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SINCE 2003



Maurizio Bevilacqua

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Michelle Zerillo-Sosa
Publisher/Editor-in-Chief



Fernando Zerillo
Co-Founder/Creative Director

It brings us great joy to share with you our Sept/Oct edition of *City Life* Magazine.

We spoke with Melissa Lantsman, the first LGBTQ woman and Jewish woman ever to be elected as a Conservative MP, who is making a positive impact on Canadian politics. She told us she believes that it doesn't matter where you're from, what colour you are, who you love, or whether you pray on Saturday or Sunday — or not at all — and that she is proud to have the support of the Thornhill community, which values all that, too. Like many others who came to Canada, her parents worked hard, saved their money and contributed to their community, but Lantsman is afraid that the Canadian dream is now in jeopardy. A recent survey stated that 30% of young Canadian immigrants are likely to leave this country. The reason? Three quarters of them said the rising cost of living is pushing them away to other, more affordable places. For the first time in our history parents really are not sure if their children will have better lives than they did.

Our experiences have the power to shape us, and we are all molded by moments in our lives — good or bad — that help define who we are. Whether we allow those moments to define us or rise above them is what makes the difference. Natalie Kehren, who grew up in an alcoholic home, survived abusive relationships, and later turned to addiction to cope, chose to crawl out of her own darkness and find her own light. Today she is a Certified Natural Health Practitioner and Spiritual Director — and she is proof that we do not need to let life experiences dim our light.

Wes Hall moved to Canada from Jamaica at the age of 16. He also experienced turmoil living with an abusive mother who kicked him out of his home at the age of 13. No one could have imagined the impact this young man would have in his new country, through his businesses, his prosperity and his mentorship … you can read more about his compelling story in this issue.

After 34 years in politics, serving his community with distinction as a leader, changemaker and driving force as the 3-times-elected mayor of Vaughan, and on his birthday and the eve of the Mayor's Gala, Maurizio Bevilacqua announced that he would not be running for a fourth term as mayor.

He is at peace with his decision, "simply because I think I am leaving the city in a better state than I inherited it," he told *City Life*. In fact, back in 2010, the city of Vaughan did not have a subway, a university, a downtown core, a hospital or a 900-acre park in its urban setting. He felt that the city required leadership to transform its image, a transformation that would bring respect back to the city.

"I had to trust the universe and it has served me exceptionally well throughout my life," he told us. It's not often one hears a political figure make such statements … but this particular figure is not like any other mayor. He recently completed a painting titled *What's the Point?,* a white canvas with a tiny dot in the middle. Its meaning, you ask? To inspire people to ask themselves the most fundamental question about our existence on Earth. And this painting was just bought by an anonymous collector for $1 million, which has been donated to the new Cortellucci Vaughan Hospital.

How did this man stay true to his course? Well, he does something unique at the end of each day — he puts himself through a "spiritual examine": "Where did my actions bring me closer to the light?" he asks himself. By doing so, day in and day out, "You begin to realize this is a virtuous way of life rather than a life of vices," he says.

Our favourite quote from this interview came when Bevilacqua shared his definition of success: "Success is the recognition that we were put on this Earth to really manifest love, to give of ourselves in a selfless way, to improve the human condition."

We can all agree that the purpose of life is to improve the human condition, not just your own, and we echo his sentiment of feeling incredibly blessed to be able to live as human beings in a Universe that was created for us and not by us.

We hope you enjoy this latest edition of *City Life*, and perhaps be inspired along the way to say *Mizzica*! while reading about a few incredible individuals who chose not to have their light dimmed — who chose, instead, to serve as a light for others. Or at least discover Mizzica Gelato and how it came to be.

With gratitude, love and kindness,

Michelle Zerillo-Sosa
Publisher/Editor-in-Chief

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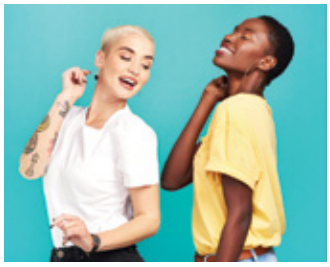
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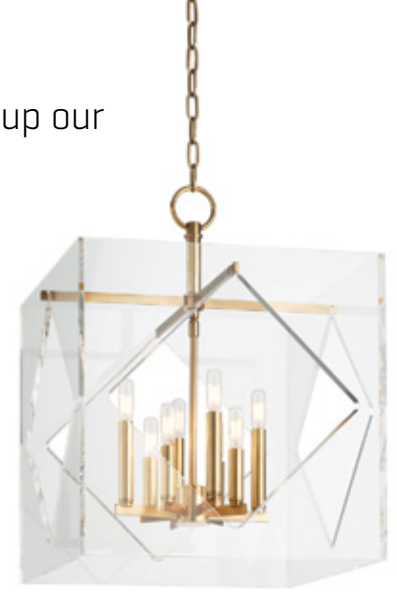
DESIGN NEWS

As we invite the Fall into our lives, why not spice up our spaces to match the changing season?

WRITTEN BY **ESTELLE ZENTIL**



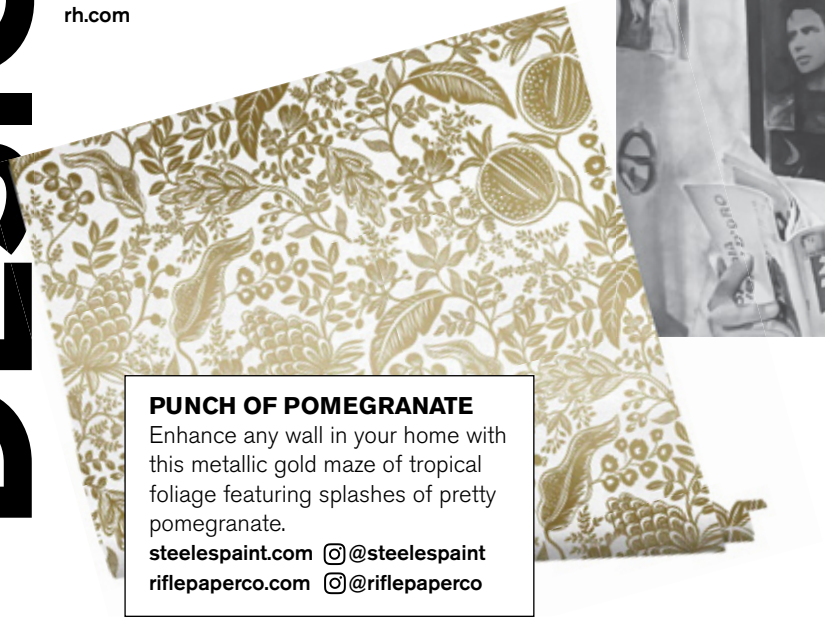
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Since 2013, the Antonangeli sisters Cassandra, 30 (right), Aly, 29 (middle), and Nadia, 26 (left) have been sharing their lives on social media via their Instagram @3girlsandourcloset

3 GIRLS AND THEIR CLOSET

Sisterhood is a beautiful thing. Defined as "the solidarity of women based on shared conditions, experiences or concerns," it's safe to say that the Antonangeli sisters are a great example of the meaning of sisterhood...

WRITTEN BY **ESTELLE ZENTIL**

If you're lucky enough to have a sister, then you understand what an important bond you share. For the Antonangeli sisters, who all went to the same elementary school, high school and university, and share a love for fashion, it's safe to say that they share memories (and clothes) that will last a lifetime.

We spoke with the trendsetting sister trio on everything from their holy-grail beauty products to their go-to Starbucks order.

Q: When did you decide you wanted to share your lives in an intimate way via social media?

A: We decided to start sharing our lives on social media in 2013. We have always shared a love for fashion and have always loved to dress up and experiment with our personal styles. During this time, we each began to establish our own style and would frequently get asked by others where we got our clothes. We thought it would be fun to start an account on Instagram where we could post our daily outfits and tag where everything was from. We have been on social media ever since and have now expanded our page to be a place where people can go for fashion and lifestyle content! We share

PHOTO BY EMAD MOHAMMADI

everything with our followers, from our daily outfits, to weddings, travel destinations, home décor, food and, most recently, pregnancy style!

Q: What do you love about sharing content?
A: We love sharing content because it allows us to express ourselves and use our creative side — we each have jobs separate and apart from our social media, so getting to do this together is so much fun! We also love that sharing content allows us to connect with people who have similar interests as us. We have met so many amazing people along the way and look forward to meeting many more people as we continue to grow!

Q: If you had to describe each sister using three words, what would they be?
A: Cassandra: kind, creative, loyal.
Aly: determined, fun, loving.
Nadia: calm, caring, intelligent.

Q: What is your most fondest childhood memory growing up as sisters?
A: Getting to dance together on stage is definitely one of our most fondest childhood memories growing up as sisters. Driving to dance competitions, having sleepovers at the hotels and then getting our makeup done was always so much fun. We will always cherish the time we spent together and will never forget the pep talks we would have with each other before taking the stage!

Q: What do you love about sisterhood?
A: We love that we always have someone to talk to about anything and everything. We are constantly asking for one another's opinions and sharing ideas with each other! We are inseparable, talk 24-7 and have each other's backs no matter what. As a bonus, we are similar in size, so we can share most clothes, shoes and accessories! Triple the closet is definitely more fun!

Q: Who are some of the style icons you look up to?
A: Hailey Bieber, Xenia Adonts, Negin Mirsalehi and Morgan Stewart.

Q: Cassandra, what are your biggest tips when it comes to wedding planning?
A: My biggest tips when it comes to wedding planning are to enjoy every minute of the planning process, stay organized, and focus on things that are most important to you and your partner. I would definitely recommend having a planner or a day-of coordinator; this way, you can enjoy your special day without worrying about the little things! Remember, the day comes and goes so quickly, so try to be present and enjoy every moment. It truly is one of the best days of your life!

Q: What are some of your favourite family traditions?
A: Family dinners at home are one of our favourite family traditions. When we were growing up, we always ate dinner together at the table as a family every night. Now that we are older and one of us has moved out and another is moving out soon, our nights in as a family are something we will cherish forever.

We also love taking family vacations and always have a blast when we are away together. There really is never a dull moment with our family, so trips are always filled with lots of laughs!

Q: What are some exciting events in your lives that you will be sharing next?
A: We have many events coming up that we will be sharing with our followers: Cassandra's baby shower, Aly's bachelorette, Aly's bridal shower and Aly and Rob's wedding! It is a busy time of year, but we are looking forward to all the events.

Q: What are your go-to Starbucks coffee orders?
A: Cassandra: Venti black tea lemonade with one pump of sugar.
Aly: Grande non-fat latte.
Nadia: Iced venti non-fat latte with an extra shot of espresso.

Q: What are your top three stores for shopping?
A: Revolve, Zara and Aritzia.

Q: If you each had to describe your own style, what would that be?
A: Cassandra: Elegant, feminine and chic.
Aly: Cool, bold and edgy.
Nadia: Simple, modern and effortless.

Q: What are your favourite beauty products this season?
A: We all love the Glowscreen by Supergoop! Some of our other go-to items are the Contour Wand, Highlighter Wand and Pillow Talk Lipstick by Charlotte Tilbury. We also love our Facial Ice Roller for skin care.

Q: What are some of your most prized pieces in your wardrobes?
A: Our most prized pieces would definitely be our shoes and purses. We truly think that these items are worth the splurge, as they are statement pieces that can elevate any outfit. Unlike a dress or an outfit, shoes and purses can be worn time and time again!

Q: What is your necessary indulgence, something you can't live without?
A: All three of us are ice cream lovers. This is something we definitely cannot live without!

Q: What are your top three restaurants from the city you're from?
A: Osteria Giulia (Italian), Mamakas Taverna (Greek) and Patois (Caribbean-Asian fusion).

Q: What is the craziest thing you've done for beauty/fashion?
A: We have had to change our outfits in the car while shooting looks for content. Hiding from the public and making sure no one sees you changing is harder than it sounds!

Q: What are some of your favourite podcasts to listen to?
A: *The goop Podcast, The Skinny Confidential* podcast, *Crime Junkie, Armchair Expert, In House With Arielle Charnas* and *Life with Marianna*.

Q: How do you each define happiness?
A: Cassandra: Living every day to the fullest and being surrounded by loved ones.
Aly: Feeling at ease, content and in the moment.
Nadia: Being surrounded by those who support and encourage me to be the best version of myself.
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With a master's degree and a PhD from Queen Mary University of London (UK), Dr. Jenn Chenkin joined Brain Power in 2018

We've all suffered through extremely awkward, boring, and poorly executed presentations. I'm referring to the type of event where about 30 seconds in you think to yourself, "This is going to be tough to sit through," and a few moments later, "How was this person allowed to address a crowd in the first place?" In situations like this, no one expects to see the likes of Winston Churchill gracing the stage, but is it too much to ask that the speaker display at least some rudimentary knowledge of the principles of good public speaking?

Luckily, the expert instructors at Brain Power are there to help high-potential students overcome the obstacles public speakers typically face. To do so, they have developed an innovative academy that currently caters to kids as young as 9, arming them with the knowledge and accelerated skill set necessary for achieving success in public speaking, something that will serve them well in all aspects of their lives, whether it be at school, university, in their personal lives, or in their future careers.

Brain Power's Public Speaking Academy is led by Dr. Jenn Chenkin, a charismatic speaker and dedicated teacher, who earned a master's degree and a PhD from Queen Mary University of London (UK). Dr. Chenkin joined Brain Power in 2018 as a member of the Language Arts faculty; she quickly realized that students were lacking basic knowledge and skills in public speaking. Consequently, she quickly pivoted to prioritizing the following three competencies: building confidence, communicating clearly, and persuasion.

