

# GOOD LIFE CONNOISSEUR

*The Connoisseur's Choice In Luxury Living*

## LUXURY RIDES

*2009's Convertible Standouts*

## LUXURY LIBATIONS

*Discover the New World of Pinot Noir*

## HOUSE & HOME

*Ultimate Sleeping Environments*

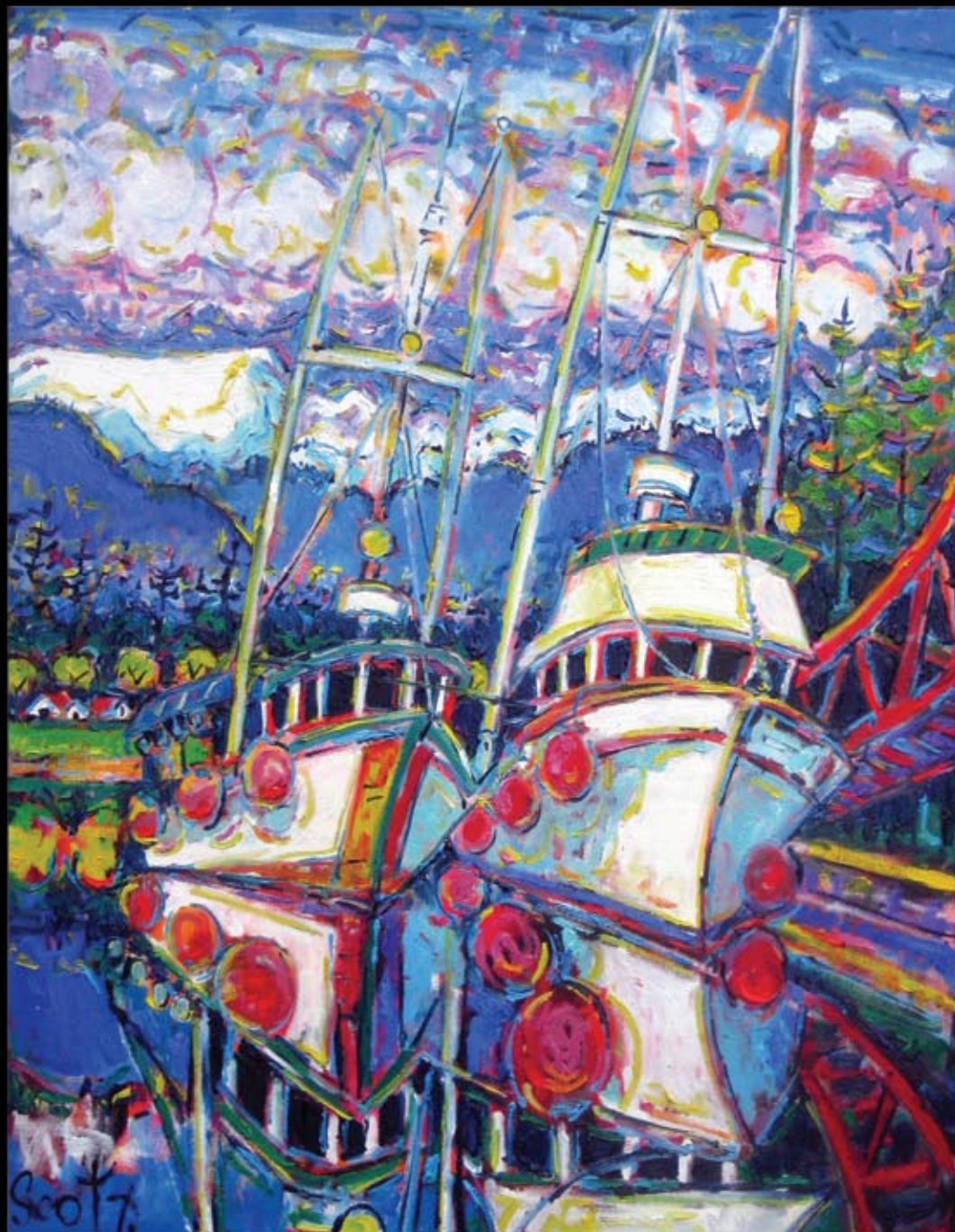


Publication Mail Agreement 41124091

# NEW ZEALAND

## The Youngest Country On Earth

# Brian Scott



Size: 30 x 40  
Fish Boat Comox Glacier  
Oil on Canvas

[www.BrianScottFineArt.com](http://www.BrianScottFineArt.com)

RICHARD STRAUSS

MAY 2 • 5 • 7 • 9, 2009

# SALOME

Strauss's magnificent study of obsession under a strange moon.



VANCOUVER  
OPERA

**BUY YOUR TICKETS NOW!** [VANCOUVEROPERA.CA](http://VANCOUVEROPERA.CA) | 604-683-0222

ALL PERFORMANCES 7:30PM • QUEEN ELIZABETH THEATRE • IN GERMAN WITH ENGLISH SURTITLES™

PRODUCTION SPONSOR:



VANCOUVER OPERA MEDIA SPONSORS:

THE VANCOUVER SUN



GOV'T SUPPORT:



Conseil des Arts  
du Canada





# CORK & CANVAS

## Wine & Art Festival 2009

*in support of the Calgary Philharmonic Orchestra*

**Pacific Wine & Spirits Portfolio Wine Tasting**

**Willow Park Wines & Spirits**

Tuesday, March 31, 2009 - \$45

**Connoisseur Technical Wine Tasting**

**Willow Park Wines & Spirits featuring Joseph Drouhin Wines**

Thursday, April 2, 2009 - \$125

**Winemaker's Dinner — Art & Wine Auction**

**Petroleum Club featuring Joseph Drouhin Wines**

Saturday, April 4, 2009 - \$225

**Purchase your tickets today!**

**403.571.0268**

**cpo-live.com**



### Contents

#### Cover Story

Travel & Resorts

13 New Zealand

The Youngest Country on Earth *By Terry Tremaine*

#### Features

House & Home

28 Ultimate Sleeping Environments *By Debbie Travis*

Recreation

32 One Plane or Two Plane? *By Brent Morrison*

Luxury Libations

36 The New World of Pinot Noir *By Barbara Philip, MW*

Belgian Beers

40 Trappist Breweries *By Marcia & Gavin Strang*

Style

46 Spring Style 2009 *By Catherine Dunwoody*

Innovations

50 Out with the Old and In with the New! *By Steve Dotto*

Health & Wellbeing

56 Healthy Lifestyle Reduces Stroke Risk *By Sandra Tonn, RHN*

Luxury Rides

58 2009's Convertible Standouts *By Tony Whitney*

Wealth

62 Rebuilding the Affluent Nest Egg *By Adrian Mastracci*

Culture

66 Planting Seeds of Abundance *By Dr. Lesley Horton*

#### Profiles:

24 Signature Vacations

54 Copeman Healthcare Centres

On the cover:

*Wharekauhau Country Estate—Wairarapa, New Zealand*

*Photographer: Connie Ekelund*

*Camera: Sony A 700*

**SONY®**

[www.GoodLifeConnoisseur.com](http://www.GoodLifeConnoisseur.com)





GOOD LIFE  
CONNOISSEUR  
The Connoisseurs Choice in Luxury Living

Volume 7 | Spring 2009  
www.GoodLifeConnoisseur.com

Contributing Editors



**Steve Dotto** is host and executive producer of the nationally-televised computer show “Dotto Tech,” a “how-to” technology show teaching Canadians how to get more out of their computers and digital devices. Steve also pioneered Canada’s first multicast show by hosting “Dotto on Data,” another computer-based production which is seen on the national level. His column each issue will look at the most compelling technology nuggets he finds in his high tech journeys. [Steve@GoodLifeConnoisseur.com](mailto:Steve@GoodLifeConnoisseur.com)

**Catherine Dunwoody** is a journalist, photography producer, stylist and creative director. She holds the post of Western Editor at LouLou, Canada’s shopping magazine, and her freelance clients include publications like Nuvo, Sweetspot.ca, Western Living, People, Entertainment Weekly, and HomeSpa. Catherine is often seen as a guest style expert on TV, including CTV’s “Good Morning Canada,” Life Network’s hit series “The Shopping Bags,” and MTV. [Catherine@GoodLifeConnoisseur.com](mailto:Catherine@GoodLifeConnoisseur.com)



**Dr. Lesley Horton, M.D.**, is a life and wellness coach who helps people to rediscover their sense of passion, purpose and possibility. Believing that following our dreams and our heart is the best preventive medicine of all, Dr. Horton offers workshops and one-on-one sessions with clients to help them reconnect with their healthiest, most vibrant and alive self. [DrLesley@GoodLifeConnoisseur.com](mailto:DrLesley@GoodLifeConnoisseur.com)

**Adrian Mastracci** is Portfolio Manager and Registered Financial Planner (R.F.P.) at KCM Wealth Management Inc. KCM is an independent, “fee-only” portfolio management and financial advisory firm founded in 2000. Their specialty is designing and managing long-term investment portfolios. With extensive expertise, Adrian coordinates clients’ portfolios with their retirement aspirations, risk tolerances, estate matters, tax implications and business planning needs. [Adrian@GoodLifeConnoisseur.com](mailto:Adrian@GoodLifeConnoisseur.com)



**Brent Morrison** was named “Teacher of the Year” by both the Canadian and British Columbia PGA in 1998, and is consistently recognized in the ranks of *Golf Magazine’s* “Top Regional Teachers.” His passion for teaching is realized both in instructing adult programs and junior preparatory initiatives. Brent is the Director of Instruction at the Brent Morrison Golf Academy, located at Pheasant Glen Golf Course in Qualicum Beach, BC. [Brent@GoodLifeConnoisseur.com](mailto:Brent@GoodLifeConnoisseur.com)

**Barbara Philip, MW**, was the first Western Canadian to achieve the Master of Wine designation and is the only female MW in Canada. She is Curriculum Department Head for the International Sommelier Guild (ISG) and a guest instructor for the Wine and Spirit Education Trust (WSET). Recent appearances include presenter for the Vinho Verde Commission in Vancouver and Calgary, and panellist at VieVinum in Vienna. Barbara is a judge for the Vancouver Magazine Awards and the Decanter World Wine Awards in London. [Barbara@GoodLifeConnoisseur.com](mailto:Barbara@GoodLifeConnoisseur.com)



**Marcia & Gavin Strang**, have left no microbrewery or beer-making abbey unexplored. They have researched every style of beer from incredibly bitter IPAs and intensely sour Geuze beers, to the sweetest of Belgian fruit ales and roastiest Imperial Stouts. With an endless thirst for knowledge, the Strangs have scoured North America and Europe for the last ten years by motorcycle, bicycle, and in their small airplane, searching for the world’s best and most satisfying beer destinations available. [MGStrang@GoodLifeConnoisseur.com](mailto:MGStrang@GoodLifeConnoisseur.com)

**Sandra Tonn, RHN**, is a registered holistic nutritionist, natural health journalist and whole food nutrition teacher on faculty with the Canadian School of Natural Nutrition and the Canadian Initiative for Elder Planning. She is also a certified hatha, yin and kids’ yoga instructor, a university student of thanatology, and a hospice volunteer. [Sandra@GoodLifeConnoisseur.com](mailto:Sandra@GoodLifeConnoisseur.com)



**Debbie Travis** is the beloved home decorating icon who has produced and hosted three highly successful television series, including *Debbie Travis’ Painted House*, *Debbie Travis’ Facelift* and *From the Ground Up with Debbie Travis*. She is also known for her weekly syndicated column “Debbie Travis’ House to Home” which appears in many newspapers, and she has authored eight books on decorating and painting techniques. Debbie has received eleven Gemini nominations and has won four Gemini Awards, the Crystal Award for Creative Excellence, The Person of the Year Award from McGill University and the Libris Award for Book of the Year. [Debbie@GoodLifeConnoisseur.com](mailto:Debbie@GoodLifeConnoisseur.com)

**Tony Whitney** is a journalist and broadcaster specializing in the automobile sector. His work has appeared in major newspapers across Canada and in business, lifestyle, automotive and specialist magazines and websites in North America and abroad. Based in Steveston, B.C., he has appeared on the network TV show *Driver’s Seat* for more than 20 years. Past president of the Automobile Journalists Association of Canada, he is a juror for North American Car and Truck of the Year and a long-time adjudicator for the Canadian Motorsport Hall of Fame. [Tony@GoodLifeConnoisseur.com](mailto:Tony@GoodLifeConnoisseur.com)



[www.GoodLifeConnoisseur.com](http://www.GoodLifeConnoisseur.com)

Legend has it that  
Ina rode a shark to  
be with her lover.

You can simply take  
the plane.



Perhaps it’s the legacy of the beautiful Ina, who rode a shark from Aitutaki to Rarotonga to reach her lover Tinirau. Perhaps it’s the endless azure waters, the tiny, tranquil islands or the deserted white sand beaches. Whatever the reason, this place is so peaceful, powerful and insanely romantic, it’s very easy to fall in love.

Cook Islands  
ROMANCE

[www.cookislands.travel](http://www.cookislands.travel)



# GOOD LIFE CONNOISSEUR

The Connoisseurs Choice in Luxury Living

Volume 7 | Spring 2009  
[www.GoodLifeConnoisseur.com](http://www.GoodLifeConnoisseur.com)

## Publishers

**Publisher**  
Terry Tremaine | [Terry@FusionPublishingInc.com](mailto:Terry@FusionPublishingInc.com)

**Associate Publisher**  
Connie Ekelund | [Connie@FusionPublishingInc.com](mailto:Connie@FusionPublishingInc.com)

## Editorial

**Editor**  
Connie Ekelund | [Connie@FusionPublishingInc.com](mailto:Connie@FusionPublishingInc.com)

**Editorial Assistant – Copy & Proofing**  
Anya Levykh | [Anya@FusionPublishingInc.com](mailto:Anya@FusionPublishingInc.com)

## Art Director & Production

**Production Design**  
Aitan Roubini | [Aitan@FusionPublishingInc.com](mailto:Aitan@FusionPublishingInc.com)

## Photography

**Staff Photographer**  
Connie Ekelund | [Connie@FusionPublishingInc.com](mailto:Connie@FusionPublishingInc.com)

## Advertising

**Advertising Inquiries**  
Terry Tremaine | [Terry@FusionPublishingInc.com](mailto:Terry@FusionPublishingInc.com)

## Account Managers

Randy Chaster | [Randy@FusionPublishingInc.com](mailto:Randy@FusionPublishingInc.com)  
Lorrie Holmes | [Lorrie@FusionPublishingInc.com](mailto:Lorrie@FusionPublishingInc.com)  
Colleen Killorn | [Colleen@FusionPublishingInc.com](mailto:Colleen@FusionPublishingInc.com)  
Patti Mertz | [Patti@FusionPublishingInc.com](mailto:Patti@FusionPublishingInc.com)  
Maureen O'Brien | [Maureen@FusionPublishingInc.com](mailto:Maureen@FusionPublishingInc.com)  
Marie Richards | [Marie@FusionPublishingInc.com](mailto:Marie@FusionPublishingInc.com)  
Beatriz Zuniga | [Beatriz@FusionPublishingInc.com](mailto:Beatriz@FusionPublishingInc.com)

## Marketing

**National Marketing Group**  
Synergy CMC | [info@Synergy-CMC.com](mailto:info@Synergy-CMC.com)



## Published by

### Fusion Publishing Inc.

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

**USA Office**  
Fusion Publishing Inc.  
#1537 – 145 Tyee Dr.  
Pt. Roberts, WA  
USA 98281-9602  
888.925.0313

## Circulation & Distribution

Canada Post  
Newsstand  
Zinio

## Subscriptions

Subscribe to Good Life Connoisseur Magazine:  
888.925.0313 Extension 1001  
[info@GoodLifeConnoisseur.com](mailto:info@GoodLifeConnoisseur.com)  
[www.GoodLifeConnoisseur.com](http://www.GoodLifeConnoisseur.com)  
Full Subscription Price: 1 year \$24.95

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

Good Life Connoisseur is published four times a year by Fusion Publishing Inc.  
© Fusion Publishing Inc. All rights reserved.  
Any reproduction or duplication without prior written consent of Fusion Publishing Inc. is strictly prohibited.  
The information in Good Life Connoisseur has been carefully compiled from sources believed to be reliable, but its accuracy is not guaranteed.

[www.GoodLifeConnoisseur.com](http://www.GoodLifeConnoisseur.com)

# GOOD LIFE Living Green

INFORM & INSPIRE

Good Life Living Green magazine is a consumer lifestyle and business publication, that will appeal to anyone who is interested in taking a mainstream approach to environmental issues.

Report On Green Energy is a special interest section offering investors background information on Alternative Power and Green Companies.



Get your FREE subscription to Good Life Living Green magazine, plus have the opportunity to support one of our favourite non-profit organizations.

Save a tree, try our digital magazine instead!

Subscribe at:

[www.GoodLifeLivingGreen.com](http://www.GoodLifeLivingGreen.com)





We are quite lucky that we are able to travel more than most. Those less fortunate generally have two questions for us. The first is, “What’s your favourite destination?” to which I always respond, “The next one.” The second is, “What did you like most about a particular destination?” to which I always respond, “The people.” To me that’s what travel is all about, the people you meet and the different culture they represent.

In New Zealand, it was definitely “the people” and their “can-do” attitude. There is no doubt it is a most picturesque country—of which we saw far too little and so must return at some point. But the New Zealanders’ attitude that there is nothing they cannot do if they only make the effort, is very refreshing. Their creativity in finding solutions to problems is remarkable.

Everything they are known for—lamb and wine are excellent examples—was introduced, and not without issues. For instance, when we were there during the beginning of their summer, helicopters were hovering over the grapevines to blow away the frost. They also introduced possums, for their fur, which have overrun the country and are now a pest. But, oh well, predator fences are being built and traps are laid to rid the country of them. There seems to be no obstacle that ingenuity won’t overcome.

Next issue our travel feature will focus on Bermuda, another island country, but of course, much smaller. Some 65,000 remarkably affluent people inhabit this twenty-two by four mile island. The affluence is such that servers in the hospitality industry tend to be from other countries, since the locals find the wages in that industry too low.

This is a perfect example of why, in the current world wide economic climate, it’s important that the protectionist barriers don’t go up. The free movement of people and trade provides opportunity for everyone.

As always, I suggest you make your reservation for the next issue by filling in the form opposite. Comments are always welcome.

