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FROM THE PUBLISHERS

Welcome to the December 2019/January 2020 edition of Forum Magazine.

We are pleased to feature Jonathan Cocklin and his remarkable team at Onelife Design & Build. Jonathan's astute business acumen and reputation for transparency and integrity throughout the building stages makes this company one of the finest in the area. Their clients are the company's obsession, the team works diligently to make the process as seamless as possible and the result is nothing short of perfection.

The cold and snow have arrived a little too early this year and if you are like me and favour the warmer weather, why not take a short trip south to rejuvenate and enjoy the warm sunshine at the impressive and opulent Acqualina Resort & Spa in sunny Florida. Step into a world of luxury where five-star service awaits at this beach front location. Visit Acqualina.com to explore your next travel destination.

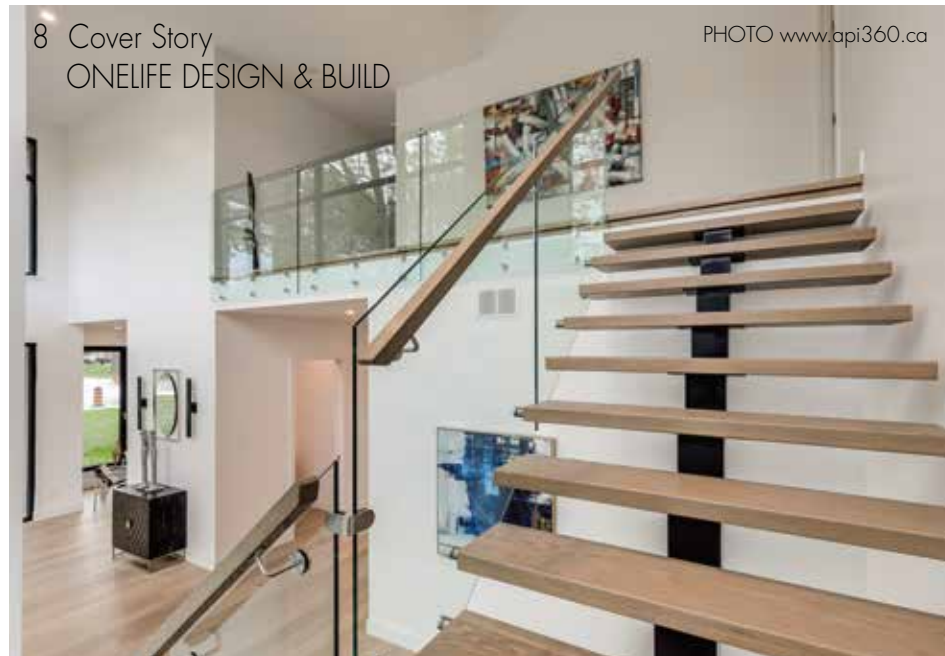
A shout out to our friends at European Automotive, Matt and his team of expert mechanics must be the most honest and fair in their industry. A recent trip to tune up my older model Range Rover was an education in maintaining and preventing what could have been a costly experience. We highly recommend their services, the best in the industry and located at 333 Wycroft Rd. in Oakville. Check them out at europeanautomotive.ca.

Where does the time go every year, the holidays are right around the corner, Christmas will be here in no time, enjoy your time with family and friends at this special time of the year. Wishing you all the merriest of holidays from our family to yours and good health and happiness. May 2020 be the best year ever for all of us!

Until next time, enjoy!

Ana & Sean Patrick

Publishers



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ONELIFE DESIGN & BUILD

The Customer is their Obsession

TEXT Krista Deverson



Onelife Design & Build is more than just a design build company; it's a philosophy for life. A philosophy that permeates every aspect of the business resulting in both a reliable partnership for the client and a true white glove service experience throughout the entire design build process.

Onelife Design & Build's Owner and Operator, Jonathan Cocklin, explains that the company was named as a gentle reminder that you have one life to live and so, you should endeavour to live the best life that you can. Jonathan says that the focus for himself, his team, his family, and his customers has always been to live a well-balanced life of health, wellness, and overall wealth, not solely financially,

but more so in terms of an overall abundance of all of the good things in life. Towards this end they intentionally choose to live and work in a healthier manner and with a positive mindset.

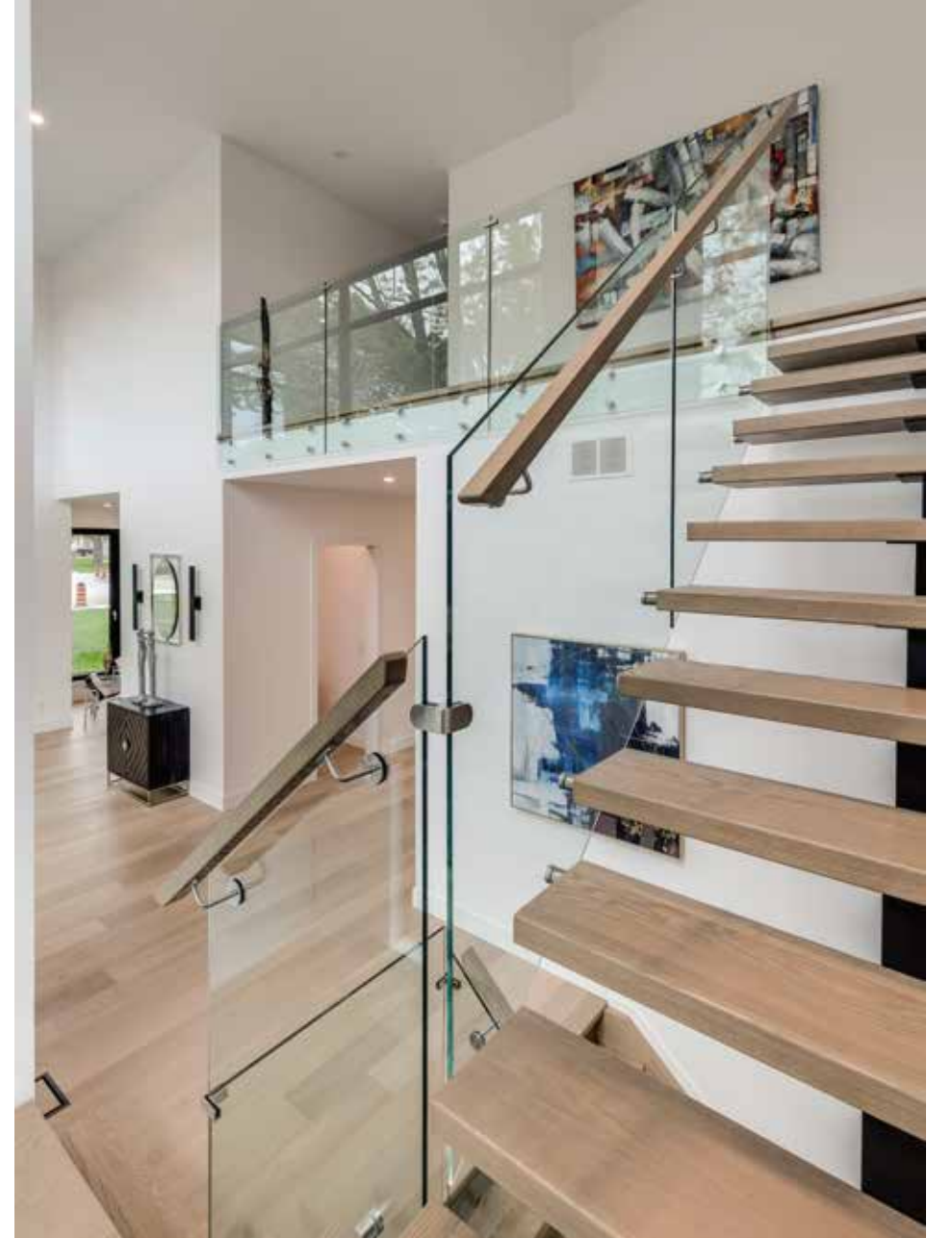
This attitude and mindset carries through every aspect of their business and is apparent in their transparency, integrity, craftsmanship, and the overall customer experience.

Of utmost importance at Onelife Design & Build is the client experience, which is a full white-glove service from their first interaction with the company, to the final completion, and beyond. Because they are so passionate about their work, the Onelife Design & Build client is truly the company's obsession.

From the very first meeting, Onelife creates a partnership with the client with the objective of thoroughly understanding their needs, their desired outcome, any concerns they may have for the project, and the overall investment they're looking to make in the property, whether it's a renovation project, addition, or full custom home build.

Because the entire design and build process can vary in timeline, it's important for Onelife to ensure that there is a good fit for the client relationship and for the scope of the project.

The partnership begins as early as aligning with the architect on the overall vision of the build and understanding the client's investment in the property. Jonathan sees every project as an



investment because they understand the value that goes into the construction and how that value should appreciate over time. Onelife values the investment portion of each project because they also allocate 10% of their business to internal investments. No matter what the project is, Onelife Design & Build has also done

something similar for themselves, so they can relate to the customer in terms of where their investment is best put in the project. With that kind of understanding, they are always aware of where the dollars are being used and the value of each dollar being spent.

From an investment standpoint and to help the process run smoothly, Onelife puts a lot of focus on the upfront planning phase. It is essential to have the plans organized and locked down prior to construction. From there, the build will happen, and any unforeseen obstacles can be more easily navigated. A clearly

defined plan also helps the company get a thorough understanding of the client's objective and helps them provide the top-notch service they have built their reputation on.

Onelife has a holistic view of each project and they consider both the macro and the micro details of each build. As a finished product, they want the property to be showstopper quality with carefully thought-out details. To help achieve this they offer all the product selections in-house at no extra charge.

