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*Photographer: Connie Ekelund*

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Boarding a cruise ship with 6,000 of my closest friends in order to pony up to the buffet has never been high on my travel priority list. So when Silversea Cruises first crossed into my radar, my reaction was “ho-hum.” But then I was encouraged to look a little deeper and I’m exceptionally pleased I did. Having now had the pleasure of enjoying their tour of the Caribbean, I recommend them highly. Even more so since the headlines have been filled with the disasters passengers on another Italian cruise have recently experienced.

It’s difficult to find anything about the experience of which to be critical. But what stands out the most is the level of service provided by the crew and the joy they took from serving their passengers. I fully understand how some of our fellow passengers have done 20 or more cruises with this company. They promise a lot, and they deliver on their promises. Well done!


Next up on the agenda is Australia. We’re going to visit Melbourne, Sydney and Perth. We’ve been promised a look at the best each of these cities has to offer. We’re expecting excellent lodging, tremendous cuisine—naturally paired with stellar local wine—and, of course, vibrant cities. As always, we’ll come back with lots of photos, so make sure you’re got a reservation utilizing the form opposite.


With this issue I would also like to welcome Rhys Pender, MW, to our stable of contributors. Rhys is one of just four Masters of Wine resident in Canada. Surprisingly, three of them call British Columbia home. I would expect those of you who are wine fans will welcome his insight.

Comments both positive and critical are welcome.

Terry Tremaine  
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Photographer: Connie Ekelund - Virgin Gorda and The Baths, Road Town, Tortola, BVI





The first question our butler asked, after ushering us into our 800-square-foot cabin on board the cruise ship *Silver Spirit*, was “How would you like the liquor cabinet stocked?” First impressions of what we could expect during our cruise from Fort Lauderdale to Bridgetown, Barbados, were exceedingly positive. Boarding this luxury cruise ship operated by the Italian family firm Silversea was most expeditious. Once aboard, the stroll to our cabin took us through hallways and staircases whose architecture was a treat for the eye.

This was no ordinary cruise ship. With a passenger load of 350—attended to by an equal number of crew members—our expectations were immediately quite high. Our cabin had its own living area with dining table, sofa and chairs, an entertainment centre with the previously mentioned well-stocked liquor cabinet and a sizable desk with internet connection. The private outside deck, reached through floor-to-ceiling sliding glass doors, was large enough to accommodate a table with chairs, plus a very comfortable cushioned lounge chair. The bedroom, with a king size bed, naturally had its own entertainment centre, vanity mirror with table and chair, and, of course, a walk-in closet which could readily accommodate far more clothing than we had brought with us. We knew we were expected to dress appropriately for a number of formal evenings to be held during the cruise, so packing had required twice the normal number of bags. Even so, there were lots of empty hangers and drawers after unpacking. The washroom boasted its own soaker tub, a separate shower stall and two sink cabinets with a separate room for the toilet—with its own sink as well. Considering the first two days of the cruise were to be at sea—and our butler was prepared to offer extraordinary room service—first thoughts were we would simply stay in our palatial cabin.



## Caribbean Six Star Luxury Cruising

By Terry Tremaine

Photos by Connie Ekelund



However, then we were introduced to the rest of the ship. First, the expansive 8,300-square-foot spa certainly was an attraction and the treatments we experienced didn't let us down. Entertainment facilities included a casino, theatre with stage, numerous bars with dance floors or at least live entertainment. Yes, every evening there was live entertainment; not just simply musicians performing in a bar setting but, as well, full blown stage productions performed in the theatre. Although all the performers were thoroughly entertaining, one of the dancers was absolutely extraordinary.

As a result of the variety of venues available for guests to mingle, social interaction was very high and, with the worldly crowd found on board, a pleasure in itself. Many of the guests had enjoyed numerous luxury cruises, some boasting twenty or thirty different adventures, but all seemed to claim the Silversea experience to be their favourite.

Then there was the food. Silversea has a partnership with the prestigious Grands Chefs Relais and Chateaux. Their influence pervades in the six different restaurants found on board. All offer table service from a very attentive staff. Naturally, an Italian company features an excellent Italian restaurant, but there was even a sushi bar. The premier restaurant, available by reservation only—readily organized by our butler—also offered a wine-paired menu featuring premium international wines. Not surprisingly, the standards maintained by the main restaurant would withstand scrutiny by the most demanding food critic.

Through the course of each cruise day there are many activities offered: everything from fitness classes, to culinary classes, wine tastings, dancing lessons and casino gaming lessons. And, of course, there is the deck-top pool and three whirlpools, with an abundance of lounge chairs. Since passengers are principally adults, lounging in the sun interrupted with a refreshing dip makes for a most relaxing sojourn.





Tortola, British Virgin Islands

But let's not forget the point of this cruise is to visit some less frequented ports of the Caribbean. The size of the *Silver Spirit* allows docking in smaller harbours not available to the much larger cruise ships which tend to dominate the cruise industry.

The first port of call was Tortola, the largest and most populated of the British Virgin Islands. Most visitors come for its natural beauty and deserted beaches. There are few historic sites, but numerous restaurants.

We took advantage of one of the exclusive tours offered by Silversea to visit Virgin Gorda, the third largest island in the BVI. Departing from the pier utilizing a local launch, we were able to cruise the scenic and historic Sir Francis Drake Channel and after 40 minutes arrived at quaint Spanish Town. After boarding a safari bus, we ventured to the Baths at Spring Bay. Located at the south end of the island, the Baths show evidence of the island's volcanic origins. Huge granite boulders lie piled on the white sand beach, forming natural grottos that are open to the sea. A narrow trail winds through the boulders leading to clear, warm water. By climbing through narrow crevices between the boulders, we were able to discover a number of different private beaches. Swimming in this unspoiled environment and then relaxing on the secluded beaches, is the reason most visitors make the journey to this beautiful island. Our excursion was followed with a light lunch at a local property and then the return cruise back to port to board our vessel and prepare ourselves for the arduous task of choosing which restaurant to dine in prior to the evening's entertainment.



St. John's, Antigua



Marigot Bay, St. Martin



Next morning we arrived at picturesque Marigot Bay in St. Martin. Most cruise ships visiting St. Martin choose to dock in Dutch St. Maarten. Instead, we dropped anchor on the French side, which has a more continental flavour and offers fashionable shopping in a very walkable downtown area. An open air market comes to life near the dock area whenever a cruise ship arrives. Wandering the busy streets provides opportunities to shop at numerous locations offering exclusive, well-known designer brands, plus dine at a selection of quality restaurants. There are also a number of well-tended historic sites, but be assured this is a most relaxed environment. Returning to our palace on the sea, life seemed almost hectic in comparison. Again there was more socializing in the bar while a pianist provided spirited entertainment as we again had to decide where and with whom to dine that evening.



St John's, Antigua, was the next day's port of call. This is a very developed and cosmopolitan municipality which acts as a significant financial centre. We took the opportunity to take advantage of another Silversea excursion. A 30-minute scenic coach ride across the island provided a good understanding of the dynamism of the island and brought us to a kayak clubhouse on Mercer's Creek. A fast motorboat sped us to a hidden lagoon where we found kayaks waiting for us and a guide who led us through a mangrove alley, inlets and tiny islands all positioned in a pristine sea. This was followed with another boat ride to a deserted island with a nature walk to the top for splendid views. A return to the beach provided an excellent opportunity for snorkeling with the reward being the sight of lots of marine life.

At the dock upon our return to the clubhouse, we were met by the owner of the property, who provided refreshments while his pet parrot graced his shoulder. This time upon our return to the ship we had the daunting task of preparing for a formal evening whereby all passengers went to great effort to outshine each other with the glamour of their dress. There was little doubt that there were many on board who had managed to fill their walk-in closets.



Next day we arrived in Castries, St. Lucia. The island is distinguished from its neighbours by the twin peaks which soar nearly a half mile from the ocean floor. This reasonably well-developed and populated island has dense rain forest, fertile green valleys and acres of banana plantations. Again we took advantage of an excursion which offered to visit the “best of St. Lucia.” A scenic coach ride brought us to the Ladera Resort sitting some 1,100 feet above the water. The property is ranked as being one of the best in the Caribbean. Here we lunched in an open air fine dining room with spectacular views to the ocean below. After lunch we drove to the port town of Soufriere, where we embarked on a catamaran for a scenic voyage up the west coast to Castries. Along the way refreshments were served and there was an opportunity for swimming in one of the bays.

Next came Bequia, in Carib meaning “Island of the Cloud,” part of St. Vincent and the Grenadines. This quiet island’s capital is tiny Port Elizabeth, which boasts picturesque Admiralty Bay—one of the prettiest anchorages in the Caribbean. One of the highlights of the community and that for which it is best known is Sargeant Brothers Model Boat Shop. In operation since 1966, they construct custom models of all manner of boats, including a model of the *HMY Britannia*, which was presented to Queen Elizabeth on her official visit to the island. They also operate a history museum which provides an overview of the seafaring activity long associated with the island, including whaling.

The evening’s entertainment back on our ship was an event unique on our voyage, a barbecue on the upper deck under the stars. The selection of food was remarkably broad-ranging and the live entertainment provided lots of fun, but the highpoint was the recognition that individual crew members received for their remarkable service on board ship. We were most impressed with the crew and their efforts to provide the best possible experience. It was most enjoyable to see individual crew members being brought forward to be recognized for their efforts. Those with whom we had contact had considerable experience. Our butler once mentioned his career had already lasted some 20 years, which prompted the question, “Where haven’t you been?” “The Antarctic,” was the prompt reply, but this native of the Philippines had no interest in visiting, viewing it as being too cold.



Castries, St. Lucia



St. George's Harbour, Granada



Bequia, St. Vincent and the Grenadines



St. George’s Harbour, on Granada, the isle of spice, is likely one of the most picturesque harbours in the Caribbean. It was from this harbour that we had likely the best excursion of the cruise. From a nearby jetty we boarded a tall, masted boat for a cruise down the south west coast to the most southern tip of Granada. Here we were able to go snorkeling where a kind of art gallery had been placed under the water. Previously, hurricanes had destroyed the coral in the area. So cement statues were arranged under the water enabling the coral to have a foundation for quick regrowth and providing a unique snorkeling experience. After pulling up anchor, we headed on to isolated Hog Island for further swimming and a lobster barbecue. Surprisingly, this pretty little island had a well-protected harbour where many yachts were at anchor. To our surprise, it appeared as though half were flying the Canadian flag.



Our final destination was Bridgetown, Barbados, where we had just enough time for a quick bus tour of the historic sites before making our way to the airport for our flight home. In a previous issue, Barbados was featured as a cover story for *Good Life Connoisseur*. It is likely one of the most developed islands in the Caribbean, with its residents enjoying a high standard of living. For those taking this cruise I would suggest if time is available to spend a few days. It's likely you won't be disappointed, as the island has a host of quality amenities and outstanding natural beauty.

Prior to this cruise, the thought of cruising had little appeal. Particularly on one of the typical large vessels that dominate the industry. Now that we have had an opportunity to experience a Silversea cruise, I understand why so many of our fellow passengers were members of the Venetian Society and thus able to take advantage of exclusive on-board events available to those who kept coming back.

The cruise was an absolute pleasure. The amenities on board, the cabin, the cuisine, were all remarkable. But what really stood out was the crew. They did a truly great job and seemed to be having a great time doing it. This is the way to cruise. ■



Bridgetown, Barbados

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6 INTIMATE SHIPS ▮ 7 CONTINENTS ▮ INFINITE POSSIBILITIES



# Driving Change

## New Tech for the Fairway

By Hal Quinn



Callaway HEX Black Tour ball

It was a fresh May morning in Dublin...Ohio, that is. The grill in the Muirfield Golf Club, American version, was almost filled to capacity. At the various tables, members and their guests were trying to focus on their breakfasts, but few could help themselves from frequently glancing toward my table, trying not to stare. It wasn't just because I was the stranger in a strange land. It had more to do, I think, with the fact that my breakfast partner was not only the owner of the club and designer of the golf course, but also happened to be the greatest professional golfer of all time (take that, Eldrick!). Between mouthfuls of scrambles, "Canadian" bacon, sourdough toast, and sips of strong coffee, my conversation with Jack Nicklaus focused on golf's most pressing issue—the ball. The winner of 18 'Majors' was decrying the fact that the new golf balls were simply travelling too far. Sound familiar? However, the breakfast meeting didn't take place last spring, or even the one before that. The longest driver of a golf ball in his era was bemoaning the distance the balls were flying in the long-forgotten spring of 1982. Now, 30 years later, the focus of golf ball (and equipment) manufacturers is to help golfers hit the ball even farther. (Back in '82, Nicklaus averaged 264.6 yards per drive. Last year, the PGA Tour leader averaged 318.4 yards per clout; his name is not important.)

It seems that the industry has embraced the late, great Ely Callaway's cheeky addition of a 35th rule to the ancient game's sacrosanct and impenetrable provisos: Have fun. While pros now hit irons as far as their predecessors hit drivers, the technological advances have trickled down to the average player, allowing men and women, seniors and juniors, to experience the thrill of hitting a golf ball a long way. In 2012, they are pushing the fun envelope even further.

*"Today, the creation of balls is akin to rocket science. In fact, TaylorMade has named its latest RocketBallz."*

The debate over the distance the ball ought to travel goes back further than any breakfast with Jack. It dates back to 1848 when the Gutty, made of sap from innocent sapodilla trees, replaced the Featherie, made of leather, and stuffed with feathers from unsuspecting fowls. But, unlike the ancient Gutty, the latest iterations are no lab accidents. Today, the creation of balls is akin to rocket science. In fact, TaylorMade has named its latest RocketBallz. It has React core technology, and a Speedmantle compound enveloped by a thin, soft Iothane cover. It all translates into longer shots and greater feel around the greens.

The inheritors of Ely Callaway's mantle have introduced the five-piece HEX Black Tour ball, even better than their excellent iTour series. It is truly amazing what ball companies can now do. The HEX Black Tour's soft i-Core generates lower spin with drivers and long irons for greater distance yet higher spin off lofted clubs for control. The HEX dimple pattern optimizes aerodynamics, reducing drag and promoting a penetrating flight. Old Tom Morris would faint.



Titleist NXT Tour ball

Titleist has added four new balls for 2012—NXT Tour, NXT Tour S, Velocity and DT SoLo—to complement its best-selling ProV1. The Tour is said to be "even longer" and the Velocity offers "explosive distance." Vying for a chunk of this top-of-the-line ball market, Innovex Golf now has the V-Motion Tour ball with the characteristics of distance and control, but at a much lower price. And, not to be outdone, Polara has added a distance model to its uniquely dimpled, Self-Correcting balls. Life-long hookers and slicers will have trouble bending these babies.



