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A Trade and Lifestyles Publication

WINTER 2022/23

FORUMMAGAZINE.CA WINTER 2022/23

## STALLION HOMES

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## FROM THE PUBLISHERS

Welcome to the Winter 2022 Edition of Forum Magazine.

In this issue we are pleased to feature Ancaster based company, Stallion Homes. A company with young entrepreneurs at its helm, easily making their mark in this competitive market, from modern luxury homes to homes that are fine tuned to their clients' specifications. Stallion Homes offers an exciting experience from start to finish.

Step back in time and experience the home of the late R.S. McLaughlin, Canadian auto baron and founder of General Motors of Canada. The Parkwood Estate in Oshawa, Ontario is inspired by early 20th century Beaux-Arts design. This 15,000 square foot, 55 room mansion was built between 1915 and 1917. The art, architecture, gardens, landscaping and original furnishings are all preserved in this National Historic Site. For more information visit [www.parkwoodestate.com](http://www.parkwoodestate.com)

Fox Harb'r Resort in Nova Scotia is luxury without pretension, and only 90 minutes away from Halifax. This Four Diamond and Canada Select Five Star retreat is happy to announce the historic collaboration of two of golf's most respected architects who will work together to redesign and expand the celebrated Fox Harb'r golf course in 2023.

The holidays are here and what a wonderful time of the year it is to gather with family and friends and create memories that will last a lifetime. Merry Christmas and a Happy New Year from our family to yours!

Until next time,

Ana & Sean Patrick

Publishers





# STALLION HOMES

Standards that go above & beyond

TEXT Krista Deverson

Over four generations of home construction craftsmanship, skills and techniques can be honed and perfected. Untold secrets of the trade and specialized knowledge can be passed down from one generation to the next, ensuring that each successive generation is better than the one before it. Over time, a legacy is built, and a reputation of quality characterizes that legacy. At Stallion Homes, that kind of legacy is their brand, having been founded on the backs of the three previous generations of family builders, going all the way back to their great-grandfather.

The construction experience that owners and brothers, Hassan, and Moussa Alayche, of Stallion Homes have gleaned from their family over the years has positioned them as expert and perfectionist custom home builders even though they are both relatively young and their company is newer in the industry. Officially incorporated in early 2020, they have already completed ten custom homes in those two years with three of the homes being multimillion-dollar luxury homes.

When they started, Hassan was just 22 years old and Moussa was 18, but they had the guidance of their father plus an extensive knowledge and understanding of custom home construction from being a part of the generational business. They give special thanks to their father Mohamad Alayche and his brothers for being mentors and guiding them through this journey to success.

One of the most important lessons they learned from their family was pride of workmanship. Hassan says that their great-grandfather would spend a full day's work chiseling large boulders down into squares and rectangles to be placed one on top of the other to build the structure of a home. The full day's work was a labour

PHOTO: Sudarsan Prabhu

of love, and their great-grandfather took pride in his work and in passing these skills along to his son, Hassan and Moussa's grandfather.

Just like their great-grandfather, Hassan and Moussa want Stallion Homes to be a brand that stands for both luxury and quality of construction. They take such pride in their builds that they brand all of their homes with a custom-made stone that proclaims Built by Stallion Homes on the front facade to showcase the home as one of their own. They want homeowners to know that they stand by the quality of the home that they build, and they are not worried or shy to proclaim it. They are very proud of the work they do.

In terms of quality and luxury, Stallion Homes stands by the generational golden rule of construction passed down to them by their forefathers which is "build each home as if you were moving into it yourself." As a Taron registered builder, they go the extra mile to make sure that each home not only meets but exceeds building code. As an example, by code, foundations and footings just require poured concrete, but at Stallion



Homes, they incorporate rebar in all their foundations and footings to ensure that they stand the test of time and are rock solid. Hassan says that beyond the Taron requirements, all the homes go through a rigorous evaluation process from third parties to approve their work. Any noted deficiencies are immediately taken care of and because of these standards, they have not received a

single bad review or complaint from clients. They pride themselves on the exceptional reputation they have with Taron as a builder vendor.

To ensure successful projects, Hassan is also PMP certified (Project Management Professional) which gives him a professional edge on project management.



PHOTOS: Sudarson Prabhu



Overall, a lot of detail goes into building their homes and no expense is spared on the construction. As a company, they don't want to just create a bunch of cookie-cutter style homes because that's not what they were taught by their family and not how their forefathers did business. Clients love their company because they go the extra mile to make the home a luxurious masterpiece. They love to take upgrades and customize them for the client, making them special to the homeowner. Or they take note of extra features the client may want but cannot afford and then they try to add those upgrades where they can, at no extra cost to the homeowner. It's always a wonderful way for them to surprise their clients at the final walkthrough. Moussa says that it's a way for them to thank the clients for their business, noting,





PHOTOS Courtesy Stallion Homes



"There are so many builders out there. And the fact that the clients choose us to build their dream home makes us proud. We do the best we can to meet their standards and then go above and beyond. We really aim to wow the customer at the end of the process."

As brothers, they have a natural workflow that compliments each of their personalities and allows each of them to work from their own natural strengths. Their relationship is exceptional in that where one brother excels, the other struggles, so their individual strengths naturally fill out the other's individual weaknesses. It is uncommon and rare to find business partners like that who complete each other in terms of mindset and understanding. Hassan describes himself as the more technical of the two of them and he works primarily in the office, managing the details from behind the scenes. He takes care of all the office management



from dealing with clients, banks, lawyers, and Realtors, to managing the invoices and accounting side of things, and the logistics like obtaining permits and architectural drawings and coordinating with designers and tradesmen, all the way to getting properties to closing. On the other hand, Moussa handles everything to do with on-site construction from managing to executing all the onsite work. His personality is such that he could never sit still in the office and do paperwork. He truly thrives on-site with a hard hat and construction boots, working with the trades, problem-solving issues on-site, and making sure everything goes according to plan.

And just like the idea of treating each house as their own stemmed from how their grandfather had built properties, their father taught them to treat their tradespeople and all the companies that they deal with like family. This respectful relationship and friendship with their team of trades has been the key secret to their company's success. They consider their

tradespeople to be external stakeholders and they know they have just as much interest in the home as they do.

In terms of home styles, their repertoire consists of entry-level million-dollar homes with basic finishes up to 3.5-million-dollar luxury homes. Their work runs across the Greater Hamilton area and as far as Oakville and Niagara Falls. And design-wise, they have worked on everything from traditional to modern to contemporary and transitional homes. They can do complete custom designs for clients who want a certain facade or particular look and feel. Everything is completely customizable to the client's desires. Often, word of mouth spreads about the superior quality and luxury of their projects and they get numerous requests to build from that alone.

