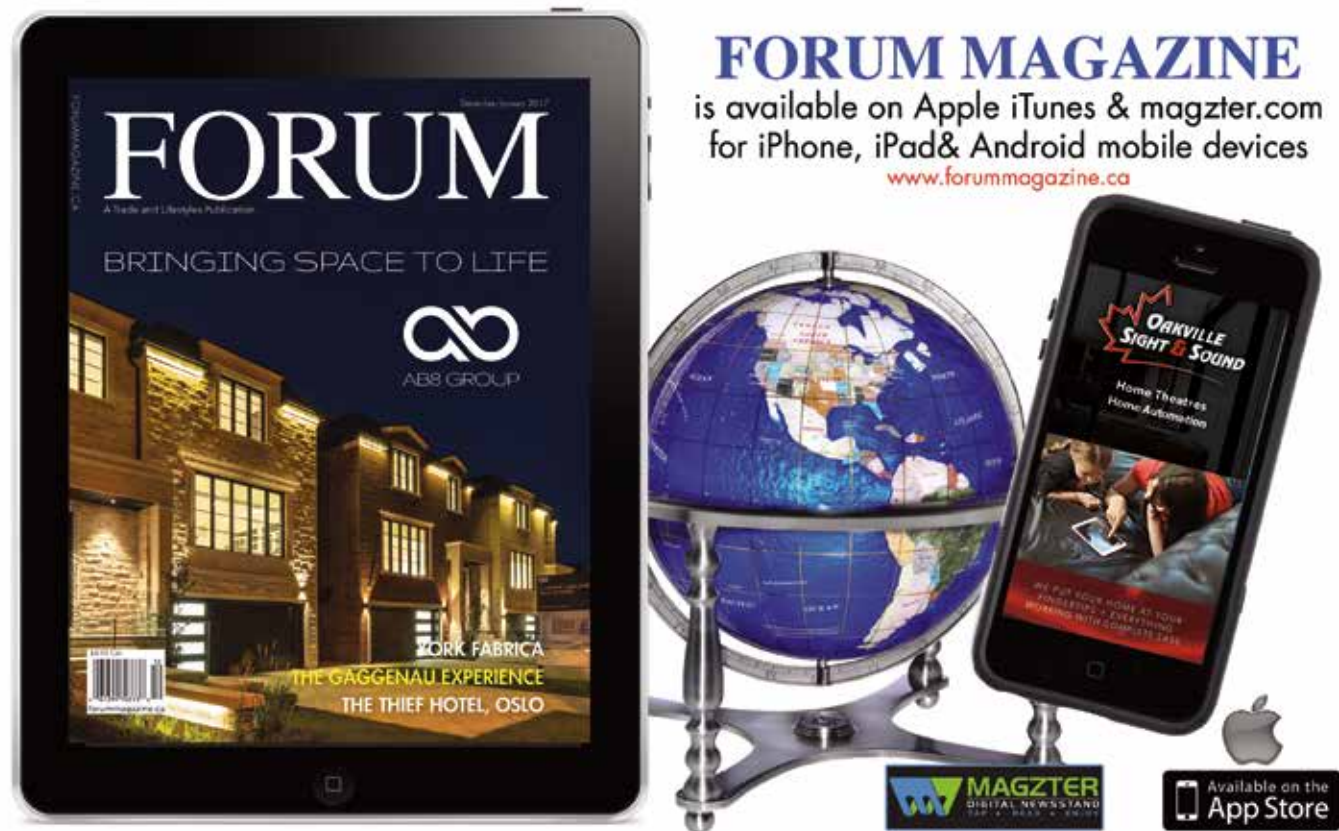
In order to help people with these issues to bottom line their ideas and in the process show respect for the rest of the team, it is important for the facilitator to be tactful and gentle, as these people tend to have sensitive egos. Here of some of the tips from facilitators who have successfully redirected over talkers:

1. Wait for the person to “take a breath” then ask her for clarification of a major point.
2. Compliment the person on a pertinent point he shared, then remind him of the need to move on with the agenda.
3. Thank the person for her ideas and then ask for the team’s feedback.
4. If the person tends to cut people off when he is excited to share a personal viewpoint, the facilitator in a calm voice can simply say “excuse me, I need to hear the rest of what ... was sharing”. Hopefully soon a peer who was being cut off can become confident enough to say the “excuse me, I wasn’t finished with what I was sharing” himself or herself.
5. Use a time keeper to keep the meeting flowing from topic to topic covered in the agenda to help keep those who otherwise might tend to wander off topic more focused.
6. Use a round robin format for meetings. i.e. let the group know that you want to hear from each member of the group, allowing anyone who wishes to pass if she wishes.

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It is really important for the facilitator (or a confident, assertive peer) to help redirect them, so all who wish to can give their input and feel valued.

7. Give positive feedback when a long-winded talker does “bottom line” what he has to say.

Facilitating meetings is always a bit of a challenge because you may have a diverse set of personalities in your group (The DISC Personality Profile which can be found online, is a great, brief test that can help a leader discern the needs and fears of each personality style, including the most talkative type, and therefore better engage each member of a team).

To mold a really fantastic team, it is important to create an atmosphere of cooperation, not competition. Often meeting monopolizers want to be the focus of attention in order to prove how much they know, which may stem from their own belief in their need to prove their worth.

Therefore always remember to be gentle when redirecting them, as their feelings tend to easily be hurt.

Intervene quickly to avoid long-term consequences.

What is important as a leader, however, is to intervene quickly or the meeting monopolizer like the old Pacman game gobblers will consume your whole meeting.

Redirecting him/her shows respect for all members of the team and is important to help the leader build credibility. Showing respect for all members of a team is paramount for building a healthy workplace!

Avoid 10 Mistakes and you will Change your Life

TEXT Sarah Donalds

Recognizing mistakes is the only way to avoid repeating them. However, many of us still have difficulty recognizing. Researchers at the University of Michigan's clinical physiological psychology laboratory found that people are divided into two types: those with a fixed mindset repeating the same mistakes without recognition, and those with an advanced mentality who admit their mistakes and learn from them to improve themselves.

In this article, we will know about 10

mistakes never made twice by smart people, enjoy Reading and sharing with your friends.

Belief in something or person is more wonderful than to believe

Some enjoy charisma and trust themselves so much that we may believe anything they say. It's true that some people are successful and really want to help you, but the smart ones are thinking about a deal that looks so great that they believe it. They pose serious questions before they share something with anyone.

Do the same thing repeatedly and expect a different result

The madness is to repeat the same thing and expect a different result," said Albert Einstein. Smart people need to experience this feeling of frustration once and know that if they want a different result they have to change their method.

Failure to delay feeling satisfied

Smart people know that a sense of satisfaction does not come quickly, and that hard work is far ahead of achieving goals. It is an incentive at every step that leads them to success because they felt pain and disappointment when they failed in the past.

Work in the absence of budget

Smartphones face a pile of bills only once before they begin to make accurate calculations to see how much they spend. They know that a strict budget and commitment to it means not wasting any opportunity. Commitment to the budget - both personal and professional - forces us to make informed choices about what we want and need.

Do not put the big picture in your eyes

It is very easy to become very busy, and to work hard on what is directly in front of you, which makes you overlook the big picture. However, smart people learn how to keep this picture in mind by setting their daily priorities to achieve a well thought out goal.

"The smarts know that committing this mistake will make them fake so they are well aware that happiness and success require exclusivity."

Do not do your duties

Smart people realize they may be lucky sometimes, but not doing their job will prevent them from realizing their full potential. That is why they do not rely on luck as they know that there is no alternative to hard work and perseverance.

Try to be someone else

Many try to please others by pretending to be other people. Wise people know that committing this mistake will make them fake, so they are well aware that happiness and success require exclusivity.

It is very easy to become very busy, and to work hard on what is directly in front of you, which makes you overlook the big picture.

Try to please everyone

Smart people realize that it is impossible to satisfy everyone. To be an effective person you have to be brave to make the right decisions (not decisions that everyone may like).

Play the victim's role

Smart people may try to re-enact the victim's role, but they soon realize that it is one form of manipulation. In addition, they believe that in order to assume the role of victim, you have to give up your strength, which is not easy to sacrifice.

Try to change someone

Smart people realize that it's hard to try to change someone who does not want to. That makes them establish their lives as real and positive people, and avoid people who make them feel frustrated.



Awaken the star within you

Text Linda Cattelan

Years ago I read a great book called "How to be a Star at Work" by Robert E. Kelley. This book became and continues to be one of the "100 Best Business Books of All Time" and the "#1 Career Book" ranked by The New York Daily News.

