

FORUM

A Trade and Lifestyles Publication

WINTER 2023

STAMP & HAMMER

Youthful & Inspirational
Approach to Design

Berit Bech

Mitch Sauder

MILLWORX

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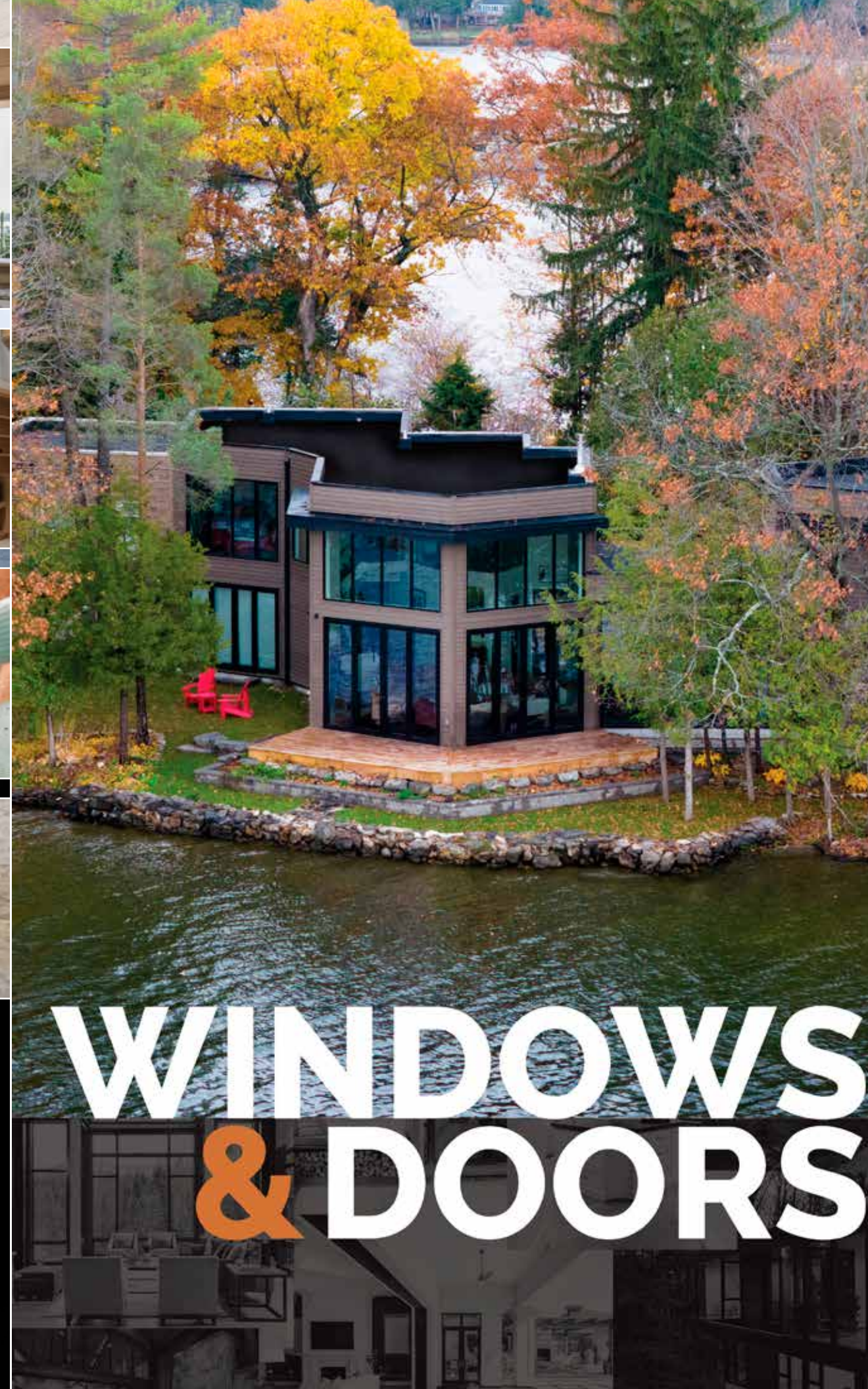
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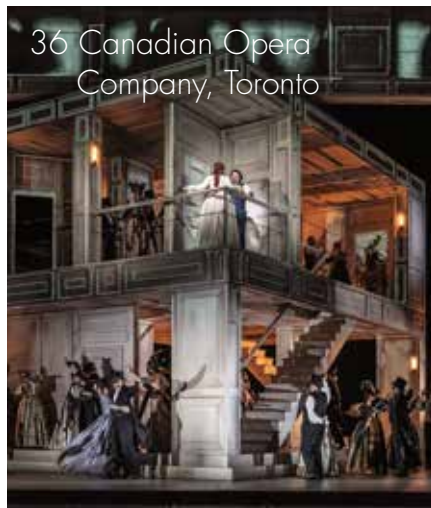


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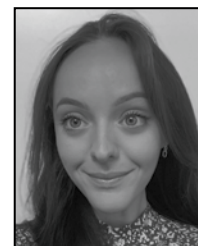
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FROM THE PUBLISHERS

Welcome to the Winter 2023 Edition of Forum Magazine.

It is our pleasure to feature Stamp & Hammer, designers Berit Bech and Mitch Sauder and their team are totally passionate about design! Their enthusiasm and youthful approach to architectural design for all their clients is utterly contagious. Upon meeting them for the first time, one immediately can sense the pride they take in ensuring every detail is scrutinized to meet with their unwavering standards of perfection. Their clients are never disappointed!

Millworx is a custom cabinetry firm that can easily design and build any cabinetry of your dreams. For almost 20 years Eric Waskow and Arthur Kisicki have taken clients dreams and created incredible kitchens and any millwork for both residential and commercial applications. Check out their website at millworx.ca

The Distillery District in Toronto is always magical during the holiday season! Distillery Winter Village at The Distillery Historic District holiday season has now begun and it's a fabulous outdoor holiday shopping and dining experience and this year it is sponsored by Parfums Christian Dior. With so many Instagram and photo opportunities, it should be a definite visit for you and yours this holiday. For more information and tickets, please visit www.thedistillerywintervillage.com

Thank you to all our loyal clients, readers and followers of Forum Magazine. Here is wishing all of you and your families only the best this upcoming holiday season. Merry Christmas, happy holidays and a fabulous New Year! May 2024 be the best year yet for us all!

Until next time,

Ana & Sean Patrick

Publishers





PHOTOS courtesy of Stamp and Hammer



STAMP & HAMMER

Youthful & Inspirational
Approach to Design

Embark on a journey with Stamp & Hammer a boutique architectural design firm located on the outskirts of Toronto, where the focal point is not just on design but on the cherished clients who play the lead role in bringing their dream spaces to life.

At Stamp & Hammer, the client's dreams aren't merely acknowledged; they resonate as the heartbeat of the entire design philosophy. The client's voice is the guiding force of each project, backed by the expertise brought to the table through professional design skills and more than a decade of architectural experience.



Partners Berit Bech and Mitch Sauder and their team are not just passionate designers; they are advocates for community connection. They work with clients all over Ontario, from the hustle and bustle of downtown Toronto and Oakville to the picturesque communities throughout The Blue Mountains including some amazing cottage projects in both Muskoka and Kawartha and they currently are working on a large exclusive golf and equestrian community in Florida! Their passion truly knows no bounds.

Being a full-service firm Stamp & Hammer stands as a devoted partner, expertly choreographing every step from initial planning to obtaining permits and supporting the construction team. Their service-oriented approach is what has sustained their continued growth exclusively by referral. They go the extra mile to appease their clients because they know how to cater to an upper echelon clientele.

