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Returning to Cabos was an eye opener. I hadn't been for about ten years, so to find an upscale resort community focused on golf and spas was a major surprise and, of course, a real pleasure. I have to stress that what most impressed me was the culinary experience. A few issues ago, I mentioned the cuisine in the Yucatan, and how different it was from the rest of Mexico. Again, in Cabos it's different, but for another reason entirely.

In the Yucatan the cuisine is indigenous, though the result of the variety of different ethnic groups that came to the area. Here on the West Coast we talk about fusion with reference to the influence of those from southeast Asia. In Cabos, combine that fusion with Mexican chillies and you've got a unique combination for your taste buds.

We were also surprised by Scottsdale on our recent return trip. It was cold! Tee times were delayed each morning by frost. A few days after we left it even snowed. Snowbird friends who make Arizona their wintertime residence actually called to say they had a power outage as a result of the inclement weather. It sounded more like home than sunny Scottsdale.

The best part about being publisher of this magazine is the travel I am forced to do. Well, forced might not be exactly the right word. But no matter; I want to boast a bit about our next trip.

We're going on safari in Kenya! I've only ever spent a single day on the African continent. It was a day trip from Gibraltar to tour Tangiers. But I went to school to be a veterinarian and also had a job promoting an exotic game farm which required that I have a pet lion cub. So the opportunity to actually go on safari is truly exciting.

I would suggest you won't want to miss the next issue. I guarantee a great tale with lots of pictures. Make sure you fill in the reservation form on the opposite page.

Terry Tremaine
Publisher
terry@fusionpublishinginc.com

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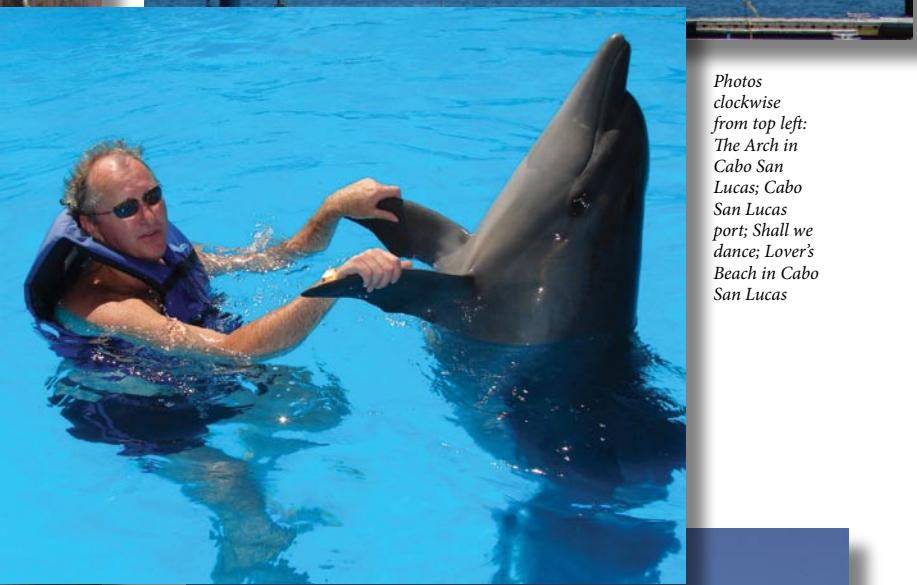
The All New Baja California

By Terry Tremaine
Photos Connie Ekelund

Quality resorts dominate the area providing remarkable cuisine, luxury, accommodation, relaxing spas and golf courses

Los Cabos in Baja California has become the 'hottest' tourist destination in Mexico. Ten years ago the region was a surfers' haven; now, along the corridor that connects San Jose del Cabo and Cabo San Lucas, lie some of the finest resort hotels interspersed with a number of great golf courses. The water and sun that lured in the surfers now draw tourists seeking to be pampered under endless sunshine in gorgeous surroundings.

The last time I visited 'Cabos' it was pretty much a desert strip with great waves and a few modest hotels. Today the area has been transformed into what is likely the most upscale tourist area in Mexico. To our surprise, we weren't accosted by a single time share vendor during our recent visit. High-end quality resorts dominate the area providing remarkable cuisine, luxury, accommodation, relaxing spas and golf courses designed by the likes of Jack Nicklaus.



Photos
clockwise
from top left:
The Arch in
Cabo San
Lucas; Cabo
San Lucas
port; Shall we
dance; Lover's
Beach in Cabo
San Lucas



Photos this page from top to bottom:
Esperanza - El Bar;
Esperanza - cliffside dining;
Esperanza Hotel - exterior

The locals who live and work here are, for the most part, recent arrivals from all over Mexico. They come for the opportunity and stay because of the quality of life. The area boasts fabulous scenery, an excellent climate and no pollution. Residents readily express the sentiment that they could find no better place to live and bring up their family. The substantial expatriate community of Canadians and Americans attest to the same feeling.

San Jose del Cabo retains all the natural charm of a quaint Mexican town. A stroll brings one to numerous art galleries and unique boutiques. However, housed on its quiet streets are also restaurants battling for supremacy in the culinary arts. We were quite enthralled with examining the lines of battle; chefs from across Mexico and around the world. It's not unlike the Gas Light district of San Diego where chefs are the latest star until their competitor comes up with a new, more succulent creation. Fusion takes on an all-new meaning when Mexican spices are thrown into the mix. Sommeliers are not uncommon.

Mi Cocina, in Hotel Casa Natalia, is part of the leading trend. When we entered the restaurant we didn't even realize that it was housed in a hotel, situated as it is in an open courtyard. The hotel has only 16 suites and is owned by European born Nathalie and Loïc Tenoux. Chef Loïc brings a wealth of international experience to his innovative Euro-Mexican cuisine. Combined with an extensive wine list the dining experience is most satisfying.

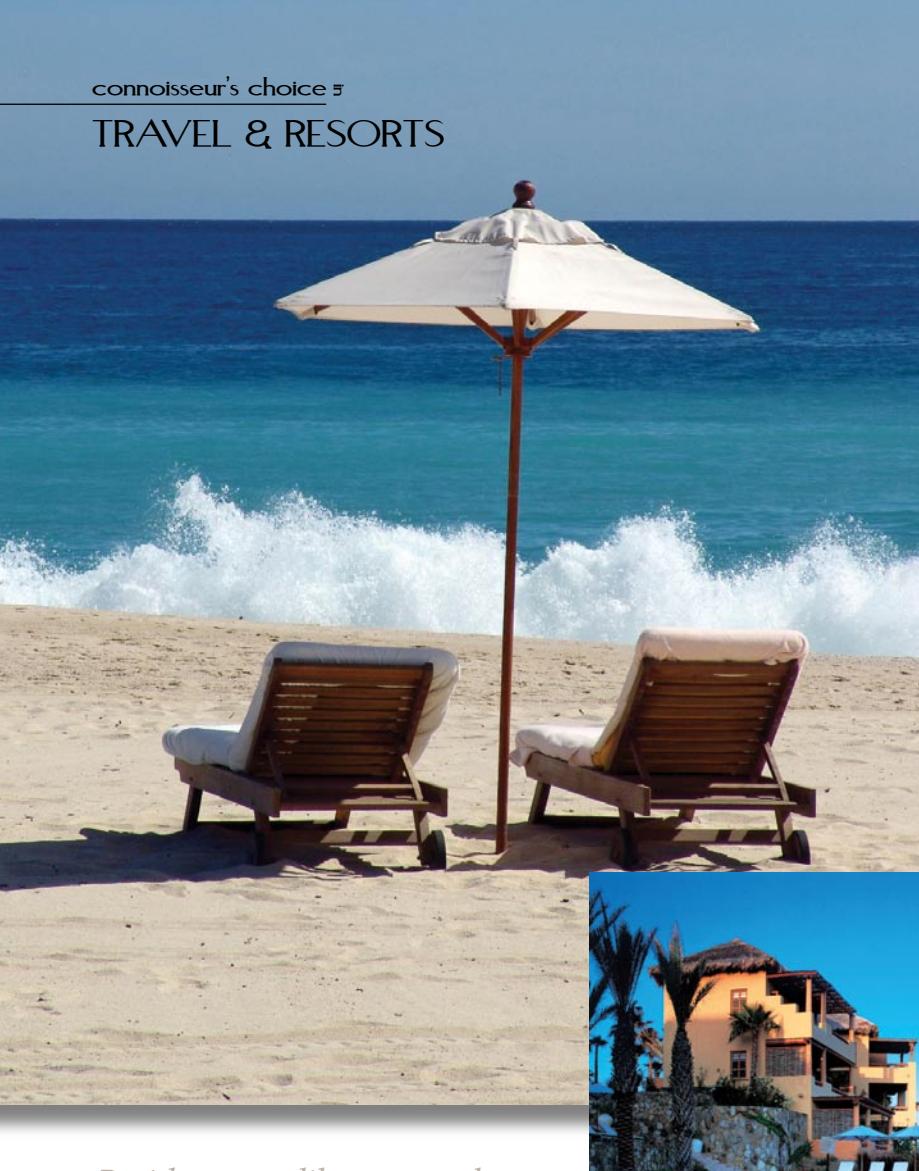
For the most part the larger resorts are found along the 33 kilometre highway running along the coastline between San Jose and San Lucas. The Hilton found here has just undergone a complete renovation of their property which of course includes a spa. It was here that I came to realize how all-encompassing the trend in culinary fusion was in Cabos. Not only did the swim up bar offer sushi but the chef had added his own twist – the soy sauce was tempered with lime juice and the tuna sashimi encrusted with crushed chillies.

A little further down the road is situated the Esperanza, an Auberge resort. Opened in 2002, the property has a very comfortable feel and excellent service. Fifty casita suites and six luxury suites are nestled in a quiet setting looking out on the Sea of Cortez. The property offers the best in amenities and of course the prerequisite full-service spa.

Naturally dining is superb, the wine list extensive and the sommeliers offer tastings, in not just wine, but also tequila. The range in flavour and quality offered by various tequila distillers is wide-ranging. I've come to realize there are numbers of tequilas that can compete very comfortably with my favourite liquor, Hennessy XO.

Along the corridor, the principal competitor for quality with the Esperanza would likely be Las Ventanas al Paraiso, a Rosewood resort. The property boasts a 'Spa Suite' which comes with your own spa butler, who will ensure your stay is everything one could hope for. The man is a wizard. I arrived with a strained back caused by carrying something heavier than I was accustomed to lifting. It had troubled me for some time. To my amazement and comfort, I was without pain after only one massage treatment.





Residents readily express the sentiment that they could find no better to place to live



The Spa Suite has two master bedrooms. But most importantly it has its own massage room with two tables, a phenomenal shower room attached and its own infra-red sauna. Included with the price of admission are daily spa treatments under the wizard's direction – all for only US\$2800 a day.

There are currently eight golf courses in the area with eight more on the way. It's my understanding from Mexico Tourism that there is considerable support from the government in making the area a number one golf destination. Spas, golf and great cuisine all in a spectacular setting makes for a tough combination to match anywhere in the world.

We played two of the courses. The first was Palmilla, a spectacular 27 hole course designed by Jack Nicklaus. It's truly a pleasure to work your way around the course due to the fabulous views out over the Sea of Cortez. With tees set for the professional or the duffer the course is fun to play. My companion broke a hundred for her first time on this course.

You can't help but wonder how they can maintain such high quality fairways with so little rain. Being a desert course, when seeking a lost ball, reach in with your club, not your hand. The wildlife is not always friendly and the bushes can be prickly.

The second course we played is the Cabo Real. The starter was an expat from Edmonton who went on at some length about how much he and his wife still enjoyed living in Cabos after some five years. The course is a pleasure, with great views and a level of challenge that is dependent on what you want to make of it (though they like to boast having the toughest front 9 in Cabo San Lucas).

At the end of the corridor is the cruise ship destination Cabo San Lucas. Larger than San Jose, the town has all the trappings expected of a cruise ship destination. Typical Mexican souvenir shops mingle with restaurants serving tacos and cerveza. But in the midst are some treasures as well.

From the marina you can rent a boat with a driver/guide who will take you on a tour of the harbour with tales of pirates past. Sea lions abound and of course the arch seen in most tourist brochures marks where the Sea of Cortez meets the Pacific Ocean.

Cabo Dolphins has been built solely for the tourist trade. The draw is the opportunity to swim with dolphins. I must say I had considerable reservations. I kept looking over my shoulder in fear of animal rights activists subjecting me to some kind of unpleasantness as a result of my participation. But in the end I have to admit it was fun. The handlers were very attentive to the dolphins' needs. Even though I had misgivings the dolphins seemed to enjoy the interaction as much as the silly humans. In the end I was able to have a dolphin pull me through the water as I held onto his dorsal fin. Sometimes being a tourist does have its pluses.

On the other side of Cabo San Lucas sitting by itself on the Pacific Ocean lays Pueblo Bonito Pacifica Holistic Retreat and Spa. One of the newest, if not the newest, resorts in Cabos, the resort is a captivating sight from the cab as one crests the top of San Lucas before heading down to the ocean. It sits alone in the middle of a long stretch of Pacific beachfront.



Photos this spread clockwise from left:
Las Ventanas; Hilton Spa Beach; Hilton pool reflection; Hilton pool; Las Ventanas - best seats in the house; Las Ventanas - spa suite - master bedroom 1; Las Ventanas - spa suite - master bedroom 2; Las Ventanas - spa suite dining room



Spas, golf and great cuisine all in a spectacular setting makes for a tough combination to match anywhere in the world



The centre of the resort is Armonia, a holistic spa. When entering the resort's reception area it's the fragrant aromas from the spa that make the first and strongest impression. This destination resort with 154 rooms offers full amenities and sufficient comfort that there would be no need to leave the premises for the duration of your stay in Cabos.

We took the opportunity offered to have a private dining experience served at our own secluded table on the beach facing the setting sun. An excellent meal was followed by a lay-down in a private cabana looking out at the stars over the ocean while listening to the lapping waves.

Cabos is certainly a different side of Mexico; the greater share of the hotel/resort properties caters to the upscale market. Seemingly the weather damage endured by Cancun opened peoples' eyes to this growing destination area. I suspect the closeness to southern California has had a big impact on its recent development. The fusion style of restaurants and the presence of sommeliers would seem to be the most apparent result.

There are plans afoot for numerous resorts to be built and the new hotel brands coming here tend to have names that represent quality around the world. The area has little rain, which means lots of sunshine. The locals want your business and work hard to keep it. I would like to repeat, "I didn't run into a single timeshare representative". It was a great trip, which we hope to repeat many times. ■



Photos this spread clockwise from left: Pueblo Bonito poolside; The Palmilla Golf Club; Friendly expat starter; Signature hole on Cabo Real Golf Course; Terry going for par on Cabo Real course; Pueblo Bonito private fine dining with casita; Pueblo Bonito Resort; Oceanside private fine dining

