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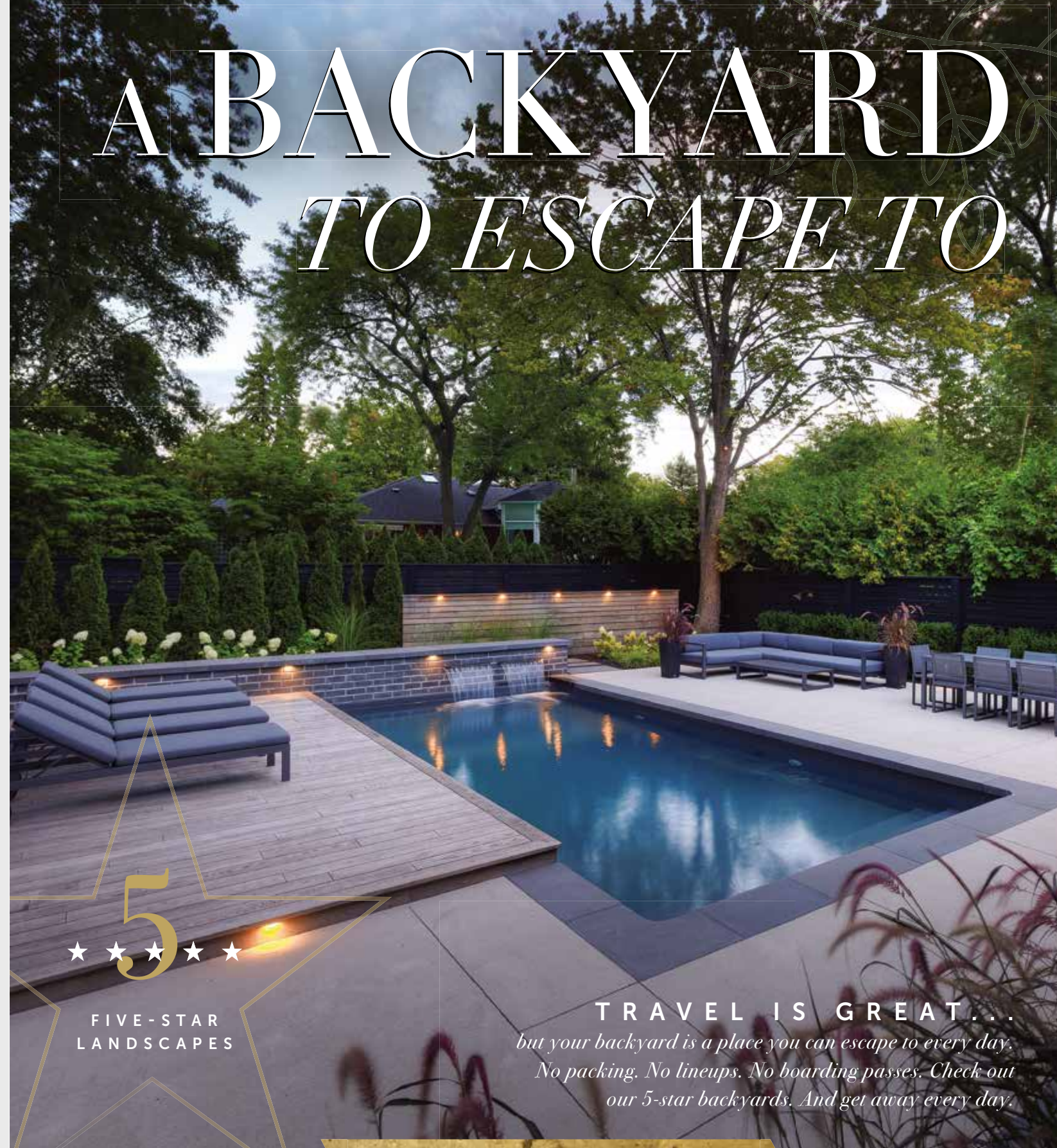
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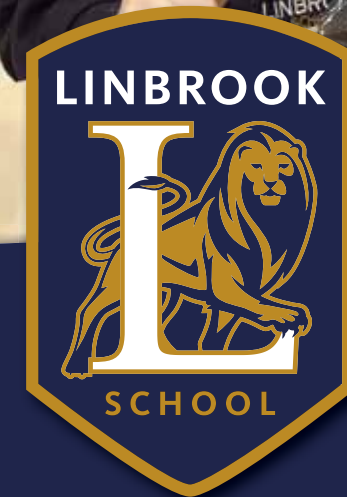
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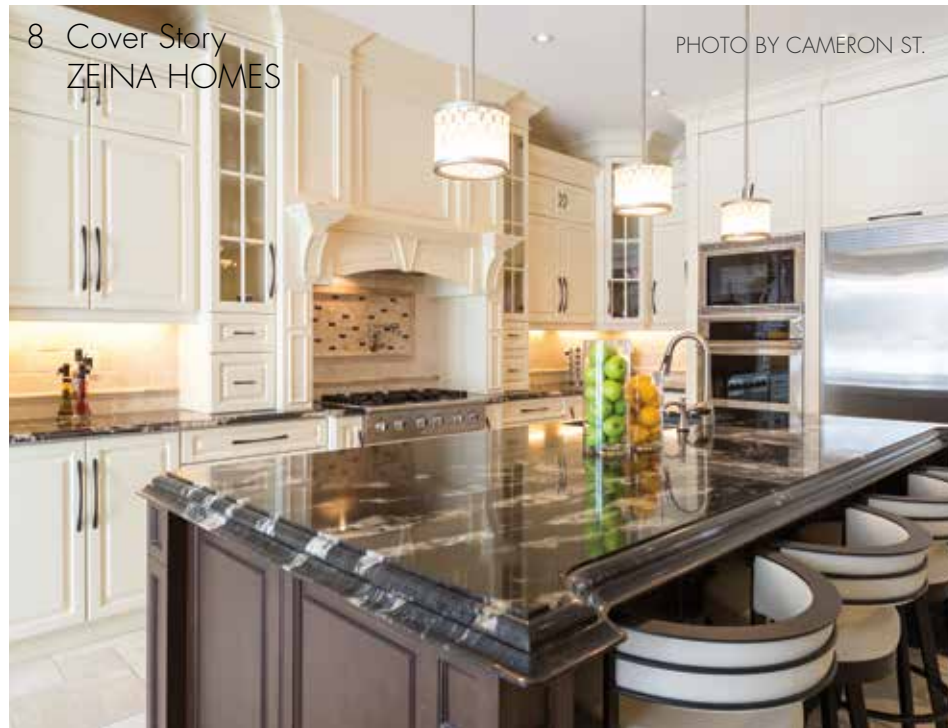
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## FROM THE PUBLISHERS

Welcome to the February/March 2018 edition of Forum Magazine! We are pleased to feature Zeina Homes once again, an extraordinary company that values integrity and craftsmanship within this competitive home building industry. A company that truly comes together as a team, very much like family with team members and customers who don't hesitate to share their incredible building experience and refer their family and friends with confidence. Recent accolades and numerous awards include *Best Custom Home over 3 Million*. Zeina Homes also supports local hospitals, church organizations, sports teams and countless other charities, plus apprenticeship programs and co-ops for students at high school and college levels. A win-win for all!

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Miami is always a great hot spot for warm sunny weather, culinary goodness and a night life that is always exciting! Bring on two boutique hotels at the centre of it all – the Standard Hotel takes a holistic approach to uniting mind, body and spirit – a great place to spoil yourself with a variety of spa services and The 1 Hotel, right on Collins Avenue and on the beach! You can enjoy a complimentary ride in their Tesla premium electric vehicles or valet your bicycle. Recharge and revive in the Spartan gym or Bamford Haybarn Spa and their neat Seedlings Program offers daily adventures for younger guests.

Would your company make an excellent cover story? Are you building a unique custom home? Contact us, let's profile it in an upcoming edition.

Until next time,

Sean & Ana Patrick  
Publishers







PHOTOS BY CAMERON ST.

# ZEINA HOMES

## Traditional values of excellence

TEXT Krista Deverson

Zeina means beautiful.

A word reflective not just of the caliber of construction of Zeina Homes, but of the very heart and soul of their business. It's the type of company where everyone is family; from clients, to employees, to associated business partners, and everyone in between. The feeling of brotherhood and the camaraderie that accompanies it extends from the company's founding brothers and extending to all who they come into contact with.

