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FALL 2026

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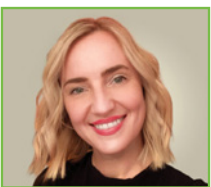
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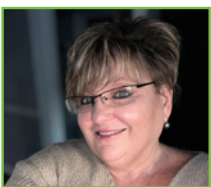
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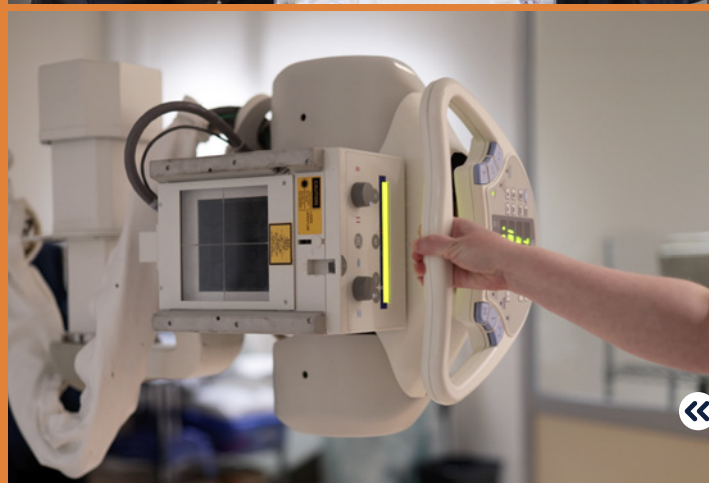
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STYLE MAGAZINE



Terry Rafih
Chairman & CEO
of the Rafih Auto Group

A CELEBRATION OF OUR COMMUNITY

Welcome to the Fall 2026 issue of Rafih Style Magazine.

This edition is a special one for us as we celebrate the people, places and experiences that continue to make Windsor-Essex such a remarkable place to call home. From exceptional dining and local businesses to automotive innovation, travel, healthcare and philanthropy, this issue reflects the many different sides of our community.

Our annual Finest in Food feature takes centre stage this fall, and for good reason. Windsor-Essex has developed an incredible food scene, with restaurants that bring together tradition, creativity, culture and hospitality. From Italian and Lebanese cuisine to Indian and Japanese flavours, there is no shortage of great places to discover and enjoy. More importantly, these are businesses built by people who take pride in what they do and in the communities they serve.

You'll also find plenty for the automotive enthusiast, including our look at the 2026 Lexus GX 550, a vehicle that brings together genuine off-road capability with the refinement and comfort expected from a modern luxury SUV. We also explore the next generation of vehicles and the changing automotive landscape right here in our region.

Beyond food and automobiles, this issue takes us north to the Yukon, where vast landscapes, rich history and unforgettable adventures remind us that some of the most rewarding experiences are found beyond the familiar.

But perhaps what I appreciate most about this issue is the emphasis on people. Throughout these pages, we see examples of individuals, organizations and businesses making a difference — whether through healthcare, philanthropy, entrepreneurship or simply providing something exceptional to their customers and neighbours. That sense of community is something worth celebrating.

As we move into fall, I hope you'll take some time to explore what is right here in our own backyard. Try a new restaurant. Support a local business. Discover a new destination. Meet the people behind the businesses you visit.

At Rafih Style, our goal has always been to showcase the best of our region while bringing our readers stories and ideas that extend well beyond it. We hope this issue inspires you to enjoy the season, discover something new and appreciate the people who help make our community what it is.

Thank you for continuing to read Rafih Style Magazine.



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STYLE MAGAZINE

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STYLE MAGAZINE

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By coupling intriguing and informative content with vibrant and imaginative advertising, Rafih Style presents many modern and exciting ways for area residents to diversify their everyday lives.

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See page 42-43

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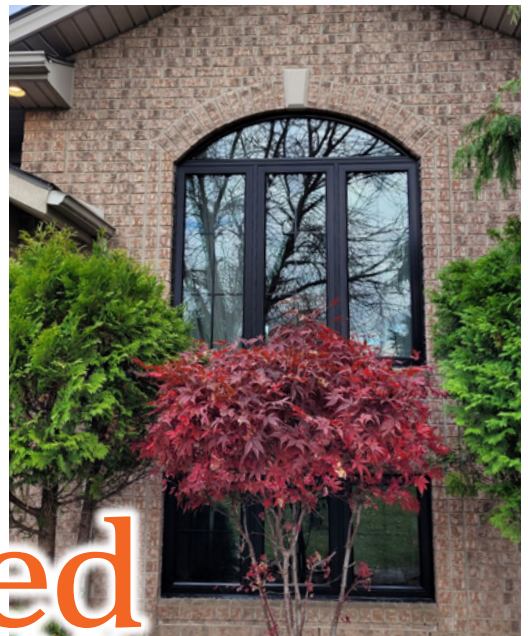
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THE 2026 LEXUS GX 550

THE ART OF GOING ANYWHERE



The 2026 Lexus GX 550 arrives as one of the most anticipated luxury SUVs of the decade, not because it follows trends, but because it confidently breaks from them.

By Rafih Style Magazine

In a market dominated by soft-edged crossovers and car-based utility vehicles, the GX stands tall — literally and figuratively — as a body-on-frame SUV engineered for drivers who want genuine capability wrapped in unmistakable Lexus refinement. It is a rare combination, and it's precisely what makes the new GX such a compelling entry in the modern luxury landscape.

From the moment you see it, the GX 550 communicates purpose. The squared silhouette, upright stance, and broad shoulders evoke the heritage of classic off-roaders, yet the execution is thoroughly contemporary. Lexus designers have embraced a bold, architectural aesthetic: a tall hood that conveys strength, crisp LED lighting that frames the front fascia with precision, and a wide track that gives the vehicle a planted, confident posture. Overtrail models push the visual identity even further, adding trail-ready details that make the GX

look prepared for adventure even when parked in the driveway.

The transformation continues under the hood. Lexus has replaced the long-running V8 with a more modern and more powerful 3.4-litre twin-turbo V6. The result is a surge of 349 horsepower and a deep reservoir of torque that gives the GX a smooth, muscular character on the road.