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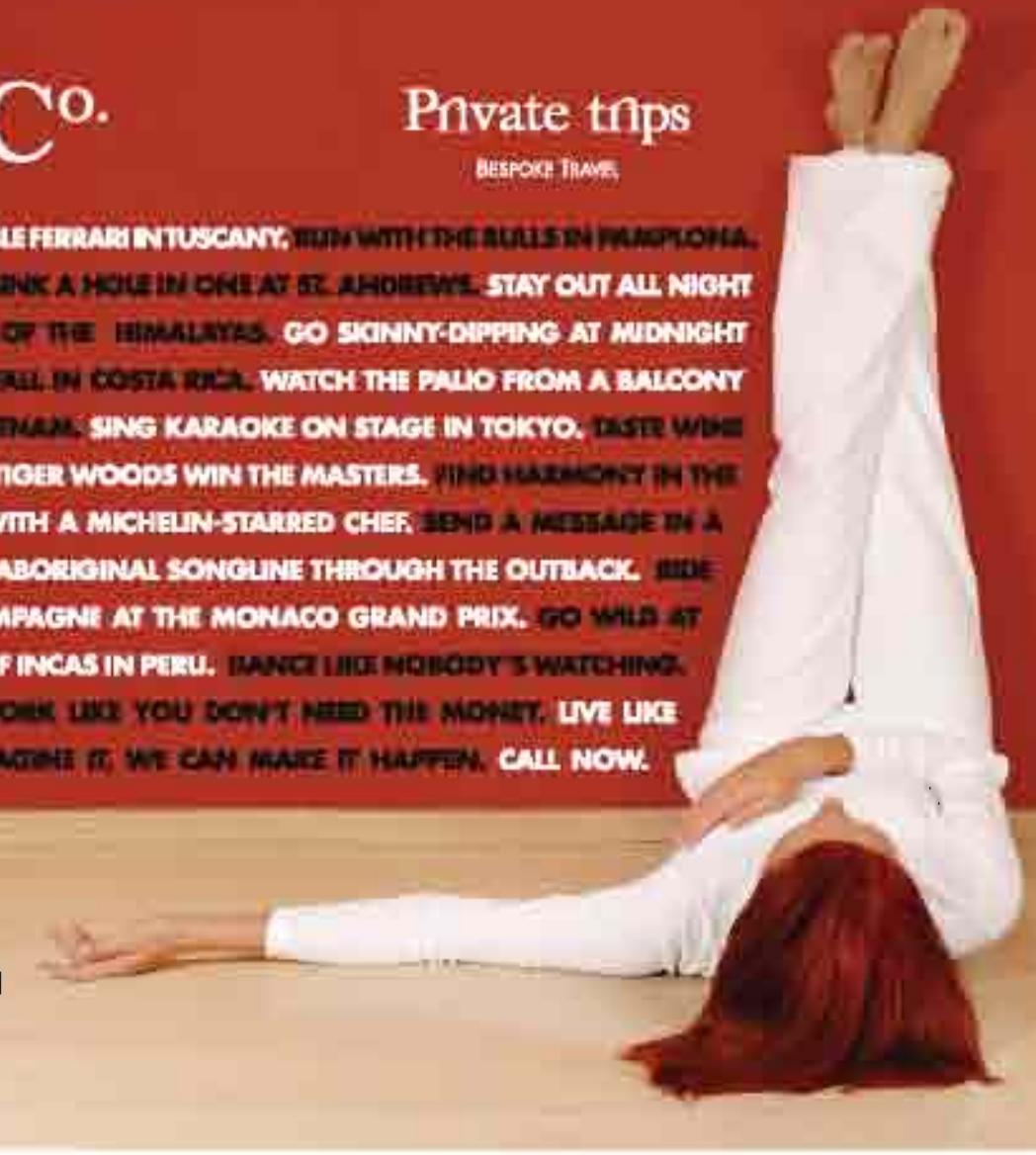
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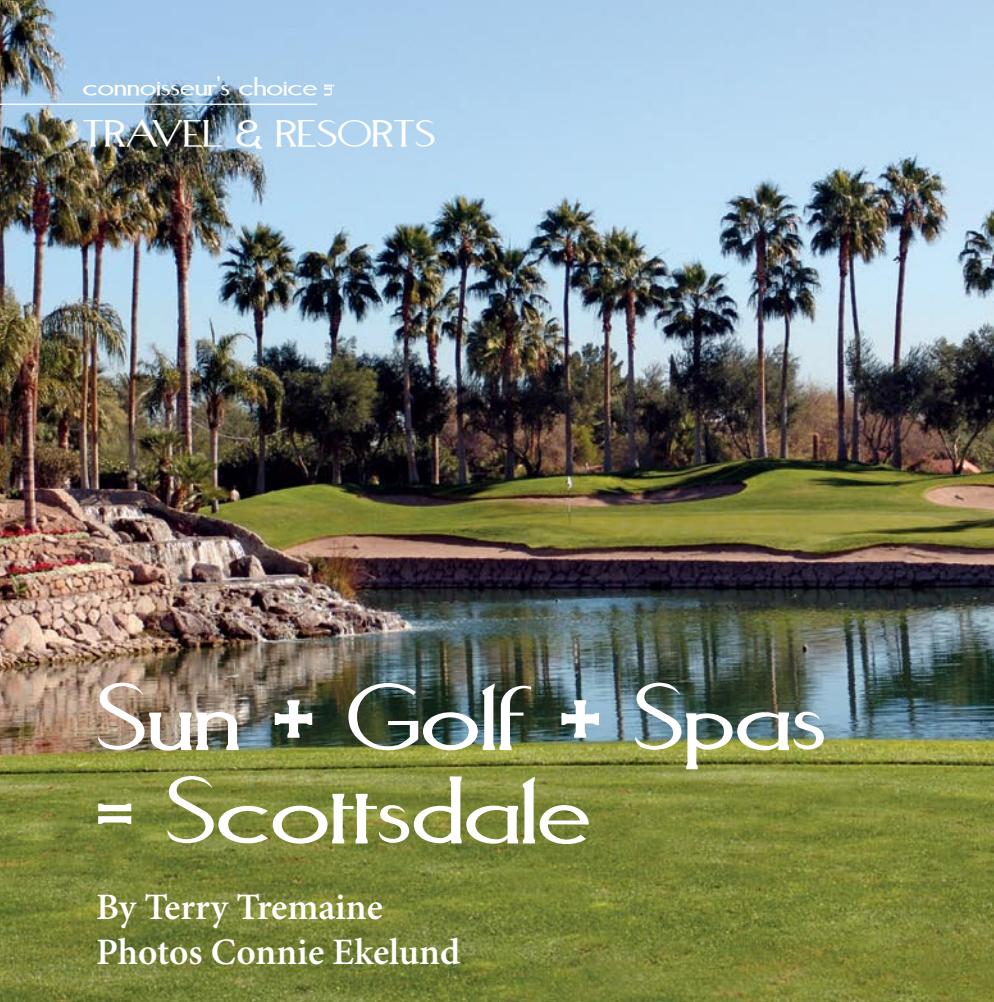
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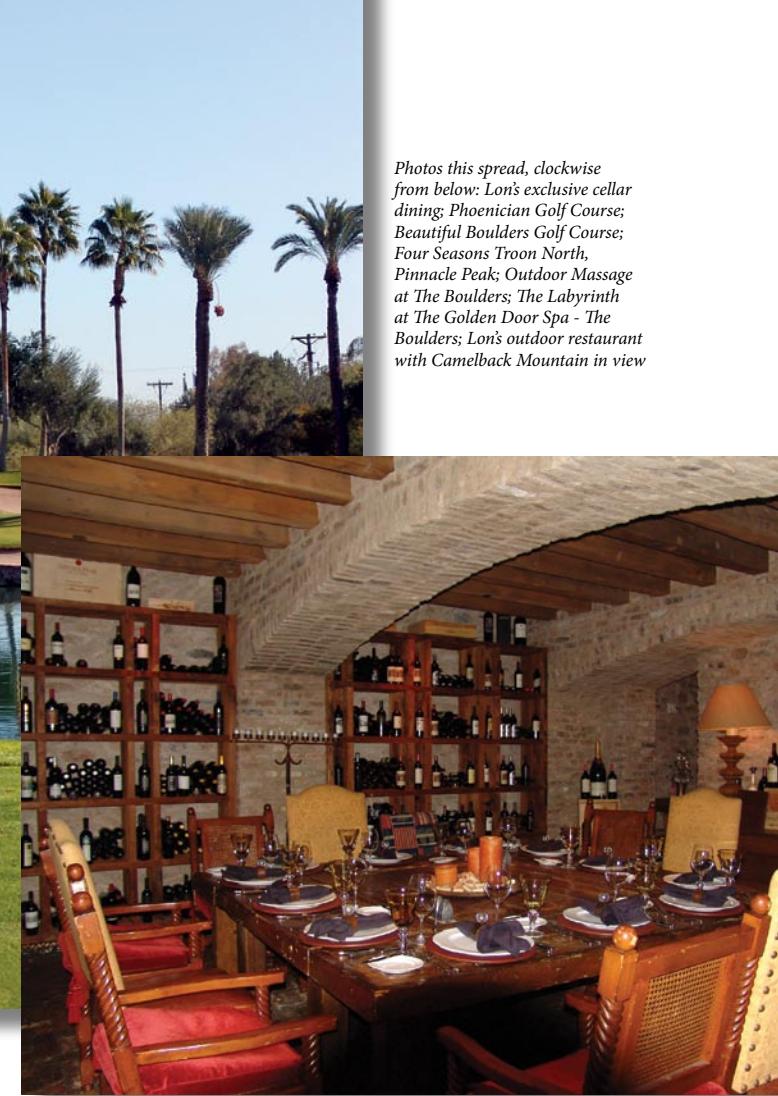
Sun + Golf + Spas = Scottsdale

By Terry Tremaine
Photos Connie Ekelund

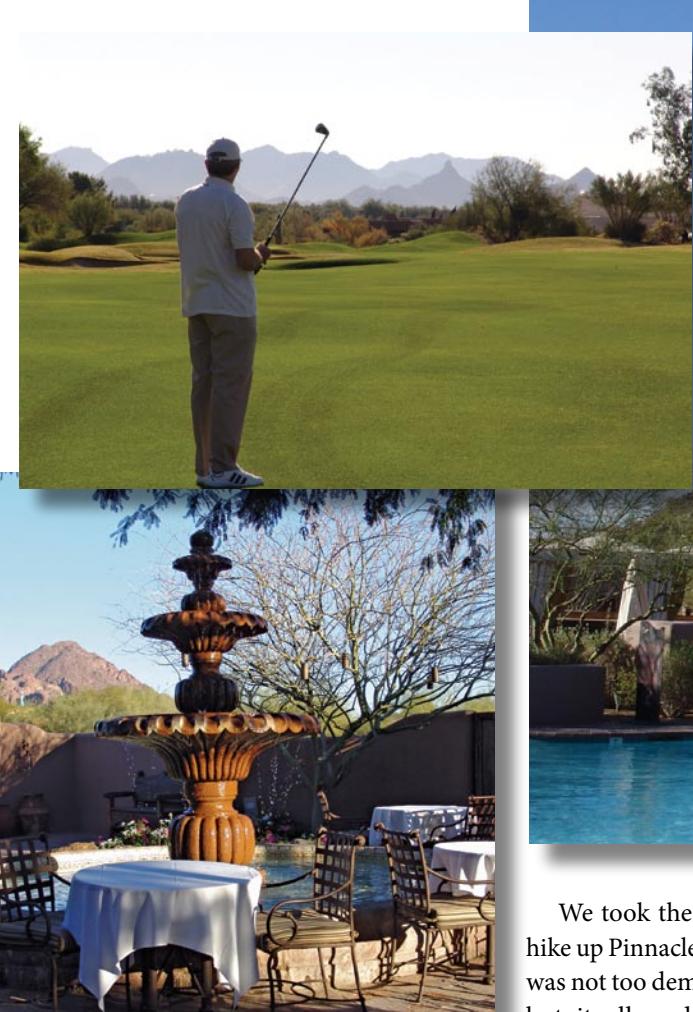
The grand dames of the Scottsdale destination resort community are the Phoenician and the Boulders. Both were opened for the first time about twenty years ago. For an extended period of time the Phoenician was thought by many to be the pre-eminent destination resort in the world. Actually, there are still many who continue to feel the same and for good reason.

The Phoenician has an excellent 27 hole golf course, a great spa – the Center for Well-Being – soon to be made even larger, a tennis club and of course very comfortable updated rooms. If required, some suites can include a dedicated butler. Personally though, I wouldn't want to stay in my suite when the dining rooms have such excellent service. Mary Elaine's is thought to be Arizona's premier fine dining restaurant with its Five Diamond designation. However, the other dining rooms also have sommeliers in abundance, which is much appreciated when the wine list is likely the largest in the country. It's interesting to note that when ordering some of the higher-priced bottles – which can run thousands of dollars – it's considered a "joint risk". Meaning if the wine is off, the resort has lost potential appreciation from continued aging, while the consumer pays the bill.

Many of those who have had the opportunity to work at the Phoenician consider it almost a mentoring program. Executive Chef Michael Rusconi of Lon's, the AAA Four-Diamond restaurant at the boutique Hermosa Inn, while impressing us with his culinary excellence took great pains to explain how grateful he was to have worked at the Phoenician. He also mentioned a number of his contemporaries who had gone on to further excellence in their careers following their Phoenician experience.



Photos this spread, clockwise from below: Lon's exclusive cellar dining; Phoenician Golf Course; Beautiful Boulders Golf Course; Four Seasons Troon North, Pinnacle Peak; Outdoor Massage at The Boulders; The Labyrinth at The Golden Door Spa - The Boulders; Lon's outdoor restaurant with Camelback Mountain in view



We took the time to hike up Pinnacle Peak; it was not too demanding, but it allowed us the

opportunity to view the surrounding area. The impression you receive when at either the Boulders or the Four Seasons is that these resorts are isolated in the desert on their own. However, with the advantage of a little height, it becomes apparent that residential development has pretty much covered the valley. Arizona is one of the fastest growing states; people come from all over to enjoy the sun and surroundings. This growth comes with its own issues. To my surprise, during our stay there were air pollution warnings in effect. The sneezing I endured and at first thought to be the beginnings of a cold was actually the result of the air. Lots of cars combined with the sandstone dust whipped up by a windy day can cause significant congestion.

On our way to the airport we took the opportunity to check out the Royal Palms Resort and Spa. Although we didn't stay here we, were able to experience their spa and dining room. The property is actually an old mansion built in the 1920s, with lush gardens and a very tranquil atmosphere even though it's just minutes from the airport.

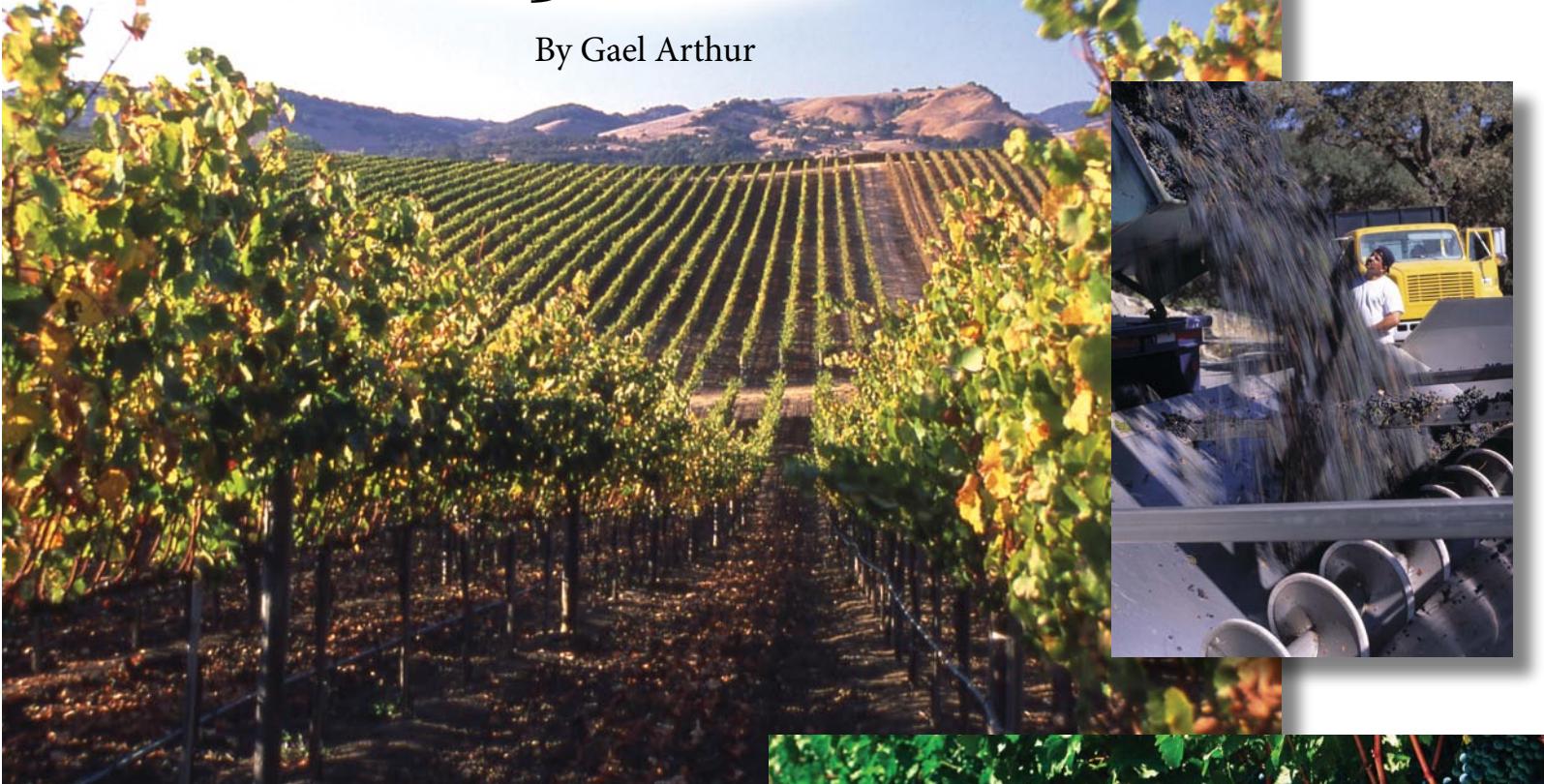
A relatively small resort with 119 casita-style rooms, the property is close to everything Scottsdale has to offer. We were impressed with both the spa and T. Cook's, the dining room, and would like to return on our next visit to enjoy the Old World charm the property exudes.

Having been to Scottsdale a number of times I always look forward to the guaranteed sunshine. As the population base has grown, so too the facilities. Golf courses abound and quality restaurants are intermingled with galleries in the downtown area. Just completed is a canal area ringed with cafes, upscale boutiques and the prerequisite luxury condo towers. We have a number of friends who have chosen this area for their permanent winter getaway. It's easy to understand. ■



Extraordinary California Wines

By Gael Arthur



California wines may be among the best in the world, but in our obsession with what is new and exciting, they seem to be getting short shrift these days. With all the hype of new regions and rediscovering revitalized old regions, California is often invisible to many wine lovers, who skitter about searching for obscure grapes and the next greatest wine.

Invisible may be an exaggeration: California is the fourth largest producer in the world, and home to wines that consistently beat out their old French rivals. (It happened yet again in October 2006, when California wines took the top three spots in a Bordeaux – California blind tasting of the 1995 vintage.) But sad to say, it's easy to take California for granted and neglect its offerings, opting for something new from a more exotic location.

But stop and think about it. Collectively, the world of wine lovers owes California a huge wine debt. The coming of age of California wines sparked a series of revolutions in other countries. Would France and Italy have pulled up their socks without the real fear that their top wines would no longer be able to command intergalactic prices, regardless of vintage and underlying quality? Could Australia and Chile have muscled their way onto our store shelves (and into our hearts) without California having first opened the door and cleared the way? How many wines all over the world owe their existence to UC Davis, not only for turning out world-class winemakers, but also for identifying and propagating grapevines to suit every climate and winemaking style?



Photos clockwise from above: Napa Valley grapes awaiting harvest; Cuvaison vineyards; Napa Valley grapes enter crusher

The American obsession with cleanliness led to a worldwide revolution in winery hygiene. Those Davis-trained enologists recognized some of the peculiar Old World flavours for what they often are – secondary activity of bacteria and wild yeasts. It's pretty easy to knock out those troublesome little bugs as soon as the grapes arrive, using basic monitoring tools to control quality. California led, and the world followed.

The archetypical California winemaker is passionate about wine, in the romantic sense of the word passion, but equally obsessed with the science of wine. Numbers are important and it is a lot more than total acidity and residual sugar. Science has made a huge difference in wine quality and drinkability, and again, California has taken the lead in analysing everything from what makes a red wine red to what makes a barrel-aged wine give off hints of vanilla or tobacco.

www.GoodLifeConnoisseur.com



Perhaps the biggest debt we owe is for translating the secret language of wine into plain old English. California embraced the concept of a single grape variety to identify a bottle of wine and the world has followed. The word Chardonnay on the bottle of a California wine means that the wine is at least 75% Chardonnay, giving the consumer a pretty good idea of what the wine will taste like (for wine geeks, guessing what else is in there still provides hours of amusement). In Bordeaux, a wine might be 75% merlot, but it would bear the name of its chateau. It was simply expected that any consumer worthy of the wine would know that this particular property made wines with higher percentages of merlot, as opposed to the other four main varietals of the region.

Along the way, the California wine industry has had a lot of unique things going on, including its viticultural mascot, Zinfandel. Although genetically the same as Italy's Primitivo, California has been growing Zinfandel longer than Italy has had Primitivo (it hails from Croatia, but managed to cross the globe a lot faster than the narrow Adriatic Sea). Prior to Prohibition, Zinfandel was the most widely planted grape in California. It now accounts for about 10% of grape production, grown in more than 25 counties across the state.

Primitivo does not taste like Zinfandel, any more than Monterey Pinot Noir tastes like red Burgundy. It is Zinfandel that reminds us that the California stamp on wines brings along with it an exuberant love of fruit, lots of extraction and a bit of quirkiness. Really, Zinfandel epitomises the state's wine industry. The good ones are fruit-forward, jammy, concentrated, lip-smacking, teeth-staining. The grape is productive, and high sugar levels mean that the wines are often at the higher end of the alcohol spectrum, closer to 16% than the usual 13% found in table wines. The best winemakers have figured out how to balance this high alcohol with the fruit and structure.

While Zinfandel is all about fruit and concentration, White Zinfandel is all about marketing. However, don't forget that a lot of people who start out drinking this pink potion become avid consumers of better and better wines. Some people love Zinfandel almost to the exclusion of all other wines, and, as testimony to this obsession, the annual ZAP! Festival attracts more than 10,000 people to San Francisco every January.

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Photos clockwise from left: Dolce botrytis affected grapes; Duckhorn Wine Company wine room; Duckhorn Wine Company estate tasting; Duckhorn Wine Company fireplace; Dolce cave entrance

Falling in love with Zinfandel opens up a whole world of taste sensations. There are so many different producers that a new bottle a week would be an easy and rewarding way to choose favourites. There are eminently quaffable Zins, suitable for a quick Tuesday night spaghetti dinner, as well as deep brooding wines that deserve a thoughtful menu and the time to enjoy a meal. Don't plan to cellar your Zinfandel; it is not generally made to age for decades and over time, a stewed prune character can take over from the exuberant flavours of a younger wine. One of the exceptions to prove this rule may come from Ridge, where Paul Draper makes wines that, in good years, should be laid down for five to ten years.

More to the point of Zinfandel, Draper says it best: "About one thing, however, there's no doubt. No red wine in its youth is as delicious or satisfying as a quality zinfandel."

