# CONNOISSFUR

The Connoisseur's Choice In Luxury Living



### LUXURY RIDES

World's Top Roadsters

### HOUSE & HOME

Heat Wave

### LUXURY LIBATIONS

Cabernet Sauvignon



ECUADOR Life At Its Purest



## Ballet BG 2010~2011 SEASON

### **NOVEMBER 18 – 20, 2010**

### **BALLET BC** • Songs of a Wayfarer and other works

World Premiere by José Navas (Montreal) Vancouver Premiere by Kevin O'Day (Ballet Mannheim) Songs of a Wayfarer by Emily Molnar (Ballet BC)

### **DECEMBER 29, 2010 – JANUARY 1, 2011**

### BALLET BC presents The Nutcracker

**NEW!** A stunning new production by **Alberta Ballet** with live music by the Vancouver Symphony Orchestra.

### FEBRUARY 17 - 19, 2011

BALLET BC • VOLO

1st Flash by Jorma Elo (Boston Ballet) World Premiere by Shawn Hounsell (Montreal) World Premiere by Medhi Walerski (Netherlands Dance Theatre)

### MARCH 18 – 19, 2011

### BALLET BC presents Alvin Ailey American Dance Theater

"possibly the most successful dance company on the planet" -New York Times

### **APRIL 14 – 16, 2011**

### BALLET BC in collaboration with the TURNING POINT ENSEMBLE

### 25th Anniversary Celebration

For these special evenings Ballet BC will collaborate with the Turning Point Ensemble, one of Canada's leading chamber orchestras. We will present four world premieres from noted Canadian-based choreographers Gioconda Barbuto, Serge Bennathan, Wen Wei Wang, and Ballet BC's own Donald Sales.

### SUBSCRIBE NOW!

Call 604732 5003 x221or visit **BALLETBC.COM** 



# the vso's spectacular 2010/2011 SeaSon is on sale now!

Subscribe now to **GUARANTEE YOUR SEATS** and **SAVE UP TO 25%** over single concert prices!



Make the beautiful, passionate, joyful experience of *live* orchestral music a part of your life—subscribe to a series package today!

Order online at **Vancouversymphony.ca** or call VSO Customer Service at **604.876.3434** 

Contents

### Cover Story

Travel & Resorts

Ecuador — Life At Its Purest *By Terry Tremaine* 

### **Features**

Recreation

- Islay and the Machrie Golf Links *By Hal Quinn*House & Home
- Heat Wave By Debbie TravisLuxury Libations
- 36 Cabernet Sauvignon *By James Cluer, MW*Style
- 40 Summer Style 2010 *By Connie Ekelund*Health & Wellbeing
- 46 Vibrant Skin, Naturally *By Sandra Tonn, RHN*Innovations
- 50 Green Tech *By Steve Dotto*Luxury Rides
- World's Top Roadsters *By Tony Whitney*Wealth
- Preparing to Test Early Retirement *By Adrian Mastracci*Culture
- Your Truest Friend—Your Body *By Dr. Lesley Horton*

### Profiles:

- 22 Streamline Properties Inc.
- 28 RIM Capital Corporation
- 34 Aviawest
- 44 Copeman Healthcare Centres
- Rolls-Royce Motor Cars
- 64 Janice McLean

#### On the cover:

Gardner Bay, Española Island, Galapagos, Ecuador

Photographer: Connie Ekelund

Camera: Sony A 850

SONY













## CONNOISSEUR

Volume 8 | Summer 2010 www.GoodLifeConnoisseur.com

### Contributing Editors



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

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





Dr. Lesley Horton, B.Sc., MD, CCFP, CCPC, is an integrated health physician and certified professional life coach who helps people achieve an optimum level of wellness through the use of preventive medicine and hormone balancing with Bio-identical Hormone Replacement (BHRT). With 20 years of medical experience and a wealth of knowledge and skills, Dr. Horton partners with her patients at the West Coast Women's Clinic to help them get the results they want with radiant health and vibrant well-being. DrLesley@GoodLifeConnoisseur.com

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





Hal Quinn is a Vancouver, B.C.-based writer and broadcaster. His articles and columns have appeared in magazines and newspapers across North America, England and as far away as New Zealand. Quinn is the Western Canada Editor and national columnist for SCOREGolf magazine and scoregolf.com, columnist for Golfstyles magazine (Washington, DC, Boston, Philadelphia and New Jersey), co-hosted the internationally syndicated TV show, Great Golf Destinations, and is the former sports editor of Maclean's magazine. Hal@GoodLifeConnoisseur.com

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





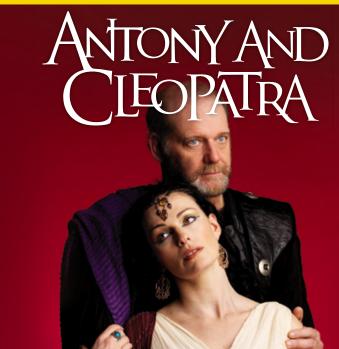
Debbie Travis is the beloved home decorating icon who has produced and hosted three highly successful television series, including *Debbie Travis' Painted House*, *Debbie Travis' Facelift* and *From the Ground Up with Debbie Travis*. She is also known for her weekly syndicated column "Debbie Travis'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

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

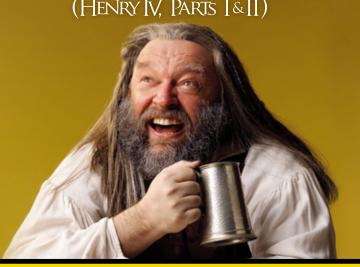


# BARDON BEAUTI











June 3- September 25, Under the Tents in Vanier Park, Vancouver Canada

www.bardonthebeach.org 604-739-0559 1-877-739-0559

















### CONNOISSEUR

Volume 8 | Summer 2010 www.GoodLifeConnoisseur.com

### **Publishers**

#### Publisher

Terry Tremaine | Terry@FusionPublishingInc.com

### **Associate Publisher**

Connie Ekelund | Connie@FusionPublishingInc.com

### Editorial

### **Editor**

Connie Ekelund | Connie@FusionPublishingInc.com

### Copy & Proofs Editor

Anya Levykh | Anya@FusionPublishingInc.com

### Art Director & Production

### **Layout Artists**

Aitan Roubini | Aitan@FusionPublishingInc.com

### Photography

### Staff Photographer

Connie Ekelund | Connie@FusionPublishingInc.com

### Advertising

### **Advertising Inquiries**

Terry Tremaine | Terry@FusionPublishingInc.com

### Account Managers

Maureen O'Brien | Maureen@FusionPublishingInc.com Marie Richards | Marie@FusionPublishingInc.com Linda Arens | Linda@FusionPublishingInc.com

### Marketing

### National Marketing Group

Synergy CMC | info@Synergy-CMC.com

### facebook

### Published by

### Fusion Publishing Inc.

### Canadian Office

Fusion Publishing Inc. #317 – 1489 Marine Dr. West Vancouver, BC

Canada V7T 1B8 888.925.0313

### USA Office

Fusion Publishing Inc.

#1537 – 145 Tyee Dr. Pt. Roberts, WA

USA 98281-9602

888.925.0313

1. C. O. C. 11. C. C.

info@GoodLifeConnoisseur.com www.GoodLifeConnoisseur.com

### Circulation & Distribution

Canada Post

Newsstand

Zinio

Digital

### Subscriptions

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

Digital Suscriptions: Free www.tiny.cc/connoisseur

 $in fo @GoodLife Connoisseur. com\\www. GoodLife Connoisseur. com\\$ 

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

Good Life Connoisseur is published four times a year by Fusion Publishing Inc.

 $\ensuremath{^{\odot}}$  Fusion Publishing Inc. All rights reserved.

Any reproduction or duplication without prior written consent of Fusion Publishing Inc. is strictly prohibited.

The information in Good Life Connoisseur has been carefully compiled from sources believed to be reliable, but its accuracy is not guaranteed.

www.GoodLifeConnoisseur.com





I suspect the Galapagos Islands are found on many "bucket lists." Anyone who has studied biology knows of Charles Darwin's voyage there and the resulting theory of evolution. A wildlife refuge almost by accident—due to its isolation—my impression prior was of a group of islands with a few species of animals which had adapted to fill unoccupied niches. Now I would suggest it's iguanas who dominate, followed by birds.

Wandering about the islands with wildlife a few feet away and totally unconcerned about your presence is an unusual experience. I'm not sure whether the wildlife has become complacent or if in their isolation they have few predators to concern them. On safari in Africa it's common for lions or even cheetah and leopards to brush up against the open jeeps on safari. But it's more the vehicles they have become accustomed to. An exaggerated movement by a passenger in the open air vehicle can lead to a vicious attack. On Galapagos none of the animals seem to care you're there.

Next up on the itinerary are the Cooke Islands. Lying halfway between Hawaii and New Zealand, the group is quite isolated as well. Resident to a very modest population, more Cooke islanders live in New Zealand than on the islands; it's an independent country but directs New Zealand to conduct foreign affairs.

Likely this will be a very relaxed experience with the biggest excitement being who can see the most fish while snorkelling. No doubt the scenery will be fabulous so look forward to lots of photos as usual. As always I would suggest returning the reservation form to the right or visiting our web site to ensure you receive the next issue.

1.10

Terry Tremaine
Publisher
Terry@FusionPublishingInc.com

Be certain to visit our Facebook page as we offer exclusive opportunities to our readers.

facebook.

www.facebook.com/GoodLifeConnoisseur

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



DISCOVER ECUADOR'S NATURAL AND HISTORIC TREASURES ON SIGNATURE ECUADOR, an independent Abercrombie & Kent journey. Walk the cobbled streets of Quito's Old Town and admire its Spanish colonial architecture. Explore the ruins of Ingapirca and visualize the religious rituals of the Incas who worshipped the sun. Witness the Antisanilla lava flow that left rocky waves in the landscapes along the "Avenue of the Volcanoes" and observe artisans at work in Otavalo and Cuenca, keeping Ecuador's proud handiwork and textile traditions alive. This private, fully guided journey is priced and ready to book with one phone call.

For reservations or more information contact your travel professional, call Abercrombie & Kent at 800 323 7308 or visit abercrombiekent.com.

connoisseur's choice 5

TRAVEL & RESORTS

Ecuador - Life At Its Purest

By Terry Tremaine

Photos by Connie Ekelund

he Galapagos Islands have always had a certain image in my mind based on first learning of their existence during high school biology class. The image is of a bearded Charles Darwin clambering over pristine fauna seeking unusual species of wildlife unique to the islands. So to land on Baltra Island and be met on the actual runway by a representative of our hotel, who not only ushered us off to a private lounge in the terminal, but also dealt with any entrance issues including collecting the luggage, was entirely unexpected but certainly most appreciated.

I later learned that Darwin had actually spent only a few weeks on the islands, which at the time were a penal colony. It wasn't until 1959 that Ecuador designated 90% of the land area a national park, leaving the remainder in the hands of those who had already settled there.

Our hospitable emissary, who made our arrival so pleasant, was from the Royal Palm Hotel on Santa Cruz Island—a short ferry ride from Baltra. The luxury resort sits on a lush property with excellent views from each of the well spaced dozen villas. Each has its own living room, dining area with fireplace, bathroom, dressing room and a Jacuzzi tub in its own spacious room with wall to wall windows. The dining is excellent. This property was a hugely welcome surprise as the expectation was to find little in the way of amenities on the islands.

www.GoodLifeConnoisseur.com

### TRAVEL & RESORTS





Surprisingly the wildlife is remarkably uncaring about human intruders. Then it's a return to the vessel for lunch while it weighs anchor and cruises to the next island destination. Where again pangas are launched and again endless exotic wildlife are captured on camera. Be sure to bring lots of storage capacity. We returned with over 7,000 images. Upon returning from the afternoon excursion, the naturalists review the day's events and describe the next day's adventures. A sumptuous dinner follows, then maybe socializing around the afterdeck bar or a trip to the top deck for a lesson in astronomy while the vessel moves on to the next island. The week flies by.