The 10-speed automatic transmission is tuned for refinement, delivering shifts that feel almost seamless. Whether you're merging onto the highway or navigating a steep incline, the GX moves with a sense of controlled authority. Full-time four-wheel drive and the GA-F platform — shared with the LX and Toyota Land Cruiser — give the SUV a structural rigidity that translates into stability, confidence, and durability.



Yet the GX 550 is not simply about power. It's about the experience of driving a vehicle that feels equally at home on pavement and on rugged terrain. Overtrail models introduce a suite of off-road technologies designed to make challenging environments more accessible. Multi-terrain select, crawl control, and an electronically controlled locking rear differential work together to help the GX maintain traction and composure when the path becomes unpredictable. Even on the road, the suspension tuning strikes a balance between firmness and comfort, allowing the GX to glide over imperfections without losing its sense of connection to the surface.



Inside, the GX 550 reveals its most dramatic evolution. The cabin is a study in modern luxury, blending soft-touch materials, thoughtful stitching, and a clean, horizontal design language that feels both contemporary and timeless. Lexus has created an interior that feels like a sanctuary — quiet, refined, and meticulously crafted. The seating position is upright and commanding, offering a panoramic view of the road ahead. Semi-aniline leather, heated and ventilated seating, and available captain's chairs elevate comfort for both driver and passengers.



Technology plays a central role in shaping the interior experience. The 14-inch touchscreen anchors the dashboard with a crisp, intuitive interface that responds quickly to inputs. Wireless Apple CarPlay and Android Auto ensure seamless connectivity, while the available Mark Levinson 21-speaker audio system transforms the cabin into a rolling sound studio. Multiple USB-C ports, a head-up display, and customizable ambient lighting add layers of convenience and personalization. The GX's interior layout is also highly



practical, offering flexible cargo configurations and an available power-folding third row that expands utility without compromising comfort.

Safety is another cornerstone of the GX 550's identity. Lexus Safety System+ 3.0 brings the brand's most advanced driver-assistance features to every model. Adaptive cruise control, lane-tracing assist, blind-spot monitoring, and pre-collision detection work quietly in the background, enhancing confidence without intruding on the driving experience. The system feels supportive rather than controlling, allowing the driver to remain engaged while benefiting from intelligent assistance.



What ultimately sets the GX 550 apart is its authenticity. It is a luxury SUV that doesn't pretend to be rugged — it is rugged. And yet it delivers the comfort, craftsmanship, and quiet sophistication that Lexus owners expect. It's a vehicle for drivers who want capability without compromise, refinement without fragility, and a sense of adventure without sacrificing everyday usability. Whether you choose the polished Luxury+ trim or the trail-ready Overtrail+, the GX feels purposeful, confident, and unmistakably premium.



For drivers in Windsor who want to experience this blend of strength and sophistication firsthand, Eastway Toyota Windsor offers the opportunity to test-drive the GX 550 and feel its presence on the road. It's the ideal way to understand why this SUV is generating so much attention — and why it stands apart in a crowded segment. A test drive reveals what the spec sheet cannot: the way the GX moves, the way it feels, and the way it blends luxury with genuine capability in a manner few vehicles can match.

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Welcome to Rafih Style's Annual Finest in Food—a celebration of the flavours, creativity and hospitality that make Windsor-Essex County a destination for exceptional dining. Whether you're looking to discover a new favourite, planning a memorable night out, or simply in the mood for something delicious, our curated selection has something for every palate and occasion. From lively holiday gatherings and birthday celebrations to laid-back dinners with friends and intimate evenings for two, these standout restaurants are ready to make every meal an experience worth remembering.



With locations on Erie Street in Windsor's Little Italy and in Walkerville, Nico offers two distinctive settings for elevated Italian dining. The menu brings together traditional Italian flavours and modern culinary touches, with favourites such as house-made sourdough focaccia, Wagyu meatballs, grilled octopus, burrata, house-made gnocchi and fresh sourdough pasta. For those looking for something heartier, Nico's fire-grilled selections and premium steaks provide an impressive centrepiece, while seafood and thoughtfully prepared entrées round out the menu. Guests can pair their meal with craft cocktails, fine wines and premium beers, making Nico an ideal destination for everything from a casual evening out to a special celebration. Across both locations, quality ingredients, polished presentation and warm hospitality come together to create a memorable Italian dining experience in Windsor.

FALL 2026



CRAMDON'S TAP & EATERY

Cramdon's Tap & Eatery is South Windsor's laid-back gathering spot, known for its cold drinks, warm welcomes, and a menu built around hearty comfort favourites. Guests come for crowd-pleasing classics like mouthwatering burgers, genuine Broaster chicken, two-handed sandwiches, and perfectly crispy wings, all served in a friendly, pub-style atmosphere that feels instantly familiar. Weekly specials keep things lively — from all-you-can-eat broasted chicken on Sundays to halibut fish and chips on Fridays — making Cramdon's a reliable go-to whether you're grabbing lunch, settling in for dinner, or hosting a sports-night event with their in-house catering.

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SPAGO TRATTORIA

For more than 30 years, Spago Trattoria has been serving Windsor-Essex the true flavours of Italy. Founded by two brothers with a passion for authentic cuisine, Spago has grown into a local favourite, blending family tradition with modern dining.

Rooted in recipes from the Ciociaria region, Spago's menu features handmade pastas, fresh seafood, and hearty entrées crafted with care by red seal chefs. With three locations—South Windsor, Windsor's Little Italy, and inside Caesars Windsor—Spago is the perfect setting for everything from romantic dinners to family gatherings.

Warm, rustic charm paired with authentic dishes makes every visit to Spago memorable. After decades of success, it remains a place where Windsor gathers to taste and celebrate the spirit of Italy.

**690 ERIE ST. E, WINDSOR ON.
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INDIA 47

India 47 Restaurant + Bar brings the vibrant flavours and rich traditions of Indian cuisine to Windsor, offering a menu that combines classic favourites with creative contemporary touches. Guests can enjoy popular dishes including Delhi Butter Chicken, Chicken Tikka Masala, Chicken Biryani, Tandoori Chicken, Paneer specialties and freshly baked naan, along with a variety of vegetarian, vegan and gluten-free options. Beyond the restaurant, India47 also offers professional catering services designed to make every occasion memorable. From elegant weddings and outdoor gatherings to Diwali celebrations, corporate and pharmacy events, Christmas parties and special celebrations, their catering menu offers a wide range of authentic Indian dishes to suit every event and group. Whether dining in or hosting a celebration, India 47 delivers flavour, hospitality and a true taste of India.