They take pride in relieving clients of stress, ensuring that projects stay on track and within budget. Dreams should not be confined by financial constraints; meticulous consideration is given to lot size, shape, and natural lighting, utilizing advanced 3D software and an in-house rendering department to provide clients with a glimpse of their future home before the first brick is laid.

For Stamp and Hammer it is just as important to be selective of their clients and who they like to work with, and in the same sense they want their clients to be just as selective about them.

The reason being that they are building a long-term relationship that starts with the design to the construction phase with the intention to last a lifetime. They really want to get to know their clients and learn how they are living today, and they consider how life will evolve for their clients and the client's family; the better that they know their



“Every project is about the client.”



PHOTOS courtesy of Stamp & Hammer



client, the better they can design a timeless design that will grow and evolve as their clients do.

“If we are not creatively problem solving, we are not breathing.”

Recognizing that a building is more than bricks and mortar, Stamp & Hammer has embraced this truth, creating spaces that nurture and inspire. Whether it's a cozy 400 sq. ft condo or a sprawling 50,000 sq. ft commercial project, their designs aim to enhance the way people live, elevating life experiences through thoughtful layouts, purposeful elements, and top-notch construction drawings.



PHOTOS Rohan Dayal Photography



The dedication to the community goes beyond geographic boundaries. Stamp & Hammer is committed to transforming not only the physical landscape but also the lives of individuals. Master plan communities, developments, custom homes, commercial spaces – each project is approached with an unwavering commitment to making the client’s unique vision a reality that becomes a staple for their community.



PHOTOS courtesy of Stamp & Hammer



“Where dreams become the foundation of extraordinary living.”

And for Stamp and Hammer, simply put, Bech says, “it makes us feel amazing.”

Knowing they have achieved their clients’ vision and guided them seamlessly through a challenging process that takes their dreams and ideas and translates them into reality.

The experience with Stamp & Hammer is not just a service; it’s a personalized journey that transcends industry standards, leaving clients with a home that is uniquely theirs.



PHOTOS Rohan Dayal Photography



Stella



"Take a look Behind the scenes and you will not see one thing out of place."
— Gary D.



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MILLWORX

WHEN DREAMS ARE WORTH BUILDING

TEXT Krista Deverson

No dream is too big or unachievable for Millworx, a big thinking custom cabinetry creator and designer. Their tagline, "When dreams are worth building," supports their innovative strategy and positive mindset for completing extraordinary and showstopping projects.

They design and build cabinetry in their showroom that not every cabinet-maker can

achieve. Their end-goal is to help clients create the space of their dreams with luxurious cabinetry that is integral to the overall room design and elevates the decor. Spotlighting some examples of their work, within their showroom, there is an entire feature wall based on different unique finishes including panels of various different designs from diamond to several shaker options.

Additionally, Millworx offers exclusive hardware, such as handles designed in Italy which are available only through them as the exclusive dealer.

Millworx aims to bring in fresh ideas and options so that customers will be comfortable knowing their customized millwork solution awaits simply by walking through the showroom and



perusing the unique styles and potential options available to them.

For Millworx, the saying 'the riches are in the niches' rings true. Millworx transitioned from a General Contracting firm with in-house millwork to that of a millwork-only focused shop. Refining their business down from a do-it-all contracting and renovation business to solely focusing on designing and building cabinets is what shaped their success. It was a natural transition to specialize in cabinetry for partner Arthur Kisicki, who had been an expert cabinet maker his entire life. Meanwhile, for partner Eric Waskow, it meant that the company could really focus on personal touch service for all of their clients. Over time, their business grew steadily and organically because of their ability to provide excellent customer service

Millworx has grown from a 5,000 square foot shop to their current 22,000 square foot facility and showroom where they can set up an entire space for their clients to physically see and alter the finished product and design and make any necessary adjustments to the cabinetry in-shop. This allows their clients to interact and see the in-progress

cabinets and also provides a comfort level of what to expect.

Arthur, being a highly skilled cabinetmaker, brings his experience and positive mindset to all projects. He truly believes that anything can be done and has led the way for clients. Arthur's vision was behind the development of their

Millworx aims to bring in fresh ideas and options so that customers will be comfortable knowing their customized millwork solution awaits.

vast showroom from a blank slate into a stunning cabinetry design inspiration. Their hard-working approach on all projects defines everything Millworx does as a company. They focus on defining the solution and work towards making it happen. Now, Eric says, "Those 22,000 square feet are full and it's a masterpiece. We had to focus on

a big picture mentality, the vision of what we wanted, not the challenges we overcame to get there. Similar to the idea that 'if you build it, they will come', just like the Field of Dreams film."

Eric says that whatever Millworx's clients can conceive, they can deliver. They have in-house designers to work with clients and offer ideas for their projects. However, if someone has something in mind and it's fully custom, Millworx can build it. They recently completed a project for their client's home in Grand Cayman where they created a kitchen to match the ocean, with a blue and white theme.

For every project, the client is teamed up with an in-house designer and they tour the showroom to get ideas. Sometimes clients come with their own drawings or inspirations and Millworx will figure out a way to make their vision a reality. The designs start with drawings and samples before they double check site measurements to make sure they're accurate. From there, everything is built raw, but not painted, and is set up as it would be in real life for the client to see and touch. Then, if changes are required at this point, they can be done



at a low cost. Once the client approves the design, they can paint and finish everything in-house before delivering and setting it up in the client's space.

With a range of versatility in the types of projects they work on, Millworx has worked on residential custom homes and custom home projects like kitchens, vanities, walk-in closets, wall units, and staircases. They've created custom furnishings like tables and seating or unique pieces like a ping-pong/poker

table. They also specialize in commercial spaces and high-end dental offices with dental cabinetry, sterilization cabinets, and reception areas. Plus, they have designed and created condominium concierge spaces and condominium showrooms.

No matter the project or depth of innovation, their positive can-do attitude combined with their commitment to personalized customer service and an innovative edge on design makes them

stand out. And, their luxurious showroom is sure to delight the senses and inspire dream spaces to come to life. Indeed, when dreams are worth building, Millworx makes it just right.

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3 Keys to Boosting your Inner Confidence

TEXT Steve Errey

I've been coaching for a few years now, and the biggest thing I've learnt - both for me and for my clients - is that inner confidence is the key to it all.

There are all kinds of strategies, ways of thinking, patterns of behaviour and practical tips for improving your life and feeling better about yourself, but they're all redundant if the foundation isn't there. That foundation is the real you, the you that you know deep down you are. The trick is that it takes confidence to find that and to bring out who you are - here are the three keys to real inner confidence.

Get to Know Your Values

Personal values are a big passion of mine and I often get carried away with myself when I talk about them. I make no apology for that though - they're one of the most important things you can know about yourself and are vital in getting genuine inner confidence. Your values are ten thousand feet down inside you, right at the very core of who you are, and they're the building blocks, the foundations and cornerstones for you. A value is something in yourself, in others or in the world that's most important to you, and could include things like respect, progress, family, fun, nature, achievement or freedom.

Why is it that some people and situations leave you feeling angry, frustrated, demotivated or deflated? It's because one or more of your values is being denied, suppressed or repressed - and we experience that as a negative experience because it's denying a fundamental piece of who you are. You know those times when you've felt really alive, amazing or buzzing? Those are the times when

one or more of your values are being honoured, and you can get more of that by living according to them.

Your values are all yours, and no matter what happens nobody can ever take them away. You can have absolute confidence in them because they're there all the time just waiting for you to notice them and use them. When you get to know your values you can start to make choices and align your life around them - it's so simple and it feels amazing because all that really means is that you're allowing who you are to live in the real world.

