

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

With private aviation there's so much more you can do in a business day. The Marquis Jet Card provides executives with meaningful advantages over commercial aviation, including the ability to reach multiple or remote locations, control schedules, increase efficiency and maximize productivity. The Marquis Jet Card provides businesses and individuals with access to the unparalleled safety, service and reliability of NetJets, a Berkshire Hathaway company, 25 hours at a time. Requiring no long-term commitment, the Card is simple to purchase and easy to use. In an age when lost time has never been more costly, the Marquis Jet Card has never made more sense.











TICKETS AS LOW AS \$19! 403.571.0849 • CPO-LIVE.COM









Roberto Minczuk • Music Director

VSO Flex-Pass



FOR THE BEST IN FLEXIBILITY AND SAVINGS!



4 tickets \$139 for only

8 tickets \$238 for only

The VSO Flex-Pass is valid for A-Section seating, so you SAVE MORE THAN 50% over single concert prices with the 8-pack Flex-Pass! The VSO Flex-Pass allows you to choose the concerts you want to see, when you want to see them. And you can decide at the last minute or book up to eight weeks in advance—the choice is yours!



Book online: vancouversymphony.ca/flex

or call VSO Customer Service at 604.876.3434

Best available seating, some restrictions apply—call for details

Contents

Cover Story

Travel & Resorts

- Costa Rica—Pura Vida *By Terry Tremaine*
- 22 Mexico City—Food, Shopping & History By Terry Tremaine

Features

House & Home

- 28 Italian Style *By Debbie Travis*
 - Luxury Libations
- 33 Heavenly Riesling *By James Cluer, MW*
 - Style
- 37 Spring 2010 By Connie Ekelund
 - Health & Wellbeing
- 44 Beach Ready! By Cara Thien
 - Innovations
- It's a Cool, High Tech Spring *By Steve Dotto*
 - Luxury Rides
- 54 Luxury Coupes *By Tony Whitney*
 - Wealth
- 60 Your Tax Plan for 2010 By Adrian Mastracci
 - Culture
- Rejuvenate, Recharge, Renew By Dr. Lesley Horton

Profiles:

- 26 RIM Capital Corporation
- 42 Copeman Healthcare Centres
- 58 Rolls-Royce
- 64 Howe Street Gallery

On the cover:

Tabacón Grand Spa Thermal Resort, Arenal Volcano, La Fortuna, Costa Rica.

Photographer: Connie Ekelund

Camera: Sony A 850

SONY

www.GoodLifeConnoisseur.com





CONNOISSEUR

Volume 8 | Spring 2010 www.GoodLifeConnoisseur.com

Contributing Editors



James Cluer is a Master of Wine (MW). Since 1952, only 29 people in North America have qualified to become MWs. Based in Vancouver, he is a consultant wine buyer for luxury hotel groups, airlines, cruise lines, governments and retailers. He also runs Fine Vintage Limited., a company that offers instruction in the prestigious WSET wine courses. James@GoodLifeConnoisseur.com

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





Dr. Lesley Horton, M.D., is a life and wellness coach who helps people 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**

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





Cara Thien's lifestyle has helped her overcome many challenges as she pushes herself to achieve her dreams, while inspiring others. Cara competes in fitness and figure competitions, winning events in both Canada and the United States. To inspire and lead with love and integrity is her guiding pathway. She provides personal fitness training and food plans in her studio and on the internet at www.carathien.com. Cara@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





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



2008 RECIPIENT

Best Business Class to Australia, New Zealand and South Pacific for the third straight year

Best Transpacific Airline

Business Traveler Magazine (USA)

at the 26th OAG Airline
Industry Awards

Best Airline

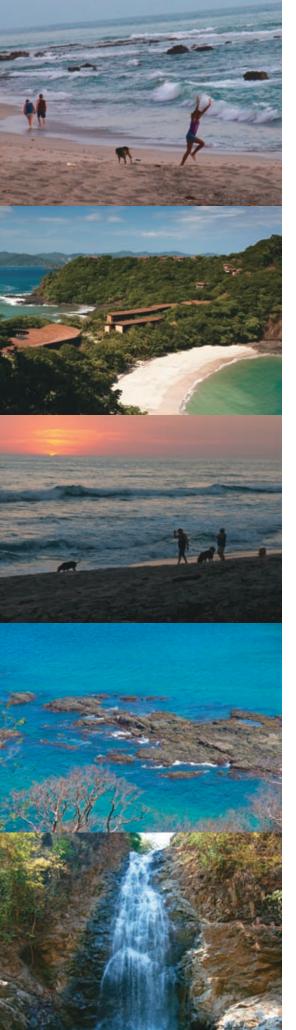
US votes at Vacation.com

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





GOOD LIFE

CONNOISSEUR

Volume 8 | Spring 2010 www.GoodLifeConnoisseur.com

Publishers

Publisher

Terry Tremaine | Terry@FusionPublishingInc.com

Associate Publisher

Connie Ekelund | Connie@FusionPublishingInc.com

Editorial

Editor

Connie Ekelund | Connie@FusionPublishingInc.com

Copy & Proofs Editor

Anya Levykh | Anya@FusionPublishingInc.com

Art Director & Production

Layout Artists

Aitan Roubini | Aitan@FusionPublishingInc.com Christie Smith | Christie@FusionPublishingInc.com

Photography

Staff Photographer

Connie Ekelund | Connie@FusionPublishingInc.com

Advertising

Advertising Inquiries

Terry Tremaine | Terry@FusionPublishingInc.com

Account Managers

Maureen O'Brien | Maureen@FusionPublishingInc.com Marie Richards | Marie@FusionPublishingInc.com Randy Chaster | Randy@FusionPublishingInc.com Colleen Killorn | Colleen@FusionPublishingInc.com

Marketing

National Marketing Group
Synergy CMC | 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

info@GoodLifeConnoisseur.com www.GoodLifeConnoisseur.com

Circulation & Distribution

Canada Post Newsstand Zinio Digital

Subscriptions

Hard Copy Subscriptions: 1 year - \$24.95 888.925.0313 Extension 1001

Digital Suscriptions: Free www.tiny.cc/connoisseur

info@GoodLifeConnoisseur.com www.GoodLifeConnoisseur.com

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.

 $\ensuremath{@}$ 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

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.

Subscribe at:



www.tiny.cc/LGreen



From the Publisher



Costa Rica has always held a certain fascination, ever since I heard they had done away with their army back in the early 40s. Being in a region of countries where armies have historically had a huge influence politically, both good and bad, the anomaly sparked considerable curiosity. Further, the country is a member of that very select group of only 22 countries in the world that are classified as long established democracies. On top of that, it has the highest proportion of land mass designated as national parks of any country in the world. This country, quite modest in size, is huge in its politics and entirely atypical for the region. The opportunity to try and answer the question—how come?—could not be missed.

We were rewarded with a visit to a country with an abundance of scenic vegetation, plus a seemingly happy and prosperous population. It would also seem to be a magnet for others in the area seeking opportunities not available in their own countries. We met lots of folks from all over, including a good portion from Canada and the United States. Apparently it's a rather easy process to be allowed to work in Costa Rica, conditional on departing every 3 months for 3 days.

Next on the agenda are Ecuador and the Galapagos Islands. Again, the latter is a destination which has held huge curiosity since first studying evolution in school. The setting for Darwin's theory I consider a must see.

Then, of course, is Ecuador. Just a few days prior to writing this, I was chatting with a realtor who mentioned he'd just been e-mailed by an associate, who was at the time in Ecuador and had just purchased a luxury beach front condominium. He was raving about the value and modest price.

Apparently Ecuador is the new Costa Rica, attracting Canadians and Americans to its beach front locations as Costa Rica first did a few years ago. But there are also the mountains, the markets and the people. We'll bring back lots of pictures, so I would suggest, as always, you fill in the reservation form opposite to be assured of getting the full story in the next issue.

Be sure to also follow us on Facebook and Twitter, where we will be giving our readers special offers and unique opportunities made available only from our advertisers and sponsors.

Terry Tremaine

Publisher

Terry@FusionPublishingInc.com

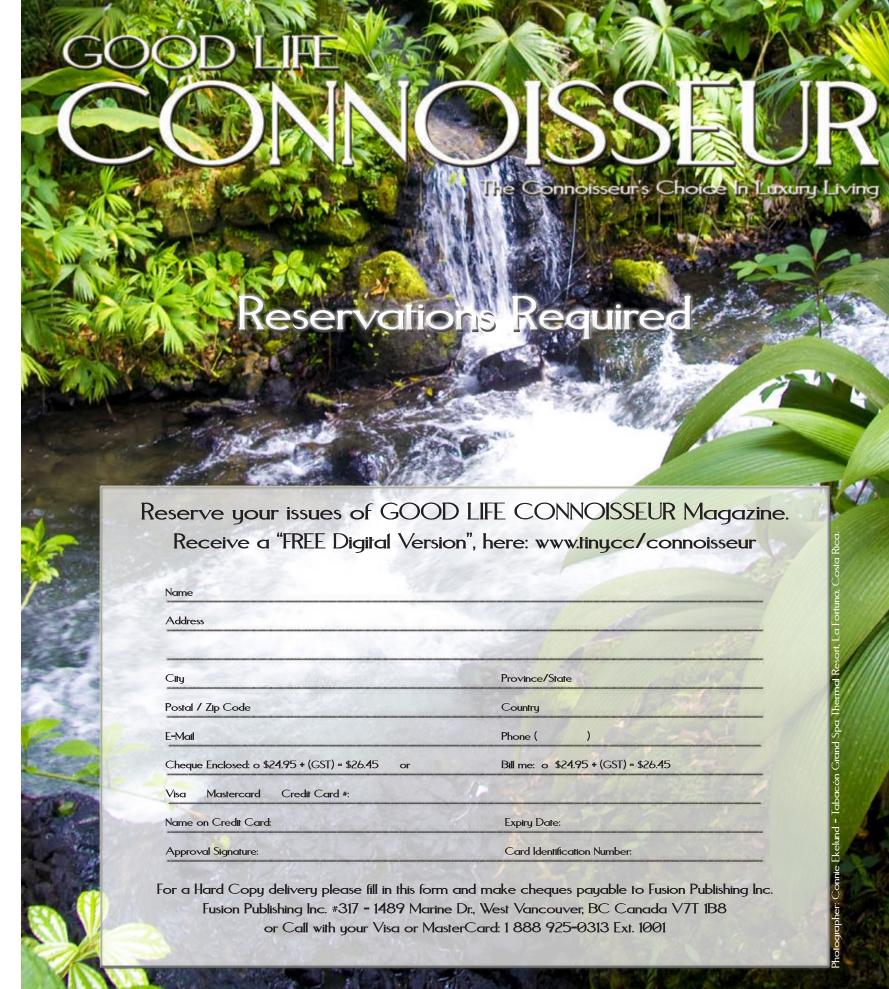
7.12

facebook.

www.tiny.cc/FanGLC

twitter.com/GLConnoisseur

10 GOOD LIFE CONNOISSEUR | Spring 2010 www.GoodLifeConnoisseur.com





Good Life Connoisseur Luxury Travel Packages

Custom designed for your individual needs by our prestigious *Virtuoso travel agency $MASON\ HORVATH$

Contact us today and speak with an agent to find out how you can access this exclusive travel network and see the very best the world has to offer.

> www.GoodLifeConnoisseur.com/virtuoso.html Virtuoso@FusionPublishingInc.com



1 888 999 3570

Vancouver: 604 899 9498 Calgary: 403 698 8267 Toronto: 416 366 9498

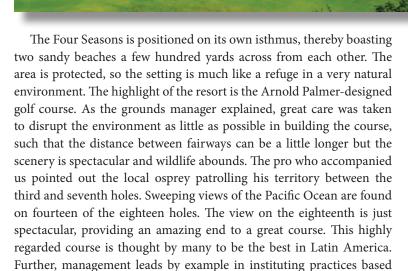


osta Rica, for me, has always been one of those "must see" destinations. My curiosity is based on a number of outstanding features. First and foremost, it stands out as a long-established democracy, though surrounded by neighbours with far less stellar histories. While we were there they elected their first female president. Further, the country went so far as to do away with its army in the early 40s, putting the money into education. The country also has a greater percentage of its territory protected in national parks than any other country. A good thing considering, though modest in size, it is home to more species of wildlife than the U.S. and Canada combined.

connoisseur's choice 5

TRAVEL & RESORTS

After a speedy and trouble-free experience with the international airport in San Jose, we headed for the Four Seasons Resort at Peninsula Papagayo in the north-west, utilizing a car and driver. The idea being the distance was modest and driving would be a good introduction to the sight and feel of the country. We came to discover that although the well-maintained Pan American highway crosses the country, other roads can be unpaved gravel for considerable stretches. Generally, the feel of the country is of reasonable prosperity with sizeable schools in even the smallest communities. Agriculture abounds and the country is a major exporter of fresh fruit and vegetables. Chiquita Banana has its origins in Costa Rica, the inspiration of an American contracted to build a national railway who planted bananas along the tracks.



on issues of sustainability. Not the least of which is the course is planted

entirely with a relatively new type of grass called Paspalum, which is

very heat tolerant and can be irrigated with salt water.