One home at a time, Stallion homes is building a brand known for luxurious design and exquisite custom home creations while also standing for quality craftsmanship and finishing. Extraordinary in terms of production, Stallion Homes aims to give homeowners a sense of pride of ownership because of the sheer exquisiteness of the product and the luxury sense and feel of each home. For Stallion Homes, it's not just a business, it's a generational legacy. A legacy that brothers, Hassan and Moussa, are looking to pass on to the 5th generation of family builders in the future.

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Moussa, Mohamad & Hassan Alayche



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# Discover how your mindset is directly influencing your life

TEXT Jack Miston

I am a huge fan of finding ways to improve and create a fulfilling lifestyle, delving into book after book for many years. I wasn't only interested in new things that you could do, but also curious why some individuals seem to effortlessly have what they want while others struggle day in and out. What keeps coming up, in many different ways, is how our external world is actually a reflection of our internal world. What does your world look like?

After studying the characteristics of successful people, I found that the one commonality is not education or where they came from but rather that they all shared a similar mindset. Remember that success means something different to everyone, it is not only about wealth, but includes health, relationships, spirituality, your work, etc. If you are not seeing the success that you desire in your life, you might want to look at your mindset.

What does this mean? Your mindset is your perspective, your assumptions, beliefs, the way that you think. This simple act, the way that you think creates your life. You might find that you do everything you think you need to; you are putting in a lot of effort but just not seeing any results. Studies have shown that 80% of the reasons we don't achieve what we desire is internal, meaning your mindset and only dependant on external factors to a certain extent.

How did you develop the mindset that you have now? It began the moment you were born, everything that you experienced, felt, saw, heard, etc, growing up. Your family, friends, those who were close to you also played a huge part in how you see the world you live in. You developed beliefs as you grew which shaped your reality, we all live in the same world but in our own realities of this world.

The beliefs that you hold about this world, lead to the thoughts you have, the way you think about everything. Depending on what you think, you will feel good or bad and this will lead to the actions that you decide to take. The actions that you take, lead to your results you have and experience in life. If you are

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not happy with your results, you might want to look at the beliefs that lead to those results.

Once you have identified your limiting beliefs, you can start to work on building a mindset geared for success. Here are four examples to get you going...

Be on the 'Cause' side of the equation and not on the 'effect' side

Being on the cause side means that you take responsibility for your results and what happens in life. You have a huge amount of influence and when you take responsibility for your results, you also become more empowered to create better results. When you find yourself playing the victim role, you are on the effect side, blaming everyone else and the world around you for how unfair life is. Decide to be in charge of your life and not at the mercy of what happens.

What you focus on expands

It is easy to find that your thoughts tend to go towards the things that are not going well in life, the things that you wish were different or the things you wish you had. We give more focus to the lack, to the problems, to the issues, and what happens is that we only create more of that. If you focus on what is going

well, what you are grateful for, what you are happy about, you will find that you experience more of that too. Being aware of what we are focusing on is not easy, but it is a skill that is definitely worth building. You will also feel much better on a consistent basis because your thoughts give you your feelings, so when you focus a lot on the bad things...you get the idea?

Challenge the way you think

We have around 70 000 thoughts a day, how many of those thoughts are limiting? When you find yourself facing a new challenge, what is your immediate thought?

Does it empower you or make you want to back down and run away? Not everything you think is a fact, in other words, not everything you think is right. Earlier, I told you that your beliefs were formed from your surroundings as you grew older, unfortunately, as well as developing good beliefs, you also developed limiting beliefs. A clear example of two different beliefs: Money is easy to make or money is difficult to make. Can you imagine how different those two lives are already just with these two different beliefs?

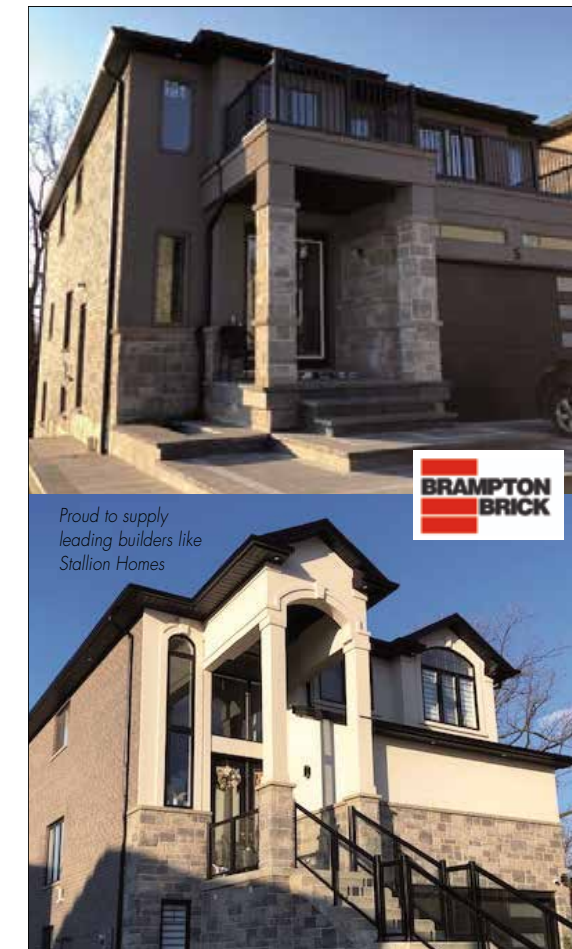
Failure is simply feedback

The fear of failure and the consequences of a perceived failure

are debilitating for many and it is the one thing that holds us back in life, even if the desire is so strong. Most of us believe failure is bad, it must be avoided at all costs and it is the worst thing that can happen, but I think we got it wrong. Failure is simply a feedback system to tell you that what you did or you are doing is not going to get you the results you want, so you must adjust your course of action until you reach success. Failure doesn't mean you must give up; it is the outside world responding to your efforts and giving you feedback. Use failure as feedback and find the best way to achieve the success you desire.

There are many different ways you can start to create a different mindset, and this is such great news. It was once believed that when your brain had developed, it stayed that way, it was not changeable, but neuro-plasticity has changed that all. We now know that through repetition, we can change the way we think and behave, therefore, changing our life. Can you see how your mindset is influencing your life?

What do you believe that is limiting you? What would your life be like if you didn't believe that anymore? Working towards changing a limiting mindset now is much easier than living with the consequences of a limiting mindset later on.