**1640 LESPERANCE RD, WINDSOR ON
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THE BUTCHER'S DOZEN

South Windsor has welcomed a fresh new neighbourhood destination with the opening of The Butcher's Dozen, located at 3850 Dougall Avenue. Owned by Jared and Shaylynn Niziolek, the modern 1,850-square-foot shop combines premium meats, fresh-baked favourites, specialty coffees, and a warm, community-focused atmosphere.

Customers can choose from an impressive selection of Prime and AAA steaks, Australian and Japanese Wagyu, classic cuts, sausages, rotisserie chicken, frozen seafood, and handcrafted desserts. Whether planning a special dinner, stocking the fridge for the week, or looking for something ready to enjoy, the shop offers a variety of options designed to make quality food more accessible and convenient.

Beyond its butcher shop offerings, The Butcher's Dozen brings together several elements of a neighbourhood gathering place. Guests can stop in for a specialty coffee and freshly baked treat, pick up prepared foods for a quick meal, or browse the selection of premium ingredients for their next home-cooked creation.

Attention to quality is at the heart of the experience, with an emphasis on carefully selected products and a welcoming approach to customer service. The shop's modern setting provides a comfortable environment that feels equally suited to a quick stop or a leisurely visit.

With its combination of premium meats, prepared foods, bakery offerings and coffee, The Butcher's Dozen brings something distinctive to South Windsor's growing food scene. More than a place to shop for dinner, it is a neighbourhood destination built around good food, convenience and community.

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Create your own, or order a top-selling specialty pizza, like the Angry Hawaiian™ (pictured here), or Ciaravino's latest creation— The Shriveled Tomato™.

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FRATELLIS

Fratelli Pasta Grill: Where Italian Heritage

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At 13340 Lanoue Street, Fratelli offers a warm, welcoming atmosphere where traditional Italian flavours meet modern culinary techniques and locally sourced ingredients. Whether you're enjoying a casual dinner or celebrating a birthday, anniversary, wedding, corporate event or private gathering, Fratelli Pasta Grill brings together great food, hospitality and a true sense of family.

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KEIFUKU SUSHI

Located in the heart of downtown Windsor, Keifuku Japanese Restaurant offers a refined take on Japanese dining, with sushi and sashimi at the center of the experience. Located on Pelissier Street, the restaurant has earned a reputation for fresh ingredients, carefully prepared dishes, and warm, attentive service. Its menu extends beyond classic rolls to include nigiri, aburi and oshi-style sushi, donburi, tempura, udon, and other Japanese favourites. With its intimate atmosphere and emphasis on quality and presentation, Keifuku is an inviting destination for sushi enthusiasts and anyone looking to enjoy an authentic Japanese dining experience in Windsor.

This is unlike any sushi you've tasted before. If you're looking to try unique sushi that you can't find anywhere else in Windsor, Keifuku is a must-visit. From creative preparations to beautifully presented dishes, every visit offers an opportunity to discover something new while enjoying the flavours and traditions of Japanese cuisine.

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Among its most celebrated creations is the TrainWreck, Mettawas Station's award-winning veal sandwich. The restaurant has now been crowned Ontario's Best Veal Sandwich twice, winning the title in both 2022 and 2024. The TrainWreck features tender breaded Ontario veal, house-made tomato sauce, local provolone, sautéed peppers, mushrooms and onions, all served on fresh ciabatta.

Mettawas' commitment to quality also extends beyond the restaurant kitchen. For more than 20 years, the team has curated its own line of house-made products under the Majanna's label, allowing guests to bring some of the

Mettawas experience home. From signature sauces and other carefully prepared products, Majanna's reflects the same attention to flavour and quality found throughout the restaurant.

The beverage menu provides another reason to visit, with a selection of local wines, seasonal cocktails and refreshing options designed to complement the food. Seasonal ingredients also play an important role in the kitchen, with Mettawas regularly introducing a seasonal food menu that keeps the dining experience fresh and gives guests something new to discover throughout the year.

Whether you're stopping in for the legendary TrainWreck, enjoying a leisurely dinner with a glass of local wine or picking up a few Majanna's favourites to enjoy at home, Mettawas Station continues to offer a dining experience where great food takes centre stage.

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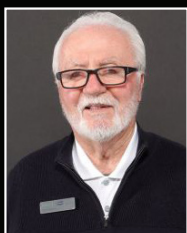
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YUKON

Canada's Last Great Frontier

By Rafih Style Magazine

The Yukon is where Canada still feels wild — a vast northern territory of glacier-carved valleys, endless spruce forests, and rivers that seem to run straight into the horizon. For travelers, it offers something rare: a destination where adventure, culture, and solitude coexist in perfect balance. Whether you're chasing the midnight sun, exploring Gold Rush history, or standing beneath the shimmering aurora, the Yukon delivers experiences that feel both timeless and transformative.

Whitehorse: Gateway to the North

Most journeys begin in Whitehorse, the Yukon's capital and a surprisingly vibrant northern city. Set along the Yukon River, Whitehorse blends rugged wilderness with a creative, welcoming community. Travelers can stroll the riverfront, explore local cafés, or dive into history at the MacBride Museum, home to artifacts from the Klondike Gold Rush and early northern aviation.



One of Whitehorse's signature attractions is the **SS Klondike**, a beautifully restored sternwheeler that once carried passengers and supplies along the Yukon River. Its gleaming white decks and towering smokestacks offer a glimpse into the territory's early transportation era.

Just outside the city lies **Miles Canyon**, a dramatic volcanic rock gorge carved by the Yukon River. The suspension bridge offers postcard-worthy views, especially in summer when the water glows an unreal shade of turquoise.

Kluane National Park: Land of Giants

If the Yukon has a crown jewel, it's Kluane National Park and Reserve, home to Canada's highest peak — Mount Logan — and the largest non-polar icefields on Earth. This UNESCO World Heritage Site is a paradise for hikers, climbers, and photographers. Trails range from gentle valley walks to challenging alpine routes, each offering sweeping views of jagged peaks and glacier-fed lakes.

