

GLV

THE GOOD LIFE IN VANCOUVER

\$4.95 Volume 2, Number 6 | November/December 2004

Featured in this issue:

Beauty Inside & Out

Win a Get-Away to Poets Cove! See page 21 for details.

GLV

THE GOOD LIFE IN VANCOUVER

November/December 2004

8

GOOD LIFE:

Cover Story

- 8 BEAUTY, INSIDE & OUT** *By Virginia Leeming*
What's on Your Wish List?

Features

- 16 WINES TO BANK ON** *By Gael Arthur*
The Swiss Account
- 18 IT'S NOT JUST ABOUT THE MONEY** *By Peter Beck*
Private vs. Public Schools
- 22 ONE GIANT LEAP?** *By Lucas Aykroyd*
Vancouver Giants Junior Hockey

IN VANCOUVER:

- 24 Wish Cup Soccer Tournament**
- 26 Secrets of a Chef** *By Ray Henry*
- 28 Passionate Traveller** *By Randi Winter*
- 30 Properties Advisor** *By Ozzie Jurock*
- 33 City Lit** *By Virginia Aulin*
- 34 Hot Wheels** *By Tony Whitney*
- 37 Image Sense** *By Peggy Schroeder*
- 39 Health Updates** *By Michel Pelletier*
- 41 City Calendar**
- 43 The Arts**
- 44 Astro Link** *By Rose Marcus*
- 46 Spiritual Energy** *By Jonni O'Connor*

28

26

16

22

Contributors

Gael Arthur writes about wine, food and travel. A perfect vacation for her combines all three. A perfect business trip contains healthy quantities of the same elements.

Virginia Aulin is a communications professional and senior editor of *Room of One's Own*, Canada's oldest women's literary magazine. She writes book reviews and travel and golf articles for a variety of publications.

Lucas Aykroyd covers all Vancouver Canucks home games for *The Prague Post*, as well as contributing regularly to such official NHL publications as *FaceOff Magazine* and *Rinkside*. Since 2000, he has covered the annual World Hockey Championships and the Olympics as the senior correspondent for the International Ice Hockey Federation's web site.

Peter Beck is the well-known financial expert who founded *Swift Trade Securities*, Canada's first day trading firm, in 1998. It is now the country's leader in direct-access trading. Beck has also co-authored a book on hedge funds, and frequently appears on television to offer commentary on the performance of the Canadian markets.

Ray Henry is an all-around leader with a keen competitive spirit; it's not unusual that Ray has made his career in the culinary arts. He's travelled to exotic locales and honed his skills from kitchen to kitchen to become one of Canada's pre-eminent chefs. Ray's return to Diva at the Met as Executive Chef ensures that one of Vancouver's best known restaurants will indeed continue to set new directions in innovative regional cuisine.

Ozzie Jurock, FRI, CMR, is the president of *Jurock Publishing Ltd.* and of *Jurock International Net Inc.* He has served on the boards of the *BC Real Estate Council*, the *Vancouver Real Estate Board*, the *UBC Real Estate Research Bureau* and the *Quality Council of BC*, among others. He is also a Fellow of the *Canadian Real Estate Institute*, and the author of *Forget About Location, Location, Location*.

Virginia Leeming began her freelance writing life in *GLV's* first issue, since her retirement after 20 years with the *Vancouver Sun*. She is an avid fan of food, wine, travel and good books. She is also a self-admitted spa junkie.

Rose Marcus specializes in evolutionary astrology. She has written for numerous national and international publications, and has been a popular TV and radio guest. She also teaches classes, presents lectures and maintains a busy private consultation practice.

Michel Pelletier is a leading authority on integrated health and fitness testing and functional fitness training with over 18 years of experience in the field. Michel and his wife Svetlana own and operate *Beyond Fitness Coal Harbour Club*, a private Personal Training studio in downtown Vancouver. With his contagious passion for his clients' success, he is dedicated to helping them meet and surpass their health and fitness goals.

Jonni O'Connor, PhD, maintains a private practice in transpersonal psychology, writes and records, and gives workshops. She has also released two books, *Living the Energy: Essentials for Expanded Awareness* published in 2003, and her latest, *The Sexual Self: The Essence of Sexual Passion*.