Terry Tremaine  
Publisher  
Terry@FusionPublishingInc.com

# GOOD LIFE CONNOISSEUR

The Connoisseur's Choice In Luxury Living

## Reservations Required

### Reserve your issues of GOOD LIFE CONNOISSEUR Magazine.

Fill in this form and make cheques payable to Fusion Publishing Inc. and mail to:  
Fusion Publishing Inc. #317 - 1489 Marine Dr., West Vancouver, BC Canada V7T 1B8

Name _____	
Address _____	
City _____	Province/State _____
Postal / Zip Code _____	Country _____
E-Mail _____	Phone (____) _____
Cheque Enclosed: <input type="checkbox"/> \$24.95 + (GST) = \$26.20 or Bill me: <input type="checkbox"/> \$24.95 + (GST) = \$26.20	
Visa <input type="checkbox"/> or Mastercard <input type="checkbox"/> Credit Card #: _____	
Name on Credit Card: _____	Expiry Date: _____
Approval Signature: _____	Card Identification Number: _____

Other convenient ways to place your reservation:  
Online @ [www.GoodLifeConnoisseur.com](http://www.GoodLifeConnoisseur.com) or Call: 1 888 925-0313 Ext. 1001,  
or receive a "Digital Version" on your computer @ [www.Zinio.com](http://www.Zinio.com)

Photographer: Connie Ireland - Cape Kidnappers, Hawke's Bay, New Zealand



2008  
RECIPIENT

**Best Business Class to  
Australia, New Zealand  
and South Pacific**  
for the third straight year  
Business Traveler Magazine (USA)

**Best Transpacific Airline**  
at the 26th OAG Airline  
Industry Awards

**Best Airline**  
US votes at Vacation.com

**WAKE UP IN A DIFFERENT SEASON WITH  
A FRESH NEW PERSPECTIVE ON LUXURY.**

Whether you're bound for the pristine nature of New Zealand or the tropical beaches of the South Pacific, Air New Zealand makes the journey every bit as memorable as the destination. Our luxurious Business Premiere service gives you a 6'-5" bed to stretch out on as you cross the ocean. You'll enjoy gracious kiwi hospitality. We'll ply you with incomparable New Zealand wines and cuisine, and you'll have hundreds of premium entertainment titles to enjoy on a personal 8" screen. From takeoff to landing, an in-flight concierge is on hand to see to your every need. Use or earn Star Alliance points as you discover a new level of service far above the ordinary.

[www.airnewzealand.ca](http://www.airnewzealand.ca)

**AIR NEW ZEALAND**  
It's The Kiwi In Us

A STAR ALLIANCE MEMBER

connoisseur's choice  
TRAVEL & RESORTS

# New Zealand

## The Youngest Country on Earth

By Terry Tremaine

Photos by Connie Ekelund



Downtown Auckland, New Zealand

We left on a Sunday evening, flying direct with Air New Zealand to Auckland and arriving early Tuesday morning after crossing the dateline. Although it was a long flight, we were remarkably fresh—due to the wonderful ‘pods’ which allowed us to actually lie flat and get a reasonable night’s sleep. Therefore, we were quite happy, after clearing customs, to immediately get on another short flight to Napier, situated on Hawke’s Bay, New Zealand’s oldest wine making region.

Napier was our first example of New Zealanders’ “can-do” attitude, typified with the expression “using number eight wire,” which is typically used for fencing. Being an isolated island, not everything is necessarily available, so if, for instance, you needed a television antenna, there would always be lots of “number eight wire” from which to make it.

In 1931, Napier was completely levelled by an earthquake that added a considerable amount of land beyond the seawall, where the ocean floor rose above the waterline. With the community wanting quick results, just two men were appointed to oversee the rebuilding, which was accomplished, amazingly, in less than two years. Art Deco was the prominent architectural style of the day and so most of the city centre buildings reflect this, recently gaining Napier recognition as a World Heritage site. As the town was being built from scratch with safety in mind, progressive thought prompted such things as underground utility lines.



One way to explore the heritage of this unique community is to take a tour with the very personable Bertie, in his restored vintage Buick. Dressed in the style of the day, seated in an automobile of the day, Bertie takes great joy in recounting the tales of the restoration as he points out the various historical buildings. Additionally, as he sits on town council, with a little prodding he’s likely to let you in on the best gossip of today.

[www.GoodLifeConnoisseur.com](http://www.GoodLifeConnoisseur.com)

Spring 2009 | GOOD LIFE CONNOISSEUR 13



Farm at Cape Kidnappers

Gannets at Cape Kidnappers



Craggy Range Winery



Ata Rangi Wines

The drive down the Wine Trail leads through endless green fields and it's easy to understand why New Zealand is known as an agricultural-based community. Although I had always equated lamb with the country, cattle are now the number one export earner for both dairy and beef.

*"If frost tries to settle on the vines, the helicopter can be set into motion at a moment's notice to propel it away."*

Midway down the trail, just north of Wellington, the capital, is a region called Wairarapa, where Greytown, New Zealand's oldest inland town, is found. Most of the main street is original Victorian wooden architecture. The town is also the centre for the annual wine festival, tickets for which sell out in a few hours. We also found Schoc Chocolate Therapy Shop, a unique artisan chocolate studio producing over 50 flavours. Lime, chilli, lavender and sea salt were just some of the intriguing flavours. The term therapy comes about as one of the two owners is also a psychologist and has written two books on chocolate therapy. According to which, the flavour of chocolate you prefer can be an indicator of personality traits.

We stopped in briefly to Ata Rangi Vineyard to sample their famous Pinot Noir, where we learned that the winemakers of New Zealand are obsessed with the weather. If it's not too hot, or too windy, then it's the frost that has them on constant watch, because of their unique geography. In the evening, if frost is expected, a helicopter will be hired and be on standby (at \$1,000 per hour). If frost tries to settle on the vines, the helicopter can be set into motion at a moment's notice to propel it away.

Vidal Estate Winery



Our accommodation during our stay in Hawke's Bay was the very luxurious and comfortable Farm at Cape Kidnappers. The cluster of lodge buildings, recently built, incorporating all the latest amenities and using a combination of stone and weathered wood to provide a rustic flavour, is set on a 6,000 acre sheep and cattle station. After gaining permission to enter the property, using the intercom at the automated gate, it's a twenty minute drive along a paved road over 13 different bridges to reach the lodge. Apparently, the cost to build the road was as much as the purchase and development costs of the total property. Recognize the development cost would also include building the first class and very picturesque golf course found at Cape Kidnappers.

The property is also home to four of the eleven Gannet colonies found in New Zealand. Having few natural predators, these birds show no alarm when approached. Standing in the middle of hundreds of nesting birds as they come and go is truly memorable. On top of that, the property also has four Maori archaeological sites. Combine all this with great dining, an excellent wine cellar with a knowledgeable sommelier and, of course, a superb spa.

Hawke's Bay is the starting point for the Classic New Zealand Wine Trail. The trail leads down through Wellington and on to Blenheim on the South Island. It courses through three major viticulture areas that account for more than 70% of the country's wine production.

While in Napier, we were able to visit both the Craggy Range and Vidal Estate wineries. Craggy Range wines are likely better known around the world, as the company is very well financed and from the beginning looked to the export markets. Their production facility is ultra-modern, with every possible feature. Vidal Estate was established in 1905 on Anthony Vidal's original winery. Both wineries are home to award-winning restaurants and of course excellent wines.

Prior to our visit to New Zealand, Pinot Noir was not a wine we would seek out, finding it a little thin for our taste. However, the folks at Vidal opened my taste buds with their Pinot Noir. For the rest of our trip we took upon ourselves the very pleasant task of comparing the Pinots offered by the various wineries we were able to visit.



Upon arriving at Wharekauhau Country Estate, our next luxury accommodation, we were met by the very effervescent manager, Kristy de Lange. Originally from California, Kristy worked for Richard Branson at his Caribbean property, and then managed a fly-in safari station in Botswana. Supplies and new guests would be flown in every 30 days. Expecting her first child, and thinking small children and wandering lions were not a good match, she accepted the management position at Wharekauhau.

The lodgings are housed in an Edwardian-style country mansion in the middle of a 5,000 acre working sheep station. Twelve very well-appointed cottage suites command spectacular views of the 16 miles of coastal scenery, including black volcanic beaches. Dinner in the mansion was likely the finest meal we had during our trip and made more so by the company of Kristy. Connie and I were both taken with the novel presentation on the salad plate. Positioned on the top was a round white ball which when touched with a fork disintegrated to allow the salad dressing to flow. The same thing happened with the brown ball found on top of desert but this time it contained chocolate sauce.

We were most curious about how this was done and hoped the secret would be found in the hardcover souvenir book on the property we were given upon leaving. Although there were many excellent recipes, there was no word on the balls and Kristy claimed she did not know. Plus, the chef only laughed when we asked him how.

The station is truly a working farm. We were able to watch as sheep were sheared. Even more fascinating was watching the sheep dogs manoeuvre the herds, following the commands of their master. Two dogs are used, one is noisy and stays in front while the other is quiet and moves to the back. Between the two, the herd is very efficiently moved from one area to another. We learned to recognize a number of breeds of sheep including our favourite for eating, Texel. If you're worn out after a hard day watching all the farm activity, there is always the indoor pool and spa area in which to relax prior to having to visit that dining room again.

*“New Zealanders have  
a “can-do” attitude”*

Next on the agenda was Wellington. Here again evidence of the “can-do” nature of New Zealanders was provided. One of the many hills facing the harbour has quite a number of houses that seemed to resemble those found on the hills of San Francisco. It happens it's more than a resemblance! These houses were uprooted and shipped from San Francisco to Wellington. Moving houses about is apparently quite common. One of our guides lived in an older house, which had been moved to its current location.



Wharekauhau Country Estate

Wellington, New Zealand



However, even more unusual is the Museum Hotel. When the community decided the land where the hotel sat was needed for the fabulous new Museum of New Zealand, the owner, over the course of a weekend, up and moved the entire hotel over a few blocks, apparently without even removing the furnishings.

In Wellington, we gained our first insight to the history and culture of the Maori, the first people to settle Aotearoa (New Zealand) before the arrival of Captain Cooke. Unlike North America, where indigenous people ended up on isolated reservations, the Maori and New Zealand's nineteenth-century European settlers agreed to the Treaty of Waitangi. Written in both Maori and English, and signed on February 6, 1840, the Treaty handed over governorship of New Zealand to the British and enabled peaceful land purchase for European settlement. In return, the British were to guarantee and protect Maori tribal authority over their customary possessions.

There continues to be some disagreement regarding how well the British lived up to their agreement. But the result has been the Maori are well represented in Parliament with some 17% of the elected MPs and are very active members of the overall community. So much so there are very few full-blooded Maori. One guide explained to us her grandmother, who had only recently died at 105, told her the way to conquer invaders was to marry them. The Flat Earth New Zealand Experiences offer tours which provide insight into the history and culture of the Maori, including both the legends of warriors and sea monsters combined with the work of leading Maori artists.

Wellington is also home to the Karori Sanctuary, New Zealand's most well-established and accessible breeding ground for threatened native birds, reptiles and insects. Most of New Zealand's natural habitats have been ravaged in the quest for farm land or by the damage done by imported species. Possums introduced for their fur have been particularly destructive. A unique predator fence, completed in 1999, surrounds this 225 square mile site, which after just one year helped eradicate 13 of the major pests in the area. Since then over 30 native species have been released or found their way to the sanctuary—many of whom for the last 100 years had only been found on outlying islands. The sanctuary has a 500-year game plan to fully restore the valley.

If you saw the movie Lord of the Rings, which was filmed in New Zealand, you would have seen quite a bit of New Zealand's natural fauna. The species of trees are very distinctive, a few examples we saw were 2,000 years old, hence the 500 year plan.

Wellington is an active city with lots to see and do. An easy way to get a sense of the city is through Zest Food Tours, which offers walking tours of the city, stopping off at various restaurants, markets and the like. During our tour in one food market, we discovered Grove Avocado Oil which is infused with lime. Made from New Zealand avocados, it's so good it has replaced olive oil in our household, after we arranged shipment of a case upon our return home. We're very pleased to report the oil can soon be found on grocery store shelves in Canada.

# ISABEL

## Estate Vineyard

### Marlborough, New Zealand



Family ~ Passion ~ Integrity

[www.isabelestate.com](http://www.isabelestate.com)

Find Isabel Sauvignon Blanc at your local wine store  
or contact Calibrium International for more information  
[www.calibrium.com](http://www.calibrium.com)



Isabel Estate Winery



Above: Herzog Restaurant & Winery.



connoisseur's choice

## TRAVEL & RESORTS

From Wellington, we moved on to Marlborough, located on the top of the south island. We arrived by ferry in Picton, where we were greeted by our guide and wonderful hostess Nikki Page. Marlborough is the wine capital of New Zealand with over half of New Zealand's wine grown in the region. There are over 70 wineries in the area.

Our first stop was for a classic farmer's lunch with the Tiller family, proprietors of Isabel Estate Vineyard, whom we had met in Vancouver some years earlier. They were first established in 1982 by Michael, his wife Robyn and their four children, as a supplier of grapes to some of Marlborough's leading wine producers. In 1994, they began to market their own wine under the Isabel Estate label. Today some 90% of their production is sent out of the country to wine lovers around the world. Michael explained that part of the reason for the unique flavor of New Zealand Sauvignon Blanc is due to the very high UV rays. Apparently, as a result, the skin of the grapes is actually twice as thick as grapes from other grape growing countries. The grapes even develop blisters. The level of radiation also results in an inordinately high level of skin cancer among New Zealanders.

Our accommodation that night was at the Rose Cottage, offered by the Herzog Restaurant and Winery. When Hans and Therese Herzog first arrived from Switzerland, the cottage was their home. Hans comes from a winegrowing family that dates back to 1482. Together they have developed one of New Zealand's leading boutique wine estates. Their restaurant, though only open seven months of the year, continues to maintain a Michelin star standard.

Other wineries in the area include: Grove Mill Winery, the well known Cloudy Bay, Spy Valley Winery, named for the satellite monitoring base near-by, and Seresin Estate Winery. The entire operations of Seresin, owned by filmmaker Michael Seresin, are truly a natural biodynamic process, to the extent that even the composting manure to be used on the fields is literally hand-mixed to achieve the correct mix of nutrients and maximize yield.

We also enjoyed lunch with the Allan Scott Family of wine makers. Long time viticulturist Allan first established his winery in 1990. Now, the whole family is involved, with two of his offspring, Josh and Sarah, both becoming winemakers. We're still awaiting word on whether Sarah won a winemaking award she was up for during our visit. There was no doubt she hoped to prove to her Dad that she was a better winemaker than her older brother Josh.

Leaving wine country we flew to Whangarei well above Auckland on the North Island to be met by Tony, our guide and driver for the rest of the tour. Although this is the area where New Zealand was first settled by Europeans, today it remains relatively unspoiled.

Our first stay was at Tahī, a 740 acre estate that is being restored to its natural ecosystem. The owners have big plans for the property, which encompasses everything from surf beach to native forest. The resident managers are both ex-professors with a history of helping return land to its state prior to the Europeans arriving. Currently there is one, two-bedroom, well appointed villa sitting on top of a hill with views in all directions, available for guests interested in undisturbed tranquility.

From Tahī we moved on through green rolling hills to the community of Paihia on the Bay of Islands, on the east coast of Northland. Here we found the Paihia Beach Resort, recently refurbished and offering comfortable rooms and a reasonable dining room.

Based in Paihia, Hone Mihaka has run Waka Taia-Mai since 2000 and focused on presenting Maori culture. Hone readily admits in his youth he was a little wild, typified by a Harley, a black leather jacket and the tattooed letters L-O-V-E on the joints of his hand. Today his body is slowly being covered in the traditional Maori tattoos which trace his genealogy back to his first ancestors. He can also recite this genealogy but be prepared, as it takes quite some time to trace your lineage back to the beginning.

Hone teaches you Maori chants as you paddle a traditional waka (canoe) up the Waitangi River to the bottom of the Haruru Falls to visit a Maori village. A big part of the experience is being met in Maori fashion with the touching of forehead and looking into each other's eyes. It's part welcome and part challenge to determine if you are friend or foe.

Hone took great pride in explaining the biggest Maori war canoes were paddled by 80 warriors and went great distances by resting 20 at a time. Apparently they could actually outrun the European wind-driven battleships.



The tasting room at Cloudy Bay



Seresin Estate Winery



Tahī, New Zealand



Terry with the team at Allan Scott Wine & Estates

Connoisseur's Choice in New Zealand

Getting There:

Tourism New Zealand [www.newzealand.com](http://www.newzealand.com)

Air New Zealand [www.airnewzealand.ca](http://www.airnewzealand.ca)

Tours:

Art Deco Vintage Car Tour [www.artdeconapier.com](http://www.artdeconapier.com)

Schoc Chocolate Therapy [www.chocolatetherapy.com](http://www.chocolatetherapy.com)

Flat Earth New Zealand Experiences [www.flatearth.co.nz](http://www.flatearth.co.nz)

Zest Food Tour [www.zestfoodtours.co.nz](http://www.zestfoodtours.co.nz)

Karori Wildlife Sanctuary [www.sanctuary.org.nz](http://www.sanctuary.org.nz)

Waka Taiaimai Heritage Tours [www.taiaimaitours.co.nz](http://www.taiaimaitours.co.nz)

Footprints Waipoua [www.footprintswaipoua.com](http://www.footprintswaipoua.com)

Wineries & Vineyards:

Craggy Range [www.craggyrange.com](http://www.craggyrange.com)

Vidal Estate [www.vidal.co.nz](http://www.vidal.co.nz)

Ata Rangi Vineyard [www.atarangi.co.nz](http://www.atarangi.co.nz)

Isabel Estate Vineyard [www.isabelestate.com](http://www.isabelestate.com)

Grove Mill Winery [www.grovemill.co.nz](http://www.grovemill.co.nz)

Spy Valley Wine [www.spyvalleywine.co.nz](http://www.spyvalleywine.co.nz)

Seresin Estate [www.seresin.co.nz](http://www.seresin.co.nz)

Herzog Winery [www.herzog.co.nz](http://www.herzog.co.nz)

Cloudy Bay Vineyards [www.cloudybay.co.nz](http://www.cloudybay.co.nz)

Allan Scott Wines & Estates [www.allanscott.com](http://www.allanscott.com)

Accommodations:

The Farm at Cape Kidnappers [www.capekidnappers.com](http://www.capekidnappers.com)

Wharekauhau Country Estate [www.wharekauhau.co.nz](http://www.wharekauhau.co.nz)

Tahī [www.tahibeach.com](http://www.tahibeach.com)

Paihia Beach Resort [www.paihiabeach.co.nz](http://www.paihiabeach.co.nz)

Waipoua Lodge [www.waipoualodge.co.nz](http://www.waipoualodge.co.nz)

We left Hone, heading for our last night in New Zealand at the luxurious Waipoua Lodge. The lodge was built from pit-sawn kauri timber at the height of the kauri milling era 120 years ago, and has a great collection of mementoes from those rugged times. Guests stay in four beautifully appointed self-contained apartments in what were once the farm buildings. The dining room is excellent.

