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On the cover:

Na Pali Coast, Kua'i, Hawaii
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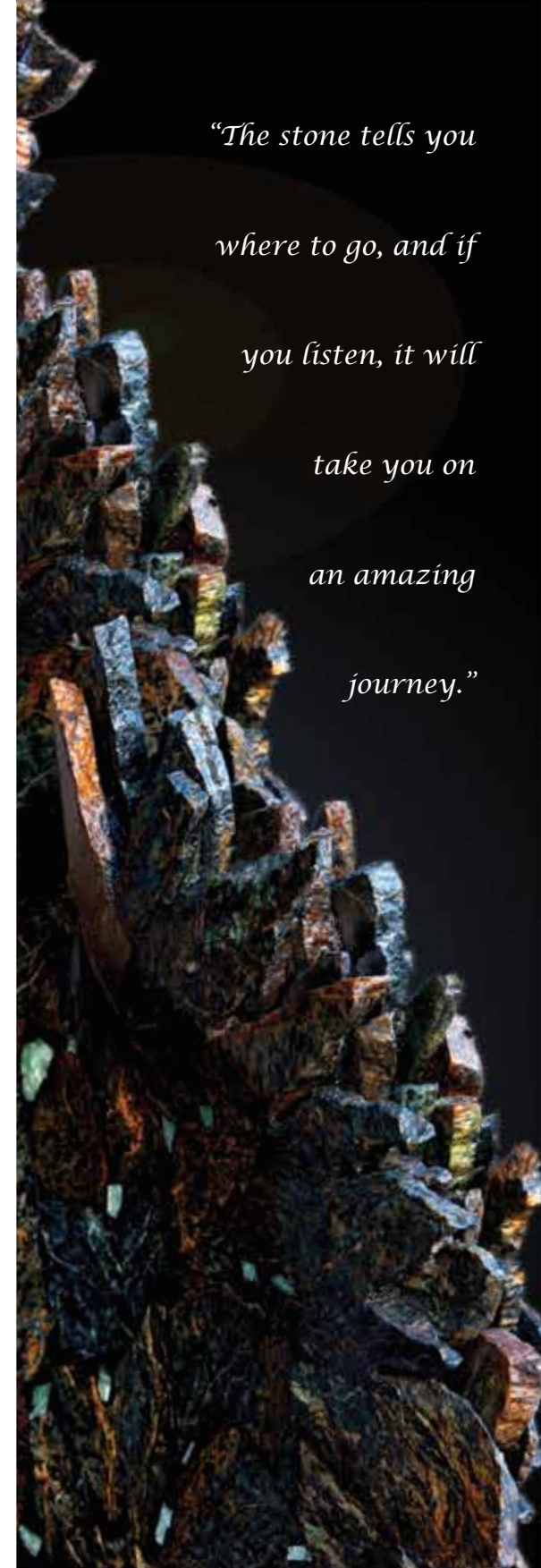
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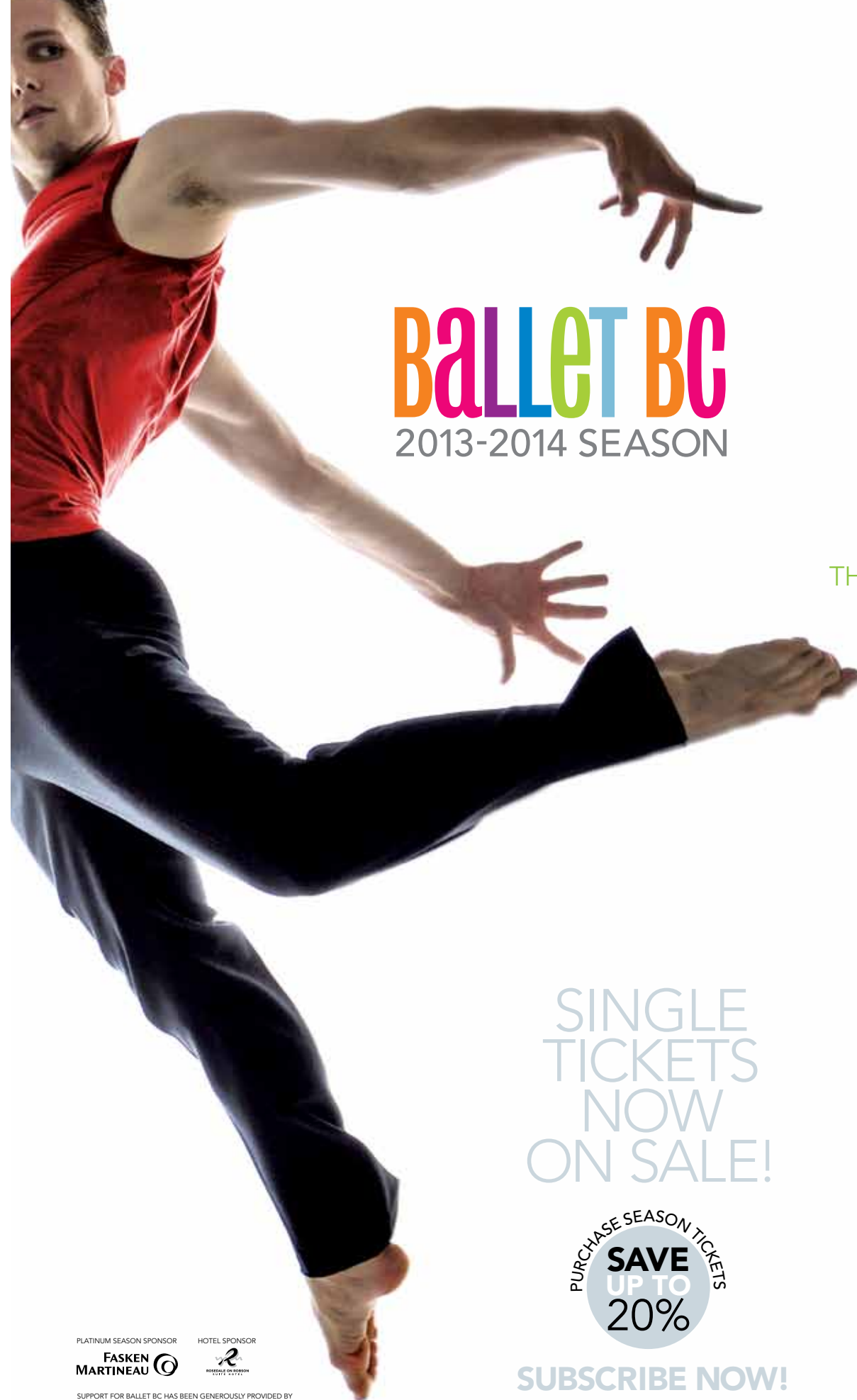
Jeffrey Whiting is the President, founder and visionary behind Artists for Conservation - the world's leading artist group supporting the environment. A biologist/geologist by education, Jeff is a passionate sculptor, author, social entrepreneur, filmmaker and environmental advocate. In 2010, Jeff received Business in Vancouver's Forty under 40 Award for social enterprise. Jeff also spearheads an annual 10-day international art and environmental education event at Grouse Mountain, called the Artists for Conservation Festival.

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A couple of years ago we quite enjoyed our trip to Maui as reported in this publication. So when the opportunity to visit Kaua'i presented itself, 'yes' was the immediate first thought. As you'll read in the following pages we were not disappointed. This is a gorgeous island. I would suggest that anyone seeking respite from a hectic pace of life will be very satisfied with the tranquility available on this very special island.

Next on the agenda is Hong Kong and Sichuan. It's been six years since we last reported on this remarkable city. We anticipate with the economic growth this international financial centre has experienced there will be many new things to see and do.

As for Sichuan we are highly curious as this will be our first excursion into mainland China. We expect to have lots to report along with lots of photos of what is expected to be some unique and spectacular geography. So as always would suggest making a reservation by visiting www.goodlifeconnoisseur.com and entering your e-mail address in the Subscribe box. It's free.

Plus once on the site, if you've been a past visitor, you'll notice it's changed significantly. And there is a lot more to come. The site is becoming much more interactive with ongoing changes daily. Further we've launched a new series of digital publications under the banner of **Connoisseur's Choice**. They are industry specific providing concise information. Currently, available is Connoisseur's Choice in Private Health Care and Connoisseur's Choice in Luxury Homes, with lots more to come. All are hosted on the web site.

As always compliments and criticism is welcome.

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Nawiliwili Kauai

KAUA'I Island of Discovery

By Terry Tremaine

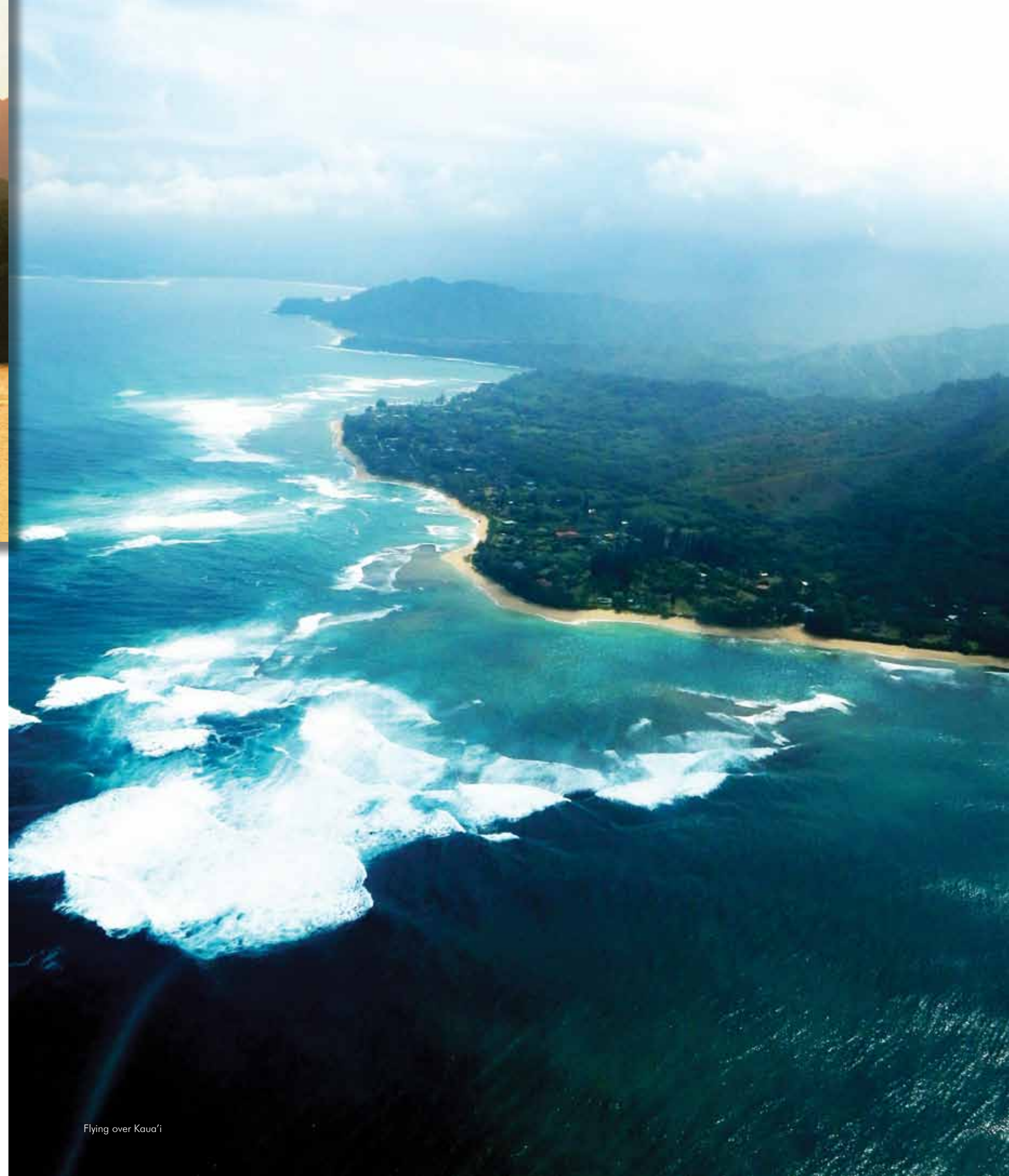
Photos By Connie Ekelund

“Time spent here will be stress free”

Kaua'i is a remarkably laid back island. To us, it felt like Maui must have a decade or so ago. The inhabitants are so easy going. This volcanic island is the oldest geographically, and the fourth largest in the chain but the population base is less than 70,000. Most are involved in tourism making the atmosphere for visitors most welcoming.