The author makes the argument that "stars are made, not born". This is terrific news for anyone who is looking for ways to become a star at work.

Based on Kelley's book, there are 9 breakthrough strategies you need to succeed. Here are his strategies and some of his ideas as well as my thoughts on how to awaken the star within you:

Take initiative

Look for opportunities to set yourself apart from others. Many employees don't take initiative. It's too much work, they are too busy doing their job or they have become complacent. High performers go the extra mile consistently. Initiative is what many employers and recruiters look for in new hires, yet it is so rare to find in the workplace. Take initiative by taking on additional responsibility above and beyond your current job description. Look for ways to help coworkers or the department with specific goals or projects. Don't be afraid to take some risks by taking initiative.

Become a good networker

It is said that we are only 4-5 people away from anything we ever want to be, do or have. A good network can help you fill in the gaps. You don't know everything. But if you have a good network of people to draw on, you can usually find someone in your network to help you, or at least someone who knows a person that can help you.

Excel at self-management

Self-management isn't about being super organized. It's about evaluating which activities are important vs unimportant and then balancing those against the urgent vs not urgent. It's about taking control over your own career path by developing a plan and connecting yourself to the work you most enjoy and that benefits the company. Stars figure out how to leverage their talents and add value to their organizations. Increasing personal effectiveness and efficiency is important.

Build perspective

I have a metaphor I love using with my clients around gaining more perspective. I have them think about a hockey game in an arena. As the hockey player you are focused on moving the puck, passing the puck, scoring, etc.

The action is quick and very narrowly focused. The game moves quickly. Removing yourself from the player position to the coach position on the sidelines, you are able to gain a broader perspective of what is going on in the game. The game slows down, the view is broader and you are able to think more strategically about what should be done. Now moving to an observer position high in the stands, the game slows down even further.

You are able to gain even more perspective as you can see not only the game and the coaching but also the statistics and anything else going on in the periphery. Much greater perspective and a much bigger viewpoint. As you awaken your star power, gain perspective on not just what you do, but what is going on around you and how that impacts your job, department and the company as a whole.

Build followership

Followership focuses on relationships you have with leaders and people who have power and authority over you. To be a good follower, you need to know how to lead yourself. Good followers have focus, commitment and build competence and credibility as a way of influencing others in the workplace. They maintain an honest conscience and a great deal of integrity. Their own ego is managed and controlled in order to work cooperatively with leaders.

Be a leader

Not just with people you formally lead already. Be a leader amongst your peers and colleagues as well as others. As a leader amongst your peers, you should look to be respected for your knowledge, expertise and proven judgment. You especially want their respect in the area of people-skills. Demonstrate that you care about people and your colleagues.

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Be a team player

As a strong team player you can contribute by making sure the team knows and understands its purpose, gets the team's job done and by paying attention and contributing to the group dynamics in a constructive and positive way.

Increase your organizational savvy

According to Kelley organizational savvy is defined as: "the ability to manage competing workplace interests to promote an idea, resolve conflicts, and most important to achieve a goal."

The organization can be a political minefield so it's important to be savvy. Find an organizational mentor who can help you maneuver through the organization. Build and nurture solid relationships and increase your personal credibility.

Become effective at persuasion

Impact and influence skills are key to getting to desired outcomes. It's important to understand your audience and tailor your communication to them. Remember resistance is a sign that you haven't built enough rapport.

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PRACTICE, PERSISTENCE & PATIENCE

TEXT Amethyst Wyldfyre

Oh MY!
(Lions & Tigers & Bears!
OH MY!)

Here’s what happens - when you are willing - to practice, practice, practice and practice some more - (this is called persistence) you begin to develop the magical quality of patience - allowing things to unfold in their own time - including you and your business.

Part of the work of a Passion-preneur is the deep development of this patience muscle. You have been struck through the heart and you have deep burning desire to serve the world in the highest ways possible to bring your gifts to the table, to help those you are here to serve and to joyfully co-create magic, miracles and money with your entrepreneurship!

And yet, there are so many pieces of this art of running a business - that sometimes you can trip, fall and get deeply discouraged. Here is where the practice comes in handy - one of my favorite practices is to become deeply aware and just notice when I’ve lost the fire in my belly and the flame in my heart for the work that I know I’ve been born to do.

When that happens as a practice - it’s time to take some time away from the work - and to make a retreat where you can re-ignite the flame and come back into right relationship with your business and fuel yourself to continue to persist in bringing your gifts in to the world in positive, productive and profitable ways.

It can be challenging to have a huge vision and then to realize that you are not going to instantly manifest it! Spirit gives you these big visions as opportunities to grow - inside yourself and inside your business. Cultivating that patience muscle is a way to hone and refine your Spirit.

When you wait for something - and when you take your time to carefully and mindfully and patiently craft something - then you will be creating lasting value in the world - and you will be (exactly on time) richly rewarded for it!

There are so many parts to a successful business - and the journey to success is one that is filled with a huge variety of challenges that you must face, apply your skill to and overcome.

For many evolving entrepreneurs the discovery of your passionate purpose is just the beginning - there is so much to learn, so much to synthesize and then so much to integrate before finally putting all those parts together into a viable, sustainable, thriving enterprise that is the carrying vessel for your accumulated wisdom and knowledge.

I have been in the space myself of having been called into a big vision - the creation of a big telesummit event - I’ve figured out why it’s called a summit!

Because like climbing a high mountain peak the creating and delivery of this event has been quite a journey - there have been a lot of ditches, some crevasses, a few slippery slopes, a lot of strategizing, some muscling through, and the peak at this point is almost but not quite in sight!

How to stay
the course?

Practice - everyday - I have a yoga practice and I’ve also been called even more deeply into my own energetic practices as well as mindset work - the most valuable of which has been “stay in today”. Persist - just keep moving - put one foot in front of the other, step by step





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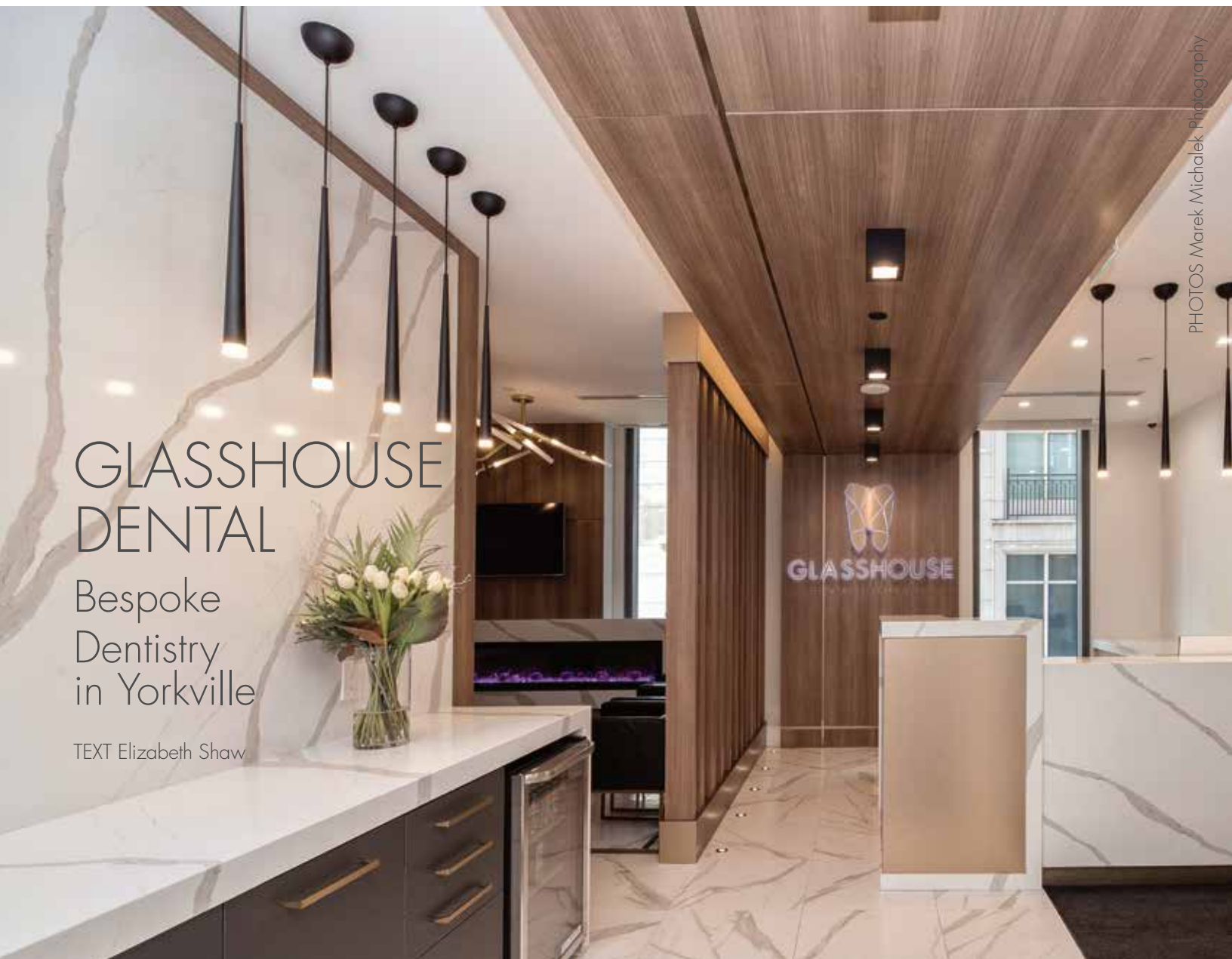
Part of the work
of a
Passion-preneur is
the deep development
of this
patience muscle.

