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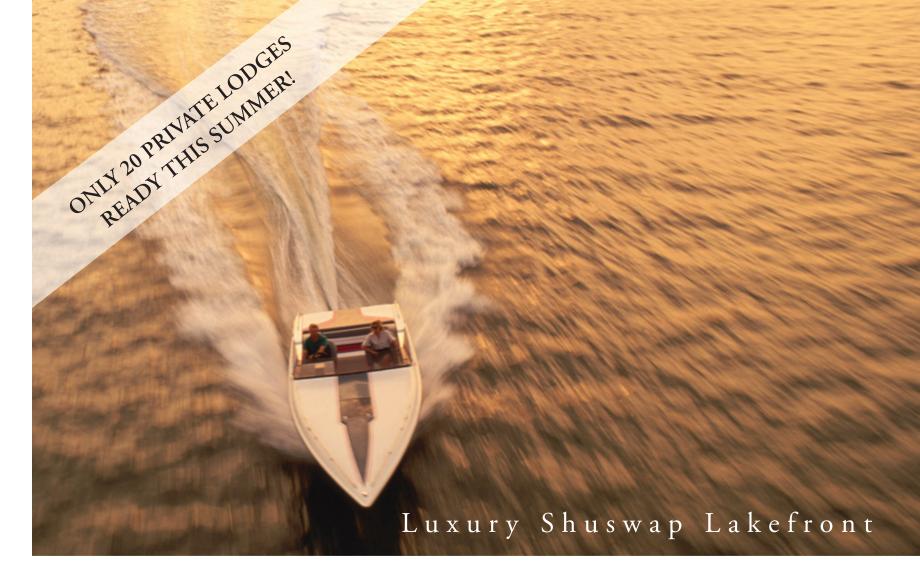
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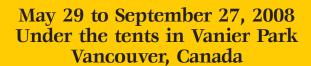
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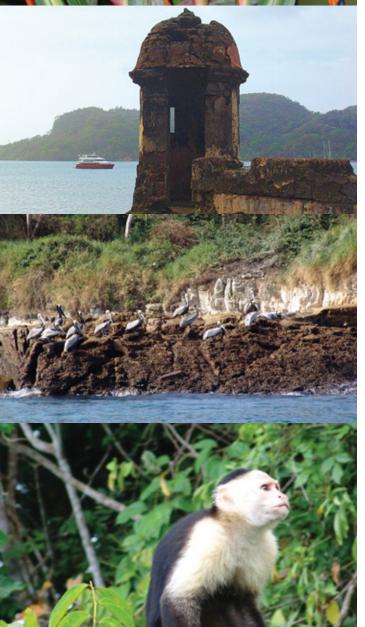
San Telmo Island (Pearl Islands) — Panama

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CONNOISSEUR

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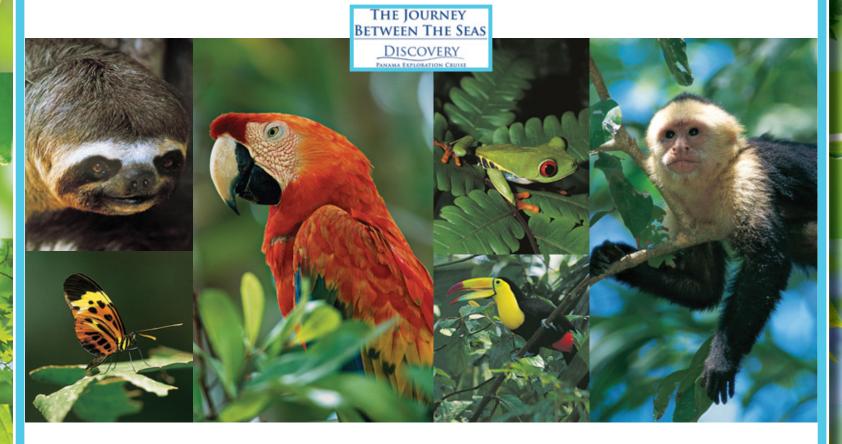
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Panama was our first venture south of Mexico in the Americas. It's easily apparent why so many Canadians and Americans are looking to it as a retirement destination. The government is stable and open to investment. The weather is pretty much the same day in and day out. It's not in the path of major storms which tend to pass a little further to the north. Plus, a good portion of the country is pristine jungle.

Since I've been a bit of a "birder" for a long time, the number of different bird species to be seen was truly remarkable. Our guide mentioned how excited serious birders get when he takes them on a tour. Seemingly rare species are common here. At the same time he stressed how thrilled he would be to see a bald eagle, a species common to me as I see them daily.

The same dichotomy is apparent with historic buildings. Here, in British Columbia, the oldest building dates from about 1852. In Panama, the oldest buildings we saw dated from 1500. The cannon barrels from that period are still lying on the ground. The locals hardly bother with them as they are too common.

It's all part of the reasons we travel.

Next on the agenda is Morocco. In the early 80's I went on a day trip from Gibraltar to visit the Kasbah, another very historic area. At the time, our small group was accompanied by a machine-gun-armed soldier for our protection.

This time, we're heading into the centre of the country and don't anticipate the need for such security. We expect to come back with great photos as usual. So I would suggest filling in the reservation form to ensure you don't miss the tale.

Terry Tremaine Publisher

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Photos By Connie Ekelund

riving in from the airport, our first impression of Panama City is that it is a city under construction. A development boom is in progress, with construction cranes visible in every direction. Billboards line the expressway, trumpeting the latest "luxury" development.

Lunch-time conversation with the Director of Tourism, at one of the many trendy restaurants in the heart of the city, confirmed the impression. The return of the Canal to Panama control was the first building block. The next was the dramatically increased security for those travelling into the U.S. Panama has become the "in-spot" in Central America.

Previously, Miami was the place for affluent South Americans to travel on shopping trips for luxury brands. Now most of these brands can be found in shops in Panama City. Plus, there are casinos and very upscale men's clubs. As our lunch-time companion stressed, Panama is not looking for back-packing tourists. Many expats from the U.S. and Canada have also been attracted by the daily year-round 27 C weather

Developers are catering to this retirement market with projects throughout the country. Becoming a resident is encouraged by the government through financial requirements that most snow birds would consider modest at best.



"It's interesting to note that ex-dictator

Noriega's house has been allowed to
slowly disintegrate even though it's
situated in the centre of the most upscale
residential area in the capitol city."

The city is clean, the people appear prosperous and the crime rate matches Barbados as the lowest in the region. It's interesting to note that ex-dictator Noriega's house has been allowed to slowly disintegrate even though it's situated in the centre of the most upscale residential area in the capitol city.

Our guide, Richard, obviously enjoyed taking us by to show how Panamanians feel about him. Having grown up during the dictator's rule, apparently the sight of an AK-47 still makes his heart beat harder. Fans of President Bush are common here.

The city of Panama has a long history, having been founded by the Spanish in about 1500. The original site is now a historic park. Pirate Captain Morgan razed the first city through a sneak attack from behind — crossing by land from the Caribbean side. Along the way, many of the people who had been brought as slaves by the Spanish were happy to join the pirate brigade.

The Spanish had built the city to defend a frontal attack from the Pacific. When they rebuilt, it was a little further up the coast and protected on all sides.

The rebuilt city is the historic centre of Panama City and now a World Heritage site. Much work is going on to renovate the old buildings without losing the facades. One building is shortly to become a boutique luxury hotel. Both the President's Palace and the National Theatre are found in the middle of the area. The theatre, of course, was built long before amplifiers came on the scene and the acoustics are remarkable. Restaurants surround the original cathedral — with the mandatory saints' bones found behind a wall hanging.

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TRAVEL & RESORTS

Top to bottom: Panama Marine Adventures "The Discovery"; Exploring the Dairen Jungle in a Zodiak; Mongroves; Jungle vines; Dolphins.

Panama City has a good number of quality hotels. Hotel Deville was our residence for the duration of our stay in the city. A 33-room boutique hotel, it is situated in the heart of the financial district. A wide variety of restaurants, clubs and shopping are found within easy walking distance. Of course, anything further afield is readily accessible by inexpensive cabs

Rooms are spacious and the amenities are excellent in quality. Ten Bistro, the restaurant attached to the hotel, offers very well-prepared fusion-style cuisine complemented with a good wine selection, predominantly from Argentina and Chile.

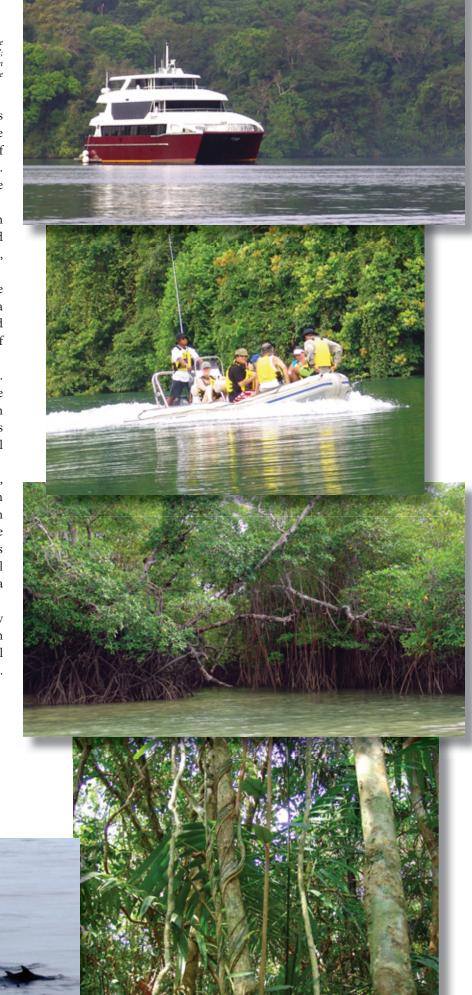
We spent one very pleasant evening at Las Tinajas restaurant. The restaurant provides a menu focused on local cuisine, combined with a floor show of traditional dances. At first glance, this might be perceived to be simply for the tourists, but most of the full house was comprised of locals fully enjoying a very professional and engaging presentation.

Naturally, traversing the Canal is a highlight of any visit to Panama. Generally, this is done in a few short hours, but Panama Marine Adventures offers a unique voyage taking some seven days to travel from the Pacific through the Canal to the Caribbean. With two naturalists on board as guides, passengers are able to fully appreciate the natural wonders along the way.

Their vessel, newly arrived from Australia, is a 125-foot catamaran, The Discovery. On the lower deck, there are 12 staterooms — each with its own washroom. The upper deck has a large lounge area, dining room and bar. The top deck houses the captain's and steering cabins. Unlike the naval vessel my dad sailed that featured a big wooden wheel, I was quite surprised to note that the steering wheel had morphed into a small joy stick attached to the arm of the captain's chair — not dissimilar to a video game.

The first outstanding experience happened on the first day, and was likely the highlight of the trip; an upriver voyage into the Darien jungle. Found on the border between Panama and Columbia, the Darien is the oldest tropical rainforest in the Americas. It's proven impenetrable to highway builders. The Pan-American Highway ends at the fringes of the jungle.

"The Embera do not put their hands out, instead they offer cocobolo wood carvings and basketry for sale."





Top to bottom: Embera boys hiding in a canoe; an Embera home; Young Embera girl with her pet Kinkajou; The Embera Chief; Embera woman; Terry with Embera children; Embera women dancing; Basketware; Harpy Eagle.

The jungle is home to the Embera Indians who live much as they did when the Spanish first arrived some 600 years ago.

At high tide a dugout canoe met us at the mouth of the river to carry us upriver to visit an Embera village. Panama has migrating birds from South America mingling with migrating birds from North America, providing a very unusual bird watching opportunity. I had never expected to see a Baltimore oriole roosting beside a toucan. The wealth of wildlife is phenomenal.

Upon arriving at our destination, we were met by the village children, who came to escort us along the path to their village. They took us by the hand for the 15-minute walk. The Embera are relatively short and their children seem tiny.

Connie was quite concerned about the youngest, who seemed hardly able to keep up and so insisted I carry her. I raised her first to my hip, and then my shoulders, where she didn't bother to hold on, and actually fell asleep.

At the centre of the village, comprised principally of open-air wooden huts built on top of stilts, we were met by the adults. The women are all bare-breasted while the men wear only loincloths.

The chief is well-known as a musician, and has been recorded playing his homemade flute. Accompanied by three other drummers, they provided music for the women to perform a few dances emulating different wildlife species.

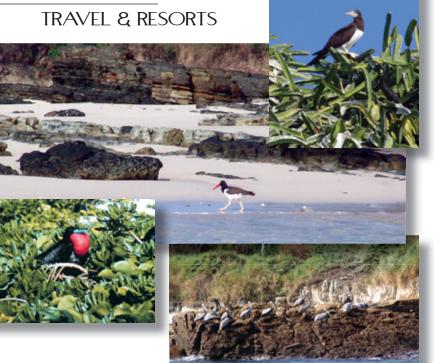
The people behind Panama Marine Adventures have been working with the Embera for a number of years to help them maintain their way of life, while at the same time assisting in learning how to interact with the encroaching world outside the Darien. The Embera do not put their hands out, instead they offer cocobolo wood carvings and basketry for sale. There is no haggling. We paid \$60 for a very colourful hand-dyed and woven basket.

We had only an hour to spend because of the need to travel the river when the tide is high. But a washroom has been built for visitors who wish to spend the night in the village, with the opportunity to trek further into the jungle to see harpy eagles.