The modest population is scattered all over the island so everywhere has the feel of a very small town. Further the community has restricted the height of any structure to be less than four stories which is the height of a mature coconut palm tree. There is just one principal road which winds its way around the coastline. If you visit Kaua'i expect to relax. The island is lush and green. There are lots of sandy beaches. Time spent here will be stress free. Plus the natural beauty that is the island makes you want to sit and just look around you. Everywhere you look is a treat for the eye.

The drive from the Lihu'e Airport to our first destination, the Ko'a Kea Hotel & Resort, near the small community of Po'ipu, was a modest thirty minutes and took us through the Tunnel of Trees. For the first mile of Highway 520 a canopy of Eucalyptus trees creates a beautiful natural gateway to the south shore. It's truly a unique experience and entirely complementary to the natural beauty inherent in the greenery of the native foliage found everywhere.



Flying over Kaua'i



Veranda at Kukui'ula

The resort, a 121 room property, sitting on oceanfront at Po'ipu Beach, offers all the amenities one would expect of a luxury resort. The views are fabulous and the staff most accommodating. We particularly enjoyed their feature dining room the Red Salt. The upscale menu focuses on fresh seafood and Hawaiian produce. The atmosphere is most relaxed. For those wanting to simply getaway to sunshine, natural beauty and ocean views from a lovely sandy beach while being catered to in a small luxury hideaway, this could be the spot.

Holo-Holo Charters, in Port Allen, on the west side of the south shore offers spectacular boat tours of the Napali Coast. We enjoyed their sunset cruise which leaves mid-afternoon and journeys along the spectacular coastline, even entering into gigantic caves, while returning after sunset. Along the way the crew provides tales of the ancient Hawaiian's who first settled the islands. Plus of course they also give insight into how the island was formed from a major volcanic eruption and the resulting geography. Surprisingly we learned, at the centre of the island, the Wai'ale'ale Valley, is thought to be the wettest spot on the planet.

At the right time of year passengers can view whales plus of course all the other local wildlife, seabirds being in abundance. The buffet gourmet dinner is commendable and the crew friendly, accommodating and remarkably knowledgeable. The tours provided allow one to gain a good perspective on the formation of the island and the development of its inhabitants while at the same time the opportunity to simply sit and view spectacular scenery is well worth the price of admission.

Our next stop was the truly amazing Kukui'ula. Kukui'ula is the first and only private club community on Kaua'i. It is situated near Po'ipu Beach just outside the plantation town of Koloa, a community of just a couple thousand. When the recent financial downturn began, the developers of this 1,010 acre residential community had to make a decision as to whether to shelve the development, until the economy improved, or to press-on confident in that what they were doing would be marketable. They pressed-on with the development without incurring debt and in our opinion they have done a tremendous job.

Currently, Kukui'ula is a collection of custom ocean view home sites and Hawaiian plantation-style cottages and luxury residences. The centrepiece of the community is the \$100 million clubhouse. The clubhouse naturally has a host of amenities. The centre-piece being a superb restaurant, with the cuisine endearingly named the Red Earth Epicure. Adjacent to the clubhouse is a collection of swimming pools featuring a man-made beach and sand-pit volley-ball court.

On the other side of the clubhouse is the Spa. Generally, the spa at Sandy Lane in Barbados is considered to be the finest spa anywhere. Having now experienced both I would suggest there is a new contender for the title. The facility is truly second to none and the treatments offered go beyond the norm. The facility was a wonder with a major emphasis on open air.



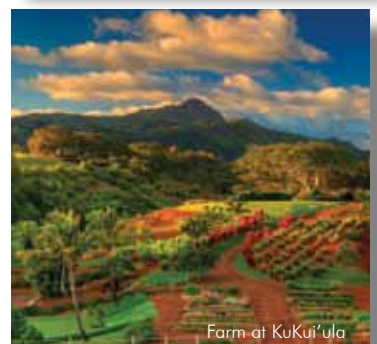
Tunnel of trees



Ko'a Kea Hotel & Resort



Poipu Beach



Farm at Kukui'ula

Then of course there is the golf course itself. The Tom Weiskopf designed course winds over 216 acres providing golfers of all skills with a great experience as a result of the superb natural setting which has been utilized to the utmost.

We were lucky enough to be one of the first visitors able to take advantage of the Club Cottages at Kukui’ula. These are the first residential offering in the Club’s Lodge Hospitality Program. Guests enjoy all the amenities and services available in the community. The Cottages are a collection of 15 single-family cottages clustered near the clubhouse. Each is approximately 2,200 square feet and luxuriously appointed. The purchase price starts at \$2.8 million. Custom home sites start at \$1 million.

Within the property acreage has been set aside for a community farm where the clubhouse chefs can access fresh fruit and vegetables plus herbs and tropical flowers. Residents are welcome of course. Plus the farm overlooks a 20 acre catch and release lake for fishing and canoeing.

Near the entrance to the community are the Shops at Kukui’ula. This retail centre is home to some 35 shops and eateries offering everything from apparel to jewelry and fine art through to fine cuisine. We particularly enjoyed the seafood at Merriman’s Fish House. Weekly the centre features a farmers’ market with local produce offered by area farmers. Plus there are cooking demonstrations for those interested in making the most of the natural ingredients.

We truly enjoyed our stay in this community. Being able to access everything this community has to offer the owners was truly a delight. We took the opportunity to chat with the owners while enjoying the same amenities and it became apparent the owners were as delighted with the property as the guests. Should you decide to visit Kaua’i make sure to set some time aside for a stay at Kukui’ula. You’ll most likely be very satisfied with your stay and be truly sorry to leave.

“The facility is truly second to none and the treatments offered go beyond the norm.”





Hanalei Bay, Princeville

Kaua'i has a unique topography which became most apparent during a helicopter tour provided by Jack Harter Helicopters. Jack has been operating on the island since 1962. He and his pilots take pride in not only showcasing the island but also providing background on its distant past and current development.

The island is basically circular and formed as a result of a volcano erupting with the highest point being roughly a mile high. As mentioned earlier the Wai'ale'ale Valley, near the centre, is one of the wettest spots on the planet with deep valleys having been created through the ongoing erosion resulting from the heavy rainfall. From the air can be seen endless green vegetation in steep canyons which are home to many waterfalls. The valley is known as the Grand Canyon of the Pacific. The similarity in look between the two is certainly only the depth with the Grand Canyon being much broader and not nearly as lush.

An air tour of the island takes about an hour and brings perspective. The centre is principally covered in numerous ridges and valleys leaving primarily the coastline for easy development. For the most part the island is green without large denuded areas as a result of lava flows common to many volcanic islands. There is little doubt the island is truly one of the beautiful spots on the planet.



Hanalei Bay



From Kukui'ula we headed along the east coast to the north of the island and the community of Princeville. As with most of the communities we visited on the island the population base was also quite modest, being less than a couple thousand. Here can be found The St. Regis Princeville Resort. A resort that easily lives up to the high standards expected of a property with the St. Regis brand name.

The resort sits on a high point overlooking the ocean. While the entrance to the hotel is at ground level, on the high point, the floors containing guest rooms actually almost cascade down the slope to the beach below. Views from all floors are necessarily gorgeous and the perspective one receives as a result of heading down rather than up provides a unique flavour.

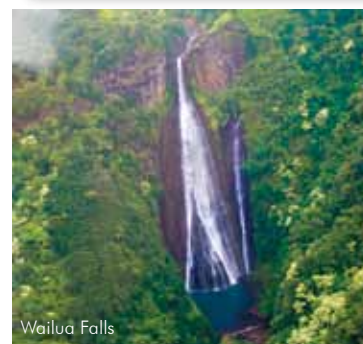
It's interesting to note that one evening during our stay there was a tsunami warning as a result of an earthquake in the north Pacific. As a precaution local residents were encouraged to come and stay in the property, it being the highest point. Rather than remain in their homes along the waterfront.

After leaving the property through the ground floor guests find themselves at the resorts signature feature the unique 5,000 square foot infinity designed swimming pool situated on the ocean overlooking beautiful Hanalei Bay. Plus of course, it is also just steps away from a wonderful sandy beach. The surroundings and service are such that finding the motivation to leave the pleasure of the pool area can be difficult.

However, the resort also features the Maki Golf Club designed by Robert Trent Jones Junior and just redesigned and reopened in 2010. We found the course a pleasure to play particularly because of the surrounding natural beauty of this island which many call the Garden Isle.

Naturally the 10,000 square foot spa offers the level of service and treatments one would expect. Plus of course there is an emphasis on incorporating uniquely Hawaiian elements into the treatments. Definitely take advantage when there.

The feature dining room, Kauai Grill, offers such a high quality culinary experience that those who've enjoyed it could easily suggest it to be the principal reason for returning to the island. Chef Garrison Price does a truly commendable job of combing French and Asian influence while utilizing the best ingredients the island has to offer. The end result is such that likely when you're talking with friends about your trip this experience will be one of the first things mentioned.



Wailua Falls



Maki Golf Club



Hanalei Bay, Princeville

“The island must be one of the last places where it is possible to visit and just wind down in a tropical setting of gorgeous beauty without having to forsake any creature comforts.”

Driving back from Princeville to the airport for our return flight home it was very apparent to us how much we had truly enjoyed our visit to Kaua'i. The island must be one of the last places where it is possible to visit and just wind down in a tropical setting of gorgeous beauty without having to forsake any creature comforts.

For those interested in hiking through protected park settings, snorkeling off beautiful beaches or diving with an abundance of marine life this natural environment provides it all and more. Plus there are great golf courses and fine restaurants in truly luxurious resorts. What it doesn't have is bustle. This is truly a place from which you'll return relaxed. You have to unwind there is no other choice. ■

Connoisseur's Choice in Kaua'i
Where To Stay:

Ko'a Kea Hotel & Resort
www.koakea.com

Cottages at Kukui'ula
www.kukuiula.com

The St. Regis Princeville Resort
www.stregisprinceville.com

What To Do:

Napali Coast - Holoholo Charters
www.holoholocharters.com

Helicopter Tour - Jack Harter
www.helicopters-kauai.com

Kauai Culinary Market
The Shops at Kukui'ula
Golf The Club at Kukui'ula
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HEARD ABOUT HONDURAS? Vacation Home Buying Basics

By Kimberley Player

Faced with rising costs and leaner financial portfolios at home, luxury vacation and retirement home buyers have increasingly been looking outside North American borders for international investment opportunities. No region has seen the impact of this trend more visibly than Central America, which offers appealing proximity, a rapidly-improving infrastructure, reasonably-priced healthcare, and perhaps most importantly, inexpensive real estate. While Costa Rica and more recently, Panama, are typically thought of as prime targets, another less recognized and often misunderstood country – Honduras – has also seen an influx of North American home buyers.

The Market

Despite its notoriety as a mecca for the drug trade, Honduras is a beautiful country, with lush landscapes, breathtaking coastlines and a fascinating mix of cultures. The violence the media has a propensity to highlight is for the most part limited to a few locations, with minimal impact on the main vacation destinations.