Aside from Zinfandel, there are now scores of wine varieties being commercially produced in California. It's impossible to pick a single California wine as "the best". Likewise, there are so many outstanding wineries, it is more a matter of constantly looking for new things to try, without forgetting the reliable old friends. From the Robert Mondavi Fumé Blanc to the J. Lohr Seven Oaks Cabernet Sauvignon, there are countless wines that have offered consistent flavour and joy for decades, and will for decades to come.

The following idiosyncratic list is designed to suggest a few wineries that may not be as familiar as the big brands. It will give you a good flavour of the variety of styles and wines that California produces. It is totally arbitrary, with apologies to the wonderful wineries, big and small, that have been left out! With more than 400 wineries in Napa Valley alone, it's a lifelong hobby to taste what California has to offer.



How to get to Napa Valley.

Enjoy
Responsibly

© 2007, Beringer Vineyards, Napa, CA



Start with a bottle of Beringer.

Turn right.

Turn right.

Turn right again,

and you're there.



Bonny Doon

Randall Grahm is one of the more eclectic California winemakers, with off-the-wall packaging and an eye for innovation to complement a passion for making wine. He would have been the boy in the crowd observing that the emperor wore no clothes. His Santa Cruz wines exude passion and personality – from the tasting notes of the 2004 Old Telegram: “The pungent raspberriosity known to insinuate itself into many of our reds is usually tempered by spice, smoked meat, leather and pipe tobacco.” Never afraid to make fun of everything that wine people take too seriously, Randall Grahm makes serious wines.

Cline Cellars

This Sonoma Valley winery produces Rhône varietals (Syrah, Mourvedre, Carignane, Viognier, Roussane) along with great value Zinfandel. Cline is committed to organic farming practises, so they do not use pesticides or herbicides. The winery has converted to solar power, and now uses exclusively solar power for all its electricity requirements – no brownouts here!

Cuaison

Cuaison used to be known primarily for its Carneros Chardonnay, but it is now making some very interesting reds as well, including a Mount Veeder Cabernet Sauvignon, a Syrah and a Pinot Noir.

Duckhorn Wine Company

Dan Duckhorn built his name on Merlot, but over the past thirty years has expanded the Napa Valley winery's production to include a credible Pinot Noir and Paraduxx, a Zinfandel Cabernet Merlot blend. It's a wine that needs lots of new oak to complement the big cherry and blackberry flavours.

Far Niente

Far Niente Dolce is a wine that commands attention wherever it is poured. Shrivelled botrytis affected Semillon and Sauvignon Blanc grapes are hand harvested, then sorted one by one to select the grapes that will end up in this concentrated aromatic nectar.

www.GoodLifeConnoisseur.com

Morgan Winery

Morgan winery is a small family-owned winery working hard to produce good single vineyard Pinot Noir in the Santa Lucia appellation of Monterey. It's a challenge, but Morgan is committed to making its wines in the vineyard, with organic practises and careful clone selection to give the grapes the chance to deliver the best flavours possible. While best known for Pinot Noir offerings, it also makes tasty Chardonnay and Syrah.

RH Phillips

Taste these wines, and if you like them, buy a bunch. You'll love the price and the classy twist top – elegant, but perfect after a hard day at work when even the thought of extracting a cork is too hard. The winery is located about 80 miles northeast of San Francisco (almost due north of Sacramento), meaning that the price of the wine does not include the premium for a Napa or Sonoma Valley zip code.

Ravenswood

Ravenswood is pretty much synonymous with Zinfandel. If you are new to the varietal, here is the benchmark that will help you understand what Zinfandel is all about.

Ridge

Paul Draper has been making Ridge wines on lands that have been growing grapes for more than one hundred and twenty years. The Ridge Montebello Cabernet Sauvignon is a wine that can stand head to head with First Growth Bordeaux. These wines are worth seeking out and cellaring.

Wente Vineyards

Located in Livermore Valley, this fifth generation family winery quietly produces consistent wines at fair prices. Family members have a passion for food (the recipes in Carolyn Wente's Casual Vineyard Table cookbook are thoughtful and tasty), and the winery serves as a focal point for the valley. A restaurant, concert space and golf course make this a prime destination spot, without overshadowing the wines. ■

Spring Fashions

By Catherine Dunwoody

Pack away your cashmere. Send those heavy coats to storage. Winter's behind us and warmer weather lies straight ahead. Spring '07 blooms with all things fresh when it comes to fashion and beauty. A new year, a new season, and plenty of great looks you're sure to love.

FASHION: Ready-to-Wear

Tired of all that black and ready for a new palette of colour to play with? Boutiques everywhere are virtual crayon boxes of snappy new shades. Prints play a big part in the collections too, from florals, to tropicals, to the new geometrics. The silhouette is sexy, the styling sophisticated, and girly looks have grown up.



- Boss Black offers up city-chic style in this sheer, geometric print blouse with smocking at the waist, \$475, clean walking shorts, \$395, a crisp white bag, \$795, and shoes, \$450.
- Nothing about this dress says 'fall'. JC Studio's floaty, fluid, strapless dress is \$425, and here in fuchsia, bursts with spring's hottest shade.



- Wolford's sophisticated and sexy keyhole top, \$275, shown in brown, is super versatile – as great with jeans as with a pair of clean white trousers.
- Just a hit of colour does the trick, and Wolford's poppy red bolero sweater, \$475, easily mixes with your existing wardrobe.



- Get noticed in a jewel toned tropical print halter dress like this, by JC Studio, \$495. Wear it all through the summer too, at weddings, garden parties and patios everywhere.

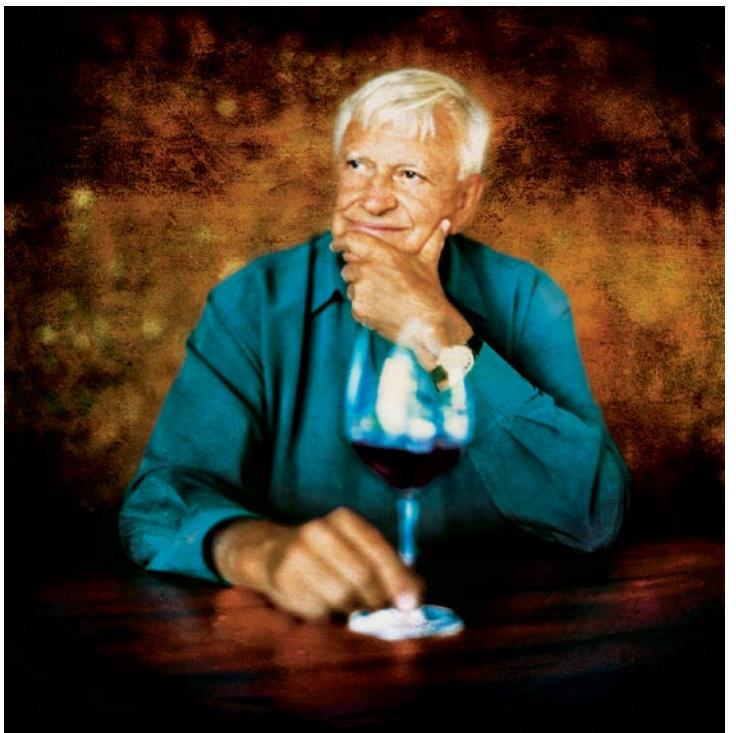
FASHION: Accessories
Accessories, shoes and handbags make all the difference in creating a look, and this spring is no exception. Look for classic pieces in unexpected brights like these. Heels are high, and the platform sole remains important in footwear. Handbags are offered up in a range of sizes, not just the oversized styles of last season.



- It's all right on the money this spring at Hugo Boss. Boss Black's exceptional handbags, like the one shown, have the trends covered – the shape, the hardware, the black piping – in this sleek, taxi-yellow bag, \$755.



- Sunshine yellow is a welcome bright shade to add to your wardrobe. Try this buttery suede, ankle wrapped platform sandal, by Boss Black, \$525.



Jess Jackson — Adobe House, Alexander Valley



The French taught me about "terroir." I learned to be stubborn on my own. It wasn't until I applied my stubbornness to this classically proven French concept that we were able to create Kendall-Jackson wines.

First, a bit about terroir. The French developed this concept centuries ago – the location, soil and climate of a given vineyard site directly affect the flavor and characteristics of the wine produced from that vineyard. Armed with this knowledge, I found that the grapes grown on California's cool coastal mountains, ridges, hillsides

and benchlands produced the richest and most intense flavors with unique character.

Low-yield farming on high elevation terrain takes a tremendous commitment in terms of time and cost. But anything else would require compromise. And my stubbornness will never allow it.

I understand that many of you enjoy the taste of our wines, but you're not sure why. Hopefully, I can help with the facts. So you can enjoy **A Taste of the Truth.**

Jess Jackson

FASHION: Jewellery

Trends in jewellery this season lean towards feminine, delicate design. Gold remains as solid as in the season past. Semi-precious stones in candy colours are seen everywhere. Here, the new romance in jewellery.

- Japanese jewellery label Kaoru has created some of the most original designs we've seen in a while. Earrings, 18K gold with sterling silver flowers, approximately \$475.



- Also from Kaoru, lovely rings. Top: diamond solitaires with an 18K gold band, \$1750. Centre: Sapphire solitaire, 18K gold band, \$995. Bottom: Botanical garden ring, 10K gold, \$450.

For store listings visit www.talu.ca

BEAUTY: Fragrance

Consider a new spring fragrance just as important as the accessories you'll add to your closet this season. Here, some of your favourite designers are trying their hand in the scent game, plus some new fresh versions of

your favourites.

• Badgley Mischka

Vogue magazine lists this design team in the "Top 10 American Designers" with celeb fans like Catherine Zeta Jones, Ashley Judd and Sarah Jessica Parker wearing their signature drop dead gowns. Now their first fragrance, with a weighty, cut-glass looking bottle inspired by the glam of 1940s Hollywood. Eau de parfum spray, 100 ml, \$98.



• Femme by Boss

Subtle, feminine, with notes of stephanotis, amber and citrus, and an irresistible pink packaging. Eau de parfum spray, 75 ml, \$90.



www.GoodLifeConnoisseur.com



- Lancôme's Miracle Forever A sensual floriental, the perfect scent to wear at night, with Canadian supermodel Shalom Harlow as the face of, and still gorgeous as ever. Eau de parfum, 50 ml, \$70.

**BEAUTY: Skincare**

Beauty routines have to change with the seasons. Likely the ultra-rich moisturizer and night cream you used all winter is just too much for the less-drying spring season. Ease up with these new treats to unveil your new, fresh complexion.



- Clarins Expertise 3P Screen Mist. Shields skin from the free radicals of pollution, leaving an invisible veil with a few sprays in the morning. Going to a crowded smoky place that night? Spray before you head out. 100 ml, \$38.

- La Mer's Radiant Facial. Expect nothing less than the best from this luxury brand. A two-part system; start with the Radiant Primer followed by the Mask, the white algae a key ingredient for glowing skin. \$425.



- Dermaglow Nuvectin Advanced Night Treatment. All the goodies your skin needs for a restful night's sleep; collagen boosters like vitamin C, hydration and reduction of deep lines plus lightening of age spots. 100 ml, \$120.

BEAUTY: Makeup

Spring pops with colour this year. Here are some new products you'll want to include in your cosmetic bag this season; don't wait to try them.



• Colour Fever by Lancôme

When is the last time a tube of lipstick stopped you in your tracks at the counter? From the modern luxury of the packaging to the 5 hours of wearing power, this is the lipstick you'll need in spring's must-have shade, fuchsia. \$31.

- Estee Lauder's new Exotic Spring Collection

Lauder's latest colour palette mixes so important for this spring, coral with soft bronze, and shell pink. The Tender Blush Sheer Stick glides on a glow, while the Brilliant All-Over Powder is great for shoulders, collarbones and tired, winter pallor. \$18 to \$38.50.

**BEAUTY: Hair**

How liberating is it to get your hair out of hiding come spring? Tucked under hats all winter, exposed to over-heated rooms and dry, cold outdoor air – your hair takes a beating. Treat it extra nice this spring, with these.

- AG Hair Cosmetics Foam weightless volumizer promises non-sticky, humidity resistant lift. Mousse has come a long way. 150 ml, \$17.95.



- Osis Buff. This new styling cream has a super-light texture that works on even the finest hair to create flyaway control, definition and light texture. Great after blow-drying to finish your style. 150 ml, \$18.





Think you have to head downtown to find great designer labels? Think again. Ella's, in rural Langley, BC, proves that wrong – as a matter of fact, some Vancouver urbanites bypass their own city and journey out to the 'burbs, just to shop at destination fashion boutique, Ella's.

With 45 minutes of travel each way, (and that's on a good traffic-flow day), talk about loyal customers. That loyalty is exactly what owner Ella Little had in mind when she opened her "little shop on the corner" back in 1976... she just didn't know it at the time.

Ms. Little moved to Langley from Saskatchewan just over 30 years ago with her second husband and the last of her four children still living at home, a teenage son. With no experience in fashion retail, but some in business (due to running her own septic tank manufacturing company prior), Little knew one thing; that at 43 years of age, she was ready for a new opportunity. That's when she saw the ad

The newspaper's classified section ran an advertisement that read "Dress Shop for Sale." Ella drove by the address, saw that it was named Fate Fashion, took it as a sign, and "asked the owner if he would like to trade his shop for my 27' RV, which he accepted without hesitation," she chuckles.

Would that kind of quirky deal ever fly today? Likely not, but that attitude of just-do-it-ness has worked wonders for Ella. "When I bought the store, I thought, I know two simple things: how to run a business and how to dress. But my biggest anxiety was that I had never worked with women; it had always been men. I never was one to sit around, drink coffee and exchange recipes. I was not sure how it would be. But, I knew I would figure it all out. Now, when I look back, the most wonderful thing about this business is the amount of fantastic women I've met."

With three decades and three store expansions under her belt, Little reflects. "I feel like I've seen it all, trends like Fortrel jumpsuits to knickers to stirrup pants. But good classic cuts never go out of style," she says.

Ella wanted to sell something special, even in her early days, such as Ultra suede coats, then at a hefty \$500 each, which in the '70s was a lot of money. Nervous, she placed them in the boutique with fingers crossed, and they sold in no time.



Fuelled by the success of that risk, next came her discovery of German label Escada. "At the wholesale agency, they had a small line of separates on a rack in the back corner and I asked to look at it,"

she remembers. "I was told it was very expensive, and it was. It was Escada, this being the very early '80s. But I loved the entire collection, so I tried it." Did it fly out the door? No, but Ella was patient, and her customers trusted her. Soon enough, it was completely sold out.

Over time, the labels that have appeared in the store have come and gone. From Ports International to Oscar de la Renta to Ron Leal in past years, to this spring's arrival of the Theory label, formerly a Holt Renfrew exclusive. Ella explains, "I just urged the Theory people to recognize that Langley is a completely different city from Vancouver, and a different customer. When our Langley customer goes into Vancouver for some reason, it's rarely to shop."

Her success has been recognized by some of fashion's big names too, notably Hugo Boss, when they were just developing the women's line. "They called me, and Ashia Mode too – the only two stores they wanted to be sold in. It was a bit of slow start, but the collection is always beautiful, and very successful for us" she adds. "I have worked hard to get some of the labels that I carry. Louis Féraud took me seven years to get, but it was worth it."

When it came time last year to celebrate the anniversary of the store, both Ella and her daughter Carla Oberg (who has been part of the business for 25 years after dropping out of pharmacy school) decided to just let it slide, with no party and no fanfare. Or so Ella thought. "When one Friday night 127 people came to the store at 5:30 pm, all invited very last-minute and in secret by my daughter, I knew this was worth celebrating with our customers. My daughter is a fabulous human being, and very supportive. And very sneaky, I discovered," she laughs.





Ella's

4070 - 200 Street, Langley BC, Canada V3A 1K9

Telephone: 604.530.8515



What about the duds? Those risky choices of labels that just did not work for Ella's? Have there been any?

"Juicy Couture. I thought I should go for it, since I was seeing it in all the magazines. After it bombed, I had to give my head a shake. My customer does not come here to buy that label; what was I thinking? My granddaughters were thrilled though, because they're 20, 16 and 12 yrs old."

When asked if she can describe her own fashion philosophy at this point in her career, Ella offers up, "I used to feel a little guilty about doing this for a living, because, you know, we're not exactly saving lives. But now I realize that fashion and style truly enhance women's lives, and make them feel good about themselves."

"The ladies that are still dressing up at 80 are the ones on the cutting edge; they're happy with their life, and when they lose interest, it's sad," she adds.

"Giving people pleasure is really important to me." And we would say, it shows. ■



The Ultimate Home Office

By Dave Chalk

For most of us, it takes long hours at the office to be successful. Thankfully, a number of high-end devices and furnishings can make you more comfortable, and make your work life a little easier. Your home office should be a place that brings comfort and productivity, not anxiety and frustration. Here then are my top picks for items that will make your work life a little more enjoyable.

One thing I'm not very good at is sitting still. That's why, when I need to be at a desk, I want the utmost in comfort. The Humanscale Liberty chair has been touted as the successor to the wildly popular Aeron by Herman Miller, a mainstay of the dot-com boom. Based on the idea of providing maximum comfort with minimal knob adjustments, the Liberty responds to a sitter's movements and provides support through ergonomic positioning. Tri-panel construction, body fitting contours and lumbar support make sitting all day feel just fine. With a mesh backing that's supportive without being overly stiff, the Liberty is also guaranteed by a lifetime warranty. If only those tech stocks had been, too. You can sit up and feel relaxed from just US\$885.

www.humanscale.com



Now that you're sitting comfortably, you need put together the rest of your work environment. One of the biggest challenges I face when working at home is keeping my desk organized. It seems that the promise

of a paperless office has yet to materialize, so it's an ongoing battle to keep ahead of the clutter. To the rescue comes James the desk – though he could pass for a personal assistant, albeit one made of steel and beautifully finished bamboo. Like a good personal assistant, he makes sure you have everything you need at your fingertips. In addition to his generously-sized drawers with adjustable inserts, James keeps your current papers at hand neatly filed in integrated desktop "gills," rather than strewn all over your desk. Less time spent organizing, re-organizing and hunting for documents equals more time being productive. There goes one more procrastination technique down the drain. Rather than pulling down a regular salary, James will settle for a one-time US\$5,600.

www.modernlink.com



How well you do in business often depends on how well you communicate. Being as mobile as they are, most home office workers have

cellphones and many are even bypassing expensive landlines altogether. As part of this trend, 2007 might be remembered as the year of the smartphone – a cellphone with many advanced capabilities. Two new models are stealing the spotlight: Apple's much-talked-about iPhone and LG's new KE850, designed by Prada. Of the two, the iPhone will be available in North America first, although frequent travellers to Europe can find the KE850 in stores this spring. Both phones feature a unique touchscreen keypad, but Apple touts its technology as the world's first "multi-touch" screen, which provides a unique way of interacting with the device. LG, meanwhile, is placing its bets on the Prada name.