They learned the traditional values that have been the foundation of their success from their father, a prominent commercial and residential builder in Lebanon. With

modest beginnings in Canada, the brothers worked tirelessly establishing Zeina Homes.

Their new endeavor required hard work, sweat, and tears, but working together as a team and incorporating traditional values in their way of doing business has been the cornerstone of their success. Even to this day, officers can be found on site: each one having his own specialty whether it's overseeing foundations and framing, looking after the drywall and finishes, everything from A to Z. They maintain their modesty, working in whatever capacity is required in the business to ensure the process runs smoothly.

This kind of real success story of a first-







generation Canadian is made of true vision. Their aim was always excellence as they strived for perfection in every facet of a home's construction and always keeping in mind their priority of ensuring the client's satisfaction with the completed home. Towards that end, they work with only the best professionals in their respective fields, from tradespeople, to the sales team, to the customer service personnel. Each one of them is treated like family and in return they work from the heart, dedicated to building a client's home with the same care and consideration they would if it were their very own.

This work ethic came down to their values of honesty and integrity and the belief that what you give in life you get ten times in return. The results speak for themselves: Zeina Homes has an almost unheard of zero rating at Tarion for their New Homes Warranty, meaning that clients were so satisfied with their homes and the quality



of construction that they either never had a problem or if they had a problem it was immediately and satisfactorily resolved.

By aiming to give the clients more for their money, Zeina Homes goes above and

beyond requirements for building code and sets an advertised price that includes all of the upgrades and modifications that other builders typically up-sell. At the end of the construction process, Zeina Homes has the best value for the dollar on their finished products, while ensuring the same level of attention is paid in the construction of each home.

As part of their unique niche, Zeina Homes makes the customer feel like part of the family. Business is done on a handshake and the clients feel an immediate sense of trust with the professional team at Zeina Homes.

They are involved in every step of the process, from making changes to the floor plan or design, scheduled accompanied site visits with an officer, to meeting with designers who help clients select finishes and colors. Nothing is a secret or hidden cost and the team ensures the customer knows and feels comfortable with exactly



how the finished product will look like. That way, Zeina Homes makes certain that they are providing exactly what the customer desires.

Their attention to detail and commitment to the client in the building process has garnered them loyal customers who refer their friends and family with confidence. It's also earned them numerous awards from the Hamilton-Halton Builders Association including community of the year, best custom home over 2 million dollars, best custom home over 3 million dollars, best interior, best exterior, and best decor centre among other accolades.

Recently, Zeina Homes has begun specializing in unique customizations. They're happy to work with clients to build the home of their dreams whether it be including an in-law suite, an indoor pool, elevators, a theatre room, saunas, wine cellars, special water filtration systems or handicapped-accessible properties. If there is anything that they





haven't previously done they will select the specialized trade that fits the customization properly. Examples can be seen in many of Zeina's creations. They are concerned with finding the best in every product, that way, they can personally vouch for the quality and be certain the products they recommend are the very best.

As a family company, Zeina Homes believes in giving back to the community and helping others. Giving of their time and their money, they support local hospitals, church organizations, sports

teams and charity organizations. Their apprenticeship programs and co-ops for students at both the high school and college levels has opened doors for young people thinking of their future careers. And out of respect for their late father and all that he instilled in them, the family has continued to support, and expand upon a scholarship program for students in Lebanon initiated by him years ago.

They're the kind of rare company that makes their employees' eyes well up with





tears of gratitude when they speak of their kindness and their way of running the business. The unique dynamics of the family, having that total love and caring relationship between brothers and respectfully working together is nearly unheard of; and it's the type of energy that just flows through the business itself. It's an attitude that has come to be so well-respected in the industry.

The future of the company is also growing. Zeina Homes is not just a business, but a

legacy; one founded on their father, Mr. Alayche's work ethic. As a nod to their roots and their bond as a strong family unit, Zeina Homes has become a division of Alayche Homes, and developing the business for their children and beyond.

The kids themselves are engrained in the business. They are often seen at the office and help out their parents, learning aspects of the company. During the holidays, it's the children who deliver thank-you gifts to the clients, with a little help from their

parents of course. They, themselves, are learning to always strive for excellence. A lesson that is seeing them reach great heights like medical school, law school and Harvard University.

In everything they do, the Alayche family and Zeina Homes prove the secret to strong and lasting success is found in a base of strong family values, perseverance, respect, compassion, caring, hard work, dedication, excellence. And that, in a word, is beautiful.



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# LUCK HAS NOTHING TO DO WITH IT

TEXT Andy Kay

That's right: Luck has nothing to do with it, as some allegedly "fortunate" people say. And in this case, "it" doesn't just mean confidence.

It means life. Life as you'd like it to be. And the life that we see someone leading, when we immediately consider them "lucky".

See, whenever someone seems to reap all the rewards in life, we tend to think of them as "fortunate" or "lucky", yeah?

Well, would you believe me if I told you that ascribing "luck" to anyone or anything is potentially harmful to us?

What exactly is luck anyway? Many people would probably define it as something like, "when things coincidentally fall out to your advantage". But is it really just that?

And more importantly, would we need more than merely coincidence to receive the gifts of life?

(SPOILER ALERT: Yes. Yes it does.)

When Michael Jackson recorded the "Thriller" album, did it sell millions because of "luck"? Or was it because he had spent his entire childhood and adolescence working his derriere off, meticulously

honing his craft and gathering a hugely talented team of producers, songwriters and A&R people behind him?

When Steve Jobs released the first iPhone, did it become hugely successful because of "luck"? Or was it because he dared to take chances, push the envelope, fulfil the needs that his customers had – even ones they didn't realize they had – and amass an army of professional developers and marketers behind him?

Sure, Michael Jackson was probably as close to being the proverbial natural talent as they come. And Steve Jobs, according to many, was a natural visionary who simply thought outside the box and dreamt big.

But what good would that have done them if they hadn't put in the work, insisted upon their dreams, and kept at it for years and years?



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Luck has nothing to do with it because "it" doesn't happen without taking action.

Here's another thing:

Have you ever seen "Forrest Gump"? If not, it's a fine movie, and you should see it at least once.\*

Forrest Gump, our titular protagonist, is clearly slow-witted, but likeable. And he somehow manages to walk through life and attract all kinds of success and fortune as he cluelessly goes along. Only he never realizes it. Because success and fortune simply doesn't resonate with his humble mind.

Let's pause here for a moment. Now, think about your own life.

Have you ever learned a new word, and then in the following days and weeks you saw and heard that word everywhere?

Or have you ever been unemployed and looked for jobs, and all of a sudden job applications are everywhere?

I know, right?

The key word here is awareness.

Forrest Gump doesn't consciously experience fame and fortune, because his awareness is on a different level. When we're consciously aware of something, we're gonna find it.

Not because there's more of it, but simply because we've become aware of it. Like a hunter who deliberately ignores anything but the potential sights and sounds of his prey.

Luck has nothing to do with it, because what good would all the coincidence in the world do us if we weren't aware of it?

"But wait a minute! What was that thing you said about how ascribing luck to anyone could be "harmful"??"

Yeah, see, that's because it's something that non-fident people tend to do. Which is rarely beneficial.

It's when we're non-fident that we tend to think in terms of "luck" — and "bad luck". Specifically, we tend to think that other people get all the luck, and that we're victims of unfortunate circumstances.

This is a conveniently easy way of thinking, because it takes the responsibility for our lives out of our hands. And for the same reason, it's also a dangerous way of thinking.

But when we allow ourselves to go for the life we want, consistently taking action and raising our awareness will make sure that we get it.



Some people might be born with certain advantages, yes. But imagine how many people never put that advantage to any use. Either because they never see the possibilities and/or because they're simply too shy to act on it.

And now, think of all the famous media persons who obviously wouldn't recognize talent even if it came out of nowhere and took away all their limelight.

Think of all the wealthy corporate leaders who got where they are by being uncompromising, cold as ice, playing the game and doing what's best for the company no matter what.

Think of all the powerful politicians, all the Frank Underwood's of the world, who got to where they are by lying, manipulating, and probably worse.

Really, luck has nothing to do with it. But

being aware of our opportunities, and taking consistent action towards them has everything to do with it.