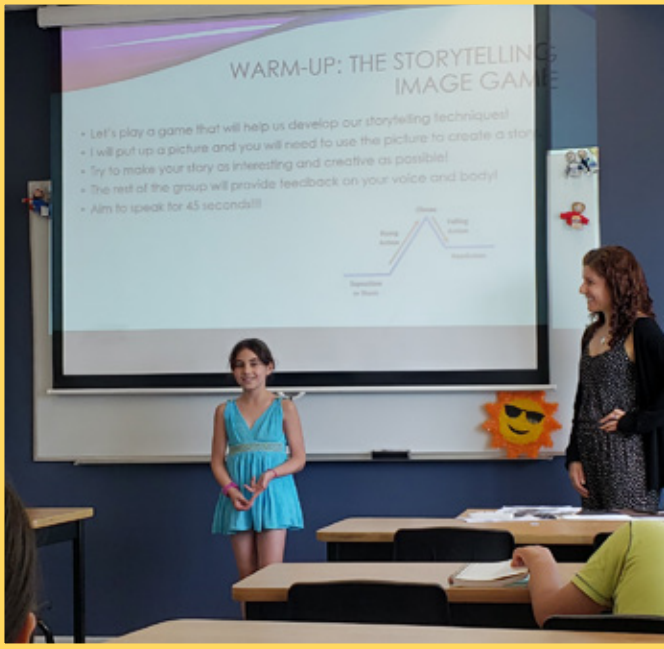
"We focus on these three areas, but with an emphasis on persuasion," says Dr. Chenkin. "Persuasion engenders the belief that students can positively impact the world by convincing other people to consider their measured and thoughtful perspectives. Likewise, confidence is so critical at this age. The more often these kids get up and present in front of a group of their peers, the more rapidly they see that they are saying something worth listening to. This is how you change the world: by convincing other people to believe in your ideas and show that you can be a leader."

Brain Power offers courses that are led by PhDs, a faculty that possesses specialized knowledge about their field of study and are thus able to impart that experience to the students through a thought-provoking curriculum that develops students into problem-solvers, creative thinkers, solid writers, passionate speakers, and empathetic listeners. For the last 30 years, the program has been operating out of its headquarters in Vaughan and more recently out of Hamilton, with a variety of courses that expand academic horizons, support admissions to elite programs, and provide access to stimulating extracurricular activities. Brain Power's newest location, in Toronto, is slated to open in September 2022 at the Prosserman JCC building (4588 Bathurst Street in North York).

In contrast to its competitors, Brain Power caters to kids who have a learning level of three to four years above their age group and are looking to develop their critical thinking and communication

PHOTOS BY EMAD MOHAMMADI





In her many years of public speaking training, Dr. Chenkin has become a proponent of group learning, saying it teaches students to become empathetic observers giving positive reinforcement to their classmates

skills. The Public Speaking Academy's first course is offered in two-hour sessions at either Brain Power's facility in Vaughan or at its new Toronto facility. This course was originally offered to Grade 9 students, then to Grades 6 through 8, and now to Grades 4 and 5. Eventually, Brain Power will offer the course to Grades 1 through 12.

Brain Power's research shows that children as young as 5 are expected to communicate complex ideas to their peers at school. Therefore, introducing them to the basics of public speaking at a young age is important. "Gaining public speaking skills helps students perform better at school, where presentations are becoming a ubiquitous component of academic evaluation," says Brain Power's CEO and instructor Vanessa Serra Iarocci. "Our course also provides the foundation that will eventually help students achieve successful admission to elite programs that increasingly require videos and interviews versus just standardized tests."

It is no secret that young people are living in a borderless world where learning to communicate effectively and to persuade others across many time zones and cultures is the real differentiator. To prepare students for this reality, Dr. Chenkin sees a great benefit to group learning rather than one-on-one instruction. "To excel in the art of public speaking, observing others is crucial. Group learning makes for fun and spirited engagement and, in the process, kids make friends," says Chenkin. "We provide a safe place for students to experiment, and there's no greater pleasure for an instructor than to see them come out of their shells. We are also teaching students to become empathetic observers; for example, they learn how to give positive reinforcement to other students who struggle to execute a particular task."

> "THIS IS HOW YOU CHANGE THE WORLD: BY CONVINCING OTHER PEOPLE TO BELIEVE IN YOUR IDEAS AND SHOWING THAT YOU CAN BE A LEADER"

There's little doubt, therefore, that to become successful, young people will need to be exceptional public speakers. This proficiency will ensure that they ace school-admission interviews, where they are expected to project confidence and be able to communicate their ideas clearly. As they become adults, this skill set will prove vital for success in job interviews — to persuade employers that they are the best candidate for the job.

"Kids today spend a lot of time in front of screens, a concern that we all know is at the forefront when it comes to the impact that technology has on our lives," observes Dr. Chenkin. "The pandemic has only exacerbated the difficulty that a lot of kids are having right now in learning how to read facial cues and expressions to engage and empathize with those around them. Public speaking is about more than just standing up and presenting information — it is about understanding the nuanced ways that we express ourselves through body language and tone of voice. We use these same cues to decode the world around us."

More than just drills and tests, textbooks and graphs, Brain Power's innovative curriculum is carefully engineered to teach these critical life skills and set high-potential students on the path to success.

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Melissa Lantsman serves as the Member of Parliament for Thornhill in the House of Commons of Canada

CHALLENGING CONVENTIONS IN THE CONSERVATIVE PARTY

Having grown up in Thornhill, just a few minutes from where her community office is today, Melissa Lantsman is a natural advocate for the community she grew up in, fighting for the next generation by tackling antisemitism and addressing the nation's high cost of living

WRITTEN BY **ESTELLE ZENTIL**

Ever since she can remember, Melissa Lantsman has always been tuned into current affairs and world history. Her interest in politics began when she volunteered on a campaign in high school. This interest soon became a hobby, which grew into passion for change. As the first LGBTQ woman and Jewish woman ever to be elected as a Conservative MP, she is already making a positive impact in Canadian politics.

We sat down with the MP to learn more about the change she hopes to continue to make in Thornhill and her mission to keep the Canadian dream alive…

Q: Where did you grow up, and what was your upbringing like?

A: My parents immigrated to Canada from the Soviet Union via Israel and Belgium in the '70s and moved to Thornhill in the early '80s. They worked hard so we could have a better life than the one they left behind. I went to a French immersion school in the neighbourhood, I went to camp, I played baseball, basketball and did gymnastics. I got part-time jobs early on and volunteered where I could. We had family dinners almost every night, celebrated every milestone and travelled. My parents gave me every opportunity to succeed and pushed me when they knew I could do better.

Q: What did you learn from being the communications advisor to several cabinet members in the 28th Canadian Ministry of Prime Minister Stephen Harper?

A: I learned to work under pressure, solve problems quickly, get buy-in, set goals and, more importantly, boundaries, and finally, I learned that I always have a lot more to learn from others who have experience. I learned what leadership, tough decisions and integrity looked like when the stakes are high in the best country in the world.

Q: You are the first LGBTQ and Jewish woman ever to be elected as a Conservative MP. How does that make you feel?

PHOTO BY EMAD MOHAMMADI

A: I'm a woman, I'm Jewish, I'm a young and successful executive, I'm a child of immigrants, and I am many other things that are part of my identity. I'm also openly gay. It gives me a unique understanding and compassion for the things that I am and reminds me to try and understand the things that I am not in order to serve everyone. I hope people see that there is room for everyone in the Conservative Party and, more importantly, room for anyone who wants to get into politics to get into politics. Doesn't matter where you're from, what colour you are, who you love or whether you pray on Saturday or Sunday or not at all — I'm proud to have the support of a community that values all that, too.

Q: You were elected to Parliament on September 20, 2021, and you were sworn into office on October 28. Can you tell me about that day and why was it so special to you?

A: I had a swearing-in ceremony in Ottawa dampened by ongoing COVID restrictions. I had my family and close friends there for the day. We had a small ceremony and a small dinner to celebrate. It was the single most memorable day of my professional life shared with the people I love who supported my journey for many years leading up to that moment. It was almost a year to the day of when my mother passed away, and if I could change anything at all, I wished she was there to see the culmination of her work in the moment I was sworn in as the Member of Parliament for the community she and my father chose to make home.

Q: Can you share your take on the Canadian dream and how has it changed since your parents immigrated to Canada? How is that dream in jeopardy? What are some of the biggest consequences that make the Canadian dream less realistic?

A: Like many millions of others who came here, my parents worked hard, saved their money, and contributed to their communities. They shared in the uniquely Canadian ideal that their children would be able to inherit a life greater and more prosperous than the one they led, in some cases than the one they fled.

That dream is in jeopardy. It's not an overnight phenomenon. It's a consistent erosion of a way of life. And it is most certainly not just a product of a global phenomenon. It's unique to us in many ways.

A recent survey stated that 30% of young Canadian immigrants are likely to leave this country. The reason? Three-quarters of them said that the rising cost of living is pushing them away to other, more affordable places.

For the first time in our history, parents really aren't sure if their children will have better lives than they have now. That's a shocking departure from the last 100 years.

> **"Doesn't matter where you're from, what colour you are, who you love or whether you pray on Saturday or Sunday or not at all — I'm proud to have the support of a community that values all that, too"**

Q: What do you love about the Thornhill community?

A: Thornhill is a community where people work hard to get ahead but look out for one another when times are tough. It's safe, it's diverse, it is home to many centres of excellence, faith communities and local businesses that punch above their weight.

Q: What do you love about what you do?

A: Everything. When I don't love it anymore, it's time to leave.

Q: What would be your greatest advice for individuals who would like to get into politics?

A: Try it out, get engaged and never forget the reason why you started, no matter how far you get. Books don't do justice to the actual work of politics — you have to do it to understand it.

Q: What are the biggest rewards and downsides of being a Member of Parliament for Thornhill?

A: The biggest reward is seeing your work reflect the values of the community that entrusted you, seeing families get ahead, standing up for what's principled instead of repeating what's popular, seeing young people succeed through your advocacy and honouring the seniors who came before us by looking out for them.

The downside is finding balance in your life with the time away from your family, in Ottawa, and knowing that standing up sometimes means standing alone.

Q: What would you like your community to know?

A: We are here to help. I'm one of the most accessible MPs — that's my continued promise.
melissa.lantsman@parl.gc.ca
905-886-9911

Q: How would you describe yourself using three words?

A: Focused. Decisive. Unafraid.

Q: What qualities are important to have if you are a politician?

A: A principled leader who has the courage to make tough decisions, be empathetic and speak for the people who chose them for the job.

Q: What are some of your favourite local businesses in Thornhill?

A: Golden Star, Centre Street Deli, Ba-Li Laffa and My Zaidy's for food, but it's hard to choose just a few.

We have some of the country's most innovative companies, successful social enterprises and best-run family businesses that have made Thornhill home.

Q: What are some of your favourite hobbies?

A: Concerts and baseball. Current events and books. I was lucky enough to turn my hobby of politics into a passion and then into a profession.

@melissalantsman



THE GENERAL CONTRACTORS ON A CONTINUOUS MISSION TO GIVE BACK

Founders and business partners of Xana International, Mahmood Kara and Shane Worthington, discuss the projects they've worked on and why their collaboration works so well

When Mahmood Kara and Shane Worthington joined forces, it set a precedent for what was to come. Kara came from the hospitality industry, armed with an understanding of an owner's perspective and knowing exactly what clients are looking for. Worthington came from an operations and aviation background, taking a "no room for error" detail-oriented approach to work.

They grew up together, playing hockey when they were young. After reconnecting following time apart, Kara was supplying furniture and fixtures to hotels when a client asked for an install, too. That's when he approached Worthington, to see if he was willing to partner up. "We did our first project together and the same owner had more work for us," says Kara. "Word-of-mouth

PHOTO BY EMAD MOHAMMADI



Shane Worthington (left) and Mahmood Kara (right) are the founders of Xana International

in the hospitality industry spread, and we kept rolling."

Together, they are Xana International Inc., a boutique general contracting company working across hospitality, residential and commercial projects. When it comes to hospitality, the business renovates to the highest standard, handling unique requests from clients. In residential, the process is a partnership, with constant communication to realize every client's vision.

To date, they've forged lasting relationships with property owners, stakeholders and other professionals, and their portfolio includes W Hotel – Toronto, the boutique Anndore House in downtown Toronto, the Radisson Hotel near Pearson airport, as well as the Hilton in the same area.

> "OUR DREAM IS TO GET TO A POINT WHERE WE CAN START BUILDING SCHOOLS AND ORPHANAGES AROUND THE WORLD"

As Kara says, "The hospitality industry is a very close-knit community, and we're lucky we got the opportunity to work with a few from the start, before word just spread."

Regardless of the scale or location of a project, the duo's intentions have always been the same: to build a business that would allow them to give back to the community. "Our dream is to get to a point where we can start building schools and orphanages around the world," Kara says. Currently, the company donates to community schools in the area on a monthly basis, and it takes on not-for-profit projects to help seniors.

"Whenever we bring anybody into our business, we explain that to them and get their buy-in, so they work with their hearts," Kara continues. "We've been really lucky with the talent that's come through our doors. They're amazing people who understand what we're trying to do."

The heart that ties all their work together is the same, but Xana International's process for working with clients differs depending on the needs. For hospitality, Kara explains that the team will "engage a designer beforehand. They come to us and we determine the scope of work, schedules, materials, and we tell the hotel what rooms to have out of service on which dates."

