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On the cover:

Barossa Valley – Marananga, South Australia

Photographer: Connie Ekelund

Camera: Sony A 700

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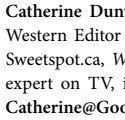
GOOD LIFE
CONNOISSEUR
The Connoisseurs' Choice in Luxury Living

Volume 7 | Fall 2009
www.GoodLifeConnoisseur.com

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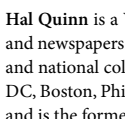
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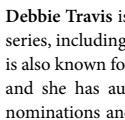
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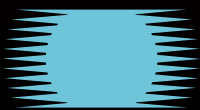


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GOOD LIFE CONNOISSEUR

The Connoisseurs Choice in Luxury Living

Volume 7 | Fall 2009
www.GoodLifeConnoisseur.com

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Published by

Fusion Publishing Inc.

Canadian Office
Fusion Publishing Inc.
#317 – 1489 Marine Dr.
West Vancouver, BC
Canada V7T 1B8
888.925.0313

USA Office
Fusion Publishing Inc.
#1537 – 145 Tyee Dr.
Pt. Roberts, WA
USA 98281-9602
888.925.0313
info@GoodLifeConnoisseur.com
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Circulation & Distribution

Canada Post
Newsstand
Zinio

Subscriptions

Subscribe to Good Life Connoisseur Magazine:
888.925.0313 Extension 1001
info@GoodLifeConnoisseur.com
www.GoodLifeConnoisseur.com
Full Subscription Price: 1 year \$24.95

Publication Mail Agreement #41124091
Non-deliverables please return to:
Fusion Publishing Inc.
Good Life CONNOISSEUR Magazine
#317 - 1489 Marine Drive
West Vancouver, BC, V7T 1B8 Canada

Good Life Connoisseur is published four times a year by Fusion Publishing Inc.
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A fascination for Australia first developed when my geography teacher introduced the country by stressing it was a continent unto itself—one where you could experience all climactic zones. Plus it was a continent which had separated from all the other land masses, so early, unique, wildlife species had been able to develop in isolation. And finally, it was a country without borders.

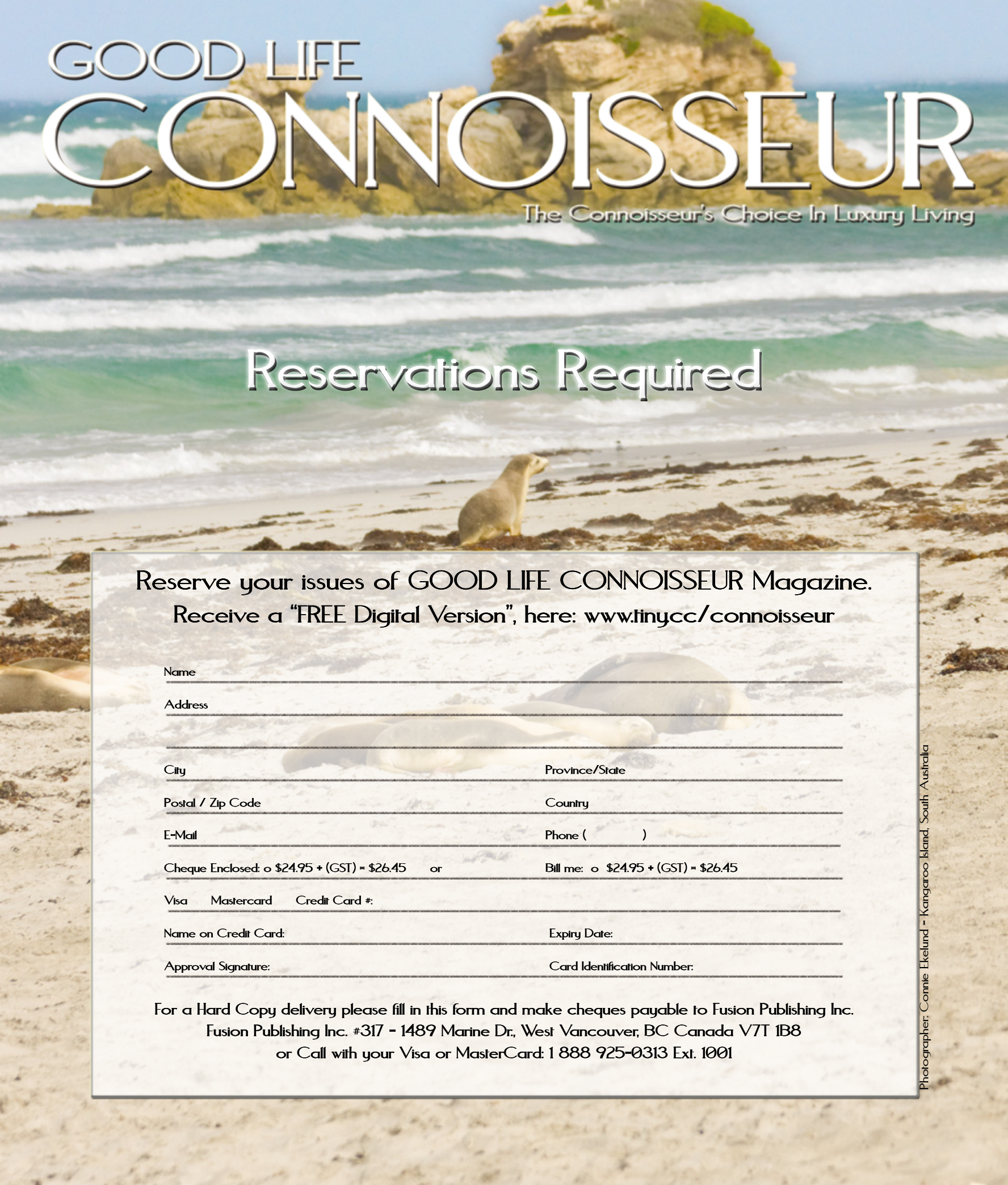
I must say, I was not disappointed by finding much was the same as we have back home. Travel for us is always the people, but in Australia you can not avoid the singularity of the country. And with the size of it I would suggest allowing plenty of time or just simply assume you'll have to return a few times to get a true understanding of the flavour.

Next on the agenda is South Africa. This is another country which has left an impression from my school days. Of course we'll report back on our safari experience, but we're going to be able to explore their wine country as well. As always, I would suggest sending in the reservation form opposite to assure your copy.

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As always, any comments, suggestions or criticisms are always welcome.

Terry Tremaine
Publisher
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TRAVEL

Australia Come Walkabout

By Terry Tremaine

Photos by Connie Ekelund



View of Hanson Bay from Southern Ocean Lodge, Kangaroo Island.

Prior to visiting Australia, something I was particularly looking forward to was driving along the road and seeing kangaroos hopping along. The drive from the Cairns Airport to Palm Cove did not disappoint. Although, a good part of the drive was a surprise to me in that we were travelling through fields of sugar cane. Not something I had expected. But once beyond the cane and in wooded areas, right away we spotted both kangaroos and wallabies. In our travels, I've been able to see lots of exotic wildlife, but there's something about a kangaroo hopping along the side of the road that strikes a unique chord.

Palm Cove, in Queensland, is on the shores of the Coral Sea. Australians view Palm Cove as one of their favourite vacation areas. The village stretches along a beachside promenade, incorporating 500-year-old Melaleuca trees with 21st-century architecture. Small apartments, cottages and tasteful bars and shops hide under palm trees and tropical ferns along with five-star resorts and award-winning restaurants. The pristine golden beach curves gently to the south and offshore islands heighten the romanticism of the scene. At the northern end of the beach is a long jetty where Great Barrier Reef cruise vessels depart, and local fishermen pluck their dinner from the turquoise blue depths.



Palm Cove has won three distinguished awards recognizing the hard work by locals and council workers to maintain the area to high standards. The beach has been named Queensland's Cleanest Beach, Far North Queensland's Friendliest Beach, and, impressively, Australia's Cleanest Beach.

Our first stay was at The Sebel Reef House & Spa, a boutique resort in the heart of Palm Cove, just steps from the Coral Sea. The original Reef House was built in 1958 by a Cairns bookmaker and used as a family home. Apparently, a swimming pool proprietor was heavily indebted to the bookmaker, but managed to repay his debt by offering to build "the best swimming pool in North Queensland." In 1972, Brigadier the Hon. David Thomson, MC, RL (later Federal Minister for Science & Technology), acquired the property and operated 'Reef House' as a private residence with visitors treated as personal guests.

Guests helped themselves to drinks from the bar, and, in the true tradition of an officers' mess, signed chits on an honesty system. This still prevails today in The Sebel Reef House & Spa Brigadier's Bar. Also continuing a tradition, each evening candles are lit throughout the resort denoting Twilight Hour, an opportunity to meet with other world travellers over a complimentary glass of Brigadier's Punch. The property now boasts three pools, a spa and a highly recognized dining room with an excellent wine list.

Right: Southern Cassowary;
Koala.



Left from top: Voyages Silky Oaks
Lodge; Sebel Reef House and
Spa; Sea Temple Resort and Spa;
Beach at Palm Cove.



A short walk from the Sebel is the Angsana Resort and Spa, the only resort in Palm Cove with actual beach frontage. The Angsana is a modern resort with 69 suites, operated by the Banyan Tree Group from Thailand. The Asian influence is prominent in the property and particularly apparent in their award-winning spa and dining room.

Between Palm Cove and the outskirts of Port Douglas, a little further along the coast is the Rainforest Habitat. If you have an interest in the Australian wildlife, this is the place to go. Australia—due to its early separation from the other landmasses—has a truly unique set of wildlife. For instance, Australian Kingfishers do not fish. An insight offered by Miss Animal Wonder, curator of the facility. On our tour of the facility, hosted by Shelagh (Ms. Doolittle) we were amazed at how taken various birds were with our guide. A Bush Stone Curlew proceeded to walk along at her side, pecking her gently if it deemed insufficient attention. When we reached the area housing cockatoos, a Red-Tailed Black Cockatoo proceeded to walk along the rail rubbing his head along the rail to demonstrate how much he cared for Shelagh.

The Rainforest Habitat is a world leader in mixed immersion exhibits. It is situated on eight acres of land that have been recreated to provide a window into the Australian natural environment. Visitors can wander through three different and unique environments that house numerous species of the surrounding rainforest, wetlands and grasslands. Many of the species would be rare to see in the wild.



Left to right: Blue Winged Kookaburra; Tawny Frogmouth;
Bush Stone Curlew; Black-necked Stork.



For instance the Southern Cassowary is one of Australia's most imposing birds—large, colourful and flightless. It is found only in the dense tropical rainforests of north-east Queensland. Their numbers have been reduced to a few hundred, threatening the species with extinction. These birds typify the uniqueness of the wildlife of Australia. They have a bone ridge on their heads to them enable to cut through the rainforest when running. Only the male parents the young—typically for three or four years. During that time he teaches them what to eat. Just as the Aboriginals learn how to soak various native foodstuffs to remove toxins, the father directs his young to healthy food. Don't be disappointed if you don't see any in the wild—they kick forward with razor sharp claws enabling them to easily defend themselves.

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connoisseur's choice **TRAVEL**

For those wishing an easy access trip to the Great Barrier Reef, Quicksilver offers guided trips from Port Douglas to a reef visitor site on the Agincourt Reef. The site is a fixed platform with full facilities for snorkelling and diving. They also have a semi-sub just one metre under the water for viewing fish life. We had no hesitation in boarding a helicopter at the facility for a stunning flight over this World Heritage site.

From Palm Cove we moved on to Silky Oaks Lodge on the edge of the Mossman Gorge in the Daintree Rainforest. Accommodation is in fifty private tree houses and river houses. The open-sided restaurant features unobstructed rainforest and river views set above the trees. The menu showcases local produce and Australian wines. Sights and sounds of the rainforest pervade.

From the Silky Oaks we were able to book a Down Under Tours "By Appointment" for a day trip to pack in as much as possible of the unique ecology found in Queensland. A premium 4WD experience to the World Heritage-listed Daintree & Cape Tribulation.

First up was the Mossman Gorge National Park, where a magnificent rainforest cascades down to the boulder-strewn Mossman River. A boat ride allowed us a little understanding of this wildlife environment, a habitat of rare birds, unique plants, tree snakes and the estuarine crocodile. To our surprise, we learned that these crocodiles are plentiful and great care should be taken near any fresh water.

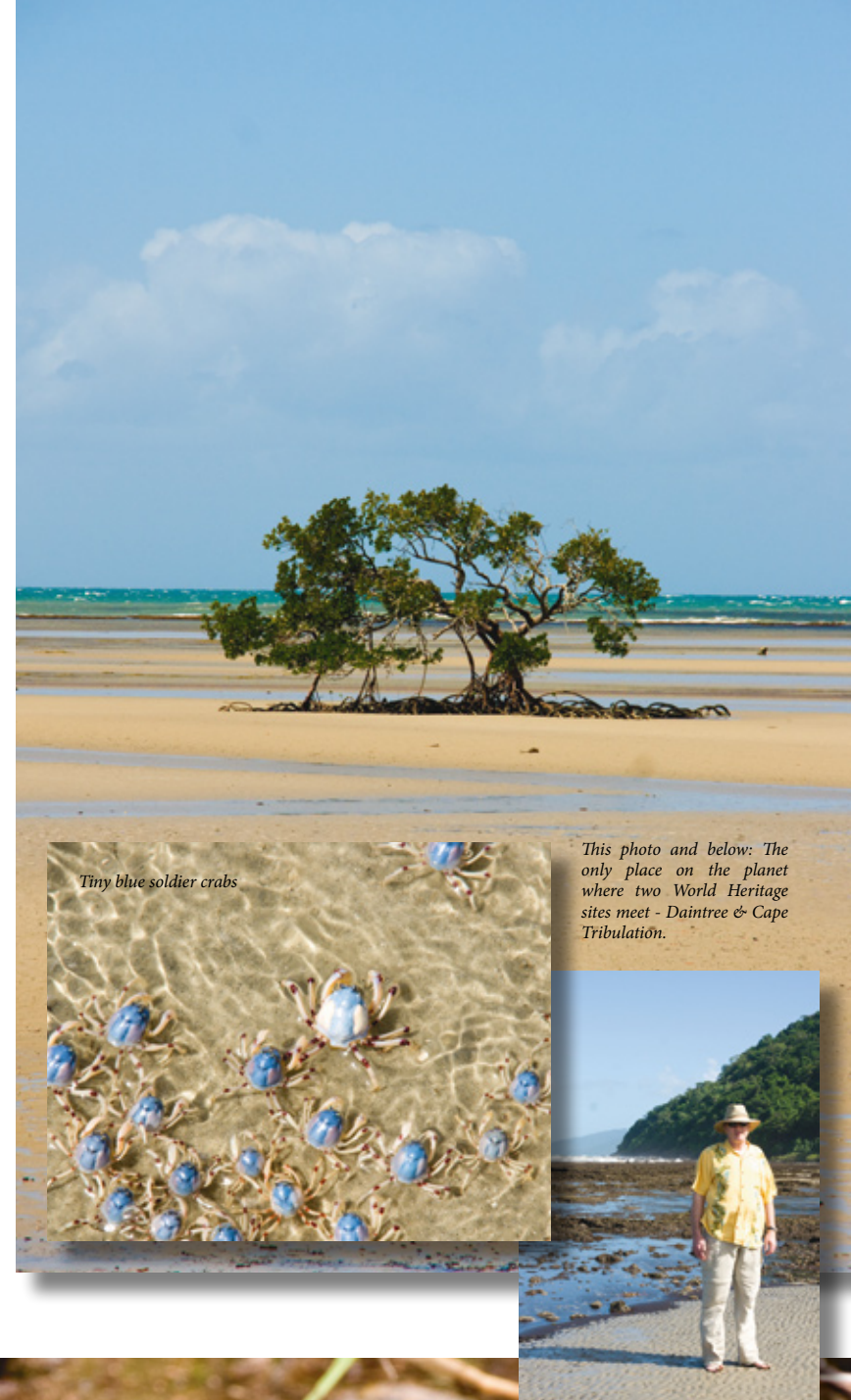
At Cape Tribulation we began the 4WD section of our journey. We stopped to see a 250-year-old giant Strangler Fig tree, crossed a few creeks—not something to undertake without experience—and climbed to the top of Donovan's Range for spectacular coastal scenery. Along the way is Cowie Beach, with its shallow bay and coconut palm-fringed beach, a spectacular mountain backdrop and the unusual "Lone Soldier" mangrove. The day ended crossing the Daintree River by cable.