Flightseeing tours from nearby **Haines Junction** reveal the park's true scale: endless rivers of ice, snow-capped summits, and untouched wilderness stretching as far as the eye can see. It's one of the few places in the world where you can witness landscapes that feel almost extraterrestrial.

Dawson City: Gold Rush Time Capsule

Few towns in Canada capture the imagination like Dawson City, a living museum of the Klondike Gold Rush. Wooden boardwalks, false-fronted buildings, and historic saloons make it feel like you've stepped into 1898. Yet Dawson is far from a relic — it's a lively community filled with artists, storytellers, and adventurers.

The Dawson City Museum offers a deep dive into Gold Rush history, while the Jack London Museum celebrates the famed author who once lived here. Visitors can also tour Dredge No. 4, a massive gold-mining machine that stands as a monument to the era's ambition and grit.

For panoramic views, head up to **Midnight Dome**, where the Yukon River and Klondike River meet in a sweeping bend. In summer, the sun barely dips below the horizon, bathing the landscape in golden light well past midnight.



Street in Dawson, Yukon, Canada



Alaska Hwy, Near Haines Junction, West of Whitehorse, Yukon, Canada.



Emerald Lake in the Yukon Territory, Canada



Northern Lights over Downtown Whitehorse



Dawson City



Tombstone Valley

Tombstone Territorial Park: The Yukon's Wild Heart

North of Dawson City lies Tombstone Territorial Park, often called the “Patagonia of the North.” Its jagged granite peaks, rolling tundra, and mirror-like lakes create some of the most dramatic scenery in Canada. The park is especially stunning in late August and September, when the tundra erupts into fiery reds and golds.

Popular hikes include the Grizzly Lake Trail, a challenging route that rewards travelers with one of the Yukon's most iconic views — a deep blue lake surrounded by towering spires. Wildlife sightings are common, from caribou to foxes to the occasional grizzly bear.

Northern Lights & Midnight Sun

The Yukon is one of the world's premier destinations for aurora viewing, especially from late fall to early spring. The skies here are exceptionally dark, and the northern lights often dance in vivid greens, purples, and reds. Many lodges outside Whitehorse offer dedicated viewing cabins, photography workshops, and warm northern hospitality.

In summer, the opposite phenomenon takes over: the midnight sun. Long, glowing evenings create perfect conditions for hiking, paddling, and exploring well past traditional daylight hours. It's a surreal experience — one that makes time feel wonderfully irrelevant.

Carcross & the Small-Town South

South of Whitehorse, the village of Carcross offers a blend of Indigenous culture and outdoor adventure. The Carcross Commons showcases local artisans, while nearby Carcross Desert — often called the world's smallest desert — provides a quirky stop for photos.

Just beyond town lies **Emerald Lake**, famous for its swirling turquoise and jade colours caused by light reflecting off calcium carbonate deposits. It's one of the most photographed lakes in the territory.

Why the Yukon Captivates Travelers

The Yukon's magic lies in its contrasts: vast wilderness paired with tight-knit communities, rugged landscapes softened by endless summer light, and deep history woven into every river bend and mountain ridge. It's a place where adventure feels accessible, culture feels authentic, and nature feels truly wild.

For travelers seeking something beyond the ordinary — a destination that challenges, inspires, and rejuvenates — the Yukon stands unmatched.



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TASTE. VOTE. MAKE A DIFFERENCE.

The Fourth Annual Pastabilities Luncheon is here.

By UHC - Hub of Opportunities

What happens when more than 25 local restaurants come together to serve their best pasta dishes for a good cause? You get *Pastabilities*.

This October, **UHC - Hub of Opportunities** (UHC), formerly known as Unemployed Help Centre of Windsor Inc., and the **Culinary Federation of Windsor** are turning a love of pasta into an opportunity to help fight food insecurity. The fourth annual Pastabilities Luncheon brings together food, friendly competition, and fundraising in support of local food initiatives.

Guests can sample three pasta dishes with over 25 restaurants to choose from and vote for their favourite.

But Pastabilities is about much more than food.

UHC moves people to independence through a range of programs and services, including food security initiatives. Through its food bank, food rescue program, community kitchen, and Leamington Regional Food Hub, UHC provides nutritious food to thousands across Windsor-Essex. And, as the hub for the Windsor Essex Food Bank Association (WEFBA), UHC also supports 15-member food banks and over 50 community agencies.

The impact is significant. Last year alone, UHC recovered over 7 million pounds of produce and prepared over 250,000 meals. Additionally, WEFBA served over 254,000 people across the region.

100% of Pastabilities proceeds go toward supporting these food initiatives.



pastabilities LUNCHEON

Every plate served, sampled, and voted on helps UHC continue its work to ensure more people across Windsor-Essex have access to nutritious food. Simply put, we are here for the people who aren't.

The 2025 luncheon brought the community together at the Ciociaro Club around a simple idea: good food can do good. This year, be part of the impact by sponsoring the event, bringing your restaurant, or joining us at the luncheon. Save the date: **Monday, October 19, 2026.** More details coming soon!

For questions, contact Mena Rimac at mrimac@uhc.ca



HOW A COMMUNITY GENEROSITY IS STRENGTHENING HEALTHCARE TODAY AND SHAPING TOMORROW.



By Andrew Deboer

Every year, there comes a moment when we pause to reflect on everything our community has accomplished together.

For the Chatham-Kent Health Alliance Foundation, that moment arrives with the release of our annual Donor Impact Report. While the report highlights dollars raised, equipment purchased, and milestones achieved, its true purpose is much simpler than that.

It tells the story of a community that continues to show up for its hospital.

During the 2025-2026 fiscal year, more than \$1.1 million was committed to Chatham-Kent Health Alliance through the generosity of donors, businesses, service clubs, volunteers, community organizations, and event participants from across Chatham-Kent.

Those dollars have already begun making a difference in countless ways. Some of that impact can be found in the latest medical equipment helping physicians diagnose illness earlier and care for patients more effectively. Some can be seen in innovative programs that improve patient experiences and support families through difficult moments. Some is reflected in ongoing



investments that strengthen nearly every corner of our hospital, from Diagnostic Imaging and Women's & Children's Care to emergency services and patient assistance initiatives.