Each island is very different. All are the result of volcanic activity of course, some more recent than others and some still active. (It's interesting to note that each of the provinces which make up mainland Ecuador is named after its own volcano.) Due to the different ages of the islands, the fauna and wildlife are also unique to each island. One island can be young and covered in volcanic ash, resulting in little vegetation and much less wildlife, whereas the next can be significantly older and have lush tropical jungles and an abundance of birds and other wildlife.

"It's interesting to note that each of the provinces which make up mainland Ecuador is named after its own volcano."

One day we are walking among colourful land iguanas, of which two males are conducting a very slow and measured fight for dominance, all oblivious to our presence. The next day the stroll is among Nazca boobies, unique among boobies in that they feed at night, flying out to sea, again unconcerned and busy with territorial, mating and nesting issues. Then it's Galapagos penguins, the smallest penguins, who've adapted to these warmer waters from which they don't stray. Or flightless cormorants with marine iguanas surrounded by blue footed boobies. There are colourful crabs, sea turtles, Galapagos hawks or finches, the list goes on and on. Every day produces a sighting of something new, rare and extraordinary. My only disappointment was in not seeing a woodpecker finch. As a student I was fascinated with the concept of a finch variety adapting and fulfilling the role of woodpeckers on the islands. A particular variety of Galapagos finches has learned to use a stick in the same fashion as a woodpecker uses its much longer bill in hunting for insects. However, when I mentioned it to our guide I felt a little better when he admitted he'd only been lucky enough to have seen one once.

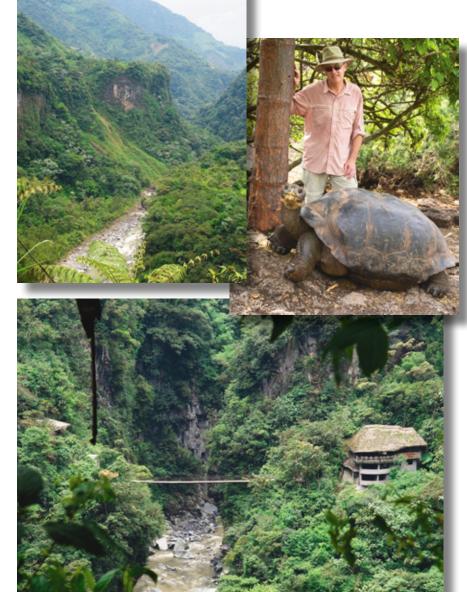
The Galapagos Islands obviously attract a lot of tourists but surprisingly, when walking on the islands with our guide we would never see more than one or two other groups. Generally the presence of other groups of tourist was just not that apparent. Even when anchored it was rare to see more than one other vessel.

### TRAVEL & RESORTS

Those who live on the islands tend to enjoy a higher standard of living than those on the mainland. The port community on Santa Cruz has numerous restaurants and shopping opportunities. As well, the Charles Darwin Station, worth a trip if only to see the giant land tortoises, is relatively near the downtown area. Our guides of course lived here and took great pride in the islands. They liked to say the islands were the part of Ecuador that drew the very different people found on the lowlands near the Pacific and those living high in the Andes together as a country. I'm very pleased to have been able to visit this truly unique place in the world.

From the islands we flew to Quito, the highest capital in the world, situated in a valley in the Andes resulting in it being some forty kilometres long but only five kilometres wide. The international airport was efficient and there was no undue custom or immigration requirement. As it happens, the government is in the process of building a new airport and apparently the old one is to be turned into a park.

Quito was one of only three seats of the Spanish colonial government for the Americas from 1563 on to independence. The independence movement apparently started in Quito and was joined there by Simon Bolivar, its most famous leader. The Spanish colonial presence is much in evidence in the city core with the presidential palace being the original Spanish governor's residence. The Incan Empire included Ecuador for a relatively short period and they destroyed everything they had constructed in advance of the marauding Spanish armies. So their brief presence left little impact on the area and its indigenous people. According to UNESCO, Quito has the largest, best-preserved, and least-altered historic centre in Latin America. The Church of the Society of Jesus, known colloquially as La Campania, is a Jesuit church in the historic centre. It is one of the most well-known churches in Quito because of its central nave, which is covered in seven tons of gold leaf.





The area surrounding the palace is principally colonial buildings with numerous plazas, restaurants and nightlife. Over the last decade the area has been totally refurbished and has become a focal point. In the plaza opposite the president's palace can be found citizens with political opinions opposite to the president taking the opportunity for their turn in front of a microphone to let everyone know where they stand. In the general area are numerous colonial churches with remarkable interiors.

Situated in the colonial core and only a short walk from the centre of activity the Villa Colonna was our residence. The two native Ecuadorians who own the property spent a number of years in the United States pursuing professional careers. They returned to Quito because "the climate provides spring everyday" and proceeded to purchase one of the old rundown properties in the core, turning it into a fabulous six-room bed-and-breakfast. The two storey nineteenth century building has a grand feeling and each well-appointed room is individually decorated with custom ordered furnishings. The end result of the renovations has received endless accolades in the Ecuadorian press.

Just on the outskirt of Quito sits a monument to the Middle of the Earth, built to commemorate the 200-year anniversary of the French Geodesic Mission. They came in 1736 to this highest high point on the equator to measure three degrees of the Earth's meridian and in doing so, prove the true shape of the Earth, which turned out to be flattened at the poles and elongated along the Equator, confirming the theory of Isaac Newton.

Continuing along the Pan-American Highway brought us to Otavalo and its very well known market. Ecuador is a major exporter of agricultural produce and a visit to the produce market certainly demonstrates there is no shortage in variety. Many of the indigenous people sell their handiwork here as well. Their traditional clothing in bright colours lends a festive air and the negotiations are certainly entertaining.

West of Quito lays the Artisana Ecological Reserve. Ecuador has a remarkably diverse ecology, which is protected in 20 national parks. The reserve's main attraction is the snow-capped Antisana Volcano, the fourth highest peak in Ecuador. It also encompasses 10 ecological zones ranging from páramo to lowland rainforest, along with a variety of climates, vegetation, and wildlife. Among the many bodies of water in the Reserve, Micachoca Lagoon is the Reserve's largest, located at 3,900 meters.









South of Quito is Cotopaxi where we found the extraordinary Hacienda San Augustin de Callo. Since the fifteenth century the hacienda has served as an Incan fortress and palace and then Augustinian monastery and was also temporary home for the French Geodesic Mission. In 1921 the Hacienda was purchased by General Leonidas Plaza Gutierrez, leader of the Liberal Revolution. Plaza went on to become President of Ecuador in 1901 and again in 1912, a position which was to be held by his son Galo Plaza in 1948. The hacienda remains in the family to this day and is currently owned by the General's glamorous granddaughter Mignon Plaza, whose father, the distinguished congressman and legendary amateur bullfighter José Maria Plaza, continued to play a pivotal role in politics. He also taught Mignon to be an accomplished bullfighter herself.

A working farm, with only eleven rooms, surrounding an open courtyard, the property is a unique experience and one of the leading resorts in Ecuador. One wall of the dining room is actually the remains of an Incan temple, which certainly provides a conversation piece for guests while dining. With a relatively small number of guests, the dining room provides an opportunity to get to know each other. During our stay, to my surprise, all the guests were Canadian.

We were also entertained by the number of hummingbirds frequenting the flowers in the courtyard. Ecuador has the greatest diversity of hummingbirds in the world, boasting well over a hundred species—all seemingly larger and more colourful than those found back home. Also on view is the nearby active Cotopaxi volcano—the second highest point in the country and one of the highest volcanoes in the world.





As a day trip from the hacienda we visited Banos. In spite of the volcanic activity from Tungurahua that forced an evacuation from Banos during 2000, the town is a popular tourist area with both Ecuadorian and foreign visitors. They come for the Bascilla, the famous hot springs, the scenery and the accessibility to the jungle home to the headwaters for the Amazon. Tungurahua, also known as "The Black Giant," is the largest volcano in Ecuador yet the most easily climbed, since Banos is already set on its hillside.

"A member of the Ecuadorian Association of Chefs, Maria retired from one business to set up this restaurant with an unusual modus operandi."

Another interesting stop was the Casamale Restaurant, owned and operated by the very hospitable Maria Elena Rodas. A member of the Ecuadorian Association of Chefs, Maria retired from one business to set up this restaurant with an unusual modus operandi. Maria had a new home built using traditional materials but with all the modern conveniences. Within the home is an extra large dining room and kitchen. By reservation only, small groups are able to visit, to be taught Ecuadorian cooking in



the kitchen and then have the enjoyment of eating what's created in the very comfortable dining room. We very much enjoyed the experience and the conversation with the engaging Maria.

### Sea bass in coconut sauce

Courtesy of Chef Maria Elena Rodas S. Casamale Restaurant Cotopaxi, Ecuador

This is a traditional preparation of African-Ecuadorian coastal inhabitants. Makes 4 servings.

### Ingredients:

- 2 lb / 1kg sea bass filets (no bones, no skin)
- ½ cup yellow or red bell pepper, finely chopped
- ½ cup onion, finely chopped
- ½ cup coconut milk (canned)
- 1 pinch cumin
- Salt and pepper as needed
- Vegetable oil as needed

### Special note:

When you open the can of coconut milk you will find part of it as a liquid, the rest as cream. You may freeze the unused portion.

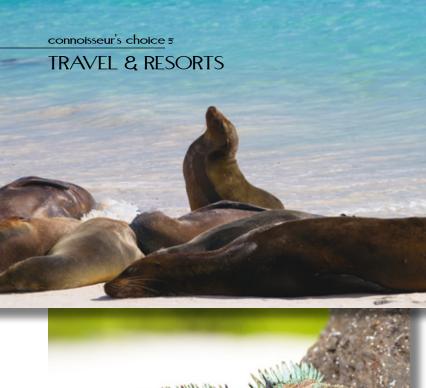
### Method:

Sauté the onion and bell pepper in a tablespoon of vegetable oil, add the liquid from the coconut milk and a pinch of cumin, cook for about 1 minute, blend the mixture, and drain, pressing the mixture to obtain the sauce (DON'T ADD ANY OTHER LIQUID).

Add salt and pepper to the fish, fry the fillets in 2 tablespoons of hot vegetable oil until slightly golden, mix the drained sauce with the rest of coconut milk until it is all mixed, cover the fish with this sauce and boil for about 3 minutes or until the fish is tender. Add a pinch of salt (the flavour should be sweet, not salty).

Serve about 8 oz of fish with white rice and fried plantain.

www.GoodLifeConnoisseur.com Summer 2010 | GOOD LIFE CONNOISSEUR 19





While in Quito our other home was the Swissotel. Found in the business section in the southern area of the city, this modern and comfortable hotel has all the needed amenities and is a relatively short drive to the airport. Service is attentive and they will chauffeur you to their sister property in the center of the colonial area which offers opera while enjoying the sumptuous culinary creations provided in the dining room. Although with the variety of dining available in the property the trip isn't really necessary unless you're an opera lover.

Prior to visiting Ecuador, my only impression was of a South American country sitting on the equator which happened to own the Galapagos Islands. While there we discovered it is currently attracting both Canadian and American retirees attracted to the climate—yes, spring every day—and the modest cost of living. Some of the communities near to Quito have these new residents, while apparently others are drawn to the beaches and real estate opportunities found on the coast.

The country is a major oil exporter but also very productive in agriculture. Near to the Hacienda San Augustin de Callo are large green-house operations which provide many of the long stemmed roses found in our florists; apparently the nearness to the sun increases the stem length. And of course there are Panama hats which would be better named Ecuador hats since that's were they actually come from.

Since Ecuador adopted the US dollar as its currency a few years ago the economy has been more stable. We enjoyed both the people and the places and would welcome a return trip to explore the coastal communities.