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connoisseur's choice 5





Counter clockwise from above: A mule at Miaflores locks; Awaiting passage at Miaflores locks; Inside the locks as they flood.



Counter clockwise from top left: Brown-footed Booby; Oyster Catcher; Frigate; Pelicans.

The second day is spent in the Pearl Islands, so named for the abundance of oysters. The Islands supported a substantial fishery in the early 1900's. Again, the bird life is remarkable and I recognized in short order a frigate inflamed, brown pelicans, blue-footed boobies, brownfooted boobies, a tiger heron, oyster catcher, turkey vulture, egrets and cormorants; plus many others unknown.

While snorkelling in the warm waters, we were able to explore the remains of the Civil War submarine Explorer, which sunk off the coast of San Telmo Island in the late 1800's.

The next day we awake at the Pacific entrance to the Panama Canal. We sit anchored among the freighters waiting for their mandatory pilot and their turn to transverse the Canal. The Canal is open 24 hours a day. The traffic is substantial.

The people of Panama have voted to twin the Canal to accommodate the traffic demands, and construction has already begun. The cost will be born by the Canal rather than through increased taxes, though money is being borrowed and financed by the toll revenue. There seems to be a consensus regarding the business plan with a general expectation of increased revenues in government coffers once the work is completed.

First the Miraflores Locks and then the Pedro Miguel Locks lift vessels a combined height of 85 feet prior to reaching Gatun Lake which sits in the middle of the Canal. The lake was formed as a result of building the Canal; and what were hills previously are now islands. Shortly after the Canal was built the Smithsonian Tropical Research Institute was given custodial ownership of the islands. Today the Smithsonian maintains a research station. Scientists come from all over the world to take advantage of the very natural, and for the most part undisturbed, environment wildlife enjoy on these islands.

Again, those behind Panama Marine Adventures have connections which allow them the unique privilege of anchoring off the research centre overnight rather than passing right through as other ships are required to do.

The next day we are able to spend with naturalists from the Smithsonian exploring the islands and learning about the wildlife we see prior to completing the journey through to the Caribbean. Monkeys abound — spider monkeys, howlers and we even catch sight of a couple of sloths. Again, the bird life is remarkable and on the floor of the jungle, of course, we found lines of army and leaf-cutting ants.

Once through the Gatun Locks, the Canal opens at the mouth of the Chagres River which was used by conquistadors to move their gold across the isthmus on the way to Spain. It was also used by gold prospectors travelling from the east coast of the U.S. to the gold fields of California prior to the building of the Canal.

Situated on a cliff overlooking the mouth of the river is San Lorenzo Fort. Built by the Spanish in the 1500's, it's remarkably well-kept. Not that the government of Panama seems to do anything other than post a few large signs detailing the history for visitors who happen upon the scene. There are no gates or ticket takers. The only sign of care is a family residing nearby who are entrusted with watching over the fort.

Canon barrels still lie in position, though the wooden carriages have long disappeared. The fort is extensive, and it is easy to imagine it fully manned, guarding over the river entrance below.

The last port of call on our voyage between the seas is the town of Portobelo. Founded by Christopher Columbus on his fourth voyage in 1502, this small town has a long history of land and sea battles between Spanish colonials and raiding pirates. The Spanish-built embattlements are still to be found on both sides of the mouth of the harbour. Just as at San Lorenzo, the canon barrels are positioned as they were left hundreds of years ago. Only the carriages have disappeared. How the barrels continue to remain with the number of residents in the area is a mystery to me.

The town is also home to the Church of San Felipe, the sanctuary of the Black Christ. The annual festival attracts devotees from far afield who participate in religious celebration, not the least of which includes the carrying of the Black Christ on the shoulders of those parading through the town streets.



San Lorenzo Fort, overlooking the Chagres River

Below and bottom right: Cannons at Portobelo. Right: A Portobelo bus depicting the Black Christ.



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The town was the last stop on a great voyage. As a way of saying "thanks," the ship's crew organized a party in the town square where the locals demonstrated their musical and dancing prowess. We ended the evening in the local drinking establishment, enjoying the company of those we found there.

Every day of the voyage, prior to an excellent meal while appetizers were passed around, the two naturalists on board would take us through the day's happenings. They would answer any questions while pointing out the significance of what we had seen. This was followed by an information session on what was to follow the next day. The camaraderie amongst the passengers and crew which developed during the journey was heart-warming.

One of the crew members attempted to train my two left feet to salsa. During this modestly successful exercise a magnificent butterfly, about a foot across, landed on my chest and proceeded to climb up and perch on my lower lip, though not long enough for anyone to capture it on camera.

Our trip back to Panama City was overland and we were able to get a pretty good sense of this relatively small country. Everywhere are signs of a robust economy. There were new gated communities — presumably catering to the expats so apparent in the city. Prices seem to be manageable, though for how long remains to be seen.

The population is multi-ethnic, and Panama City is home to one of only eight Bahá'i temples in the world. The army was disbanded after the fall of Noriega and democracy is well-entrenched. While we were there, a confrontation occurred between the police and a construction crew which turned into a major confrontation involving crews from numerous sites. It happened on a Friday and the locals we chatted with all said not to worry about it, "it's the weekend, everything will be fine on Monday" and so it was.

Whenever we travel we always ask ourselves, could we live here? The weather, to my mind, is perfect. Everyday is 27 C. There is generally a short rain in mid-afternoon to keep everything green. Large portions of Panama are pristine jungles. Panama City offers all the benefits of a large cosmopolitan city. Maybe the time to buy is now.

"Prices seem to be manageable, though for how long remains to be seen."



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 HOUSE & HOME

Outdoor Retreats

Make it luxurious, make it fun, make it for you.

By Debbie Travis

hether it's the call of the wild or the gentle summer breezes that beckon, spending time outside has become priority one. Today, creating a pleasing panacea for relaxing and entertaining has moved to a new level, where stylish comfort nestles into nature's most beautiful elements. Large or small, backyards and balconies can become luxurious outdoor rooms that pamper the senses, and leave you refreshed and recharged.

Planning and decorating these fresh air spaces is much the same as their indoor counterparts. Mix your favourite style with the colours and materials that are already there. Sky blues, leaf and grassy greens, stone grays, and bark's deep brown make up the backdrop. Any room, but particularly an outdoor room, is enhanced with a sense of whimsy. This is the fun bit — add a little surprise, some feature that makes you

You may already have a general plan in place for lounging and dining al fresco. Furniture selection is key to how your outdoor room will look and feel, but of equal importance are the surrounding surfaces, walls of greenery, overhead shading and a tactile material underfoot. Here are some guidelines that will kick it up a notch.

"Take the cue from nature and inject one or two vibrant tones into your outdoor décor."



Hauser Algonquin Lifestyle — Stunning walled backdrop for Hauser's Algonquin teak sectional and conversation table.

Define the boundaries

While an outdoor room is usually attached in some way to the back of your house, larger properties offer space to get creative on a wider scale. You may already have one or two boundaries in place. A thick hedge or stone wall serves as a solid reference that will delineate the area you have chosen. There are plenty of options available for

building walls that fit gently into the garden, providing privacy and weather protection. These structures are an integral part of the overall design, decorated by fast-growing perennials including green, leafy ivies and colourful clematis that will fill in within a few months.

Wood or iron pergolas can be erected anywhere you want to define a special place where you and your friends can enjoy the beauty of your garden. There are furnishings, such as cheerful lounges and daybeds, designed to fit under a breezy canopy. An arbour presents a romantic entranceway and marks a path to follow.

Luxurious furnishings

Because of weather considerations, comfort and style in outdoor furniture have taken a back seat to practicality — until recently. Today's well designed all-weather materials go hand-in-hand with style, and we now have the option of furnishing our outdoor rooms with the care and aesthetic qualities once reserved for the living room or fine dining.

Look for cast aluminum frames; they are lighter than their wrought iron counterparts, and rust-free. Built to be outside, powdercoated frames are available in classic and contemporary styles that range from club chairs, ottomans and cocktail tables to poolside aluminum, stackable sling chairs and lounges. The choice in Sunbrella all-weather fabrics is perhaps the biggest style and comfort boost. Upholstered seating and cushion covers add a luxurious ambiance to your setting with both high design and colour options.

If you are drawn to the timeless aura of a paneled library or vintage Spanish Colonial style, the Estancia Collection demonstrates how attention to fine furniture details can be taken outdoors. Distressed and antique finished teak, real or faux leather fixed upholstery finished with decorative brass nail heads, hammered copper, faux leather, and mosaic stone tabletops are crafted to endure full time outdoor exposure.

High grade synthetic fibres are replicating the long-popular wicker look. These new weaves are flexible, strong, colour-fast and weatherresistant. Wrapped around equally serviceable cast aluminum, they build enduring furniture well-suited to casual lounging, play time and

A floor or table lamp outside? I was impressed by the addition of what has always been an indoor lighting fixture showing up on a patio. The lamp is made with the same weave, aluminum frame and Sunbrella fabric as the new chairs and sofas, and the light bulb is encased in a hard

Finish with an outdoor area carpet and you have a delightfully decadent setting.

Chill and grill

Since the kitchen is the heart of the home, it's no surprise that this busy space has moved outdoors, complete with all the modern conveniences. The beloved barbecue no longer stands on its own. Ovens, cooktops and refrigerators are now designed to live outside so that the chef can be part of the party. No more running back and forth with drinks and platters of food; today's outdoor kitchen options are fabulous. Here's a prize-winning design that inspired me.

Todd Senft's 4-season West Coast outdoor kitchen was winner of the CHBA National SAM Award for Best Renovation "Any Room" category. Natural stone and wood connect this gourmet kitchen to the house and the outdoor pool and lounge. The cedar roof has four skylights to keep the space bright; the stamped concrete floor is decorative and easy care. An overhead gas heater and corner fireplace provide year-round warmth. The latest in appliances, including a sleek steel six-burner grill, storage and a mini-fridge sit under a poured concrete all-weather countertop.



www.GoodLifeConnoisseur.com Todd Senft Outdoor Kitchen — Todd Senft pairs up wood and steel in his award

from the Estancia Collection. Hauser San Marino Dining — Hauser's San Marino dining set shows off

today's new all-weather weave and playful style. Andrew Richard Domingo Set — New materials offer up

great options for outdoor décor, such as this handsome outdoor lamp by Andrew Richard Designs.

HOUSE & HOME

Step on solid ground

Wood, stone or cement are the customary options for ground cover. If you have a cold slab of cement that needs some work, there's a company I know that specializes in decorative concrete solutions. I was introduced to this process while transforming an outdoor building (a former milking shed) into an inviting cabana for my television series "Debbie Travis Facelift." The cracked concrete floor was cleaned and repaired, then a decorative stencil pattern was applied using tinted concrete in place of the usual paint. The pebbly finish can be rough or smooth depending on the slip-resistance you require, and the stencils come in many different designs including circles, bricks, cobblestones, and custom-cut shapes.

Decorative concrete is very durable and low maintenance, making it a perfect choice for outdoor living. As well as the stencil system, concrete can be stained to add colour and customized patterns. Transform a patio, pool deck or pathway. Here's a place to have some fun.

The big coverup

Structures that offer shade and protection from wind and rain prolong our time spent outside. A solid ceiling is the ultimate, but may feel too much like sitting indoors, or be too dark. This can be adjusted by adding one or two skylights to keep the area bright. Awnings and overhead retractable screens work too, and you have the option of opening or closing them as weather permits. For a more minimal treatment, there is a stunning array of umbrellas that can be adjusted to suit the scenario — in, on or beside the pool. Tuuci umbrellas come in the best Sunbrella fabrics and dazzling colours.

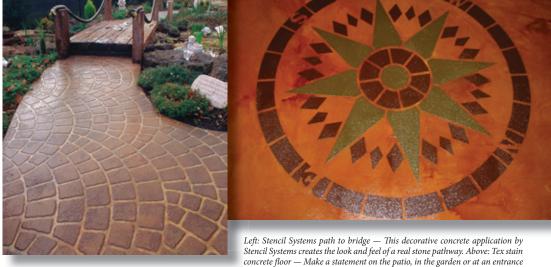
Colour and whimsy

Hot summer colours! The gardens are full of fiery reds, bold blues and marigold orange and yellow. Take the cue from nature and inject one or two vibrant tones into your outdoor décor. It's easy to do with fabric. You can also add some life with paint.

I took a rather unorthodox approach with the cabana to produce a mood that is both dramatic and fanciful. The exterior walls and deck are strong cobalt blue topped by a fire-engine red roof. The lively lemongreen interior is freshly balanced by rows of brightly coloured cushions and a mango-tinted floor.

We fashioned a twinkle-light chandelier with twigs from the surrounding property, and hung a series of etched mirrors along the wall to reflect light and all the cheerful colours.

Whether you are going for contemporary chic, nostalgic elegance or unrestrained thrills, you can have it all outside where the living is easy. ■ *Produced by Debbie Travis and Barbara Dingle.*





Andrew Richard Manta — Stunning style and superb fabric in Tuuci's umbrellas will up the fashion index on your deck or patio.