Left and below: Boyd's Dragon; Crocodile.



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Tiny blue soldier crabs

This photo and below: The only place on the planet where two World Heritage sites meet - Daintree & Cape Tribulation.

From here we moved on to Port Douglas, the quaint town most use as their base point for visiting the two crown jewels: the Great Barrier Reef and the Daintree Forest. The Sea Temple Resort and Spa was the accommodation for our last night in tropical Queensland. The resort is set on ten acres with direct access to the beach. This very modern resort boasts not only a spa but also one of the top ranked golf courses in Australia.

On our way from Queensland to Adelaide we spent a night at the Hilton in the centre of Brisbane and enjoyed an evening meal at the Jellyfish. This recommended restaurant sits on the boardwalk among a number of other restaurants next to the Brisbane River, which flows through the heart of city. Though our visit was very short, our impression of Brisbane was of a dynamic modern city taking full advantage of its natural attributes. Basically, we need to return.

Adelaide, the capital of South Australia, is a very comfortable city. Originally designed by an army engineer, the layout took into consideration the need for military convoys to pass by in both directions; the result is remarkably wide thoroughfares. Further, the city is encircled with parkland originally intended to limit sneak attacks. Additionally, its residents like to boast their forefathers were free immigrants, not convicts, resulting in an interesting rivalry between this “free” state and the others.

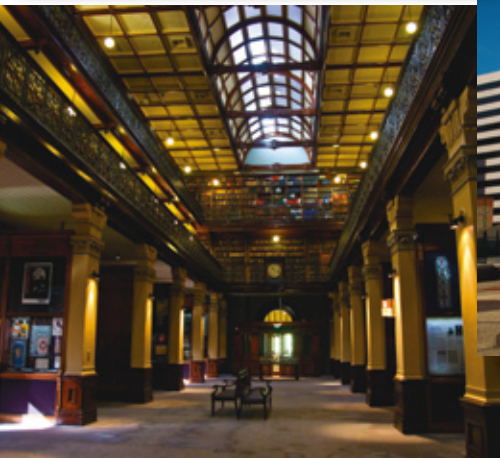
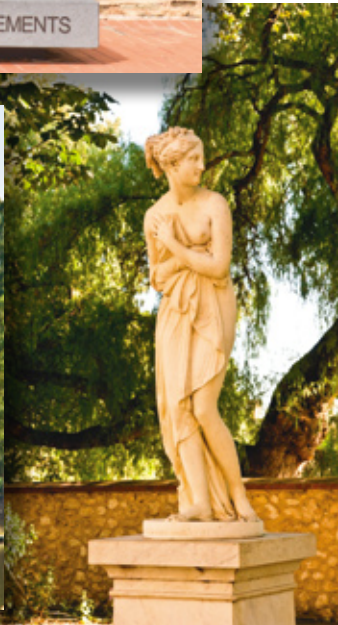
The Hilton at the centre of town on Victoria Square was our headquarters. Mark Gleeson of Chef’s Media Tours met us in the lobby our first morning to escort us on an easy stroll to the Adelaide Central Market. In the heart of the Central Business District, it is the epicentre of food for many South Australians. The 135-year-old institution is the largest fresh produce market in the Southern Hemisphere, and the most visited tourist destination in South Australia. With over 25 years’ experience in the hospitality industry, Mark’s knowledge of the market and its vendors is likely second to none. It’s hard to complain about vendors offering free samples of their best wares when they notice Mark in the lead.

Another walking tour of the city is offered by Tourabout Adelaide. This long-established tour group takes great pride in allowing visitors to get a feel for and learn the history of this, their favourite city. The feeling certainly rubs off. The city is known as the “20 minute city” as even though it has a population of 1.2 million, everything seems easy to get to. Asian restaurants of every persuasion abound.

Haydyn Bromley, operator of Bookabee Tours, offers a walking tour with an aboriginal perspective. Highlights include a tour of the Botanic gardens to learn about aboriginal bush foods and plant uses.



Left: Quicksilver platform, Great Barrier Reef.
Below left: Stingrays in the Great Barrier Reef.
Right: Port Douglas.



This page: Historic Adelaide



The highlight of our visit to Australia was the time spent with Jason Millar, the proprietor of a select tour company entitled Rich & Lingering. Jason’s extensive local knowledge of food producers and wineries ensures private gourmet indulgences to remember. Jason picked us up from the Hilton for a two-day tour of the Adelaide Hills and Barossa.

The Adelaide Hills, a twenty minute drive east of Adelaide, is home to historic and picturesque villages typified by Hahndorf. The main street, but a few blocks, is comprised of art galleries, artisan boutiques and numerous restaurants. We enjoyed morning coffee at Chocolate @ No 5. Inside the charming 1850s cottage, we discovered fine chocolates and truffles, decorated cakes, homemade desserts, and treats. Tempting to accompany our morning coffee laced with melted Belgian Chocolate.

For lunch it was the Lane Vineyard and Bistro in the Hahndorf Hill Winery. The area is renowned for its cool-climate wines and Hahndorf winery is one of the standouts with its biodynamic approach to viticulture.

Next we moved on to Barossa. The first thing to realize is the oldest vines in the world are to be found in Barossa. Further on in this issue our wine columnist, Barbara Philip, one of the very few with the designation Master of Wine, will elaborate on the Barossa and its wines. But let me set the stage by saying when Europe had to replant its devastated vineyards with vines from California, wine was being shipped to France from Barossa.

Barossa is the heart of Australia's wine industry, with a rich cultural heritage. Comprising the Barossa Valley and Eden Valley, the landscape comprises rows of vineyards connecting rolling hills interspersed with villages and hamlets. I tend to view Australia as a young country, but a trip to Barossa is a journey to an area rich in history and with a strong sense of culture.

Our lodging was The Louise. This fifteen-suite luxury retreat is a destination resort for the gourmands of the world: the attraction is the dining room. At the time of our stay, the chef was celebrating the founding families of Barossa with a tasting menu to match wine selections from each of the long established vineyards. The only words to describe the experience are superlatives. We tend to be spoiled on our ventures, but few food experiences can come close.

It was here we also sampled extraordinary Para wine. At the time when Barossa was first shipping wine to France, proper storage was not part of the shipping fleets: so developed fortified wines. Barrels of fortified wine are now part of the rich inheritance when parents pass their vineyards on to their offspring.

The well known Penfolds Winery is nearby. At Penfolds' cellar door we were able to be winemakers. We've visited many winery cellars and sampled barrels with the winemaker and listened as he explained which barrels would be in that year's blend. But this time we were able to do the blending. First we were told the percentage of each varietal that had been used in previous years. Then we were given bottles of each varietal from this year's harvest to blend to our personal taste. After three attempts we knew we had it right. And the chef at the Louise was prepared to match our meal to our wine.

With Jason's direction we were able to visit numerous outstanding cellar door eateries. But the highlights for me were the vineyards. At Langmeil we were introduced to the "orphans." For years, the family—in addition to their own grapes—had been buying grapes from a neighbour. One year he let them know that he felt he could make more money by selling his land to a developer rather than continuing to grow grapes. The Langmeils proceeded to organize a transplant with a difference. To fund the move they encouraged individuals to adopt a vine with all the benefits. One prominent professional athlete was particularly taken with a gnarly old vine, even when informed it was dead. He insisted it would come back and insisted on adopting it as his own. Viniculture was not his forte. He ended up having to take another orphan.

It was here where we learned that stressed grapes make the best wines. Cut them back viciously and water them by the drop.



Terry and Jason enjoying the Penfolds winemakers



The Louise



Vineyards and wine in Barossa Valley



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Next stop was Kangaroo Island, often described as Australia’s Galapagos. Some 30% of the island is protected as parkland. Australian wildlife abounds. Kangaroos hop through the fields, koala hang from trees. Birdlife is bountiful. The unique Australian vegetation is abundant. The Grass Tree made a particular impression. These trees can be 600 years old but grow only a couple of centimetres a year. We visited shortly after a forest fire. The sap is a natural fire retardant, so when a blaze threatens the sap oozes to protect the plant. Early settlers learned to harvest and sell the sap for fire protection. But even more interesting is that once burned the plant flowers, with the flower growing three centimetres a day to a height of three metres in short order.

Southern Ocean Lodge, Kangaroo Island’s first luxury lodge, was our accommodation. The architect did an exceptional job to design this twenty-one room resort to flow with the contour of the land, sitting on cliffs facing the ocean: definitely a fusion of nature and luxury. Guests enjoy gourmet food and excellent wines as well as the company of Joey the kangaroo, who meets you at the door in the morning. Naturally, they also have an excellent spa. The Australians we met there felt it to be one of the best resorts in the country.

Seal Bay nearby is home to one of Australia’s largest colonies of sea lions. Guides are available to offer a close and personal experience with these mammals: truly an experience to be within feet of these rather large beasts. Exceptional Kangaroo Island tours offer personalized nature tours of the island, allowing one to get a complete feel for the fauna and wildlife of this remarkable island.

Australia is a continent unto itself. Its environment has evolved separated from other land masses. We saw only a relatively small portion, most of which was well away from the large cosmopolitan centres. We enjoyed and definitely see the need to return in order that we can say we’ve seen Australia. So far I would suggest we’ve only put the “big toe” in the water. ■

Connoisseur’s Choice in Australia

QUEENSLAND
Where to Stay:
Sebel Reef House and Spa (Palm Cove) www.reefhouse.com.au
Angsana Resort & Spa (Palm Cove) www.angsana.com
Voyages Silky Oaks Lodge (Daintree) www.silkyoakslodge.com.au
Sea Temple Resort & Spa (Port Douglas) www.seatemple.com.au
What to Do:
Rainforest Habitat (Port Douglas) www.rainforesthabitat.com.au
Quicksilver (Port Douglas) www.quicksilver-cruises.com
Down Under Tours (Portsmith) www.downundertours.com

WHILE IN TRANSIT
Where to Stay:
Brisbane Hilton (Brisbane) www.hilton.com/brisbane
Where to Eat:
Jellyfish Restaurant (Brisbane) www.jellyfishrestaurant.com.au

SOUTH AUSTRALIA
Where to Stay:
Adelaide Hilton (Adelaide) www.hilton.com/adelaide
The Louise (Barossa) www.thelouise.com.au
Southern Ocean Lodge (Kangaroo Island) www.southernoceanlodge.com.au
What to Do:
Chef’s Media Tours (Adelaide) www.centralmarkettour.com.au
Tourabout Adelaide (Adelaide) www.touraboutadelaide.com.au
Bookabee Tours Australia (Adelaide) www.bookabee.com.au
Rich & Lingering (Barossa) www.richandlingering.com.au
Maggie Beers (Barossa) www.maggiebeer.com.au
Barossa Farmers Market (Barossa) www.barossafarmersmarket.com
Exceptional Kangaroo Island (Kangaroo Island) www.exceptionalkangarooisland.com
Where to Eat:
Assaggio Ristorante (Adelaide) www.assaggio.com.au
The Lane Vineyard and Bistro (Hahndorf) www.thelane.com.au
Appellation at The Louise (Barossa) www.thelouise.com.au
Murdock Wines & Restaurant (Barossa) www.murdockwines.com
1918 Bistro & Grill (Barossa) www.1918.com.au
Wineries to Visit:
Hahndorf Hill Winery www.hahndorfhillwinery.com.au
Penfolds www.penfolds.com
Henschke Wines www.henschke.com.au
Langmeil Winery www.langmeilwinery.com.au
Petaluma www.petaluma.com.au
Tourism:
Tourism Australia www.australia.com
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Golf Equipment Advances in Technology

By Hal Quinn

Today's debate over the rampant and excessive advances in technology that are ruining the ancient and wondrously natural game of golf didn't really heat up until, well, late 1848.

Fair enough, by then the massive controversy of 1618 had almost completely died down. Back then, there were those convinced that the game lost its integrity as players switched from the wooden ball—whittled from Beech or Boxroot—to the Featherie, a leather pouch hand-packed with goose or duck feathers. Blaspheme.

However, Rev. Dr. Robert Adams really ruffled even more feathers when he created the Gutta Percha ball in 1848. From the dried sap of the Sapodilla tree—who would think of that but a golfer with a featherie problem—the good doctor made orbs with a rubber-like feel that flew effortlessly past the leather sacks waddling slowly on the heath.

That is one—just one—of the wonderful quirks surrounding the game of golf. In each era, there are those who will vociferously defend the past and all of its supposed inviolable traditions. And more than likely they will on occasion during their pontificating find themselves seated in the same clubhouse lounge, perhaps not more than a table away, from 20-somethings loudly doing drams (now shooters) and boasting of prodigious shots while wearing colours the club usually reserves for floral displays at the entrance garden.

There are other debates in golf, but the ball—how it is made and how far it flies—remains the centre of the most acrimonious ones. But unlike when Coburn Haskell, with help from Bertram Work of B.F. Goodrich, created the first rubber golf ball in 1898, or the appearance of the first dimpled ball in 1908, today's average golfers have access to equipment to get the ultimate performance out of those ever-evolving and now space-aged spheres.

The major difference is that today, the best balls, clubs, and testing equipment are not reserved for the Tigers and Phils, or the Lorenas and Paulas, of the game. No longer do just the top one percent of golfers—the pros on the Tours—enjoy balls and clubs fine-tuned to their body type and the idiosyncrasies of their swings. You don't have to be a Touring pro and be private jetted to the testing facilities in Carlsbad, California (where most of the big club companies congregate). Every player of every age and capability can simply head on down to places like GolfTown or Callaway fitting centres across the country, start hitting balls on a launch monitor—measuring club head speed, ball speed leaving the club, spin rate, launch angle, etc, etc—and get the ball and club perfectly suited for them, and them alone.