you make steady progress and finally patience - this has been a big life long quality that I’ve been cultivating.

The harvest will arrive - in it’s own time - you don’t see the farmer planting a seed in the field and then going out the next day and looking for the fruit of the vine.

Breathing is a great way to encourage patience and discourage anxiety and fear from creeping in when you wonder if you are ever going to make it to the peak or if you are going to go slipping away and crash and burn in a devastating heap!

Just keep breathing.



GLASSHOUSE DENTAL

Bespoke
Dentistry
in Yorkville

TEXT Elizabeth Shaw

PHOTOS Marek Michalek Photography

Welcome to Glasshouse Dental, a beautiful and modern dental practice located at 7 St. Thomas St., Suite 311, the newest addition to Yorkville. 7 St. Thomas harmonizes retail and commercial design through an inventive interplay of form and light, blending Victorian and contemporary materials to create a unified work.

7 St. Thomas is located on the southeast corner of Sultan and St. Thomas Streets, right in between Yorkville and the University of Toronto. 7 St. Thomas combines six restored and modernized 1880's era heritage buildings that currently rest on



the site. A glass tower was built atop the restored structures that acts as part of the podium for 7 St. Thomas. The name Glasshouse Dental was born from the beautiful space Glasshouse Dental calls home at the front of the podium on the 3rd floor. The remainder of the podium wraps around the heritage buildings, matches them in proportion and includes the use of glass and stone to create contrast and enhance the characteristics of the heritage façades.

The building peels back from neighbouring context to preserve the light and views of existing residential buildings. The design was born from a desire to seamlessly integrate into the existing fabric of the neighborhood and to contribute to the urban environment. Capitalizing on its position in the midst of a growing residential neighborhood and its close proximity to multiple transit lines, 7 St. Thomas is a functionally integrated

Our mission is to provide
the most comfortable,
luxurious dental experience
you've ever had.
We want everyone to
experience it!

development and model for urban sustainability. Hariri Pontarini Architects undertook the design of 7 St. Thomas, with interiors by Munge Leung.

Glasshouse Dental was created by Dr. Kaveh Nedamat and Dr. Fanar Swaida, graduates of the University of Toronto's Faculty of Dentistry, Glasshouse Dental opened its doors in the summer of 2018.

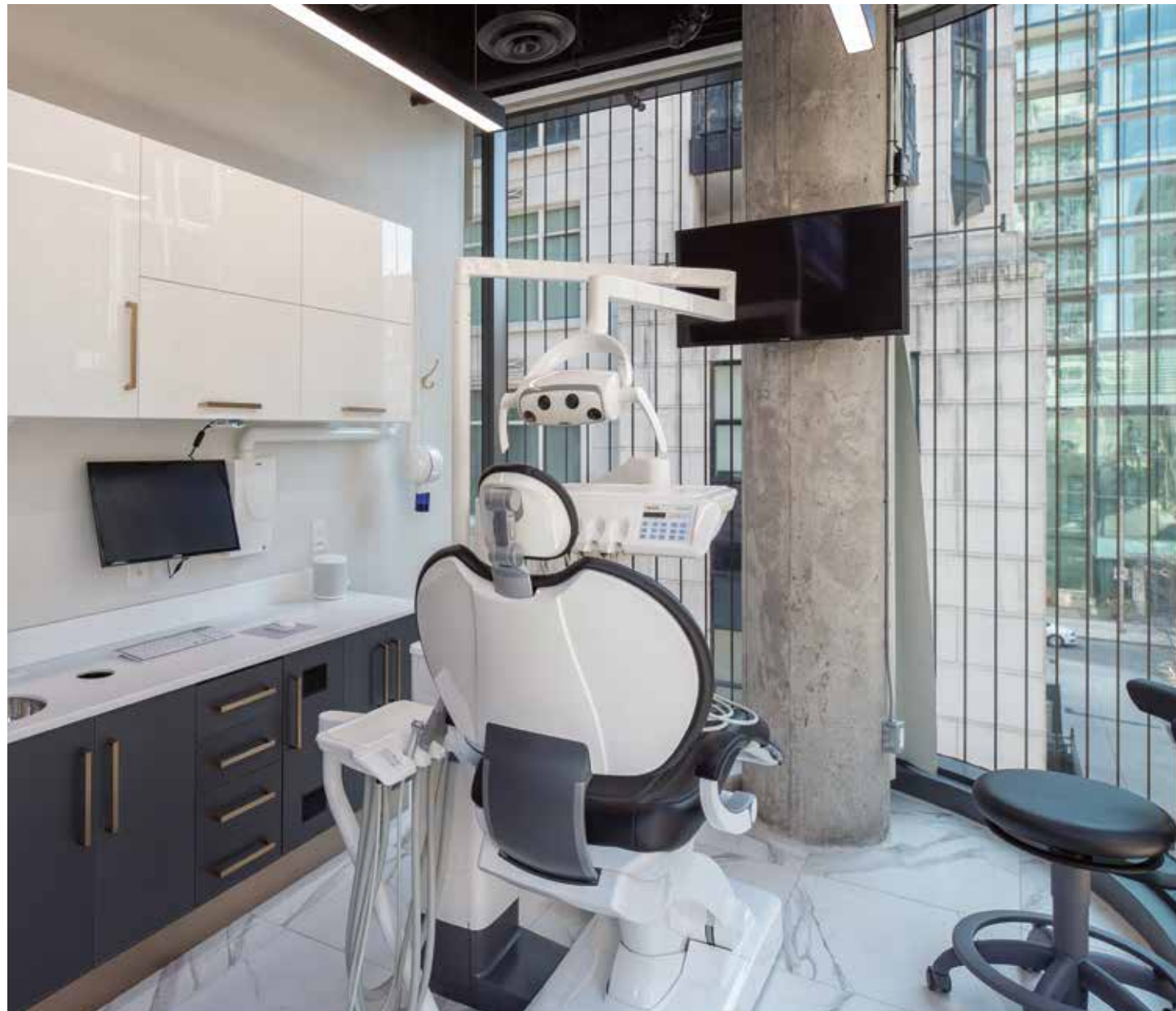


Having lived nearby in The Annex, the Toronto-raised doctors both feel at home in the Yorkville area and view their landmark location as a space that's been "carefully curated to speak volumes about who we are and what you can expect."

Both doctors take pride in developing strategic dental plans as unique as their patients. The bright, airy space at Glasshouse provides the perfect

backdrop to their distinct approach to dental services.

Upon arrival, guests can help themselves to fresh coffee or sparkling water before taking a seat in the lounge. Seated next to the fireplace with your Patient Amenities card, you'll immediately begin to feel removed from a typical clinic experience. Everything from blankets, pillows, Netflix, and personal Spotify playlists



are available, making your appointment as comfortable as possible. You'll feel at ease in the calming environment with knowledgeable and welcoming team members.

The practice offers industry standard pricing and does not increase their patient costs to reflect the additional amenities. It's important to the team that the practice remains accessible. "We want everyone to experience it!" Dr. Nedamat and Dr. Swaida explain. "That's why we have made a decision to remove barriers to treatment. We want everyone's experience at our office to be easy and affordable."

What makes your practice special when compared with others in the area?