Top to Bottom: Cabana exterior — Fancy a colour-burst? Add whimsy to a shed or cabana with paint. Cabana interior — Here's casual outdoor living with an attitude. Twiggy lighting, re-claimed wood furniture, and a patterned concrete floor make up a cabana for summer fun. Canopy daybed — Retreat to your own private outdoor haven in Tommy Bahama's Ocean Gaze daybed and canopy set.

Connoisseur's Choice in Outdoor Retreats

Hauser, www.hauserstores.com

Grand Haven, San Marino, Algonquin.

Century Furniture, www.centuryfurniture.com

Estancia Furniture Collection.

Andrew Richard Designs, www.andrewricharddesigns.com

Domingo Lamp, Tommy Bahama Ocean Gaze, Tuuci.

Stencil Systems, www.stencilsystems.com

Stencilled concrete path, cabana floor, stained compass design.

Todd Senft, reVision Custom Home Renovations, www.revisionrenovations.com

Outdoor Kitchen.

Stonehenge Landscape Design and Build, www.stonehengedesignbuild.com

Deck, wall, arbour and lattice wall.



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RECREATION

hen it comes to following the footsteps of golf greatness, no place transcends time like the Old Course at St Andrews in Scotland.

Simply put, it is the Home of Golf. Note the capital "H" and "G," because at St Andrews, the Home of Golf is not a descriptive or hyperbole. It's a title — one earned and acknowledged over a 600-year history that has mirrored and inspired the evolution of the game itself, one passed down from Old Tom Morris to Bobby Jones to Jack Nicklaus to Tiger Woods.

"To win at St Andrews is the ultimate," says Woods, who has done so twice at the British Open — or as it's called there, The Open — Championship.

For the rest of us with golf in our hearts and a club in our hands, just playing the Old Course is the ultimate, an unmatched blend of highlights, history and hallowed ground that can still be enjoyed first-hand

There are plenty of reasons the Old Course tops every golfer's bucket list, from pausing for a photo atop the Swilcan Bridge, to aiming at the "Old Course Hotel" sign before attempting the 180-yard carry over the dark green garden sheds from the 17th tee. Above all, though, St Andrews is still about a great golf course. Actually, it's a lot of great golf courses, a collection of links that will number seven with the opening of the Castle Course in late June. The biggest attraction has always been the Old Course (only at St Andrews could the "New" Course be 113 years old).

Even the hazards are memorable, from the Hell Bunker on par-5 14th, a trap so nefarious, Nicklaus took a 10 there in 2000, or the even tougher, more infamous Road Hole Bunker on 17, just two of 112 sand traps.

The Old Course isn't the most scenic, and it isn't the hardest track. Some have even argued there are better examples of links designs among the other courses at St Andrews, but none matches the original for that sense of magic, the rare chance to discover the soul of the game. It's why Jones, Nicklaus and Woods rank it at the top, and why so many other golfers make the pilgrimage every year to play the Old Course.

Pebble Beach

On our side of the Pacific, and not far behind as a golfing icon, Pebble Beach is a close second to St Andrews as a must-play experience.

Cut majestically along the coastline of California's Monterey Peninsula, and easily identified by its ocean-framed 18th — a dramatic (some would even say heroic) risk-reward considered golf's best finishing hole — picturesque Pebble Beach regularly ranks as America's best public course. It is both beautiful and yet still uniquely challenging enough to host four U.S. Opens in addition to the PGA Tour's annual, celebrity-filled AT&T Pro-Am.

Like the Old Course, Pebble's highlights are well-known to even casual golfers, a familiarity with the dramatic mix of cliff-side fairways and small, sloping greens and the legends that helped make them so identifiable.

Muirfield

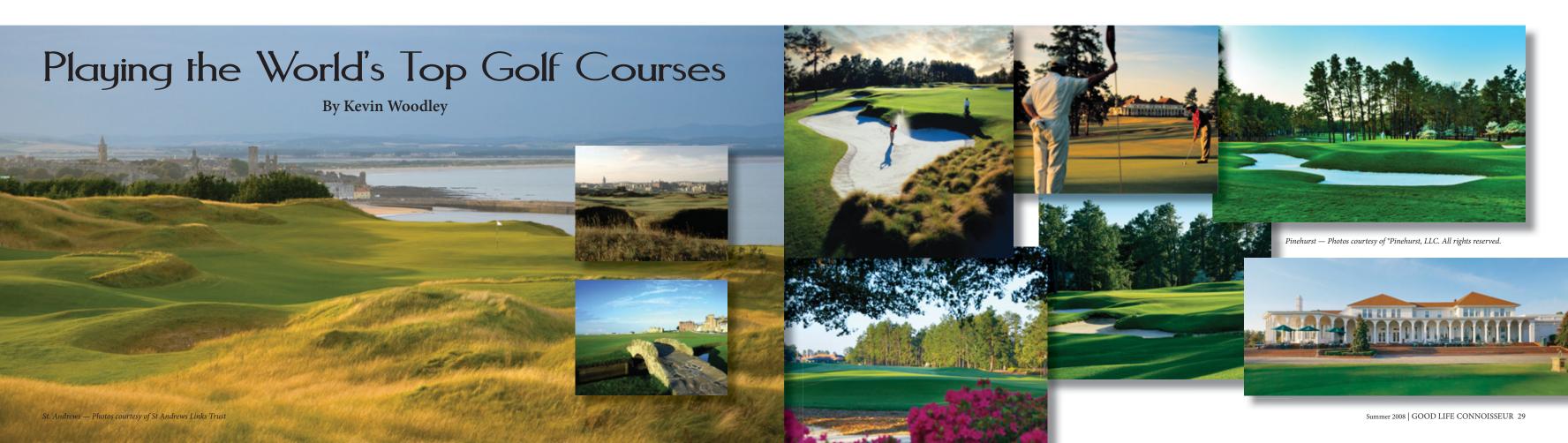
As a reason for playing Muirfield, the fact that Nicklaus liked it so much that he named his own highly regarded home course after it (Muirfield Village in Ohio) pales against the list of championships it has hosted, including a regular spot

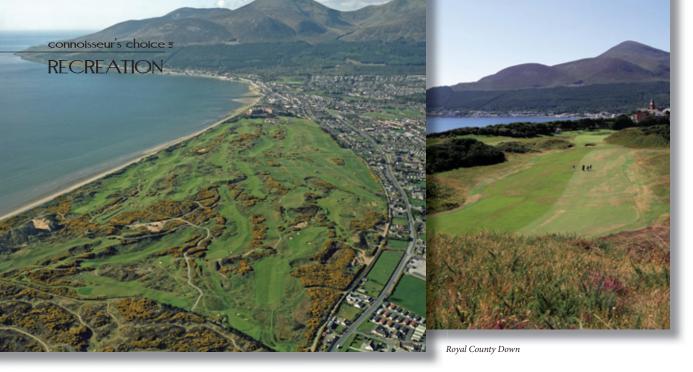
in The Open rotation, or its place in history as home to the Honourable Company of Edinburgh Golfers, who wrote the first rules of golf back in 1744. Above all Muirfield is an architectural gem, forgoing the traditional links layout for a clockwise outward half that encases the inward nine, ensuring constant adjustments for wind amid thick rough and 151 bunkers, making a great course that produces great champions. Described by 1948 Open Champion Henry Cotton as a "cruelly fair" course to play, Muirfield used to be extremely tough to get on. After winning the 1980 British Open there, Tom Watson, who once said there's "not a weak hole on the course" was escorted off after trying to get in a few post-dinner swings with Ben Crenshaw, Andy North and Tom Weiskopf. And in 1991 reigning U.S. Open champion Payne Stewart's request to play on visitor day with friends was greeted with a curt reply that the club was fully booked. Fortunately it has become (slightly) easier in recent years, with availability and applications for limited public times Tuesdays and Thursdays outlined on the website.



Pinehurst No. 2

Bobby Jones once dubbed Pinehurst the "St Andrews of United States Golf," and you don't have to look far to find the similarities. In addition to a large centralized collection of great courses — there are eight at Pinehurst compared to St Andrews' seven — the historic resort is most memorable for No. 2, a challenging 100-year-old course renowned for architect Donald Ross's trademark inverted greens and perfectly placed bunkers, as well as the defining moments — and champions — it has produced, from Ben Hogan's first professional win, to Payne Stewart's dramatic 18th hole putt to win the 1999 U.S. Open, to John Daly's whack-a-mole meltdown.







Royal County Down Golf Club

With the Mountains of Mourne sweeping down to the Irish Sea to frame this ruggedly beautiful waterside course, Royal County Down rivals Pebble Beach for raw magnificence, with majestic sand hills, whiskered bunkers and stunning views sprinkled through the gorse and heather.

It may also be a better round overall, ranking just ahead of California's famous track among Golf Magazine's top three for Best Views and Walks.

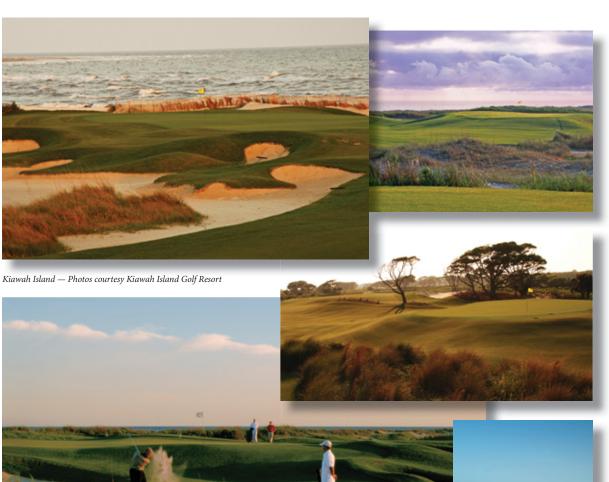
A true links course, Royal County Down still ranks among the worlds best despite no longer attracting the biggest events. Maybe because it still draws some of the biggest names of the game, including Woods and Watson, who calls the outward half, "as fine a nine holes as I have ever played."

As brutal and beautiful as it is to play, it is harder to join — there is no wait list and membership is by invitation only — but Royal County Down is, like many of its mostly private counterparts in the British Isles, blessedly still open for pre-planned public play on specific days and limited times.

The Ocean Course at Kiawah Island

True to its name, The Ocean Course has 10 holes playing directly along the beach, more than any other course in the Northern Hemisphere, and because it was built up to, rather than behind, the dunes, the Atlantic can be seen from all 18 holes, a scenic stretch of more than two miles.

True to its designer, Pete Dye, The Ocean Course can be as tough to play as it is beautiful to look at, with sandy waste areas, bunkers requiring a ladder to get in and out of, and wind ever-present (but never, it seems, from the same direction). Built in 1991, The Ocean Course anchors a five-track resort ranked among the best in America, and gained instant fame hosting the 1991 Ryder Cup Matches, better known as the "War by the Shore." It hit the big screen in "The Legend of Bagger Vance" a year later, but even without big events was always destined for a big spotlight thanks to Dye's ability to merge the rugged beauty of coastal Carolina with rolling raised fairways that drop seamlessly into natural sand and marshland.



Another Pete Dye creation inspiring visual comparisons to the best golf on the other side of the Atlantic Ocean, Whistling Straits brings the raw, open windswept feel of the British Isles' finest links to the heart of America, right down to a flock of Scottish Blackface sheep and three stone bridges.

Located about an hour north of Milwaukee, and nestled along two miles of Lake Michigan shoreline, the decade-old, walking-only mixture of rolling greens, 1,000-plus bunkers, grass-topped dunes, and sweeping winds has already humbled some of golf's best at the 2004 PGA Championships and 2007 U.S. Senior Open. Despite being more of a target-golf course in links clothing, it figures to do the same at the 2010 and 2015 PGA and, perhaps most indicative of its status, the 2020 Ryder Cup.

Royal Melbourne Golf Club

Unfortunately, the Composite Course at Royal Melbourne is reserved for only the biggest international competitions, like the Presidents Cup in 1998 and again in 2011. But the two 18-hole courses that make it up — the Composite is a combination of holes from the East and West courses, the latter having 12 of the holes and being designed first by Alister MacKenzie (of Augusta and Cypress Point fame) — are open to pre-booked outsiders despite Royal Melbourne's status as Australia's oldest, most prestigious and exclusive club. Located on the famous Melbourne Sandbelt, Royal Melbourne's strategically placed, often cavernous bunkers were chosen as the world's best by Golf Magazine, and the rest of its tea tree scrub-lined fairways and lightning-fast greens aren't far behind.