The lodge sits on a ridge overlooking the Waipoua Forest, gateway to the Kai Iwi Lakes and the longest drivable golden sand beach in New Zealand.

That evening we were lucky enough to catch up with one of the Footprints Waipoua tours. In the pitch blackness we went on a guided walk through the Waipoua forest to be introduced to the largest remaining kauri tree, the mighty Tane Matua Nghere, the Father of the Forest.

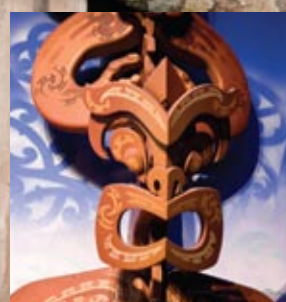
The last day before catching our plane we spent wandering around downtown Auckland. This is a very vibrant city. The downtown area and waterfront are packed with restaurants and shops, which are very walkable. We definitely thought that next time we would like to spend more time in Auckland. Actually, we feel we barely scratched the surface in New Zealand. We would also love to return and focus on the south island, where the scenery is supposed to be some of the most breathtaking in the world, and of course to visit Central Otago's wine region. We loved New Zealand; it is a must-see on any travel itinerary. New Zealand's reputation for hospitable people and a "can-do" attitude is well justified. ■



*"The lodge sits on a ridge overlooking the Waipoua Forest...and the longest drivable golden sand beach in New Zealand."*



From left: The chieftan's daughter with Terry, Maori war canoe, Maori gallery art. Main: Terry is greeted in the traditional Maori manner.



**α SONY®**

Connoisseur's Choice in Cameras



*Breathtaking quality from capture to playback*

This trip was photographed with Sony's DSLRA700P a™ (alpha) Digital SLR Camera, with DT 16-105mm f/3.5-5.6 Wide Angle Zoom Lens, SAL70300G 70-300mm f4.5-5.6 Telephoto Zoom Lens, and SAL500F80 500mm F8 Reflex Telephoto Lens.

For more information visit:

[www.sonystyle.ca/dslr](http://www.sonystyle.ca/dslr)

Sony is a registered trademark and "a" is a trademark of Sony Corporation.

**NEED DIRECTIONS?**

Let the New Zealand Specialists at Downunder Travel help you find your paradise.



**Downunder TRAVEL**

Lower Level 3215 Yonge Street,  
Toronto, Ontario, M4N 2L3  
Tel: 416-642-1630  
Fax: 416-642-1634  
Toll Free: 1888-642-1630  
[enquiries@downunder-travel.com](mailto:enquiries@downunder-travel.com)

Signature  
Vacations



Whether you are looking for the ultimate beach to unwind on, the perfect locale for your family reunion or a romantic honeymoon suite to celebrate in, Princess Hotels & Resorts is the supreme choice when heading to the tropics.

Focused on holiday experiences, Princess presents guests with a unique blend of modern amenities and regional traditions. Each location has been chosen for its extreme beauty and feeling of calm, and each resort has been carefully integrated into the local environment, respecting the natural features of the land. The cuisine has been carefully crafted, calling on Mediterranean traditions and recent trends to create the ultimate dining experiences.

*“Princess Resorts are an unmatched choice for vacationing couples.”*

Accommodations have been fashioned with the highest level of comfort in mind to ensure each night is peaceful and relaxing. The spa complexes were designed to create a sense of serenity and tranquility during every service. And the amenities were carefully chosen to guarantee an endless variety of activity & entertainment. ■

**Bavaro Princess All Suites Resort, Spa & Casino**  
Punta Cana, Dominican Republic

With bungalow suites scattered amongst bold vegetation, romantic footpaths meandering through green spaces and an enchanting spa for world-class treatments, the Bavaro Princess is an unmatched choice for vacationing couples. Fortunate enough to have one of the most envied locations in the Caribbean, the Bavaro Princess is just 25 minutes from the Punta Cana International Airport and fringed by the ice-white sands and crystal clear waters of the legendary Bavaro Beach.



Junior Suite;  
Bavaro Princess All Suites Resort



Junior Deluxe Suite Pool Room;  
Grand Riviera Princess All Suites Resort



Platinum Suite;  
Grand Riviera Princess All Suites Resort

**Grand Riviera Princess All Suites Resort & Spa**  
Riviera Maya, Mexico

An expansive resort with an intimate atmosphere, the Grand Riviera is large enough to offer an endless variety of amenities & facilities, yet small enough to provide the backdrop for romantic moments. Ideal for couples looking to get away from it all, the Grand Riviera Princess is 45 minutes from the hustle & bustle of Cancun. Beachfront on one of the world's top rated sandy stretches, guests here will enjoy a blend of peace, calm and beauty with superior service and brilliant amenities.



**Signature Vacations**  
www.signaturevacations.com  
Phone: 1.800.268.7074

# Refresh yourself!

... like a Prince & Princess

Bavaro Princess All Suites Resort, Spa & Casino Punta Cana, Dominican Republic  
Grand Riviera Maya Princess All Suites Resort & Spa Riviera Maya, Mexico



Bavaro Princess All Suites Resort, Spa & Casino



Bavaro Princess All Suites Resort, Spa & Casino



Grand Riviera Maya Princess All Suites Resort & Spa



Grand Riviera Maya Princess All Suites Resort & Spa

Spectacular locations on the ice-white sands of Punta Cana and the Riviera Maya  
Eclectic blend of cuisine including Italian, Seafood, Asian and more | Peaceful treatments and massages from the Spa  
Grand Junior Suite and Suite style accommodations | Lively on-site evening entertainment and Disco



While all reasonable efforts have been made to ensure the accuracy of the information in this ad, Signature Vacations accepts no responsibility for actions, errors or omissions arising from the reader's use of this information howsoever caused. Signature Vacations, a division of First Choice Canada Inc., 1685 Tech Ave., Mississauga, L4W 0A7, ON Reg #50014683, BC Reg #3043, QUE Reg #800231.





Centre: One of the most popular projects seen on my television show, I made this gorgeous headboard from flea market finds, an old door, stock mouldings and embossed wallpaper. Clockwise from bottom left—Castello di Vicarello: Vibrant orange walls and an ornately carved antique headboard are special features of Vicarello's Sassi suite; A spectacular Chinese bed warms up the original stone floor and timber ceiling; This medieval hunting lodge's interior rooms are filled with an eclectic mix of antiques from around the world.



“Dream a little as  
you read about  
these bedrooms”

# Ultimate Sleeping Environments

## Treat yourself to a super-luxurious bedroom

By Debbie Travis

There is little that can surpass the sheer bliss of retreating to the comfort and privacy of your bedroom after a long day's work or play. This most personal of spaces is meant to be as luxurious and revitalizing as you can make it. I love to indulge in the very best linens I can afford, and choose colours and fabrics that truly speak to my passions.

There are many avenues of inspiration to follow when searching out the perfect combination of furnishings and décor for your bedroom. I am lucky enough to travel a great deal and have discovered that the most tranquil and welcoming hotel bedrooms are those that connect effortlessly with their environments, past and present. I was recently in Italy and stayed in three very different hotels, all within two hours drive of each other. What amazed me was how different the style of each of the bedrooms were, even though each hotel was in a similar region. But, what they did have in common was their connection with history.

These ancient buildings have been lovingly renovated to accommodate modern convenience without losing the ambiance of the architectural origins. The hotels have been furnished over time with the care and attention to detail that any special room demands. Every bed, lamp, carpet and dresser has been sought out and placed with care; bed linens are exquisitely tactile, and fabrics complement the individual style. Dream a little as you read about these bedrooms, then transform your own space with no-fail tips for selecting the best.

### Ancient Hunting Lodge

Castello di Vicarello

Sitting high above the Tuscan forest, this 12th century castle has been given a new lease on life. Owners Aurora and Carlo Baccheschi have carefully restored the building and decorated the rooms with art, carpets and furnishings they have collected over years of extensive travelling throughout Asia, Africa and Europe. Once a hunting lodge, the interior of this rural retreat mixes grandeur with an inviting, eclectic style. The size and weight of the ornate bed heads and dressers balance the magnificent stone and plaster walls, wood floors, and high beamed ceilings. Painted and rubbed plaster walls shine with old-world washes of terra cotta; stone floors are warmed with antique rugs.

Outside, the surrounding countryside resonates with the scents of ancient lemon, olive and pear trees, rose gardens, lavender and jasmine. The hotel gardens have also been restored with centuries-old, architectural elements set amid medieval vineyards, cypress trees and native plants. The majesty of the location and refurbished interior of Vicarello transport you to a place of quiet splendour where you can bask in the exquisite light and air. But what really stands out in my memory is the pampered, seductive feeling you get when you slide in between the sheets.

### Romantic Farm House

Hotelito Lupaia

The rolling hills of Tuscany are renowned for their lush beauty and breathtaking hues. Here you will discover Lupaia, a farm house that dates back to the 12th century. Matteo Murzilli and his family restructured it as their country house during the 1990s. In 2006 they began dividing rooms and decorating them for what is today a welcoming hotel with a distinctly romantic, rural presence. Almost all the materials and furniture were found in local markets or were recovered from old buildings and antique sales. The furniture was repaired and painted by the family and placed in each room, common area or garden according to a predetermined interior or exterior design. This special care and personal treatment is what you feel when you are visiting Lupaia. Each bedroom is unique; walls and some floors are hand painted, stone walls and original wood beams are timeless architectural details.

Each bedroom conveys a warm farmhouse welcome, with irresistibly romantic flourishes. Bed canopies are draped with billowy sheers, fluffy duvets are wrapped in sassy stripes and luxurious linens, and the walls are drenched in colour. This timeless décor will always be in fashion as it connects to the simple pleasures of the land and the heart.



Clockwise from top — Hotelito Lupaia began life as a farmhouse in the 12th century: The bedroom's medieval character is an integral part of the romantic style; a fluffy duvet layers the impressive bed nestled under a timber roof; A warm country welcome is assured in Lupaia's blue suite, where romantic bed linens and comfy seating have been selected with care; This romantic bed is dramatically surrounded by floral print upholstery, flowing canopy drapery and rose red walls.

### Urban Chic

Il Palazzetto

An architectural jewel, Il Palazzetto was built in Rome in the 1550s, as a home for a noble Roman family. Recently, Roberto E. Worth, owner of the prestigious Hotel Hassler located just steps away, bought and renovated the mansion to house an exclusive wine bar and restaurant and four boutique hotel rooms. The bedrooms have been decorated with a masculine sensibility, cozy and elegant. I often hear about a common decorating dilemma from couples who feel the master bedroom is too feminine, but here is a perfect solution. The black suede bed head is trimmed with gold studs to highlight the shape of the headboard. Creamy white walls have wall panels and additional ceiling details that accentuate the room's height. Shimmering gold sheers float at the large windows, and gold bed cushions are rich and regal. Furnishings are simple, yet stylish, and the bed linens are classic.

The hotel terraces look over the famed Spanish Steps and the Piazza di Spagna. The longest and widest in Europe, the Spanish Steps include 138 steps, terraces and landings that took two years to build. At Il Palazzetto, you will experience the privacy of an exquisitely decorated bedroom, and the bustle of busy Roman life. People-watching and the excitement of this historic city's attractions will coax you out of your room, but bedtime at this exclusive address is luxuriously refined and peaceful.



Above: Il Palazzetto in Rome. The classic black and white bedroom is elegant and simple. Fine bed linens promise a luxurious night's sleep.

“what really stands out...is the pampered, seductive feeling you get when you slide in between the sheets.”

Shopping for Your Dream Retreat

These fabulous bedrooms did not appear overnight. Rather, they evolved over time as their owners shopped and collected furnishings that they loved and pieces that carried history or evoked a style that suited their image of gracious living. Create your dream bedroom using these methods. Look for dressers and headboards when you travel to a favourite destination. Search out estate sales, antique stores and even neighbourhood yard sales. You can refurbish an old piece that is in good condition easily with a bit of paint, stain and varnish. If your bedroom is large, an antique wardrobe is a handsome way to build in storage.

The bed’s headboard is often the focal point of the room. I’ve invented many versions and styles with great success. A piece of plywood or MDF can be cut to the shape and size you require, then padded and covered with fabric to look like the gorgeous black suede headboard in Il Palazzetto. Upholstery tacks come in strips to hammer along the trim line. My most popular headboard was built from an old door laid on its side. A wood plank and crown moulding were attached to the top and the surface unified with embossed wallpaper and paint. It’s stunning.

Connoisseur’s Choice for Ultimate Bedrooms

Old Door Headboard from Debbie Travis’ *Painted House Bedrooms*, written by Debbie Travis with Barbara Dingle (Clarkson Potter).  
[www.debbietravis.com](http://www.debbietravis.com)

Hotels

Castello di Vicarello, Tuscany  
[www.castellodivicarello.it](http://www.castellodivicarello.it)  
Hotelito Lupaia, Tuscany  
[www.lupaia.com](http://www.lupaia.com)  
Il Palazzetto, Rome  
[www.ilpalazzettoroma.com](http://www.ilpalazzettoroma.com)

The Ultimate Bed

Toile sur Rendez-Vous  
Montreal, Quebec  
1.514.486.2424  
[www.toilesurrendezvous.com](http://www.toilesurrendezvous.com)  
[www.naturaworld.com](http://www.naturaworld.com)



Left: Heirloom quality sheets and pillowcases can be custom trimmed and monogrammed at Toile sur Rendez-Vous. Above: Develop the ultimate bed from the mattress up—it’s the hidden promise of a good night’s sleep.

You may choose a subtle off-white for the walls and then make a statement with the bed’s cover or duvet. Silk, satin and fine cotton are simple yet elegant in solid colours, personalized with custom trim or monograms. Alternatively, splash out on a vibrant pattern. You can also add character with art work. And don’t forget the ceiling. You will be looking up, so think about a chandelier. There are fabulous modern designs available that combine today’s popular gold and silver metals with crystals and coloured glass. ■

Produced by Debbie Travis and Barbara Dingle.

Putting Together the Ultimate Bed

These hotels differ in place and style, but they all have one thing in common ...comfortable beds layered with luxurious linens. No bedroom is complete without the best in linens and a quality mattress. My good friend Ingrid Brysan is owner of a luxurious bed and bath store in Montreal, Toile sur Rendez-Vous, and I always turn to Ingrid when I have questions or it’s time to renew the bedding in our home. She has shopped the world for the best quality and most divine bed and bath linens. Here’s how to put together the best bed.

- Begin with a good mattress. Look for organic or green products, such as Natura mattresses. These are made of 100% organic cotton, wool and latex. They are anti-bacterial and regulate your body heat in winter and summer.
- Cover the mattress with a mattress pad.
- For the ultimate in comfort, add a feather bed or wool mattress pad.
- Choose the best quality linens you can afford. Thread count can be misleading. Yes, higher is better, but the most important factor is the quality of the cotton. Look for Egyptian or Pima. The finish or sheen will determine the look and feel. Sateen is ultra soft; percale is crisp like a dress shirt.
- The duvet should be light and fluffy. Goose down is light; feathers are heavier. If you are allergic to both, there are excellent synthetics that mimic the airiness of traditional goose down.
- Pillows come in all shapes and sizes. Choose a combination that supports your neck, shoulders and back properly while reading and sleeping.
- Custom touches. Good quality monogrammed sheets have an heirloom quality that will personalize your bed and raise it to regal heights.



GO AHEAD AND LET YOUR LOVE FLOW. FIND YOUR HAPPY PLACE. AND JUST BE.



# One Plane or Two Plane?

## Finding the Best Swing for your Body Type

By Brent Morrison

A simple golf swing requires the fewest moving parts possible, yet the golfer must still be able to generate a swing speed sufficient to achieve the maximum distance possible. As every golfer will tell you, some swings just feel better than others and often the best shots are the ones that feel like they were executed with ease. But what are the elements that make a great golf shot come to be—and how can the golfer replicate the shots that make a good round great?

Mechanically, in the golf swing we are trying to bring the club shaft and hands back to a similar position at impact relative to where we began the swing (at our address position). To do so, it is preferable to keep the swing plane very close to matching the starting and impact positions.

Building a swing using an understanding of an individual's body strengths and tendencies will help maximize motion effectiveness.

Utilizing the muscle memory from moves replicated in other sports can assist the golfer in gaining a quicker and more permanent feel for the “new” swing.

A golfer's swing can essentially be identified as belonging to one of two types: a “One-Plane” swing or a “Two-Plane” swing. The majority of power in the one-plane swing originates in the body (core) while the two-plane swing is dictated by hand/arm dominance. In Canada, I teach many “body” or “one-plane” golf swings. Not coincidentally, many of the students I teach have a sports background in hockey. In hockey, the arms remain close to the body while shooting, stick handling and passing. The weight distribution remains in between the feet or slightly more on the front foot.

### Determining the Best Swing for the Individual

Golfers with reasonable strength and flexibility may wish to consider developing a one-plane motion, or may find they are already naturally fitting into this category. A student recently coined the one-plane swing the “Set and Forget” swing...an apt description as this is ultimately one of the biggest advantages of this swing type. Once you are set at the top, you just need to learn how to release your body with minimal interference from the arms and hands. The club simply stays on top of the plane and requires no manipulation in the downswing! A one-plane swing is simpler mechanically than a two-plane swing; it is more of a “position-based” motion and can be more easily achieved by the golfer with a higher degree of core strength and flexibility. In contrast, a two-plane swing is a more traditional swing style that focuses more on timing & tempo to coordinate the hands and arms.

*“A golfer's swing can essentially be identified as belonging to one of two types: a “One-Plane” swing or a “Two-Plane” swing.”*

### A Brief Snapshot of One- and Two-Plane Swing Mechanics

Here are some of the basic differences between each type of swing:

#### Body Swing

- If you have good rotational flexibility and strength in the core, legs and back muscles, a body swing may be the best swing for you.
1. The arm/hand angle at address must be set properly as this angle dictates the set of the hands.
  2. The swing begins with a pulling of the back arm into the back side. The arms will remain close to the body throughout the entire swing.
  3. The shaft of the club will follow the shoulder plane, so it is essential to begin with the correct shoulder tilt and arm/hand position.
  4. Weight distribution remains balanced through the backswing.
  5. Since there is not a great deal of manipulation by the arms and hands in the backswing there will be no need to re-route the club on the downswing to get it back on the shaft plane at impact; it should remain on plane. To get a good feel for the impact positions, try the following drill that replicates a hockey slap shot:
    - a. Split hands apart on the shaft, placing your bottom hand midway up the club.
    - b. Turn back, feeling that the club is pointing to the sky.
    - c. On the downswing, transfer weight to the front foot.
    - d. Keeping the arms into the body, turn down toward the target.