Although similar in appearance, the phones are actually quite different. The KE850 is a slick, all-black model with a 3-inch screen, a 2-megapixel camera and Bluetooth 2.0 wireless capabilities, and the sleek white-on-black display is sure to please the luxury lover. Apple's iPhone, meanwhile, is better suited to the North American gadget aficionado. With functionality of the already familiar iPod combined with that of a cutting-edge smartphone, the iPhone comes with Wi-Fi wireless networking capabilities, rich text email, Google Maps and an on-screen keyboard for text messaging and email. The LG KE850 is available at Prada stores and mobile dealerships in the UK, France, Germany and Italy for €600. Apple's iPhone, available in the US in June, will start at US\$499 for the 4GB model and \$599 for the 8GB version. www.apple.com www.lge.com

Before you make that international call, though, check the clock to avoid that embarrassing middle-of-the-night phone gaffe. worldclock.2001 simultaneously tells time in Beijing, Bogotá or the Big Apple (and 78 other cities), thanks to a unique design courtesy of Vancouver-based this is it. Made of anodized aluminum 48 inches in diameter, it makes a striking showpiece that'll help keep you in step with the global economy. Priced at US\$5,000, worldclock.2001 is a numbered, limited edition of only 100 units, so you'll have to get yours before time runs out.

www.thisisit.ca/worldclock2001



www.GoodLifeConnoisseur.com



and have a tangle of wires, to boot. If you've longed for the simple elegance of the iMac but are firmly entrenched in the world of Windows, the Dell XPS M2010 just might be what you're looking for. Traditionally known for their cost consciousness, Dell has recently stepped up the style factor, and this model is the perfect case in point. With its 20.1" high resolution flat panel display and Intel Core 2 Duo processor, it's no slouch performance-wise, either. Other touches like the built-in video camera and microphone let you do videoconferencing right out of the box. You can even add an optional external USB TV tuner to turn the XPS M2010 into a television and digital video recorder, handy for the occasional diversion. Best of all, it all folds up into a sort of portable briefcase, so you can take it with you on the road. This stylish and flexible computer starts at \$3,368.
www.dell.ca



If you find yourself staring at a computer screen most of the day, you should consider investing in one that's easy on the eyes. The 30-inch Apple Cinema HD Display is the perfect complement to your desktop or laptop. Its generous dimensions let you lay out a two-page spread of your next business plan and edit text without having to squint. This incredible display gives you 77 percent more screen than your average desktop, and the sharp, rich colours from 4 million pixels on screen make this model perfect for analyzing spreadsheets and graphs, or watching a DVD during your downtime. All this visual glory can be yours for \$2,300. Just make sure your computer's video card can handle it.
www.apple.ca

One of the challenges of having a home office is the clutter of devices that inevitably accumulates over time. A great way to tidy things up is with a multifunction printer, which can print, scan, copy and fax. The trouble with most early models, though, is what I call "Swiss Army Knife syndrome" – they did lots of things, but not that well. If you're serious about your business, you may not need an industrial-strength (and gargantuan) setup like you see at many offices, but something that can still handle whatever job you throw at it. That's why I like the HP Officejet 7400 Series. It can print in laser-quality black as well as photo-quality colour, it has double-sided paper handling capabilities and it can even handle legal-size documents. And not only is it network-capable (for access by more than one computer), but it also has built-in wireless capabilities, so it doesn't need to be near a network jack. At a modest \$650, the HP 7400 Series is a productive addition to your home office.
www.hp.ca

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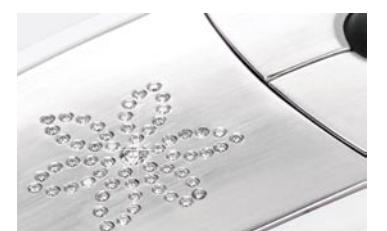
Sometimes, though, business requires a bit of old-fashioned pen to paper. So why not pull something a little nicer than a ballpoint out of your pocket when signing that big deal? Caran d'Ache has designed a pen for each day of the week. The Varius Black Series is a limited edition pen set with incredibly luxurious details including Chinese Lacquer, Zebu horn, ebony, rubber and alligator. The set also comes with black Goliath cartridges in fine, medium and broad, a velvet pouch, and a polishing cloth to keep your fine pens looking their best. Each pen is outfitted with the unique Caran d'Ache Goliath cartridge, which has the capacity to write the equivalent of 600 pages. With only 500 sets being made, you'll be one of a very select few with a pen for Monday, Tuesday, Wednesday – you get the idea. Look good signing on the dotted line for US\$3400.
www.carandache.ch



To ensure you see just what it is you're signing, light up your life – or at least your office – with the new Rigel by Artemide. This slick floor lamp gives off a warm glow of coloured light when it's turned on and looks like a mirror when switched off. But that's not all – this multi-functional lamp also doubles as an air purifier, a sound system and one heck of a conversation piece, sure to break the ice before those important business meetings. You can bask in the Rigel's glow for \$4400.
www.artemide.com



And for that finishing touch to your home office, Swiss manufacturer Pat Says Now has designed a mouse with some real bling – 59 diamonds to be exact – inlaid in a flower design. Billed as "the world's most expensive computer mouse," the Diamond Flower comes in 18-karat white gold and is made to order. The company also makes a variety of other, more affordable styles, too. You can hold diamonds in the palm of your hand all day long for €18,600.
www.pat-says-now.com



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Nip and Tuck

By Ruth Stewart

Years ago, when the question was asked, "Does she or doesn't she?" the comment concerned the naturalness of someone's hair colour. Today, the same question increasingly refers to cosmetic surgery.

It seems everyone from the girl next door to the red carpet beauty is lining up to book a date with a plastic surgeon. With society's growing obsession with staying young and looking good, the quest for the Fountain of Youth has never been stronger.



Liposuction - Body Sculpting - Before and After

"It's really not that surprising," notes Dr. Kimit Rai, a cosmetic surgeon based in New Westminster who specializes in aesthetic procedures, both surgical and non-surgical. "Baby boomers are living longer, and feeling good as they age. They want to look good, too, to be presentable in every way. And since baby boomers are more affluent than the previous generation, they have disposable income that will enable them to get the treatments they need to help them look the way they want to look."



Male Breast Reduction for Gynecomastia - Before and After

Canadian numbers are harder to come by, but American statistics show that in the past decade, the number of tummy tucks is up 143 percent. Breast implants have increased by 147 percent, and in 2004 alone, nearly 12 million surgical and non-surgical procedures were performed. Medicard Finance, a Canadian credit agency for people willing to financially suffer for beauty, states that women make up almost 85 per cent of cosmetic surgery patients. The most popular surgical procedure – constituting about a quarter of all operations – is liposuction.

Rai certainly sees the trend in his practice. "Body contouring and sculpturing [including abdominoplasty and breast surgery] are the most popular procedures in my practice," he says, "and then liposuctions. I prefer using ultrasound techniques over regular liposuction methods – although I do both – but I feel the ultrasound shapes the body better."

www.facialsurgery.net

Rai is quick to point out that, as with all surgeries, there is a degree of risk involved in these procedures. "There are downsides to everything," he says, "that's why it's always a good idea to see a specialist for these types of treatments. Specialists know the risks and possible complications so can help patients make informed decisions about their treatments."

www.cosmeticsurgery-bc.com

Dr. John Dmytryshyn, a Vancouver-based facial plastic surgery specialist, notes an additional reason for consulting a specialist. "Surgeons who are super specialized in one area of the body, the face or the torso for example, will have a lot of experience working in that area. So patients can be confident that the team is knowledgeable about the techniques as well as the possible risks of any specific procedure in that region of the body."



Brow lift - Before and After



Face Up procedure - Before and After

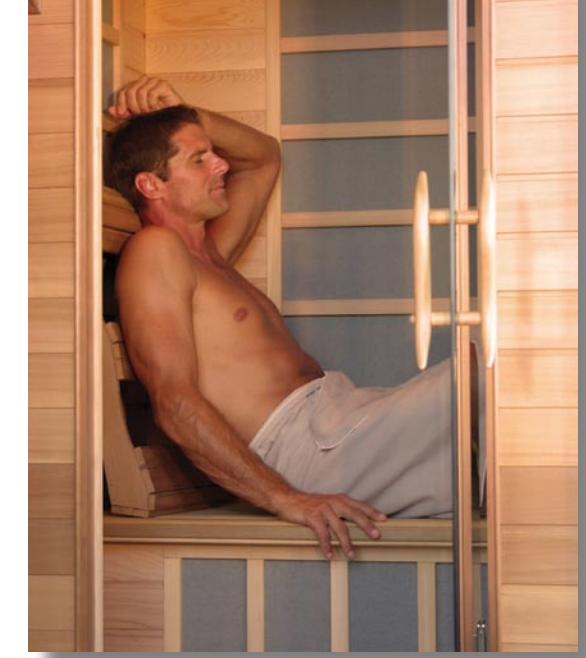
says Dmytryshyn. "Patients with sagging facial and neck skin who are seeking minimal intervention and minimal time off work may find a 'Face Up' addresses their needs." The procedure is commonly done before a facelift is needed or after a facelift to tighten the face. It is also undertaken by patients who do not wish to undergo a facelift.

Dmytryshyn says that people who come to him have a good idea of what they would like to achieve – some even bring photos of what they want a certain facial feature to look like after the surgery. "We use computer imaging to help us understand what the patient wants to look like, and to give them an idea of what they will look like after the surgery. It's an especially good tool for getting the nose, chin or eyelids just right. How much should we remove? What shape should it be? Computer imagery really helps with those types of questions."



Neck Liposuction - Before and After

www.GoodLifeConnoisseur.com



For those seeking less invasive treatments, a wide range is available with many providing similar, albeit often more temporary, results than traditional cosmetic surgery procedures.

Kim Sterling of Soleil Sauna Inc. notes that advances in far-infrared technology not only improve results, but have completely changed the sauna experience.

"Solocarbon saunas offer a very different benefit over traditional saunas," Sterling explains. "Unlike old-style saunas where the air

temperature has to be very high, far-infrared heats the body directly, not the air, creating an environment that is pleasantly warm; yet your body responds with a tremendous sweat response. People who could never tolerate a hot sauna can spend 30 minutes or longer in our saunas relaxing and breathing comfortably."

Infrared light is part of the sun's invisible spectrum, and one of its characteristics is the ability to easily penetrate human tissue up to 35mm deep, as opposed to conductive heat which can only penetrate 3mm. The rays create a natural cellular resonance that has proven beneficial properties such as pain relief, weight loss, skin purification, and whole-body detoxification. "The human body stores toxins in our subcutaneous fat. When the Solocarbon rays reach our fat cells, they cause a sweat response at a cellular level; harmful toxins such as mercury, arsenic and PCBs are released safely and permanently," Sterling adds. "So spending time in a far infrared sauna not only feels wonderful, but also aids in decreasing the body's toxic load for greater vitality and immune function."

The skin is often called "the third kidney" because of the important role it plays in cleansing the body. One of the key benefits of using the saunas regularly is reduced cellulite and wrinkles. "Topical products can never give the long lasting



www.GoodLifeConnoisseur.com

effect of the radiant, beautiful skin that comes with great health," says Sterling. "When you use the sauna regularly, you will feel a difference in your energy level almost immediately and you will see a difference in your skin within days. My skin looks better right now than it did 10 years ago – every woman should have access to this technology."

The saunas are free-standing structures that come in a variety of sizes for home use, or sessions can be purchased at select clinics and spas.

www.soleilsaunas.com

With the variety of treatments currently available, looking and feeling better has never been easier



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*lose 10 to 30
inches with
the first
treatment*



Over at Dangerous Curves, a slimming salon in Burnaby, salon owner Dana Gale uses the far-infrared sauna to prep clients for various body wrap treatments. Since all of the wraps offered at Dangerous Curves are designed to aid detoxification, a few minutes in the sauna prior to wrapping helps ready the body for optimal absorption of the solution used during the wrap treatment and thereby helps to speed up the detoxification process.

"Our most popular wrap is the SlenderTone wrap, a non-surgical body sculpting process," says Gale. "We guarantee that our women clients will lose 10 to 30 inches with the first treatment, and men 6 to 20. That's a result of the wrap solution eliminating toxins from the body. It also helps tighten the skin and reduce cellulite."

The procedure requires clients to be wrapped like a mummy in porous cloth bandages that have been soaked in a special SlenderTone mineral solution. The mineral solution draws out waste products, toxins and heavy metals resulting in the loss of inches. The wrap is especially effective for areas such as the triceps and throat area which are hard to tone in a gym or via other means. "Our clients keep those inches off by continuing to drink lots of water, unlike what happens when dehydrating treatments are used," adds Gale. She's also quick to point out that the results of this treatment are not due to simple water loss. "In fact, there is no weight lost, just inches, as the wrap compacts the fat and exchanges toxins for minerals," Gale says. "And the inches will stay off as long as you maintain your current weight and come in for a maintenance wrap at least once a year."

www.dangerouscurves.ca

Giving the Gift of a Smile



...a lasting legacy



Operation Rainbow Canada

Operation Rainbow Canada
5431 Woodwards Rd. Richmond, BC Canada V7E 1G9
www.OperationRainbowCanada.com
1 888 956-3399



**Dr. Kimit
Rai**



Today, Rai works out of a New Westminster office, where he has built an enviable cosmetic surgery practice. "Most of the surgeries are aesthetic procedures," he explains, adding that he utilizes both surgical and non-surgical procedures for a range of treatments including face and eyelid lifts, liposuction, breast surgery and body contouring.

While he spends most of his time doing cosmetic surgery, Rai also puts in time at area hospitals, where he performs reconstructive surgery for trauma cases, facial injuries and cancer treatments. Sometimes he works with heart surgeons to help reconstruct chest walls. Much of the work is on-call. "My work at the hospitals allows me to give back to the community," he says.



Upper eyelid surgery (Blepharoplasty) - Before and After



Calf implants (Calf Augmentation) - Before and After



Cheek Implants - Upper and Lower Eye Blepharoplasty and Liposuction - Before and After

Kimit Rai always knew that he wanted to be a doctor. In many ways, he was born into the profession. After all, many of his family members worked in the medical field. But things didn't turn out entirely as planned. When Malaysian-born Rai charted his future, he dreamed of someday becoming a cardiologist.

"But all that changed when I had the opportunity to work with a plastic surgeon from Canada," Rai recalls. "I liked being creative. I liked making people look good." And while Rai may have had a change of heart about his chosen specialty, the decision to alter his career path has allowed him to touch thousands of hearts in a way he likely never imagined.

In the early 1970s, UBC launched a training program in plastic surgery, and that's what initially attracted Rai to Vancouver. He embarked on his residency in plastic surgery at Vancouver General Hospital in 1970, graduating in 1975. The rest, as they say, is history.

Over the years, Rai has held several high-profile positions. Chief of Surgery and Plastic Surgery at Royal Columbian Hospital in New Westminster, Chief of Surgery for the Simon Fraser Health Region, and examiner for the American Board of Plastic Surgeons, are among the titles on his impressive resume. But it is what Rai does with his scalpel that impresses the most.



Operation Rainbow: Team in Cambodia in 2006 (above);
Cleft Palate - Before (above right) and After (below right)



Giving back is very much a part of Rai's practice. In fact, his generosity isn't reserved for those with deep pockets or access to North America's superior level of health care. Some of his most satisfying work is performed free of charge in some of the most impoverished countries in the world.

For the past 14 years, Rai has been actively involved with Operation Rainbow Canada, a private non-profit medical organization dedicated to providing reconstructive surgery to indigent children in developing countries. These are patients who are too poor to get the surgery any other way. Rai's expertise in cleft lip and palate repair has benefited people in the Philippines, Mexico, Cambodia, Lebanon and India; he regularly gives up his holidays and office time to put a smile on a child's face.

Operation Rainbow Canada also provides education and training to physicians and other health care professionals in the host countries in order to enhance the level of care to the children undergoing surgery, and to promote self-sufficiency. Sometimes medical students (residents) from Canada have the opportunity to join the team for a unique learning experience of their own.

"The children Operation Rainbow helps come from families with no money to pay," says Rai. "Their parents travel for days by foot through jungles to reach our hospital. They don't speak your language, they just look at you, but their eyes ask you to help their child. It's very emotional. Some are turned away because the child isn't healthy enough [has tuberculosis, meningitis or is severely malnourished]. They would require long-term intensive care that we're just not able to provide. A few are also turned away because there isn't enough time or resources to help them all on a single trip. It's so hard to have to say no."

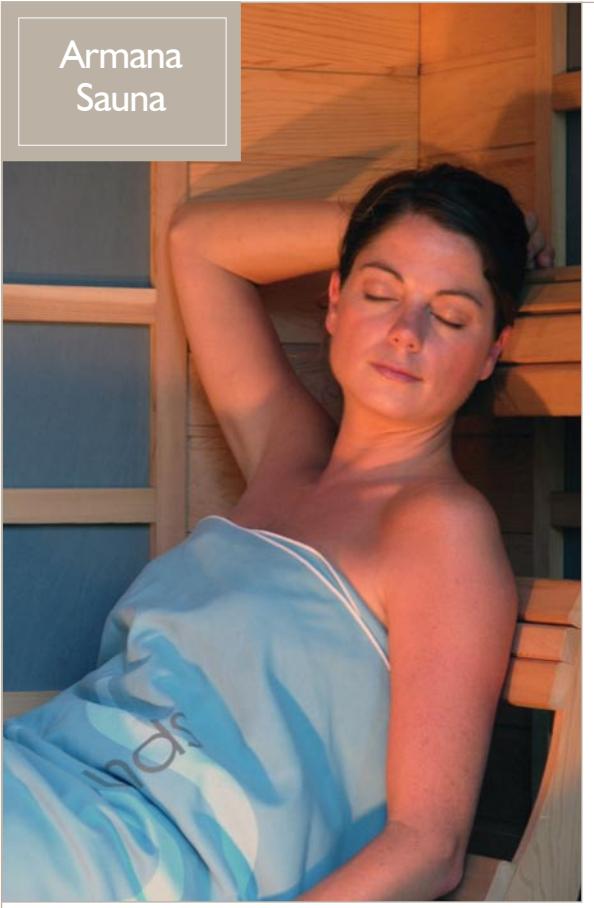
While a cleft lip and palate may not be life threatening, for many of the children Rai and the other Operation Rainbow team members help, being visibly "different" is a barrier to fitting into their society. For them, the surgery will be truly life altering.

"We generally do two trips each year," says Rai of the medical missions: one is 100% sponsored by Operation Rainbow Canada; the other is funded through private donations (much of it raised during two annual dinner/auction fundraisers). "On average, we treat between 65 and 120 kids during the course of each mission. They all have congenital problems, mostly cleft palates. Each operation takes about two hours and we do about 12 operations per day. We are there for an average of 14 days," says Rai. A complete surgical team – anaesthetists, plastic surgeons, nurses, and so on – make the journey. None of the medical staff is paid. Each team member donates their time.

"Operation Rainbow Canada has treated more than 1,000 kids so far," says Rai. "That adds up to several millions of dollars in free work to help people who wouldn't otherwise have access to these types of treatments."

The payoff for Rai? "The tears of gratitude from a parent who doesn't speak your language," he says. "You know they are saying 'thank you' for helping their child. It's hard to put in words, but it's very, very satisfying." ■

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New Westminster, BC V3L 3W5
Telephone: 604 522-2925
Toll Free: 1 866 522-2925
Website: www.cosmeticsurgery-bc.com



Shhhh... I'm working out!

Relax Your Way to Great Health in a Far-Infrared Sauna

I have many clients who are 'addicted' to the positive healing benefits of far-infrared therapy"

- Dr. Rachel West, director of The Healing Centre of Beverly Hills

Ask most people what they want out of life and chances are you will hear a common goal – “to be healthy.” Of course, when our health is failing, little else seems to be important, but what does “to be healthy” mean? Is health simply an absence of illness – or is there more to it? Unfortunately for most adults the notion of waking from a restful night’s sleep with energy and vitality that carries them through the day is only a distant memory from childhood. They are not “sick”, but a persistent lack of energy can hardly be interpreted as good health.