Worthington shares how the residential process is slightly different. "We get an inquiry through social media or our network," he says. "Then we'll conduct a site visit with our residential team, put a proposal together and preliminary drawings and sketches so the client can visualize the project, and then provide a proposal and go from there."

The business partners also share how their venture is on a consistent mission to do things better. "The biggest area where the ball can be dropped in our industry is communication," explains Worthington. "It's so important to have everything documented and communicated in a timely fashion, so we're heavily investing in technology to give us a platform to do that and display that information to owners, staff, labourers and our clients."

It's clear that the duo have already put in the hard work to get where they are. However, future plans indicate they're just getting started. "We're focusing on opening another office, in Orlando," Kara says. "We're going to take a similar approach and, luckily for us, a lot of our clients have properties there, so we already have a foot in the door. There are a lot of old, dated hotels in that area. Given our relationships with owners and brands, we feel we'll be a good fit."

When reflecting on the definition of success, you also get a glimpse into Xana International's future. Kara shares that it's "the ability to impact others in a positive way. When I've finished my working life, I want people to know we did things with the right intentions, in good faith and that we always tried to help. That, to me, is the definition of success."

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Steven Carinci is a Senior Wealth Advisor

STEVEN CARINCI IS TAKING A HOLISTIC APPROACH TO WEALTH MANAGEMENT

PHOTO BY EMAD MOHAMMADI

The Senior Wealth Advisor discusses his passion for stocks, positioning himself as a financial quarterback and what he's looking forward to in the future

If there's something that sets Steven Carinci apart from other wealth managers, it's the holistic approach he takes to financial advice. With a desire to understand a client's personal and professional life so wealth creation and preservation can be as personalized as it is detailed, he's an expert committed to service.

Carinci got his start working in a small firm selling stocks and investments, gaining confidence through cold-calling before moving onto more personal, one-on-one engagements at seminars and booths. He learned a lot during this time, saying "telemarketing and selling stocks to strangers brought the inner-sociability out. I like to position myself as the financial quarterback of a client's overall picture."

After that, he worked for a number of top-tier firms, and is currently a Senior Wealth Advisor at Foster & Associates. He also developed a loyal client base that he's been dealing with one-on-one for the last 25 years.

With extensive training and personal experience, Carinci's bespoke approach is well-respected in the industry. He takes time to get to know a client's situation, from the causes they care about to what their professional portfolio looks like. He also meets with them regularly, in person, to keep on top of their changing wants and position their finances for a win.

As he says, "I want clients to get the best experience with me. That's why I emphasize the bespoke element. People will always deal with me, and it will always be hands-on."

In order to do so, Carinci is laser-focused on market trends and financial news. Stock selection is a particular forte, and he starts every day reading headlines and financial websites to get a grip on global events and what that could mean for a client's portfolio.

"Every client has different risk parameters, objectives and tolerance, so I want to make sure I come across as a holistic wealth advisor, someone who's there to take their current portfolio and grow it even further, focusing on personalization, constant service and attention," he says.

> "I WANT CLIENTS TO GET THE BEST EXPERIENCE WITH ME. THAT'S WHY I EMPHASIZE THE BESPOKE ELEMENT. PEOPLE WILL ALWAYS DEAL WITH ME, AND IT WILL ALWAYS BE HANDS-ON"

Particularly now when the world is emerging from a pandemic, inflation is on the rise, and the markets are unpredictable, professionals like Carinci are a necessity. Not only does his expertise help clients weather tough times, but he'll constantly review and re-evaluate a strategy so it's positioned for success.

"It's about risk," Carinci explains. "How to mitigate risk, have proper expectations and objectives and a path. Having a plan, and someone like me to devise the plan and constantly fine-tune it, is key."

Carinci doesn't just look at investment management, either. He works with clients to help them maximize their retirement savings and works with families to provide legacy planning and financial security for future generations.

When he's not working, Carinci's an avid sportsman, taking time to go to the gym and play golf and tennis. He also loves travelling, visiting Dallas three years ago to see his favourite NFL team, the Dallas Cowboys, play a live game.

For the future, the only direction Carinci wants to head is up. Alongside helping every client's portfolio reach its full potential, he has ambitions to grow a social media presence so he can start educating others on wealth management.

"You don't put a dollar figure on success," he says. "Success is leading a balanced life and doing your best at everything you do, setting goals and sticking to those goals. When it comes down to it, the true meaning of success is consistency."

STEVEN CARINCI
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Direct Line: 647.479.8832



Owners Di Lallo and Pisani will be opening a second location at Queen Street West and John Street in addition to their existing location at 29 McCaul St.

GELATO, PER FAVORE!

With 33 years of combined experience in the gelato industry, Paolo Di Lallo and Denise Pisani are elevating Toronto's gelato scene by bringing their authentic flavours and craft all the way from Italy

WRITTEN BY **ESTELLE ZENTIL**

ON PASSION FOR GELATO

Paolo: I've always loved gelato ever since I was a kid. I make everything from scratch. All my recipes and ingredients are from Italy or sourced locally.

ON WORKING TOGETHER

Denise: We are the opposite. He takes care of the production, I take care of the image of the business and managing staff. He's a doctor of gelato, like a chemist. We complete each other!

ON OPENING MIZZICA

Paolo: We always wanted to open our own business because we both worked in Italy in the gelato industry. We think gelato is an amazing product that brings you happiness. We met about nine years ago in Toronto, in a gelateria, talking about gelato. Eventually we became a couple. We always shared this passion and one day wanted to open our own gelateria.

Denise: We wanted to bring authenticity to Toronto. We invest in bringing all the best ingredients and products from Italy.

ON FLAVOURS

Paolo: We make sure to be fresh every single day. I have 18 spots for gelato. I keep about eight to 10 of the most important flavours, the most traditional ones — like lemon, chocolate, pistachio, mango, strawberry — but I change the other flavours every day.

Denise: We also create flavours that we make just by going grocery shopping. Like, "Oh, here's some cheese and figs." We wonder what it would be as a gelato flavour. It usually becomes a success, even a bestseller!

MEANING BEHIND MIZZICA

Denise: *Mizzica* is an expression that comes from the south of Italy, specifically from Sicily. It means "Wow." And that's the first thing that people usually say when they try our gelato.

ON WHICH GELATO FLAVOUR THEY EMBODY

Paolo: Pistachio! I'm expensive, nice, strong, and it has a creamy taste with nuts!

Denise: I would be strawberry because I love strawberries. It's refreshing. It's sweet. It's colourful. It's summery. It's positive, happy.

FAVOURITE ITALIAN EXPRESSION

Denise: *Mizzica* is my favourite Italian expression. It can be something bad. It can be something good. It can be "Mizzica, I got a parking ticket!" or "Mizzica, this gelato is delicious!"

ON THE DEFINITION OF SUCCESS

Paolo: Health and being passionate about what you do is important. I think when people are happy, and they come back to you to get your product, it means that you're doing things right. It's also nice and also very important for us to make people happy because this is what we do, basically. It can change someone's day. Maybe it is nothing, but it's a short time of happiness.

@mizzicagelato

PHOTO BY EMAD MOHAMMADI



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Alina Fintineanu has decided to follow her passion for baking — and see where it takes her

BAKE IT TILL YOU MAKE IT

This chess-playing champ with a sweet tooth emigrated from Romania with her family when she was just 10 years old. She grew up to open her own successful orthodontic consulting business. But now, after competing in *The Great Canadian Baking Show*, Season 5, Alina Fintineanu (a.k.a. the rogue Tooth Fairy) wants to see just how high her passion for baking can rise. What's cooking? For starters, her own recipe column with a national newspaper — and hopefully her own show on the Food Network for her long game

WRITTEN BY **DONNA PARIS**
INTERVIEW BY **ESTELLE ZENTIL**

Who knows where passion comes from? For Alina Fintineanu, perhaps it comes from a happy place, when she was growing up in Romania. She was a kid, so she didn't know much about the economy and finance and other issues, but school was great, and she had lots of friends. Her parents got her into playing chess when she was just four years old, and she really leaned into it, becoming a national champion just a few years later. She also just liked hanging around the kitchen with her mom. "My mom wasn't a huge baker. She was a lot better at cooking," she says. "Mostly I'd be licking the beaters, but she'd let me follow her

PHOTO BY ROEI WEISS (@POLAROEI) WITH AUGUST MEDIA (AUGUSTMEDIA.CA)



Alina Fintineanu shows off her incredible desserts, including a realistic-looking pear dessert, a berry tart and a layered honey cake

around and see what she was doing." Eventually, she started making little tarts, fruitcakes and meringues.

When Fintineanu was 10, her parents decided to move to Canada for a better life. "I thank my parents because I had a lot more opportunity in Canada, with things that I would never have had the chance to do in Romania," says Fintineanu. Perhaps she may not have had a chance to open Risorius, her orthodontic consulting practice. Wait, what?! That's right, she's a registered dental hygienist and a certified training practitioner with an adult education background. As a child with overcrowded teeth, Fintineanu didn't have a great smile. But, when her parents took her to an orthodontist when she was 16, it was a game changer. "Getting braces was the worst thing that ever happened to me at that age," she says. "But as soon as I started my straightening it was like night and day. My confidence level just skyrocketed." It was so life-changing she wanted to help others feel just as good.

But Fintineanu's little inner child still loves sweets. And, in fact, about five years ago she started baking again to relieve stress. When she started streaming cooking shows, she came across *The Great Canadian Baking Show*, and she thought she'd apply to get onto Season 4. She didn't make it, but she doubled down and started honing her skills, baking bread, croissants and tarts. When she applied for Season 5, she was chosen as one of the bakers. "I learned a lot about myself on the show, about doing things that I didn't think that I could do," she says. She credits her experience with building her confidence and learning how, as a perfectionist, to be OK with her choices. And she's also learned to give everything she bakes away. "The trick is to give everything away quickly, so that if they're not around me, I don't have a chance to eat them," she says. She does have a favourite dessert, though, fancy enough to live up to @luxe.baker: French entremets, which are small cakes composed of different layers of cake and pastry cream enrobed with a glaze and served cold. "It's just so many layers of deliciousness and such beautiful flavours that work together," she adds.

Still, we had to ask Fintineanu: what is the common thread that links chess, baking and orthodontics? "When it comes to chess, you need to think eight moves ahead … same with baking, you have to know where you're going and how you're going to get there. It's very precise," she says. "When it comes to orthodontics, perfection really is the name of the game … typically, in clinical practice, I do things like put braces on, which are things of a very meticulous nature." It's the necessary perfection that really suits her personality, she adds.

On the show, they called her "the rogue Tooth Fairy." But now Fintineanu is separating her two passions. The show itself has opened doors for her, and she wants to see where her passion for baking can take her, so she's taking a break from her clinical practice right now. She's off to a good start — she's just landed a deal with Postmedia Network for her own recipe column, *Baking with Alina*, which will appear in their publications beginning later this fall. As for her long game, though, she'd love to be on the Food Network.

Fintineanu is in a happy place now, grateful for everything that's happened and for all the support she's received along the way. "I was very fortunate to be on the show," she says. "And I had a partner who was supportive — Michal is just the most wonderful human being." Actually, they're tying the knot — but she won't be baking her own cake. "I would be so stressed. Anybody who does that for their wedding … hats off to them!"

www.risoriusortho.com
@luxe.baker

PHOTOS COURTESY OF ALINA FINTINEANU

EDITOR'S PICKS

From enchanting dessert plates to cheeky over-the-knee boots, let's fall into the season with style WRITTEN BY **ESTELLE ZENTIL**















1. GREEN ENVY It's officially boot season – fit in with the falling leaves with these Bibi Lou Over-The-Knee suede boots.
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2. 1/4 POUND OF GOODNESS Topped with sautéed onions, portobello mushrooms, jalapeños and more, Hero Burger's Spicy Veggie burger is 100% vegetarian and just what you'll need to satisfy your craving.
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4. TURQUOISE TOUCH When minimalist form meets maximalist glamour, the Delphine bar cabinet by Jonathan Adler is born.
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5. SELF-CARE O'CLOCK Get into the groove of practicing self-care and head to Laser Clinics Canada for specialized skin treatments, laser hair removal and more.
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6. HYDRATE Featuring a hybrid balm-to-oil formula, this multitasking melt is made from cold-pressed Ugandan nilotica nuts, working to hydrate and protect your skin.
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7. FASHION HORSEPLAY Stella McCartney's horse print organic dress is a beautiful way to add childlike wonder to kids' clothing, using everyday motifs to inspire the little ones to strive for greatness.
bambinifashion.com | @bambinifashion



8



9



12



13



14

10





11

8. INSTAGRAM-WORTHY HOSPITALITY You'll reach to take a snap of Hotel Belmont Vancouver's aesthetic–with each room uniquely designed and decorated with an eccentric colour palette and lively art done by local artists. **www.hotelbelmont.ca | @hotelbelmont 9. TRAVEL ON A PLATE** Celebrate your favourite city with an enchanting dessert plate, featuring illustrations by Rifle Paper Co. exclusively for Anthropologie. **www.anthropologie.com | @anthropologie 10. HEROES OF PERFORMANCE** Take your driving experience to the next level and begin your Acura journey at Policaro Acura **www.policaroacura.ca | @policaroacura 11. GOODBYE GLUTEN** Garofalo's Gluten Free Pasta is ideal for every palate, ensuring that no one will have to forgo the pleasure of a quality pasta dish. **martellifoods.com | @martellifoods 12. OLIVE YOU** Famiglia Zerillo's exceptional extra virgin olive oil brings you the essence of Puglia in a bottle–once you have a taste, you'll never go back! **www.shopdolce.ca | @shopdolce_ca 13. COOL KETTLE** Featuring a removable anti-scale filter that prevents mineral buildup from passing through the spout, you'll always have fresh hot water for tea, hot cocoa, oatmeal, and more! **www.blackanddeckerappliances.com | @blackanddeckerca 14. IN THE HEART OF THE CITY** At The Ritz-Carlton, Toronto explore traditional Italian cuisine and Canada's only hotel-based cheese cave, or spend a day at the Spa — right in the heart of the city. **www.ritzcarlton.com**



Natalie Kehren is a Certified Natural Health Practitioner who focuses on energy healing. Kehren helps her patients with everything from chakra balancing to spiritual counselling. Kehren is expecting her second child in the upcoming year

NATALIE KEHREN: A GUIDING LIGHT

It's time to let your light shine. Meet the holistic health coach who will help you bring out your highest potential.

