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Seeking the Big 5
SAFARI IN KENYA



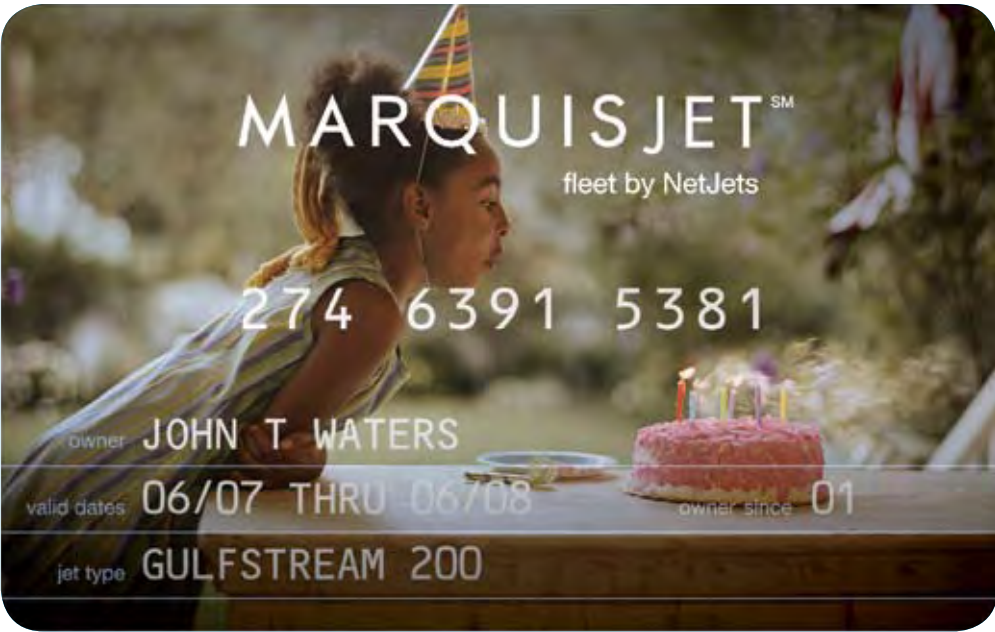
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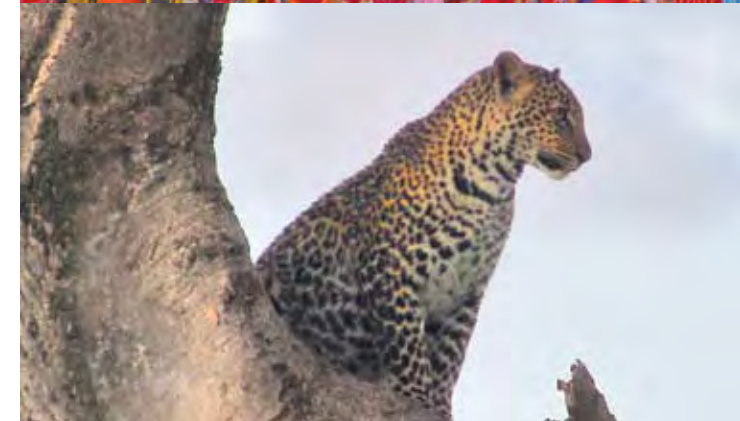
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On the cover:

Elephants crossing the river at sunset in Samburu National Reserve, Northern Kenya, Africa
Photography by Connie Ekelund

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Many people speak of visiting Africa as being life-changing. There is little doubt our first meeting with the Maasai was unexpectedly emotional. These people are remarkable. Basically they live much as they have for the last few hundred years, surviving on the blood and milk of their cattle herds. As far as the Maasai are concerned, God gave the Maasai all the cows—I do mean every single cow—and it’s their job to protect them.

It’s because they are not hunters that all the game parks fall within Maasai territory. To go on safari in Kenya or Tanzania means to be in Maasai territory. In other areas the tribes were hunters and so wildlife is not nearly as plentiful. The Maasai actually enjoy the right to cross the border between Tanzania and Kenya at their whim.

What’s truly remarkable is their adaptability. Here are a people who still are nomadic when it comes to their cattle herds, moving them from one grassland area to another. Their villages have become fixed in order that their children can attend school. They carry digital cameras and make use of cell phones.

Sammy, one of guides, actually did a tourism promo tour of the States, always dressed in his traditional garb, from the time he left Nairobi until his return—his greatest amazement being automated doors.

If any aspect of the trip was life-changing for us it had to be the impact of the Maasai people. They certainly taught us that modern technology is not required to lead a happy, fulfilling life. However, if it comes along there’s no point in not taking advantage of what it has to offer.

Next on our itinerary is an area that’s been long associated with cattlemen as well—Texas. We’re going deep into the heart of the state. Apparently, Texas is a major wine producer, certainly a surprise to me. There are numerous areas that are well worth a visit, and we intend on doing our best to see a great deal of it and report back. I would suggest you book your copy by filling out the reservation form on the next page so as not to miss a single issue.

Terry Tremaine
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terry@fusionpublishinginc.com

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Photo Courtesy: Connie Laveland

Below: Terry dancing with Maasai woman



Seeking the Big 5 in Kenya

By Terry Tremaine
Photos Connie Ekelund



Left:
Dorianna with
a spotted turtle

Below:
Maasai women
greet us into the
Samburu village



Above: Thompson's Gazelle

It's a remarkable experience to interact with these people thinking they are living the same as they have for hundreds of years, only to see a Maasai warrior climb a tree to get better reception on his cell phone.

We visited three parks: Samburu, north of Mount Kenya, Maasai Mara, on the Tanzanian border near Lake Victoria and Amboseli, also on the Tanzanian border, beside Mount Kilimanjaro. Each has its own characteristics and wildlife species.

Getting to any of the safari camps is best done by air from Nairobi using one of the many small airlines flying out of Wilson Airport, rather than the international airport. These airlines make use of small Cessnas and de Havilland planes. SafariLink was our airline of choice, offering service to each of the parks. The planes were well maintained, the personnel courteous and the flights punctual. Flight times are a little over an hour to each of the parks.



Above: Red Hornbill



Above: Reticulated Giraffe
Left: Elephants in a water hole

*Giraffes stand out
almost like
apartment buildings.*



Above: Camel rides along the river at Samburu



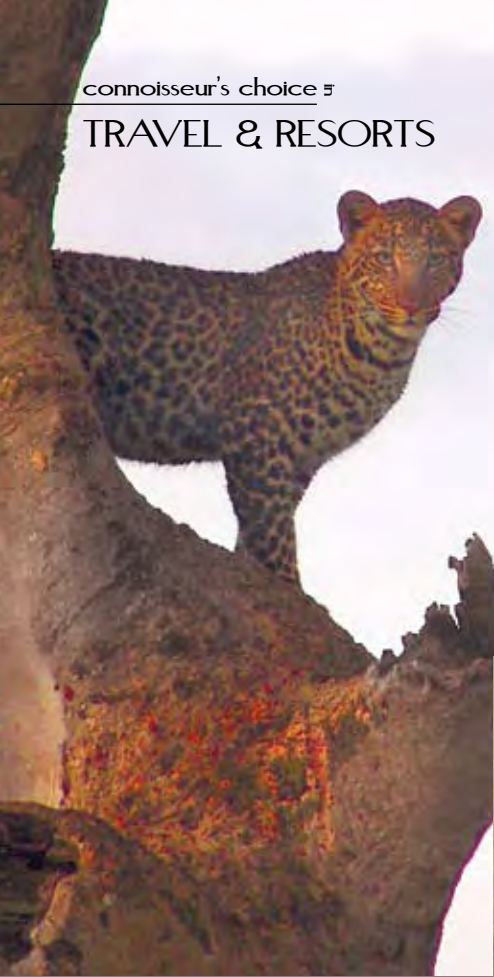
Those with some trepidation regarding flying in small planes should realize that road travel is arduous. Due to poor connections, we ended up having to drive for five hours to reach one of the camps. Our impression is that there is only one paved highway in Kenya running north to south. Once off this principal route, travel is on dirt tracks. There is no signage and the track itself changes with the weather conditions. Those who navigate these trails do so by memory. Our driver at one point had to stop and ask a Maasai warrior who happened to be walking along how the track had changed, in order to get some direction to our destination. On another drive, it had rained the previous night; our Land Rover became stuck in a large puddle covering our route. We were delayed for a few hours as our driver and guide worked to rescue the vehicle from the mud.

From the landing strip at Samburu it is about a half hours' drive to Samburu Intrepid, a safari camp operated by Heritage Management. The camp is actually situated in the park. About a dozen permanent tents line the Uaso Nyiro River. Each tent has its own fully equipped washroom, a king size bed with mosquito net, a sitting area and a deck overlooking the river. The dining and meeting area is open air and on stilts. A Maasai warrior is always present at meal times, armed with a slingshot to keep the brazen monkeys at bay. Great effort is made to provide a good dining experience and even a reasonable wine list.



Above: Vervet Monkeys on the veranda
Right: Water Buffalo

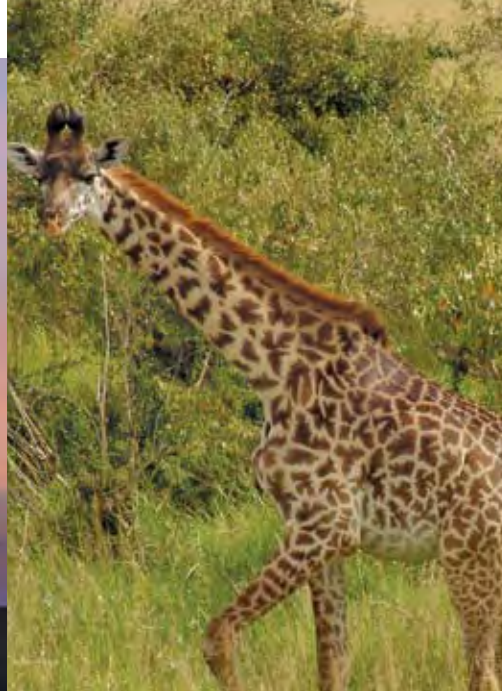
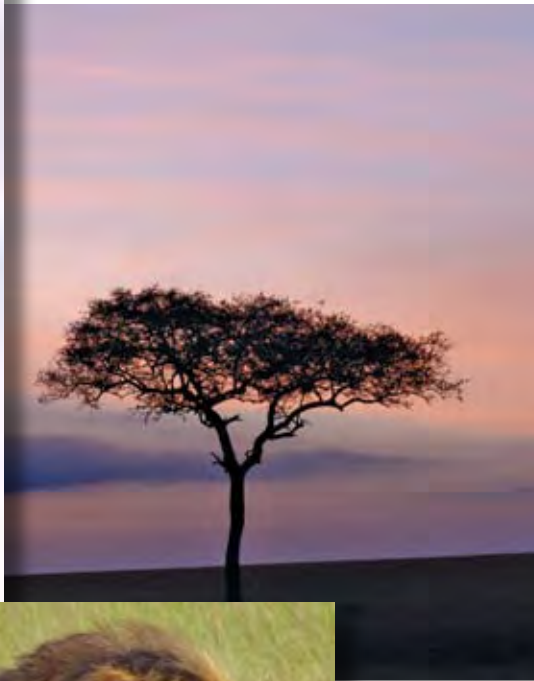




Above: Female Leopard just woken from her sleep
Right: Lion strolls past



Above: Ostriches



Above: Maasai Giraffe



Left: Water Buffalo. Above: Impala



Left: Hyena on the lookout. Above: Male Waterbuck



Photo above: Maasai women greet us
Top right: Maasai Warriors jumping



The camp routine is to be woken just before sunrise by one of the staff bearing a tray of tea and cookies to your deck, with an admonishment to get them soon before the monkeys grab them. If you're slow to rise and make the dash to the deck, the monkeys are sure to win.

The first game drive leaves at 6:30. Samburu is dry and hot so wildlife activity is principally in the early morning or late day to avoid the noon time sun. Wildlife abounds. It was surprising to us how quickly the presence of elephants or giraffe within feet of our jeep was almost blasé as we sought out the next species to tick off our 'seen' list. Between game drives, one can visit the local Maasai village, listen to a talk from a Maasai warrior on local customs or simply swim in the pool.

Our most thrilling experience at Samburu was to be sitting within ten feet of a lion having his way with not one, but two lionesses, as a herd of elephants crossed the river in front of the setting sun. Realize that the jeeps are open air without any protection between you and the lion, ensuring no conversation will disturb the natural tranquility.

The landing strip at Maasai Mara is just five minutes from the Mara Intrepid safari camp. Again, run by Heritage Management, the camp has recently undergone a complete renovation. The permanent tents are all new, so the washrooms boast designer sinks and large tiled shower stalls. The central dining area is much bigger than Samburu's and includes a substantial bar area beside the suspension bridge crossing the river to the jeep boarding area for game drives. The dining quality is even better, a reflection of the larger size of the camp.

Maasai Mara is likely Kenya's finest game reserve. It's almost overwhelming to find yourself in a jeep driving through grasslands that stretch to the horizon and beyond, populated by herds of wildlife. Giraffe stand out almost like apartment buildings with their height while they watch for lions. Topi sentries stand stationary at the four compass points guarding the herd. Herds of hippos lay nose deep in the river. Elephant and various antelope herds are everywhere.

At one point our jeep was sitting between a lion and his pride lying in the grass on the other side of us. It was quite the thrill to see him head towards us and move within inches of the jeep to get around us. Again, the jeep is open air, without barriers, and we're very quiet. Another time a lioness wandered up to the jeep to lie in its shade. I could have easily reached out and scratched her behind the ear.