This page, left to right: 1. Set; 2. Takeaway to half way; 3. 3/4 way back.

This page, left: Front angle top. Above and right: Hockey split hand drill.

Hand/Arm Swing

The hand/arm swing is best suited to the golfer who needs to generate more speed in the swing or has less body strength. The precision necessary in the timing of the hands, arms and body on the downswing can lead to greater propensity for error in this traditional swing type.

1. With the hand/arm swing, the starting position must be very upright with the arms fairly close to the body.
2. The arms and hands take the club straight back along the target line and extend out from the body.
3. At the top of the swing, the shaft of the club will point more toward the target line and the front arm will be above the shoulder plane. There will be more weight on the back foot relative to the front.
4. The downswing will begin with a dropping of the hands and arms as the golfer's weight begins to transfer to the front foot.

Don't Mix Them Up!

A common error for many golfers is the unintentional combination of both swing types where the backswing position does not match the release. For example, if a golfer with a natural tendency toward a two-plane backswing (Hand/Arm) develops more of a one-plane release (hands/arms becoming passive on the start of the downswing), the swing plane will be forced to the outside on the downswing.

Typically the ball will start to the left of the target and slice back to the right. To get the club back on the two-plane path, the hands and arms must do some of the work to drop it back on this lower plane. Conversely, in a one-plane swing, the club simply doesn't travel far off the plane so only passive hands and arms are required throughout, resulting in a body release.


Each golfer's swing type is indicative of his/her power source. Whether a one-plane or two-plane swing is used, golfers will achieve greater results by staying true to form throughout the motion and not mixing the two swing types. Be disciplined in your practice routine as this will groove the swing and help replicate success on the links. Great golf awaits you! ■



Counter-clockwise from top: Hand/arm swing—starting position; Middle; Top of swing.



Left to right: Top two backswing; Outside the downswing plane (not enough hands/arms); Arms and hands releasing the club down on plane.



Qualicum Beach, British Columbia, Canada

# Brent Morrison

## GOLF ACADEMY



PheasantGlen  
GOLF RESORT  
Qualicum Beach, BC

*"Enjoy the very best of the Oceanside Region of Vancouver Island with a Beach & Birdie Package from the Brent Morrison Golf Academy and The Beach Club Resort"*  
Brent Morrison

**"Best in the West" Top 3**  
2006 Fore Magazine

**Top Golf Instructors**  
2003, 2004, 2005 Golf Magazine

**Top Regional Teacher**  
2005-06 Golf Magazine



**10-month Collegiate Golf Preparatory Program** with boarding options; for Juniors aspiring to achieve University Golf Scholarships or play Professional Golf.

**Beginners to Advanced Players** will benefit from our **Adult Golf Schools** while enjoying seaside accommodation at Parksville's **Beach Club Resort**.

**Top 25 Golf Schools**  
2005 Golf Magazine

**Teacher of the Year**  
1998 British Columbia & Canadian PGA

**Toll Free: 1-877-407-GOLF (4653)**  
[www.brentmorrisongolf.com](http://www.brentmorrisongolf.com)



[www.beachclubbc.com](http://www.beachclubbc.com)

**Beach Club Reservations: 1-888-760-2008**

# Discover the New World of Pinot Noir

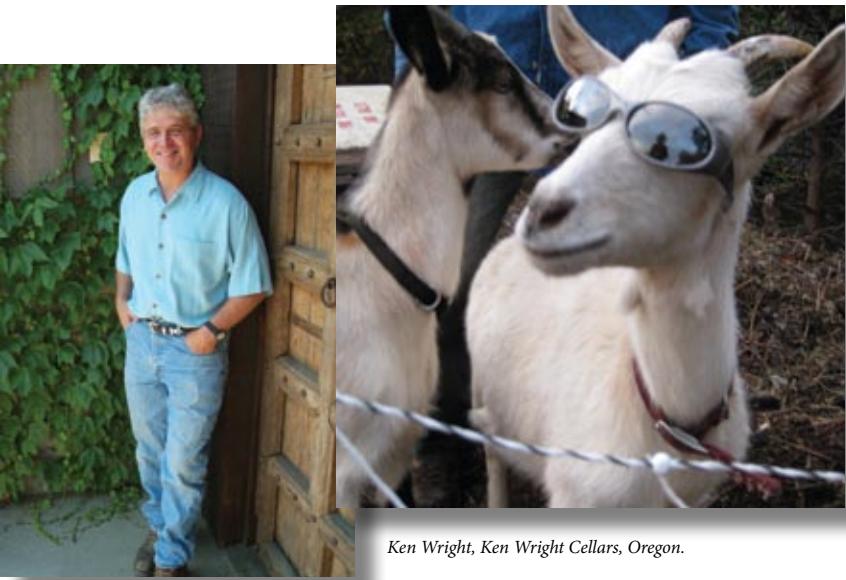
By Barbara Philip, MW

Pinot Noir can be both frustrating and exhilarating for a wine producer. Grown in the ideal spot, it will make wines of delicacy, balance and complexity. Unfortunately for Pinot-loving producers and consumers alike, ideal spots are hard to come by. Soil, climate and topography all have to be exactly right to make great Pinot Noir. When it happens, greatness is attributed to Pinot Noir’s ability to translate the elements of the vineyard, or terroir, to the glass. The celebrated terroirs and distinctive Pinot Noirs of Burgundy have inspired producers in the New World to find their own perfect sites for Pinot.

As early as 1966, David Lett identified the Willamette Valley in Oregon as a potential area for top quality Pinot Noir, and the region has now grown to be a ‘go to’ place for Pinot. The reason, believes winemaker John Paul Cameron, is that the Willamette Valley and Burgundy have a lot in common. He notes that climate and latitude are comparable, and the top soil is “often remarkably similar in that it tends to be high in clay and possessing a significant iron content, hence red hue.” Cameron is adamant, however, that producers should use farming methods like the Burgundians if they want to bring out the best in their vineyards. For instance, he believes in forgoing irrigation and suggests it is “not hard to think of the older dry-farmed Pinot Noir in Oregon as expressing the terroir of the region while the irrigated vines do not.”

Centuries ago, Benedictine and Cistercian monks meticulously studied vineyards in Burgundy to find out what made the wines from each of them so distinct. In Oregon, Ken Wright was one of the first to identify differences between vineyard sites. Wright remembers the early days of the process. “Some sites were glorious from the get go,” he says. “Others required a different farming approach to get expression. Others simply didn’t work out and we moved on.” Over subsequent years, Wright kept vineyards in separate barrels in the winery and “began to see patterns of like traits that could be ascribed to specific regions.” As the vines began to mature and source more minerals from the mother rock, every site seemed to emerge with a “defined aromatic and flavour profile.” Eventually, the wines were so distinct, Wright decided to bottle them separately and name the single vineyards on the label.

Small quantities of high quality wine from producers like Cameron Winery and Ken Wright Cellars come with a premium price tag. Andrew Melville, who buys Oregon wines for Marquis Wine Cellars in Vancouver, says that in spite of that, demand is high. He credits the growing sophistication of consumers in Vancouver, saying “people are willing to pay that extra little bit for top notch Pinot Noir.” When sourcing wines, Melville says, “my first priority is finding Pinot Noir that tastes like Pinot Noir” and believes classic Oregon Pinot should be “soft, but fuller flavoured. Fruit forward, but not over-blown, and [it] will have some earthiness and complexity.”



Ken Wright, Ken Wright Cellars, Oregon.



Carneros Vineyards, California.



The team at Escarpment Vineyard, New Zealand.

Elsewhere in the United States, many vineyards are considered too warm to produce great Pinot Noir, so sites are limited to areas cooled by the Pacific Ocean. In California, Carneros, Russian River Valley and Santa Barbara County are cooled by breezes and fog, making them suitable for Pinot. Jim Clendenen was a leader in Santa Barbara with Au Bon Climat and continues to make excellent wine. Other Pinot Noir producers, like Kosta Browne winery, are sourcing grapes from cooler parts of Sonoma Valley. The wines are popular with consumers and some wineries are having a difficult time keeping up with consumer demand. Importer Nick Kosick reports that there are over 12,000 people on the waiting list to purchase the Kosta Brown Pinot Noirs!

In New Zealand, producers consider Pinot Noir their red signature variety and are as passionate about it as their North American counterparts. Martinborough, on the North Island, has a reputation for top quality Pinot Noir. When he moved to New Zealand in 1980 from Australia, Larry McKenna of Escarpment Vineyard was introduced to Pinot Noir and became an instant devotee. “I love the drink,” he says. “It has by far the most interesting and maturing flavours of any variety.” McKenna also believes Martinborough is one of the few places in the world where Pinot can be truly successful. He credits the cool climate and “free-draining alluvial gravel soils which warm quickly in spring and allow moisture to pass through them.”



Rolf Mills at Rippon, New Zealand.

On the South Island of New Zealand, Central Otago has become an overnight Pinot Noir sensation. Nick Mills of Rippon Vineyard credits favourable growing conditions and good communication between producers for the region’s success. Nick’s father, the late Rolfe Mills, was instrumental in developing solidarity amongst producers by founding the Central Otago Winegrowers’ Association (COWA). Nick describes his father’s influence: “He drew together the first pioneers in the early eighties and set down, in his own quiet way, an example by which the region has continued to grow and flourish.” Clearly passionate about the region and determined to continue what his father started, Nick says, “What truly defines Central Otago, the place, through the voice of Pinot Noir, is really only just starting to become apparent.”

Even though Chile has been producing wine for over four centuries, it is only in the last 20 years that politics, terroir, wine-making and attention to the needs of the export market have combined to make top quality wines. The current trend is to grow grapes in cooler areas where they mature slowly and develop complex aromas. With the exploration of cooler sites, comes the possibility of making Pinot Noir. Cono Sur winery is a leader with the variety and has the oldest Pinot Noir vines in Chile. Winemaker Matías Rios acknowledges that it is difficult to grow and vinify in the cellar, but calls Pinot Noir “the most exciting variety in the world” and says when you get it right “you have the best expression of aromas, nice colour and a beautiful palate...it is the best experience for a winemaker!!!”



Far left: Casablanca Vineyard, Chile. Left: Pinot Noir Vines



Left: Matías Ríos, Cono Sur winery, Chile.  
Above: Biodynamic preparation.

Producers in Australia and South Africa have found cool sites to make some excellent Pinot Noir. The Mornington Peninsula in Victoria, Australia, is home to many exciting wineries like the creatively-named Ten Minutes by Tractor. In South Africa, the area of Walker Bay is cooled by Antarctic currents and produces some great, albeit hard to find, examples. Hamilton Russell is a top producer taking advantage of the maritime climate and clay-stone soils to make a refined Pinot Noir. It may have something to do with Pinot Noir’s direct relationship with the vineyard, but respecting the environment is a common theme amongst Pinot Noir producers. Ríos believes Chile’s relative isolation and freedom from disease makes it a perfect area for sustainable farming. Cono Sur employs a range of organic and biodynamic methods in its vineyards, which is remarkable for the large size of the company and the reasonable prices of its wines.

Eric Lemelson has a background in environmental policy and has always used organic methods in his Willamette Vineyard. He believes it is “the dominant trend” in Oregon and important to the image of the region’s wines. In New Zealand, Escarpment is certified under Sustainable Winegrowing New Zealand and is moving toward complete organic farming in its vineyards. Nick Mills of Rippon has recently been a part of creating Central Organic Winegrowers (COW) and believes responsible viticulture is “just a more efficient way of crafting or accentuating a sense of place.” The spirit of experimentation and sustainability is thriving amongst New World Pinot producers. Pinot Noir, it seems, requires complete commitment and passion from those who make it. Ken Wright offers some insight as to why producers (and consumers) become obsessed with the variety. “The ability of Pinot Noir to convey the qualities of place is amazing. I can’t think of another thing that we eat or drink that is as complex an expression of location.” ■

Connoisseur’s Choice in Pinot Noir

PINOT NOIR	MINI-NOTE	FOOD PAIRING	FIND
Lemelson “Thea’s Selection” Pinot Noir Willamette Valley 2006, Oregon	<i>Black cherry and tea aromas. Silky with amaretto and currant flavours.</i>	<i>Sockeye salmon on the BBQ</i>	FIN
Cristom “Mt.Jefferson Cuvée” Willamette Valley 2006, Oregon	<i>Red fruit, dill, cherry and woody aromas. Firm tannin. Will hold.</i>	<i>Roasted pork tenderloin with wild mushrooms.</i>	FI
Ken Wright Cellars “Abbott Claim” Pinot Noir Yamhill-Carlton District 2006, Oregon	<i>Small dark fruits, with firm tannin, balanced acidity and full texture.</i>	<i>Roasted hazelnuts with thyme</i>	FIN
Cameron “Abbey Ridge” Pinot Noir 2006, Oregon	<i>Intense nose of violets, currants and dried mushrooms. Hold for 5 years.</i>	<i>Grilled Bison rib-eye</i>	FIN
Escarpment “The Edge” Pinot Noir Martinborough 2006, New Zealand	<i>Soft spices, plum cherry and sweet herbs.</i>	<i>Smoked salmon bellini</i>	FIND
Rippon Vineyard Pinot Noir Central Otago 2006, New Zealand	<i>Firm structure, concentrated cherry fruit and spice.</i>	<i>Roasted duck breast with cherry sauce.</i>	FIN
Ten Minutes by Tractor “McCutcheon Vineyard” Pinot Noir Mornington Peninsula 2006, Australia	<i>Pure and concentrated with layers of sweet herbs, red fruit and spice.</i>	<i>Venison sausage</i>	FI
Cono Sur “20 Barrels” Pinot Noir Casablanca Valley 2007, Chile	<i>Vibrant cherry, blackberry and wild flowers.</i>	<i>Cheese empanadas</i>	FIND

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

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

I Interesting. Wine has a distinctive and delicious character.

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

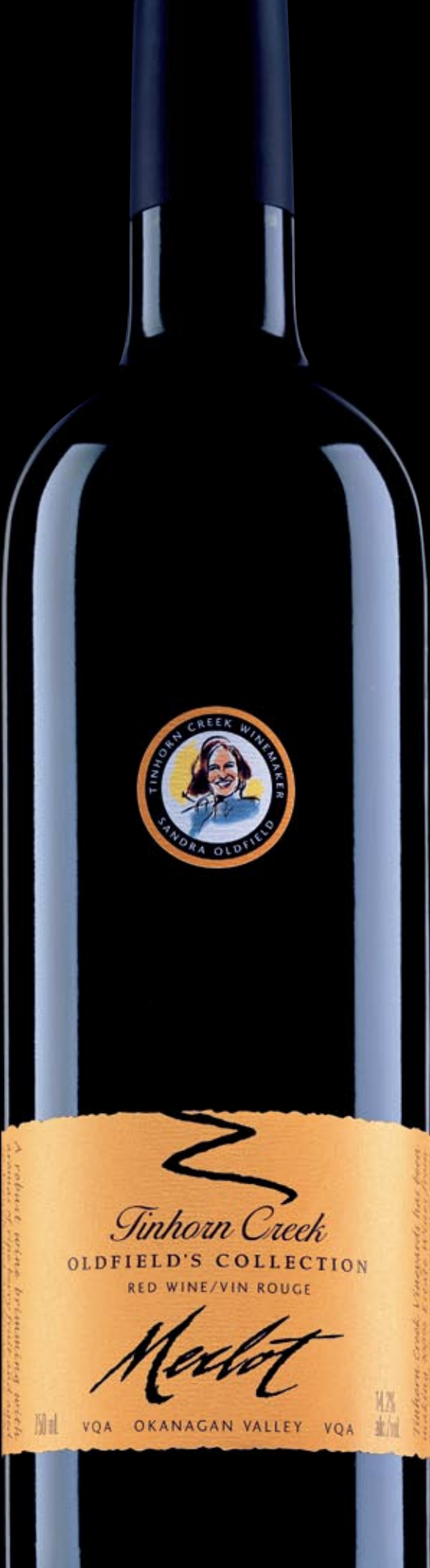
Q: WHEN DOES A WINE BECOME A REVELATION?

A: “

The Oldfield’s Collection Merlot is a limited vintage that embodies our passion for excellence and sublime taste. We let our estate vineyards express themselves in every bottle of wine we make. The Oldfield’s Collection Merlot is the result of that journey. Only 1,280 cases of this wine to be enjoyed by a select few. Rich, rare, exquisite... and soon to be gone.

TINHORN CREEK  
VINEYARDS

www.tinhorn.com



# Belgian Monasteries & Trappist Breweries

By Marcia & Gavin Strang



Above from left: A church door, Brussels; Church, Antwerp; Bouillon town & castle fort; Outside De Koninck Brewery.



Brussels pub & restaurant scene

Long before the Renaissance era, or any of our great, great-grandparents were walking this earth, beer was a vital component in European daily culture, especially in Belgium. The Belgian village brewer was equal in standing to the butcher, baker and candlestick maker. They provided their fellow townsfolk with a product that had the nutrients and tradability of a fresh baked loaf of bread, but was much more enjoyable to consume.

Today, Belgian beer is unique in the world with flavours like roasted nut, tangerine, cinnamon, coffee and allspice. It also boasts taste sensations familiar to an aficionado's palette, including grapefruit, honey, dark cherry and currant.

Flavour, nose, vitality, and quality, Belgian beer is created with natural ingredients and essences. It is very rich and usually on the sweeter side. This takes most tasters by surprise, as the beer is also higher in alcohol by volume than many others. So popular is this unique and universally appreciated style of brewing that the same style has been copied for decades in a select few North American breweries, such as Unibroue and New Belgium, who have done an admirable job of developing a beverage true to the style that is hundreds of years and many generations old in Belgium.

The history and tradition of beer making in Belgium is evident from the first moment you walk into a beer making establishment in the country.

"My son, who now is manager of our Bosteels Brewery, is the seventh generation of my family to brew beer at this very same location," Ivo Bosteels said with pride. And rightly so—they operate an efficient yet compact brewery that has been family-operated since 1791 in the middle of the bustling Belgian town of Buggenhout.