Trust Yourself

People spend too much time looking for signs that they're doing the right thing or on the right path. Sometimes we get that by hearing that we're doing well at work, sometimes it could be encouragement from a friend or loved one, and sometimes we get that feedback by seeing our material wealth or possessions growing.

But rather than looking on the outside for those signs, how about looking on the inside at what you're telling yourself? How about trusting yourself to do the best thing and make great choices? How about trusting your own insights and using your own intuition? I've seen those ideas scare the bejeezus out of people and you know why? Because it makes you accountable and responsible for what you get. If you trust yourself implicitly and you make the wrong choice you've got nobody else to blame.

But the fact is that we all make mistakes and we'll all continue to make mistakes. So how would it be if you could trust yourself to get through anything and trust yourself to continue making choices that serve you well - even if sometimes you screw up? That's the kind of trust I'm talking about, and that's genuine inner confidence.

Start by listening to yourself and noticing what your intuition is telling you. Be aware of that little voice inside you or

those gut reactions you get and pay attention to what they're telling you. Trust yourself to make decisions, trust yourself to adapt and trust that you're good enough to have, do or be whatever you want. True confidence will follow.

Exercise the Muscle

Confidence is a muscle, and like any muscle you need to exercise it so that it doesn't shrink and waste away. The problem is that unlike your biceps or glutes, which tend to stay in the same place, your confidence muscle can be harder to find. How do you develop your biceps or firm up your glutes? By doing exercises that are designed to work that muscle over a period of time until you see the results you were looking for.

It's just the same with confidence. Let's say that you're the kind of person that doesn't take many risks. The kind of person who goes through each day doing what needs to be done and doing it well, but not really stretching yourself. You might talk yourself out of doing something because it's too scary or because you think to yourself 'I'm not good enough', 'that's not who I am' or 'I don't really want it anyway'. That kind of person lives within what they know and what keeps them safe and comfortable. The fewer risks they take, the less confident they need to be and so the less confident they become.

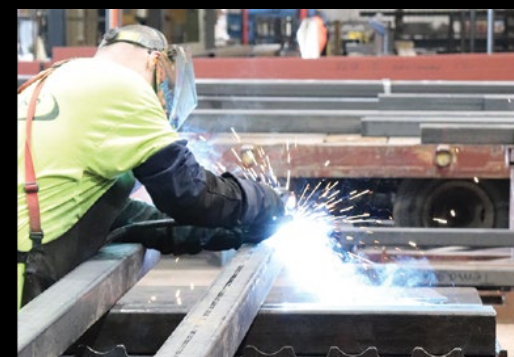
To work your confidence muscle you need to be prepared to take risks - big or small. You need to be willing to stretch yourself in an unfamiliar direction, to try something new or try something in a slightly different way. You need to open yourself up to the possibilities around you and push yourself to increase what you know, what you do and who you are. The more open you are to risk, opportunity and possibility the more confident you need to be, and so the more confidence you'll develop. That's your confidence muscle - the question is, what are you going to do to exercise it?

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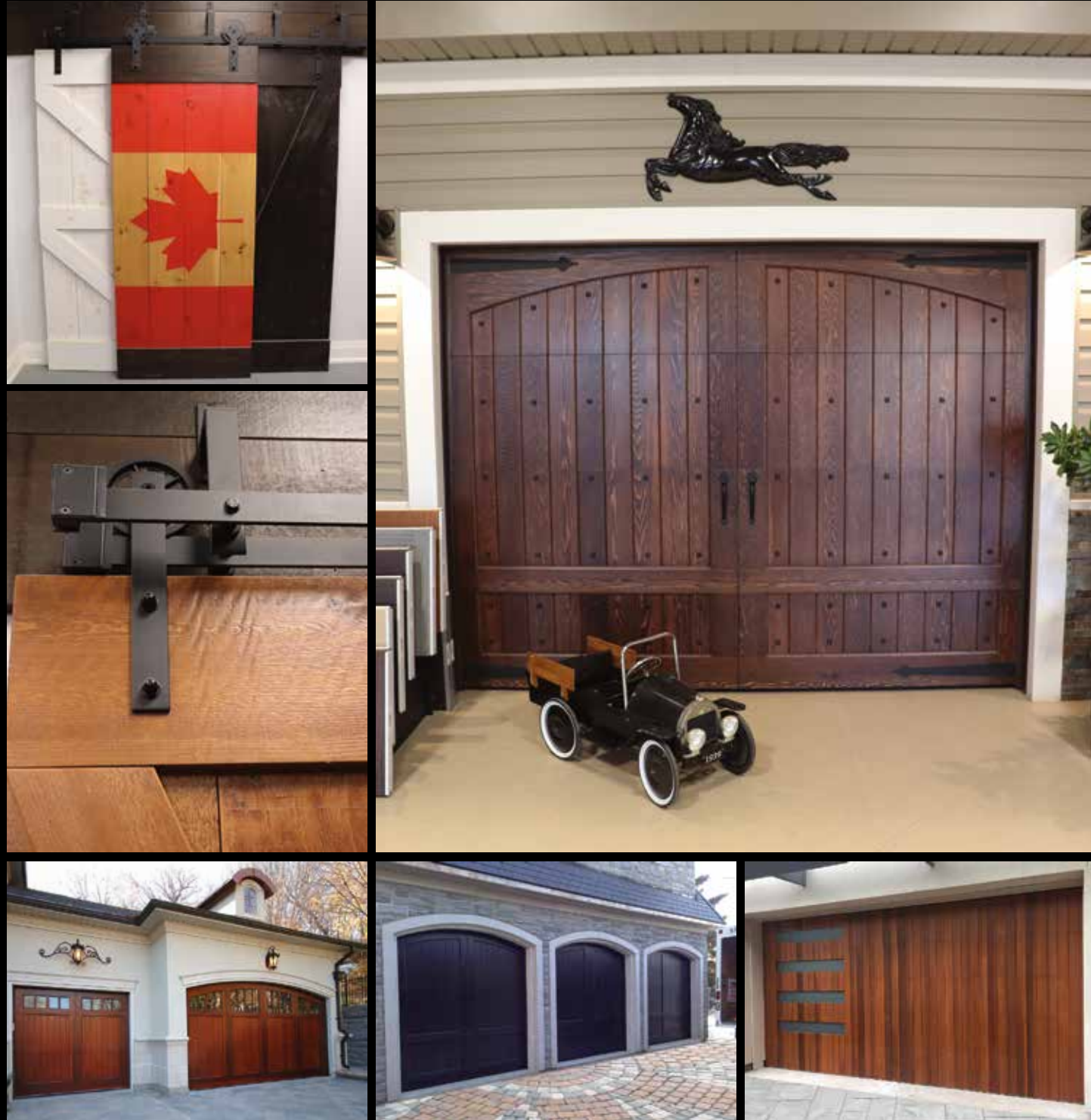
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Guests will enjoy dinner and an educational presentation about Alaska and one of the state's favorite sports, dog sledding. A highlight of the trip is a chance to meet the sled dogs.



Traversing Alaska by rail Denali National Park

From Fairbanks, you'll board the iconic Alaskan Railroad, specifically the Denali Star, for a journey deep into Denali

National Park. As you glide through the heart of this vast wilderness, you'll be treated to breathtaking views of towering mountains, lush forests, and perhaps even a glimpse of elusive wildlife. Denali National Park is home

to North America's tallest peak, Mt. Denali, and you'll have the opportunity to learn about local culture and history while touring the park.