Pacific Dunes

www.GoodLifeConnoisseur.com

The resort namesake is its first course, Bandon Dunes, but it's the middle sibling, Pacific Dunes, that regularly ranks among the world's top courses to play. Where the original course was perched on a bluff to enjoy the postcard-inspiring views of the rugged Southern Oregon Coast, Pacific Dunes, as the name suggests, brings the ocean and its wind-swept shoreline more into play, with built-in bunkering left to undulate just as naturally as it does along the Scottish links that inspired it. And, like those overseas predecessors, wind plays a key role in any round, as do caddies instead of carts, another "tip of the Tartan" philosophy that has made it one of golf's must-play pilgrimages less than a decade after opening. \blacksquare

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Pebble Beach

1700 17-Mile Drive Pebble Beach, CA 93953 800.654.9300

www.pebblebeach.com

Royal County Down Golf Club

36 Golf Links Road, Newcastle, Co Down, Northern Ireland BT33 0AN +44 (0) 28 4372 3314 proshop@royalcountydowngolfclub.com www.royalcountydown.org

Muirfield

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Pinehurst

1 Carolina Vista Drive, Village of Pinehurst North Carolina 28374 800.ITS.GOLF or 910.295.6811

www.pinehurst.com

Pacific Dunes

57744 Round Lake Drive Bandon, Oregon 97411 888.345.6008 or 541.347.4380 www.bandondunesgolf.com

The Ocean Course

Kiawah Island Golf Resort One Sanctuary Beach Drive Kiawah Island, SC 29455 800.654.2924 reservations@kiawahresort.com

Whistling Straits

www.kiawahresort.com

N8501 County LS Sheboygan WI 53083 800.344.2838 www.whistlingstraits.com

Royal Melbourne

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FOOD & WINE



Ken Forrester vineyards, South Africa

Chenin the Chameleon

By Barbara Philip, MW

henin Blanc is used to produce excellent wines in a variety of styles. This chameleon-like personality makes Chenin incredibly exciting but also makes it a little complicated to understand. Those who take time to get to know Chenin Blanc wines appreciate their uniqueness, but the North American public has yet to embrace Chenin on a large scale.

Chenin Blanc is a white grape variety used to make both sparkling and still wines with a range of sweetness levels.

Typically, the wines have aromas reminiscent of apples, hay and white flowers. More exotic examples show quince, chamomile, honey and lime zest. Sometimes, tasters describe Chenin as having a wet wool or waxy character, and the wines often have a distinct minerality. On the palate, Chenin is medium-bodied with balanced alcohol. Though the wines can range in sweetness from bone-dry to lusciously sweet, they will all have racy acidity.

Acidity is a key element in wine as it helps to balance ripe fruit flavours and sweetness. It makes the mouth water and tingle, similar to the way biting into a fresh slice of lemon would. When acidity is balanced in wine, it lends a pleasant sourness to the taste. It helps to keep the wine from feeling heavy in the mouth and refreshes the palate between bites of food. Both dry and sweet Chenins have ample acidity to match well with many dishes. A rustic and fatty country pâté or slightly

sour goat cheese are natural partners for the wine's high acidity. In the Loire Valley, the home of Chenin Blanc, enjoying these food and wine matches is part of everyday life.

France's Loire Valley is a showcase for white wines. The Loire is the longest river in France, beginning in the centre of the country and 1,000 km later, emptying into the Atlantic near Nantes. Along its banks, there are vineyards which produce some of the most exciting and best value wines in the world. At latitude 47 degrees north, the Loire Valley is considered a relatively cool place to grow grapes. As

such, the region specializes in white varieties, which tend to require less heat and sun to ripen than reds do. The most famous export from the Loire is Sancerre, the crisp and minerally Sauvignon Blanc wine made around the inland town of the same name. The Melon de Bourgogne variety is responsible for the light-bodied and oyster-friendly wines of Muscadet produced near the west coast. In between them are the Chenin vineyards.

Appellations, or defined grape-growing areas, may specialize in a particular style of Chenin Blanc. The vineyards around the town of Savennières, for example, produce grapes that make exceptional dry wines. Quince, chamomile, and wet rock are signature flavour characteristics. South of Savennières, on the banks of the Layon River, Côteaux du Layon, Bonnezeaux and Quarts de Chaume produce sweet wines with baked pear and apple

flavours. Sometimes the grapes for these wines are affected by "noble rot" or "botrytis cinerea," a beneficial mold that concentrates sugars in ripe berries and gives a honeyed, herbal character to the wines.

Above: Vineyards at Huet Le Clos du Bourg. Right: Old Vines at Le Clos du Bourg.

The regions of Saumur, Touraine and Vouvray make a range of Chenin Blanc styles, often depending on what the weather is like in a particular growing season. For example, more sparkling wine might be made in a cool year when the grapes have less sugar and more acid, as high acidity is a hallmark of good sparkling wines. Loire sparklers, which range from dry to semi-dry, have a nice balance between creamy mousse, crisp apple flavours and vivacious acidity. In moderately ripe years, producers make use of some residual sugar to balance the sour taste of their still wines. Both dry and dessert style Chenins require full ripeness of fruit and are best in warm vintages. Top producers, notably Domaine Huet in the Vouvray appellation, have mastered both styles. The label will usually indicate the style and sweetness level of the wine inside. Helpful terms to recognize are: "crémant" or "mousseaux" indicating a sparkling wine; "sec" which means dry; "sec tender" implying a touch of sweetness; "demi sec" denoting a wine with medium sweetness; and "moelleux" meaning a fully sweet wine.

The Western Cape of South Africa is the only region outside the Loire to focus on Chenin Blanc in a significant way. Chenin is the most widely planted grape variety in the Cape but, unfortunately, has not always been associated with good wines. This is due to policies in the past which encouraged growers to produce as many grapes as they could without regard for quality. Chenin performed well as a "workhorse" variety, satisfying the requirements for high yields and producing neutral-flavoured, acidic wines. The situation is changing, however and according to Cape Wine Master, Dr. Vashti Galpin, top producers are realizing the potential of the variety.

One such producer is Rudera Wines, where wine-maker Eleonor Visser believes the South African soil and climate are well-suited to Chenin Blanc. Visser stresses, "One fact is unassailable: the most intensely flavoured Chenin Blanc wines come from older vines that have been carefully managed for balanced yields." She also points out an interesting stylistic difference between Chenins from South Africa and those from France. "The wines of the Loire Valley are made to display freshness and relatively high acidity, and rarely is oak used to ferment or age the wines, whereas in South Africa the use of oak is preferred, which makes the wines more full-bodied."

Members of the wine trade in North America are enthusiastic about Chenin Blanc and both South

Pierre Soulez at Chateau de Chamboureau, Loire Valley.

African and Loire Valley selections are increasing. Richard Harvey, owner of Metrovino in Calgary and a Chenin Blanc champion, carries at least eight from the Loire Valley and three or four from the Cape in his store. He and his staff promote Chenin to customers by calling it "the OTHER blanc."

Jon Ellison is responsible for choosing French wines for Marquis Wine Cellars in Vancouver and is making more Loire Chenins available at the shop. He believes one of Chenin Blanc's greatest strengths is its versatility and says, "If you are a true wine lover, then you could easily fill your need for a range of styles all from this single variety." Ellison also cites the wine's ability to age as a key characteristic, remembering a recent bottle of 1959 Côteaux du Layon that was "still unbelievably fresh with piercing acidity."

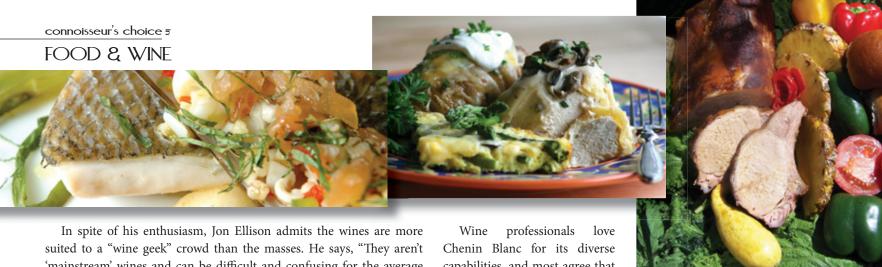
Buyer and General Manager for Dundarave and Kitsilano Wine Cellars, Neil Punshon, has the following to say about a recent event featuring Loire Valley wines, "This was hands down one of the best tastings I have attended in quite some time. Chenin Blanc can deliver great wine, brimming with character, at a reasonable price."

Master Sommelier Steve Morey runs a boutique distributorship in Las Vegas called Vin Sauvage and carries a small, but thoughtful selection of Chenin Blancs. Loire wines fit into the Vin Sauvage mandate to select well-made, honest and interesting products which represent good value to the consumer.

In spite of widespread admiration for Chenin Blanc by wine professionals, acceptance by consumers has been slow. Metrovino is recognized as a French specialist store, but Richard Harvey says customers rarely come in asking for Loire Chenin Blanc. The wines are "hand-sells" by the staff. Even then, Chenin is not embraced by everyone. It is the more open-minded consumers, he says, that don't "cringe" when offered a wine with a touch of sweetness and "actually listen when you talk about acidity."



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'mainstream' wines and can be difficult and confusing for the average customer to appreciate and enjoy." Harvey agrees that some customers find the "wooly and sometimes earthy character of Vouvray a challenge." In spite of these challenges, both retailers believe there is a place for Chenin Blanc with consumers, especially for those wanting to make specific food and wine pairings. Canadian enthusiasts can take heart from the success of Vin Sauvage's François Pinon Vouvray in Las Vegas. The wine is distributed to several wine stores and restaurants in the city.

According to Steve Morey, MS, "There is a wide range of customers who buy this Vouvray, [including] very high end restaurants, and yet it's also embraced by many down to the 'emerging palates' category."

capabilities, and most agree that the variety stands alongside the

great or "noble" grapes of the world. Its ability to make different styles of wine may, however, be confusing for the consumer and its "minerally" flavours may seem strange to new wine drinkers. For these reasons, Chenin Blanc is unlikely to gain the sort of widespread popularity enjoyed by Chardonnay, Sauvignon Blanc or Pinot Grigio. Rather, sales are likely to increase at a conservative rate as North American consumers become more knowledgeable and more adventurous. They are already sampling more and, like the sommeliers or retailers who probably introduced them to it, are enjoying the distinct and varied qualities of Chenin Blanc. ■

Connoisseur's Choice in Chenin Blanc

CHENIN BLANC	MINI-NOTE	FOOD PAIRING	FIND RATING
Champalou Brut Sparkling Vouvray AOC, Non-Vintage, Loire Valley	Restrained mineral and pear notes	Pan-seared John Dory with capers and tomatoes	F
François Pinon 'Cuvée Tradition' Vouvray AOC 2006, Loire Valley	Fresh and floral with green apple and herbs	Arugula, pear and blue cheese salad	FD
Domaine de la Taille aux Loups Vouvray AOC 2006, Loire Valley	Layers of savoury flavours and ripe fruit, long finish	Goose rillettes and baguette	FIND
Huet 'demi sec' Le Mont Vouvray AOC 2005, Loire Valley	Intense with concentrated lime, honey and mineral	Sainte-Maure de Touraine and apricot preserves	FIND
Huet 'sec' Le Mont Vouvray AOC 1996, Loire Valley	Earth, baking spice, apple and a long finish	Slow cooked pork loin with rosemary jus	FIND
Domaine Baumard Clos du Papillon Savennières AOC 2003, Loire Valley	Mineral, quince and chamomile notes	Grilled langoustines with lemon butter	FI
Château de Chamboureau Savennières Roches aux Moines AOC 2003, Loire Valley	Citrus, dried herbs, baked apple and wet wool	Roasted squab à l'orange	FIND
Ogereau 'Moelleux' Côteaux du Layon AOC St Lambert 2003, Loire Valley	Balanced with spice, baked pear and honey	Tarte tatin with vanilla bean ice cream	FID
Winery of Good Hope Stellenbosch 2006, South Africa	Crisp and simple with green apple and white flowers	Great on its own as an aperitif	D
Ken Forrester Stellenbosch 2006, South Africa	Creamy with ripe citrus, toast and spice	Chicken in creamy sauce with fresh herbs	FI

- F Food. Wine matches well with a range of dishes.
- N Natural. Wine was produced with particular concern for the environment.
- I Interesting. Wine has a distinctive and delicious character. D Deal. Wine offers excellent value at its price point.

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ne of the most fascinating trends in the luxury goods business over the past few years has been the rise in popularity of the fully mechanical, high-precision premium brand wristwatch. Most

Expectedly, a good mechanical automatic watch can be expensive with few Swiss-made products selling for much under \$1,200 — \$1,500. The better watches and those with prestigious brand names can cost anywhere between \$5,000 and several hundred thousand. For those who simply can't see spending almost a couple grand or more on a watch, help is at hand in the form of some pretty decent mechanical watches with movements from China or Russia. Many of these watches are quite attractive and have a surprising level of quality and ruggedness. Timex sells an automatic wristwatch for less than \$200 and for many would-be watch collectors, it's not a bad starting place at all. Seiko makes excellent automatic fully-mechanical watches at very reasonable prices, but they're not that easy to find outside of Japan.

But will it cost a fortune to build even a small collection of quality mechanical watches? Not if the buyer does a bit of research and finds a good watchmaker — and I don't mean the person at the department store whose skills don't run much beyond replacing a battery in a quartz watch. A skilled watchmaker is almost the first thing to locate for an emergent collector. Often, these people sell the odd watch too or handle estate sales — an excellent source of affordable fine watches. It's easily possible to pick up a nicely restored Omega or Tissot for as little as \$300 as long as it doesn't have a gold case and a roster of what the Swiss call "complications" — sub-dials with day and date, phase of the moon, automatic movement power reserve and other hard-to-manufacture



or 40 years — possibly longer — with only infrequent maintenance.

Once "hooked" on the pleasure of owning a fine timepiece, it's very easy to want another and thus starts the nucleus of a collection. As with the sales of luxury watches, the collector market has been growing fast and has spawned a major industry — especially on the internet. Many collectors like to wear their prized possessions as often as possible and sometimes change watches several times a day. Of course, some watches are only suitable for evening wear while others — the waterproof "divers" watches, for example — are more appropriate for outdoor recreational use.

Rolex, Omega and IWC, along with others such as Patek Philippe, Longines, Tissot, Breitling and so on.