What sets us apart from other practices is our personalized approach to oral health, we work with clients to devise a custom treatment plan that is tailored for them. Think bespoke dentistry. We want to deliver a dental experience like no other. Our convenient hours complement all schedules with early morning and evening availability. Once you step into our state-of-the-art practice, you will begin to understand from our attention to detail that we take pride in our work and we aim to surpass all expectations.

What are you and your team proud of at your practice?

We strive tirelessly to raise your expectations of what a dental practice should be. The secret? Exceptional skill, knowledge and compassion. Life is hectic so we aim to provide a space where you can sit back and breathe, all while improving your oral health.

If you're looking to join a new dental practice, Glasshouse Dental has a special offer for all new patients joining the practice. When you join the practice and have a new patient initial exam and cleaning you will receive complimentary ZOOM whitening (a \$599 value).



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Rolex and Yachting

THE ENDLESS CHALLENGE



Dynamic challenges like the Rolex Fastnet epitomize the spirit admired by Rolex.

It is a relationship born of a natural affinity with a sport that exhibits time-honoured values and a dynamic spirit. Six decades into its partnership with yachting, Rolex is the committed supporter of the some of the world's most prestigious yacht clubs, races and regattas.

Rolex can trace its connection with the sea back to the company's origins in the early 1900s, when founder Hans Wilsdorf envisaged a pioneering watch that would be robust, precise and reliable. The strength of this association

would be cemented by the feats of three extraordinary individuals, which helped confirm Wilsdorf's perceptive understanding that increasingly active lifestyles demanded a wristwatch chronometer that was accurate, self-winding and, significantly, waterproof.

The 1960s was a period that added considerable impetus to the sport of yachting, and particularly the discipline of offshore racing. The challenges faced by today's sailors may appear a world away from those encountered in the middle of

the last century, but those heading to sea and out of sight of land for extended periods are still inspired by the characters and achievements of that era. Advances in technology, materials and design continually improve navigation, fitness for purpose and comfort, but the open ocean remains an unforgiving environment.

Until the beginning of the 20th century, offshore racing had been the preserve of large yachts with paid crew. The 635-nautical mile Newport-Bermuda Race, first held in 1906, became the

catalyst for the 605-nm Rolex Fastnet Race (founded in 1925) and opened the door to racing offshore in yachts of 10 metres (30 feet) and upwards. When the 628-nm Rolex Sydney Hobart Yacht Race was founded in 1945, the discipline had truly come of age. Other races, of about 600 nm, would follow, including the Rolex China Sea Race in 1962, the Rolex Middle Sea Race in 1968 and the RORC Caribbean 600 in 2009. Passion was the key element in the early editions of these races, with small numbers of enthusiastic participants.

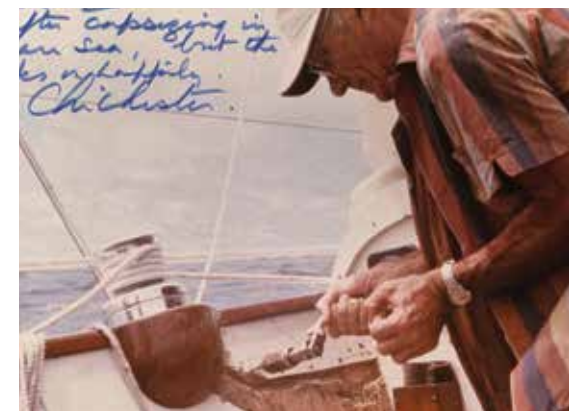


THREE LEGENDARY OCEAN FEATS. ALL ACCOMPANIED BY A ROLEX

A series of accomplishments would add the allure of adventure and testing oneself to the simple concept of competition, thereby broadening the appeal of offshore sailing.

In 1960, the first solo transatlantic race was won by British yachtsman Sir Francis Chichester. Such was the success of this inaugural race that four years later it was held again with more than twice as many participants. Chichester would finish second on this occasion. Spurred on to greater heights, he then set about proving it was possible to sail solo around the world from west to east in a time faster than the three-masted clipper ships of the 19th century.

Setting off in 1966 aboard his 16-metre (55-foot) ketch Gipsy Moth IV, Chichester counted among his 'crew' a sextant and a Rolex Oyster Perpetual chronometer, which absorbed the same drenching and scrapes as him. In one captioned picture from the voyage, he noted that "Gipsy Moth IV needs running repairs after capsizing in the Tasman Sea, but the Rolex ticks on happily." After 226 days, including a stopover in Australia, Chichester returned to Plymouth, United



Kingdom, having rounded the three great Capes: Good Hope, South Africa; Leeuwin, Australia; and, the Horn, Chile.

He was knighted by Queen Elizabeth II for "sustained endeavour in the navigation and seamanship of small craft". His epic feat, undertaken at an age when most are considering retirement, inspired still greater achievement. The clipper route, embraced by Chichester, is the favoured course followed by the most challenging round-the-world yacht races, all of which came into being after his venture.

The first of those races was established only a year later. Nine yachtsmen took on the Sunday Times Golden Globe Race, the first non-stop, single-handed, round-the-world yacht race. The level of the unknown that such a voyage presented then is difficult to comprehend in this age of digital mapping, mobile communication and satellite navigation.

More was understood about heading into outer space.

When the French sailor Bernard Moitessier and British yachtsman Sir Robin Knox-Johnston set off to prove it was possible for man and machine to circle the earth, few believed they would succeed. Like Chichester, they had to rely on their seamanship and determination to survive whatever the oceans threw at them. Conserving resources and protecting their yachts were key concerns. So, too, was navigation, which remained reliant upon the time, the sun and the stars to plot position with any degree of precision.

Of the nine sailors to embark on the challenge, only one completed the full course. Moitessier looked capable of completing the task and in the fastest time, but chose to abandon the contest, continuing east towards the Cape of Good Hope for a second time rather than heading north once he had rounded Cape Horn.

Moitessier would go on to cover some 37,455 nm before coming to rest in Tahiti, the longest nonstop passage by any yacht. Knox-Johnston persevered with the quest, overcoming the adversities, privations and solitude, arriving back in Falmouth, UK, in April 1969, some 312 days after his departure. As the winner of the Golden Globe, he entered the history books as the first person to successfully circumnavigate the planet solo, non-stop.

Sailing prowess aside, Knox-Johnston and Moitessier were both indebted to the resilience and reliability of the Rolex Oyster as an essential tool among the navigational aids on their voyages.

Originally bought for diving, Knox-Johnston laid great store by the characteristics of his Rolex: "It was strong enough to take a bashing and was predictable, which was what I really needed for navigation, particularly when taking sights on deck. It was a good, reliable, trustworthy watch.

Through all the punishment it received



Sir Robin Knox Johnston's Rolex Oyster Perpetual forms part of the Rolex archive collection. Sir Robin Knox Johnston used his Rolex Oyster Perpetual to help determine his position during his record breaking voyage.



it just kept going. It was still working perfectly when I got home, which says it all." Writing to Rolex in 1969, Moitessier advised that: "Your watch has done me great service – it never left my wrist,

even during difficult manoeuvres. Serving me throughout the trip as a navigational chronometer, it was one of the important elements of this voyage, thanks to its precision and its robustness."



Bernard Moitessier took a Rolex Oyster Perpetual on his intrepid voyage in 1968/69.

ROLEX: THE COMMITTED PARTNER OF LEADING OFFSHORE RACES

Given this background, it is perhaps only natural that Rolex would seek to partner yacht clubs and events that foster the endeavour and skills exhibited by the sport's pioneers. Rolex stepped offshore to secure relationships with the world's top 600-nm races and the organizations behind them. Stringent examinations of sailing skill and human endeavour, these classic contests and their organizing clubs have, like Rolex, been defined by a spirit of adventure.

The most famous are the biennial Rolex Fastnet Race, run by the Royal Ocean Racing Club (RORC), and the annual Rolex Sydney Hobart Yacht Race, launched by the Cruising Yacht Club of Australia (CYCA). Widely regarded as northern and southern hemisphere equivalents, and both supported by Rolex since the beginning of the 2000s, they are on every offshore sailor's wish list.

The primary focus for all participants at

these races is, first and foremost, to finish. If one has an eye on winning, the focus is doing so in the shortest possible time.

Plotting the correct route, maintaining the optimum speed in the prevailing conditions and time-management of resources are essential components of a successful voyage, just as they were for the pioneers of 50 years ago. Crews have to manage their strategy and resources according to the potential and characteristics of their boat.