The most well-known of the latter is **Roatan**, part of the Bay Islands chain located 40 miles north of the Honduran mainland. Surrounded by the Caribbean Sea and the world's second-largest barrier reef, Roatan has long been popular with scuba enthusiasts. Over the past decade, its profile has skyrocketed with the addition of direct flights to the US and Canada, cruise ship visits, and a plethora of high end resorts. It holds several coveted spots in various lists that include the world's best places to retire, best islands, and best beaches; it has also been featured on House Hunters International.

The relatively undiscovered **North Coast** of Honduras, ranging from Trujillo to La Ceiba and Tela is also drawing interest from buyers. Despite proximity to Roatan, its character and landscape are vastly different. Better known for ecotourism adventure in its mountains, jungles, and rivers, its coastline is still comparatively tourist-free. New developments, including a soon-to-be-opened cruise port in Trujillo, are expected to draw more attention to this part of the country.

The Real Estate

Check any local realtor's website and it will quickly become evident that the lure of Roatan has always been the opportunity to own Caribbean real estate at prices far below those found in places such as the Bahamas, St. Kitts, and Aruba. Consistent with many smaller economies; however, real estate market conditions are volatile and have fluctuated considerably over the past decade.

Following the 1991 opening of Honduras to foreign ownership, Roatan property values increased substantially. Sales volume and pricing peaked in 2007-08 before softening in response to the U.S. recession and, to a lesser extent, the 2009 Honduras presidential coup. Prior to these events, land sales comprised the majority of transactions; this dynamic changed drastically as condos and homes became cheaper.

More recently, there are positive signs of a return to growth, with prices firming up and existing inventory shrinking. Nonetheless, market dynamics appear to have fundamentally shifted. The high end luxury market (which didn't even have a major presence on the island prior to 2005) has all but vanished as have cash buyers. Demand is strongest for modest homes that are high on efficiency. The days of speculative flipping appear to be over - at least for now - and buyer motivation is weighted toward lifestyle vs. investment.

If Roatan is touted as being affordable, the North Coast is dirt-cheap, with prices averaging less than half those on the island. The real estate bubble never popped in this immature market simply because values never rose to overinflated levels. During the first wave of development, future potential for appreciation was heavily hyped but a lifestyle focus is emerging here, too. A number of thoughtfully planned developments are concentrating on benefitting and integrating with local communities, viewing the mainland Honduran culture as an asset to showcase.



On both Roatan and the North Coast, Canadians comprise a significant percentage of buyers; they dominate in the latter market. This is in large part attributable to the strength of Canada’s economy, which managed to escape the U.S. recession. Additionally, sales efforts for several large projects are concentrated north of the 49th parallel. One could speculate that Canadians also seem more willing to travel to lesser-known, adventurous places with an element of risk, perhaps because they are subject to fewer State Department warnings than their American neighbours.

“This is in large part attributable to the strength of Canada’s economy, which managed to escape the U.S. recession.”

Purchase Considerations

The differences between Honduras’ geographies are immense so prioritizing buying criteria is key. Even on Roatan, an island of only 60 km by 8 km, distinct submarkets offer varying degrees of access, amenities, and environments. The North Coast is equally diverse.

Location. Roatan’s western end is more developed while the east is quieter, secluded, and in places reachable only by boat. Those looking for a vibrant nightlife might choose a small home in West End or a more tranquil atmosphere in nearby Sandy Bay; upscale West Bay’s condos front the island’s most popular beach. A number of large, amenity-rich master planned communities are also scattered throughout the island. Similar but typically less upscale developments exist on the North Coast where the majority of real estate activity is in the form of lot sales and single family home development. Trujillo buyers have hoped to capitalize on its evolution from sleepy village to cruise ship port. La Ceiba area owners enjoy proximity to a large city as well as adventure-filled national parks. Tela, in contrast, is known as a vacation destination for Hondurans and other Latin Americans.

Access. International airports are located on Roatan and in La Ceiba. With the exception of the far eastern end of Roatan, the majority of the island is serviced by roads although their condition varies greatly. The same is true on the North Coast where roads can be challenging by Western standards and infrastructure in general needs improvement. Drive times from the La Ceiba airport to Trujillo and Tela can be up to two hours.

Appreciation and Rental Income. It is currently a buyer’s market on both Roatan and the North Coast. While modest value increases are likely, pricing is not expected to skyrocket in the near term.

A realistic understanding of appreciation and rental income potential is critical. With respect to the latter, buyers should not expect properties to generate significant cash flow as high homeowner association fees and utility costs can often outweigh gains.

Due Diligence. An extra layer (or two or three) of due diligence is required for real estate transactions. Don’t expect the market to operate like the transparent, more rational North American ones. Honduras’ land management system is fraught with land mines and local expertise is a must for establishing clear title. As with any property purchase, in any location, knowledge of the seller’s motivations and developer integrity is important. Some have strict standards for ensuring that no local rights or environmental laws are infringed on; however, this is not always the case. Of course, buyers will also need to address the legal, tax, residency, and other issues that go hand-in-hand with international real estate ownership. Not to mention having the stomach for a degree of political risk.

Security. It would be remiss to not address the security concerns that are so commonly associated with Honduras. As with any geography, there are the “good and bad parts of town”. Some buyers prefer gated communities or utilize watchmen or other security systems. It would be misleading to say that crime does not exist but there are ways to mitigate threats.

In summary, buy if you fall in love with Honduras and the lifestyle your vacation home can offer. Be selective, do your homework, and avoid projects that are poorly or questionably planned. Celebrate and respect the country and its people, and contribute to maintaining it as a vibrant, healthy and beautiful place to live. ■



*"Exposed
gears,
unrefined
piping, worn
finishes
vintage cage
lights..."*



Exposed gears, unrefined piping, worn and patina finishes, and vintage cage lights...these are just a few of the elements you might find in a popular interior design style known as "Industrial Chic." The anti-glam décor is perfect for people looking to create a retro, urban, slightly rough around the edges look in their home or office. Industrial chic and charming accents also give a fun pop to transitional and traditional environments.

While infusing the home or office with a factory-inspired vibe is far from a new concept, an increasing number of manufacturers are taking the idea to new levels of creativity. Here are a few such companies and their interpretation of this popular style — many still incorporating techniques and craftsmanship of days gone by.



The intricate sculptural pipelines of the Conduit collection by **Troy Lighting** channel the industrial look to a tee. Each pipe fitting is finished in old silver and capped with wire cages wrapped around early electric style lamps. The collection includes Conduit island, the Conduit starburst design, angular Conduit chandelier and a two-light wall sconce model.



Troy Lighting's Revolution collection blurs the line between abstract, sculptural art and practical source of illumination. The hand forged iron rebar arms of the piece, done in a revolution bronze finish, appear to be part of a mechanical device in motion. The fixture is accentuated by hand forged iron gears and early electric style lamps. It is available as a ten, six or five light hanging fixture, or as a one or two light sconce.



Connoisseur's Choice

Troy Lighting
Watermark Designs
Hudson Valley Lighting
Native Trails

Lansing by **Hudson Valley Lighting** pays homage to the 1930s when factories replaced workbench-mounted lamps with more efficient overhead fixtures. It features a distinctive RLM Warehouse Shade and die-cast diode guard that protect the prismatic glass diffuser. The fixture redefines the style and integrates the latest in lighting technology by incorporating 12 - 1.2 watt, energy efficient LED diodes. It is available in polished or satin nickel finishes, which may be combined with black or white finish options.



The Brooklyn faucet, a collaborative effort between Brooklyn-based manufacturer **Watermark Designs** and Incorporated NY Architecture & Design Studio, emulates the artisanal borough from which it hails. Made from solid brass and finished in oil-rubbed bronze, the Brooklyn faucet is an industrial artifact, treasured by the most discerning of urban loyalists.

Native Trails' Aurora copper tub is made by artisan craftsmen out of recycled hand-hammered copper. Every deliberate mark on the piece reveals the ability of these craftsmen to create a work of art that is equal parts functional and beautiful. Aurora works as a solo piece or can be coordinated with a Native Trails copper mirror, basin and vanity. It is available in a choice of brushed nickel or antique copper finishes and in 60" or 72" sizes.



While Industrial Chic is not as over-the-top or dramatic as Steampunk style, the renaissance of these types of products — with their hand-hewn look and feel — is a great opportunity to pay homage to the past while giving your home or office a look that's totally relevant today. ■



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CHICKEN BREAST "BRACIOLE"

By Chef Massimo Capra

Growing up in Sesto, Italy, a small town about 50 minutes south of Milan, he was fed food that was grown or harvested around his parent's home. As he puts it, "The food was authentic. My mother would never put anything on our table that was not locally grown, whether in our garden or that of our neighbours that was just how it was, the tomatoes, peppers, other vegetables as well as livestock. We all knew how the food was grown, without additives or preservatives, natural and fresh."

He brought this learning to Canada; always fresh, natural and local. As his career began to take shape, Massimo made sure that wherever he worked only farm fresh ingredients were used to create his gourmet pizzas, amazing risottos, pasta dishes and his many other succulent dishes.

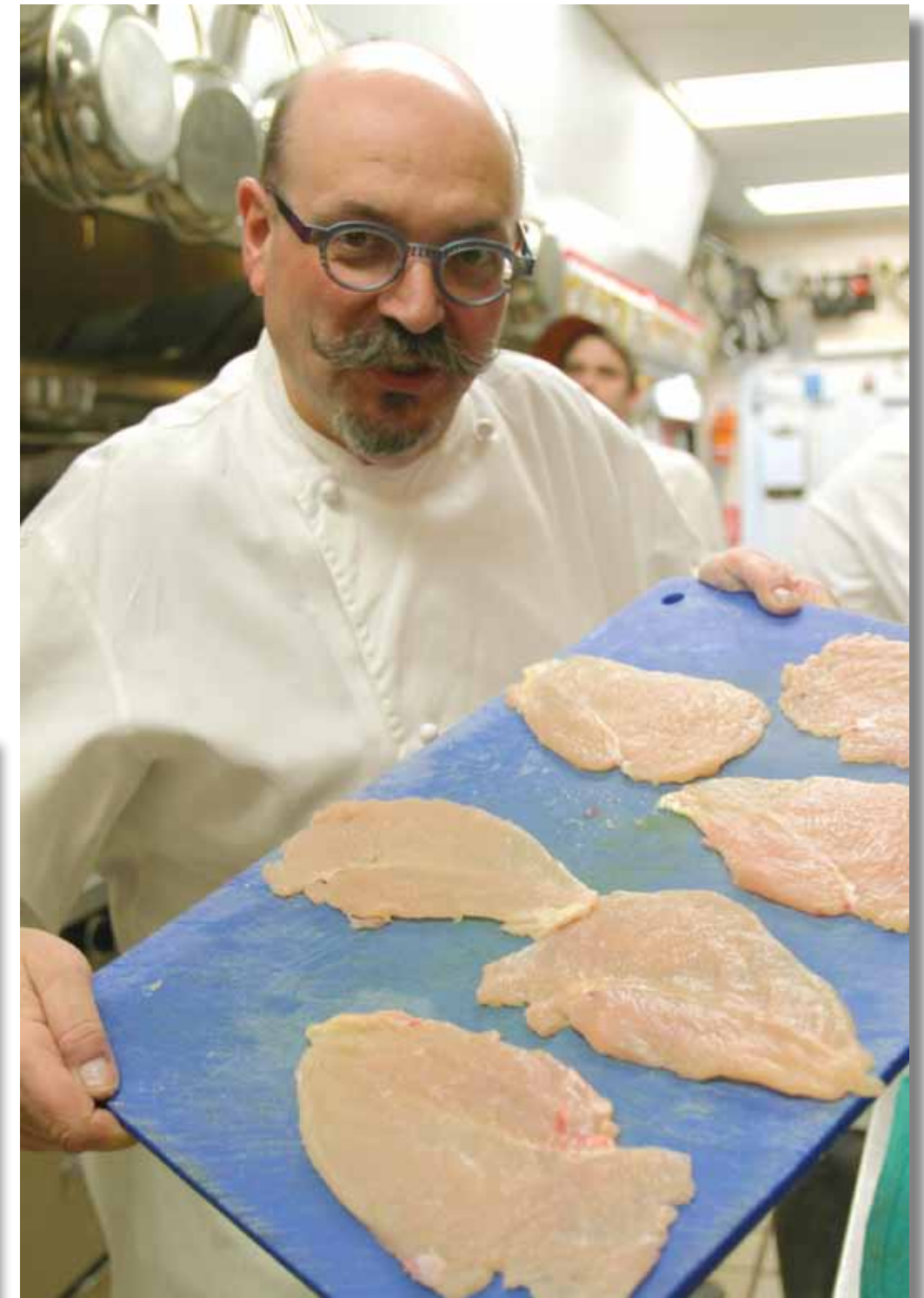
Massimo Capra is known across Canada because of his many appearances on **The Food Network**, **CityTV**, his own cooking series named **"Gourmet Escapes"** and let's not forget his trademark moustache. He operates two restaurants in Toronto, **Mistura Restaurant** and **Sopra Lounge**; two at Pearson Airport-Terminal 1 domestic departures called **Boccone Trattoria Veloce** and **Boccone Pronto** at the U.S. Transborder departures also in terminal 1; and **The Rainbow Room** at the Crown Plaza Hotel in Niagara Falls.