Operated with an unwavering dedication to product and customer, they are also equally dedicated to their staff and the company name. The Bosteels story is not atypical of Belgian brewers; the De Koninck factory in Antwerp also boasts dedicated employees who love their jobs. And the breweries love their employees; not only are most shifts Monday through Friday, they don't believe in production runs through the night or on weekends. "Why have our employees work over night and weekends? They should be at home with their families," said Francois Rovies, known as "De Witte" (as he has white hair) at De Koninck. De Witte was a full time employee for decades with De Koninck, who now in retirement comes every day to the facility to give tours, help where needed, or just "be" in the place that he loves. Currently the only brewer within the city limits, Antwerp had over 200 small beer producers a few centuries ago. But as modernization and an eye on profit and production increased, the other producers dwindled away leaving De Koninck the "last man standing".



Above & Right: Ivo Bosteels & Marcia at the Bosteels Brewery; Tripel Carmeliet—voted "World's Best Ale", 2008 World Beer Awards.



Orval Brewery—Abbaye Notre-Dame d'Orval

While there are many public breweries throughout Belgium, the most famous brewers producing the most sought after product come from the reclusive beer-producing monasteries in Belgium—the Trappist Breweries.

It seems incongruous that a religious abbey, populated with Cistercian monks who have dedicated their lives to ecclesiastic pursuits and prayer, should also make some of the best beer in the world. It began because the health of their community depended on it. A source of nutrition for the local population as well as revenue for the monastery, the monks provided the labour and dedication needed to make high quality beer, which resulted in funds to support programs and families in the neighbouring community. A cornerstone of the Cistercian order is prayer and hard work, and today the monks provide many products for their villages including milk, cheese, bread and beer. The Abbey of Chimay in the south of Belgium, one of only seven Trappist breweries in the world, is the biggest employer in the Chimay region. They also produce Chimay cheese following the tradition to make products which, in their own words, "gladden the hearts of man."

Only beer that is produced entirely on the grounds of a monastery can bear the crest and designation Trappist. As production has expanded over generations, and certainly, now that finely crafted beer is surging to the front in North America as a new libation to be savoured and appreciated, the challenge has been to find space within monastery walls for the modern technology and facilities needed to produce a world-renowned product. "To remain within the Trappist designation, we have had to dig down and build up" said Operations Manager Anne-Francois at the Orval brewery. Their elaborate labyrinth of tunnels allow the pipelines of beer to snake through and under the existing monastery, without disturbing the outer calm and serenity of the centuries-old stone abbey. The grounds surrounding the Abbaye Notre-Dame d'Orval monastery are pristine and offer a beautiful trail throughout the property that beer aficionados and tourists alike can enjoy, including the ruins of the previous monastery, originally built in the 10th century AD.

# Authentic European Classics - Now Available



## AFFLIGEM BLOND ABBEY BEER - Belgium

- Affligem Abbey established in 1074, the oldest Abbey in Flanders region of Belgium.
- Classic Belgian Abbey Beer style known as “the Burgundies of Belgium”.
- Benedictine Monks established hop growing in Flanders region of Belgium.
- The ultimate in sophistication, complexity, rich in aroma and taste.
- The No.1 Abbey Beer sold on the Champs Elysees in Paris.
- More intense flavour than Leffe at 6.8% alc./ vol.



## ERDINGER WEISSBIER - Germany

- No.1 Wheat beer in the world!
- Authentic wheat beer from the heart of Bavaria Germany.
- Brewed with strict adherence to the Bavarian Purity Act of 1516.
- Bottle/ keg fermented – like Champagne.
- 5.3% abv, refreshing, tingling & delightfully mellow with a neutral bouquet.
- Family-owned, Erdinger brewery only brews wheat beer.



## FRULI STRAWBERRY BEER - Belgium

- Belgian Strawberry White (Wheat) Beer fermented with 30% pure Strawberries.
- Früli offers a completely natural alternative.
- Made with only water, hops, malt, yeast & Strawberries.
- Moderate in alcohol at 4.1% and low calories at 125.
- Wheat beer is high in B-complex vitamins.
- Strawberries are low glycemic.
- No additives or preservatives.



## MARSTON’S PEDIGREE - England

- The Official Beer of England!
- Brewed in wood to preserve the unique character & consistent quality.
- Aged in oak casks.
- At 4.5%, always crafted using the finest natural ingredients.
- Only natural Burton spring water & traditional varieties of barley & hops.
- Marston’s is the World’s No.1 producer of Cask Ale!
- In the Top 10 of Roger Protz’s “300 Beers to Try Before You Die!”



## STIEGL SALZBURGER BIER - Austria

- Since 1492 Salzburg, Austria, the birthplace of Amadeus Mozart.
- Brewed with strict adherence to the Bavarian Purity Act of 1516.
- European Lager (Bavarian style) the way it was meant to be:
  - Pure spring water from the Alps
  - At 4.9% a.b.v., not pasteurized – whole flavour
  - Whole-flower hops from Hallertau & Saaz



connoisseur's choice 5  
BELGIAN BEERS

Achel Trappist Brewery

The smallest of the Trappist breweries is Achel, located in the north-east corner of Belgium on the border with the Netherlands, co-located with a very popular local restaurant serving their beer. The Achel Abbey can boast they are the only Trappist brewpub in the world! Brother Jules is the one monk within the order at Achel whose role it is to work in the brewery, and along with only one employee, they are responsible for the success of their product. Their beer is brewed, bottled, capped and shipped all by their own hands. You can enjoy an Achel Trappist beer here in North America knowing that Brother Jules took care of it personally.

In fact, because the other larger Trappist producing breweries have full-time non-ecclesiastic employees who taste and test their products, Brother Jules is the only monk who actually tastes the beer he produces as part of his job. Cistercian monks subsist on an austere diet, and given that Belgian beer traditionally ranges from 6 to 10% alcohol, beer-producing abbeys create a special beer just for the monks that is much lower in alcohol (5% or less) that they enjoy once a day. Another key element to their way of life is to participate in five prayer services each day; the one we attended in the Abbey of Saint Benedict in Achel, open to the public, was both awe-inspiring and personally meaningful.

Although most monasteries with breweries are off-limits to tours, we had the pleasure of gaining access to some of the most beautiful facilities at the Abbeys of Achel, Orval, Chimay and Rochefort. Brother Pierre toured us through the production facility and grounds of the Abbey of Notre-Dame de Saint-Rémy, home of the Rochefort brewery. We were honoured to walk the private grounds inhabited by the handful of monks that call the Abbey their home, from the meditative gardens, to their private chamber for prayer. These monasteries are hundreds of years old, and Brother Pierre enthusiastically pointed out the changes in solid stone patterns clearly seen on the side of the centuries old architecture, visible reminders of the history and hard work of the monks. The abbeys are in no way ornate, but are beautiful, simplistic and have all been created with longevity in mind. If Brother Pierre is typical of the hard-working Cistercian monks, then they are some of the happiest, friendly, energetic yet gentle people we have had the privilege of meeting. The simple purpose to their lives, one of devotion and manual labour, of strict observance and austere diet, also means they have a life of clear focus and little-to-no stress. Brother Pierre looked to be a man 15 years younger than his age.

A Trappist brewery is both beautiful and functional. The start of the brewing process at Rochefort is housed in a solid stone building made magnificent with ceiling height stained-glass windows, and highly polished copper kettles that fill the building. The beer production begins in these kettles, and after the fermentation period, the beer is pumped via intricate lines and pipes that run throughout the facility to holding tanks. Like family-run operations, there is pride here in the history and honour of producing a world famous product appreciated for its unique flavours. At the Orval brewery, hops contained in giant tea bags are added during the secondary fermentation, called dry-hopping, offering a sharper enhancement to the bouquet of the beer. Although the specific procedures each brewery follows differ and make their beverages unique, the final stage in production takes place inside the beer bottle itself. The beauty of bottle-fermented beer is its longevity; the beer continues to age and develop in complexity in the bottle, improving with time, reaching its peak several years after bottling. The similarity with wine gives one an appreciation for not only the craftsmanship that goes into Belgian beer production, but how distinct it is from regularly produced beer. Savouring a Trappist beer is an investment in the communities supported by the Abbeys, and in their chosen way of life.

Delicious aromas, rich palette, lingering taste—beer has so much more to offer than we have been first led to believe. While there are some Belgian lager-style beers that are best enjoyed super-cooled on a hot summer day, most of the beer (and the most interesting beer) are the ales served just below room temperature that bring out the spicy fruit flavours and a rich full-bodied mouth feel. Like comparing a light Pinot Gris wine with a rich Shiraz or GSM; both can be enjoyed, but at different times of the year, and also at different stages in our lives. It's time now to try the richest and most complex beer the world has to offer. Enjoy! ■

**Connoisseur's Choice in Trappist Breweries**  
**Why are there only seven in the world?**

While many monasteries have produced beer for centuries, in the last century the Trappist label became known to represent both quality and taste. When attempts were made by non-Cistercian beer producers to use the Trappist name on their products, the International Trappist Association (ITA) was formed in 1997. The seven members must follow these restrictions:

- The beer production oversight must remain the responsibility of the monks
- Only beer that was produced entirely on the grounds of a Cistercian monastery could bear the crest and designation Trappist
- The purpose of revenue production must be directed toward assisting the community and not toward profit

The seven breweries authorized to display the Authentic Trappist Product logo on their products are:

*Achel • Chimay • Orval • Rochefort • Westmalle • Westvleteren • La Trappe (located in the Netherlands).*



Top to bottom: Rochefort Brewery, copper kettles for cooking the malt; Marcia and Brother Pierre, Rochefort Trappist.



*“Only beer that is produced entirely on the grounds of a monastery can bear the crest and designation Trappist.”*



SIERRA  
CLUB  
CANADA

*Protecting our global ecosystems  
for generations to come*



For more information about  
our campaigns, programs,  
or to become a member,

Visit **www.sierraclub.ca**  
or call 1-888-810-4204

**One Earth. One Chance.**

# Spring Style 2009

By Catherine Dunwoody

It's been a long, cold winter. Ready to emerge from that cocoon of heavy sweaters, coats and boots? Here's what's new for spring '09.

### FASHION

#### CLOTHING

- The dress is still going strong, with ruffles aplenty. H & M dress, 70% cotton, 30% silk, \$69.90. [www.hm.com](http://www.hm.com)



- Trina Turk's silk jersey patio dress, \$458, has all the trends covered. Love seeing this super-chic full length in dresses again this spring. Available at Wear Else? [www.wearelse.com](http://www.wearelse.com)



### JEWELLERY

- Myka Designs' Luminous collection looks fresh and pretty for spring. A mix of Swarovski stones in light amethyst, violet and crystal, the pieces range from \$77 to \$185. [www.mykadesigns.com](http://www.mykadesigns.com)

- Tiffany's new key pendants are inspired by the Tiffany & Co. archives. Shown here is the Trefoil Key in 18k yellow gold, \$850, on oval link pendant chain, \$460. Equally fab is the extra large oval key in sterling silver, \$260, on sterling silver 24" pendant chain, \$85. [www.tiffany.ca](http://www.tiffany.ca)



### FOOTWEAR



- Peep toe pumps are a must-have this season. Love this retro look, shown in black and white, or a nautical red, white and navy. Leather, from Seychelle's, \$135. [www.seychelleshoes.com](http://www.seychelleshoes.com)

- Sky-high sandals by Frye look both vintage and modern at the same time. Great with jeans and dresses, these in leather, \$280, are available at Wear Else? [www.wearelse.com](http://www.wearelse.com)



### ADD-ONS

- Spring means sunny skies and time to sport a new pair of sexy shades. Love these from Oakley's Liv collection, starting at \$185. [www.oakley.com](http://www.oakley.com)

### BEAUTY

#### NEW SCENTS



- Flora by Gucci, eau de toilette, 75 ml, \$111. With its retro-esque bottle, hexagon shape, black ribbon and tassels, add this to your vanity table.

- Halle by Halle Berry. It was just a matter of time until the stunning actress launched her own fragrance. Eau de parfum, 50 ml, \$49. In a heavy glass bottle, with notes of pear blossom, hibiscus, and amber.



### FOR THE GUYS

- Burberry The Beat Pour Homme, eau de toilette, 100 ml, \$90. With notes of black pepper and Vetiver bourbon, it's young and hip, just like Burberry designer Christopher Bailey.

- Dermalogica Shave is a sampling of the new shaving products from this well-loved skincare line. Great sizes for travel too, \$50. [www.dermalogica.ca](http://www.dermalogica.ca)





#### MAKEUP

- Yves Saint Laurent's cosmetic bag essential, Touché Éclat, is a concealer/corrector that has a cult following of makeup artists, celebrities and models. Nothing like it to cover under eye circles, broken capillaries and imperfections \$50.  
[www.ysl.com](http://www.ysl.com)
- New from Terracotta Mineral by Guerlain, try the Gloss Cashmere, a cross between a lip gloss and lipstick, in a velvet matte finish, \$32.



- Fard Indien mineral eye shadow, in gorgeous, dusky shades, \$38.  
Both available at all Guerlain counters.



#### SKIN

- Cellulite treatments can't cure dimpled thighs, but can certainly minimize the look and visibly tighten the area. Try new Clarins High Definition Body Lift. Start now to be ready for swimsuit season.  
[www.clarins.com](http://www.clarins.com)
- Breakouts happen, and it's pretty much hormonal whatever age you are. Dab on a wee bit of Ole Henriksen Blemish Attack Daily Defense Gel, 50 ml, \$45, and watch your skin clear up quick.  
[www.olehenriksen.com](http://www.olehenriksen.com)



Joseph Ribkoff  
ribkoff.com

Join South Coast Casuals for  
their Joseph Ribkoff Trunk Show.

April 22nd, 2009: 10am to 9pm  
Wine & Cheese Reception: 4pm to 9pm



*Special: 15% off in-store "Spring"  
Joseph Ribkoff during this event.*

The Joseph Ribkoff sales representatives will be on-hand to assist you with your selections from both the Spring 2009 and the upcoming Fall 2009 collections.

This will be a wonderful opportunity to preview and pre-order Fall 2009 Joseph Ribkoff selections before they are available in most stores. A deposit is all that is required to place your order for the perfect "Fall" items, which will be made specifically for you and delivered in time for the start of the upcoming season.

Please RSVP  
604.946.8590

[Sales@SouthCoastCasuals.com](mailto:Sales@SouthCoastCasuals.com)



# Out with the Old and In with the New!

By Steve Dotto

Spring is the traditional time for cleaning house—literally and metaphorically—and with CES (the Consumer Electronics Show), Macworld, CeBIT and other major technology shows just recently behind us, it's a good time to take stock of the latest gadgets, gizmos and toys, not to mention the latest advances in Web technology. Each year, manufacturers and developers trying to outdo each other raise the bar. It is a fun time in the old technology world, but all play and no work makes Jack a poor boy, and, make no mistake, the tools of the trade for business are changing as rapidly as our entertainment lives.

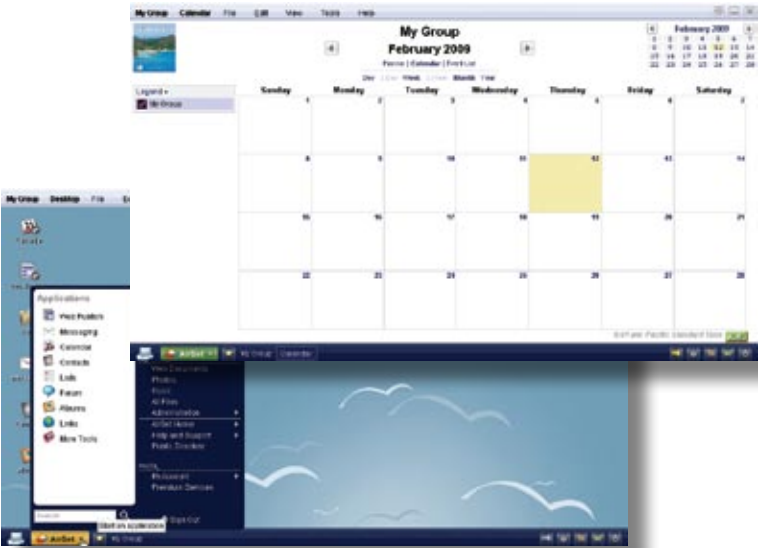
The reality of the mobile worker is coming home to roost, in fact, amongst Baby Boomers, GenX, GenY and certainly the Net Gen, the ability to work at home ranks second in deciding factors (behind...wait for it...salary) for choosing new jobs. All these knowledge workers now expect the same tools and functionality they have at home to be instantly and transparently brought to the business world. Headache time for the IT department, yes, but that is what they're paid for.

The tools that have launched this new world order are all under the umbrella of Web 2.0, which is a term that causes most to roll their eyes in confusion. In a nutshell, Web 1.0 was about recreating the world we lived in and knew in cyberspace. Web addresses or URLs were sought after assets, "drugstore.com" and "sex.com" sold for millions of dollars, just the name! The success stories were companies that took our bricks and mortar world and converted them to clicks and mortar. Amazon and eBay were huge success stories—a bookstore and a garage sale! The currency was still money, the roles we played were the same, consumers went to a site, browsed the content published by the site, and purchased.

We have content publishers and content consumers, and we played out those roles as we did in real life.

Web 2.0 is completely different. For many people Web 2.0 has made the Internet more entertaining, more engaging, and more indispensable than all other forms of media combined. Web applications like Facebook, YouTube and Blogger have blurred the lines between content publishing—once the sole domain of those who owned the servers and websites—and content consumption. Now anyone can publish. Nothing since the advent of Gutenberg's press has had such an impact on the transmission and sharing of ideas. To get a sense for how big Web 2.0 has become, consider Facebook, which was launched just over four years ago on February 4th, 2004. Facebook now has over 100 million registered members and in June of 2008 alone attracted over 132 million visitors.

If you aren't on board the Web 2.0 train, don't worry, we have lots of routes for you to take.



## Airset • [www.airset.com](http://www.airset.com)

This is one of my favourite sites, and one I use in my business and personal life. It is sort of a poor man's Exchange Server. Airset allows you to share calendars, data bases, documents, play lists, photos, blogs, pretty much all your digital assets. The beauty of Airset is the fact you can share multiple calendars and multiple accounts for both personal and business use. I like the fact I can sync Airset to Outlook, then share my calendars with family and co-workers, we use it every day for group scheduling and collaboration.

# lost.fm

## LastFM • [www.lastfm.com](http://www.lastfm.com)

Radio isn't dead, it has just moved, to the Internet. You don't have to manage your own iTunes playlist or listen to the same music all day. LastFM delivers every flavour of music and talks directly to your desktop, notebook, PDA. As you listen to more content, LastFM will begin to recognise your tastes and preferences and begin to recommend other stations you may enjoy.