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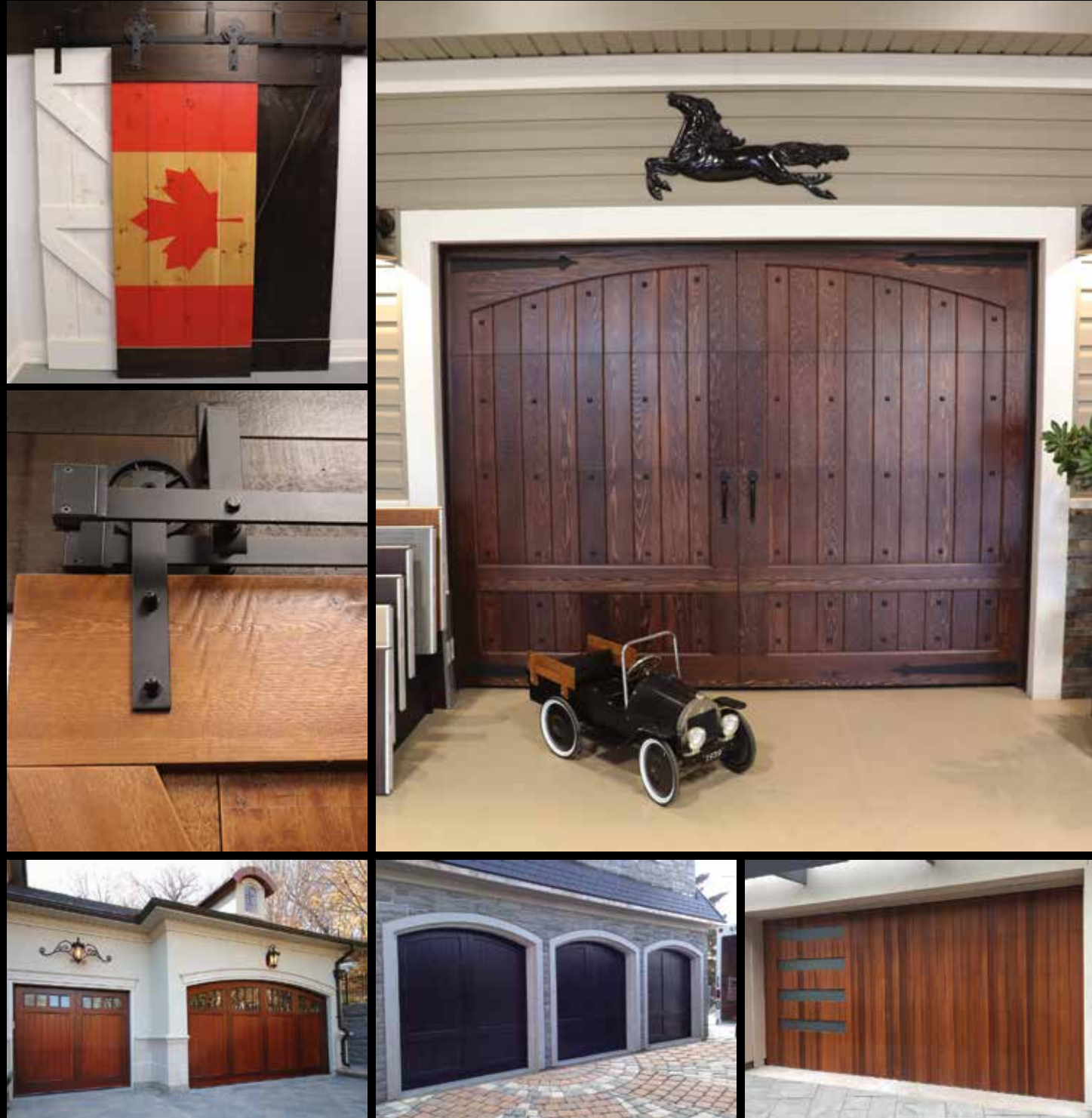
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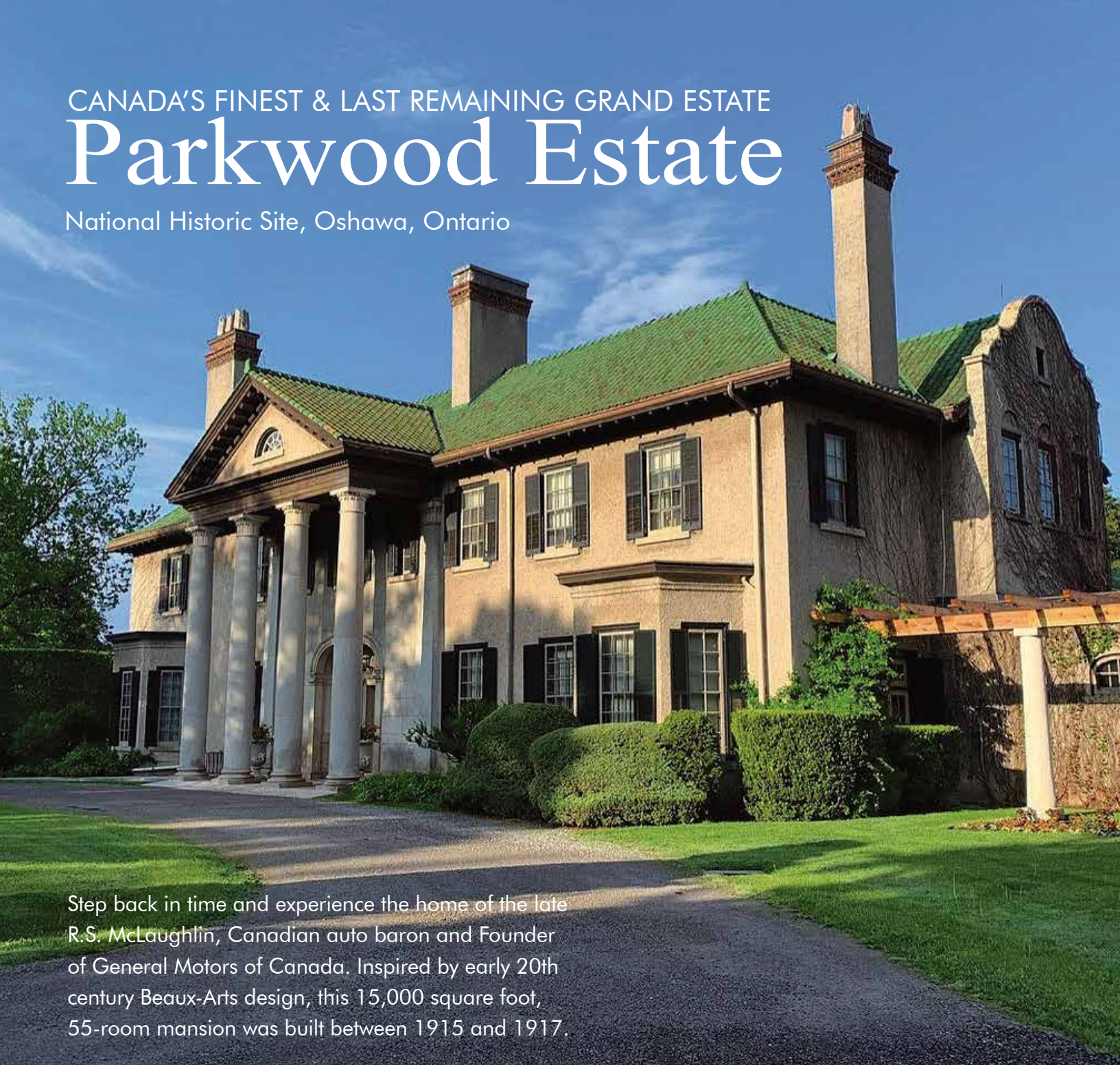
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# Parkwood Estate