Massimo meets with all of his food growers to select the finest ingredients. He usually can be spotted in various produce isles at supermarkets and farmers markets holding, smelling, looking for purity and life in all of his ingredients. Life? Yes, life! "The more life in an ingredient, the better the taste," explains Chef Capra.

"The food was authentic. My mother would never put anything on our table that was not locally grown, whether in our garden or that of our neighbours... We all knew how the food was grown...natural and fresh."

Massimo continually talks with his customers and from their comments he creates his recipes. He also travels the world and meets many amazing chefs and together they discuss and cook local favourites. This usually sparks an idea in Massimo, for a new recipe or a spin on an old favourite. He welcomes his vendors to his restaurants and personally speaks to them, sampling everything before it is added to his menu.

Massimo enjoys talking about his squash ravioli. When he came to Canada in 1982, there was nothing like this in the restaurant scene. His area of Italy is known for growing squash (locally called zucca). So much of it was grown that it was used in everything including as filling for ravioli. It became very popular among Italians and now with Canadians. ►





Recipe:

Chicken Breast “Braciolo”

Serves 4

Prep time 30 minutes

Cooking time 15 minutes

Ingredients:

4 x 8oz chicken breasts, sliced into three slices each
 2 cups artichokes, julienne
 1 tsp. onions, minced
 1 tsp. garlic, minced
 1 tbsp. parsley, minced
 ½ tsp. oregano, rubbed
 12 slices of mozzarella cheese
 4 tbsp. bread crumb
 2 tbsp. olive oil
 2 tbsp. butter
 4 oz. white wine
 4 oz. chicken stock
 Salt and pepper to taste

Preheat a skillet and in it add some of the butter and some of the oil, add the minced onions and garlic and cook until translucent, add the oregano and stir, add the artichokes and cook for three to four minutes stirring constantly, once the artichokes are dry set aside to cool off.

Lay the slices of chicken breast on a board and lightly pound them to even out the thickness, season with some salt and pepper, place a slice of cheese on them and then spread some of the artichokes, sprinkle some bread crumb and then roll the chicken like a carpet and use a skewer to hold three rolls per person.

Preheat a sauté pan and in it add the remainder of the butter and oil, once it starts foaming add the chicken skewers.

Cook gently for four minutes then turn and cook a further four minutes, sprinkle with the wine and reduce by half or more then add the chicken stock and simmer for another three to five minutes, place a lid on it and turn the fire off while you prepare the vegetables.

Recipe:

Sautéed winter vegetables

Ingredients:

1 bunch of rapini, pre blanched and chopped
 2 cups Savoy cabbage, pre blanched and shredded
 1 medium carrot, julienne
 1 fennel bulb, julienne
 1 cup of sundried tomato in oil, chopped
 1 cup of pancetta, finely cubed
 2 cloves garlic, sliced
 2 tbsp. olive oil
 1 tbsp. butter

Preheat a sauté pan and in it add the oil and butter; add the pancetta, garlic and the sundried tomatoes, cook for a minute and add the fennel and the carrots, sauté for a minute more, then add the rest of the vegetables and stir well. Cook for four to five minutes, season with salt and pepper to your liking and serve. ■

Massimo’s Tips for Making Chicken Breast Braciolo

- Get the chicken breast ready by pounding it down. Put the breast in between two sheets of parchment paper or plastic wrap and flatten it. Doing this keeps your cutting board clean of any contaminants.
- Use regular bread crumbs (not powdered) because they are more flavourful to the palate.
- Wrap the chicken breast in all directions with no hanging corners to minimize or eliminate leakage of the cheese filling. You will want all the moisture to stay inside of the meat.
- If you prefer, give the chicken breast roll a very light dusting of flour. It will extract more of the saltiness from the chicken breast.
- Sauté the chicken breasts by rolling it in the frying pan. Once they are seared, add the wine and all else.
- You can replace the tooth picks holding the rolled chicken breast by wrapping them with bacon.

“Normally I don’t eat chicken, but I do when I make this recipe.” Massimo Capra





“Gamay is the Riesling of the red wine world, underrated and underappreciated relative to the exceptional value that it delivers.”

Gamay has always been an underdog grape variety, seemingly banished to this fate as far back as 1395 when, amongst other nasty things, it was said by Duc Philippe le Hardi to be a ‘very bad and disloyal variety’ and ‘full of significant and horrible bitterness.’ He found this variety so offensive he commanded growers to cut it down, giving just five months to do so. Perhaps 618 years penance is enough and this variety, which somehow survived such contempt, is still around and in a small way finally starting to thrive. You could comfortably say that Gamay has not had an easy path in life.

Tasting a Gamay today, or Gamay Noir as it is properly known considering there are as many as 30 different supposed Gamays, it is hard to find where the Duc was so offended. That this fresh, lively and juicy red wine could, as Jancis Robinson quotes the Duc in the book *Wine Grapes*, be ‘of such a kind that it is very harmful to human creatures, so much so that many people who had it in the past were infested by serious diseases,’ is impossible to fathom.

The Duc was not the only hater as reports of other orders to banish the grape also took place in 1567, 1725 and in 1731. It is no wonder that Gamay has always been considered a lesser variety, particularly when put up against the darling Pinot Noir, in its home turf of Burgundy. No other grape variety has probably had to endure such vehement opposition to its very survival. It brings to mind a kind of vinous French revolution where in spite of the efforts to eradicate it from this world, Gamay has stuck around and in 2013 may finally have found a more willing audience, one that appreciates its classless drinkability.



Even though it’s reputation has not been the best, Gamay still manages to cover over 30,000 hectares (75,000 acres) of vineyard area in France alone, making it the seventh most planted red variety in the country (2009 stats). While it doesn’t dominate plantings anywhere, it has somehow managed to expand and gain a small foothold around the world. In France it can be found in the Loire and throughout much of Burgundy, and, perhaps thanks to its revolutionary efforts, is actually a recommended or authorized variety in virtually all French wine regions.

In the rest of the wine world it can be found in cool climate regions in Germany, England, Switzerland (where it is known as Dôle in the Valais region), northern Italy (in the Valle d’Aosta) and even Serbia, Kosovo, Republic of Macedonia, Turkey, Lebanon and Israel. In the New World, California, Oregon, Michigan, Texas and New York States all produce Gamay in the USA, as do both British Columbia and Ontario in Canada. Smatterings of the variety, often with a band of devoted producers at the helm, turn out some good quality Gamay in Australia, New Zealand and South Africa. The Duc would be rolling in his grave to discover that his much despised Gamay had spread so freely around the world.

Gamay wines are generally light in colour, tannin and body but with lots of juicy red fruit flavours, often cinnamon spice notes and bright acidity. Even though they are not the type of ‘big’ wine that was for so many years the darling of the market place, served slightly chilled they make great, refreshing food wines. As Michael Dinn of Joie Farm Wines in British Columbia puts it, “Gamay is the Riesling of the red wine world, underrated and underappreciated relative to the exceptional value that it delivers.” There seems to be a groundswell movement, particularly among wine critics and sommeliers, to give Gamay some of the love and appreciation they think it deserves, earning it the Twitter hash tag #GoGamayGo. ►

Connoisseur's Choice in Gamay Pairings

Grilled spatchcocked quail
Louis Jadot – Combes Aux Jacques Beaujolais-Villages, Beaujolais, France

Rabbit braised in red wine
Sandhill – Gamay Noir – Sandhill Estate Vineyard, Okanagan, BC. Canada

Grilled baby octopus
Georges Dubœuf – Fun, Beaujolais. France

Thyme and garlic marinated pork skewers
Blue Mountain Vineyard – Gamay, Okanagan, BC. Canada

Braised squab with North African spices
Marcel Lapierre – Morgon, Beaujolais. France

Wait til November and try with choucroute garni
Beaujolais Nouveau





“A lot of interesting and often great value wines come from the appellation of Beaujolais-Villages, the first region in France to be allowed to append “Villages” to the appellation name.”

The homeland of Gamay is without question the Beaujolais region in Eastern France, which houses 19,000 hectares (47,500 acres) of Gamay vines. While Beaujolais is often considered to be just ‘a part of Burgundy’, and certainly the lesser-known part, it actually produces more wine than the entire rest of the Burgundy region. Part of this is surely because people drink Beaujolais and don’t talk about it. For years Beaujolais has had the reputation as the ‘true prince of bars and good tables’ and was considered to be Lyon’s ‘third river’, quaffed back with good food, good friends and good times without time wasted on excessive analysis and eloquent tasting notes. Being drunk rather than talked about is another reason its star hasn’t shone stronger as a serious international wine.

The best wines of the region come from what are known as the Cru Beaujolais. The 10 Crus are situated in the best terroir of the region with east to south-east facing exposures to soak up the northern hemisphere sun. A lot of what makes the Cru special is, as is so often the case in the wine world, the soil. The Cru Beaujolais soils are often poor and stony granite, something that restrains the vines and allows them to produce intensely flavoured and complex wines.

Here the variety is often known as Gamay Noir à Jus Blanc, the ‘white juice’ differentiating it from one of its black-juiced cousins.

The 10 Crus are Brouilly, Chénas, Chiroubles, Côte de Brouilly, Fleurie, Juliéas, Morgon, Moulin-à-Vent, Régnié and the evocatively named but tiny Saint-Amour. The Crus of Chénas, Morgon and Moulin-à-Vent are fuller-bodied while Chiroubles, Fleurie and Saint-Amour are lighter and more delicate. Unfortunately there is not much of the (predictably extremely popular on Valentine’s Day) Saint-Amour ‘love’ to go around as this appellation makes up only 5% of the production of Cru Beaujolais which itself is less than 30% of total Beaujolais production.

The vines are typically planted in the bush vine or gobelet method, a free standing vine without any form or trellising that reduces yields and helps overcome Gamay’s natural tendency to produce excessive amounts of grapes. The vine spacing is quite tight with over 6,000 vines per hectare, roughly double the standard planting density seen in the New World (4 foot vine spacing with 8 foot row spacing gives only 3,440 vines per hectare). This ensures that each vine only produces a small amount of wine and the quality stays high.

While the Cru Beaujolais are the world’s best examples of Gamay, the larger production appellations of the region can also produce some great value. A lot of interesting and often great value wines come from the appellation of Beaujolais-Villages, the first region in France to be allowed to append “Villages” to the appellation name. A number of villages have the right to this appellation and many produce serious wines. Other villages are nothing special so knowing the producer is important. The generic wines from the region are labelled simply as Beaujolais, the largest appellation of the region and the only one to allow the cane pruning and trellis system rather than the stingier gobelet training method.