Further, this approach means the team is involved throughout the project from the planning stages with the architects, to permit submission and revisions, to any construction and modifications, and even beyond completion.

From the initial meeting, they manage the orchestration of the full project moving forward with the architect, the municipality, and coordinating the Onelife team and tradespeople onsite. With nine full-time staff members and hand-selected sub-tradespeople that they've worked with for many years, they are fully accountable for site management and they keep the client informed at every step of the process.

When obstacles arise, which they always do in a construction project, the experience of this team works wonders,



drawing up and providing the client with two options for resolution and an analysis of Onelife's recommended option. Their intention is to assure the client that no matter what obstacles might come up, they have the right team to support them through the process by presenting multiple solutions for any challenge.

This holistic view of the process means that no matter what they are dealing with, Onelife is prepared to handle it all including minute details. Their gold standard customer service, is evident online with a multitude of satisfied client testimonials. They always endeavour to go above and beyond.

For Onelife, it's important to be there for the client even after a project is finished for any support they may need, questions they may have, or to stand behind their project's warranty. As part of the process, clients become part of the Onelife Design & Build family and can expect a lifelong relationship with



the team. With this customer obsession mindset, Onelife's goal is to have their clients be so happy with the completed project that they come back time and again and also refer their friends and family with confidence.

Of their experience with Onelife Design

Build, Amii and Lee in Burlington said, "Working with Onelife Design Build was an effortless experience. Their communication, transparency and business acumen is only surpassed by their quality of work. When expectations are high, the Onelife Design & Build team always meets them with urgency,



accuracy, and creativity. We are so pleased to be in our new home and sincerely value the partnership."

In terms of scope, Onelife Design Build focuses on renovations, additions, and building custom homes. They want to serve the client in regard to their style and overall vision and are able to work with designs from modern, to traditional, to transitional. Their main area for construction is Burlington, Oakville, Hamilton and extends from Niagara to Orangeville and all the way through to Toronto.

Jonathan puts a lot of emphasis on the team approach to business. He says, "I am not who I am or what I do without the team. I'm not a one man show. I'm a team player and my job is to lead and support the team, not dictate what





they do. Collectively we work together, we talk daily and often. We have weekly meetings to discuss every single job site and every obstacle and every solution. By working together we can focus on the customer. Because the customer is our obsession."

The numerous happy customers with countless accolades for Onelife Design Build are proof of their successful white-glove treatment for customers.

The team goes above and beyond with every project and it shows in their impeccably finished products.



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SUCCESS & HAPPINESS on "The Road Not Taken"

TEXT Thomas Gunter

Set your goals high as journey down the road to success. Raise the bar when you reach a goal and raise it even higher when you reach the next.

Never give up!

Remember it is your right to be wrong, because if you do you will lose the ability to learn new things and move forward.

One who does not make mistake probably is doing nothing anyway. You cannot be a success without making a few mistakes along the way. Learn from your mistakes and try not to repeat them.

What is success?

Is it someone who spent their life working 60 to 80 hours a week, living in airports and hotels, as they fight their way up the corporate ladder to VP of Candy Company? He would probably consider himself more successful than the guy who owned the local garage.

You know the guy that spends his nights at home having dinner with his family, weekends and spare time playing with his kids and working on his hobbies. Could it be the local garage owner who goes home at night and eats his meals with the family and helps the kids with their home work could be more happier and healthier?

Ultimately, it is up to each person to decide what success means to them, it is important that everyone be mindful of the decision they are making or planning to make.

Choose which road in life to take

Each one of us has to choose which road in life to take, with each different road come a different adventure, a different successful story and a different love story. Be careful which road you take make sure it is the right one for you.

Remember I said you have the right to be wrong? Yes you do, you are going to make a few mistakes along the way but the earlier in life you can figure out what your mistakes and weaknesses are the sooner you can move forward and be more successful and happy with every aspect of life.

Take charge of your life if you want to be successful you have to be happy.

Don't be afraid to change your mind, what is right for someone else may not be right for you. We are all unique and different individuals; everyone must custom tailor their own life if they want to be happy and successful.

Myself *"I took the road less traveled" and like the poem said "That has made all the difference".

Good luck my friends in making the right choice this is where
Continued on page 19

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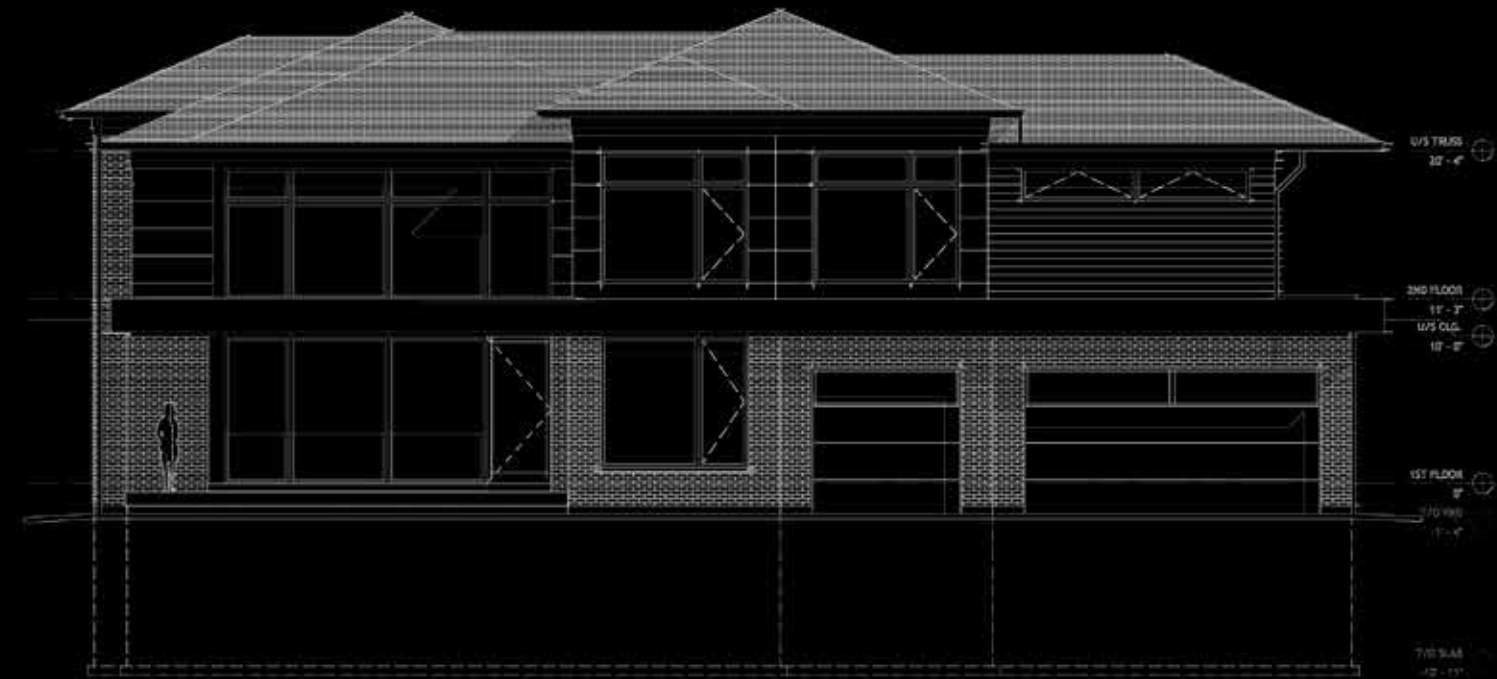
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Congratulations to Jonathan Cocklin and his team at OneLife Design on their many successful projects!



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Continued from page 16

it gets tough. Taking the road less traveled was a very hard decision for me with so many roads to choose from. Many of those roads were quite inviting but many were dead ends leading to nowhere.

Once I made the right choice I never looked back except to measure my successes and failures. From there I set my sails and my goals to a new life with new horizons. For you the road most travel may be right for you, like I said we are all different. We see, we feel and we do things different so don't be judgmental of the person who sees it differently than you.

A man who also took "The Road Not Taken" was one of the most successful business men in the business world; he was the late Steven Paul, Jobs better known as "Steve" Jobs, co-founder of Apple Incorporated.

Steve Jobs was a household name and American business legend in the world of success. He helped revolutionized the world as we know it today with his contributions as a designer, inventor and entrepreneur in the world of communications and computers technology.

I will leave you with that you may want to consider using on your road to success.

Steve Jobs had a set of principles he lived by...

1. Do what you love.
2. Put a dent in the universe.
3. Make connections.
4. Say no to 1,000 things.
5. Create insanely different experiences.
6. Master the message.
7. Sell dreams, not products.

Procrastinating during the Holidays? It might not be laziness!

TEXT Laurie Miller

You have a ton of things to do to get ready for the holidays. Yet you put things off. You find yourself reading, watching TV and playing games on the computer. Then the stress builds, you start the negative self talk. "I should be accomplishing more. What am I going to do if I don't get it done?" Then comes the last minute scramble... shopping on Christmas Eve... wrapping presents until 2 am... the tension builds until you are too tired to enjoy Christmas. The aftermath includes mentally beating yourself up and promising that you'll never do that again!

Procrastination is the thorn in our sides, the burr under the saddle and the pea under the mattress. It can be persistent, annoying and a bad habit. Some people make procrastination a huge part of their lives as a daily battle, and others find it occasionally getting in their way, like at the holidays. You might call yourself lazy, but is it really laziness? I don't think so. I believe it is a deeper issue and has many components to it.