*Virtuoso is the world's most exclusive network of travel advisors. So exclusive, in fact that only one percent of all travel agencies are invited to join.

The Virtuoso name carries a lot of sway around the world, opening doors and behind-the-scenes access to sites and events not available to the general public.



Costa Rica

Pura Vida

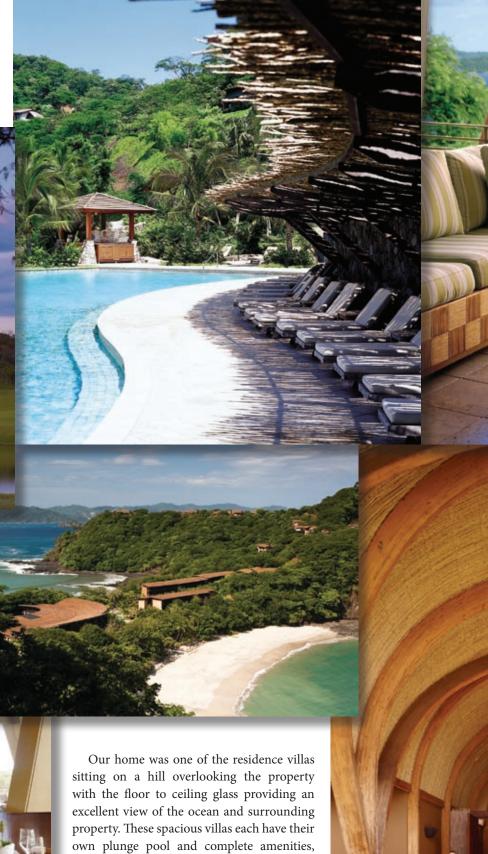
By Terry Tremaine

Photos by Connie Ekelund

connoisseur's choice 5

TRAVEL & RESORTS

Previous page: View from Four Seasons Resort; golf course. This page clockwise from top left: The Four Seasons clubhouse at night; by the pool; the resort's two beaches; inside the clubhouse. Opposite page, clockwise from top left: View from a room at the Four Seasons; the pool at night; a more complete view; entrance to the clubhouse.



including a full kitchen, and are but a few

minutes' walk from the pools and restaurants.

The Four Seasons is known for the quality of

service and this property certainly lived up to

the standard.

The executive chef hails from Vancouver and so, as expected, the restaurants feature a cosmopolitan menu along with Costa Rican specialties. We quite enjoyed an evening meal which was paired with some well matched wines. It's not too surprising that wines from Argentina and Chile are very common on wine lists throughout Costa Rica. What was a surprise was the lack of hot chilies in Costa Rican cuisine. Being quite used to and enjoying the spice of Mexico, it was a surprise to find just the opposite in Costa Rica. They actually make jokes about the Mexicans' eating habits—suggesting they even put chilies in their babies' milk.

MARRIED II. ...

Naturally the resort has a quality spa. The newest massage on the menu utilizes freshly cut bamboo in a deep pressure effort. The experience offered at this property is one of complete relaxation with any wish promptly provided by the attentive staff. We quite appreciated that one of our servers took note of our preference for a particular hot salsa and for the remainder of our stay it always made an appearance on the table, even with room service offerings.

From the Four Seasons we headed down the coast to the Florablanca, a boutique resort in Santa Teresa, near Montezuma on the tip of the Nicoya peninsula. Discovered by surfers, this once isolated fishing village now has the feel of Santa Cruz in the sixties. It's only two years ago that a bank and the internet arrived. The ten-room resort is owned by an American couple who fell in love with it a few years ago and proceeded to buy it. They return on quarterly visits while leaving the operation in the hands of a dedicated crew of relatively young people who all seem drawn by the surf.

Spencer Graves, the executive chef from Maryland, first knew he was going to reside in Costa Rica after seeing a television show in his early teens and immediately announced to his dad that that was where he was going. The Nectar restaurant offers new American cuisine with Latin and Asian influence in an open-air, casual dining room with an emphasis on local, seasonal, fresh produce and, of course, local fresh seafood. Spencer, trained in the classical French style, is quite passionate in his efforts to present the best and the restaurant's reputation is of being the best Santa Teresa has to offer.

TRAVEL & RESORTS

The spa at the Florablanca is also the best in Santa Teresa. Considering the size of the resort the spa is surprisingly large and was opened only a year ago. It was designed to cater to the community and not just the resort and has been most successful in achieving its ambition.

Nestled in a garden setting on its own sandy beach, the property offers a very relaxed environment with friendly staff. We enjoyed the honeymoon suite, a two-storey private villa; the top floor being a spacious master bedroom with a massive open-air washroom and a grand open deck. We awoke each morning to the call of Howler monkeys hanging in the trees throughout the grounds.

We were encouraged to take an ATV tour of the community on what turned out to be national Election Day. It was held on a Sunday, I assume because voting is mandatory and getting time from work would be easier. On our ATVs we passed polling booths surrounding by people in a seemingly quite festive mood—lots of banners and smiling faces.

Our tour first took us to a zip-line site on a 60-acre farm of relatively untouched vegetation. The line is through the canopy and offers thrills with great views. From there we moved on to the Rain Song Sanctuary, a wildlife sanctuary dedicated to helping animals with health issues: everything from a monkey missing an arm to a Toucan with a cracked bill who literally purred when I stroked him with my finger. Next was a local park where as a result of a short hike we reached a hidden waterfall maybe eighty feet tall. Here we found local boys climbing the rocks beside the falls to dive from a ledge into the fresh, clean, water-filled pool found below. The last stop was the best surfing beach and we then realized what the real attraction was. The beach is fabulous, a pristine white sand flat stretching for a good distance. We found both surfers and kite surfers enjoying a great spot.











Santa Teresa is a small community with shops and restaurants that cater to the surfing crowd the beach attracts. The staff we spoke with at Florablanca came from Columbia, the United States and the capital San Jose—all attracted to the surfing community and laid back lifestyle. Getting there is a bit of a trial due to the gravel roads, so if you're lacking in patience but wanting the tranquility this community offers, I would suggest taking advantage of the helicopter pad.

16 GOOD LIFE CONNOISSEUR | Spring 2010







The Arenal Volcano is an active volcano. While staying at Tabacon, on a number of occasions we heard the sudden sound of what at first take seemed to be thunder, only to look up and see a dramatic increase in the smoke rising from the top of the volcano.

Tabacon is a one of a kind destination. The 114 room luxury property has received international recognition for its spa. Not only are the mineral springs and pools, which are the focal point for the property, heated by the volcano, but so too is all the hot water at the resort. The property has the unique recognition on the part of the Costa Rican government as being carbon neutral.

At the very heart of the Tabacon Grand Spa is the Temazcal centre. Temazcal is the name given to the traditional Mexican sweat bath developed in Mesoamerica. Temazcal is an ancient native purifying and detoxifying bath ritual with strong spiritual overtones performed in an igloo-like structure led by shaman Jeffrey Fallas Martínez. A small group is lead crouching into the hut, taking up positions on the floor surrounding a fire pit. Hot stones are placed in the pit, rubbed with pungent herbs by the shaman and then splashed with water; resulting in an aromatic steam filling the sealed space. The shaman leads participants in expressing their innermost spirituality. Five times the seal is removed only to be resealed followed by ever more steam and further recitations to personal gods. The ritual is followed with a cooling dip in the mineral pool.

connoisseur's choice 5

TRAVEL & RESORTS



In conversation with Jeffrey after the very moving experience we learned he had been trained by a shaman in Punta Mita, Mexico, where he was planning to return for further instruction in a few months. I was not surprised to learn he was an avid reader of Carlos Castaneda, who gained fame in the seventies for a series of books on the teachings of Don Juan, a Yaqui shaman.

The spa has 11 open-air bungalows spread around the pools in the midst of the forest, where treatments are provided by very experienced practitioners. Each bungalow has its own Jacuzzi tub to relax in after the treatment is finished. Our suite at Tabacon was spacious with full luxury amenities including a full Jacuzzi tub and excellent internet service.

Dining at the various restaurants on the property was a pleasure. But the best experience was a special evening meal we enjoyed in a private setting in the forest. The resort has four platforms, each in its own secluded clearing in the jungle. Each is large enough for a single table along with a cooking counter. We were treated to a superb meal prepared by executive chef Imelda, who hails from Indonesia. He gained some of his training in Ottawa prior to moving to Germany and then on to Costa Rica. He prepared the various courses on a range top as we sat enjoying and complimenting him on each new creation.

Our experience in Costa Rica was very positive. It's not surprising that it is a very popular tourist destination. Although we always suggest—when asked our favourite destination—that it's the next one (not wishing to repeat when there are so many places in the world to see), Costa Rica could be the exception. ■

SONY

Connoisseur's Choice in Cameras



Breathtaking quality from capture to playback

This trip was photographed with Sony's DSLRA850P 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

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

Good Life Connoisseur's Choice in Costa Rica

Where to stay:

Four Seasons Costa Rica

www.fourseasons.com/costarica

Florblanca Resort

www.florblanca.com

Tabacón Grand Spa Thermal Resort

www.tabacon.com

How to see the city:

Swiss Travel

www.swisstravelcr.com

To book this trip or any other "Good Life Connoisseur Luxury Travel Package" please visit our website:

www.goodlifeconnoisseur.com/virtuoso.html



Mexicana Airlines is your best option.

With 88 years of experience, Mexicana is one of the world's best airlines covering a wide route network including Canada, the US, Europe, Central and Latin America. You can fly non-stop to Mexico City from Vancouver, Calgary, Edmonton, Toronto and Montreal.

Discover the excellent connections to Mexico's incredible towns and paradise coastlines.













www.GoodLifeConnoisseur.com Consult your travel agent.



Mexico City Food, Shopping and History

By Terry Tremaine
Photos by Connie Ekelund

Some 25 million people live in the city itself, with another 10 million in the

n our most recent trip south, Mexico City airport was again to be the hub for connecting flights. We decided for a change to actually stop and spend some time in the city, and are very pleased we did. This is a very vibrant city offering the best in shopping and cuisine combined with a remarkably long history.

in the world. Not surprising that with a population base of that size the city has a lot to offer. Reforma Boulevard, at 42 kilometres long, stretches from one side to the other and is lined with both modern glass and steel structures and colonial architecture dating from the time of the Spanish occupation. Chapultepec Park, the oldest natural park in North America and the largest and most varied park in the world, is found at about the mid-

surrounding areas—making it one of the largest cities

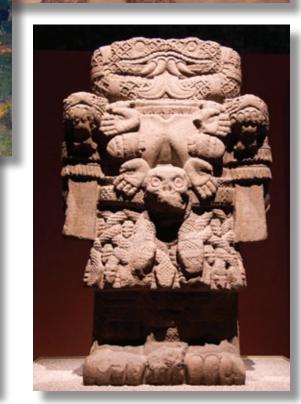
The park is home to not only the President's Palace, but also seven museums—including the National Museum of Anthropology and History, easily one of the world's finest museums. The 12 exhibition halls are devoted to Mexico's early civilizations, including the Maya, Toltec, Zapotec and Aztec Indians. Time passes quickly wandering the halls in fascination at the highly developed

culture contemporary with the Romans and Greeks that the Spanish discovered and did their best to eliminate.

Mexico City's historical centre is a 668-block area around the Zocalo or Main Square, which has been designated a World Cultural Heritage Site by UNESCO. The district encompasses more than 1,400 historic structures, including the Great Temple of the Aztecs as well as private mansions and civic and religious buildings.

During previous trips, poor air quality and congested noisy traffic had been off-putting. So it was a very pleasant surprise to discover all vehicles are required to have pollution control devices checked every six months. Plus, all vehicles are restricted to only six days a week of driving. The day off is determined by the colour code found on the decals attached to each car. Further, traffic actually flowed without being serenaded with impatient honking.

The Four Seasons, found near the Angel of Independence, a 45 metre column constructed in the early 1900s to commemorate the first century of Mexico's independence on Reforma Boulevard, was our initial abode. The 240-room property, blending classical European and Mexican architecture, is arranged around a beautiful private garden courtyard typical in style of colonial Mexican residences.