Innovex V-Motion Tour ball

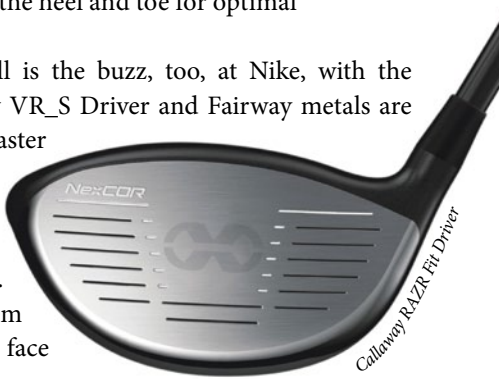
Still, the best way to get the high-tech balls to do their thing is to strike them with an equally innovative and technically advanced clubface. No worries. The 2012 drivers are otherworldly.



Callaway RAZR Fit Driver

There is no better instrument for launching the HEX Black Tour than Callaway's new RAZR Fit driver. The RAZR was the company's best ever, now it can be easily custom-fitted by players to suit their game. The RAZR Opti Fit system allows golfers to adjust the club face angle to three positions—open, square and closed—and it has adjustable weights in the heel and toe for optimal shot shape and distance. Nice.

Oddly enough, the long ball is the buzz, too, at Nike, with the added factor of speed. The new VR\_S Driver and Fairway metals are aerodynamically designed for faster club head velocity when paired with light shafts by Fubuki. The NexCor multi-thickness face is designed to maximize distance. And the Nike STR8-Fit system offers a four-degree range of face angle adjustability.



Callaway RAZR Fit Driver

Distance has never been a problem with the TourEdge, with the Exotics fairway metals that for years have been incredibly sleek, long, and easy to nail. (They guarantee the new Fairway metals are longer than your current model or you can return it in 30 days.) Now the Tour Edge Exotics XCG4 driver brings it all to the first tee. The key is the titanium face that is joined to the lightweight and ultra-thin beta titanium crown by a unique combo-brazing process instead of welding, allowing for maximum flexing in the face and forgiveness for off-centre strikes. It is a long and expensive process, but it really pays off on the golf course. Three shaft options—Tour, Blur and Rip—invite players to tee it high and let it fly.



Tour Edge Exotics XCG4 Driver



TaylorMade RocketBallz Tour Driver

TaylorMade went all white in the face last year, and now the RocketBallz and RocketBallz Tour drivers are ready for the new line of balls with Flight Control Technology and eight driver settings. Certainly not to be outdone, the new Titleist 910H series of hybrid clubs have an adjustable hozel that allows for an incredible 16 settings. And, acknowledging that not everyone swings at 110-mph plus like the pros, the 910H comes in a model with a forgiving 27 degrees of loft and a shaft that weighs just 90 grams.

Adams Golf has always been one of the most innovative companies in the game. For 2012, Adams has created the Speedline Fast 12 fairway woods that feature Adams' Velocity Slot technology. The slots within slots on the top and sole of the club head allow the face to compress at impact, generating more ball speed and a higher trajectory for greater—you guessed it—distance.

*“Once players get close to the green, the new wedges give everyone a chance at par or better. The pros can’t play the square grooves anymore, so companies are adapting.”*

Adams golf also has a very good new “idea” for women’s clubs, the Idea a12 OS Integrated Set. The entire set is specifically designed for women: the aerodynamic driver; the low profile 3, 5, and 7 fairway woods; the hybrids with Velocity Slot technology that are much easier to hit than the traditional five and six irons; cavity back irons with ultra-thin faceplates; and a mallet putter. Even the lightweight bag is integrated as it comes with matching head covers.

Once players get close to the green, the new wedges give everyone a chance at par or better. The pros can’t play the square grooves anymore, so companies are adapting. Cleveland has produced a great looking 588 Forged Chrome wedge of carbon steel with laser-milled microgrooves to create a rough surface to create spin on the ball. Callaway has a forged dark chrome and a forged copper wedge for high performance with a distinctly different look.

Ping also has a new forged wedge, the Anser, made of steel with tungsten in the toe.

Cleveland 588 Forged Chrome Wedge

Titleist 910H Series

Adams Speedline Fast 12 Wood

Adams Idea a12 OS Integrated Set

Ping Anser Wedge

Ping Scottsdale Wolverine C

Callaway Odyssey ProType Tour Putter

Ping Anser Putter

Oakley Cipher

Sundog Mela-Lens Laser

Sun Mountain ClubGlider

Ping founder Karsten Soldheim’s wife famously shortened the name of his Answer putter to Anser so it would fit on the back of the club, and the company is still coming up with answers to the age-old problem of getting the ball in the hole. Ping’s new Fit for Stroke system fits a model of putter in the line to suit the stroke path of the player—straight, slight arc or pronounced arc. And there’s an iPing app for players to analyze their stroke. They may end up fitted to the new Ping Scottsdale Wolverine C that looks as ferocious as its namesake.

Along more classical lines, Callaway’s Odyssey putter division’s new ProType Tour Series of putters is inspired by feedback from the PGA Tour players on the Callaway roster, including Phil Mickleson and Ernie Els. Fashioned from forged and milled carbon steel, the six models have a look and feel that inspires confidence. Mickleson used the #9 model for his first win in 2012 when he putted masterfully at Pebble Beach in a final round 64—11 strokes better than playing partner Tiger Woods.

Every shot starts with the platform, and golf footwear has evolved right along with balls and clubs. But these aren’t your granddad’s cleats. Heck, they aren’t even your older brother’s soft spikes.

Oakley is known worldwide for its eyewear, but 2012 brings a little foot focus with the Cipher, a remarkable approach to any eye. They are light—just 260 grams, or 9.3 ounces—and have a Nanospike gripping system of seemingly thousands of tiny nubs. If the nubs wear down, any of the six Nanospike pads can be popped out and replaced.

Among golf’s current superstars, U.S. Women’s Open champion Paula Creamer considers her sunglasses as part of her equipment. Creamer, Open Champion Louis Oosthuizen, and Masters champ Mike Weir wear Sundog Eyewear’s Mela-Lens that filters rather than blocks harmful blue light (while providing 100 percent UVA/UVB protection), so there is no colour distortion. The Sundog Mela-Lens is infused with synthetic melanin, the body’s natural defence against sun damage, and can be described as sunscreen for the eyes.

Rain or shine, avid golfers go to great lengths with their clubs to pursue their obsession. Every golfer has horror stories of manhandling their travel bag through exotic airports and hotel elevators. Now the best travel solution is even better. Sun Mountain’s ClubGlider is ingeniously designed with retractable legs with pivoting wheels to make taking clubs on the road as smooth as possible. The ClubGlider offers great protection for the clubs and plenty of extra storage space. The 2012 edition is the lightest ever.

Getting there is rarely half the fun, but most golfers agree that wherever they tee it up on planet golf, the 19th can be the best hole in the round. ■



# Gewurztraminer

By Rhys Pender, MW

**G**e-what's-tram-who-what? Though the name is strange, this variety is not anywhere near as intimidating as its name might appear. This is a grape variety with history, widely appealing character and abundant food pairing opportunities. Yet in spite of the fact that there are promising plantings in most wine-producing countries, it has remained on the periphery, failing to achieve mainstream popularity. Will Gewurztraminer get a chance in the limelight?

To describe the flavours of Gewurztraminer is quite easy. Being one of the most distinctive grape varieties amongst the thousands that are regularly made into wine around the world, it boldly shows off its character from Canada to Chile and Australia to Austria. Gewurztraminer will typically have a golden colour, intense floral aromas, richness, a full body and often just a hint of sweetness. The aromas and flavours will typically include rose petals, lychee and ripe stone fruit such as peaches and apricot. Although it can be occasionally confused with other floral varieties such as Torrontès, Muscat or Viognier, it is really a blind taster's dream. A hard-to-describe spiciness found in the wine is often linked with the German translation of the word *gewürz*, which means spice. However, as Jancis Robinson states in the epic *Oxford Companion to Wine*, the meaning is rather supposed to be “perfumed,” something the variety certainly always is.

For a grape with such naturally appealing flavours and aromas, it is hard to imagine why it isn't more popular. Many countries around the world have plantings of Gewurztraminer and make good wine, but in all instances, with the exception of Alsace, it never makes it very high on the list of most planted varieties. So with all these positives, where does Gewurztraminer fall short in its efforts to win over the masses?

*“Gewurztraminer will typically have a golden colour, intense floral aromas, richness, a full body and often just a hint of sweetness.”*

Gewurztraminer's biggest challenge to its popularity is something as simple as its name. It is long, sounds very German, in many countries contains a threatening umlaut over the “u” and, due to fear of mispronunciation, discourages people from wanting to say it at all. When people are afraid to pronounce a wine name, they don't order it in restaurants and they are less likely to buy it in wine shops. You might think that eventually its hedonistic appeal might overcome these odds and gain some level of popularity. But no, it remains firmly on the periphery.

There are a number of reasons why Gewurztraminer should be getting a little more attention than it does. For some wine lovers, it is hard to see how less distinctive grapes like Pinot Gris and Sauvignon Blanc can get consumers in such a frenzy for more, when grapes like Riesling and Gewurztraminer can barely muscle their way in to get a place on a wine store shelf. It is not that these currently faddish grapes don't make good wine, as there are many top quality examples, but one wonders why others don't make the grade. Grapes like Gewurztraminer are maybe just a little too bold and expressive, scaring people away with their intensity in the direction of more timid, unassertive wines.

Maybe as consumers become less intimidated by wine, Gewurztraminer may finally have a chance in the limelight? As the general level of wine knowledge amongst consumers improves and the wine snob factor becomes less and less of an issue, wine drinkers are becoming more adventurous. Big-volume branded wines that are often designed to offend no one rather than be distinctive seem to be losing momentum in the wine world, and wines from more peripheral wine regions and grape varieties are slowly gaining ground. Gewurztraminer fits the bill. Maybe the confidence to pronounce it will develop, too? Say it with me: ga-VERTZ-trah-mee-ner.

Another feature of Gewurztraminer that can only help its popularity is its ability to pair with certain *en vogue* cuisines. The full body, low acidity, intense aromatic flavours and often hints of residual sugar makes it one of the best, if not the best, grape variety for pairing with the increasingly popular Asian flavours. Many Asian foods will have an element of spice in the dishes.



Images courtesy of Norbert Hecht Thann





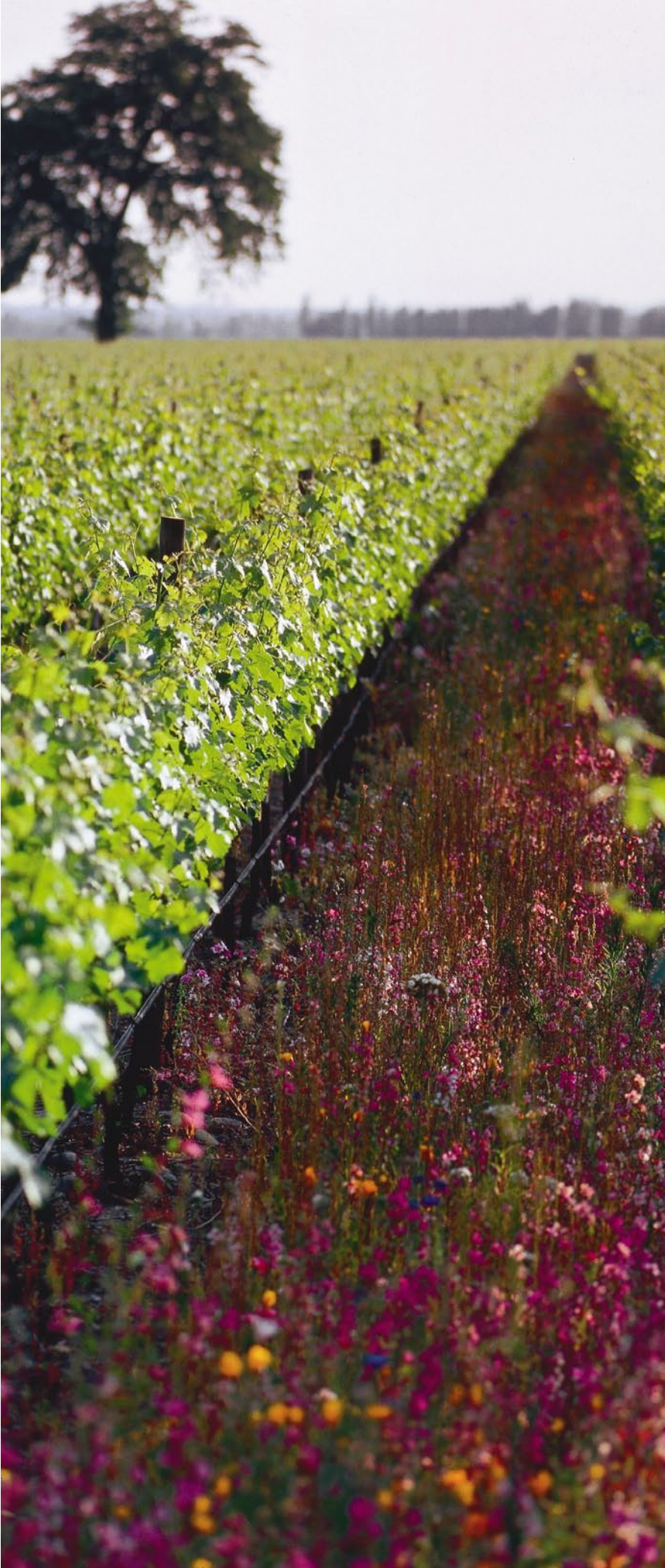
It is sweetness in wine that counteracts hot spice in food, leaving a balanced flavour and avoiding any potential conflict between the spice and the wine. Those who’ve had hot and spicy food with very high acid white or tannic red wines will know what I’m talking about. Acidity and tannins react with the spice heat, making for a very unpleasant sensation. The food tastes hotter and the acid or tannin in the wine becomes stronger too—not what anyone is trying to achieve when pairing food and wine. The wine pairing answer is an off-dry Gewurztraminer, something containing the intensity of flavour and hint of residual sugar to stand up to the bold flavours and heat of the food. And it is not just Asian flavours that work well with Gewurztraminer. Strong cheeses, ham, ginger, pork, charcuterie, turkey and smoked foods all make for good pairings.