Good health means having the energy to live your life to the fullest. Whether something as simple as walking with a friend, playing golf or taking a yoga class or participating in more demanding activities like skiing, cycling or playing tennis, your energy level will either expand or reduce your options. Advancing age should not equate to diminished vitality; the simple fact is that your vitality is absolutely within your control at any age. The key is to arm yourself with the right tools. Enter the far-infrared sauna.

Traditional high-heat saunas have existed for thousands of years. While the Finns are credited with inventing the Sauna (pronounced “sow-nah” as in ‘now’), many other cultures have used the sweat lodge for everything from bathing to religious ceremonies. In the past, whole rooms had to be dedicated to the construction of indoor saunas, or entire outbuildings were required, with either wood-fired or electric heaters. Now, modern technology has produced a means of creating a deeply satisfying and cleansing sweat quickly and comfortably in the form of the far-infrared sauna. While still made of wood, far-infrared saunas are free-standing structures that assemble in minutes, can be easily moved on demand and use less electricity than a hair dryer.

But what does a far-infrared sauna session feel like? Beverly documents the experience using her Armana Luxury Solocarbon™ far-infrared sauna.

As I approach the sauna, I know I’m about to experience something unique. The sauna looks very different from the big rooms I remember from my youth; this one is seven feet wide and five feet deep - big enough for four people. But tonight, I have it all to myself. I open the bevelled glass door and instead of a wall of hot air, I’m greeted by soothing, gentle warmth.

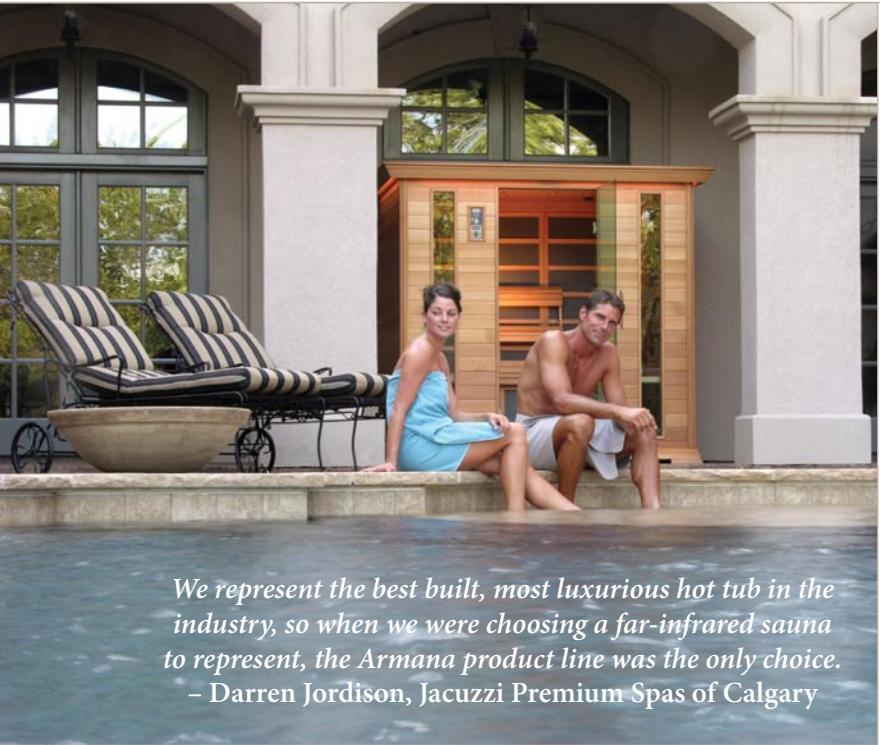
Before settling in, I turn on the Blaupunkt™ stereo that is installed inside the sauna and the space is filled with the lush sound of a Telemann flute sonata. This is just what I need after the hectic day I’ve had - my sanctuary.

I lay my towel on the deep wooden bench and position the movable back rest against the side wall. I recline, put my feet up, close my eyes and allow myself to just breathe and relax.

The gentle heat feels like the sun shining on a warm summer’s day. With my eyes closed, I can almost hear the sound of children at play in the pool. I’m instantly transported to our holiday last summer in Marbella.

I exhale a deep, relaxing sigh of contentment and notice that the air does not burn my nose or lungs. It occurs to me that my niece who suffers from asthma would do well inside this kind of sauna. I’ll have to remember to invite her the next time she visits us.

Far-infrared is part of the non-visible light spectrum that heats objects directly without heating the air between. It is far-infrared that generates the heat we feel from the sun and it’s completely separate from the sun’s harmful ultra violet wavelength. Far-infrared energy is essential to our health and is part of our daily lives; every living organism emits and



We represent the best built, most luxurious hot tub in the industry, so when we were choosing a far-infrared sauna to represent, the Armana product line was the only choice.

- Darren Jordison, Jacuzzi Premium Spas of Calgary

The gentle heat feels like the sun shining on a warm summer’s day - I’m instantly transported to our holiday last summer in Marbella.

holiday last summer in Marbella.

receives far infrared. While topical heat penetrates just 3 mm into the skin, far infrared penetrates up to 35 mm for deep, whole body detoxification. Because of this direct penetration, the air inside a far-infrared sauna is effective at temperatures 100°F cooler than a traditional sauna.

The temperature gauge on the wall reads 120°F. I’ve only been inside the sauna for five minutes but already my whole body is glistening with tiny droplets of sweat. I put my hand on one of the large carbon heaters that line the walls of the sauna; it feels pleasantly warm to the touch. The heat is gentle and I can feel it going deep into my muscles and joints. My skin is not hot, and it seems impossible that my body is responding so quickly with such a profound sweat.

I look at my arms and can see droplets forming on what seems to be every pore of my skin. I didn’t even know that my forearm could sweat! I take a drink of cool water, wipe my face with a hand towel and close my eyes again.

I can feel my neck and shoulder muscles where I store all of my tension, releasing. Days of accumulated stress melt out of my body with each breath I exhale. I am going to sleep wonderfully tonight – I always do on the nights I sauna.

It has been ten minutes and rivulets of sweat are meandering down every part of my body. I use my hand towel to wipe my face, hands and arms and almost instantly see new beads of sweat beginning to form.

In the old style sauna, this would be the point when I would begin staring down the fifteen-minute sand timer... a battle of wills: my survival instinct to get out now and save myself vs. my mind which tells me that I should stay in for the full fifteen minutes to make the experience worthwhile.

“So many people have missed out on the tremendous benefits of using a sauna on a regular basis because they couldn’t tolerate the intense heat,” says Kim Sterling, president of Soleil Saunas Inc. “We often hear from customers who thought they didn’t like saunas raving about our Solocarbon™ Armana saunas. They truly are the perfect sauna for everyone.”

I swivel in my seat and sit upright, allowing my back to rest on the wooden frame in front of the large carbon heating panels. My feet rest on the floor upon a wooden grate with a heater beneath it. I can feel the heat penetrating gently and deeply into my feet, easing aches and relieving tension. I’m feeling relaxed, yet energized – a marvellous sensation!

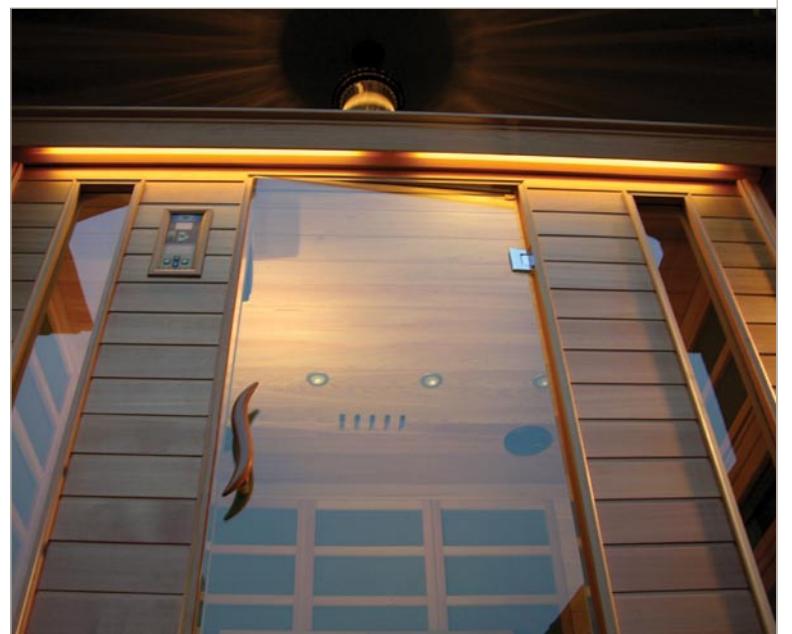
I have been in the sauna for twenty minutes. My hand towel is heavy with sweat but there is no odour. The far-infrared kills bacteria, and it is comforting to know that my sauna will smell brand new every time I use it.

As I sit “spritzing like a fountain” I look around the sauna and admire its construction. Tongue and groove walls, floors, ceiling and benches give the sauna a beautiful hand-crafted appearance and make the deep benches solid and comfortable. Cut glass recessed lights adorn the ceiling so I can read if I choose. There is accent lighting along all three sides of the roof that I often turn on for ambience in the bedroom. I see the television through the glass door and smile to think of my husband watching the news as he takes his evening sauna. It’s not Telemann, but to each his own.

The timer is now at twenty-five minutes and I can feel my circulatory system working – my heart beating as though I were out for a brisk walk. This is the passive cardio-vascular exercise effect I’ve read about. Thirty minutes in the sauna gives me the same workout as running three miles, without the risk of injury, sitting comfortably with my eyes closed. Modern technology – we’ve finally invented the couch potato workout!

In 1981 a Journal of the American Medical Association study reported “A moderately conditioned person can easily sweat 500 grams in a sauna, consuming nearly 300 Kcal – the equivalent of running two to three miles.

Armana Solocarbon™ saunas feature tempered beveled glass doors and windows, accent lighting and a premium Blaupunkt stereo





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We have many customers who are now purchasing a second Armana sauna for their vacation properties - it's become such a part of their lives.
- Kim Sterling, President Soleil Saunas Inc.

Just sitting here for 30 minutes is giving me the same cardio workout as running three miles.

A heat-conditioned person can sweat 600 to 800 Kcal with no adverse effect. While the weight of water loss can be regained by re-hydration, the calories consumed will not. It is logical to assume that regular sauna use can assist in weight loss.

When we first got the sauna we were worried about my husband's blood pressure. As it turns out, the sauna has been the best thing he's ever done for his health. In only three months, his cholesterol has dropped, his blood sugar is down and his pressure is back to normal. He has noticed a big improvement in his energy levels and doesn't come home and collapse on the couch anymore. I'm just happy to have my husband back!

Physicians laud the medicinal value of far-infrared saunas as data confirms regular use has a profoundly beneficial effect on the human body. A 2001 clinical study in the Journal of the American College of Cardiology reported 25 patients exhibiting an early stage of arteriosclerosis were treated in a far-infrared sauna for 15 minutes once a day for two weeks. The results were impressive: significantly lowered blood pressure, significant weight loss, increased blood flow and lowered cholesterol and triglycerides.

www.GoodLifeConnoisseur.com

I'm feeling deliciously warm right to my core. The weather today was grey and rainy and during my errands, the damp cold had permeated my entire body. Now, I feel like I'm sitting on a beach in Hawaii – how lovely to take a vacation in my home whenever I want!

The timer has turned the sauna off - my session is finished. In only thirty minutes, I have run 3 miles, burned 600 calories and released all of the tension from my neck and shoulders. This sauna has become my treadmill, my masseuse and my sanctuary. I can hardly wait for my next session. Shhhh... I'm working out!

A strengthened immune system, radiant skin, better sleep, whole body detoxification and improved cardio-vascular health – the far-infrared sauna can assist in all of these goals. Dr. Rachel West, director of The Healing Centre of Beverly Hills, uses Solocarbon™ saunas in her clinic. She says "I have many clients who are 'addicted' to the positive healing benefits of far-infrared therapy and I have seen many peoples' health and appearance improve through the use of our far-infrared saunas. We get thank-you letters from all over the world."

Good health is a choice – one only you can make. If you are seeking alternative therapies for existing conditions or preventive solutions for maintaining your active lifestyle, consider regular Solocarbon™ far-infrared saunas as a critical component in achieving optimal health and wellness. ■





The World's Fastest, Most Exotic Car: Bugatti Veyron

By Tony Whitney

What makes a truly great sports car – an “instant classic” – that will be celebrated decades down the road?

Probably, it’s a combination of things involving design, interior appointments, technical novelty and, of course, speed. Few drivers of exotic sports cars ever explore their speed potential anywhere but on a track and perhaps that’s just as well. Given the performance of even modestly-powered sports cars today, not to mention the efficiency of police forces anxious to keep the highways safe, speed potential usually remains little more than a “bragging right.”

But of course, almost everyone is interested in how fast a sports supercar will really go, and if it’s the remarkable Bugatti Veyron they’re curious about, it more than lives up to its spectacular looks.

Not too long ago, a German motoring magazine set out to determine which road car among a variety of exotic sports models was the fastest of them all.

Taken to a huge test track (I’ve often driven its 9 km long straights and sweeping corners) operated by VW/Audi in Germany were the Aston Martin Vanquish S, Bugatti Veyron, Chevrolet Corvette Z06, Dodge Viper SRT-10, Ferrari 599 GTB Fiorano, Ford GT, Lamborghini Murcielago LP640, Mercedes SLR McLaren and Porsche 911 Turbo.

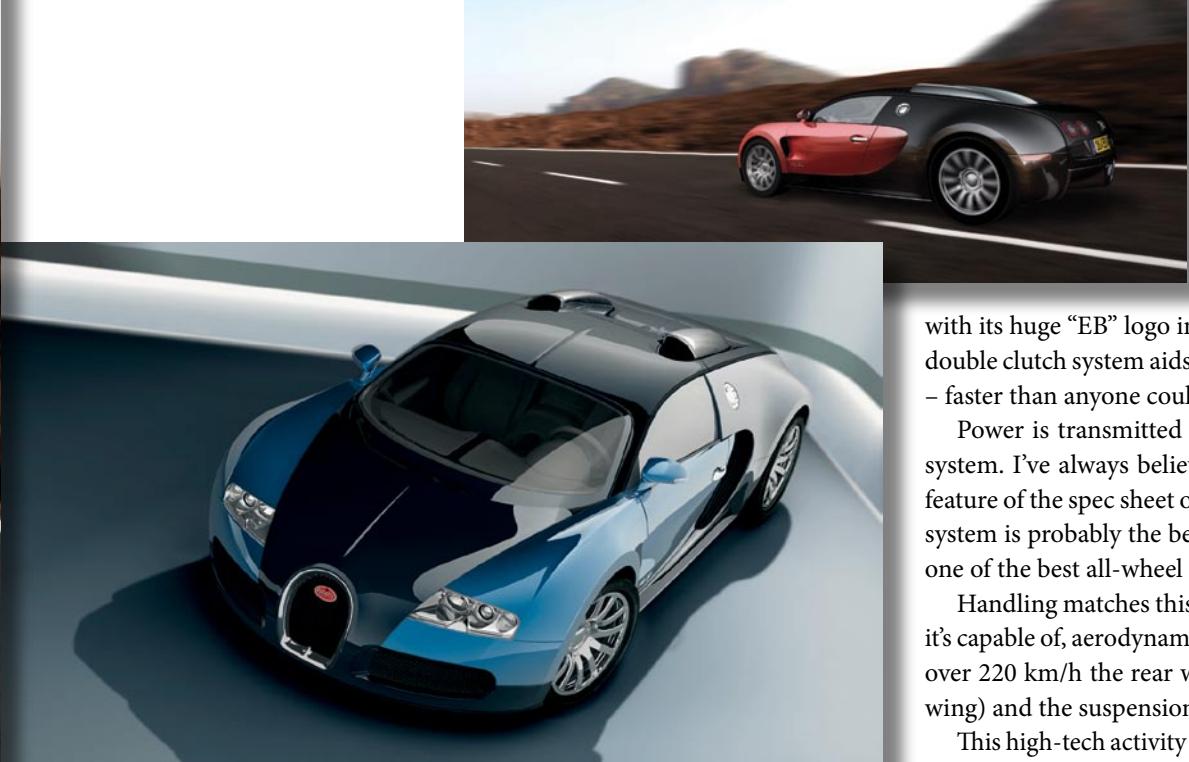
When this exercise had concluded, the Bugatti came out on top with an almost unbelievable 402 km/h. The Veyron’s zero to 100 km/h time was under three seconds, which was just as amazing as the car’s top speed. Obviously, when you’ve got a safely controllable 1,001-horsepower available, speeds like that are all part of what you get for the Bugatti’s super-high price.

Eccentric and famously creative builder Ettore Bugatti produced his first car in 1910 and it preceded numerous fascinating models that always bristled with innovative – if sometimes peculiar – technological features. Never a follower of whatever trend happened to be popular at the time, Bugatti has been described as “an autocratic perfectionist” and his cars reflected this. Racing successes were numerous between the wars, but Bugatti was never able to grasp the concepts that saw Mercedes-Benz and Auto Union dominate grand prix racing in the 1930s.

Bugatti cars disappeared from sight for quite a while and Ettore himself died in 1947, but there were numerous efforts to re-introduce the brand under various ownerships. Some attempts were quite successful and the EB 110 of 1991 was much praised by well-heeled buyers, the list of which included no less than Michael Schumacher.

The company foundered again, though, until revived by the VW/Audi group with new plans, some mind-blowing concepts and ultimately, the production Veyron.

The Veyron was first displayed as a concept in 2001 and a production model was shown at the 2003 Pebble Beach Concours in California and at the nearby Laguna Seca track, where a hapless demonstration driver managed to spin the costly supercar. This was just a blip though, and the car has been produced in fair (though short of targets) numbers, given its million-euro price tag. I was at Pebble Beach that year and found the Veyron to be the centre of attention on the lawn outside the legendary golf course’s clubhouse.



Veyron styling is unique to say the least and doesn’t seem to take inspiration from any other manufacturer – even VW/Audi-owned Lamborghini. From every angle it looks splendid – very original and endowed with gracious curves that place it firmly in the “automobile as art” category. Up front, there’s the traditional “horseshoe” radiator which has been a part of the Bugatti legend for generations.

The origins of this design are said to go back to Ettore’s love of horses and the “trademark” probably reached its zenith with the gorgeous 35B race cars of the pre-WW2 era.

A two-tone paint job seems to be almost universal on Veyrons, but I suppose that if you pay that kind of money, you can get it done in Mackenzie Tartan if that’s your thing. Bear in mind, though, that Bugattis have long featured two-tone paint finishes as part of their heritage and the latest car simply carries on this tradition.

Veyron power comes from an amazing engine – an 8.0-litre W-16 developing, if you can believe this, 1,001-horsepower. Yes! That’s one thousand and one horsepower. The VW/Audi has built various engines in the very compact “W” configuration with W-8 and W-12 powerplants appearing in models from the Passat to the luxurious Phaeton Saloon. An engineer told me that 16 cylinders was the limit for this layout and with over a 1,000-horsepower developed, it would seem a reasonable place to stop unless aircraft engines are being contemplated. The Veyron’s unique powerplant boasts no less than four turbochargers – two on each side of the block. As a consequence, vast amounts of torque are available right through the acceleration range.