Another once famous, but fading, wine is Beaujolais Nouveau. First released in the 1950s, it is a wine that is picked, fermented, bottled and shipped around the world ready for sale on the third Thursday of November after the harvest. Through the 1950s and 1960s it became a much quaffed favourite in bistros of Paris and Lyon before it spread around the world in the 1970s, led by merchants such as Georges Duboeuf. At one point in the late eighties, Beaujolais Nouveau and Beaujolais-Villages Nouveau together accounted for 60% of all Beaujolais produced. It is now less than 40%. While many wine snobs belittle Beaujolais Nouveau as overly simple, tart and juicy bubblegum juice, they are missing the point. Others see it as a good excuse to have another party and celebrate the harvest. The juiciness of the wine is great to cut through richer, fatty foods. Not to be swirled, sniffed and overly analyzed but rather just enjoyed. Better still out of tumblers. In a French bistro.

Never to be caught on the back foot, the producers of Beaujolais are meeting the downturn in Nouveau sales by attempting a new product. By riding the wave of popularity of Rosé, they are hoping that the new Beaujolais Nouveau Rosé and Beaujolais-Villages Nouveau Rosé will be as successful as their predecessors.

Gamay is best suited to cool climate growing regions. In warm areas it will overproduce, living up to its poor reputation. It’s main risk is that it is prone to spring frosts as it buds early but the early flowering and ripening are also the reward making sure good quality, ripe wines can be achieved even in cool vintages.

It is not only the cool climate freshness that makes Gamay unique and interesting but also often the way it is made. In Beaujolais, the grape clusters are usually thrown straight into the vat, without de-stemming or crushing, to ferment by what is known as semi-carbonic maceration. This gives the wines their bright reddish-blue colour, floral aromatics and yet very low tannin levels. Cru Beaujolais and many of the other more ambitious Gamay wines from around the world are made using more traditional techniques, more akin to those used for Pinot Noir.

After more than 600 years of suffering, a new and enlightened wine consumer may just be ready to give Gamay the chance it deserves. With the era of ‘big reds only’ seemingly on the decline, the chance will be given to the lighter, fresher red wines such as Gamay. They are often great food wines, seem largely devoid of any snobbery and are rarely expensive. All good reasons to fill your tumbler, sit back and enjoy. Go Gamay Go! ■



WHAT'S TRENDING FALL 2013

By Connie Ekelund

“...sweaters
and knits are
a must have
for Fall...”

A

s we head into Fall we see a solid movement toward monochromatics with pops of warm colours like reds and toasty browns. Houndstooth pattern is showing up everywhere, from miniature prints to large overlaid camouflage fatigues. As anticipated sweaters and knits are a must have for Fall, from bulky fisherman styles, to sleek narrow rib knits. Expect to see sturdy footwear continue thought the season with special emphasis on geometrics cut-outs. All in all its strong season with lots of natural fibers to help keep out the crisp autumn air. ►

Connoisseur's Choice

(Clockwise at right)

L.K. Bennett Danoe wool and cashmere belted coat. A stylish blanket collar and cuffed sleeves. \$485

Tommy Hilfiger turtleneck sweater in black and white houndstooth with red accents, wool-cashmere. \$199

DKNY Quilted pull-on pleated skirt in stretch crepe de chine chevron with elastic grosgrain waistband. \$340

Giorgio Armani Black wool blend waffle knit beret featuring a gold-tone logo charm at the front. \$175

Burberry A true fashion icon, the Burberry signature check scarf is recreated in cashmere for this season. \$405

3.1 Phillip Lim Pashli Large Tote. Cassic tote in textured leather with exposed front zips, topstitched edges & interior zip pocket. Fully lined. Calfskin Leather. \$925

Falke ribbed over-the-knee socks. This ultra-warm design is stylish and comfortable with a wide banded cuff. \$25

Mulberry Bow Glove Bright Red Nappa. This ladylike glove features an elegant bow at the wrist, detailed with hardware engraved with the Mulberry tree motif. \$320

Pairs well with **Mulberry's** Dome Rivet Continental Wallet Bright Red Shiny Goat \$470

Achilles Ion Gabriel Women's Artor Leather Boots crafted from smooth, calf skin leather, cut-out ankle detailing. \$990

WOMEN



MEN

Connoisseur's Choice

(start at left)



Incarnation Black washed leather jacket from Incarnation featuring a round neck, a front zip fastening, side seam pockets, long sleeves and zip cuffs. \$3,225

DSquared2 Flannel Scarf with logo and fringe made in Italy, 51% Silk and 49% Cashmere. \$395

Paul Smith Men's slim-fit khaki camouflage houndstooth print shirt. \$510

Maison Martin Margiela off white chunky fisherman knit sweater, 100% wool. \$910

3.1 Phillip Lim Men's Journey Flap Messenger bag/back pack features a single top handle, top flap with triple-strap closure, and a detachable adjustable cross-body strap. 70% cotton 30% leather. \$995

Comme Des Garçons Homme Plus Black Houndstooth Socks. Tall stretch nylon-blend socks in black. Lame stitched houndstooth print at cuff in gold. Logo print at sole in white. Tonal stitching. 55% acrylic, 25% nylon, 10% wool, 10% polyester. Made in Japan. \$52

Emporio Armani Black calf leather hi-top trainer featuring side and front patent panelling, a lace-up front fastening, branded tongue, a round toe, contrasting rubber sole and a ribbed design to the rear. \$410

DIESEL Braddom 0819e Carrot. Worn effect, denim, dark wash, mid rise, button closing, multipockets, Logo, Stitching, Small studs. Composition: 100% Cotton. \$340



BEAUTY

Anti-Aging skincare is all the rage as baby boomers transition to middle age and beyond. Looking as good as you feel is not about vanity, but more importantly, it's good for your overall self-esteem. We are presenting three systems that are definitely worth a second glance. Of course we suggest you do your own research to find what works best for your skin type and condition.

Rodan + Fields Dermatologists



REDEFINE MACRO Exfoliator. Reclaim your skin's radiant glow in just five minutes with the REDEFINE MACRO Exfoliator™. Used once a week, this hand-held, personal use exfoliation tool sweeps away dead skin cells leaving behind a smoother, healthier-looking and more luminous complexion. The proof is in the filter where you can see the dulling, dead outermost skin cells and debris that have been covering up your best skin. \$279

REDEFINE Regimen is a comprehensive skincare regimen that layers cosmetic ingredients and proven peptide technology to help defend against and reduce the visible signs of aging for noticeably firmer, smoother, flawless-looking skin. The REDEFINE Regimen features four full-size products: Daily Cleansing Mask 125 mL/4.2 Fl.Oz., Pore Minimizing Toner 125 mL/4.2 Fl.Oz., Triple Defense Treatment SPF 30 30 mL/1.0 Fl.Oz., and Overnight Restorative Cream 30 mL/1.0 Fl.Oz. \$193



REDEFINE Hand Treatment Regimen. Our hands are among the hardest working and most environmentally vulnerable parts of our bodies. To defend against the telltale signs of skin aging, we created the REDEFINE Hand Treatment Regimen. It visibly brightens, diminishes visible redness and reduces the appearance of brown spots, wrinkles and thin, crepey skin. Regimen includes REDEFINE Hand Brightening Treatment and REDEFINE Age Shield Hand Balm. 50 mL/1.7 fl.oz and 30g/1.0 oz. \$67



Michael Todd

Eye-O-Sonic System Serum Infuser and Eye Treatment Duo. If you battle issues around the eyes, meet your new favorite skin care tool. It combines ultrasonic waves at 160 oscillations per second plus ion technology to increase the absorption of eye creams and serums deeper into the skin where they can do the most good. \$107

Knu Anti Aging Serum Skin Repair Treatment. Defy age with this powerful formula of effective concentrations of these top anti-aging ingredients: Tri-peptides Matrixl 3000 and Syn-coll, Epidermal Growth Factor, DMAE, Alpha Hydroxy Acid, Snail serum (a natural substance with clinically proven beneficial skin regeneration properties), Arbutin, L-Arginine and 70% organic ingredients. \$150



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DelfogoRx features the most advanced line of medical grade scientific skin care and anti-aging technology for men and women of all skin types and tones. DelfogoRx makes use of the highest concentration of cosmeceutical peptides in all of their products, and utilizes new advances in marine microbiology, stem cell technology, and Human Growth Factors.



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The **Telomere DNA Cell Cream** is a highly advanced formula designed to correct all signs of skin aging by promoting the skin's natural protection and repair factors involved in detoxification, anti-stress, telomere maintenance and DNA repair. \$90



The **Cryogenic Stem Cell Cream** combines the industry's highest concentration of Stem Cells, Inyline, Antarcticine and Malus Domestica Fruit Cell Culture Extracts (a liposomal preparation based upon the stem cells of a rare Swiss apple). \$90



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The **Stretch Mark & Scar Cream** combines the powerful properties of potent peptides, vitamins and an organic Marrubium extract. It protects stretched skin structure as well as diminishes stretch marks. \$80



The **Deep Wrinkle Filler Serum** is a pharmaceutical grade non-injectable derma filler treatment. Upon application, the formula works to lift and fill wrinkles with real collagen. \$100 ■



IRENE LYON

IS STRESS REALLY THE CAUSE OF OUR PROBLEMS?

By Irene Lyon

Most people think that stress is to blame for many of our disorders, and that if we remove or minimize the stressors in life and add in some healthier substitutes such as improved diet, more physical activity, mindfulness practices like yoga or meditation, and maybe get more sleep or take “stress leave” from work, that all will be well and health will beam through us like sunshine rays.

Of course, all of these pieces are important and will aid in the process towards complete health, but the truth is that it isn't the stress that is the big issue; it is how our brain and our nervous system have been wired to handle stress.

Back in the day of the hunter and the gatherer, some ten thousand years ago, the stressors and tasks of daily life were very simple. We needed to find food and shelter and stay safe from predators. If a saber-toothed tiger chased us, we were either eaten or we would get away, and if we got away, the stress of the chase would not stay living inside of us. The ability to let go of stress—the instinct to literally run it off and shake it off, which all animals have—was still intact at that time we allowed ourselves to be the human animals that we still are.

Nowadays, our world is more complex, and the pressures of socialization have inhibited and weakened our instinctual abilities. We are keeping our stress responses—also known as our fight, flight, freeze responses—trapped inside of our bodies.

Keeping this energy trapped inside makes it harder for us to successfully handle future stress. It's a vicious cycle that leads to stress-related illness and psychological and emotional difficulties.

Some of the manifestations of held stress in the body are chronic anxiety, autoimmune disease, chronic fatigue syndrome, muscle pain, depression, irritable bowel syndrome, migraine headaches, fibromyalgia and, in the worst-case scenario, post-traumatic stress disorder (PTSD).

If you are struggling with mysterious body pains or psychological upset that won't resolve even after years of therapy and treatment, if you've “tried everything” with little result, then it is likely that the way your body is wired to respond to stress could use a tune-up. ■



Irene works with self-aware people who are suffering from mysterious health issues and are ready to give up because nothing in Western, Eastern and alternative medicine has helped them. Her clients come to her when they feel like they've tried everything and they are afraid they will have to live like this forever. She helps them resolve their most pressing health issues so they can become completely healthy and free from their pains. She holds a masters degree in the health and biomedical sciences and a bachelors degree in exercise science. She is a certified practitioner of The Feldenkrais Method and Somatic Experiencing.

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The Interpersonal Process of Coaching

By Trish Swinscoe

There are so many definitions of coaching. A favourite has to be “I teach you to connect your head and your heart in a way that transforms your passion for your dreams, into action for your life”. Put in a more technical term; coaching is an interpersonal process that aims at enhancing well-being and performance in personal life and work domains. There are no right or wrong answers to what coaching is. Descriptions are often of someone else’s experience when in coaching. What is more important is your own sense of what it is right now — just expect it to evolve as you go through a coaching experience.