Gewurztraminer is no newcomer to the wine world, either. Like so many other grapes, it traces part of its parentage back to the ever-evolving, ancient and mutating Pinot family. The main parent grape is Traminer, which, perhaps not surprisingly, comes from around the village of Tramin in the Alto Adige region of Northern Italy. Traminer has been recorded in the area since as early as A.D. 1000. Although there is naming confusion, with hundreds of synonyms, most countries have adopted Gewurztraminer as the name for the particularly floral offshoot. Some holdouts still refer to it as Traminer.

*“Like so many other grapes, it traces part of its parentage back to the ever-evolving, ancient and mutating Pinot family.”*

One of the reasons that Gewurztraminer might not be as widely planted as expected is its behaviour in the vineyard. It is not a favourite amongst those growers looking to make big bucks, as it has the character flaws of generally small bunches and a low—and sometimes erratic—yield. It is also prone to mildew and sometimes botrytis (both the noble and ignoble versions). Picking the grapes is also time-consuming and costly, as the numerous small bunches require more labour per tonne of grapes.

Perhaps surprisingly, the clusters when viewed in the vineyard in the weeks before picking are not white, green or yellow, but more of a pinky-bronze colour. This colour translates into the wine, giving the gold hues commonly seen in the glass. Gewurztraminer is very much a sugar addict, too, soaking up sun to routinely reach alcohol levels of 14 percent—considerably high for a white wine. At the same time, in warmer climates, it can lose its acidity quickly and potentially flabby wines can result. Well made though, the low yield, richness of flavour and soft acidity become its strength rather than its weakness.



There are many regions in the world now successfully growing Gewurztraminer, but the greatest wines without a doubt come from the Alsace region in north-eastern France. Gewurztraminer is the second most planted grape variety in Alsace, covering about 20 percent of the vineyards, only just behind Riesling. Because Alsace enjoys a long growing season and extended sunlight hours, it is able to make fully ripe Gewurztraminer in practically every vintage. No other region in the world makes wines so full-bodied, pungently showcasing all of Gewurztraminer’s floral and fruity charms. The best vineyard sites are given the elevated status of Grand Cru. While some of the wines are fully dry, others have varying degrees of sweetness. Many wines are off-dry, while others are fully sweet wines that are either Vendange Tardive (late harvest) or Sélection de Grains Nobles (made from nobly rotted grapes).

Italy may be the birthplace of Gewurztraminer, or at least its parent, Traminer, and the home region of Alto Adige still produces quality wine. In a region with many grape varieties, though, Gewurztraminer makes up only about 10 percent of the plantings. Unfortunately, we get little chance to try these wines around the world as there is both little of it to go around and the majority is consumed locally. Styles can range from lighter, fresher and crisper, to more rich Alsatian styles.

Canada has had significant success with Gewurztraminer in recent years. The unique climates in the vineyard areas of British Columbia and Ontario are known for retaining natural acidity in wines and with Gewurztraminer’s heady scent, combines to make powerfully aromatic yet refreshing wines. Some producers are lowering yields and making more intense, fuller-bodied versions that can be excellent quality. Gewurztraminer in Canada is generally very reasonably priced.

Germany is closely linked by many wine drinkers to Gewurztraminer, largely due to its Germanic name. However, the grape isn’t widely planted making up less than one percent of vineyard acreage. In Germany, too, the wine often goes under the synonym Traminer. The slightly finicky nature of the grape means that it grows better in the warmer, southern regions of Baden and Pfalz, where it can ripen fully on a consistent basis.



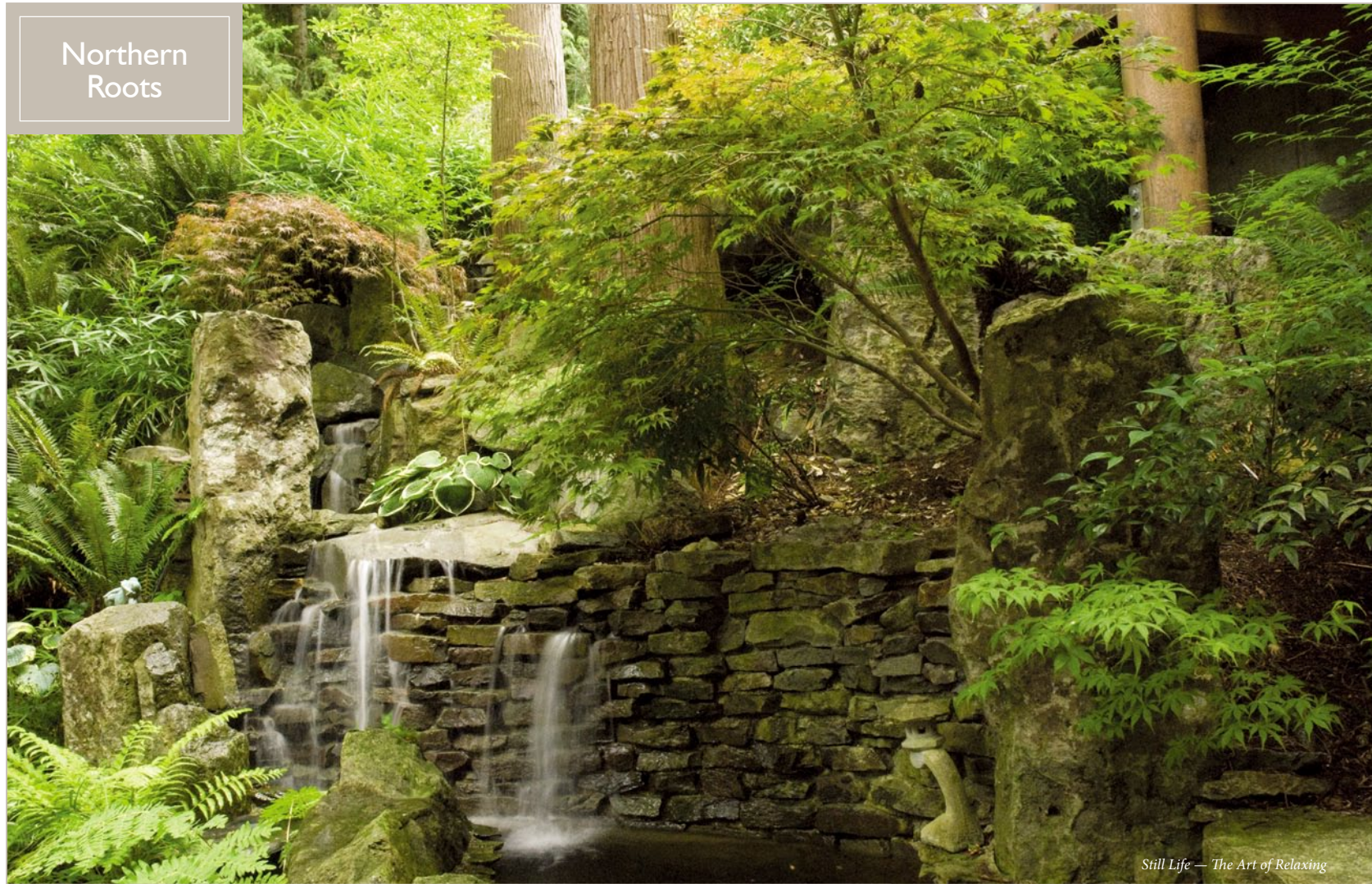
The grape is planted in many other countries and regions around the world and in spite of its ability to consistently produce very good quality wine, it still only makes up a small percentage of overall acreage. New Zealand only has a few hundred acres, but makes top-quality Gewurztraminer. Australia likes to blend the variety (under the name Traminer) with Riesling, generally for larger volume, lower priced tiers. Chile, as it has done with many other varieties, has shown it can produce very characterful versions of the wine at excellent prices. It is also grown throughout Eastern Europe in small quantities, and good examples can also be found in Washington, Oregon and California.

In spite of Gewurztraminer touching wine regions in nearly every corner of the world, and so often at an impressive quality level, it remains a vinous outsider. Maybe though, as wine consumers gain confidence, become less intimidated by wine and just need something delicious with their curry, they will march into their favourite Indian, Thai or Malaysian restaurant and, without fear or worry, place a confident order for a bottle of Gewurztraminer. And the rest will be history, at least for the rest of the meal. ▮

**Connoisseur’s Choice in Gewurztraminer**

WINE	PAIRS WITH
Chateau Ste Michelle Gewürztraminer, Washington, USA	Turkey
Gray Monk Gewürztraminer, BC, Canada	Chinese
Cono Sur Gewürztraminer, Chile	Thai
Zind-Humbrecht Grand Cru Rangen de Thann Gewurztraminer, Alsace, France	Roast Pork
Thornhaven Gewurztraminer, BC, Canada	Indian Curry





Still Life — The Art of Relaxing



Perspectives — Living Outdoors



Landscape's Palette



Sculpting The Landscape



Movement



Water — Colours

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

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

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

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

Photos by Andrea Sirois



**Northern Roots**  
LANDSCAPE ARTISTS  
We Work Great Outdoors

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

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

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

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Below: Richly-hued leather floor tiles elevate the feeling of luxury and comfort in a chic kitchen. Right: Maple hardwood borders toffee-buffalo Echelon tiles in this custom floor design for a home office.



## Earth-Friendly Diversity

### Furnish with Pride and Thoughts for the Future

By Debbie Travis

At the risk of understating the obvious, the natural world is replete with harmonious materials that are both magnificently beautiful and unimaginably durable. We have used these gifts to build and decorate our homes for centuries, and will continue to do so. The mighty strength of wood and stone has shaped nations, metals forge strong bonds in buildings and furniture, fabrics spun from cotton and wool—or fashioned from animal hides—keep us warm and beautify our living spaces. But with the good comes the not so good—over-use and waste disposal are taking their toll. What to do?

To face the challenge and still enjoy the style and stability of fine and refined building and decorating materials is a worthy task. There are a growing number of businesses who make it their job to produce a range of products for the home that work on all levels. You can go as high-end as you like and feel good about your purchases. Or, you can do the recycling yourself by transforming well-worn, well-made furniture and fabrics with a few tricks of the trade.

#### Leather on floors and walls

The sustainability of cork and bamboo has made them an increasingly popular choice for floors. Now there's another unexpected option. The luxurious look and feel of leather makes it a much sought-after material that connotes an enduring sense of rich comfort and timeless style. That supple leather sofa in the den never grows old. The high back leather desk chair with padded arm rests is an icon of office splendor. There's nothing new about the cache of leather upholstery in home furnishings. But leather cladding walls or floors? Now that conjures up a whole new level of splendour. Leather tiles are now available in a sumptuous assortment of shades with a price point that is not out of line.

EcoDomo is one of an expanding list of companies that is reinventing the recycling business. Initiated in 2005 in response to the need for high-end ecological and renewable products, they are experts at producing leather surfacing using recycled and hide leather applied to a variety of substrates and formats. Available in adhesive or floating floor tiles and planks, you can put leather where you never have before, including walls and floors in kitchens and powder rooms.

EcoDomo's mahogany-hued leather floor, shown here in a kitchen setting, is a stunning example of beauty matched with practicality. Leather is hardwearing, and continued use heightens its character and natural lustre. In an office setting, a custom-designed mix of leather and wood illustrates the imaginative design possibilities that can be achieved by pairing two ecofriendly materials that share the same purpose.

A powder room is one of my favourite spaces to splurge on; you can make a remarkable impression in a small area and experiment with more costly or labour intensive designs. Leather wall tiles are an inspiration, made more authentic with top stitching. And they are easy to install. EcoDomo's pre-glued, recycled leather tiles can be applied directly over drywall, primed concrete and plywood.

*"Many pieces feature one-of-a-kind boards that have been exposed to the natural elements for decades, acquiring an authentic, weathered appearance that cannot be artificially replicated."*

#### Furniture Inspired by Wood

Furnishing a home is an expensive undertaking. We all start off with "get by" pieces, but as time passes, the sense of investing in good-quality furniture becomes clear. Pieces that are built to last and incorporate timeless design will always endure. Featured here are two companies, one new, one a century old, that meet the green challenge, offering the marketplace furnishings that capture the interest of today's savvy buyers—pieces that will become heirlooms.

A new company, Environment Furniture applies an astute design sense to a diverse mix of sustainable materials and textures. The materials used in their collections are either reclaimed, recycled or repurposed wood and canvas. The company also uses new wood procured from only strictly-managed and certified forests. Many pieces feature one-of-a-kind boards that have been exposed to the natural elements for decades, acquiring an authentic weathered appearance that cannot be artificially replicated. Their wheel dining table, designed by Alessandro La Spada, is made from reclaimed Brazilian Peroba Rosa. The rich graining in this wood is enhanced by the simple table lines, and those wheels make it easy to move when company's coming. If you are looking for a mirror with mighty presence, Environment's Beam Mirror fits the bill. Reclaimed ceiling beams in their original six-foot width form the frame, and each corner is finished off with a square inlay of ebony-stained mahogany. This remarkable attention to detail affords a craftsman's touch to each piece.



Above: Recycled leather tiles applied to powder room walls have realistic top-stitch detailing. Right: Leather tiles come in different sizes and are easily applied to primed walls with adhesive.



Above: Environment Furniture's green policy combines fine craftsmanship with sustainable resources for simple, pure design. Left: Repurposed beams frame this magnificent mirror, which is available in various sizes.



The name Stickley is synonymous with fine, handcrafted furniture. For more than 100 years, the company has produced products that take pride of place in any home they grace. Starting with their Mission Oak Collection, all their designs were, and still are, based on the notion that “furniture should be honest”—a reaction against the fake joinery, unnecessary gaudiness and shoddy workmanship of many of the pieces created in the early days of industrial furniture making. Furniture companies like Stickley have always been earth friendly. The respect they hold for the woods they craft and the care taken to build a sustainable piece elevates the final products—from chairs, sofas, tables and cabinetry, to heirloom pieces that are cherished for generations. No landfill endings here.

The Bow Arm Morris Chair (with father and son sleeping) is part of Stickley’s Mission collection, seen here in cherry wood, stained and hand-rubbed to a satin sheen. The clean lines and pureness of function are at home in today’s modern living room and a century-old farmhouse. I love their Metropolitan Collection, still very simple, but with a slightly more modern or urban appeal. The pieces can be stained light or dark, which truly changes the character. The Chelsea upholstered bed from this series shows a pure white, cushioned headboard topped with bowed wood that is uniquely alluring.

Textiles Take a Second Turn

Preserving what we have that is good, strong and well-made is quite comforting. It takes some imagination and ingenuity, but the results are very rewarding. Environmental Furniture has captured the spirit by recycling army tent fabric. The aging, wear, patches and other imperfections are inherent to the character of the canvas and this well-worn patina will continue to develop over time. Their Pacifica sofa, shown here, is upholstered in this recycled canvas, handsome, rugged and perfect for a busy family room.