National Historic Site, Oshawa, Ontario



Step back in time and experience the home of the late R.S. McLaughlin, Canadian auto baron and Founder of General Motors of Canada. Inspired by early 20th century Beaux-Arts design, this 15,000 square foot, 55-room mansion was built between 1915 and 1917.

The amazing architecture, art, gardens, landscaping and original furnishings are all faithfully preserved in this one of a kind National Historic Site, museum and formal gardens.

## THE CONSTRUCTION OF PARKWOOD

By early 1915, The McLaughlins had achieved "First Family" status in Oshawa and purchased the former Prospect Park



to be the site of their new home. Parkwood was born of a collaboration between Sam McLaughlin, his wife Adelaide, and the best artists, architects and landscape designers of the time.

The mansion represents a rare residential design by architects Darling and Pearson, the team who are widely credited as an outstanding influence on Canadian institutional architecture. They were responsible for endowing towns across Canada with over a thousand Edwardian Baroque revival Beaux-Arts style buildings.

In addition to Parkwood, in Toronto they designed such monumental structures as the Toronto General Hospital, the University of Toronto and the Royal Ontario Museum. It is said that Pearson created a Canadian icon when he designed the tower of the new Centre Block of Parliament in 1917.

The house is Classic Revival in style, with some Georgian features. Additions and alterations were done in the '30's and '40's, which included the addition of two interior spaces in the classic Art Deco style, by award-winning Toronto architect John M. Lyle.



3 Right Photos: York Durham Headwaters



While inspired by the historic villas, chateaux and stately homes of Europe, the McLaughlin's fashioned their estate to include the newest trends and innovations. The design of Parkwood's architecture, interior decorations and garden landscapes are all imbued with a 20th century style and a distinctly North American sensibility, including some outstanding examples of art moderne.

Although uncommon to the period, the most modern systems for comfort and convenience were incorporated into the house design, including a central clock network, and in-house telephone system, an elevator, a central vacuum system, remote controlled consoles for an outdoor lighting system, air conditioning, climate-

Photo: York Durham Headwaters



controls for the art gallery, a humidification system, sophisticated heating and water systems and a walk-in refrigerator.

Parkwood was designed for entertaining, with unusual recreational features, amenities and novelties to be enjoyed by the McLaughlin's and their many guests. These remarkable features continue to delight today, including a squash court, a grand conservatory, a rare Aeolian organ, a heated indoor swimming pool, a first of its kind bowling alley and a games room.

#### THE MANSION INTERIORS

The period interiors at Parkwood are a complete representation of early 20th century design and grand estate function. Complete room settings showcase the designers' works and illustrate the lifestyle of the wealthy family as well as the hospitality that they extended to guests.

Crystal and china, silver, linens, books, family photographs and memorabilia, needlework and trophies are all preserved and displayed in their original settings. The amazing collection is complete down to the monogrammed linens, creating an impression that the family is still in residence.

Significant murals adorn the interior, including works by renowned Canadian artists Frederick Challenger and Frederick Haines. The hand-painted murals and



decorative artwork, sparkling chandeliers, custom furniture designs, European and Canadian fine art, photographs and family mementos are all remarkable.

Interior decorations in the mansion include lavish architectural finishes in carved wood and plaster, decorative plaster ceiling treatments, mantles and fireplaces, marble, tile and wood flooring, and charming architectural novelties such as hidden panels and stairways.



**FILM PRODUCTION AT PARKWOOD**  
Parkwood's extraordinarily beautiful and meticulously preserved architecture and grounds are made for the big screen.

As a National Historic Site they have been careful not to spoil the original quality of this 100 year old Estate, making it a wonderful time-warp location for period and fantasy films, as well as historical documentaries. Over the years, they have welcomed a long list of prominent film crews and actors to Parkwood, including X-Men, Mrs. America, Billy Madison, Umbrella Academy, Nightmare Alley, Hemlock Grove and Anne with an E, The Handmaid's Tale, to name a few.

#### VISIT THE HISTORIC SITE

Visitors today continue to marvel at the quality workmanship and artistic creativity that is demonstrated throughout each room's decorations and furnishings.

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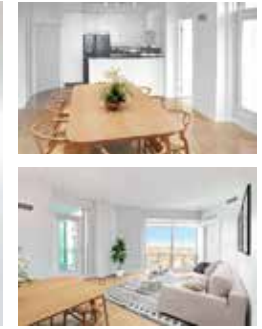
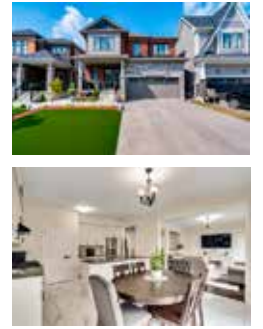
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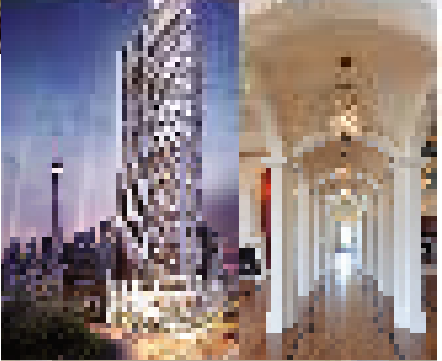
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## 3 P's of time management

TEXT Kristin O'Donovan

Do you ever find yourself feeling completely overwhelmed when you think of all the things you have to do, or find that you just can't seem to get on top of all the work? When you want to improve your time-management skills – there are many areas to look at, but first, you need to know how to plan, prioritize and perform your tasks effectively, otherwise you will never be as productive as you can.