**ACTION ITEM:**

This week, take up learning something new. Something you've been wanting to get into, only you couldn't find the time (or whatever excuse you made for yourself).

Set aside 1/2 hour every night, Monday through Friday, for working on that thing only. Nothing else. This means, turn off your phone. No phone; no social media or other distractions. Just you and your new challenge.

Getting into this sort of habit will eventually prove to us that luck has nothing to do with it. - And that practice, consistency, and focus are the keys to accomplishing pretty much anything.

The famous saying says it all...  
 Past is history.  
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# How to become unconsciously competent

TEXT Rishan Bo

We all start at the bottom in learning things. And when you're learning information, you get to conscious competence. That's when you know the information but you have to consciously apply that information. You have to think about applying it.

Number one is by doing it over and over and over at the conscious competence level. The example is tying your shoelace. How did you get to the unconscious competence level

when it comes to tying your shoelace? The answer is by doing it over and over and over again at the conscious competence level. You do it over and over again, and all of a sudden, you become unconsciously competent.

So what's the mechanism in which to get to unconscious competence? When you do something over and over again, you are actually creating neural pathways in the brain. These are biological connections between dendrites that connect and actually grow in size. They are energy channels where information and energy is transmitted through the brain. They are actually patterns that develop in the brain. So to get to unconscious competence level, you do something over and over again, creating that neural pathway. Just like how you tie your shoelace right now. You did it over and over again until you no longer consciously apply the information that

you've learned, when you first tied your shoelace.

There is a second method, which is really interesting. It's by observing someone else do it. That's one of the advantages of having a mentor and being an apprentice. You get to observe someone else. This is the reason why associating with people who have what you want is a good idea.

You know like monkey see, monkey do? That's what I'm talking about. If you're learning from somebody doing it wrong, you're gonna do it wrong yourself. That's why if you want to be a great chef, you're gonna have to be an apprentice of a spectacular chef so that you have a good chance to be a spectacular chef yourself. If you wanna be a spectacular musician, and you're an apprentice of a spectacular musician, then that's your advantage. You have a big chance of becoming a spectacular musician yourself.

You see, when you associate with people who are adept at certain professions, you get to see what they do, see how they act, and you turn around and get that as well. Being able to witness them, watch them, observe them, does create neural pathways in the brain as well. But I would strongly suggest that, as long as you don't observe these people on a regular basis, your level of proficiency is not going to be as good. You actually may become unconsciously competent in doing it wrong. So learning this information from those who have achieved and use it professionally and perfectly, and to a very high level, is something that you have to do. So, by observing those people who are doing it, modeling and mimicking after them is the way to get to unconscious competence level.

# 5 ways business owners can overcome their fears

TEXT Andrea Novakowski

Fear is a powerful instinct, one that colors many of our decisions whether we're aware of it or not. Think about it: how often are you influenced, or even paralyzed, by your fears of what could go wrong? Yet some people have figured out how to use fear to their advantage, to harness fear's energy to help them get things done. How can you be one of those people? Below are five ideas to help you move away from fear and toward action.

1 - Reframe. What's important is not what happens to you, but how you view it. Frequently our fears are based not on reality, but on a story we've made up about something that happened in the past. You had an unpleasant experience, you drew some conclusions about it, and now you have a negative belief about that event. Any time a similar situation comes up, you automatically shrink from it. What if you look for other possible ways to tell that story? Or even re-tell the story and have it end with a positive outcome?

2 - Remove the unknown. Fear was causing my client Maxine, an environmental consultant, to drag her feet on getting an important proposal out the door. During our coaching meeting, I asked her, "What's the worst that could happen?" Maxine thought for a moment. "Well, the worst would be that after putting all this work into the proposal, the prospect rejects it." And the best thing that could happen? "The company agrees to the proposal, and I get to work on a project I've wanted for years!" Looking at the potential upsides and downsides made Maxine realize the possible rewards for getting her proposal finished far outweighed the risks.

3 - Record it. Stefan woke at 2:30 a.m. racked with anxiety about a problem with the month's financial numbers. As he watched the clock turn to 3 a.m., he remembered what I'd told him to do whenever his mind starts going on endless loop. He turned on the light, picked up pen and paper, and wrote down all the thoughts in his head. When he was done, he fell asleep knowing he had some good ideas about how to fix the situation (and that he'd remember them!). Writing down your worries lets you quit traveling the same mental pathways over and over and take control of the situation.

4 - Reposition yourself. Instead of slumping and making yourself appear smaller, stand up straight, hold your head up, and look people in the eye. Believe it or not, placing yourself in a posture of confidence and power can actually affect your body chemistry and give you the boost you need to break out of your

fear. Click here to watch a Ted talk on this subject by social psychologist Amy Cuddy.

5 - Remember to breathe. You're standing at the podium and the butterflies in your stomach have just transformed into boulders. What do you do? According to communication expert Cheryl Dolan, deep belly breathing is the most powerful antidote to stage fright — or any other situation you perceive as threatening. "It slows your heart rate, focuses your mind, and instantly interrupts the fight-or-flight chemicals in your central nervous system, allowing you to be calm and responsive vs. reactive and anxious," Dolan says.

Lastly, take a minute to consider how fear might spur you to become even more successful in your business. In a recent Success magazine interview, inventor and entrepreneur Ray Kurzweil noted that some people are so afraid of failure that they don't even try. He prefers to see failure as only a setback, part of a growth process that can then be built upon. He even has a special term for failure: success deferred.



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a record of the time it takes to complete tasks so that you will be better informed in the future. An hour can very easily turn into an afternoon. Once you know or have estimates about the time you need think about the importance of each task. Are some tasks time critical? Are some far more crucial than others? Write all of your tasks down on paper and rate them on their importance.

## 2. Get organized

Now that you are informed about what needs done as a priority and how long it should take you can assess how much time you actually have and see if the math add up. If you simply don't have enough time you have a couple of options. You can only do the tasks that you feel need to be done or you can get some help. If you run a small business this can range from outsourcing your call answering or bookkeeping to doing your shopping online to save you time for other tasks.

## 3. Get disciplined

None of the above will work unless you are disciplined in how you go about it. You can write as many to do lists as you like but if you are not keeping one eye on the time it takes to complete a task you will find that the avalanche of tasks will return to overwhelm you. Being disciplined with time is not an easy thing to get right as there will always be unforeseen circumstances in play and distractions on every corner. One great tip that has served me well is to do the worst thing first. If there is an item on your list of high importance that you are not looking forward to that's the one to do first. This is as much for the mental boost as anything else. Having a task weighing on your mind all day while you are carrying out work you're enjoying doesn't help anyone. How much more will you enjoy the work once that horrible task is ticked off?

# Networking for Shy People

TEXT Raymond Eng

Networking is essential for those looking to jumpstart their career or switch fields. However, networking has become a loose term thrown around a lot with little understanding by the people who can benefit the most from it. If you're especially shy, networking can be a daunting and challenging thing to do. Fortunately, we've come up with specific guidelines for networking for shy people:

### TIP #1

#### Put your focus on the other person

At a networking event, Dr. Miriam Reiss, MCC, of the Institute for Coaching, suggests you "put your focus on the other person. If you're thinking about how you look, how you feel or what you're saying, that will only make you more self-conscious!" Don't just act like a robot and have a closed dialogue in your head – have a real conversation!

### TIP #2

#### Be prepared

Depending on what kind of networking you're doing, preparation will vary. For example, if you're networking for new business, make sure you work on your 30-second pitch and have concise answers to the basic Q&As that prospective partners or clients might ask. If you're networking to find a new job, you need to practice typical questions like "what do you do at your current job/school?" and "why do you want to work for company X?"

### TIP #3

#### Create a goal

Before going to a networking event or making contact with a specific employer, have a goal in mind. For networking events, set goals like making five great connections or having eight different conversations. For a one on one contact, make a specific goal such as having him/her give you advice or a referral to a prospective employer.



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### TIP #4

#### Follow up

Stay in contact with people you meet. During your conversations, make mental notes of what you spoke about and find reasons to follow up with them. Sometimes shy people think that the other person won't want to hear from them; however, you shouldn't assume that potential connections won't be interested in what you have to say. This is exactly the type of self-advice you do not want to heed. Oftentimes a shy person may say this to themselves to avoid potentially facing rejection or no response. Your job is to act in the face of these self doubts and self-defeating talk.