Peggy Schroeder is the *Travelling Tailor*, a maverick woman with corporate image sense combined with two generations of textile manufacturing, who now focuses on individuals. Building personalized wardrobes for people that demand only the best at a proper price is what the travelling tailor is all about, keeping you current by tailoring your image to suit your needs, and fine-tuning your corporate wardrobe.

Tony Whitney lives in West Vancouver BC and has been writing and broadcasting about automobiles and the auto industry for over 20 years. His work has been published in newspapers, magazines and websites across North America and he travels extensively to attend vehicle launch programs worldwide. His TV show *Driver's Seat* has been on the air since the late 1980s. He is a juror in the Detroit-based *North American Car and Truck of the Year* competition and has served four terms as president of the *Automobile Journalists Association of Canada*. He also sits on the Board of Jurors of the *Canadian Motorsport Hall of Fame*.

Randi Winter is a Passionate Travel Specialist with the first full service *Virtuoso Agency* in Canada. She specializes in customized individual, group and special-interest opportunities worldwide, including cruising, spas and adventure travel by land, sea and air. As contributing editor for several lifestyle magazines, her vision is to offer you a new travel vocabulary and with it, new travel experiences that will take you from dream to memory.



Gael Arthur



Rose Marcus



Virginia Aulin



Jonni O'Connor, Ph.D.



Lucas Aykroyd



Michel Pelletier



Peter Beck



Peggy Schroeder



Ray Henry



Tony Whitney



Ozzie Jurock



Randi Winter



Virginia Leeming



THE GOOD
LIFE IN
VANCOUVER

Volume 2, Number 6 | November/December 2004
Vancouver, British Columbia

Publisher 604 925.0313
Terry Tremaine terry@goodlifecanada.com

Associate Publisher
Connie Ekelund info@goodlifecanada.com

Managing Editor
Marja Rese

Art Director & Production
Marla Britton marla@goodlifecanada.com

Corporate Development
Synergy CMC www.synergy-cmc.com

Sales Manager 604 787.2022
Glen Byfield glen@goodlifecanada.com

Printed in Canada
By Calgary Colorpress
Publication Mail Agreement #40042891

Address all correspondence to:

Fusion Publishing Inc.
GOOD LIFE MAGAZINE
#317 - 1489 Marine Drive
West Vancouver, BC V7T 1B8

Photographers

Event Photographer: Kerry Phillips
www.kerryphillips.ca

Cover Photographer: Jacquie McCarnan
www.jacflash.com

Cover Model: Nancy Houle
Cover Jewellery: Supplied by LUGARO
www.lugaro.com

Next issue: Winter Sports

Next GOOD LIFE Event: New Years Eve
www.goodlifecanada.com

Subscription Price

Canada: 6 issues \$16 (GST included)

Information and Subscriptions

Phone: 604 925.0313

Toll Free (Canada): 1 888 925.0313

E-mail: info@goodlifecanada.com

GOOD LIFE MAGAZINE is published six times a year by Fusion Publishing Inc.
©Fusion Publishing Inc. All rights reserved. Any reproduction or duplication without prior
written consent of Fusion Publishing Inc. is strictly prohibited.

The information in GOOD LIFE MAGAZINE has been carefully compiled from sources
believed to be reliable, but its accuracy is not guaranteed. Fusion Publishing Inc, its officers,
and its owners, the editors of GOOD LIFE MAGAZINE and their respective affiliates, or
accounts managed by such persons, may from time to time have a position in investments
referred to in this magazine.

www.goodlifecanada.com

From the publisher

Hello there. Hope you like this issue. We're proud of it. Even though we're about to enter our third year, the fun in making each issue better than the last remains front and centre. This issue is another big step forward. In my totally biased opinion, it's great!

We hope you enjoy your complimentary issue of GOOD LIFE! We are selecting specific neighbourhoods to receive a free copy of GOOD LIFE. If you like it, then subscribe today and automatically be entered to win a Get-Away to Poets Cove. See page 21 for details. Unfamiliar with Poets Cove - check out the travel feature on page 28.