### PLANNING

There is a common expression that says "By failing to plan, you are planning to fail". If you don't plan, you won't know everything you need to do to make a project successful. You might be inadequately prepared, face unexpected problems, deadlines could be missed and your reputation could be at stake, or you are left feeling overwhelmed, unorganized and stressed.

You must understand the value in planning, it may not have immediate results but don't forget what it's costing you not to plan.

At the end of the day, spend at least 15 minutes planning your next day. This way, you will wake up with a clear sense of what needs to be done and at the end of the day you will feel like you have accomplished what you need to do.

So the first step is to write everything down, don't keep anything in your head. Put it all down onto a piece of paper, an

excel spreadsheet, whatever works best for you. Also remember to include your routine tasks in your daily planning.

When we are planning our tasks, it is helpful if we allocate a specific amount of time for a particular task, how long you think it will take, and you need to be realistic. Also, remember to keep your actions bite-sized – limit actions to a solitary activity, i.e., I need to complete the newsletter; is too broad, will you be working on the layout, design or the content? You need to specify each activity, not the outcome.

So you have written down everything you need to do and you have allocated a time to it. What next, which task do we complete first? There are only a certain amount of hours in the day and in order to be more productive, we need to do the tasks that will bring us the most value, you need to prioritize, you must understand which tasks require action and prioritize sensibly.

### PRIORITIZE

Ask yourself - If I could choose one thing on the list, which would be the most important? Or which tasks would give me the most return on my investment of time? After identifying the most important task, you look for the second most important, and so on, taking into account, time allocation for each and planning, what activity needs to be done.

You can group your tasks into different categories and this can help you to prioritize, most of your time should be spent on categories 1 & 2

1. Important and urgent – these tasks expect a response in a short period of time – You need to do these tasks, they are urgent, but remember "if you keep putting out fires" - you are not making time for other tasks that are important but not urgent.

2. Important and not urgent - these initiate action, like marketing for i.e.; putting your

name out there, it is not urgent, it does not need to be done today but it needs to be done, it is important. This category is where you should be spending most of your time.

3. Urgent but not important - require immediate action, not high priority. You find yourself saying yes to too many things for other people or you find yourself being interrupted.

4. Neither urgent/nor important - but are probably worth doing - this is "busy work" – often diversionary – emails, cleaning your desk, distractions. These tasks give you the feeling of being busy.

5. Wasted time - is your time better spent somewhere else? Is it worth doing this task? Can it be delegated?

### PERFORM

Once you have planned and prioritized; you have to perform! This means that you have to concentrate on one task until it is 100% complete! You have to complete it with no distraction or diversion at all. Turn off your mobile and close your email, remove those distractions that you know you normally have. This will increase your productivity, the quality and the quantity of your work.

If you focus on completing one task at a time, you will be surprised at how much you can get done!

Planning, Prioritizing and Performing are keys to success!

Also, don't forget to follow your energy, how you feel, do important tasks when you are most energetic and alert.

And remember if you can't find more time, change the way you use the time you already have!



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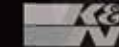
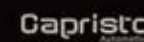
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# NEW MASERATI MC20 CIELO

AN ITALIAN DESIGN MASTERPIECE



The MC20 super sports car, now also a spyder: Maserati presents MC20 Cielo, a one-of-a-kind car that can deliver the performance of a true super sports car, together with a holistic and immersive driving pleasure the like of which has never been seen before.



**M**C20 Cielo announces its special features in its very name: MC stands for Maserati Corse ('Racing'); 20 refers to 2020, the year that began the brand's new era; Cielo ('sky') highlights the fact that it is a model devoted to driving pleasure in the great outdoors, while maintaining all the prerogatives of the coupé.

Equipped with the revolutionary V6

Nettuno engine, the Cielo offers a perfect mix of sportiness and luxury, courtesy of a specification unique to the segment: the innovative retractable glass roof.

In actual fact, the new spyder acts a meeting point between Maserati audacity and the infinite sky, featuring a special "sky feeling".

The model is equipped with a state-

of-the-art electrochromic (smart glass) window that can instantly be transformed from clear to opaque at the touch of a button on the central screen, courtesy of Polymer-Dispersed Liquid Crystal (PDLC) technology. The roof is also best-in-class in terms of thermal insulation and of opening and closing speed (just 12 seconds).

Courtesy of this epitome of technology, MC20 Cielo provides a multi-sensory

driving experience: all-encompassing with the roof closed and opaque; unique for the in-cabin brightness when the roof is transparent; holistic with the top down.

Developed at the Maserati Innovation Lab and produced at the historic plant on Viale Ciro Menotti, the spyder is 100% made in Italy and 100% made in Modena, as is the coupé version.

MC20 Cielo is designed for perfection. It weighs just 65 kg more than the coupé, made possible by meticulous, precise work during the stages of the car's design. As well as its outstanding weight-to-power ratio, the carbon fibre chassis (the same for all three configurations to come: coupé, spyder and the future electric version) also guarantees uncompromising torsional rigidity, offering a combination of

extraordinary handling on the road and on the track.

The new spyder is a car with an elegant yet highly sporty design. Its character and personality are truly eye-catching for the purity of its forms and the refined aerodynamics subjected to 360° testing in a wind tunnel, whether the roof is open or closed.





Nothing is superfluous in the design; everything has its own function. The only concession to a surprise effect is the butterfly doors, as in the MC20 super sports car.

The butterfly door provides much easier access into and out of the cabin, as well as showing off the carbon fibre cockpit and the completely unmasked front wheel.

From an aesthetic perspective, the launch version features a new three-layer metallic colour known as Acquamarina, available as part of the Maserati Fuoriserie customisation programme.

A colour that interacts with light,

revealing itself in a surprising way. The base is a pastel grey inspired by racing, reminiscent of the MC20's sporty DNA, accompanied by an iridescent aquamarine mica that enlivens the hue and makes it exceptional.

The new model also adds a wide range of Active Safety Systems. As well as the parking sensors, rear-view camera and blind spot monitoring included in the MC20 since the MY22, the new spyder introduces autonomous emergency brake, traffic sign information and a new 360° camera.

MC20 Cielo is equipped with an optional High Premium Sonus faber audio system. The MC20 Coupé system,

an EISA award-winning in-vehicle audio system, has been specifically optimized to fit the unique acoustic and positioning needs of the spyder's cabin, situating the system's 12 speakers to result in the Natural Sound that distinguishes Sonus faber audio systems.

Finally, the in-car experience is managed from the Maserati Intelligent Assistant (MIA) Multimedia system, and from Maserati Connect.