Callaway FTiQ Driver



Callaway TOURix

It's a long way from whittling your own Boxroot, but it still all starts with the ball. Titleist proclaims that its ProV1 is the number one ball in golf, based on sales. Recent court decisions in the U.S.—and the rulings and settlements in favour of Bridgestone and Callaway—led most to believe that it gained its lofty position through patent infringement. The ProV1 and ProV1x are “new” for this year, but the court cases and the evidence presented underlined that there is a lot of great technology out there and more than just one excellent ball. Bridgestone has more ball patents than any other company and has a superb series of balls from the highest performance B330 to those designed for juniors, women, and players with slow swings. So do Srixon, TaylorMade, and Callaway. The Callaway TOURi and the TOURix certainly work for players like Phil Mickleson, and the Nike ball seems to work for that guy named Tiger. The key is finding the ball that works best with your swing, not your response to ego or advertising.

“There are other debates in golf, but the ball—how it is made and how far it flies—remains the centre of the most acrimonious ones.”

The balls fly farther than ever—if the player is hitting the right ball for them—yet you still hear the old saw: “Drive for show, putt for dough.” Well, if you don't hit it in the fairway, and a long way down the fairway, there ain't gonna be any dough left when you finally get around to putting.

Driver technology seems to make a quantum leap every year, and it all started with the late Ely Callaway. After making his fortune in denim, Callaway turned to wine making in California where he happened upon a craftsman making hickory-shafted wedges. He liked them so much, he bought the company, and the rest is game improvement history. Callaway shocked the world with the first Big Bertha Driver in 1991. The idea was fully explained by the company's Rule 33 campaign years later. Callaway audaciously added a rule to golf's sacred 32 (with addendums ad nausea) which simply read: Have fun!



Nike ONE Tour Series



Big-headed drivers made it easier for the average and new player to hit the ball. Callaway stays true to the iconic founder's mantra with a 460 cc Big Bertha Driver for women that makes it easier for women new to the game to get the ball airborne, and accomplished players to launch it, making the game “fun.” The graduated club heads in the Big Bertha women's irons have the same effect, as does Nike Golf's Slingshot HL (High Launch) Mixed Set for women.

Thanks to Ely, virtually every manufacturer now produces big-headed drivers. In 2004, the United States Golf Association capped driver heads at 460 cc (pre-Ely they were about 240 cc), and every name brand driver nudges that limit.



Above: Nike SQ Dymo STR8-FIT Series

The Callaway FT9 iMix takes it up a notch, or a gear. It's incredibly long, in terms of launching the ball, and with a few turns of the i-Mix wrench, you can change the shaft, or the club head. Remarkable. And Callaway's FTiQ driver is said to be even longer.

TaylorMade is the number one driver on the PGA Tour by the number of guys playing it. The r7 model of 2008 set heads wagging, and then the company let loose the r9. Yikes. Like the r7, it has moveable weights in the back of the club head to assist right-to-left or left-to-right shots. It also has its own wrench, but this one adjusts the club's loft and lie angle too.

“For good players, Hybrids are so easy to hit and produce such great results that the immediate reaction is: That’s cheating!”

The wrench is now the golfer's go-to tool. Nike Golf's new driver—with the simple moniker SQ DYMO STR8-FIT—allows golfers with a special Nike wrench to adjust the club head to eight different positions for eight different shot shapes, with the same club. Before leaving the launch monitor, players looking for a new driver should also test Ping's G10, Titleist's D2, Adam's a7, and Tour Edge's Exotics. Tour Edge doesn't spend like the biggies on marketing, but they have outstanding clubs.

Once in the fairway, way down there with the perfectly fitted driver, on par 5s and long par 4s the challenge for the pros and amateurs alike is dealing with a tough shot; a long one that has to stop quickly. Enter Barney Adams.

There was a wonderful confluence of the old (Turnberry Golf Links), the aging (Tom Watson, 59 years and 10 months), and the new (Adams hybrids) at the Open Championship in July. Golf icon Watson came within an 8-foot putt of turning back the clock for an entire generation, and he did so with “Adams” prominently displayed on his cap, and a full complement of Adams clubs in his bag, including two Adams hybrids.

Barney Adams changed the way long irons are designed as dramatically as Callaway changed the driver model. Adams ingeniously blended the precision of irons with the playability of fairway woods and created “Tight Lies” clubs now generally known as Hybrids. Now every company produces them and almost every PGA Tour and LPGA Tour player has at least one in the bags.



Above: Adams Idea a7 Hybrid & a3 Hybrid Women's

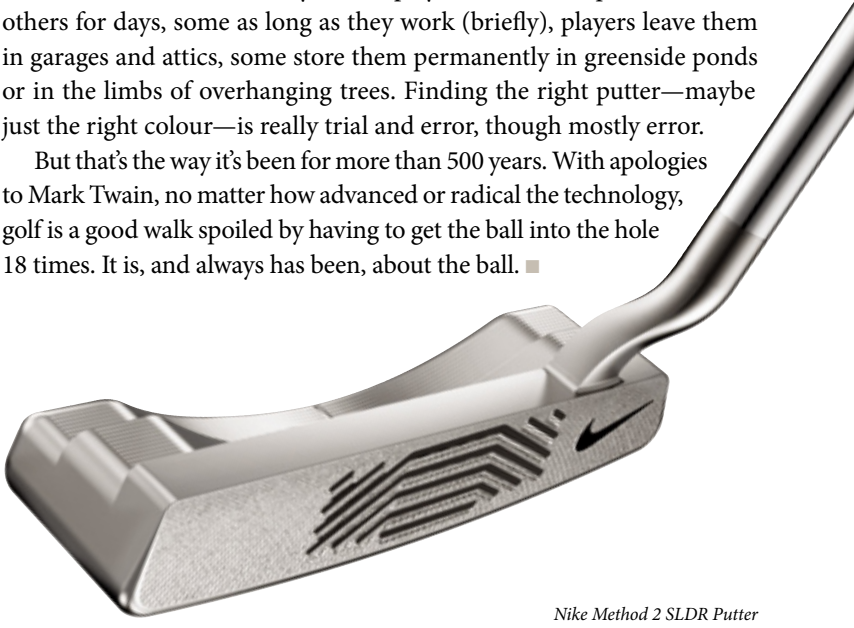
For good players, Hybrids are so easy to hit and produce such great results that the immediate reaction is: That's cheating! For the average and beginning player, the reaction is: Yesss! Every player should now have at least one in the bag. Some pros carry as many as four, replacing tough to hit irons 2 through 5, with easy to hit hybrids. At places like GolfTown, you can hit almost every available brand of Hybrids with Adams, Callaway, Cleveland, Mizuno, TaylorMade, TourEdge, and Wilson with its Fybrids taking “game improvement” to the next level.

Sometimes the toughest shots are the shortest. In fact, average players squander more strokes from inside 100 yards than they do on tees and fairways. Again, technology comes to the rescue in the form of modern wedges designed by brilliant guys like Roger Cleveland (Callaway) and Montreale Bob Vokey (Titleist). These are not your daddy's or mommy's wedges. In fact, Cleveland's Callaway X-Forged wedges have Mack Daddy Grooves that instantly help average players spin the ball and stop it like a pro. And the selection is now way beyond the generations-long standard of a 48-degree loft pitching wedge and a 56-degree loft sand wedge. Vokey's Titleist Spin Milled, Nike Golf's VR Forged, Ping's Tour-W wedges—in fact, all the top brands—can now be calibrated to each individual's game in 48, 52, 56, 58, 60, 62, and 64 degree lofts. The tough shots have never been easier.

Of course, the object of the game is to eventually get the 1.68-inch diameter ball into the 4.25-inch diameter cup, often the most vexing and individual part of the game of golf. And the choice of implement—known as the putter—a word that also means: to occupy oneself in an aimless or ineffective manner—is as individual as the players themselves.

Like the wedges, many putters carry the signatures of craftsmen singularly devoted to the art of creating putters that impart true roll to the ball. There are names like Bettinardi (Mizuno), Rossa (TaylorMade), Cameron (Titleist), and innovations like Heavy and Two-Ball putters; belly putters and long-shafted putters; and Nike's revolutionary Method putter used to win the U.S. and British Opens this year. It will be available in special editions in November and in pro shops and stores like Golftown next February. Some players have their putters for life, others for days, some as long as they work (briefly), players leave them in garages and attics, some store them permanently in greenside ponds or in the limbs of overhanging trees. Finding the right putter—maybe just the right colour—is really trial and error, though mostly error.

But that's the way it's been for more than 500 years. With apologies to Mark Twain, no matter how advanced or radical the technology, golf is a good walk spoiled by having to get the ball into the hole 18 times. It is, and always has been, about the ball. ■



Nike Method 2 SLDR Putter



Still Life — The Art of Relaxing



Perspectives — Living Outdoors



Landscape's Palette



Sculpting The Landscape



Movement



Water — Colours

When asked how Northern Roots began, owner Theron Horton responds, “I’ve always worked in the garden. Even at the age of eight, when my parents first insisted I choose what chores I would do to contribute to the household, I invariably opted to prune the roses, weed the flower beds, cut the lawns and rake the leaves. That quickly evolved into rearranging the gardens and planting seasonal pots.”

“...there are no cookie cutters here. What we offer is exclusive and unique.”

Today, Northern Roots is an extension to what began in Theron’s childhood. Established in 1996, this growing company has quietly built its solid reputation as a provider of quality service. “We wish to fill a niche in the market between the architect, the landscape architect, builder, and homeowner, to build new creative visions,” explains Horton. “We can take direction from all of them, or take a leading role as we offer our own visions. Along with being up-to-date on all the latest products and services, we stand behind our motto that we are dedicated to our profession and life-long learning that forever keeps us in the forefront of our industry.”

It’s certainly true that people are spending a little more time and money at home. They want to get all they can out of their outdoor space. “We know that your outdoor area is an extension of your home, the place where you live. Because of this, your garden must be a reflection of your taste and lifestyle. We have extensive experience with bringing such dreams to life,” explains Horton.

Photos by Andrea Sirois



Northern Roots
LANDSCAPE ARTISTS
We Work Great Outdoors

“We are artists, dedicated to creating beautiful, living art in the form of gardens. We are qualified, accountable and absolutely committed to offering quality work. All of our work is guaranteed, and we are also fully insured,” Horton pauses then assures, “there are no cookie cutters here. What we offer is exclusive and unique.”

What Theron really strives for is to convey his ability to understand the client’s taste and style rather than trying to impose his own style upon them. “I feel this is a fundamental difference between us and many others offering a similar service,” Horton continues, “We act as consultants, focusing on the design aspect and from there build the perfect outdoor living/recreation space for couples and families. Attention to each clients’ individual style and taste is foremost in our practices and philosophy.”

“With all this being said, the end result is a unique, customized, stylish outdoor living/recreation area that can be achieved without any hassle or overspending as everything is done right the first time,” reassures Horton. ■

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Best Baths

What We Love To See In Modern And Traditional Bathrooms

By Debbie Travis



Counter clockwise: A wash of fresh coloured tile highlights the sculptured tub and linear basin in Waterworks' 25 Collection; Retro furniture details from Waterworks' Pier Collection combine with nature's textured green to give this bath a modern edge; Undercounter basin and arched faucet from Kallista's Vir Stil Collection keep wash area open and clean; A stunning marble wall complements the elegant simplicity of the console table and sleek basin from Kallista's One Collection.



Above left to right: Custom built cabinets and drawers add much needed storage in this traditional family bathroom makeover; Finely crafted faucets and fixtures from Waterworks' Amelie Collection produce an irresistible undertone of romance. Below left to right: Marble remains at the top of the list for luxurious bathroom floors; the marble countertop and sides are a highlight of Kallista's Jeton Collection; Modern convenience meets antiquity in this centuries-old Italian farmhouse.



Our home bathrooms have grown more and more stylish over the past decade or so. Increased travel habits have introduced us to lavish hotel baths and the hugely popular spa aesthetic. The plain, utilitarian bathroom has undergone a dramatic transformation as pampering ourselves and our guests has become a top priority. All this attention has opened up style, design and colour options so that you can successfully create the bath of your dreams to enjoy on a daily basis.

There is much to consider when planning a new bathroom. Before you scout out the exciting new fixtures and surface materials, think about who will be using the bathroom—a family full of young children or teenagers, a working couple, and seniors will each have different priorities. From safety concerns to storage space, be mindful of the daily activities required of this space. It will underpin your design and decoration.

The next step is to choose a mood, and this is often tied to the occupants of the bathroom. What feeling do you want to evoke? Are you aiming for a relaxed getaway or somewhere to prepare for the coming day's events? How do you react to colour first thing in the morning? Do you need a bathtub? Perhaps a super shower is a better use of space.

I have renovated many bathrooms for my television shows, and a few for myself and my family. I have discovered over the years that there are two major themes that capture the bath scene and I love them both. Modern Spa and Traditional Style are the most prevalent approaches today. Barbara Sallick, co-founder of Waterworks, has a wealth of experience in all things bath related, as well as impeccable taste. We have discussed these basic themes and why they continue to dominate.

Modern Sweep

"The Modernist movement takes its cue from the classics of the 30s, 40s and 50s," says Sallick. "Retro colours are splashed on the walls, tiles are installed in clean, rigidly straight patterns, bathtubs and sinks share uncluttered lines leaving plenty of space to breath."

There is a youthful energy that is all-pervasive in this bathroom style. Who cannot be swept up by the vibrant colour and invigorating environment of orangey yellow and turquoise tile walls, an enveloping ovoid tub and matter-of-fact, bold basin? Shown here, it combines fun with purpose, just right for anyone who lives in the moment. That modern edge can be produced with a calmer palette of pale blue glass tiles by installing a tub and sink supported by darkly stained wood legs—a nod to Parsons and George Nelson furniture styles—or given a bolder look with a punchy textured green wall treatment.

Kohler's luxury line Kallista Collections provide a stunning array of faucets, fixtures and cabinetry to build on these themes. If you are looking for modern with masculine appeal, try library leather brown walls as a dramatic background for a drop-in basin and Retro wood vanity with chrome legs and co-ordinating drawer pulls. Large marble blocks provide a stark black and white contrast for another modern setting. The weightless appearance of the marble console sink set on chrome-coloured legs takes away any heavy overtures, a very contemporary take on the revered stone that presents such depth, beauty and elegance.

Heritage Roots

Traditional style always feels right. Sallick points out that in uncertain times it is our nature to respond to the solid basic styles that have never grown old. These are bathrooms that make us feel safe and cosseted, solid and sure. Basins and tubs with gentle curves, solid wood vanities and storage cupboards, fixtures with fancy details either brushed or shiny, and old world surfaces are the main elements that fulfill the promise of a room that is never compromised by passing trends.

I designed my family bathroom with lots of built-in storage and counter space. I drew out the shape of the backsplash on a template and had it cut from a slab of statuario marble. Polished nickel legs, rails and accessories complement this beautiful marble's rich lustre. Nothing is too fussy, as I have a house full of males, but the exquisite feel of stone underfoot and the subtle hue of the powder blue walls is a joy to experience.

If you are searching for a bit of whimsy in your life, then maybe the bathroom is the place where you can let your imagination take root. An unabashed feeling of romance is behind the Amelie Collection, where carefree floral wallpaper meets pure white tiles, and the faucet and handles are curved works of art. The basin rests on what could be a drawing room side table, a courtly gesture in the gentle space.

Custom mosaic wall art is the irresistible force behind a bathroom that is firmly planted in any century. Here, the vanity is wrapped in marble, and the rounded curves are repeated in the sconces above the basin. Today, mosaics are as inventive as ever, with repeat patterns and designs set into 12-inch squares for easy installation.