Connoisseur's Choice in Cameras





### Breathtaking quality from capture to playback

This trip was photographed with Sony's DSLRA850P a<sup>™</sup> (alpha) Digital SLR Camera, with DT 16-105mm f/3.5-5.6 Wide Angle Zoom Lens, SAL70300G 70-300mm f4.5-5.6 Telephoto Zoom Lens, and SAL500F80 500mm F8 Reflex Telephoto Lens.

### For more information visit: www.sonystyle.ca/dslr

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

Good Life Connoisseur's Choice in Ecuador Luxury Travel with Abercrombie & Kent www.abercrombiekent.com

Itineraries/Schedules in Condé Nast Traveler's readers' poll of top cruise ships in 2010.

Reserve by September 30, 2010, and save \$500 per person on select departure dates\*. For more information, contact your travel professional or visit abercrombiekent.com.

\*Offer is valid on the October 21, 28; November 4, 18, 25; and December 9, 2010, departures. Valid on new bookings only. Offer based on availability and has no cash value. Other restrictions may apply.



DISCOVER DARWIN'S GALÁPAGOS aboard MV 'Eclipse'. When Charles Darwin first came upon the Galápagos in 1831, he discovered wildlife thriving without fear of predators in an ecosystem unaltered by humans. Experience these unique islands much as Darwin did on an A&K adventure to the Galápagos. Travel in comfort aboard MV 'Eclipse' in the company of expert naturalists who lead you on daily shore excursions

Experience the Wonders of Galápagos with Abercrombie & Kent on board MV 'Eclipse,' honored with perfect scores for Shore Excursions and

for up-close encounters with the islands' remarkable wildlife.



### Looking for Value & Luxury?

### It all happens here in Canada's Greenest Condo Building.

On what used to be a gas station site in Delbrook, North Vancouver, now stands The Brook, Canada's greenest condo building; a sustainable building with a high quality of construction, outstanding efficiency and timeless modern living spaces.

What are the owners saying? We recently surveyed existing residents and comments included:

"I've never slept better!"

"I love that my hot water is heated by the sun, and my home is heated by the Earth; oh and warm feet, now that is luxurious!"

"I take less medication for my allergies now, it's quite amazing."

High efficiency geothermal technology to heat and cool the building; solar thermal hot water; heat recovery ventilation units that constantly circulate fresh air throughout each space; water recycling and low flow plumbing faucets. Together, these technologies reduce overall water and energy consumption by 70%. These savings and health benefits are passed on to the buyers with a higher quality of living and lower maintenance fees. Recently completed, registered for LEED™ Platinum and has been noted as the "greenest stand-alone, residential building in Canada in 2009,"

The Brook is located at 650 Evergreen Place, North Vancouver, B.C.

#### And In With the New...LOCAL 1661 BUILDING INC.

The design of LOCAL 1661 is one of understated style. Nestled on a gently sloping site just west of the bustle of Commercial Drive in the heart of east Vancouver, the location is within a few minutes of downtown and provides easy access to all parts of the Lower Mainland. Every detail in the upcoming 22 residential units will be deliberately reserved, letting natural colours and materials converge with the vibrant community. The four-storey building is located just a few steps off the Drive, which is bustling with a wide and eclectic variety of shops and restaurants. The long established residential and commercial area has continued to remain a true neighbourhood community.

Streamline Properties Inc. has assembled three adjacent properties located at 1661 East 2 Ave, Vancouver, where there has been limited access to multi-family properties in this area, despite having enjoyed a strong market growth over the past few years. This is an excellent opportunity to create a unique quality development in the heart of the Commercial Drive area, one of Vancouver's hottest and most culturally sustainable communities.

Situated at East 2 Ave. and Commercial, LOCAL is a new, passively designed collective of homes that can be summarized in a word. **Clean.** From cleaner air to a cleaner visual aesthetic, the LOCAL building will offer a modern alternative in a classic neighbourhood.

"At Streamline, we prefer to take a boutique approach to residential development, with a focus on smaller, ecologically sound buildings. And, though LOCAL is only our second development, we're confident that our first speaks volumes about our credentials. Suffice to say, we'll take quality over quantity any day. And though we want to feel good about what we build, it's more important to us that you feel good about what you buy. That's why we're committed to doing things small and doing them right."

### **Streamline Properties Inc.**

The Streamline Group, founded in 1996, has established a reputation for high standards of creativity and integrity. Formed by long term friends, Michael Knight and Jeff Wiegel, the company has owned a number of investments and properties in the past, and in recent years has begun to focus on the development of multi-family residential properties.

Streamline Properties Inc. is in the business of acquiring sites, developing, and managing the construction of boutique, environmentally friendly, quality homes throughout the Lower Mainland using a combination of private and institutional investment.

Streamline is continually striving for outstanding construction quality and design excellence. The use of environmentally friendly products and finishes along with the latest in understanding of building technology and scientific advancements is a constant goal. Streamline homes are built with a true respect for the natural environment and are created to be in harmony with their surrounding neighbourhoods.

See more for yourself at www.streamlinegroup.ca.





### STREAMLINE PROPERTIES INC.

1623 West 2nd Avenue Vancouver, B.C. Canada V6J 1H3 604.736.5400 info@streamlinegroup.ca www.streamlinegroup.ca

22 GOOD LIFE CONNOISSEUR | Summer 2010 | GOOD LIFE CONNOISSEUR 23 | Summer 2010 | GOOD LIFE CONNOISSEUR 23

### Islay and the Machrie Golf Links

By Hal Quinn



here are places that aficionados and connoisseurs of the arts, wines, architecture, literature, music, cuisine or whatever the passion, feel that they absolutely must visit at least once in their lifetime. For ardent lovers of the game of golf in its purest form, who also happen to have a discerning enough palate to appreciate the finest malt whisky in its singular undiluted form, a pilgrimage to the Isle of Islay should be at the very top of their bucket list.

From its birthplace in Scotland more than 500 years ago, golf has spread over the globe with its traditions, and even its terminology, largely intact. The same can almost be said for Scotch whisky, though it first had to migrate from Ireland to Scotland as whiskey. On the windswept Hebridean island of Islay, golf is on a true links course, and the whisky from the island's seven distilleries is pure single malt nectar.



Islay may not be the first Scottish destination that comes to a traveller's mind, but it will leave warm impressions to last a lifetime. There are barely 2,000 inhabitants on this outcropping abutting the often-fierce North Atlantic, though the first Ileachs encamped here for centuries before the common era. Just off Scotland's east coast (slightly below parallel to Glasgow and Edinburgh—on a clear day you can see Northern Ireland to the south), Islay's long history has as many twists as the Isle's coastline and has been equally rough at times. However, one constant has been the golf and the whisky.

North Americans, particularly Americans, have come to use the term "links" to mean golf course. It doesn't. A links course is one that lays along a seaside on links land, a stretch of infertile sandy soil that "links" the seashore to the arable soil inland. Links courses are not found in North American cities, but are along the shores of Scotland, Ireland, and Wales, with the Scottish links being the nursery of golf.

The Low Road (as opposed to the other route, the High Road) south from the Islay airport draws an almost perfectly straight line through the peat bogs and low hills dotted with grazing sheep. A sharp, barely marked turn onto a single-lane, potholed, dirt, and equally straight driveway leads to the historic Machrie Hotel, and just beyond it the enchanting Machrie Golf Links. They form one of the most charming and inviting combinations imaginable.

The ruins of Dunyveg Castle watch over Lagavulin Bay while the hillocks and dunes of the Machrie Golf Links wait with their timeless challenges.

The hotel—really an old farmhouse, or a really old farmhouse closing in on its 260th birthday with additions and subtractions, and self-contained lodges off to the side—exudes character; aromas from the kitchen promise post-round delights; and the bar proudly boasts one of the most thoughtful and varied offerings of whisky in the world.

"For ardent lovers of the game of golf in its purest form, who also happen to have a discerning enough palate to appreciate the finest malt whisky in its singular undiluted form, a pilgrimage to the Isle of Islay should be at the very top of their bucket list."

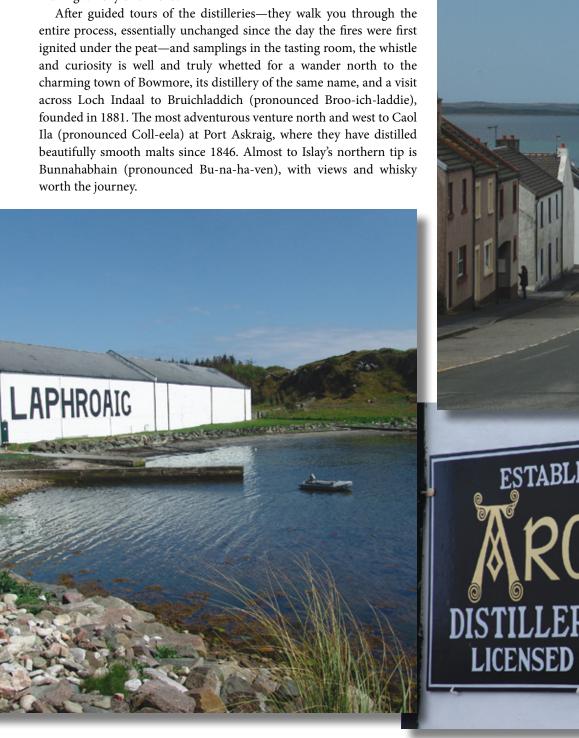
The entire structure is whitewashed, and stands like a beacon in the middle of a starkly vacant landscape. Around to side of the hotel, through the fence and past the idle farm equipment and sheds, after walking through a domed passageway, the golfer enters a world virtually unchanged since the Machrie Golf Links was designed by Willie Campbell in 1891. For the purist, it is a world of wonder. For the unknowing, it is one of puzzlement, akin to a rum and coke drinker tasting a peaty, smoky Islay single malt for the first time. Links golf is an acquired taste; a jolt to those coddled by manicured North American parks land courses. The Machrie is bold, rustic, following the contours carved by the ice ages—not bulldozers. The spectacular Laggan Bay and the gentle hills around it provide one of golf's finest settings. The towering dunes, the knee-high waving mammon grasses and the quirky, multi-mounded greens are the challenges.

The hand of Campbell and the generations of "keepers of the greens" who have followed are barely evident. The routing and the mounds feel perfectly natural under foot and relentlessly pleasing to the eye. There are blind shots all over the course, a characteristic of links courses that follow the path of least resistance. The 7th hole is the most famous. The 395-yard par 4 plays directly over a mammoth mound—so large it has a name, Scot's Maiden—and the second shots into the final two holes are aimed at sign posts. The holes climb and dive, crest hills to reveal greens tucked against slopes as if hiding from the wind, open on to broad expanses with views to the sea or rolling dark green hills marked by drying piles of peat. The Machrie, at 6,250 yards par 71, is all wonderful, exhilarating in any weather, and an ideal prelude to visits to the distilleries down the road and sampling the best single malts on the planet.

24 GOOD LIFE CONNOISSEUR | Summer 2010 www.GoodLifeConnoisseur.com

### RECREATION

Just down the Low Road and shortly after it joins the High Road, then passes through Port Ellen, along Islay's south-eastern shoreline, are three iconic distilleries. First, there's Laphroaig (pronounced La-froyg), Gaelic for "the beautiful hollow in the broad bay." A bit along the road is Lagavulin (pronounced Lag-a-voo-lin), with its view over Lagavulin Bay of the ruins of Dunyveg Castle, ancient home to the lords of the isle. Virtually at the end of the road is Ardbeg, where they didn't start making whisky until 1815.







Clockwise from right: The Bowmore Distillery; Bruichladdich Distillery; the Lochside Hotel; Duffy's bar.

Bowmore is the perfect hub for exploring the island. The Lochside Hotel is not only charming and welcoming—and featuring Duffy's astounding assortment of whiskies in the bar and a fine restaurant but is steps from everything in Bowmore, including the distillery that gives the town its name. Get a copy of *Peat Smoke and Spirit* by Andrew Jefford if the corner store manages to keep a copy in stock. Wander down to the pier and view the Loch, and the seaward side of the Bowmore Distillery that opened in 1779, and be transported back in time.