Counter-clockwise from top: Father and son sleep in the comfort of a Bow Arm Morris Chair that will last for generations; Century-old Stickley keeps up with the times with their Metropolitan Collection, always crafting pieces with strength and integrity; Recycled army tent canvas is put to use as sturdy upholstery fabric on Environment Furniture’s Pacifica sofa.



There are plenty of ways to repurpose old textiles that still have strength and life to them. Look for old carpets and draperies you or your parents or grandparents have stashed in the attic, or check out antique and second-hand stores. The heavier textiles make stunning and durable floor cushions. For a home that I was redecorating for my *Painted House* television show, I chose gorgeous velvet (originally used for drapes) to make some lush cushions. I added detail to the velvet by applying feathered accents. These were pressed on using a hot iron and rubber stamp. (This won’t work with nylon, polyester or washable velvets.)

My old friend Jimmy Connelly is using his imagination and artistic flair to revitalize old furniture and fabrics. Jimmy’s mantra is “Funk it, don’t junk it” and he has done just that by upholstering an ottoman with fun fabric ends and finishing the feet with a rosy patina. Another metamorphosis is the tiger console table, which is now in service as a cocktail table for his client’s avant-garde soirees.

And finally, you can always create the appearance of fine fabrics with a few tricks. I copied the look of embossed leather to frame a mirror that was to hang in a Spanish-style dining room. I glued pieces of Anaglypta, an embossed wall covering, to a large flat frame, and then highlighted the pattern with bronze and black paint. ■

Produced by Debbie Travis and Barbara Dingle.



www.facebook.com/GoodLifeConnoisseur

Connoisseur’s Choice in House and Home

*EcoDomo*: leather kitchen floor, Echelon Collection; home office custom floor, maple hardwood border, toffee buffalo Echelon tile; powder room, top stitched buffalo leather tiles; powder room 12” x 24” glue down leather panels. [www.ecodomo.com](http://www.ecodomo.com).

*Environment Furniture*: dining table and bench, beam mirror, e’pack Pacifica sofa with recycled canvas upholstery. [www.environmentfurniture.com](http://www.environmentfurniture.com).

*Stickley Furniture*: Bow Arm Morris chair from Mission Collection; Chelsea bed from Metropolitan Collection. [www.stickley.com](http://www.stickley.com).

*Finesse Home Living* is a Canadian supplier of Environment Furniture and Stickley Furniture. [www.finessehomeliving.com](http://www.finessehomeliving.com).

*Jim Connelly and Peter De Sousa, Masterpieces Studio*: renewed ottoman, tiger console table. [www.masterpiecesstudio.com](http://www.masterpiecesstudio.com).

*Debbie Travis*: block pressed velvet cushions; faux leather frame; from *Debbie Travis Weekend Projects* by Debbie Travis and Barbara Dingle, Clarkson Potter.

[www.debbietravis.com](http://www.debbietravis.com) | [www.twitter.com/debbie\\_travis](https://twitter.com/debbie_travis)



Far left top to bottom: I recycled old velvet curtains with a new design and purpose; A sturdy old ottoman has been revitalized with some fabric ends and a sassy paint job on the feet. Left: Faux paint effects add funky detail to a recycled console table. Above: I produced the look of a Moroccan leather frame with embossed wallpaper and paint.



# Spring 2012

By Connie Ekelund

Spring is here and we are ready to strut our stuff in five-inch heels, wearing bright floral prints with sea-inspired overtones. Fashion has come full circle this spring and we welcome the fun and frivolity of it all.

FASHION

Luisa Cerano

This season we see bright colours and geometrics mixed with florals.



- Blouse, \$435.
- Wide leg pant, \$395.
- Sleeveless dress, \$495.



- Sleeveless dress, \$445.
  - Short sleeve dress, \$545.
  - Handbag, \$795.
  - Scarf, \$195.
- [www.luisacerano.com](http://www.luisacerano.com)



Available  
at Ella's



Victoria Beckham

- Lightweight wool sleeveless sheath in pink and black, \$695.
- [www.holtrenfrew.com](http://www.holtrenfrew.com)



Paul & Shark

- Elegant and structured, while still maintaining a feminine aura. Cobalt blue and white-striped silk summer dress, \$355.
- [www.paulshark.com](http://www.paulshark.com)

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



L.K.Bennett a luxury women's fashion brand, based in London, United Kingdom. Originally created to produce "quintessentially English fashion." Coral patent pump, \$325.

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



This Nicholas Kirkwood sandal testifies to the designer's artistic genius. Bold colour block and a whimsical print evoke a sketchbook come to life. Asymmetric flower-shaped calfskin upper with penstroke print, \$1,195.

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

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

Jimmy Choo



- **Cailin** — This '70s disco-inspired box clutch in a vibrant material mix of python, crocodile and lizard with attached chain link wrist cuff is the must-have clutch for the Spring. \$8,295 (pre-order now).

- **Gail** — These exotic leopard print sandals are a must-have. \$1,095.



- **'Pearl' Wedge Sandal** — Vibrant floral fabric covers a striking platform sandal finished with a breezy, braided ankle strap. \$830.
- [www.jimmychoo.com](http://www.jimmychoo.com)

Michael Kors



- 120mm printed ostrich cork wedges, \$205.
- [www.michaelkors.com](http://www.michaelkors.com)





**Pirelli PZERO/Diego Dolcini**  
Pirelli. Yes the same company that brings you top end performance tires, now brings you fashion footwear. Pirelli PZERO rethinks the high-heeled shoe, involving in the project Diego Dolcini because of his ability to marry the absolute pureness of design with extreme glamour.  
[www.pzeroweb.com](http://www.pzeroweb.com)

**Gucci**  

- Red Soho medium leather tote, \$1,695.  
[www.holtrenfrew.com](http://www.holtrenfrew.com)



BEAUTY

Estée Lauder



- Bronze Goddess Capri. This collection is inspired by the Italian island of Capri, and so has shades that remind one of the beautiful waters surrounding the island, and the lush vegetation. \$25-\$50 at counters now.
- Bronze Goddess Capri eau Fraiche with notes of mandarin, lemon, jasmine, peony, vanilla, amberwood, and patchouli, \$57.  
[www.esteelauder.ca](http://www.esteelauder.ca)



Salvatore Ferragamo

- “Signorina” is a stylish, truly Italian scent. At first bright, with notes of currant and pink pepper, then dewy jasmine petals, rosy peony and finished with the unexpected addictiveness of creamy panna cotta, soft musks and woody patchouli. 50mL \$82, 100mL \$109.  
[www.holtrenfrew.com](http://www.holtrenfrew.com)

Chantecaille



- The Coral Reefs Palette beautifully compliments the pretty, polished and clean fashion trends of the spring season. The refillable white palette contains three new eye shades and one cheek shade, each embossed with a gold vanishing branch of coral. \$98.



- Nano Gold Energizing Eye Serum: the Ultimate Anti-Aging Elixir for Eyes. Prevent the signs of fatigue and aging with this innovative age-reversal eye serum. 15mL, \$245.  
[www.holtrenfrew.com](http://www.holtrenfrew.com)

Éminence Organic Skin Care



- The biodynamic collection of hypoallergenic and clinically-tested active and earth-friendly skin care has been so well received that they have created a travel-sized set for the jet setters who love the collection and can't bear to leave home without it! Travel set, \$118.  
[www.eminenceorganics.com](http://www.eminenceorganics.com)

SENSAI by Kanebo Cosmetics, Int.



- Prime Solution, the first product in the world to unlock the secret of cell-to-cell communication. Prime Solution is the result of 20 years of cellular receptivity research and over 19 global patents. Sanzashi Extract can boost the cellular receptivity of our individual skin cells by up to 60 percent. Prime Solution, \$170.
- Designing Duo Bronzing Powder combines 24K real gold corpuscles and pearl particles for a sublime shine, where the brilliance of gold is balanced by a translucent pearly sheen. Calculated to reflect the light to make wrinkles less visible, this engineered shine resists dullness and maintains a magnificent glimmer long after application. Designing Duo Bronzing Powder, \$45.

The new SENSAI anti-aging hair and scalp care collection works to not only repair and strengthen the hair but also works hard to promote a healthier scalp and allows for effortless styling that lasts all day. All four items in the collection incorporate traditionally-honoured Japanese treasures and beauty secrets for beautiful, healthy, strong and shiny hair: Koishimaru Silk EX and Pearl Essence.



- Volumising Shampoo, \$30.
- Moisturising Shampoo, \$30.
- Balancing Hair Conditioner, \$30.
- Intensive Hair Mask, \$57.  
[www.sensai-cosmetics.com](http://www.sensai-cosmetics.com)



# Shapewear

## Sport & Support



Once the Canadian winter hibernation is over, it's likely we all need a little help to get back into those skinny dresses and shorts of spring. Shapewear has been the single largest growing sector within the fashion industry over the past six years, and it appears to be recession-proof. It can help to smooth out some lumps and bumps, energize you and even give you a “work out” just by wearing it. Even if you are one of the lucky ones who have the coveted perfect body, a little help now and then under that slinky evening dress doesn't hurt. *I should preface that by saying that, surprisingly, the men's shapewear industry is also booming!*

**Lytess**  
French technology offers results in 21 days—slim, tighten, firm and tone in total comfort.

**Technology:**  
Lytess Slimming combines for the first time a garment with cosmetic ingredients in one product to act as a second skin to make you slimmer by stimulating lipolyse.

**Fabric:**

- Lytess Slimming seamless stretching knit, specially designed to take the exact shape of your body.
- Provides unique comfort and great support.
- Wonderful, stretchy and light fabric combines extreme comfort and great look.
- Discreet even under tight skirts, pants and still enjoy comfortable movement.
- Can also be worn for sport activities.

**Natural Active Ingredients:**  
Each microcapsule contains all-natural active ingredients, effective up to 30 washes:

- Caffeine: helps to slim down
- Shea Butter: prevents dehydration and softens the skin

- Corrective Slimming Shapewear belt, \$50.
  - Micro-Massaging Anti-Cellulite sleeves, \$30.
  - Micro-Massaging Anti-Cellulite tank, \$80.
  - Micro-Massaging Lift Dream leggings, \$110.
  - Slimming Active Wear capri, \$60.
- [www.ccv-products.com](http://www.ccv-products.com)

**ShāToBu**  
The Workout You Wear, is the revolutionary shaper that helps women shape, tone and burn more calories during everyday activities.

The benefits go beyond ordinary shapewear—ShāToBu instantly gives a sleeker silhouette, but women can also see and feel a difference in their bodies with regular use over time. By incorporating resistance bands right into the garment, muscles work a little harder and more calories are burned during daily activities.

ShāToBu helps women fit a workout into their normal day, while looking and feeling great. \$30-\$45.

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



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

**Lyssé Leggings**  
Shapewear leggings you'll love to wear. Created to eliminate “muffin top” by combining leggings with a high-waist control top undergarment. A “must-have” in every wardrobe with several great styles to choose from; capris to palazzos and everything in between.

- Eliminates “the roll”
- Four-way stretch
- Hidden control panel
- Tagless comfort

\$23-\$62  
[www.lysseleggings.com](http://www.lysseleggings.com)



N-fini Shapewear Collection Innovative Features:

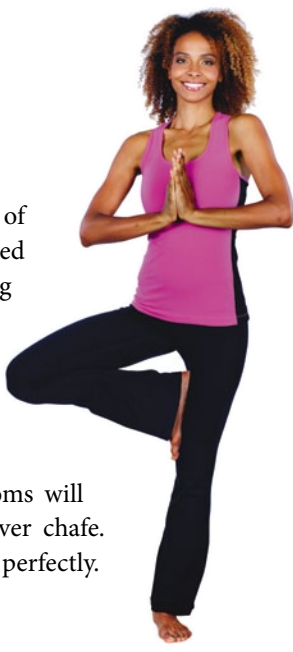
- Serpentine Gel Anti-curl Support Band inside every N-fini Shape Shapewear style
- Low-Cut Neckline
- Built-in Shaper Bra with or without underwire
- Plush Adjustable Shoulder Straps
- Tagless Label
- Torso Shaper
- Tummy Slimming Panel
- Diamond Support Panel
- Non Invasive Micro-Fiber Elastic Trim
- Front Adjustable Closure
- Hip & Thigh Trim Shaper
- Anti-Curl Comfort Waistband
- Buttocks Lifter & Shaper
- 4-Way Stretch Comfort Gusset
- Wide Soft Cuff

\$50-\$100  
[www.n-fini.com](http://www.n-fini.com)



**Apifeni**  
Apifeni has taken the best elements of activewear and shapewear, and combined them to create the best fitting, most flattering and most comfortable activewear you have never had the pleasure of finding in real life. The spectacular Apifeni ShapeTech™ waist technology provides seamless support and stability for your core while the SoftTech™ activewear bottoms will flatter your curves, keep you dry and never chafe. Even the tops are designed to flatter and fit perfectly. \$45-\$98.

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



**Knock out!**  
Freshen up your fitness routine with Knock out!® Featuring natural breakthrough technology that turns the cotton we love into a wicking and moisture-absorbing secret weapon. \$30-\$38.

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

**Booty Pop**  
“It” is rounded, curvy, lifted backsides, made possible by Booty Pop® padded panties. The panties have revolutionized fashion to turn flat behinds into fab booties much like the padded bra reinvented cleavage. \$28-\$35.

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



**Nubra**  
Seamless, light weight and strapless support in sizes A to E. Perfect for outfits that are backless or require no visible bra straps. \$48.

[www.nubra.com](http://www.nubra.com) ■





# CoolSculpting

## Undeniable Results After Just One Treatment

It's sad, but true. Sometimes, no matter how much you exercise, diet and massage your body, those stubborn pockets of fat refuse to move. Whether it's that small "muffin top" that ruins the lines of your favourite dress, a post-pregnancy pooch, or the small, but unsightly, bulge on your back that sticks out from your belt buckle, many of us—men and women—deal with these "problem areas" that refuse to go away no matter how many crunches you throw at them.

*"CoolSculpting is a revolutionary, new fat elimination (not reduction) method and body contouring treatment."*

Traditionally, the only way to get rid of such bulges in the past was through invasive procedures like liposuction, which carries with it mandatory down time, a painful recovery and, often, permanent scarring. Or you could try experimental drugs—and then deal with side effects like kidney damage. Not ideal.

Enter New Beauty Institute, one of the earliest practitioners of CoolSculpting in Canada. CoolSculpting is a revolutionary, new fat elimination (not reduction) method and body contouring treatment (FDA approved and Health Canada approved since 2009). CoolSculpting uses a process called *cryolipolysis* to precisely target and remove stubborn fat cells for good. It's never been easier to sculpt the body you want—naturally, safely and without surgery or down time. CoolSculpting provides undeniable results after just one treatment.