I'm announcing here our first makeover contest. Reality TV is dominating media and we want to play too. Who says a magazine can't do it? See the unveiling of "The Look" in the next issue. If you want win a fabulous Makeover visit our web site to enter. Our cover story is almost a lead-in to the contest. Vancouver can boast of numerous pioneers in cosmetic surgery. People come from all over the world to be treated by the best there is.

In this space I tend to extol the virtues of this fabulous city we live in. There is little doubt in my mind that this is the place to be. When it comes to the "GOOD LIFE" I hope we express in every issue how wonderful this city is.

We look forward to your feedback. Everyone has an e-mail address at the end of their column as well as on the website. Send them an e-mail. We listen.

When ever a new issue appears I always wait for the first phone call. Guaranteed it will be negative. It's funny how it's the critics who take the time to detail their concerns. Come on Vancouver just once I want the phone call to be positive. Can someone out there be the first to call and say something nice?

Terry Tremaine
Publisher

We welcome letters from readers at: terry@goodlifecanada.com

Win a
Get-Away to

Poets Cove
RESORT & SPA

Makeover
Contest



Enter Now!

See www.goodlifecanada.com for contest details.



Beauty Inside & Out



What's on Your Wish List?

BY VIRGINIA LEEMING

Photos this page:

Left Photo:

Model: Nancy Houle

Jewellery: supplied by LUGARO

Top: Diamond and emerald Panthère pendant, Cartier Boutique

It is said that beauty is in the eye of the beholder, but it is my conviction that beauty is in one's own head. How we perceive ourselves is a blend of what we see in the mirror and our self-confidence. In today's popular culture we are bombarded with advertisements and magazines touting the perfect image as well as a host of TV programs ranging from sprucing up our wardrobes to extreme cosmetic surgery makeovers. But before you step out the door, GLV has done a little research and talked to some of the city's top professionals.

Fortunately we have many skilled pros certified to help those of us who feel we need a little sculpting and polishing to meet the image we would like to present to society. Whether it is to keep your edge in an increasingly competitive career market or to fit in more pleasingly with the present acceptance of today's beauty standards, you can maximize your potential.

GLV's recipe for a makeover begins at Avant Garde Hair Studio (www.avantgardehair.com), one of Vancouver's premier salons, owned by award-winning Jon Paul Holt whose expertise has transformed many women seeking a new image (check the web site for the before and after images). For the holiday season Holt has some advice. "This season is all about dressing up with luxurious sensuality," he says, adding that the film star look from the '40s and '50s is reflected in fashion. To create this look, big, fat unbrushed curls set the stage for drama. Set your hair in hot rollers or use a curling iron to create your holiday locks. Take pieces of hair from around the sides and back of the head and pin hair vertically on to rollers or a curling iron for a spiral curl, avoiding the hair on the top or crown of the head. Remove the rollers or curling iron. Don't comb, then spray curls or break with fingers for a less structured look. Los Angelinos have rediscovered the hairpiece to add fuller, longer hair instantly. And here's the best tip ever to dress your tresses: take a '50s-inspired sparkling brooch or earring and with a hair pin with one prong bent to form a fish hook, slip the hair pin through the piece of jewellery and push the pin firmly into the hair, fish hook end down. Voila, immediate glamour.

So now you look in the mirror and the hair is wonderful. You smile at your image, but something isn't quite right. Next step in your transformation — call a dental expert. If major renovations are in order, Dr. Abbas Tejani at the Arbutus Centre for Laser and Cosmetic Dentistry is one of the experts. His 'Complete Smile Makeover' will change your self-image and give you a fresh outlook on life. If you have broken, worn, twisted or discoloured teeth Dr. Tejani will step in and give your smile new life. Patients

who come to him are looking for corrective work that may involve straightening, veneers, crowns, whitening, and sometimes implants. Dr. Tejani takes careful consideration of the patient's facial

proportions to ensure the new "smile" is flattering and complementary to his or her image. Results are spectacular. "It was the best money I've ever spent," a patient told him. The smile makeover "really brings out people to be more themselves. When you feel good within, you radiate that," he says, explaining that cosmetic dentistry is more than making a beautiful smile; it gives the patient a new-found self-confidence. Costs range from about \$850 to \$1,000 a tooth.