"Wander down to the pier and view the Loch, and the seaward side of the Bowmore Distillery that opened in 1779, and be transported back in time."

Something like 25 million litres of uniquely Islay whisky are exported each year. That not under the distilleries' labels is bought up by Highland distilleries to lend a hint of the Islay peatiness to Cutty Sark, Johnnie Walker, Ballantine's and the other blends.

In essence, there is a bit of Islay in the majority of whisky enjoyed around the world. And there's also a bit of the Machrie in fine golf



www.GoodLifeConnoisseur.com



www.GoodLifeConnoisseur.com

26 GOOD LIFE CONNOISSEUR | Summer 2010



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

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

New investors—along with numerous repeat investors—are being offered an opportunity to participate in another of RIM Capital's well-managed, conservatively structured, high quality real estate developments. RIM Capital Corporation has an offering of \$4 million in preferred shares, with a minimum commitment of \$10,000, which will entitle investors to 30% of the project's overall profit. The preferred shares are forecast to return 47.97% annually over the estimated 48 months to completion of construction. Investors will have the option to convert their investment earnings into condominium ownership, as an alternative to a cash payment, and offering an opportunity for tax deferral.

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

## RIM Capital Corporation Invest in high-yield opportunity

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

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

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

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

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



### **RIM Capital Corporation**

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

28 GOOD LIFE CONNOISSEUR | Summer 2010 | GOOD LIFE CONNOISSEUR 29 | Swww.GoodLifeConnoisseur.com



### Hacienda Highlights

This past winter I discovered an idyllic health spa in Mexico that satisfied my craving for a peaceful week of hiking and relaxation. Rancho La Puerta is surrounded by lush meadows and mountains, acres of landscaped gardens, and an organic farm. Not surprisingly, they offer a world-class cooking school, which teaches the art of cooking simple, exquisite, satisfying meals with vegetables, legumes, fruits, and herbs—all grown locally.

"Painted caricatures of children laughing, animals, fruit and floral bouquets appear as trim on walls and furniture, telling their own unique and timeless stories."

The accommodations, called casitas, exhibit the best in Mexican style—easy-going, cheerful, and engaging. Hand-carved wooden doors are works of art, decorated with panels, glass and wrought iron inserts and iron handles. Doors are framed by decorative brick and plaster relief. To keep the breezes flowing, interior design is open, with high walls and cathedral ceilings. Doorways or passageways between rooms are broad and arched.

Glazed terra cotta floor tiles feel smooth and cool underfoot. Mexican tiles and handpainted ceramics create a colourful montage in bathrooms and kitchens, and also function as decorative inserts around a window, doorway and fireplace.

Colour in the casitas comes in many forms. Painted plaster walls are sometimes simply a cool shade of white, but you will also find earthy rust and shades of clay, indigo, crimson, sunshine yellow and meadow greens. Textiles and weaves are traditionally bright and full of pattern. Painted caricatures of children laughing, animals, fruit and floral bouquets appear as trim on walls and furniture, telling their own unique and timeless stories.

Furniture is solid—thick slab dining tables, carved wood or wrought iron headboards, rustic benches, elaborate armoires, and simple chairs and sofas softened by cushions that are covered in colourful fabrics.

Lighting can define or punctuate a particular style, and this is the case in all Mexican décor, both indoors and out. The signature wrought iron light fixtures are forged into traditional and modern shapes. Chandeliers, lanterns and candeleros are part of the rugged, rustic and romantic look, designed for candles or electric bulbs.

All this adds up to an ambience that both delights and refreshes our souls. If you are ever in need of a break away from the roller coaster of daily life, I highly recommend Rancho La Puerta. The time spent there will be beyond memorable, and like so many of the guests I met during my trip, we are all planning our next visit.

### Heat Wave

Caribbean and Mexican decorative designs celebrate bold and spicy colours mixed with traditional architecture and endearing motifs.

By Debbie Travis

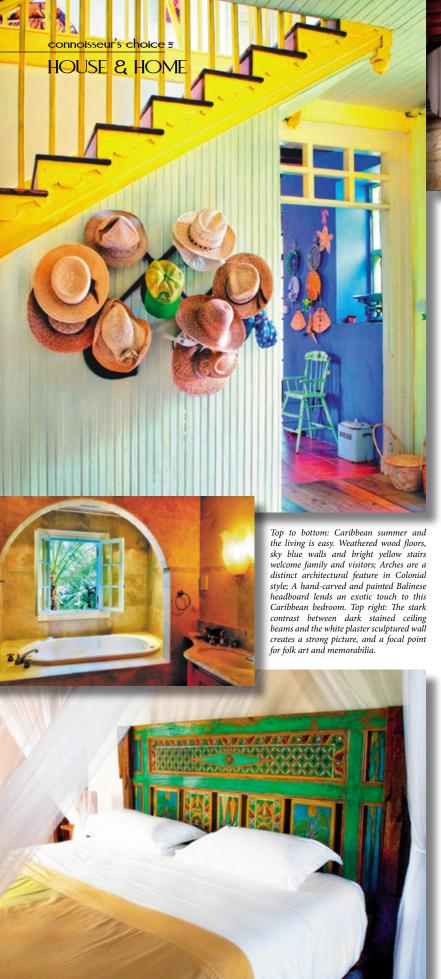
ur homes are created to protect us and comfort us, and in the broader definition, to reflect those things most important to us. Houses define the people who live there, and I have always derived much pleasure and inspiration from the many forms of decoration that emerge from different cultures.

Caribbean and Mexican styles share common elements that have emerged through centuries of tradition. They use indigenous materials and handmade designs to produce inviting and comfortable homes that function well when the temperature is sizzling. We can borrow from the delightful sense of colour and spatial design that springs from living in a hot climate to inject some fresh style into our lives. It's a natural for summer decorating. (And the spicy colours are also cozy in the frosty months of a northern winter.)



www.GoodLifeConnoisseur.com

Right: Plaster walls are rubbed with hot pepper red. The antique bookcases have been painted to match.



### Caribbean Charm

There's a feeling of serenity that floats on the breezes that greet you in the Caribbean. Island life has a rhythm all its own, grounded in the rolling surf and coloured by layers of topical flora. You will discover much of the history of the Caribbean through the diversity of the architecture and decoration of the islands' homes. The variety has been determined over the centuries by colonization from England, France, Spain, Portugal and the Netherlands. Each culture brought its own criteria for house building and decoration, but these elements were blended with local design to suit the tropical environment.

In their book *Tropical Homes of the Eastern Caribbean*, Derek Galon and Margaret Gajek tell stories and capture charming examples of the Colonial design, luscious colours and heritage style wood furnishings found in a select group of island homes. Bleached wood floors, and a mix of pastel shades painted on the walls greet family and friends at an old plantation house in Barbados. Wooden window and door trim is wide and elaborate, either left in its original wood or painted crisp white. Terra cotta tiles cool kitchen and bathroom floors, but other rooms are hardwood, with a variety of antique area carpets.

The Colonial style features large rooms with high windows, mahogany floors, and plenty of wood detail. Archways, rather than full walls, are built to delineate a change in space, such as a private bath with an incredible view. High colour is taken from the orange and terra cotta shades found in the earth and flowers. Wide, sweeping verandas connect indoor and outdoor living and provide ample space to eat, sleep and play.

"Rancho La Puerta is surrounded by lush meadows and mountains, acres of landscaped gardens, and an organic farm."

In Tree Frog Villa, which is situated in Grenada, the bedrooms take on an exotic air, with four-poster beds and authentic, hand-carved and painted Balinese headboards. Layers of netting are a tropical fixture.

A masterful example of modern architecture blending into the natural wilderness of Grenada is Willcox House. High-beamed ceilings stained deep mahogany brown slope to the ground on the eastern side of the house to protect it from ocean gales. The multifaceted white stone living room wall acts as a giant sculpture designed to showcase family memorabilia and Caribbean treasures.



#### Get the Look

These tropical decorating themes are enchanting, and I have surprised and delighted many homeowners on my television shows by applying some of the simple secrets of this expressive style to their homes.

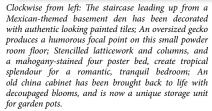
I designed a Mexican den for a family who loved the style. The fireplace surround was resurfaced with plaster, and Mexican tiles inserted as a decorative trim. Walls were rubbed with yellow and terra cotta glazes to look like weathered hacienda walls. The staircase needed attention, so I stencilled the risers to imitate handmade Mexican tiles. The background of each tile is simply a stamped square of cream paint. I traced the pattern from a few different tiles, and cut stencils from Mylar. I then filled in the stencils using authentic shades of red, blue and yellow. The effect is well worth your time, but the project is hard on the back, so do a few risers then take a break. Your work won't impede foot traffic.

Inspired by the soft hazy hues of the Mexican desert, I had some fun fixing up a small powder room on a limited budget. Shag carpet was covering a plywood floor, which left many options, but the floor was in good shape, so I opted to paint it. I am always fascinated by lizards and geckos that dart around brazenly in hotter countries, and thought this would make a perfect motif for the small space. The gecko was stencilled onto the floor in sections over an orange base coat. The floor was given three coats of semi-gloss varnish for sheen and protection.

Bedrooms are personal spaces that should be decorated in any theme or mood that compels you to rest and recharge. One of my favourite makeovers was in a Victorian house with high ceilings and hardwood floors. It had the architecture for a serene and romantic bedroom fashioned after plantation bedrooms I had seen on the islands. A lattice was stencilled around the top of the walls to let in the imaginary tropical breezes. The room was painted sea-foam green, with periwinkle blue accents on the stencilled pillars and lattice. A mahogany-stained four-poster bed is layered in heirloom linens. As a finishing touch, I screwed large gold pineapple finials on the top of each post.

Second-hand finds always spark my imagination. Refinishing an old table, chair or chest of drawers adds special character to a room. I transformed an old china cabinet for a garden-lover who needed a place to store and organize her pots and small garden equipment. A gorgeous spray of bright blooms was applied to the front panels using the art of decoupage. I made colour copies of flowers, stems and leaves and cut them out. To avoid the colours from bleeding, I spray varnished the cut-outs. The flowers are applied to the panel with decoupage glue and protected with varnish. This garden armoire can be moved outside in the warm weather, and will always make you feel warmed by the sun, tropical or not.

Produced by Debbie Travis and Barbara Dingle





### Connoisseur's Choice for House and Home

Mexican casitas photographs printed with permission by Rancho La Puerta Health and Wellness Spa. www.rancholapuerta.com

Tropical Homes of the Eastern Caribbean, photography by Derek Galon and text by Margaret Gajek, published by Ozone Zone books.

Debbie Travis' series of books are by Debbie Travis with Barbara Dingle, published by Clarkson Potter.

Mexican stairs from Debbie Travis Decorating Solutions.

Gecko powder room from *Debbie Travis Kitchens and Baths*.

Plantation bedroom from Debbie Travis Bedrooms.

Garden armoire from Debbie Travis Facelift.

You can follow Debbie on Twitter at www.twitter.com/debbie\_travis, and visit Debbie's new website, www.debbietravis.com.

32 GOOD LIFE CONNOISSEUR | Summer 2010 | GOOD LIFE CONNOISSEUR. 33 | Summer 2010 | GOOD LIFE CONNOISSEUR. 33 |



It's no secret that Victoria, British Columbia, is one of the world's favourite year-round destinations. With acres of gardens that thrive and bloom year round, endless opportunities for outdoor adventure, and Canada's mildest climate, British Columbia's beautiful capital city is consistently voted Top Island in the Americas.

Visitors to this southern Vancouver Island gem often find it difficult to leave—and with good reason! After spending a vacation in Victoria, many out-of-towners begin wondering about the possibility of purchasing a second home in B.C.'s capital city.