Based on the proven principle that fat cells are more vulnerable to energy extraction (through cooling) than the tissues that surround them, this non-invasive procedure essentially "chills out" the targeted fat cells, triggering *apoptosis*, meaning the fat cells—and only the fat cells—crystallize and are then gradually eliminated over time through the body's own waste removal system, resulting in thinner layers of fat.

Other fat-reduction procedures only shrink existing fat cells, which can then enlarge the next time you indulge in your favourite treat. "There's not much point in fat-shrinking procedures," says Caree Ludwar, founder of New Beauty Institute. "You can achieve shrinkage of cells through diet, so why bother with the invasive procedures?" CoolSculpt, however, eliminates them completely, in a totally safe manner, and with no side effects, scarring or invasive procedures.

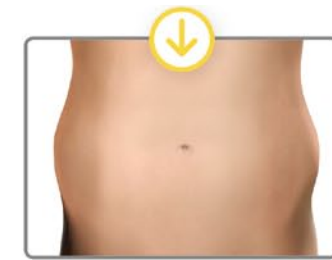
The procedure is fairly pain-free and requires no recovery or down time—period. In fact, one treatment, which takes approximately an hour, can be done on a lunch break, with no one the wiser when you return to the office. As well, New Beauty Institute possesses two CoolSculpting machines, so that you can actually get two areas treated—like both hips or thighs—at the same time. Factor in the zero recovery, and this is easier and less invasive than going for a standard spa facial.

"Most areas only need one or two treatments to be effective, so our clients can spend the minimal amount of time taking care of those stubborn bulges," explains Caree. "Also, because there is no down time or recovery time involved, this is an ideal procedure for busy professionals of both genders."

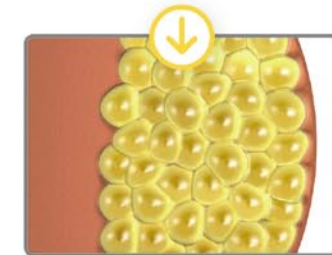
In fact, the treatment is extremely popular with men, especially those dealing with gynecomastia, a condition that results in enlarged mammary glands in males, creating the look of "man boobs." This common condition is one that can affect men of any age, is not related to obesity, and cannot be corrected through diet or exercise. "In fact, thirty percent of all males deal with this," says Caree. "With CoolSculpting, however, our male clients can come in on their lunch hour and have both sides of their chest taken care of in one sitting."

*"Coolsculpting uses a process called cryolipolysis to precisely target and remove stubborn fat cells for good."*

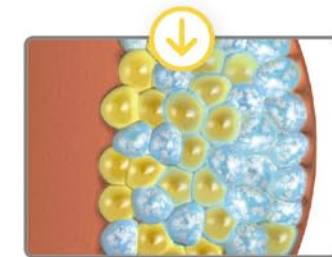
Best of all, the price of a CoolSculpting treatment is one that most clients will breathe a sigh of relief over. While a standard liposuction treatment starts around the \$4,000 to \$5,000 mark, one CoolSculpting treatment starts at almost a tenth of that price. "I think it's very affordable, especially taking into account its effectiveness" says Caree. "Before offering this service at my clinic, I first tried it as a consumer myself, on two small spots on my midriff that I just could not get rid of. I saw the results in 10 weeks and was blown away. I immediately ordered the machines for New Beauty Institute. I still see the results today."



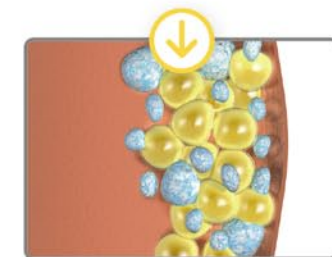
Many of us have bulges of stubborn fat like muffin tops.



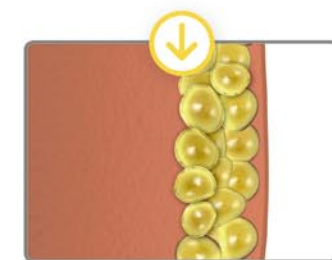
Those unwanted bulges contain fat cells, which can be resistant to diet and exercise but not to CoolSculpting.



CoolSculpting uses controlled cooling to target and crystallize fat cells.



Crystallized fat cells gradually die off, then are naturally eliminated from your body.



In the weeks and months following treatment, remaining fat cells condense, reducing the fat layer.



CoolSculpting lets you say goodbye to stubborn fat.

CoolSculpting is a registered trademark and the CoolSculpting logo and the Snowflake logo are trademarks of ZELTIQ Aesthetics, Inc. © 2012. All rights reserved.



# 3D Skin Rejuvenation

CoolSculpt isn't the only non-invasive and revolutionary treatment that New Beauty Institute offers. The 3D Skin Rejuvenation service, offered exclusively from Cutera, combines three different modalities in one treatment to simultaneously improve skin tone, texture and tightness—without surgery or social down time.

*“The treatment is ideal for those who are looking to improve the texture, elasticity and look of their skin, but are hesitant to undergo injection or surgical procedures.”*

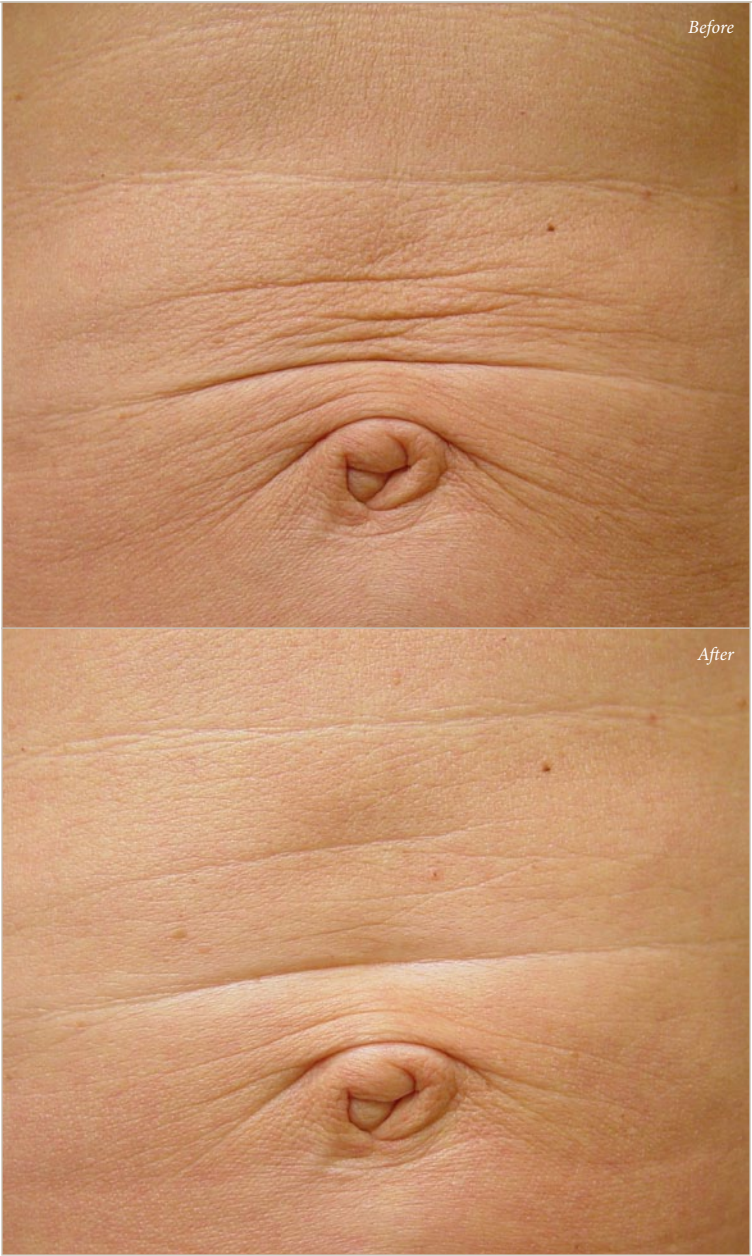
The three modalities that make up the 3D Facial treatment process can be done all at once or individually over a longer period of time. It addresses the many issues of aging, such as red and brown spots, fine lines and wrinkles, and lax skin. Some patients choose to only use two of the modalities, depending on their individual needs.



The first of the three modalities is Limelight Facial or Photo Genesis, which is a light-based procedure that addresses surface signs of aging like redness, mottled complexions, freckles and sun damage. The second modality, Laser Genesis, is a laser treatment that softens fine lines and wrinkles, shrinks pores, and eliminates redness from deeper in the epidermis. Titan, the third and newest modality to be offered, uses infrared light to heat tissue in the deep epidermis. What does this achieve, you ask?

“By layering the three modalities, effectively stacking the heat, we are giving a higher thermal response,” says Caree. “This results in tighter skin and more long-lasting results. And those results can be achieved within two to six treatments, depending on the individual. Some results will be immediately visible, with most results appearing within two to four weeks, and then continual improvement seen for several months afterward.”

The treatment is ideal for those who are looking to improve the texture, elasticity and look of their skin, but are hesitant to undergo injection or surgical procedures. “Like with CoolSculpting, this is a procedure that has zero social down time,” enthuses Caree. “A quick lunch procedure can have you back out at work or joining friends for an afternoon tea with no visible signs of the treatment you just had. Plus, there’s no need for needles or special diets—it just works.”



The cost of the 3D Skin Rejuvenation tends to come in under \$2,000, making it extremely affordable for the long-term results that are achieved, without any recovery time.

New Beauty Institute takes the comfort and privacy of their patients quite seriously. Their clinic is discrete and decorated in a tasteful manner that will appeal to both sexes, and looks from the outside more like a spa, rather than a “clinic.”

“We’re very much a ‘boutique’ service,” explains Caree. “We invest a lot of one-on-one time with our clients, a lot of follow-up, and strive to personalize every experience. We also offer evening and weekend appointments. For out-of-town clients, we will pick them up from the airport, transport them to and from the clinic, plus we offer small travel allowances depending on the service, as well as providing accommodation on occasion. The service we offer, from start to finish, is definitely a step above.”

For more information on CoolSculpting and 3D Skin Rejuvenation, please visit New Beauty Institute at [www.new-beauty.ca](http://www.new-beauty.ca). ■



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toll free 1.877.913.3202  
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[www.new-beauty.ca](http://www.new-beauty.ca)





Over the next few months, we worked on education around eating and weight loss, lifestyle change, and hormone balance. In just one year, he achieved dramatic results. He lost 70 pounds, stopped his prescription medications, and normalized his blood sugar and blood pressure levels. David is now excited about regaining his health and he feels youthful again. Is it a miracle? No, just an integrated treatment plan delivered in the right amounts and the right combination.

**The Balance Medical Experience**  
What David enjoys most about Balance Medical Center is that he never feels rushed during his office visit. “I’ve never received such genuine care where a doctor has taken the time to address all of my concerns and answer my questions in a way I understand,” he explains. Giving the best patient care is our number one priority and we give our patients more time by having a smaller patient base per doctor.

*“I’ve never received such genuine care where a doctor has taken the time to address all of my concerns and answer my questions in a way I understand.”*



In just a few visits, patients realize that the center offers the latest treatments and research. Examples include HCG weight loss, prolotherapy, intravenous nutrient therapy, and chelation. When there’s clinical evidence supporting the benefit of a treatment, we’re open to incorporating it into our practice.

Our practice has merged the best aspects of private and public healthcare systems, since some of the services are covered by the provincial medical services plan. The end result is that integrative medicine in Vancouver is not just for the wealthy, it is now affordable to anyone who is looking for more choices and a better patient experience.

There are no magical cures or easy answers. But our patients are happy to know their journey to wellness is shared by a like-minded physician who is evolving with the times, just as they are.

Balance Medical Center, Vancouver’s leading integrative medicine clinic, is home to Dr. Rishi Verma, MD, Dr. Karla Dionne, MD, Dr. Seema Kanwal, ND and Dr. Stella Seto, ND. They are accepting new patients, however space is limited. For more information, please visit [www.balancemedical.ca](http://www.balancemedical.ca) ■

## A Modern Approach: Integrative Medicine

### Using Hormones to Restore Vitality

Many people suffer from age-related health problems. Many of them simply don’t know about the effects of hormone decline on the body. As people age, their hormone production changes and their body responds accordingly, often displaying undesirable side effects.

As hormone replacement therapy has gained momentum, more people are asking about taking hormones. They ask questions like, “Do I need to take hormones, what types, and for how long should I take them?” The answer is simple. You should consider taking hormones as long as you want to feel energetic, vibrant and healthy.

### The Bio-Identical Hormone Advantage

As integrative medicine continued to advance, bio-identical hormone replacement was born. Different from synthetic hormone therapy, it only uses natural hormones derived from plant sources. These hormones look identical to those produced in your body, which means they won’t produce the negative side effects associated with synthetic compounds.

In order to restore vitality, Balance Medical will often combine different hormones to achieve an optimal body balance. This holistic approach involves ensuring patients are hormonally sound, eating right, and exercising. Once this is accomplished, patients are amazed at how much better they can feel. Many say they feel like their “old selves” again.

### Integrative Medicine in Action

At 55 years old, patient David was feeling weak, heavy, and just plain old. He was suffering from 100 pounds of excess weight, high blood pressure and diabetes. When he first came to the center, he was taking prescriptions to control his blood pressure and diabetes. But nothing seemed to be working. We needed to act fast.

We spent an hour talking about his medical history, eating habits, exercise routine, and stress levels. After running a panel of tests, it became clear that he was laden with inflammation and completely lacking in hormones. So we put together a plan to get him back on track.



**Balance Medical Center**  
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Vancouver, BC V6J 1S2  
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[www.balancemedical.ca](http://www.balancemedical.ca)





# Magnesium + Taurine = A Healthy Heart

By Lorna R. Vanderhaeghe, M.S.

**D**r. Mildred Seelig, a famous magnesium researcher, states, “The average North American falls short by 200 milligrams per day or more of the optimal amount of magnesium one should consume for good health.” Magnesium affects over 300 reactions in the body, but for the cardiovascular system, magnesium is the key to optimal heart function. Magnesium reduces blood pressure, stops irregular heartbeat, reduces angina and mitral valve prolapse, increases the number and sensitivity of insulin receptors, has anti-diabetic properties, prevents toxic buildup of homocysteine, dilates small blood vessels and stops our blood from becoming sticky.

*“The average North American falls short by 200 milligrams per day or more of the optimal amount of magnesium one should consume for good health.”*

## Magnesium Sparks the Heart

Magnesium is the primary regulator of the electrical activity within our bodies. It is a long-known fact that our bodies are constantly generating tiny electrical impulses and discharging them. Without magnesium, the spark that generates electricity to regulate our heartbeat would not occur.