Clients come into coaching from all walks of life, age, race, religion, and all come with varying issues, but all wanting to make changes to their lives by moving from where they are at present to where they want to be in the future. Coaches use a number of methods to help a client move from one state to another, to a time scale that works for the client. Within these changes that need to take effect the coach often needs to work at a number of levels. “Dilts” talks of the neurological levels, all of which need to be addressed through effective communication with the coach.

There are number of models a coach can use to help a client reach their goals one of these is the **GROW** model — this enables a client to really work though their “suggested” goal. The term “suggested” is used as a goal can change as a coach starts to explore exactly where the clients wants to be.

G = Goal to ensure the goal is correct the coach will challenge, explore, and dig deep into the moral, ethical, and reason as to why this is a clients goal, sometimes only to find out the goal may start to change , or can be too large and needs breaking down. It is very important to ensure the goal fits with the client “eco” system; who it effects, does it sit with their values and beliefs, are the goals “workable” for the client and those around them.

R = Reality, are the time scales realistic, how does it sit within the time scales or other commitments the client may have.

O = Options, is this the best route for the client to take, what else is available, what happens if any elements of the goal are turned on its head, this is the opportunity to really “blow apart the goal(s)” and test its validity, and explore the routes open to the client.

“...suddenly the head and the heart connect. A truly inspirational moment.”

W = Will/When, commit the client to take actions towards their goals, in some cases the client and coach may repeat the cycle, delving deeper each time, with more challenging questions. These are often designed to really challenge the client, questions the client may not have asked of themselves, a coach can tell by the clients words, actions, tonality, physiology just how “true” they are being to their selves.

The client can end up on an emotional roller coaster, as all areas are explored. Its during this time, coaches may also consider using “Time Line Therapy”, or other tools they are trained in, if there are issues that sit in the past, that need to be explored, because they may be impacting the now.

During this whole process, the client benefits greatly if they can be honest with the coach. No matter how strange the client may think something may sound, or worry about being judged, a coach is completely impartial and non-judgemental. This can be a massive turning point for a client. Clients may for the first time share their dream with the coach, and potentially look for a reaction, or they may have said it in the past and not got the reaction they expected. So they could be testing the water with the coach.

It is truly only at this point even the client may only see their dream suddenly turning the corner, and recognise a chance that they could make their dreams and passions come true by taking action for their lives, and suddenly the head and the heart connect.

A truly inspirational moment.

The best time to take action is whilst the passion is still “high.” The art is to continue session after session with the client and keep the client focused, and motivated. This is done through maintaining the passion for the client’s dream. When the client truly believes and sees their goal within reach they just have to keep running towards it. It is a careful balancing act with taking the client outside of their “comfort zone” whilst ensuring the client continues to believe in themselves, and their dream.

Coaching whilst a combination of mentoring and counselling can be direct and non-direct, but most of all is a supportive role. Giving the client the belief they CAN turn their passion and dreams into a reality. Just trust in their head and heart together. It is like riding a bike, you just know when it looks, sounds and feels right. You get to know that feeling time and time again. It can also be about knowing when to trust in your instincts.

Although suggestions and suggestibility have been traditionally associated with hypnosis, hypnosis is not required for suggestive influence. When used skillfully, suggestions may affect perception, behaviour, cognition, emotion and motivation in a pre-planned manor. This maybe intentionally incorporated into a coaching session or added to existing techniques. ■





EXECUTIVE HEALTH PROGRAMS TOP LIST OF BENEFITS FOR STAR PERFORMERS

By Nicole Aubertin

Executive healthcare is fast becoming an important part of the benefits that companies provide to their top talent. For well over 20 years, organizations have recognized that protecting their leaders and star performers offers a substantial long-term return on investment. An executive health assessment typically provides a head-to-toe examination as well as a battery of advanced tests that range from important biomarkers to observing the heart under the stress of exercise. Most companies offering executive health services follow the same basic evidence-based prevention guidelines, but the overall landscape is changing fast.

First, companies have begun to realize that the early detection of disease is only a small part of prevention. The real goal of prevention is to help the executive build resilience to fend off disease or disorders. Early detection of cancer or cardiovascular disease is good, but never detecting anything is better. As a result, many companies are upping their game by enrolling their leaders in comprehensive programs of health and prevention. These programs offer a multidisciplinary team approach to prevention, but also give the executive advanced medical care when they need it.



Dr. Pollie Lumby,
Family Physician

"Organizations now recognize that it is worth a little extra investment to help their executives overcome lifestyle challenges that are increasing their health risks, and provide fast, expert care when a medical problem surfaces," says Don Copeman, the founder and chairman of Copeman Healthcare Centres in Vancouver, Calgary and Edmonton. According to Copeman, many companies now offer the same services to the spouse and family of the employee, which is highly valued as a benefit. The cost of such comprehensive services range from about \$2,000 to \$5,000 per year.

Established in 2005, Copeman Healthcare serves the healthcare needs of thousands of discerning individuals and their organizations from clinics in Vancouver, Calgary and Edmonton. Through trusted healthcare partners they are able to service most areas of the country. The organization is growing fast, in step with the demand for better returns on executive health investments through more comprehensive programs. Those interested in learning more about Copeman Healthcare should contact their nearest centre or visit the company's website at www.copemanhealthcare.com. ■



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2014 Jeep Grand Cherokee



2014 Mercedes Benz GLK

UPSCALE SUVs AND CROSSOVERS

By Tony Whitney

The premium SUV segment has been growing for some time now and there are no signs that it's about to tail off. Statistics indicate that many auto buyers who own upscale sedans and sports cars also own an SUV and often their choice is one of the more luxurious products on the market. The result of all this interest is that automakers are constantly updating their wares to compete in a field that's very profitable. Both automaker and dealer have to sell several subcompact cars to make the kind of money that comes from selling just one high-end SUV. We took a look at some of the most recent models in the luxury SUV field, but count on several more all-new models to choose from when 2014 rolls around.

Since **Jeep** is one of the automakers that can lay claim to having kick-started the whole SUV craze with its original Cherokee, this Chrysler division is highly active in the field and it's latest and greatest is the new **Grand Cherokee**. This is Jeep's flagship product and compared to earlier models, the automaker has dialed up interior ambiance substantially and this has made a huge difference. The latest Grand Cherokee boasts the best interior we've yet seen in a Jeep product, but apart from all this plushness, this is still a serious off-road vehicle which will go just about anywhere. Performance fans will love the SRT version which boasts a whopping 470-horsepower. On a less potent note, Jeep is reviving the Cherokee nameplate for a smaller, less expensive model and it looks like a worthwhile prospect for people who think the Grand Cherokee is a little large for their needs.

"The Grand Cherokee boasts the best interior we've yet seen...this is still a serious off-road vehicle which will go just about anywhere."

Land Rover is one of the aristocrats of the SUV world and the British company has many decades of experience with SUVs, dating right back to 1948. The **Range Rover Autobiography** sits at the very pinnacle of the range and is a superbly-built (in aluminum) vehicle with remarkable performance from a supercharged V-8. Stately these SUVs may be, but they're a match for the Jeeps when it comes to leaving the paved roads. There's no doubt that you can take a Range Rover just about anywhere you could drive a wheeled vehicle, though sadly, not that many owners take advantage of this. This product is all-new and sets high standards - even for a Range Rover. It has to be the most elegant of all SUVs with its uncluttered exterior and lavishly trimmed cabin. Few SUVs grant an owner more prestige than a Range Rover. ►



Range Rover Autobiography

Mercedes-Benz has a refreshed **GLK** for 2013 and the model stands as its entry-level SUV/crossover. You have to place one of these alongside a larger **M-Class SUV** to see that it's more compact, but compact it is, although it's roomy and capable in every way. Although marketed partly as a crossover, the GLK is more off-road capable than most buyers will ever find out and we've been able to test this model in exceptionally demanding conditions. Otherwise, it's very much a Mercedes with its prominent grille with three-pointed star and interior design that looks much like any other Mercedes-Benz product, which means very pleasing and easy to become familiar with. There's also a diesel version available, which might be the best choice of all, especially when remembering that Mercedes-Benz was selling diesel-powered cars back in the 1930s and have very substantial know-how in this field.



Cayenne SUV

Porsche purists (“the only proper Porsche is a 911”) still turn their noses up at the **Cayenne SUV**, but it’s been a huge seller for the sports car builder by any standards and has helped Porsche become the dynamic and prosperous operation it is today. It’s a good looker and offers amazing performance in some versions - the Turbo S is especially praised for its racetrack-like acceleration and handling. Porsche also offers a diesel Cayenne, so this need not be an expensive vehicle to run. For buyers who want even greater economy there’s even a hybrid version, which makes the Cayenne one of few SUVs available with three separate powertrain options.



Lincoln MKT

Lincoln has been very successful marketing high-end SUVs and it gained a reputation that matches the benchmark products in this segment. Particularly intriguing is the company’s **MKT**, which is a very large and luxurious crossover. It has very distinctive looks and immense amounts of room in it. Power comes from a turbocharged V-6, so this is a fuel-thrifty product for its size. All-wheel drive is also available.



Acura MDX

Acura brought us an all-new **MDX** for 2013 and it’s certainly the best upscale SUV the automaker has ever done. Styling was extensively updated, so handsome looks come with the package. The interior is very well done and it can seat up to seven people. Another product with a turbocharged V-6, the MDX has been very popular in the past and should pick up even more enthusiastic buyers with the major workover. It outsells all other Acuras for good reason and from a price standpoint, it offers great value compared to most of its European rivals.

For 2014, **Infiniti** is launching its all-new **QX60** Hybrid and it promises to attract a lot of interest from people who want a luxury SUV but seek one with a green image. This model includes three-row seating and lots of cargo space. As with other Infinitis, the interior is excellent with great detailing and flawless fit and finish. The QX60 uses a 4-cylinder supercharged engine claimed to offer the performance experience of a good V-6. With its electric motor assist, the relatively small engine puts out 250-horsepower.



Infiniti QX60



Volvo XC60

Not to be outdone, **Volvo** is soon unveiling its production **XC60** plug-in hybrid, based on earlier SUVs from the Swedish automaker. Plug-in hybrids seem to be gaining the inside track with many manufacturers and for good reason. Since the XC60 can be driven some 50-km on electricity alone, a normal commute could be tackled without re-charging or topping up with gas. And in the performance stakes, the XC60 has a power unit combo that puts out 350-horsepower, so it’s no slouch. Europe will get this Volvo first, but it should turn up on this side of the pond before too long.

While we’re looking into the realm of SUVs that offer low running costs, **Audi**’s big **Q7** with its 3.0-litre diesel option shouldn’t be overlooked. The Q7 has a reputation for being one of the most desirable premium SUVs on the market and there has always been a wide range of gasoline variants on offer. The diesel is new and boasts all the advantages of this type of powerplant - low running costs, long range, long engine life, low emissions and excellent torque for hauling a full load over mountain passes. As with other current diesel engines, you can forget about the days when these units were noisy, smelly and smokey. Today’s diesels are a refined as the best gasoline engines and no maker has more experience with selling diesels in North America than the VW/Audi Group.