Norbert Zerbes operates as The German Watchmaker in Vancouver's Yaletown district and works extensively on collector watches — some of them of considerable age. He can strip a quality watch down to components that are barely visible to the human eye and decide whether the timepiece is worth spending money on. Many an old "classic" can be brought up to daily-user standards for surprisingly little money and with the case cleaned and polished (though this can affect value) you have a big-name watch that looks almost like a new one. Even faded old dials can be replaced or refurbished, though with seriously collectible watches this will reduce the value significantly. Zerbes probably has his opposite numbers in major cities across Canada and anyone planning to take the plunge into watch collecting should seek such expertise as soon as they can.

"Antique malls are a rich source of good used watch buys, as are the antique fairs that pop up in community halls everywhere these days. As with any used mechanical product, it's very much a case of "buyer beware.""

But if prices of the loftier brands seem high, it's worth considering that few seem to lose much value as the years go by. Many people who bought a Rolex ten or twenty years ago are often amazed that their watch could be worth ten times its original value on the used market, or even more. A fine mechanical wristwatch is always a good investment and will certainly repay the buyer with day-to-day enjoyment as the years pass. Apart from that, the best of them seem "bulletproof" and will run for 30

It's not a bad idea for a budding watch collector to specialize right from the start and pick a field of particular interest. Chronographs and divers' watches are popular themes for collecting, along with timepieces from certain decades like the 1950s, 60s or 70s. Certain periods of watchmaking have a special charm, like the 1930s Art Deco era when American watches led the way. Probably the most widespread collecting theme is to concentrate on specific brands like the aforementioned

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FINE WATCHES

Antique malls are a rich source of good used watch buys, as are the antique fairs that pop up in community halls everywhere these days. As with any used mechanical product, it's very much a case of "buyer beware." A good watchmaker can repair almost anything, though the cost might be far higher than the watch will be worth when it's restored. Top brands cost a lot more to fix than less expensive products and even minor parts can deprive you of a lot of cash. Even so, watch collectors, few of whom do work on timepieces themselves, in my experience, tend to have restoration work done and then trade up to something even more interesting. Shrewd buyers can always make a little money on a good watch and in time, a fairly valuable collection can be put together with a little care.

Probably the best route to what could be a lifetime of interest in watches is to buy one or two new premium brands from a well-established retail jeweller and then add used collectibles as time goes by. Start enjoying a nice new Longines, Oris, Tissot, TAG Heuer or Baume & Mercier (all these watchmakers have great choices in the \$2,000 — \$3,000 range and even less) and it won't be long before other fine timepieces catch your eye and the collecting bug bites. If you have the money to spare, you'll never regret buying a Rolex or an Omega. You'll be joining an increasing army of people who are only too happy to spend time and money on a watch worth coveting and one that could bring years of pride of ownership and enjoyment.

If you spot a group of people at a nearby table in your favourite restaurant taking off their watches in turn and passing them around to one another, you'll have stumbled on some enthusiasts of this intriguing and growing sphere of interest. Trouble is, you just can't show off that inexpensive quartz watch with quite the same flair as you would a fine mechanical one.





"Today, the high-ticket mechanical watch business is booming, and increased sales seem to be recorded as each year goes by."

> Below: Montblanc diving watch - from a manufacturer first noted for its high-quality pens; Chronograph from Baume & Mercier - one of the great Geneva watch houses.





TommyBahama. **UNDER THE SANTORINI SKY** Yorkdale Shopping Centre - Bayview Village - Downtown Oakville - Port Carling, Muskoka Oakridge Centre, Vancouver - Village at Park Royal, West Vancouver www.tommybahama.com

www.GoodLifeConnoisseur.com

Summer Style 2008

By Catherine Dunwoody

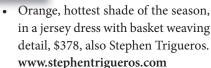
ummer's here. When it comes to style, one word — simplify. All the season's best fashion and beauty ideas are gathered together -I've done the shopping for you. Less time at your bathroom mirror, and less time staring into the abyss of your closet, means more time enjoying summer's long, sizzling hot days.



FASHION

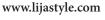
Fabulous looks that'll take you through just about any day — from the patio, to the golf course, to the beach, and lots in between.

Stephen Trigueros showed sexy shapes in vibrant colours for summer, like this ocean blue silk chiffon top, \$428, paired with crisp white pants,



Jeans are a year-round essential, but change up the wash and weight for summertime, and try this sexy pair from Dish Jeans, \$78. www.dishjeans.com

• Look lovely on the links in Lija golf wear. Classic Madison vest, \$100; ruffle polo, \$80; and floral knee shorts, \$110.





Also from Lija, the Mimosa vest, \$110; Casita polo, \$90; and Casa Shorts,

www.lijastyle.com



· Guys who golf, check this out. Dunning Golf's new

\$79, with UV protection (40+ rating). Flat-front plaid shorts, \$88; slouch hat, \$35; leather belt, \$88; socks, \$9; and boxer briefs, \$38. www.dunninggolf.com

Tennis anyone? All from Lija. V-neck

pullover, \$130, and twill skort, \$95.

www.lijastyle.com

• Poolside glam. Black and white print cover up, Echo, \$75, orange one-piece swimsuit, Calvin Klein, \$100. www.hbc.com

BAGS AND SHOES

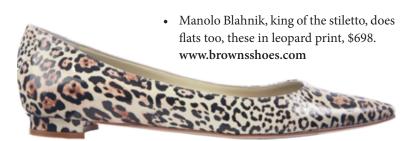


• Michael Kors is synonymous with effortless style. Add a pop of colour to your neutrals with one of these hot leather handbags, \$1,595 each, from Michael Kors Collection.





• Browns Shoes has every trend covered this season. Stuart Weitzman's fuchsia wedgies, \$358. www.brownsshoes.com



• The go-with-everything floral clutch, by RAFÉ,

www.brownsshoes.com



· Must-haves for the beach or poolside, from The Bay. Woven black and white sun hat, Expressions, \$30. www.hbc.com

BEAUTY

Warmer weather means your regime should change to quick and easy, and just lighter all around. New beauty goodies to check out...

NEW SCENTS

• Daisy Marc Jacobs new purse spray comes with a refill, \$46. Love this new floral scent, in its whimsical, slightly retro look.

www.sephora.com





• Tommy Hilfiger's Tommy Girl Summer fragrance is a fresh cocktail containing Nantucket cranberry and Hawaiian pineapple. Cabana for Two Set, in clear drawstring tote, contains fragrance and matching lotion, \$62.

www.tommy.com



L'Air du Temps celebrates it's 60th anniversary with this new apple green bottle, fab with feathers, 50 ml, \$69, available at Holt Renfrew. www.holtrenfrew.com

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STYLE

"Less time at your bathroom mirror, and less time staring into the abyss of your closet, means more time enjoying summer's long, sizzling hot days."

MAKEUP

• Nars Exotica collection for summer includes Portobello Duo Eyeshadow, a great-oneverybody matte ecru and soft matte mushroom, \$38, and Roman Holiday Velvet Matte Lip Pencil, \$30.



www.narscosmetics.com





• Tri-colour Eye Pencil in aqua flow, by Shu Uemura, \$30. Three shades of sheer, luminous glide-on pencils in one small stick, love it.

www.shuuemura.com



HAIR

• Hair takes a beating with sun exposure, chlorine, and saltwater. Try new Bumble and Bumble — Crème de Coco Masque, \$32.25 to soothe your tresses, tropical style.

www.bumbleandbumble.com

SKIN

• Tired, swollen legs? Try Paul & Joe's Refreshing Leg Emulsion. It cools, improves circulation, and reduces puffiness, plus leaves your legs with a sexy, champagne-gold shimmer, \$30.

www.beautyjunkie.ca

PAUL & JOE



Guys, by the time you're 40, loss of firmness and wrinkles go with the territory. Start fighting back with Lancôme Men Rénergy 3D 50 ml, \$75.

www.lancome.ca

Great quality, great price. Nivea for Men's Extreme Comfort Shave Gel, \$5.49 and After Shave Balm, \$8.99, contain calming chamomile and licorice root to relieve skin irritation and redness.







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Exercise and nutrition...the ultimate prescription for optimum health and long life. But the exercise must be correct and the nutrition must be biologically compatible with your genes. Fall short and you can expect deleterious consequences more reliable than taxes. Obey the laws that dictate optimum health and that's exactly what you'll get. Nature isn't prejudiced. She takes down everybody who ignores her.

The simple truth is that our bodies are meant to move. Until recently, if you didn't farm, fish, hunt or gather, you didn't eat. You had to expend calories to get calories. That's balance. Today we can simply order-in or drive-through. Of course our original diet consisted of organic, unrefined whole food loaded with micronutrients (vitamins, minerals, phytonutrients and enzymes). That's quality. This wholesome clean dietary approach is called the **ancestral** or **paleo diet**. Today, what we call "food" is chemically grown, genetically modified, highly refined, packed with added salt, sugar and fat for taste and extremely low in micronutrients. It is foreign to our DNA and highly toxic to the neurons in our brain.

The acronym for DIET is Discipline In Energy Transfer. Do you have any? The function of food is first and foremost related to biological supply and demand. This concept ties in with the Prime Directive of Nutrition. Supply YOUR individual biological demand of energy and micronutrients.

The Prime Directive of Nutrition ranks higher than taste, mouth feel, or pleasure. Food is far more than just fuel for the fire. It's a drug, according to Dr. Barry Sears, author of the "Zone Diet," a drug consisting of thousands of bioactive natural chemicals in their natural organic state. Eat the correct amount of high-quality protein, carbohydrates and good fats at the right time and you can expect insulin stability and blood sugar balance. No more highs and lows. No more cravings for sugar and refined sterile food or what Dr. Abram Hoffer calls "food artifacts." Hoffer is best known for his research in niacin biochemistry.

Controlled exercise AND physical activity are necessary to our survival because they are the only means of compensating for living without physical effort in the 21st century. They both pave the way to better health and longevity of life through transformation of mind and body.

Most people do not understand what exercise is. Did you know that going for a walk isn't exercise? Neither is golfing, gardening, hiking, dancing or playing any sport. These are all examples of physical activity, but they are not exercise. Here's the difference and it's a major one.

Physical activity refers to "any expenditure of energy brought about by bodily movement through the contraction of skeletal muscles." This includes a complete spectrum of activity ranging from very low resting levels, like walking, to maximal exertion, like a shift in a hockey game. Exercise is a component of physical activity, but its distinguishing characteristic is that it's structured progressively in relation to science and organized to develop and maintain total physical fitness for the benefit of health and performance. It's something you measure and calculate progressively using sets, reps, poundage and time, like $E = MC^2$.

Exercise is the means; physical activity is the end. You strengthen and condition your body so you can use your body as it was and is designed to do for your lifetime. If you don't, it literally disintegrates prematurely due to neglect, poor diet, uncontrolled free radical oxidation, gravity and entropy. The medical term is sarcopenia or "poverty of flesh." The Spartans understood that both mind and body are equal in terms of value, development and condition.

When performed correctly and consistently, exercise will give you TOTAL PHYSICAL FITNESS, which cannot occur without resistance training, aerobic conditioning and stretching. No single sport or physical activity provides total physical fitness. Ever wonder why professional athletes all go to the gym? Why don't they just play their sport? Now you know.

Walking is therapeutic but it will not prevent the loss of lean mass (such as muscle) observed in men and women as they age. It's also not strenuous enough to release human growth hormone (hGH) or elevate testosterone. Strength training targets every muscle symmetrically and keeps your anabolic drive alive, but you still need to stretch to retain the flexibility of youth and perform some form of continuous aerobic activity for the sake of your heart, lungs and arteries. Life is in the blood. That's why nutrition is critical and continues to surface as a health factor in geriatric research.

The function of exercise is to develop muscle strength, muscle endurance, aerobic capacity and flexibility — the outcome of which, when combined with an optimum diet and dietary supplements, is an ideal body composition, greater tolerance to stress, and improved resistance to disease and infection. Fitness is something you can measure. It's recognized as a functional gauge for health and performance.

Where there is health there should be evidence of health. An annual fitness assessment is by far the most reliable predictor of morbidity and risk of mortality. You simply can't cheat on the treadmill; and iron in the gym plays no favorites.

We're all engaged in the sport of living. No job, no matter how physically demanding, can give you total physical fitness or the balance and symmetry achieved through exercise management. The body adapts to the intensity of the work stress imposed, and once it has adapted, it will never go beyond that standard. Meanwhile the natural forces around us responsible for causing sarcopenia are constantly working on every living organism.

The worst offender of all is sitting in front of a computer for hours on end. This practice impedes circulation. Through sedation of the lymphatic system, sitting for long periods causes a build-up of cellular waste that diminishes vitality, reduces sex drive and promotes the accumulation of abdominal fat.

So in the same way you eat, sleep, breathe and work, you can make time for something that can raise your performance standards, resistance to infection and appearance to a level not possible without formal exercise training. And you can do it in five hours or less per week.

Don't take supplements to compensate for a bad diet, that's based on a negative outdated thought process. The new paradigm is that you add the finest supplements you can find to the best possible diet you can eat, and then combine that strategy with controlled exercise.

The new paradigm of sports nutrition focuses on health, biological age and function. It parallels nutrition science and clinical research in human performance. The objective is to minimize damage to your body as you age, extend your health span and maximize the quality of your life.