The car has a gauge in the cockpit to tell you how much horsepower you are using at any given time, in 100-horsepower increments. Most drivers who’ve tested the Veyron say there’s absolutely nothing to match the surge of power when you accelerate in a lowish gear and see 800-horsepower come up on the dial. More than likely, no rival supercar from any manufacturer can come close to the performance available from the Bugatti. It’s worth mentioning that the latest Formula One engines “only” develop something like 750-horsepower, though as might be expected, the Veyron is a heavy car compared to an open-wheel racer.

The Veyron uses a 7-speed sequential transmission operated using toggle levers located behind the elegant steering wheel with its huge “EB” logo in the centre of the hub. According to Bugatti, a double clutch system aids in shifting gears in something like 0.2-seconds – faster than anyone could get the job done with a purely manual box.

Power is transmitted to the road using a permanent 4-wheel drive system. I’ve always believed that 4-wheel drive should be an essential feature of the spec sheet of any serious performance car and the Veyron’s system is probably the best there is. After all, parent company Audi has one of the best all-wheel drive systems anywhere with its Quattro.

Handling matches this car’s matchless performance and at the speeds it’s capable of, aerodynamic aids become of critical importance. At speeds over 220 km/h the rear wing glides into place (there’s also a secondary wing) and the suspension lowers itself.

This high-tech activity creates substantial downforce, which is essential at ultra-high Autobahn-like speeds. The wing settings can also be initiated manually in the same way as they can with some Porsche models. Just imagine how safe and capable this car is at more normal speeds – 140 km/h, for example.

The brakes are huge and very powerful, as well they might be, given how fast you may be going. According to Bugatti, the car can be brought to a halt from 100 km/h in something like 2.3 seconds – quicker than it took to reach that speed. Even more surprising is the fact that the Veyron can be brought to a stop from 400 km/h in a scant 13 seconds or thereabouts. Braking is aided by a rear spoiler that doubles as an air brake, just like those Mercedes-Benz Mille Miglia racing cars of the 1950s.

The cockpit is a very luxurious environment in which to control one of the world’s great cars and is a symphony of fine leathers and burnished metal. Like the rest of the car, it borrows its styling cues from nobody.

Rumours abound of what Bugatti will do next. Talk has circulated around everything from an “entry level” sports car a third of the Veyron’s \$1 million-plus price to an ultra-upscale saloon in the manner of the old – and vast – Bugatti Royale. Only time, and the next crop of motor shows, will tell.

With its astonishing level of power and handling, groundbreaking technical sophistication, unique styling and opulent appointments, the Veyron would surely have met enthusiastic approval from “the old man” – Ettore Bugatti himself. For the car’s designers and engineers, that would be all the praise they could possibly wish for.

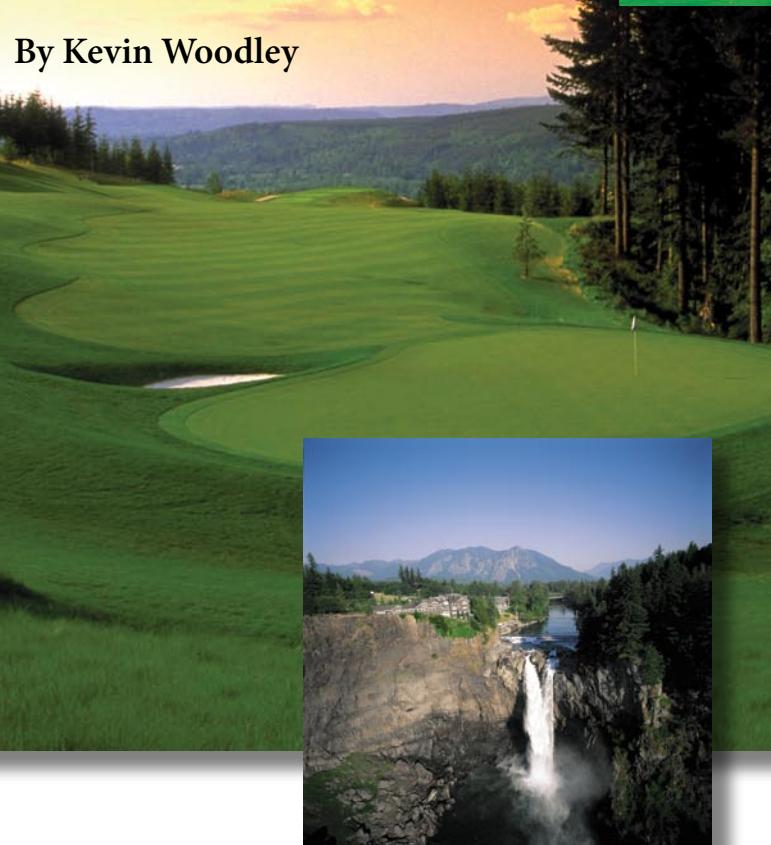
But what does all this mean to the average car buyer? Is the availability of cars with this kind of performance simply a profitable ploy to attract wealthy buyers who have the funds not only to buy the car, but to take it to a test track or racing circuit now and again?

For many automakers, top-of-the-line sports cars are a way of packing in every ounce of technology to evaluate what kinds of safety margins vehicles might benefit from lower down the model ranges. For example, if an automaker can build a car capable of 300 km/h and a zero to 100 km/h time in the four second range, just imagine how safe it can build a family sedan posting half those performance figures.

In a sense, cars like the Bugatti Veyron pioneer technology that eventually finds its way to everyday vehicles. ■

Golfing in the Pacific Northwest

By Kevin Woodley



*Clockwise this page starting below left:
Salish Lodge and Snoqualmie Falls; Sunset at
Tournament Players Course at Snoqualmie Ridge;
Newcastle Golf Club; Hole #12 at Semiahmoo;
Golfer walking to green at Predator Ridge*

Not only does the lodge's original structure predate the 1999-opened course by more than 80 years, but the legendary ambience of the Snoqualmie Falls roaring in the backdrop dates back even further, to Coast Salish Tribes that considered it a spiritual place of great power. Now it's a place for those with great power to recharge their spiritual side, offering a celebrity-attracting blend of unparalleled pampering, ancient healing and modern wellness techniques in the tranquility of a Northwest-inspired Asian retreat.

From the chef's signature dish featuring fresh seafood grilled tableside on flat rocks taken from the river below and heated to 425 degrees, to a unique pillow menu offering everything from goose feathers to buckwheat to memory foam, to a wood burning fireplace and two-person spa tub in every room, the Salish Lodge & Spa adds a level of luxury and service to distinctly west coast surroundings. And just in case it inspires a longer stay and the need for a few more holes of golf, there are more world class courses nearby.

That includes **The Golf Club at Newcastle**, a championship calibre setup with panoramic mountain views, a 44,000 sq ft clubhouse, world class practice facilities and a pair of 18 hole courses designed by acclaimed architect Robert E. Cupp (think Pumpkin Ridge in Oregon) in consultation with local PGA Tour legend and Masters Champion Fred Couples.

If that's still not enough golfing and relaxing, there's another AAA Four Diamond resort nestled against an awe-inspiring water backdrop just a couple of hours up the Interstate, but unlike Salish, the **Semiahmoo Resort** comes with a pair of top golf courses attached.

Set on the Puget Sound shoreline minutes from the Canadian border, Semiahmoo's seaside setting combines a luxurious full-service European spa, health club, heated pool and three restaurants with the No. 1 and 3 rated public courses in Washington State: The Arnold Palmer-designed Semiahmoo Golf & Country Club and the Loomis Trail Golf & Country Club.

Opened as Golf Digest's "Best New Course in America" in 1987, Semiahmoo combines a tree-lined Pacific Northwest feel with white sand bunkers, perfectly kept contoured greens and immaculately manicured fairways generous enough to also crack Golf For Women's recent Top 50 courses for women in the US. And yet it's still two spots in the State's public play rankings behind neighbouring Loomis Trails, which opened in 1993.

There isn't actually a golf course at the **Salish Lodge & Spa** resort, so what, you're probably asking, is it doing nine words into a story on the best golf resorts in the Pacific Northwest?

Fear not. We haven't sold our golf souls for a chance to relax longer at one of the world's top luxury retreats, even if the dining and spa options at this relaxation haven just outside Seattle would make it easy to forget fairways and greens for the rest of the summer.

The truth is that a stay at the Salish Lodge & Spa is the only way for the public to play the nearby **Tournament Players Course at Snoqualmie Ridge**, a member-only Jack Nicklaus design that combines stunning scenery with challenging, championship golf normally open to the masses only once a year – and only to watch the Champions Tour compete.

As the third-ranked TPC course in the United States, and with a long list of accolades from the rest of the golf world, it's worth a stay at the Salish just to play at Snoqualmie Ridge. But that would be putting the chicken before the egg – or is it vice versa?



1

Clockwise this page from left: Fairway 1 at Fairwinds; Panorama view at Crown Isle course; Storey Creek Golf; 15th green at Bear Mountain

And just as the heavily wooded and water-lined courses feature many of the scenic attributes – and a out-by-yourself feel – that make the Pacific Northwest so uniquely enjoyable for golfers, the Semiahmoo Resort's restaurants, spa and accommodations combine the best of an exceptional west coast setting with some of the best pampering anywhere in the world.

Speaking of world and class, the **Bandon Dunes Golf Resort** on Oregon's south coast not only heads the class of pure golf destinations in the upper left corner of North America, it has quickly become recognized as one of – if not the – best in the world. After opening with the Bandon Dunes course in 1999, the resort added Pacific Dunes in 2001 and Bandon Trails in 2005, becoming, in less than a decade, a golf destination publications now list alongside the Monterey Peninsula as a must-play pilgrimage for golf purists before they die.

It's quality, not quantity, however, that truly sets Bandon Dunes apart, much of which it owes not just to the postcard-inspiring southern Oregon coast, but also to the way Bandon blends that rugged shoreline so truly with golf's legacy of ancient links in Scotland.

From choosing a then-unknown Scotsman to design the original course, to the way all three are sculpted out of their natural settings instead of bulldozed through it, to rounds played with caddies, not carts, there is a subtle tip of the Tartan Flat Cap throughout Bandon.

Like the Scottish links predecessors that inspired it, wind plays an integral part in all three courses at the resort, but each also possesses its own somewhat unique personality.

The original Bandon Dunes is perched on a high bluff, offering inspirational and expansive views of the Pacific Ocean on almost every hole as this links-style thinker's course unfolds through native dunes. As the name suggests, Pacific Dunes brings the ocean closer and the windswept shoreline that frames it into play, providing built-in bunkers for fairways left to ripple and undulate naturally, just as they have for centuries overseas. Bandon Trails takes the golfer back inland, and back again to the game's British Isle roots, with a mixture of rolling dunes and ocean vistas, moving from windswept sand to tree-lined meadows.



2

Clockwise this page from left: Fairway 1 at Fairwinds; Panorama view at Crown Isle course; Storey Creek Golf; 15th green at Bear Mountain

The resort is known mostly for its courses, but don't worry; the Scottish-roots theme does not include barren stone huts with bleating sheep outside (although thankfully the long list of high quality dining options does include a Scottish-style Pub). Accommodations range from rooms in the centrally located Lodge or nearby Lily Pond building, to lofts on Chrome Lake, to spacious, high end, four-bedroom Grove Cottages designed for foursomes.

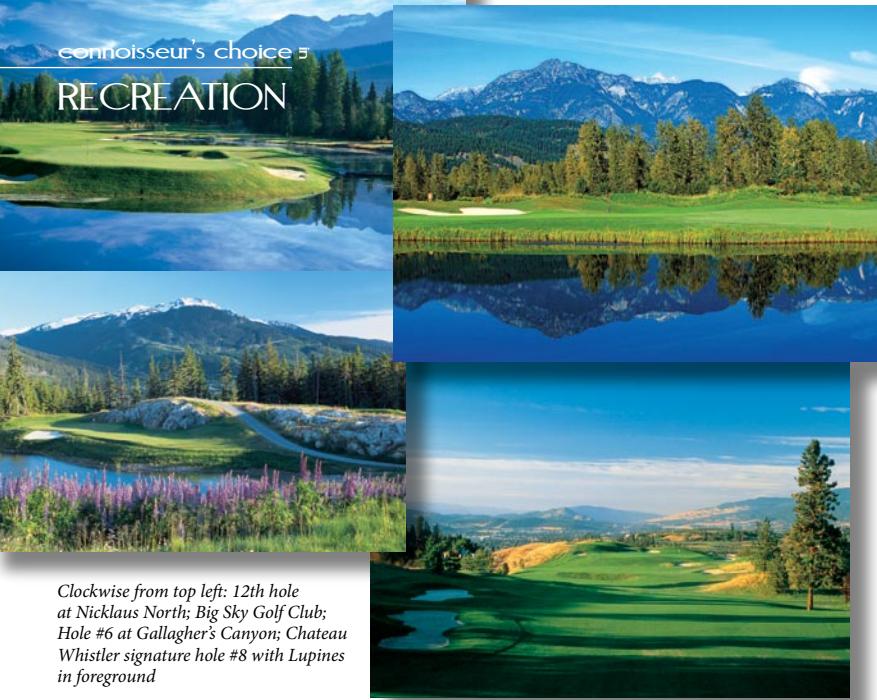
Moving back up north and across the border, British Columbia was named "Undiscovered Golf Destination of the Year" by the International Association of Golf Tour Operators in 2004. Less than three years later, it's safe to say BC's fairways and greens are no longer undiscovered, with a handful of resorts leading the way as world class golf destinations.

Bear Mountain is a prime example, but while the Victoria resort is attracting golfers from all over the world with its postcard views, Jack Nicklaus course and luxurious clubhouse, hotel and spa, many are staying long enough to discover other stay-and-play options amid awe-inspiring natural backdrops further up the shorelines of the Vancouver Island Golf Trail.

With a scenic marina attached, the **Fairwinds** resort provides a unique take on surf and turf, combining a challenging blend of golf and ocean views on their award winning course with a list of après golf options that includes everything from fishing, sailing and whale watching to tennis, kayaking, deep-sea diving, hiking and biking – and all in a spectacular setting.

A little further up the island, tucked under the shadows of the Comox Glacier, the **Crown Isle Resort** offers some similarly unique combinations of golf and relaxation, blending luxurious four-star villas with a dazzling 48,000 sq ft clubhouse featuring everything from a pub and steak house, to a cigar and cognac room, to a classic car museum.

As for golf, Crown Isle combines generous rolling resort fairways with challenging, scenic water hazards from the 11 lakes, all set against a majestic mountain backdrop. And if you're in search of a more rustic west coast golf experience, make the short trip to Storey Creek, a tranquil, tree-lined, Les Furber-designed gem located just south of Campbell River.



Clockwise from top left: 12th hole at Nicklaus North; Big Sky Golf Club; Hole #6 at Gallagher's Canyon; Chateau Whistler signature hole #8 with Lupines in foreground

Cut out of forest, with each hole wrapped in its own grove of trees, the **Storey Creek Golf Club** has soaring eagles, wandering deer, the occasional black bear and salmon-spawning streams, all making their way through a great test of golf that earned a prestigious four-star ranking by Golf Digest. Of course, any trip that goes anywhere near Campbell River should also include some time testing some of the best salmon fishing waters in the world. Nearby **Painter's Lodge** is the perfect place to combine it all with its magnificent shoreline setting, a wide variety of deluxe accommodations ranging from rooms to cabins, first-class cuisine, an Aveda spa, and salmon fishing and adventure tours famous all over the world, providing a unique chance to chase 40-pound fish in the morning and 40-foot birdies in the afternoon.

Like Campbell River's fishing, **Whistler** resort has also been attracting visitors from all over with its reputation as one of the world's finest winter resorts. And just as guests at Painter's Lodge often discover the world class golf nearby, so too have those smart enough to return to Whistler in the summer months been rewarded by a mixture of luxury hotels and four championship designer courses Golf Digest declared Canada's top golf destination.

WASHINGTON

Salish Lodge & Spa
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www.salishlodge.com

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www.tpcsnocalmieridge.com

The Golf Club at Newcastle
425 793-5566
www.newcastlegolf.com

Semiahmoo Resort
Hotel: 1 800 770-7992
Golf: 1 800 231-4425
www.semiahmoo.com

OREGON

Bandon Dunes Golf Resort
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www.bandondunesgolf.com

VANCOUVER ISLAND

Bear Mountain Golf Resort
1 888 533-2327
www.bearmountain.ca

Fairwinds Golf Club
Hotel: 1 800 663-7060
Golf: 1 888 781-2777
www.fairwinds.ca

Crown Isle Resort
1 888 338-8439
www.crownisle.com

Storey Creek Golf Club
250 923-3673
www.storeycreek.bc.ca

Painter's Lodge
1 800 663-7090
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Whistler Golf Club
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www.whistlergolf.com

Nicklaus North Golf Course
1 800 386-9898
www.golfdc.com/courses/nicklaus_north

Big Sky Golf and Country Club
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www.bigskygolf.com

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Predator Ridge Golf Resort
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www.predatorridge.com

Manteo Resort Waterfront Hotel & Villas
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www.manteo.com

The Grand Okanagan Lakefront Resort
1 800 465-4651
www.grandokanagan.com

The Okanagan Golf Club
1 800 446-5322 (Press 2-1)
Quail Course: www.golfdc.com/courses/quail
Bear Course: www.golfdc.com/courses/bear

Gallagher's Canyon Golf & Country Club
1 800 446-5322 (Press 2-2)
www.golfdc.com/courses/gallaghers_canyon

The Harvest Golf Club
1 800 257-8577
www.harvestgolf.com

Anchored by Whistler's famous cobblestone walkways, stores and cafes, and leading luxury hotels like the **Fairmont**, with its attached Robert Trent Jones Jr.-designed **Chateau Whistler** course and **David Leadbetter Golf Academy**, golfers in Whistler have discovered other unaffiliated gems like the Arnold Palmer-designed **Whistler Golf Club**, Jack Nicklaus's signature **Nicklaus North**, or the **Big Sky Golf and Country Club** designed by Robert Cupp. Each offers its own distinct take on mountain golf, blending snow-capped peaks and thick green forests with emerald-blue waters in a setting that has earned rave reviews while hosting the likes of Nicklaus, Vijay Singh, John Daly, Stephen Ames, Greg Norman, Nick Faldo, Fred Couples and Ernie Els at various competitive events over the years.

If snow led people to discover the brilliance of golf in Whistler, wine has done the same for the Okanagan Valley. While the 27 hole **Predator Ridge Golf Resort** remains the anchor when it comes to combining an all-inclusive luxury destination with inspirational fairways, visitors are also figuring out it's easy to combine a top-end resort stay with a variety of golf courses matched only by the region's many world class vintages for selection and quality.

Visitors can choose between the resort feel of the **Manteo Waterfront Hotel & Villas**, or a luxury hotel experience at the **Grand Okanagan Lakefront Resort and Conference Center**, complete with a European-style spa and a casino. Both fit the bill when it comes to luxurious getaways and golfers can't go wrong at either, especially with five distinctive championship courses, including Predator Ridge, and more than 65 wineries nearby to choose from.