TRAVEL & RESORTS

The classically landscaped garden with a central fountain is an excellent backdrop for the Reforma 500 restaurant. I would suggest the Sunday brunch; offering everything from sushi, through Argentine beef to traditional Mexican nachos, it should not be missed. Simply put, it's fabulous. The property offers everything expected of a Four Seasons, including a fabulous spa and fitness studio. Plus, being situated in the centre, yet only 30 minutes from the airport, it makes seeing the city easy with many of the best attractions only short walks away.

Nearby, also on Reforma Boulevard, is the St Regis Hotel, likely the city's newest hotel. It incorporates a modern design with the latest in technological features. Naturally, the property offers a quality spa and excellent dining room.

Habanero Sauce Courtesy of Chef Denise Ordóñez Flores St. Regis Hotel, Mexico City

4oz / 120ml vegetable oil 2oz / 60g onion – diced 2tsp / 20g garlic – minced 12oz / 360g whole fresh tomatoes – diced ½pt / 240ml chicken stock or vegetable stock or water 1 or 2 Habanero peppers – roasted, chopped and seeded Salt and black pepper as needed

Heat the oil in a pan. Add the onions and cook over medium heat, stirring frequently, until the onions are brown, about 10 to 12 minutes. Add the garlic and continue to sauté another one to two minutes.

Add the tomatoes and continue to cook, stirring frequently, until the mixture is reduced, about 10 to 12 minutes.

Add the stock and simmer for 15 to 20 minutes, or until the sauce is well flavoured. Add the peppers; adjust the seasoning with salt and black pepper. Blend the sauce until it is cool. The thickness and the spice of the habanero depend on your own taste.

Notes from the Chef: If the tomatoes are out of season or not ripe you can use canned tomatoes, or instead of the pepper, if you can't find habanero or Scotch bonnett, you can use jalapeño or serrano or Thai chilis—fresh ones. Habanero is the spiciest chile, and is going to be really hot in your mouth, but really mild in your stomach. This is a benefit of the Habanero.

Buen Provecho-Bon Appétit!



"There is little doubt that on future trips through Mexico City airport we are going to stop and see more of this fascinating city."

We were particularly privileged in being escorted by St Regis' souschef Denise Ordóñez to Jamaica Market. Best known as a flower market, this very large market is also home to as many stalls featuring fresh fruit and vegetables and anything else you could imagine. I was particularly surprised to see large tubs of mole sauce. To me, mole is the height of Mexican cuisine—there are some 16 different varieties. But I always assumed the chef spent endless hours preparing his own sauce, not visiting the local market to find a pre-prepared mole.

The variety of fresh fruits and vegetables and, of course, chilies was extraordinary, as were the prices. In my local market back home, a good deal is two limes for a dollar. Here a dollar would buy a kilo. Part of the learning experience was a better understanding of peppers. There is a lot to choose from when you have a liking for hot sauces. We now are taken with habañerno peppers and Denise has kindly provided the recipe for a habañerno sauce which you will enjoy.

There is little doubt that on future trips through Mexico City airport we are going to stop and see more of this fascinating city. This time we were able to visit the Pyramids of Teotihuacan, about an hour's drive outside. Teotihuacan was the largest city in the pre-Columbian Americas and home to more than 200,000 inhabitants, placing it among the largest cities of the world at the time.

The city is full of and surrounded by history while being very modern. It's well worth more than a few visits. ■

Good Life Connoisseur's Choice in Mexico City
Where to stay:

Four Seasons Mexico City
www.fourseasons.com/mexico

St. Regis Mexico City

www. StReg is. Starwood Hotels. com

How to see the city: SAT Mexico Corporation www.satdmc.com

To book this trip or any other "Good Life Connoisseur Luxury Travel Package" please visit our website:

www.goodlifeconnoisseur.com/virtuoso.html

24 GOOD LIFE CONNOISSEUR | Spring 2010 | GOOD LIFE CONNOISSEUR 25



RIM Capital will be utilizing their usual team of top tier architects and consultants, whose vision and reputation for excellence reflect the company's core values and past successes. This team of professionals has consistently been in the lead investor group, recognizing a superior project and taking a financial interest at the earliest stage.

RIM Capital plans to incorporate numerous innovative features and green technologies such as geothermal heating and cooling systems in the design, leading to the completion of the greenest building in Calgary to date. The inclusion of green technologies compliments the innovative, cutting edge design of the project and adds considerable long term value in the form of lower energy costs.

New investors—along with numerous repeat investors—are being offered an opportunity to participate in another of RIM Capital's well-managed, conservatively structured, high quality real estate developments. RIM Capital Corporation has an offering of \$4 million in preferred shares, with a minimum commitment of \$10,000, which will entitle investors to 30% of the project's overall profit. The preferred shares are forecast to return 291.88% over the estimated 48 months to completion of construction. Investors will have the option to convert their investment earnings into condominium ownership, as an alternative to a cash payment, and offering an opportunity for tax deferral.

The projected returns are based on a very conservative financial forecast reflecting the prudence and experience of the project management team. The location in a very desirable area of Calgary, a vibrant and growing city, creates a unique opportunity for investors to participate in the growth of this Western Canadian economic hub. ■

RIM Capital Corporation

Invest in high-yield opportunity

Rim Capital Corporation is a Western Canadian-based real estate development company which has successfully completed numerous high quality projects in British Columbia and Alberta. The company philosophy is to source land in prime locations and develop projects of exceptional quality, ones in which they would be proud to live themselves. This adherence to quality has allowed RIM Capital Corporation to build a reputation of excellence in two of the most competitive markets in Western Canada.

The company is headed by Michael Deakin, who has over 30 years experience in property development. Mr. Deakin started in 1978 in Vancouver and expanded to Calgary in 1993. He has been involved in a wide variety of developments in both provinces. Ryan Ross joined his father in the business 12 years ago and brings business and economic expertise to the company. Michael and Ryan, the entrepreneurial energy driving the organization forward, maintain an uncompromising focus on quality in design, materials and workmanship, creating an excellent opportunity for both investors and purchasers alike.

RIM Capital Corporation has a new project under way, located in the Inglewood neighbourhood of Calgary, a short distance from the city centre. This area is undergoing major redevelopment and will become one of the most sought after neighbourhoods in Calgary—similar to trendy Yaletown in Vancouver. The project will offer views of the Bow River and the downtown core, creating the atmosphere of an urban village within the city.

The Inglewood Landing project will contain a mix of residential and commercial space, including a minimum of 300 condominium units and approximately 75,000 square feet of mixed retail and services to compliment the residences, on a site in excess of 103,000 square feet. The concept will create an urban village feel with pedestrian pathways, water features and a central plaza.

Inglewood Landing is expected to become the most sought after urban lifestyle address in Calgary. The state of the art design, layout, technology and materials will ensure another in a series of successful developments.



RIM Capital Corporation

Ryan Ross 2760 200 Granville Street, Vancouver, BC V6C 1S4 778.899.5.RIM (746) 1.866.866.8807 corporate@RIMinglewood.com www.RIMinglewood.com

26 GOOD LIFE CONNOISSEUR | Spring 2010 GOOD LIFE CONNOISSEUR.com www.GoodLifeConnoisseur.com www.GoodLifeConnoisseur.com



have been fascinated with Italian style since my first visit as a young girl. My glamorous grandmother was my age when I used to visit her in the South of France every summer. She lived in madly expensive Monte Carlo, so I would travel with her over the border into Italy for shopping. She would leave me for hours in the town square (this was the 70s) while she tackled the local stores and markets. The sights and dazzling scents were very different from my village in the North of England. The buildings were grandiose and ornate. Glimpses through doorways unveiled hidden courtyards, frescoed walls and hand painted ceilings.

Years later, when I became interested in the ancient art of painted finishes, I returned to Italy to explore how these finishes were created. I learned that the term fresco comes from the Italian word for fresh. Instead of painting a scene onto a dry wall surface, the Italians paint straight onto wet plaster. The colours are impregnated into the plaster, and this is what enables these frescos to last for centuries. In churches and villas you can witness ceilings, pillars and fake baseboards painted to emulate a variety of stone and marble. The skilled techniques were partly utilized for a practical purpose—stone and marble are too heavy for a ceiling. Also, these paint effects were, and still are, a less expensive solution for adding sophistication and elegance to a surface.

Top: Ancient buildings are alive with the colours of stone and plaster tinted with shades of the Italian soil.

Above: Italian style celebrates the earthy shades indigenous to each region; terra cotta, burnt umber, putty gray, and leaf greens.

More modest country homes in Italy also use paint as a decorating tool. Most Italian older homes do not have baseboards or trim to frame walls, windows and doorways. Instead the Italian artisan uses bands of paint to highlight these areas. This trick can be used in a North American home to make narrow trim look more substantial and windows and doors appear wider.

Anyone who has visited Tuscany has witnessed the vibrant colours of plaster wall exteriors. These colours are traditionally tinted from the land. Earth tones vary greatly, not just from region to region, but even from one valley to the next. In fact, in Tuscany, where the building laws are strict, an owner can only use the colour of the surrounding dirt as the shade of his plaster walls. Homes in sunny shades of ochre, deep burnt umber and vibrant terracotta are scattered across this land.

It's not just the rich, earthy tones that greet us when we visit Italy. Colour is everywhere, from the lavish fields of lavender, bright red poppies, sunflowers, and row upon row of lush green vineyards, to the resonant cobalt blue of the glistening Mediterranean and the sparkling limestone villages that perch on nearly every hilltop.

Share the bliss at my Tuscan Getaway

As you can see, I love everything about this country. I learned my craft of paint finishes here many years ago and now I have created a new venture to enable me to share this lifestyle. Several times a year I hold a getaway for likeminded women of different ages and backgrounds; a place where they can not only immerse their senses in the magic of the area but share each other's stories and life challenges. It is an amazing week where your head becomes clear and solutions to problems seem to pop out of nowhere. The week is spent at an ancient Tuscan villa surrounded by an organic fruit farm, fields of lavender and olive trees. It sits in the Val D'Orcia, an unbelievable place where the landscape changes around every bend. We arrive down white dirt roads to chilled glasses of Prosecco and leisurely meals taken together under the Tuscan sun. It is the hidden back roads that I have discovered over the years that I share with these ladies. We meet barons and writers, celebrities who have homes here, and of course the locals, all of whom inspire us to follow our dreams. If you would love to join me for a rejuvenating, inspiring and thrilling week in Italy, simply go to my website www.debbietravis.com for details.

Top to bottom: Saturated earth tones colour the exteriors of Italy's country houses; Sunflower yellows are an exuberant shade that always makes me smile; Fields of lavender add both colour and scent to the intoxicating country air.



28 GOOD LIFE CONNOISSEUR | Spring 2010 www.GoodLifeConnoisseur.com www.GoodLifeConnoisseur.com

HOUSE & HOME

The Art of Faux Finishes

I am not an artist, but I was able to simplify the ancient paint and plaster techniques to replicate these enduring decorative details at home, and have made my career sharing these recipes with my TV viewers and readers. The most common and versatile effect is colourwashing. It is an easy way to produce the look of colours that have been broken down or faded by the sun and time. The trick to applying this aging technique is glazing liquid, which when mixed with paint, retards drying so that you can work the paint. Also, the translucent quality of a glaze creates layers of shading. For the aged ochre walls suited to the nostalgic living room vignette shown here, the base coat is mustard yellow water-based paint. I mixed a yellow ochre-coloured glaze (a few shades darker than the yellow base coat), one part latex paint to three parts water-based glazing liquid. Working in four-foot sections, the coloured glaze is rolled on randomly leaving some patches almost bare. With a soft rag, dab over and rub the glaze to blend and soften the look. Move to the next section, overlapping the edges a bit and working them quickly so that there will be no heavy lines.

The bedrooms in Italy's Palazzo Terranova illustrate how architectural detailing can be applied simply with paint. Panels are taped off and the inside of the panels colourwashed with pink and white coloured glazes. Once dry, all the panels are outlined with a charcoal watercolour pencil.

"In fact, in Tuscany, where the building laws are strict, an owner can only use the colour of the surrounding dirt as the shade of his plaster walls."

Italy is famous world wide for its exquisite marble and stone; probably the most well known is Carrara marble. You can build your own marble columns and fireplace surrounds with paint. Again, glazing liquid is the key to replicating the look. Drifts of white and gray coloured glaze are applied and blended with a soft paint brush. Black veins are drawn with a feather or thin artist's brush and gently brushed to soften. Apply a high gloss varnish to seal your work, and to emulate the depth and sheen of real marble.