Continuing your rail adventure on the Denali Star, you'll venture to the





charming town of Talkeetna. Along the way, be sure to keep your camera ready as the Alaskan scenery unfolds before your eyes. After an overnight stay in Talkeetna, your journey southbound will take you to Anchorage, offering you stunning views along the Turnagain Arm. These stunning views along Turnagain Arm are from Anchorage on route to Mt Alyeska, where we board a tram to the top for stunning views of hanging glaciers and the Chugach Mountain range.

Travel to the top of Mount Alyeska

In the heart of the Alaskan wilderness lies a gem that beckons adventurers and nature enthusiasts alike. Mount Alyeska, with its towering peaks, hanging glaciers, and sweeping valleys, offers a journey into the pristine beauty of the Chugach Mountains. The thrill of ascending to its summit by tram promises a once-in-a-lifetime experience that will leave you spellbound.



A Gateway to Majesty - Kenai Fjords National Park

The tour's final leg will lead you through the picturesque Kenai Peninsula, arriving in the coastal town of Seward. Here, you'll have a gateway to one of

the most majestic places in southern Alaska - Kenai Fjords National Park. Embark on a wildlife cruise through the park, where you'll have a chance to spot whales, otters, seabirds, porpoises, and seals while passing by glaciers and icebergs. It's a half-day

excursion that will leave you in awe of Alaska's natural beauty.

Cruise Prince William Sound More adventures await

But the adventure doesn't end there. In Whittier, you'll journey out to Prince William Sound by boat, revealing Esther Passage and its breathtaking marine life. And to cap off your Alaskan experience, you'll take one last ride on the Alaskan Railroad, this time aboard the Glacier Discovery Train, giving you one more opportunity to soak in the wild beauty of this incredible land.

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This is your opportunity to explore the great wilderness of Alaska with like-minded travelers and create memories that will last a lifetime. Alaska is calling, will you answer the call of adventure?



The Distillery Winter Village

lights up Canada's Holiday Season in Toronto



PHOTO Taylor Patrick

Enjoy Canada's most magical outdoor holiday shopping and dining experience, The Distillery Winter Village, sponsored by Parfums Christian Dior.

Santa flips the switch and lights up the towering 56-foot-tall Silver Fir Christmas Tree in Trinity Square – the tallest tree the event has ever had. Tickets are required for opening night, and proceeds from ticket sales will go to three charity partners.

"We look forward to welcoming back Torontonians and visitors from across Canada and globally," said Rik Ocvirk, Vice President, The Distillery Restaurants Corp and Director, Experiences and Events, The Distillery Historic District. "The Distillery Winter Village is a picture-perfect holiday experience where friends and family gather to take-in the timeless romance and nostalgia of the holidays, stroll the cobblestone streets under the canopy lights, enjoy delicious food and



drink, and shop our one-of-a-kind shops and vendor cabins."

This year, The Distillery Winter Village is open 7 days a week (with the exception of Christmas Day) and runs until the New Year.

The full 2023 Distillery Winter Village program, including an outdoor New Year's Eve bash, and a listing of all 43 vendor cabins will be announced soon. In the meantime, here's a peek at some of the highlights already in the works for this year's jam-packed holiday season:

Holiday Photo Opportunities

The Distillery Winter Village is a dream come true for those looking to light up their social feeds. This year, the site will be glimmering with white and gold wreaths, ribbons and lights. Can't miss

photo opps include: the 56-foot-tall Christmas tree in Trinity Square (the tallest tree ever at The Distillery Winter Village), a NEW Candy Cane Forest on Gristmill Lane, 7' tall snowpeople, the canopy lights, the iconic "Heart of Christmas" lit up for the holiday season – and even a new photo opp for your dog – there won't be a shortage of magical moments to capture.

Christmas Carol Sing-a-long

The Candy Cane Carolers are back this year spreading holiday joy. Join us daily at 6:30 p.m. and 8:30 p.m. plus additional performances weekends at 3 p.m. and 5 p.m. in front of the Spirit of York building. Sing-a-long to holiday classics with the help of lyrics projected onto the wall of one of Toronto's most architecturally iconic buildings.

Meet Santa

Tell Ol' Saint Nick what you want for Christmas and grab a photo. New this year, find Santa in the Pure Spirits Courtyard, and don't miss the roaming jolly Elves spreading holiday cheer.



The Distillery Winter Village has been recognized as one of the best Christmas markets in the world.

– Frommers, CNN Travel

Shopping

Holiday shoppers can find the perfect gift for everyone on their list: stylish fashions for men, women and kids, home décor, hand-made accessories and jewellery, gourmet food gifts, one-of-a-kind art, relaxing self-care products and services, and more.

In addition to the year-round 85+ local shops, restaurants, cafés, art galleries and theaters expect to find festively decorated vendor cabins offering special seasonal items and gifts.

Outdoor Food Cabins and Dining

The Distillery Historic District has always been a dining destination for foodies and The Distillery Winter Village will not disappoint. In addition to the 16 permanent restaurants (with heated patios), and six cafés and specialty shops, there are seasonal food cabins and 11 outdoor bar experiences. NEW this year, a Feliz Navidad bar on the Archeo patio will serve up traditional Mexican flavours.

Charity Partners

This year, The Distillery Winter Village is pleased to partner with three local charities: Anishnawbe Health Toronto, The Toronto Star Santa Claus Fund and Fred Victor.

For more information and tickets visit TheDistilleryWinterVillage.com

Follow The Distillery Historic District on social media for live updates @distilleryTO, #DistilleryWinterVillage.



Canadian Opera Company Toronto

2024 SEASON

The Canadian Opera Company in Toronto, is the largest producer of opera in Canada and one of the largest in North America.

General Director Perryn Leech joined the company in 2021, forming a leadership team with Music Director Johannes Debus and Deputy General Director Christie Darville. The COC enjoys a loyal audience, including a dedicated base of subscribers, and has an international reputation for artistic excellence and creative innovation. Its diverse repertoire includes new commissions and productions, local and international collaborations with leading opera companies and festivals, and attracts the world's foremost Canadian and international artists.

The company is an incubator for the future of the art form, nurturing Canada's new wave of opera performers and creators with customized training and support. The COC's purpose-built opera house, the Four Seasons Centre for the Performing Arts, is hailed internationally

as one of the finest in the world. For more information, visit coc.ca.

Lineup features five new-to-Toronto productions, including rarely performed Medea, and a world premiere opera based on Canadian contralto Portia White.

The Canadian Opera Company 2024 season features a slate of exciting new productions and rare musical gems that showcase the most celebrated of international stars, as well as incredible homegrown talent.

"The Canadian Opera Company is a beacon for the very best in operatic storytelling and experience," says COC General Director Perryn Leech. "In creating this season, we collaborated extensively with creators and companies from all over the world to share new programming with our audiences."

"We are proud to continue the creation and presentation of contemporary opera," continues Leech. "As part of our ongoing commitment to introducing

distinctive new voices and reaching a wider audience, we are honoured to present the world premiere of Aportia Chrytych: A Black Opera For Portia White at the Canadian Opera Company Theatre in summer of 2024."

The Cunning Little Vixen by Leoš Janáček

In a poignant and topical exploration of humans' relationship with nature led by English director Jamie Manton, The Cunning Little Vixen tells the tale of a chance encounter that forever changes the lives of everyone involved. In this new-to-Toronto production, Canadian soprano Jane Archibald steps into the role of Sharp Ears, a clever fox who narrowly escapes a local forester that captures and attempts to domesticate her.