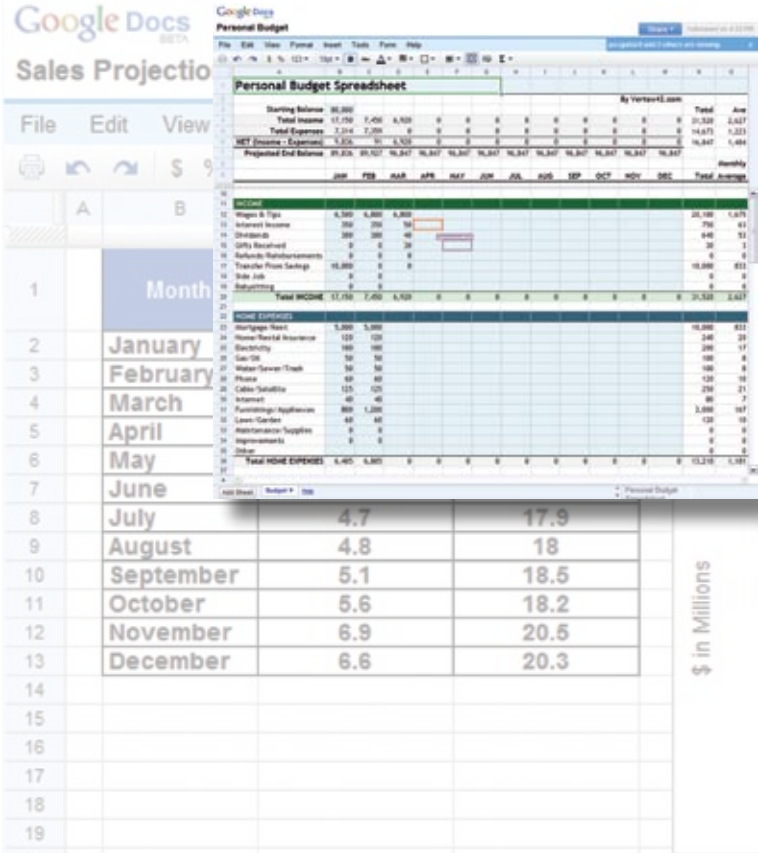


## Wikipedia • [www.wikipedia.org](http://www.wikipedia.org)

A category killer (have you seen any encyclopaedia salesmen working your block lately, or for that matter any encyclopaedias on the software shelf at the computer store?), Wikipedia is the ultimate in collaboration and collective memory, all in a fantastic resource. With Wikipedia, if you have something to say, and it's true, you can say it, we all can edit and add to the collective encyclopaedia. Not only is it a wonderful resource, and a fun and interesting place to visit (think of an interactive Discovery Channel), it will also show you a new way to capture and share your corporate knowledge and culture. Corporate Wikis are ways for us to share our knowledge with co-workers, and those who follow on in our footsteps. Wikis are increasingly becoming an important business tool. Wikipedia is a great way to stick your toe in the water and begin to understand the concept.

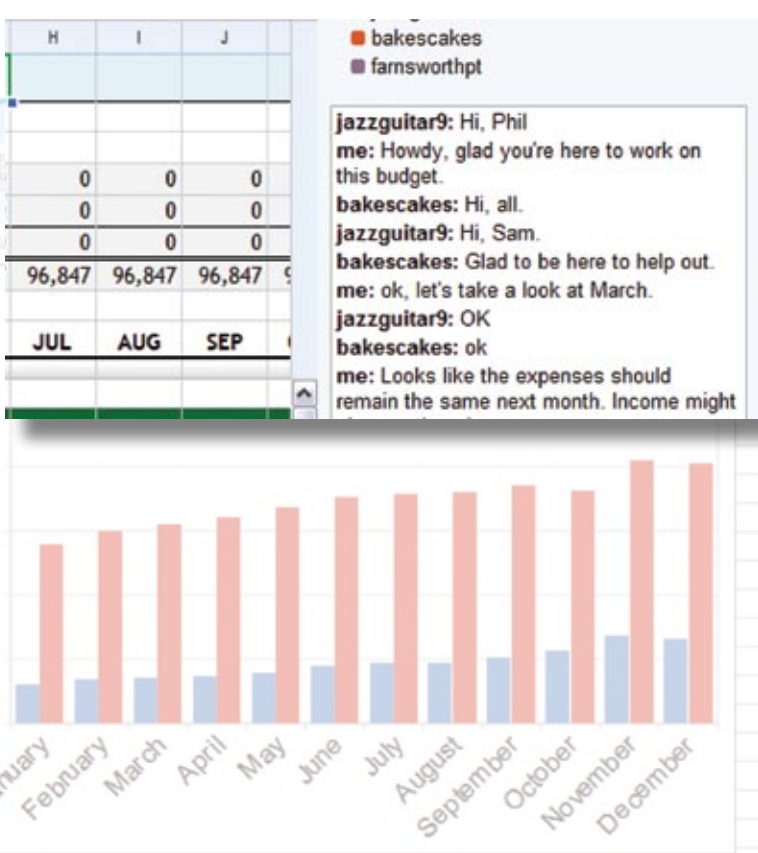
## Google Docs • [www.google.com](http://www.google.com)

This is the Web tool that is keeping Microsoft up late at night—a free web-based tool, word processor, spreadsheet, presentation package and even a forms tool. Google Docs are all about collaboration, designed from the ground up to support sharing and group work. You store all your documents in the clouds, on the Internet, and then you can share your documents with others. Parents can use it to help kids on term papers as easily as marketing folk can jointly produce press releases. Google Docs represents the future of the office suite, and you can bet they are just the first of a wave of free collaborative office tools.



## LinkedIn • [www.linkedin.com](http://www.linkedin.com)

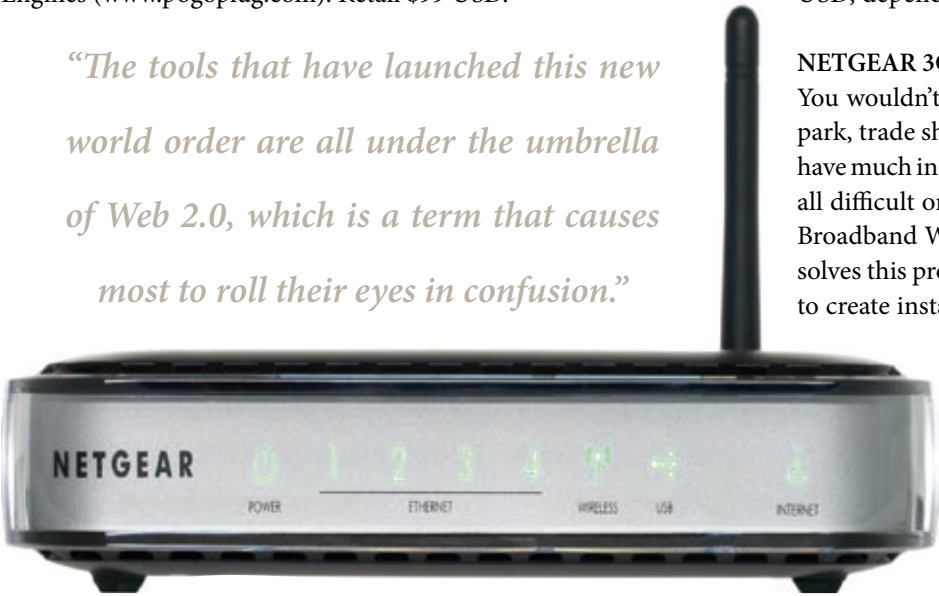
Facebook for the upwardly mobile, LinkedIn is the ultimate networking tool. You sign up, and invite professional and personal friends to join your network. The idea is you can then view the network of your close and trusted colleagues, thus widening your reach, your sphere of influence and, more importantly, your contact base. LinkedIn is all about growing your business, your contact base, and getting the introductions you need to advance your causes. There is a nice code of conduct on LinkedIn, and those who drink the cool-aid are constantly looking for new introductions and introducing their own network to new opportunities. LinkedIn is the matchmaker of the Web 2.0 world.





**The Pogoplug • [www.pogoplug.com](http://www.pogoplug.com)**

It's a connected world, and having files that live in just one place is soooo yesterday. Sure, you can carry your work, tunes and other stuff around on a flash memory key or on a small portable hard drive, but that's not always convenient or secure. A more netcentric approach is to keep your files on a NAS, or Network Attached Storage device. While such products have been on the market for a few years now, they've often been confusing or challenging to configure, and even the acronym "NAS" is kind of daunting. Not so with the cutely named Pogoplug. The Pogoplug is a small cube that connects your USB hard drive, thumb drive or other storage device to both your network and the Internet. The Pogoplug promises super simple setup—you just plug it into your router, connect your external drive, enter the Pogoplug's unique ID on the Pogoplug website, and your files instantly become securely accessible in or out of the home. Manufactured by Cloud Engines ([www.pogoplug.com](http://www.pogoplug.com)). Retail \$99 USD.



**Sony Vaio P • [www.sony.com](http://www.sony.com)**

The trend in laptops over the past few years has been to cram more and more into them—quad core processors, 17" screens, Blu-Ray drives, high end video cards, webcams, biometrics, multiple speakers and more. If you need all the features of these "portable workstations", then great. The trade-off, though, is usually a higher sticker price, lousy battery life, and extra weight. An example of the latter is Lenovo's newly announced dual-screen laptop that clocks in at a hefty 6Kg/13.2lbs. Be sure to keep your chiropractor's number on speed dial.

A recent reaction to this feature and footprint bloat has been the so-called "netbook"—a slimmed down, dumbed down, inexpensive notebook geared towards those whose primary need is to stay connected to the internet. Netbooks usually have so-so battery life, smaller, lower resolution screens, and weigh about a kilogram. The entry level price point is reflected in the pedestrian build quality. Still, netbooks have taken the industry by storm and have really shaken up what was becoming a moribund sector. They clearly reflect a market demand for both an inexpensive laptop and a smaller, more portable footprint. But what if you could combine the best of both worlds? Sony's new Vaio P promises to let you have your cake and eat it. The Vaio P packs some pretty high-end capabilities plus a few unique tricks into a package not much larger than a No. 10 envelope, and weighs an anorexic 1.4lbs. For starters, the screen is very bright and very sharp, with LED backlighting and an impressive 1600 x 768 resolution. In addition to 802.11n Wi-Fi and Bluetooth connectivity, the Vaio P also includes 3G mobile broadband service. As the Sony PR flacks put it, "Wi-Fi for working at a coffee shop; Bluetooth for peripherals; and Mobile Broadband service on compatible nationwide cellular networks when traveling outside the reach of hotspots (subscription required)". Real-time GPS functionality makes it a handy accompaniment on the road, and the optional large capacity battery provides up to eight hours of juice. Priced from \$900 to \$1500 USD, depending on configuration. [www.sonymstyle.com](http://www.sonymstyle.com).

**NETGEAR 3G Mobile Broadband Wireless Router • [www.netgear.com](http://www.netgear.com)**

You wouldn't think that a construction site, temporary event site, RV park, trade show floor, or your cousin Ted's cabin up at the lake would have much in common—and you'd be right, except for one thing: they're all difficult or expensive to get a Wi-Fi signal to. Netgear's 3G Mobile Broadband Wireless Router—say that quickly three times—brilliantly solves this problem by utilizing nearly ubiquitous 3G cellular networks to create instant, on-demand Wi-Fi hotspots. Your router connects to the internet via 3G broadband service and then delivers wireless access to your Wi-Fi capable laptop, desktop, PDA etc. via conventional 802.11g. The Netgear 3G Mobile Broadband Wireless Router features easy Push 'N' Connect setup, low power eco modes, and includes a car adapter for the true road warrior. You'll need a 3G subscription. From Netgear ([www.netgear.com](http://www.netgear.com)). Priced at \$129 USD.



**Samsung MBP200 Pico Projector • [www.samsung.com](http://www.samsung.com)**

We saved the coolest gadget for last. At one time in the not-so-distant past, data projectors were liquid cooled three gun monsters that weighed over a hundred pounds and needed a small crew to install and adjust. There was no such thing as portable, and if you moved your big three gunner, it took hours to re-converge the image. And the price? Fuggedaboutit. Fast forward to spring 2009 and you have Samsung's micro marvel, the MBP200. At first glance, the MBP200 looks like many another portable media player: it has its own 2.2 inch QVGA LCD screen, 3.5 millimetre headphone jack, built-in speaker, playback controls, and microSD slot. But wait, it also has a....lens? Yes indeed. Part portable media player, part portable projector and wholly cool, the MBP200 Pico Projector is the convergence device (items that serve multiple functions), that is begging to converge itself right into your pocket, laptop bag, or backpack.

The MBP200 is a compact portable projector designed to connect directly to mobile phones and laptops for sharing your presentations, games, videos and other content via a projected image on a surface as small as a sheet of paper on up to a 50-inch viewing area. Weighing in at just 160-grams, the Pico Projector natively supports PDF and Microsoft Office standard file formats, while support for microSD (in capacities up to 16 GB) allow the device to display content independently. With its 2.2 inch QVGA LCD screen, the MBP200 conveniently doubles as a portable media player (PMP). The device supports common audio formats like MP3, WMA and OGG, and popular video codecs such as DivX and Xvid. Price TBA. ■



# Copeman Healthcare Centre

## A New Standard of Healthcare

*Feel like you're not getting enough quality time with your doctor?  
Looking for better access to professional expertise?  
At the Copeman Healthcare Centre, the doctor is always in.*



The Copeman Healthcare Centre, now with facilities in both Vancouver and Calgary, is fast becoming Canada's recognized leader in the field of preventive healthcare. As a pioneer in team-based primary healthcare and the use of advanced technologies, the Centre is tackling the troubling issue of undiagnosed illness and disease for middle-aged Canadians.

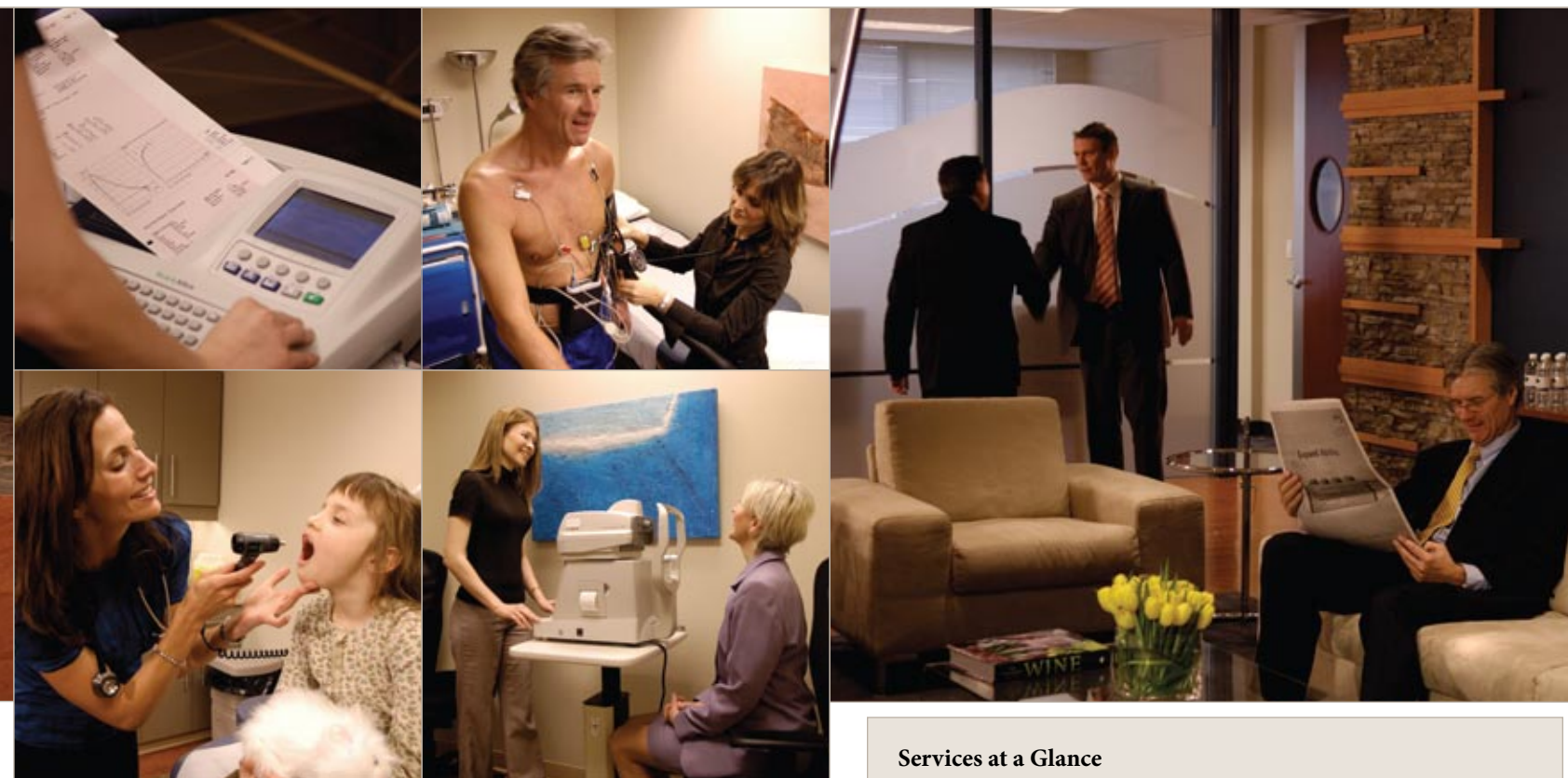
"About 50% of people with heart problems do not show symptoms visible to their family doctor. One in seven men will develop prostate cancer. One in nine women will be diagnosed with breast cancer. About one in 15 adults will develop colorectal cancer. Many diseases are diagnosed, but not always at the stage where treatment is most successful," said Don Copeman, founder and CEO. "Our primary goal is to prevent illness, not to have to treat it with costly hospital interventions and medications."

Copeman says that after almost three years of research and hard work developing prevention programs, the health data is overwhelmingly positive.

"53% of all people who came to our Centre in the first year had an undiagnosed disease. Of those patients, 70% had conditions that significantly increased their health risks and warranted immediate medical attention. The good news is that all of these clients are now on a path to optimal health."

The Copeman Healthcare Centre model delivers an integrated team of doctors and healthcare professionals to each member of the Centre. All professional services and testing are covered by an all-inclusive annual fee. Membership is limited, but both Centres are still accepting new patients through the fall of this year.