Procrastination is driven by perceived internal and external motivators. Perceived internal motivators are thoughts, feelings, and beliefs we create or perceive within our own minds. These include feeling inadequate (in intelligence, know-how, attention span, family role), experiencing apprehension and fear, having a

mind that gets distracted easily, a need for gratification, a feeling of powerlessness, and experiencing a lack of control.

Procrastination is also driven by external motivators which are things that are outside of us and not always in our control. They include having inadequate resources (car, education, tools, technology, time), health issues, financial issues, legal problems, other people who influence our behaviour or decisions, and obligations we have to others.

Believe it or not there are also procrastination styles.

Perfectionist Procrastinator – We have the Perfectionist Procrastinator who is reluctant to start or finish a task because they don't want to produce anything less than perfect. They tend to be self critical and all or nothing at all thinkers. "I should" or "I have to" are big in their vocabulary.

Dreamer Procrastinator – We have the Dreamer Procrastinator who doesn't like details which make implementation of tasks difficult. They are passive, fanciful and vague and have "I wish" on the tip of their tongue.

Worrier Procrastinator – We have the Worrier Procrastinator who has a huge need for security so they fear risk and change causing them to avoid finishing projects. They are fearful, indecisive, cautious and are concerned with "what if?".

Deifier Procrastinator – We have the Deifier Procrastinator who is the rebel that bucks the rules. They set their own path that no one can predict or control. They are passive-aggressive, resistant, oppositional and non-conformists. Their most powerful thought is "Why should I?"

Crisis Maker Procrastinator – Then we have the Crisis Maker Procrastinator who is addicted to the adrenaline rush of living on the edge. They tend to be over emotional, dramatic and need attention. You might hear them exclaim "Unbelievable!"

It is a cop out to call someone lazy or to consider yourself lazy and accept procrastination in your life. You won't like the end result which is anxiety, stress, and unhappiness.

As you can see, the issues are not always conscious ones. The procrastination driving motivators and issues lurk within our inner subconscious minds and need to be rooted out and resolved.

into less procrastination with new ways of organizing your life.

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Creating success this year

TEXT Linda Cattelan

This is a great time to reflect on the past year as well as a time to think about what you want to create this year.

What did you accomplish that you are most proud of?

How were you successful?

What lessons did you learn?

If you were to make this year the best year of your career or your life, what would the

year look like for you?

Who would you have to be?

What would you be doing? How would you be feeling? Here are 4 themes to consider as you plan to create success this year.

CHANGE

Are you sick and tired of starting each year hoping that things will be different this year?

Albert Einstein defined insanity as "doing the same thing over and over again and expecting different results."

Are you looking for different results? Take responsibility for where you are right now in your career or in your life. Ask yourself what you need to change in order to get different results? A great place to begin is to review the lessons learned from previous years. Decide on what you need to change so that those lessons are not repeated. Recognize that you can't change others, you can only change yourself.

So focus on what you can change and understand that change begins with you.

STOP

We can be such creatures of habit even when we know that our behaviors and actions are not helping us. Sometimes the hardest thing to do is to stop doing something even though we know our action is not generating positive results.

Take a good look at your "to do" list as well as your daily calendar or planner for last year.

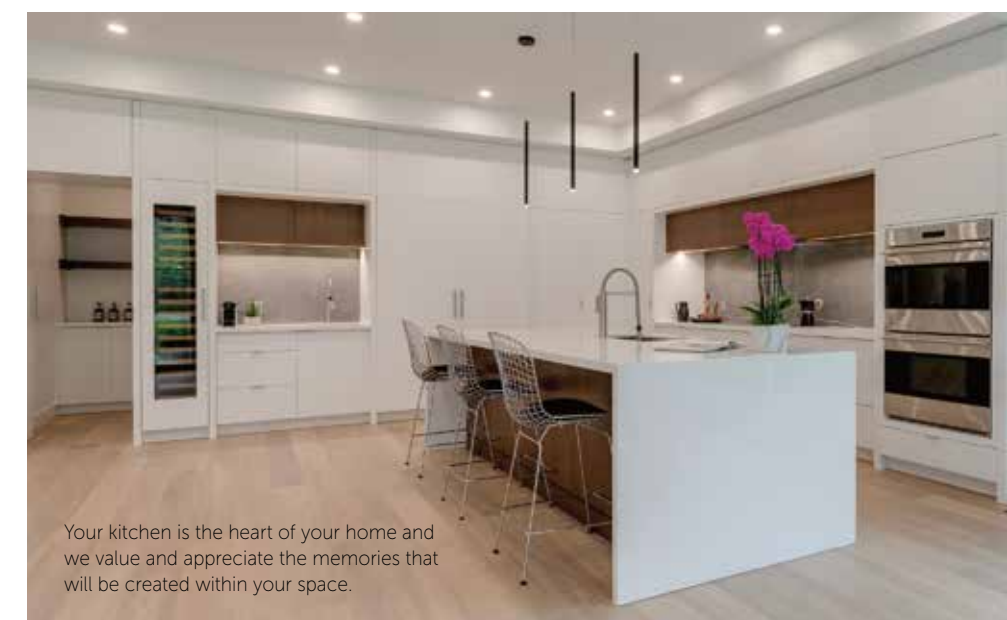
What activities added no value to your career or to your life? Identify those activities that are pure time wasters and vow to stop doing them immediately. Learn to say "yes" to your success by saying "no" to those activities that take you away from what's most important to you and your success. Protect your precious time for value added tasks and activities only.



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START

Sometimes we think we have to do all or nothing.

For example, many people decide to lose weight or join a gym as their new year's resolution. They begin the year on a crash diet or begin going to the gym 3x a week only to abandon their efforts within the first 30 days or so. I'm not suggesting that it's wrong to go on a diet or to join a gym but I am suggesting that it doesn't have to be all or nothing.

The important thing is to start something no matter how small the effort is. Start taking many small steps towards your goal. If you are trying to lose weight or work out more, start by getting off the bus or subway one station before you usually do and walk the rest of the way, or give up one "bad for you" thing out of your current diet.

Most of us know what we should be doing and somehow we never get around to it. Success is doing the things you know you should do. Start small, maintain focus on your end result, and stick with it.

CONTINUE

Looking back at your successes and accomplishments, there were clearly some great successes. Identify the behaviors and activities that made you successful as they are probably worth repeating this year.

Continue to do those tried and true activities that provided you with consistent success and be brave by taking it up a notch this year. In the words of Longfellow "success is doing what you do well and doing well whatever you do."

Push your limits by stretching yourself into even greater success. Flex your skills,

The important thing is to start something no matter how small the effort is.

strengths and talents and really step into your most powerful you.

This year has the potential to be your best year ever. Envision what that might look like for you. Decide now to create success this year. All you need to do is to change what isn't working for you, stop wasting time, start taking action in the direction of your goal, and continue to use your trusted strengths and talents to achieve more.



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KAMAL AMIN

Rooted in the philosophy of Frank Lloyd Wright Architecture

TEXT Jim Mascola

When a conversation regarding architecture occurs, quite often the name Frank Lloyd Wright is mentioned as one of the most significant Americans to ever put pencil to paper. The legacy of Mr. Wright is reflected in countless buildings he designed around the world.

However, the true spirit of Mr. Wright, and more specifically, The Taliesin Fellowship, goes far deeper than wood and steel. The Taliesin Fellowship, a collective of like-minded and free-thinking architects, is something that permeates the very DNA of those who were fortunate enough to study under this architectural visionary. Kamal Amin (Taliesin Fellow 1951-1977) is a living link to the teaching of Frank Lloyd Wright, and one of a select few who directly worked under Mr. Wright while at Taliesin. Architect Amin recalls his teacher with fondness and reverence to this day.

Kamal Amin recently celebrated a milestone 91st birthday in August of 2019 at his former Arizona home which he designed worked out of.

Over his 91 years, Mr. Amin has developed an impressive portfolio of work, with his design and engineering influence reaching across the United States. He has designed and engineered commercial and residential projects, and completed the engineering on projects drawn by Mr. Wright, but never completed during his lifetime.

Kamal Amin was born and raised in Egypt, studying architecture at the University of Cairo where he obtained a bachelor's degree. As the oldest son of a prominent doctor his career path was initially to complete his university studies in Egypt, with post-graduate studies in



Switzerland or another European country. After studying in Europe he was expected to return to Egypt and design medical and commercial buildings. However, this original career path was not to be.

During his university studies, Kamal's life was forever changed when he stumbled upon a book titled The City by Eliel Saarinen while visiting the American Embassy Cultural Center in Cairo. In that book, he noticed two small plans for a building named Robie House. Written below those plans read "Architect, Frank Lloyd Wright". Kamal was taken by the fact that the Robie House plans had purpose and integrity. It was the first time that Kamal learned of Frank Lloyd Wright, and that day started him on a journey that would lead him to working alongside the great architect.

Kamal's final two years in architectural school found him learning as much as he could about Frank Lloyd Wright in addition to his prescribed coursework. However, the ways of Frank Lloyd Wright

were a stark contrast to the teaching he was receiving at university. Each fact he learned about Mr. Wright put him further out of favor with his professors. As he discovered more about the Taliesin Fellowship that Mr. Wright founded he was set on joining it's ranks.

Upon graduating from the University of Cairo, Kamal began writing to Mr. Wright in the United States. After multiple letters sent, and several months of hearing nothing back, Kamal decided it was time to take action.





He packed his bags and planned his journey to the United States, a country that he knew nearly nothing about. Finally, three days before he planned to leave Egypt, a letter from Taliesin arrived inviting him to visit Arizona. On October 26, 1951, with that letter from Taliesin packed in his suitcase, Kamal boarded an airplane that would take him halfway across the world to the drafting table of Mr. Wright.