There is no room for complacency, nor error in judgement, in the pursuit of victory. Every decision has to be accurate and timed precisely. Taking care of the minute details remains essential, just as it was for Chichester, Moitessier and Knox-Johnston.

There is no pit-lane to carry out repairs or replenish resources. Time management in offshore races continues to require robust, accurate timing.

Launched in 1992, the Oyster Perpetual Yacht-Master was the first Professional model created by Rolex specifically for yachting. The Yacht-

Master's Oyster case, waterproof to 100 metres (330 feet), features a slightly rounded design to avoid snagging rigging or sails and safely protects the accuracy of the chronometer-grade, self-winding mechanical movement manufactured to withstand the harshest maritime conditions.

Simply completing one of the classic 600-mile races is rightly considered an achievement to celebrate. Marking the significance of the endeavour and the dedication that is required to prevail, historic trophies are awarded to the successful crews. According to John Markos, past Commodore of the Cruising Yacht Club of Australia, one of the prizes has attained legendary notoriety: "The engraving on the back of the Rolex timepiece awarded to the overall winner means everything. It stamps the timepiece with a unique feature that cannot be purchased. While a trophy like the Tattersall Cup is awarded each year, the Rolex watch is personal, owned and carried by the winner. It's become a recognized symbol of success and achievement."

In a world where shorter competition formats are becoming ever more popular, it is reassuring that some sports continue to embrace their history and traditions.

Promoting and guarding the values of offshore sailing remains a core focus of the organizing yacht clubs involved. The success of their approach is confirmed with new record fleets regularly being established at their races: 362 yachts at the 2017 Rolex Fastnet and 130 yachts at the 2018 Rolex Middle Sea Race, for example.

The commitment of Rolex is also long-standing, stretching back six decades, but importantly, it is also forward-looking, with multi-year event partnerships in place. The challenge of the open sea is perpetual and, for those willing to take it on and sail in the wake of their heroes, the opportunities to do so are in safe-keeping.

IMAGINATION FUELS IMAGINATION

TEXT Termina Ashton

Every invention also leads to the creation of a new knowledge. Knowledge is created to fulfill the necessity of the human beings. How does the necessity or the desire of people get converted to knowledge?"

The answer lies in the ability of human beings to imagine what is beyond the sensory perception- sight, sound, taste, smell and feel.

It is through the human imagination that all knowledge has been created. Knowledge can be represented in any form like words, pictures, diagram or audio-visual medium. The knowing of knowledge again triggers imagination as the needs keep on evolving, which again produces fresh knowledge.

As children, we have the most vivid, uninhibited dreams, and at this time we truly were the artists of our life. We invented, laughed deep and some of us even liked to play in dirt, carefree.

And there are those who as they grew to an adult, continued to work on their uninhibited dreams, their masterpiece. They chose to follow their own advice rather than the crowd and found their way off the evasive clone carousel. They became the influencers of society, the initiators of knowledge and the creators of what we do or use now, here is an example; Artist, mathematician and

architect, Leonardo da Vinci sketched plans of underwater crafts. This fueled the imagination of author Jules Verne and from this knowledge he created a story, one with a submarine called Twenty Thousand Leagues Under the Sea, long before we traveled underwater.

With his book, Jules Verne fueled the imagination of readers and inventors,

"Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution. It is, strictly speaking, a real factor in scientific research."

— Albert Einstein

advances in technology and human occupied submersible vehicles were created. These submersibles fueled the imagination of author, Tom Clancy, and this led to the invention of his novel, The Hunt For Red October. This novel and others fueled the imagination of screenwriters and directors bringing to us more movies, Tom Clancy's novel, for example; gave opportunities for actors such as Sean Connery to play in the world of inventions. And the imagination continued to be fueled giving scientists the opportunity to explore the seafloor with remotely operated vehicles.

Thought is imagination and it is the essence for creating our physical existence, at all times. Life outcome is transmitted through imagination by choice and decision. The code and the activator.

A single thought is the bar code transmitted to the Universe or "the formless substance – A thinking stuff that forms all things." as Wallace Wattles calls it in his book, "The Science Of Getting Rich.," This transmitted bar code will give evidence of the exact product.

Choice is thought we give our attention to or what we believe to be true, the bar code of the product. If we extend this thought, we have decided to activate this in the thinking stuff (formless substance)
continued on page 40



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MINUTIAE BOUTIQUE

Alessandra Salvati's Passion
for Fashion

TEXT Krista Deverson
PHOTOS Amir Altaha



In life, it's the tiny details, the subtleties, that often make the biggest impact. Alessandra Salvati, Owner of Minutiae Boutique in Toronto, knows this truth all too well, having spent her life focused on the finer points of fashion design and the fashion industry.

She named her boutique Minutiae, a Latin word, meaning the small details that make something unique, to represent the very unique and beautifully designed merchandise created by emerging designers from all over the world.

At her boutique, the fine details are in both the distinctive designer garments, the nuanced taste of her fashion-forward clients, and in her own thorough and in-depth background in the fashion industry.



Born into a fashion family, it's only natural that fashion became Alessandra's biggest passion. Both of her parents worked in fashion while she was growing up; her Mom was a buyer for a major department store when she was a child and her father imported men's clothing from Italy for his own men's store.

She started working with her father from a young age, taking buying trips to Italy together, socializing with industry insiders, learning the skills of working with people and their garment requirements, and understanding the back end of the fashion business and how merchandising works.

Despite her parent's insistence that she work in the legal field, Alessandra simply couldn't stay away from fashion. So, after university, she started working in management at a women's boutique, and from there went on to obtain a marketing degree from Ryerson University.

This combination of work experiences in the fashion field gave her a well-rounded background that incorporated all aspects



of the industry from client services, to running and managing a business, to the back end and buying garments, to marketing and selling the cutting-edge designs. Eventually her parents understood her desire to work in fashion instead of law; After all, fashion was their passion too.

When Alessandra developed the idea for her boutique, Minutiae, she had noticed that there was a gap in the Canadian fashion scene between fast fashion that is inexpensively made and vastly-produced, and luxury name brands that might be unaffordable for most clients.

For example, in 1974, her father

introduced Hugo Boss to Canada, whereas now it is widely available online. In consideration of this growth in the fashion industry, she wanted to create a space for unique products that would still be fashion-forward at a reasonable price. She was looking for her own niche in the fashion industry, that could also fill this underserved part of the market.

As a trendy person herself, Alessandra joyfully exclaims, "Fashion is my greatest passion! I live and breathe fashion, whether I am at work or not. I am always sourcing new brands, reading articles about emerging trends, and staying up to date with the industry. It's non-stop, every day, every weekend for me."

While developing the idea for Minutiae, she went on her first trip to Turkey, looking at brands, meeting designers, and sourcing garments for her store. Turkey was ideal because they specialize in textiles, so the craftsmanship was unparalleled, the garments were expertly made, the prices were reasonable, and the designs had a unique and elevated edge to them. Not

to mention, her clients absolutely adore the products. Her store debuted with half designers from Turkey and other designers from all over the world that she met at the New York trade shows.

She said that designs from Australia and the UK have also become a growing trend. And going forward, with the explosion in social media, Alessandra is able to follow emerging designers and have her finger on the pulse of the international market.

Having been open just a year now, Alessandra is pleased to see that her store is getting the recognition and accolades for their trendy, unique, and beautifully made fashions, just as she had intended. It validates her original vision for Minutiae and where it fits into the Canadian fashion scene.

She notes that the store has been really well-received, and they are attracting the unique, fashion-forward clients that she had hoped to reach. She says that, overall, the pieces they sell are versatile,

with the ability to dress them up or down. They're garments that can go to work, to dinner with the kids, the summer barbecue, or office party.

For Alessandra, fashion is a form of self-expression and an art form. She loves that she has both totally unique clients and clients who love to incorporate a unique item in their wardrobe from time-to-time. At Minutiae, Alessandra focuses on the details that make her boutique and its pieces so unique: they're well-made, innovative in design, luxurious in quality, and made-to-last for her clients.

For Alessandra, the details aren't minor, each detail plays an important part in the completed vogue look and luxurious essence of her fashions at Minutiae Boutique.

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continued from page 34

and bring to fruition the product (outcome) into our life. It can be joy, a touchable item, a feeling, fear or doubt. Even fear and doubt is a decision. The more we repeat thoughts we make the decision to reinforce specific thought patterns and welcome them into our life results again and again. Good or bad, we get what we decide every time.