High demand for real estate in Victoria has created a market that is often difficult to break into. As a result, one of Canada's most liveable cities has also become one of Canada's most expensive cities.

Although owning a home in Victoria is an attractive long-term investment—thanks to average historical real estate price increases of 7.15% since 1978—second homes tend to carry with them the burden of time and resources and it's not always possible to use a vacation home as much as was initially intended.

Fractional ownership, the fastest growing real estate product in North America, has become an attractive possibility for many second home purchasers. At Parkside Victoria Resort & Spa, the dream of owning a vacation home in the heart of Victoria's charming downtown becomes a reality.

Owners at Parkside Victoria Resort & Spa have access to the Registry Collection's Signature Selections, a high-end luxury fractional, vacation home exchange network, with 160 of the world's finest properties, as well as exclusive members-only luxury leisure travel resources, services and benefits at the most desirable resort destinations in the world.

Effortless ownership means a second home for a fraction of the cost, tailored to each purchaser's unique lifestyle—with the option to exchange time for holidays at over 4,000 resorts worldwide and access to year-round resort and spa amenities. Owners buy what they need and use what they own.

Fractional purchases have been shown to appreciate on par with whole ownership, functioning as a lifestyle investment that can also see a financial return.

Fractional ownership is ideal for those seeking recreational real estate for a few weeks or months a year. In most cases, fractional properties offer luxurious décor and a host of on-site amenities.

Thanks to one of North America's strongest real estate and rental markets, and the innovative division of whole homes into fractional interests of allotted time sold as deeded property, owners can stay in luxury in Victoria or travel around the world while enjoying the benefits of quarter ownership.

A second home in Victoria is an ideal way to enjoy the culture and heritage, desirable neighbourhoods, historic and attractive downtown, bustling Inner Harbour and majestic Parliament Buildings in Western Canada's oldest city.

For a few weeks or months each year, fractional real estate owners can take advantage of a vibrant and scenic city with spectacular dining, golf, shopping, attractions, activities and events—while spending time with family and getting away from the rush of everyday life.

And, of course, there's that ocean too! ■



### Parkside Victoria Resort & Spa

www.myparkside.ca 1.866.582.2530

34 GOOD LIFE CONNOISSEUR | Summer 2010 | GOOD LIFE CONNOISSEUR 35 | Summer 2010 | GOOD LIFE CONNOISSEUR 35

### LUXURY LIBATIONS

Tf I had to pick a favourite grape, which is like picking a favourite child, then it would have to be Cabernet Sauvignon. In the final **L** analysis, Cabernet makes more great wines than any other varietal. I can hear the mutterings of dissent. So I'll present my case.

If price is a gauge of quality, then Cabernet Sauvignon holds the world record for the most expensive bottle of wine ever sold. When the hammer came down at the Napa Valley Auction, the cult Cabernet from Screaming Eagle went for a whopping \$500,000 for a single large format bottle. People will pay more for Cabernet than any other varietal.

Still not convinced? The Grand Crus of the Medoc and Pessac in Bordeaux are the most classic wines in the world and dominate the fine wine market. In B.C., wine enthusiasts line up all night outside liquor stores just to get their hands on a few bottles of Chateaux Latour, Mouton,

Haut Brion, Margaux and others. You can't say the same for any other varietal, not even Burgundy.

In terms of ageability, the prize goes to Cabernet. Wine critics devote pages of poetic prose to describing the nuances of the 1947 vintage, comparing it to the 1929, or perhaps the 1900. There are 100 years.

But the argument is that Cabernet makes more great wines than any other variety. Aside from Bordeaux and Napa, it's easy to rattle off famous names like Coonawarra and Margaret River in Australia, some of the great Super-Tuscans, the icon wines of Chile, and you could even make a case for Washington State, pockets of Spain, Hawkes Bay in New Zealand, parts of Sonoma, and, wait for it...Lebanon. The same can't be said for the other classic red varietals.

Granted, many of these wines are blends of Cabernet with Merlot, and perhaps some Cabernet Franc, Malbec, Petit Verdot, or even Shiraz and Sangiovese. But at their core, it's Cabernet that dominates

So what is it about this grape that makes such outstanding quality wines? In their youth they are intensely coloured, with a very deep

> ruby that can have shades of blue, black and purple. The nose typically shows intense aromas of fresh blackcurrant, cedar, chocolate, coffee and sometimes mint. The palate is always dry, rich and full bodied, with structured tannins providing backbone. The greatest wines show superb length, with an aftertaste lingering for hours. The whole experience can be

Cabernet Sauvignon The Emperor of Red Wines



By James Cluer, MW

But it's with age that Cabernet really shows its breed. The bouquet develops and become more nuanced, with notes of forest floor, wet earth, and sometimes a beautiful spice. On the palate the tannins soften, becoming smoother and more velvety, yet the wines can remain powerful and concentrated for decades.

It's a cliché, but quality does start in the vineyard. Whilst Cabernet is fairly mobile, being planted in dozens of countries and regions, it prefers warmer climates. If I owned a vineyard in England, northern France or Germany, then Cabernet wouldn't be on the list of possibilities. My Cabernet vines would opt for Napa Valley, where they could bask in the sunshine. The cool nights are important too, helping to retain acidity and freshness.

Cabernet can be planted on a variety of soil types, but for top quality wines the key is to find sites that have low fertility. The Medoc has a high proportion of gravel. Coonawarra is famous for their red clay soils, known as terra rossa. And you can even see good results on the sandy soil of the Black Sage Bench in the Okanagan.

The berry size is small, and the skins are relatively thick. This contributes depth of color and the tannic backbone. When cropped at low levels, such as two tons per acre, there can be immense concentration of flavour. Some of the hillside vineyards in Napa, like Howell Mountain, have such poor soils that the yields are a fraction of the sites on the valley floor.

The grape also ripens late, usually a few weeks after Merlot, which can be a challenge in areas prone to rain during the harvest. But when the weather stays warm and sunny, this extra ripening time allows for additional flavour development.

In the winery, the great wines usually see extended maceration. The grape juice is pumped over the skins for three weeks or more, extracting all the goodies from the berries. One of the great arts of making Cabernet, and all red wines for that matter, is knowing when to stop the maceration, as excessive extraction can potentially lead to harsh tannins.

And then come the French oak barrels, although wineries like Silver Oak in Napa have proven that American oak can produce top notch wines, too. In Bordeaux, the barrel ageing time is usually between 18 to 20 months, although it can go longer. This is a winemaker's personal preference, and Heitz Cellars in Napa shows that spectacular wines can result from 36 months aging. Some wineries go for 100% new French oak, and others prefer far less. There's no right or wrong here. It's just a stylistic preference.

So what should you buy when searching for these classic Cabernets? The so-called Left Bank of the Gironde in Bordeaux is the benchmark for collectors. In great vintages like 2000, 2005 and 2009, it's hard to go wrong. Obviously the 1st Growths are spectacular, but expect to pay over one thousand dollars per bottle. But you can buy wines that are much less expensive and arguably just as good quality. My favourites are Ducru Beaucaillou in St Julien, Pichon Lalande in Pauillac, and Smith Haut Lafitte in Pessac.

Napa Valley has stolen my heart. It's not just the wines, but it's also the wonderful hospitality and beautiful weather from May until September. It's so difficult to pick out favourites without listing 50 wineries, but Heitz Cellars, Stags Leap Wine Cellars, Shafer and Chateau Montelena are on my short list. And if you go to Napa, make sure you visit Spring Mountain Vineyard. It's like a journey into the Garden of Eden.





www.GoodLifeConnoisseur.com Summer 2010 | GOOD LIFE CONNOISSEUR 37



Wine critics love to compare Bordeaux and Napa, but, frankly, they are quite different in style. Napa is more about richness, ripeness, power and concentration, with softer, plusher tannins, and fresher fruit aromas. By contrast, Bordeaux is typically drier, more tannic, not quite as full bodied, and has a more earthy character.

In Coonawarra in South Australia, it's the fun-loving Ian Hollick whose wines stand out as my favourites. Coonawarra makes some of the finest Cabernet in the New World. The wines can have very perfumed cassis aromas and minty flavours. They are typically much less expensive than both Bordeaux and Napa, and so they score additional points for their value for money.

In Chile, it's the classic Cabernet from Don Melchor, owned by Concha y Toro, which never fails to impress. If you think that only great Bordeaux can age for 10 to 20 years, then think again. This wine proves that Chilean wines can have style, grace, and individuality. You just have to get over the fact that Chile is mainly in the cheap and cheerful category.

In Tuscany, Sassicaia is one of the benchmark Super-Tuscans. These are wines that contain a blend of varieties, typically including Sangiovese to one degree or another. Sassicaia was the winery that started the whole Super-Tuscan movement, when they made a wine that did not conform to Tuscan wine regulations because it was based on Cabernet Sauvignon. The Italian authorities refused to give it the more prestigious DOCG designation, and relegated it to Vino da Tavola status, making it the world's most expensive "table wine."

And then there's Torres in Spain, whose Mas La Plana can give anyone's Cabernet a run for their money. Bob Betz in Washington State makes Cabernets that will blow your socks off, and merit the very high ratings his winery consistently receives.

The list could go on. But you've probably got enough recommendations to keep you from becoming dehydrated anytime soon. You could call Cabernet the King of wines, and the wine of Kings. But there are others who make this claim, namely the superb sweet wines of Tokaji in Hungary. So perhaps Cabernet is more like The Emperor of wines because at the very pinnacle of quality, there's nothing else like fine Cabernet.

Connoisseur's Choice in Cabernet Sauvignon			
WINE	FOOD SUGGESTION		
Chateau Ducru Beaucaillou, Bordeaux	Leg of lamb		
Chateau Smith Haut Lafitte, Bordeaux	Filet mignon with frites		
Heitz Cellars, Martha's Vineyard, Napa Valley	Roast beef and Yorkshire pudding		
Hollick, Coonawarra, Australia	Aged cheddar cheese		

38 GOOD LIFE CONNOISSEUR | Summer 2010 www.GoodLifeConnoisseur.com



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

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

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

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

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

Natalie MacLean





### Summer Style 2010

### By Connie Ekelund

epending on where you live, you may already have enjoyed months of summer weather, while some of us are still waiting for the heat wave to hit. Either way, summer is about getting outside and getting fit! Here are a few unique items to check out and make your summer just a little bit better.

#### **ACTIVE WEAR**



Bluefish Sport material consists of Supplex, a performance fabric that is fully breathable, dryfit, and extremely colourfast. Bluefish Sport not only hides all imperfections but also provides extreme comfort while maintaining body temperature and keeping you dry during daily

www.bluefishactivewear.com

**BRAS**—SPORT AND SUPPORT

**BraBaby** is the revolutionary new washing system that protects your finest intimate apparel from the wear and tear of the washing machine. The best way to baby your bra! \$19.95.

www.brababy.com



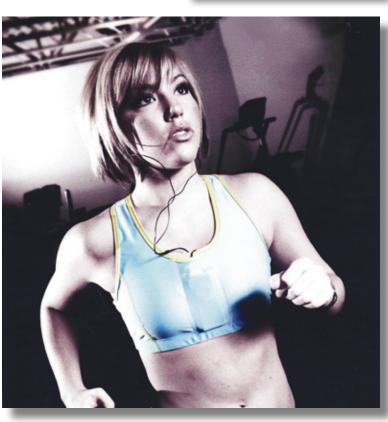
• The Enell Sport Bra and the Enell Lite Bra were

designed to enable well-endowed women to exercise and work out in greater comfort. They also make an excellent sleep bra. Custom sizes are available. \$64.00.

www.enell.com

• A sports bra for music on the run. The RhythmBra has a pocket to carry your MP3 player or cell phone and is also comfortable to wear day and night for women using insulin pumps or other devices. \$36.00.

www.rhythmbra.com



The Unbelievabra is a "must have" in every woman's wardrobe. This bra-andcamisole-in-one gives you a smooth silhouette and provides support for sizes A to E. \$85.00.

www.unbelievabra.com





**FOOTWEAR** • Spira's patented WaveSpring® technology may be the most significant advancement ever achieved in the footwear industry. WaveSpring technology stores and disburses energy with every step, recycling your own energy! \$100.00 to \$160.00. www.spirafootwear.com



Swamisz are a unisex sandal made in India of all-natural rubber. Swamisz boldly redefine flip-flop style without the flip or flop! That's right, Swamisz don't flip-flop and yet you still get the exposed feet freedom that you love. \$35.00.

www.swamisz.com

El Naturalista, created in Rioja, Spain, is an entirely eco-friendly company that produces fashionable, environmentally sustainable shoes and bags from all-natural products. Full grain natural leather, hand-dyed and stitched, recycled footbed and rubber.