At the World Premiere of the new Maserati spyder, the bond with the sky will be the central theme, to take you into a new, holistic dimension: just raise your eyes and look up to the sky.



PHOTO Spring Morris

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

Health values we receive from strength training are invaluable. But how can we really determine our actual strength?

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

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

2. Cardiorespiratory health. We can get this with effective circuit training sessions while incorporating resistance training. These exercises place demands on the cardiorespiratory system. You gain a lot more bang for your buck using higher intensity programs, as you're able to receive much more from them in a shorter time frame. Plus, they make exercise a lot more invigorating.

3. Blood pressure. Lower blood pressure can be a marker for a healthy strong body, and resistance training can both raise or

lower your blood pressure. Knowing how to correctly weight train can lower blood pressure levels and increase superior cardiovascular health.

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

controlling diabetic issues.

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

# Why exercise is necessary for brain health

TEXT Rich Carroll

Going for a morning workout is something all of us know we should do, but until a person gets in the workout habit, it is not as easy as it sounds. We can be totally committed to working out at a certain time, then when the time comes, we invent a poor excuse to postpone. So, how do we overcome this. If we were advising a friend, we would probably say the best way would be to find a way to become completely motivated. Once we become totally committed to something that is challenging, we usually will be able to get over the hump until that challenge becomes habitual.

By really buying into the advantages of exercise and physical and mental health, this should be ample motivation for anyone that wants to live a long and healthy life. Since this is such a broad topic, here we will dwell on what exercise does for brain health. Just the increase in blood flow that happens during exercise makes the brain function better, and it does this almost immediately. The increased blood flow sets off reactions that will help protect us all against old age afflictions like Parkinson's and Alzheimer's disease. It does this by triggering neurotransmitters like endorphins, dopamine, and serotonin.

Triggering blood flow is only one benefit that exercise provides for the brain. Here are more:

## Controlling mood

There are mechanisms where exercise can provide beneficial change in the brain to fight depression. Exercise triggers



the production of proteins which give our brain remarkable abilities to revitalize itself. Also, exercise reduces the impact of bone morphogenetic protein, which allows the brain to stay agile.

## Reduces plaque formation

Plaque in the brain is now being looked at as a major contributor to Alzheimer's disease. Exercise will alter the damaging effects of protein which reside inside the brain.

## Promotes a healthy lifestyle

Health experts maintain that diet is responsible for about 80% of our health. Eating the right foods in moderation is necessary, but exercising, or perhaps yoga or Pilates will add so much more. These workouts make us feel better, make our bodies feel more

alive and give us the overall feeling of accomplishment. What we feed our bodies can't be compensated for by just doing more exercise, but exercise will help immensely.

But just remember, one doesn't have to be a workout fanatic to have an effective exercise program. Getting out and walking or just stretching regularly helps a great deal. Incorporating little things like taking the stairs instead of the elevator are simple ways to work in exercise during our daily routine, and when you start doing them, they will become natural. Make the body work just a little every day consistently, and you'll feel a lot better in the short term, and the motivation to continue to exercise long term will become natural.

# Does drinking alcohol cause weight gain?

TEXT Rich Carroll

The holiday season is fast approaching, and with it means more socializing with family and friends. For many of us that means consuming more alcohol than we would on a normal basis. We often just accept the fact that we will put on unwanted pounds because of this, and therefore merely consent to the inevitable. So, by understanding what causes the body to put on weight due to alcohol consumption, perhaps we can at least control the inevitable weight gain without having to quit cold turkey.

One of the main reasons for weight gain that is inescapable is how the body processes alcohol. Simply put, the human body can't store alcohol like it stores carbohydrates and fats, so it must be metabolized immediately. When a large amount of alcohol is consumed in

a short time period, it takes precedent in the metabolization process over fats and sugars, which are sent into storage to be dealt with later. To further complicate matters, as we age our metabolism naturally slows by as much as 10% each decade. This is because we are generally less active, and our muscle mass is in decline. Therefore, when we try to party like when we were younger, the results will be much different.

So not wanting this article to become a complete buzz kill, let's examine some of the things we can do and still have a good time.

## Slow down

We've all been with the host who never wants us to see the bottom of our glass, so they keep refilling it. So, nurse that drink. We will drink less

during the course of the evening, and by spacing out our alcohol intake we send to be metabolized, our system will not become overloaded. By taking everything a bit slower, the body will not become overtaxed.

## Choose your food wisely

Drinking alcohol usually makes us crave food, so we must be sure not to devour just any food that's available. It will help by being proactive and start the day with plenty of protein. This will help us to stabilize energy levels. Add to the diet nutrient-rich foods to give the body the necessary fuel it will need to process alcohol. Fruits and vegetables will do the trick, and a smoothie with some protein powder is also good. Closer to party time consume healthy fats and protein to slow down the absorption of alcohol. And I suppose it goes without saying, say no to the nachos and Buffalo wings.

## The importance of drinking water

Dehydration can cause the body to do all sorts of strange things, and alcohol contributes to dehydration for several reasons. Much of why we sometimes wake up not feeling great is due to lack of hydration. Additionally, we should do whatever we can do to be kind to our body as we pour what could be classified as a mild toxin into our system. By drinking water, we can dilute that beverage and give our system a break. So, hydrate, hydrate, hydrate while drinking. A full stomach and good old water are the closest things there are to a hangover prevention and allow us to efficiently metabolize what we throw at it during the "happiest time of the year".



"What is  
Medical Aesthetics?"



# A MEDICAL SPA INC.

## OUR FOUNDER

A lover of medical aesthetics and all its magic in turning the clock back, Peggy has always been an advocate of dedicated daily skincare regimes to prevent future signs of aging, correct visible concerns, and protect healthy skin. Peggy's journey to the medical aesthetic industry started as a passion and curiosity, and after practising in the industry for many years, she was guided toward what would soon become her career, delivering professional and bespoke services to help her clients look and feel their best.

Education is a key element in Peggy's approach to her clients' individual needs for informed skin care decisions. Customization allows her to take into consideration everyone's unique goals and to help clients in achieving healthy glowing skin and maintaining it for life.

In 2018, A Medical Spa Inc., was born, an art-infused cosmetic clinic in Yorkville that welcomes clients to join the medical aesthetic journey as we age gracefully, together.

“

A revolution happening in the world of beauty by combining art and science to achieve aesthetic results — *the best version of yourself*

— Peggy RPN, B.Sc.

”

Delivering professional, *art-infused*, and bespoke services that achieve *aesthetic* results — *the best version of yourself*

## OUR SERVICES

A Medical Spa Inc. delivers professional, art-infused, and bespoke services that achieve aesthetic results — the best version of yourself. Customization is at the heart of AMS. Clients receive a full consultation and comprehensive skin assessment, and we build a tailored treatment plan and maintenance strategy to guide our clients through this life-long, aesthetic journey.