### TIP #5

#### Don't just think about what's in it for me

A good networker is always thinking about how they can help the other person even if he or she is networking for a job. Perhaps you meet someone and you find what they are up to or what they are looking for. They are networking too so they want or need something! Find out what it is and see if you can help.

# Tips for managing time Efficiently

TEXT Calum Macleod

One thing that people constantly wish they had more of other than money is time. We are time rich in our youth and time poor as we grow older. It's one of those clichéd sayings that 'Time is money' but it's a cliché because it's true. Were rich entrepreneurs born with more time than the rest of us? Of course not, but they find ways to manage their time so that they have enough to go around.

Whether you have lots of business or personal tasks that need attention, having a lax attitude to time management can lead to an avalanche of tasks that will never get done. This not only restricts the flow of new and on-going tasks but can also cause an unnecessary mental burden which can lead to stress.

So how do you make the most of your time? There are some simple things you can do to make sure that your time is being spent on the right tasks and that you are managing your time efficiently. I see time management in three stages. Information, organization and discipline.

## 1. Get informed

You no doubt know what tasks need doing but are you aware of the importance of each and how long they will take. Even if you have an idea in your head of the time you need for a task it can help to write it all down. Keep



# Reinvent yourself at 50

TEXT David Stillwagon

Can an old dog learn new tricks can an older individual understand brand new ideas? Who says that within a particular age your mind eventually closes stopping you from mastering something completely new?

Needless to say that's incorrect and also the perception that you just can't change the way in which you are doing things or even establish significant changes in life is likewise erroneous.

You've heard this countless times nonetheless age is simply a number. Don't think that when you get to an age such as fifty you need to be satisfied with the way in which things are. You can reinvent yourself at 50.

Fifty isn't that old, despite the fact that modern society seems to have

You can't allow other's views to dissuade you from your own dreams.

Dreams will be as significant when you're fifty as when you were twenty, so stay focused.

constantly made the fiftieth birthday some type of over the hill milestone. Your life is over fifty percent through and you are going in to the final stage of your respective life. Obviously that's absurd. Age is not a road marker on a dead end highway!

The initial step toward reinvention is without a doubt self-evaluation. Exactly where are you currently and exactly where would you like to be? What would you want to improve, your wellbeing, and your career, your everything? Jot it down and give it plenty of thought.

Over the next few weeks, add more things and cross out things that you may have changed your mind about. You want to be certain so don't rush.

You've made your own checklist and you just about wish to change almost everything. Go through the list and choose which item you need to change initially. This is very important since you don't want to try to change all the things simultaneously.

Consider little purposeful actions to making the changes if you attempt to accomplish everything right away you'll fall short.

Health is definitely an excellent starting point simply because finding yourself in good health can make all of your other issues simpler. You'll have much more vitality and you'll feel happier about yourself.

Starting to work out as well as eating right will take time therefore do not get frustrated.

Let's say yet another objective is to find a job or perhaps a more

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# Improve memory with a good lifestyle

TEXT Wendi Rogers

There are various techniques that you can follow to Improve Memory and also the overall wellbeing of the brain. Many believe that only students need a good memory to remember facts and figures, but the ability to remember is necessary for everybody to meet day-to-day responsibilities successfully.

## Good diet and physical exercise essential

Sometimes when we try to remember something but cannot succeed, we put a lot of strain on our minds which makes us mentally fatigued. By using methods of memory improvement, we can recall information from our brain easily. An important step is to eat a diet which is good for brain. The brain cells need vitamins and essential fatty acids more than

carbohydrates. Also, drinking tea, coffee, and chocolate drinks in the right amount is good for the brain to function well as they contain caffeine, a brain stimulant. You should minimize the intake of junk food and aerated drinks. A good helping of fruits and vegetables daily gives our brain the nutrition to stay healthy. Vegetables like carrot and citrus fruits are rich in vitamins which is good for brain. You can also take supplements like multivitamins because we do not get all the essential nutrients from our daily food. Even if you make a conscious effort to eat a healthy diet, some foods are sure to get left out. Another good way to improve memory is to have a daily routine of physical exercise. This increases blood circulation to the brain cells and makes them function well. Also, the mind is relaxed and happy after physical exercise, which is positive for the complete body.

You should try to carry out moderate outdoor exercises like a brisk morning or evening walk, swimming, cycling, and jogging daily. These help keep the body fit and also stimulate the brain.

## Proper rest is a must

Along with physical exercise, you should practice different games to Improve Memory. There are many mind games like quizzes, picture-matching games, crosswords, and puzzles which require the player to recall necessary information from the mind. These games make the mind alert, improve concentration, and develop habits like ignoring distractions and focusing on the information to be stored. There are certain methods of learning which are important to Improve Memory. When a person has to remember some information like a name or a phone number or someone's birthday, he can use such memory improvement techniques to help him retain the information. Such methods include making patterns, connecting the new matter to some prior information, and using rhymes to make remembering easier. For instance, while learning a friend's birthday, you can connect it to the month or date of some other person's birthday that you already know. Also, remembering the first alphabets of each word that needs to be remembered makes learning and recalling easier. An essential method of memory improvement is to learn the information at the right time. Reading the matter thoroughly before sleeping can help the person to recall the information in the morning.

Considering all the information that we learn everyday, a good night's sleep is essential to Improve Memory as it helps the brain to rest and rejuvenate for the next day.

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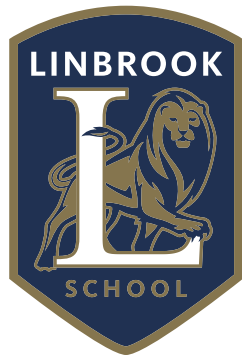


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# Boys' School in Oakville

JUNIOR KINDERGARTEN TO GRADE 8

Linbrook isn't just where boys will be boys; it's where boys will become young men.

Linbrook School, Oakville's only Independent Boys' School, has created a name for itself as an exceptionally positive environment.

The theory that boys and girls learn differently is one that is backed up by an increasing amount of academic research. It is also what led Amber Way, the founder of Linbrook School, to start a boys' school in Oakville. Prior to Linbrook opening in the fall of 2014, parents' options for single gender education for their sons were limited to the city of Toronto and northern campuses. Now, families who live between Etobicoke and Hamilton are also benefiting from a unique program that develops a love of school in young men.

Linbrook School is a not-for-profit, independent day school that prides itself on the compassion and knowledge of its



staff. The school's capacity of 180 boys creates an intimate environment, where every member of staff knows every student.

Linbrook's program is designed to address boys' need for movement and to build upon their natural love of learning through humour, competition and a customized curriculum. In addition to a challenging academic program, boys who attend Linbrook spend a significant amount of time actively engaged in athletics, music and art.

The program has been designed to offer students a wide array of experiences with teachers who are passionate about their subject area and who love inspiring boys to achieve their true potential.

From the moment you walk through Linbrook's front doors, you know you've entered a special place. The positive energy that spreads throughout the school is immediately evident, and the physical



ENGAGE. INSPIRE. ACHIEVE.

environment is warm and inviting. As you stand in the school's lobby, the expansive playing fields and dense woodlot are pleasantly visible.

In addition, every classroom is bright and airy, with large windows that bring the outside into all learning spaces. The boys' work areas include ergonomically designed stools and tables, including standing work surfaces, and technology also plays an important role in engaging the boys within their lessons. In the absence of girls, boys are generally more willing to try things and take risks, including activities as diverse as hip hop dancing, knitting, karate, coding and robotics – there's even

a babysitting club. Another thread that runs alongside the school's academic and extracurricular programmes is teaching the importance of helping others. Linbrook's students often help with local charities, while "kindness challenges" encourage the boys to commit good acts.

For families who also have girls, Linbrook has the distinct advantage of having a girls' school directly across the road, which many of the boys' siblings attend.

Linbrook invites families to schedule a personal tour. Visit [www.linbrook.ca](http://www.linbrook.ca) to learn more and contact [info@linbrook.ca](mailto:info@linbrook.ca) with questions or comments.

Laughter, kindness, responsibility, charity, music, academics, empathy, honesty, competition, family, fairness, morality, positivity, arts, and athletics are just a few of the foundational elements that form Linbrook's mandate.