Don Giovanni by Wolfgang A. Mozart

Mozart's dark, twisted masterpiece is



The Cunning Little Vixen PHOTO Clive Barda

presented as never seen before. When infamous predator Don Giovanni's latest attempted seduction ends in murder, what follows is a twisted, supernatural tale of guilt and vengeance that is equal parts glamour and gloom. (The Globe

and Mail) performance as the Count in the COC's The Marriage of Figaro.)

Don Pasquale by Gaetano Donizetti

This new-to-Toronto production marks the

Don Giovanni PHOTO Marc Brenner



first appearance of Don Pasquale at the COC in 30 years. The fizzy, feel-good opera follows the aging title character and his love-struck nephew Ernesto, as they pursue the same young woman in a comic clash of generations.

Don Pasquale –
Ensemble Studio Performance

In a special one-night-only performance, artists of the COC Ensemble Studio will perform Don Pasquale, illustrating the crucial mainstage experience provided through the country's leading career development program for emerging opera artists.

Medea
by Luigi Cherubini

Never before seen on the COC stage and seldom performed anywhere in the world, Medea is an exquisite rarity, featuring one of the most challenging title roles in opera history. The ancient Greek myth details a powerful sorceress who aids Giasone (Jason), leader of the famous Argonauts, in stealing the Golden Fleece, only to soon be abandoned by him for another. What follows is a chilling, no-holds-barred



unleashing of fury that sees Medea get the last word against all who have wronged her.

Aportia Chrytych:
A Black Opera for Portia White
by HAUI x Sean Mayes

Nova Scotian contralto Portia White was the first Black Canadian concert performer to achieve international fame in the mid-20th century, hailed as the best classical voice of her generation. Yet, despite her accomplishments, her story has been largely erased from

Canadians' collective memory. Aportia Chrytych: A Black Opera for Portia White is a bold, new Black opera from Canadian director and librettist HAUI and Toronto and New York-based composer Sean Mayes that sets out to reclaim Portia White's story.

Spoken word, rap, folk songs, hip-hop, R&B, and classic opera repertoire collide in an explosive score that seeks to break down musical silos and unite artistic and cultural communities.

For more information visit coc.ca



Seven foods which can slow down the anti-aging process

by Rich Carroll



When we consider foods that may help deter aging, we could first ask how what we eat really help us to age less quickly?

Certainly whatever food that will actually thwart health issues connected to getting older, such as diabetic issues, cardiovascular disease and osteoporosis, to name only a few, will help with impacting the aging process. And from findings both recent and from the past we know that particular foods may help people from getting sick in the first place.

So let us discuss seven that we can include in that super-foods anti-aging classification.

BLUEBERRIES

Natural elements within blueberries

avert oxidative damage that has been found to be connected to reduction in mental retention and ability to move around well.

These are problems most representative with people as they become older. Other types of berries embrace those characteristics as well, but blueberries are generally acknowledged to be the best. This takes us to an additional berry jam-packed with natural antioxidants: grapes, which produce wine.

WINE

Chiefly red wine, and especially if consumed moderately will activate genes that reduce cellular aging. The compound within red wine that does this is called resveratrol, and has been the subject of many studies throughout

the last number of years. Having some alcohol if in moderation appears to help aging adults put off diabetic issues, heart problems along with memory loss.

CHOCOLATE

Cocoa, which chocolate is derived from, is really laden with flavanols that help sustain capillaries for functioning appropriately. Strong veins and arterial blood vessels preserve a strong flow of blood to all of our cells, which in turn could reduce the chance of dementia, kidney problems and type-2 diabetes, as well as keep blood pressure levels controllable. Just as with virtually everything, moderation as well as knowing the other ingredients that go into nutritious chocolate must be monitored.

continued on page 45

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For additional inquiries, we encourage you to visit our website or reach out to us via email at info@a-medical-spa.com. We are here to assist you.

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NUTS

They supply comparable positive factors as olive oil as they are a great way to obtain unsaturated fat. I happen to love nuts as an indulgence food, and find they help to improve my consumption of water, which is actually something that is vital for health.

They're rich in naturally-occurring vitamins, minerals and antioxidant substances, and of course are on the whole great for people on vegetarian diet programs.

OLIVE OIL

The top-end anti-aging agents within olive oil are polyphenols, which have proven to be powerful antioxidant substances. It will be a fundamental part of the healthy Mediterranean diet.

This diet is believed by many nutrition experts to be accountable for long life and reduced occurrences of coronary disease and cancer in regions of the Mediterranean such as the Island of Crete.

FISH

An additional staple of the Mediterranean area diet program will be fish, and based on the fish you consume can be abundant with omega-3 fats.

Certainly one of the hardships folks have as they age is the buildup with unhealthy cholesterol inside the arteries, and omega-3s is a known preventer for this.

Scientists have found that The Inuit, natives of Alaska and people who require a food plan quite high with fish are exceptionally free from ailments of



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the cardiovascular system.

YOGURT

We certainly do not fully realize if or exactly why yogurt causes folks to live longer lives, but it is deemed that there is a connection. It's rich in calcium, and that deters weak bones.

But maybe most importantly is its high level of probiotics, which are high-value

bacteria which assists with digestion of food and as a result overall health.

We are able to observe that every one of these anti-aging types of foods are really also foods that are delicious to eat and can be easily worked into every diet plan.

With a little creativity these types of food can be brought to your table in several enjoyable ways.



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ANNOUNCING...

THE NEW PORSCHE 911 S/T

Purist special edition model marks 60th Anniversary of the brand's iconic sports car



Porsche is celebrating the 60th anniversary of the 911 with a special edition built for maximum driving enjoyment: in a limited run of 1,963 examples worldwide, the Porsche 911 S/T offers lightweight design and a purist driving experience. For the first time, the 518 HP high-revving engine from the 911 GT3 RS delivers its power to the road via a manual gearbox and lightweight clutch.

To mark the special anniversary of the iconic 911 sports car, the engineers in Weissach have designed a highly purist sports car dedicated to sheer driving enjoyment: the 911 S/T.

The exclusive anniversary model unites the strengths of the 911 GT3 with Touring Package and the 911 GT3 RS and delivers a unique combination of agility and driving dynamics. It combines the naturally aspirated, 518 HP 4.0-litre boxer engine from the 911 GT3 RS with a short-ratio six-speed manual transmission. This is complemented by a resolutely lightweight construction and a running-gear setup optimized for agility and drivability. The 911 S/T weighs just 1,380 kilograms (DIN kerb weight, incl. all fluids), making it the lightest model of the 992 generation. The optional Heritage Design Package draws inspiration from the racing version of the 911 S from the late 1960s and early 1970s.

The design of the anniversary model



incorporated GT and motorsport expertise from Porsche. This is reflected in its particularly nimble and agile handling, which is designed for maximum driving enjoyment on winding country roads.

The reduction of rotating mass in both the engine as well as the wheels and brakes ensures particularly dynamic responsiveness. The S/T responds to driver commands instantaneously. Every steering movement, every ounce of pressure on the accelerator or brake is implemented immediately and with pinpoint precision. Unlike the 911 GT3 RS, the focus of the development of the 911 S/T has been not on track use, but rather for journeys on public roads.

The name marks out the new 911 S/T as the descendant of a particularly performance-focused version of the first 911 generation. From 1969, Porsche

offered a special race version of the 911 S. Internally, these vehicles were called 911 ST.

Modifications to the chassis, wheels, engine and body significantly improved acceleration, braking, traction, and cornering grip. Large spoilers and other

To mark the special 60th Anniversary of the iconic 911 sports car, the engineers in Weissach have designed a highly purist sports car dedicated to sheer driving enjoyment: the 911 S/T

aerodynamic aids were not yet used in these models. The new 911 S/T takes up the spirit of the original 911 S (ST) and transfers it to the current model generation of the Porsche 911.