Venetian plaster may look intimidating, but some people find it easier than painting. The plaster is tinted before you apply it, making it a very durable finish, and a great way to cover up imperfections on existing walls. You can apply two or three layers, depending on the look you'd like. Random patches of blue and gray plaster with a top coat of white plaster trowelled on so that some of the colours peek through, will produce a subtle, elegant background, stunning for a living room or bedroom. A raised stencil border is an elaborate alternative to a plain, painted band. Ornamental gesso (smoother than real plaster) is smeared over a classical stencil pattern to produce an embossed finish.



Top to bottom: Italy's modern side is steeped in the country's lassic traditions and love of colour. Giorgio Saporiti's I Loft furniture designs sing with life; Clean low lines and luxurious materials are a highlight of Italian style; The days at my getaway are spent outside, soaking in the intoxicating ambiance of the Tuscan countryside. Italy's modern side This country relishes its history and landscape, but there is a very strong contemporary edge to Italian design that co-exists perfectly alongside the ancient stone interiors as well as more modern buildings. Renowned Italian designer Giorgio Saporiti recovers classical traditions and applies them to modern reality. He celebrates his passion for colour and clean lines, in all his exciting collections. My heart skipped a beat when I saw the marvel of textured sinuous shapes and bold colours in Saporiti's Il Loft furniture. Italy's stone whites and greys, sea blues and potent lavender are all there, reinforcing every imaginative line and curve on the sofas and The modern Italian bedroom is designed to be sleek and low, to allow room to breath, space to dream. Simple lines are enriched with the texture of luxurious materials. The chocolate brown leather bed from Virez Interiors has the style and comfort of your favourite easy chair, with a headrest that adjusts for reading. A crystal chandelier brings a touch of nostalgia to the room. Take inspiration from the Italians on how to live life surrounded by an exciting combination of new and old design styles. They celebrate vesterday, today and tomorrow. Produced by Debbie Travis and Barbara Dingle. Connoisseur's Choice in Italian Style Debbie's Getaway: Visit Debbie's website www.debbietravis.com and contact greg.thompson@debbietravis.com for details and upcoming dates. Debbie's books are written by Debbie Travis with Barbara Dingle, and published by Clarkson Potter. Visit Debbie's website to order or call 1.800.932.3446. Photographs taken from books: Paneled walls from Debbie Travis Bedrooms, Palazzo Terranova, www.palazzoterranova.com. Colourwashed walls from Debbie Travis' Living and Dining Rooms. Gesso border and plaster walls from Debbie Travis' Decorating Solutions. Faux marble fireplace from Debbie Travis' Painted House. Il Loft Collection by Giorgio Saporiti, and the Outback bed through Virez Interiors, www.virezinteriors.com. You can twitter Debbie at twitter.com/debbie travis.

30 GOOD LIFE CONNOISSEUR | Spring 2010 www.GoodLifeConnoisseur.com



Awarded "Best New Winery" at 2009 Okanagan Fall Wine Festival Wine Competition.

Painted Rock Estate Winery is located in south Penticton on a 60 acre bench. Bordered by Skaha Lake to the west and an amphitheatre of rock to the east, we believe that our particular terroir and site influences present a unique opportunity to create exceptional wines worthy of the most discriminating palates.

To that end we adhere to the strictest protocols in our estate vineyards and throughout the winemaking process, employing the best modern technologies and expertise, while respecting old world traditions.

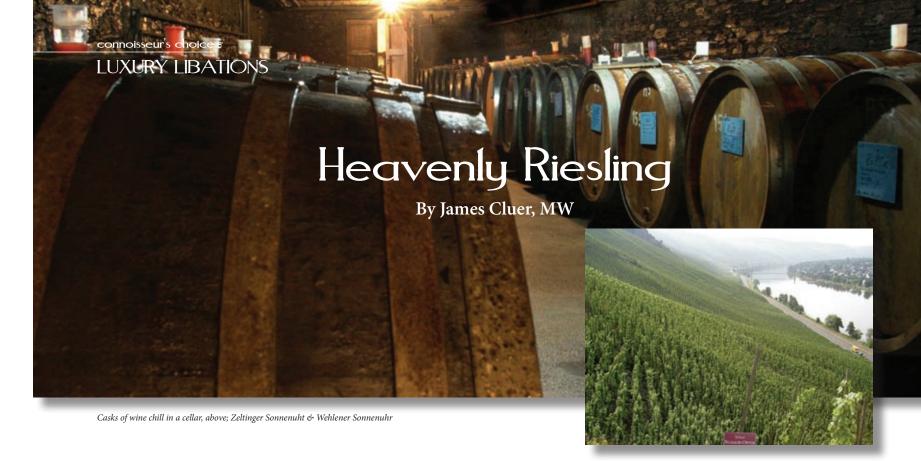
WINE SHOP OPEN: JUNE 1 – SEPTEMBER 30 11:00AM — 5:00PM

"I CAN'T BELIEVE THIS IS YOUR FIRST VINTAGE... YOU'VE MADE A SERIOUS INVESTMENT IN QUALITY."

Natalie MacLean







Riesling produces some of the most spectacular white wines in the world. If you want to see a wine lover get really excited, open up an old vintage Grand Cru Riesling from Alsace or a fine Mosel from Germany. In my opinion, drinking a top quality Riesling is one of the greatest experiences in wine. It's heavenly.

Outstanding quality Riesling is a model of purity. The taste reflects the nature of the vineyard where the grapes were grown. The fact that they are never aged in new oak enables the character of the grapes to shine. Often in a fine Mosel you can taste some of the minerally nuances that come from the blue slate soils.

Very few other grapes show the complexity that you can find in Riesling, and the depth and layers can be astonishing as they unfold in your mouth. I've constantly got my nose hovering over the glass because there are so many lovely nuances to enjoy with each sniff.

Riesling also produces wines with incredible longevity, more than almost every other grape. In some of the cellars in Germany you'll find stocks of wines going back over 100 years.

It's with age that the wines really start to shine, because it takes time for the complex nuances to evolve. With a few decades of maturity you can find a combination of elegance and power, delicacy and intensity, and a vast spectrum of flavours and nuances. And to cap it all off, Riesling refreshes the parts that other wines don't reach.

So, where are the classic regions and what should you buy? If you like dry white wines, then Alsace is the classic area for outstanding Riesling. It's situated in north eastern France, just across the Rhine River from Germany. I love it here because there are so many small family-owned wineries that have been making stunning wines for hundreds of years. In fact, it's my favourite region in the world for white wines, which include the fabulous Pinot Gris and Gewurztraminers.

The towns and villages can resemble something out of Hansel and Gretel. Think thatched roofs, cobblestone streets, and small cozy restaurants. Everyone seems to know each other, so there's much kissing and a constant exchange of "bonjour" as the locals go about their business.

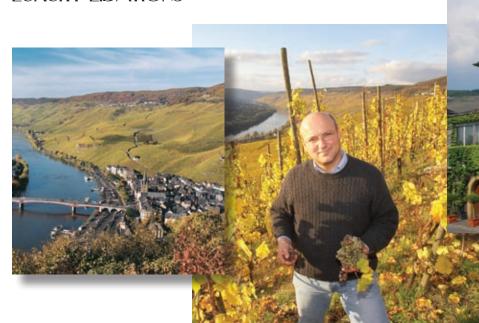
Alsace produces wines that are much fuller in body and higher in alcohol compared to the Mosel in Germany. This is largely thanks to the dry and sunny climate that is the result of the rain shadow effect of the Vosges Mountains, which are high enough to ski on. Most of the Rieslings are in the 12% to 14% alcohol range, are typically medium in body, dry, and have crisp acidity. The aromas and flavours can include beautiful citrus and green apple notes, with a hint of ripe peach, and a touch of the classic petrol aroma that develops with age. The top wines inevitably have a streak of minerality that's to die for, and a length that can last for hours.

My favourite producers are Domaine Weinbach, Trimbach, Zind Humbrecht and Ostertag. But there are so many other excellent producers, like the reasonably priced wines from the co-op Pfaffenheim. One of the tricks to buying good Riesling is to buy Grand Cru, which can retail from around \$30 per bottle all the way up to \$100-plus. And if you're keen on specific recommendations then you can't do much better than the Trimbach Cuvee Frederic Emile or the Weinbach Grand Cru Schlossberg. If you are looking for rich, fat and powerful wines, then Olivier Zind Humbrecht is your man.

Alsace also produces a late harvest style of Riesling called Vendange Tardive and, in exceptional years, a sweet, botrytis-affected wine called SGN, standing for Selection de Grains Nobles. One of the greatest bottles I ever had was from Domaine Ostertag, whose sweet wine showed sublime flavours of honey, pineapple and apricot, with just the perfect amount of acidity to counter-balance the sweetness. That's the art of achieving balance in sweet wines.

www.GoodLifeConnoisseur.com Spring 2010 | GOOD LIFE CONNOISSEUR 33

LUXURY LIBATIONS



Another classic Riesling producer is, of course, Germany, albeit in a totally different style. Most of the wines are sweeter, to one degree or another, and have less body, lower alcohol and more delicacy. They can age for decades, and once upon a time they were the most expensive white wines in the world.

My favourite region is the Mosel, where the wines can be as low as 7.5% in alcohol, which means you get to enjoy more of them whilst still remaining coherent. What never ceases to amaze me is the steepness of the slopes in the Mosel, which are not far from being precipitous cliffs. The angle and aspect of the slopes is all important because you are so far north that ripening grapes can be a challenge. Exposure to the sun is critical here.

Buying wine from Germany can be a challenge because the labels have so much complex terminology on them. The key words that I always look for relate to the level of sweetness you will likely find in the wine, and that is determined by the so-called Pradikat level. You see, German wines are classified according to the amount of sugar in the grape at harvest time.

If a producer picks some grapes earlier in the season, at lower sugar levels, the wine could be classed as a Kabinett, which is typically the driest of the Pradikat levels. If you leave the grapes on the vine for longer and pick later, when there is more sugar, the wine could be classified as a Spatlese, which are usually a touch sweeter. Then there is Auslese, which is generally a pretty sweet wine.

But there is a trend in Germany to produce drier wines and so you need to watch out for the word "trocken" on the label, which means dry. You see it is feasible to find some Auslese trocken wines, which means that the winemaker has picked the grapes at Auslese sweetness but then fermented it into a dry style. German wine labelling can be so complicated that you'll need a glass or two just to recover from the brain strain.

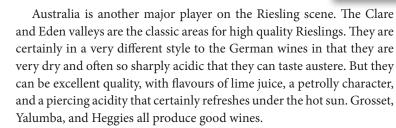
And yes, there are other categories too, including an even sweeter Beerenauslese and then Trockenbeerenauslese, which are botrytis-affected sweet wines. Icewine is also made in vintages when it gets colder than minus-eight

Left to right: Bernkastel-Mosel: Mr. Selbach owner of Selbach Oster in the Mosel valley; Dr.

"...the wines tend to have a touch more body and alcohol compared to the Mosel."

My favourite wineries are Dr. Loosen, Fritz Haag, JJ Prum, Dr. Thanisch, Selbach Oster and Egon Muller. For a life-altering experience, try to get your hands on a Spatlese or Auslese with a few decades of age and feel the acidity dance across your tongue as the ripe stone fruit and honey flavours seduce you.

You can't talk about Germany without mentioning the Rheingau, which is the other classic region for Riesling, and lies just outside Frankfurt. The Rheingau is home to some of the oldest and most famous wine growing estates in the world. Because it is a little warmer here, the wines tend to have a touch more body and alcohol compared to the Mosel. One of my favourite places to visit is Schloss Johannisberg. They have a lovely restaurant where you can sit on the terrace and feast on asparagus, a specialty in Germany, and drink copious amounts of divine low alcohol Riesling.



Speaking of Canada, we do make some fantastic Riesling, especially in Ontario. Although it's the preferred grape for icewine production, there are many versions in a dry to off-dry style. I have always admired Cave Spring winery because they have this beautiful delicacy in their wines, and are often leaning closer to a Germanic style.

Closer to home, I'm a huge fan of Tantalus winery out in the Okanagan. The vineyard is on the outskirts of Kelowna and was planted back in 1978. The only problem is that it seems to evaporate in the glass. I love the almost dry style, the racy acidity, and the combination of lime juice and stone fruit flavours. The label design is perfect for British Columbia, with depictions of the masks worn by the original native settlers.

So when it comes to Riesling I would buy the dry wines from Alsace and the sweeter wines from Germany. I would definitely try to find some older vintages and be on the look out for Grand Cru designations on the labels. As an alternative, I might venture off to Australia or stay closer to home in Canada, just for a change of scene.

"When you find wines with a touch more sweetness, start thinking about spicy dishes such as many Asian foods, especially Thai dishes..."