After days of air travel Kamal landed in Washington D.C. At that point he boarded a bus to continue his journey

to Taliesin, located northeast of Phoenix, Arizona. Upon arriving in Phoenix, Kamal inquired at his hotel regarding the whereabouts of Taliesin. None of the hotel staff was able to provide him with any information on the whereabouts of the school, or even provide him a telephone number to alert the school of his arrival.

Not one to let a small wrinkle detain him, Kamal wrote one more letter to Taliesin, and a few days later the phone in his hotel room rang alerting him that someone from Taliesin was in the lobby waiting for him.

Frank Lloyd Wright's brother-in-law, Uncle Vlado, was ready to drive Kamal over thirty miles to Taliesin. On their journey to Taliesin they stopped for cocktails, and it was then that Kamal learned there was no phone in the Taliesin office (there would not be one until 1957), hence why no hotel staff could find a phone number for Taliesin.

Finally, after years of anticipation and preparation, Kamal Amin arrived at Taliesin as the late day sun was beginning to set.

Having only seen black-and-white photos

of Taliesin, the awe-inspiring view of the setting sun touching the mountains surrounding the school, made a lasting impression on Kamal.

The years that Kamal spent as part of the Taliesin Fellowship saw him working and living in the presence of genius. Much like Mr. Wright, Kamal quickly found that he was skilled in grading and building roads.

During the years he studied under Mr. Wright he with him as the great architect finalized work on the Guggenheim Museum and designed Gammage Auditorium for Arizona State University. (In an ironic twist, Kamal would lead structural engineering on the construction of the roof of Gammage Auditorium after Mr. Wright passed. He would later be sworn in as a United States citizen at Gammage Auditorium in November 1968.

In early 2019, married couple Megan Jones and Jim Mascola were looking for a new home. After seeing several boring houses, they had the opportunity to purchase the Arizona home that Kamal Amin designed, built, worked out of and lived in.



As Mascola affectionately states, "It will always be Kamal's home. We are just fortunate enough to live here and be the caretakers."

From the day Megan and Jim first visited Kamal's former home, they fell in love with the space. Upon purchasing the home, they set about bringing the space back to the style and functionality that Kamal originally intended. Hoping to connect with Architect Amin, they reached out to Taliesin West in Scottsdale, Arizona for assistance. After initial conversations with the school, they were put in contact with Kamal's close friend and caretaker Pamela Hopkins.

Pamela assisted in connecting everyone, and a friendship quickly developed between the four. Since that time, many hours have been spent with Kamal discussing his life, his journey to Taliesin, and how his work was guided by Mr. Wright and the principles of organic architecture.

Megan and Jim had no way of knowing it, but their purchasing of Kamal's former home, has led to a deep friendship and has found Kamal speaking about his days with Mr. Wright. Stories that haven't been shared in decades are now being

discussed and enjoyed once again.

Spending time with Kamal has taught Megan and Jim about more than architecture however, it has taught them about living a full and rewarding life and pursuing what you are passionate about.

During one of their conversations with Kamal and Pamela, they learned that Kamal's 91st birthday was fast approaching. Megan had the idea to throw Kamal a birthday party in his former home. In a nod to his days as a Taliesin Fellow, and the dinners Mr. and Mrs. Wright used to host, a formal dinner was thrown in Amin's honour.

In preparation for Kamal's 91st birthday, Jones and Mascola worked closely with Indira Berndtson, Administrator: Historic Studies, Collections and Exhibitions at Frank Lloyd Wright Foundation, to ensure no detail of his time as part of the Taliesin Fellowship was overlooked.

The homeowners also contacted The American University in Cairo, which archives Architect Amin's work, including blueprint drawings, watercolour paintings, sketches, and other materials. In response, university staff and students produced a special video containing birthday wishes, which proved to be a highlight of the party.

The video referenced how architect Amin's work continues to influence students to this day; a testament to the teachings of Frank Lloyd Wright and the principles of the Taliesin Fellowship.

The home that Architect Amin built in 1983, sits on a corner lot at the bottom of a hill. The site presented building challenges due to expansive soil and uneven and rocky terrain.

At the time, many people thought the lot was useless. However, with his engineering background and experience building in Arizona going back to the 1950's, Kamal knew to excavate down to the rock base (which was located ten

feet below ground level) in order to build a solid foundation for the home.

Keeping in alignment with Mr. Wright's teachings, Kamal used natural light and texture to divide space within the multilevel home.

The upper level of the home features an open floorplan with a large stone fireplace dividing the great room. The division provides a darker and more intimate sitting area on one side, with a bright and open area on the east side of the home. A wall of sliding glass doors brings in light, as well as fresh air during the cooler Arizona months. The lower level was originally designed as his studio and is hidden from view on three of the four sides of the home.

The home has played host to many important guests and parties throughout the years, including Madame Jehan Sadat, Frank Lloyd Wright's granddaughter Eve, and several others.

The new homeowners have spent much time researching its significance as they both appreciate the history and design of the home and look forward to restoring elements with Amin's guidance.

As Mascola affectionately states, "It will always be Kamal's home. We are just fortunate enough to live here and be the caretakers."

The home was featured with other Amin projects in an Italian architecture magazine, *L'architettura*, in the 1990's, as well as *The Arizona Republic* newspaper and other publications.

Kamal Amin started his journey to Taliesin and Mr. Wright a young man looking to study architecture.

Today, he is a distinguished architect, with buildings standing across the United States serving as a testament to his prowess as an architect, and to the organic design principles of Frank Lloyd Wright.



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THE BREITLING AVENGER COLLECTION:

Inspired by our Pioneering Aviation Heritage
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No watch brand in the world has a more impressive and enduring link to aviation than Breitling. The brand provided onboard clocks and other key pieces of equipment for airplanes in the 1930s and 1940s, an era that inspired the modern retro design of the Aviator 8

collection. In the 1950s and 1960s, the Navitimer became the ultimate watch for pilots and remains an important part of Breitling's collection today. Even in the golden age of commercial flight in the 1960s and 1970s, some of the most prestigious international airlines relied

on Breitling's onboard clocks while their crews counted on their Breitling watches. Breitling was even there at the dawn of manned space travel: on May 24, 1962, US astronaut Scott Carpenter wore a Breitling Navitimer Cosmonaute, made at his own request, on his Mercury

space flight, making it the very first Swiss wrist chronograph in space.

The Avenger originally debuted in 2001, and with the relaunch, Breitling has updated the collection and positioned it in a proud and unique place in its Air brand universe. The new collection represents nothing less than the transition of one of Breitling's boldest collections into the era of modern aviation.

The Avenger has clearly staked out its own territory at Breitling. It introduces the modern performance-inspired pilot's watch with pure Breitling DNA to the next generation of men and women of action, purpose, and style. These committed individuals, from pioneering pilots and commercial aviation leaders to influencers and style-drivers, appreciate strikingly fresh watches that still respect the brand's design codes. Every day, they challenge the ordinary with their exploits in the air, from space travel to precision aerial performance and the new-age challenge of drone competitions.

The Breitling Avenger watches are bold and extremely robust, while the distinctive rider tabs on their unidirectional ratcheted bezels make them instantly recognizable. These tabs offer not only standout design but also allow for optimal manipulation of the bezel, even for aviators (or anyone else) wearing gloves, ensuring unrivaled safety and ease of use.

The watches in the Breitling Avenger collection are impressively varied, with case sizes ranging from 43 mm to 48 mm. The choice of dial colors will appeal to any aviation fan, as will the broad selection of straps and bracelets. As you would expect from the Avenger



collection, the watches are available in chronograph, three-hand "time only" models, or with a 24-hour GMT hand.

BREITLING

Since 1884, Breitling has established a global reputation for high-precision timepieces, its pioneering role in the development of the wrist chronograph, and its uncompromising commitment to design excellence. With the brand's storied association with aviation, Breitling has shared the finest moments in humankind's conquest of the skies. Renowned for its spirit of innovation, it has also earned a place of privilege in the worlds of science, sport, and technology.

Breitling manufactures its own movements inhouse and the quality of every watch is confirmed by its status as a COSC-certified chronometer, made in Switzerland.



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What's SO H.A.R.D. about change?

TEXT Julie Donley

Why does change have to be so darn hard?

We struggle to lose weight, get in shape, eliminate debt and stay (happily) married. Health issues such as heart disease, depression, addiction and obesity - preventable illnesses - are rampant. Why is it so hard to change?

The answer to this question describing eight strategies for success can be found in my new book, Does Change have to be so H.A.R.D.?, now available in bookstores.

Change is hard. And it's hard because, as humans, our brains are wired a certain way. When we understand how the mind works, we can use this knowledge to make change a little easier and stop battling with ourselves.

We can use our minds to work with us instead of against us. We can learn to become

H.A.R.D.®
is an acronym that stands for how we are enslaved by our Habits and Attachments and struggle with Resistance and Discouragement. In order to change, we must face these functions of the mind. It's not that our brains are purposely trying to hurt us and hold us back; it's just how the mind operates.

the master of our thoughts and emotions instead of being at their mercy.

Continued on page 44

Exquisite Homes presented by Krista Deverson

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ASTON MARTIN UNVEILS DBX

AN SUV WITH THE SOUL OF A SPORTS CAR

Aston Martin launches fourth car of transformational Second Century Plan

First SUV for 106-year-old luxury British marque

Delivers broadest design brief of any Aston Martin in history

Broad range of capability from sportscar dynamics to off-road versatility

20 November 2019, Beijing, China: A bold new chapter and a landmark moment in Aston Martin's illustrious 106-year history, Aston Martin has today unveiled its first SUV and a model that will propel the brand to new heights worldwide. That model, is DBX.