## OUR LOCATION

A Medical Spa Inc. is a physical manifestation of the brand, centered on connection, experiences, and warmth. We opened our doors in 2018, with an inclination towards fine art, our medical spa is sure to transport you to a place that invites connection, reprieve, and inspiration.

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# AZIMUT - FLY 72





An equilibrium of power and presence, the Azimut Fly 72 combines a considerable stature with avant-garde ingenuity, artfully managing volume through a taut design and grand glass surfaces.

The captivating streamlined exteriors give way to lofty interior ambiances that express stately modern Italiannes. Size, sportiness and comfort all race to smoothly combine, delivering an ocean-bound adventure conceived for the most demanding inclinations.

The bow offers a lounge and large sunbeds on

a panoramic platform over the waves. Deep cushions invite you to soak up the sun's warmth after a plunge in the sea or to relax in the shade of the bimini. The superstructure's sporty lines tend towards the stern, working with the squared-off bow to expand the sky above.

A natural extension of the salon, the cockpit is the ideal place to socialize and enjoy unique moments in the company of your guests, a place with no separation between sky and sea. The stern reaches down the waves with a bathing platform, ready to deploy water toys or swimmers mere meters from the cockpit.





Underlying the elegant and captivating interior design project is an exploration of the latest trends in contemporary furniture. Unexpected shapes and matched materials create a playground for a unique interpretation of light design. The thoughtful composition of the interior décor achieves a sophisticated, modern aesthetic. Large windows light up the contrasting colours and glow off the natural materials.

The Fly 72's sophisticated design language is further elaborated below deck, into the accommodations. The theme evolves, using the material palette in different places and proportions to evoke feelings of relaxation, peace and wellbeing.

Savour sports-inspired style aboard the Fly 72. [www.azimutyachts.com](http://www.azimutyachts.com)

# Fox Harb'r Resort

One of only five 5-star resorts in Canada, sits on Nova Scotia's stunning Northumberland Shore



Fox Harb'r Resort recently announced the historic collaboration of two of golf's most respected architects, who will work together to redesign and expand the celebrated Fox Harb'r golf course. Doug Carrick and Tom McBroom, who have collectively designed dozens of award-winning courses around the world, are expected to unveil plans for the course in January of 2023.

According to Steven Joyce, CEO &

Chairman of Fox Harb'r, recruiting the best talent was part of the plan from the outset. "Our goal is to expand on our existing course to create the finest golf destination in Canada. We have the land, the ocean and the passion. With that in mind, we conducted an international search for architects who could see the potential of our spectacular location. The fact that the two best concepts came from Canadians was a bonus. That they were not only willing but excited to work together as a team

was the best possible outcome."

The initial search began four years ago, with an international design competition. Carrick and McBroom both submitted individual bids, facing off against the best in the world. Recognizing a dynamic opportunity to bring together two of the country's most formidable talents, the team at Fox Harb'r proposed they work together to create a new world-class course.

According to Doug Carrick, "the original



vision was to add 18 holes to the existing 18. Working together, we decided that rather than just building a new course, we would instead reimagine 9 of the existing holes and combine them with 9 new holes, all in a links style, to create a true ocean course. Construction began in September 2022 and we hope to have it completed by the fall of 2023. Our next phase will be a separate 'vineyard' course – again, rethinking the existing back 9 and combining it with 9 new holes. The style is going to be different from what is at Fox Harb'r now. It's a big vision and very exciting."

Tom McBroom explained that currently Fox Harb'r has a parkland style course on the ocean. "It has the kind of bunkering you might find on an inland course. It's dramatic and very visual. The new design will take more advantage of

the conditions by the sea. We intend to make use of grass hollows, and smaller bunkers in a more traditional links style. It will feature the rumbles and rolls of the land, and green contours that hug the surface of the ground. It will be refined and well maintained with fairways that roll and fall into the bunkers."

In terms of difficulty, the strategy is to create a design that will accommodate a wide range of skills. "We will be looking to create alternative routes and multiple tees so that people can play a longer or shorter yardage. The course will have width so that the course is enjoyable and friendly for the average golfer but still offer risk and reward strategies for experienced players," says Carrick.

McBroom adds that wind will be a factor in the design. "We will need to take the ocean breeze into consideration, it



can blow the ball around and wreak havoc with the way people play. We need the width to ensure everyone has a fun day."

Both designers are enthusiastic and clear about what they want to accomplish. Says McBroom, "both Doug and I are excited about this incredible opportunity. We intend to make Fox Harb'r a landmark golf experience in Canada."

#### ABOUT FOX HARB'R

The dream made reality of Canadian icon Tim Hortons' co-founder and philanthropist, Ron Joyce, Fox Harb'r Resort flows along Nova Scotia's sunrise side, the Northumberland Shore. Its promise, "luxury without pretension" in a uniquely private destination. Located 90 minutes drive from Halifax, Nova Scotia and Moncton, New Brunswick, this CAA/AAA Four-Diamond and Canada Select Five Star retreat also has its own 5,000 foot fully-service runway and aircraft hangar.

Fox Harb'r is best known as home to one of the best-rated championship golf courses in Canada, an inspired mix of both parkland holes, and traditional links-style play. This 1,100-acre retreat also encompasses all-suite

accommodations for up to 170 guests, a dedicated meeting facility, and more stand-out venues.

Additional on-site activity options include the top sporting clay shooting facility on the East Coast, horseback riding, sea kayaking, boat cruises from the deep-water marina, and an award-winning spa. Rounding out this singular ocean side experience – a lighthouse, a vineyard, greenhouses, and over 16 km of nature trails.