With a capped enrollment of just 180 boys, the school boasts attention-based learning practices and an involved community of parents and teachers supported by research-based curricula, contemporary facilities, music and art studios and "an exemplary academic program that reflects the latest in research for boys' education and technology."



# Become a Master of Change

TEXT Anne Bachrach

When to change?  
What to change?  
How to change?

For most of us, the thought of change can send us into a panic attack. For some of us, we might fear change because it disrupts our sense of security and consistency by challenging our perceptions. As much as we crave stability and security, change is an inevitable part of life and we can either choose to embrace it or resist it.

From the minute we are born, our body remains in constant change and resisting it only makes it harder to get through it. Resistance to change isn't because we purposely want to go against the grain; we do it because we're fearful of the unknown outcome. We don't know what's on the other side and for no rational reason we resist it, thinking that will help us.

The fear of change comes from the fact that change challenges the perceptions

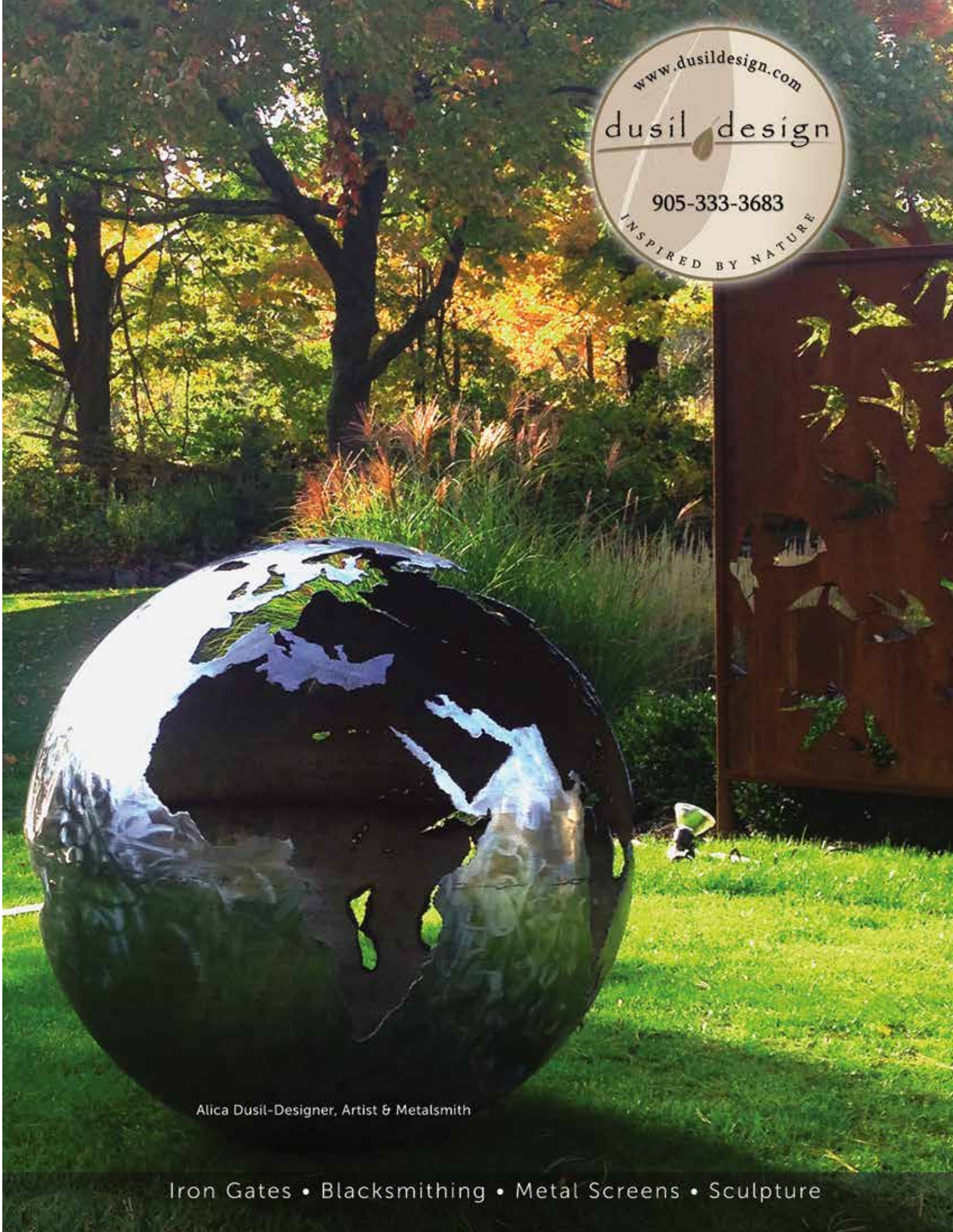
and beliefs that our life is built upon. When change challenges our perceptions, we are forced to step outside our comfort zone, and that's uncomfortable. Additionally, when our perceptions are challenged, so is the ground our life is built upon. We are forced through change, to refine our perceptions and belief systems that we thought were true. Let's face it, when the very perceptions and belief system your life is built on is threatened, it can be uncomfortable. But it can also be very rewarding and exciting.

Change is the inevitable constant refinement of our being. Whether you want it or not, change is inevitable. Inaction and resistance cannot completely stop change; it will only lessen your personal growth and add frustration to your life. You will become stagnant and remain inside the boundaries of a very

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limited life while everyone and everything grows around you. You aren't reading this article to stay the same, and I don't believe we were put on this earth to be stagnant - you want to grow and improve. Wouldn't you like to discover your potential? What about becoming a better person for you, your family, and the world?

Life is really a series of changes and each change is a challenge. It's an opportunity for us to learn - to grow - to expand. Some changes might be small while others may be large, but they each bring the opportunity to learn something new about yourself and the world around you.

With each new lesson you learn from the previous challenge, you become more adept at applying what you've learned to future growth and challenges. Change actually becomes much easier to handle because when you come out the other side, you gain valuable skills and experiences that you can apply to the rest of your life. Instead of being fearful, you may even have fun being more open to change because you know your life will be that much better.

With a constant refinement of perceptions and beliefs, change goes from sending us into a panic attack to being just another task we successfully complete. It goes from being a major incident to a whole new exciting adventure. With every change you make in your life, you become more adept at building solid ground no matter what the situation; and rationally dealing with your fear instead of allowing your perceptions to falsely magnify it. Change becomes fun and exciting, and you learn to actually welcome it. Here's how you become a master of change:

### Inaction and resistance carries bigger consequences

There's no way out and around it. Choosing inaction or resistance to change carries bigger consequences than choosing to face the change head-on in

I have lived a long life and had many troubles, most of which never happened.

MARK TWAIN  
Celebrated American author

the first place. You are an ever changing person in an ever changing world and resistance just adds fear and frustration to every situation. Learn to be open to creating new and exciting adventures that change will bring.

### Focus on the desired end result

Worrying about what might happen will not help you deal with what's at hand. Focus on where you want to be when the change is complete. The mind has an uncanny way of being a goal-achieving machine and will create your reality based on the thoughts you are focused upon. You want to keep your desired end result in mind at all times, and only think about what you want to happen not what you don't want to happen. What got you to where you are today isn't what will take you where you want to be. Look at your long-range desired results and embark on a new journey to even greater outcomes.

### Rationalize your fear

Fear is a natural response, but try to

identify what it is you are afraid of. Fear is usually the result of our mind creating hypothetical dramas that have no base in reality. If you find yourself fearful of the outcome of an impending change, ask yourself what you're afraid of. There is a solution to everything and when you rationalize your fear, you can see that you are going to be just fine. You can just suck it up, and as Nike says, "Just Do It." Do what you are afraid of doing and reap the benefits. You will quickly discover that the experience of change wasn't worth all that anxiety over the unknown. Each time you rationalize the fear, you will have greater courage to "Just Do It" in the future.

### Break it into manageable pieces

For major changes, break it down into smaller manageable pieces. It's much easier to identify a solution when you can apply a strategy to deal with each step. When you know what you're going to do each step of the way, you can get to the end result with confidence and a rational strategy.

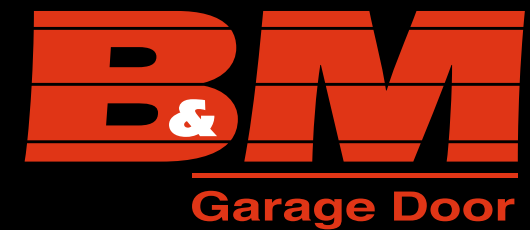
Last but not least, celebrate your victories. Each time you felt the fear and did it anyway, you were victorious and reaped the benefits of showing that you are a champion! Little by little you'll learn to trust your abilities more and to handle anything that comes your way.