"We're dedicated to ensuring that our clients live the longest, healthiest and most pain-free lives possible," says Copeman.



"The heart of our program is a comprehensive health plan based on advanced screening for early signs of disease, and on detailed analysis of medical and family history. However, the soul of the program is the health education, counselling and coaching that we provide our clients as they follow their health plan." Secure, on-line access to health information, personalized education and goal tracking is part of the service.

*"Secure, on-line access to health  
information, personalized education  
and goal tracking is part of the service."*

Copeman says the Centre's approach to healthcare represents the type of innovation that is desperately needed in Canada right now.

"It all boils down to the two things that define quality primary healthcare—access to professional expertise and the proper amount of time spent with your doctor and other professionals."

Each client receives lifelong care from a team of people whose skills and expertise are matched with the client's disease risks. At a minimum, everyone is assigned an expert physician, a registered dietician, a kinesiologist or exercise specialist, a care coordinator, and a nurse that provides ongoing coaching and support.

"Our goal is to put patients at ease by reducing the burden of health risks. We carefully monitor their health—giving them all of the time and expert attention they deserve."

Free on-site consultations can be arranged through a toll-free service (888.922.2732) or facility tours can be taken online at [www.copemanhealthcare.com](http://www.copemanhealthcare.com). ■

### Services at a Glance

- Unhurried healthcare.
- Expert professional team matched to your medical profile.
- Comprehensive Health Assessments (annually) including advanced disease screening.
- Personal dietician, exercise physiologist and nurse coach.
- Personalized health plan supported by education and consulting.
- Exhaustive effort for fastest possible specialist treatment, including presentation of all options (public and private).
- Personal reminders for tests and examinations.
- Flexible, convenient appointments.

### Fees

- \$2,900 per year per adult (tax deductible fees may also be covered by private health plans), \$3,900 in the first year of service.
- Free for children of members under the age of 22.

**Copeman Health Care**  
Toll Free: 1.888.922.2732  
[www.copemanhealthcare.com](http://www.copemanhealthcare.com)

**Vancouver:**  
Suite 400, 1128 Hornby St.  
604.707.2273 (CARE)

**Calgary:**  
Suite 400, 628 12th Ave. SW  
403.270.2273 (CARE)

# A Healthy Lifestyle Dramatically Reduces Stroke Risk

By Sandra Tonn, RHN

More than 50,000 strokes occur in Canada each year, where stroke is the third leading cause of death, and non-fatal stroke is a leading cause of permanent disability. After the age of 55, the risk of stroke doubles every 10 years.

These are sobering statistics, however, recent research published in the journal *Circulation* (2008), brings hopeful news: We can lower risk of stroke by up to 80 percent through diet and lifestyle factors.

There are two types of strokes, ischemic and hemorrhagic, both of which result in death of brain cells. An ischemic stroke is the result of a blood clot blocking a blood vessel that supplies the brain. A hemorrhagic stroke occurs when a blood vessel breaks or ruptures, which leads to bleeding and a clot, causing brain cells to die due to increased pressure.

According to Harvard researchers, we can help to prevent stroke through the five following factors: 1) not smoking; 2) sufficient physical activity; 3) limited alcoholic drinking; 4) healthy body weight; and 5) healthy diet. Practicing any one of these low-risk lifestyle factors—all of which are well within our control—will cut the risk of stroke. That’s good news. Even better news, however, is that a healthy lifestyle incorporating all five of these factors will cut risk of stroke by a staggering 80 percent.

### Don’t smoke

Those who smoke are upping their risk of stroke by one-and-a half times, according to research from St. Mary’s Hospital in London, England (*Angiology*, 2000). On the bright side, quitting really makes a big difference. The American Heart Association’s latest disease and stroke statistics show that smokers who stop for five years have the same lowered stroke risk as those who have never smoked.



### Get physical

Despite the many benefits gained from regular physical activity, the Heart and Stroke Foundation of Canada reports that 50 percent of Canadian women and 45 percent of men are physically inactive. The promising news is that Canadians over the age of 65 are the least inactive group (43 percent) of all Canadians, according to Statistics Canada.

We do not need to be weekend warriors or spend all of our free time at the gym to prevent stroke. Most experts suggest doing at least 30 minutes of physical activity every day. A Harvard Alumni study (*Stroke*, 1998) examined different types of physical activity in relation to lowered stroke risk and concluded that walking is associated with a significantly lowered risk of stroke. A

study from Finland (*Stroke*, 2005) concluded that a high level of leisure time physical activity reduces the risk of stroke as well.

Choose physical activity that you enjoy and you will not only help to prevent stroke, but will enhance your life in many other ways.

### Limit alcohol intake

Too much alcohol can raise blood pressure in the body, which results in an increased risk of stroke. Research tells us that people who drink more than 30 units of alcohol a week (a unit is one glass of wine, one measure of hard liquor or a half pint of beer) are four times more likely to have a stroke than moderate drinkers. Moderate drinking means no more than one drink daily for women and two for men (one drink is four ounces of wine, one-and-a-half ounces of hard liquor, or 12 ounces of beer). Another reason to drink less is that alcohol causes weight gain, which increases stroke risk.



### Maintain a healthy body weight

Close to 60 percent of Canadian adults (more than 14 million people) are either overweight or obese, according to the Heart and Stroke Foundation of Canada.

High body mass index (BMI) is a risk factor for stroke, according to a study published in *Stroke* (2004). For example, Harvard University reports that men with a BMI of 30 or higher are twice as likely to have a stroke compared with men who have a BMI of less than 23. (Visit [www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/) for more information and to calculate your BMI.)

In addition, abdominal obesity appears to be of specific concern in relation to stroke risk. “The Northern Manhattan Stroke Study” (*Stroke*, 2003) concluded that abdominal obesity is “an independent, potent risk factor” for ischemic stroke—even stronger than overall BMI. The study researchers suggested that prevention of obesity and weight reduction need a much greater emphasis in stroke prevention programs.

Physical activity and a healthy diet are the best strategies for obtaining and maintaining a healthy weight.

### Stroke Symptoms

A person suffering a stroke may experience sudden numbness or weakness of the face, arm or leg, especially on one side of the body, sudden confusion, trouble speaking or understanding, and trouble walking due to loss of balance. Such symptoms are often painless, which is why recognition and treatment of stroke is often delayed.

### Did You Know?

- Being a cat owner may significantly reduce your stroke risk. According to research from the University of Minnesota (2008), over a 20-year period, people who had never owned a cat had a 30 percent greater risk of death due to stroke. (No, dogs did not appear to offer the same protective benefits.)
- Doctors used to think that hormone replacement therapy (HRT) for post-menopausal women offered protection from stroke, however, a large scientific review of the research done on this topic reveals that women taking HRT are more, not less, likely to have a stroke. In addition, women on HRT do not recover from a stroke as much as women not taking HRT (*British Medical Journal*, 2005).
- People with blood pressure higher than 120/80 mm HG are twice as likely to have a stroke as those with lower blood pressure, according to the American Heart Association. A common cause for high blood pressure is atherosclerosis, a build up of plaque on the arteries. Not surprisingly, the most common cause of stroke is atherosclerosis. A healthy lifestyle is the safest way to prevent high blood pressure, atherosclerosis and, in turn, stroke.

### Eat a healthy diet

Information from the Nurses’ Health Study and the Health Professionals Follow-Up Study (*Circulation*, 2008) suggests that eating a healthy diet including higher intake of fruits, vegetables, whole grains and nuts, along with taking a daily multivitamin for at least five years, adds up to a lower risk for stroke.

An Italian study (*American Journal of Epidemiology*, 2006) investigated the many factors involved in obtaining a low risk status for stroke and suggested eating a Mediterranean-style diet, which is delicious advice. The Mediterraneans enjoy wild fish (approximately two to four times a week), which is high in heart-healthy essential fats, and eat very little artery-clogging red meat. A large intake and variety of fresh fruits and vegetables, along with high quality olive oil and whole grains, also make up this stroke prevention-type diet.

Take a step each day, or each week, toward a healthy diet and lifestyle and soon you will be creating new habits that can add up to an 80 percent decreased risk of stroke. Preventing stroke is well within your power and offers a healthy life in exchange. ■

### Stroke Stats

- In Canada there is one stroke happening every 10 minutes.
- While more men have strokes, each year, more women than men die from stroke.
- About 300,000 Canadians are living with the effects of stroke.
- A stroke survivor has a 20 percent chance of having another stroke within two years.

# 2009's Convertible Standouts

By Tony Whitney



2009 Cadillac XLR-V

With the current woes facing the world automobile manufacturing industry, it'd be easy to think that as far as some vehicle types go, everything would be put on hold until things take off again. Convertibles, especially, would seem to be prime targets for cutbacks, but, in fact, this style of bodywork appears to be thriving as never before—especially in the luxury segment.

It's also arguable that convertibles are nothing more than "toys" and that the world could get along quite happily without them, but this is certainly not the case. People seem to love their convertibles and demand has rarely been better than it is right now. It's odd that we should see fewer minivans and large SUVs in the showrooms and more convertibles, but that's the way the market has called it and the market, as any auto manufacturer will tell you, is always right.

For the 2009 model year, there are several brand new opportunities for buyers to indulge in top-down motoring and a long list of older models that have been updated in one way or another as well. Much of the action is at the upper end of the market and several of these products are contenders in the "ultimate convertible" stakes. It's true that you can buy a convertible for a very reasonable price if you scour the showrooms, but most of the serious action is in the upscale segment.

BMW has completely worked over its Z4 roadster range and is bringing us, for the first time, a model with a power folding hardtop. There's no question that this is the way things are going to go as each new convertible model arrives. These amazingly ingenious tops, combining the benefits of a coupe with the desirability of a full convertible, are everywhere these days and BMW, though a little late, has now arrived at the party. The new Z4 looks better top-up than the old ragtop model, which always seemed a little ungainly in that mode.

The downside of this major change is that the BMW M-Coupe will be axed, which is a pity because it had a character all its own and was never simply a "non-ragtop Z4." Power for these new Z4s comes from BMW's traditionally laid out inline 6-cylinder engines, following a practice that has endured over the decades.

Whatever manufacturers say about the benefits of V-6 engines, there's nothing quite as silky smooth and turbine-like as a good inline six. You have to search the industry to find engines in this configuration these days, but BMW, to its credit, has stood fast.

Cadillac's superb-looking XLR had had a folding hardtop since it was launched several years back, but recently, GM's luxury division launched a "V" version. Cadillacs with a V suffix to their model name have up-rated engines and suspensions and the new XLR-V uses a 4.4-litre V-8 with a supercharger to boost horsepower to 443. You'll top 100 km/h in one of these in something close to four seconds.

New from Mercedes-Benz is the SL65 AMG Black Series, which combine awesome power, lightweight design and a good dose of exclusivity. Based on the SL folding hardtop sports car range, this new version uses a 6.0-litre bi-turbo engine to produce a whopping 661-horsepower. While hardly a Greenpeacer's dream, the Black Series is bound to take its place among the most desirable sportsters in the world with its modified race-style body panels and amazing performance. Some of the body panels are made from a carbon fibre reinforced plastic material to bring down the weight. This car looks truly stunning and its flared wheel arches and aerodynamic aids are said to have been inspired by the Mercedes-Benz racers that compete in the prestigious German-based DTM touring car championship series. The car certainly looks track-ready. It's not quite clear where the "Black Series" name came from. Most of the ones I've seen have been finished in that distinctive Mercedes-Benz silver that's so popular right through the Stuttgart automaker's range.

Moving up a notch or two in the Mercedes-Benz sports convertible line-up, the remarkable and super-exclusive SLR McLaren, originally introduced as a gullwing coupe, is now available with a convertible top—albeit a canvas one. This limited-production automobile is a rare sight almost anywhere outside of Monte Carlo or Dubai (I've seen several in both cities) and if you have to get one, you won't have much change out of half a million dollars. The car boasts 617-horsepower and Mercedes claims that you can carry on a conversation in the cockpit—always supposing you'd want to—at over 200 km/h.

Recently revealed was an even more startling variant on the SLR McLaren theme—an open roadster with fairings behind the occupant's heads (no top at all) celebrating the victory by Stirling Moss and co-driver/navigator Denis Jenkinson in the 1955 Mille Miglia in Italy. Very few of these will be produced, and those waiting in line will be parting with \$1 million or so. If true bugs-in-the-teeth motoring is really your thing, this car will impress—it has no windshield at all, just a pair of tiny deflectors which probably won't help much at 320 km/h. There are no side windows either, but you can cover up the passenger area with a nifty tonneau and fix another to the driver's side when you park in the rain.

It's easy to forget sometimes that Chevrolet's wonderful Corvette is still one of the world's great performance bargains (it lists for under \$70,000) and that the get-up-and-go it provides matches or exceeds that of sportsters costing three times as much. As has long been the case, you can buy a convertible Corvette, but we're still some time away from saying goodbye to the old-style ragtop here. Few will complain, though, because the Corvette is very much a heritage product and isn't changed that often—except for power upgrades.

These days, the 'Vette comes with a 6.2-litre V-8 developing 430-horsepower. Interestingly, despite this impressive level of power, the Corvette is economical enough to avoid the U.S. government's "gas guzzler" penalty. That's not to say the car is an economy purchase by any means, but it proves that even a Corvette buyer can be just a shade of green if the car is driven with care. As ever, the Corvette's bodywork is made from a glass fibre material, so dents and dings are not something an owner has to worry about.

No examination of the upscale convertible market would be complete without a close look at Porsche's 911 Cabriolet. The 911 series was extensively revised for the 2009 model year and all versions are brand new—including, of course, the convertible. Traditionalist Porsche has still not opted for a retracting hardtop and probably never will, since these cars have always featured a rear engine layout. It's amazing that Porsche can shoehorn the huge flat six powerplant back there,

so expecting them to one day squeeze in a retracting top is asking an awful lot, although auto industry engineers never cease to amaze with their achievements. The current top is much better than earlier versions. It's very snug, beautifully trimmed inside and deploys in seconds without grappling with any latches.

A lot of the motorhead talk around this new Porsche seems to have been generated by a new transmission, a 7-speed dual-clutch auto/manual called PDK. Porsche claims that shifts can be accomplished (using those now-ubiquitous steering wheel "paddles") faster than with the manual box and fuel consumption is reduced by 13 percent, despite the gain of 20 more horsepower with the latest engine. For Porsche jockeys who insist on grappling with coffee mugs and cellphones, this is the obvious choice.

*“a rare sight almost anywhere outside of Monte Carlo or Dubai ... if you have to get one, you won't have much change out of half a million dollars.”*



Left to right: 2009 Mercedes-Benz SLR 722; 2009 Mercedes-Benz SL65 AMG Black Series; 2009 Corvette Convertible.

## LUXURY RIDES

Otherwise, the 911 Cabriolet is much like its tintop stablemates, with similar power levels, a totally new instrument design, rock-solid feel under all conditions and racecar-like handling. Buy the “Cab” and you get one of the best features of all—the wonderful sound of that flat six when the top is down. Take it to a decently long tunnel in top-down guise, give it a bit of throttle and you’ll hear mechanical symphonies that will have you wishing for a high-fidelity recording of the experience.

Just when we were all thinking that legendary British automaker Bentley had topped out with its Continental GTC convertible, it’s come up with an even more desirable version of this opulent machine with higher performance levels and a good dose of extra luxury—if that’s at all possible.

*“there’s nothing quite as silky smooth and turbine-like as a good inline six.”*

The recently-revealed Bentley Continental GTC Speed is a tribute to the “Speed” Bentleys of the 1920s when the company was the terror of European circuits and Le Mans with its huge and successful race cars. The engineers and mechanics who fettled those old Bentley racers could never have demand that at some time in the future, the company would produce a road car with a 6.0-litre W-12 twin-turbo engine under the “bonnet” delivering 600-horsepower and rocketing to 100 km/h in around four seconds. These “W” configuration engines are a legacy of Volkswagen/Audi’s ownership of Bentley and can be found in various upscale vehicles across the various ranges. They are amazingly compact and represent one of the most impressive achievements in powerplant design for decades. Bentley says that the car will do 314 km/h with its top down, but I wouldn’t want to be in the back seat for an experience like that. For fairly large cars, these Bentley Continentals handle surprisingly well—the Speed uses 20-inch wheels shod with very grippy and technically advanced Pirelli P-Zero tires. The GTC Speed will probably be priced somewhere in the mid-\$200,000 range.

Of course, you can have lots of top-down fun with just about any convertible and many enthusiasts argue that you’ll enjoy the same wind-in-your-face exhilaration with a Mazda MX-5 as you would with a Corvette. Even the MX-5 (many still call it Miata) can be ordered with a retractable hardtop—surely one of the engineering feats of the past decade given the car’s diminutive size. You can buy an MX-5 for less than thirty grand with a fabric top so perhaps for many buyers, this might be a great choice to tide them over until the market bounces back to levels where that Bentley GTC Speed or Mercedes-Benz SL is once more a possibility. ▮

Top to bottom:  
2009 Porsche Carrera Cabriolet;  
2009 Bentley Continental GTC Speed;  
2009 Mazda MX-5



Geneviève had  
laser eye surgery  
from IRIS.