Audi Q7

While most buyers “think big” when they consider shopping the luxury SUV market, one of the hidden secrets of any range of vehicles is the fact that if the options list is fully exploited, you’ll end up with a set of wheels that is luxurious in everything but nameplate. This especially applies to the compact SUV segment - the top selling of all SUV markets in Canada. Take a **Honda CR-V**, **Toyota RAV4**, **Ford Escape**, **Subaru Crosstrek** or something similar and you’ll end up with a surprisingly luxurious and exceptionally well-equipped SUV/crossover. Our most recent fully-optioned compact SUV experience was with the all-new **Mitsubishi Outlander**, which can be fitted out with leather seats, navigation system, premium Rockford Fosgate audio, proximity alerts, adaptive cruise control, forward collision mitigation, seven air bags and even a lane departure warning system. Many of these safety features are only available with upscale products. Thus equipped, your Outlander will have most of the more desirable features of something costing two or three times its price. All that’s missing is a “posh” nameplate, but you’ll have lots of money left over for some great road trips! ■



Mitsubishi Outlander

TALKING TO KIDS ABOUT MONEY

By David Cunningham, Landmark Communication Expert

Talking about money issues with children can be challenging. It can be particularly tough when you have to tell them they cannot have something they want, such as during a financially tight holiday season. Communications expert David Cunningham offers these tips to make it easier:

First, Really Listen

Many parents talk first and listen later. Cunningham recommends flip flopping that for more effective communication. "If children get upset because they're not going to be able to get something they really want, it's important to first really listen and focus on your child's concerns, instead of thinking about what you're going to say," he says. "That's a great way to talk to children about anything, and it's particularly helpful when discussing money."

“*Many parents talk first and listen later*”

Address Their Concerns

A pitfall parents get into is when they try to justify, explain or argue with their children and don't speak to their concerns. "You invalidate what they're concerned about by saying things like, 'I can't believe you're worried about your doll, when our mortgage is late,' Cunningham says. "However, what's important in your child's world is whether they'll get that toy, not the status of your mortgage payment." So what's a parent to do? "Give your kids some space and breathing room to go through what they need to go through."

If you're 10 and wanting to know why you can't go somewhere or have something, it's a legitimate concern. The doll matters when you're 8. The concert matters when you're 16. Seeing and addressing these concerns can strengthen your family. Your children's concerns are valid. The opportunity here is to create a way for your child to see how they fit inside the family unit and then see how they can contribute to the overall family finances and well-being. It's important to let them know how it's going to impact them directly."

**Talk Straight**

"If a child is asking something, and the answer is 'no,' parents often try to soften the blow by saying 'not now' or 'maybe later.' It actually helps the child (and frankly you as the parent) when you just say 'no' and then it's decided and clear," Cunningham says. "If during the holidays, a child expresses interest in a particular toy or item and the family cannot afford it, simply talk straight about how the family budget is tight and work to find creative solutions to save money as a family to afford it over time. Create a game where the kids clip coupons and that money is saved for something they really want to buy later."

"When the conversations get tough, listen first and then speak," says Cunningham, a communication expert with Landmark, a global personal and professional growth, training and development firm. "Listening is often much more powerful than what you say." ■

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That is, the need to deliver better-than-expected results. Quarter, after quarter, after every quarter! Analyst estimates and expectations have become benchmarks to match or beat for each quarter. A very tall order for any company, quarter in and quarter out.

“Adopt these moves for year-round investing. Keep your line of sight on how pension plans think and invest to deliver long run income for decades.”

Companies live or die under the magnifying glass comparisons to analyst figures. Investors often make sweeping portfolio changes based only on one quarter’s results. Heaven forbid when corporate margins shrink over several quarters. Dare to miss on revenues, profits or guidance and corporate fortunes can change very quickly.

Consequently, companies are always trying to manage analyst and investor expectations. Stock prices can easily slide if reported results don’t measure up to predictions.

Think for a moment about this Herculean task. Analyst estimates can be adjusted frequently, like a moving target. Delivering increasingly better quarterly results is neither easy nor realistic. Investing lasts a lifetime; investor patience can boil over in one quarter.

Companies are in need of some relief for periodic slippage. Longer term directions of the results are more important measures than one quarter’s results. Pursuing quarterly improvements is akin to the trader mentality. It does nothing to foster the long run investing approach.

“Behold the turtle. He makes progress only when he sticks his neck out,” said American chemist James Bryant Conant. Global economic headlines continue to show signs of a weak recovery. Investors are anxious about sticking their necks out.

Stock and bond markets are confused. As the joke goes, figure out the logical investment move then do the opposite. Investing is not likely to be a cakewalk, so best to be fully prepared. Like the turtle, investors too may also be sticking their necks out.

A few simple steps help steer through the investing curves ahead. Expect to encounter more market volatility, in both directions. Design loss/gain and buy/sell strategies carefully in view of sudden price moves. If the overall tone of the future guidance is cautious, markets can slip. If earnings forecasts point to added optimism, markets can move higher.

Some companies provide no guidance; others issue guidance that is easily achieved. Remember that revenue growth is the biggest challenge for companies in this environment. Uncertainty can muddy the markets all too quickly, so simplify the money matters. Look upon accepting short-term portfolio volatility as the tradeoff for long-term investing potential.

Position the portfolio for low returns to continue well past this year. Keep bond ladder maturities under five years and start selling longer maturities. Many portfolios fare better by reducing needless investment risks. Especially, those whose stocks and mutual funds exceed 60% of total portfolio value.

Prudent investors skip the fanciness and focus closely on where they are headed. For the rest of this year and thereafter. Investors have enjoyed a bull market since March 2009 without long corrections. However, many gurus think things could change.

Hordes of predictions are making the rounds. They run the gambit from substantial pullbacks, slowdowns, sideways steps and more upsides. All flavours can be heard on the same day. So, should investors be concerned? Is it time to jump ship? Perhaps, run and hide? Reality is that nobody really knows.

The right answer should be no, unless the nest egg is truly in tatters. A well-designed portfolio ought to ease investment jitters and concerns most times. A couple of smart moves improve retirement portfolios year-round in a pension-like fashion.

To borrow a phrase from a previous Ford advertising campaign, “quality is job one”. Serious money portfolios benefit from owning a healthy splash of quality. It’s wise to stick with quality investments, especially for the core selections. Make sure the portfolio foundations are fortified with quality. Both for the equity and fixed income mix.

It’s far too easy to trade in quality for the lure of higher yields. The last few years have been brutal on fixed income returns, so it’s completely understandable. Just not always wise. Quality is a best friend of prudent long-term investors. Remember the phrase from children’s books that reads something like “slow and steady wins the race.”

In baseball, it’s preferable to get on base frequently rather than always aiming for home runs. The same applies to retirement portfolios. If some excitement must be part of the portfolio, carve out a small portion. Something that won’t hurt much if it crumbles. Hitting investment home runs is exciting. However, trying to achieve high returns on a few hot selections is a low percentage strategy.

Strikeouts can inflict serious portfolio damage, often for a long time. So, limit exposures to single stock investments to sensible accumulations. Particularly, if the company is also the employer. Individual stock levels above 4% raise the caution flags. Also refrain from loading up on the must have sizzling bandwagons of the day.

Adopt these moves for year-round investing. Keep your line of sight on how pension plans think and invest to deliver long run income for decades. Just don’t bet the farm for any reason. ■

Why Graphite?

By Khurram Malik

Graphite is one of the more interesting under the radar minerals or commodities, at least from an investment standpoint, as there are few late stage development stocks on the markets today. Graphite is a widely used mineral today, whose demand is poised to increase significantly through new applications that are emerging and expected to come on-line in the coming years.

It remains a speculative slice of the overall public mining landscape that is expected to change in the next 1-3 years for several graphite stocks, provided they remain on schedule.














What is Graphite?

Graphite is one of only two naturally formed polymers of carbon, the other is a diamond. It has properties that are found in both metals and non-metals, allowing it to be suitable for a wide range of applications.

Graphite has the highest strength and stiffness of any material while also being one of the lightest of all reinforcing agents. It is also an excellent conductor of heat and electricity and maintains most of its properties at very high temperatures (i.e. in excess of 3,500°C). Moreover, its flakes can easily slip over one another, which results in a greasy texture that makes it a useful lubricant.

This wide range of desirable, and often unique properties, has resulted in graphite currently having almost 200 established uses.

Selected Publicly Traded Graphite Stocks

Company Name	Primary Projects	Geography	Type	TKR	Market Cap (M)	Enterprise Value (\$M)	Total Graphite (Mt)	Resource Type	Stage of Development	Target Production Start-Up
 Plumbago*	Kegalle & Gampaha	Sri Lanka	Vein	Private	Private	Private	N/A	NI 43-101	Drilling	Q2 2014
 Torch River Resources	Walker	Ontario	Vein	TSXV:TCR	\$3.00	\$3.00	N/A	N/A	Sampling	H1 2015
 Northern Graphite Corp.	Bissett Creek	Ontario	Flake	TSXV:NGC	\$40.30	\$34.40	1.61	NI 43-101	Feasibility Study	Q4 2014
 Flinders Resources Ltd.	Woxna	Sweden	Flake	TSXV:FDR	\$28.70	\$15.46	0.27	NI 43-101	PEA	2014
 Focus Graphite Inc.	Lac Knife	Quebec	Flake	TSXV:FMS	\$52.74	\$38.04	1.25	NI 43-101	PEA	2014
 Talga Resources Ltd.	Nunasvaara/Raitajarvi	Sweden	Flake	ASX:TLG	\$2.99	\$1.29	0.31	NI 43-101	Drilling	2015+
 Energizer Resources Inc.	Green Giant	Madagascar	Flake	TSX:EGZ	\$23.81	\$21.68	7.88	NI 43-101	Bankable Feasibility	Q1 2015
 Lincoln Minerals Ltd.	Kookaburra Gully	Australia	Flake	ASX:LML	\$10.07	\$8.67	0.34	JORC	Scoping Study (PEA)	2015
 Graphite One Resources Inc.	Graphite Creek	Alaska	Flake	TSXV:GPH	\$15.54	\$15.52	7.6	NI 43-101	PEA	2015+
 Mason Graphite Corp.	Lac Gueret	Quebec	Flake	TSXV:LL	\$20.16	\$23.43	2.02	NI 43-101	Bankable Feasibility	Q4 2015
 Syrah Resource Ltd.	Baiama Graphite	Australia	Flake	ASX:SYR	\$344.61	\$331.71	117.3	JROC	Scoping Study (PEA)	2015
 Zenyatta Ventures Ltd.	Albany Graphite	Ontario	N/A	TSXV:ZEN	\$210.08	\$199.18	-	N/A	Drilling	2015+
 Canada Carbon Inc.	Miller Project	Quebec	Vein	TSXV:CCB	\$22.80	\$22.67	-	Historic	Drilling	2015+

* Sri Lanka based private company, Plumbago, is currently in merger talks with the publicly listed Torch River Resources.

* Sri Lanka based private company, Plumbago, is currently in merger talks with the publicly listed Torch River Resources. Source: Capital IQ, company documents, Jacob Securities

Types of Graphite

There are three naturally occurring forms:

- 1. Amorphous: This is the most abundant form and has the lowest purity and is typically supplied for low grade uses. The purity ranges from 70-80% carbon after refining. Amorphous graphite is formed by the metamorphism of previously existing anthracite coal seams.
- 2. Flake: A less common form that has a higher purity than amorphous. The purity can range from 85-95% carbon after refining. Flake graphite can fetch prices that are up to 4 times higher than the amorphous variety. Also, unlike amorphous, flake graphite is suitable for many of the emerging uses of graphite. It is formed in metamorphic rocks or calcareous sedimentary rocks.
- 3. Vein: This is the rarest and most valuable form of graphite. It has a purity of 95-99% carbon without refining. Vein graphite has higher thermal and electrical conductivity than less pure forms, and also has the highest degree of cohesive integrity. It can also be more easily molded into solid shapes without the aid of binder additions, which can result in cost savings over amorphous and flake graphite. Naturally, it also garners the highest prices in the market. Vein graphite is only extracted/produced in Sri Lanka at this time in tangible quantities—although it represents a very small percentage of the overall global supply. It is formed from the direct deposition of solid, graphitic carbon from subterranean, high temperature fluids.