WRITTEN BY **ESTELLE ZENTIL**

We are all moulded by moments in our lives, good and bad, that help define who we are. Our experiences have the power to shape us. Whether we allow those moments to define who we are or rise above them is what makes the difference.

For Natalie Kehren, many of her life experiences could've dimmed her light, and they did for a time. Having grown up in an alcoholic home and survived abusive relationships, she ultimately turned to addiction to cope. "My world got really dark a lot of times. I had no way to cope. I had no support that felt safe. I honestly thought that everyone was like me, that they understood energy, but I realized that they didn't … I had to really find ways to crawl out of my own darkness and find my own light and clear my inner debris. I always had an interest in the natural way of life."

Finding strength within herself, her light eventually came back. Today, she is a Certified Natural Health Practitioner and Spiritual Energy Specialist, helping others rise from their life experiences so that they can also learn to transform the world around them. Merging her psychic abilities and passion for helping others, Kehren focuses on counselling, bodywork and, specifically, energy healing. We sat down with Kehren to learn more about how she can help us find our light.

Q: How would you describe what you do?
A: When it comes to holistic health, there's the deeper understanding that every single thing in our body is connected. We have a physical body, an emotional body, a mental body, a spiritual body and an energetic body — all these bodies work together. In holistic health, one of the foundational beliefs is that everything starts in the energetic world first, and then starts to ripple into the mind and emotion and then shows up physically.

My signature program is an eight-step method that I have curated based on my personal experience, and on my training — very specific steps, ordered sequentially, that help to slowly unravel layers within ourselves to get us closer

PHOTO BY EMAD MOHAMMADI

to our authentic inner light. I clear away that inner debris that holds us back from living to our highest potential. I help you understand who you really are outside of childhood experiences that may have shaped you up until now, and so this is just a way to give them a safe space to access these parts of themselves that we often run from.

Q: Can you share how the quote "When we heal, the world heals" applies to you and your work?

A: The work that I do, and the intention that I hold, is to always help elevate humanity. That really happens in micro ways.

When it comes to my clients, we work in their micro world, so that they feed this bigger joyousness, this bigger ecosystem.

Q: You say that you serve as a psychic portal for you to find light in the darkness. Could you explain the psychic portal a bit more?

A: When two humans connect, there is an energy signature that happens. You know, it feels really uncomfortable to be around somebody. It's because there's just different frequencies of energies that aren't really coinciding together. So, energy. One of the laws is that like energy attracts like energy. This is why everyone's, like, "I need to hang out with my tribe of people who are like-minded."

When I'm working with a client, my energy signature is just made up in a certain way where I open up a door to the really subtle energies around us. So, I can read them really well. I almost have a portal to a doorway to the other side. So, I receive messages … It's an energetic reading, and it's messages of what needs to happen next, or what will happen next, or what's going on with their body, and connect those doors.

I don't know what happens quantumly, and I can't explain it scientifically, but something opens where I'm able to access. And the more open the other person is, the easier it is for me. So, being really centred for the person is important. And then information just comes through.

And then when the session is done, I blow my candle out, and the session is over.

> "The work that I do, and the intention that I hold, is to always help elevate humanity"

Q: What type of clients come to you? How are you able to connect with people that might not understand the work that you do?

A: I've thought about that question so many times. To be totally honest, there does have to be a willingness to change; otherwise, I'm wasting your time. If your resistance is so strong to my approach and what I do and what I offer, then you're better off doing something else to begin with, and then maybe venturing back to me or finding another path for yourself. I learned a long time ago to not convince those people — I just kind of leave it up to the right place at the right time.

There're usually moments that happen in people's lives that are either really traumatic, like a relationship loss or a car accident, or something that awakens them to themselves. Then they're more open to receive a greater understanding and knowledge of themselves. It's really hard to understand your power and step into it. And it's scarier to do that for all of us than to just stay small and stay in your little world of safety and comfort.

Q: How do you protect your energy?

A: It took me a long time, to be honest, but it's understanding my own energetic limits. After a session, if it was a lot for me, I have to do something afterward for my energetic well-being or energetic health. Just like you would eat food on a regular basis, I do the thing that helps me bring it all back and clear out the energy. Sometimes it's sleeping a lot. Sometimes it's grounding with earthy foods, the things that grow under the earth, like potatoes and carrots, and things like a nice stew that just help me ground. Sometimes it's a shower. I shower quite often each day because it helps me. The water helps cleanse my energy field.

Q: How has motherhood changed the way that you work with people?

A: It's given me really great insights into childhood experiences. Because I've had to learn a lot about how to consciously parent my son, I now know what that means and how important that is. Because I've had to do more research on that, I show up as much as I can really mindfully for my son.

Q: What is one thing that everyone can do to improve their lives significantly, if you had one piece of advice?

A: Focus on your energetic health and well-being and instill practices that, just like you eat food every day and you drink water every day, you get enough sleep and you take your supplements, focus on the awareness around your energy and how you feel leaving a situation or being around somebody. Be more mindful and aware of your energetic well-being.

Q: What's one product you can't live without?

A: Crystals — I can't live without them. I love them and I need them. And plants. I think it would be really hard in my life if I didn't have crystals in every corner and hiding in plant pots and my plants everywhere because they absorb the energy, and they cleanse the space for me.

Q: What's your favourite thing about yourself?

A: My favourite thing is my ability to see people beyond what they show me. It helps me a lot in creating connections that are deep and understanding humanity on a whole new level. It helped open my heart to compassion and expand my heart centre in a way that elevates me and helps me do what I do today.

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Natalie Papia, president of Zilli Home Interiors

ZILLI HOME INTERIORS IS HERE TO OUTFIT YOUR SPACE FOR FALL

For Natalie Papia, president of Zilli Home Interiors, a new season is all about opportunity

With a 22,000-square-foot showroom in Vaughan filled with over 70 fully accessorized room settings and styles that range from classic to contemporary, Zilli Home Interiors is, in the words of its president, Natalie Papia, "about creating an experience that ignites all of your senses. Everything looks good, feels good and smells good."

However, it's when a new season is approaching that the selection at Zilli Home Interiors comes into its own. Especially with Papia being so in tune with trends — discovering them on her travels, via social media and at a variety of trade shows throughout the year — seasonal shifts are an opportunity to embrace what's upcoming but also inject more personality into your home.

For those looking to rework their space this season, Papia says, "Easy ways to change a room are through accessories, scents and incorporating organic elements from outdoors. Add fresh flowers or branches to bring the outside in."

When it comes to fall, specifically, she advises that clients can set the mood by adding new lighting, blankets and other nuances to create an environment that's both soothing and calm. "Fall is a great time to add warmth and texture," she continues.

"Nubby fabrics provide texture and softness. Sheepskin pillows and cable-knit throws add warmth. Task and accent lighting create a bold feature, and also create a mood in the long evenings." Papia also mentions layering accessories, adding trays, books and candles on coffee tables.

PHOTO BY EMAD MOHAMMADI

> BY TAKING INTO ACCOUNT SPACE PLANNING, FUNCTIONALITY, COLOURS, BUDGET AND SO ON, WE CREATE ROOMS THAT ARE A REFLECTION OF YOUR PERSONAL TASTE

With an understanding that creating a design space can be overwhelming, particularly during a time when inspiration and style is so accessible, Zilli Home Interiors has introduced design consultants to its offerings, available to help narrow down options and facilitate the selection process.

"Although our customers have a strong fashion sense, working with our design consultants will ensure an effortless execution of your design goals," Papia explains. "By taking into account space planning, functionality, colours, budget and so on, we create rooms that are a reflection of your personal taste."

Since its inception in 2009, Zilli Home Interiors has evolved with its clients, understanding their needs and preferences while constantly learning about what's happening in the world of style and trends. It takes cues from what's occurring on the design stage internationally and delivers it to customers who want to make their house a home.

It's all of these reasons that combine to have Papia define success as balance. "It's about working hard but also taking the time to enjoy your life," she says. "Unplugging is equally important. Eating, laughing, travelling, family time, shopping. It's during this time that everyone needs a recharge to continue to evolve and grow."

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Vern Floor Lamp

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Beige Tibetan Fur Toss



Tonka Noir Diffuser



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Sphere Collection Accents



Kelly Wearstler Coffee Table Book



NAVIGATING ROUGH WATERS

Anthony Caputo and The Caputo Group offer steady, calm guidance and expertise to assist clients through one of the most challenging real estate markets in decades

It is one of the most volatile and mercurial residential real estate markets in a generation and, with the Greater Toronto Area being one of the hottest and most active markets on the planet, buyers and sellers here need good guidance, experience and expertise in navigating through these times to make sense of it all in order to maximize potential benefits.

This is where Anthony Caputo and the Caputo Group real estate in Bolton, Ont., add the greatest value for its growing roster of clients. They turn to Caputo because, as important a decision as buying and selling real estate is, unless you're in the business, very little of it makes sense, and, like in many other aspects of the professional world, experts are required to explain it all ... especially when making decisions in such a challenging and confusing market.

"They don't understand the changing market, and they don't understand how this decision is going to impact them in the future, whether it is positively or negatively," says Caputo. "And they really don't understand the legalities of a purchase. You can dumb down the Agreement of Purchase and Sale, but it's still very hard to understand. As agents, trying to explain all these clauses in plain English is always a struggle. We work with experts in the field, such as Northview Law and Lango Law, to ensure everything goes smoothly."

Caputo has been one of the most successful sales representatives in the region since 2015, winner of a Diamond Award in 2021 and well on his way to another in 2022. Now, with five agents on the team, The Caputo Group serves the Ontario communities of Bolton, Vaughan, Caledon, Orangeville, Nobleton, King, New Tecumseth and Kleinburg. He also deals with first-time homebuyers in providing direction on their purchase when entering the market — a market that, Caputo says, is changing rapidly.

"The communities are growing and changing dramatically, and our team is changing with it, as we've been able to pivot and service everyone who's been coming really well," says Caputo. "Obviously, the demographics have changed a lot and, actually, because of that, we've found more opportunities for our business."

Caputo attributes much of his success to his team, which includes his younger brother Victor. "He is a winner, he is loyal, he is hungry, and he takes pride in making sure each client is taken care of, no matter what," says Caputo. "I measure my success by the success of my team."

His success has allowed Caputo to expand his philanthropic endeavours by donating to Big Brothers Big Sisters of Canada and the Canadian Breast Cancer Foundation, and he has recently included seniors in his focus by teaming up with Caledon Seniors Centre. Caputo donates $1,000 for each listing that he sells in order to help with the construction of a new wing at the centre.

Strength of character, honesty, integrity and vast expertise and knowledge are the traits Anthony Caputo and the Caputo Group bring to their profession — exactly the type of quality attributes needed in these challenging times.

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A SPECIAL THANK YOU
Forest Group would like to acknowledge the incredible leadership of Mayor Bevilacqua over the past 12 years in the city of Vaughan. As a company rooted in integrity, priding ourselves in setting new standards, we are proud to have witnessed our Mayor do just that. Without his visionary mind and incredible persistence, Vaughan wouldn't be where it is today.


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LEAVING A LEGACY OF LEADERSHIP

After 34 years of public service, including 12 years as mayor of Vaughan — bringing his city a downtown core, a subway, a university and a hospital — Maurizio Bevilacqua is not seeking re-election

WRITTEN BY **RICK MULLER** | INTERVIEW BY **ESTELLE ZENTIL**

Bevilacqua was initially elected into politics in 1988 before becoming mayor of Vaughan and overseeing its transformation into a major city and economic powerhouse in Ontario

PHOTOS BY EMAD MOHAMMADI

Choosing a life of public service is a deeply personal and emotional decision. One that comes from observing the world around you, wanting to make it better and then looking into the mirror to ask yourself if you have what it takes to take on the many challenges and effect positive change.

Maurizio Bevilacqua looked into that mirror 34 years ago and found the answer within himself and went on to serve his community with distinction as a leader, changemaker and driving force, including as the three-time mayor of Vaughan. His last two elections he won with greater than 70 per cent of the vote. That's unheard of in today's polarized world. That's the 1927 New York Yankees of politics.

Belivacqua recently announced he was not seeking re-election for a fourth term and will instead seek out new challenges to conquer. The native of Sulmona, Italy, recently sat down with *City Life* to reflect upon his career in public service and how he looks forward to new adventures, secure in his legacy, happy, optimistic, joyful and ready to take on whatever his next life chapter may present to him.

Q: Why did you decide to not seek re-election?

A: Well, I think these are very important life decisions. And after much thought and contemplation and meditation I felt that after 34 years of public life I had given a lot to the community and had really answered my call to public service.