At his Vancouver Centre for Cosmetic Dentistry (www.mysmilemakeover.com), Dr. Edward Lowe, also a cosmetic dentist, explains the tooth-whitening process he likes. Using a one-hour whitening system called Zoom, developed by Discus Dental of California, he uses a special UVA light that activates a gel painted on the teeth. "It is safe, effective and fast" reports Dr. Lowe, who adds that it was introduced into Canada last year. Teeth can be dramatically whitened from six to 10 shades lighter. Following the pain-free whitening, a five-minute fluoride treatment completes the process. Cost is between \$400 and \$1,300. By regular flossing and brushing, your teeth will always be lighter than they were before, and with an occasional touch up at home with Zoom products such as Zoom! Weekender, your smile will be bright for years. Dr. Lowe stresses the importance of regular clinical checkups, as buying over-the-counter whitening products may prevent someone from discovering serious teeth problems such as periodontal diseases. At-home whitening products take weeks, and sometimes months, to work and are not capable of whitening as dramatically at the in-office procedures, he reports.

Dr. John Dmytryshyn (www.facialsurgery.net) specializes in facial cosmetic surgery, so he's up on all the latest procedures available on the market. The newest, Feather-Lift, a procedure developed by a Russian plastic surgeon, uses monofilament threads inserted under the skin to help lift sagging facial tissue in the jowls, cheeks and forehead. Dr. Dmytryshyn has been doing



Swarovski crystal brooch by Elsa Corsi, at Jewelliette



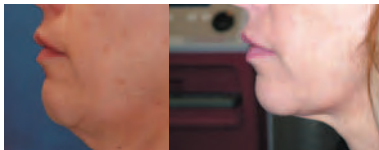
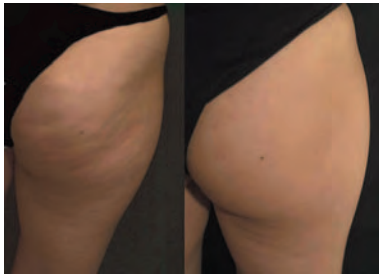
Holiday hair by Avant Garde Hair Studio



Before and after Zoom whitening,
Dr. Lowe of Vancouver Centre for
Cosmetic Dentistry



Complete Smile Makeover,
Dr. Tejani of Arbutus Centre
for Laser and Cosmetic Dentistry.



VelaSmooth anti-cellulite process, above, and
ThermaCool skin tightening process, below,
by Dr. Gerald Boey of Arbutus Laser Centre



A luxurious and relaxing environment offered at Vida Wellness Spa

this for 16 months and he feels it is still in the experimental stage, however the results are fairly dramatic and according to one of his patients, recovery was speedy (a week). “There are more people interested in doing minimal invasive surgery, hence the reason we are doing procedures like the Feather-Lift,” he says. It is obvious, he continues, that the reason so many patients love Botox and fillers (including Restylane, Artecoll and DermaLive), the so-called lunchtime procedures, is that “you’re in and you’re out, and no one is the wiser, except to note that you look better”. The cost of a Feather-Lift procedure depends on the number of threads used; it varies from \$3,000 to \$5,500.

It is estimated that 90 per cent of women have cellulite. Whether you are slim, average or large, only ten per cent escape this condition. Lumpy deposits of fat lying under the skin create an orange-peel like texture, and until recently there has been nothing that can effectively reverse the condition, according to Dr. Gerald Boey of Arbutus Laser Centre (www.arbutus-laser.com). But the day I visited his centre he was enthusiastically telling me about a new device called VelaSmooth, developed by Syneron, which is headquartered in Israel. Dr. Boey explained that the system uses bi-polar radio frequency and infrared light together with a pulse/suction/roller head. This non-invasive procedure is administered in a series of eight treatments of about 30 minutes each and is also used for contouring as well as for cellulite. Although the results are convincing, Dr. Boey is quick to add that ongoing maintenance is required, as there is a tendency

in some patients for cellulite to build up again if they are genetically predisposed to the condition. He had not yet priced the procedure at the time of writing.