Type	Amorphous	Flake	Vein
Attribute	Low quality, abundant	High quality, common	Highest quality, rarest
Size	>37µm	100-177µm	>177µm
Grade	20-40% Cg	10-12% Cg	90%+ Cg
Purity	70-85% C	85-95% C	95-99% C
Price \$/t	\$600-\$800/t	\$950-\$3000/t	\$3,500+/t

Source: Jacob Securities

Graphite Market Size

The demand for graphite is driven by industrial applications, specifically the continued industrialization of emerging economies such as China and India. The size of the market is approximately \$12 billion with amorphous, representing 60% of the supply and flake, representing the remaining 40%.

Global consumption was around 1.1m tonnes in 2011. By this measurement, the graphite market is almost as big as the nickel market and several multiples larger than the lithium and rare earth markets combined. The lithium and rare earth markets have more mature public companies so they have garnered more attention and value in the junior mining space vs. their graphite counterparts.

Five countries control about 97% of the world production of graphite. China alone has about 74% of total production. The majority of China’s supply comes from small scale producers that supply lower grade graphite, resulting in the country representing 90% of the world’s amorphous production and 60% of the flake production.

Country	Production ('000 tpa)	Share	Direction	Direction
China	1,000	74.1%	Fall	Amorphous/Flake
India	130	9.6%	Stable	Flake
Brazil	102	7.6%	Increase	Flake
North Korea	40	3.0%	Fall	Amorphous/Flake
Canada	21	1.6%	Increase	Flake
Mexico	12	0.9%	Increase	Flake
Austria	10	0.7%	Stable	Amorphous
Norway	8	0.6%	Increase	Flake
Sri Lanka	5	0.4%	Stable	Vein
Madagascar	4	0.3%	Increase	Flake
Other Countries	17	1.3%		Amorphous/Flake
Total	1,349			

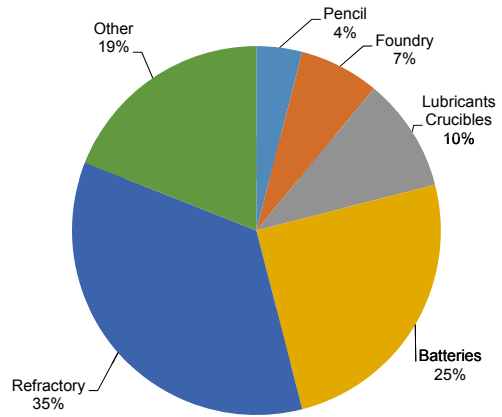
Source: Industrial Mining

Graphite Uses

Current: Refractory uses and the steel industry are the largest consumers of naturally occurring graphite. In refractory applications, graphite’s lubricity and thermal conductivity is exploited in high temperature applications to produce crucibles, alumina-graphite shapes, carbon-magnetite bricks and gunning mixtures. In the steel industry, graphite is used to increase the natural carbon content of steel.

Lower grade graphite such as amorphous or fine flake can be used in brake linings, gaskets, and clutch materials in the automotive sector. Other uses include foundry facings, where low grade graphite is added to water based paint. It is then applied to the inside of a mold so the cast object can be more easily removed once the metal has cooled.

Current Uses of Graphite



Source: Industrial Minerals, March 2012

Emerging: Certain emerging uses of graphite have the potential to dwarf current uses of graphite in the next few years. These are mostly clean technology applications, which is a sector I spend most of my time working in.

The most compelling emerging use is in lithium ion batteries (also used in other types of energy storage devices/batteries). Lithium and rare earth stocks have ridden this expected increase in lithium ion battery use in recent years. To a lesser extent, so have a few select graphite stocks. That being said, there is between 10 to 20 times more graphite than lithium in these batteries. In other words, a typical hybrid car needs over 10kg of graphite whereas a fully electric car can use over 100kg of graphite. This has to do with most battery designs requiring an anode that is made of a porous carbon material. Moreover, only flake graphite, which represents 40% of current supplies, is suitable for this application. Therefore, if electrified drivetrain adoption and decreasing lithium battery prices continue to occur, additional graphite supplies will be needed between now and 2020 to satisfy the demand for this application alone.

Other emerging uses include lower cost solar panels and pebble bed nuclear reactor. China has the first prototype of the pebble bed nuclear reactor in operation, and could build up to 30 more by 2020. These reactors need 300 tonnes of graphite to start and another 60-100 tonnes per year to operate.

Future/Blue Sky

Further out, a new type of material is being developed called graphene. It is 200 times stronger than steel and even several times stronger than diamonds. It is also very light and can be stretched like rubber. It can achieve these unique properties while possessing the ability to conduct heat and electricity better than copper. Initial commercial roll-outs of this material could be seen as early as 2015/2016.

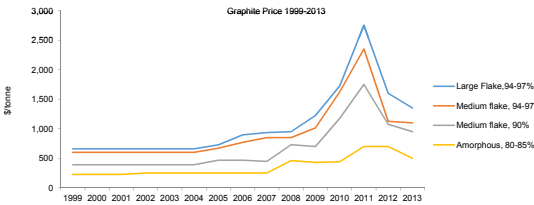
Graphite Prices

Unlike base and precious metals, where there is a set market price for all purchasers, prices for industrial minerals such as graphite can vary greatly. Graphite prices are highly dependent on flake size and purity.

In the 1990s there was a large decline in the overall prices of graphite, as China dumped significant quantities onto the world market. We do not expect China’s actions from the 1990s to be repeated. In addition to new uses for graphite, China has been shutting down older and smaller mines on the grounds of environmental violations and tightening labor conditions. Furthermore, the closing of these sites are the result of mines getting deeper and older.

In more recent years, emerging markets such as China (now with a 20% export duty) and India have been holding back supplies for domestic consumption where the pace of industrialization has greatly outpaced the global averages. This factor coupled with the rise in lithium and rare earth prices, has led to a corresponding spike in graphite prices between 2009 and 2012. In the last year plus, the prices have retreated as the economies in these emerging markets have slowed down, along with the general retreat in the overall mining sector.

	Large Flake, 94-97%	Medium flake, 94-97%	Medium flake, 90%	Amorphous, 80-85%
1999	380	660	600	330
2000	660	660	600	228
2001	660	600	390	228
2002	660	600	390	250
2003	660	600	390	250
2004	660	600	390	250
2005	728	670	468	250
2006	895	770	468	250
2007	935	860	448	250
2008	950	850	730	460
2009	1,225	1,215	700	430
2010	1,725	1,625	1,175	440
2011	2,750	2,350	1,750	700
2012	1,600	1,125	1,075	700
2013	1350	1100	950	500



Source: Industrial Mining

This high supply dependence on a few emerging markets and greater uses for graphite has lead both the United States and European Union to designate graphite as a critical supply material.

How to Invest in Graphite

This is an interesting time to be looking at the graphite space. It is a new space for most investors and is currently taking a breather like many other mining sectors. One of the unique qualities of this sector is that several projects are expected to enter production in the 2014-2015 period and properly validate their resources (see comp table top of article). Provided schedules are maintained, in 2014 the sector and certain individual stocks will become considerably less speculative.

From an investor standpoint, the most prudent way to gain exposure is to focus on the highest grade/purity deposits as they will be better insulated against short-term supply/demand movements. These companies will also have the lowest cost of production and are likely to be the ones to at least survive future shocks and at most come out the winners. Coupled with the price premium paid for higher grade production and this lower cost profile, these companies will have considerably higher margins vs. their lower grade peers. We have highlighted three companies in the table with the highest purity deposits (i.e. vein).

Another factor to focus on is who is closest to production as time market is key since this is an industrial product that requires producers to secure offtakes with downstream components of the graphite value chain (i.e. a steel producer or battery manufacturer).

Other broader drivers to study are the rate of adoption for emerging uses such as lithium ion batteries in electronics and vehicles. Moreover, the pace of global industrialization with a particular focus on the demand for steel warrants attention.

Disclaimer: I work for an investment bank that is actively involved in the graphite space including working with a private Sri Lanka based company called Plumbago that has assets in the only region in the world that produces 99% purity (without processing) lump vein graphite. Plumbago is also targeting relatively “nearer” term production vs. its peer group and is working on a TSX-V listing through merger talks with the publicly listed Torch River Resources (TSXV: TCR). For the sake of clarity, we have highlighted these companies in their peer group table at the top of the article. ■

ART, SCIENCE AND THE GOOD LIFE: A POWERFUL VOICE FOR CONSERVATION

By Jeffrey Whiting

As we head deeper into the 6th great extinction event in over a billion years of life on Earth, human culture has yet to fully appreciate its scope and importance. Bees, bats, tigers, lions, a latest scourge of rhino and tusk poaching... Even the surviving dinosaurs from the last great extinction event 65 million years ago — birds — are in serious decline. Despite this, life is still “good” for the majority who will read this.

Interestingly, the “Good Life” through consumption of luxury items such as original fine art, may have a pivotal role to play. Ultimately it is society’s culture, driven in large part by the arts, which will decide the fate of the planet’s biodiversity. Will society value it enough culturally, to preserve what’s left?

Many artists today are active participants in an important movement channelling artistic talent toward achieving a sustainable future. At the forefront of this movement is Artists for Conservation (AFC) — an extraordinary group of 500 gifted artists from 27 countries, collectively dedicated to conserving species and to reaching out to the public by celebrating it, and communicating important issues in their art.



Issue-driven art projects can be an effective way to engage the public in dialogue. In June of 2012, I was privileged to have participated in an expedition to the Great Bear Rainforest with 50 of BC’s leading artists, to do just that.

The project was the brainchild of AFC artist Mark Hobson, from Tofino, BC and led by the Raincoast Conservation Society. The project inspired critical dialogue about the wisdom of running a pipeline carrying diluted bitumen through the world’s largest remaining intact stand of temperate rainforest. The exhibit made national news when it went on display in Calgary’s City Hall and was a critical tool in engaging public and media in meaningful dialogue.

As I write this article, a team of volunteers are hard at work preparing to host a remarkable event at the top of Grouse Mountain in North Vancouver. The 3rd annual Artists for Conservation Festival is an international art and environmental event, built upon the world’s top conservation-themed exhibit of original art. The festival connects art and science through educational programs, film, music, cultural performances, lectures, workshops, wildlife encounters and nature walks. Artists from around the world attend every year. Festival Patron, Robert Bateman calls it “a gathering of the clans”. The festival will also play host to the first annual BC Conservation Symposium, featuring several of BC’s top conservation leaders as they discuss some of the most pressing issues facing the region.

Artists have always played a central role in social change. They train themselves to see and feel in ways most people cannot. Art and science can work together in inspiring ways to change the world for the better. When emotive messages in artistic expression are based on scientific truths, the results can be remarkably powerful... But it’s up to patrons in the “good life”, to drive arts and culture where it matters most.

“Artists have always played a central role in social change.”

3rd Annual
ARTISTS FOR CONSERVATION



Gala

Join us for a magical spectacle of art and nature.

Friday, Sept. 27, 2013

Grouse Mountain, North Vancouver

6:30pm – 11:30pm

\$225/person

- ~ Preview of world’s top conservation-themed art exhibit. 40% of proceeds benefit conservation;
- ~ Gourmet culinary experience with top international artists and special musical guest, Mae Moore;
- ~ Film premiere on art and marine conservation;
- ~ “Raptor Quick Paint” and auction with live wildlife ambassadors. Artwork created in front of the audience will be live auctioned.



Tickets: www.artistsforconservation.org/gala

All funds raised benefit Artists for Conservation's (AFC) art, science and education programming.

Inquiries: 778-340-0749 | Tickets: \$225/person

 **Artists for
Conservation**
festival 2013

The AFC Festival is presented by

RE/MAX

The AFC Gala is a special ticketed preview event of the AFC Festival. Tickets partially tax-deductible.

GEORG
SCHMERHOLZ



Yearling
(Humpback Whale)

15"L x 10"H x 8"W
Bronze & Crystal