Jules Verne repeated his thoughts of underwater travel when he wrote his book. Readers repeated these thoughts when they read it.

In any moment, we can change our thought patterns regardless of how much we have repeated them and relieve ourselves from our restrictive beliefs and decisions. Einstein stated; "The only reason for time is so that everything doesn't happen at once."

Everything cannot happen at once. Choose one pattern, one frequency. To feel healthy instead ill, safe instead of concern, or happy instead of anything you don't feel great about. All we need do is to decide not analyze how we are feeling, or want to feel, this is only adding resistance if we overthink good or bad.

Or you could imagine...

We are not limited to only thinking about what we desire. Even playing with our imagination, producing ideas of what is not present or has not been experienced will change the frequency transmitted to the formless substance and create patterns that bring into existence knowledge for legacy's.

Imagination is inherent within all of us. Stir your giant within by finding inspiration; your journey will sprout and cultivate, and imagination will fuel imagination. Wherever the inspiration is found, it matters not, the only important thing is this is the story of your new future, with the greatest potential of a legacy; and will begin the moment you write upon the Universal canvas with your thoughts.

Allow yourself to Imagine. Use this word often. Because it is in this word that a mystery and one of the secrets is hidden.

"Great things
are only possible
with outrageous
requests."

— Thea Alexander

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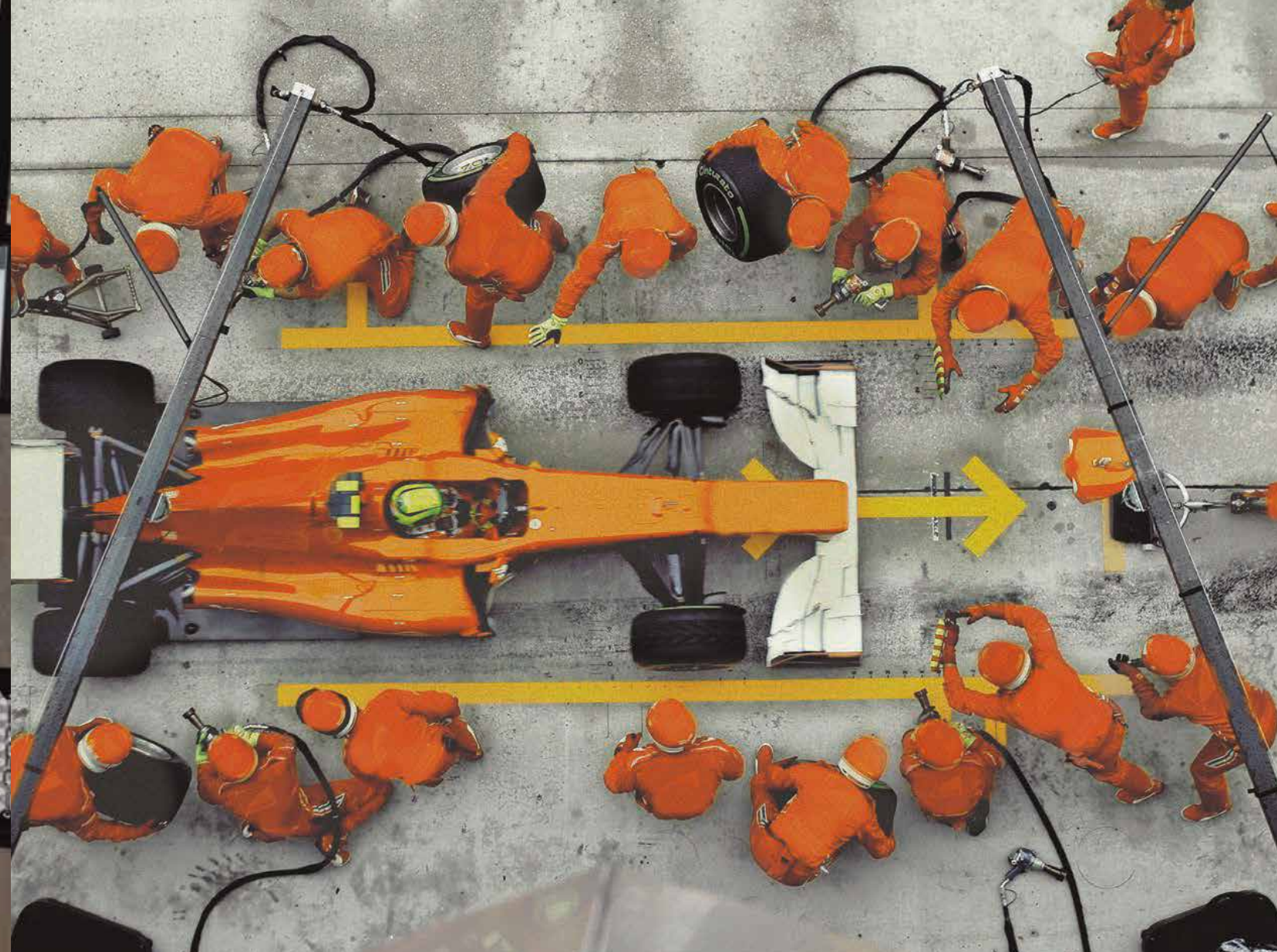
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Porsche 718 T Models





Phones Off. Engines On. #GoneDriving

A journey back to the bare essentials:
four influencers take a digital detox road trip with
the Porsche 718 T Models.

Escape the hustle and bustle of daily life, disconnect and downshift: four influencers took this mantra to heart on a recent “digital detox” road trip. Musician Alvaro Soler, car photographer Oskar Bakke, travel blogger Sorelle Amore and Porsche owner Kyoko Yamashita took the new 718 T models for a ride along the Portuguese Algarve Coast.

The rules were simple: no smartphones, no distractions – simply focus on the present and the pleasure of driving in its purest form.



"The #GoneDriving campaign speaks to the core of an increasingly relevant social matter: the desire to simply unplug and disconnect," says Oliver Hoffman, Director of Marketing Communications for Porsche AG. "We all know that feeling of always being 'on' and simply wanting to switch off. The 718 T models offer that perfect balance and sense of escape for our target audiences: the driven digital natives."

Users can follow along as Alvaro Soler, Oskar Bakke, Sorelle Amore and Kyoko Yamashita explore the winding roads of the southern Portuguese coast in the new 718 T models. When they're not driving, they're living out their personal expressions of what it means to unplug. From surfing to practicing yoga, visiting a guitar builder or a pottery shop – the shared theme is to reconnect with life beyond the screen.



One of the four influencers: Musician Alvaro Soler

Link Collection

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At the epicenter of the #GoneDriving campaign are the four influencers' social media channels as well as the Porsche Global Instagram Channel. The campaign encourages users to book this same trip with the Porsche Travel Experience, inspiring them to experience their very own road trip along the scenic Algarve.

THERE ARE A FEW BENEFITS OF EXERCISE other than muscle-building

TEXT Rich Carroll



The many positive health benefits we receive from exercise should make it clear by now that everybody should take it up.

From promoting better general health to helping people sleep better, the choice we make about working out should only be how much we choose to tackle. All of these biological effects of exercise actually affect people from head to toe. But if that weren't enough, for those into vanity, exercise could in fact help people to be more beautiful. Now I know I have your interest!

Skin health is related to good blood circulation. If blood is flowing through the skin layer, steadily delivering oxygen and vital nourishment and then flushing out waste matter, it's going to stay soft, vibrant and with good colour.

Exercise will keep blood circulating at optimum levels, and as a consequence skin cells are going to stay healthy. Poor blood passage will inevitably increase the risk for the skin to deteriorate.

Yet working out on a regular basis will go even further to provide a younger visual appeal as well as maintain healthy aging. It has been found that engaging in the right exercise will maintain tone in the skin surface similarly to maintaining good muscle tone.

As we age, our skin surface normally sags due to the fact that it loses a slim layer of fat directly below the surface. Yet by building an alternative layer of lean body mass it can shore up the skin and reduce looseness in this skin. This also will help to do away with the ugly cellulite that can give an aging look.

So, in combination with a diet plan that sustains lean muscle, physical exercises will help promote this. Excessive cardio training isn't considered very useful for skin health, and for that matter overall fitness.

Long distance running is considered by many health experts to be a health detriment. This is because as more stress is placed on the system over long periods of time, the stress hormone cortisol is created. That begins to break up collagen in the skin, which is a protein that holds the skin together, providing it with its structure. We have now learned that a better way of getting the required exercise is intense interval training. This has been viewed as being the more real way that the human body will respond to working out.