When you rationalize the fear and create successful strategies, you come out a winner on the other side. Look at change as a fun and exciting adventure. Reap the many rewards!

You can resist change, but only temporarily. When you resist the natural flow of the world, which is based on change, your life becomes a series of challenges that are amplified by your resistance. Resist them and you become a victim - embrace them and you become a true master of change.



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# RESOLUTIONS FOR 2018

## Dream it, believe it, achieve it

TEXT Sandy Camarda

Christmas songs are no longer playing on the radio and you've run out of Christmas cookies and chocolates. The focus now shifts to the new year and you wonder what resolution you should make in order to be a better person or live a better life. You're excited at the opportunity to press refresh and start some new changes, but you remember your failed attempt last year.

Studies show that only a staggering 8% of people actually keep their New Year's resolutions, because they often set too many of them or get derailed by small failures. Setting smaller and realistic goals will help you keep your New Year's resolutions.

Here we examine how to maximise your chances of not giving up your resolutions before the spring blossoms appear:

- 1 Develop an action plan for a long-term goal. Instead of wanting a dream body, plan to work-out three times a week.
- 2 Be specific. Don't just say you want to save more money this year. Instead plan on saving an amount like \$5000 this year.
- 3 Make sure it's measurable. If you want to lose weight, set a monthly weight loss goal and track it.
- 4 Is it achievable or attainable? Instead of just planning on talking more with your friends on the phone- plan to make your calls while you're taking the train home.
- 5 Be realistic. Set a timeline for your goals, such as fitting in your old jeans by June 2018.
- 6 Make it exciting. Don't just plan to save money, but to save it for a vacation in Bali.
- 7 Record you goal. Write it down and place it where you will always see



- it, such as on your bathroom mirror or kitchen fridge.
- 8 Be prepared for the unpredictable. Decide what you will do if for example you got some unexpected bills and are trying to save money.
- If you should be stuck and not know what goals to make, here are also 20 of the most common New Year's resolutions:
- 1 Get in shape.
  - 2 Eat healthier food and less food overall.
  - 3 Make new friends and become more social.
  - 4 Become more active.
  - 5 Earn more money or get out of debt.
  - 6 Quit smoking or drinking.
  - 7 Spend less time on social media or watching T.V.
  - 8 Read more.
  - 9 Find a significant other or become more romantic.
  - 10 Become tidier and be more organized.

- 11 Learn how to dress with style.
- 12 Pick up useful or fun hobbies.
- 13 Volunteer or give more to charity.
- 14 Adopt a cute pet.
- 15 Travel more.
- 16 Spend more time with extended family or old friends.
- 17 Turn your hobby into a career.
- 18 Make a serious life change.
- 19 Learn to control your emotions or face your fears and insecurities.
- 20 Start writing a book.

I was born on New Year's Eve so the fact that I am not only entering a new year- but getting a year older- makes it even more important that I make some good changes. So whether you plan to take knitting class or run away with a circus, setting smaller goals that are specific, realistic and measurable, are the keys to finally accomplishing your New Year's resolutions successfully.

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*"I've been a Fractional Yachting client for several years and it's wonderful to have a late model, well-appointed and maintained boat at my disposal without the day to day responsibilities. I have a busy practice and love boating but would not have gotten into yachting otherwise."*

– Dr. R. Pinto





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feel great about the money you will be saving and likely find it hard not to tell everyone about how you embarked on this exciting lifestyle.

Greg Marlo is founder and President of YACHT Solutions in Mississauga. He has been involved with Fractional Programs both in the Aviation and Marine industries since 1999. His experience in launching and managing Fractional Businesses while having been a Fractional client gives him a unique and diverse perspective. He uses his experience and knowledge to deliver yacht products and services to the highest level.

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# The NEW 2019 Porsche Cayenne Turbo

The 2019 Porsche Cayenne Turbo took its place at the top of the model line at the 67th Frankfurt International Motor Show. The new model from the third-generation Cayenne range is once again raising the bar for sporty performance in the segment. Its twin-turbo four-liter V8 engine delivers 550 hp.

The combination of innovations including a three-chamber air suspension, staggered tire sizes and new high-performance Porsche Surface Coated Brake (PSCB) technology result in improved driving dynamics. With additional options, such as rear-axle steering and electric roll

stabilization with a 48-volt system, the SUV achieves the driving characteristics of a sports car.

The new Cayenne Turbo accelerates from zero to 60 mph in as little as 3.7 seconds when equipped with the optional Sport Chrono Package toward a top track speed of 177 mph, representing gains over the previous-generation Cayenne Turbo S.

## Even sharper design

With an exclusive front end and the LED main headlights of the Porsche Dynamic





Light System (PDLS), the Cayenne Turbo has a dominant appearance. At night, the new Turbo sets itself apart from other Cayenne models with its double-row front light modules. Widened wheel arches with painted trim and special 21-inch wheels reserved for the Cayenne Turbo characterize the side view. Turbo-specific twin tailpipes distinguish this model from its six-cylinder siblings.

Interior design elements including the center-mounted grab handles continue in the third-generation Cayenne Turbo. Like other members of the new Cayenne family the newest model features the Porsche Advanced Cockpit, which includes a high-definition 12.3-inch screen in the dashboard and an analog tachometer flanked by two seven-inch full-HD screens.

Virtually all of the vehicle functions can be

displayed and operated using the high-resolution display and touchscreen of the Porsche Advanced Cockpit. Among them, for example, is the standard 710-watt BOSE® Surround Sound System. Other equipment newly included by default in the latest Cayenne Turbo includes 18-way sport seats, seatbacks with integrated headrests, and standard heating functions for all outboard seats as well as the steering wheel.

Greater power,  
greater torque:  
twin-turbo V8 with 550 hp

At the heart of the Cayenne Turbo is the twin-turbo four-liter V8 with 550 hp and 567 lb-ft of peak torque (increases of 30 hp and 14 lb-ft versus the previous Cayenne Turbo). Standard Porsche Traction Management (PTM) all-wheel drive works with the new eight-speed Tiptronic S automatic transmission to

improve acceleration, speed, and highway cruising comfort.

The new Cayenne Turbo exceeds the previous Cayenne Turbo S in many areas. For example, it sprints to 60 mph in 3.9 seconds (or 3.7 seconds when equipped with the optional Sport Chrono Package, 0.1 second quicker than the previous Cayenne Turbo S) and boasts a higher top track speed of 177 mph. The turbochargers are arranged inside the cylinder V, in a "central turbo layout." The shortened exhaust paths between the combustion chambers and the turbochargers improve engine responsiveness and power delivery. This setup also creates a more compact package that is advantageous because it allows for a lower engine installation that helps to lower the center of gravity for improved handling characteristics.





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# BIENVENIDOS A MIAMI!

TEXT Emilia Florek-Guerrero

The 1 Hotel is a one-of-a-kind hotel that can be considered a landmark in Miami Beach. 425 rooms and 168 studio suites make it a dominant force in South Beach. The 1 Hotel has 18 stories, providing incredible views in the rooms and

suites with balconies. The 1 Hotel has direct access to 180 meters of pristine beachfront. There are also 4 pools, a spa, 4 restaurants, a gym and a rooftop pool for guests to enjoy. The 1 Hotel creates an environment that will leave guests in awe



with all the amenities provided. The rooms with driftwood walls, natural elements, glass terrariums, organic bedding and gray and cream-colored furniture add to the wonderful ambience.

The bathrooms contain a Calcutta marble tub designed to provide elegance and comfort. The rooms with private balconies contain the perfect setting to indulge in the fresh ocean breeze.

One intriguing aspect of the 1 Hotel is the façade of the hotel welcoming guests with





living green walls. This adds a sense of a tropical paradise and showcases the local flora throughout the property.

1 Hotel South Beach  
2341 Collins Avenue  
Miami Beach, FL 33139  
[www.1hotels.com](http://www.1hotels.com)





# Having trouble with creaky body joints? Read this!

TEXT Rich Carroll

We've all felt it: soreness and pain after a fitness session, or it may be when we have been being seated for an extended period of time.