Best is in the eye of the beholder

There are other styles that continue to flourish. The surrounding countryside or a home's age and architecture will often dictate how the bathrooms will be furnished. I visited an old farmhouse in Italy that had been converted into a small boutique-style hotel. The washroom shown here is elegant in its simplicity, set up in keeping with the essence of the building. Pale stone hues and fluffy white towels soften the hard edges; wood meets plaster, repeating a timeless design.

In an urban home, I updated a bathroom that had been clad in all white tiles. The homeowner didn't suit pristine, so I created a kind of European rustic atmosphere with terra cotta walls and a wood ceiling and vanity. The overall effect is inviting, masculine, and he was delighted.

A guest powder room is on display, and here's the opportunity to go over the top. A small space can handle dark colours and glitz that might be too much in a larger room, so here's a perfect spot to experiment. Shown here, the glamour and sparkle of mirrored surfaces—including the artfully-crafted mirrored vanity—produces a special aura, like stepping into a star's dressing room.



connoisseur's choice 5
HOUSE & HOME



Far Left: For this dramatic Painted House makeover, I painted the ceiling and vanity faux cedar and applied terra cotta plaster over existing white tiles to replicate the ambience of a Norwegian spa. Left: A touch of black on the mirror and taps grounds the dazzling Glamor Collection.



Get the look

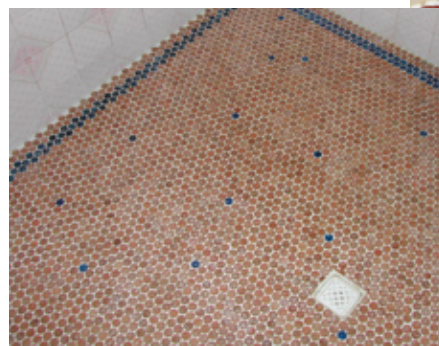
There are many elements that can elevate your bath to a luxurious space. For a floor that is pleasingly tactile to bare feet, both stone and mosaic floors are winning choices. Add a divine touch with a heated floor. But there are other options too. Wood floors for country baths, and linoleum for city or country are stylish and warm underfoot. Marmoleum is hygienic, ultra-durable, comfortable, and is available in colours and patterns that will enhance traditional and modern rooms. Cork mosaic floors for the bathroom are a new idea. This renewable resource, made from bottle corks, is an option for shower floors, and can be stained to create any unique pattern.

Tiles come in all shapes, colours and sizes. Made from stone, ceramics, glass, and metal, the possibilities for decoration are endless. Eli Mechlovitz, owner of the online retail store GlassTileStore.com, sees two main trends in wall and backsplash design. New and popular mosaic tiles that are circular and oval have been introduced. The circles vary in size within the 12" installation squares so that the pattern is inconsistent and catchy. Although there are lots of colours available, it is very effective to keep the colour monotone and let the pattern take over. It's subtle and sophisticated. Rather than highlighting a plain wall of tiles with a few accent tiles, the trend today is to create a more complete, focal wall where glass and metallics blend together into a fuller picture.

Wallpaper is back for the bathroom. The new papers are better designed to withstand the steamy dampness and can add a whole new level of decoration. Express yourself with anything from roman scenes to large floral sprays. Wallpaper is far easier and less expensive to replace than tile.

Spoil yourself with a luxe bath and bring the holidays home. ■

Produced by Debbie Travis and Barbara Dingle.



Left: Earth-friendly cork is now available in mosaic tile form for use in showers and saunas. Above and below: The newest look in mosaics comes in the form of circles made from glass, stone, marble, metal and fusion designs.



Connoisseur's Choice in Bathrooms

Waterworks bath products, www.waterworks.com

Kallista bath products, www.kallista.com

Follonico—4-suite B&B, Italy www.follonico.it

Debbie Travis Painted House Kitchens and Baths, by Debbie Travis with Barbara

Dingle, Clarkson Potter, www.debbietravis.com

Jelinek Cork products, www.jelinek.com

Glass Tile Store art glass circles, kinetic woodland circles, www.glasstilestore.com

KAMLOOPS TO SEATTLE TO SPOKANE TO KAMLOOPS. OTHERWISE KNOWN AS WEDNESDAY.

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There is a lot of talk about old vines in the modern wine world. Depending on the country of origin, terms like *vieilles vignes* and *alte reben* are increasingly common. Is this because vines are getting older or are we just paying more attention to the old vines we have? How old is old? Confusingly, there is no consensus on the definition of old vines, and every region has its own interpretation. You might think that the oldest vines in the world would be found in Europe, where they’ve been making wine for millennia. In fact, the oldest vines grow in a New World country associated with technological advancements and forward thinking winemaking: Australia. In the state of South Australia, specifically, many of the vineyards planted by the first European settlers are still in production. The Shiraz vines, some of which are in excess of 100 years old, continue to make brilliant wines and are cared for by a group of dedicated growers and winemakers.

While “old vines” is a relative term, there is some consensus regarding the advantages and disadvantages of farming older vines. As they age, vines become less productive in both green growth and yield of grapes. The upside is that the resulting wines can be very concentrated in both flavour and structure. One of the concerns for people who make their living growing grapes, however, is that lower yields can equal lower income. Established vines also have the viticultural advantage of deep root systems that can access water and nutrients in times of stress, like drought. A downside of really old vines is that they often suffer from viral diseases that were undetected at the time of planting. On top of that, 100+ yearly prunings weaken a vine and fungal infection can seep in through the wounds. While ancient vines may have rugged and gnarly exteriors, they do require protection from both natural and manmade threats.

140-year-old Shiraz vines exist in South Australia because Phylloxera doesn’t. The root louse that caused most of the world’s vineyards to be replanted in the late 1800s has never reached the vineyards of Barossa, Coonawarra or Clare. Today, most vineyards in Europe are grafted onto resistant rootstock, but South Australian vines are on their own, original roots. SA producers, particularly those that have adopted the role of custodian to the ancient vines, want desperately to keep it that way. Strict protocol is observed regarding the shipping of grapes, movement of vineyard equipment and visitors entering vineyards. Recently, Phylloxera was discovered in the Yarra Valley in the nearby state of Victoria, renewing growers’ vigilance against the pest.

Shiraz is widely planted in Australia and, partly because it has been around for such a long time, has sometimes been taken for granted. The Cabernet/Shiraz blend, for instance, was created partly to give Shiraz some credibility by attaching its name to Cabernet. It also helped to stretch the more expensive Cabernet. In the 1970s and 80s, fashion tended toward white wines and undermined the value of all reds, including Shiraz. Bruce Redman, of Redman Wines in Coonawarra, remembers his father having to use white grapes as bargaining chips in order get wineries to buy his red. Increasingly, a surplus of grapes accumulated and, in the 1980s, the government instituted a vine pull-out scheme. Growers who couldn’t find a market for their grapes were paid to rip them out of the ground. Many ancient vines, considered the least profitable, were lost.

If it weren’t for dedicated producers like Peter Lehmann, Australia might have lost all of her old vine Shiraz. For 20 years, Lehmann was winemaker at Saltram Wines in the Barossa Valley, where he established close relationships with growers in the region. During the times of overproduction in the late 1970s, Lehmann was instructed to renege on his grape contracts. He refused. Instead, he took a huge risk and created a separate company to purchase the unwanted grapes. Two years later he founded Peter Lehmann Wines. As a consequence, none of Lehmann’s growers partook in the vine pull-out program. The rescued vines now go into Lehmann’s top wines like the Stonewell Shiraz.

Along with winemaking technique and vineyard site, old vines leave their signature on a wine. Because yields are low, wines are ultra-concentrated. They are usually opaque purple/black in their youth and have powerful aromas of ripe fruit. Because of the sheer power of these Shiraz, they benefit from aging in barrels and picking up the roasted flavours of the oak. Notes of liquorice, sweet herbs and flowers are often in the background, adding complexity to the nose. On the palate, old vines Shiraz is full-bodied with chewy tannins and warm alcohol. With time in the bottle, the tannins become silkier and flavours turn more toward tar, fruit leather and smoke. These are iconic wines that will improve in bottle and belong to a small group of New World wines that could be considered for investment.



Clockwise from left: Peter Lehmann Wines; Glen Eldon; Shiraz vine at Mount Edelstone; Stephen Henschke in the ‘Grandfathers’.

For Stephen and Prue Henschke, the old vines at Mount Edelstone and Hill of Grace are more than just producers of exceptional fruit. They are the living history of the Henschke family in the Barossa. Hill of Grace, where the oldest vines date back to the 1860s, is arguably the most famous vineyard in Australia and the wine produced from it is one of the most sought after. Prue farms the vineyard biodynamically, omitting agrichemical inputs and paying attention to the needs of each vine. The oldest section of the vineyard is where the “Grandfathers” reside. 20 years ago, the Henschkes began propagating the plants from here, making sure that that there would be descendents of the original material for future generations. The newer vines are called, appropriately, the “Granddaughters.”

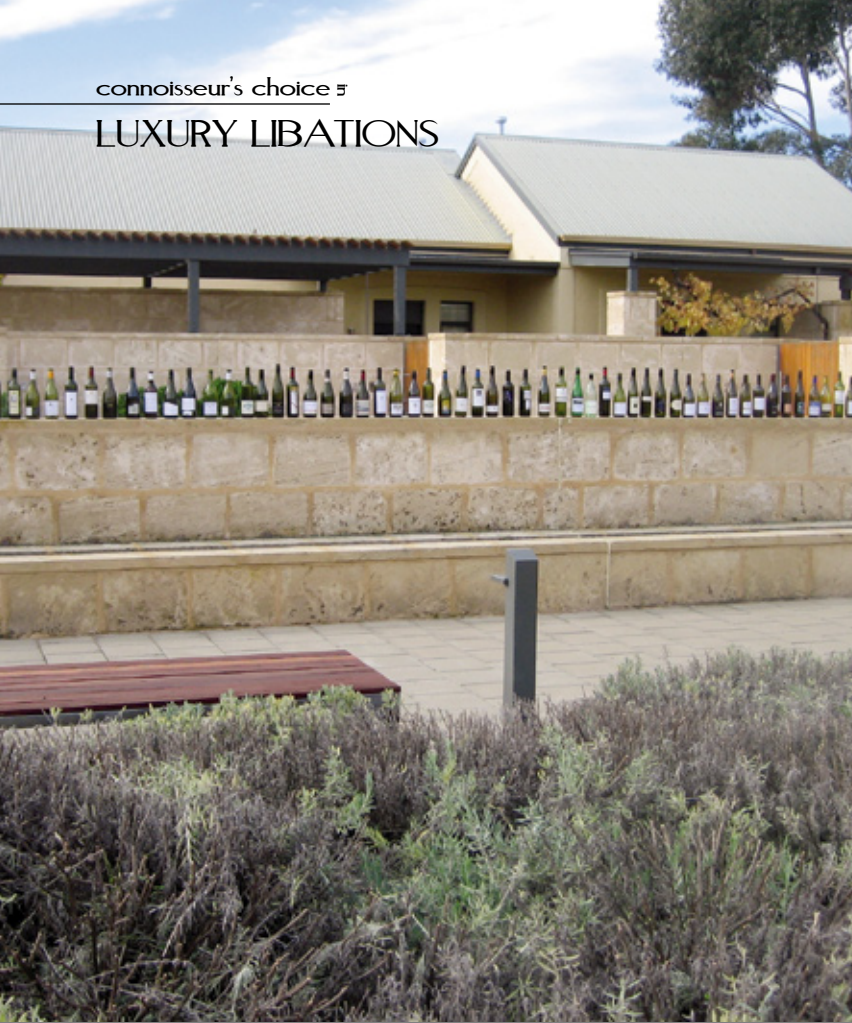
Today, Australia’s old vines are treasured rather than taken for granted. Most top Shiraz in the country is sourced from ancient vineyards and winemakers pay a steep premium for access to the grapes. Relative newcomers like David Powell, who started Torbreck Vintners in 1994, takes good care of the growers that supply him with this precious fruit. At the same time, Powell looks for opportunities to acquire his own vineyards. In 2002, the company took ownership of Hillside, a vineyard containing Shiraz planted in 1890. At Glen Eldon, Richard Sheedy makes miniscule amounts of Black Springs Reserve Shiraz with grapes sourced exclusively from a 100+ year old block.

Shiraz—A New Look at Old Vines

By Barbara Philip, MW



Left to right: Misty morning in Barossa; Vineyard in South Australia; Ancient Shiraz vine at Hill of Grace.



Wine bottles at the Louise luxury retreat

Fine dining culture in Australia has grown along with appreciation of ancient vine Shiraz. Chefs have come up with some truly inspiring matches. The main thing is: don't be shy about pairing these concentrated wines. They are best matched with power. Roasted meats echo the oaky nuances in the wine and have enough richness to stand up to bold flavours and firm structure. The floral and blackberry notes in many wines offset the gamey flavours of lamb, venison and duck beautifully. Mark McNamara, executive chef at The Louise luxury retreat in the Barossa, is a master at matching. McNamara sources local products to pair with the region's wines, creating such Shiraz-friendly dishes as "fillet of rare roasted Angus beef with oxtail gravy and buttered potato puree" and "little pie of quail with roasted shallots, wild fungi, red wine glaze."

Because the Australian wine industry is famous for progressive thinking winemakers and technological advancements, the historical aspects of the country's wine production are sometimes overlooked. In reality, top producers are as much concerned with history as they are with technology and, thanks to a dedicated group of old vine champions, some Shiraz planted by the first settlers remains today. Fruit from vines this old brings an extra dimension to the glass, something that can't be described in a tasting note. To taste Henschke's Hill of Grace or Peter Lehmann's Stonewell, for instance, is to share the story of the families who have worked the land and to understand Australia more profoundly. ■

Connoisseur's Choice in Australian Shiraz

AUSTRALIAN SHIRAZ	MINI-NOTE	FOOD PAIRING	FIND
Glen Eldon 'Black Springs' Reserve 2004, Eden Valley	<i>Perfumed nose of vanilla spice, dark berry and herbs. Creamy tannins and anise character on the palate.</i>	<i>Rib eye with maldon salt</i>	FI
Penfolds 'RWT' 2004, Barossa Valley	<i>Sticky black fruit, ripe berry and spice on the nose. Silky tannin and floral notes on the palate.</i>	<i>Barbecued leg of lamb with thyme and lemon marinade</i>	FI
Torbreck 'Run Rig' 2004, Barossa Valley	<i>Intense purple colour. Roasted pepper, sticky black fruit and a chewy texture.</i>	<i>Beef ribs</i>	FI
Hardy's 'Eileen Hardy' 2004, McLaren Vale	<i>Vanilla, floral, mineral and blackberry flavours with firm tannin and a luscious texture.</i>	<i>Ossobuco</i>	FI
Penfolds Grange 2002, South Australia	<i>Dense fruit, roasted nuts, leather, liquorice and tar. Balanced and long on the palate with some succulent bacon fat notes.</i>	<i>Hardy venison stew</i>	FI
Peter Lehmann 'Stonewell' 2004, Barossa Valley	<i>Concentrated, but with great balance. Loads of plummy ripe fruit and mouth-coating tannins.</i>	<i>Buffalo striploin with wild berry sauce.</i>	FI
Henschke 'Mount Edelstone' Shiraz 2006, Eden Valley	<i>Sweet herbal notes with red and black fruits. Chewy and ripe tannin with spicy notes and a long finish.</i>	<i>Seared duck breast with 5 spice.</i>	FIND
Henschke 'Hill of Grace' 2005, Eden Valley	<i>Concentrated with dark fruit and exotic peppery notes. Expansive on the palate with black raspberry notes on the very long finish.</i>	<i>Slow roasted shoulder of lamb with garlic.</i>	FIND

F Food. Wine matches well with a range of dishes.