The culmination of an extensive development programme that began with physical testing in Wales last year and virtual development stretching back to 2015, DBX signals a new era in Aston Martin's pursuit to deliver exceptional

performance, style and usability in a segment previously unexplored by the world-famous manufacturer. Bringing both the versatility and indulgence expected of a luxury SUV with sports car levels of dynamic performance, DBX sets a bold new standard in this sector.

Aston Martin Lagonda President & Group CEO, Dr. Andy Palmer said: "I can't emphasise enough how incredibly exciting and significant DBX is for Aston Martin. Through its development alone, this beautiful SUV has already taken

the company into new territories and in inspiring directions. DBX also marks a key moment in the delivery of the third and final phase of our Second Century Plan, not only representing the promised expansion of our portfolio but also signaling the start of production at Aston Martin's second manufacturing plant. We have both delivered this model through our expertise, but also by garnering invaluable experience and knowledge from external counsel, including our Female Advisory Board. This is a real landmark for this great British brand and I promise that DBX will reward all who experience it in their everyday lives."

Set to be built in Aston Martin's purpose-built manufacturing facility in St Athan, Wales, the foundation of DBX is a new dedicated SUV platform, something rarely seen across the sector. More than ever before, this clean sheet of paper has allowed all departments within Aston Martin to innovate and push the boundaries of what British design and engineering can create, resulting in a truly remarkable product.

Utilising bonded aluminium, a construction method Aston Martin has refined through the development of its sports cars, the body structure is both very light and incredibly stiff, assisting in the delivery of an overall kerbweight of 2,245kg. Right from its genesis, it was designed to allow maximum room in the cabin, putting a premium on refinement and class leading spaciousness for both front and rear occupants. Meanwhile, the exceptional stiffness inherent in the design of the new platform has also enabled DBX to achieve exceptional dynamics both on and off-road.

Adaptive triple volume air suspension has been combined with the latest 48v electric anti-roll control system (eARC) and electronic adaptive dampers to provide the new SUV with a huge breadth of ability. With its capacity to raise the ride height by 45mm or lower



it by 50mm the air suspension gives any driver the confidence to tackle a wide range of terrain. While this of course provides benefits while on the move, the system can be further programmed to aid with ingress, egress and loading requirements, aiding on a practical level.

The adaptive triple chamber air springs enable variable spring stiffness, giving both luxurious comfort and dynamic prowess. Extraordinarily the eARC – capable of 1,400Nm of anti-roll force per axle – can limit DBX's body roll for handling that is much more akin to that of a sports car than an SUV. This sophisticated system of adaptive air suspension, dampers and eARC allows for maximum ride comfort when transporting up to five occupants and their luggage, while maintaining a highly responsive and engaging dynamic capability.

Powered by a new version of the characterful 4-litre, twin-turbocharged V8 engine found in DB11 and Vantage, DBX features an impressive output of 550PS and 700NM of torque, carefully tuned to meet the specific needs of this

model. With a sound character that is unquestionably Aston Martin, the active exhaust system ensures this is a luxury SUV that can sound refined one moment and exhilarating the next. The engine's versatility isn't restricted to its vocals either; the turbocharged V8 has cylinder deactivation to enhance fuel economy, yet it can also propel DBX from 0 to 62mph in 4.5 seconds and on to a top speed of 181mph.

Transmitting this power and torque to the ground is a nine-speed torque convertor automatic gearbox, allied to an all-wheel drive system with active differentials featuring an active central differential and an electronic rear limited slip differential (eDiff). This allows the torque to be moved precisely both fore and aft in the vehicle and also across the rear axle. When combined with the bespoke steering system that has been tuned to deliver feel and sports car-like response, DBX imbues the driver with an overriding sense of control, whatever the conditions.

Aston Martin's first ever full-size 5-seat model is not only exceptionally versatile in terms of the terrain that it can tackle,



it is also extremely adaptable to a wide variety of lifestyle needs and owners. Designed to accommodate the world's 99th percentile male and 5th percentile female, DBX has been very deliberately created with instant familiarity and ease of use from the start.

With 632 litres of boot space and 40:20:40 split folding rear seats DBX possesses all the flexible load capacity expected of an SUV with class-leading interior space. The load space offers a practical and cleanly designed space. A narrow load sill and broad aperture maximises the practicality for a variety of luggage, such as suitcases, golf bags and ski equipment.

Complimenting the incredibly high standard specification of DBX, which includes all available active safety systems, there are many optional accessory packages offered. These

packages will tailor the car even further to customers' needs, sports or pastimes. For example, the Pet package will include, amongst other things, a portable washer to help attend to the needs of a muddy dog after a walk. Alternatively, the Snow package will deliver boot warmers to make a ski trip just that little bit more pleasurable.

The luxuriously handcrafted interior of DBX has been designed to provide equal space and comfort whether sitting in the front or rear of the car. Class-leading headroom and legroom combines with a full-length glass panoramic roof and frameless door glass to offer a fantastically light and spacious cabin environment. The use of sports car seat packaging in the front not only provides the driver with exceptional support and long-distance driving comfort, but also provides knee and footwell clearance for those sitting behind.

Small touches throughout, including separate central armrests, glovebox design and the ergonomic positioning of the car's key control systems, have been guided carefully by the input of the brand's Female Advisory Board, dealership feedback and a variety of private focus groups held worldwide. Not limited to this area, the guidance provided has been key to the success of DBX's overall design.

The seats are trimmed in sumptuous, full grain leather, sourced from long term partner Bridge of Weir. An industry first, both the headlining and electric roof blind are available in a luxurious Alcantara® finish, providing a harmonious design, light obscuration and solar attenuation without compromising headroom. Throughout the cabin, DBX maintains an authenticity of materials, with judicious use of metal, glass and wood throughout the cabin.



Another design highlight includes the elegantly crafted bridged centre console allowing for both flexible storage below and a beautiful, architectural centrepiece. This feature keeps valuables close to hand while not occupying the passenger seat and away from dirt on the car's floor mats. As part of 'Q by Aston Martin' – Aston Martin's personalisation service - optional features of this centre console can be machined from a solid piece of wood, such as Walnut, for added tactility.

A contemporary range of exquisite wood, composite and metal veneers ensure that the cabin can be tailored to any taste. This includes a range of innovative materials and an industry first application of a fabric made from 80% wool. A new flax composite – derived from the same plant as fine linen – also provides an alternative to carbon fibre and a distinctive design aesthetic.

Framed by these materials is an abundance of technology. A 10.25" TFT screen sits elegantly flush in the

centre console, while a huge 12.3" TFT screen provides a wealth of information to the driver. Apple CarPlay comes as standard, as does a 360-degree camera system and ambient lighting that offers 64 different colours in two zones.

DBX's exterior works as hard as the interior at bringing the elegance of Aston Martin's sports cars into the world of the SUV. From the signature 'DB' grille at the front, through the sculptured sides and design feature line, to the tailgate with a flip that draws inspiration from

Vantage, this is an Aston Martin from first glance to detailed inspection. Beautiful details like the hidden side glass seals on the frameless doors and glass B-pillar finishers add an elegant sleekness and confidence to the stance. Cutaway sills also assist in narrowing the stepover required to enter the sumptuous cabin, while reducing the risk of ruining a fine dress or suit on arrival to a dinner engagement. Aerodynamics were an important consideration within the design process and this included the novel experience for the team of running

computational fluid dynamics (CFD) tests with a DBX towing a trailer with a DB6 on it. At the car's front, the daytime running lights (DRLs) have an integrated aerodynamic duct, which channels air through the front wheel arches and along the side, helping to reduce both drag and lift while also cooling the brakes. Air flows cleanly over the roof, through the rear wing, over the rear window and on to the rear flip. This unique approach and design detail allows the rear screen to self-clear on the move. Aerodynamic design has also

played a key part in passenger comfort because as one of only a few companies using computational aeroacoustics technology, Aston Martin's engineers have been able to keep cabin noise to a minimum at speed.

Aston Martin is incredibly proud that DBX, an SUV intended to expand the sales reach of the brand worldwide, will be built in Britain at the new manufacturing plant in St Athan, Wales. With its all-wheel drive system, DBX is a car that will allow the company to increase its presence in markets where perhaps the weather or terrain is less than conducive to rear-wheel drive sports cars. The clear emphasis on a spacious and luxurious cabin – whether seated in the front or back – will also allow Aston Martin to better reach customers who prefer to be driven rather than drive.

Further adding to the desirability of DBX, the first 500 owners of this landmark model will benefit from an exclusive '1913 Package'. Fitted with a unique fender badge, sill plaques and an inspection plaque detailing its limited build-run, each of these first examples will be personally endorsed and inspected by Andy Palmer. In addition, each customer will also receive a unique build-book signed by both Aston Martin's CEO and Chief Creative Officer Marek Reichman and an invitation to a regionally hosted Waldorf Astoria celebration cocktail party, hosted by a member of the Aston Martin Lagonda executive team.

Dr Andy Palmer said: "DBX is a car that will give many people their first experience of Aston Martin ownership. As such it needed to be true to the core values established in our sports cars, while also providing the lifestyle versatility expected of a luxury SUV. To have produced such a beautiful, hand built, yet technologically advanced car is a proud moment for Aston Martin."



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They are games the mind plays with us. Accept it. Learn about them and then use the success strategies to help you to play these mind games and win!

HABITS

We are wired to keep things the same, to create routines and structure to get things done. Habits allow us to function well and to manage multiple things throughout the course of the day. Every time you try something new, you have to concentrate – all of your attention is required to learn the new activity, be it a new route to work or learning to type. After much practice, you can perform the task without thinking about it. It has become habit.