Sometimes, however, impact is measured not by a dollar amount, but by a moment.

One of those moments can be found in our Women's & Children's Program, where donor support recently helped fund a new Panda iRes Warmer. Designed to provide advanced care for vulnerable newborns, it gives our care teams another important tool to help babies and their families receive exceptional care close to home during life's very first moments.

It is one piece of equipment. One story.
One example of something made possible because our

community chose to invest in local healthcare.

Multiply that story hundreds of times over, and you begin to understand the true impact of community philanthropy.

Over the past year, Chatham-Kent Health Alliance cared for more than **215,000 patient visits**, completed **109,000 Diagnostic Imaging exams**, and welcomed a record-breaking **931 babies** into the world. Behind every one of those numbers is a person, a family, and a care team supported by the generosity of this community.

But perhaps the most exciting part of this year's story is that it isn't only about looking back.



CHATHAM-KENT HEALTH ALLIANCE: WHERE EXCEPTIONAL CARE HAPPENS

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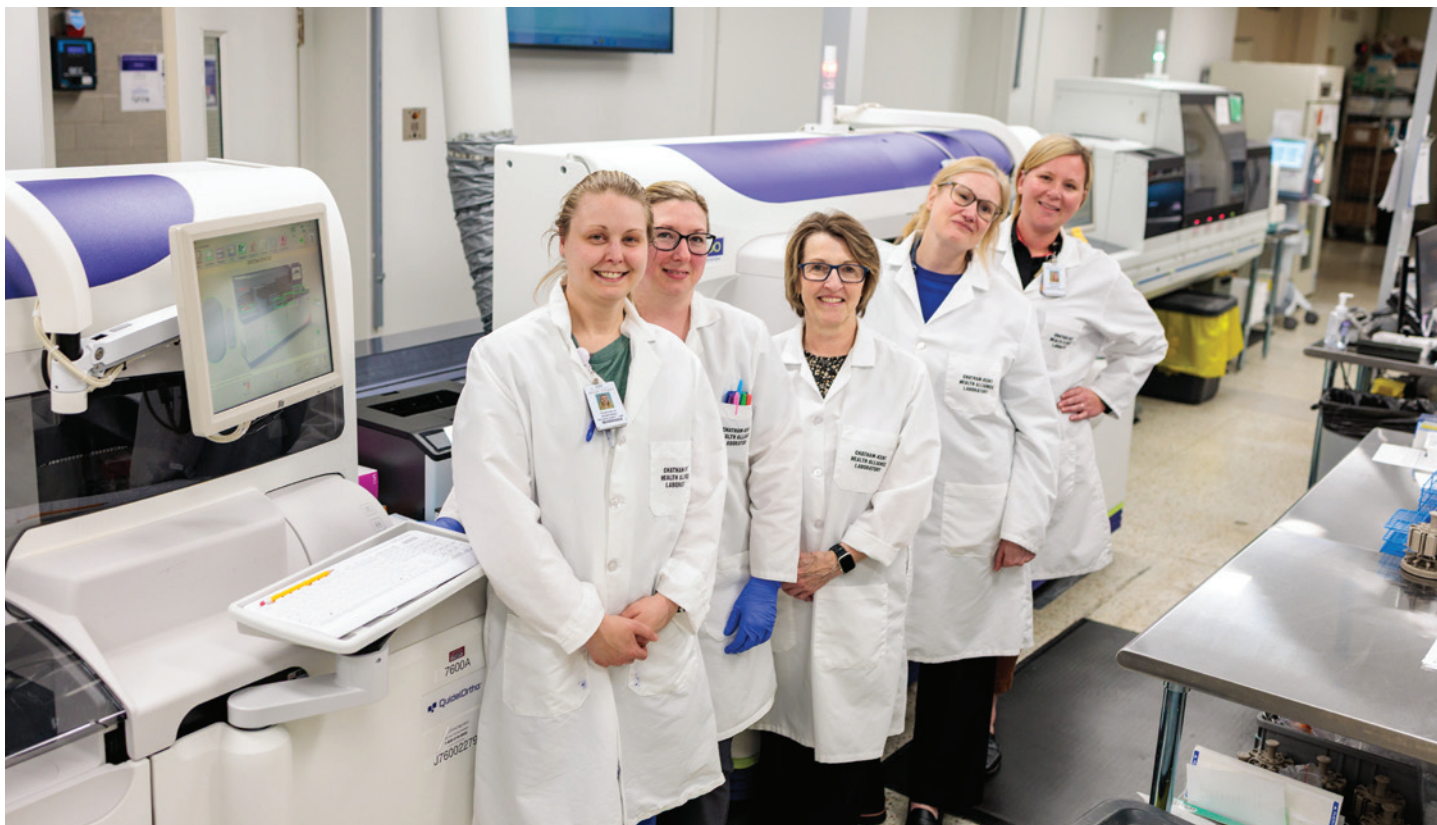
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Community support is also helping shape what comes next.

Momentum continues to grow behind the **Our Hospital, Our Future Wallaceburg Redevelopment Campaign**, bringing our community closer to a revitalized hospital that will serve patients and families for generations to come. At the same time, the Foundation has introduced a new five-year Strategic Plan focused on strengthening volunteer leadership, growing transformational philanthropy, demonstrating donor impact, and ensuring the Foundation remains strong for the future.

Both reflect the same belief: exceptional healthcare doesn't happen by chance. It happens when a community chooses to invest in it.

That may be the most important lesson from this year's Impact Report.

The Foundation does not create this impact on its own.

Our role is to connect a caring community with a hospital that depends on its support. Every donation, every volunteer hour, every sponsorship, every event ticket, every act of generosity becomes part of something much larger than itself.

Together, they become new equipment. Better technology. More comfortable patient experiences. Innovative programs.

A stronger hospital. A healthier community.

That is the true impact of philanthropy.

As we look ahead, we do so with deep gratitude for everyone who continues to stand alongside us. Whether you've made a donation, volunteered your time, attended an event, or simply helped share our story, you have played a role in strengthening healthcare close to home.

Our 2025-2026 Donor Impact Report celebrates another remarkable year of progress.