N Natural. Wine was produced with particular concern for the environment.

I Interesting. Wine has a distinctive and delicious character.

D Deal. Wine offers excellent value at its price point.

Autumn Style 2009

By Catherine Dunwoody



Autumn's here and we're ready to reinvent our look. Here's what's fabulous this fall in fashion, beauty and all things stylish.

FASHION

- Just as the iconic label did last spring, Louis Vuitton's fall/winter advertising campaign features Madonna once again. With a hit creative combo like Steven Meisel, Marc Jacobs and Madge herself—why fix it if it ain't broke? www.louisvuitton.com



- Sears watched the runways very closely this fall, noting that granny smith green is a hot colour this season. Hermes menswear showed this v-neck sweater, pictured, but guys can do a "runway to realway" and pick up a similar version for \$49.97, or this check shirt for a low dose of the snappy shade, for \$50. Both from Sears. www.sears.ca

- Dresses are still going strong this autumn, and are an easy wardrobe solution during any hectic morning. Love this Lundström "coquette" dress, \$329. Perfect day-into-evening too, with a quick change of accessories, hosiery and shoes. www.lundstrom.ca



- Stewart + Brown continue to serve as a pioneering force in the blossoming eco-fashion market. This collection in particular highlights inspiration in re-appropriation as the challenge was to cleverly transform materials on hand to optimize product integrity while minimizing waste. Made from Mongolian cashmere, the elegant Dani Cowl is only \$398. For only \$64 you can enjoy the organic cotton knit "I Love You" t-shirt. www.stewartbrown.com

FOOTWEAR

- Aldo over-the-knee boots for women are back in a big way. Great with tights and sweater dresses, and over skinny jeans. www.aldoshoes.com
- Aldo hits the guys with a big helping of 80s style, love these blue new-wave boots. Very Duran Duran. www.aldoshoes.com





ADD-ONS

- This buttery caramel-coloured bag looks like leather, but it's animal-friendly synthetic. Bag by Gaya, \$105, is a great carry-all.
www.gaya.ca
- Old Hollywood retro-styling like Joan Crawford shoulders in sexy suits, and the return of the silky blouse mean a change up in jewellery too. Keep the glam going with a Lagos cocktail ring, shown in various faceted gemstones, 18 karat gold beading on a sterling silver band, \$795 USD.
www.lagos.com



BEAUTY

NEW SCENTS

- CK Free for men is the newest from the line-up of CK fragrances. Star anise, suede and ironwood are the notes that make up this sexy scent, perfect for fall's cooler months. Available in October, eau de toilette, 100 ml, \$75.
- Very Hollywood, by Michael Kors, is an ideal for the starlet in all of us. Luxe perfume spray, 1 oz, \$375, is a beautiful blend of mandarin, gardenia and white moss. At Michael Kors boutiques, Holt Renfrew and Shoppers Drug Mart.
www.michaelkors.com



MAKEUP

- Clarins Nude Inspiration makeup collection has a Collector Face Palette that's extra clever, and a great makeup bag space-saver. A complexion powder is housed in the compacts' top half, and a blush duo is in its bottom half, \$40.
www.clarins.ca



- Prescriptives' fall makeup collection, Well-Suited, looks gorgeous with all the menswear influences in fashion this year. Shown here, Eye Color Compact, \$48, Finishing Powder, \$35, Longwear Kohl Liner, \$21, and Colorscope Lipcolor, \$26.

The Connoisseur Collection

“I’ve always approached my work as part architectural, with natural, asymmetrical elements thrown in. Gemstones and diamonds are sometimes just used as accents for effect, other times they are instrumental to the feeling I wish to convey.

“Gemstones and diamonds are sometimes just used as accents for effect, other times they are instrumental to the feeling I wish to convey.”

There seems to be a notion in jewellery design that more is better. For me you can say a lot more with much less. If I have a beautiful stone, I want it to speak for itself. Often that means a simple but stylish approach. There was a time I would spend hours sketching out ideas. Now I much prefer to let the process be fluid. It will have its starts and stops, but the result is very gratifying, feeling oddly that the stone has had its say as to the overall effect. I suppose that's how many of us feel—that jewellery can be a wonderful, creative endeavour—an art form unto itself, and as old as humanity.”

~ Paul de Goutiere



de Goutiere Jewellers

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The Connoisseur Collection

“Our goldsmiths are not only designers, but also need to think like engineers and architects to ensure the creative idea takes shape in a robust structure that showcases the stone in the best light. Many times, we are entrusted with an heirloom stone that has its own story to tell. We are then given the honour of recreating the piece for the next generation.

“Stittgen Fine Jewelry was recently chosen to make 12 unique pieces for His Highness the Aga Khan and his family.”

Most people go for clean non-included stones. But often it is the inclusions that are the birthmark of the stone, that create the interest and the mystique. We source our coloured stones from all over the world. Some of our unique cut stones are cut in Idar Oberstein in Germany. Many of these stones are a form of art in themselves that require only minimal enhancements. A cabochon aqua marine ring comes to mind that we just finished creating for stock. This ring never made it to the showcase. It was sold to the first client that laid eyes on it.”

~ Selina Ladak



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connoisseur's choice 
STYLE



- Pur Minerals' new Pout Plumping Lip Gloss in Crystal Pink is lovely on most skin tones. \$19 and a nice, smooth formula. Available at Shoppers Drug Mart. www.purminerals.com

SKIN

- Consonant Body Organic Skincare is a new Canadian brand of luxury products with the smart slogan, "what goes on your body goes in your body." Ideal for all sexes, all skin types, and made with pure, organic ingredients—no toxic chemicals, thanks. Sensitive types will love the unscented collection, shown here, but I love the spearmint & sage. www.consonantbody.com



www.GoodLifeConnoisseur.com



HAIR

- Elnett Satin Hairspray by L'Oréal Paris has been the backstage secret of hairstylists at runway shows for 50 years. The fine mist and non-sticky formula is truly like no other—my own mother has sworn by it for years. 365 ml is \$14.99 at Shoppers Drug Mart in Canada. Spanish beauty Penelope Cruz is the new head of hair/face of Elnett. www.lorealparis.ca



- Leading Spas of Canada has a new online spa auction site with some sweet deals on spa treatments, high-end products and fabulous getaway packages. In this economic crunch, who doesn't need to decompress with some serious spa-time, and save some cash while you're at it? Visit www.leadingspasofcanada.com, and click on the "Browse. Bid. Bliss" icon for more information.



Copeman Healthcare Centre

This prominent medical clinic is now introducing “life coaching” to turn good intentions into health & wellness.

By Nicole Aubertin

The Copeman Healthcare Centre has taken centre stage in the Canadian private healthcare debate since 2005. Early opponents accused the Centre of promoting “two tier” healthcare, while proponents welcomed the arrival of new options for their personal and family health. Over the last year however, there has been an interesting silence. According to its founder Don Copeman, “The reason is that people are finally seeing what we are accomplishing and what we represent. We have brought exceptional results and high levels of quality and service to medicine in Canada within a cost-effective framework. Because we are committed to sharing what we learn with the entire medical community, people are now seeing how the public system may benefit from some of our innovations at a time when Canada needs to find new solutions.”

The Copeman Clinic combines the services of expert physicians with psychologists, registered dietitians, physical therapists, exercise medicine specialists, registered nurses and other specialized medical professionals under one roof in a highly coordinated, “team” approach to health delivery. Although providing a complete spectrum of comprehensive primary healthcare, the Centre specializes in evidence-based prevention programs. “The results so far have been impressive,” says Copeman. “We will soon be sharing results in important areas like high blood pressure management that show that our model can achieve significantly better outcomes than those previously achieved through more conventional approaches. That is great news for every Canadian because this type of research will lead to tremendous savings for the public health system in the long run. And those savings include the saving of lives.”

Copeman Healthcare was also one of the first organizations to integrate stress & mental health services with primary medical care when it opened the Copeman Neuroscience Centre in 2007. “Our move towards achieving a balance of health in mind, body and spirit was a natural one,” says Copeman. “The fact is that our emotional, neurological, glandular and immune systems are all connected, speaking the common language of neurochemistry. Whatever happens in one system impacts all the others. We couldn’t feel comfortable calling ourselves a preventive health centre until we were taking care of the mind as well as the body.”

This year, the Clinic announced the next step in its evolution—“life coaching.” This advanced approach to goal achievement and personal lifestyle change management was trialed by the clinic for a year, and the results were so impressive, the decision was recently made to integrate it into the entire Copeman healthcare model. “The impact that the coaching program has had at the Centre is truly amazing,” says Callie Bland, a registered nurse and life coach at the clinic. “By developing strategies that inspire people to achieve their health goals and personal potential, we are helping people with sustainable change that they would have never thought possible. There’s nothing more rewarding than seeing an unhealthy client who is feeling lost transform into a happy, healthy and balanced person.”

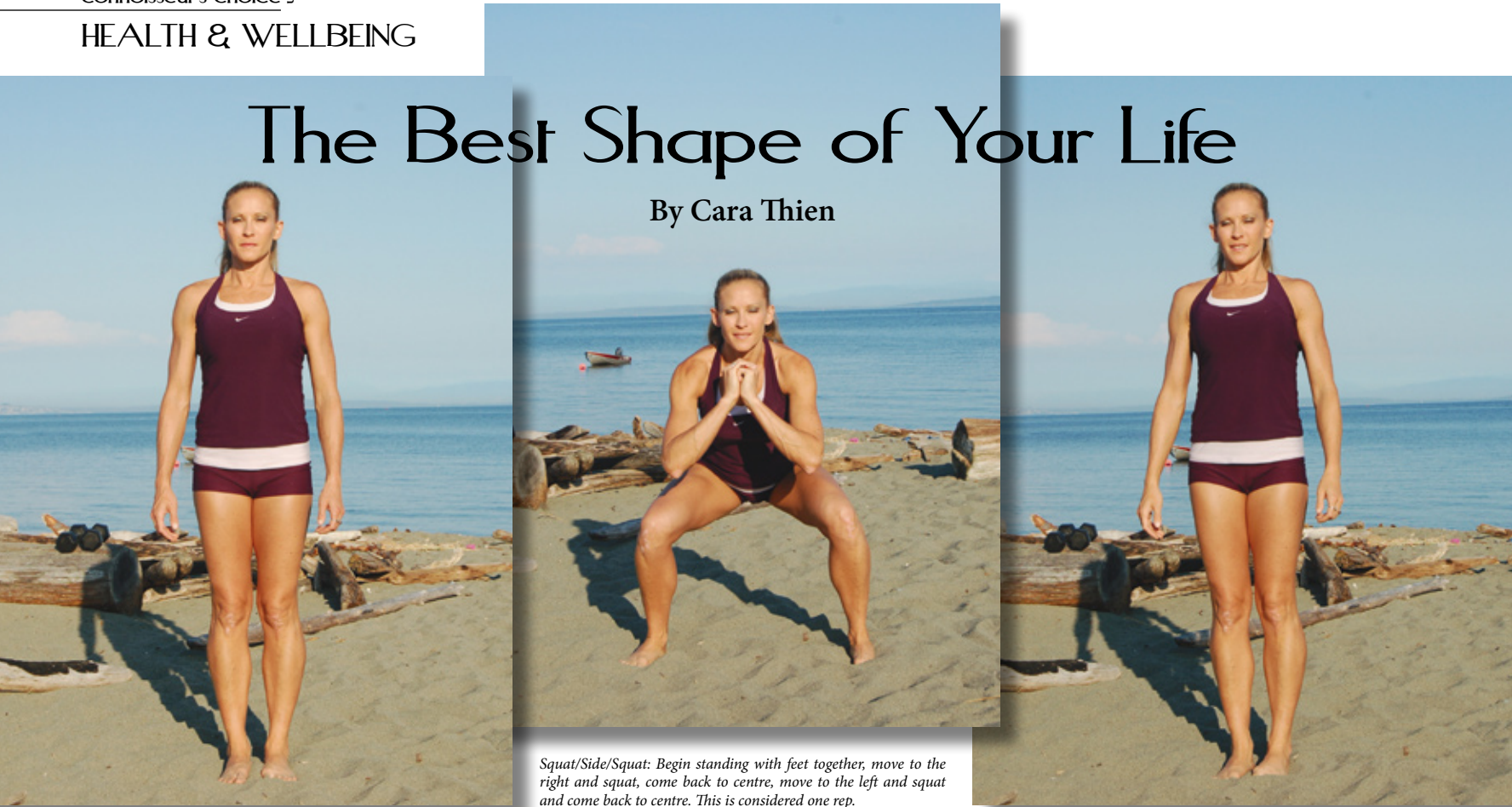
Clinical programs for chronic disease management at the clinic are similarly benefiting from a formal coaching approach. “We are now using elements of coaching to help people reduce their blood pressure, a very important component of lowering the risk of a cardiovascular event,” says Sanda Islik, also a registered nurse and life coach at the clinic. “Soon there will be coaching elements in virtually every clinical program we run.”

Although the Copeman Healthcare Centre continues to roll out new ideas that are reshaping the way the world is looking at primary healthcare, Don Copeman is quick to emphasize that exceptional healthcare really boils down to two key ingredients: access to professional expertise; and compassionate, unhurried care. “When you are delivering these two things, and you surround yourself with a great team, innovation just happens.”

Full membership at the Copeman Healthcare Centre is \$2,900 per year per adult (\$3,900 in the first year), which includes a comprehensive annual assessment and a wide range of healthcare and prevention services. The optional, integrated coaching service is provided for an hourly fee, although a limited amount of coaching is included with membership. Other programs are available. The company has facilities in Vancouver and Calgary, and is already building its membership waiting list for its Edmonton clinic, which is expected to be open in 2010.

More information on the Copeman Healthcare Centres, including an online tour, can be found at www.copemanhealthcare.com. ■





The best shape of your life! (Doesn't that sound great?) We see so many men and women trying to attain their ideal physique. I hear it every day in my business from people seeking advice on how to do exactly that.

So let's clarify what that means: I think that for most people it means they want to be better than where they are at this particular moment in time. For others, they want to look like the people they see in magazines and on television, thinking that they would feel better about themselves if they just had "the perfect body." I believe we all have one; it's just a matter of how we perceive ourselves. Interestingly, most of us do not see ourselves for what we really are, nor do we look at the positive qualities we already possess. We are always looking to be better.

Start to compile photos of yourself that have been taken over the years, and you will see what I'm talking about. When you were young you may not have been happy with what you saw, but looking back and reviewing these photos now, I'm sure you can appreciate how good you really looked. Keep going through the photos and find the ones that are your favourites and put them together on a wall. Use these as your motivators and realize this is you.