In terms of food and wine pairing the dry or off-dry wines can be delicious all by themselves, but usually pair well with seafood like scallops, prawns, crab cakes and white fish. When you find wines with a touch more sweetness, start thinking about spicy dishes such as many Asian foods, especially Thai dishes, because you need intensely-flavoured wines to stand up to the strong flavours of the food. All this is making me very hungry and thirsty. Where's a bottle of old Riesling and a plate of fresh seafood when you need it? ■



STYLE	WINERY	PAIRING
Dry Riesling	Tantalus Old Vines, Okanagan	Prawns, scallops, goat's cheese
Off-dry Riesling	Selbach Oster Kabinett , Germany	Sushi, German sausages
Medium sweet	Dr Loosen Spatlese , Germany	Spicy Thai chicken curry
Sweet	Fritz Haag Auslese , Germany	Fresh fruit plate
Dry Riesling	Domaine Weinbach, Alsace	Munster cheese

Clockwise: Harvest Team in the Bernkasteler Badstube; Zeltinger Sonnenuhr; Dr. Ernest Loosen;

34 GOOD LIFE CONNOISSEUR | Spring 2010 www.GoodLifeConnoisseur.com



DRESSED UP & READY TO GO!

For dinner out, a family gathering, home parties or kicking back at the cabin, Tinhorn Creek has the wines for the occasion. - We are proud to show you our 100% estate-grown varietal line up and Oldfield Series wines. - At Tinhorn Creek we sustainably farm our land and create wines of merit. Our 150 acres of vineyards are located on two unique and diverse south Okanagan sites: the Golden Mile and the Black Sage bench. Our ability to blend the grapes from these vineyards and capture the best characteristics of each site sets us apart. - Visit our spectacular estate winery in Oliver, BC and experience for yourself. We will welcome you with open arms.

> **NATURALLY SOUTH OKANAGAN** www.tinhorn.com

connoisseur's choice 5

STYLE

Spring 2010 Style

By Connie Ekelund

¬ pring is in the air! Time to shed the sweaters, wraps and throws • Herve Leger stretch bandage dress, \$1,095 of Christmas past, and dawn a new, fresh and flirty wardrobe. We have searched out some of the best new styles for you to get started with at Holt Renfrew. www.holtrenfrew.com.

FASHION - WOMEN'S

Holt Renfrew has all the designer must-have looks for the spring season.



Garner Grace cotton and spandex

bodysuit, \$225

- Eileen Fisher cotton and linen cutout cardigan, \$290
- Elizabeth and James leather corset dress, \$650



• Sacai cotton ruffle detailed shirt, \$750





• Haute Hippie feathered skirt, \$750



www.GoodLifeConnoisseur.com

Cheri Milaney Facets Fragrance Collection



From Italy with Love ... For the Many Facets of a Woman





Ametista



Rubino



Italian organic rose & plum essential oils. A classic, sophisticated and refined scent.

Cheri Milaney "Facets" Fragrance Collection is made in Italy, with pure, organic essential oils. This "Limited Edition" collection available at fine retailers and online at www.cherimilaney.com/shop/

Contact us for your free sample set of all four fragrances, while quantities last!

Contact: info@cherimilanev.com or 1.877.398.3838

connoisseur's choice 5

STYLE

FASHION - MEN'S

• Armani Collezioni polyurethane trench coat, \$725



• Dion silk pocket square, \$40

www.GoodLifeConnoisseur.com

• Z Zegna trench coat, \$650



• Paul Smith London wool and cashmere blazer, \$895

Spring 2010 | GOOD LIFE CONNOISSEUR 39



COSMETICS



FOOTWEAR

- Natural Elements natural cork wedge, \$395
- Joie fisherman sandals on wooden platform





• Prada Plex sandals, \$830



• Tod's leather drivers, \$435



40 GOOD LIFE CONNOISSEUR | Spring 2010

www.GoodLifeConnoisseur.com



Creating healthy companies ... not just healthy families.

A chieving a healthy business through a healthy staff is the direction of more and more Canadian companies. Comprehensive programs of health are not only the new way of attracting and retaining top talent; they optimize the performance of employees through physical and mental wellness, while substantially reducing the cost of disabilities, drug claims, absenteeism and "presenteeism." They also create new feelings of loyalty and motivation. This is particularly true when health programs extend to an employee's family, and medical problems are either dealt with quickly—or avoided altogether.

While it may not be surprising that health and wellness programs contribute to a company's performance, what may be surprising is that they can be implemented at little or no cost to the organization.

Any company that currently pays taxes to the federal government can reduce those taxes and invest the same funds directly into programs of health that ensure the long-term performance of their organization. This is one of the easiest decisions a business owner or executive will ever make.

The Copeman Healthcare Centre, with locations in downtown Calgary and Vancouver, and fast becoming one of the most respected names in healthcare delivery, has now developed new products and programs for companies that can quickly turn previous tax expense into competitive advantage.

"We are excited about helping organizations get stronger at little or no cost, but what really motivates us is being able to deliver better health outcomes to a wider range of people in organizations that are aligned with us in the belief that prevention delivers huge returns—both from a financial and human perspective," says the Centre's founder Don Copeman.

According to Copeman, over 50% of people that came into the Centre in its first year had an undiagnosed medical condition and an even greater number had risks that they did not understand—and they are all now on the road to optimal health. Copeman adds that their new mental health centre has now completely rounded out their corporate health offering and eliminated costly and often ineffective employee assistance programs for people facing stress-related health issues.

The Copeman Healthcare Centre model delivers an integrated team of doctors and healthcare professionals specializing in advanced health assessments, disease prevention and management. "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, counseling, and coaching that we provide our clients as they follow their health plan." 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."

Services at the Copeman Healthcare Centre are available to both individuals and organizations. To register for a free consultation, call 604.707-CARE (2273). Or take a facility tour online and hear what clients are saying about the Centre at 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; \$3,900 in the first year of service. Fees are tax deductable and may also be covered by health plans. Insured services are covered normally under provincial health insurance plans.

Copeman Health Care

Toll Free: 1.888.922.2732 www.copemanhealthcare.com

Vancouver:

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

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

42 GOOD LIFE CONNOISSEUR | Spring 2010 | GOOD LIFE CONNOISSEUR 43



ost of you out there are excited to see the sun is coming up a little earlier and setting a little later—we are on the verge of spring! I love to train outdoors with my clients as it brings a whole new perspective to the usual training sessions. Track training, bleachers and, of course, the beach! Nothing better that a good workout in the sand…but let's take a moment and step back.

As we approach spring we are in the perfect time frame to achieve our fitness goals for the summer. If we plan now, we can get a head start on a new physique with just a few minutes a day! Do you have a reunion or wedding to attend this year that you are hoping to grace with a new confidence, knowing that age has not gotten the better of you? Ask me right now. This 42-year-old mother of three is preparing for the Arnold Classic and I tell you honestly, it has not been an easy preparation. I pray everyday that I am healthy enough to achieve my goals, but the most important thing to remember is to take it one day at a time and listen to your body.

Right now we should be reviewing our fitness goals so we can periodize our programs to allow us a no-pressure, one-day-at-a-time journey to summer! Let's remember that a tight lean physique will not happen overnight. Let's get clear-cut direction on where we are headed and remember that in order to attain our goals we must know what they are. Don't kid yourself, you will not tone, tighten and become the shape you want in one day. It takes dedication, hard work, discipline, time and consistency.

It is time and consistency that most people forget; they feel that it should just happen overnight—especially when they try their hardest for three whole weeks! If they don't see a change—visual proof—they fall back into their old habits and give up. It takes more than that and it takes a lot more to maintain. We fool ourselves by thinking, *I was good last week*, *I even lost three pounds*, *I deserve a meal I like...chocolate*, *cake*, *Dairy Queen*, *perhaps*. While in reality they cannot work this off with more cardio or pull back their calories tomorrow—no, this does not happen. Let's get right to it; if you want that beach body you wanted last year but started too late and fell off the wagon, and here you are wishing and hoping again, then this is exactly the starting place you need.

Let's begin with a smart goal—this takes honesty.

- 1. Take a photograph of yourself
- 2. Take your measurements
- 3. Weigh yourself in the morning
- 4. Have your trainer take your body fat percentage.

"Just get the right trainer and the right diet and you are good to go, trust them and give them the opportunity to fail you—most of us will not."

Once you have that plan you should not deviate from it at any time. Stay consistent, have faith and watch the miracle happen. What does this mean? It means that on any given day I can look in the mirror and see that nothing has changed—my weight may even be up! What frustrates most of my clients is the scale—"I was down two pounds this morning!" This is a scale fluctuation that most people who are trying to lose weight get discouraged by. While, in reality, we really do not want to be losing our muscle—but we do want our body fat percentage to come down. If you are on a good nutritional program the scale should not be changing radically, but your measurements should be. Focus on eating small portions every 2½ hours, drinking three to four litres of water daily and getting your workouts in. You cannot fail if you are consistent and don't give up. I see it all the time; the client who just keeps trudging along will walk through my door one day and I can see the change has taken place. Just get the right trainer and the right diet and you are good to go, trust them and give them the opportunity to fail you—most of us will not.

Let's get you started on your new beach body shoulder workout right now so that you can reap the rewards of hard work!

Sexy Shoulders

Well-developed shoulders not only give you the necessary strength to perform simple everyday tasks, they provide a toned appearance, better posture and minimize the size of your hips.

Military Press

Sitting on the bench, keep your core tight. Start with the dumbbells in your hands and raise your arms so that your hands are on opposite sides of your head, elbows bent at 90° angles and in line with your shoulders.

With palms facing forward, raise your arms overhead without straightening them out completely.

Hold for a second, then slowly return to the starting position. Repeat.

Sets: 4 (start with a weight you can manage and increase as you progress)

Reps: 10



Compact Front Raise

Gymnast Front Raise

Standing with knees slightly bent, press back to the wall and contract your core.

With a dumbbell placed firmly in each hand, raise both arms at the same time overhead.

Sets: 4 (start with a weight you can manage and not bend you arms; if you can do 15 reps the first time, up your weight and establish your starting point; from this process slowly work your way up)

Reps: 12

"Don't kid yourself, you will not tone, tighten and become the shape you want in one day. It takes dedication, hard work, discipline, time and consistency."

44 GOOD LIFE CONNOISSEUR | Spring 2010 | GOOD LIFE CONNOISSEUR 45 www.GoodLifeConnoisseur.com

connoisseur's choice 5

HEALTH & WELLBEING

Lateral Strip Set

Standing up, arms at your side, hands in front of your core, contract your core and squeeze your shoulder and lift your arm out to the side until it is parallel to the floor, remembering not to stiffen your elbow.

For optimal results, choose a weight that you are only able to lift for 10, then decrease the weight and continue until you cannot go anymore, exhausting the muscles, then move on to yet a lower weight and finish.

Always pause at the top, before slowly returning to the starting position and remember, once you have lost good form it is time to move to a lower weight.

Reps: 10 / 12 / 15





Bent-Over Lat Raise

Seated on a bench, bend over at the waist with your feet shoulder-width apart. Keep a slight bend in the knees to prevent strain on the lower

Hold the dumbbells at arm's length in front of you with the palms of your hands facing each other. Keep a slight bend in your elbows.

Using your upper back strength, raise the dumbbells to the back and upwards in a semicircular arc as far as you can. Hold this position for a second to maximize the peak contraction in the rear deltoids. Lower the dumbbells back to the starting position.

Most people usually do not use their rear deltoids on a day-to-day basis; use this exercise to build up endurance. Choose a weight that can challenge you to just make 10 reps.

Reps: 10



BEACH READY IN JUST 8 WEEKS!

Don't wait for summer to get IN SHAPE

Start now and Reach your goals!

Beach Body Training for Every Fitness Level Nutritional Support to achieve your results

Program Benefits:

Superior cardio conditioning Nutritional Support to lose those inches Increased strength & flexibility

Achieve your beach body - call now to ask our professionals what will work for you! One on One Personal Training, Beach Body Group Training, Customized On-Line Training & Support Programs are customized to suit your personal goals.

Programs designed by Elite Trainer & International Fitness Competitor Cara Thien

Call today! 604-726-6845



START HERE START NOW

www.carathien.com



46 GOOD LIFE CONNOISSEUR | Spring 2010 www.GoodLifeConnoisseur.com

HEALTH & WELLBEING

Lateral Raise on an Incline Bench

This is similar to the previous version of the Bent-Over Lateral Raise except you lay chest down on an incline bench. This isolates the rear deltoids more and you will not be able to use as much weight as with the previous version.