But public service manifests itself in different ways. I served when I was president of the student council at York University, when I was assistant to members of Parliament at both the provincial and federal levels, when I was a member of Parliament, a Parliamentary secretary, and when I was Minister of State for Finance. When I engaged in the various campaigns to raise $250 million to build the Cortellucci Vaughan Hospital. There comes a time when you want to give other people an opportunity to serve and to lead the city.

I'm very much at peace with my decision, simply because I think I'm leaving the city in a better state than I inherited it. And the city is now in an excellent position. And I hope the next leader will continue on the same path, and maintain the type of calmness and civility that I was able to bring.

When I was first elected in 2010, the city of Vaughan did not have a subway, a university, a downtown core, a hospital, or a 900-acre park — one of the largest in an urban setting in North America. One of the things I take a great deal of pride and satisfaction in is that after 34 years of public life here in the community, eight out of 10 people approve of the work that I've done. That is a testament to the fact that I've worked very well with the community, that our values, principles and beliefs were perfectly aligned. And by working together we were able to achieve transformational change in the city of Vaughan, which is the reason why I originally came back from Ottawa. I felt that the city required leadership that could transform its image and I wanted to bring back respect to the city. And I think I've achieved all that. And so now it's time for the next chapter.

You know, I was born in the 1960s, and I think that life is really ebbs and flows of events. And when it's time to go, I tap into an energy that tells me when to move on. And I think it's a perfect time.

Q: You made that announcement on your 62nd birthday. Was that intentional?

A: What I wanted people to leave with that night first of all — the theme of the evening — was that one should always live in a spirit of generosity and gratitude, and I got to express my gratitude for many, many things. First of all, a $250-million campaign that I started for the hospital was successfully completed, which is a great cause for celebration. I also showed a video of all the progress we made as a city since 2010. The other was that we need to give young people a platform to grow and expand their horizons and be supported by the community. And then the birthday cake was my way of telling people that there is a reason for every season in life, and that's when I announced that I wasn't going to be running again in 2022.

And I must say I was kind of surprised by people's emotional reaction that night — the tears, the hugs, the beauty of all that — because, by nature, I'm not self-absorbed. But, after a few days and upon reflection, the reaction made a lot of sense, because after all, I have been working for this community for 34 years and we've shared a lot of love in building this community. It was just an amazing evening, but I do think that it was the right time at the right place for the right reasons.

Q: When you made the announcement, the people in the room were obviously stunned to see you leave this leadership role. They didn't want to clap. Like you said, you believe in energies — that energy must have hit you hard.

A: I do think that you can only build a city if you love the city. And if it's for you, the act of creation of the city is a labour of love, right? You can't fake that. In my years of public life I've always made people my priority, and they will always continue to be my priority. There are people born with the propensity to be givers, and I am one of them. We tend to be people who want to take care of people and nurture the human spirit every which way we can.

I will continue to do that in other roles in the future, wherever they may be. Right up to mid-November I'll be the mayor of the City of Vaughan. And after that, I will be doing what I will be doing. Some people think that you have to always be planning something ahead, but my first decision was "Do I run again?," not "What am I going to do after?" I tend to trust the universe, and the universe has served me exceptionally well throughout my life. Where you are is where you need to be. So wherever I end up, I'm going to be feeling very comfortable, at ease and at peace.

One of the reasons I painted *What's the Point?* was to inspire people to go beyond the immediate and go a little bit deeper, crystallize the essence, the point of life. I'm trying to inspire people to ask the most fundamental question of our existence on earth, invite them to go on

a contemplative journey of greater self-awareness. And people may say, "Why is the mayor writing poetry? Why is he designing the Order of Vaughan, the actual pin? Why is he writing a song about the city?" Because this is part and parcel of my love for the city.

I've always focused on the fact that the purpose of life is to improve the human condition, not just your own. What you and I share is that we want something to do, someone or some cause to love and something to hope for, right? Life is really about value added and self-respect, so when you get up in the morning, you add that value to yourself, to your family, to your name, to your community and into the world. When people are adding value, they always feel good — it doesn't matter whether you're the mayor, whether you're a journalist, whatever the case may be.

Q: Not everyone in politics puts a deeper sense of what life means at the forefront of how they lead their lives. You obviously have a very self-aware and intuitive approach to everything you do, and mentioned that you were meant to serve people. Where do you think this sense of service comes from?

A: I think you need to tap the energy of divinity. Where do thoughts and emotions come from? Aren't you picking them up from somewhere? I think that they come from something bigger than us, and that if you align your energy to that energy, you live a life in concert with the universe.

We are a function of how we coexist and exchange our energies, insecurities, weaknesses, fears and doubts, as well as all the strengths we have as individuals. You do have to trust — if you don't, then you're always second-guessing yourself, which can immobilize you. For example, I ran for student council president at York University when I was 20, very young relatively speaking. I was ranked fourth out of four, but something told me I could win, so I pursued it. You have to remember that 18 years prior to that I had emigrated to Canada. And so somebody writing my story would say, "No, no, you can't go from the basement of a house on St. Clair and, boom, to the House of Commons in 18 years," but it happened. And even when people thought I was going to lose when I ran for the nomination, I did it. Then when I became chair of the finance committee, people thought, "Oh, jeez, that's going to be hard to get," but I did that, too. I've always been driven by optimism, a sense of purpose and a belief in myself. And so when people said that having Assembly Park in Vaughan was a pipe dream and were naysayers about the hospital, well, not only did we get a hospital, we got the first smart technology hospital. And when people said, "You will never get a university," I went to the States and brought Niagara University in Ontario here. So, it's just a willingness to not give up and to always believe in your mission. As my painting will tell you, What is the point right now?

> **"WHAT YOU AND I SHARE IS THAT WE WANT SOMETHING TO DO, SOMEONE OR SOME CAUSE TO LOVE AND SOMETHING TO HOPE FOR, RIGHT?"**

Q: It has a lot to do with energy and what you put out there.

A: Discernment is the process you go through to arrive at a solution, right? You have to know where you're getting these feelings from. They can come from a good source or from a bad source, so if you're uncertain about a decision you're making, you have to really sit down and think about it. Why am I feeling like this? Why this feeling of insecurity? Or why am I feeling really joyful? You have to figure out both, because joyful states can come from the wrong source and sorrowful states can come from a good source, too.

You've got to make sure that you're tapping into the right energy fields. I believe that we all have it within ourselves to do it if we want to. Sometimes people don't want to dive in because they're afraid of the answers or feel really anxious about whatever situation they're in. Because it's kind of scary, right? Whereas finding the truth should be viewed as something to be excited about, right? The old cliché is true — the truth sets you free.

Q: Going back to your artwork, is it something you are constantly working on? Are you like President Bush, who basically took up art full time after his presidency?

A: I've always had a creative side, whether it's the song that I wrote for the city, "The Place to Be," or the Order of Vaughan, which I designed, or a poem I wrote about life, which I think is profoundly important to understand. Art is just another way for me to transmit my love towards my city. And quite frankly, it's because I am who I am. The opposite of that, being disconnected from my city, my constituents and friends and neighbours, is just not how I function. I'm very much in tune with them. That's why I love our community so much. It's very, very much into building something special, and I have witnessed that over 34 years.

Q: So you're saying that whatever you're going to be doing post-November will be right for that moment in time. But can you tell us any more details in terms of the vision or map that you're looking to follow afterwards?

A: I think that after 34 years people in the community know me fairly well by now and have a good sense of me. And that's why I'm so happy about the approval rating. I feel like my community is my family, and when your family and neighbours and friends are happy with you and the work that you've done, it's a wonderful feeling.





BEVILACQUA PAINTED *WHAT'S THE POINT?* WITH A SINGLE DOT AT THE CENTRE TO INSPIRE PEOPLE TO GO A LITTLE DEEPER, CRYSTALLIZE THE ESSENCE AND THE VERY POINT OF LIFE







As mayor of Vaughan for 12 years, Bevilacqua grew the city from a sleepy rural community north of Toronto into a major player and influencer in both politics and economics, welcoming leaders and personalities such as the Dalai Lama, Pope John Paul II and Oprah Winfrey

But what makes it even more wonderful is the fact that I did it with them. So I have a sense of complete well-being and it just reinforces my trust in the universe. It's an excellent way to live.

You know, in today's society you could find thousands of reasons to be negative if you looked for them. But we also have to realize that there are thousands of reasons to be happy and joyful, too. So how do you promote positivity? I think you do it by having clarity of purpose, by knowing what your values, principles and beliefs are, and by aligning your actions to those values, principles and beliefs. Whatever I do in the future will be very much in alignment with that. It's not an issue of re-election or just giving it up for a while — I do think that that was a season of my life and now there's going to be another season, just as meaningful, purposeful, and productive as the previous 62 years. I'm very happy about that and I'm happy that I was able to share all this with my community.

Q: What inspires you?

A: The contributions, the ability to add value to the human experience, to improve the human condition. This interview that you and I are having, for example — we could look at this and say, "OK, this is just a simple interview." But maybe it isn't — maybe some of the thoughts expressed will bring awareness or change a few lives for the better. We might inspire people to think, to express themselves in different ways and to find answers to some of the challenges they're facing. That's what inspires me.

Q: What does your morning routine look like?

A: As soon as I get up, I have thoughts in my head. I'm a voracious reader, and I keep myself up to date with what's going on in the world, because, ultimately, we are citizens of the world. My late mother was a seamstress, and from her I learned the state of flow, which is a psychological state where you're deeply immersed in whatever you're doing in the present. When a seamstress is making a dress, she's required to be totally focused because everything has to be done to perfection. And that's how I am in public life, in a state of flow, adding value to my community. And my day is very much like that. Whether you're exercising, reading, having a conversation over lunch or a coffee or whatever you're doing, you can't be doing other things. You have to be fully present because otherwise you've failed. At the end of the day I do something called "a spiritual examine," where I review my day and ask myself, "Did my actions bring me closer to light?" When I started, it used to take me a long time. Now I can do it fairly quickly, in 15 or 20 minutes, and just go through my day. What feelings was I having while I was walking in the park or having a conversation or pumping gas? I mean, this sounds kind of silly, but it isn't really, because what it does is get you into a habit to appreciate your day, and if you do things that you're not supposed to do you're reminded of them. And by doing this rapid repetition every day you soon begin to realize that this is the way to a virtuous life, as opposed to, say, a life of vices, or whatever the case may be.

Q: What is your definition of happiness versus success? What is the difference between the two for you?

A: The interesting thing is that if your success is not consistent with the higher values of life you can be successful but not necessarily happy. We talk about federal, provincial, municipal infrastructure programs, but the biggest infrastructure programs were not built by us — the sun, the Earth, the wind, nature, that was all given to us. The roads and buildings we build are just part of the act of creation. So, happiness for me is the recognition of how incredibly blessed we are to live as human beings in this incredible universe that was created for us. And success for me is the recognition that we were put on Earth to really manifest love, to give of ourselves in a selfless way to improve the human condition. That, to me, is what it is.

www.vaughan.ca
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Congratulations Mayor Bevilacqua for your hard work, dedication and service as the Mayor of Vaughan for the last 12 years! Under your leadership, the City has achieved many significant city building accomplishments that will improve the quality of life for generations to come! We are proud to have had you as our Mayor and wish you continued success in your future endeavors.

Best wishes,

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Wes Hall has been a self-made success in business, television, philanthropy and now through the written word

DETERMINED TO SUCCEED

Dragons' Den star Wes Hall's new memoir tells his incredible journey from crushing poverty to the very top of Bay Street power

WRITTEN BY **RICK MULLER**

On Sept. 27, 1985, a 16-year-old stepped off a plane from Jamaica at Pearson Airport and into a new life. Of the thousands of people arriving at Pearson on that particular Friday, no one could have imagined the impact that young Wes Hall would have on so many in his new country — through business, philanthropy and mentorships — especially considering the turmoil he had already experienced at such a young age.

Today, some 37 years later, Hall is one of North America's most influential financial powerbrokers, beginning his second season as an investor on CBC's *Dragons' Den* and a major philanthropic force for his work with charitable causes. His personality has the gravitational pull of the Sun. Engaging, affable, outgoing, funny and ridiculously smart, Hall is the very definition of a "self-made man," as told in his new memoir, *No Bootstraps When You're Barefoot*, being released this fall.

All of this is a far cry from his humble beginnings of being born into abject poverty in Saint Thomas, Jamaica, in a home with a verbally abusive and violent mother and kicked out of the house at age 13 with no means to support himself. And no dreams or ambitions other than basic survival.

"I was always meant to be poor," says Hall in a recent interview with *City Life*. "And the reason I was always meant to be poor was when you grow up in poverty, you're not sitting there thinking, 'One day, I'll be eating steak and living in this fancy house in Toronto in the financial capital of the country and have the respect of all these CEOs.' Think about the audacity of that thinking when you're walking barefoot with no shoes. So, I didn't have that ambition because I had no basis for it. As a child, I just wanted to survive."

Hall not only survived but thrived, taken in by his beloved grandmother, Julia, who quickly became his saviour, mentor and centre of his world, pointing him toward a brighter future.