Of course, we all change over time. I'm 42 years old and I have never loved my body as much as I do now. I look back and think I look better now than I did at 20. Why, because I have learned to accept myself—flaws and all—and be happy with the work I have accomplished up to this point. I work out with weights three time per week and eat right for what I perceive to be "the best I can be." I love myself for who I am today—not yesterday and not what I will be tomorrow, but right now!

By Cara Thien

Start working on the positive thinking and mental focus you will require to achieve your resultTHE BEST SHAPE OF YOUR LIFE. Here are some new tools to take you there.

1. "HIIT" It! High Intensity Interval Training:

A form of cardio that is beneficial for burning fat in a short and intense workout. This will supercharge your fitness level and weight loss, as it has been proven to burn adipose tissue more effectively than low-intensity exercise. This method will speed up your metabolic rate and keep it moving, even after you are done your workout. When you perform cardio, you burn fat only during the workout. When you choose the HIIT method, you will keep your metabolism working and continue to burn fat even after the workout has been completed.

Here is a beginner program for you to review. If you are more advanced, take the same principles and apply it to your current cardio level and challenge yourself to reach maximum potential in the intensity levels.

TREADMILL	DESCRIPTION
Light warm-up	Walk for 5 minutes
HIIT (repeat for 15 Minutes)	20 Seconds – Sprint
	40 Seconds – Light Jog or Walk
Light cool-down	Walk for 5 minutes

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START HERE START NOW

2. Superset Weight Training:

This is an advanced training technique where you perform two exercises with virtually no rest in between. This is an excellent technique for muscle development; it is a time-saver and works on the same principal as the cardio training above, essentially increasing your fat burn over a 24-hour period. You can use this basic set up as a frame work for almost any workout and can alter it to incorporate cardio as well.

Leg & Abdominal Workout

EXERCISE	SETS	REP
Squat/Side/Squat	3	20
Alternating Bicycle Kick		30
Walking Lunge	3	15
Crunch Twist		20 per side
Bench Step Ups	3	12
Side Crunch		20

- Squat/Side/Squat: Begin standing with feet together, move to the right and squat, come back to centre, move to the left and squat and come back to centre. This is considered one rep.
- Alternating Bicycle Kick: On your back, begin to rotate shoulders and alternate the bicycle kick.
- Walking Lunge: Step forward with first leg. Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Stand on forward leg with assistance of rear leg. Lunge forward with opposite leg. Repeat by alternating lunge with opposite leg.
- Crunch Twist: In a seated position, take a ball and go back and forth over your torso with legs elevated.
- Bench Step Ups: Step up on the bench and come back down, repeat with same leg.
- Side Crunch: Lying on your side, elevate your shoulder one inch off the floor, you should feel this in your obliques.



Alternating Bicycle Kick: On your back, begin to rotate shoulders and alternate the bicycle kick.



Walking Lunge: Step forward with first leg. Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Stand on forward leg with assistance of rear leg. Lunge forward with opposite leg. Repeat by alternating lunge with opposite leg.



Crunch Twist: In a seated position, take a ball and go back and forth over your torso with legs elevated.



3. Boost Your Metoblic Rate (B.M.R.):

This is the amount of energy expended while at rest in a neutrally temperate environment. Imagine all of your daily activities: you wake up, brush your teeth, make coffee, walk downstairs to get a paper, get out the door to work, work all day, come home, get your workout clothes on and go for a run. But what did you gave your body for fuel today?

“True results come with hard work,
smart choices and planning.”

How can you expect your body to perform at optimal levels if you are not supplying it with the nutrients that it needs to reach those levels? Consider a car for a moment. If you have not put gas in the car, what happens? Does it run efficiently? Have you ever experienced the knocking and lurching as it runs out of gas? This is what happens to our bodies. We get tired, sluggish, looking for the next coffee to push us further in our day. People find this concept difficult as they are always trying to reduce their caloric intake, cutting carbohydrates, getting rid of foods rather than choosing great nutritional options that are healthy and full of nutrients to fuel our bodies.

Factors that influence your BMR

- Genes—Inherited Basal Metabolic Rate from your parents
- Age—Basal Metabolic Rate declines with age due to loss of muscle mass
- Gender—A male’s Basal Metabolic Rate is faster than a female’s due to greater muscle mass
- Muscle mass—The more muscle you have, the higher your Basal Metabolic Rate, as muscle burns more energy than fat tissue
- Exercise—Increases Basal Metabolic Rate directly via its effect on muscle mass
- Diet—Crash diets or starvation can reduce you BMR significantly
- Climate—Hot or cold climates can affect Basal Metabolic Rate as your body has to work harder to maintain a normal temperature.

It is important to understand that your Basal Metabolic Rate will decrease if you lose muscle, but not if you lose fat. For those trying to lose weight, it is essential to follow a healthy eating plan and structured exercise program that stimulates muscle development. Crash diets ultimately end up drawing on your lean muscle mass as fuel, which lowers your metabolic rate. Consequently when you stop dieting, you end up putting on fat more easily than before you started, because a reduction in lean muscle mass has lowered your basal metabolic rate.



Bench Step Ups: Step up on the bench and come back down, repeat with same leg.



Side Crunch: Lying on your side, elevate your shoulder one inch off the floor, you should feel this in your obliques.



If you look after your body through a combination of good quality food and exercise, then your weight will reflect this over time. There’s no such thing as a quick fix. True results come with hard work, smart choices and planning.

You CAN do it! And DON’T be afraid to try!

You can only be defeated by yourself. Self-sabotage is the number one offender. Don’t shrink at the challenge—there will be ups and downs and so much more but for once in your life allow yourself to be the best you can be, and it will happen. I am happy to answer your fitness questions or help with a personalized nutritional program. You can reach me at cara@goodlifeconnoisseur.com. ▯

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Grand Riviera Maya Princess All Suites Resort & Spa



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All-Weather Gadgets for Fall 2009

By Steve Dotto

We’ve all heard the joke: “What do Canadians call those two weeks between spring and fall?” The punch line produces a chuckle but also a cringe—heck, some years it doesn’t even seem like two weeks! Canadian summers being as short as they are, it’s hardly any surprise that we are loathe to give up our outdoor activities as we move into autumn. We all wish for one more day on the beach, at the cottage, or lazing in the backyard. So how to ease the transition? A house and yard full of the latest gadgets is much more fun to cocoon around, and we’ve assembled just such a selection for you.



All-Weather Outdoor HD LCD Television

Cooler weather may drive us from the beach or lakeside, but it won’t keep us out of our hot tubs. SunBriteTV’s all-weather outdoor LCD televisions are designed for permanent outdoor residential and commercial installation. The corrosion-resistant, powder-coated aluminum exterior protects the internal TV components from rain, dirt, insects and other outdoor elements. The TVs are also designed to handle extremes in temperature, and should be fine in extremes as low as -31° C all the way up to the worst summer can throw at us, 51° degrees C.

SunBriteTV’s innovative watertight cable entry system and cable pass-through design ensures quick and easy hook-up to a wide selection of video inputs, including two HDMI connections, component, VGA, S-video, composite, RF, RS232 serial and the discreet IR control. Think about this year’s Grey Cup party in the hot tub, snow flying, but watch the remote—no guarantees it is waterproof! MSRP \$3295 and up.

www.sunbritetv.com

Mix your own ibeats

The iDJ iPod DJ Mixing Console allows you to input two iPods and two additional turntables or MP3/CD players. Use with iPod photo to create video mixing through the S-Video Output. Using durable aluminum and polycarbonate, the iDJ design aesthetic is a seamless addition to the iPod family. With features such as headphone pre-cueing and three-band EQ per channel, the iDJ is sure to take any iPod DJ enthusiast to the next level. MSRP \$399.

www.ionaudio.com/idj



Mining for energy

Right under your driveway is a key to warmer winters, cooler summers, reduced energy bills and a greener lifestyle. While summer may scorch the ground or winter may freeze, just six feet under your lawn the earth stays a steady 50 degree Fahrenheit (10 Celsius). The green folks at Nextenergy have designed a system that takes that constant temperature and uses it to effectively heat and cool residences.

A network of pipes filled with an ethanol solution capture the earth’s heat in the cold of winter, and transfer it through a heat exchanger into your home. In the summer the reverse assures a steady cooling, all at a fraction of normal heating costs. A benefit is hot water is also provided in both summer and winter, so overall geothermal provides a triple win: you are comfortable, save money and save energy.



How much money? Heating a 4000 sq. ft. house should cost about \$30 a month on geothermal! It will cost somewhere in the neighbourhood of \$30,000 to install, so average payback is in the seven to eight year range. But that is just payback on a monetary scale—on the environmental scale you start saving the earth right away. Installing a geothermal plant creates a green savings equivalent to taking two cars off the road each year!

www.nextenergy.ca

This little light of mine!

Home automation systems used to be a niche and super high-end solution, but we are seeing more user-friendly and even do-it-yourself solutions. Insteon is one of several companies vying for your attention and dollars. For around \$1,000 you can invest in a complete starter kit that should allow you to put every light in your house on a network that you can control from a handheld remote, a keypad or your computer. Best of all you can not only control the lights from within your home but you can also control them over the internet from anywhere in the world.

The Insteon devices also work with appliances and other fixtures in your home. Turning on the coffee maker while still in bed seems the only logical application in our book, although messing with your cat from work should be a lot of fun as well! MSRP \$69 and up.

www.smarthome.com

Time does fly!

For those of us who sometimes have trouble shaking off the cobwebs and rising with the rooster, how about a flying alarm clock. Actually the whole clock doesn’t fly, just a key that you need to reinsert in the unit to stop its incessant shrieking. Oh, a word of advice...don’t use this if you like to sleep with windows open! MSRP \$24.99.

www.thinkgeek.com



Marinade in Minutes

If you’re like me, around 4pm you realise that you are supposed to fire up the BBQ in about an hour, and you haven’t even begun getting things ready—you know, basics like marinating the piece of shoe

leather you had planned on serving, that chuck steak is going to go over like a lead balloon with the family.

Enter the Revo Revolution. You can now turbo-marinate meats. The Revo Revolution removes air from the chamber, allowing meat to relax and marinade to penetrate. In a fraction of the time it normally takes, your meat is tender and flavourful! MSRP \$149.

www.freethemeat.com

“Installing a geothermal plant creates a green savings equivalent to taking two cars off the road each year!”





Critter Cam captures backyard wildlife

Suspect that your backyard is home to more wildlife than just last night's party guests? Or maybe the neighbour's kid is stealing your morning newspaper? The DVREye from PixController can help you capture the evidence. A powerful RF motion detector triggers the wireless recording function. MSRP \$695.
www.pixcontroller.com/DVREye

Flat screen camouflage

That jumbo LCD or plasma flat-screen television may be a thing of beauty when it's on, but do you really want it to be the focus of the room when it's off? Didn't think so. You can cover that unsightly flat screen with a tapestry from Draperinc.com. Choose from 39 Jacquard woven tapestries or you can even design your own. MSRP \$835 to \$1,550 depending on size, motor/control, and fascia choice.
www.draperinc.com/HomeTheatre



Pocket wine tracker

To shake her case of the guilts over being the cause of the Trojan War, Homer's Helen of Troy drank wine mixed with nepenthe to induce forgetfulness. Most of us find a couple of glasses of wine alone sufficient to accomplish the same—including forgetting the name of that great wine we raved about the previous evening. Rather than relying on a dodgy memory or notes scribbled on cocktail napkins, an ultraportable pocket scanner can remember it for you. Scan the barcode on your wine label and the IntelliScanner Wine Collector 300's smart wine software will automatically download details like the name, varietal, winery, country, type, colour, region and more.



The smart software uses an Internet-enabled database and AutoFill technology to instantly fill in the details—no typing necessary! Track your favourite wines by location with the built-in virtual cellar, add tasting notes and ratings, and calculate optimal drinking times. The software includes innovative features for accessing sites like eRobertParker.com and Wine Spectator and viewing your wine collection on an iPhone. Best of all, you can take the IntelliScanner anywhere—to a wine tasting or a wine shop—and scan your favourite wines instantly. Keeping track of the wines you like (and don't like) has never been easier. MSRP \$179.
www.intelliscanner.com



Never lose your keys, but watch your fingers!
Biometric security has become a staple on notebook computers, now you can lock up hearth and home, and open those locks with a swipe of the old thumb. Several manufacturers have fingerprint and thumbprint door locks that are designed for the high end residential market. The BioAxxis ThumbLock not only keeps your home safe and secure but it also works in a variety of other applications. The biometric sensor is right under the old fashioned backup key lock. Easy to access and safe from rain, dust and dirt.
You can program the lock to deliver an audit trail of who has entered and when, meaning it is a great option in spaces where security requires more diligence than a simple sturdy lock. MSRP \$699.95.
www.bioaxxis.com



A new drink a day, for 3 years!
Instead of simply serving those boring old classic highballs to visitors, why not up the ante. Pass on the G&T and serve up a "Dark and Stormy." You can with the BarMaster Deluxe. More than just a drink guide, it looks like a flask, will recommend drinks based on the occasion, shows you how to mix the drinks, and has a database of jokes to go along with over 1,000 drink ideas. Word has it the jokes get funnier the more drinks you try! MSRP \$24.95.
www.thebarmaster.com

Stainless Steel LCD TV...better than Harvest Gold

There was a time—best forgotten now—when the height of kitchen fashion was appliances in colours like "Avocado" or "Coppertone". Today it's all about the stainless steel, and Toshiba is serving up a new LCD TV that will look right at home next to that Amana refrigerator or a high-end gas range. The new Stainless Style™ LCD TV combination compliments stainless steel kitchen appliances, keeping the kitchen layout sophisticated and harmonized. The Stainless Style™ TV combines Toshiba's industry-leading image and sound quality with one-of-a-kind designs, creating an ideal environment for entertaining right in the heart of the home. Featuring the added convenience of a built-in DVD player, this stylish model offers a complete entertainment experience right from the kitchen counter.
Incorporated within this stunning design is a 16:9 widescreen high-definition LCD display. Connectivity is also a plus in the combination units. The sets are complete with both HDMI™ and PC inputs, allowing the TVs to be used in conjunction with a computer, and support gaming and receiving HD broadcasts. In addition, all Toshiba LCD TV combination models are ENERGY STAR® compliant. The Stainless Style™ TV is available in a 19-inch screen size (measured diagonally at 18.5 inches). MSRP \$349.
www.tacp.toshiba.com



"Featuring the added convenience of a built-in DVD player, this stylish model offers a complete entertainment experience right from the kitchen counter."



Measuring up
I didn't know some measuring cups were dumb, but they must be, because there is a smart measuring cup. For those of us who need a little more accuracy, or are just scale-line challenged, the "SmartMeasure" cup from Yanko design should, ahem.... measure up. Actually I can see it being pretty nice not having to crane my neck as I pour in ingredients, and the on-the-fly conversion of measurements may be a big benefit as well.
www.yankodesign.com

The Cutting Edge of Luxury SUVs

By Tony Whitney

If business conditions and changing public attitudes have transformed the sport utility market to a fairly dramatic extent, manufacturers of luxury vehicles in the SUV class have continued to enjoy strong sales, and these models have made a solid contribution towards record sales for several brands.