**Laser vision correction.**

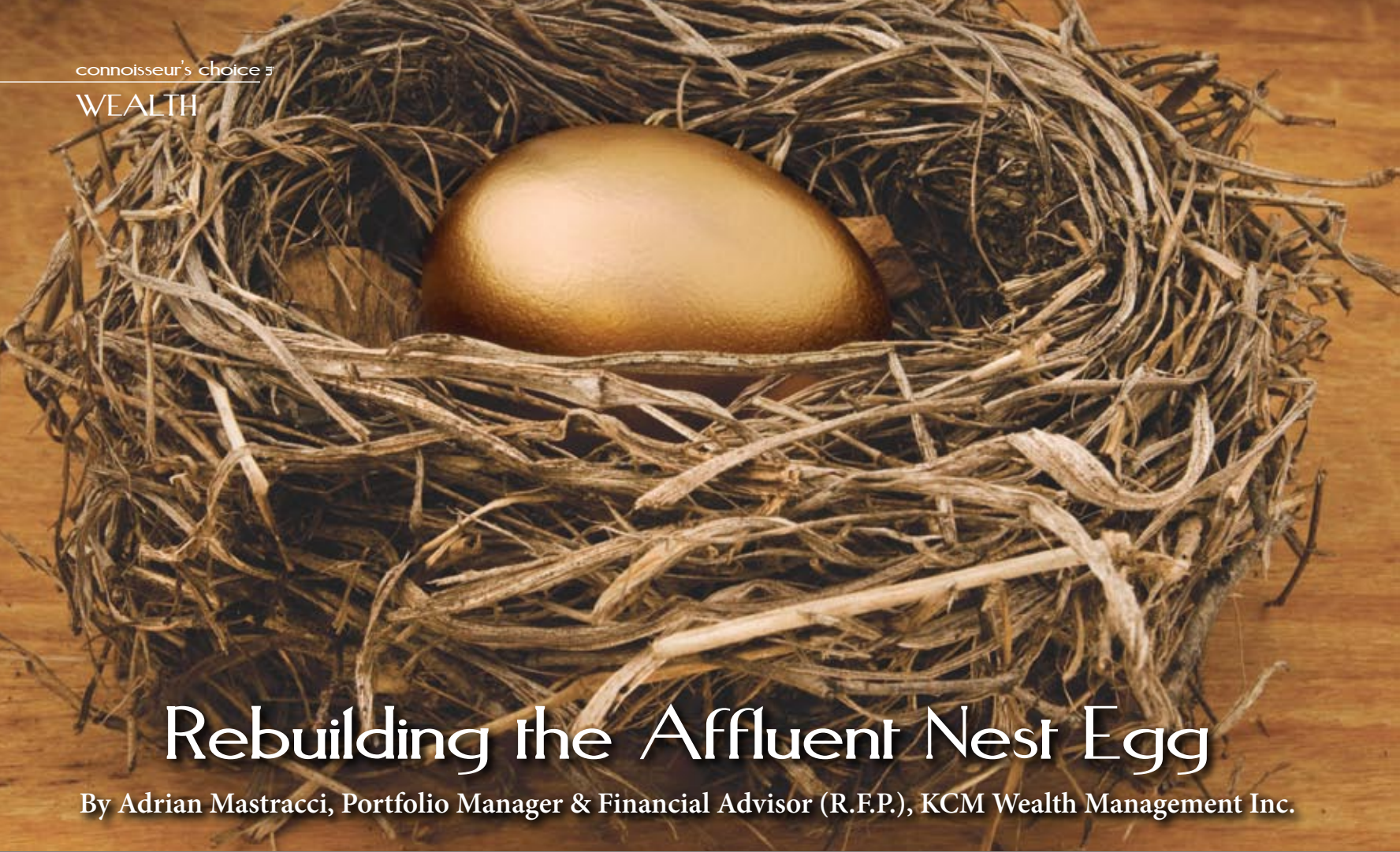
Maybe  
it’s time.

Schedule a complimentary consultation  
with a Doctor of Optometry at an IRIS  
location near you.

Visit [iris.ca](http://iris.ca) or call  
1.888.881.4747

**IRIS**  
LASER EYE SURGERY  
EYEWEAR • EYE EXAMINATIONS  
[iris.ca](http://iris.ca)

Laser eye surgery performed at IRIS Ophthalmology Clinics in Langley, BC or Laval, QC.



# Rebuilding the Affluent Nest Egg

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

Last year turned out to be a wrecking ball on the precious nest egg. With that in mind, I'll cover a trilogy of investing tactics for this year. First, revisit the risk decisions, then assess the fitness level of the current portfolio and lastly rebuild the nest egg. These build a bridge to investing in 2009.

Equities cratered all over the world. It felt like watching a sinkhole. Almost everything lost value. Particularly stocks, real estate and alternative investments in the hedge funds and private equity camps. Some commodities, like oil, experienced both a steep rise and a steep decline. The positive standouts were in the boring fixed income investments like T-Bills and GICs.

Very few things were spared the painful outcome. Balance sheets were carved to the bone. Personal and corporate accounts, registered accounts and pension plans were all affected. The family business may have had its profits shaved. The good news is that it's never too late to remodel the nest egg. Even after enduring the many unforgiving financial storms.

### 1. Revisit risk decisions

The key question that begins the discussion is whether it's more important to seek the return of your capital or the return on your capital. For many affluent investors, protecting the remaining capital is top priority. Nobody wants to suffer more serious losses like last year's. The answer to this question sets the tone for the asset mix targets to be pursued.

For example, portfolios exceeding 75% equity are bets far too risky for the majority. Most investors don't appreciate their true risk tolerances. Those who can't stand the implied risks may have to find safer harbours on the sidelines.

Lots of affluent investors can relate to "risk tolerance." Fewer can say the same about "risk capacity." Mastering the risk game achieves better investment success. So, let's define these two concepts.

*"Bringing the understanding of risk capacity up to par with risk tolerance helps avoid anxiety."*

### Risk tolerance

Risk tolerance is the amount of risk investors feel comfortable taking. It is associated with things like the investment time horizon and the investor profile. Someone starting out has more time to recover from losses than someone about to retire. A conservative investor has far less inclination to incur risks than an aggressive one. I think of risk tolerance as the investor's ability and willingness to incur risks.

### Risk capacity

Risk capacity is the amount of risk investors need to take to reach their financial objectives, say a retirement income stream. It is associated with the investment rate of return required to achieve personal goals. The risks of seeking a 5% portfolio return are different than seeking 10%. In some cases, there may be need to incur risk, but not necessarily the willingness to incur it. Remember that risk capacity decisions trump risk tolerance decisions. Ideally, risk tolerance should be at least equal to risk capacity, preferably higher.

### Closing the gap

I close the gap between risk tolerance and risk capacity with my capital needs analysis. It provides estimates and "what if scenarios" of what is required. However, I can only recall a handful of investors who had a good grasp of this at our first meeting.

Assume that two spouses, ages 50 and 48, want a retirement income of \$200,000, in today's dollars, starting in 15 years. They need to accumulate a nest egg near \$5,300,000 if they have no employer pension. Capital needs calculations highlight the importance of risk capacity. Difficulties can arise when the risk tolerance is less than risk capacity. Some goals may have to be rethought.

Investors need to be involved in the risk decisions. Understand the full implications of risk tolerance and risk capacity before proceeding. This is one time when emotions ought to be totally absent. Today risk continues to occupy the top worry spot among affluent investors.

One ultimate check determines the comfort with the balance between risk capacity and risk tolerance. It is whether the investor lies awake at night wondering about the investments. Bringing the understanding of risk capacity up to par with risk tolerance helps avoid anxiety.



### 2. Fitness assessment

Now for the second part of the exercise. Is your precious portfolio fit, or fit to be tied? Is it ready to tackle the unknowns around the curve? Scheduling a portfolio fitness check-up helps. But how does one get started?

I've designed a simple and easy tool. I call it the "Portfolio Fitness Index" or PFI for short. Everyone can use PFI. It takes only a few minutes. PFI gets the thought process rolling. It's a quick assessment of overall portfolio fitness. Much like an index that represents the broad market. A once-yearly check-up is sufficient frequency.

All that you have to do is mark the fitness questions as "Yes" or "No". True answers only please. Then tally up the "Yes" replies. That's it! So let's get going.

<i>PORTFOLIO FITNESS QUESTIONS</i>	<i>YOUR REPLIES</i>
1. Do you know what your portfolio is to provide?	Yes <input type="checkbox"/> No <input type="checkbox"/>
2. Are you happy with the direction of your game plan?	Yes <input type="checkbox"/> No <input type="checkbox"/>
3. Are you aware of the investment risks you incur?	Yes <input type="checkbox"/> No <input type="checkbox"/>
4. Do you know your investor profile?	Yes <input type="checkbox"/> No <input type="checkbox"/>
5. Are you following a prudent asset mix?	Yes <input type="checkbox"/> No <input type="checkbox"/>
6. Do you understand your investments?	Yes <input type="checkbox"/> No <input type="checkbox"/>
7. Are your investments well diversified?	Yes <input type="checkbox"/> No <input type="checkbox"/>
8. Do you know the rate of return your portfolio requires?	Yes <input type="checkbox"/> No <input type="checkbox"/>
9. Do you pay the least tax with your portfolio?	Yes <input type="checkbox"/> No <input type="checkbox"/>
10. Are your current investments appropriate for you?	Yes <input type="checkbox"/> No <input type="checkbox"/>
11. Are your total investment costs reasonable?	Yes <input type="checkbox"/> No <input type="checkbox"/>
12. Do you refrain from second guessing your decisions?	Yes <input type="checkbox"/> No <input type="checkbox"/>
13. Can you ignore short-term investment volatility?	Yes <input type="checkbox"/> No <input type="checkbox"/>
14. Are you patient with your investing results?	Yes <input type="checkbox"/> No <input type="checkbox"/>
15. Do you skip buying the hot investments of the day?	Yes <input type="checkbox"/> No <input type="checkbox"/>
16. Do you occasionally rebalance your portfolio mix?	Yes <input type="checkbox"/> No <input type="checkbox"/>
17. Would you purchase your same investments today?	Yes <input type="checkbox"/> No <input type="checkbox"/>
18. Do you make portfolio decisions without emotions?	Yes <input type="checkbox"/> No <input type="checkbox"/>
19. Do you prefer high investment quality to high yields?	Yes <input type="checkbox"/> No <input type="checkbox"/>
20. Are you prepared to sell your losers at today's prices?	Yes <input type="checkbox"/> No <input type="checkbox"/>

That was painless. Now to interpret the PFI results:

<i>NUMBER OF "YES" REPLIES</i>	<i>PFI IMPLICATIONS</i>
18 to 20	Superb portfolio fitness!
15 to 17	Seek some tweaks
12 to 14	Some foundations need fixing
9 to 11	Serious problems ahead
0 to 8	Scrap your plan, get a new one!

Think of the PFI exercise as regular maintenance for portfolios. Investing some time in assessing your portfolio fitness level keeps focus on your goals and objectives. PFI is a valuable exercise.



### 3. Rebuild the bricks

These continue to be extraordinary investing times. Much turmoil and uncertainty is yet to head our way. Economic headwinds are still howling everywhere. Unravelling today's huge debt mess is painfully slow. Cash yields have been taking a lambasting. Government deficits are ballooning in all directions. Corporate earnings are expected to continue the downhill course.

Wise investors care deeply about risks. Novice investors shop for returns. Returns will eventually reward investors who focus on risks. Risks will eventually catch up to investors who focus on returns.

Rebuilding the nest eggs won't be easy after sustaining losses, say in the 30% to 50% ballparks. Even defensive stocks got caught up in the fray. Some planned retirements may have to be reshaped.

So, what should affluent investors do now to turn their nest eggs around? The short answer is first assess the damages then rebuild within the slow, steady, methodical way. Some nest eggs may need more time in the recovery room.

*“Simple things, like whether to hold equities in the personal account versus the RRSP/RRIF, can make positive impacts without taking more risks.”*

#### Assessing the damages

Look past what is happening today. Preferably, where your portfolio ought to be in 5 to 10 years. Not in 6 to 12 months. I'm reminded of Aesop's children's fable titled “The Tortoise and the Hare.” Its classic message “slow but steady wins the race” definitely applies to today's portfolio reconstruction.

It took a while to get to where investors are today. It may take as long, or longer, to overcome market losses. Try not to repeat things that did not work in 2008. A portfolio loss of 30% requires a 43% gain to get even. A 50% clipping requires a 100% gain.

Those upsides are hard to come by. But it's very possible that the nest egg may suffer even more losses before it shows signs of recovery. Factor in the possibility of disappointing growth prospects.

Start by concentrating on what the nest egg is expected to provide. Refresh the desired retirement incomes. Confirm that the financial goals are still realistic. Have a close up look at the portfolio risks, especially risk capacities and risk tolerances.

Revisiting the analysis of how much retirement capital is required, along with the rate of return being sought, provides important guidance. Don't forget the tax friendliness of the plan. All your professional advisors should also go over these matters with you in a unified approach.

Rebuilding the nest egg may require bigger contributions from savings. Retired investors should pay closer attention to the steadiness of the income. Consistent investment returns are preferred to unpredictable hot performance.

#### Rebuilding steps

My best advice is to skip the fancy stuff. Stick to disciplined approaches. Make risk management a best friend forever.

Coordinate the financial goals with the investing tactics. Always think portfolio and avoid making hasty decisions. Invest within the personal risk tolerances, time horizon and prudent asset mix. Just because stocks are on sale does not mean they are bargains. Some will turn out to be falling knives.

Follow consistent strategies to manage gains and losses. Focus on investment quality, tax implications and costs. Simple things, like whether to hold equities in the personal account versus the RRSP/RRIF, can make positive impacts without taking more risks.

Nobody wants to repeat the bloopers of 2008. Ask these important questions when it's time to buy:

- ◆ Why am I buying it?
- ◆ How does it fit in my portfolio?
- ◆ What risks am I taking?

These strategies help affluent investors during the uncertainty of reconstruction. They are all within the investors' control. They are also straightforward and deliver plenty of value.

Simply said, revisit the design and appropriateness of the personal game plan. Tweak it as required, then execute that game plan slowly but surely.

Happy and successful rebuilding! ■

## IMAGINE CANADA WITHOUT TREES



*The Jack Pine by Tom Thomson  
The Jack Pine par Tom Thomson*

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



# Planting Seeds of Abundance

By Dr. Lesley Horton, M.D.

With spring around the corner, most of us welcome the longer days and the renewed sense of vitality that the returning sun brings us. Spring is a time to plant seeds in our gardens, with hopes of a brighter future. These days, reading the headlines of economic doom and gloom, it is easy to buy into a darker, drearier time. But the truth is, whether we have a garden or not, we are all planting seeds in our mind and consciousness that help determine our future. Doom and gloom, or hope and abundance—what will you choose to plant in your garden of life?

Albert Einstein said, “I think the most important question facing humanity is, ‘Is the universe a friendly place?’” Many people these days might say that the universe does not feel so friendly. Lurching from one economic crisis to another, it might seem like we are barely staying afloat. From the level of the collective unconscious, our society is gripped in fear, which is a state of contraction. A fearful, contracted state does not allow for flow of energy or creative thought. The brain literally has less blood flow to the areas that allow for new ideas—that might have solutions to complicated problems—to arise.

The opposite of contraction is abundance. Abundance is about much more than just money. We can also desire an abundance of time. An abundance of love. Of friends. Of community. Of spirit. Abundance requires the opposite of contraction in order to truly flourish. It needs a state of flow, of ease, of spaciousness. Simple things like stopping to notice your breath, watching the sun dance on the water, taking a moment to count your blessings.

What’s the proof that this choice matters? Try a simple experiment—just be curious. First, take your hands and make them into tight fists. Bend your arms and then bring them close into your chest. Scrunch your shoulders up. Keep holding everything tightly for a few moments. Notice how this feels and what it’s like to stay in this state.

Now relax. Open your hands, stretch out your arms straight to the side, opening your chest, lifting your head up just slightly. Take a few breaths.



*“...energy and matter are interchangeable. Energy is vibration.”*

Notice now how your body feels. Let go of this and just return to your normal position. What state felt better for you? Which one do you think supports the energy of abundance?

Many of you probably say that the second state, of stretching outwards and opening your body, felt intuitively more like an abundant state—as if you were welcoming life in. The interesting thing is that neuroscientists now know that our body’s state mirrors our mind and vice versa. When our body is cramped, our mind is cramped, too. When we are stuck at a problem, getting up and moving or shifting our position often brings new insights and hence a greater wealth of choice.

Quantum physics backs the importance of paying attention to our thoughts and beliefs, in this case, what you choose to focus on—abundance or fear. “The Secret” brought to many people’s attention, for the first time, how our thoughts and beliefs appear to create our reality. Einstein proved with  $E=mc^2$  that energy and matter are interchangeable. Energy is vibration. Just as a tennis ball will bounce back at us when we throw it against a wall, we attract the same vibration as we put out.

When our predominant thoughts are fear based, and focused on scarcity—scarcity of money, time, love, or friends—we will attract exactly what we are focusing on. When we repeatedly focus on abundance, and choose to believe that the universe is a friendly place, we will experience that instead.

The bottom line is we have choice. Fear or hope. Which will you choose? What could be just one small action step that you could take, today, to water the seeds you are planting in your mind and consciousness? A simple step could be to eat a healthy breakfast, focusing on gratitude for the gifts of Mother Nature such as fresh berries. Or stop and really take in the clean air with a few deep breaths.

Perhaps take a moment to really notice the beauty around you, wherever that may be. Regardless of what step you take, have faith that your seeds in your garden of life will one day blossom and nourish not only yourself, but also the others around you. ■

also representing:

Brian Arthur  
Rick Bond  
Fred Cameron  
Rod Charlesworth  
C.R. Cheek  
Rick Crump  
C.A. Danyluk  
Jean-Guy Desrosiers  
Kal Gajoum  
Ron Hedrick  
Tom Lamont  
Karl Lansing  
Nicole Laporte  
Marie-Andre Leblond  
Wee Lee  
Ken Li  
Harold Lyon  
Nancy Lucas  
Del Mark  
Paul Paquette  
Waclaw Pietucha  
Martin Pryce  
David Ross  
Carl Schlademan  
Claude Simard  
Lyle Sopel  
Linda Stewart  
Doug Swinton  
Rick Taylor  
Tiffany  
Mark Totan  
Louis Tremblay  
Andre Turenne  
Xie Qiu Wa  
James Wood  
Vilem Zach

and more...



Spring Exhibitions

**Ted Raftery, Tinyan and Robert E. Wood**

March 28, 2009



Oil “Portland Head” by Merv Brandel 36 x 36

**Merv Brandel and Min Ma**

May 2, 2009



Oil “Sunny Saturday - Mt. Robson” Min Ma 24 x 36

**Gainsborough Galleries**

441 - 5th Ave SW, Calgary, Alberta, T2P 2V1

403-262-3715 1-866-425-5373

[www.GainsboroughGalleries.com](http://www.GainsboroughGalleries.com)

# GEORG SCHMERHOLZ

*A successful portrait, whether in painting or sculpture, is one that captures that which is beyond the physical; the spirit, the eternal essence. And what better medium to express this agelessness, than the most enduring stone of all, jade, The Stone of Heaven.*

*Whether on its own, or in combination with other materials, a portrait of a Loved One in Jade becomes a priceless heirloom to be passed down through generations.*

*Sculptural Portraits,  
Exclusive Originals,  
Museum Edition Bronzes  
& Commissioned Works  
for the Exceptional  
Corporate & Private  
Fine Art Collector*

## **CHILD OF HEAVEN**

*(little Nicholas)  
portrait,  
BC Polar Jade*

*Collection of  
Mr. & Mrs. R. Estrada*

530.647.1407



[www.jade-fineart.com](http://www.jade-fineart.com)