40 GOOD LIFE CONNOISSEUR | Summer 2010 www.GoodLifeConnoisseur.com www.GoodLifeConnoisseur.com Summer 2010 | GOOD LIFE CONNOISSEUR 41

### **STYLE**

### FRAGRANCES

Holt Renfrew keeps you smelling as great as you feel with these fresh summer scents.

www.holtrenfrew.com

### MEN

• John Varvatos Artisan Black Eau de Toilette 125mL, \$97.00





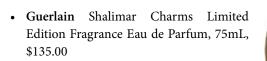
- Chanel Allure Homme Colognes Eau de Toilette Spray, 100 mL, \$86.00 Sport Eau de Toilette Spray, 100 mL, \$86.00 Edition Blanche Spray, 100 mL, \$92.00
- Giorgio Armani travel set, \$99.00



### WOMEN



• David Yurman Signature Fragrance 50mL, \$135.00; 75mL, \$175.00



• Prada Infusion de Tubereuse Eau de Parfum, 100mL, \$115.00



PRADA
MILANO
DEL CEL ANGEN

BAU DE ANGEN

CHOCH SAN DE MACEN

CHOC

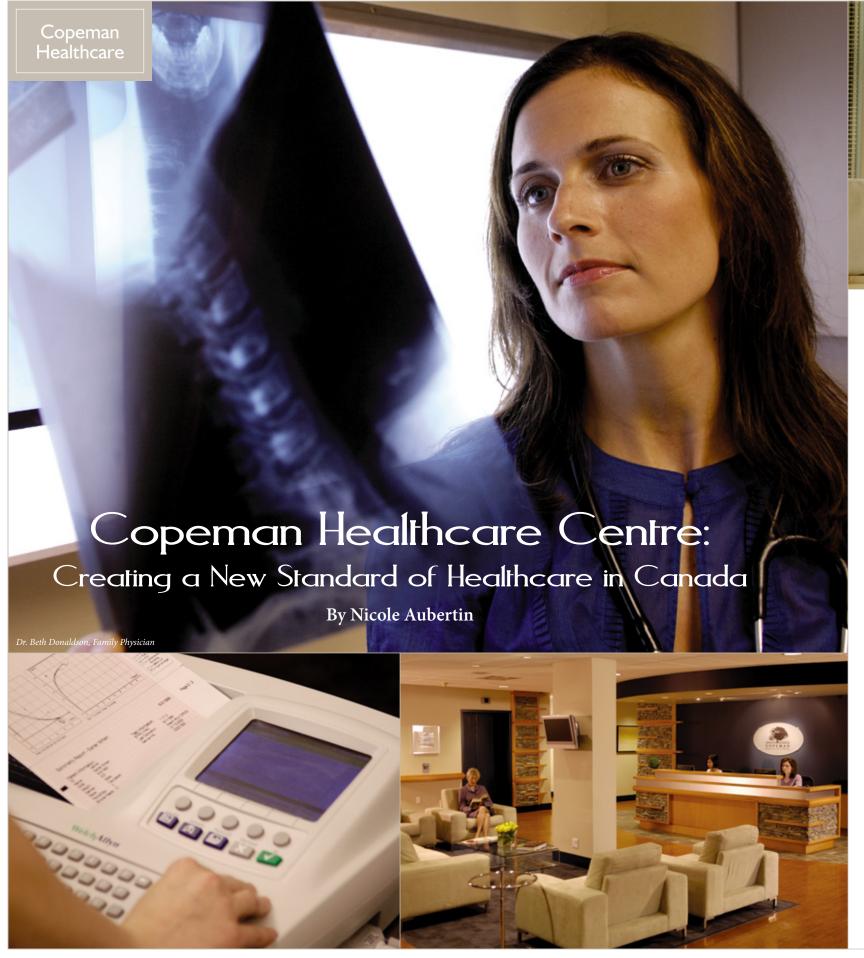
www.GoodLifeConnoisseur.com

• Bvlgari BLV Eau D'ete Eau de Toilette, 50mL, \$78.00

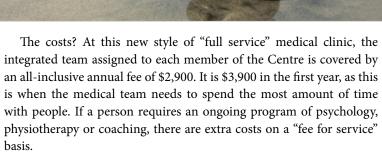


• Dolce & Gabbana Rose the One Eau de Parfum, 50mL, \$87.00; 75mL, \$111.00 ■









The Copeman Healthcare Centre, now with facilities in both Vancouver and Calgary, has defined the term "premium health services" in this country while becoming Canada's recognized leader in the field of preventive healthcare. It hasn't been an easy road. Four years ago, when the organization announced its arrival, it generated considerable national controversy. Opponents surfaced from every direction, shouting phrases like "two-tier medicine" and "healthcare for the worried wealthy." The company became one of the very few to ever be audited by the government for compliance to the Canada Health Act. The result? Not a single recommended change to its practices.

"We've been largely misunderstood since the beginning," says Don Copeman, its founder. "Do we deliver a higher standard of healthcare for our fees? Absolutely. Do we violate either the spirit or the letter of health legislation in our country? Absolutely not."

Copeman is quick to point out that as early as the 1950s, Tommy Douglas, the acknowledged founder of Medicare in Canada, warned that creating a funding system for universal health insurance was only the first stage; that unless we made a shift to a culture of prevention in Canadian medicine, universal healthcare would become unsustainable.

"The fact is that we represent the long-overdue arrival of comprehensive preventive health services in Canada," says Copeman. "It was never the intent of government that all of the costs of delivering personal preventive medicine would be borne by the taxpayer."

The Copeman Healthcare Centre provides its members with personal health services from a variety of professionals including registered dieticians, exercise medicine specialists, nurses, psychologists, screening technicians and personal health coaches. The Centre integrates this care with that of expert doctors, providing members with a complete healthcare service under one roof. Copeman says the Centre's approach to healthcare represents the type of innovation that is desperately needed in Canada right now.

"After four years of hard work and research, we now know that our model will save lives, while ensuring the health, wellness and longevity of people," says Copeman. "This can have a profound impact on controlling escalating public health costs as the baby boomer generation ages. Knowing that we may be providing a guiding light to our fiscally-challenged universal health system makes our staff even more proud of what they do."

"We are proactive, and deliver the two things that define quality primary healthcare: access to professional expertise and unhurried medicine."

If this seems like a lot of extra money to pay in a "free" medical system, the founder of the Centre encourages people to think again. "Canadians spend about \$280 billion dollars per year on life insurance, but virtually nothing by comparison for quality, prevention-based healthcare that may save their lives. Think about that for a minute. It's really very interesting." Copeman also points out that a large portion of the Centre's fees are often covered by extended health plans, with some covering 100% of the fees. Virtually everything else that plans don't cover can be reported as qualified medical expenses on your income tax form.

"In the end, it's a matter of priorities," says Copeman. "What we provide is essentially very simple. We take the burden of healthcare off people's shoulders. We are proactive, and deliver the two things that define quality primary healthcare: access to professional expertise and unhurried medicine."

Membership is limited, but both centres are still accepting new patients through to the end of this year. 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.

44 GOOD LIFE CONNOISSEUR | Summer 2010 | GOOD LIFE CONNOISSEUR 45

### HEALTH & WELLBEING







By Sandra Tonn, RHN

ur aging skin is nothing new. Science tells us that our skin started wrinkling about the age of 21, with a loss of elasticity beginning just a year after that. By the time we reach our 50s and beyond, however, the effects of aging on our skin can appear dramatic. Understanding the causes of aging skin is our best strategy for preventing, slowing and smoothing the process.

According to scientific research, including a recent study from China (*Journal of Ahejiang University*, 2009), age, sun exposure and emotional factors are among the greatest influences on the most dramatic changes in skin appearance. Research published in the journal *Molecular Endocrinology* (2008) recognizes that skin dehydration is also one of the most common causes of the fine skin wrinkling associated with aging.

#### Sun safet

All of our organs age, but our skin is the only organ exposed to the effects of the sun. While we need sun on our skin each day to manufacture vitamin D, we only need about 15 or so minutes of it. Vitamin D supplementation helps to ensure adequate intake. Simple preventative steps such as wearing a hat and sunglasses can go a long way to saving our skin.

#### Hydrating habits

Many natural health experts agree that water is the true fountain of youth, especially when it comes to soft, smooth, healthy skin. Regular and sufficient intake of water is not only the simplest, but also the most powerful way to increase skin health.

"Many natural health experts agree that water is the true fountain of youth, especially when it comes to soft, smooth, healthy skin."

Almost a century ago, Dr. Alexis Carrel, a medical researcher at the Rockefeller Institute, discovered that when live cells are nourished and flushed each day with quality water, they live indefinitely. In fact, the cells he used in his experiment outlived him.

It's best to drink water between, not with, our meals. Liquids taken with food may dilute the valuable stomach acid and enzymes necessary for proper digestion, which also affects overall and skin health. It's also helpful to remember that fresh, raw, organic fruits and vegetables are 75 to 90 percent pure water and help fulfill the body's water requirements.

One of the easiest ways to ensure enough daily water intake is to drink one to two tall glasses of room temperature water upon waking each morning. After a night of fasting and going without water, this is a refreshing way to cleanse and re-hydrate the body. At first you may feel full, but before long you will feel thirsty if you don't follow through on your morning water ritual. Add a squirt of fresh lemon during summer months to further encourage the body and skin to cleanse.

Some of the lifestyle factors that increase one's water requirement include physical activity, hot climate, high-salt diet, diet high in processed and packaged foods, consumption of junk foods, air travel, illness and obesity.

### Stress is skin deep

Signs of stress and fatigue are easily visible on the skin and can leave lasting evidence as well, such as wrinkles and worry and frown lines. In addition, for the person who has a skin condition, such as rosacea, eczema or psoriasis, stress usually worsens the condition and symptoms.

De-stressing activities such as laughing, sleeping, yoga and consciously relaxing will help to relax the body's nervous system, muscles and the skin. Relaxation isn't a luxury; it is a necessity for health and healthy, smooth skin. One of the best ways to relieve stress and enhance skin health at the same time is to exercise—especially exercise that builds up a sweat.

### Exercising the skin

Regular exercise nourishes the skin from within by increasing circulation and encouraging cleansing, which the skin is designed to do naturally. Those who exercise to a sweat on a regular basis enjoy the added benefit of that cleansed feeling, increased energy and a healthy glow.

Another simple, but powerful, way to exercise and detoxify the skin is by the traditional European method of dry brushing. Each morning before showering, use a coarse brush, available at health stores, and brush the skin as vigorously as is comfortable. Start along the feet and lower legs and work your way up the body. Be sure to brush the outsides of the thighs very deeply as this is a perfect spot to encourage lymph to move through the body. Once you reach the face, brush more gently, of course. The skin will tingle all over with increased circulation, and dry skin cells will be easily removed in the shower, leaving the skin feeling silky and smooth.

### HEALTH & WELLBEING

#### Skin food

A nutritious diet of whole foods goes a long way to supporting skin health. Foods abundant in B vitamins as well as vitamins A and C, and essential fats are especially important for radiant, smooth, healthy skin. Orange foods, such as cantaloupes, carrots and apricots, are high in vitamins A and C. Nutritional yeast is a food supplement that offers many B vitamins.