Sample some world class reds and whites; then take on the greens, choosing from the more open layouts of the **Okanagan Golf Club** – a 36 hole treat featuring the Nicklaus-designed Bear and Les Furber-built Quail courses and a double ended grass tee driving range – or the challenging mountain terrain and awe-inspiring vistas of **Gallagher's Canyon**. You can even pick fruit on the aptly named **Harvest Golf Club**, a combination of working orchard and walkable fairways with great views of Okanagan Lake and downtown Kelowna.

That may not scream Pacific Northwest, but just as the Salish Lodge & Spa made the top of this list without an actual golf course attached, the golf courses and resorts in the Okanagan Valley are worth making an exception for because they're so exceptional. ■

Vancouver Island & Whistler/Pemberton, BC, Canada

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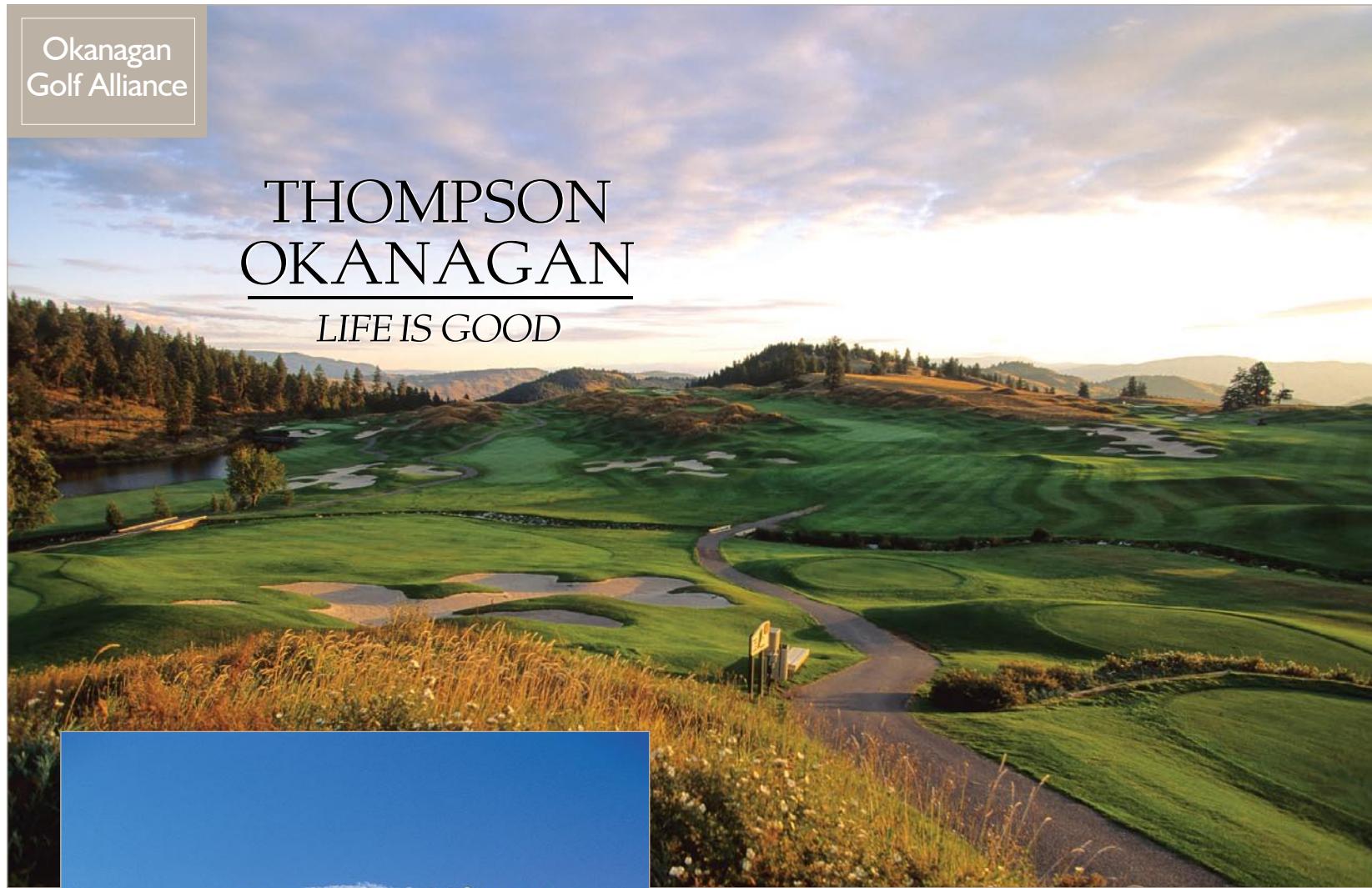


PHEASANT GLEN GOLF RESORT



THOMPSON OKANAGAN

LIFE IS GOOD



Above: Predator Ridge - Red Tail - 1st tee box
Left: The Harvest - 18th green

If variety truly is the spice of life, then the fertile, picturesque Thompson Okanagan in Super Natural British Columbia has to be one the best places in the entire world for a golf vacation.

Imagine booking your stay in Canada's Premier Golf Destination and getting preferred tee times at your choice of five championship courses – Gallagher's Canyon, Predator Ridge, the Okanagan Golf Club and the Harvest Golf Club.

Spectacular golf and world famous wines make the Okanagan the ideal place to sample some of the best reds, whites and greens in North America. Surrounded by 65 lush vineyards – that's more than one winery for every two holes – the warm desert climate is perfect for both grapes and golfers, offering a unique combination of postcard-perfect golf settings and spirit-lifting wine samplings that inspired PGA Tour star Sergio Garcia to buy two homes bordering the breathtaking fairways at the marquee Predator Ridge Golf Resort.

Thanks to the one-stop-shopping Stay and Play packages available from the Okanagan Golf Alliance, you don't have to limit yourself nearly as much as Sergio. Stay at Predator Ridge and enjoy 27 memorable holes on site at Canada's highest rated resort in Golf Digest's Places to Play. Or indulge yourself at one of several lakeside resort hotels and sample from those same 27 holes – and 72 equally inspiring others – all in close proximity of each other, but each with its own layout and decidedly unique feel.



Above: Gallagher's Canyon - 15th green
Left: The Okanagan Golf Club - The Bear - 13th hole

Play a walkable open layout one day, a more mountainous challenge the next. Wind through canyons, beside clear lakes and streams, over open, rolling hills, or into the shadows of stately pines. There's even a chance to pick fruit on the aptly named Harvest Golf Club, a combination of working orchard and walkable fairways with great views of Okanagan Lake and downtown Kelowna.

The surroundings don't fall off once the golf ends. Set in fertile, high desert, fruit growing country between the Cascade and Rocky Mountains, the Okanagan Valley offers an average temperature of 27 degrees Celsius in the summer, 110 kilometres of picturesque shoreline, dusky hills and blossoming orchards.

With preferred tee times, five accommodation levels to choose from and transportation partners in place, the Okanagan Golf Alliance offers a variety of custom packages that make it easy for anyone to golf in the morning and tour a winery in the afternoon.

Central reservations through our toll free number make Stay and Play packages easier than ever before, and the Okanagan Golf Alliance a leader in destination golf, with repeat and referral business growing like the grapes that have made the area famous. ■



Okanagan Golf Alliance
2725 K.L.O. Road
Kelowna, BC V1W 4S1
Reservations: 1 800 930-4622
Website: www.spectaculargolf.com



Purchasing a Piece of Paradise

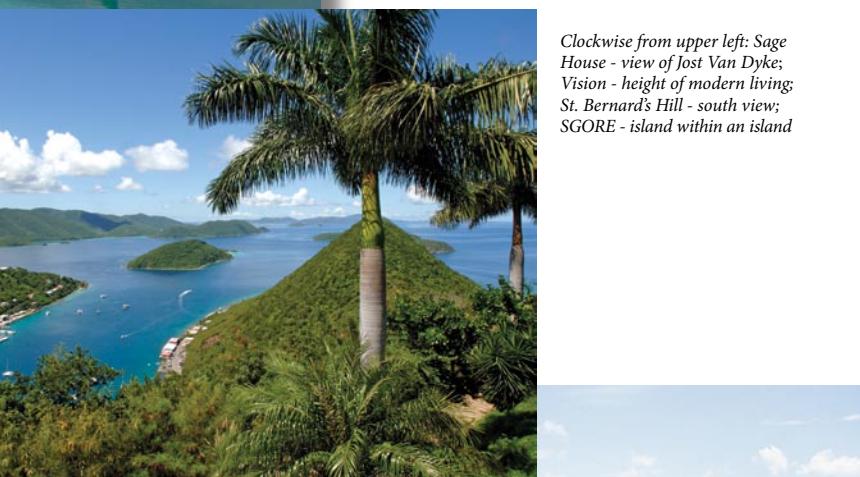
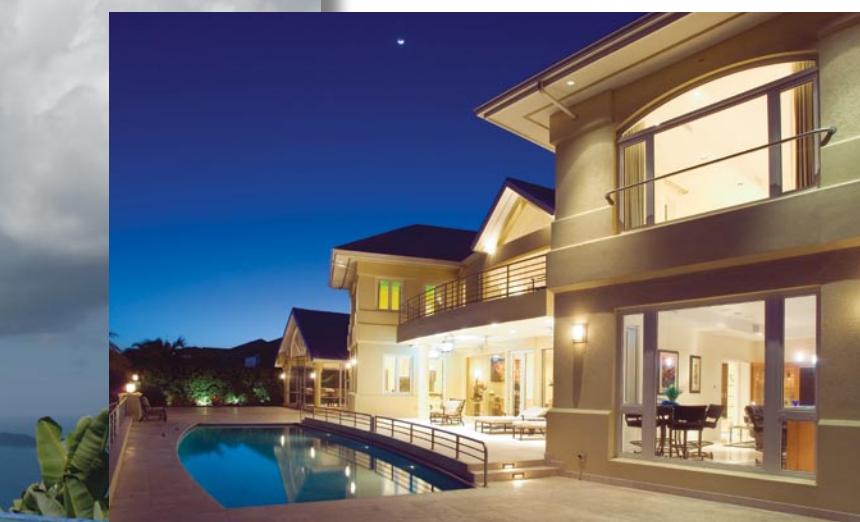
By Janet Collins

Given the wild winter weather Canadians have experienced recently, it's little wonder more than a few residents of the Great White North may be thinking of fleeing to a warmer clime. Some, no doubt, may even be considering a permanent move or at least a second home. Purchasing a piece of Caribbean paradise just might be the answer.

As with any property purchase, investing in Caribbean real estate has its pros and cons. Of course, buying anything outside of Canada has some added complications. But for many, especially those who take the time to understand the local market, tax implications and so forth, investing in the Caribbean might be a worthwhile investment.

The Cayman Islands

"Investing in real estate in the Cayman Islands is a fairly simple and risk-free opportunity," says Paul Young, a luxury property specialist with Vision Real Estate (an exclusive affiliate of Christie's Great Estates), of the Cayman Islands. "Unlike a purchase in Canada or the USA which is subject to yearly property tax and estate tax, [here] the government levies a one time stamp duty. This one time payment is made when the property is purchased. Should the property be sold, there are no additional government fees." Needless to say, those savings can add up.



Clockwise from upper left: Sage House - view of Jost Van Dyke; Vision - height of modern living; St. Bernard's Hill - south view; SGORE - island within an island



www.GoodLifeConnoisseur.com



Clockwise from above: El Paradiso in Nassau - Bahamas - \$2.2 million; L'Ecume De Mar - Sibarth; Lloyds - HGCRS; Altman - Trump Villas; Lloyds - HGCRS; Pierre Carribes - island contemporary



"The Caribbean market has moved considerably upward since 2001"

Over the last 30 years, the Cayman Islands have matured into one of the world's largest international financial centres. George Town, the capital located on Grand Cayman, is the nucleus of this international centre.

Daily direct flights from Toronto, no estate tax, low crime levels and good access to health care make the Cayman Islands an attractive place for many Canadians to invest. Young says the average two-bedroom apartment away from the water will set you back about US \$300,000 while apartments and houses on the water start at about \$365,000. Those looking for more luxe in their living space might select from the spacious apartments on Seven Mile Beach which fetch between 1 and 4 million. "We've seen a recent surge in the acquisition of raw oceanfront parcels by foreign investors," says Young. "Appreciation has been steady and strong for many years, making Cayman an ideal and safe location to purchase property."



It's little wonder more than a few residents of the Great White North may be thinking of fleeing to a warmer clime

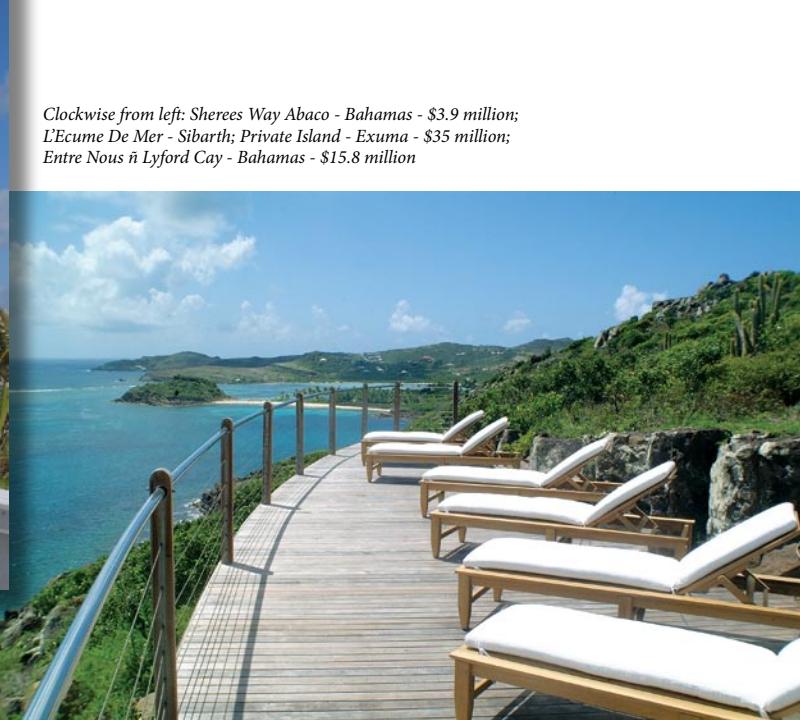
St. Maarten and Anguilla

The January 8, 2007 edition of the Daily Herald, St. Maarten noted a 16% increase in the number of private jets landing at Princess Juliana International Airport (located 15 kilometres northwest of Philipsburg on St. Maarten), and construction of a separate facility for corporate jets to be complete in a few months. Doubtless several passengers on those flights have invested in property on these beautiful islands.

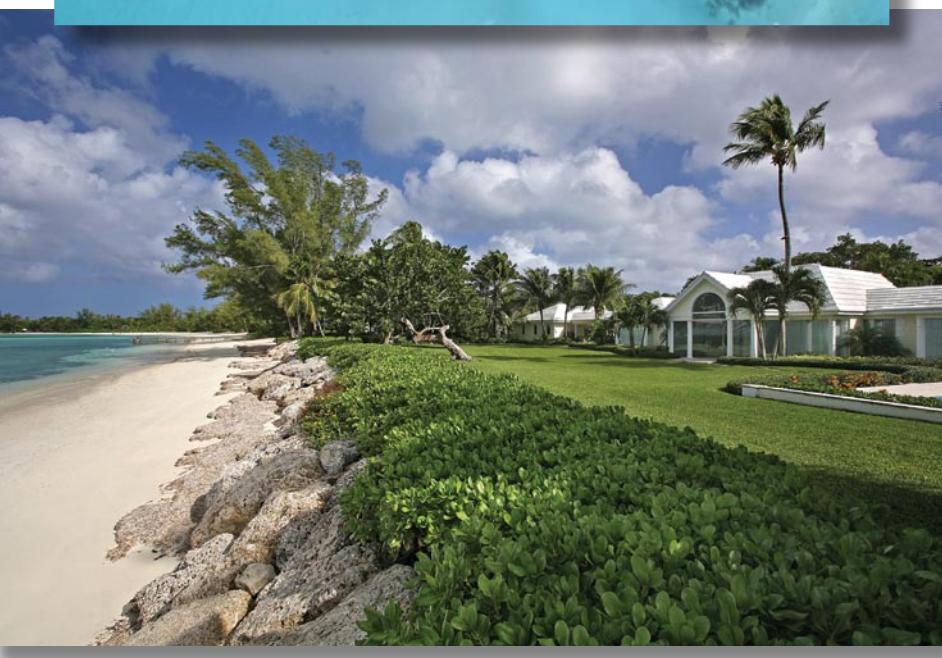
"The real estate boom is happening on an island in higher and higher demand," says Andie Richardson of Romac Sotheby's International Realty, headquartered on St. Maarten, Netherlands Antilles. "Gated communities and private villas with sea views are very popular here." Richardson notes that Jennifer Aniston and Brad Pitt's break-up on Anguilla's shores has brought much attention to that island as well.

"The real estate boom of the past four years indicates Anguilla as the potential jackpot of all investing in this wealth," Richardson says. "Condo prices range between US \$240,000 and \$420,000 while beach villas demand around \$1.5 million. Studios on St. Regis Golf and Meads Bay Beach start at \$1.4 million. Anguilla is home to the most luxurious villas in the world and gated communities are now flourishing everywhere."

Richardson notes that the pace of purchasing real estate in the Caribbean may differ from what Canadians are used to at home. "The sweetest nightmare one could live," sums up Richardson's description. "Numbers will dance around as months and dollars will keep building up. The wait for the Alien Land Holding License can teach enduring patience. Customs officers will become your best friends." But there's a prize at the end; a piece of tropical paradise to call your own. "Current prices in similar privileged locations like Monaco, the South of France, St. Barts, Aspen, South Beach, South Hampton and Martha's Vineyard would perfectly compare to those of Anguilla," says Richardson, noting another attraction to buying here.



Clockwise from left: Sherees Way Abaco - Bahamas - \$3.9 million; L'Ecume De Mer - Sibarth; Private Island - Exuma - \$35 million; Entre Nous n Lyford Cay - Bahamas - \$15.8 million



British Virgin Islands and other areas of the Caribbean

Edward Childs of Smiths Gore Overseas Limited in Tortola, British Virgin Islands (Smiths Gore, one of the oldest firms of land agents in the UK, with offices in the British Virgin Islands is an affiliate of Christie's Great Estates) has also noted an increase in foreign property purchases over the years. "Land, villas and condos are the most commonly purchased properties," says Childs. "More frequently investors are looking at master planned communities where a resort may have branded a property."

"The Caribbean market has moved considerably upward since 2001," Childs continues. "Many islands are now experiencing purchasers who do not require mortgages, where a second home in the US \$2 to \$5 million price range (cash) is not exceptional. The top end of the market still tends to be the purchaser who wishes to purchase land and build their dream home."

Childs notes prices vary from island to island. "At the high end, Anguilla, Barbados, parts of the Bahamas, St. Barts and Mustique can achieve prices on individual homes in excess of US \$15 million. Other islands will typically have villas from \$5 to \$8 million with some exceptional properties in excess of this. Middle range villas will typically be in the \$1 to \$3 million price range with condos in the \$500,000 to \$2 million range. This is very much a broad brush overview. In addition to the price for the property, closing costs are certainly a consideration for most investors. Some islands charge stamp duty or transfer tax to the purchaser, some to the vendor and just a few to both. Against this, many islands are otherwise tax free locations with no capital gains or estate tax."