Game drives in Mara are not restricted to trails; off-roading is the norm. The drivers are in communication by radio letting each other know when something unusual has been sighted. We spent the latter part of one late afternoon drive trying to catch sight of a leopard that had been seen in one area. Our driver was determined that we too would see this rarity. The presence of hyena let him know the leopard was near with a kill. On a couple of occasions we caught a glimpse of the leopard in the bushes but were unable to get close enough for a full view.

As we left the area to return to camp we came across the leopard's half-finished kill, a Thomson's Gazelle, the four legs hanging from a branch above us, but still no sign of the leopard. The next morning our jeep was the first to leave on the morning game drive. Our driver quickly made a beeline to that same tree and as the sun came up, we woke the leopard. We were able to watch as she climbed down to a branch within a few feet of us. In no rush, she sat and had a good long look at us before jumping down and heading into the nearby shrubbery on the quest for her next meal.

Amboseli National Park is a very different safari experience. There are definite roads through the park and restrictions placed on leaving them. From all points of the park, snow-capped Mount Kilimanjaro towers above. This is where we saw the largest herds of wildebeest, zebra and cape water buffalo. We arrived just before the rainy season, so many of the animals were just about to or had just recently given birth. There were shaky young wildebeest staying close to mom with their umbilical chords still apparent. Watching young warthogs trying to keep up with their timid moms is certainly a chuckle.

The park is quite flat with a lot of swamps, so bird life is abundant. Our 'seen' list grew a species a minute. It was particularly amusing to watch a group of pelicans swim by. Maybe two dozen in total, they were completely synchronized, diving to the bottom and returning to the surface, all at exactly the same time. The size of the secretary bird was truly a surprise while the crowned crane was likely the most beautiful.

A lioness wandered up to the jeep to lie in its shade.

I could have easily reached out and scratched her behind the ear.

It was in Amboseli we experienced our first 'sundowner'. Maasai warriors head to a view spot of Mt. Kilimanjaro and build a fire for your arrival. Once we had assembled to see the night sky, snacks mysteriously appeared along with our favourite libations. After enjoying the constellations from a new perspective, we went on a night drive. A Maasai warrior sits on a seat attached to the front of the jeep over the passenger headlight. As we drove through the brush, the brilliant star spangled night sky above us, he shone the light back and forth on the bushes surrounding us. We were all looking for the spark of eyes caught in the light. In this fashion we were able to surprise African civets, wild cats and other night time predators on the hunt.

We were given a 'seen' list to tick off the various species we spotted during our various game drives. There were some fifty mammals on the list and about 150 birds. We were able to spot just about all the mammals except for cheetah and rhino. We ticked off about half of the birds and likely saw most of the rest, but just didn't know how to match the name with the bird we were looking at.



Zebra and baby in Amboseli



Upper: Secretary bird
Lower: Baby Hippo



Above: Wildebeest with newborn



Above:
Family of Warthogs

Left:
Mount Kilimanjaro

Right:
The bandas of Kipungani



From top left: Pier at Kipungani; Dhow moored at Kipungani Bay;
Traditionally dressed women of Lamu; Village of Lamu;
Sunset in Lamu

The wealth of wildlife more than lived up to our expectations. The amazing quantity of elephants was a big surprise. Since the successful outlawing of poaching, the herds have been able to grow without restriction. Since they do have long memories, they refuse to return to the areas where they were killed.

The herds are quite destructive. An individual elephant will pull out a tree by the roots in order to get a few leaves to chew on. And chew they do. It takes an amazing amount of vegetation on a daily basis to sustain an elephant. One resort manager, currently in his late twenties, told us that when he was young and visited Amboseli the area was covered in trees. Currently it's primarily grasslands. In all three parks, the damage being done by the elephants is obvious.

We ended our trip to Kenya with a stay at Kipungani Explorer on the island of Lamu, off the east coast. The town of Lamu is a World Heritage site. Founded by Arab traders in the 1400s, the town was a centre of the slave trade. There are no motorized vehicles; donkeys are the main mode of transportation. The streets are very narrow and some 28 mosques serve the 15,000 residents.

Kipungani Explorer is an exclusive resort, near the tip of the island a half hours' boat ride from the town of Lamu. Fourteen chalets made entirely of woven palm fronds overlook Kipungani Bay. Each chalet has its own beachfront. The chalets are open air, with no glass in the windows or doors in the entrance way. A fully equipped washroom lies behind the king size bed covered with a mosquito net. The covered deck out front offers a swinging hammock.

Activities are what you make of them, but are certainly centred around the superb kitchen, which is combined with a good wine cellar. Dining is open air overlooking the bay and the setting sun. The staff is very personable and they go out of their way to make your stay enjoyable. This is a desert island resort like no other. Do not expect much contact with the outside world.

The principal drawback would be the lack of air conditioning. Being near the equator the temperature is hot and the humidity high. Sleeping tends to be a very sweaty affair. However, during the day the pool beckons. There is snorkelling and sailing. This is the ideal setting to forget about the stresses of life and truly relax, the only concern being to arrive on time for the next culinary delight.



Yellow Baboon

Travel to Kenya is through Nairobi airport. A visa is required and can be purchased at the airport at a cost of US\$50. The line was remarkably slow-moving. We stayed only one night in Nairobi at the Mayfair Holiday Inn. The property was quite a bit better than expected.

The city has a population of 3,000,000 with many living in shanty towns. When flying over the city, the shanties stretch for great distances. The city is quite high and air quality is poor. I would not want to drive in Nairobi, particularly at rush hour.

Flying in the small planes across this beautiful country was an experience in itself. It's absolutely gorgeous and the wilderness seems to stretch forever. We came to Kenya seeking The Big 5. But we left Kenya with so much more than we expected. The greatest experience was meeting the Maasai; they were warm, authentic and truly kind-hearted people. They have left a lasting impression on our hearts. We will return.

Oh, in case you were wondering: 'The Big 5' are Lions, Leopards, Elephants, Buffalos and Rhinos. ■

Fairmont Chateau Whistler



Clockwise from top left: Fairmont Chateau Whistler at twilight; Chateau Lobby; Signature Hole - 8th; Fairmont Gold King room

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Rooms are plentiful at the Chateau, coming in at a total of 550. Tastefully designed, they all have spectacular mountain or village views and easily blend with the natural alpine setting. The Fairmont Gold floor is an experience like no other. Designed to offer the discriminating leisure and business traveller added amenities and personalized attention, Fairmont Gold provides private check-in and check-out, private concierge service and a beautiful Fairmont Gold Lounge. Furnished in an elegant alpine decor, the lounge offers Fairmont Gold guests daily complimentary deluxe continental breakfast with its own omelette chef, après ski appetizers and an honour bar. Relax in front of the wood-burning fireplace on comfortable sofas and easy chairs. To top it off, guests on Fairmont Gold receive complimentary shoeshine and nightly turndown service.

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Galiano Inn

A Gem in the Gulf Islands

By Terry Tremaine
Photos Connie Ekelund

Our most recent and very pleasant discovery is the Galiano Inn on Galiano Island, in the Gulf Islands of British Columbia. Galiano is the first island on the BC Ferries route through the Gulf Islands from the Tsawwassen terminal and is also accessible by scheduled float plane service.

There is little doubt the gem of the island is the Galiano Inn, prominently situated on the water a short walk from the ferry terminal. Current dynamic owners Conny Nordin and Mel Gibb, frequent boaters to the island and as such, familiar with the property, jumped at the opportunity to take on a new project when the inn became available for purchase some seven years ago.

The inn dates from the 1920s but under their very watchful eyes it has undergone a complete transformation, now boasting ten very well appointed rooms with luxurious washrooms. Most of the appointments are custom designed, such as the in-suite pull down dining table, which converts into a massage table.

After the initial renovation of the property was completed, Conny was told that in order to get her five star rating, televisions were required. Since TV wasn't part of the relaxed atmosphere her guests had in mind, the search was on for special narrow units which could be hidden away in the fieldstone wood burning fireplaces.

The very personable sommelier, Richard Massey, manages the inn's oceanfront Atrevida restaurant. He makes regular trips into BC wine country seeking out special vintages to complement the superb West Coast cuisine; many are also available in the very select wine boutique.

*Photos clockwise from left:
Galiano Inn; Trilogy of Creme Brulee;
Sea Flotation pool; Galiano Inn beach and garden views;
Massage cabanas in the garden;
Island Blackberry Vinotherapy
Bottom right: Vintages Wine Shop*

Chef Dean Hillier takes pride in having his cuisine speak for him. As a result of relations established with local, family owned farms, only fresh organic produce makes its way to the guests' plates. The room, the atmosphere and the well presented fare makes for a great dining experience.

Linda Epstein manages the surprisingly well equipped Madrona del Mar Spa, contained within the inn. Very much hands on; Linda even formulates the products used in the treatments, taking advantage of the local flora for her ingredients. Within the tranquil gardens surrounding the inn are a number of massage stations.

But what really struck my fancy was the flotation pool—and pool it is. There is no cover; it is literally a heavily salted small pool with its own room. I passed a very short hour floating on my back unaided, arms at my side, contemplating how the water could possibly feel so firm to the touch.

This was followed with a Blackberry Vinotherapy massage, during which thoughts of a float combined with blackberries lead to ice cream. Then I remembered my fellow adventurer had decided she needed a Chocolate Butter Crème wrap. I'll leave you to imagine where that combination would lead.

If you are able to bring yourself to venture outside of the property, the island offers some spectacular scenery. Though only some 27 or so kilometres long and 4 kilometres wide, the island has three provincial parks offering hiking trails and there's even a nine hole golf course. Aside from views of the other gulf islands, be on the lookout for seals, otters and a resident Orca pod. There is lots of birdlife as well.

Local establishments are for the most part situated near Sturdies Bay, where the ferry lands. There are a few cafes, all of which seem to offer a stage for local musicians. I even noticed a live theatre company whose billboard was promoting an original political satire.

The island is inhabited by an eclectic mix of about a thousand people; a number are artisans with home studios open to the public. To my surprise, a number of the proprietors ran their business on the honour system. Their wares were displayed on tables, with a money box for payment positioned beside. Credit card slips were available to fill in yourself.

Conny and Mel certainly had a challenge when they took on the Galiano Inn. Driven by their attention to detail and demand for quality, they've built an establishment of which they can be proud, and you'll be sure to enjoy... we certainly did! ▮

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"...only fresh organic produce makes its way to the guests' plates."



British Columbia's Golf Mecca

BC's golf mecca won't
stay undiscovered
much longer.

With the amount of buzz being generated by the first class **Tobiano Resort** opening this summer, there's simply no way the rest of the world will be able to stay away from a Kamloops golf scene that can already match any top golf destination hole for hole.

The hype surrounding the lakeside Thomas McBroom-designed course is well justified, and not just because of the spectacular panoramic views that surround it. With the pristine waters of Kamloops Lake providing a postcard-worthy natural backdrop, Tobiano blends an elegantly customized resort and residential community perfectly with a breathtaking desert plateau environment. Well-planned walkways and riding paths will tie in the world class golf course with a marina, an equestrian centre and a vibrant, pedestrian-friendly village.

Add in 32 km of portrait blue shoreline, a 17,000 acre backyard wilderness playground combining rolling hills of grasslands, wild sagebrush, ponderosa pine and prickly pear cactus, over 2,000 hours of sunshine and less than ten inches of rain a year in a semi-desert climate, and it's little wonder Tobiano is attracting so much interest from all over the world.



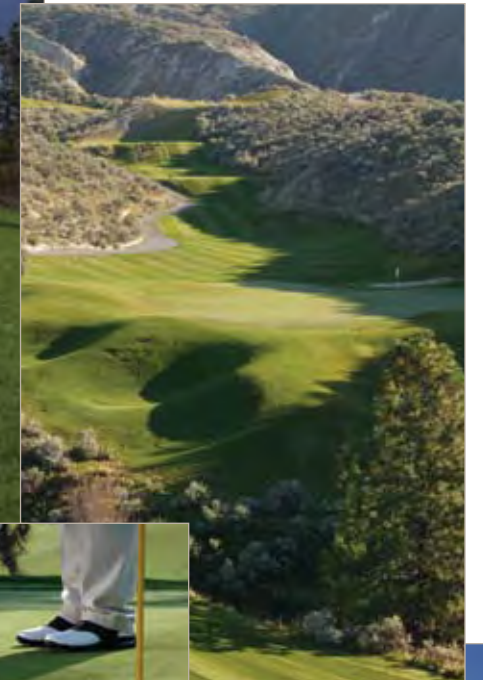
The smart money is betting that once golfers see what is waiting for them at Tobiano, they won't be able to resist a trip to the area. And as anyone who has had the pleasure of taking the sticks to Kamloops already knows, once they make that trip and discover for themselves the diverse list of championship courses nearby, they'll be coming back again ...and again.

"Absolutely, word will be getting out fast," says Ian Henson, the Director of Golf at Sun Rivers Golf Resort. "You've got world renowned designers, every flavour of golf, and all set in a climate where it rarely rains. In terms of fantastic, undiscovered golf locations, a visit to GolfKamloops.com has to be on top of any list."

With five top-drawer courses nearby—and another, Talking Rock, set to open on the shores of nearby Little Shuswap Lake later this summer—anyone who can see a flag from 100 yards will have a hard time missing the numerous opportunities to tee it up in Kamloops.

It's a list of award-winning courses as varied as it is long, one that features the signature marks of some of golf's most renowned designers—names like McBroom, Robert Trent Jones Sr., and the combination of Graham Cooke and Wayne Carleton. It's a list that allows golfers to choose a traditional track one day, and enjoy either links or desert style golf the next (you can even combine the two); to revel in rolling hills with spectacular water views in the morning, and carve their way through the trees in the afternoon.