In the process, thousands of neurological connections have formed in your brain in order to make this activity 'automatic'.

You now know how to type without paying attention, for example, and perform the task subconsciously. In other words, you don't need to focus on where to put your fingers and which key represents what letter. You just type.

Those neurological connections will need to be replaced in order to change to something new. It requires consistent attention and persistent action, something most people do not do well.

When we are learning something for the first time, those neurological connections don't exist; but when you want to change how you have been doing something, that's when it becomes a challenge because you are 'hard-wired' to think and act a certain way.

ATTACHMENTS

We cling to people, places and things. Most people have a difficult time letting go and going with the flow of life. We want and expect things (and people) to last forever.

We hold on tight to our youth as our

bodies age, our ideas even when we are wrong, and our relationships even when we are very unhappy. To detach would require we accept things as they are, not as we wish they were.

We hurt ourselves greatly when we hold onto our ideas about how things 'should' be as opposed to how they are.

Emotions are the key to identifying attachments. The harder you fight, the more stubborn you are, the more attached you are.

"The greatest discovery of all time is that a person can change his future by merely changing his attitude."
– Oprah Winfrey

RESISTANCE

Resistance shows up in many ways including self-doubt, judgment, procrastination and excuses. Resistance is fear. Identifying your fear is the first step. Notice the behaviour pattern such as making excuses or procrastinating, then name the fear so you can tame it. This is just another way the mind plays with you and keeps you stuck.

As you begin to change or even think of changing something, you are threatening the status quo. Adrenaline is released just as if you were in real danger causing the 'fight, flight or freeze' reaction. And you respond with resistance.

But you are bigger than your fear. You just have to learn some tools to stand your ground.

DISCOURAGEMENT

We get discouraged when things don't progress as quickly as we'd like them too. We may have unrealistic expectations for just how long something will take. We may think it will take a few weeks to find a new job when it can take many months.

Our relationship with time causes us to become frustrated. We are impatient. And if we are not very good at acknowledging what success we do experience along the way, we will quit even though we may have come quite far.

Change is H.A.R.D. © because we succumb to what we know and give up. It just seems easier than to fight for what we want. Motivation is crucial for success and for continued progress toward our goals.

To be successful at making a change in your life, befriend your mind. Understand a little bit about how it works so that you can learn how to use it to assist you in creating the kind of life you love and enjoying the progress. Your mind is a tool for you to master and use to your

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."
– Harriet Tubman

Key Practices for Living out Change

TEXT Jeff Evans

Gandhi said "you must be the change you wish to see in the world." Regardless of its origin, it is a fundamental truth about

change. Change occurs now, not when. I often talk about the instantaneous nature of change. That is, as soon as you change your mind the world immediately begins to follow. It is during this time of transition, as daily events begin to shift to match your new mindset, that people often encounter doubts and fears that challenge their resolve. We all have a daily practice through which we continually create the reality in which we live. Living out a change involves changing that daily

practice. I believe there are some key areas of practice that, when held in our consciousness, can greatly help us on whatever path we have chosen.

Being the Change – Act as if the change has already occurred. After all, it has. Once you have imagined it, believed it, and committed to it, the rest is just about the world around you falling into alignment.

Being Courageous – Change can be scary. There can be very real risks. I often see people push their fears aside in hopes of moving more quickly into their new future. There is no need to ignore fear, only to learn to listen to it and keep it in a helpful place. Being courageous is acting in the face of your fear and choosing your actions based on your trust and future focus while acknowledging that some aspects may be scary.

Being Positive – Know what you expect to have happen and focus on it. Being positive does not mean being cheerful or ignoring risks and problems. It means spending your time and energy focused on where you want to go and taking actions that are in alignment with your chosen direction.

Being Assertive – Assertive in this context means actively creating what you will and will not accept in your life. On a daily basis, look at the things, events, and people that surround you and fill your time. If they nourish you and sustain your change, build on them. If they do not, say no to them.

If you ever feel stuck or in a rut, there is a good possibility that you have been practicing being stuck or in a rut. Identify what you are doing to keep yourself where you are and choose three replacements. Here again, is the magic of instantaneous change. Imagine, believe, choose, commit, and practice. Again, change is a journey. Enjoy the ride!

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FOOD is FUEL

TEXT Allegra D'Agostini

As a cook, food is central to my life and I'm often asked why I subscribe to a vegetarian diet. My answer is usually along the lines of "for the environment" or "I watched a documentary about it four years ago and never looked back".

But there's more to it that I often avoid discussing. Vegetarianism is a contentious topic and closed-ended answers often seem like an easy way out. In hindsight, I've been doing a disservice by shying away from this conversation because it's one that we should all be having.

Food is our fuel.

It provides our bodies with the energy and nutrients needed to sustain life, but in our world today it represents much more than that. Food is a choice that we make multiple times a day, a choice who's impact ranges from renewing the microscopic enzymes chugging along inside our bodies to sustaining the global agriculture industry. It is a catalyst for connection with the world around us: food is the glue that binds families and communities together.

Through a shared meal or an apple passing hands from farmer to customer, these moments connect us and create opportunities to support one another.

Naturally, our necessity for food has led to abundant and often conflicting information about what we should be

eating. Less salt, more fat, less sugar, no dairy: the prescriptions never end and consuming food in a responsible way for us and our communities, both local and global, has never been more important. From the research-fueled ashes emerged the plant-based diet, an approach to eating centred around food sourced from plants rather than animals.

Here are the facts about plant-based diets, not necessarily my opinions or those of this magazine. These diets are popular for three main reasons. For one, they have environmental benefits. Animal agriculture produces more greenhouse gas emissions than all transportation combined and requires more land, water and energy than growing plants. It also contributes to water pollution, ocean destruction and loss of biodiversity.

The consensus is that plant-based diets are less environmentally taxing and use fewer resources than traditional diets.

Secondly, many researchers believe that reducing meat and dairy intake can benefit our health. Diseases including heart disease, diabetes, certain types of cancer and arthritis all responded positively to a plant-based diet and groups including the World Health Organization have made statements that processed meat is linked to increased risk of diabetes and cancer.

Finally, many choose this diet for ethical reasons: ethical vegans believe that

humans shouldn't have the right to abuse other species because they are intellectually weaker. A diet without meat or animal products reduces harm and discrimination caused to farmed animals.

Vegetarian and vegan diets can be a hard sell. They often question a person's choices, values, and way of life. That being said, we should challenge ourselves to think about the food we eat and the impacts of this choice on ourselves and the planet.

Implementing a plant-based diet isn't necessarily easy but this struggle is important to mention: to achieve meaningful change we are better off with the masses making an effort, even if it's imperfect, than for a few people to follow this diet perfectly. The goal isn't perfection, it's intention.

We are very lucky to have the freedom to choose and with freedom comes responsibility. It's our responsibility to make choices that improve our lives and those of future generations.

This article isn't intended to evangelize or preach about the benefits of cutting animal products out of our diets, it is suggesting that we live with intention and make informed decisions about what we fuel our bodies with. It's time to have these conversations, to openly talk about our choices and bring these issues into awareness.

Allegra D'Agostini
Foodie. Stylist. Photographer

Cooking and styling food makes my heart flutter but more importantly, I love its ability to bring people together.

Chocolate Date Bars

Makes 8 bars

- 1 1/2 cup oats
- 1 1/2 cup packed Medjool dates
- 1/4 cup cocoa powder
- 1 tsp cinnamon
- 1/2 tsp allspice
- Pinch of salt
- 1/3 cup nut butter (hazelnut, almond, peanut, tahini, cashew would all be great)
- 1/3 cup of any seeds, nuts, coconut flakes and/or cocoa nibs

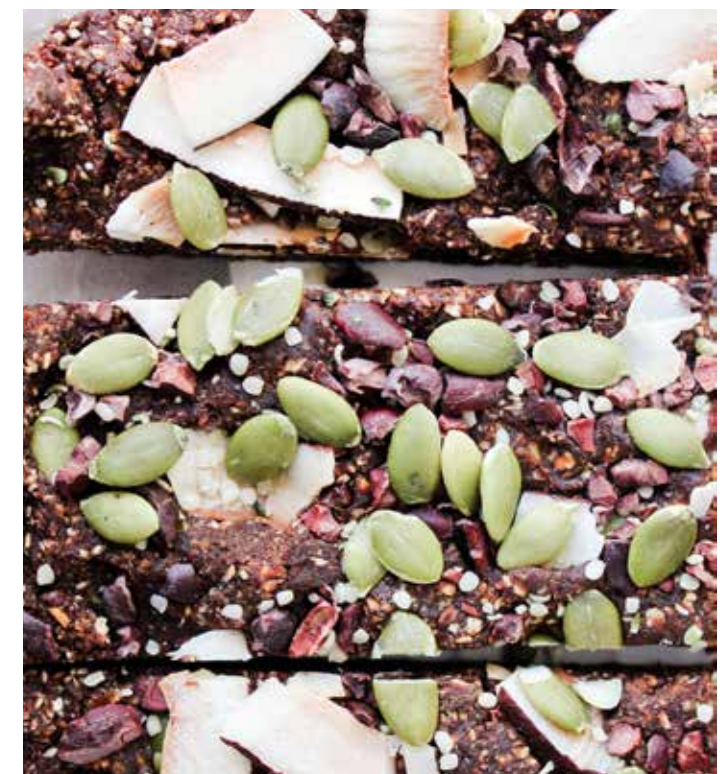
Preheat the oven to 350°F. Once hot, toast oats on a parchment lined baking sheet for 5 minutes until they take on a golden-brown colour and nutty flavour. Meanwhile, soak dates for ~10 minutes in hot water.