More importantly, it celebrates the people who made it possible.

Because behind every investment in healthcare is something even more meaningful:

A community that cares for one another. To explore the Foundation's full 2025-2026 Donor Impact Report and see more stories of community impact, visit: **CKHAF.ca/impact**



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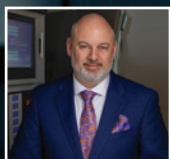
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SECOND OPINION

Is Your Neuropathy Really Coming From Your Feet?



By Dr. Craig Schisler

When the Trouble May Begin in Your Spine

George was getting pretty tired of his right foot. It started with a little tingling in his toes. Nothing terrible. He changed his shoes. Bought better insoles. Started wearing thicker socks. He even spent more than he'd care to admit on one of those fancy foot massagers. But the tingling didn't go away. Eventually it became burning. Then parts of his foot started feeling numb.

"Must be neuropathy," George figured. And he might be right.

But there's another question worth asking:

Why is the nerve unhappy in the first place?

Because "*neuropathy*" doesn't necessarily tell us what's causing the problem. And sometimes the place where you feel the symptoms isn't where the trouble began.

Think of Your Cottage Breaker Panel

Imagine you're spending the weekend at the cottage and the toaster suddenly stops working.

You check the toaster. You jiggle the cord. You try another outlet. Eventually, somebody says, "*Did anyone check the breaker panel?*"

Sure enough, a breaker has tripped. The toaster was where you **noticed** the problem—but the toaster wasn't the problem.

Your nervous system is obviously much more complicated than cottage wiring, but the analogy makes an important point.

The nerves carrying information to and from your legs and feet ultimately connect through nerve roots emerging from your lower spine. If one of those nerve roots becomes irritated or compressed, you may experience symptoms much farther down the line.

That can include **burning, tingling, electrical sensations, numbness**, pain or even muscle weakness in the leg or foot.

So George may spend months concentrating on his foot when an important part of the puzzle could potentially be much farther upstream.

Not All "Neuropathy" Is the Same

Peripheral neuropathy has many potential causes. Diabetes is probably the best known, but nerves can also be affected by certain medications and chemotherapy, nutritional deficiencies, alcohol, autoimmune conditions, infections, hereditary disorders and other diseases.

A generalized **peripheral polyneuropathy** often affects the longest nerves first. That's why symptoms commonly begin in the toes and feet, frequently affecting both sides in what's called a "**stocking**" distribution.

But that's different from **radiculopathy**. Radiculopathy occurs when a spinal nerve root becomes irritated or compressed. A herniated or bulging disc, arthritic changes, narrowing around the nerve opening (foraminal stenosis) or lumbar spinal stenosis are among the conditions that may affect those nerve roots.

Depending upon the nerve involved, symptoms can travel through the buttock, thigh, calf and into particular areas of the foot.

And here's where things get even more interesting:

You can have more than one problem at the same time.

A person can have a peripheral neuropathy and a lumbar spine problem affecting a nerve root.

That's why treating every burning or numb foot as though it has exactly the same cause doesn't make much sense.

George's Clue

Suppose we discover something else about George. His right foot is much worse than his left. The tingling sometimes travels through his calf. Standing for a long time makes it worse, while sitting down seems to settle things.

Now we have clues.

They don't prove that George's spine is responsible. But they certainly give us a reason to look. And that's the important distinction.

An MRI showing arthritis, disc degeneration or a bulging disc doesn't automatically mean we've found the culprit either. These findings are common and can exist in people without symptoms.

The history, examination and imaging need to tell a story that makes sense together.

Could Your Spine Be Part of the Puzzle?

None of these signs proves that your symptoms originate from your spine, but they may warrant further investigation:

One foot or leg is considerably worse than the other. Burning, tingling or numbness travels from the buttock or leg toward the foot.

Standing, walking, sitting or certain spinal positions change your symptoms.

You have back or buttock discomfort along with your foot symptoms.

You've developed weakness, such as difficulty lifting your foot or pushing through your toes. Your reflexes or sensation have changed in a pattern suggesting particular nerves may be involved. A proper neurological examination can help distinguish between these possibilities.

Maybe We Need to Ask a Better Question

If George simply asks, "What can I do to stop my foot from tingling?" we may be starting at the wrong end of the problem.

A better question is:

"Why is my nerve producing these symptoms?"

At Schisler Spine Centre / NeuroDoc Ontario, that's an important part of our approach. We evaluate the pattern of symptoms, neurological findings and, when appropriate, spinal imaging to help determine whether spinal nerve involvement may be contributing to the problem and whether conservative treatment options are appropriate.

Because your feet don't come with a little flashing sign saying "THE PROBLEM STARTS HERE." Sometimes they are simply the place where the nervous system is telling you that something isn't right.

Remember George and his cottage toaster.

Before you keep working on the toaster, it might be worth checking the breaker.





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Neuropathy Advisory:



“Could this new Canadian breakthrough be the relief long-suffering Neuropathy Patients have been hoping for?”

Windsor, ON – Well folks, there's some mighty good news coming out of Windsor. The Schisler Spine Centre—already well-known for helping people get back on their feet without going under the knife—has just taken another big step forward. It's now the very first clinic in Canada to offer cutting-edge treatment for Peripheral Neuropathy, under the guidance of the NeuroDoc network from the United States.

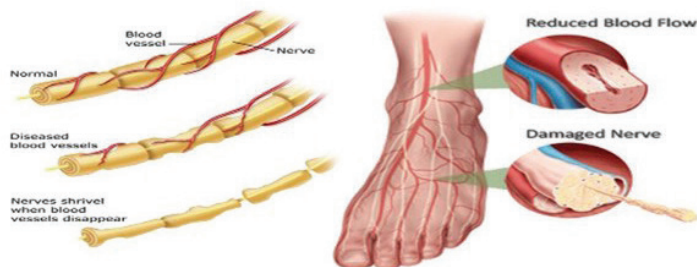
That's right—once again, Windsor's ahead of the curve!

Now, Peripheral Neuropathy is a tricky customer. It's a condition that damages the nerves branching out from the spinal cord, and it can make life downright miserable. We're talking about symptoms like burning, tingling, numbness, and sometimes pain that just won't quit—especially in the hands and feet. And if you're dealing with diabetes, chances are you've heard of Diabetic Neuropathy. Left unchecked, it can even lead to amputation.