Sets: 4

Reps: 10

For optimal results, work your shoulders twice a week, giving them at least 48 hours rest between workouts. Before you know it, your shoulders will look so hot you'll be wearing nothing but halter tops—even in the winter!

EXERCISE	SETS	REPS
Military Press	4	10
Gymnast Front Raise	1	12
Lateral Strip Set	3	10 / 12 / 15
Bent-Over Lat Raise	4	10
Lateral Raise on an Incline Bench	4	10

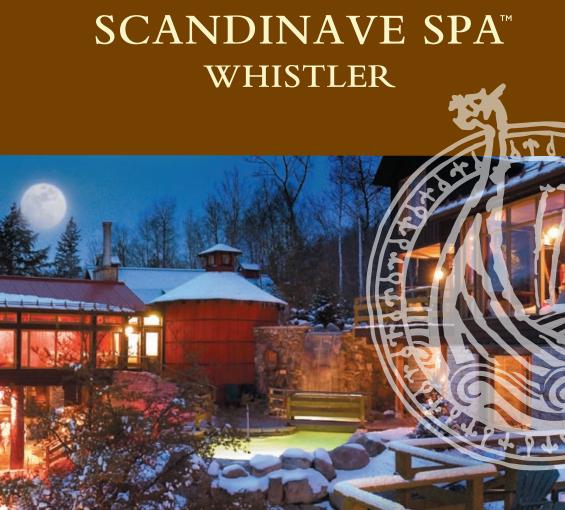
"Before you know it, your shoulders will look so hot you'll be wearing nothing but halter tops—even in the winter!"





Lateral Raise on an Incline Bench





RELAXATION IN THE HEART OF NATURE







SCANDINAVIAN BATHS

Experience the benefits of this age-old Finnish tradition through: Finnish Sauna, Eucalyptus Steam Bath, Nordic & Thermal Waterfalls, Hot Baths & Cold Plunges, Solariums & Relaxation Areas, Outdoor Fireplace.

SCANDINAVIAN BATHS & MASSAGE

Swedish, Sports, Hot Stone, Thai Yoga.

It's a Cool, High Tech Spring!

By Steve Dotto

ometimes we just marvel at how cool things can be. And nobody does cool like the high tech group. Once a year, the entire consumer electronics world heads to Nevada, with the profound hope that what happens in Vegas—reaches the rest of the world. The CES marks the traditional start of the next cycle of cool for the high tech world. 2010 was no different, and not since the Rat Pack has Vegas seen cool like this. Unquestionably, the overriding theme was 3D. With Avatar making movie history, we are about to be inundated with the next great thing—at home HD 3D.



Panasonic was front and center with their 3D TV offering. There are two types of 3D. Passive is where you wear a pair of dumb glasses (dumb technologically and dumb looking). These are simply the old fashioned (albeit higher quality) red and green lenses you use to view a special 3D image on the TV.

Active 3D is way cooler. A sensor in the glasses syncs them with the fields on the screen, and the lenses alternately darken and lighten, like a shutter, at a speed far too fast for you to consciously perceive. You still look dumb, but the image is anything but! Panasonic rocks your world with their active 3D technology. The Panasonic Viera VT25 will be the must-have home theatre addition of the year. Pricing TBA. www.panasonic.com/3D

A moving experience

If you are into the immersive world of 3D, you might as well go the whole nine yards and add some motion to the action. How about taking that comfy chair and giving it a new lease on life by making it shake, roll and heave to the action on the screen? The underlying technology





Go Big—and get a bigger home!

If 3D and Motion aren't getting you where you want to be, how about a TV that covers a whole wall? (And not a little wall either—we are talking a BIG wall.) Back to Panasonic (is anybody else making interesting TVs these days?) and we find, for the small, one-time investment of \$70,000, the 103" Plasma Mega TV, which delivers full HDTV, multiple HDMI input ports and probably enough BTU's to make that new furnace you were thinking of buying redundant. Weighing in at a hefty 485 pounds, you should probably have a professional install it, and no, it isn't going to fit in the back of the Hummer for the trip home. (I need to play Wii on this!) www.panasonic.com

CarMD

Behind every warning light is a little nugget of knowledge.

Doesn't it just drive you crazy when some seemingly

undecipherable warning light comes on when you are driving? You never know if it's something serious or a nuisance, something you should take care of immediately or that can wait until your next service. Well, here comes CarMD to the rescue, your very own diagnostic computer—just like the dealerships have!—only smaller, cheaper and yours!

Just plug it into your car's diagnostic port (usually under the front dash), and it will download your car's diagnostic report, tell you what the problem is, and, if you plug the probe into your computer's USB port after connecting to your car, it will give you a full report. All this for \$99.00. It will work on most cars 15 years old or younger.

www.carmd.com

First look, first in line

Apple waited until a few weeks after CES to reveal the iPad, which may be the best Tablet since Moses introduced the concept of the tablets that shape our world. And the iPad is not a no-fun, static, don't-do list, not by a long shot. The iPad will be a beast for internet applications. Web browsing, email, YouTube, iTunes, FaceBook-these are the sorts of applications that you would rather do sitting in a comfy chair than at a desk. A built in accelerometer makes the iPad a very intriguing gaming platform, and all the major players are planning games for it. The level of interactivity you will get from holding the screen, and turning it as you would a steering wheel is a rush—this sort of visceral feel is what made the Wii a phenomenon. Expect the iPad to do very well in the gaming space.

Every successful piece of hardware has a killer app, one that you simply need to have. The iPad may have several. It is a beautiful screen for enjoying and manipulating photos. Apple has built some wonderful organizational tools that let you roll up your sleeves and massage your photo library. A huge

bonus—when in its charging stand, the iPad makes a wonderful photo frame. It's also the ideal medium for eBooks and their ilk. Books, magazines and newspapers will all take on an entirely new lustre on the iPad. This is probably the killer app that will propel the iPad to success. \$599 to \$739.

www.apple.com/ipad

Smart phones get smarter

Smart phones promise to free us from the need to carry a laptop with us everywhere we go, yet still give us access to the most important computing



functions, such as email, web browsing, and texting. They are great for personal use, but don't play well with others. (Have you ever tried to show anyone anything on your phone?) Not the best presentation platform out there, until now.

Blackberry users now have the option of presenting PowerPoint slideshows directly from their phones. BlackBerry® Presenter supports all the popular BlackBerry models. It is a snap to use, just plug the Presenter module into your projector (up to XGA, or 1024 by 768) and a Bluetooth connection between the module and your BlackBerry does the rest. \$199.

www.blackberry.com



www.GoodLifeConnoisseur.com



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



connoisseur's choice 5

INNOVATIONS



Where did I leave my phone? If you are one of the thousands of people who constantly call their own phone to find out where it is, help may be on the horizon. The ZOMM is a Bluetooth-enabled key fob. It wirelessly leashes itself to your phone and beeps like a lost puppy when you walk out of range without the phone, sort of a keychain with separation anxiety. It actually does a few extra goodies as well (needs to as it costs \$79.00), acting as a Bluetooth speakerphone and a one touch emergency dialler.

Now what to do about those

who constantly lose their keys...but wait, if you have your phone with you, you should hear the keys whining as you walk away! www.zomm.com

"From its perch on the inside of the car windshield, the palm-sized tiwi both monitors and mentors your young driver."

Where did you leave Grandpa?

On the other end of the Sandwich Generation, if you have a potentially wandering parent or grandparent in the mix, the GeoSkeeper is a simple wristband that offers peace of mind and security. This wristband is fitted out with GPS, alarm, cellular speaker phone with programmed, one-touch emergency numbers, and PERS (Personal Emergency Response System).

The GeoSkeeper includes a GeoFencing feature that will alert you to when the wearer leaves a specific area, such as school grounds or a two block radius around the home. It also allows you to accurately track the movements so you can locate the wearer quickly, as well as call immediately on the built-in speakerphone. The simple controls allow for one touch dialling of emergency or support numbers.

Not only for the elderly, it can provide peace of mind for parents with their children, or lone workers. It's a very simple, effective, targeted communication tool that could, and undoubtedly will, save lives.

www.aerotel.com

REM—waking well is the best idea

Do you wake up refreshed and ready to meet the day? Yeah right, how often does that happen? Probably not that often, but when it does you most likely awoke from a light sleep cycle; your alarm didn't drag you out of deep sleep. You know the feeling—like crawling out of a hole to begrudgingly accept consciousness.





The WakeMate uses a science called actigraphy to analyze your

sleep patterns and circadian rhythms. It then chooses optimal points for you to wake that are called arousal points (YES!). The theory being that if you wake at these points, you are full of vim and vinegar, and very aroused! On your iPod or iPhone, simply select a time range to wake within, and WakeMate does the rest. \$49.99.

www.wakemate.com

tiwi™ nags teen drivers

As much as we may wish to, there are just times when we can't ride along with our teen drivers to remind (read: NAG) them not only of the rules of the road, but where and when they're allowed to take the family wheels. But that's okay—the tiwi™ will nag them for us!

From its perch on the inside of the car windshield, the palm-sized tiwi both monitors and mentors your young driver. The tiwi provides real time audio feedback on such parameters as speed ("Speeding violation! Reduce speed immediately!"), cornering, braking, accelerating, seat belt status, and whether the vehicle is being driven outside of time ranges or into geographic areas that you've deemed inappropriate. Exceed the speed limit, abuse common sense, or violate any of the user specified parameters, and the tiwi will not only nag the driver but also report to mom and dad via email, phone or text message.

The tiwi can also accept inbound phone calls from concerned parents, and a panic button allows young drivers to notify emergency services if they're in trouble. A reasonably priced monthly service subscription is required for all features. \$299.99 plus monthly rate plan.

www.tiwi.com ■



www.GoodLifeConnoisseur.com Spring 2010 | GOOD LIFE CONNOISSEUR 53

A Look at the Luxury Coupe Market

By Tony Whitney



hey're luxurious, they're sporty, they're fast and, more often than not, they're expensive. They're the larger two-door coupes in the upscale segment and the best of them are rare birds—their price tags see to that—so exclusivity and prestige is another plus buyers get for their money.

These models must not be confused with the legions of sporty coupes populating the more affordable end of the auto market, nor with pure sports cars. These luxo-coupes carry some of the most hallowed nameplates in the entire world of fine cars, and are often flagship products for the manufacturers that build them.

Like sports roadsters, most coupes are "fun" cars, more for driving pleasure and pride of ownership than straightforward practicality. That being said, many coupes have wider doors than their sedan equivalents, so they tend to be easier to get in and out of (at least, up front) and that's an important consideration to many buyers who rarely use the back seats anyway. Incidentally, many of the coupes covered in this feature are also available as convertibles.

In recent years, there's been a trend towards coupe-like cars that actually have four doors and controversy rages over this, although all the models that have entered this new corner of the auto market seem to have been very successful. We'll look at some of these after a roundup of "true" coupes in the luxury segment.

Audi's A5 coupe might well be the best-looking model from this automaker, short of the amazing R8 sports car. Its handsome, svelte lines give it lots of character, and it's not easy to see that it's related to the A5 sedan at all. Audi's chief designer was once with Alfa Romeo, which has produced some of the world's most stylish cars in recent times, but he is reported to have said that the A5 is his greatest achievement.



The A5 comes with a V-6 engine that's silky smooth and boasts lots of power—265 horses, in fact. Buy the S5 version of this Audi, though, and you get a 4.2-litre V-8 with a whopping 354-horsepower—serious performance by any standard. Audi's "S" variants match the performance models from rival automakers like Mercedes-Benz (AMG) and BMW (M-cars). The car's great styling is matched by a superb interior, something Audi is very talented at indeed. The A5/S5 is something of a niche market product, so buyers get some worthwhile exclusivity—you just don't see too many of these around, although sales have certainly been strong. It almost goes without saying that Audi's Quattro all-wheel drive is available. Audi was building all-wheel drive cars long before most automakers had even gotten around to considering the idea.

"Fast and luxurious, as all such coupes should be, the 650i is equipped with a 4.8-litre V-8, developing 360-horsepower, and it's a speedy, agile, grand tourer in the true sense of the word."

It's been rumoured for some time that Cadillac was working on a coupe version of its critically acclaimed CTS sedan, and now it's here following GM's restructuring process, which delayed introduction to some extent. The 2011 car uses the CTS sedan as a basis, but it's a little shorter and lower. The interior bears some resemblance to the sedan design (which is very well executed), but adds a fair number of enhancements—including optional 14-way Recaro sport seats. The basic engine is a 3.6-litre V-6 with (surprise!) a 6-speed manual transmission, which will please dedicated sports coupe fans. Naturally, an automatic will also be available. Rated at 304-horsepower, the engine is clearly very potent and buyers will be able to choose rear-wheel drive or all-wheel drive—not a common option in this class. An even more performance-oriented "V" option CTS Coupe will also be available.