As we become older these maladies may appear to strike more often and continue to persist longer. Sometimes the soreness seems to be so deep it is coming right from the bone or joint.

According to research at the Johns Hopkins Medical School, even body joints damaged from arthritis cause minimal pain from frictional opposition. So where does the pain originate from, and is there something we can do to relieve the discomfort?

Whenever we have pain in our body joints, the actual source for pain and stiffness will be with the muscle and connective tissues that connect the joints. When we don't use those joints on a regular basis, we lose the movement range that the joint originally possessed.

Very similar to the trouble in opening and shutting a gate that becomes corroded from lack of use, using body joints that do not remain flexible will bring about pain from the muscle tissue supporting the joint, making it hard to use them. If we don't regularly keep the joint loose and agile it will cause the surrounding muscle tissue to become stunted, causing tightness.

We know some causes of why this muscular tightening and then contracting happens. When a person's body joints are not used as we age, ligaments and sometimes tendons diminish in elasticity.

Our tendons are really the most difficult to stretch, since they are made up of densely bundled fibers. Next there is a wrapping of fibrous tissue around the entire groups of muscles, blood vessels and nerves, known as the fasciae. They, similar to ligaments and tendons, are constructed of collagen.

Although they are the least difficult to

bend, if the fasciae aren't kept limber and resilient they will shorten and bring about pressure on the nerve pathways. So, much of these aches and pains are really going to be the effect of nerve impulses traveling down those pressured pathways.

By the way, the fasciae connect muscular tissues to other muscle groups, while ligaments join a single bone to a different bone, and tendons link muscle tissue to bone. We will be attempting to target all of these areas as we exercise to keep those body joints from getting rigid and tender.

We have a tendency as we get older to label these conditions as "wear and tear" on the joints. Many people might blow this off as simply growing older, but there is no reason to simply attribute it to being old and give up.

Many elderly people have been able to sustain their body joints through adequate exercise and dieting.

And by avoiding certain exercises like running or jogging, which can be very taxing on the lower body, there are a few things to avoid. Swimming as a



component of aerobic training and bike riding are excellent.

One exercise routine that we always recommend is yoga, which gives the full complement of stretching, strength and balance routines.

We clearly did not go into some of the other joint issues that some people will experience. A few of these will be

from injuries, rheumatoid arthritis, or osteoarthritis, which involves destruction of cartilage within the joint. Such conditions call for professional medical help and don't come under the realm of what we're addressing at this time: the typical stiffening to the joints attributed to idleness and shortage of exercise. Most of us can alleviate these aging symptoms by recognizing the real issue and how we can deal with them.

## Avoid harmful chemicals by sticking with these foods

TEXT Rich Carroll

People are becoming cognizant of the damage that noxious pesticides and herbicides can do to their liver as well as their overall health in general. Opting for organic fruits and vegetables is one way to avoid these toxic compounds, since synthetic agricultural chemicals are not permissible under governmental regulation. Since organically produced foods ordinarily have a higher price tag,

many folks often must balance deciding on purchasing the healthiest foods or keeping their food budget in line. When it is necessary to make these choices, we should look for those foods that aren't labeled as organic will still have a low pesticide load.

The Environmental Working Group (EWG) once a year creates a Shoppers'

Guide to Pesticides in Produce. If you need to purchase fruits and vegetables which are conventionally produced, here are a few that have been established as your most pesticide-free: grapefruit, onions, mushrooms, avocado, sweet potato, cantaloupe, asparagus and mango. Corn will also be in that group, as long as it is not genetically created. The types which comprise the highest





pesticide load, and therefore ought to be bought only when grown organically, are apples, cucumbers, celery, strawberries, potatoes, grapes, spinach and peaches.

The way meat and fish are produced offer different issues. As more food is needed to provide for a soaring world populace, the entire food production business has started mass-producing beef, chicken and fish. All of this has resulted in Concentrated Animal Feeding Operations (CAFOs), and worries are growing that animals are yielding food products that may be tainted or not hold the nutrient content of organically-raised product.



brought up on grain, rather than a naturally-occurring diet of grass. This can produce elevated acid levels within the animal's stomach, making E. coli bacteria a major hazard.

By the way, these issues are not unknown within the food industry, and much work is being done to address them. Counter to what a few naysayers might think, food producers and retailers don't wish for their customers getting ill; it is bad for business.

But sustainable methods of producing food will definitely trigger higher costs short-term, which will be passed on to the

shopper who will then resist. Also, much is being learned all the time in a field that is new, and food producers are still coping with how to deal with these issues.

As consumers, it will be our responsibility to stay knowledgeable and certainly voice our feelings on the importance of healthy food.

The other thing we consumers may do is to circumvent buying certain meats from farm animals raised within limited animal feeding operations. If we opt for grass-fed meats in addition to additional organic food products we can not only be consuming healthier food but will be supporting producers who put our health above cost.

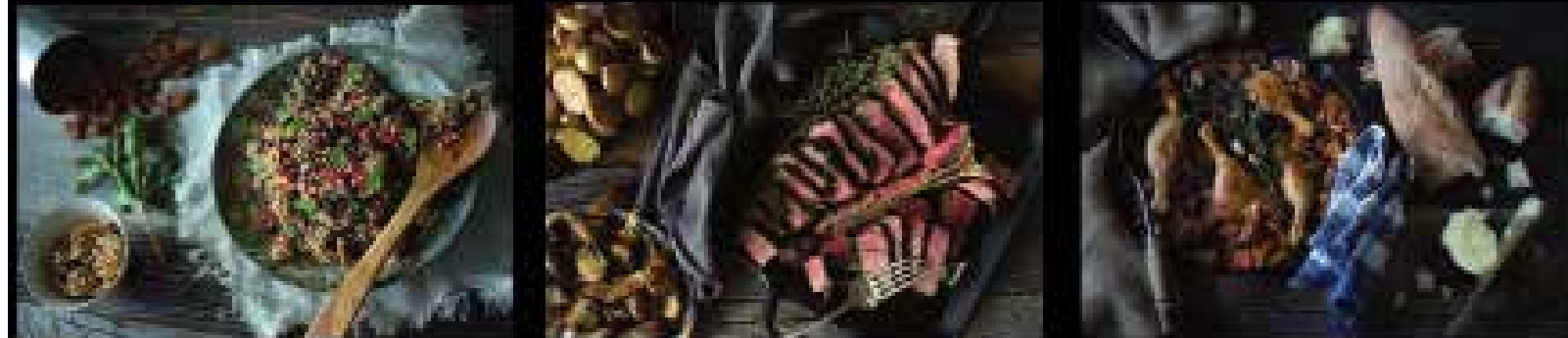
True, we will be paying a premium for organic foods, but as demand increases so will supply, which at some point will bring the price to a more competitive level. In the long run educated consumers will carry more weight than trying to pass legislation to force this, which may in the long run not even have the desired result.

Beef cattle are now in many areas



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# 5 actions that result in success

TEXT Mason Gruenberg

Perhaps you have thought of how much believing in yourself makes a difference in your quality of life? A strong belief in yourself can bring you all these benefits plus much more:

- You recognize your capacity to achieve goals.
- You are optimistic concerning the future as you set objectives and accomplish them.
- Deep down inside, you know you are able to do anything.
- You treat yourself kindly.
- You are feeling uplifted and more satisfied with life.
- You're motivated to get things done.
- You have got faith, no matter what.
- You see and revel in the abundance around you.
- Others feel drawn to you.

Wouldn't you like to enjoy these qualities of confidence and well-being every day? The good news is you can! You'll find actions you can take to build up your belief in yourself.

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"Dr. Gardner welcomes Dr. Maryan Metias to our practice."