"I think Kamloops has the best diversity anywhere," marvels Henson.



Clockwise from top left: Tobiano Resort; Talking Rock Golf Course; Sun Rivers Golf Resort (3 pictures); Tobiano Resort

Rivershore provides the links experience, but it isn't just any links-style course. Designed along the banks of the South Thompson River, it is considered by many to be the best links course created by Robert Trent Jones Sr., one of the game's most respected and legendary architects. One of just three courses he built in Canada, **Rivershore Golf Links** combines the tradition of the ancient game with uncommon visual beauty, seamless routing over rolling landscape and conditioning, earning a reputation as one of Canada's finest tests of golf.

Not to be outdone as a links track, the Graham Cooke and Wayne Carleton-designed Dunes was among Golf Digest's best new courses when it opened in 1997 and is still earning accolades like 2005 BCPGA "Facility of the Year" almost a decade later. With fairways carving through sand that was once a riverbed, **The Dunes** maintains that sense of absolute privacy common to the links courses in Ireland, combing wild fescue and wheat grass along the fairways before giving way to dunes serving as waste areas and challenging bunkers.

Voted Best New Course in Western Canada by Golf Digest in 2003, **Sun Rivers Golf Resort**, another Cooke-Carleton collaboration, utilizes high-desert mountain terrain to offer dramatic elevation changes and spectacular views of the valley. Resting at the base of Mount Peter and Mount Paul, its fairways flow along contoured canyons with water accents, combining natural sand dunes, wide bent grass fairways, gently contoured greens and majestic vistas.

Cooke and Carleton also got together to build **Talking Rock Golf Course**, which is scheduled to open in August and will perfectly complement the already established Quaaout Resort and Conference Centre. The course, which will also feature a 16 acre driving range and academy, meanders through a mature sandy forest before ending along the shoreline of Little Shuswap Lake.

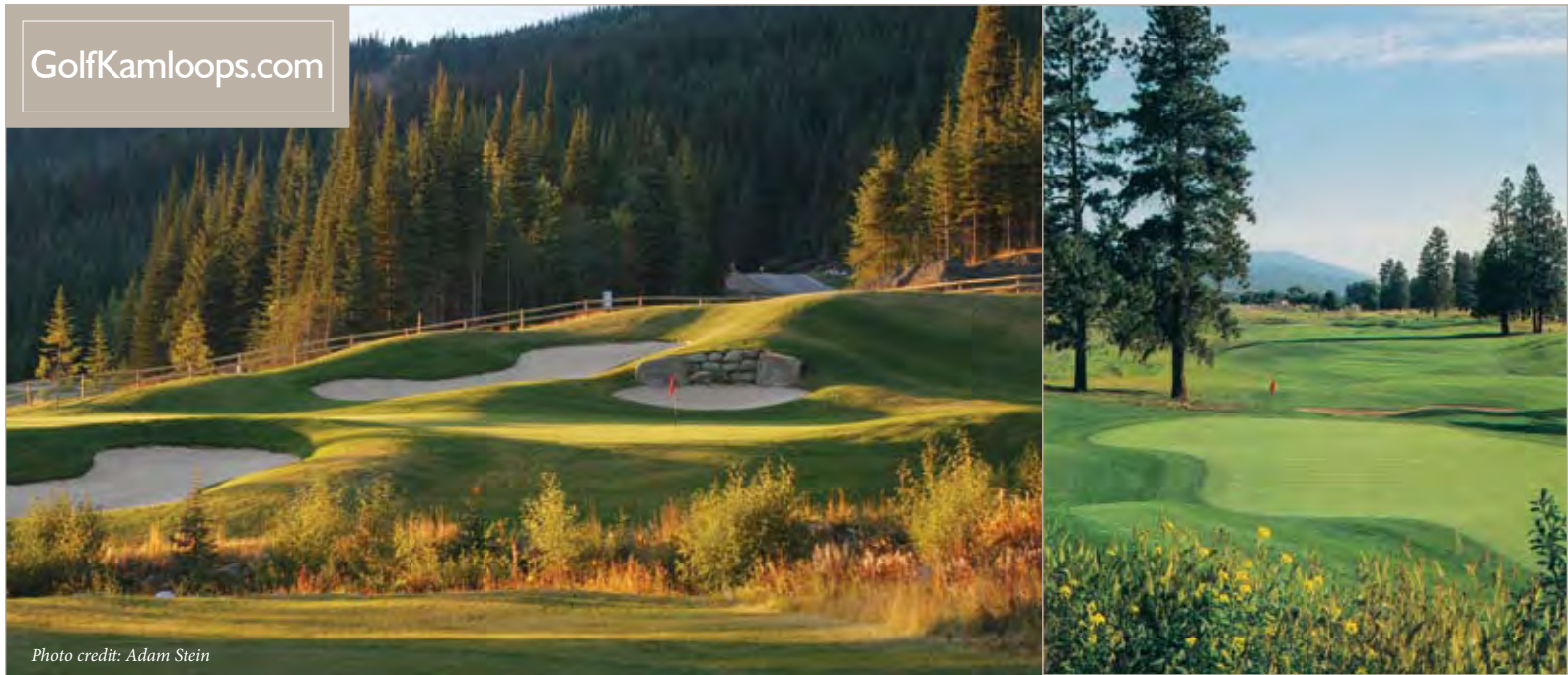
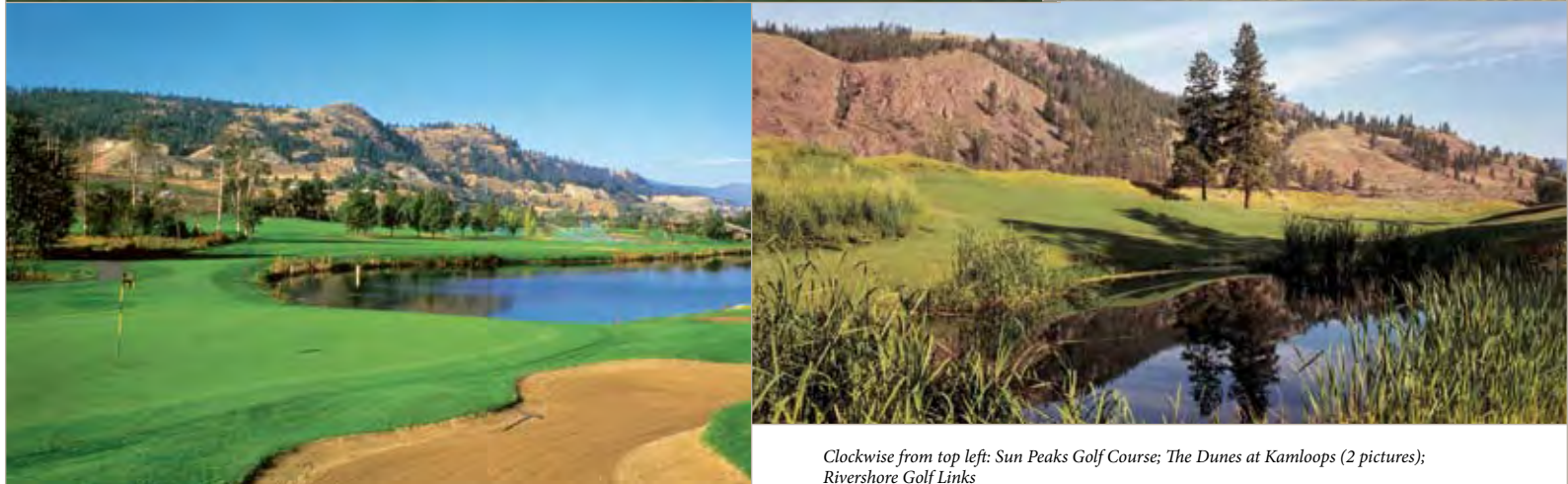


Photo credit: Adam Stein



Clockwise from top left: Sun Peaks Golf Course; The Dunes at Kamloops (2 pictures); Rivershore Golf Links

At **Sun Peaks Golf Course**, Cooke and Carleton collaborated again to take advantage of some of the most stunning mountain scenery in the province, working elevation changes and shot-making challenges into the original front nine and a reward for long-ball hitters in the more open back nine that stretches out through a river valley. It adds up to a fun golf experience amid the resort village amenities of one of the world's best family resorts—an area famous for skiing, but with plenty of exciting—or relaxing—summer options.

That unique combination of natural outdoor recreation with world class golf will continue at Tobiano, where McBroom, one of Canada's most famous golf architects, has transformed the rolling bluffs and dramatic canyon-cut ravines overlooking Kamloops Lake into what is fast earning a reputation as one Canada's must-play courses. And the amenities and options off the course certainly aren't limited to the extensive range and practice facilities, an attractive clubhouse, pro shop and indoor/outdoor dining lounge. Set on the site of storied Six Mile Ranch, Tobiano—like the rest of the Kamloops area—offers a year-round recreational paradise with everything from snow skiing to water skiing; from white water rafting to windsurfing to sailing; from fishing to hunting to nature hikes; from horseback rides to mountain biking.

It's even all centrally located. In addition to flying into the airport, Kamloops is just over three hours by car from Vancouver, Whistler and the US border, six hours from Calgary and eight from Edmonton. With so much going for it already, it's a wonder that the **GolfKamloops.com** group has to work at all. Anyone who has ever played the courses knows that the conditions and designs match up with top golf destinations anywhere in the world, even at up to one-third the price. You just don't fill a trophy case with awards from Golf Digest otherwise. And with two new courses providing a fresh spark, Tobiano taking resort options to a new level of class, and a burgeoning tourism industry, it's safe to say that the rest of the world will also soon realize it.

The great golf secret in Kamloops is no longer safe. ■

GolfKamloops.com
Kamloops, BC
1-888-232-6603
www.GolfKamloops.com

THOMPSON OKANAGAN

Mecca [mek-uh]

[as noun.] {**a Mecca**} Any place that many people visit or hope to visit: *Kamloops is **a Mecca** for golf enthusiasts.*



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IMAGINE THE SHADOWS LENGTHENING AROUND YOU IN THE GOLDEN AFTERNOON AS you stroll across the staggeringly beautiful fairways that play host to the Masters every year in Augusta. Your mind has already begun to wander into the VIP hospitality suite with its manifold delights, but suddenly a murmur begins to ripple through the crowd: Tiger Woods is storming the leader board in search of his fifth green jacket!

Dear Golfer: Getting your hands on legitimate tickets for the Masters is one of the greatest challenges in sports, period. Even if you are able to find tickets, it will require plenty of money and lots of faith, and in the end there is no guarantee that you will get what you paid for. Having just come back from guiding our 2007 departure, where we had over 250 travellers clustered around the 18th hole on Easter Sunday, I can assure you that not only will you get legitimate tickets with us, but we'll put you outside on the final stretch with a silky-smooth stogie in your hand and your own personal Masters chair staking out some of the most coveted real estate on earth. Call me or email me (awhite@horizon-co.com) to discuss your plans, whether personal or corporate.

Andrew White, Co-Owner & Director of Sales.

PS - Tickets to the 2008 Ryder Cup, where America competes against the rest of the world for honour and bragging rights, are proving equally popular, and we've put together two exceptional packages which will be available for a limited time. Reserve your spot now to avoid disappointment.

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SATURDAY CHATEAU ELAN

Day 1 Braselton. Overnight. **Day 2** Augusta. Police escort, watch the penultimate tournament day, enjoy VIP hospitality, overnight Chateau Elan. **Days 3&4** Chateau Elan. Play 2 of the 3 championship courses.

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Day 1 Braselton. Overnight. **Day 2.** Augusta. Police escort, watch the final tournament day, enjoy VIP hospitality, overnight Chateau Elan. **Days 3&4** Chateau Elan. Play 2 of the 3 championship courses.

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Day 1 Atlanta. Overnight **Day 2** Augusta. Police escort, watch the final tournament day, enjoy VIP hospitality, overnight Ritz-Carlton. **Days 3&4** Ritz-Carlton Reynolds Plantation. Play 2 of the 5 championship courses.

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Join us in Kentucky as three-time Masters winner Nick Faldo captains Europe into battle against Paul Azinger and his American team. Watch two days of world-class championship golf, enjoy access to the International Pavilion, relive the highlights over a nightcap and cigar before heading for the fairways to play the finest championship course in the heart of Bluegrass country.

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Day 1 Indianapolis. Arrive and transfer to the hotel. **Day 2** Lexington. Private transfer to the Ryder Cup in Louisville. Watch the matches. **Day 3** Return to the Ryder Cup for another full day of championship golf. **Day 4** Tee off at the Rees Jones designed Griffin Gate Golf Resort, then transfer to Indianapolis for your flight home.

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DATES Sep 19-22, 2008

PRICES \$4,595 CDN

SGL SUPP \$600

Golf Tips from the Pros

By Kevin Woodley



It's hard to imagine a better person to ask for golf tips than Hank Haney.

In addition to having the ear of the world's greatest golfer as Tiger Woods' coach, Haney's advice can be read monthly in *Golf Digest* and has been seen worldwide on PGA Tour television broadcasts. He has written instructional books, produced how-to videos, is the Dean of Instruction for ESPN Golf Schools, owns six schools of his own in Texas, and has taught more than 200 touring pros from the PGA, LPGA, Nationwide, Futures, European, Japanese and Asian tours. His students have won every major tournament in professional and amateur golf. Oh, and did we mention he is Tiger's personal coach?

So what would one of the game's highest profile coaches recommend if he could give any aspiring golfer just one piece of advice this season? Find yourself a good teacher.