"My grandmother believed I was not an average kid," says Hall. "I don't

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PHOTO COURTESY OF WES HALL

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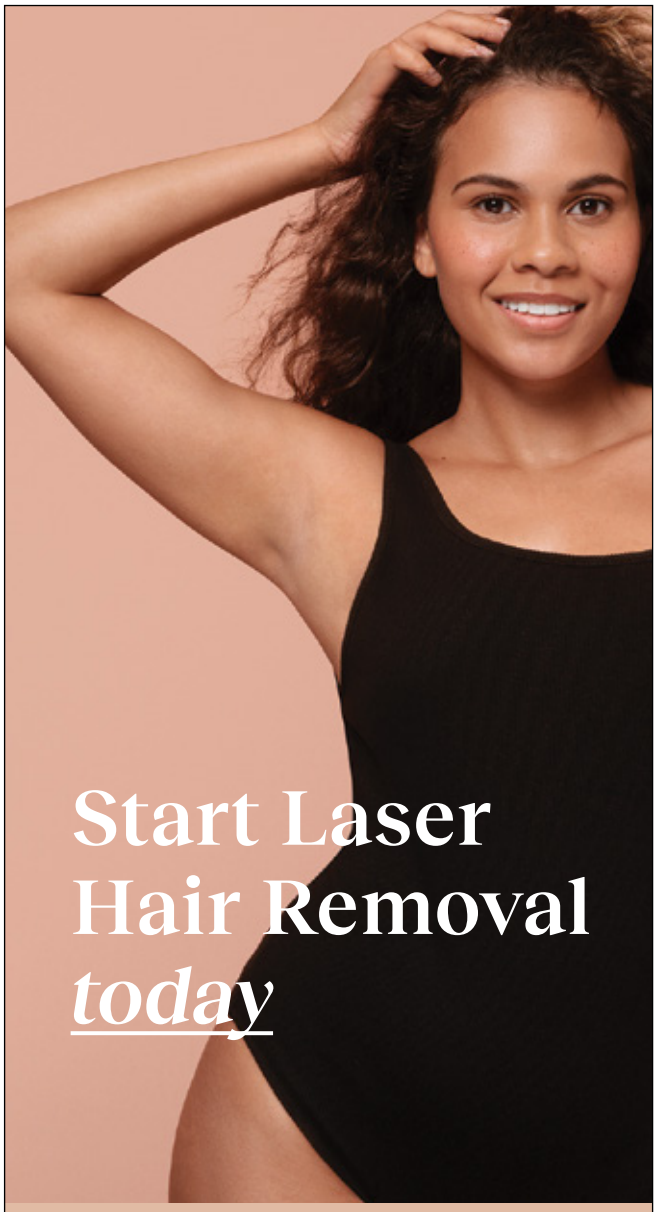


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TRI-HEALTH IS PREPARING YOUR KID'S IMMUNITY FOR THE NEW SCHOOL YEAR

Dr. Jason Granzotto outlines the health impact of a new school year and how a naturopath can help



Naturopathic doctors Maria (left) and Jason Granzotto, owners of Tri-Health Wellness Centre

PHOTO BY CARLOS A. PINTO

With fall comes a new school year, a new routine and, inevitably, new impacts on your kid's immune system. Dr. Jason Granzotto, founder of Tri-Health Wellness Centre, wants parents to know that immunity is more than just taking supplements.

"There are lots of changes that happen when kids go back to school and it's not just that they're around more kids or that the weather is changing," he says.

"For example, I get parents to look at how many hours their kids are sleeping with a workload that's busier than the summer. Kids don't realize it, but the reality is they're under stress, which makes them more likely to get sick."

Granzotto mentions **the importance of vitamins D, C and zinc** for their positive influence on viral infections and recovery. For kids, specifically, he talks about his work introducing **elderberry, an herbal extract** that's formulated to taste good while offering health benefits.

He also talks about **sugar's role in lowering immune systems, encouraging parents to cut back**, sharing that there's always a spike in infections after Halloween.

With Tri-Health Wellness Centre looking at health holistically, it's the perfect place for parents to start exploring how they can protect both themselves and their kids in time for school, and what supplements to take and diets to follow to sustain results in the long term.

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GROW SOMETHING GOOD

That's the aim of Farmers for Climate Solutions, a national coalition of farmers and farmer-supporting organizations who believe that agriculture must be part of the solution to climate change. Climate-friendly farming is not only good for the planet, it's good for people, too

WRITTEN BY **DONNA PARIS** | INTERVIEW BY **ESTELLE ZENTIL**

There's no denying it. Across Canada, there's a growing realization: climate change is a severe threat to the entire agricultural industry. "More and more farmers are realizing that we need to adapt aggressively to the changing climate," says Brent Preston, the director of Farmers for Climate Solutions.

It's no surprise that Preston is one of the leaders of the coalition. Originally from Toronto, he and his wife, Gillian, bought the New Farm, on the Niagara Escarpment near the village of Creemore, almost 20 years ago, growing vegetables sustainably and growing connections among farmers, chefs and low-income urban communities, too. But more about that later.

Back to the farmers and the coalition: everyone knows there's strength in numbers. "We make change by working together and fighting for the change we want," says Preston. "So, Farmers for Climate Solutions has given us an opportunity to take the lessons we've learned on our farm and try to use those to promote more substantial political change across the country."

In Canada, funding for farming is negotiated between provinces, territories and federal governments with five-year Agricultural Policy Frameworks (APFs). With the next one beginning in 2023, the coalition assembled a task force of experts in late 2021, including university researchers and organizations like Ducks Unlimited, to identify the most cost-effective ways to reduce emissions rapidly. They came

PHOTO BY EMAD MOHAMMADI



Right from the start, Brent Preston, the director of Farmers for Climate Solutions, has been an advocate of organic, sustainable farming

> “More and more farmers are realizing that we need to adapt aggressively to the changing climate”

up with ideas for nitrogen management, manure handling, livestock and soil management, tree management and programs to protect wetlands, putting forth an ambitious report, *Rooted in Climate Action*, to reduce emissions and strengthen resilience on farms across Canada.

Just this past July, the APF for 2023-28, called the Sustainable Canadian Agricultural Partnership, was approved. “Ministers in earlier meetings had agreed that climate change was a priority, and we have good policies coming out of the agreement, but it definitely didn’t go as far as we would have liked,” says Preston. Take CO^2 emissions, for instance. The Coalition looked at opportunities for emission reduction and came up with about 16 million tonnes of CO^2 equivalent that could be cut from the agricultural system. The agreement calls for three to five million tonnes of emission reductions. “It’s good because it’s the first time they [the government] have ever agreed to a target for emission reduction, but it falls short … as they’re only calling for a third of what we think could be achieved if we were more ambitious,” he adds.

It’s not easy. The crux of the problem is that these measures can be costly for farmers to adopt. So, Preston focuses on the advantages for all Canadians. “We all benefit when we produce less greenhouse gases and when our agricultural system is more resilient,” he says. How to deal with farmers who aren’t on board? Essentially, Preston tries to just get them moving in the right direction, “because the climate crisis in farming means we don’t have time to mess around — we have got to get moving.”

One thing Preston is glad about is that people are now talking openly about farmers’ mental health. “I’ve struggled with depression, mostly because I focus too much on work, and too much time spent toiling away alone,” he says. He’s not alone. Canada’s farming system has evolved over the past 50 years to make it more common that one person runs a big operation, limiting day-to-day contact with others. Add things like the weather and financial stress, and you can see how it happens. “I’m hopeful that more people are talking about it, and I’m also happy that we’ve been able to find a model on our farm in which we’re better able to take care of ourselves,” he says. That includes pursuing other farm-related passions, but not necessarily working on the farm every day.

In fact, at the New Farm it’s been a bit of a roller-coaster since the pandemic. Since most of their sales were to restaurants, they lost that business and started selling their produce to grocery stores. Now they’ve pivoted again, sending most of their produce to food banks and to good-food organizations. “We’ve done that by raising money from some amazing companies and individuals who basically buy our food so we can send it to food banks and people who can’t afford to buy it,” he says. That’s a big deal for Preston. “For our family, we think about food as a basic human right — so that’s amazing!”

Right from the start, Preston has been an advocate of organic sustainable farming and, in fact, he chronicled his family’s experiences and laid out a model for a new kind of agriculture in a book called (what else?) *The New Farm*. Recently, a production company has purchased the film rights, and there are plans for a TV series. You might think all this might go to one’s head. But Preston has his feet planted firmly on the ground, and he leads by example. One lesson he wants to pass on to his kids is that no matter what career path you take in life, you can always be doing good. “Whatever you’re passionate about, you can find a way to do it that makes things better for other people,” he says.

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TOXIC POSITIVITY with WHITNEY GOODMAN



Whitney Goodman is a therapist, author and mother who is transforming the way we speak about mental health. She recently published her book, *Toxic Positivity*

In a world obsessed with positive thinking, you may be guilty of perpetuating toxic positivity in your life. Thanks to psychotherapist Whitney Goodman, we're learning how to keep it real in a world that's conditioned not to

WRITTEN BY **ESTELLE ZENTIL**

Have you ever felt the pressure to *always* be positive? When the world is constantly bombarded with messages like "good vibes only" and "always see the glass half full," it's hard not to.

To help us understand the dark side of always looking on the bright side, psychotherapist Whitney Goodman is radically honest in sharing her insights on toxic positivity and how it affects our lives. With over 500,000 followers on Instagram @sitwithwhit, and with her new book, *Toxic Positivity*, Goodman is helping transform the way we speak about mental health, empowering us to show up authentically in the world. As she puts it, "Toxic positivity is ultimately offering someone a very simple solution for a complicated problem that we know nothing about."

We talked with the psychotherapist, who was at her home in Tampa, which she shares with her husband, their son and two dogs, Luna and Charlie.

Q: What makes you so passionate about what you do?

A: It's interesting to talk to people and

PHOTO BY NICK GARCIA PHOTOGRAPHY

learn more about why they think the way they think; why they made those decisions. I'm never really bored doing this job because there's always a new story or something different to learn from someone.

Q: What would you consider to be your expertise in the field?
A: I'm a licensed marriage and family therapist, so I'm trained from a systems perspective. I like to look a lot at how our family relationships and just our relationships with different systems in the world impact how we think and how we operate. The majority of people that I work with are typically having some sort of family issue, relationship issue. I also work with quite a number of people that are dealing with chronic health issues, and how that's impacting their relationships or their life.

Q: Do you feel that the work you do has helped you in your own life?
A: For sure. I mean, I think there is definitely a feeling for most people that become therapists that *Oh, I'm gonna figure myself out and I'm going to be able to use this on everyone I know*. And in some aspects, yes, that's true. You get more of an intellectual understanding, and it's helpful. But it certainly doesn't replace the actual act of doing the work on yourself and going through life.

Q: Can you share a bit about your private therapy practice?
A: I'm totally online now. I closed my regular office during the pandemic and went virtual. I mainly work with 25- to 35-year-olds, and they all want to be online. So I just never went back to the office.

Q: If you're dealing with heavy subjects, how do you deal with the aftermath in terms of your own well-being? Do you have a therapist?
A: I do. I've been in and out of therapy all the time, you know, depending on what's going on in my life. I think the biggest thing I've noticed as I get further along in my career is that I've gotten a lot better about having really strong boundaries around my work.

Q: Can you speak about how social media has changed your field in general and how you're utilizing it to spread information?
A: I started my Instagram to promote my private practice in early 2018. People then were like, "Therapists can't be online," and people were telling me this was the stupidest thing I had ever done. And now every therapist is on the Internet. It's become such a big part of my work, to be able to disseminate information like that. I have seen social media open up conversations about mental health, get people into therapy, normalize how people are feeling. I mostly think it's been a net positive thing.

Q: Your new book is *Toxic Positivity*. For those who aren't aware, how would you describe toxic positivity?
A: Toxic positivity is ultimately offering someone a very simple solution for a complicated problem that we know nothing about. And it's like those platitudes that you think of like everything will be fine; it all happens for a reason and using those whenever someone is struggling with something or going through a hard time.

Q: Do you think that there's any correlation between toxic positivity and the age of instant gratification?
A: I think in some ways, yes. It's like we just want to put a bow on everything and make it good. We're also told, especially in the United States, you grew up with this messaging of *I just want you to be happy and for my kids to be happy.* Happiness is always the goal. And so it makes sense that we would constantly want to be doing that for our friends and family and making sure that they're positive and happy.

Q: How did you do your research and what did it show? How were you able to quantify what you found?
A: So, I read a lot of positive-thinking literature. So, the secret of the law of attraction all that stuff was part of my research. And then also just looking at a lot of the actual research studies that have been done on emotional suppression and positivity, and how that helps people with things like problem-solving and creativity. And we find that it's not actually that helpful in those situations.

Q: What are some of your biggest pet peeves when it comes to positive thinking and what comes out of there?
A: A lot of it is very individualistic, in the sense that it's like, "Change your thoughts, change your life." And we know that it's not that simple. You know, there are so many social determinants of health and well-being that are not totally within the control of the individual. I mean, even genetics. We can't control everything that's going to happen to us. And a lot of these books propose that if you get cancer, it's your fault because you were thinking it. And we know that that's not scientifically sound in any way.

Q: Online therapy has boomed since the pandemic as well and it's almost not normal to not have a therapist now. What's your take on that?
A: There's certainly a world where you could become overreliant on a therapist, and maybe have a relationship that doesn't have great boundaries or where you don't believe that you can empower yourself to do things on your own. I think it's really important for people to think about this: is therapy helping me become more of the person I want to be in helping me to have more agency and independence in my life? Or is it making me more dependent on someone else to make decisions for me? And I think that's going to depend on each individual person and what they're going through at that time.

Q: If you weren't a psychotherapist, what do you think you would be doing?
A: I think I would have liked to probably be a journalist or a talk-show host. Anything where I could get to talk to people all day!

Q: What's your definition of happiness?
A: I think it's living a life that's in line with your values and knowing what's important to you. Also knowing that happiness is just a feeling that you're going to experience sometimes, not all the time.