The anniversary model combines elements of the 911 GT3 RS with the body of the 911 GT3 with Touring Package and supplements it with lightweight components specially developed for the 911 S/T. The result is a unique driving experience within the 911 GT portfolio.

Lightweight construction from the wings to the clutch

Among other measures, the 911 S/T achieves its particularly agile and direct handling through consistent lightweight design. The front hood, roof, front wings, and the doors with their striking inlets are made of lightweight carbon-



fibre-reinforced plastic (CFRP). The same applies to the rear axle anti-roll bar and shear panel (stiffening element on the rear axle). Porsche also fits the anniversary model with magnesium wheels, the PCCB system, a lithium-ion starter battery and lightweight glass, all as standard.

With reduced insulation, the omission of rear-axle steering and weight savings in the powertrain, the 911 S/T achieves a DIN kerb weight of just 1,380 kg. This makes the car, optimized for a fast-road setup, a further 40 kg lighter than a manual 911 GT3 Touring.

Porsche engineers developed a new lightweight clutch exclusively for the 911 S/T. In conjunction with a single-mass flywheel, it reduces the weight of the rotating mass by 10.5 kg. This noticeably improves the responsiveness of the naturally aspirated boxer engine, which now builds revs with especially bracing speed and directness. Coupled with a six-speed manual transmission with a shorter gear ratio than on the 911 GT3, the high-revving engine in the 911



S/T delivers even more immediacy in its dynamics. It propels the 911 S/T to 100 km/h in just 3.7 seconds. It achieves a top speed of 300 km/h.

The exhilarating driving experience is heightened by the compelling soundscape of the standard lightweight sports exhaust system. The 911 S/T is the only 911 of the current generation to combine a double-wishbone front-axle design with a multi-link rear axle without rear-axle steering. The dampers and control systems were tuned accordingly.

The aerodynamics of the 911 S/T are also optimized for the public road rather than the racing track. The anniversary model is equipped as standard with a Gurney flap on the extending rear spoiler. Standard equipment also includes 20-inch (front) and 21-inch (rear) lightweight centre-locking magnesium wheels. Ultra-high-performance 255/35 ZR 20 tires, meanwhile, ensure a high level of mechanical grip at the front of the car.

On the rear, the 911 S/T features 315/30 ZR 21 tires. CFRP full bucket seats come as standard. The four-way adjustable Sports Seat Plus is available at no extra charge. The instrument cluster and the clock of the Sport Chrono package are finished in a classic green Porsche colour scheme.

The 911 S/T is offered with an optional exclusive Heritage Design Package. The new Shoreblue Metallic exterior colour and the Ceramica wheel rim colour are exclusively available for this particularly elegant variant.

On the doors, a starting number from 0 to 99 as well as a decorative foil can be applied on request. The classic-design Porsche crest from the original 911 that adorns the front, the hubcaps, the steering wheel, the headrests, and the car key underscores the historic roots of the 911 S/T. The interior also features cloth seat centres in Classic Cognac with black pinstripes, which are another

homage to heritage. Two-tone semi-aniline leather trim in Black/Classic Cognac leather with extensive leather surrounds, a roof lining in perforated Dinamica, and other elements from Porsche Exclusive Manufaktur round out the package. The Porsche logo and the 911 S/T model designation on the rear of the car are in Gold.

Porsche Design is exclusively offering customers of the 911 S/T the Chronograph 1 – 911 S/T. Featuring a titanium case, uncoated and blasted for weight-saving reasons, this exclusive timepiece goes all in on the lightweight design principle of the new purist 911 special edition.

The heart of the chronograph is the Porsche Design WERK 01.240 with its COSC certification and flyback function. It is operated with a rotor in the design



of the magnesium wheel of the 911 S/T. In Canada, the Chronograph 1 – 911 S/T is included with the purchase of this special model.

Canadian pricing for the 2024 Porsche

911 S/T starts at \$343,900, including the Chronograph 1 – 911 S/T. The Heritage Design Package can be specified for an additional \$23,220. The first vehicles are set to arrive in the second quarter of 2024.



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5 tips on connecting physical & mental health

TEXT Rich Carroll



It is now a widely known truth that physical well-being and mental health are intricately connected. While that's a fact that almost every successful person will accept, it is a concept not everyone is able to implement. Overall physical health is not just about not being sick, but having a body that can withstand the trauma that everyday stress presents. Mental health enters that by reducing stress, for example, and in many other ways that will make us stronger physically. A few cultures worldwide have this woven into their way of life, but it probably isn't considered as important in most aspects of a North American lifestyle.

The reality is that people who do not place as much importance on their mental health as they do with their physical wellbeing can quickly lose both. Probably because physical health is more easily seen and felt, that is the area where most people will target their concerns. Mental health, even though it carries at least as much importance, normally won't be addressed, or will be postponed. The good news is more

attention is being brought to this side of our overall wellbeing.

So, what are some things we can do to get that balance that is best for our overall mental health.

Don't try to multi-task

Research has shown that when we think we're multi-tasking we're merely task switching, which only promotes greater angst. Doing one thing until finished will keep you connected with the moment and can result in much less stress.

Get pleasure from the magic of life

The world has many amazing things to offer, however if a person is lacking the time for them or feels they've seen it all and think they really are too sophisticated to bring a joyous, childlike wonder to them, they're just missing out.

Learn how to meditate

It can take as little as five or 10 minutes, but when a person can find that place that brings them calm and ease that lets all their problems vanish, it will enable the brain to reset itself. Once a person

gets the hang of it, it will be like taking a mini vacation every day.

Learn to be grateful

Everyone has something in their everyday life they might be truly thankful for, and everybody has things in their life that bring about negativity. Emotional health is going to depend on which of the two we decide to dwell on.

Really connect with other people face-to-face

With the amount of text messaging and emailing we all do now, we are inclined to lose touch with each other. For instance, we've all gotten on an elevator and sometimes encountered two types of individuals: those who gaze at their feet and seem 1000 miles away, while others who are friendly and engaging, even when it's only regarding the weather. I think it's easy to distinguish which of the two are in a much better mental state.

By doing these things on a regular basis we will not only put ourselves in a better, more positive state of mind, but study after study has shown that it will promote our physical wellbeing, as well.

Winter is almost here. Why we should consider exercising outside

TEXT Rich Carroll

Okay, we know that winter is upon us. With the holiday's coming up, that means more eating, probably more imbibing, but no worries. We'll make up for it by exercising more. Then we look outside and say, "Forget it. We'll deal with this excess weight in the Spring." So, let me lay down this challenge: this year is going to be different. And to provide even more motivation, let me give you three reasons why exercising in the chilly outdoors can be very beneficial.

But first, why don't we feel quite so motivated to exercise in the winter, other than it's just too cold? There actually may be a biological reason for that. Researchers have found in studies that our production of a chemical that

promotes fat storage almost doubles during the winter. In another test it was found that reduced sunlight also reduces our serotonin activity. When this happens people will crave sweets and carbohydrates because the brain is making up for the lack of serotonin. These cravings only make it harder to keep the weight off.

Exercise of course helps release serotonin and will put a stop to those carbohydrate cravings. Blame it on lack of sunlight, but it's something we must fight through during the winter. Understanding these biological tendencies might help to understand what we're up against.

Other than getting the benefit of more sunlight, there are some reasons very good reasons why winter workouts

when done outdoors can be extremely beneficial:

Workouts tend to last longer. Studies have shown that older adults exercise longer outdoors than indoors. Perhaps that's because those that are willing to brave the winter weather are more motivated, but being outside does improve a person's mood, increases energy levels, and relieves boredom.