Clockwise from far left: Hank Haney; Hank Haney teaching; Hank Haney chipping; Brett Saunders clubfitting; Brett Saunders teaching; Brett Saunders in putting lesson; Brett Saunders



"A coach is a great idea if your plan is to play this game for the rest of your life," Haney says. "Technique-oriented sports or activities such as golf are played better with coaching. All of the top players in the world use coaches or instructors. Golf is a difficult game. Because we can't see ourselves when we swing, it's hard to feel what is right or wrong."

Believe it or not, Haney would be happy to assist you himself.

While helping Woods dominate the PGA Tour doesn't exactly leave a lot of downtime to teach us weekend warriors, Haney's passion is still to accommodate any golfer with the desire to improve. It's a desire facilitated through both his Hank Haney schools in Texas and across the United States through his involvement in ESPN Golf Schools.

Obviously he can't be in all those places at the same time, but Haney's teaching staff is made up of some of the finest golf instructors from around the world; coaches who train amateurs and professionals alike using the same proven swing analysis and teaching methods.

"My philosophy is to teach my students to become their own best teacher by getting them to understand the flight of the golf ball and how it relates to the swing, with emphasis on swinging the golf club on their own correct swing plane," says Haney.

While he can't be at all the ESPN Schools—their options range from the One-Day, 3-Club Tour designed to help you drive, pitch and putt better, to the Three-Day Resort School, a comprehensive program emphasizing all aspects of the game—you can count on working with Haney at ESPN's Hank Haney Signature Golf School.

In addition to one-on-one instruction with him, the Two-Day program covers every aspect of the game, including course management and, at some locations, the Nike custom club fitting system to tell you everything, right down to the ball you should be using.

ESPN's Hank Haney Signature Schools, which still have spots open in Las Vegas and Toronto this summer, even come with a chance to win a trip to Torrey Pines to watch one of Haney's other, albeit slightly higher profile students, try to win another US Open.

Unfortunately trips to Texas, Las Vegas or Toronto aren't always easy to fit into a busy schedule. Fortunately there are often plenty of highly qualified coaches closer to home.

In fact, there are numerous benefits to working regularly with an instructor nearby, not the least of which is having someone who knows your body and your swing—and the faults, limitations and tendencies of both—as soon as you show up for the next lesson.

"A good coach establishes an improvement plan so that the student knows exactly where they're going along the way," says Brett Saunders, who has worked with Haney and is the Head Performance Coach for Brett Saunders Golf, which runs out of the Northview Golf and Country Club in Surrey. "The trouble with reading one tip in a magazine is it might work this weekend, but it doesn't give you a plan to establish consistent improvement."

That plan, says Saunders, starts with an appraisal, and much like your first appointment with a new doctor or physiotherapist, it includes a total evaluation of a student's physical capabilities as well as their tendencies while swinging a golf club. Often the two are related, and unlike those "ideal" tips on TV or in magazines, a good golf coach takes into account any physical limitations—from a bad back to sore shoulders to the proverbial spare tire—that can affect a golf swing, and then finds a way to work with them, because not everyone's swing can, or even has to, look like Tiger Woods' stroke.

"If the equipment doesn't fit, you could have the best swing in the world and you're not going to get results."

"A coach is a great idea if your plan is to play this game for the rest of your life."

"All you have to do is watch the Champions Tour for five minutes to realize it doesn't take the perfect golf swing to play great golf," says Scott Rodgers, associate professional at The Vancouver Golf Club. "There's swinging the golf club and there's playing the game and most of the stuff you see on TV and in books is about swinging the golf club."

Another big part of developing and working through an improvement plan is understanding—and managing—expectations, says Brent Morrison, who works with top amateurs and aspiring pros through his Brent Morrison Golf Academy, with locations at Pheasant Glen Golf Resort on Vancouver Island and Big Sky Golf and Country Club near Whistler.

RECREATION



Above: Brent Morrison teaching
Inset: Brent Morrison in chipping lesson

Morrison's role as a coach can involve everything from choosing a meal to choosing a club, from building physical strength to strengthening emotional control. And while everything he teaches top pupils can be applied to weekend hackers, Morrison knows not everyone is interested in—nor has the time for—making the same level of commitment to improving.

"You match their golf swing and necessary changes based first and foremost on what they want and their objectives and then evaluating whether their body can do these things," says Morrison, a Canadian PGA Teacher of the Year. "Maybe someone doesn't want to go through excessive hours to rebuild the body when you can just tweak one little thing."

Understanding that is part of building a strong relationship, one that allows both sides to better understand and communicate with each other by building a common language.

"There's swinging a club and there's playing golf. A good coach will teach you how to do both well."

"Building a relationship and understanding how somebody learns and how to deliver the information is key," says Morrison. "If you're asking me over the phone about something in your swing, I can tell you technically exactly what you need to do, but how you interpret what you hear is going to vary. But if you're one-on-one with somebody you can use your visual keys, demonstrate and then get them into position to hit a bunch of shots."

Of course, anyone who thinks lessons are limited to beating balls at a driving range while an instructor watches probably hasn't taken more than one. As Rodgers said, there's swinging a club and there's playing golf. A good coach will teach you how to do both well.

"Taking someone on the golf course, you learn so much more about their game," says Saunders, whose students have included pros and elite amateurs from Canada, the United States, Asia and his native Australia, and whose accomplishments range from BC Amateur titles to PGA Tour status. "I've never seen an 18-hole golf course played on a driving matt."

In addition to learning about proper course management—how to deal with things like tucked pins, long carries over water, tight and tree-lined tee shots—playing lessons allow students to experience other things not common at the driving range, such as uneven lies.

Another key component of any good instruction plan is making sure students are armed with the right equipment to get around the course as easily as possible.

"We don't necessarily suggest they change right away but everyone we teach, the first thing we do is look in their bag while they are hitting balls and just see where they're at," agrees Morrison. "You spend all that time and effort on golf lessons, but if the equipment doesn't fit, you could have the best swing in the world and you're not going to get results."

Once you do get those results you're after, it doesn't mean the lessons are over. In addition to ongoing swing maintenance, many offer trips—to famous, often sunny, golf destinations, PGA Tour Pro-Ams, or even overseas—as a way for golfers to get together in a fun environment and test their new swings on the world's top tracks.

"Whatever the client wants," says Morrison. "The sky is the limit."

Well, maybe not the sky, but you can get close. One of the options at Morrison's Big Sky Golf and Country Club-based school is a helicopter ride to the top of nearby Mount Curry, where students can hammer biodegradable golf balls that seem to fly forever.

"The helicopter picks you up on the teaching tee and you spend a half hour or 45 minutes hitting balls," says Morrison. "It's the highlight of the summer; just such a rush."

It's even better with a well-tuned swing. ■



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THOMPSON OKANAGAN

LIFE IS GOOD

Above: Cottages - Peregrine 7th Green
Left: The Harvest - 18th green

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

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

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

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

Above: Peregrine 8th
Left (upper) Gallagher's Canyon - 1st Green, Left (lower): Quail 18th Green

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

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

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

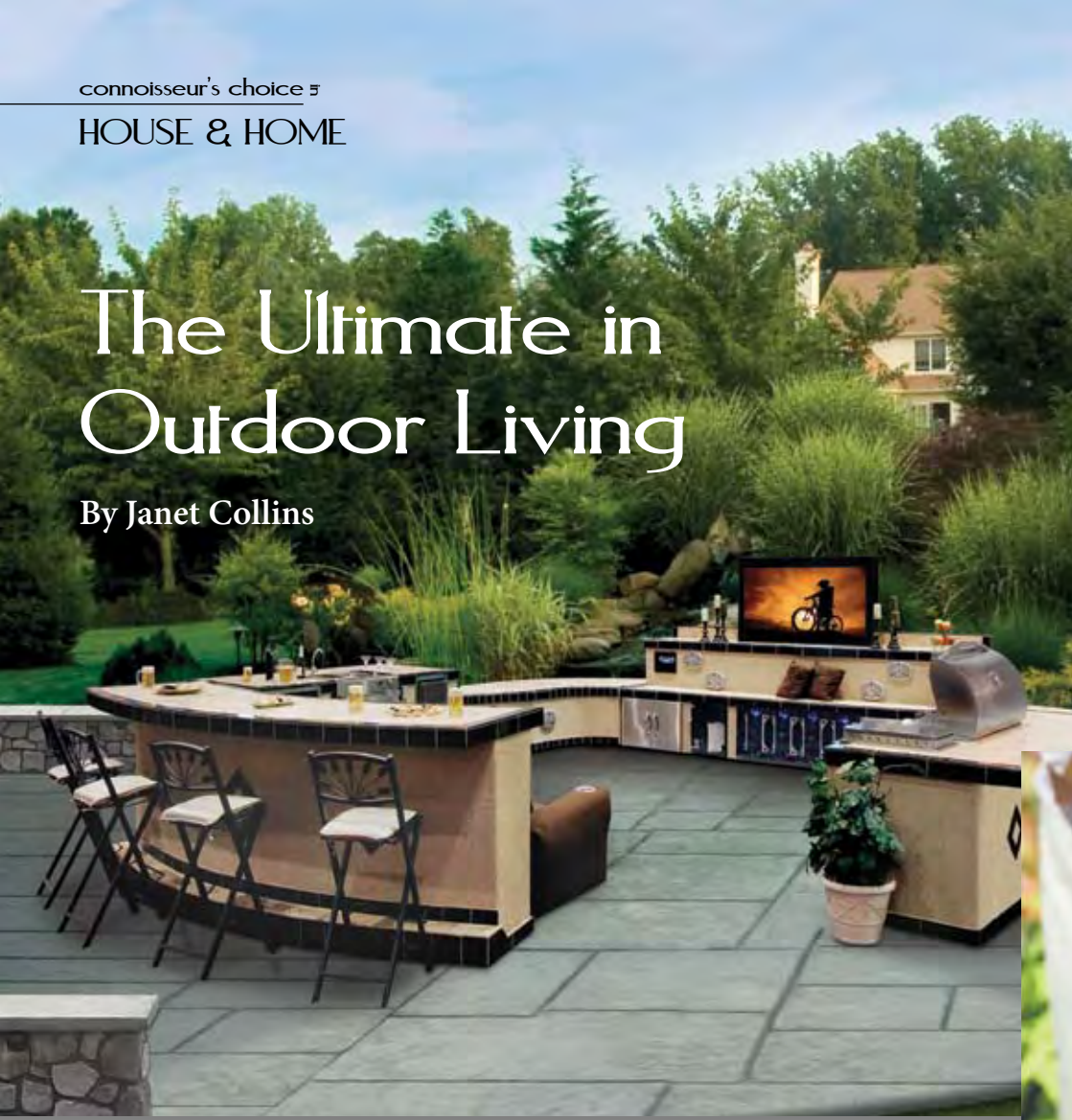
Central reservations through our toll free number make Stay and Play packages easier than ever before, and the Okanagan Golf Alliance a leader in destination golf, with repeat and referral business growing like the grapes that have made the area famous. ■



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

The Ultimate in Outdoor Living

By Janet Collins



The time is long past when a dream backyard encompassed little more than a golf-course-perfect lawn and a couple of strategically placed planters. Today's outdoor space has not only adopted the "room" moniker, but has embraced all the trappings that up until now have been confined to a home's inner sanctum.

"It's a real trend," says Kelly Deck, host of HGTV's outdoor design show *Take It Outside*. "The lines between outdoor and indoor spaces are really beginning to blur. People are investing in outdoor spaces like never before."

Theories suggest that the current drive to create the ultimate backyard originated with the "nesting" phenomenon of the 1990s, when dual-income families were so exhausted at the end of the day that they wanted nothing more than to relax in the comfortable surroundings of their own homes. "They started looking at their backyard as a place to get away from it all, a vacation destination at home or a home resort," says Deck.

A parallel trend saw empty-nesters reaping the rewards of a good economy and spending record amounts on home theatre systems, professional-grade kitchens and luxurious bathrooms. Deck says that trend is simply spilling out into the backyard. "In fact, there is a real desire to bring the look and feel from the inside of the home into the outdoors," she says. "And appliance manufacturers are bringing out incredible appliances and modular units that can be used in all types of climates, even at Whistler!"

"There is a real desire to bring the look and feel from the inside of the home into the outdoors"



Top left: Cal Spas Ultimate Outdoor Theatre
Top right: Cal Spas U8100 Ultimate Outdoor Entertainment Room

One room that has been a part of outdoor living since prehistoric times is the kitchen. However, the trusty fire pit can't hold a candle to today's outdoor appliances.

One product, the iconic charcoal kettle barbecue, might well have started the backyard revolution, but the company behind that product—Weber-Stephen Products Co. of Weber grill fame—isn't content with fanning that single charcoal flame. In fact, their latest product offerings are turning up the heat on some of the competition as 2007 marks the most ambitious and largest new product launch in the company's 54 year history.

The luxury Summit line, priced between US\$1,900 and \$2,650, includes an 8,000 BTU smoker burner with a stainless steel smoker box, plus a 10,600 BTU rear-mounted infrared rotisserie burner. Another Weber introduction is the Genesis line, priced at US\$900 to \$1,070. In addition to spiffy new features like a flush-mounted side burner, the Genesis line is available in standard stainless steel as well as four porcelain-enamelled colours (black, dark blue, green and copper) which give homeowners another way to add colour to their outdoor space.



Viking also offers up some exciting grill options, but the foundation of their outdoor systems is a series of modular cabinets. "They're made from surgical stainless steel so they won't rust, and they can stand up to both hot and cold climates," says Barry Towns, Viking sales manager for western Canada. "The modular units screw together easily and have the same levelling leg as on our indoor range, so it's easy to level them on a concrete patio or wooden deck. Any homeowner can install the systems themselves."