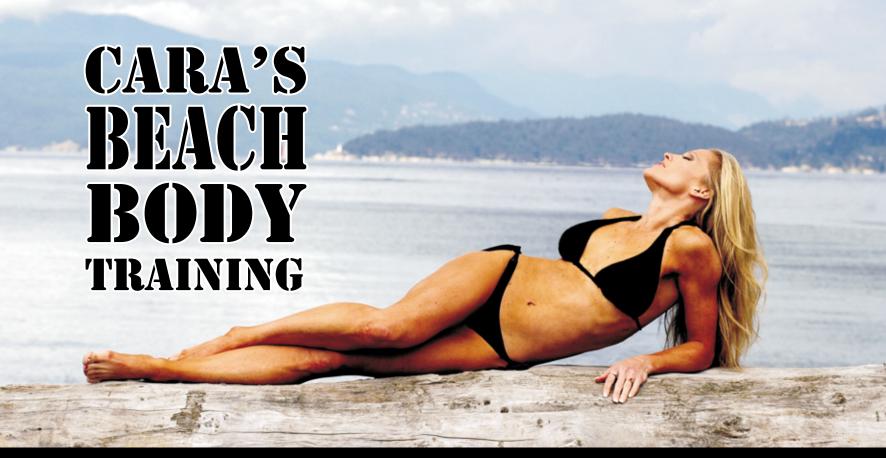
High quality flax oil (never heated) supplies the essential fats that the body needs to keep hormones balanced, energy high and skin healthy. Fresh nuts, seeds and avocados also offer these healthy fats. Foods high in sulphur—such as garlic, asparagus, onions and eggs—are also thought to promote smooth and youthful looking skin, as well as good internal health.

What you do not put in your body and on your skin is just as important. Avoid fried foods, junk food, packaged food, and heattreated vegetable oils. They promote poor health and skin. Alcohol and caffeine are dehydrating, add toxins to the body and result in lost cells, fluid and minerals in the skin.

Harsh cosmetics, bug sprays, synthetic creams and the like are not skin-friendly. Instead, read labels and shop for high quality, natural skin products. Natural products and ingredients that promote healthy skin include organic extra virgin coconut oil, emu oil, neem, aloe vera, and tea tree oil. A weekly facial steam using herbs such as chamomile, lavender and peppermint is good for dry skin.

The state of your skin reflects the state of your inner health. Take care of your body and your skin will shine.  $\blacksquare$ 





### BEACH READY IN JUST 8 WEEKS!

Don't wait for summer to get IN SHAPE

Start now and Reach your goals!

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

### **Program Benefits:**

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

Achieve your beach body - call now to ask our professionals what will work for you!

One on One Personal Training, Beach Body Group Training, Customized On-Line Training & Support Programs are customized to suit your personal goals.

Programs designed by
Elite Trainer & International Fitness
Competitor Cara Thien

Call today! 604-726-6845



START HERE START NOW

www.carathien.com



48 GOOD LIFE CONNOISSEUR | Summer 2010 www.GoodLifeConnoisseur.com

### INNOVATIONS



ll of us have some sort of green agenda—for some it is no more than trying to make their lawn the emerald envy of **1** Lithe neighbours, while the rest of us desire to become part of the solution, not the problem. Green tech comes in many shapes and sizes, but you can be sure there is a greener way to do almost everything.

### Shedding a little light on the problem

Sylvania has developed a 12 watt LED light that

delivers 810 lumens, which is more than a typical 60 watt incandescent bulb. This may be the LED bulb you have been waiting for, as it seems to overcome most of the shortcomings of LED lights. It is dimmable—I'm not sure that is even a word, but you get the drift, you can dim it! And it looks good, not casting the strange hues that lesser LED bulbs are prone to. The technical term for this is colour rendering—it's 2700K, which makes it a good option for everyday lighting, including desk lamps, wall-mounted fixtures, and ceiling fixtures. It won't be cheap, but it will last roughly 12 times longer than an incandescent bulb, with a rated life of 25,000

Look for other manufacturers to come out with LED replacement lighting as all manufacturers are committed to making the old incandescent bulbs obsolete—at least, they all signed an agreement in 2007 to make it so. Price under

### www.sylvania.com

SYLVANIA

### Harvest the power of the sun!

If you are an iPhone user, the one thing you are not impressed with is the battery life of your iPhone. One word comes to mind—begins with "H" and ends in "orrible!" The Solar Strap looks kind of like an over-sized luggage tag, but in reality is a personal solar charger that is wearable, fitting onto your backpack or satchel. It generates enough juice to charge a portable GPS, MP3 player or even an iPhone. The charger generates power at 5V and within four hours can give you enough juice for one hour of typical talk time on your phone. It is pretty rugged, and may become a staple for back country hikers as well as iPhone aficionados. Base unit is \$80 and they have iPhone/iPod specific models as well. www.suntrica.com

### More power from the sun!

Similar, but completely different from the Solar Strap, are the roll-up solar panels from Brunton. These folks make serious solar mats, with 4.5-watt all the way to 14-watt versions which are suitable for use with satellite phones or notebook computers. These roll-up charging stations not only represent an environmentally responsible way to keep your small appliances charged, they also appeal to the adventure seeker. Being able to have a few creature comforts along when sea kayaking in northern B.C. or trekking in New Zealand is a powerful selling point. Having essential safety and communications gear fully

charged along the way is a deal closer. Me, I think I will just keep one in the office window—my notebook need never plug into the old AC again. Brunton has a complete line of accessoriessupporting the mats, which range in price from \$300 to \$650. www.brunton.com

Mow, mow, mow the lawn, gently and with class.

Merrily, merrily, merrily, nothing can make one happier than an environmentally friendly, totally over-the-top, cool, high tech, solarpowered, robotic lawnmower. I want one-oh, I don't need one-but darn it, I want one! The Husqvarna Automower bad boy is a solar/ electric hybrid autonomous lawnmower. Like the robot vacuums we all lusted after a few years back, it maps out your yard, and quietly goes about its duty, cutting your grass while you see to other, more important activities. Activities like watching your neighbour on his gas-guzzling eco-disaster riding mower, and periodically shaking your head while making that "tsk, tsk" sound of disappointment at his wanton display of environmental irresponsibility.

The Husqvarna is capable of cutting 7,500 square feet in that time, more than enough for a good sized yard. It is not (unfortunately) 100% solar-powered, the solar panels extend its cutting range and reduce the amount of power needed to recharge the batteries when it is at its base station. Other than a trusty old push mower—or a goat—there is no more environmentally friendly way to maintain a lawn, and—other than having the Swedish Bikini Team on hand to cut it—there is no more enjoyable method either. Husqvarna was founded in 1689, as a Swedish weapons manufacturer. This particular weapon of grass destruction may be their finest moment. Oh, it's about \$3,000—a bargain!

www.husqvarna.com



### Fishing for a better way

What can be better than a day on the water? In my opinion, nothing beats it, but we deliver a double whammy to Mother Nature when we crank up the old outboard and head out for a day of fishing or tubing. Not only do we burn copious amounts of gas—boats are notorious fuel pigs—but we also manage to deposit oil and gas on the surface of the water, especially when we are using older two-stroke engines that pass oil out in the exhaust. That oil acts as a barrier, inhibiting aquatic bugs from properly hatching, meaning we disrupt the food chain as well.

If you feel bad about treating your lake this way, an answer may be found in the Torqeedo. There are many electric trolling motors you can use to lazily push your boat along, but the Torqeedo is an electric motor that comes with a kick, equivalent to either a 6 (24 volt) or 9.9 (48 volt) horse outboard. More than enough to push along a 12" or 14" boat at a reasonable cruising speed and even a good choice for

Now you won't be able to pull the kids in a tube, but, if you are a fisherperson, sailor, or just out for a cruise, this is a green dream come true. Zero emissions, and all the control you need for a day of fishing on the water. Range is of course dependent on speed, weight, wind and current, all of which play a part, but both motors, if run at 50% throttle, will run for 16-plus hours on a full charge. The motors are available as either tiller or remote steering, and the remote versions have built-in GPS technology which constantly displays battery charge, speed and range remaining.

As with all good green technology, it takes a bit of green to become the proud owner of a Torqeedo, the 6 horse version is \$3,200, with the 9.9 horse slamming the Visa to the tune of \$3,800. You do need to be committed to the green agenda to consider one. Although if you do spend enough time on the water, with gas prices....who am I kidding, the real cost of the Torqeedo needs to include the batteries, bringing your investment to somewhere between \$4,000 and \$5,400, but it does deliver double benefit, no gas is burned and no oil is left on the water.

www.torqeedo.com

#### Riding into the future

If the Fonz's was green, then he would have had to have a Motorino Scooter, instead of his trademark Hog. Designed in Canada, the Motorino XPn is an electric scooter that is an urban transport phenomenon. The Motorino is licensed and classified as a bicycle, meaning no insurance is required, and no driver's license either, however you must be at least 16 years of age to

operate. The scooter is powered by a Continuous Current Transmission drive train, which is the trademark of the Motorino brand. The electric motor is the equivalent of a 50cc engine, it scoots along at 32 kilometres per hour, which is the limit imposed upon powered bikes, and will travel up to 50 K on a single charge with the single battery option. The XPn has room for a driver and passenger, making it even more versatile.

50 GOOD LIFE CONNOISSEUR | Summer 2010 www.GoodLifeConnoisseur.com www.GoodLifeConnoisseur.com Summer 2010 | GOOD LIFE CONNOISSEUR 51

### INNOVATIONS

Being classified as a bike means you can go where bikes go, zipping through traffic in the curb lane, even on sidewalks when bikes are allowed. While it is not rated for highway use, as a zero emission city vehicle, it may have no peers, plus it looks far cooler than a conventional scooter. You won't be offered colours or have truckers saluting you on your journey, but your best friend probably won't laugh at you, at least not much, and certainly not if they are doubling behind you! The scooters start at \$1,500, the Motorino XPN retails for \$2,200.

#### www.motorino.ca



### Batteries for a greener tomorrow

Batteries contain some incredibly harmful chemicals and elements-mercury and cadmium to name just a few-but we are reliant on them and constantly ask for more powerful and longer-lasting batteries. Fuji has taken on the challenge of producing a battery that is green and has come up with the Fuji EnviroMAX battery, derived from basic elements of the Earth,

and happy to return to the Earth when no longer useful. You can dispose of the EnviroMAX in your normal garbage, it will break down without harming the environment, and even the packaging is green, made up of recycled paper and P.E.T. plastic. You won't be left with a dim flashlight or miss that important picture, as Fuji claims the batteries perform just as well as their toxic brethren. EnviroMAX batteries are available as either Super Alkaline for standard applications, such as flashlights and radios, and Digital Alkaline, for higher draw digital appliances such as cameras. www.greenfuji.com

#### Stay home, work more.

Without a doubt, air travel is the least green of all activities most of us participate in. But it is a necessary evil, is it not? Thanks to great strides forward in teleconferencing solutions, it may not be as necessary as you think. Even the smallest of businesses can now host and manage online meetings, complete with audio, video, shared computer screens and shared whiteboards.

There are two solutions I really like, Adobe Connect Now software, and Go To Meeting, from Citrix. Costs range from free (for only three users on Adobe Connect Now) to \$40 to \$50 a month, for the basic packages, which both offer the staple audio, video, screen sharing, whiteboard, and meeting recording options. Both applications are Mac and PC compatible, with Go To Meeting already working on the iPad!