Nature has healing powers

As a golfer I know that just being on the course and out in nature seems to naturally take away stress, even though the game often puts stress back on. But just being outdoors seems to give us more vitality, enthusiasm, lower tension, and greater self-awareness. Therefore, by spending more time outdoors taking a vigorous walk or doing other exercise is going to help merely by the fact that we are outdoors and not inside some stuffy fitness center.

Exercising in colder weather burns more calories

This will not be a major boost in calorie loss, but when in the cold the body must work harder to keep body temperature at a functional level. Taxing the body causes it to naturally burn more energy.

Obviously by exercising outside in the winter there will be a few more issues that must be dealt with. What you wear will have to coordinate with the weather that day, and footwear will have to provide good enough traction to prevent slips and falls on the ice and snow.

Also, people with asthma, heart conditions and exercise-induced bronchitis will be at greater risk in cold weather. People with those issues should clear any workout routines with their doctor. But by using the proper precautions, working out in colder weather can certainly bring many advantages.



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Baumanière & the Festive Season in Provence

TEXT Emilia Florek-Guerrero



It feels like there is no need to introduce Provence in France known by its charm all around the world. Nevertheless, it is even more delightful during the festive season which lasts over two months in this region and is referred to as 60 days of happiness. It starts on December 4th with the Saint Barbara's Day and lasts until Candlemas on February 2nd, year by year offering new gourmet sensations. A taste of Mediterranean with great drinks and food – Provence-Alpes-Côte d'Azur region has it all - the sublime wines, the truffles, traditional sweet specialties such as "calisson" and "berlingot" candies, jams, biscuits, honey, liqueurs, and more...

The shop windows of confectioners, nougat makers, and chocolate makers are simply irresistible at this time of the year. Streets flooded with twinkling garlands, shiny baubles, and sparkling trees; markets exhaling scents of orange peel, cinnamon, and almonds; the fresh smell of lavender and old-fashioned soaps; colourful stalls of candied fruits and figurines... A genuine feast for the eyes and tastebuds! Pure joy to sweeten up the year to come! I

Provence-Alpes-Côte d'Azur is a hub of many traditional crafts (pottery, earthenware, glasswork, wooden toys, etc.) which perpetuates with passion ancestral know-how to offer qualitative



products with the identity of the South. During the festive time, the crib scenes and famous santon figurines (originating from the Provençal word santoun, meaning "little saint") are offered in an impressive variety of models, with new characters created every year. Made with dried clay, then painted by hand, they represent figures from the gospel and traditional Provençal characters. What better opportunity to gift a loved one a gorgeous object born before your very eyes?

Christmas is a time for giving, with everyone hunting for that special little something to touch and warm someone's heart. What about



PHOTOS courtesy of Provence-Alpes-Côte d'Azur Tourism Board





giving a gift to yourself?

Traveling into an enchanted world where magic happens all the time. Just imagine the bakers perfuming their brioche with orange blossom water, perfumers, and craftsmen whose creations promise to bring a smile to your face..., for every step you take, your festive experience becomes richer and richer.

One of the best addresses to stay at during, but not only, this special part of the year, is Baumanière Hotel Restaurants & Spa in Les Baux de Provence, a member of Relais & Châteaux. Its story began in 1943 as a gastronomic inn, created by Raymond Thuilier, the grandfather of

the current owner – Jean-André Charial. Throughout years, it became the beloved spot by renowned writers, talented painters, crowned heads (including Queen Elizabeth), celebrities, gourmets, and tourists. Raymond Thuilier's cuisine acquired fame and became awarded with three Michelin stars in 1954.

The story of this unique place unfolds in a truly fascinating way. In 1969 Jean-André Charial joined his grandfather Raymond Thuilier and they worked together for 24 years by making the most of their generation gap. Since the death of his grandfather in 1993, Baumanière has been bequeathed to Jean-André Charial and his wife Geneviève.

The property now boasts 53 rooms and suites, two restaurants: a 3 Michelin star restaurant L'Oustau de Baumanière and La Cabro d'Or, a spa, 3 swimming pools, a chocolate factory, and a pottery workshop run by the ceramist Cécile Cayrol. It passes on to its customers the richness of the land offering a unique and authentic experience of Provence. To top it all off, numerous collaborations with local artisans are visible throughout the property.

The main design idea for the suites was a timeless and organic style, staying true to the history of the place and Provence itself. Some rooms have been renovated by Geneviève Charial, accompanied by



Chef Glenn Viel

her daughter-in-law Philippine Lemaire, interior architect and designer, together with her team of craftsmen.

The estate showcases a subtle blend of modernity and authenticity, where contemporary furniture exist side by side with antique pieces. Calming and embracing ambience, raw and natural materials, half-tone colours, plant tones with beautiful shades of green, and the presence of terra-cotta – nature invites itself into the rooms and reminds guests that they are indeed in Provence.

Baumanière boasts two restaurants, the first one is L'Oustau de Baumanière led by Chef Glenn Viel who was awarded the third Michelin star in 2020, under the wings of Jean-André Charial. This much awaited star had been granted first in 1954, then lost in 1990, to be brought back 30 years later. It seems like a new consecration. Chef Glenn Viel combines modernity and tradition with flair, bringing his youth and energy, yet keeping in mind the spirit of Baumanière. His performance is perfectly complete by the pastry chef Brandon Dehan who works with him hand-in-hand. The entire team endeavors to awe each guest by highlighting the authentic taste of prime local ingredients.

The second restaurant, La Cabro d'Or proposes Provençal cuisine in a charming and romantic setting, where chef Michel Hulin takes the lead. Roasted scallops,



sea bass a la plancha, saddle of lamb roasted with candied citrus fruits... a menu evolving according to the season and local market produce.

Before or after a gourmet feast, guests can visit the spa to unwind while connecting to nature. Its space is designed in a way that it opens straight into the gardens. Six treatment rooms, hammam, sensory pool, fitness-room, two cozy alcoves where one can take a nap, and a lounge area to transform the body and mind into a tranquil state.

Baumanière pays enormous attention to respect the environment and engages its employees in environmental-friendly and sustainable actions on a daily basis. Jean-André Charial and his team place great importance on preserving the venue that was passed down to them by his grandfather Raymond Thuilier, so that current and future generations may enjoy this unique site in Les Baux de Provence to the greatest extent for years to come.

Mas de Baumanière
13520 Les Baux-de-Provence, France
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ULTRA