## Magnesium Lowers Blood Pressure

Over 50 percent of those with high blood pressure are magnesium deficient. *The British Medical Journal* reported that magnesium supplementation lowered blood pressure by 25 to 30 percent (systolic and diastolic pressures) in 19 of 20 subjects. Many studies have shown magnesium to be a better blood pressure lowering agent than the drugs currently used and magnesium does not cause the side effects seen with blood pressure lowering medications. Magnesium does not cause impotence in men like blood pressure drugs can.

## Magnesium and Irregular Heart Beat

Besides being the most effective blood pressure lowering mineral, magnesium is essential to proper heart rhythm. In a study of patients admitted to coronary care units experiencing arrhythmias, every person had complete resolution when administered IV magnesium over a five-hour period.

In a study in the *American Journal of Clinical Nutrition*, researchers from the U.S. Department of Agriculture reported the effects of a magnesium-deficient diet on 22 healthy postmenopausal women ages 47 to 78. A lack of magnesium provoked the heart into rhythmic abnormalities, as well as more frequent heartbeats. The researchers concluded that the cardiac muscle is more sensitive to magnesium and that a deficiency has the potential to cause dangerous cardiac irregularities that could simply be treated with magnesium supplements.



## Too Much Calcium

Too much calcium in the blood is linked to aortic stenosis or hardening of the cusps of the valves. Magnesium controls the absorption of calcium; therefore supplementing with at least 500 mg a day could inhibit the excesses of calcium hardening. Magnesium's partner in heart health is taurine.

*“Taurine's major role is the regulation of the electrical charge on cell membranes, a role it accomplishes with magnesium.”*

## Taurine—Magnesium's Partner

Taurine is a nonessential amino acid concentrated in the liver, heart, retina, skeletal muscles and the central nervous system. It is a component of the bile acid, which is needed to metabolize fat and to absorb fat-soluble acids and vitamins. Low taurine concentration can lead to fatty liver with an accumulation of fat in your liver, blood and tissues. Taurine also helps to regulate calcium channels on your cells. Taurine's major role is the regulation of the electrical charge on cell membranes, a role it accomplishes with magnesium.





#### Did You Know?

##### There is a Connection to Ear Lobe Creases and Heart Attack

In the early 70s, the association between diagonal earlobe creases and the threat of an eventual heart attack was made. Chronic circulatory problems allow the vascular bed in the earlobe to collapse and the telltale earlobe crease to appear. More than 30 studies have been recorded in medical literature, with one involving 264 patients from a university-based coronary care unit who were followed for 10 years. Researchers concluded that after adjusting for other risk factors, the presence of a unilateral earlobe crease was associated with a 33 percent increase in the risk of a heart attack; the risk increased to 77 percent when the earlobe crease appeared bilaterally.

Diagonal earlobe creases, appearing at a 45-degree downward angle toward the shoulder, are a better predictor of sudden death from a heart attack than age, smoking, obesity, elevated cholesterol levels, or a sedentary lifestyle—particularly before the age of 80. The predictive value of the diagonal earlobe crease does not apply to Asians, First Nations people, or children with Beckwith's syndrome.

##### Taurine Lowers Blood Pressure

Taurine's most notable function is controlling your blood pressure. Taurine acts as a diuretic. It regulates the sodium magnesium pump, keeping magnesium and potassium inside the cell and the sodium out, and maintains the water balance of your tissues and blood. At high taurine concentrations, any excess fluid in your blood and tissues surrounding your heart is flushed out, leading to lower blood pressure.

Taurine also inhibits the action of angiotensin II, the hormone that increases blood vessel constriction. Increased taurine concentration allows blood vessels to expand, which further reduces your blood pressure and your risk of strokes and coronary heart disease.

*“Taurine and magnesium are partners in maintaining proper heart rhythm, and both should be used to treat cardiac arrhythmia.”*

##### Taurine Helps Normalize Cholesterol

Taurine must be present to make bile acid, which enables fat and cholesterol metabolism. Studies have shown that high taurine levels can effectively block cholesterol absorption and transport into your blood stream. Increased taurine consumption can result in lower bad (LDL) plaque-forming cholesterol.

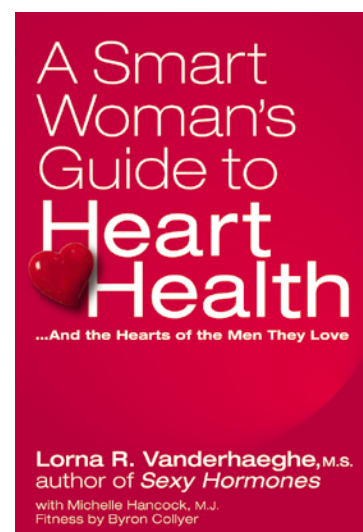
##### Taurine and Heart Beat

Taurine is abundant in the muscle of the heart. Taurine helps control the calcium channel which triggers the contraction of heart muscles. Low taurine levels can reduce the strength of heart muscle contraction. Chronic deficiency can increase your risk of cardiomyopathy, where you heart muscle can't beat properly. Studies have shown that taurine supplements can help reduce the severity of the disease and in many patients reverse the disease entirely. Taurine and magnesium are partners in maintaining proper heart rhythm, and both should be used to treat cardiac arrhythmia.

##### Not All Magnesium is Created Equal

Look for supplements that contain magnesium glycinate and taurine. Magnesium supplements are available in numerous salt forms like citrate and carbonate as well as bound to amino acids like glycine. The absorption rate and tolerability may vary greatly between the different forms of magnesium. Magnesium salts can be poorly tolerated at therapeutic doses due to magnesium's laxative effect, causing explosive diarrhea.

Magnesium in its inorganic state (simple salt) is absorbed only to the extent of about five to 10 percent. Inorganic minerals must be altered from their natural state before they can penetrate the intestinal barrier. The most efficient way to achieve this goal is by combining them with amino acids like glycine. Look for magnesium glycinate as it crosses the blood brain barrier and does not cause diarrhea. Also look at labels that state the *elemental* magnesium content. This means that the dosage listed on the label is exactly what you are getting. Many minerals may require 800mg of the powder mineral to get 200mg of actual elemental mineral. It is very important that the label reads elemental in the supplement facts next to the milligrams in the formula. ■



Lorna Vanderhaeghe, MS has written 11 books including A Smart Woman's Guide to Heart Health and Your 30 Day Heart Smart Solution (which is FREE on her website under the book button) at [www.hormonehelp.com](http://www.hormonehelp.com)



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



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Dr. Adrian Wladichuk,  
Copeman Healthcare Family Physician

# What About My Brain?

## In an Executive Health Program, Grey Matters

By Nicole Aubertin

Executive healthcare is fast becoming an important part of the benefits that companies provide to their top talent. For well over 20 years, organizations have recognized that protecting their leaders and star performers offers a substantial long term return on investment.

An executive health assessment typically provides a head-to-toe examination as well as a battery of advanced tests that range from important biomarkers to observing the heart under the stress of exercise. Most companies offering executive health services follow the same basic, evidence-based prevention guidelines, but the overall landscape is changing fast.

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

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

However, that is not all that is changing. Medical science has recognized for a very long time that stress and overall psychological health is strongly linked to physical disease, yet until recently few medical firms have offered a similar service to deal with this important aspect of a person’s health. Just as important, doctors and scientists now know that the linkages between brain health and overall health are very strong and that to deal with one aspect without the other is like maintaining only one part of your car and then wondering why it breaks down.

Brain health? Oddly enough, this equally important aspect of total health is the last arena being addressed in executive care models, but it is quickly shooting to the top of the requirements list for these programs. After all, it’s the three-pound mass sitting in the executive’s cranium that most organizations are really trying to protect. All of a person’s critical thoughts, skills, memories, decision making, planning and creativity are all governed by the brain—as well as the emotions, senses, curiosity, introspection and overall attributes that make them the unique person they are.

The brain is a very special organ with very special needs. Basic cognitive functions like memory and executive functioning (logic, reasoning and planning) can now be assessed and “baselined” in order to detect any early signs of disease or age-related cognitive decline. More importantly, such decline in many cases can be prevented or at least slowed down. The evidence is now clear that brain cells continue to grow throughout our lives and that the brain is capable of “re-wiring” itself to overcome damage caused by injury, disease or normal age-related decline. An increasing number of studies even suggest that the onset of dementing conditions like Alzheimer’s disease can be prevented or delayed, given the proper care. A brain health program consists of a full neurocognitive assessment that identifies target areas for improvement, and the “recharging” of your brain through unique strategies for fitness, nutrition, sleep and stress management. One of these programs also involves “neurobics,” which are activities geared to fully mobilize certain areas and functions within the brain.

### Six Ways To Protect Your Brain

1. Physical exercise releases hormones that stimulate the brain and help with the longevity of brain cells.
2. Proper nutrition provides the nutrients needed to improve memory, increase problem solving abilities and communicate effectively.
3. Cognitive exercises along with physical exercise and proper nutrition can help delay or stave off dementing conditions.
4. Stress management can help prevent prolonged periods of stress that over time can damage or kill brain cells.
5. Proper sleep patterns can help short-term memory and improve encoding required for long-term knowledge acquisition.
6. Professional brain health programs such as those available at Copeman Healthcare, monitor for early signs of cognitive decline and develop prevention and treatment programs needed to protect your brain over the long haul.

**Copeman Healthcare**  
Toll Free: 1.888.922.2792  
[www.copemanhealthcare.com](http://www.copemanhealthcare.com)  
Vancouver:  
Suite 400, 1128 Hornby St.  
604.707.2273 (CARE)  
Calgary:  
Suite 400, 628 12th Ave. SW  
403.270.2273 (CARE)

According to Copeman, “Brain health is today where heart health was 20 years ago. There will soon come a time when organizations and individuals won’t even consider a prevention or health program that doesn’t include brain health. The simple fact is that when it comes to health, most people are more afraid of memory loss and dementia than anything else.”

*"The simple fact is that when it comes to health,  
most people are more afraid of memory loss  
and dementia than anything else."*

The Copeman Healthcare Centre opened its first facility in Vancouver in 2005 and expanded to Calgary in 2008, West Vancouver in 2011 and is now building an Edmonton location to open in April 2012. The centres offer the full range of physical, psychological and brain health services for executives and families. Copeman says the organization is growing fast, in step with the demand for better returns on executive health investments through more comprehensive programs. ■





# Work and Play 2.0

By Steve Dotto



## Throne Fit for an Emperor

Kings come and kings go, there are queens and dukes and earls, princes and princesses galore, but you don't hear much about Emperors anymore, and that is a shame. I think I would like to be an Emperor!

The Emperor 1510 is a made-in-Canada workstation that puts you into the heart of

an immersive experience. An array of three large-screen monitors, built in high-end audio, subtle LED lighting and total control over seating position and angle are all built into the steel frame. The monitor array actually swings out of the way (powered) to permit access, and the sound system is built by Bose. You can sit back and take control of the digital universe with style and panache. The person lucky enough to sit in the Emperor chair is truly the master of their digital domain. \$6,400

[www.mwelab.com/workstations](http://www.mwelab.com/workstations)



## Wireless Fast Lane

Can you say 100mbps download speed? Sure easy to say, but chances are you have never experienced that kind of bandwidth, unless you are one of the early adopters of an LTE modem. LTE is geek speak for freaking fast! The Rogers LTE Rocketstick boasts download speeds of up to 100 MBPS, which I have come close to in my tests. To put it in perspective, at 100mbps you could download an HD movie in about eight minutes, a TV show in around 30 seconds. A few caveats: you do need to be in an urban area where they have rolled out the LTE network, and as more people discover the incredible speed there will undoubtedly be increasing demand on the infrastructure, which may lead to a slight degradation in service. But it is without a doubt the way to go for the modern road warrior. Price depends on plan.

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

## Dream Dock

There are many iPod docks on the market, catching my attention with any of them is an increasingly difficult challenge. But the folks at Monitor Audio have a Dock that will make you sit up and take notice, the i-Deck 200. A distinctive shape that is actually function over form catches the eye, and the ear is treated to Dual 100mm C-CAM bass drivers individually powered by custom-configured 50W amplifiers and a pair of 25mm gold dome tweeters, driven by precision-tailored 20W power amps. All that comes together and produces a sound audiophiles will adore. \$600

[www.monitoraudio.co.uk](http://www.monitoraudio.co.uk)



## Let's Stick Together

Desktop toys usually just gather dust and are forgotten. But BuckyBalls absolutely scream "pick me up, play with me, I'm more fun than working". BuckyBalls are tiny rare earth magnets—their mutual attraction is compelling. As you string them together you

build wonderful geometric shapes, or just pull out a long, fun string of tiny magnets. It is difficult to describe their appeal, perhaps they are a microcosm of our world, with the laws of attraction and repulsion clearly evident for all to see, or perhaps it is just fun playing with magnets! \$21.95-\$39.99

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



## Zoom with a View

From a company best known for Bluetooth accessories comes, of course, a super-fun mini helicopter. The Parrot AR Drone 2.0 is a pint sized drone that has a built-in camera making it both fun and useful.

The real claim to fame for the Parrot AR Drone 2.0 is how easy it is to fly. Using your iPhone or iPad (or Android phone), total control of the Parrot Drone is at your fingertips.

The best part of the Drone is the built-in camera, which will stream video to your controller. Parrot has come out with hybrid games you can play with the Drone, taking advantage of the camera, and a huge user community is jumping on board sharing videos of breathtaking flights.

Worth the investment in fun alone, I keep thinking how useful it will be doing household chores, say checking the gutters to see if they are full of leaves! Yeah, that is how you sell this idea to the significant other—it's a useful tool! \$299

[ardrone.parrot.com](http://ardrone.parrot.com)



## Eat My Stylus

This winter proved one thing: gloves suck when you are trying to use your smartphone or tablet! How many times did you take off your glove—often in freezing weather—just to answer your phone, or look up an address? The problem, of course, is that iPhones need fingers, and gloves don't work on your iPhone. In some areas (Japan) they resorted to using cocktail weenies as substitute fingers—not really the route I would choose. Fortunately, there is a better way.

Touchtec gloves are conductive hand-wear that let you navigate your phone without the need of foodstuffs! The gloves are real leather that has been specially treated to conduct touch to smart-phones and tablets. Stay warm, stay connected, and donate that cocktail weenie to the family dog! Prices vary.