Although ALC offers a wide range of services including hair removal, leg and facial vein treatment and tattoo removal, it is ThermaCool developed by Thermage that interests me. ThermaCool is a method used for facial tissue tightening. It employs a monopolar radiofrequency to gently heat the lower layers of skin to shorten collagen fibres. Treatment time is short — 30 to 60 minutes. Improvement may be apparent in about three to six weeks and lasts from six months to two years. There is, however, some discomfort, so topical creams are applied to the skin about 60 minutes before treatment. Dr. Boey reports that most of his patients who come for facial rejuvenation are healthy, happy and busy individuals, some of whom may see it as a way to compete with the younger women in the job market. She simply wants to maximize her opportunity to look good.

The holiday season brings with it parties, gift giving, and visits with friends and family; it also comes with an unhealthy dose of stress. Trying to fit all your commitments into a busy schedule can play havoc with your peace of mind. The best stress-buster is to pay a visit to a spa, where the gentle atmosphere of care-giving will sooth the seasonal stresses away. Vida Wellness Spas (www.vidawellness.com) are at two locations, the Sheraton Vancouver Wall Centre Hotel and the Fairmont Chateau Whistler. A third will open in January at the Sutton Place Hotel



Personalized Kiehl's Holiday Gift Tin



White- and yellow-gold Renaissance ring by Lugaro



Pop star Gwen Stefani creates a L.A.M.B bag for Le Sportsac, \$75, at Holt Renfrew
Photo courtesy Holt Renfrew



Zoppini Bracelets at Lugaro Jewellers

Vancouver. These spas offer many options for those looking to have massage, body wraps, pedicures and a host of pampering treatments. Allison Hegedus, Regional Spa Director, says their therapists are truly passionate about the healing that accompanies their treatments. "Touch has an emotional healing aspect as well as a physical one," she affirms. The treatments are designed to calm, relax and balance, so while the body is getting a beauty treatment the mind is being freed from cares and concerns. A Vichy water massage can help restore hydration for frequent flyers and an aromatherapy massage will counteract jet lag. Aromatherapy can be tailored to your needs "calming, uplifting, or to counter depression and sleep disorders," says Hegedus. While a ginger lemongrass body wrap is calming and detoxifying, an orange and green tea wrap is invigorating and detoxifying. To show someone your appreciation, a gift certificate is the perfect way to allow them to choose their own treatment, says Hegedus. There is a wide range of services, including treatments for men. A manicure of 30 minutes costs \$35, while a tailor-made spa package can go as high as you like. A couple's massage and steam at 120 minutes is \$420.

Vancouver's first Kiehl's store (www.kiehls.com) opened in

October on Robson Street. Devotees of this pharmacy/skincare company, which was founded in 1851 in New York City, appreciate the products to a degree that borders on cult status. Carefully formulated with products chosen for their efficacy and packaged simply and efficiently, the line has a range of skin, hair and body lotions and creams, including a range for babies. There are celebrities who won't travel without their favourite Kiehl's products. I quickly became a convert when I tried the Ultimate Strength Hand Salve. It makes your skin feel like velvet. At Kiehl's, the customer reigns. The products are not animal-tested and advice printed on the hand salve tube actually uses the word please, if you please! A perfect present is Kiehl's Holiday Gift Tin, which allows the giver to choose a variety of products specially tailored for the recipient. My gift selection includes Amino Acid Shampoo \$22.50, Coriander Bath and Shower Liquid Cleanser \$18.50, Ultimate Strength Hand Salve \$25.50, Crème de Corps \$35 and Lip Balm (which everyone is mad for) \$8. But you choose your own.

Now that you're buffed, coiffed, painted and ready to party, there's a jewel of a shop favoured by Vancouver's fashionistas and photo stylists. Jeweliette (www.jeweliette.com), nestled in the front



Luxurious tent living at Wilderness Outpost at Bedwell River of Clayoquot Wilderness Resorts & Spa

of Manuel Mendoza's couture store opposite the Bay on Seymour, has a treasure trove of accessories to put the polish on your party outfit. Owner Madalena Corsi says the hottest accessories this season are vintage-inspired brooches to be worn "on non-obvious places, and in multiples." The selection she offers, designed by her daughter Elsa and made with Swarovski crystals, comes in a sparkling array of colour combinations. Shoes are embellished this season, so attach something that sparkles to footwear, advises Corsi. Pin a brooch on a purse or pair of boots for holiday dazzle. Corsi gives the fashion nod to fur capelets and fur trimming — think gloves, scarves and collars. As for chandelier earrings, they remain strong, and the bigger and longer, the better.