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ADVERTORIAL

Katya Moser, owner of Maison Femme and fashion enthusiast, shares this season's essentials for today's modern woman

FALL STAPLES

Located in the heart of the Kleinburg Village, Maison Femme is your one-stop-shop boutique for all your Fall statement pieces

PHOTO BY EMAD MOHAMMADI



▲Kenzie Blazer
An expertly crafted double-breasted blazer in black. Smart tailored construction features strong shoulders, peaked lapels, seamed flap pockets and a fitted, tapered waist. Detailed with six domed buttons in gold. Double button closure, fully lined.



▲OLINE Trench Coat
The OLINE jacket is crafted from buttery soft faux leather designed to look and feel just as supple as the real thing. The padded shoulders and longline silhouette layer perfectly for an oversized chic vibe, or wear it belted to define your waist.



◄Favourite Pants
These tailored best-selling beauties have a fluid wide-leg silhouette with a high waist and front pleats. Crafted from a blend of suiting fabric with front pockets and a relaxed fit, these beige trousers stand tall on their own.



►Aissa Feather Halter Top
For a more decadent approach to dressing up, opt for the Aissa halter top. The feathers offer eye-catching flounce and alluring texture.

FALL TRENDS
Workwear was on many designers' minds as we inch toward a post-pandemic future. Gone are the days when dress pants were only worn in formal settings. While they can still be styled with a coordinating blazer, they're now a substitution for your everyday jeans. Lots of leather was on display on the catwalks for Fall 2022, from pants and dresses to coats. Of course, there is no one definition of femininity; it's entirely subjective. But the mood dominating the runways is one of light colours, perhaps a feather, something diaphanous and lingerie-inspired.

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As President of CIBPA Toronto, we are pleased to announce that Saturday, October 29, 2022 the CIBPA will mark its 70-year anniversary with a gala event at the King Edward Hotel. As some of you are aware, the first CIBPA Inaugural Gala was held in 1952 at the King Edward Hotel.

The CIBPA is also pleased to announce that Daniele Zanotti, President and CEO United Way Greater Toronto will be presented with the CIBPA Presidents Award for Community Service. We will also be recognizing Lucia Iacovelli, CIBPA Women of the Year 2022 and Robert Iarusci, CIBPA Community Award 2022 – Sports, at the Gala.

We invite you to take advantage of the many opportunities to become involved in this special evening and celebrate the many ties between Italy and Canada to ensure Italian traditions, heritage and culture are passed to future generation. Part of the proceeds from the Gala will be donated to the CIBPA Education Foundation.



John Lettieri
President CIBPA Toronto



Daniele Zanotti
President and CEO United Way Greater Toronto

Seating is very limited and on a first come first serve basis. If you would like arrange for a table, a congratulatory message, donate to a silent auction or make a donation to the CIBPA Education Foundation –
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House of Dagmar has been making sustainable fashion cool since before it was cool. Since 2005, the fashion house has been consistently striving for responsible fashion practices. Following three core pillars: high-quality fabrics, production processes and designs, its ethos is reflected in its most recent FW22 collection — emphasizing sustainability merged with contemporary design

WRITTEN BY **ESTELLE ZENTIL**

With a soft neckline, long sleeves and a slit centre back, this "Carla" dress is made from regenerated wool sourced from used garments

PHOTOS COURTESY OF HOUSE OF DAGMAR

In addition to using responsible fabrics, House of Dagmar offers pieces that work across seasons, with neutral tones a signature of the brand

WELCOME TO A WORLD WHERE DESIGNS CAN LAST A LIFETIME WITH HOUSE OF DAGMAR.

The House of Dagmar's three founders, sisters Karin Söderlind, Kristina Tjäder and Sofia Wallenstam, infuse their latest collection with the essence of Stockholm. "We are very close to nature up here and the way of life we have here is really what we are trying to make clothes for," says Wallenstam.

Not only does each design reflect the simplicity and timelessness of Sweden, each is made in a way that respects both planet and people. House of Dagmar works to understand supply chains and ensure workers' rights are meeting the brand's values.



House of Dagmar was founded in 2005 by three sisters, Karin Söderlind, Kristina Tjäder and Sofia Wallenstam. They named their brand in honour of their late grandmother, Dagmar

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DIA: FRESH LIKE LIMONATA

With an upbeat Latin and Mediterranean vibe, singer and songwriter DIA's new single "Limonata" will have you dancing all summer long

WRITTEN BY **ESTELLE ZENTIL**

Inspired by her first time in Italy, DIA got the idea for the chorus of her new single, "Limonata," on the back of her cousin Matteo's scooter scaling the cliffs of the Amalfi coast. Fast-forward to now, and "Limonata" has naturally come to fruition as this summer's "it song."

Q: Where did you grow up and did music play a big part in your childhood?
A: I was born and raised in a musical family, and it was all I knew! I thought everyone's parents went to gigs! We were surrounded by so many genres: my dad is a rocker, mom into disco, grandparents played traditional Italian music. Growing up in Toronto, I was exposed to so many gorgeous cultures, and I always found myself watching multicultural programming on TV. This definitely had an influence on my listening flavours.

Q: Do you write your own music? How do you get inspired when it comes to songwriting?
A: I adore writing poetry and music. It's my way of releasing emotions and remembering my feelings. My inspiration comes from all over. I'm so proud to write my own songs and be able to perform them for the world. Inspiration — words or melody first? Either/or, and sometimes both! My creative process isn't glamorous or romantic; ideas and inspiration can come out of nowhere … I could be in the shower or paying for parking. When it hits, as long as I have a piece of paper or my phone to record a voice note I'm good to go. Sometimes the words and melody come at the same time (and fast). A perfect example of that is my latest single, "Limonata," where it practically wrote itself in 15 minutes! In my head it was a finished song, and it just made sense.

Q: How would you describe your voice?
A: I think my favourite word to use to describe my voice is "versatile" because I like to sing almost everything (except classical opera, ha-ha. I mean, I can fake it, but it's definitely not my thing). I thrive in pop, R & B, jazz, rock, alternative and more. I love to sing so many different styles, genres and languages, and I really enjoy adapting my voice to suit what I'm singing. Generally speaking, though, I'm an alto with a pretty broad range of tone and dynamics. Variety is the spice of life!

Q: Wow! You are able to sing in 32 languages. That's very impressive. Which languages do you enjoy singing in most and why?
A: Thank you! Learning languages has always been a big part of my personal curiosity. I am obsessed with challenging myself to learn new things (like languages) and putting them to the test (performances). It's such an amazing experience to learn about and then become a part of a community. I've sung a lot for Iranian, Latin, Chinese, Jewish and, of course, Italian events.

Q: "Limonata" has such a beautiful Latin and Mediterranean vibe — how do you relate to the song/lyrics?
A: I really wanted to capture a fun, fresh and zesty feeling (pun intended) in a cheeky way and play with some puns. For example, "limonare" is an Italian word that describes kissing passionately. Puckering with the taste of lemons and the zest for life … this song for me is what Italy feels like: open-hearted, addictive and delicious!

Q: You've headlined at many festivals throughout Canada, the U.S., Europe and Central and South America. What do you love most about performing?
A: I live for performing. I adore being on stage, connecting with audiences and putting on a super-energetic and memorable experience for everyone. I don't have a preference for audience size because there are benefits to each — more intimate shows allow for a personal experience, and the large audiences bring so much energy — I don't stop dancing! Singing live is my favourite thing to do.

Q: What are your goals within the next five years?
A: In the next five years I will be performing around the world, releasing more music and expanding my entrepreneurial side!

Q: If you had to say which artist has a similar sound to you, who would you say?
A: I think my sound varies song to song, but taste-wise, I would say Shakira, Jennifer Lopez, Lady Gaga and Dua Lipa.

PHOTO BY EMAD MOHAMMADI/ PHOTOSHOOT LOCATION: MIZZICA GELATERIA & CAFE 29 MCCAUL ST., TORONTO, ONT.

Q: What makes you stand out from other performers?
A: I really like to engage with my fans and listen to what they have to say in different communities around the world, listening to their stories and reflecting it in my sound … versatility!

Q: Which artists inspire you and why?
A: Since I was a little girl, I've been inspired by my mamma, Manuela, who is an insanely talented singer (I still can't hit some of her high notes, but I'm working on it, Mommy). I remember watching her do her makeup to get ready to sing every weekend and listening to her practice. Every time, she would tell me, "One day you'll do this, too." And here I am!

Q: What is your favourite music of all time?
A: • *Bolero*, by Ravel
• "The Show Must Go On," by Queen
• "E poi," by Giorgia

Q: What's your favourite meal?
A: PASTA! Any kind, any sauce, just not bucatini … it doesn't make sense to me why someone invented spaghetti with a hole … They're hard to eat!

Q: What is one thing people would be surprised to know about you?
A: 100% the size of my appetite. I LOVE TO EAT. I'm a super foodie and love to cook!

Q: What is your favourite lyric?
A: The Show Must Go On, by Queen

Q: What is your favourite love song?
A: "Vivo per lei," by Andrea Bocelli and Giorgia

Q: What is the definition of happiness to you?
A: My definition of happiness is being surrounded by genuine people I love and waking up every day motivated to do something I'm passionate about … And eating delicious food.
@diadiadia

With a master's degree in ethnomusicology and the ability to sing in 32 languages, DIA has no boundaries when it comes to her vocals



> "I live for performing. I adore being on stage, connecting with audiences and putting on a super-energetic and memorable experience for everyone"

PAPAL VISIT TO CANADA 2022

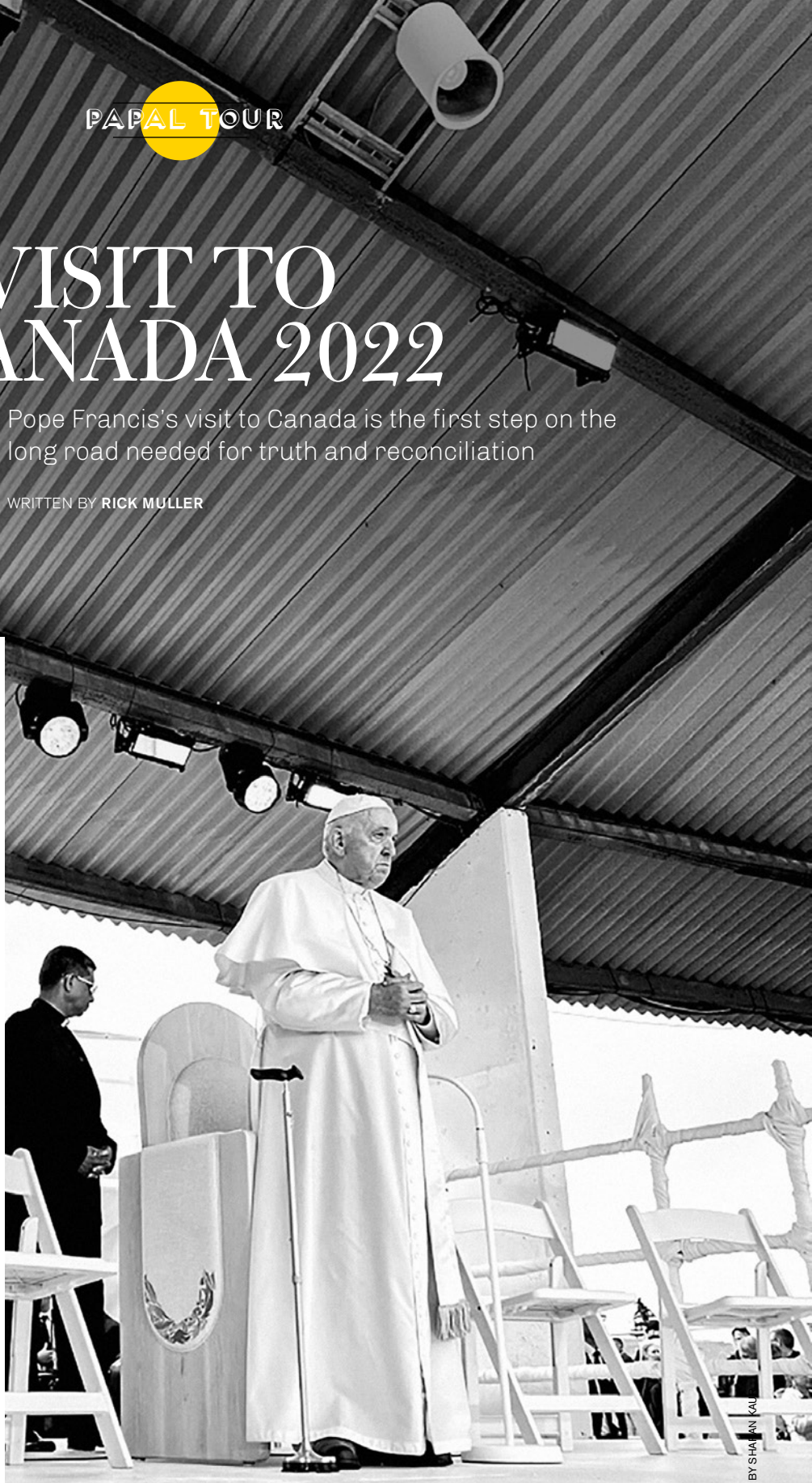
Pope Francis's visit to Canada is the first step on the long road needed for truth and reconciliation

WRITTEN BY **RICK MULLER**

This was the apology offered by the Pope, which drew mixed reactions from residential school survivors, politicians and Indigenous leaders this past summer in the first papal tour of Canada since Pope John Paul II visited the country in 2002. The visit was billed as an apology and reconciliation tour for the Catholic Church's role over many decades in the Canadian Indian residential school system, which just ended in 1996.