[www.touchtec.net](http://www.touchtec.net)

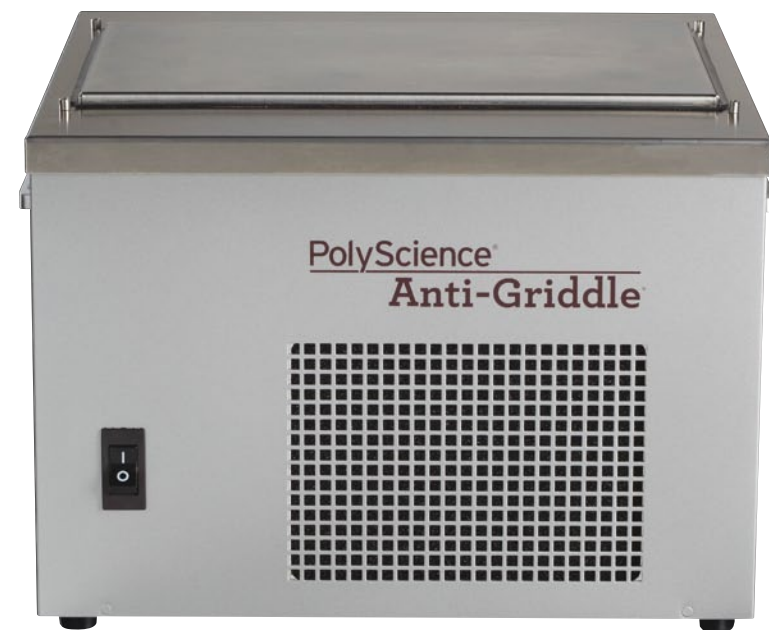
## Taking Direction from the Big Screen

The new Magellan RoadMate 9055-LM is the first large-screen GPS from Magellan to offer free lifetime map updates, and it's feature-rich navigation is designed to enhance driver safety and enable easy viewing. The 9055-LM provides lifetime traffic updates, Magellan's exclusive OneTouch user interface, Bluetooth connectivity to mobile devices and, thanks to an exclusive partnership with AAA®, the AAA TourBook built into the unit. The unit also comes with a specialized heavy-duty extension mount that brings the GPS up close and personal.

The extra-large screen size was originally designed for minivans, SUVs, RVs and trucks, but Magellan's unique retractable arm also allows users with smaller vehicles to enjoy all of the benefits of this oversize screen. \$279.99

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





#### Cool Kitchen Gadget—Really Cool, Like Cold!

In my kitchen I have the microwave, the blender, the popcorn maker, the waffle iron, the coffee machine, etc. What I don't have, but believe I need, is a flash freezing device. The Anti-Griddle is a traditional cooktop with an amazing twist: the device quickly freezes sauces and purees instead of heating them!

Develop solid or semi-frozen creations with stable, crunchy surfaces and cool, creamy centers. The tantalizing dual-textures create a surprising and unique experience. The Anti-Griddle quickly freezes sauces and purees using a minus 30 °F "griddle" temperature, which ensures instantaneous results. The mind boggles! \$1,235

[www.cuisinetechology.com/the-anti-griddle.php](http://www.cuisinetechology.com/the-anti-griddle.php)



#### Geek Wear

I love my Bluetooth headset, it sets my hands free, lets me go about tasks, listen to podcasts and books, all while connected to my phone.

Personally, I prefer the over-the-ear style exemplified by the Plantronics Voyager series. In fact, the Voyager is my most recommended headset. Your earpiece should be comfortable enough that you forget you are wearing it, making it both a fashion faux pas and a great technical addition to your communication toolkit! Get over the looks people are bound to give you; yes you are a geek, yes you know you have an earpiece in your ear, no you are not trying to impress anyone, you are just connected!

The Plantronics Voyager Pro UC boasts dual mics, for excellent noise cancellation, the audio is clear as a bell. A2DP (Advanced Audio Distribution Profile) allows newer smart-phones to stream music or other audio to your headset, so you can listen to music, watch videos or stream a podcast or audio book to your headset. About six hours of talk time and easy to use controls make it the Bluetooth headset of choice for those who are more concerned about being connected than being cool! \$99.99-\$199.99

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

#### Geek Wear 2.0

If you are seen wearing a Bluetooth headset, some might judge you as a bit of a nerd, but wearers of the Looxie 2 Bluetooth wearable camera are nerds with style, nerds with class and nerds with a video camera attached to their ear!

About the size of a big Bluetooth headset, the video camera hooks over your ear and records what you see. There are many practical and fun uses! From POV (point of view) videos of activities or events to recording a tutorial on manual chores. The fact you are hands free and recording what you are seeing is revolutionary. You can record in up to 480P, which is pretty reasonable resolution, and can record up to 10 hours of continuous video (at lower resolution on the 8GB model). I really like the iPhone and Android app that allows you to use your smartphone as a monitor, just the thing to help in that tricky house repair where only one person can work at a time, but you need the advice of the expert—"no, cut the blue wire!" \$149

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



#### Wired Babies

Newborns need tech, too! The Withings Baby Monitor is an online baby monitor, controlled by your smart-phone. You monitor the little bundle of joy through your home's WiFi network. Audio monitoring (very traditional in the baby monitoring game) is layered with video. If you hear Junior fussing, no need to run upstairs, instead fire up the iPhone app, and have a streaming peek at the little tyke. The camera has remote control so you can look around the room, especially useful as they reach toddler stage. Communication goes both ways, so you can start a lullaby, talk to your child or even turn on or off a light using the system. It is almost enough to make you want to have a kid, just for the cool monitor! \$299

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

#### Neat Solution

Using technology to be more organized is one of the holy grails of high tech. The folks at Neat may have come up with the executive's best friend. The Neat scanner is worth the price of admission for organizing expenses alone.

The Neat family consists of a desktop scanner, a portable scanner and software. You can do without the scanners (replacing them with your own scanner if you choose) but you can't do without this software. Scan in a credit card receipt, it finds all the important data, and files it away, making filling in your monthly expense report a snap. Scan in a business card, it extracts the data, and flows it into your address book. Scan in an invoice, it extracts all the relevant data again. You will find a ton of uses for the Neat scanner. If moving your paper records into digital form is a worthwhile goal, Neat may be the slickest solution we have seen. \$79-\$500.

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







2012 Cadillac XTS

# Show Season Superstars

By Tony Whitney

Whatever woes the Europeans are having to deal with on the economic front, they (thankfully!) don't seem to be reflected in Canada's buying habits right now. Sales of vehicles—especially the more luxurious ones—have been very strong both here and in the U.S., and this optimism was highly visible as automakers showed off their latest wares during the North American winter/spring auto show season.

From Detroit to Los Angeles and from Toronto to Vancouver, scores of tempting new products came out from under wraps and buyers—or at least, would-be buyers—flocked eagerly around the displays. Auto shows are critically important to vehicle manufacturers and some of them spend sums in the millions on presentation to one-up their rivals. All the more recent shows have seen makers concentrating on displaying what they've got for the 2013 model year, but some offerings are even further down the road than that, though these are often revealed as “concepts.”

While there was a lot of emphasis this season on small, gas-sipping vehicles, hybrids and electric models, luxury car builders were also very much front and centre. Most upscale automakers have been reporting strong gains over the past year or so, and this was reflected in a plethora of new models at the shows. This feature will focus on some of the highlights among these premium vehicles—all 2013s unless otherwise stated.

Early out on the show circuit this season was the luxurious Cadillac XTS, a sleek 4-door sedan that incorporates all the usual niceties expected for the brand, plus that “razor-edged” styling with which GM's upscale division has stamped its mark on the auto world in recent years. This is a larger car—though not as big as the Caddies of years ago—and uses a V-6 engine and front-wheel drive. At a later show, Cadillac unleashed its ATS compact luxury sports sedan, boasting rear-wheel drive or optional AWD, which has been described as a “baby Cadillac.” It's certainly trim and will compete with rivals like the Audi A4, BMW 3 Series, Mercedes-Benz C-Class, Lexus IS and several others—tough competition!

Everyone expects Mercedes-Benz to have a busy show season and they weren't disappointed this time around. With such a vast model range, the company always has something new, but the blockbuster was without doubt the totally revised SL series. For years, the SL has been Mercedes' cornerstone high-performance sports car and a new model always attracts huge interest. The new bodywork is wonderful, though looking at the last model, it was difficult to see where the company could go from a styling point. In fact, the new Mercedes-Benz SL is a spectacular folding metal roof design with thrilling performance—even in basic form. There's a hint of the SLS gull-wing supercar in the SL's design and, like that more expensive Mercedes, it has aluminum bodywork. The line-topping SL 63AMG has 564-horsepower in its most potent version. Also new at the AMG end of the Stuttgart automaker's lineup is a version of the C-Class sedan, which was revised for 2012.



2012 Mercedes Benz SL 63AMG



2012 Porsche 911 Carrera Spyder

Porsche had a pair of exciting products at the spring shows, including a highly-anticipated convertible (Spyder) version of its recently launched all-new 911 Carrera sports car which is part of a legend that got started in the early 1960s. The new Spyder has a profile that exactly matches the coupe variant, which is nice, and it can top 100 km/h in not much above four seconds, which must be fun with the top down. The car uses aluminum extensively to save weight and enhance fuel economy and performance. Also from Porsche is a Panamera GTS with 430-horsepower—quite possibly the fastest four-door car on the planet!

Lincoln had a couple of surprises on display earlier this year—a concept MKS and a newly-revised MKZ mid-sized sedan. Lincoln has really come to the fore in recent years with some fine products and is very much part of what is becoming known as “the Ford success story.”



2012 Lincoln MKS



2012 Porsche Panamera GTS

The MKS, though shown in concept guise, must be considered as being very close to the production replacement for the existing MKS. This is a large car, if not quite as big as the behemoth Lincolns of yesteryear. The MKZ is a smaller sedan and battles in the compact luxury segment. Both these Lincolns have the very prominent grill that products from this automaker all seem to carry right now. The 2013 MKZ is the second generation of this model and there'll be a hybrid version too.

A few years back, Acura announced the end of production for its much-admired and near-legendary NSX sports car with its mid-engine layout and superb aluminum bodywork. Now the long wait is over and the vehicle is to be replaced by an all-new NSX that's been doing the rounds of the auto shows in concept form. The car is no less spectacular than its predecessor with very sleek and low-slung lines and a real “supercar” look about it. Like the old car, it has a mid-mounted V-6 (plus AWD this time round) and should stand as the ultimate expression of the engineering and styling skills of the Honda/Acura team. Acura also unveiled its ILX sedan, the entry level product from this luxury nameplate and a distant relation of the Honda Civic. Three powertrain choices are available for the ILX, including a hybrid, so there's something for everybody.



2012 Acura NSX





2012 Fiat 500 Abarth

Those who know anything about the Fiat brand won't need reminding of how effectively the Italian Abarth company has successfully "tweaked" various models over the years. At last, we'll be able to snare one in Canada and it's a variant of the Fiat 500 which has sold here in surprisingly large numbers. The Fiat 500 Abarth looks the part with its extra body panels and colourful paint job and it goes like a little rocket—and has an exhaust note to match. And if you have a sense of automotive history, you just have to love Abarth's famous scorpion logo!

Infiniti was displaying an interesting new convertible at some of the shows—the IPL G. This is a most attractive ragtop that's based on the G-Series Infiniti coupes, so it's bound to be an excellent product. "IPL," incidentally, stands for Infiniti Performance Line, so expect this car to be quick off the mark and tenacious in the corners. It uses a 3.7-litre V-6 and the top is of the "retractable hardtop" type.

Audi's RS models, many of which, sadly, are not sold in North America, represent the highest levels of performance Audi owners can expect to find. New this year is the TT RS, which brings that scorching RS power to the TT sports range of coupes and roadsters. Consider Audi's RS models to be the equivalent of AMG with Mercedes-Benz and 'M' with BMW and you'll get the idea. It's that kind of performance level, though Audi's "S" variants are pretty quick too.



2012 Infiniti IPL G



2012 Audi TT RS



2012 Bentley Continental V-8

There wasn't anything radically new from Bentley—after all, the Continental and GTC models have only just been updated. What Bentley did reveal at the winter/spring shows was a V-8 version of the elegant Continental two-door. In the past, this wonderful automobile has only been available with a V-12 engine, so the V-8 will appeal to buyers who thought that twelve cylinders was close to overkill—or perhaps well-heeled folk with an environmentalist side to them. Is this a Bentley for the masses? Hardly—it will still carry a hefty price tag. The V-8 is probably as far as Bentley is going to go in this direction, so don't look for a Continental hybrid any time soon!

Lexus was at several of the big shows with its new-generation GS, which fits into the lineup somewhere between the mid-size ES models and the big LS model. I've always thought that the GS was the best-looking of all Lexus sedans—partly because it brings a dash of sportiness to what could have been another rather staid luxury automobile. The lines are dashing, rather than stately and the car deserves to sell well.

One of the major surprises of the show season came from an unexpected source—Subaru. The new BRZ is a wonderful-looking sports coupe that places Subaru in an entirely new segment—although it's had the occasional foray into this territory before. The sportster boasts all the worthwhile qualities Subarus are famous for and adds lots of *brío*. With supercar-like styling and a traditional rear-wheel drive layout, great practicality and brand durability, it could be the "sleeper" of the 2011/2012 auto shows.

As we went to press, we learned that the Canadian International Auto Show in Toronto drew the biggest attendance in its history, so for Canada at least, the vibrancy of the auto industry looks well set for some time to come. ■



2012 Lexus GS



2012 Subaru BRZ





# Managing Your 2012 Finances After the RRSP

By Adrian Mastracci, Portfolio Manager, KCM Wealth Management Inc.

You recently finalized the 2011 RRSP deposits. Now there is plenty of time to manage your finances after the RRSP. Our ongoing service regularly concentrates on matters outside investing issues. Accordingly, get ahead of the curve on planning your 2012 finances.

Reviewing the applicability of the issues highlighted below is recommended. Attend to it as soon as you can. There is no benefit in waiting where cash is now available. It also provides you sufficient time to consult with your professional advisors about your situation. Make sure that everyone is in agreement and on the same page.

First off, you may feel several stock market winds in your face or at your back. Our thinking is that markets will continue to experience stormy sessions in 2012.

Here is our overview of key issues that may affect your investment plans:

- Eurozone sovereign debt woes are top of mind.
- U.S. budgetary concerns are close behind.
- Prospects for U.S. jobs and business spending.
- Consumer buying keeping pace.
- China maintaining stable factory output.

A critical outcome for investors is whether Europe's fatigue resolves or unravels. Our portfolio priority continues to seek quality income. Solid, dividend-paying companies with healthy balance sheets.

We think 2012 will spring some favourable opportunities. Averaging in continues to be wise, long-term investing strategy. Keep adapting to the low-return investing environment in 2012.