Here's the hard truth: Peripheral Neuropathy tends to get worse over time if you don't tackle it head-on. And while medications can help take the edge off the symptoms, they don't stop the nerve damage from marching on. In fact, studies tell us that drugs alone usually aren't enough. This condition affects up to 1 in 5 adults, so it's more common than you might think.

But here's where the silver lining shines.

Rather than just masking the pain, the new technology available at the NeuroDoc Centre here in Windsor is aiming to treat the root of the problem. This isn't snake oil—it's based on years of solid research. We're talking about gentle, non-invasive treatments that not only relieve pain, but also encourage nerve and blood vessel regeneration. And all without reaching for the pill bottle.



Dr. Craig Schisler, the friendly face behind Windsor's NeuroDoc Centre, puts it plainly: This gives us access to the most advanced research and treatment options available today—without drugs, and without surgery. If it's the best out there, why shouldn't folks in Windsor have it too?”

And the results? Well, after more than twenty years of working with Neuropathy Patients, we're seeing better outcomes than ever before. People are feeling more steady on their feet, getting sensation back in their hands and toes, and enjoying a real drop in pain levels.

Here are a few red flags that you or a loved one might be dealing with Peripheral Neuropathy:

- Tingling, numbness, or prickly sensations that creep from your toes or fingers and climb upward
- Sharp or burning pain that feels out of place
- Sensitivity to even light touch—like pain from just having a blanket over your feet
- Muscle weakness or feeling uncoordinated
- Feeling like you've got socks or gloves on when you don't
- Trouble walking or keeping your balance
- In severe cases, difficulty moving parts of your body

The NeuroDoc method combines several leading-edge technologies in one well-rounded approach that's been shown to reverse symptoms—not just mask them.

And here's the kicker: people aren't just feeling less pain—they're feeling more like themselves again.

If you or someone you love has been struggling with Peripheral Neuropathy and wants a solution that doesn't involve another pill bottle, there's never been a better time to look into this.

Just mention this article and you'll get a **free consultation** with Dr. Schisler—no pressure, no obligation.

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By Trevor LeDrew 
Regional Vice President,
IG Wealth Management.

10 essential considerations when selling your business

Selling a business is a significant decision, often marking the culmination of years, if not decades, of hard work, perseverance, and dedication. The process can be complex and emotionally charged, and being well-prepared is key to ensuring a smooth transition and achieving the best possible outcome. This article provides a detailed checklist to help guide medium-sized business owners through the necessary steps in preparing for the sale of their business.

“Be prepared to discuss your customer base, the uniqueness of your products or services, and your business’s strategic advantages.”

1. Begin planning early

Planning for a business sale should ideally begin years before the actual sale. This involves understanding the market, grooming potential successors, and positioning your business to be attractive to potential buyers. This also includes getting your financials in order, improving business operations, and resolving any potential legal issues.

2. Understand your business’s worth

It is critical to have an accurate understanding of your business’s value. You may wish to employ a professional business valuator or use industry multiples as a starting point. Be prepared to justify your valuation to potential buyers.

3. Get financials in order

Buyers will want to see well-organized, clear financial statements going back several years. Ensure your profit and loss statements, balance sheets, and cash flow statements are up to date and accurate.

4. Legal housekeeping

Address any outstanding legal issues that could become obstacles in a sale. This could include patent disputes, employment contracts, or outstanding litigation.

5. Organize key business documents

Prepare a comprehensive portfolio that includes key business documents such as contracts with suppliers, customers, and employees; lease agreements; and a list of assets included in the sale.

6. Identify potential buyers

These could include competitors, customers, suppliers, or financial buyers like private equity firms. You may also consider using a business broker to help you identify potential buyers.

7. Develop a sales pitch

Your sales pitch should highlight your business's strengths, growth potential, and market opportunities. Be prepared to discuss your customer base, the uniqueness of your products or services, and your business's strategic advantages.

8. Plan for due diligence

Buyers will want to scrutinize your business's financials, legal issues, customer base, and more. Prepare for this process by having all relevant information ready and accessible.

9. Prepare for negotiations

Have a clear understanding of your bottom line and be prepared to negotiate price, terms, and conditions. Also, consider involving a lawyer or business advisor in this process.

10. Plan for the transition

Post-sale transition can be a delicate process. Have a clear plan for how you will transition the business to the new owner to ensure a smooth handover and minimal disruption to the business. Selling your business can be a complex process, but with careful planning and preparation, you can position yourself for a successful transition. Remember, it's okay to seek professional help in areas where you're unsure. Accountants, business brokers, and legal advisors can all provide valuable assistance during this significant moment in your business's lifecycle.

Let's work together to improve your financial well-being through a comprehensive, holistic approach to planning, based on synchronized professional advice.



Talk to me today.

TREVOR LEDREW 

Regional Vice-President
IG Wealth Management Inc.
Mutual Fund Division



519.253.3553 | Trevor.LeDrew@ig.ca

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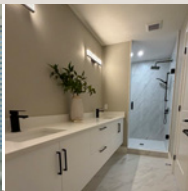
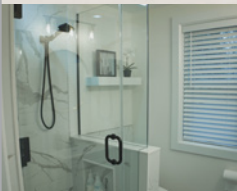
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THE 2027 BMW X5 THE EVOLUTION OF AN ICON

By Rafih Style Magazine

A commanding new chapter for BMW's luxury SUV—where bold design, sophisticated technology and unmistakable driving dynamics come together.



The BMW X5 has spent decades defining what a luxury SUV can be. For 2027, BMW continues that evolution with an X5 that looks toward the future while retaining the athletic character, premium refinement and everyday versatility that have made it one of the brand's most recognizable models.

From the first glance, the 2027 X5 makes its intentions clear. Its proportions remain unmistakably BMW, but sharper surfaces, a more assertive front fascia and distinctive lighting elements give the SUV a stronger road presence. The familiar kidney grille remains at the centre of the design, while modern lighting signatures create a sophisticated visual identity, day or night.

"The X5 doesn't simply arrive—it makes an entrance."