In the animal world the lion may be king, but in the world of jewellery it is the panther that reigns supreme. A long-time icon, now considered a classic at Paris-based Cartier (www.cartier.com), "jeweller of kings, king of jewellers", the Panthère motif has been a favourite of the world's most stylish women; the Duchess of Windsor, heiress Barbara Hutton and Princess Sadruddin Aga Khan were among admirers and collectors of the precious Panthère jewellery. A travelling exhibition of Panthère jewellery will be available at Boutique Cartier on Howe Street (email vancouver@cartier.com), from November 20 to December 15. Rings, necklaces, earrings and brooches will tempt the femme fatale. Among the most coveted pieces are the pendants of 18-karat gold with a black lacquer panther with emerald eyes, \$5,900, or yellow, brown and white diamonds and gold, \$127,000. Suspended on a black silk cord tipped with gold, they embody the animal itself; precious, powerful and passionate, like the women who wear them.

One of Canada's favourite shopping destinations is Holt Renfrew (www.holtrenfrew.com), an emporium of the trendy, the tasteful and the tasty. With the expansion of the store's at-home goodies the selection for gift-giving offers shoppers the perfect item for everyone on their list. One of the newest counters is Links of London, established in 1990, which offers sterling

silver and 18-karat gold jewellery for men and women, baby gifts and leather items. Start a charm bracelet for someone or surprise

him with a pair of unusual cufflinks. At HR Pick up style-diva Gwen Stefani's must-have bag by L.A.M.B., a black Donegal tweed clutch, or a saucy leopard-print cami edged with fuchsia lace by Loungewear Betty. And for the ultimate holiday dinner, Burberry makes silver-checked Christmas crackers containing paper crown, motto and a silver-plated gift such as a mirror, tape measure, vitamin box, money clip, yo-yo or key fob. Price for such merriment — \$225 for a box of six.

Ioulia Chtankova, marketing coordinator at Lugaro Jewellers (www.lugaro.com), reports the right-hand ring is growing in importance at the jewellery stores. Brazilian Rejane Amaral, a gemologist and designer for Lugaro, recently won first prize in the category of right-hand rings in the Excellence in Design contest held by Canadian Jeweller Magazine in partnership with Diamond Promotional Services. Amaral's mosaic right-hand ring is showcased in Lugaro's Renaissance collection. These rings are made in 14- and 18-karat gold and set with diamonds and coloured gemstones. Many couples become engaged during the holiday season and Lugaro offers a beautiful selection of engagement rings, ranging from the Renaissance collection to the Canadian Native Bridal Collection featuring the wolf, whale and eagle, designed by Squamish First Nations artist Reno Natrall. Teenagers can begin their fine jewellery collection with a charm bracelet, a delightful way to create a story of memories for girls.

After the madness of the holiday season fades into a fond memory of meals and merriment, head northward to Clayoquot Wilderness Resorts & Spa (www.wildretreat.com), to rejuvenate and find a source of solace with nature at the spectacular floating lodge at Quait Bay or the newly-opened Wilderness Outpost at Bedwell River.

These ultra-luxurious accommodations create a setting unlike any other — a service-oriented, private retreat with numerous outdoor activities, unique spa treatments and a cuisine derived from the best the west offers, with an emphasis on organic sources

The Outpost creates a 21-century-safari style of living with all the amenities while providing zen-like surroundings in tent-living under the old growth forest. Cedar platforms with white canvas tents are complete with solar- and water-powered electricity and hot water. Décor is reminiscent of turn-of-the-century comfort, puffy down duvets, fluffy towels, antique furnishings, tropical muslin nettings over queen or twin beds; nothing is lacking. Prices vary with the season, but be sure to take your chequebook — this holiday doesn't come cheap. Four-night packages are \$5,700, seven-nights are \$9,450. Visit the web site for details. ■