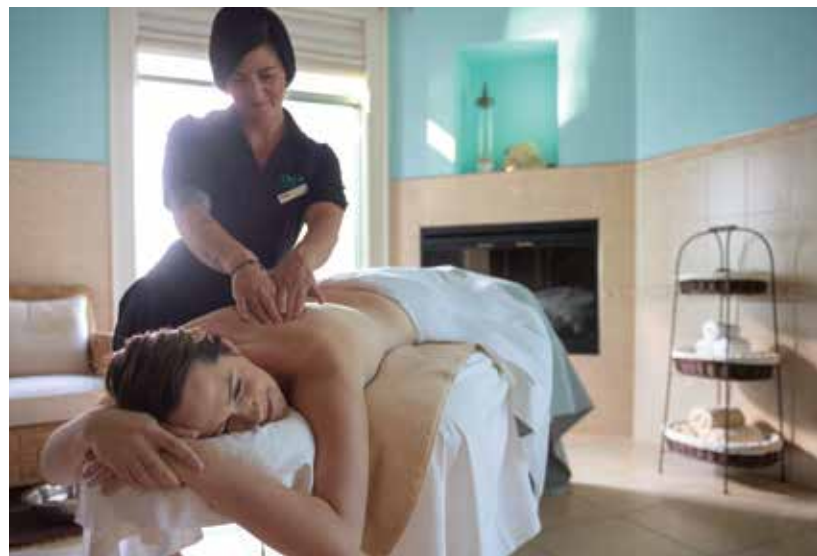
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#### ABOUT DOUG CARRICK

Since establishing Carrick Design in 1985, Doug has been involved in the planning, design and remodeling of more than 80 golf courses world-wide. His vast range of experience includes a wide variety of golf / residential communities, golf resorts, exclusive private clubs and pay as you play courses. Doug is also adept at dealing with the unique challenges posed by numerous different settings and landscapes including: flat barren land, mountain terrain, rocky terrain, poorly drained sites, heavily forested land and environmentally sensitive sites.

Doug's formative years as a landscape





and golf course architect provided him with a solid foundation in large scale land planning projects and traditional landscape architecture. He also apprenticed under the guidance of C.E. "Robbie" Robinson, one of Canada's most respected golf course architects, who schooled Doug in the classic design principles of the renowned Stanley Thompson.

Many of Doug's designs have been recognised with numerous design awards from several of golf's most respected publications. Doug has also served the profession through the American Society of Golf Course Architects serving on various Committees and Boards including: the Environmental Committee, the Board of Governors, the Executive Committee and as President of the ASGCA in 2010.

#### ABOUT TOM MCBROOM

The Tom McBroom signature is synonymous with the design and construction of outstanding golf courses across North America and around the world. In the past 25 years he has created a legacy of classic courses distinguished by their detailed craftsmanship, sound strategy, solid



routing and great beauty.

His work has stood the test of time and his courses are routinely ranked amongst the best in Canada, Europe, the Caribbean and China.

Twelve of his courses are ranked in Canada's top 100 according to Score Magazine, second only to the legendary Stanley Thompson (who has 15). Tom's two courses in Finland are both ranked in Golf Digest's Top 100 European courses and his Royal St. Kitts is ranked among the best in the Caribbean.

The cornerstone of his work is a profound understanding and fascination with the history and tradition of the game in combination with his own creative flair and vision. The hallmark of a McBroom course is one that is beautiful, dramatic, memorable and fun to play.



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# AMANKORA

## A JOURNEY TOWARDS HAPPINESS IN BHUTAN

TEXT Emilia Florek-Guerrero



**B**hutan, a country of less than a million people, is a global pioneer in placing the focus on happiness – an ultimate goal of each individual. It is the first nation to measure its success not by its economic strength but by the wellbeing of its people.

Gross National Happiness (GNH) is a concept that guides the government of Bhutan. Its aim is to harmonize the balance among physical, mental, spiritual, and cultural needs of individuals and a society within a safe and stable environment. Bhutan places happiness in the center of its population's everyday life. Such a unique approach makes a visit to this country unlike any other.

Bhutan is a year-round revelation. Spring, the season of renewal, sees Bhutan at its most beautiful, when the Himalayan landscape comes alive with colour. Winter reveals the snow-capped peaks of the Himalayas, which can be gazed upon with utmost clarity. Nevertheless, Bhutan does not only offer a voyage with breathtaking mountain vistas, but also a journey of self-discovery.

Buddhist philosophy is felt throughout the entire Kingdom of Bhutan. Amankora (a part of Aman Resorts collection) gives guests opportunities to tap into Bhutan's soulful character by offering an

immersion into cultural experiences and personal encounters.

Amankora consists of five types of accommodation spread across Bhutan's central and western valleys: Paro, Thimphu, Punakha, Gangtey, and Bumthang. They all together construct a circuit of sanctuaries settled in a beautiful setting of the Himalayas.

Paro Lodge consists of 24 suites and features a two-story spa as well as a glass-walled yoga studio - all at an elevation of 2,250 meters.

The Thimphu Lodge is a 16-suite lodge built in the style of a traditional dzong fortress.

The Gangtey Lodge includes 8 suites set on a forested knoll with scenic views of the valley floor and a 16th-century monastery.

A 16-suite Bumthang Lodge is located within the town of Jakar where



guests can embark on a multitude of cultural and spiritual experiences, including the 108-butter lamp offering at Jambay Lhakhang.

The Punakha Lodge, which can be reached by crossing a suspension bridge over the Mo Chhu River, incorporates a traditional Bhutanese farmhouse. It comprises of 8 suites, which feature views across an orange orchard and rice terraces.

An array of Bhutanese, Western, and Indian dishes are served across all five Amankora Lodges. Waking up to a cup of hot ngaja, a sweet Bhutanese milk tea, or suja butter tea - a rich, nourishing cup sipped in bed, is a traditional Bhutanese morning ritual. The day can be finished with a Potato Shed Dinner offering an evening surrounded by hundreds of flickering candles or a barbecue under the stars accompanied by live Bhutanese music.

During a stay at Amankora one can also take part in a cooking class and learn about traditional Bhutanese cuisine.

The serenity of the mountain landscape makes Bhutan the ideal destination to take care of mind and body. The best way to start the day is with a morning yoga session in the dedicated mountain-view studio and by taking part in a meditation session led by monks.

Amankora's five cedar-scented spas offer traditional wellbeing rituals based on Himalayan plants and herbs, such as the Himalayan bathing ritual, which can be completed with a hot apple cider as the sun sets.

One can also experience forest therapy and take a tranquil walk through pristine wilderness while absorbing the forest's healing ambience. Prayer flags, which encourage happiness and prosperity, have been an iconic part of Bhutanese



culture for centuries. As they flutter they create a sound, which yields for a quiet moment of reflection and a transformative meditation.

Amankora offers different journeys, one of which being "a quest for happiness". It is a purposeful and fulfilling experience consisting of a 7 to 12-night stay at four or all five of Amankora's lodges where one gets engaged in uplifting the local communities. The concept is inspired by Bhutan's dedication to the happiness of its people. Thus, Amankora offers an insight into Buthanese daily life and invites its guests to give back to local communities, as to give is to receive.

These transformative activities can include visiting a shelter and orphanage to help women and children regain trust and confidence and paying a visit to the first ever retirement home for Buddhist monks to contribute to the wellbeing of the elderly.





Amankora offers a journey of purposeful and enlighten moments while enabling conditions for happiness of all involved.

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