It seems that traditional buyers of SUVs may have been looking for alternatives such as crossovers and station wagons—or downsizing to compact products—but at the other end of the market, well-heeled buyers are sticking resolutely to their Range Rovers, Mercedes-Benz, Cadillacs and Lincolns.

Automakers are rejoicing in the strength of the luxury market and after all, there's a lot more profit to be made out of a \$90,000 upscale SUV than a \$25,000 compact. And for 2010, there's lots of action on the high-end SUV front with several makers offering products with major upgrades and boasting significant engineering and safety advancements.

Buyers in this class need not be turning their backs on environmental responsibility either. Hybrids are proliferating in the luxury SUV segment, diesel engines are gaining ground and even those rigs fitted with powerful V-8s are claiming better fuel economy—often when there's more power available, too. Incidentally, the term “SUV” isn't that much in vogue anymore and automakers make free use of the term “crossover” when describing their utility products. All SUVs should have off-road capability while true crossovers are good only for gravel roads and the like—though to add to the confusion, this is not always the case!

2010 Acura MDX



Further down the price scale in this segment, all is not quite as rosy and we may see a product or two disappear from the market over the next year or so as demand slumps. The auto market is always tough to read where SUVs are concerned, but right now, all the action seems to be at the top of the ranges and at the opposite (compact) end, where competition is intense and prices cut to the bare bones.

Acura is readying a thoroughly worked-over version of its MDX sport-ute for the new model year and it looks like being as successful as the last version—an example of which I used for a trouble-free and enjoyable drive from Vancouver to Las Vegas and back quite recently. The new MDX has a more prominent interpretation of Acura's “signature” grille and comes with a new 6-speed automatic transmission mated to its 3.7-litre V-6. Acura says that this engine provides V-8 feel with just six cylinders and it's more fuel-efficient than the previous version, despite 300-horsepower. Interestingly, the MDX is built in Canada, so buyers can aid the economy here as well as acquiring one of the nicest smaller luxury SUVs in the business.

Audi's new Q5 offers buyers a more compact version of its big Q7 model (which remains available), though there isn't any skimping on opulence. It comes with a 3.2-litre V-6 and Audi's near-legendary all-wheel drive system. For buyers who hanker after an Audi SUV but don't want the bulk of the much larger Q7, this one is probably the perfect choice.

BMW's X6 is something of a strange beast—a giant hatchback masquerading as an SUV, perhaps? It seems to be one of those products that people either love or hate and with a design statement this bold, that's bound to be the case. Whatever you think of the styling, this product is very much a BMW and has lots of sporty keynotes, including a 6-cylinder inline turbo engine and handling that's far better than might be expected considering the vehicle's bulk. It's rash, it's fast and it's beautifully built and trimmed—for those who can get along with the styling, it's bound to be a winner.

Cadillac has been doing some wonderful things with its product line in recent years and has been winning praise all over the world. Few automakers have spent more time and money on researching alternative fuels and drivetrains than General Motors and one of the results of all this effort is the new Cadillac Escalade Hybrid. The Escalade is a very showy and luxurious vehicle, but now buyers can confirm that they have an environmental conscience without opting for a sport-ute they can barely struggle in to.

The Escalade Hybrid looks for all the world like its big, stylish, cousins, but it won't be making quite as many stops at the gas station. It uses a 6.0-litre V-8 in tandem with an electric motor/generator and offers the kind of fuel economy you'd expect with a mid-sized V-6 powered rig. GM has taken the stance that fuel economy should start with those larger vehicles that use most gas and the escalade Hybrid is an example of that thinking.

“Cadillac has been doing some wonderful things with its product line in recent years and has been winning praise all over the world.”

Infiniti's top-of-the-line SUV is the QX56 and it's one of those vehicles in this class that often gets overlooked. It's actually a beautifully-made, powerful and luxurious large SUV that deserves more attention than it's getting. With its smooth and potent 5.6-litre V-8 and Infiniti's widely-praised interior design talents, this product is a serious contender in the segment and worth consideration by buyers who aren't looking much beyond Mercedes-Benz, Lexus and Range Rover.

Britain's Land Rover is trumpeting its revised 2010 Range Rover Sport extensively right now—aiming right at the heart of a performance SUV market dominated by the Porsche Cayenne. According to Land Rover, the Range Rover Sport's performance, ride and handling have been transformed with the introduction of new engines, transmission and chassis systems. This might be a big rig, but it handles like a much smaller SUV and as good as some sports sedans with a skilled driver at the wheel. Power is provided by a 510-horsepower 5.0-litre V-8 with a supercharger for even more get-up-and-go. In fact, you can rocket this Range Rover to 100 km/h in a scant 5.9-seconds—pretty good for an SUV that can go just about anywhere you can take a wheeled vehicle. Like every Range Rover that went before, interior details are beyond opulent (lots of leather and wood) and every imaginable convenience item is there for the driver's enjoyment and safety.



2010 Cadillac Escalade Hybrid



2010 Infiniti QX56



2010 Range Rover Sport



2010 Lexus RX 450h

The new model year heralds a duo of new luxury crossovers from Lexus—a brand with possibly the widest range of upscale sport-utes in the business. The 2010 RX 350 and RX 450h both fit into the mid-size bracket but differ in that the latter product uses a well-tried hybrid powertrain. The 450h uses a new 3.5-litre engine and adds a more powerful electric motor to nudge horsepower up to 295—an impressive figure for a vehicle that offers 16 per cent better fuel efficiency than its 3.3-litre predecessor. One addition that really helps driving safety is a head-up display system projecting important information (speed, navigation basics and so on) onto a patch on the windshield well within the drivers view when looking at the road ahead. It may seem like a gadget at first, but it really works!



Far Left: 2010 Lincoln Navigator Ultimate L.
Left: 2010 Mercedes Benz GL BlueTEC.
Below: 2010 Volkswagen Touareg Clean Diesel.

Not to be outdone by offshore nameplate rivals, Lincoln is offering an Ultimate L version of its popular Navigator large luxury SUV. The Ultimate L takes the basic L model a stage further and should attract interest from buyers of Lexus and Land Rover products. It uses a powerful 5.4-litre V-8 and its relationship with the Ford Expedition SUV and even some truck lines makes this Lincoln possibly the most rugged and durable rig in its class. Ultimate versions add such goodies as heated and cooled driver and front passenger seats and a moonroof to an already packed list of features, and it's priced somewhat less than most of its close rivals.

Mercedes-Benz offers an almost bewildering range of luxury vehicles that fall into the SUV/crossover class, including the entry-level GLK-Class, the M-Class, the R-Class, the venerable G-Class and one of the rarer sightings in this segment—the big GL-Class. While not the top seller among Mercedes-Benz SUVs, the GL fits in nicely as the nearest competitor to the Range Rover or big Lexus LX 570. It looks a bit like its less expensive GLK and M stablemates but offers incomparable roominess, incredible off-road capability and “built like a tank” ruggedness. This 7-passenger SUV uses either a 3.0-litre V-6 turbo-diesel with BlueTEC technology or a 4.6-litre V-8. There's even a performance AMG 5.5-litre V-8 version on offer too. The BlueTEC is an especially appealing product for buyers who want to make a solid environmental contribution with their vehicle and at the same time, would like to retain the luxury and space associated with this class.

When Porsche launched its Cayenne a few years back, much was expected of it. After all, the famed German automaker is arguably the leading manufacturer of “serious” sports cars in the world and could hardly bring us an SUV that fell short on the performance front. As history records, buyers flocked to the Cayenne and it just seems to be gaining ground every year. July of this year was an all-time best for the marquee in Canada and the pace was set by Cayenne sales jumping 75 per cent over the same period in 2008. A basic Cayenne is a very desirable vehicle, but what does Porsche offer at the very pinnacle of this range?

The answer is the awesome Turbo S variant, which boasts a whopping 550-horsepower turbocharged V-8 under its hood. For the bold, the Turbo S will hit 100 km/h in just 4.8-seconds and if given its head on an Autobahn with unlimited speeds, you'll be topping 250 km/h in no time flat. To match this speed, the rig has handling good enough for it to lap the legendary Nurburgring circuit in Germany at high-end sports car speeds. Top track speed is said to be in the 280 km/h range. Naturally, this is a beautifully trimmed, “all the bells and whistles,” super-luxury SUV, but it drives like a Porsche 911 GT3 with luggage space.

While the popularity of diesel power still lags in the U.S., Canadians are more ready to embrace this way of combining fuel economy with reduced emissions and should really warm to the new Volkswagen Touareg Clean Diesel. This is not only an exceptionally roomy and practically designed upscale SUV, it has a range of an amazing 1,200-km and with 406 ft-lb of torque, will scale mountain passes with incredible ease and lack of fuss. The TDI engine is a 3.0-litre V-6 with 225-horsepower, aided by a turbocharger as its model nomenclature suggests. While much of the emphasis on “sustainable vehicles” right now centers around hybrid powertrains, those who opt for a diesel like the Touareg won't be giving up anything by way of power, smoothness and luxury—and no diesel has ever run cleaner than one of these VW units. On the highway, the big Touareg can record as low as 8.0-litres/100 km when driven with a bit of care.

Despite the challenges of the past couple of years, there's no sign that the upper-end luxury SUV class is going to tail off any time soon and sales figures underline this for many automakers serving this segment. Of course, for those who really are counting the pennies, there are lots of makers standing by with cheaper products, some of which are almost as luxurious these days as the loftier nameplates. Prominent among these are models from Jeep, GM, Volvo, Subaru, Suzuki, Kia, Hyundai and Mitsubishi. ■

© 2009 Porsche Cars Canada, Ltd. Porsche recommends seatbelt usage and observance of all traffic laws at all times.



For more information visit www.porsche.ca

It's always a bit surprising the first time a valet tips you.

In every sense, a true sportscar experience – now designed to be shared by four. An uncompromising 400 hp engine combines powerful, yet fuel efficient Direct Fuel Injection (DFI) and the seamless, split-second gearshifts of the Porsche Doppelkupplung (PDK) with a fuel saving auto start/stop function. Uncompromising acceleration, the exhilaration of Porsche precision handling and a luxurious executive class interior.

The new Panamera 4S. Coming, Fall 2009.



PORSCHE



Trading In the Square Wheels

By Adrian Mastracci, Portfolio Manager & Financial Advisor (R.F.P.), KCM Wealth Management Inc.

Pick battles big enough to matter, small enough to win.
~Jonathan Kozel, author

Does this picture have a familiar ring? One day you look at your investment plan and you realize it has square wheels. No wonder it's been tough sledding trying to manage your serious money. The last year has affected many investors. Practically all investment plans have felt some bruises. Perhaps, they have veered off course, jumping from one fire to another. The daily heaps of information overload are very distracting. This often results in a collection of scattered investments instead of a cohesive portfolio. Many investors devote too much time and effort selecting stocks and funds. Sadly, not enough time on the investment policies and strategies they ought to follow to reach their personal goals. Making stock and fund selection the first priority is a recipe for subpar investment results. The best way to manage serious money is to think of the process as a marathon, not a 100-yard dash. There is no market that offers safe refuge. However, paying special attention to your long-term policies and strategies will provide you the biggest dividend.

Step away from the fray long enough to get a close look at your financial house. A little revitalization wouldn't hurt. Let's see if we can trade in the square wheels. I offer 10 suggestions to help your nest egg:

1. Take charge of your investment plan
Take charge. Determine if your portfolio is aptly designed to meet your expectations. If what you are doing doesn't steer you toward your chosen goals, such as retirement, it's time to make changes. Take the time to review your investment game plan in detail. It should contain all the policies and strategies you will follow to reach your destination. If you're unsure about the plan's appropriateness, resolve to seek another opinion. A portfolio with emphasis on consistent returns will serve you better than one with emphasis on performance. Above all, you must have confidence in your plan. This removes the tendency to make investment decisions based on emotions of the day. There are no easy answers to investing. It's a game of probability. You want to be right more often than you are wrong.

2. Tax smart investing
Understand the tax aspects of investment income. That is the tax you pay on interest, dividends and capital gains. All are subject to income tax, but the rates are different. Make sure your investing is tax friendly. Here is the rate comparison for B.C.:

TYPE OF INCOME	HIGHEST TAX RATE
Eligible Dividend	19.92%
Capital Gain	21.85%
Ordinary Dividend	32.71%
Interest	43.70%

While you're at it, revisit the tax measures that apply to your family trust structure. Further, the new TFSA applies to everyone who is 18 years of age or older. Appreciating these tax nuances helps design the investment mix right for you. A mix that focuses on after-tax investment returns. A tax smart strategy puts a little more in your pocket. After all, it's what you keep that really counts.

3. Focus on asset allocation
Asset allocation is the combination of the choices of asset classes (such as cash, bonds, equities and real estate) and the choices of asset mix (such as large companies versus smaller companies) included in portfolios. Your allocation considers not only your goals, but also your investment horizon. For example, at age 65 your horizon could easily be 15 to 25 years. The 1990 Nobel Prize winning studies concluded that long-term asset allocation decisions have the greatest impact on your portfolio returns. Not stock selection, nor market timing. Clearly, this is the focus for every investment portfolio. One that you can easily control. I say put aside market timing and stock selection. They don't work often enough and are low percentage strategies. My counsel is to adopt an asset allocation that you are comfortable with.

4. Bull and bear times
I'm a fan of perspective, so I looked back at the Dow Jones index to the year 1900. Investors have survived 25 bear markets since 1900, of which eight have fallen 40% or more. Dow declines have ranged from 16% in 1998 to 89% from 1929 to 1932. A bear market springs up about every four-and-a-half years and typically lasts from three months to three years. Overall, markets spend about one-third of the time as bears and two-thirds as bulls. Let's assume that most investing takes place from age 40 to 85. Roughly 15 of those 45 years are likely to be spent in bear market territory. Even if bear markets occur every five to seven years, investors could face six to nine bears. Clearly, bear markets are part of the investing landscape.

The good news is that about 30 of those 45 investing years are likely to be bullish. So, step one in dealing with the markets is learning to accept the bear portions. Is anyone anticipating the arrival of the next bear—say in four to six years? Probably not, as investors are trying to recoup the lost ground from the last bear.