Pulse toasted oats in a food processor until ground into a fine powder. Add cocoa powder, cinnamon, allspice and salt, then transfer the mixture to a bowl and set aside.

Drain the dates, then add them to the food processor (don't bother washing it) and pulse to form a smooth paste, scraping down the sides with a spatula as necessary. Add the nut butter and pulse to combine. Then, gradually add in the oat mixture, pulsing to combine until a uniform mixture forms. Stir in the seeds, nuts, coconut flakes and/or cocoa nibs and transfer to a parchment lined 8x8-inch baking dish and place in the fridge for 30 minutes before slicing into 8 bars.

These will keep in the fridge for 1 week or freezer for up to a month.

Instagram @allegraeats
allegraeats.com



Transport yourself to a luxury seaside haven

TEXT Emilia Florek-Guerrero





ACQUALINA Resort & Spa

The Miami Metropolitan area is becoming one of the world's premier destinations in every way possible. From its attractive year-round weather to hosting numerous events in the fashion, music, art, cinema and tourism industries, there are endless activities for everyone to do. Miami is a party hub and at the same time a place where an array of cultures blend and present a one-of-a-kind environment.

Of course, it wouldn't be complete without the possibility to bask in the warm Florida sunshine on pristine sandy shores overlooking the crystal-clear ocean.

Join us for this adventure and experience at Acqualina Resort & Spa, Sunny Isles Beach, in sunny south Florida!

The Acqualina Resort is a destination where relaxation begins right when you step through the main doors, here you will step into a world of luxury. Chic luxury, incredible views, impeccable service and attention to detail, you can rest assured that you are in good hands and the best vacation of a lifetime awaits you while



staying at the Acqualina Resort. 98 rooms include terraces and dream like views of the ocean provide ultimate comfort so one can truly indulge in what Florida has to offer. All rooms are designed with classic furnishings that blend with elements of modernity. Traditional and modern elements come together with classic and



elegant room designs. Suites offer timeless pieces one would want in their own home with luxurious, contemporary fabrics and a soothing colour palette that come together flawlessly.

Three oceanfront swimming pools with poolside restaurants and cabanas are a paradise within a paradise, and only

steps to the ocean!

These pools practically merge with the water, only a thin strip of sand speckled with lounges, bright red beach umbrellas and water toting butlers separate the pools from the waters of the Atlantic.

Acqualina Spa by ESPA is a 20,000

square foot facility, an indulgent retreat for relaxation and rejuvenation with state-of-the-art treatment rooms. This world-class facility offers all types of beauty and massage treatments ranging from exotic massages using Himalayan salt stones to blissful three-hour long massage experiences and healing heat and water rituals with holistic, restorative and meditative treatments. Plus access to a private pool and terrace with a heated jet pool along with a Roman waterfall spa.





Stimulate your taste buds at the dining areas at the Acqualina Resort. The AQ restaurant provides a wide selection of dishes, enjoy fine dining at the renowned Il Mulino New York or grab an ocean-side seat for lunch at the Costa Grill. Other unique experiences include an intimate beachfront dinner for two, 24/7 in-room dining or opt for a picnic in paradise. All restaurants vie for your attention and they are all exceptional as you would expect them to be.

For those one-of-a-kind experiences, the Acqualina provides wedding services for an intimate, lavish, romantic, fairytale beach wedding. This is also a family-friendly destination as there are plenty of activities that kids can enjoy such as marine biology-inspired educational activities, an oceanfront soccer field, a king-sized chessboard, and an area to play basketball. So what are you waiting for... Acqualina here we come!

Acqualina Resort & Spa
 17875 Collins Avenue
 Sunny Isles Beach, FL 33160, USA
www.acqualinaresort.com



HERÍA, founded by Emilia Florek-Guerrero, is an expert in conducting hotel audits and designing brand experience. Far from the cookie-cutter standardization, HERÍA stands out with its customized approach. Things are kept simple at HERÍA and there is no room for anything but the best! Optimize your brand experiences for the best outcomes with a unique charm that can only be found with HERÍA. More on www.heria.eu.

"I just got back from a weekend 'getaway' with my wife celebrating our anniversary. I am lucky in that I get to travel and stay at very nice hotels around the world: Ritz, Four Seasons, St. Regis, etc. This was my first experience staying at Acqualina and this was the best, most amazing hotel experience I have ever had in my life!

If you have every left a hotel and said, "Wow, that was good service" I beg you to come to Acqualina and compare... there is no comparison! Claudia at the front desk, William at the bar, Christof the GM, all members of the spa specialize in making you feel welcome and no detail goes unnoticed. Each member of the staff is warm and kind. The rooms were spectacular and the food fantastic and the beach beautiful but all that pales in comparison to the service you receive upon arrival. Not only did Acqualina create a repeat customer but an advocate for life. Well done, Christof and staff! We can't wait to come back"

Ryan R., August 2019
www.acqualinaresort.com





Why everyone should consider a Mediterranean diet plan for weight control

TEXT Rich Carroll

A Mediterranean diet is considered one of the most nutrient-filled diets available to us. The foods, with rare exceptions, that part of a Mediterranean area diet have been strongly recommended by most health experts.

They've traditionally been the way of life in Greece and southern Italy for generations, as well as all other areas bordering the Mediterranean. This diet had been brought to most of the rest of the world soon after the Second World War by military personnel who were stationed in

the region. Mediterranean recipe guides eventually started showing up in the 1990s highlighting the benefits of this diet.

Research results are now linking a Mediterranean food regimen with longer life, less cardio disease, decreased instances of dementia and many types of cancer. One of the most cited studies was published in the *New England Journal of Medicine* in 2013 and has recently had its methodology questioned. But their conclusions remain the same: a Mediterranean diet can cut the risk of heart

attacks and strokes by about 30 percent in those at high risk. It is also believed to defend against Type-2 diabetic issues, Parkinson's disorder plus gall bladder obstacles. But in this article, we'll dissect whether the Mediterranean diet regimen also induces losing weight.

Weight reduction is, in fact not the key end goal of a Mediterranean eating regimen, but if adhered to on a long-term basis may well contribute to that end. For long-term weight control one must develop a sustainable strategy.

A consistent lifestyle involving diet and exercise that provides the necessary nutritional requirements and (key here) is also enjoyable, will be a major contributor to weight loss. Most people that have found success with fad diets that are not enjoyable, find that the excess weight returns when they inevitably go back to their old diet.

Here are a few of those qualities that are key to Mediterranean food regimen:

1. Fruits and fresh vegetables. These are the foundation to the diet plan, and due to the fact that they are seasonally grown and fresh, food processing (which can sap vital nutrients) is always minimal.
2. Less red meat. In their place will be seafood (at least two times a week) and fowl.
3. More natural (organic) food; much less refined food. The Mediterranean diet places great emphasis on naturally-occurring types of foods. In most cases they're natural and organically grown. Having been treated minimally with chemicals, so we will not have the issues that come with putting pesticides in the system.
4. Use of olive oil. The benefits of using olive oil as opposed to other oils are well known. They are abundant



in antioxidative substances and its monounsaturated fat make it a much healthier fat choice.

5. Herbs and spices. These are liberally used when flavouring meals rather than just salt.
6. Low-fat dairy. Skim milk, low-fat cheeses and yoghurt are fat-free parts of the food plan.
7. Red wine. Used in moderate amounts at meals, this not only serves to help enhance the food experience

for most people, but also have health benefits on their own.

This diet should not be considered an easy quick-fix, and if a person is trying to drop 10 pounds to look better in those wedding photos, or to impress an old flame at the next class reunion, the Mediterranean diet won't be the ticket. Remember, this is a long-term approach for a fit way of living. It is an eating regimen in which one can take in moderate levels of delectable food, with a wide array of great recipes.

Practical techniques for getting MORE ENERGY in the afternoon

TEXT Rich Carroll

Do you habitually feel run down and basically out of energy in the afternoon? Diet plays an important part in this, but to identify it more precisely is: what do we use as our fuel source. Ideally, we want to burn fat rather than sugar as our fuel. The diet of our ancestors was designed to use fat as their primary fuel. Yet with common sugar and simple carbohydrate foods now a major part of many diets, currently we use sugar or glucose for our go-to energy. And as less fat is being burned, more will be stored, creating weight gain.

So how does one know if they are sugar or fat adapted? If a person can skip a meal or two or go for an extended period without eating and not become short-tempered, suffer from severe hunger or crave sugar, they most likely are fat adapted. However, if one needs a sugar fix as soon as they have an empty stomach, and if they don't, they encounter post-lunch fatigue, this is evidence of being sugar adapted. When this occurs, they are at greater risk of a wide variety of long-term illnesses.

Obviously, the goal is to get the system to become fat adapted rather than sugar adapted.

Here are a few things to consider changing to make this happen:

DIET

We need to replace carbohydrates in our diet. The human body doesn't react the

same way to all carbohydrates. Grains and sugars are risky carbohydrates and ought to be eliminated whenever possible. They should be replaced by healthy carbohydrates, especially with fresh vegetables. Because carbs from vegetables are generally less dense versus those from grains, you would have to eat significantly more

omega-3s found in fish and walnuts, flaxseed and pumpkin seeds. Chicken eggs and coconut oil are also excellent.

The Mediterranean Diet is rich in both monounsaturated fats and omega-3 fats. Eliminating all Trans-fat and limiting saturated fats, another basic part in the diet, to less than 10% of your total caloric intake should be an objective.

EXERCISE

Many experts are convinced this is the key factor in eliminating afternoon blahs. An afternoon work-out is thought of as the ideal for the many people, but it's perhaps not a good time for maxing out. Particularly for those who work in high-pressure environments, a more modest training regimen like yoga might help the brain slow down although not become entirely relaxed. More high-intensity work-outs should be reserved for weekends or right after work, though not within three hours of bedtime.