Inside, the focus shifts from commanding presence to an atmosphere of modern luxury. The cabin combines premium materials, contemporary design and advanced technology to create an environment equally suited to a morning commute or a cross-country journey. Every element is designed to place the driver at the centre of the experience, while providing passengers with comfort and generous space.

BMW's latest digital technologies further transform the cabin. A large, high-resolution display area integrates key vehicle functions and entertainment, while intelligent interfaces help keep information accessible without overwhelming the driver. The result is a cockpit that feels less like a traditional dashboard and more like an extension of the vehicle itself.

But technology in the X5 is not simply about adding features. It is about creating a more intuitive connection between driver and vehicle.

"Technology disappears into the experience—and that's precisely the point."

The X5 remains, above all else, a BMW. Its athletic stance is matched by performance-oriented engineering designed to deliver the responsive handling and confident road manners expected from the brand. Depending on the configuration, the X5 offers a

range of powertrain options designed to suit different priorities, from smooth and efficient everyday driving to exhilarating performance. BMW's xDrive all-wheel-drive technology provides additional confidence by intelligently distributing power where it is needed, helping the X5 remain composed through changing road and weather conditions.

For drivers looking for a more performance-focused experience, the X5 family continues to offer variants that push the boundaries of what a luxury SUV can deliver.

Yet versatility remains central to the X5 formula. Behind its elegant exterior is a practical SUV capable of accommodating passengers, luggage and the demands of everyday life. Fold the rear seats and the available cargo space expands considerably, making the X5 equally comfortable carrying groceries, luggage or weekend adventure gear.

It is this balance that has always separated the X5 from the crowd. It can be sophisticated without being delicate, athletic without sacrificing comfort, and technologically advanced without losing the emotional connection between driver and machine.

The 2027 BMW X5 represents another significant step in that evolution. Its design is more confident, its technology more intuitive and its driving experience remains rooted in BMW's performance heritage.

"Luxury gets you noticed. Performance makes you remember the drive."

For those who expect more from their SUV, the X5 continues to make a compelling statement. It is not simply transportation—it is a combination of design, capability, technology and driving pleasure, wrapped in one of BMW's most enduring silhouettes.

The 2027 BMW X5 isn't following the future of luxury SUVs. It is helping define it.





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The Q4 Advantage: How Smart Businesses Finish the Year Strong

By Rafih Style Magazine



As summer winds down and September arrives, businesses enter an important period that can easily be overlooked. While the final quarter of the year may still seem months away, successful companies are already planning for it. For business owners and leaders, September represents an opportunity to step back, assess the year so far and make strategic decisions that can have a meaningful impact on the months ahead.

The fourth quarter is more than simply the final stretch of the calendar. It is a chance to strengthen financial performance, build momentum, prepare for the year ahead and finish with purpose.

Take Stock Before Moving Forward

Before setting new goals, businesses should take an honest look at where they stand. Are sales on track with expectations? Have expenses increased? Which products or services have performed particularly well? Are there areas of the business that need additional attention?

Reviewing year-to-date financial statements, sales figures, customer trends and operating expenses can reveal opportunities that may otherwise go unnoticed. It is also a good time to revisit the goals established at the beginning of the year and determine which ones remain realistic.

Not every goal will have unfolded as expected, and that is not necessarily a problem. Markets change, customer behaviour evolves and unexpected challenges arise. What matters is using the information available today to make smarter decisions for the final months of the year.

Make Every Q4 Opportunity Count

For many businesses, the fourth quarter can be one of the busiest and most profitable periods of the year. Consumer spending often increases, businesses finalize budgets and companies look to complete projects before year-end.

This makes September the right time to prepare.

Businesses should review inventory, staffing levels, marketing campaigns and customer demand to ensure they are ready for increased activity. For service-based businesses, this can mean confirming schedules and ensuring teams have the capacity to handle additional projects. For retailers, it may mean planning promotions, ordering inventory and preparing holiday campaigns well in advance.

The goal is not simply to generate more revenue, but to make sure the business is prepared to handle that revenue efficiently.

Get Financially Organized

A strong finish begins with a clear financial picture.

September is an excellent time to review cash flow, outstanding receivables, recurring expenses and upcoming financial obligations. Following up on overdue invoices and tightening expense management can help businesses enter the final quarter in a stronger position.

It is also worth considering whether planned purchases or investments should be made before year-end.

New technology, equipment, training or other business improvements may provide operational benefits while also fitting into year-end financial planning.

For more complex decisions, business owners should consult their accountant or financial advisor to understand the potential tax and cash-flow implications.

Invest in Your People

A company's performance is closely connected to the people behind it. As businesses prepare for Q4, leadership teams should evaluate staffing needs and employee performance while considering what skills will be required in the year ahead.

This is also a valuable time to recognize employees and reinforce company culture. A busy final quarter can put additional pressure on teams, making communication and appreciation particularly important.

For businesses planning to hire, September can also be a strategic time to begin identifying talent rather than waiting until a position becomes urgent. Building a strong team is a long-term investment, and the best candidates often require time to find and attract.

Start Planning for the Year Ahead

One of the biggest advantages of thinking about Q4 early is that it creates a head start on the following year.

Instead of waiting until December to begin planning, business owners can use the final months of the year to identify priorities for 2027. What should the company

stop doing? Where should it invest more? Are there new markets to explore? Does the business need to update its technology, website, branding or customer experience?

Marketing plans, budgets, hiring strategies and growth objectives can all be developed before January arrives. By starting early, businesses can enter the new year with direction rather than spending the first few months deciding what to do next.

Finish Strong, Start Smarter

The fourth quarter is ultimately about more than reaching a year-end sales target. It is about creating momentum.

Businesses that use September to review their performance, strengthen their finances, prepare their teams and establish priorities for the coming year give themselves a valuable advantage. They are not simply reacting to the final months of the calendar—they are actively shaping what comes next.

For entrepreneurs and business leaders, the message is simple: don't wait for January to start planning for the future. The decisions made this fall can help determine how successfully your business enters the next year.

The strongest finish isn't about doing everything at once. It is about knowing what matters most, making informed decisions and taking action while there is still time to make a difference.

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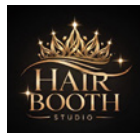
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