Quick bursts of intensive exercise interspersed with strength training will provide a great challenge to muscular tissue. Pushups, lunges, four-count squat thrusts and abdominal muscle planks have proven to be fantastic bodyweight exercises that need no equipment.

Working out using yoga applications such as Bikram Yoga are all-inclusive tools that tax our physiques and encourage flexibility and suppleness.

Completing all of these exercises will be of no help without remaining completely hydrated. The skin can become damaged quite fast if we work out but neglect to consume great quantities of water. And how will you know just how much this will be?

Pinch your skin around the back of the hand. You will need to hydrate better if the skin does not spring back quickly.

4 common issues that can affect memory loss

TEXT Rich Carroll



Society as a whole may seem willing to offer older people a pass when it comes to memory loss. Even doctors believe it's entirely normal to have lapses in ability to remember, even for people in middle age. It may be okay to laugh over the occasional "senior moment", but to completely surrender to the notion that there's nothing a person can do to change this is to take a defeatist attitude. And it also could lead to the dreaded Alzheimer's disease or dementia.

Science says that the brain is quite resilient, even as we advance into old age. But similar to the body it is only resilient if we give it a chance to deal with environmental surroundings, as well as the ravages of time. Here we will discuss factors that often have a major influence on brain function, and some are simple alterations to most people's daily activities.

EXERCISE

It is well known that we need exercise

to keep a fit body, but it also does an incredible job for mental health in a number of important ways. First, exercise is key for weight loss, and tests have shown that obesity is associated with cognitive decline. There are reasons for this, one being obesity boosts our inflammatory chemicals called cytokines, and these adversely affect brain function.

Research has also found that exercise boosts brain mass. An investigation found that sixty-year-olds who walked at least half hour a day three times a week had a 2% rise in hippocampus mass. This is the region of the human brain that is associated with poor memory.

ELIMINATING SUGAR

It is important to know that glucose is not essential for proper brain function. Since for many of us that's our primary energy source, sugar is what we naturally turn to. But the brain actually performs better when it can burn ketones, and we get

those from healthy fats. Salmon, nuts, avocado, whole eggs, olive and coconut oil are excellent sources of healthy fats. Sugar as well as other carbs can seriously disrupt brain functionality, even those who are not diabetic or do not have signs of dementia.

SLEEP

Loss of restorative sleep not only can cause problems with brain functionality but may also be responsible for losing brain volume. Part of this reason is because during sleep the body removes harmful waste from the brain during its lowest time of activity. Without proper restorative sleep all these toxic substances remain, eventually causing the neurons within the brain to degenerate.

ANXIETY

When we are stressed a hormone known as cortisol is secreted. It's corrosive effect on the brain synapses are responsible for decreased memory storage. In time this can cause memory impairment.

These are some of the things that we must be aware of. Additional things that should be done are eating foods that offer us relief from oxidant stress. We can do this by eating a multitude of fresh, organic vegetables, which means eating the entire vegetable color range. A healthy diet plan, exercise and proper sleep in a total life-style agenda will go a long way toward long-term mental health.



Asking the Right Questions

TEXT Mike Martin

There are many ways to get the right answer but only if you know the right question. The great motivational speaker Anthony Robbins had this to say on the subject: "Quality questions create a quality life. Successful people ask better questions, and as a result, they get better answers."

In our everyday lives and too often in the workplace we ask the wrong question and we certainly tend to focus on quantity versus quality when it comes to asking questions. There may indeed be no "stupid" questions but there are questions that can help get closer to the truth and others which pull you far, far away.

In general there are two types of questions. There are questions that seek to learn

and questions that seek to judge or get a person to lean our way in an argument or dispute. Judging and leaning questions are really looking to assign blame, defend an already held position or move another person closer to our point of view. Learning questions however are actually looking for new information and facts and sharing responsibility to resolve or improve a situation.

Powerful or empowering questions might be like what might best work for you in this situation or when are you most effective? Power-draining questions might be what went wrong here or how could this have happened? You can see how one set or style of questions might produce a completely different answer and result.

If you really want to improve a situation or get information that can correct a problem it is much better to ask a question in a way that allows the person to actually give you something to work with rather than retreating behind the cone of

silence or even worse giving you incorrect information. Many times this means asking the question in a neutral way that shows you are not on a witch hunt. That might mean prefacing your question with a comment like "I'm not blaming anybody.. I just want to know what went wrong." Then ask your question and watch as the tension drains from the other person's face.

The other major thing to focus on in getting the right answer is to actually listen to the person who is trying to answer your question. We have two ears and one mouth for a reason. Ask your question as neutrally or powerfully as you can and then wait and wait and wait for the answer. Don't ask another question while you're waiting. Don't try to preempt their answer. Sometimes people are just thinking or maybe they are trying to decide if they can trust you.

Ask the right question, in the right way, and wait for the response. You just might get the right answer.

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Lisbon, The Lumiares Hotel & Spa

TEXT Emilia Florek-Guerrero

PHOTOS Francisco Nogueira & Luis Ferraz



Lisbon is one of Europe’s most magnificent capitals with its colourful history, climate and rich culture. Those who set foot in this magnificent city will be marveled by all that it has to offer. From the numerous steep hills that give Lisbon its unique flair, to all the castles, churches and neighbourhoods that define Lisbon, there

is always something to do, see and enjoy! You can rest assured that it will leave lasting memories and make you fall in love with the city. Numerous bars, cafes, restaurants and nightclubs on the waterfront will showcase the local lifestyle especially late at night during the summer. To top it all off, why not stay at the fabulous,

one-of-a-kind boutique hotel known as The Lumiares. Located in the fashionable Bairro Alto area, The Lumiares is situated in a prime location in the city centre, for those who want to go sightseeing and enjoy the comfort of being right in the heart of Lisbon, with the River Tagus on one side and the Castelo de Sao Jorge on the

Stylish boutique hotel and spa in the heart of the fashionable Bairro Alto area of Lisbon. Beautifully designed apartment style rooms make the perfect home away from home.



other. The Lumiares Hotel boasts a rooftop patio with magnificent views of the city of Lisbon, perfect as a chill out area any time of the day. The “Lumi Rooftop Bar and Restaurant” happens to be where guests can enjoy their breakfast or later on during the day for a mouth-watering Portuguese dish!

The Lumiares also focuses on making sure its guests are well relaxed and provide everything they will need. There are five types of rooms including a Penthouse with a private terrace and loft style rooms. Expect high ceilings with an abundance of natural lighting, creating an area of tranquility while at the same time exposing the unique and classic Portuguese style. The rooms are all equipped with a kitchen and a living area, creating a true, homelike atmosphere. Guests will feel as if they are residents of Lisbon! For those who will stay in the Penthouse, you can enjoy incredible views of the city. Hardwood floors embrace the interior of the rooms all throughout the penthouse leading up to contemporary Portuguese tiles in the bathroom. The rooms are sound-proof so you can even enjoy a nice nap during the afternoon especially during the summer.

The Lumiares also has a 24 hour gym and a spa on the premises. This is ideal for those who also would like to get a



quick workout or for those who would like to sit back and relax after an intense day. The gym offers the option of a personal trainer and modern, top-of-the-line equipment. The spa offers wellness therapies, a sauna, a steam room, beauty treatments and much more.

For everyone who has visited Portugal knows that Portuguese cuisine is the best and most renowned in the world. Mercado serves up traditional delicious Portuguese cuisine that will leave you asking for more. Best of all, the restaurant is open till midnight and offers 24 hour room service.

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Kappa Foods advertisement featuring oysters and two bottles of sauce: Red Diablo and Black Maple.

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Staypineapple Chicago

An Iconic Hotel in The Loop

Located right at the heart of The Loop in Chicago is the distinctively upbeat boutique hotel, Staypineapple Chicago. In a city full of awesome cuisine, art, architecture, shopping, Staypineapple is minutes from some of the city's top destinations. Perfect jumping off spot for exploring all the city has to offer.

Chicago's Loop is named after the shape formed by the elevated train tracks that form its perimeter. It circles Chicago's downtown and the country's second largest business district.

NATIONAL HISTORIC LANDMARK

The Staypineapple Chicago is housed in a National Historic Landmark building. It was one of Chicago's early skyscrapers, originally called Reliance Building. The building was formerly a retail/office space. The infamous dentist, Dr. Frank Brady had a dental office in room 809. One of his customers was the notorious gangster, Al Capone. When Al had a toothache he visited Dr. Frank's office for treatment and would leave with more for pain relief than just a few aspirin. The dentist served as a "coverup" to some of Capone's enterprises, besides his professional services. The police discovered this dual practice of Dr. Frank. In addition to providing narcotics, he had also developed an acid that erased the numbers and letters on stolen checks, bonds, and stock certificates.