In addition to a line of outdoor grills, Viking systems include outdoor ventilation ("good for gazebo or covered cooking areas near the house," Towns points out), as well as side components such as refrigerators, ice makers, wok burners, infrared burners, beer kegerators (cabinets that keep a keg cold), beverage centres, smokers, gas ovens, sink base cabinets and more.

"Infrared burners are really gaining attention now," Towns says. Other popular Viking products include portable refreshment centres that can be moved to serve different entertainment needs. Outdoor smokers are also becoming a "must-have" item.



Clockwise from top left:
Viking Professional Outdoor Kitchen; Viking TruSear Infrared Griller;
Viking Ultra-Premium Gas Grill with optional grill cart;
Cal Spas G3100 Sports Bar & Grill; Viking Ultra-Premium Gas Grill with side burners

Even if kitted out in the latest products, an outdoor space doesn't become a true getaway—a resort-like destination—unless it is well designed. After all, good design ensures ease of use, and that means less work and more enjoyment for everyone.

"When designing an outdoor kitchen, make sure the space is built to be usable," advises Towns. "It's counter productive to have to keep going inside to clean up or to get cold beverages. You want to stay outside where your guests are. So it's best to have a set-up where everything you need is within easy reach—including storage space and clean-up space."

Casey Loyd couldn't agree more. In fact, the president of Cal Spas thinks outdoor living space should extend beyond the kitchen and dining experience.

"A couple of years ago, when home theatre rooms were becoming very hot, we started wondering why anyone would want to spend time in their basement on a nice day or evening, even if they had the best home theatre system in the neighbourhood," says Loyd. "So we set out to design an outdoor entertainment system."



The company's latest introduction in the Cal Flame's Outdoor room series is the Ultimate Outdoor Theatre. Boasting a manufacturer's suggested retail price of US\$70,000, the system includes a martini bar, stainless steel refrigerator with built-in beer tap, cocktail center with stainless steel sink, bench style seating, three weather resistant recliners with cup holders, a fire pit, professional grade five-burner stainless steel grill, deluxe side burner, Sirius Satellite-ready DVD/CD stereo system, 63 inch LCD high definition weatherproof TV and a powerful sound system with subwoofers, amps and surround sound speakers. The system is modular, so homeowners can change the configuration to suit their individual style and needs. Of course, the price changes depending on which modular units are included. But the Ultimate does have its appeal.

"It's one of the baddest things I've ever worked on," Loyd confesses, noting that customers like "Magic" Johnson and Ron James have scooped up the high-end system for themselves, as have other celebrities and top executives.

He notes that the backyard is becoming the new living room, thanks to products like the Ultimate Outdoor Theatre. "The great thing about this type of system is that it can be used all year, not just during the warmer months like a pool," says Loyd.

Deck agrees. "Big outdoor decks with all the bells and whistles are fast becoming a must-have amenity for both single and multi-family dwellings on the West Coast. In fact, developers are adding them to a lot of spec properties now for that very reason," she says. "Add an outdoor heating system and you can easily entertain in year-round comfort."

To Deck, the beauty of the modular systems offered by companies such as Viking and Cal Spas is finding something that functions well in any backyard setting.

First row: Weber Summit S-620 Gas Grill; Cal Flame FRP4300 Outdoor Fireplace;
Second row: Weber Genesis Premium CEP-310 (blue); Weber Summit S-650 Gas Grill;
Viking Outdoor refreshment centre

"The key is determining how you want to entertain—will guests be standing around like at a cocktail party, or will they be sitting down to a meal?" Deck says. "Then you need to decide the number of people that will typically be entertained in the space. That will help determine the size and type of seating to include."

Loyd says a well designed backyard will be a place that all members of the family can enjoy. "We've had clients tell us that since they turned their backyard into an entertainment center (complete with all-weather flat screen TV), they have trouble getting their kids to come inside," says Loyd. "It really is all about taking the indoors to the outdoors and making it better." ■

Weber-Stephen Products Co.
www.weber.com

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www.vikingrange.com

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Predator Ridge



Predator Ridge Golf Resort in Vernon, BC is an award-winning community that, for homeowners, is a hole-in-one. George Planiden, general manager of Predator Ridge Developments, says the project is unparalleled in the Okanagan Valley. “Predator Ridge has a very strong reputation,” says Planiden, whose company recently won the Canadian Home Builders’ Association’s Best Home in Canada over 2,200 sq ft for its Preston Show Home. The Preston is a part of the Signature Home Series at Predator Ridge.

“We’re the premier golf community in the area. We’re the standard that everyone else is measured against.”

With three categories of homes all located on one of the three beautifully manicured golf courses, it’s easy to understand how Predator Ridge has staked out such an enviable position in the marketplace. “We have the Osprey Coach Homes that are 2,000 sq ft semi-attached homes on two levels starting in the mid \$500,000s,” says Planiden. “Phase One of the Osprey Coach Homes sold out in an hour. This is the second and final phase.”

“Then there are the homes at Longspoon Ridge. Buyers can select from the Signature Home Series which are a collection of single family two-level homes around 2,500 sq ft, while some of the sites will accommodate an Executive Series home. It’s the newest neighbourhood at the resort.

You pick a homesite and the type of home. A handful also have the first lake views offered at Predator Ridge.”

To streamline the home buying process, Predator Ridge Developments offers its Advantage Program: a premium package of all-inclusive features and fixtures for both indoors and out. Advantage includes high-level finishings such as solid maple flooring, granite counter tops, detailed fireplaces with stone facings and stainless steel appliances.

Adding to the excitement are the homes located in the neighbourhood of Vista Crest. “These homes are larger, executive style homes,” Planiden points out. Offering some of the best views of the area, the homesites at Vista Crest are as large as one acre, with the homes showcasing the highest level of workmanship. One of the homesites has a driveway that runs between two large rock mounds which provide exclusive privacy.

Predator Ridge is also offering, for the first time, a two storey home—three with a terrace walkout level, available on special private parcels in Vista Crest. “At Vista Crest you can build one of our Executive Series homes and use the Advantage Program. Others will choose to build a custom home and work with an interior designer to completely customize the home,” says Planiden.

At Predator Ridge, golfers and non-golfers alike will find plenty of activities to enjoy at this 1,200 acre oasis, including hiking trails, a family activity centre, clubhouse and more. Paying close attention to how the resort fits into its surroundings, the developer and architectural team have achieved a perfect balance between nature, housing and, of course, golf.

Predator Ridge Golf Resort, now in its 16th year, is a source of continuing pride, being ranked as one of Canada’s top courses making Score Magazine’s list the past eight years. In 2006, the British Columbia Professional Golf Association named Predator Ridge the “Golf Facility of the Year.”

After your game, the fitness centre at Predator Ridge Lodge—complete with a state-of-the-art sports training facility, 25 metre lap pool, hot tub, steam baths and change rooms—beckons. Also located at the lodge is the Rituals Aveda SalonSpa. Opened in the summer of 2004, the 5,000 sq ft facility is the perfect way to unwind by enjoying wraps, massages, facials and more. “The idea behind Predator Ridge is to park your car and enjoy your holiday,” Planiden says. “You can play golf in the morning and go to the spa in the afternoon.” ■

*First row: Craftsman Style homes overlook the golf resort;
Top right: The view from the clubhouse overlooking the Peregrine & Red Tail courses;
Second row: Putting at the Family Activity Centre; Preston Show Home kitchen;
Fitness Centre 25m lap pool; Award winning Preston Show Home;
Predator Ridge Lodge & Spa; Predator Ridge Fitness Centre*

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www.predatorridge.com

Poolside Technology

By Dave Chalk

It's been a long time coming, but summer is finally upon us, and if there's one thing I love about those long days of sunshine, it's spending time with friends and family by the pool. Now, thanks to a few great gadgets, you'll have even more reason to kick back and relax, invite the neighbours over for dinner, or simply enjoy some music by the pool.

Before you dive in for that refreshing morning dip, you'll want to clean out those pesky water bugs. But don't spend all that time skimming with an old-fashioned pool net—it's time to join the 21st century with a Verro pool cleaning robot. Sip your morning coffee as the bot takes over, tackling the floors and walls for a sparkling clean. Roller brushes scrub your pool's surfaces and a powerful vacuum with self-contained filtration system traps dirt, debris, algae and particles as small as two microns. Plus, artificial intelligence keeps the Verro from crashing into pool toys. Two models are available, one for larger pools and one for smaller, and both will clean your entire pool in about an hour, giving you just enough time to get through the Sunday paper. You whistle, it works, for US\$800-\$1200.

www.irobot.com



Revolution Portion System, which counts how many times the agitator passes the shaver blade, and then releases just the right amount of ice to mix and blend that not-too-icy, not-too-sweet Margarita, Mai Tai or Daiquiri. Or for the kids, it can whip up the ultimate slushy that's bound to bring on brain freeze. With a three horsepower motor, unbreakable 64 oz drink pitcher and room for four solid tropical drinks, you'll be sipping all summer for US\$2700.

www.frontgate.com

Of course, what's a cocktail without a special someone and a little shade? If you're looking for something more exotic than your average patio umbrella, consider the Lighted Palm Tree. Almost as good as the real thing, this unique umbrella shades you under an 84" leaf-like canopy and replicates a real palm, right down to the trunk, petioles and leaflets, which are weather resistant and flame retardant. When the lights go down, three water resistant 10 watt halogen lights mount to the stem for a romantic and exotic setting. It's not exactly Hawaii, but for about US\$650—the cost of a flight—you can enjoy your very own palm fronds all summer.

www.hammacher.com

Still not relaxed enough? Even though you never did invest in that hot tub you've always wanted, you can still enjoy a soothing soak now and then. The Hot Pod Floating Spa pumps hot water from your pool's heater through six hydro-engineered jets positioned inside a separate pool that floats within your pool. Inside your spa pool tub it's warm, bubbly and relaxing. Outside of it, the rest of your pool remains cool and comfortable. Best of all, the Hot Pod fits in any in-ground or above-ground pool and sets up in just 15 minutes. Made of heavy duty nylon, it's no inflatable water toy, but at US\$500 it's still cheaper (and a lot less stressful) than building and maintaining a hot tub.

www.wards.com

If there's one thing that's inevitable about spending most of your summer poolside, it's that things are going to get wet. Take your iPod for example. On its own, drop it in the pool and you're at a loss for summer music. But protect it in Frontgate's Waterproof iPod Stereo Case and suddenly your iPod can float right beside you. The tightly sealed compartment allows you to slip in your video iPod and the waterproof click wheel gives you instant access to music, movies, podcasts and more. And rather than sounding like it's underwater, your audio sound is boosted by dual full-range neodymium drivers that provide high quality sound. Slippery fingers? The shatterproof case protects your MP3 player from spills, drops and even saltwater corrosion for just US\$150.

www.frontgate.com



Another thing not made for the pool is your personal digital assistant (PDA) or smartphone. Of course you can't go anywhere without it, which is why the OtterBox PDA and smartphone cases come in handy for those who can't stand to be out of touch. Compatible with any variety of handhelds, OtterBox cases are waterproof to one metre depth but are built to float, so there's no need to dive in, should you drop your phone in the pool. OtterBox cases are also drop-proof and crush-proof and many models give you complete use of your phone without having to remove the case. Good insurance for around US\$130.

www.otterbox.com

Now that the music is ready, the pool's been cleaned and your drinks are ready to go, maybe it's time you invited the neighbours over for a barbeque. Of course, nothing's more anti-social than standing over a grill all night long. Enter the Grill Alert Talking Remote Meat Thermometer, which gives you the freedom to mingle with your guests without having to constantly check on dinner. All you need to do is stick the steel probes in the centre of the meat, select the type of meat (lamb, chicken, beef) and tell it how you'd like the pieces to be cooked. A voice prompt will alert you up to 300 ft away when your meat is "almost ready" and "ready", and voila! You're done. The only drawback? Your neighbours might start coming around a lot more often. Just US\$75 to cook it right—every time.

www.brookstone.com

As everyone sits around the pool enjoying the feast you've just effortlessly cooked up, why not impress your guests even further with your understated yet impeccable taste? The SunJar by Suck UK looks like a traditional Mason jar, but inside it has a highly efficient solar cell, rechargeable battery and low energy LED lamps. Place the jar in sunlight and the solar cell creates an electric current that charges the battery. This energy is then used at night to power LED lights inside the jar. All this light is diffused by the jar's frosted glass, giving your poolside patio or garden pathway a warm glow without a single plug-in. There's no switch either—just a clever sensor that automatically activates the lights when it gets dark. Light up your evening for US\$48 each.

www.greenergrassdesign.com



While we're on the topic of cool design, I cannot say enough about Smarthome's Outdoor Stone Speakers. These incredibly natural looking speakers really rock, and are available in a variety of shapes and colours that blend perfectly into any outdoor setting. Each speaker is made of fiberglass-reinforced concrete and is hand finished to look just like stone, even close up. Put them in your garden and you'll leave everyone guessing as to where the music is coming from. Being outdoor speakers, they're also incredibly durable and can withstand inclement weather all year 'round, while providing sound quality you'd expect from indoor speakers. For a little variety and further guest confusion, planter and tree stump versions are also available. Outdoor speakers can be had for US\$80-360, while their subwoofer counterparts (for added bass) range from \$350-600.

www.smarthome.com

Finally, if you really want to combine sights and sounds for the ultimate in outdoor entertainment, I've found the solution. Forget what you know about drive-in movies—thanks to SuperScreen, you can enjoy home movies in your backyard like never before. These incredible, inflatable systems set up in about an hour; all you need to do is lay out a ground cloth, unroll the vinyl frame, attach the blower, and inflate your very own personal outdoor theatre. All SuperScreen models come in 16:9 widescreen format, which is perfect for movies, but you can also use them for computer presentations, laser shows or even your favourite TV programs. Although they're available in sizes up to 24 ft tall x 36 ft wide, for a backyard setup check out the SuperScreen Junior, with its 17 ft tall x 25 ft wide frame. Of course, if you're going to buy an outdoor movie screen, there's not much point unless you have an audio-video (AV) system to go with it. The SuperScreen Junior AV package includes the screen, plus a 3500 Lumen Single Lamp Projector with Long Lens, audio switch rack with DVD, audio and video mix with wireless capabilities, an audio speaker system and more. So just how much does it cost to create your own outdoor theatre? The SuperScreen Junior AV package goes for US\$35,095. Being able to watch movies from beside—or in—the pool? Priceless.

www.superscreenusa.com



Fabulous Summer Libations

By Gael Arthur



Clockwise from left: summer snacks for wine; Almond Resorts - Smugglers Cove in St. Lucia; Belhaven beer

With the onset of summer, everything seems a bit brighter and cheerier. The food we eat in summer is fresher, crunchier and livelier, so it makes sense that what we drink should also shift to match a lighter mood.