PROPER SLEEP

Failing to get enough sleep is an obvious cause for afternoon fatigue and should never be neglected. But effectively addressing diet and exercise will also be instrumental in making certain you get that good night's rest. There are many dos and don'ts for proper rest and sleep, but the most important one is to keep with a consistent, everyday schedule. This can eliminate having the body guess when it is the time to turn in for the night.

fresh vegetables than grains.

Then, boost our intake of healthy fats. Escalating our calorie intake with healthy fat to more than fifty percent of total calories ought to be a goal. Foods which fall into that monounsaturated group are avocados, nuts, olives and also olive oil and canola oil. From the polyunsaturated collection will be

The diet of our ancestors was designed to use fat as their primary fuel.



Holiday STYLE

TEXT Alessandra Salvati

As we find ourselves in the full throes of Winter, Fashion lovers everywhere have set their sights and attentions on the inevitable high point of winter: The Holidays.



Many individuals start preparing months in advance for the holiday party circuit. It's a time to go all out, the pinnacle of fashion that flips the typical dynamic from daily comfort towards glitz and glamour. The season of festivities usually calls for outfits that are most likely a little more formal than your everyday outfits.

Think exciting prints, embellishments and luxurious fabrics. Reports are indicating that embellishments such as sequins and feathers are extremely popular for the Holidays. A sequin top with jeans is a foolproof formula and classic go-to. Fabrics such as velvet and satin are a sure way to amplify more typical pieces such as the LBD (little black dress), another option you can never go wrong with adding to your closet.

For those who are perhaps slightly more conservative, this might be a safer way to go. Picking something casual like a velvet or satin top or dress and then adding some glitzy accessories for that finishing touch. Belts, bags and even shoes with rhinestone details are creeping up all over the fashion scene, being done by various designers. If going with a full fledged sequin look



from head to toe, although perfectly acceptable given the current trends is not your style, then try accessorizing with pieces adorned with embellishments such as rhinestones or pearls as a great way to add some subtle but exciting touches to your wardrobe. Puffy sleeves and animal prints are also on the upswing as a fashionable, more daring alternative for anyone who feels truly adventurous. These trends are very much aligned with what the runways have been showing during fashion week and seen on celebrities in recent months. The holidays are a time to be bold and have fun, make trying something different a part of your resolution for this New Year.

A Moment of Gratitude

TEXT Rachel Matrejek

During this busy time of year, it's easy to get caught up in the hustle bustle of meal planning, gift buying, and travel plans. 'Black Friday' sales begin earlier than ever before, and aggressive consumerism always makes headline news.

Amongst the stress of holiday planning, many of us forget that the true meaning of Thanksgiving is gratitude. The pilgrims and Indians came together to

celebrate and be thankful for the rich and abundant gifts from the earth. They celebrated friendship, camaraderie, and potential. The very first Thanksgiving feast was one of gratefulness.

Gratitude is an idea that I present to my clients and yoga students often. Gratitude creates space for abundance, and when we let go of the 'I wants' we suddenly realize how much we already have.

Cultivating a deep sense of gratitude takes practice. Just as we practice yoga postures, we must also make time to practice the feeling of gratitude, tending to it like a gardener tends the soil. Just as a flower wilts without water, gratitude wanes without appropriate time and attention.

During this holiday season, I challenge you to cultivate your own garden of

gratitude. Begin a gratitude journal, writing down 2-3 things that you are grateful for each day. Use this simple meditation each morning or evening:

Sitting up tall in a quiet space, place both hands, one on top of the other over your heart center. Take a few deep, slow breaths and begin to think about a thing or a person that you are grateful for.

As you continue to breath into the thought, begin to feel gentle warmth emanating from your heart. Let this feeling expand throughout every cell. Spend at least 3 minutes, present in this sensation of gratitude in the heart center.

Anytime that you feel the mind begin to wander to another thought, simply bring the mind back to the breath, and back to the warm feeling of gratitude.

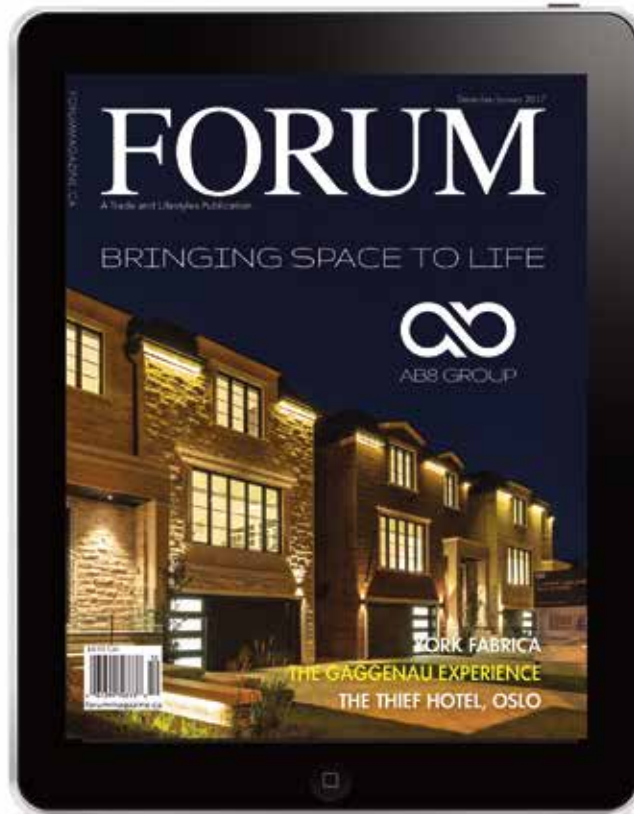
These tacos are vegetarian.

Green jackfruit is the next superfood. It has nearly zero fat and cholesterol, low in calories and high in fibre. The best part about it, it tastes just like pulled pork. In the photo below, green jackfruit is flavoured with the most delicious hot sauce in the world, Umé by FlavürLust. This hot sauce is a wonderfully complex and bold combination of scorpion peppers, wildflower honey, plum and spices, all blended together with a secret mulled vinegar.

Use Umé by FlavürLust to add character to your next meal, whether it's meat or vegetarian.



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THE BEST OF THE PAST & PRESENT

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TEXT Emilia Florek-Guerrero



Schlosshotel Berlin by Patrick Hellmann



Berlin is a magnificent city that has an essence of its own. It is renowned for its rich vibe, modern while at the same time historic feel, hip places, and a progressive atmosphere.

Berlin is a major player in world and business affairs and a great destination for leisure. Its landmarks are iconic and known around the world. The everlasting Brandenburg Gate is a monument everyone should definitely see. The Reichstag, the TV Tower in Alexanderplatz, the Berlin Wall memorial, the Zoological Garden, Checkpoint Charlie; one could say Berlin is a living museum with these incredible historical sites.

Schlosshotel Berlin by Patrick Hellmann

is truly a unique hotel that will make you feel like royalty in the lap of luxury.

Originally built in 1911, the Schlosshotel

embraces 18th century Renaissance style of French palaces and was redesigned by international fashion and interior designer Patrick Hellmann in 2014,



Discover the most exclusive five-star urban retreat in Berlin. The hotel's artworks and interior design by Patrick Hellman combined with its elegance of 100 years of history and exceptional service are extraordinary. Built in 1911 in the 18th century Renaissance style of the French palaces, this architectural masterpiece boasts breathtaking views of an idyllic garden from individually styled guest rooms and suites.



the Schlosshotel's interior and exterior structures were designed to captivate its history as a mansion, embassy, historic monument, movie set and currently a hotel. There are 53 uniquely designed rooms and suites. The amenities are top tier as only top-of-the-line choices are available.



The brilliant design of Patrick Hellmann fuses the past with the present to incorporate soft silks and fabrics. The three most exclusive suites are the Library Suite, the Karl Lagerfeld Suite, and the Kaiser Suite.

Dining is an experience within itself at the Schlosshotel as the setting is inspired by Italian Renaissance. The culinary expertise at the Schlosshotel will leave you in awe with carefully prepared Mediterranean dishes.

Furthermore, the terrace is where a truly magical experience awaits, enjoying the warm summer breeze while having breakfast or dinner. Later in the evening visit the GQ Bar or the Champagne

Lounge. Both areas offer a wide selection of the finest drinks while showcasing lavish interior and design.

Convenience is also something that the Schlosshotel makes certain is top-notch. Transfers to downtown Berlin, monitored lot parking, wifi throughout the premises of the hotel, these are just some of the

numerous services offered. For guests traveling with their 4-legged companion, there are pet-friendly rooms with blankets and bowls for them. Upon request, there are even dog sitting and walking services.

A stay is not complete without experiencing the spa at the Schlosshotel





Patrick Hellmann Collection is known as one of the most innovative luxury brands in the world of fashion. Patrick Hellmann offers premium lifestyle products: clothing for men, women and children, accessories, fragrances, home ware, design & concepts, real estate development for premium properties with a sustainable value. His interior design is inspired by the fashion world. Italian suit fabrics, soft velvets and fine silks are used with elaborate detailing and couture embroideries. In addition, he designs furniture built by Europe's finest craftsmen.

www.patrickhellmann.com



offering a complete range of services with sauna, therapies, body treatments, cosmetic services, a pool area, and a gym, guests will feel rejuvenated and relaxed. Also, the Schlosshotel has its own private park, perfect to embrace all that nature offers.

Schlosshotel Berlin
by Patrick Hellmann

Brahmsstrasse 10, 14193
Berlin, Germany

www.schlosshotelberlin.com



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