The building struggled to bring in business during the Great Depression. It was bought off by the City of Chicago and later converted into a luxury hotel, previously known as Hotel Burnham (named after famous Chicago architect and planner Daniel Burnham).

In 2016 Pineapple Hospitality purchased the building and renamed the hotel Staypineapple, An Iconic Hotel, The Loop. The hotel has kept its original 19th century office look (doors for example are complete with vintage knobs and



mail slots), but has combined this historic charm with modern luxury boutique hotel vibes and Staypineapples' branding elements of charm, fun, style and warmth. Cheerful pineapple-yellow accents are everywhere.

In the lobby you will marvel at ornate wrought iron stairwell railings, the rich mahogany doors, and the elaborate marble mosaic floor tiles. The original hydraulic elevator, though refurbished, is clearly from a lavish time.

PERFECT LOCATION

The Millennium Park is a short walk away. The Park is known for Frank Gehry designed Jay Pritzker Pavilion, the sculpture Cloud Gate, known to Chicagoans as "The Bean" for its legume-like shape and Maggie Daley Park. The Crown Fountain has faces of Chicago citizens projected on LED screens and has water flowing

Staypineapple Chicago
is a bold newcomer hotel
with incomparable style,
grace and warmth.

through an outlet in the screen, giving the illusion of water spouting from their mouths. Chicago's entertainment centre, Navy Pier, is 3 km from the hotel.

Eat, drink, play and explore a waterside wine patio, pier fishing, kayaking and more along the Chicago Riverwalk's lush 1.25-mile pedestrian stretch. It runs along the south bank of the Chicago River.

Chicago's many theatres and the Art Institute of Chicago are minutes' walk away. The Art Institute is one of the



oldest and largest art museums in the United States. Experience the greatest Impressionist collection outside Paris, and view contemporary masterpieces. Stand before classics like Edward Hopper's Nighthawks, Grant Wood's American Gothic, Georges Seurat's A Sunday Afternoon on the Island of La Grande Jatte and Salvador Dalí's The Persistence of Memory.

The marvelous Rookery Building is just a few blocks away. It is one of Chicago's

most elegant Romanesque structure buildings and has a Frank Lloyd Wright designed lobby.

In the neighbourhood right along Washington Street, there are various shops as well such as Macy's, Block 37, and Nordstrom Rack. Walk down a bit further and you can treat yourself to the glam shops and boutiques on the Magnificent Mile or Michigan Avenue.

Around the corner from the Hotel is the convenient Washington/Wabash

Station, which takes you straight to the Midway or O'Hare International Airports and other parts of Chicago.

STAY COMFORTABLE STAYPINEAPPLE

All of the rooms and suites feature historic touches original to the building while also offering every modern amenity like high-definition flat-screen TVs, and mini fridges. High-speed wireless receive Internet access on unlimited devices, so



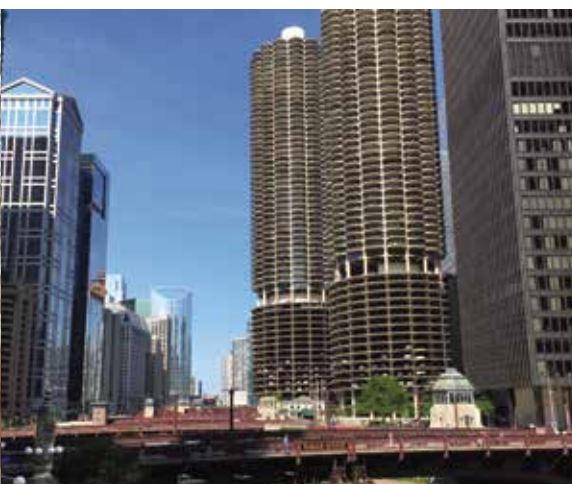
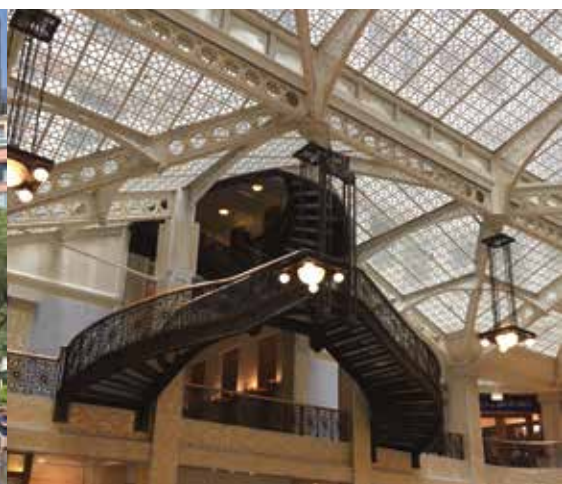
go ahead and use your computer, phone, and tablet anytime - all the time.

Select suites feature stunning views of Millennium Park and Lake Michigan.

Staypineapple Chicago lobby offers signature pineapple cupcakes in the every afternoon, with pineapple-infused water or coffee.

The on-site restaurant, Atwood, is open for breakfast, lunch, and dinner, and has a premium bar with craft cocktails. Atwood serves adventurous contemporary cuisine and indulgent desserts.

Guests receive two sets of individual European style duvets so you and your travel





partner can enjoy a peaceful night's rest. There are signature lightweight robes, so you don't answer the door naked.

There's an adorable stuffed husky mascot named "Dash" that sits on every bed next to a cheeky "Sleep with Me" pillow that rests on the soft white linen and trademark duvets." One can purchase the husky plushie with proceeds going towards helping rescue dogs.

Staypineapple Chicago is dog friendly. Bring your furry friend and receive free bedding and water upon request.

Borrow one of the hotel's bikes to pedal along the lakefront trail, nearby parks and city landmarks. In addition, there is a fitness center so no need to miss a workout. Unless you want to.

Whether it's a warm, summer day or a teeth-chattering winter white-out, Staypineapple Chicago will make every day a spectacular one. If you are a seeker of a different and great hotel, then Staypineapple is for you.



staypineapple.com

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NEW YORK

The James Hotel

NoMad





This boutique hotel by New York based Danish architect, Thomas Juul-Hansen boasts a mindfully modern interior while maintaining a classy traditional exterior. Conveniently located on the corner of 29th Street and Madison Avenue, sandwiched between the Empire State and Flat Iron buildings, The James New York – NoMad is a cultural epicentre for urban explorers.

Interiors exude a modern colour palette mixing greys, pinks and blues. Architect, Juul-Hansen shares, "Our idea for the design was to create an eclectic mix of furnishings, reminiscent of design



elements collected over travels to various destinations, with a focus on craft and quality like the feeling one gets when visiting the home of a collector."

The lobby is the most stylish feature of this property, a sprawling lobby featuring a warm aesthetic with furniture like cozy sofas and gallery artwork adorns the lobby walls. All furnishings were custom designed by the architectural firm and the majority of forms and materials are timeless, made of wood, marble, brass and leather.

The James NoMad was developed with the modern traveller in mind, the hotel's amenities menus range from in-room massages to CBD bath products curated by renowned cannabis chef Andrea Drummer. Book in-room Tarot card readings, Transformational Coaching and more as part of the Four Bodies Wellness Program, a comprehensive wellness experience provided exclusively for guests.

Tucked away from the action above, the Seville cocktail lounge serves up classic cocktails while music from the resident



band accents the exclusive underground atmosphere.

After a ten-year stint in the Meatpacking district, Scarpetta's new home at the James NoMad offers guest gourmet Italian fare from one of New York's most famed restaurants. The hotel's on-site boutique retails activewear,

accessories and beauty products from local tastemakers like jewellery designer Mona Assemi.

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ADVERTISERS INDEX

7 Communications	43
A-lectric Current	16
APi 360 Photography	4
B & M Garage	35
Body One Fitness	40
Brik Masonry	21
Cambridge Drywall Services	24
Can-tario Brick & Stone	23
Dusil Design	42
Edgewater Group	5
Epal Windows	41
Flooring Canada	19
Green Metal Roofing	22
Home Image	17
Kolbe Gallery Ontario	68
Niagara Belco Elevator	17
Oakville Sight & Sound	2
Pella Windows	3
Phoenician Scottsdale	67
Trampoline Parks	53
VDK Windows Group	25



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