Health span is the time you spend alive in a functional state without chronic pain or the need for prescription medication. For the average Canadian it ends at age 35, but according to both Dr. James Fries and Linus Pauling, PhD, it's possible to extend our health span or "compress morbidity" well into our eighth decade and beyond.

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HEALTH & WELLBEING

Identify your personal objectives and then design a practical lifestyle strategy for the achievement of your goals. For variety incorporate some of the following activities:

- Cross-training is a term that describes the action of combining different types of activity or exercise as opposed to the practice of only one. Cross-training distributes the load of training among various body parts, thus reducing the risk of injury. It permits the athlete to keep training during an injury. When one body part is injured, it is possible to use alternative activities which use different muscles and joints.
- Plyometrics is a method of training for power and explosiveness that really works! In simple terms, it involves a variety of jumping, bounding and hopping exercises used in various ways to enhance athletic performance.
- Stability balls are large air-filled balls of various dimensions used primarily for improving core strength and stability of the body.
 They are also known as Swiss Balls, Resist-A-Balls, Flex-A-Balls, Physio Balls or Exercise Balls.
- Balance boards are used to improve balance in sport by a wide variety of athletes and fitness enthusiasts. They are especially popular among riders, surfers, skaters and snowboarders. The use of a balance board is known to improve coordination, dexterity, motor control and equilibrium.
- Stretching increases overall flexibility which generally diminishes
 through inactivity and aging. It improves overall health and
 fitness, prevents over-extension injuries in joints, improves
 neuromuscular coordination, prevents muscular soreness and
 increases overall tissue elasticity.
- Different styles of yoga have emerged to meet various, more intense demands, such as Power Yoga, Ashtanga Yoga, Kundalini Yoga and Hot Yoga, all of which require and improve endurance, lung capacity and strength.
- Pilates exercise is excellent for developing core strength and control, as it integrates the trunk, pelvis and shoulder girdle. The movements elongate and strengthen the frame, developing muscle elasticity and joint mobility.
- If you pump iron you are bodybuilding to some degree. Anyone
 who lifts weights, or who uses their own body as resistance to
 achieve any degree of muscle tone, strength or power is engaged
 in "building" their body. Call it what you will: body shaping, body
 sculpting, resistance training, weightlifting, weight training or
 working out.

Here's a good starter program that will keep you lean and in tip-top shape.

- 1) A structured one-hour exercise program (ideally five days per week), that emphasizes a brief warm-up period, resistance exercise (weight training) for one body-part, core training (abdominal and lower back), aerobic conditioning (skip, run, cycle) and a complete body stretch (based on yoga, ballet, martial arts and dance principles).
- 2) A compatible natural diet consisting of organic, whole food derived from both plants and animals. You are what you eat "eats!" Think about it.
- 3) Incorporate at least one protein shake per day consisting of filtered water, an omega-3 rich sport oil, whey protein isolate, creatine monohydrate, L-glutamine, ribose, spirulina and calcium ascorbate (vitamin C). Take additional antioxidants, minerals and vitamins with your shake. Best time to "Shake'n'Take" is before and after exercise. This strategy is excellent for energy and fast recovery.

Good health is a four letter word. It is spelled W.O.R.K. Smart work applies to knowing why and following through with consistent action. Hard work applies to the action itself. There is no substitute for hard work in the gym. Going through the motions is a waste of time. If you're going to exercise, then do it with integrity and enthusiasm. Muscle is the health engine.

Managing your health is like managing your money. You have to invest it wisely and pay attention to it. Ignore it and it will disappear. Like money, good health is something you earn. Make the right investment into your health portfolio and expect continuous dividends for the rest of your life. **Good health is wealth**.





Skin. It's yours for life.

Give it the care it deserves.

It's the soul of your wardrobe—your most valuable fashion accessory. Whether you need to treat blemishes or reduce the effects of aging, it's never too late or too early to improve your skin's radiance and appearance.

Pacific Dermaesthetics is a state-of-the-art clinic, the largest of its kind in Canada. The centre is lead by respected physicians Dr. Jason Rivers and Dr. William McGillivray, both are highly skilled in the areas of injectables, laser therapy and aesthetic medicine. Turn to the professionals at Pacific Dermaesthetics - a team dedicated to caring for the **future of your skin**.

Call now for your personal care instructions.



604.682.SKIN www.vancouverskin.com

Suite 1790-1111 West Georgia Vancouver BC, V6E 4M3



Feel like you're not getting enough quality time with your doctor?

Looking for better access to professional expertise?

At the Copeman Healthcare Centre, the doctor is always in.



The Copeman Healthcare Centre, now with facilities in both Vancouver and Calgary (opening in September 2008), is fast becoming Canada's recognized leader in the field of preventive healthcare. As a pioneer in team-based primary healthcare and the use of advanced technologies, the Centre is tackling the troubling issue of undiagnosed illness and disease for middle-aged Canadians.

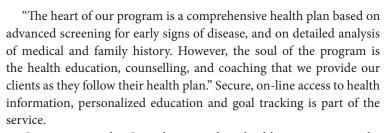
"About 50% of people with heart problems do not show symptoms visible to their family doctor. One in seven men will develop prostate cancer. One in nine women will be diagnosed with breast cancer. About one in 15 adults will develop colorectal cancer. Many diseases are diagnosed, but not always at the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

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

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

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

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



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

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

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

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

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

For more information

Toll-free: 888.922.2732 Or visit:

www.copemanhealthcare.com

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

Services at a Glance

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

Fees

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

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Mobility

The Latest in Mobile Data and Entertainment

By Steve Dotto

lot of people look at summer as a chance to get back to nature and reconnect with a simpler, earlier time. While many people love the idea of getting back to nature, the reality is sometimes more than they bargain for.

Stay connected

No matter how much you think you want to be away from things, the reality of vacation is many of us can only relax if we know everything is running smoothly back at the office. Dialup connection to the internet has recently been classified by the World Health Organisation as cruel

and unusual punishment, so it is to be avoided at all costs. Fortunately there are several high-speed wireless options available. The Novatel Ovation™ MC950D is a slick solution that will keep everyone connected. Running on the Rogers HSPA (High Speed Packet Access) network, the MC950D will offer wireless access at speeds that truly rival your home high-speed network. There are many choices from all carriers for high-speed wireless data. The thing that sets the Ovation apart is the fact that it is a USB modem. Since it's a USB device, it is Mac and Windowsfriendly and will easily plug into everyone's computer, whether laptop or desktop. With one device your whole family and friends can gain access to the Internet.

www.rogers.com



Full-blown entertainment

Question: When is a notebook not a laptop? Answer: When it is designed from the ground up for playing games and entertainment applications — for example, the Voodoo Envy H:201 from HP. It weighs in at a Bunyan-like 16 pounds; you would have to be Paul Bunyan to use this behemoth in your lap!

If you are stuck in the cottage without a kick-ass gaming system the H:201 can probably take care of business until you return to civilisation. A 20" WSXGA screen with a resolution of 1680 by 1050 will provide fantastic viewing of either games or movies. A top end nVidia SLi video card and all the processing power of performance desktop systems means the gamer leaves little behind in the city with the Voodoo PC. This class of notebook is gaining a foothold with the gaming community. Each PC

is fully customisable as far as specification goes, plus you can choose your own paint scheme for the notebook and add tattoos that completely customise each unit. AlienWare also offers a top end gaming laptop, the Area-51* M9750 being their flagship model. While only available with a maximum 17"

screen, it still packs a hefty punch.

www.voodoopc.com www.alienware.ca

Jolt-o-joe

With no Starbucks in sight the average time to meltdown for many a high-paced executive while at the cottage can be measured in minutes. Take a step back to a calmer, yet equally caffeinated, time with a traditional stovetop espresso maker. These little marvels make a magnificent cup of coffee anywhere. My favourite is with boiling water for an "Americano" but you can add warmed milk for a latte if you choose.





While the iPod is a runaway hit on the music front, not everyone likes to program their own music. Having access to thousands of songs doesn't mean we are all good at building our own playlists, which is one of the real strengths of satellite radio.

The Stiletto 2 from Sirius is a wonderful go-anywhere complete music system.

There is a custom car, home and portable system for the Stiletto that makes it the ideal

choice if you love music and want a play-anywhere, simple, high-end solution. The car kit is a small dock that connects the Stiletto 2 to your car's audio system, so the drive to the cabin has commercial free music accompaniment. The home kit connects the Stiletto 2 to your home audio system and your PC so you can manage your own music as well as play your satellite radio through your stereo or home theatre system.

And finally, when at the cabin the beautiful Sirius Executive System is a fully self-contained high-quality speaker system and dock that will keep cool tunes and mood music running for the length of your vacation.

www.sirius.ca

If you are committed to the iPod, as is much of the world, then there are many portable systems to assure your down time has a steady rhythm. It is tough to beat the popular Bose SoundDock, especially now that a portable version is shipping. While slightly overpriced (\$450 or so) the



Bose SoundDock is a very solid little system. If you want the best, or most expensive iPod dock on the planet, the iCoral (no actual coral was hurt in the manufacture of this product) might be for you. At about \$2,500, they claim the artificial coral reduces vibrations!

www.copulare.de

www.bose.ca



Perhaps a little less gimmicky, the Krell Interface Dock (KID) is a \$1,200 audiophile's iPod dock. Krell is a serious audio manufacturer, and the KID is the interface for the serious music lover. www.krellonline.com

Taking it to the street

The next big wave in mobility is surely in the UMPC (Ultra Mobile Personal Computer). The UMPC is a small handheld, about the size of a trade paperback book. They run a full version of Windows, and are aimed at a very affluent, niche market. Affluent because the cost is currently in the \$2,000 range in Canada; niche, because you surely need to fall into a very specific group to be motivated to spend that kind of coin on a small PC.

Rogers is offering the HTC Shift, which is setting the early standard for this class of device. The small, high-resolution screen is optimised for touch, so one can navigate just with their finger; no mouse or keyboard is really needed, at least not for visiting websites, reading e-mail

or viewing on-line content. The Shift does convert very easily into a tiny notebook computer, the keyboard will suffice for quick notes and editing, but for writing it will be far too small for most. There is a USB port, and Bluetooth as well as WiFi built in, so you will be able to add a whole range of peripherals to compliment the Shift

The Shift is all about mobility, running on the Rogers HSPA. Once you spend time this connected it is tough to go back to anything less!

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INNOVATIONS



Oh Solio a mio!

Our dependence on portable devices is near universal, and the drawback to every single mobility device on the planet is the exact same — battery life. The Solio™ charger is a portable solar charger that will replenish your battery on any cell phone; a great convenience, and possibly a life saver.

Finding your way home

Canadian company RIM has certainly cornered the business mobility market with the Blackberry, and many versions now have a built-in GPS which is a treat to use. The Blackberry Curve 8330 is available from most mobility carriers (Rogers, Telus Mobility, Bell Mobility). While the Curve has become easily the most popular smartphone, many people still have yet to take advantage of the GPS. Using GPS Navigator software from TeleNav converts your smartphone into a terrific GPS, with voice and graphical directions, turn-by-turn directions, and even updated detours.

If you are venturing into parts unknown the GPS might be the difference between starting off your vacation on time with a minimum of stress, and getting lost and wasting valuable time and energy. The software even identifies points of interest, finds ATMs, restaurants, gas stations, hotels and pretty much every stop you might like to make while on the road. One thing I can pretty much guarantee, once you use it for a single trip you will be hooked! The TeleNav software works on many other devices as well as the Blackberry; pretty much any GPS-enabled PDA or smartphone will work with the service.

www.rogers.com www.telusmobility.com www.bell.ca www.telenav.com



Making a change for the better

When away from home you may end up in a sports bar somewhere, missing your favourite game because the locals like to follow another team. I don't know about you, but I can never get the bartender to change channels to my team.

It is easy to take matters into your own hands with a keychain TV remote. You may get beat up for using it if you get caught, but at least you can try to change stations while grabbing a beer and wings. If you don't want to use it in the bar, it makes a great party favour at your friend's house; hide their remote and take control yourself.

Slinging in the rain!

If you don't want to visit the local sports bar and watch the game you can always tune into your own home TV using the SlingBox. Connect the SlingBox to your home cable service or satellite TV and you can view your own TV on a variety of devices including the Palm Treo, a UMPC or your notebook. It is the ideal way to pass a rainy day, or see the big game that is only on local TV.

www.slingmedia.com

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About TreesMatter

T reesMatter is a mantra, a commitment and a unique, forward-thinking company. In the face of inevitable urban development, we offer sophisticated solutions for tree conservation and eco-conscious excavation.

Our Passion

Trees are the oldest living organisms on earth and play a critical role in our eco-system: creating oxygen, absorbing greenhouse gases and filtering groundwater. Without them, we cannot survive. Trees also produce wood and paper, and stand in the way of urban sprawl. It is in this latter vein that, worldwide, 100,000 football fields worth of trees are destroyed each and every day. However, awareness of global deforestation has spiked, and times are rapidly changing.

In Canada, although our harvested forests are now managed by law, urban deforestation is still running rampant — and receiving national recognition. 80%+ of Canadians who live in urban communities are increasingly concerned about the viability of their forests. Objection to ravaging development is on the rise and municipalities are being forced to take a more proactive stance.

TreesMatter acts as a knowledgeable liaison and solutions-provider for city officials, developers and architects alike. Three key strategies are employed to accomplish the goal of tree preservation and conservation: move, develop and educate.