The visit was announced in May after Pope Francis had met with a delegation of Canadian Indigenous leaders and residential school survivors at the Vatican six weeks earlier. During that meeting, he apologized for the conduct of church members involved in the Canadian residential school system and the horrors of the unmarked children's graves since discovered, and received invitations by members of the delegation to make an apology on Canadian soil. Despite his age, health and mobility issues, the pontiff agreed to make a five-day tour of Canada from July 24 to July 29, with stops in Alberta, Quebec and the territory of Nunavut.

Not seen through the filter of national or international media coverage, the papal visit was an entirely different experience on the ground and up close to His Holiness, according to Sharan Kaur, a logistics expert and political



Calling his apology in Maskwacis, Alberta, only a first step, the Pope said a "serious investigation" must be made into what happened

PHOTOS SUPPLIED BY SHARAN KAUR

strategist brought in just weeks earlier, part of an enormous team tasked with pulling off the tour.

"Everyone I talked to was very respectful," says Kaur, in a recent interview with *City Life*. "But a lot of the Elders and survivors brought their grandchildren as it is a part of their trauma, and it was sad to hear their stories, as it's not talked about often. You can see the pain in their eyes, but a lot of them still turned to their faith in showing up, and it was very emotional to see."

The day after the official welcome in Edmonton by Prime Minister Justin Trudeau and Governor General Mary Simon, the Pope made his way south to the community of Maskwacis to deliver his apology. A ceremony was then held near a former residential school where Francis apologized to residential school survivors. One of the highlights of the visit occurred when Chief Warren Littlechild presented Pope Francis with a traditional Indigenous headdress. Littlechild is a residential school survivor and former member of the Truth and Reconciliation Commission of Canada.

In his remarks at Maskwacis, the Pope acknowledged the "devastating" policy of residential schools and asked for forgiveness "for the evil committed by so many Christians" against Indigenous peoples. He also said an apology was only the first step, and that a serious investigation should be conducted into what happened in the past.

This drew mixed reactions from residential school survivors, politicians and Indigenous leaders and was criticized for not directly mentioning the sexual abuse experienced by school victims and for not addressing the role of the Catholic Church as an institution, instead mentioning the "evil" committed by Christians.

While the papal visit continued with stops in Quebec City and Iqaluit, it was the time in Alberta, on the site of a former residential school, that left the biggest impression from this first papal tour in two decades — leaving the question, "Was it enough?"

"Some people will say it's not enough and that there are a whole bunch of other things which need to happen as part of the Truth and Reconciliation process," says Kaur. "But I know a lot of the Elders and survivors I spoke with are very devout believers, and, for them, I saw tears in their eyes, and I heard many of them say, 'I'm starting my healing journey, and we can find a path forward.' It's never going to be enough because of what happened to their communities. But for many of them, this was a moment to move forward."

Healing, they say, starts with a simple step … the simple step of trying to move forward. Perhaps that will be the legacy of the 2022 papal visit to Canada.

@franciscus

> **"I am here because the first step of my penitential pilgrimage among you is that of again asking forgiveness, of telling you once more that I am deeply sorry. Sorry for the ways in which, regrettably, many Christians supported the colonizing mentality of the powers that oppressed the Indigenous Peoples. I am sorry. I ask forgiveness, in particular, for the ways in which many members of the Church and of religious communities cooperated, not least through their indifference, in projects of cultural destruction and forced assimilation promoted by the governments of that time, which culminated in the system of residential schools"**
>
> — Pope Francis, Maskwacis, Alberta, July 25, 2022



The papal tour was the result of Indigenous leaders meeting with Pope Francis at the Vatican six weeks earlier, telling him that to make his apology genuine, he must make it in person on Canadian soil



HEALTH

Take a lesson from Donato Panacci (seated) and live your best life: The 105-year-old loves spending time with his son and daughter, watching hockey on TV and looking out for other residents at Villa Leonardo Gambin

A DAY IN THE LIFE

But not just any life! Donato Panacci turned 105 years old on Aug. 8. When he turned 100, he planned his own birthday party at the Mandarin restaurant and this year Villa Leonardo Gambin Residence planned a celebration to mark this special day for their oldest resident. What's his secret to longevity, to living a long and happy life?

WRITTEN BY **DONNA PARIS**

First things first: Donato Panacci likes to wake up early every morning. He gets up, makes his bed, then he likes to greet people. "He says *buongiorno*, good morning, to all the staff at work," says Nadia Johnson, a PSW at Villa Leonardo Gambin. "It doesn't matter what's going on, he's always happy," she adds.

If it's shower day, Panacci washes up (yep, by himself), then gets dressed for breakfast. When he heads to the dining room, he likes to stop by each table to say good morning to the residents and bring everyone up to speed if there's anything that happened overnight. When Johnson starts her shift, she hears about anything that happened from Panacci himself, "and what he reports is exactly what happens," says Johnson. Most impressive is the fact that Panacci remembers everyone's name: "He forgets nothing!"

Perhaps the secret lies with Panacci's first meal: every morning, he indulges in a boiled egg, two slices of toast, a small cereal with hot milk, a banana and a cup of coffee. After breakfast, he gets ready for morning activities, whether it's exercise class or a game of bingo. And then lunch is served, typically Italian fare like polenta with a beef sauce, tortellini soup or fish with rice and vegetables. In the afternoons, Panacci likes to chat with his daughter on the phone and perhaps take a nap before dinner.

What else does Panacci like to do? Play cards! As a past president of the Italian Card Club at the Epiphany of our Lord Church for 20 years, Panacci still enjoys this pastime, challenging his fellow residents to games of Scopa, Briscola and Tresette. Donato also loves spending time with his grandchildren and great-grandchildren. He enjoys socializing, gardening — and watching his beloved Toronto Maple Leafs play hockey.

After dinner, Panacci may talk to other family members on the phone or hang out in the hallway, talking to other residents. What does he talk about? Well, he'll often share parts of his life story. Born in the town of Frosinone, near Rome, on Aug. 8, 1917, Panacci was one of eight children. He met and married the love of his life, Teresa, and they had two children.

In search of a better life, Panacci immigrated to Canada, with his family joining him three years later. He worked for the Cascone Sewer Construction Co. for 10 years until an injury forced him to take a job as a maintenance worker in an apartment building in his later years. He likes reminiscing and, as a veteran, he has many stories about his years fighting in WWII as an Italian soldier, where he travelled to Africa, India, England and even spent time as a prisoner of war. When Panacci's wife passed in 2008, he lived at home for five years, and then decided to move himself to the residence in 2012, where he embraced this stage of his life with his usual zest and vigour.

In fact, the residence introduced The Donato Panacci Resident Ambassador Award in 2017 as an annual award for residents who show respect for the home and for those who live and work there, who are accepting of others' differences and who are positive, kind and helpful to others. As an ambassador, Panacci likes to support both staff and residents, motivating peers to participate in programs and assisting residents who may need help.

So really, perhaps that's the secret: community. And Panacci is certainly all about community. Johnson likes to share the story of a new resident who wasn't all that happy and wasn't eating. "He told the resident they had to eat the food, which was very good, then called me over to say, 'I prepared the food for him and it's very good for him,' and eventually the newcomer started to eat," she says. He looks out for all the other residents too. "He tells them, 'You have to be good. I live so long because I do good and, if you do good, you will live to be 105 like me,'" Johnson laughs. Panacci's top tip? No sugar!

Asked what she loves most about Panacci, Johnson has a simple answer. "If someone is down, Donato will talk to them and calm them," she says. "He cares about everybody." And perhaps that's the real secret.

PHOTO BY EMAD MOHAMMADI

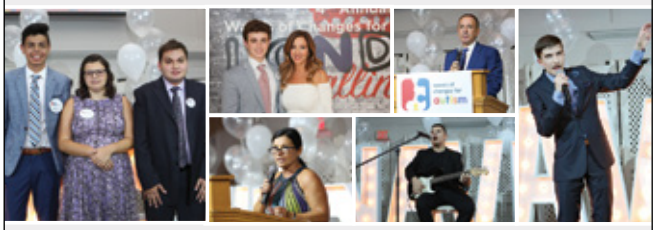
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Continued from page 48



Speaking truth from the heart, Hall's memoir traces his journey from a troubled childhood to joy and achievement as an adult

know why she thought that, but she did and believed in me. I knew I had abilities, but I had no idea how far they could take me. But one thing is true — poverty has nothing to do with being loved."

When young Hall stepped off that plane in Toronto, he was reacquainted with his biological father, new stepmother and new siblings. Following high school, he took a job in the mailroom of a Bay Street law firm where, despite the ribbing of his co-workers, he wore a suit to work so he could associate with the partners. Those conversations taught him so much and led to his interest in law.

After being educated as a law clerk at George Brown College, he worked in the legal division of CanWest until founding Kingsdale Advisors in 2002, a shareholder services and business consultancy. His reputation grew in the financial services sector, and, in 2006, he became a major player when his firm managed Xstrata's purchase and takeover of Falconbridge, earning Hall his nickname, "The Fixer." He also later established QM Environmental, an environmental remediation firm.

In 2020, Hall launched the BlackNorth Initiative, a trail-blazing organization to end systemic anti-black racism in business, another example of his passion for people, his caring for the community and his driving ambition to make society a better place.

Writing his new memoir was emotional therapy for Hall, as he had to relive and face once again the traumas of his youth … losing his brother to murder and his sister to cancer. However, the memoir paints an amazing journey of incredible drive and the determination to succeed.

Now, a happily married father of five children, Hall's success has allowed him to give back to his Canadian home as well as his native Jamaica, focusing on health care and education. He donates to the University of the West Indies by holding an annual fundraiser in Toronto to create scholarships for kids across the Caribbean. He also donates to the Hospital for Sick Children to bring doctors from Jamaica to Toronto for additional training before sending them back to his native country.

"When you come from poverty, you become a first responder," says Hall. "And your job is to go back into poverty and pull as many people out as possible."

Thousands step off planes every day at Pearson, and Canada is so fortunate to have people who, like Wes Hall, make such a difference in their new homes.

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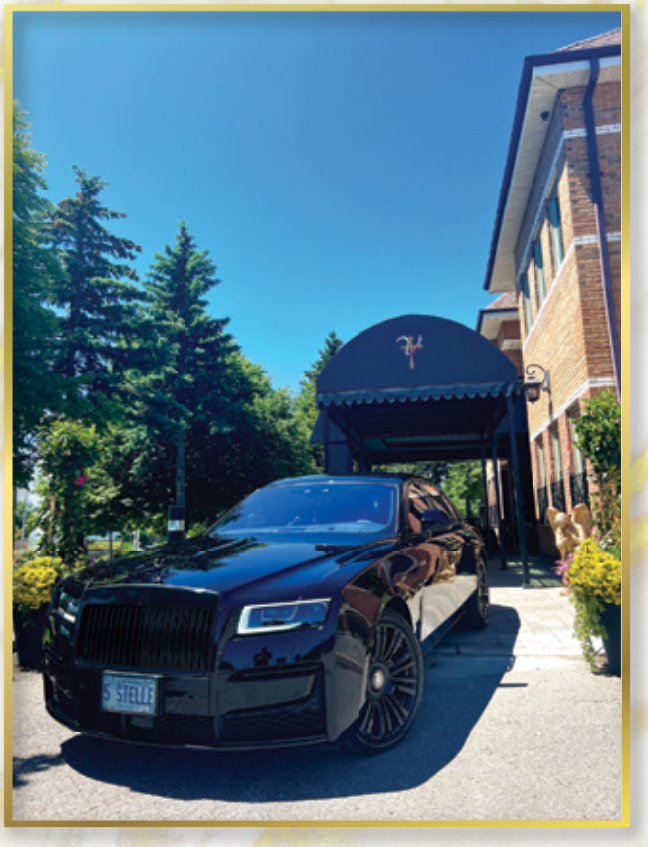
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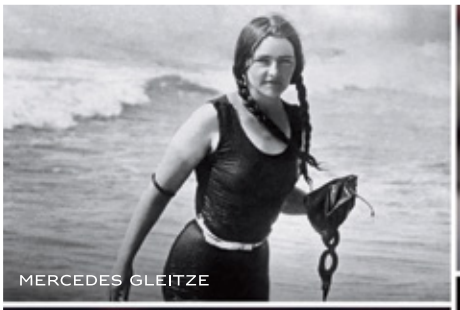


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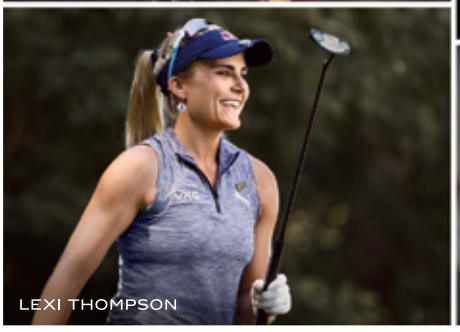

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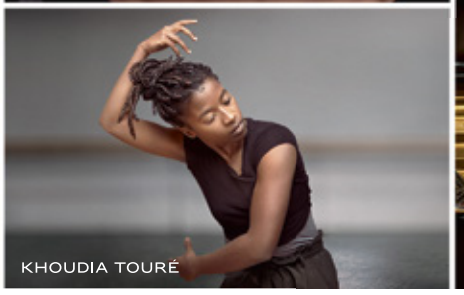

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