On the wine front, there are countless light and refreshing white wines that still offer plenty of flavour. Vinho verde from Portugal, Grünerveltliner from Austria and Vermentino from Sardinia are all white wines that fit the bill. If these sound risky (or too hard to pronounce in a restaurant), New Zealand Sauvignon Blanc is another good choice—its aromas and crisp acidity will take the edge off a hot summer afternoon.

Before you think about red wines, think about rosé (no, not White Zinfandel, which is something quite different—nothing wrong with it, it's just not the same). It's a perfect summer drink that pairs easily with seafood, tomato-based pastas and even chicken. The classic rosé is the bone dry Tavel, a wine from the Rhône Valley with a lot of structure and flavour. Creditable cousins come from down the road in the Côstières de Nîmes and the Côtes de Ventoux.

What makes these wines so appealing is the fact that they are made from the same grape varietals used to make those big Rhône red wines (think Châteauneuf-du-Pâpe). The grapes are crushed and sit on the skins for less than a day, just long enough for the juice to take on a gorgeous pale salmon colour.

The juice is then fermented in stainless steel at cool temperatures, retaining the intense aromas and crispness that makes rosé wines so delicious.

Red wine in summer seems inextricably linked to the barbecue. The smoky flavour that outdoor cooking imparts is the perfect foil for the big hearty reds that scream for food. It's hard to go wrong with a juicy Australian Shiraz or a California Zinfandel, but there are a lot of other grape varieties that are worth a try. Spanish and Portuguese wines rarely get a lot of press in North America, perhaps in part due to the fact that the grape varieties are not generally well known and the blends of five or six obscure grapes can be hard to pigeonhole. Many of these wines fall squarely into the “cheap and cheerful” category, so trying them won't break the budget. Describe your current favourite barbecue wine and ask your wine purveyor to recommend something from the Iberian Peninsula.

It's a short hop from red wine to sangria and other wine-based drinks. Sangria is automatically festive—think about it. This is a drink that you prepare by the pitcher, meaning that you expect to be sitting around drinking it for a few hours. The secret to good sangria lies in the fruit.

A basic red wine takes on a whole new identity when paired with equal parts of fresh fruit (oranges, apples, even grapes) and clear sodas—7-Up, Sprite or soda water, depending on what you have on hand. Pour the concoction into an iced filled pitcher and haul out those big heavy glasses you brought back from Mexico and never use.

A variation on sangria calls for white wine, spiked with gin and brandy, plus the requisite soda and fruits like apricots and peaches along with the oranges. Although it may taste good, combining these alcohols is also a recipe for a hangover, so if you opt for this drink, make sure there is plenty of food on hand—olives, bruschetta and whatever else is handy in the pantry to mitigate the damage.

The best white wine aperitif is also the simplest. Take Crème de Cassis, a low-alcohol black currant liqueur from France. Add a small amount of it to virtually any dry white wine and voilà—you have a Kir. It doesn't take a lot of cassis—adding one-half ounce to a five ounce glass of white wine will do the trick. Keep the cassis in the refrigerator, so its addition doesn't warm up the drink.

The Kir can be dressed up with a minimum of effort. Instead of white wine, substitute a sparkling wine and use champagne flutes.

...my first choice would have to be
the Fancy Lawnmower Beer.

Champagne is not necessary here; a good Spanish cava will make for a perfectly delightful Kir Royale.

When it comes to summer drinks with spirits, opt for white liquors—vodka, light rum, tequila and gin. With thousands of combinations, the limits on what to make are set only by imagination and the supplies in your bar. However, since few people really want to invest in blue Curacao, Chartreuse and sloe gin, the smart approach is to master a few of the classics, augmenting your repertoire with one of two “signature” drinks that will show your guests your creative side.

For signature drinks, defer to the experts. When it comes to rum, the folks who live in the Caribbean are the people to ask. Almond Resorts operates five terrific all-inclusive resorts in Barbados and St. Lucia—St. Lucia, home of the annual Rum and Food Festival every November. The folks at Almond are obsessed with service, and their bartenders are no exception. While I don't have the recipe for the drink affectionately called “Encouragement” that they offer to people thinking about getting up on the Karaoke floor, they do publish a selection of drinks their guests seem to favour.

Here are a couple of easy and tasty choices:

La Smarrita

- 1.5 ounces Campari
- 1 ounce white rum
- 1 ounce orange juice
- 1 ounce pineapple juice

Place all ingredients in a shaker with 2 cubes of ice. Shake vigorously for one minute and pour into a Poco Grande glass.

Almond Breezer

- 1.5 ounces white rum
- 2 ounces pineapple juice

Place all ingredients in a cocktail shaker with two ice cubes. Shake for 15 seconds, then strain the mixture into an old fashioned glass. Garnish with a pineapple spear.

The secret to making these drinks at home is using fresh juice and paying attention to detail. This means the right glasses, the right garnishes and, most important, honouring the proportions in tried and true recipes.

“Whisk all ingredients and warm on a stove, then char with a red hot poker. Serve in a teacup.”

Consider this: Bartenders devote their careers to developing the best drinks—each of them dreams of creating the next Mai Tai or Long Island Iced Tea. They hone their skills with their customers and, if they show promise, they move to the world of competition. In Italy, there are 14 regional Barman competitions that lead to an annual national event.

Around the world, suppliers sponsor events that build their reputations and loyalty. The most spectacular event belongs to 42 Below, a premium vodka producer from New Zealand. Capitalizing on clear water and air, this company hosts the Cocktail World Cup every September in Queenstown.

Bartenders submit cocktail recipes (including one of the 42 Below vodkas) and the most promising applicants head to national finals. From there, teams of three per country are chosen for a week of competition in New Zealand. Events include Bungee Shaking (the world’s first bungee jumping site is just outside Queenstown), Mountaintop mixology and a series of other events that probably require as much consumption of alcohol as creation of cocktails.

The winning cocktail recipes ought to come with stern instructions not to try this at home. While steep in ingredients (eight), the instructions for the 2006 winning drink are relatively straightforward: “Whisk all ingredients and warm on a stove, then char with a red hot poker. Serve in a teacup.” Char? A red hot poker?

A safer solution: The 42 Below website also publishes recipes that anyone possessing a cocktail shaker and a Martini glass can master.

Green Dragon

- 1.5 ounces vodka
- Dash of sugar syrup
- Several thin pieces of kiwifruit (peeled)
- Slice of kiwifruit to garnish

Chill a Martini glass with ice. In a shaker, place finely chopped fruit and add sugar. Pound the fruit with a muddler, a pestle, or other blunt instrument and add vodka. Fill the shaker with ice, and shake violently for about 10 seconds. Strain mixture into chilled Martini glass and garnish with a slice of kiwifruit.



Clockwise from top left: Vodka cocktail shaking; cocktail competition in Italy; summer cocktails

Last, but definitely not least, it just wouldn’t be summer without an endless supply of beer. While the big name brands serve a purpose, there is something quite remarkable about giving a beer drinker a choice of five or six microbrews or unusual imports. And no, unusual imports do not include Corona or Heineken. Rather, Scotland’s Belhaven, Quebec’s Unibroue or Belgium’s Leffe will raise an eyebrow and get everybody talking about what makes a great beer.

The proliferation of microbreweries across the continent is exciting and it’s great to try the seasonal offerings. Because these little guys brew their beer in batches daily (or as often as their equipment allows and customer demand dictates), there is generally lots of experimenting going on. Whether it’s wheat or oat beer, a lager or an ale, it’s all good. While I have never had the chance to taste anything from the Saint Arnold Brewing company, Texas’ first microbrewery, I already know which beer I would order. Like practically everybody else, my first choice would have to be the Fancy Lawnmower Beer. The good news is that it is a German style Kölsch, a style of beer that I am happy to drink, no matter what the season. ■

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connoisseur's choice 5
 STYLE

Summer Beauty

By Catherine Dunwoody

Summertime has a lovely way of slowing down our busy schedules and paring down our beauty routines, leaving us time to enjoy the warmest of seasons to its fullest potential. Who needs high maintenance hair when it's sizzling hot? Or makeup that slides sideways during high humidity?

Here's what's hot to keep you cool this summer.

SKIN

Skincare during the summer months doesn't stop at the neck. Your face and body deserve both preventative measures and some pampering to look and feel healthy and sexy.



- Juara Coffee Scrub, \$42, is the perfect primer before applying self-tanner. Results? No streaks. Gently exfoliate during your morning shower with this java-scented scrub for smooth skin. Talk about waking up to smell the coffee.
www.juaraskincare.com

- Your shopping list of summer beauty goodies should start with an excellent sunscreen. KINeSYS Performance Sunscreens are alcohol and oil free, with no PABA or preservatives to wreak havoc on sensitive skins, plus the non-sticky spray formula means a hands-free application that dries in seconds. At \$6 each for the 30 ml mini-size, stow one in your glove box, one in your desk drawer for last minute al fresco lunches with the girls, and one in your ready-to-go summer weekend bag, natch.
www.kinesys.com



- Save time and steps by using a tinted moisturizer that contains SPF 15, like Estée Lauder's DayWear Plus Multi Protection Tinted Moisturizer. Foundation can be just too heavy for the season, whereas this provides just the right amount of coverage in a lightweight product. \$41 for 30 ml.
www.esteelauder.com
- Bikini season bumming you out? Try Chanel's new Firming and Shaping Gel Anti-Cellulite. Be sure to massage your thighs, tummy and derriere vigorously to get your circulation revved up, then apply so the active ingredients can penetrate your skin and do their firming magic. A little more confidence at the beach never hurt.
www.chanel.com

HAIR

Your hair takes a beating during the summer. Here's how to keep your cool and protect your fresh colour, as well as that scalp that's been hiding under a hat all winter long.

- Love the idea of getting your hair gorgeous for a big meeting or hot date in less than 30 minutes? Meet Blo—Blow Dry Bar, where all they do is hair styling and blowouts, with not a pair of scissors or a hair colour in sight. For less than \$30, you choose from a menu of fab hairstyles, and in half an hour you're out facing the world, or the boss for that big raise, looking polished and A-list worthy. Watch for franchises worldwide.
www.blomedry.com





- Think your hair is dry during the winter months? Summer brings its own special set of hair issues to deal with, like the parching effects of chlorine, sun, salt water and wind. Protect and nourish your hair with K-Pak Sun Therapy by Joico. Nourishing Shampoo, \$14.95. Treatment Masque, \$19.95. Protective Sun Milk, \$17.25.
www.joico.com



- Schwarzkopf Professional's BC SUN Guardian offers the ahhhh for summer-stressed tresses too. Try BC SUN Hair and Body Shampoo, \$13, UV Protection Spray, \$14, and After-Sun Treatment, \$17.
www.schwarzkopf.com



MAKEUP

Let the summer season give you a break—let your skin breathe a little with lighter, fresher makeup, and with a whole lot less time spent at the mirror.



- Alison Raffaele Cosmetics Mineral Powder Foundation, \$35.50, is available in 7 skin tones. The minerals calm and soothe the skin, and it contains no oil, fragrance or talc to clog pores. Perfect for sizzling summer days. Try the Mineral Powder, great for travel or your handbag. Travel brush, \$41.
www.alisonraffaele.com



- Now that we know to achieve a 'tan' without the harmful rays of the sun, what a difference a good bronzer makes. Try Estée Lauder's Bronze Goddess Collection—looks glamorous and comes in shades that look natural, never orangey. Bronzer, \$40 and High Gloss lipgloss, \$18.
www.esteelauder.com

- Island Michael Kors Hawaii lip gloss balm, \$14, is perfect for poolside. Toss this into your beach tote for luscious, lickable lips that are tinted, and taste of fresh citrus-orange.
www.michaelkors.com



FRAGRANCE

New, limited-edition summer scents have hit fragrance counters everywhere. Lighter, easier to wear versions of your favourites are just right, so hide your heavy-hitters for the fall, and get yourself spritzed with these.

- Davidoff Cool Water Woman Happy Summer, is a fresh blend with notes of passion fruit and jasmine, 100 ml, \$59.



www.GoodLifeConnoisseur.com



- Calvin Klein Eternity Summer is floral and sunny, with orange blossom and white peony, 100 ml, \$89. Eternity for Men Summer is irresistibly clean with ocean air, coriander and cedar wood, 100 ml, \$75.



- A unisex scent makes it shareable, which makes it sexy of course. CK One Summer is a delish blend of grapefruit, ginger, and vanilla, 100 ml, \$60.