Our Services

TreesMatter prides itself on a balance to preserve the past while preparing for the future. The majority of our services pertain to the protection and sustainability of our environment. We offer:

- Tree Moving
- Tree Availability
- Eco-conscious Excavation & Development

Our Use of Technology

Moving big trees (up to 100 feet) is our company's passion. To do so, TreesMatter uses state of the art equipment, ranging from hydraulic tree spades to powerful cranes — in conjunction with specialized excavation techniques. Technological advances have made it possible to transplant trees in excess of one million pounds. Beyond advanced heavy machinery, TreesMatter has a deep understanding of how modern technology can cultivate efficiency and add value for its customers. We use satellite communication, on-board remote cameras and sophisticated GPS systems for precise digging.

Our Values

Integrity: we are truthful, candid and ethical

Passion: we strive to make our work extraordinary

Innovation: we are thought leaders committed to advancing the state of the industry

Empathy: we nurture successful relationships by listening Quality: we deliver this inherently

Our Goal

The mission of TreesMatter is to lead the charge in eco-conscious development and tree management, and provide enough insight through education so that others can catch up. The vision of TreesMatter is to create a world where trees are coveted as organically as the process in which they grow. \blacksquare

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Late the most disinterested observers of the motoring scene have at least a vague idea of the "pecking order" among automobiles. People with only a minimal fascination with cars usually know that Rolls-Royce and Bentley are at, or near, the top of the luxury sedan heap; that Ferrari, Lamborghini and Porsche build fast and expensive sports cars; and that Cadillac and Lincoln have finally caught up with the famed German nameplates. Automotive tyros have at least a peripheral knowledge of the fact that hybrid cars can be very economical to run and that large SUVs make more than the occasional visit to the local gas station.

But when it comes to the little-known field of high-end motorcycles, the whole business is something of a mystery to most of us. It's very much a world of its own, with devoted — even fanatical — adherents and products that, in their own way, are just as significant as Rolls-Royces or Ferraris.

How many people — even incurable "motorheads" — know that you can pay well into six figures for a production bike? How many Porsche owners know that almost any top-end mass-produced sport bike worth its "crotch rocket" tag could leave their 911 in the dust if it came to a drag race? It all adds up to a world of speed and performance that even sports car enthusiasts often know little about.

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Of course, serious examination of the high-end motorcycle market would take an entire issue of any magazine, but we'll try and highlight a few models at various (mostly high) price ranges to show just what's out there. Motorcycling is a great way to enjoy the countryside and any rider will tell you that even an open sports car is no substitute for a bike on a deserted back road on a summer's day. And you'll also be making an environmental contribution because most motorcycles are far more economical than their four-wheeled cousins, even when they boast staggering levels of power.

No discussion of "ultimate motorcycles" could be complete without mention of the remarkable MV Agusta F4 CC, built where so many of the world's most desirable "things automotive" originate — Italy. A special edition model bearing the initials of MV director Claudio Castiglioni, the highly modified F4 uses a 198-horsepower 1,078 cc engine and if this sounds modest by sports car standards, think of the power-to-weight ratio. Each bike sports a platinum plate close to the top of the steering column bearing a number from 1 to 100, and when they're gone, that's it — at least until the next MV "special." The cost of this amazing machine is somewhere in the \$120,000 range and if you still have some change left over, MV will sell you a special edition CC commemorative watch by Girard-Perregaux for around \$23,000.

If there's such a thing as a two-wheeled equivalent of a Ferrari F430, it has to be the amazing Ducati 999R, also from Italy. There are lots of superbikes out there, but many riders in the know (and especially Ducatisti — fans of the marque) would argue that none have the sheer style and charisma of this Ducati — or any Ducati for that matter.

The 999R bridges the gap between high-performance production road bikes and the Ducati racing machines that have been so successful in recent years. In this respect, the 999R is rather like a Le Mans race car adapted for the road.

The 999R is powered by a four-stroke 90-deg. V-twin Testastretta engine which develops 139-horsepower. So close is the bike to racing capability, Ducati delivers it with a kit to adapt it for "track only" use. And auto buffs who think that 139-horsepower isn't that much should ponder the fact that the dry weight of a 999R is just 181 kg, so the power-to-weight ratio is inspiring to say the least. The claimed top speed of 315 km/h must surely be only for the brave.

The 999R bristles with race-inspired design. The Brembo Marchesini wheels are made from an aluminum alloy that is forged using the same process employed for racing wheels. This creates a very light wheel with great torsional rigidity.

Of course, the bike looks truly wonderful and has that "grace of line" Italian designers create with such ease in almost any product. It's certainly one of those "if you have to ask the price, forget it" machines. Let's just say that you could buy a pretty nice sports sedan for the kind of money a 999R would cost you.

It's more a piece of two-wheeled art than a transportation device, but there is one condition. In the tradition of Henry Ford, you can get the 999R in any colour you want as long as it's Italian racing red. Who would want it any other way?

According to Jim Pattison's Guinness Book of World Records, the world's most powerful production motorcycle is the exotic MTT Turbine Superbike and it certainly seems to live up to its fame, delivering lucky (or perhaps terrified) owners a top speed of 365 km/h.

Power comes from a Rolls-Royce Allison 250 turbine engine similar to one that powers the Bell 206 JetRanger helicopter. The bike uses lots of carbon fibre components, as do several superbikes nowadays, plus that one essential for all machines like this, a front and rear-seeking radar detector. Expect to pay as much as \$185,000 for one of these — and there must be somebody at your local airport who can service the power plant.

Of course, these motorcycles are very specialized, mostly hand-built, limited production units and the vast majority of buyers take advantage of the extensive range of bikes from North America, Japan and Europe that are a lot further down market. A very desirable new motorcycle can be put on the road for \$10,000 or even less, and you'll get more fun out of it than you even dreamed possible.

"If there's such a thing as a two-wheeled equivalent of a Ferrari F430, it has to be the amazing Ducati 999R, also from Italy."

High-speed mega-acceleration sport bikes are very appealing in any form, but serious motorcyclists will argue that there's nothing to beat a well-found touring bike for comfortable, speedy, long-distance runs. One of the most respected machines in this class has for many years been the big Honda Gold Wing, the GL 1800 AD version of which even boasts an industry-first air bag. Also featured are ABS brakes, a GPS navigation system, premium audio system and heated seats. Remember, we're talking about a motorcycle here! Honda claims it's the world's most luxurious motorcycle, though it costs a fairly reasonable \$31,000 or so — pocket change compared to the sticker on an MV or MTT Turbine.



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Honda Gold Wing GL 1800 AD

Harley-Davidson Ultra Classic Electra Glide

Harley-Davidson is a motorcycle legend and even that term understates the much-respected status of this manufacturer among bike aficionados. Top of H-D's touring bike line and a rival for the aforementioned Gold Wing is the Ultra Classic Electra Glide with its V-twin engine, standard ABS and Harmon Kardon audio system. These magnificent motorcycles start somewhere in the low twenties, but customizing options — offered in profusion by Harley — can boost that figure considerably. These big Harleys are supremely comfortable on very long rides and are not as difficult to handle as their bulk might indicate. Many riders take to these machines quite late in life and there are excellent riding courses available in most parts of Canada. In fact, anyone new to motorcycles should take a riding course, compulsory in some regions anyway. Although today's motorcycles are very safe, it's not quite the same as hopping into a car and driving off down the road.



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Luxury car fans mostly think of BMW in terms of upscale sedans, SUVs and sports cars, but the Bavarian automaker (under the name BMW Motorrad) has been turning out fine motorcycles since the early 1920s. Although a wide range is marketed, there's much talk right now about the new HP2 Sport, a race-bred machine which makes use of an engine very much in the BMW tradition — it has horizontally-opposed or "boxer" configuration. Claimed the sportiest, most powerful and lightest boxer ever built, the HP2 will tear off the line to 100 km/h in 3.1 seconds — a lot faster than any of the company's automobiles. With its carbon fibre bodywork, superb attention to detail and numerous technical novelties once seen only on racing machines, the bike seems something of a bargain at around \$26,000. There's also a Megamoto "Enduro" version of the HP2 and, according to BMW, Formula One star Nick Heidfeld owns one and rides it regularly. Other ranges worth close scrutiny by anyone shopping the motorcycle market include Suzuki, Yamaha, Triumph and several others.

Of course, there are superbikes, "wannabe" superbikes, sport bikes and "tourers," but perhaps the daddy of them all is the astonishing Dodge Tomahawk. The Tomahawk was ridden into the world spotlight at the Detroit Show three years ago by a Chrysler executive to the utter amazement of all who witnessed the launch of the beast.

Actually, whether the Tomahawk is a motorcycle at all is up for discussion because it has four tires. Call it what you like, but no manufacturer has come back with an answer to a machine that's powered by a 500-horsepower Dodge Viper V-10 engine that will propel it, with some brave soul aboard, to 100 km/h in less than 2.5 seconds. Top speed is well over 300 km/h and speed capability has been put as high as 645 km/h, though nobody has yet tried to explore its outer limits. Dodge reportedly built a small batch for sale through luxury store Neiman Marcus — probably more as rolling sculpture than a rig for fast commuting. Certainly this is the most costly motorcycle ever built at a rumoured \$550,000 apiece. I think I'll stick with my long-term plan of owning a Harley.

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WEALTH

Guiding The Family Nest Egg

By Adrian Mastracci, Portfolio Manager & Financial Advisor (R.F.P)



"Living at risk is jumping off the cliff and building your wings on the way down."

Ray Bradbury, American fiction writer (1920 -)

he last eight years have produced some interesting times. We started out by ushering in year 2000 with fears of computer mayhem. Market tops were formed early on with expectations of more to come, especially for technology companies.

However, the market bear settled in, particularly for the NASDAQ index. A disaster of immense proportions took everyone by surprise on September 11, while in the midst of a bear market grip. This bear market produced permanent changes to the investing landscape as we knew it.

The bulls began to run again in early 2003, almost unabated until last summer. Suddenly, investors rediscovered risks in a new spoiler — asset-backed commercial paper. This was followed by the recent debates on whether the U.S. is undergoing a major slowdown or recession.

No matter how the numbers are sliced, investors have made little, if any, progress in the markets since 2000 — not to mention the effects from the impressive rise of the Canadian "loonie" and the U.S. dollar weakness. Questions surface daily as to which direction the investment markets are heading.

Reading the tea leaves

Investors make best guesses as to what the future will hold based on their reading of the "big picture". I've always maintained that part of the investing experience includes factoring in the scenario where an unexpected event significantly alters expectations.

Another investment philosophy is that it is not prudent for a portfolio to rely on any one investment selection or sector, even if its prospects are stunning. A case in point is the marked change in fortunes of U.S. financial companies in the last year. Their multi-billion dollar losses have yet to be fully recognized and no one was ready for that surprise.

This reinforces the philosophy of diversification. There are very few times when the entire marketplace is heading in the same direction. History has shown that a portfolio will always have some components going in opposite directions from expectations. Adopting the long-term investment perspective is very useful because prospects can improve over a long time horizon.

A frustration with the current scenario is that both the equity and credit markets have positioned themselves front row centre for a long time. Further, the uncertainty has affected corporations to such a degree that some have difficulty forecasting direction for the next quarter.

The level of unprecedented volatility persists in all major markets. Simply said, markets just don't like uncertainty. There are some continuing trouble spots in the economy. The U.S. is going through a deep real estate malaise, the credit crunch is tightening and consumers are accumulating more debt, especially on their credit cards.

Layoffs continue as various companies try to manage their business plans during difficult times. Oil prices remain high when compared to \$55 per barrel in early 2007. None of these situations will help us get out of our predicament. Markets need a sustained dose of confidence.

Where to from here?

I don't profess to have all of the answers. However, I am reminded of my university professor's vision about portfolio management. His view was that investors who stepped aside from the fray to assess the big picture make better decisions.

This could not be truer today. While we have untold uncertainty, and it may get worse before it gets better, no one knows when the real uptrend will begin. It will only manifest itself in hindsight.

Another look at history shows that we have dealt with difficult situations in the past. Take a deep breath. Here is some history on major drops of the Dow Jones index:

DATE	POINTS DECLINE	PERCENT DECLINE
September 17, 2001	-685	-7.1%
April 14, 2000	-618	-5.7%
August 31, 1998	-513	-6.4%
October 27, 1997	-554	-7.2%
October 19, 1987	-508	-22.6%

I recall the investor reactions in October 1987 when the market seemed to be falling straight off the cliff. Of particular note, was the statement made by many investors that they were not going to invest another dollar into the stock market.

Perhaps that reaction was partly driven by emotion, as all markets suffered large haircuts. No one likes those surprises.

There are no easy answers to investing. It's a game of probability, where we want to be right more often than we are wrong — including the professionals.

So, back to today. Do investors know what their portfolios are really up to these days? Could portions be dabbling in the risky areas?

Judging by some recent portfolios I've reviewed, Mr. Bradbury has a valid point. Many portfolios could well be risking the family wealth and goals — possibly without their knowledge.

"While they try, stock markets are not always efficient in the short term."

My premise

This brings me to my premise. Now is a good time to reflect on the appropriateness of the portfolio composition, right in the middle of lingering market turmoil. Now is the time, when "debt crisis", "rough patch", "wall of worry", "sub-prime mess" and "housing slump" phrases are staples in the daily headlines.