BMW's love affair with coupes goes back many decades and many of its efforts in this direction have been historical landmarks—like the wonderful 3.0-litre CS models of the 1960s, which are now highly collectable. Currently, BMW offers its 650i in this class and it's a very impressive automobile. Fast and luxurious, as all such coupes should be, the 650i is equipped with a 4.8-litre V-8, developing 360-horsepower, and it's a speedy, agile, grand tourer in the true sense of the word. And if 360-horsepower isn't quite enough, BMW will sell you an M6 version of this car with a 5.0-litre V-10 under its lengthy hood and 500-horsepower on tap. The 6 Series cockpit is "all business" and more like a fighter jet that a car. It's far from cramped, but this is one of those cars you "wear" rather than sit in—just the way enthusiasts like it. For long, fast drives across varying terrain, few cars can match a BMW coupe.

The Bentley Continental GT is a superbly styled two-door coupe which seems to have become a car of choice for entertainment and sports celebrities successful enough to be able to afford the best. The car is very much inspired by the firm's R-Type Continental of the early 1950s with its dramatic fastback styling—another classic that's now very much a collector's item. This exceptionally beautiful car is well up with the fastest 4-seater coupes in the world, with its 6-litre, 550horsepower, W-12 twin-turbo engine, 6-speed transmission and four wheel drive. Okay, it has some Audi innards (Bentley is part of the VW/Audi empire), but who's going to complain about that? Very few automobiles will get you to 100 km/h in less than five seconds with as little fuss as the Continental GT. Also, the all-wheel drive ensures that all that power is safely transmitted to the road. Even in the rain, the car can be given its head with no danger of traction loss and consequent instability. The cockpit is so elegantly trimmed with fine woods and leathers that it's great to just sit in a car like this and enjoy the visual feast.



54 GOOD LIFE CONNOISSEUR | Spring 2010 www.GoodLifeConnoisseur.com www.GoodLifeConnoisseur.com

LUXURY RIDES



Given Mercedes-Benz' amazingly wide range of vehicles, it's perhaps

no surprise to discover that the Stuttgart automaker has two luxury

coupes in its line-up—the CL and the E-Class Coupe. The CL (which is related to the S-Class sedan) is among the leaders in this class and

has been for years. Even in basic form it's fast, luxurious, nimble

and supremely safe. Some versions are among the most expensive

automobiles the company builds. Engines for the elegant CL range from

a 5.5-litre V-8 right up to an awesome 6.0-litre twin-turbo V-12 with

over 600-horsepower. One version, the CL550, comes with Mercedes'

The Coupe, like other Phantoms, uses a 453-horsepower, 6.75-litre V-12 engine designed and assembled by parent company BMW in Germany. Also from Germany is the 6-speed automatic transmission which is manufactured by highly-regarded ZF, supplier of gearboxes to a wide range of prestige automakers. As always, these cars offer an uncanny level of refinement and luxury and very much retain the lofty standards set all those years ago by founders the Hon. Charles Rolls and

grippy 4Matic all-wheel drive. These CLs are superbly built and lavishly "Some critics are calling it the most equipped long-distance touring cars in the grand manner. The E-Class Coupe is one of the most recent Mercedes-Benz products beautifully-styled car in the current and picks up some of the dramatic styling of the CLS sedan (more on that later). Some critics are calling it the most beautifully-styled car in the Mercedes stable and it certainly has a lot current Mercedes stable and it certainly has a lot of flair and individuality. Interestingly, the car has the lowest aerodynamic drag of any vehicle on of flair and individuality." the market right now. Less expensive than the CL, it offers more than adequate performance and handling and all the creature comforts and security we associate with Mercedes-Benz vehicles. Engines include a

268-horsepower 3.5-litre V-6 and a 382-horsepower 5.5-litre V-8. Both use a technically fascinating 7-speed automatic transmission. The elegant and stately Rolls-Royce Phantom Coupe is built at a factory near Goodwood in the south of England and is no "shrinking violet" in the world of fine cars. This is not a car that's easy to miss when you see one out on the road. It's big (especially for a two-door), it's brash and it shrieks of serious money—and you won't get that much change out of \$600,000 for one of these masterpieces. Still, which other sporting car has a "picnic trunk" with seating for two?

Henry (later Sir Henry) Royce.

It would be all too easy to believe, looking at the size of this car, that it offers supreme refinement without impressive performance, but nothing could be further from the truth. The refinement is certainly there and at levels very few automakers get close to, but the heavy Phantom Coupe will top 100 km/h in a surprising 5.8 seconds, and the top speed would be higher than a claimed 250 km/h if the car wasn't electronically governed to restrain itself when that lofty pace is reached. The mirror-like paint finish of these cars can be specified in 16 different hues, but for the truly picky, Rolls has a palette of some 44,000 colours available. The interior of the Phantom Coupe is a total delight and exceeds every expectation.

In recent years, several automakers have attempted to create "4-door coupes"—cars that have all the appearance of using coupe bodywork, but include the rear doors of a sedan. While this is an arguable concept, there have been some great successes by designers taking this approach. The first car to fit the mould (at least in recent decades) was the beautiful Mercedes-Benz CLS, which still manages to turn heads several years after its introduction. Other cars which fit well into the 4-door coupe class include the magnificent new Porsche Panamera, which most people would find impossible to class as a sedan despite four doors and generous rear seat room. Similarly, the Maserati Quattroporte is rarely dubbed a sedan and is far too sleek to fit into that general class. Even Volkswagen has entered the 4-door coupe battle with its very elegantlydone Passat CC, which offers much of the ambiance of its rivals without the hefty sticker price. Eagerly awaited in this class is the new Aston Martin Rapide, which promises to take the famed British maker into an entirely new direction.

For years, doubting critics have forecast the demise of the coupe, but there are no signs at all that this will ever happen, despite the popularity of more utilitarian vehicles. There's something about an upscale coupe that buyers seem to have a constant yearning for and, in fact, the luxury market for such products has been even more buoyant recently than at any time over the past couple of decades. ■



www.GoodLifeConnoisseur.com

56 GOOD LIFE CONNOISSEUR | Spring 2010 www.GoodLifeConnoisseur.com





2010 Phantom Coupé

 $\mathbf{F}^{\mathrm{amed}}$ automotive manufacturer Rolls-Royce Motor Cars is reentering the Vancouver market after an absence of eight years, opening a new dealership on West 5th Avenue between Burrard Street and Pine Street.

Rolls-Royce Motor Cars Vancouver, set to open in May, will carry the full line-up of Phantom models, as well as the exciting new Ghost. The Phantom, first launched in 2003, is the worldwide market leader in the ultra-luxury sector, selling over 1,000 Phantom family motorcars per year. With the launch of the Ghost this year, this is expected to treble to over 3,000.

In addition to the Phantom sedan, the current Phantom line-up includes the Phantom Extended Wheelbase, offering an additional ten luxurious inches of space to the rear compartment; the Phantom Drophead Coupé, a convertible which carries on the tradition of open-air grand touring; and the Phantom Coupé, the sportiest member of the Phantom family with its two doors and rakish roofline. All Phantoms are powered by a 6.75L V12 engine producing 453hp and 531 ft-lb of torque, enough to propel any of the models to 60 mph (96 km/h) in just 5.9 seconds.

The new Ghost, arriving in spring, is decidedly less formal in appearance, being a full 14" shorter than the Phantom and designed to introduce a new group of clients to the Rolls-Royce marque. Powered by a new, twin-turbo, 6.6L V12 with a staggering 573hp, the Ghost will reach 60 mph in an astonishing 4.9 seconds. Combined with the detailed craftsmanship Rolls-Royce is known for, the Ghost, like the Phantom, will surely become a market leader as well.

What Rolls-Royce Motor Cars are best known for is probably their bespoke department, which allows unparalleled possibilities for customization. Whether a client would like a custom paint colour, perhaps colour-matched to a specific item, or something as complex as a six-bottle wine cooler built into the boot, the bespoke team at Rolls-Royce Motor Cars will happily assist in any request.

Both the Phantom and the Ghost are built at Rolls-Royce's factory and headquarters, located in Goodwood, West Sussex. Home of Rolls-Royce since 2003, Goodwood is a state-of-the-art, purposebuilt facility and is one of the greenest automotive plants ever built.

Designed by Sir Nicholas Grimshaw, it incorporates many cutting-edge features to both minimize its impact on the environment as well as create a unique studio-like feel to the entire production line. By sinking the foundation several feet into the ground and constructing the UK's largest living roof, Goodwood is almost invisible from the air, blending into the countryside's rolling hills and creating a haven for several species of birds. Other innovations, such as limiting the number of parts deliveries to the plant, ensure that disruption to locals is kept to a minimum.

When opening a new dealership in Vancouver, Rolls-Royce Motor Cars has been pleased to work with the Fields Auto Group, which operates 32 dealerships in 20 locations across Florida, Illinois, Wisconsin, North Carolina, and British Columbia. In Vancouver, Fields Auto Group also owns and operates The BMW Store on Burrard Street and MINI Yaletown on Hamilton Street.

For further information on Rolls-Royce Motor Cars Vancouver or any of the Rolls-Royce models, please visit www.rrmcvancouver.com or contact Rolls-Royce Brand Manager Michael Bell at michael.bell@rrmcvancouver.com.

Rolls-Royce Motor Cars Vancouver

Michael Bell
1717 W 5th Ave, Vancouver, BC
Phone: 604.659.3200 | Direct: 778.869.4445
www.rrmcvancouver.com
michael.bell@rrmcvancouver.com











WEALTH



Your Tax Plan for 2010

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

"Taxes, after all, are dues that we pay for the privileges of membership in an organized society."

~ Franklin D. Roosevelt

ax planning is about getting your ducks in order so that you pay the least amount of tax. There is much to digest in 2010. Especially for business owners and retirees.

A dose of common sense is a must in tax planning. Take a look two or three times a year. A joint meeting with the investment, legal and tax professionals gets everyone's attention on the same page. Get a sense on what you expect in 2010 while the 2009 results are still at your fingertips. Here are my tips to help trim your taxes:

Revisiting your investor type

From time to time, those pesky markets deliver new hiccups and a few more risks to chew on. Some investors can't stand all the potholes, particularly retirees and those about to be. Remember that a large loss is most devastating to your portfolio health.

Step back and revisit your investor type. Perhaps even rethink its fit for your situation. Are you a "comfort driven" or "performance driven" investor? Let's define those two types. The "comfort driven" investors care first and foremost about the risks they incur. They typically lean more to capital preservation. On the other hand, "performance driven" investors shop first for high returns with few, if any, concerns for risks. They typically prefer growth.

It's the risks you take that deliver returns. Thus, always understand and be in control of your investment risks. Your investor type dramatically affects the way you invest. Once you get the risk management right, it's smoother sailing toward your destination.

Review your investment mix

Investors are advised to appreciate the tax aspects of investment income. That is the tax you pay on interest, dividends and capital gains. All are subject to income tax, but the rates are different.

Make sure your investing is tax friendly. One key pillar is the tax on eligible dividends received from Canadian corporations. For example, the highest income tax rate on eligible dividends in B.C. is 21.5%. The highest tax on capital gains is 21.9% and that on small business dividends is 33.7%. Compare those rates to 43.7% on interest income.

Here is my table:

INCOME TYPE	HIGHEST TAX RATE*
Eligible Dividends	21.5%
Capital Gains	21.9%
Small Business Dividends	33.7%
Interest and Salary	43.7%

^{*} Figures rounded

A good grasp of this area helps design the investment mix right for you. It also provides the roadmap to some specific questions, such as where it's best to incur risk: personally, the company or within registered accounts. Then which type of investment income is best received personally, in the company and in registered accounts. A tax-smart strategy delivers value.

Lifetime capital gain exemption

A capital gains exemption up to \$750,000 per spouse is available for capital gains arising from the sale of small business shares, farm property and fishing assets that qualify. Review the steps to trigger the gain if you own such assets.

The common ones are an actual sale to a third party, transferring the asset to your spouse or to a corporation you control. However, ensure that you meet all the rules to qualify for the exemption. Usage of the full \$750,000 exemption means a tax saving of over \$163,800 in B.C.

Defer capital gains of your small business corporation

You may defer the capital gain if you sell shares of a small business you own. That is, provided you reinvest the sale proceeds into another small business corporation. Be careful as there are various conditions that you must meet to defer the gain.

Business structure

The business structure might use some polish. Perhaps you have a proprietorship, a partnership, an incorporated company, or a complex set of holding companies. Evaluate the business reasons for having what you have now. Then examine if you can benefit by modifying the structure.