- From our fave jet-setting designer comes his latest fragrance, Island Michael Kors Hawaii, named after his much loved vacation spots. Neroli, pineapple and ginger lily smell divine on sun warmed skin, 50 ml, \$72.



- Nautica Island Voyage for men blends Italian bergamot, purple iris, and sandalwood, 100 ml, \$69.

www.GoodLifeConnoisseur.com

HOME

Want to create a beach house atmosphere in your big city dwelling? Why not, especially with these new home scents, just in time for the summer. You'll swear that's sand you're tracking in...

- From Crabtree and Evelyn, try India Hicks Island Living Home Collection. The Casuarina scent's fresh green fragrance is available in the Fragrance Diffuser, a glass bottle filled with fragrant oils and seashells, with reeds that wick the scent up and into your room, \$74.95.



- Also from this collection is the Treasure Box, a potpourri like you have never seen, with beach-found goodies like shells, coins and sea glass in a beautiful wooden box. \$37.95.
www.crabtreeandevelyn.com



- Illume Pineapple Cilantro soy candles bring a tropical, juicy scent to your home, and in a fresh green shade are perfect for summer entertaining. \$25.
www.scentsandsprays.com



Summer 2007 | GOOD LIFE CONNOISSEUR 51

“no one
knows me like
joseph”

Joseph Ribkoff

Weight Loss, Naturally

By Sandra Tonn, RHN

Summertime is supportive of natural weight loss. Fruits and vegetables are in season, with their nutrient dense, high fibre, low calorie benefits. There are also many enjoyable ways to increase activity in the warm temperatures, under sunny skies.

While most people simply want to lose weight to look better, especially in the summer, extra weight and obesity pose many health risks. Research shows that normal weight is an important factor in decreasing risk of death from all causes including diseases such as cancer and heart disease. According to the Annals of Internal Medicine, overweight people are more likely than healthy weight people to have chronic health problems such as diabetes, high blood pressure and knee arthritis. Overweight people also die at younger ages than those who have a healthy weight. In Canada, a 15-year study done by Queen's University in Ontario showed that excess weight and obesity accounted for approximately 57,000 deaths between the years 1985 and 2000.

Some people look to fad diets, weight loss programs, supplements, drugs and diet books for a solution to excess weight. Yet there is limited evidence to support the effectiveness of any of today's popular, major commercial weight loss programs. Counting calories, depriving oneself of satisfying meals and obsessing about ratios and special food products is not a realistic or healthy way to make real change. There are many factors beyond calories that affect our weight and health.

Understanding Carbs and Fat

It is true that fat (9 calories per gram) is higher in calories than carbohydrates or protein (4 calories per gram). However, an essential fat that the body knows how to use and requires for proper functioning is going to result in less weight gain and better health than processed carbohydrates, for example.

Refined sugar and processed food products may be counted at 4 calories per gram, but once eaten, the body reacts to the rush of sugar by quickly turning the excess glucose into stored body fat. Since such calories are devoid of nutrition, people tend to feel hungry soon after and also crave sugar, since their blood levels of glucose have been affected. A vicious cycle ensues and weight gain, not loss, is the result, despite the calorie count.

People who avoid fat to try to lose fat are working against the body's natural ways of working. One must eat fat to lose fat. This sounds contradictory, but in the body it makes perfect sense. Besides the fact that essential fatty acids are absolutely essential to health and required to carry out many bodily functions, they are necessary to activate the fat-burning process.



Normal weight is an important factor in decreasing risk of death from all causes

A study done by the Brigham and Women's Hospital and Harvard Medical School in Boston showed that subjects on a moderate weight diet not only lost more weight than those on a low fat diet, but the low fat dieters actually gained weight.

Healthy fats include the fats found naturally in foods such as nuts, seeds, grains and vegetables. To purchase healthy fats in a bottle, look for organic, extra-virgin olive, coconut and flax oils. Flax oil should never be heated. Olive and coconut oils are more stable and can be used in cooking and baking, but never to the point of smoking.

The quality of the calories is a key to how the body functions. Eating whole natural food will positively affect the body's metabolic rate—the rate at which the body burns calories.

Enjoying Whole Food and Exercise

Eating a whole food diet and enjoying regular physical activity is the only effective way to naturally, and permanently, normalize weight. It is not unusual for an overweight person to obtain health and a normal weight simply by transitioning to a whole food diet and adding moderate, regular exercise to their life. No specific diet plan or calorie counting is necessary. Once people realize the importance of eating a natural diet and change to a better, permanent way of eating, the weight comes off and stays off.

Eating more whole food eases the transition away from processed food. Our whole, natural foods provide all of the nutrients we need to function well, including fibre. Researchers say that increasing daily fibre intake, by eating more fruits, vegetables, whole grains and legumes throughout life, is a critical step in stemming the epidemic of obesity emerging in Canada.

Whole food provides the natural balance we need to lose weight and feel great. Animal products are not whole, balanced foods, but concentrated sources of protein and fat with no fibre, so it's best to go easy on them. Reducing overall intake of meat and cheese, for example, is a healthy way to lose and keep weight off.

Of course, to lose weight while still nourishing the body, we need to burn off more energy than we take in. Daily exercise in a form that you enjoy is not only helpful in obtaining and maintaining a healthy weight, but is crucial to overall health and well being.

The recipe to obtaining a healthy weight is to eat more whole grains, fruits, vegetables and healthy fats, and to exercise for at least one hour every day. Those who want to obtain optimum health, including optimum weight, must be willing to commit to lifelong changes. Replacing one poor habit with a better one, or a poor food choice with a healthy one, one at a time, soon adds up to better habits and health—and a better summer! ■



A New Standard of Healthcare

Left: Sarah Westmacott, Clinical Dietician.

Feel like you're not getting enough quality time with your doctor?
Looking for better access to medical expertise?

The Copeman Healthcare Centre is waiting for you.

The Copeman Healthcare Centre in downtown Vancouver is pioneering new approaches to preventive healthcare due to the high frequency of undiagnosed illness and disease for middle-aged Canadians.

"About 50% of people with heart problems do not show symptoms visible to their family doctor. And approximately one in nine women will be diagnosed with Breast Cancer, but not always at the stage where treatment is most successful," says Don Copeman, founder and CEO. "Our primary goal is to prevent illness, not to have to treat it with costly hospital interventions and medications."

Copeman says that after a year and a half in business, the health data is overwhelmingly positive.

"Of the clients who have joined one of our programs, 60% had an undetected disease prior to their comprehensive health assessment at the Centre. Of those patients who had an undetected disease, 70% had conditions that significantly increased their health risks and warranted immediate medical attention. The good news is that all of these clients are now on a path to optimal health."



Above: Dr. Peter House, Medical Director

The Copeman Healthcare Centre model delivers an integrated team of doctors and healthcare professionals specializing in advanced health assessments, disease prevention and management. Membership is limited, but the Vancouver Centre is still accepting new patients.

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

"The heart of our program is a comprehensive health plan based on advanced screening for early signs of disease and on detailed analysis of medical and family history. However, the soul of the program is the health education, counselling and coaching that we provide our clients as they follow their health plan."

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

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

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

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



Above: Dr. Beth Donaldson, Family Physician

To register for a free consultation, call 604.707-CARE (2273). Or take a facility tour online and hear what clients are saying about the Centre at: www.copemanhealthcare.com ■

Services at a Glance

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

Fees

- **\$2,900 per year per adult (fees can be defrayed by private health plans), \$3,500 in the first year of service.**
- **Free for children of members under the age of 22.**

Super-Rich Convertibles

By Tony Whitney



Clockwise from left: Continental GTC (2 pictures);
Jaguar Convertible XKR; 2007 Mercedes-Benz SL Convertible;
Continental GTC (interior)



Recent years have seen a flurry of new models at the very pinnacle of the luxury car market—a segment populated by legendary nameplates with price tags large enough to take care of a pretty decent home, even in fairly expensive locations around Canada.

Sad to say, not all these automakers have met with success, despite the desirability of their supercars. Some have been downright failures, but at least one manufacturer has found love and fulfillment in the almost mystical world of the super-rich—Bentley.

The new Continental GTC, the Continental GT and its 4-door equivalent, the Flying Spur, have been selling so strongly that some Bentley production has been switched (heaven forbid!) to Volkswagen's "glass factory" Phaeton plant in Dresden, Germany. Wealthy friends in London tell me that a Bentley is "the" car to have right now.

As most auto enthusiasts know, there's a long and confusing story behind Bentley's acquisition by the VW/Audi Group. With the UK car industry facing extinction and several manufacturers only surviving thanks to takeovers by major international auto corporations during the 1990s, even fabled upscale makers like Rolls-Royce and Bentley looked like they might disappear forever. Initially, there was a tussle for ownership of the hallowed brands by German manufacturers BMW and Volkswagen/Audi, after several other industry luminaries pondered the idea for a while.

What developed during this period confused even the most savvy industry observers, but the final result cleared up the mess and placed Rolls-Royce in the hands of BMW, while Bentley became part of the vast VW/Audi group.

The company was founded by the enigmatic Walter Owen "W.O." Bentley, who was something of an engineering genius and no slouch as a race car driver in his day. He was involved with locomotives and aircraft before he took to automobiles; one of his developments was an aluminum piston for the WWI Sopwith Camel fighter, judged by some to be the best aircraft of the conflict. The 1919 Bentley EXP1 was a landmark automobile and many more outstanding designs followed—along with a string of victories at the demanding Le Mans 24-hour race in France. Bentleys were always sporty cars, even the large sedan and touring models.

Like so many companies that grew fast and allowed engineering to take precedence over finances, Bentley hit fiscal trouble in the late 1920s and in 1931, the company almost sank without trace, only to be rescued by rival Rolls-Royce.

The takeover of Bentley by Rolls-Royce was described as "the best thing that ever happened to the company" and if that was so, then the more recent acquisition by VW/Audi was even more fortuitous. It did no harm at all that then-VW/Audi boss Dr. Ferdinand Piech was a Bentley enthusiast and owned several vintage models.

With Rolls-Royce and Bentley separate companies once again, the time was ripe for the latter to regain its former status as a key manufacturer of luxurious, refined, high-performance automobiles. With the research and development resources of VW/Audi to call upon, not to mention excellent existing platform and powertrain technology, Bentley has become a major player once more. A racing program was initiated with the aim of again winning the prestigious Le Mans 24-hour race, just like the big Bentley roadsters (described as "racing lorries" by rival Bugatti) did back in the 1920s and 1930s.

It didn't take long for these lofty ambitions to be realized and after a couple of exploratory seasons, Bentley won at Le Mans.

Very much representative of the direction in which Bentley is headed, the latest Continental GTC, launched last year at the New York auto show, is a superbly styled 4-seat convertible which will

surely be a "car of choice" for those lucky enough to be able to afford the best. As an auto scribe, I often get asked which car I would choose if money was no object and this Bentley is usually the first one to spring to mind. It really is a superb looking cabriolet by any standards.

The dramatically beautiful car is being touted as the fastest 4-seater convertible in the world with its 6-litre, 550 horsepower, W-12 twin-turbo engine, 6-speed transmission and all-wheel drive. OK, it has some Audi innards, but who's going to complain about that? Very few cars will get you to 100 km/h in 5-seconds or so with as little fuss as the Continental GTC. Also, the all-wheel drive ensures that all that power is safely transmitted to the road. Even in the rain, the car can be given its head with no danger of traction loss and consequent instability. I've long believed that all ultra high-performance cars should have all-wheel drive and Bentley clearly agrees.

Incidentally, Bentley claims a top speed of over 312 km/h for the GTC with its roof on and my feeling is that the figure would certainly be in reach under the right conditions. Top down, the car loses just 6 km/h in top speed. That's something I plan to confirm sometime if I can get one to an unrestricted autobahn in Germany.

The cockpit is so elegantly trimmed with fine woods and leather it was great to just sit there and enjoy the visual feast. Various combinations of interior trim are available; when you spend this kind of money, the manufacturer will do anything to please you! I especially like the tan leather and light-coloured wood—it looks opulent beyond words.

Although the car has, as one would expect, an efficient climate control system, the pillarless design of the bodywork almost encourages the driver to cruise around with all the windows down. Interestingly, in this guise there's surprisingly little wind buffeting, even at fairly high speeds. There's not too much buffeting with the roof down either, though rear seat passengers had better not worry too much about "bad hair days."

The convertible top is a masterpiece of design and superbly detailed and finished. It folds away (electrically, of course) in just 25 seconds.

The fabrics are acoustically damped, so exterior noise is no worse than it is with the coupe version. When the roof is in place, the lavish cloth lining gives the feeling that you're not in a convertible at all. There's also a rollover protection system built in if the worst happens.

The suspension offers a good combination of suppleness and comfort, although one potential buyer I spoke to said he thought the ride was harsh on a car he tested. I couldn't agree with that and assumed that his motoring experiences had centred around large luxury models. Let's face it, the Continental GTC may be an opulent, expensive automobile, but it's a sports car in reality and handling must get the edge over comfort in any design equation.

Complaints? Not too many, really. This is more of a 2+2 than a full four-seater (Bentley admits that) and not too many passengers would enjoy "grand touring" in the rear seats. Even so, the trunk is surprisingly large and front passengers bask in considerable comfort. There's also a decent amount of stowage space around the cockpit. All the controls and switches work very well and some are so ergonomically well done it's almost tempting to operate them for no particular reason—like a Rolex Daytona chronograph. Of course, the car has all the currently favoured electronic aids to safer motoring and a very good navigation system.

The price? Well, if you really have to ask, it's just a shade under \$250,000. Bentley also has a convertible version of its Azure range—a bigger car than the GTC—for \$404,000.