Today is a difficult environment in which to make money. Some days it seems that there is no safe harbour to be found. Plenty of jitters pop up everywhere. The prospects of nearly one trillion in estimated financial losses around the world make for some icy moments. Worse, nobody knows the size of the real number.

Markets don't deal well with uncertainty. Neither do investors. Changes to portfolio compositions are infrequent. A popular approach is riding bear markets down, then hitching up to the bull.

Some new investments are purchased every so often and added to existing collections. The result is a muddle of 15 to 25 mutual funds and sometimes more. Many funds don't always fit well together as they have duplication of securities. Other issues of tax friendliness, fees and currency risks also surface.

Sadly, periodic reviews of the selected investments are not the norm. That can spell danger for some portfolios. One hidden hazard is not being aware of what's going on inside the portfolio, especially for investors who don't know their investment profiles.

Three probing questions

Portfolios can be analyzed in many ways. There are plenty of questions to contemplate. I've whittled the process down to a short list to get started. The rest of the exercise can continue once these are dealt with.

Every investor ought to ask these three probing questions:

- 1. Why do I own the investments that I own?
- 2. Am I comfortable with the mix of investments?
- 3. Would I buy the same investments today?

The questions are simple, but inquisitive. The answers are powerful and revealing. Investors may not have contemplated all the implications, so candidness is a must.

Issues like these are particularly troublesome for many investors — especially those who own a business upon which a family depends for its financial well-being.

If your replies provide reassurance, there is probably little or no reason to fix something that's not broken. However, changes may be of interest if you express doubts or concerns. Seeking a portfolio review from an objective source is a valuable exercise. Perhaps you may need a total portfolio redesign.

My counsel is that the portfolio should stay invested according to the parameters prudent for each situation. That means staying diversified, being mindful of the risks and staying with the asset allocation that meets the individual criteria.

Said another way, be patient! The fundamentals of a quality business will ultimately determine the long-term value of that business. While they try, stock markets are not always efficient in the short term. Investors are not always rational and may suffer from episodes of fear and greed.

Reconnect with the notion of "slow and steady wins the race," just like the well-known children's story. Wealth is created over time by buying a portfolio of businesses that can compound their earnings, which will in turn compound the value of your initial investment.

My guidance

I turn to pension plans for some simple guidance. They focus on investment policies and strategies before investment selections. They are not shy about asking probing questions. They have been following this approach for decades.

Here are some tactics for consideration:

- Pension plan managers are skilled at long-term thinking. They
 understand that short-term moves are a normal part of the long
 investment journey that often lasts 30 to 50 years. Investors too
 can reap benefits from this approach.
- Pension plans routinely review their asset mix policies. Investors
 can also examine the suitability of the mix on a regular basis.
 Combinations like equities, bonds, cash and real estate have the
 biggest impact on portfolio returns.
- Pension plans rebalance their asset mix periodically in the quest to seek and maintain the cash flows that satisfy the long-term pension benefits. Likewise, investors can adopt similar strategies to tweak their portfolio compositions.
- Pension plans resist temptations to incur unwanted risks. If a touch of aggressive investing is fitting, limits are placed on such investments — say by allocating not more than 5% to 20% of total family wealth.
- Pension plans implement time-tested practices. Adopt their planning ways. Ensure that no one investment tips the ship or creates lasting portfolio damage. The employer stock can be problematic at times. Think of the family nest egg as a core of the personal pension plan.

Well-informed investors focus on strategies. The three probing questions are a great start. The answers pave the way to better, more informed decisions.

Invest like a pension plan. It's a straightforward approach, and one that keeps the portfolio from risking the family's wealth. ■

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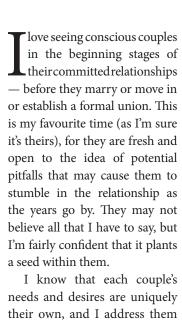
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A: 66

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I know that each couple's needs and desires are uniquely their own, and I address them specifically, but what these fresh, new couples have in common with the couples I see who are in the declining and ending stages of their partnerships are exactly the same things: an abundance of assumptions and expectations about the relationship.

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Most of us forge a relationship with our ideal, with someone who — at least on the surface — appears to embody those specific ideals we desire and value. As soon as we find a potential partner who carries a few of those ideals, it is quite typical for us to simply fill in the rest with assumptions and expectations. Though this may be typical, it is disastrous.

Whether it's our heart's ideal or our head's ideal, we have consciously and unconsciously pre-selected certain qualities, certain emotional, physical and mental features that make up this person. Most of it is unconscious. Most of it's based on past programming and recorded in our memory banks. We believe we are basing our decisions on a great master list, but really our internal memories have far more influence than we know, and that unconscious programming has its finger on the matchmaker switch. But all is not lost to it. We actually have more power than we know, but only if we access it.

In order for us to gain the greatest insight over our subconscious choices, our best plan of action is to delve within, using modern meditations to guide us. Then, we need to be as clear and conscious as we are able. We need to be astutely aware of our expectations for this partner and for the relationship, making certain our expectations are verbalized often and well, especially in those early, fresh stages of the relationship.



Preventing Cracks

By Jonni O'Connor

expectations are being met. If not, state them again, discuss them, enquire, but do not wait for them to suddenly, magically appear and fulfill your ideal. Nothing leads one faster into the decline of the relationship than that expectation.

Assumptions are merely cousins of expectations. It is, again, typical for us to assume that our partner heard us or can see our needs and dilemmas. False. We

also assume that some of the

expectations we have for the

relationship are "normal".

False again. We assume that

And, we need to take full

responsibility for them. Stating

the expectations that you

have does not guarantee that

they will be met, so your duty

to yourself is to stay awake

to whether those verbalized

things will change (or they'll change) once we're A) married, or B) living together, or C) our debt is cleared, or D) the baby is older, or E) the house renovation is finished, or F) the work situation changes, or G) his ex moves out of town, and on and on. All false. Our assumptions are nothing more than passive wishes. They are not active, heart-based, or practical. They may take time to reveal themselves but by then it's likely the damage has been done. Our inner knowing, our conscious voice, and the attention we give these assumptions, will be our best course of action.

At its best, a committed relationship between two people is a strong bond of value, trust, care and love. To take that bond for granted because one yields to assumptions and expectations is a sad thing. It provides the means to the end of that relationship. It rocks the foundation by creating cracks and imbalances that, if left too long, erode away its strength. The knowledge and awareness of this fact alone can assist us by keeping us conscious so we pay closer and more careful (full of care) attention to our needs in the relationship. Then we can recognize the difference between our illusionary ideal and the person we've actually partnered with and make every attempt to stay clear on that difference for the rest of our relationship.



Rendezvous Art Gallery is one of the most uplifting galleries you could ever visit. Not only is the location bright and cheery, but the colourful art is bound to put a smile on your face. The all-original art is mostly by BC artists, but there are a few from Quebec. Director Guy Dagenais established Rendezvous Gallery over 12 years ago, and while most of those years were spent on Howe Street near Georgia, it is the new location, at Howe and Cordova, that has started a buzz in the local art scene. Regardless of what is happening outside, it is always a pleasure to visit this gallery and let the magical work of their many talented artists make your spirits rise. Manager Ingrid Wypkema has been with the gallery for almost 10 years, and is dedicated to making the Rendezvous what it is today and offering the high level of customer service for which the gallery is known.

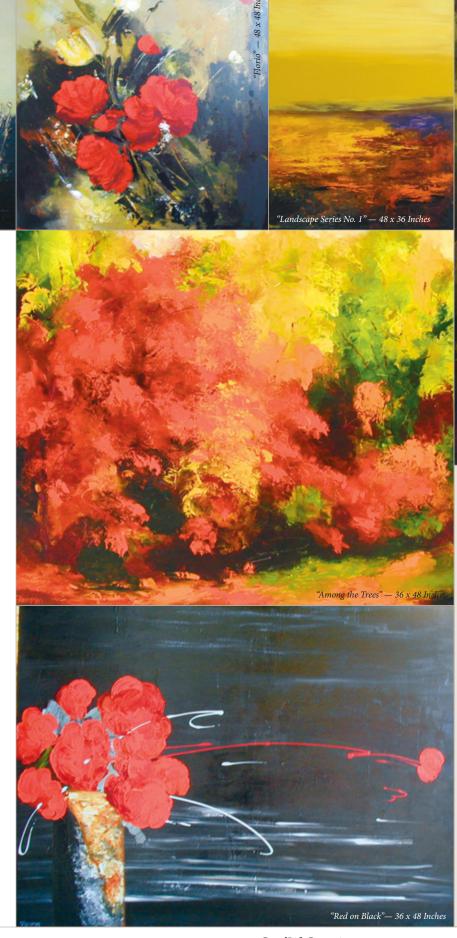
"When it comes to buying art, you should buy what you love and you will never be sorry"

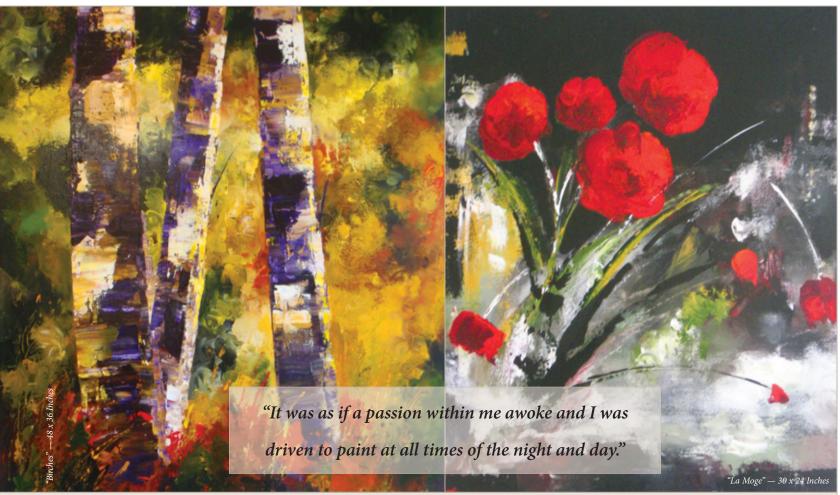
Rendezvous Art Gallery is open seven days a week, Monday to Saturday, from 10:00 a.m. to 5:30 p.m., and Sundays and holidays, from 11:00 a.m. to 5:00 p.m. Services offered include art consultation, delivery and installation, custom framing, appraisals and gift certificates. In addition to an amazing selection of paintings, the gallery also carries fabulous sculptures by David Clancy and Michael Lord, and a selection of Inuit sculptures.

Shirley Thompson's work will be displayed over the summer months, along with some of the other artists the gallery is proud to represent, including Craig Yeats, Ron Hedrick, Danuta Rogula, Rick Bond, Paul Paquette, Berge Missakian, Mauro Celotti, Dennis Magnusson, Jane Armstrong, Angelica Montero, Rod Charlesworth, Peter Holmes, David Edwards, Nancy Lucas, Greta Guzek, Sharon Danhelka and Patrick Chi-Ming Leung. ■

Rendezvous Art Gallery

323 Howe Street
Vancouver, BC Canada V6C 3N2
1.877.787.7466
info@RendezvousArtGallery.com
www.RendezvousArtGallery.com





Shirley Thompson

Shirley Thompson is one of the most exciting artists to emerge onto the Vancouver art scene in recent years. Two years ago, she was mainly known for her talent as a hair stylist and a musician. That was before she casually mentioned to Rendezvous Art Gallery that she paints. One look at her work made it very clear to those in the business that this woman had something special to offer the art world. Since then, there has been a constant and growing interest in her work.

Thompson has been a professional musician for over 25 years, playing a wide variety of music including jazz, R & B, funk and rock. She has played almost every instrument there is, including sax, trumpet, organ and piano, but her favourite is the bass cello.

She was born in Bralorne, a small mining town in the BC interior. She has always had an interest in art, even at an early age in school, but it is only in the last decade that she started to pursue it seriously. Thompson says, "It was as if a passion within me awoke and I was driven to paint at all times of the night and day." She continues, "It is the creative process itself that pushes me to continually explore new approaches. It is the first execution that excites me and I let the energy and passion flow to create the painting. It is the journey, never the end result, that drives me."

Thompson is somewhat of an enigma when it comes to painting. There is a lot of diversity in her work, and yet, at first glance it is so obviously hers. She has developed a distinct style, full of colour and passion, and at the same time a strong sense of serenity. Her work is never predictable. Her paintings have the power to stop you in your tracks. The texture is tantalizing, the colours "zing", the harmony is pure poetry and her compositions are creativity at its best.

Although Thompson has only been painting for about ten years, she definitely has a master's touch. Her work is decisive, bold and confident. This is an artist to watch, for as exciting as her work is, it just keeps getting better and better. Her work has "show stopper" power.

Rendezvous Art Gallery has a loyal and constantly growing clientele from all over the globe as well as from Vancouver and its vicinity. The gallery represents some of the most exciting artists in Canada today, many of whom are well-known, while others are just emerging. There is always an exciting and ever-changing display of art. Their staff will do their best to help you find what you are looking for. Art consultant Sharon Danhelka says, "When it comes to buying art, you should buy what you love and you will never be sorry. The greatest investment is the pleasure you get from it — anything else is a bonus."

Brian Scott



Size: 48x60 Seine Boat Reflection Oil on Canvas

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