Here is our 2012 planning checklist and proposed actions:

## RRSP 2012

Make room on your agenda for the 2012 RRSP deposit. Regular and spousal 2012 RRSP deposits can be made from now to March 1, 2013. The earlier a contribution is made, the better. A family goal is to equalize incomes between spouses during retirement.

Your 2012 RRSP limit is calculated as 18% of 2011 "earned income," to a maximum of \$22,970. This is reduced by your pension adjustment. Include unused RRSP contribution room from previous years.

The CRA notice of assessment (NOA) from your 2011 tax filing sets out your 2012 RRSP room. The \$2,000 RRSP over contribution amount is not included in your NOA. Be careful if your NOA indicates you have unused RRSP contributions. It means you've made some RRSP deposits that have not yet been deducted. This may lead to some double counting and possible penalties.

## TFSA

Maximum TFSA deposits are \$5,000 per year starting in 2009 for a total of \$20,000. Your 2011 NOA also has your 2012 TFSA room. Unused room can be carried forward to 2013 and beyond. Unlike the RRSP, there is no tax deduction for the deposit, or over contributions allowed. Investment income earned in a TFSA is not taxed and capital losses can't be used. However, deposits to the TFSA can be made after age 71.

## RRSP Conversion

If you turn age 71 during 2012, you must convert the RRSP by December 31. Your choices are to withdraw the RRSP balance and pay tax on it; use the RRSP balance to purchase annuities; "roll over" the RRSP balance to an RRIF account; or a combination of these.

All your RRSP deposits must be made by December 31, 2012 unless there is a younger spouse. Current RRSP investments qualify for the RRIF. The first minimum RRIF withdrawal occurs in 2013 and may be based on the age of the younger spouse. The RRIF grows the most when you receive payments near the end of the calendar year.

## Tax-Loss Selling

You can harvest a loss on your losing investments anytime during 2012. Sale proceeds must be received by December 31, 2012. Be mindful of mutual funds owned as their year-end allocations may contribute to your 2012 gains and losses.

2012 losses can be applied to offset 2012 gains, or to gains reported in the past three years, or carried forward. Start with the losing investments that have the worst prospects for a recovery. Be careful of the 30-day rule before repurchasing the same security.

## Charitable Giving

Review and decide on your total 2012 charitable plan. Perhaps, investigate if a charitable foundation may be a beneficial part of your plans. You can also donate currently-owned securities directly to charities by December 31 for 2012.

It is more tax effective to donate securities than cash. Capital gains on the donated securities are exempt from income tax. Don't sell the securities, rather, transfer ownership directly to the selected charity, who will assist in the transfer process. Your donation amount is the market value of the securities transferred.

## Self-Employed

Self-employed and owners of companies should review their 2012 remuneration. Revisit the combination of salary, management fees, bonus and dividends as applicable. Creating the maximum 2013 RRSP room requires 2012 "earned income" near \$130,000. Some family members may be able to receive dividends while paying little income tax. Also analyze whether an Individual Pension Plan from your company is better than the RRSP regime.

## RESP

A family RESP plan is preferred for two or more related beneficiaries. A \$2,500 deposit provides the maximum \$500 grant per child. Grandparents can start or contribute to existing RESP accounts for grandchildren. The maximum lifetime capital contributions from all sources are \$50,000 per child. The goal is for students to report the taxable amounts drawn from the RESP.

## Prescribed Loans

Loaning cash for investment purposes to your spouse or partner may be beneficial income splitting strategy. Particularly, where the loan recipient is in a lower or low tax bracket. CRA has prescribed a 1% rate for loans made during this calendar quarter, ending March 31, 2012.

The 1% prescribed rate is as low as it will go and does not change over the life of the loan. Existing higher rate prescribed rate loans can also be refinanced at the 1% rate. Documentation must be in place by March 31 where the strategy fits. The prescribed rate for the second quarter 2012 may be the same.

Owners of companies can investigate prescribed rate loans from their companies. However, consult your advisors as the terms and conditions are more restrictive.

## Cross Border Ties

Canadians who spend time living in the USA may be required to file a U.S. tax return. It is important to be aware of the "substantial presence" test. Canadians who own U.S. property should review U.S. estate tax rules that apply. Renting your property may subject you to withholding taxes.

Canadians who carry on business in the USA may also be required to file a U.S. tax return. U.S. citizens living in Canada should seek advice on the various tax filings that the IRS requires. Especially where past filings are still outstanding.

*"A capital gains exemption up to \$750,000 per spouse is available. It applies to capital gains arising from the sale of qualifying small business shares, farm property and fishing assets that qualify."*

## Lifetime Capital Gain Exemption

A capital gains exemption up to \$750,000 per spouse is available. It applies to capital gains arising from the sale of qualifying 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. The full exemption means a tax saving of over \$163,000 in British Columbia.



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## Business Structure

Perhaps your business structure consists of a proprietorship, a partnership, an incorporated company, or a complex set of holding companies. Evaluate the business reasons for the current structure. Then examine if you can benefit by modifying part or all of the structure.

*"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."*

## Corporate Dividends

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 benefit of paying a regular dividend.

## Business Financing

Mortgage interest rates are hovering near historical lows. Hence, it is a good time to revisit whether it makes sense to refinance the business loan even if interest penalties apply. You may also consider substituting a mortgage for a line of credit facility in use.

## Family Trusts

Many families have a variety of family trusts that have been set up over the years. Some of the rules have changed. Hence, take this opportunity to revisit the family's needs, the present structures and the benefits that you derive. Conversely, those that don't have a family trust can take a good look at whether 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, 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

Spouses and common-law partners can elect to split up to 50 percent of the 2012 pension income that qualifies for the pension credit summarized above. This is an election to be made in the 2012 tax returns and should minimize a family's overall tax load. Unlike splitting CPP, it's not an actual split of income. Both spouses must agree to the allocation. The same strategy applies for the 2011 tax filing. Your decision is revisited annually. In addition, U.S. citizens resident in Canada should consider the U.S. tax implications of splitting Canadian pension income.

Happy planning. ■

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Barrie  
Chadwick



## Barrie Chadwick, SFCA

### Travels With My Sketchbook

In Barrie Chadwick's home studio in West Vancouver, you will find the usual accumulation of artist's paraphernalia—easels, canvases, paints, brushes, jars, rags, spray-cans, palettes, and much more. Despite the untidiness of his studio, there are some items which, he contends, must be kept neatly on one shelf and in order, and these are his sketchbooks.

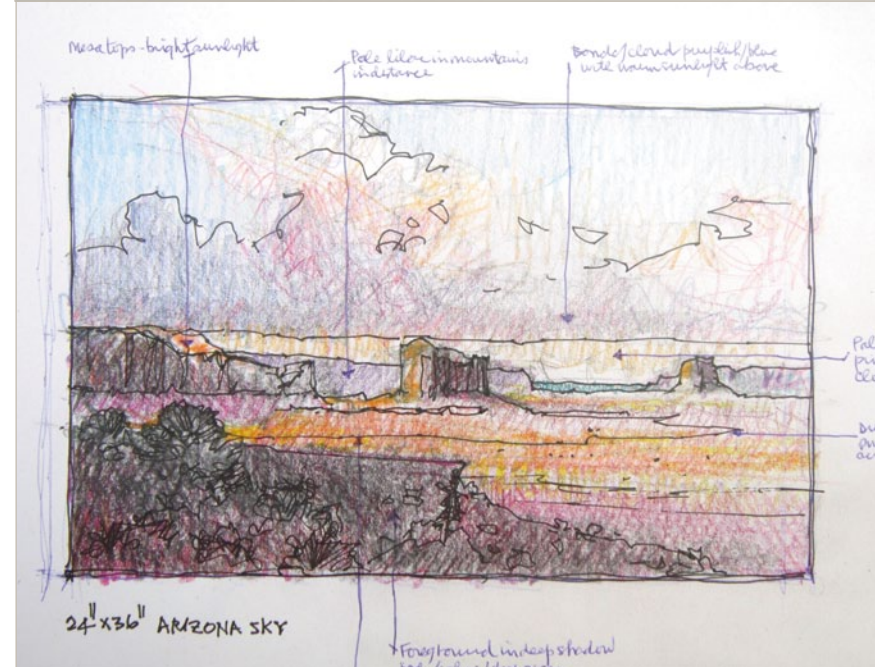
*“Canvas, paint, brushes, may all be replaced, but the sketches are the soul of my works and cannot be replaced. They are memories of distant places, distant times, people I have met and experiences lived.”*

Over the years, Barrie has filled a dozen or more of these books with sketches from which he works to produce his finished paintings. As he says, “These are my memories, my impressions, and the first visual jolt which evokes my interest. Canvas, paint, brushes, may all be replaced, but the sketches are the soul of my works and cannot be replaced. They are memories of distant places, distant times, people I have met and experiences lived.”

Most of his sketches are landscapes, seascapes, urban scenes and some portraits, and not all have been transmitted to canvas as finished paintings. “I have enough sketches now to produce a prodigious volume of work—all I need is time.” He recalls a recent event which reinforces his belief in the value of his sketches. “In 1950, as a boy of 13, I did a pastel sketch of my old school. The school was built in 1912, but five years after I sketched it, the school was destroyed in a fire. A new school was then built on the same site. In November last year, I donated my sketch to the school because they are having their centenary celebrations in 2012. The sketch has been framed and now hangs in a prominent location in the new school, where folks may see the only existing coloured visual representation of this building, as it was 62 years ago.”

Barrie's recent travels have taken him to the United Kingdom, the U.S., Australia and Italy, and from those trips his sketchbooks are crammed with images. He says, “I remember being at Venice at the canals; at the lochs and mountains of Scotland; in the pleasant sunshine of Australia; in the deserts of Arizona, and I recorded all in my sketchbooks.”

When asked how he plans his sketches once he has located a scene, Barrie explains: “I first decide the shape I want for the sketch (and hence the painting). It may be square or rectangular, horizontal or vertical. Once the shape is decided, I will draw this on the page, leaving a margin all around for my notes. I then sketch my scene using ballpoint or pencil, and colour at least some portion of it, using coloured pencils, and I then put my notes about colours, lighting, shadows, etc, in the margins. Sometimes I will do little thumbnail sketches in the margins or on the flanking page. This is all I need to produce my finished paintings.”



His style is distinctive, as is his palette, and his canvases, which are all acrylics, are finished with a protective varnish. His work he describes as “realistic with a dash of imagination and a whole lot of love.” The love, he maintains, is the wonderful feeling he gets when sketching outdoors, and the same wonderful emotion arises when he paints in his “messy studio.” He likes to paint listening to his music CDs and admits he forgets to change them when he becomes absorbed in his painting. (He tells us that one year he forgot to change the Alleluia Chorus in his machine from December to May.)

His website is [www.barriechadwick.com](http://www.barriechadwick.com) and a representative collection of his work can be seen there. His studio in his house, as he has said before, is messy, and so he has a gallery in North Vancouver at which he displays his work. It is located at 195 Pemberton Avenue in North Vancouver, and is part of 195 Studios.

Viewings at his gallery may be made by appointment by calling 604.926.1597 or 604.319.3999

Barrie is a Senior Signature Member of the Federation of Canadian Artists (SFCA), with work in collections of private and corporate clients in Canada, the U.S., United Kingdom and Australia. ■

**Barrie Chadwick, Visual Artist, SFCA**

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# The Five Foundations for Health, Wealth and Happiness

By Dr. Lesley Horton, MD

As a medical doctor who likes to practice on the leading-edge of medicine, using bio-identical hormones and anti-aging medicine, combined with life coaching, I see a lot of people who are very smart and successful. Yet many have significant health concerns or just don't feel as good as they once used to. As one patient shared with me, "I've been so lucky in my business and my family. I know I should feel like I'm on top of the world. But instead I get up in the morning and it's a struggle. I just don't have the same drive or sense of satisfaction in life like I used to."



For this patient, we spent an hour going over not only what his health concerns were, but also what he truly wanted for his health, and then created an action plan to reach his goals. Health is wealth, and begins with building a strong foundation. Based on what the leading health experts are saying, here are five key foundations for creating optimal well-being:

**Think Right.** Your mind is more powerful than any drug. Our thoughts have tremendous power and our body is always responding to the thoughts we think and our beliefs. There are many well-documented cases of people experiencing natural spontaneous regressions from cancer due to positive thinking and visualizations. The human body has an innate ability to heal itself, but it needs support and the right environment. Surrounding yourself with positive people, focusing on what you do want—not on what you don't—and choosing to believe you will get better are three enormously impactful steps you can take, starting today.

**Eat Right.** Food is medicine. Everything that our body is made of comes from what we put in our mouths. In the short term, any food will give us energy, but in the long term our choices catch up with us. Too much sugar, caffeine and white flour will cause inflammation on a cellular level in the body, which is felt to be the cause behind 80 percent of all illnesses and premature aging. I also see a lot of people with low mood or chronic anxiety who want to avoid taking medication. Improving their diet improves their mood nine times out of ten, especially when combined with additional natural supplements to further support the body.

**Sleep Right.** Sleep is vitally important as it is when your body does the majority of its housekeeping and repair. Research has shown that women who get less than six hours of uninterrupted sleep have higher rates of breast cancer and men have higher rates of heart disease. Chronic sleep deprivation can also lead to low energy, irritability, poor memory, low mood and anxiety. Most adults need eight to nine hours of sleep each night. Going to bed earlier, particularly by 10 p.m., will help you to enjoy life more.

**Move more.** Exercise is key. Dr. Mike Evans, a physician and researcher at the University of Toronto, has a compelling YouTube video that answers the question "What is the single best thing we can do for our health?" It turns out that it's exercise. Just 30 minutes of walking a day showed decreased knee arthritis by 47 percent, reduced dementia and Alzheimer's by 50 percent, slowed diabetes progression by 58 percent, reduced anxiety by 48 percent and depression by 47 percent. That is far beyond what any drug can do for you. I encourage you to watch it—and to start walking!

**Unplug and relax more.** Our nervous systems last evolved 50,000 to 100,000 years ago. We are wired for a much slower pace of life, with only the occasional stressful event. This means that our wiring and our current culture of go-go-go, with one stress after another, don't match. Our body wants and needs us to be more balanced and will "talk" to us in the form of symptoms when we lose balance. You can start to relax more right now by taking a deep breath in and letting it out. It all helps.

Even more important than any of these five foundations is the desire to be healthy. When you are clear on what you truly want, it unleashes powerful sources both within us and outside of us. When we go a step further and show our commitment to ourselves by taking even one small step towards our goal, our whole being will respond with gratitude and appreciation—and that's good medicine. ■

CATHRYN JENKINS  
SCULPTOR



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