The variations in taxes and other costs can be a virtual minefield for the less-than-savvy potential property purchaser, to say nothing of the process problems that Richardson alluded to. Childs has compiled the knowledge he has gathered over the years into a very informative article entitled *Buying Property in the Caribbean*. Covering everything from reasons people invest in property in the Caribbean to factors influencing investment (e.g. political stability, standard of living, currency rates), it is a useful tool for anyone thinking of purchasing a bit of Caribbean paradise. After all, even a seemingly straightforward matter such as who owns the title to a property is not necessarily what it seems in some parts of these idyllic isles.

Another word of caution: different countries have different standards for real estate agent licensing. In some areas, licensing procedures are similar to those in Canada, i.e. the agent goes through a training program before being granted a license to sell. In some Caribbean jurisdictions, no license is required. In others, real estate agents, attorneys and others do not need to disclose any potential conflict of interest. So it pays to do your homework before signing on the dotted line.

"I would recommend that anyone purchasing property in any [Caribbean] jurisdiction take advice from a real estate attorney and allow them to handle the transaction, ensuring your purchase comes with a clean title," says Young, noting an added bonus of doing this. "Many of our real estate attorneys are, in fact, Canadian." Who better to tell you about any aspect of the transaction that might have special implications for Canadians? ■



Clockwise from top left:
Elbow Room n Elbow Cay -
Abaco - Bahamas - \$2.175 million;
Weatherside n Lyford Cay -
Bahamas - \$25 million
(both photos)



Many islands are now experiencing purchasers who do not require mortgages



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To find out more:

As with any investment, caveat emptor. Foreign Affairs and International Trade Canada has published an informative booklet for anyone thinking of living abroad. Although it is geared towards those wishing to retire in a foreign country, the booklet contains plenty of useful information, such as tax and dual nationality information, for other Canadians wanting to spend part of their time – or all of their time – at property they own in another country. Retirement Abroad: Seeing the Sunsets can be viewed online at www.voyage.gc.ca/main/pubs/retirement_abroad-en.asp

If you're thinking of buying property – including premier timeshare and increasingly popular fractional properties – in the Bahamas, Maxine Hussey, director of operations for Damianos Sotheby's International and Lyford Cay Properties Sotheby's International Realty, strongly recommends contacting the Investment Authority; the Ministry of Financial Services and Investments is a reliable source of information. If they can't answer your specific questions, they can certainly tell you who can.

www.investbahamas.org

Predator Ridge



Generally speaking, there are two types of residential housing; the permanent residence and the vacation home. Planned resort community living deftly combines the two with the word "resort" acting as a pivotal anchor to the concept.

"We really are marketing a lifestyle," says George Planiden, general manager for Predator Ridge Developments Ltd. in Vernon, BC. "Our buyers tend to be 45 to 55 years old, on average, and are generally looking for a carefree lifestyle."

And what a lifestyle! Not only is Predator Ridge located near both Silver Star and Big White ski resorts, but it's also in close proximity to both Kalamalka and Okanagan lakes. BC's most prominent wine growing region is also in the area. Throw in the famous namesake Predator Ridge golf course (new memberships are only available to property owners), and it's readily apparent why outdoor enthusiasts are attracted to the property. Other distractions such as restaurants, an Aveda spa, miles of hiking and walking trails, a fitness centre that boasts a 25m indoor lap pool and top-of-the-line gym equipment and the entertainment offerings of nearby Vernon and Kelowna up the appeal factor for those less enamoured with life on the links.



Resort developments are notable for offering an array of accommodation options that appeal to potential buyers with a wide range of interests and individual needs. Predator Ridge is no exception.

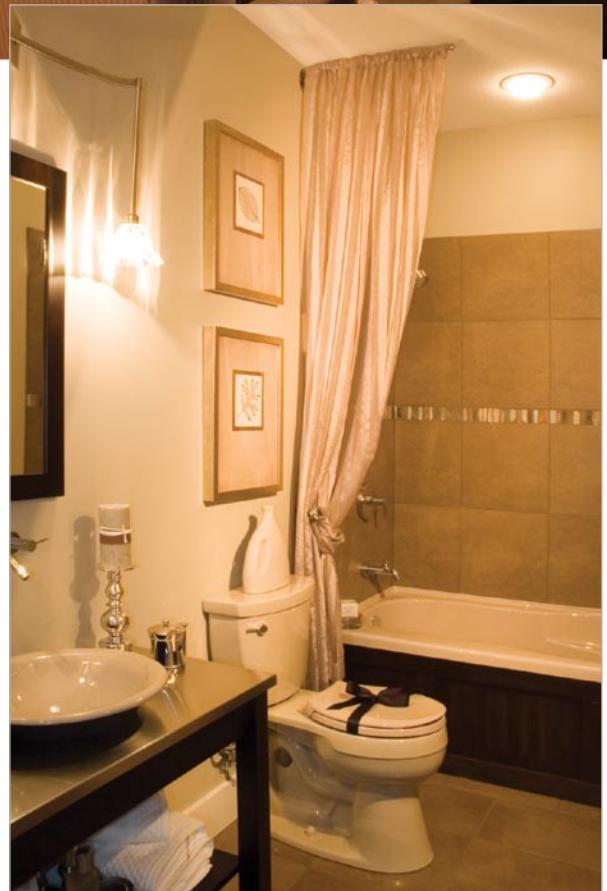
"Call me biased, but I think Predator Ridge is located on the prettiest 1200 acres you can find anywhere," says Planiden. Set against a backdrop of beautiful hills and fairways, it's as far away from city living as you can get while still being civilized. In addition, careful neighbourhood planning ensures the perfect balance between golf courses, natural spaces and homes. And the accommodations are among the best around.

In fact, in Predator Ridge has captured several CHBA Provincial "Georgie" Housing Awards. The development has also earned a total of nine golds at the Thompson Okanagan Housing Awards. Most recently, Predator Ridge was awarded as the best production home in Canada (over 2500 sq ft) for 2006, by the Canadian Home Builders Association National SAM Awards.

All houses in the development boast Craftsman-style design which helps them blend in with their natural surroundings. One option, Osprey Coach Homes, measures almost 2000 square feet and overlooks the golf course. "They are great value compared to Vancouver prices," notes Planiden. Potential buyers agree. "Last year we sold out the first phase in just two hours," he says. "The response was so good we'll be releasing more units in late spring 2007."

Part of the attraction of the Osprey Coach Homes is the incredible views over the adjacent fairways. But these remain very private residences, thanks to generous overhangs on balconies and decks.

"I think Predator Ridge Golf Resort Community will especially appeal to people looking for a second home in one of BC's prime recreation areas," says Planiden. "If the highest quality and a relaxing lifestyle are part of the equation, you can't do better than Predator Ridge." ■



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Giving and Receiving

Wealthy individuals are changing the way we give

By James Dolan

For many, charity means little more than unloading the change in their pockets when a canvasser shows up at the door. But for a growing number of high-net-worth (HNW) individuals, charity means more.

How much more? In 2005, the T. Stenner Group, a Private Family Office that manages wealth for families with a net worth greater than \$10-million, commissioned a survey to find out. The results revealed a strong sense of altruism among the wealthy. Fully 87% of respondents planned to leave more than 10% of their net worth to charity. Sixty-two percent of respondents had made a donation of more than \$100,000 in the past year; 5% had made a donation of over \$1-million. That's not nickels and dimes.

The reason for this generosity? "I think it comes from a desire to create significance – to make life meaningful beyond the family," says David Temple. As an estate planning specialist for CIBC Wood Gundy, philanthropy and charitable giving are core components of the service he offers to wealthy clients. "That's the ultimate source of any charitable gift – the desire to communicate what we believe in, and define our purpose on Earth."

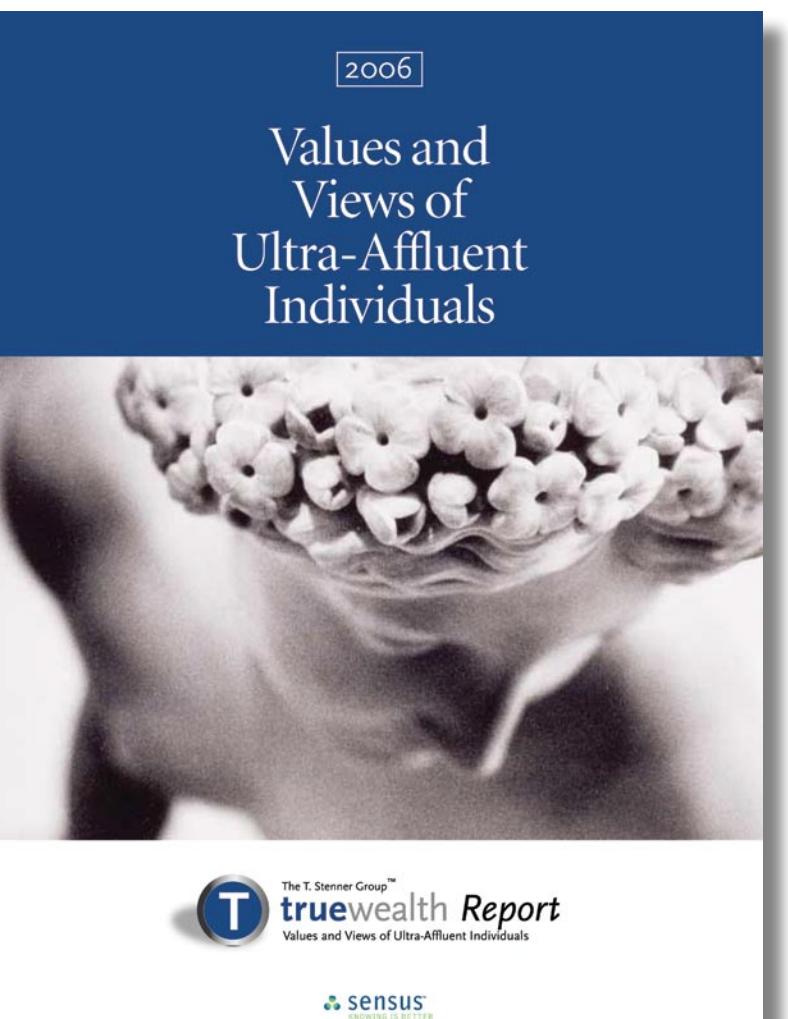
As Temple will tell you, it's an idea that seems to have captured the imagination of the HNW population over the past several years. "The wealthy have always been interested in making a difference," he admits. "What has changed, however, is the attention large gifts and grants receive."

Case in point: Microsoft billionaire Bill Gates, richest man in the world, who made headlines for his eponymous foundation, which he created with a gift of some \$26 billion of Microsoft stock. The foundation attracted additional attention in 2006 when Gates' close friend and fellow billionaire Warren Buffett announced that upon his death, the bulk of his wealth – some \$31 billion of it – would be passed on to the Gates foundation.

Of course, tax regulations have played a part as well. As Temple points out, the federal government recently eliminated capital gains on donations of publicly traded securities to registered charities or public foundations. "A favourable tax environment doesn't make people give," he observes. "But it certainly encourages people to give more."

Whatever the reason, it's clear that charitable giving is much more of a strategic consideration. Previously, charitable giving was largely a private matter – something the individual decided personally or perhaps with the help of a few close family members, typically near the end of his or her life. "Today, it's considered part of the broader financial planning process," he says. "Many times it's a topic raised in the first few sessions with the client, right at the start of the relationship."

More and more, wealthy business owners, entrepreneurs and executives are establishing private foundations



This emphasis on planning is largely a response to a changing approach to giving among HNW business owners and entrepreneurs. Instead of giving wealth away at the end of their lives, these self-made men and women are identifying charitable goals early and devoting more of their time and money to their chosen causes while alive. "Once they achieve success with their business, they start looking for the next big challenge," Temple points out. "A lot of times, charitable work fits the bill."

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One of the central benefits of a foundation is the ability of assets to grow free of tax within the foundation.

This shift is causing subtle but profound changes in the entire non-profit sector. Increasingly, donors want to know what good their money is doing, and are attaching "strings" to their donations – money must be used for specific purposes, defined by the donor and agreed upon before the donation is given. There are more requests for detailed reports on charitable activities and programmes in an effort to ensure donations are used properly. The result is a new era of accountability among existing charities and a drive by charities to make their organizations a lot like businesses. "It's what wealthy donors understand," he says.

Yet there remains an undercurrent of distrust of charities and non-profit agencies among the wealthy. In a recent survey by Philanthropy Now, a US-based philanthropy research group, some 65% of HNW Americans surveyed felt that charities do not utilize donations wisely.

The result is a burgeoning "do-it-yourself" attitude towards charitable giving. More and more, wealthy business owners, entrepreneurs and executives are establishing private foundations to help them accomplish their charitable goals. "These people are used to taking a leadership role in the things they do," Temple observes. "A charitable foundation is a structure that allows them to be in the driver's seat when it comes to giving their money away."

As he explains, a charitable foundation is a separate legal entity that exists to make donations to registered charities. While creating one requires specialized legal advice, the basic process is fairly simple. After registering the foundation with authorities, the donor makes an irrevocable donation of funds; these funds form the pool of capital from which the foundation will make donations to various charities. As long as the foundation follows the government's pre-set guidelines that dictate the minimum amount a foundation must disburse to maintain its status, this pool of capital can grow free of tax.

That tax-free growth is one of the main benefits of a foundation. Depending on the investment choices made by the foundation's board, this growth can transform a one-time contribution into years or even decades of good work.

Flexibility is the other main benefit of a foundation. Foundations can be established for any charitable purpose (subject to government guidelines, of course). That makes it easy to make regular contributions to specific charities, or case-by-case basis donations to a range of charities within a broad mandate.

A foundation can also be an excellent way for HNW individuals to establish a family tradition of philanthropy and community involvement. And of course, donors can enjoy the pleasure of knowing their donations will help to build a legacy that will survive long into the future.

Sounds attractive enough. But setting up a foundation isn't something to be taken lightly. "You need to be committed to the process," Temple explains. In addition to the various costs and fees, a foundation requires a good deal of ongoing time from its founder and board members. "It's not for people who want to write a cheque and forget about it," he says.

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So, how do you do it? How do you set up your own charitable foundation? Temple offers the following process as a general guideline:

Step 1: Identify charitable goals

"To be successful, a foundation needs a clearly defined charitable purpose," he says. To that end, founders need to identify what they are looking to do with their charitable dollars well before they set out to create their foundation.

Step 2: Establish giving parameters

Once you know what you are trying to accomplish with your donation, Temple suggests spending some time establishing what he calls "giving parameters" – rough guidelines that dictate the kinds of distributions your foundation will make. What specific organizations and charities will the foundation support? Will the foundation be part of a national or global effort, or focus on issues and causes in the founder's community? The answers to these questions will lay the groundwork for the work that comes after.

Step 3: Select a board

As the "brains" of the foundation, the board plays a pivotal role, overseeing financial disbursements, conducting reviews of financial and charitable policy and examining requests for funding. Many founders wish to include family members on their foundation's board, but there's no rule that says you must. "You want people with sound business sense," he says. "Ideally, those people will believe in the foundation's purpose as strongly as the founder does."

Step 4: Establish investment policy and asset allocation

One of the central benefits of a foundation is the ability of assets to grow free of tax within the foundation. As those assets grow, they will need to be professionally managed and monitored. For obvious reasons, you want a conservative manager, someone who has experience dealing with the annual cash requirements of a foundation.

Step 5: Monitoring and review

"A foundation isn't something you create and then walk away from," Temple states bluntly. Once created, the foundation's board will need to establish a regular schedule for detailed reviews of both investment performance and the foundation's policies and procedures. It's a good idea to check up on past bequest recipients as well. "That way you know the dollars are actually going to their intended destination," he adds.

Temple admits that setting up a charitable foundation is not for everybody. But for those attracted to the more disciplined, business-minded approach that a foundation offers, it can be an excellent way to ensure they get the most bang for their charitable buck. "At the end of the day, charitable giving is about doing good work," he says. "Ultimately, the structure you choose to make that gift doesn't matter, as long as it allows your money to make a difference in the world." ■

For more information on the T. Stenner Group 2006 TrueWealth Report, please visit www.truewealthreport.com

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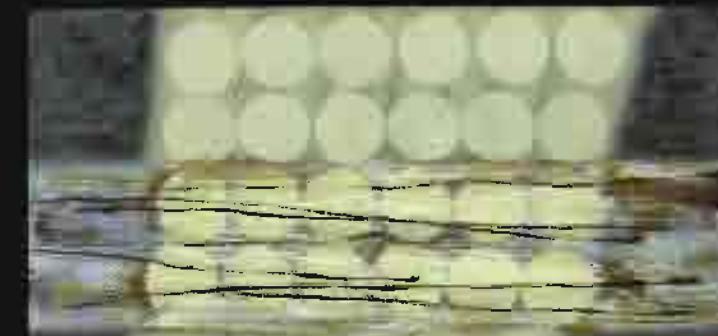
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The Power of Choice

By Jonni O'Connor, PhD

As human beings, our greatest gift is the power of choice, yet it's the first thing we forget when times are tough. When we feel challenged – emotionally, physically or mentally – we often feel frustrated, stuck, in a rut, boxed in, closed up and limited. These feelings all point to the fact that we are forgetting the powerful gift of choice.

We say things like "But I have no choice, I can't leave," or "I'm not smart enough," or "I can't do that," or "It's too hard," or "There's something wrong with me." We blame outside people, places and things and don't give ourselves as much credit as we deserve. We are so quick to see and announce the illusions of our perceived limits, our seeming lack of choice, but it's really just the old 'can't see the forest for the trees' kind of thing. What's happening is that our sense of limit begets more sense of limit. Our current perspective, our limited reality is all we are working with and therefore all we see. We are not recognizing choice. In fact, we often deny that we even have any. Because we so desperately want out of our situation, we cannot see the smaller steps around us that are capable of leading us out of this challenge. We lament that we need a silver bullet, a miracle, a lottery winning, a new body, a new life!

What's needed here is a fresh perspective – a bigger, broader one. We need to pull way back from our particular situation, to a place that almost neutralizes our personal emotional attachment to it. That's the first step, and potentially the most significant, because once we pull back, we are already using the power of choice. We are choosing to see our situation in a new light and from a new angle – and that's already a huge shift. This first step is crucial to any other choices we may see now.

If someone has particular difficulty taking that first step alone, then that's one of the reasons they might go to see someone like myself. My job is to stretch and pull and shift them out of their comfort vision of "stuckness," out of their "there's nothing I can do about it," stance. I feel their resistance but I keep stretching them and showing them the baby



Like exercising for the body, making choices is a conditioning experience for the mind and emotions.

Even in its most micro-detailed way, the power of choice is so effective. It's so liberating. We can use our free choice every day, all day, just to keep it in shape. Like exercising for the body, making choices is a conditioning experience for the mind and emotions. Even for the most seemingly mundane things such as "What do I crave for dinner?" "What do I want to wear?" "Do I feel like going to the movies?" This practice of choice does what any practice does. It hones our skill level into a real accomplishment. It tones us so that it becomes easy and effortless to make choices, to effect change, to empower ourselves. The flow that comes from making choices keeps moving us forward in our life in exactly the way we have chosen it. "Stuckness" becomes a thing of the past, because once we've made so many choices that serve us, we have built trust in our abilities. Now the power of choice comes full circle. What was once closed and limited becomes open and unlimited. And there is always power in that kind of shift. ■

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