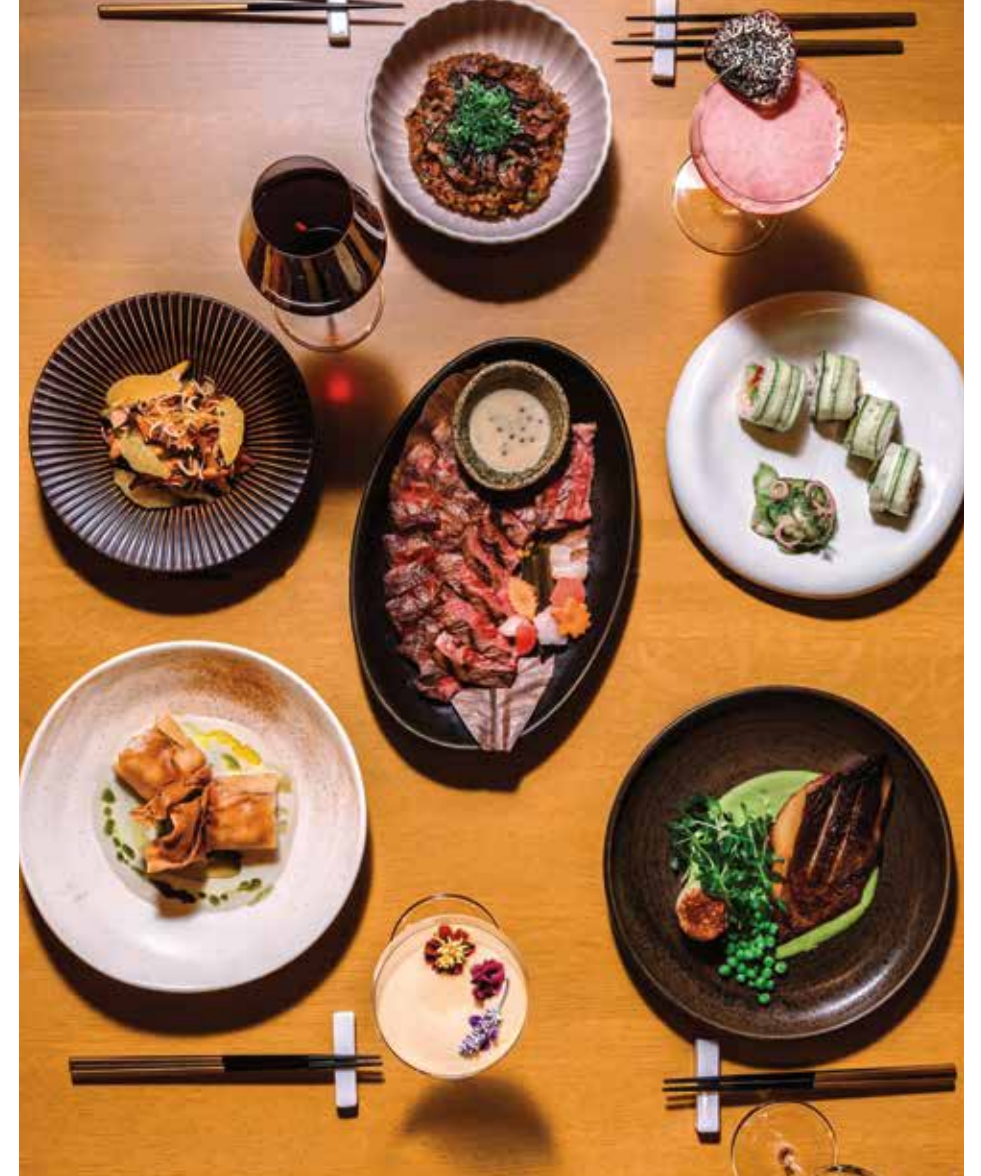
NEW SUPPER CLUB EXPERIENCE
IN TORONTO'S MIDTOWN

INK Entertainment Group and Harlo Entertainment are proud to announce their new collaboration, Ultra, a luxurious and elevated supper club experience, opening in Midtown. Ultra marks an exciting new venture and partnership between Charles Khabouth and Danny Soberano of INK, and Michael Kimel and Brandon Marek of Harlo Entertainment, as they introduce the first concept of its kind to Toronto's Midtown.

Nestled between Toronto's prestigious neighbourhoods of Rosedale, Summerhill and Forest Hill, at 12 St. Clair Ave E, Ultra invites guests to indulge in a feast for the senses, from exceptional Pan-Asian cuisine and exquisite cocktails to elevated entertainment and jaw-dropping decor curated by internationally acclaimed design collective, Studio Munge.

"From the moment guests step into Ultra, they will be immersed into an elegant and seductive world, inspired by the creative and unique mind of Alexander McQueen," said Charles Khabouth, CEO and Founder of INK Entertainment Group. "Whether guests choose to stop by for a cocktail in our Onyx Bar, or spend an evening with us for a decadent meal followed by dancing and entertainment in our opulent golden parlour, Ultra will offer an experience unlike any other in the city."

Ultra is centered around an innovative Pan-Asian menu, developed by Executive



Chef Kihyun Kim (previously Akira Back Toronto, Millennium Hilton Seoul and Yellowtail at The Bellagio), incorporating international flavours, fusing beloved Asian dishes and ingredients with an Occident twist. Ultra's menu embraces the joy of sharing and premium ingredients, with menu features including cold and hot shares, such as Giant Ezo Hokkaido Scallop and Seared Japanese Yellowtail; rice and noodles, including Black Garlic Somen and Bay Scallop Chili Udon; fresh sushi and sashimi; and robata grill mains, like Hangar Steak, Picanha, Miso Black Cod and Charred Lamb Chop.

Complementing the culinary experience is an innovative cocktail menu from Ultra's Mixologist, Vitus Wight (previously Gladstone House, George and Playa Cabana), drawing inspiration from the many different cultures and flavours of East Asia, infusing select herbs, traditions and techniques for innovative cocktails to suit a modern palette.

Standouts include Ultra's signature Onyx Martini, utilizing cold infusion to draw the aromatic flavours from Pandan leaf, combined with Grey Goose Vodka and a Tok Junmai Sanzen Omachi Sake to showcase the umami flavours of Japan;

and the Kuro Mame, a bold take on Vietnamese Coffee, with Woodford Reserve, Tia Maria, Cold Brew, Condensed Milk and Black Sesame.

An extensive wine list rounds out Ultra's beverage program, with a diverse selection of both classic and more innovative varietals, to ensure a perfect pairing with each dish on the menu.

In addition, a carefully curated sake collection showcases an exquisite range of traditional and premium sake varieties, sourced from renowned breweries in Japan and beyond, available by the glass and by the bottle, as well as additional bottle service options for those dancing until the early hours of the morning.

Many Torontonians may remember Ultra as a popular supper club concept located on Queen West during the 2000s, and one of the first collaborations between INK and Studio Munge. Now, over 10 years later, the two powerhouses have joined forces once again, alongside Harlo Entertainment, to bring an entirely new Ultra experience to Toronto's Midtown.

Embodying a provocative and dramatic elegance, Ultra features three beautiful spaces masterfully curated by Studio Munge, inspired by legendary designer Alexander McQueen.

The Ochre Room

A grand octagonal room and the heart of the Ultra supper club experience. Adorned with opulent gold decor, a dramatic, bespoke chandelier extending from the center to the outer edges of the room, and an array of elegant sofas, chairs, and ottomans artfully arranged below to offer a seamless transition from dining to dancing.

Onyx Bar


Celebrating the richness and sex appeal of fashion's most revered colour, black, this dimly lit cocktail cove, cloaked



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ULTRA

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with sensual drapery, black velvet banquettes and plush pillows is the perfect space for getting cozy with cocktails in hand.

Mineral Lounge

Through an immersive stairwell painted in a seafoam blue, guests will arrive at an ethereal, octagonal terrace, with soft teal velvet sofas, pillowy dining chairs, and a lively bar with views of the city - the ideal setting for an aperitivo or dining al fresco during the summer.

As the evening unfolds, guests are encouraged to sit back and revel in Ultra's seamless transition from an elevated dining experience to an enthralling late-night atmosphere. With DJs and entertainment until the early hours, Thursday to Saturday, Ultra will ensure an unforgettable evening of delectable cuisine, enchanting

ambiance, and thrilling entertainment all under one roof.

Ultra will be open for dinner Monday to Saturday, between 5 pm and 11 pm, with the Supper Club experience available. We offer a late night experience on Friday and Saturday night with a DJ and entertainment. Thursday through Saturday until 2 am, with advance reservations available via OpenTable soon. Open on Sunday evening as well. Open on Mondays later in December.

For more information visit www.ultra-toronto.com or follow Ultra on Instagram @ultratoronto



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