Pay dividends from your company

If your company has realized past capital gains or received proceeds of life insurance, you may be able to pay a tax-free capital dividend. Further, if your company has a refundable dividend tax on hand, paying a dividend to generate a refund of this tax may be beneficial. At the same time, you can also review the wisdom of paying an eligible dividend.

"Usage of the full \$750,000 exemption means a tax saving of over \$163,800 in B.C."

Remuneration review

Review the owner-manager remuneration package to determine which combination and strategies work best. Start with the salary and dividends. Earned income near \$123,000 in 2010 gives rise to the maximum RRSP entitlement in 2011. Some family members may be able to receive dividends while paying little income tax. You may also want to include a review of the benefits of using the Individual Pension Plan versus RRSP deposits.

Review or consider a family trust

Many families have a variety of family trusts that have been set up over the years. Rules have changed; hence, this is an opportune time to revisit the need, the structures and the benefits that you derive. Conversely, those that don't have one can take a good look at whether or not it makes sense to establish one. There is an added element of financial complexity in using a family trust.

Pension income credit

The type of income eligible for the pension income credit differs depending on age. For those 65 years of age and over, eligible pension income includes annuity payments from the employer pension plan, RRSPs or deferred profit sharing plans, and payments from an RRIF. For those under 65 years of age, eligible pension income includes annuity payments from the employer pension and some receipts resulting from the death of a spouse.

Pension income splitting

In 2010, spouses and common-law partners can elect to split up to 50% of the pension income that qualifies for the pension credit summarized above. This is an election to be made in the 2010 tax returns. Unlike splitting CPP, it's not an actual split of income. Both spouses must agree to the allocation. The decision is revisited annually.

The election should minimize a family's overall tax load. However, it's possible to split the pension income but lose ground in other areas such as when OAS clawback applies or qualifying for age credits and medical expense credits. In addition, U.S. citizens resident in Canada should consider the U.S. tax implications of splitting Canadian pension income.

IMAGINE CANADA WITHOUT TREES



and rich in natural beauty. You can do your part give to Tree Canada, and we'll plant your gift



connoisseur's choice 5

WEALTH

Donate securities

Donate securities that have gained in value directly to your favourite charities. You won't pay tax on the capital gains. Your donation receipt is based on the market values of the donated securities. For some, it makes sense to review and design a long-term charitable donation schedule while living, together with the charitable wishes to be included in the will.

Review your capital gain and loss strategies. Consider the losses you may be carrying forward from 2009. Revisit your tax cost entries from the \$100,000 capital gain exemption claimed in 1994. Don't be afraid to lock in a gain. Especially if you have a loss position that has faint hopes of turning into a profit. A little portfolio rebalancing helps.

Payers and savers

Many families have one spouse who earns the higher income. Often that same spouse owns more financial assets and may also have the employer pension. One goal is to equalize retirement incomes. Hence, the higherincome spouse can pay the family expenditures. The lower-income spouse can do the saving and accumulate more financial assets. The higherincome spouse can also pay income taxes for the lower-income one.

RRSP

Start the 2010 RRSP contributions to your account or spousal plan. There is no reason to wait until early 2011. The maximum 2010 RRSP is \$22,000 less the pension adjustment, plus the unused room. Spousal RRSPs are still one major way of building nest eggs. Make spousal deposits to the lower-income spouse. You still get the tax deduction at the higher rate.

RRIF conversions

Converting the RRSP, likely to a RRIF, is for those who turn 71 in 2010. RRSP deposits must still be made before converting, unless there is a younger spouse. Qualifying investments are the same for both plans. However, the RRIF has to make the required minimum payments. Minimum RRIF withdrawals commence in 2011 and may be adjusted to a younger spouse's age where applicable.

RESP

If you have children, grandchildren, nieces, or nephews, consider making RESP deposits. The total lifetime maximum is \$50,000. RESPs can now be used for some part-time studies. A family RESP is preferred for two or more related beneficiaries. It's an easy way to help with the cost of education.

TFSA

Most investors have not yet begun the TFSA that was introduced last year. Hence, the room for 2010 could be up to \$10,000 for depositors at least age 18. This account will turn out to be a very important fund in the long term.

Registered Disability Saving Plan

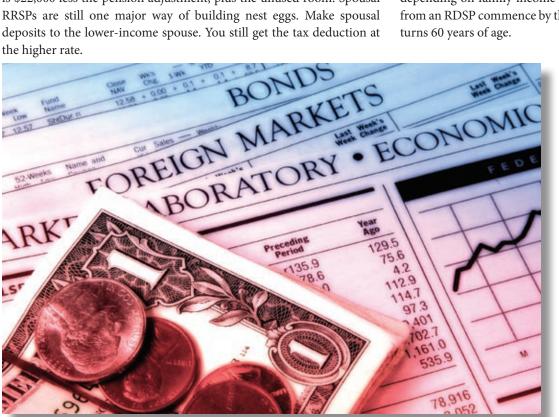
The RDSP helps save for the long-term financial security of a child with a severe disability. Contributions are limited to a lifetime maximum of \$200,000, with no annual limit, until the end of the year in which the beneficiary attains 59 years of age. The government also contributes depending on family income and your amount contributed. Payments from an RDSP commence by the end of the year in which the beneficiary

Cross border issues

Canadians who spend time living in the U.S. may be required to file a U.S. tax return. It is important to determine whether you meet the "substantial presence" test. If you carry on business in the U.S., you may also be required to file a U.S. tax return. Canadians who own property in the U.S. should review the estate tax rules that apply. Renting your property may subject you to withholding taxes.

U.S. citizens living in Canada should seek advice on the tax filings that the IRS requires. Non-filers run the risk of losing exemptions to which they are entitled. U.S. citizens who own Canadian private companies are wise to check the U.S. tax treatment of investment income-such as capital dividends.

There is something for everyone in these timely tax tips. Happy planning. ■



www.GoodLifeConnoisseur.com Spring 2010 | GOOD LIFE CONNOISSEUR 63





Michelle Lan

She was born and raised in the beautiful country-side of Wau-Len, Taiwan. During her childhood Michelle demonstrated an artistic talent and later choose a career studying interior and commercial design at the Home Economic University in Taiwan.

After graduating from university, Michelle was employed by a Taiwanese real estate company as a commercial and interior designer where she gained sufficient experience to start her own real estate company in 1975. Her business became so successful she received the country's first National Woman Entrepreneur Award in 1997.

For many years Michelle studied Chinese ink, water, pastel and acrylic painting and calligraphy. After moving to Canada, she studied oil painting with numerous teachers and was primarily influenced by Barrie Chadwick and Xu-min. They taught her how to improve painting techniques and use of colour. Michelle's current painting style is known as "Impressionism".





Her painting style is inspired by Monet's impressionism; she uses colour and light to show the images' true element without detail. Her subjects are painted with a blurred vision using colourful brush strokes to show that they are alive and vibrant.

She is an optimist; she uses her body language and meditative mind to help express her thoughts. She loves to use

a myriad of colours to create a multitude of paintings for each of her exhibitions. Michelle's first exhibition entitled *Desire of the Colourful Life* expressed her thoughts through imagery of flowers. Michelle wishes to use her works to inspire more women to be strong in order to achieve their dreams.

Michelle has participated in numerous group art exhibitions in Vancouver and Taipei. Her first solo exhibition was held in early 2008 in Taipei where the majority of her displayed works found new homes through out the world.

Michelle has established herself as a member of the Federation of Canadian Artists and the West Vancouver Community Arts Council. She presently attends sketching classes at the Emily Carr Institute and has published her own picture prose book titled "Desire of Colourful Life". Michelle is currently composing two new books that will contain sketches and paintings respectively.

Her work is currently represented by the Howe Street Gallery of Fine Art in Vancouver. Michelle's goal is to expose her artwork through exhibitions in Canada. ■







Howe Street Gallery of Fine Art 555 Howe Street, Vancouver, BC 604.681.5777 555@howestreetgallery.com www.howestreetgallery.com

Rejuvenate, Recharge, Renew

Living the Vita Dolce

By Dr. Lesley Horton, MD

talians have a beautiful expression. *Il dolce far niente*, or "the sweetness of doing nothing."

Doing nothing. Relaxing so much that you do nothing but enjoy to your very depths that state of relaxation. What a radical concept—though a bit scintillating to contemplate. Sort of like bathing in a giant chocolate fountain or having the best massage of your life...on a daily basis. Doing nothing goal-oriented, and instead allowing yourself to focus on what brings you pleasure.

Not only do Italians use this expression but they also revere *il dolce far niente* as a worthy goal to strive for. It is a cherished ideal and the more you are able to achieve it, the greater your accomplishment in life. It has nothing to do with having monetary wealth and has far more to do with relaxing and enjoying life's simple pleasures. Taking your time to savour your food, enjoying every flavour as it explodes on your tongue. Relishing good conversation with a friend. Luxuriating in the touch of good quality sheets on your skin in the morning and the promise of a new day.

It's very different from our North American idea of "more equals better." End results. Productivity, efficiency and ROIs. Yes, we have a greater GDP than Italy, but data shows we're less happy, more anxious and more unfulfilled.

So with this in mind, when was the last time you really gave yourself permission to do nothing? Not because you were so exhausted, or drained. Not because you were sick or feeling unwell. But because life is grand, and you wanted to drink in that feeling like a cool glass of lemonade of hot day?

Doing nothing is a radical concept. For many people it is hard to contemplate. We tend to seek entertainment, which is different from relaxing into sheer pleasure. We also often wait until we are sick, or drained. In one of the recent occupational medicine studies that looked at Canadians and their work habits, it was found that 23% of participants didn't even take their full vacation allotment. That's how work-focused we are...you can't even pay us to take time off!



Yet depression is becoming the number one workplace disability, costing the Canadian economy hundreds of millions of dollars every year in lost productivity. And the irony is that taking adequate rest, including taking vacations, is one of the key ways to build resiliency to stress and depression and anxiety.

Even more beautiful than vacations are sabbaticals, as they go deeper to allow for a far greater degree of rest, relaxation and rejuvenation. Sabbaticals allow people to be who they really are, to be themselves, rather than their work role. Stepping outside of one of our most insidious false identifications, the mistaken belief that we are our job, gives access to immense personal freedom and spiritual renewal. In fact, the freedom to explore beyond the confines of our regular routine is often essential if we are to connect deeply with ourselves and our vision for what is next in life. Like enjoying it more!

Finally, taking time for pleasure is part of a magic formula for happiness.

In Barbara Fredrickson's book, *Positivity*, her scientific research reveals that for

happiness we need three positive experiences for every negative experience. This three-to-one ratio is because the brain notices and holds onto negative experiences far more than positive ones.

Because life doesn't always seem to deliver on positive experiences just when we want them, we may need to go looking for them. We need to actively seek out our own happiness and pleasure. We need to purposely do what brings us positive strokes, what brings us joy, what feeds our soul.

It may sound funny, but as a physician for twenty years, I have seen time and time again how people feel more comfortable when they have permission to be sick, or have permission to take a needed break. I have always encouraged patients to honour what their own heart and gut are telling them. Be curious if you need permission from yourself, or perhaps a long ago internalized parental voice, to really follow your bliss and do what brings you pleasure and feeds your soul.

So there you have it. A pleasure a day (or three, or six or nine or...) keeps the doctor away, and makes life infinitely more delightful. Vive la vita dolce!

Brentwood Bay

Ocean Villas



BRENTWOOD BAY OCEAN VILLAS 7164 Brentwood Drive, Victoria, BC

starting from \$899,000 plus GST

Totally unique, exclusive, and luxurious ocean front condominium residences on stunning Brentwood Bay. Located beside Victoria's only 5 star waterfront resort, each premium west facing 1,730 sq. ft. home will have direct access to moorage, with the world class amenities of the gorgeous Brentwood Bay Lodge and Spa only footsteps away. A select limited edition with a commitment to "LEED for Homes" standards, just six of these exceptional contemporary, two bedroom plus den homes are offered. Moments away from the shops and café's of the friendly community of charming Brentwood Bay, yet only 25 minutes to downtown Victoria and 10 minutes to the Victoria International Airport. Incredible location, designer style, superb quality, and total convenience... Welcome to seaside living at its finest.

SCOTT PIERCY 1.250.686.7789 | spiercy@sothebysrealty.ca

IAMES LEBLANC 1.250.812.7212 | ileblanc@sothebysrealty.ca

www.oceanvillas.ca

Sotheby's Canada

LOCAL EXPERTISE, GLOBAL CONNECTIONS. sothebysrealty.ca

66 GOOD LIFE CONNOISSEUR | Spring 2010 www.GoodLifeConnoisseur.com