Surprisingly, there are plenty of choices out there for people who really must have one of the ultimate convertibles. Aston Martin will sell you one of its superb V-8 Vantage Roadsters for a comparatively thrifty \$160,000 or so and a DB9 Volante for \$235,000. Ferrari's F430 Spider costs about \$294,000 and is sportier than the Bentley, as one might expect.

Lamborghini's Gallardo Spyder costs \$280,000 and the Italian supercar maker's upscale LP 640 Murcielago comes in Roadster form at about \$450,000.

Rolls-Royce just recently launched a convertible version of its magnificent Phantom (in true British style, they call it a "drophead coupe") and it even includes some varnished mahogany "boat decking" at the rear—just like the cars Clark Gable used to drive in the 1930s. Think half a million bucks and you'll be in the ballpark.

Of course, there are numerous luxury convertibles in the sub-\$150,000 range and many of them are truly outstanding cars. These include the BMW 650i and M6 Cabriolet, Chevrolet's enduring Corvette, the Dodge Viper SRT/10, Jaguar's great new XKR Convertible, the Lexus SC 430, Maserati's Gransport Spyder, the CLK Cabriolets and SL models from Mercedes-Benz and Porsche's 911 Carrera Cabriolets.

When it comes to luxury convertibles, there are lots of choices—it all depends on the depth of your pockets! ▀

The Real Estate Game

By James Dolan



“At the end of the day, it’s about risk management. Once you have ‘enough’ there’s simply no reason to gamble.”

With low interest rates pushing yields on bonds and GICs into the basement, renting out a property became an attractive option for those looking to boost their cash flow. But as the prices of residential and commercial properties have gone ever higher, the capitalization rates on those properties (essentially, income minus expenses as a percentage of the purchase price) have gone in the opposite direction. “You’re lucky to get a 2-4% return net of property taxes on a rental home in the Lower Mainland,” he says. Numbers like that are hardly high enough to attract the attention of HNW individuals. “If you can get a better yield elsewhere—with more liquidity and fewer hassles—why would you bother with residential real estate?”

Which brings up Stenner’s next point. Whether it’s industrial, commercial or residential, property is still a large, rather illiquid investment. Managing tenants, making improvements, tracking down rent—it’s a business. “The majority of our clients run highly successful businesses,” he says. “And that’s complicated enough. What they’re looking for from their investments is simplicity. Most of them don’t want to be bogged down with the details that a large real estate portfolio demands.”

Despite his caution, Stenner believes there is still a role for real estate within the larger portfolio. He has participated in the real estate run-up himself, both as an investor and as a homeowner. But for him, real estate will always be one piece of a much larger pie. “The point we try to make with clients is that real estate is part of the solution,” he says. “But it shouldn’t be the only solution.” No matter how hot the market gets, real estate shouldn’t comprise more than 30% of an individual’s total portfolio. “Anything more than that, you’re not an investor—you’re a speculator.”

While it’s not Stenner’s area of expertise to advise clients as to when to buy or sell property, he and his partners are frequently asked by clients to help manage the proceeds of a significant sale. This experience has led the group to develop a systematic process for handling the typically large sums that arise from the sale of houses and apartment buildings:

1. Review the big picture

The sale of a property is a natural time to re-evaluate the portfolio and address any problem areas. “It’s a chance to start fresh,” Stenner says. Specifically, he encourages individuals to take a close look at their asset allocation and confirm that it remains aligned with their personal wealth objectives. “Gains are nice, but if you’re taking on too much risk in order to get them, you’re rolling the dice with your lifestyle.”

Stenner Investment Partners commissioned the survey that bears his name back at the start of 2006, when the real estate market looked like it was beginning to peak. Since then, Stenner says that many clients have taken the opportunity to trim back their real estate holdings. “Most of them still hold property,” he notes. “And they always will. But they’ve sold some of what they had, taking some money off the table while demand was very high.”

As for why his clients have made such moves, Stenner says it comes down to common sense. “Most HNW individuals follow the old saying about buying low and selling high,” he explains matter-of-factly. As business owners and executives, the group’s clients are well-versed at timing investments and reading general market trends. “These people know that buying what’s hot in the hopes that it will go up even further is a very risky proposition. They would much rather take their profits now, and find an undervalued asset to invest in.”

Stenner points out that another reason why residential property has fallen out of favour with the HNW investor is the low rate of return that those investments generate: “Back in 2000-2001, a lot of HNW individuals turned to rental property as an income alternative.”

Many high net worth investors are locking in their real estate gains.

Whether they have actively participated by buying and selling, or whether they have just been on the sidelines watching the value of their homes rise ever higher, many wealthy individuals have profited handsomely from the boom.

Despite the good times, research suggests that many high-net-worth (HNW) individuals are taking the opportunity to lock in gains and get out of real estate while the getting is good. In the T. Stenner Group’s 2006 TrueWealth Report, 67% of HNW individuals surveyed believed the Canadian real estate market was due for a downward turn sometime in 2006. In fact, fully 62% of survey respondents said they’d sold some of their real estate holdings over the past year.

“I expect that number would be even higher today,” says Thane Stenner, Managing Director, Stenner Investment Partners of GMP Private Client in Vancouver, a private family office group serving those with over \$10 million to invest. “As a general rule, HNW individuals know that nothing this good can last forever.”

2. Address challenges and introduce new ideas

In the same vein, a sale is a good time to address specific financial challenges that have been on the back burner for a while. Stenner points to diversification as a typical example: “Selling a property gives you the ability to diversify the portfolio in ways that weren’t possible before.” Case in point: alternative assets. “Adding a position in a hedge fund or private equity fund can be an excellent way to diversify the portfolio,” he explains. If the client still believes strongly in real estate, Stenner is likely to discuss diversification into industrial or commercial real estate, or perhaps the purchase of high quality, well-diversified RealEstate Investment Trusts. “It’s a way of maintaining some exposure to real estate, while reducing some of the risk that comes with investing in a super-heated market for residential property,” he explains.

3. Replace income

One of the most attractive features of real estate is its income potential. While not every HNW individual needs to replace the income from a recently-sold property, Stenner believes it’s important to at least discuss the issue: “In our practice, we typically work up a number of income recommendations, based on the client’s cash flow and lifestyle needs.” The idea behind these recommendations is to show the client how to replace the income without impacting their day-to-day life.

4. Consider taxes

“Some owners only think about taxes after they make the sale,” Stenner says. He explains that more often than not, this results in an unnecessarily large tax bill, which is why he and his partners insist that clients conduct a thorough tax analysis of any sale well before signing on the dotted line. Sometimes that happens before a client even thinks about selling: “We want to be proactive and make sure clients know what the implications are before they pull the trigger on any deal. That way, they can plan ahead, and take appropriate steps to minimize any tax hit.”

5. Think about charitable giving

A real estate disposition can be a catalyst for charitable giving, particularly if the sale is completed late in the individual’s life, or if there is little need for additional funds. “It’s a natural jumping off point for an endowment or private foundation,” Stenner says. If the client is interested, the group then initiates a formal charitable giving process, helping the client define their charitable purpose and select an appropriate giving structure.

Stenner makes it clear that he’s not about to guess which way the real estate market will go in the next 3-6 months. “That’s a game we don’t play,” he says with a laugh. “It’s not our job to guess whether stocks, bonds, cash, real estate, or vintage cars will be the best-performing asset class over the short term. Our job is to protect client wealth.”



To that end, he and his partners will continue to recommend a balanced portfolio, with an adequate—but not excessive—allocation given to real estate. “At the end of the day, it’s about risk management. Once you have ‘enough’ there’s simply no reason to gamble. Take the money off the table and use it to enhance your life. That’s what it’s for.” ■

For a complimentary copy of the Stenner Investment Partners 2006 TrueWealth Report, please visit www.truewealthreport.com



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Your Original Intention

By Jonni O'Connor, PhD

Do you remember your original excitement—the desire and the longing?

When you first began your intimate relationship, it no doubt had an energy that uplifted you. You couldn't wait to be together and noticed yourself thinking about your partner when they weren't even around. More often than not, the culmination of all that yearning for intimacy happened in the bedroom, for sexual lovemaking can be the most precious and beautiful expression of all those heightened senses. Your original intention was to allow this sexual union to bring out the very best in you—to simply allow it.

The energy between the two of you began with a natural inclination in this direction. It wasn't forced or contrived: it was allowed. When it brought out the best in you, it made you feel as though everything was right in your world—a harmonious feeling of being in exactly the right place at the right time with the right person. It felt like the best fit possible. Your original intention was to let yourself be very aware of the best in your partner and to honour that best. It was also allowing that very best to be acknowledged in you.

So what's happened to that original intention? What could possibly get in the way? What could stop you from naturally allowing? You. How? Well, if you choose to bring all the mental, emotional and physical complaints you have about yourself or your partner into the bedroom into the space that used to host the culmination of your sexual pleasures—that action will unplug your passion faster than anything else. Why? Because those issues can seem complicated—insurmountable even—if you give them that kind of power and control. They can be the wall to your body, the sensor to your mind and the dictator to your emotions and overrule all sense of logic and higher purpose, if you let them.

You have a choice here, for you actually have full control of your emotional reaction and response, just as you have full control of your logic and your intentions. So what will it be?

- Do you want to have your original intention experienced and expressed in your intimate sex life, or do you want to have your sex life be the repository for all the problems and issues you need to sort out?

- Do you want to recharge your relationship battery in the bedroom, or do you want to hold a grudge, display your displeasure and put up your guard?
- Do you want to allow your lovemaking to smooth over the bumps and ripples of the day, to reinforce your love, or do you want to refuse to allow yourself and your partner that pleasure until those bumps are addressed?
It's completely your choice.

When you bring difficulties, struggles and angst into the bedroom it means that you are choosing to cloud over your original and natural inclination to be full of self-rising love. It means that you are choosing to be ruled by out-of-control, out-of-balance emotions, because those emotions will prevent you from that natural allowing.

So what can you do to bring back your original intention? You can park those other discussions-to-have at the bedroom door and enter into the precious space that supports the very best in you and your partner. You can promise to address and honour those other issues and complaints in another room and at another time (and hold yourself to that promise!). You can choose to recognize what is happening and rise out of the emotional plane in order to bring your sexual union back to the spiritual essence of the best of your love. And you can allow the fullness of the best part of you to be present in the bedroom, so that the fullness becomes your foundation, your emotional point of view in life.

To get back on track, to assist your mind and emotions in realigning to their original desire, start with the practical, tangible action of listing at least three times you said “no” to having sex with your partner and recall why you did so. What were the reasons you gave? What was really going on? Try to recall the reasons why the guarded walls were there. What were the emotional, mental and/or physical reasons? Do you see a pattern? Good. Then resolve to use your awareness to override those blocks the next time. Keep track of your “yes” and “no” times for a while and review them afterwards so that you don't slide back into an old, undesired habit. Keep remembering—and living—your original intention. ■



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Established in 1996, the Howe Street Gallery brings together fine art from around the globe. Two gallery concepts are combined in one—the best of contemporary fine art with superb sculptures from Zimbabwe. Visitors will find works by international painters and modern sculptors alongside the Soul of Africa collection with its striking African busts and abstract figures. Realistic busts are carved from rare verdite, a semi-precious stone over 3.5 billion years old.

Soul of Africa Collection

- Realism -



Master carvers Jon Chihowa and Rutendo Dodzo amaze the international scene with the dexterity of their execution. Zimbabwe verdite is unique in its mineral content and found in only one mine in the world in that particular form. Some of the stone contains ruby corundum, which is the next hardest mineral to diamond. When it occurs in the stone, it presents a great challenge to the artist. “The ancient rock is very complex in pattern and design and makes a wonderful material for carving.”

~ Professor W.R. Danner
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Unique Semi-precious 3.5 Billion Year Old Verdite



"Can you read my mind"
- 450 lbs

Traditional Shona Sculpture

Shona sculpture originates from traditional Shona tribal roots and evolved into a contemporary art form; a celebration of life and spirit representing the skill of the artist and the heart of the stone brought from within. The gallery shows massive works by Master Sculptor Chituwa Jemali, Witness Bonjisi, Wellington Karuru Luckmore Joseph and Munyaradzi Fombe.

During the past decade, Zimbabwe Shona sculpture has become the most collected form of African art. It has found its way into important repositories such as the Museum of Modern Art in New York and the Rodin Museum, and into the homes of the Rockefellers and the Prince of Wales.

~ The Oregonian



“Shona sculpture is perhaps the most important new art form to emerge from Africa during the last century.”

~ Newsweek Magazine

“Picasso was an admirer of early Shona sculpture; now evidence is surfacing that he was influenced by it too.”

~ Town & Country Magazine



"Our World is Falling Apart"
4 ft high
by Wellington Karuru

Skilled in carving the hardest of Zimbabwe's beautiful stone, Wellington Karuru's subject matter includes the portrayal of animals, birds, heads and the human torso. His work tends to be more abstract than representational, subtly changing the original image in some way. These distortions are very natural and gentle, and serve to enhance the form rather than to disseminate it. By extending the lines and curves found naturally in the subject, his creations provide great stimulation and interest to the viewer. Wellington's themes reflect the world around him and relate to his personal experiences growing up in Zimbabwe.

The stone used to create his magnificent and hauntingly beautiful sculpture, *Our World is Falling Apart*, is Black Iron Serpentine, so called due to the deposits of iron found in it. It is also referred to locally as Springstone. John Takawira, one of the most famous first-generation carvers, was said to have coined this term when he tried to carve with the chisels he had available to him. The stone was so dense and strong that the chisel "sprung" off the stone, hence the name. ■



Fine Art International Collection



"Bruce Lee" 6ft tall Bronze
By Professor Cao Chong-En

Unveiling June 28, 2007



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