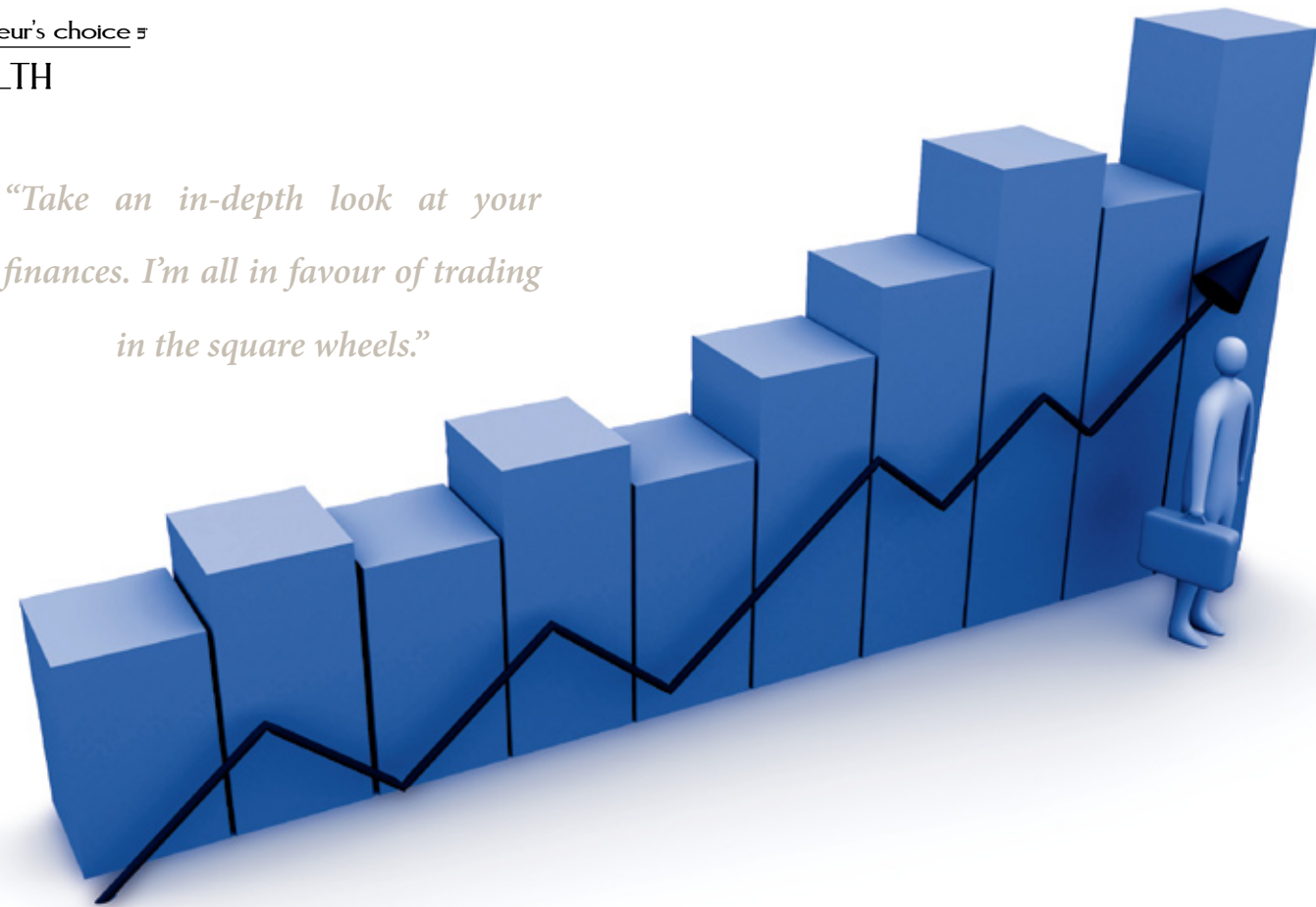
5. Tax loss selling
If you entertain tax loss selling, don't just sell something to realize a loss. Take action in context of your overall portfolio and how the individual security fits your investment plan. If all of the losses cannot be used in 2009, you may carry them back up to three years or forward until they're applied. Remember that what is most detrimental to portfolios is not incurring losses. Rather it's keeping them far too long. Be totally dispassionate about your investments. Don't sit idly by hoping for miracles. Instead, do the right thing. Take the medicine early and swiftly. Stop the losses and move on. This brings discipline to your investing process. An essential strategy for the long and winding road ahead among bulls and bears.

6. RRSP deposits
Make your 2009 RRSP deposit now. Your 2008 tax notice of assessment provides the 2009 RRSP room particulars. Also check the amount of RRSP carried forward, if any, so that you do not over contribute and attract penalties. RRSP deposits can be made to your account, the spousal account, or both. A family could make all RRSP deposits to one spouse, and later switch to the other. Spouses include common law and same sex partners. The goal for spouses is to achieve similar incomes during the retirement years.

7. RRSP conversion
Those youngsters turning age 71 in 2009 must convert their RRSP, likely into a RRIF, not later than December 31. The eligible investments for a RRIF are the same as the RRSP. Hence, investment strategy need not change if it's appropriate. The exception is that you will need cash in the RRIF to withdraw the minimum annual sums. All RRSP deposits must also be made to your account before you convert to a RRIF. Where applicable, you may contribute them to a spouse who is younger than you. Where there is no spouse, you may consider making your 2010 RRSP contribution before converting the RRSP. You will face a penalty and claim the RRSP deduction in your 2010 tax return.

RRIF withdrawals are governed by a formula and are fully taxable. The first withdrawal commences in 2010. If you elect to receive it at the end of the year, the RRIF will grow to its maximum. You may elect to receive your RRIF payments based on the age of the younger spouse. I suggest not converting the RRSP before age 71 unless you need to generate qualifying pension income. You can always make draws from the RRSP and pay tax on them.

“Take an in-depth look at your finances. I’m all in favour of trading in the square wheels.”



8. RESP deposits

You may contribute to a 2009 RESP for a child not later than December 31. The lifetime maximum is now \$50,000 per child. It can be made all at once or in a series of deposits. The sum of \$2,500 per year is sufficient to receive the maximum annual grant from the government.

Where two or more children are related, you may consider a family RESP plan. Keep in mind that the RESP deposits are not deductible for tax purposes. The accumulated funds will ultimately be used by the child to pay for post secondary educational pursuits, presumably at a lesser tax rate than yours. Hence, there is some planning analysis that helps determine the RESP deposit strategy.

9. Deductions and tax credits

Review your situation to ensure that you claim all amounts paid in calendar 2009 for expenses incurred. These include interest costs, professional dues, alimony, maintenance, child care costs, investment counsel fees, safety deposit box and accounting fees.

Some outlays will result in tax credits on your 2009 income tax return. Hence, review tuition paid, political contributions, charitable donations and medical expenses so that you can take advantage of the applicable credits. Donations include securities transferred directly to your charity of choice.

10. Business owners

If family members are employed by your business, consider paying their salaries before the end of 2009. This will provide them with CPP contributions for 2009 along with RRSP room for 2010.

The maximum RRSP contribution limit is shown in the table below:

TAX YEAR	RRSP LIMIT	EARNED INCOME REQUIRED
2009	\$21,000	\$116,700 in 2008
2010	\$22,000	\$122,200 in 2009

Further, if your business is contemplating purchasing capital assets, such as furniture and equipment, you may consider making the purchases before the year-end to claim depreciation on those assets.

Those receiving a bonus in the near future may consider deferring its payment until January 2010. That will defer the income tax on the bonus for another year.

An area of great importance is business succession planning for long-term survival. Another is using the \$750,000 lifetime capital gain exemption for qualifying small businesses and family farms. The full exemption can save over \$163,000 of taxes at BC rates.

For those that sell an eligible small business and buy another one, there may be the potential to defer the tax on the capital gain.

The centerpiece for my clients is the investment plan that outlines the policies and strategies they will follow to reach their unique goals. Building a home and an investment portfolio has one common thread; things go far better if you start each of them with a plan.

Take an in-depth look at your finances. I’m all in favour of trading in the square wheels. ■

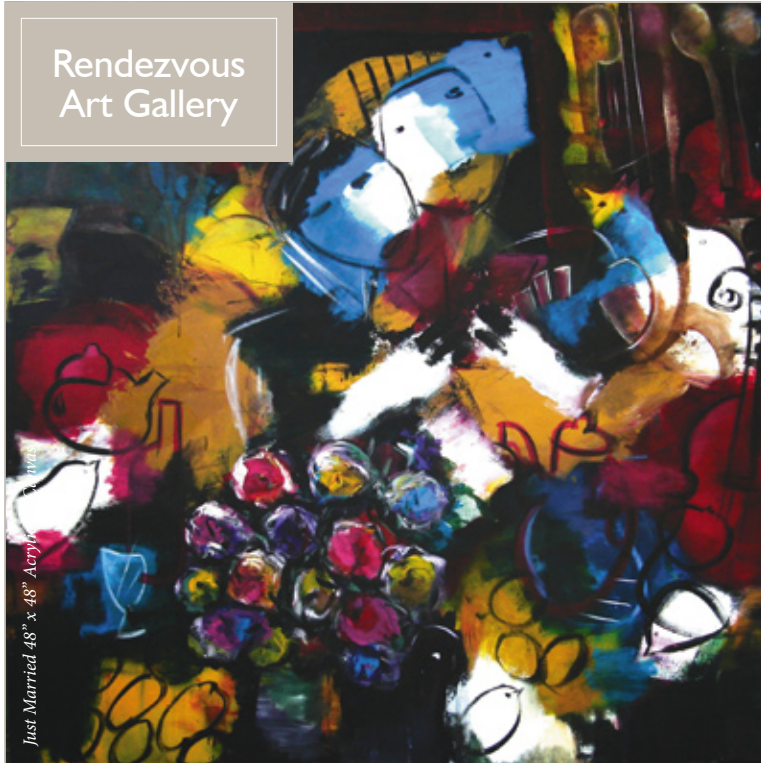
IMAGINE CANADA WITHOUT TREES



In Canada, we are defined by nature. Every tree and every leaf is doing its part to make Canada the place we all imagine it to be – healthy, green and rich in natural beauty. You can do your part – give to Tree Canada, and we’ll plant your gift in the very land you stand on.



Rendezvous Art Gallery



Rendezvous Art Gallery is one of the most uplifting galleries you could ever visit. Not only is the location bright and cheery, but the colourful art is bound to put a smile on your face. The all-original art is mostly by B.C. artists, but there are also a few from Quebec. Director Guy Dagenais established Rendezvous Gallery over 13 years ago, and while most of those years were spent on Howe Street near Georgia, it is the new location, at Howe and Cordova, that has started a buzz in the local art scene. Regardless of what is happening outside, it is always a pleasure to visit this gallery and let the magical work of their many talented artists make your spirits rise. Manager Ingrid Wypkema has been with the gallery for almost 11 years, and is dedicated to making the Rendezvous what it is today, and to offering the high level of customer service for which the gallery is known.

Rendezvous Art Gallery is conveniently situated at the corner of Cordova and Howe Streets in downtown Vancouver right across from the Waterfront Centre with abundant street or underground parking in the vicinity. The Seabus, Skytrain and Canada Lines are also nearby.

The gallery is open seven days a week, Monday to Saturday, from 10:00 a.m. to 5:30 p.m., and Sundays and holidays from 11:00 a.m. to 5:00 p.m. Services offered include art consultation, delivery and installation, custom framing, appraisals, and gift certificates. ■

Rendezvous Art Gallery

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“She can also be classified as Expressionist as the work is not usually descriptive of reality but is intended to touch the soul of the viewers.”

Drissia Abid

By Ann Rosenberg, Art Critic and Curator

Drissia Abid was born in Morocco. She came to Canada in 1989 to lead a life in which she could freely develop her talents as an artist while supporting herself as an independent person. At an early age, Drissia was encouraged to study art because she had an amazing understanding of colour and design.

Her love of nature finds expression in the still lifes she creates that are replete with plums, apples and pears—feasts for the senses, so reminiscent of the art of the Impressionists and Post-impressionists who came before her. She can also be classified as Expressionist as the work is not usually descriptive of reality but is intended to touch the soul of the viewers. Her enjoyment of people is evident in the works that celebrate music, the happiness of weddings and the love of mothers for their children.

Although she is largely self-taught, Drissia is well-traveled and very familiar with the mosaic-covered monuments of the exotic regions of northern Africa and southern Europe, where the climate is hot and dry and hues are rich and saturated. This resource is the background of colour and design that comes forth from within when she paints in her typically spontaneous fashion. In the minutely brushed backgrounds of many works, small flecks of pink, orange, red and yellow flicker and shimmer like silk.

In recent paintings there is a move towards a more painterly, less representational style in which the viewer is invited to participate in the interpretation of the piece.

Drissia has been commissioned to do numerous portraits and paintings for private collectors. Her paintings can be seen in homes throughout the world.

In the Pursuit of Happiness

What is Your Drug of Choice?

By Dr. Lesley Horton, MD

To some, this question may seem leading, even a little shocking. Good. By asking about drugs, the context here is much broader than what the pharmaceutical companies offer, or what's available in the downtown eastside.

The truth is, we are constantly drugging ourselves with not only what we put in our mouths, but also with the thoughts we think. Ideally, we want to increase inner awareness of what is running on the "screen saver of our mind," and what programs our mind habitually runs. It can be a bit surprising to realize just how much we run on autopilot, and how much we focus on what is lacking or missing in our lives, versus focusing on what brings us greater happiness. With the heady sunny days of summer coming to a close, the fall is a perfect time to go within and to create some space for greater reflection on our lives and how we are choosing to live.

What is meant by the "screensaver of our mind"? Psychologists state that we self-talk in our head between 250-300 words per minute. Most of that is negative self-talk. Why? Science has proven that negative experiences create a much bigger impact on our brain's neural mapping than positive ones. The brain evolved wired for our survival, so it makes sense that it is wired this way—one bad encounter with a sabre-tooth tiger that nearly kills us is a lot more important survival-wise than 20 instances of gaining praise for our skilful plant gathering. So the brain naturally will fixate on negative experiences a lot more than positive ones. We need to intentionally counteract that if we truly want happiness in our lives.

Many of us have heard of hypnosis, which is merely a state of intense focus with a narrowing of attention. Some leading thought field leaders such as Dr. Wayne Dyer, Deepak Chopra, and Dr. Joan Borysenko suggest that we are continually hypnotizing ourselves by what we repeatedly tell ourselves—our self-talk. We can fall into a trance where we don't even realize that we are continually focusing on what is missing in our lives or what is wrong or what is making us unhappy.



Here's where the drugging comes in. We are constantly drugging our mind with our thoughts. When we think negative or stressful thoughts, our brain is being flooded with stress hormones such as adrenaline and cortisol. We then experience the negative body effects, such as a faster heart rate, higher blood pressure, and, over time, increased fat accumulation in the midsection, decreased libido, higher blood sugar and more infections. Our brain actually also rewires to notice even more negative things. It can become a vicious cycle.

When we think happy or positive thoughts, feel-good hormones such as serotonin, dopamine and GABA are released along with their positive effects on the body. These improve our mood, decrease anxiety, lower our heart rate and blood pressure, increase libido, improve immune system functioning and improve quality of sleep with a greater sense of general well-being.

So clearly, the more we practice positive self-talk, the healthier we are, too. What can purge a habitual negative screen saver and install a new, happier, positive one? Psychologist Dr. Martin Seligman is one of the world's most recognized authorities on the factors that create happiness. In a recent landmark study done looking at the factors of happiness, it was found that keeping a daily gratitude journal had one of the biggest impacts. Study participants wrote daily about three things that had happened that day to them that they were grateful for. Simple, easy to do and incredibly effective.

From the point of view of working with the Law of Attraction, this makes absolute sense. What we focus our attention on expands. By focusing on what we are already grateful for, it signals to the Universe to keep it coming, to bring more of the same. It also sends a signal to our ally, our powerful subconscious mind, to notice more of what is positive and working in our lives, which in turn increases our sense of happiness.

You are an incredibly powerful human being blessed with many talents and gifts. Focus on gratitude and be delighted by what awaits you, just a thought away. ■

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John Ferrie is a Vancouver artist. Painting various images from the west coast water ways to influences from global travels.



Infused with stunning florals, intricate patterns, potent color palette and painterly whimsy.



John's work has a pulse that transcends borders and speaks to everyone. Murals, any scale paintings, prints, cards and books available.

www.johnferrie.com

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