Whether you feel lacking with this area or just want to strengthen your belief for the extra benefits, try these thoughts to further develop your belief:

1. Think about in your own abilities to get something finished.  
Be your own best cheerleader and encourage yourself to get your tasks completed. Figure out how to divide huge tasks down into attainable parts. After that, even when times are tough and your courage is low, you will know that can be done it.
2. Make dreams.  
Whether it is getting the career you desire, obtaining additional training, meeting someone you admire, traveling to a distant place, or setting a goal to save a million dollars, connect with your dreams. Where you come from, the money you are making, and the folks you hang out with are insignificant to the dreams you create. Dreams are often focused on what you would like for yourself in the future. When you believe on your dreams, you may also believe in you!
3. Establish goals and go for the gold.  
Believing in yourself means you're motivated for getting things done. Get into the custom of setting targets (both short-term and long-term). After that, you can take active steps to accomplish them.
4. Treat yourself well.  
Treating yourself with a nurturing character and the knowledge that you're a deserving human being is a crucial aspect of developing belief in yourself. Pamper yourself whenever you want it. Recognize that others ought to treat you with respect and love.
5. Ensure motivation is high.  
Remember the childhood legend concerning the little engine that could? When you want to achieve your responsibilities with distinction and achieve your goals, it's an unbelievable witness to your degree of motivation. Build momentum to fuel your motivation.

# Set Goals. Focus. Achieve. Maintain.

TEXT Kelsey Hergott



Goal setting will forever and always be a trend. Whether it be with business, relationships or health, setting yourself up for success is extremely valuable in all aspects of life. It allows you to see a clear vision of what you want and create a plan to reach that specific point. For the strong minded, setting goals will lead you down the pathway of success and will also hold you accountable for your actions.

Goals can't be vague. You need to know what you want. Call it human nature, but majority of us have an innate ability to set out and conquer. When it comes to health and fitness, we often see individuals declaring they will 'lose 10 pounds' or 'eat healthier' but there is no direct action plan to follow suit. Being in the health and wellness industry and I see it time and time again and it is a major problem.

So you want to lose weight. What are you going to do about it? What is your short-term and long-term plan? Making a commitment is great and all, but with

no strategy you are setting yourself up for failure.

After you have set your goal, the first step is creating your action plan. What are the specific steps you are going to take to achieve your goal. Your plan should include a progressive list of actions leading towards the end result. Having a curated strategy also makes it easier to follow through because you always know what your next step is.

Step two - focus, focus, focus. If you set out to succeed, you must stay single-minded on exactly that. Consistency is necessary during this phase, turn your efforts into habits. There will always be minor roadblocks in the way of triumph, but to overcome you must always revert back to your purpose, which is to do and be better. Actions speak louder than words, so show us what you got.

Victory! Now you have reached your goal. What's next? Step three requires

maintenance. I have first handely witnessed individual's set out and reach their goal of losing weight only to eventually gain it back over time. When it comes to health and fitness you can never stop putting in work. To maintain it takes a lot less effort than it did to get there however, if you divert from your new regime you will eventually end up back where you started. All hard work is then lost and no one wants that.

Instead, you make a new goal. You set out to reach new heights. If you are happy and content with where you are, perhaps your goal is to simply maintain and that is perfectly fine. But maybe there is something inside pushing you to be a stronger version of yourself, so the cycle continues and you start again from step one.

Now get out there - Set some goals and always strive to be better version of YOURSELF!

www.kelseyrose.com



# WELCOME TO MIAMI

TEXT Emilia Florek-Guerrero







Miami is a dream destination for many. With its year-round warm weather, long sandy beaches, a diverse culture, world-renowned clubs and restaurants, it is no wonder that so many people from all over the world spend their holidays here. There is something for everyone of all ages making it an ideal destination.





In Miami Beach which happens to be one of the hippest spots for numerous film and music video sets; the boutique hotel atmosphere offers the sensation of being on set, just like a celebrity!

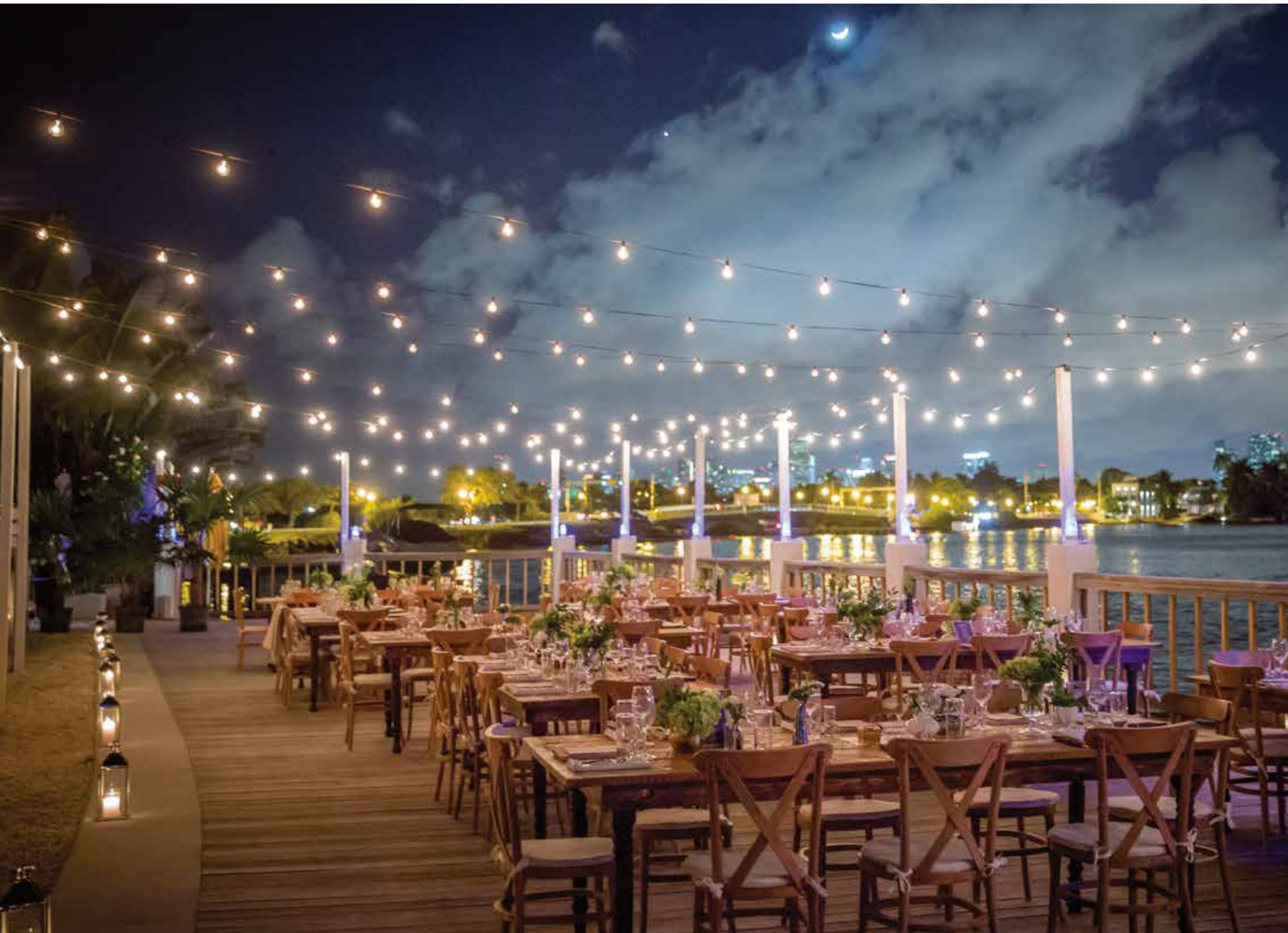


The Standard Hotel is located on an island known as Belle Isle which is near the famous South Beach area. Peace and tranquility can be enjoyed at the Standard with its tropical gardens, rooms with private terraces, indoor and outdoor lounges, an incredible pool and many areas designed for fitness and well-being.

The Standard Hotel is designed to embrace the tropical surrounding with expansive windows offering wonderful views and a delicate colour scheme. The rooms are packed with numerous







amenities such as Egyptian cotton sheets, daybeds, spa rain showers and some rooms with an outdoor wooden jacuzzi.

The Spa at the Standard hotel has a full hydrotherapy spa with over 40

different treatments and services such as a Turkish-style hamam, a Finnish sauna, an arctic plunge, and a salt-water infinity pool.

The lounges and the outdoor areas are what makes the Standard renowned

even among the locals. The Lido Bayside Grill fuses Mediterranean inspiration with its cuisine and lifestyle and adds a twist of the Miami scene. Best of all, at the hotel, one can have access to the docks overlooking the picturesque Biscayne Bay.

The Standard Miami Beach

40 Island Ave.

Miami Beach, FL 33139

[www.standardhotels.com](http://www.standardhotels.com)







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