\$50 a month is less than the cost of a cab ride to a client from the airport! You can host as many meetings as you want per month. Ideal for sales and project management, not to mention internal meetings. An online meeting account will pay for itself for the whole year if it just replaces a single business trip, and that is just the cost savings. When one factors in the time saved, and the environmental impact, it is a terrific win/win situation.

www.adobe.com/acom/connectnow

www.gotomeeting.com

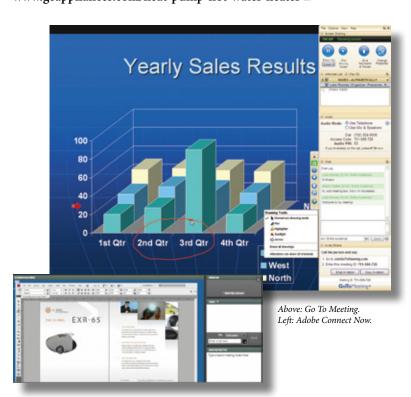
### Pump up hot water savings.

Nothing says green to me like good oldfashioned heat pump technology, or should I say, magic! I have had it explained to me over and over again, but I still don't fully understand how heat pumps work. They extract heat from the air, and transfer it, somehow. I prefer the magic explanation, easier to digest. Now the same magic that brings you heat pumps and geo-thermal heating can make your hot water heater up to 62% more efficient. The GE GeoSpring Hot Water Heater.

integrated into the electric water heater unit and the evaporator draws in ambient heat from surrounding air (aka magic) using two variable speed fans. Condenser coils wrap the tank all the way to the bottom to transfer this heat into the tank and heat the water and voila, you are in hot water up to your buttocks. This innovative process creates the same amount of hot water as a traditional electric water heater, but can reduce water heating expenses up to 62% to save an average of \$320 per year. \$2,200 to \$3,200 installed.

A compressor and evaporator are

www.geappliances.com/heat-pump-hot-water-heater



© 2009 Porsche Cars Canada, Ltd. Porsche recommends seatbelt usage and observance of all traffic laws at all times.



For more information visit www.porsche.ca

### It's always a bit surprising the first time a valet tips you.

In every sense, a true sportscar experience – now designed to be shared by four. An uncompromising 400 hp engine combines powerful, yet fuel efficient Direct Fuel Injection (DFI) and the seamless, split-second gearshifts of the Porsche Doppelkupplung (PDK) with a fuel saving auto start/stop function. Uncompromising acceleration, the exhilaration of Porsche precision handling and a luxurious executive class interior.

The new Panamera 4S. Coming, Fall 2009.



52 GOOD LIFE CONNOISSEUR | Summer 2010 www.GoodLifeConnoisseur.com

### LUXURY RIDES

### World's Top Roadsters

By Tony Whitney



ports roadsters are in many ways the elitists of the automobile world. By definition, a roadster has just two seats and a convertible top of some kind, so don't expect to squeeze in any serious cargo. If you get any kind of trunk at all, it's likely to be pretty restrictive. Roadsters don't give you much in practical terms and many of them will barely take a couple of soft bags for a weekend trip, but they sell strongly for one simple reason—they add up to more fun than anything else you can buy on four wheels.

Roadsters blend tradition (they've been around since the dawn of motoring), pride of ownership, bragging rights and scads of pure enjoyment into one small package, but it can cost a bundle if you opt for something exotic.

It would be easy to think in these times of thrift and conservation that roadsters would be fading from memory, but the scenario is quite the opposite. Just about any automaker with a reputation to maintain has a roadster in its lineup and many have several. The upscale segment is especially strong, and deep-pocketed buyers can spend hundreds of thousands of dollars—millions even—to satisfy their whims. We'll look at some of the more desirable choices at just about every price point and pass on "roadsters" that have a rear seat of any kind—however vestigial.

Legendary British maker Aston Martin naturally has its entries in this class and the V-8 Vantage Volante is perhaps the most coveted. With a 4.7-litre, 420-horsepower V-8 that'll blast you to almost 300 km/h, this is a serious performance car, but it's one of the best buys in the Aston range as far as price goes (around \$145,000). The power fabric top is beautifully done—common in the luxury class—though a folding hardtop would've been nice. For another \$50,000 or so you can move up a notch to the V-12 DB9 Volante.

Audi now offers a roadster version of its awesome R8 supercar with a 5.2-litre, V-10 engine that's related to one used by Lamborghini. For \$173,000 you get one of the most stunning looking cars in this class and it's surprisingly easy and pleasant to drive, with the manners of a luxury sedan. Driven fast, though, the R8 V-10 is another beast altogether and a reminder of all those Le Mans victories garnered by Audi in recent years. Audi also has a roadster variant of its TT model and although it costs a modest \$52,000 or so, it might be even more fun than the bigger car—and you probably won't amass quite so many tickets. Engine for this is a 2.0-litre turbo with 200-horsepower, but you can move up to a TTS version with 265-horsepower.



BMW's Z4 is one of the "purest" roadsters around and faithfully complies with the basic layout that's been with us for many decades on cars like this. With its front engine (an inline six yet!), rear wheel drive and just enough room for two, it's a classic roadster. Z4 power comes from either a 3.0-litre six or a 3.0-litre six with twin turbo, depending on model chosen, with 255-horsepower and 300-horsepower respectively. These speedy, taut-handling Bimmers start at around \$54,000 and use a hardtop convertible system.

Good tidings for those with something like two million bucks to spare for a car is that Bugatti has introduced a roadster version of its remarkable Veyron. If the car's 16-cylinder engine and 1,001-horsepower aren't enough to get a keen driver's heart beating faster, the Veyron Grand Sport has a removable roof to add wind-in-the-hair capability to this amazing machine. Although the concept is simple—an easily removable roof panel—there were a lot of engineering changes and upgrades to make sure the car was as rigid as its coupe equivalent. The Veyron Grand Sport is a fine successor to all those legendary, open Bugattis of the past and offers levels of exclusivity, opulence and rarity that can only be described as supreme.

Chevrolet may not have a sports car history that comes close to Bugatti, but the U.S. automaker is getting there fast with the much-respected Corvette. Around since 1953, the 'Vette still represents an amazing amount of performance for its price tag (they start at around \$67,000) and the range has always included a roadster variant. The current Corvette convertible uses a 6.2-litre V-8 that develops 430-horsepower with the Grand Sport package, so buyers get a car with Ferrari-like performance and looks for under seventy grand.

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

### LUXURY RIDES

America's other entry in the high-end roadster stakes is the Dodge Viper, which has survived Chrysler Corporation's ups and downs over the past few years and is still available in various forms. The Viper SRT10 Roadster

is also reasonably priced for its performance and exclusivity at less than \$100,000. Powerplant is an amazing, 8.4-litre V-10 developing a whopping 600-horsepower—not a car to drive to your local Green Party meeting. This is a seriously thrilling automobile and a great looker too, and it probably won't bother too many people that top speed is slightly less than that of the coupe—317 km/h instead of 325 km/h.

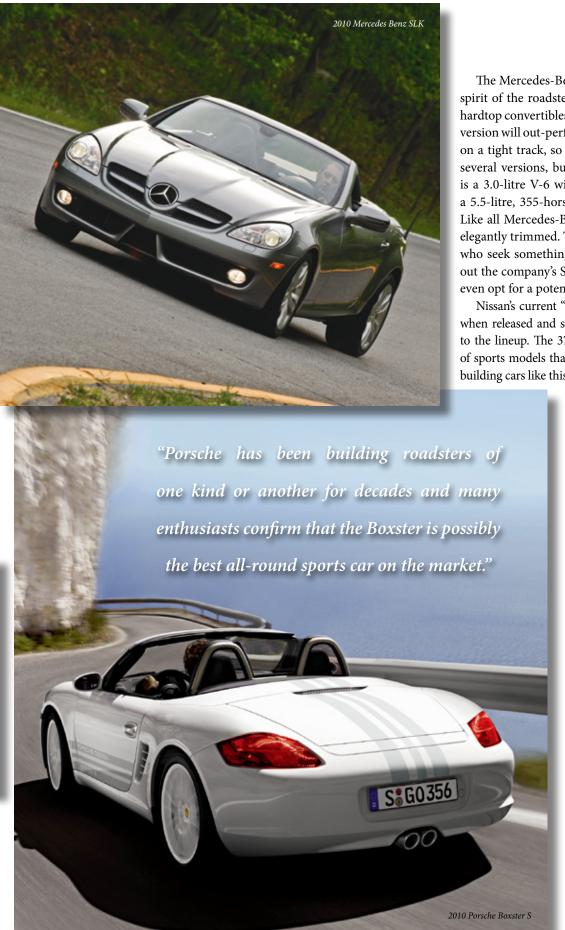
Ferrari has replaced its 430 coupe and convertible range with the new 458 Italia and as always, these cars look sensational. It's remarkable that the hallowed Italian automaker makes so few styling blunders as the years go by, but they always seem to get everything right. The 458 roadster (Spyder in Ferrari-speak) has a 562-horsepower, 4.5-litre V-8 tucked under the rear deck and no less than F1 ace Michael Schumacher is said to have helped in the car's development. The price will be in the sub-\$300,000 range, according to reports.

Rival Italian automaker Lamborghini has two cars which qualify for our roadster review—Gallardo and Murcielago. Both use a "pop top" system like that of the Veyron—there's not a lot more that can be done with styling like this. The Gallardo boasts a 5.2-litre V-10 with 560-horsepower and the Murcielago, a 6.5-litre V-12 producing 650-horsepower, making the latter one of the most powerful sports cars available from any maker. Gallardo prices start around \$220,000 and the Murcielago kicks off at around \$540,000.

It's good to see Lotus back in Canadian showrooms after many years of absence. The Elise roadster uses a removable roof panel to open it up to the weather and it functions very well indeed with none of the leaks of British cars of yesteryear. Like most Lotuses of the past, the car is an amazingly agile machine and offers exhilarating performance from its 189-horsepower, 1.8-litre Powerplant (which comes from Toyota). A basic Elise costs about \$62,000 and the supercharged SC version goes for around \$74,000.

Returning to earth after contemplating such exotic delights, the little Mazda MX-5 is one of those cars that can provide more sheer fun than any rival at any price. The MX-5 (once carrying the "Miata" badge) always feels that it's going faster than it really is, so you can enjoy some spirited motoring without attracting the attention of eagle-eyed police patrols. The MX-5 never pretended to offer more than it does and Mazda never went to V-6 power or adopted anything too complex to make its baby go any faster. It remains one of the best "bangs for the buck" in the industry and now you can opt for a nifty convertible hardtop as well as a fabric roof. And a basic 2.0-litre, 166-horsepower, MX-5 roadster costs under \$30,000—less than some Italian supercar makers charge for a carbon fibre interior trim job.





The Mercedes-Benz SLK is another product that epitomizes the true spirit of the roadster and was the pioneer of the modern era as far as hardtop convertibles go. Compact, agile and fast, the AMG performance version will out-perform just about any sporty Mercedes (or other make) on a tight track, so driving fun is top priority here. The SLK comes in several versions, but all use the same basic layout. Entry-level engine is a 3.0-litre V-6 with 228-horsepower, but buyers can go right up to a 5.5-litre, 355-horsepower, V-8 in the aforementioned AMG variant. Like all Mercedes-Benz models, this car is superbly built, durable and elegantly trimmed. The price range is wide—\$57,500 to \$84,800. Buyers who seek something a little larger and even more powerful can check out the company's SL range—another convertible hardtop model—and even opt for a potent V-12 engine.

Nissan's current "Z" sports car range created something of a sensation when released and soon after the coupes appeared, a roadster was added to the lineup. The 370Z roadster, new for 2010, is a descendent of a line of sports models that goes back decades, so Nissan has lots of experience building cars like this. A 3.7-litre V-6 sits under the Z-car's hood and it puts

out 332-horsepower—enough to give this sportster some serious performance. Like most of today's sports models, the 370Z (which costs around \$52,000) offers a semi-manual transmission with steering wheelmounted paddle shifters—in this case, a 7-speed—in addition to a manual gearbox.

Porsche has been building roadsters of one kind or another for decades and many enthusiasts confirm that the Boxster is possibly the best allround sports car on the market. This is a car that does everything impeccably well-it goes, it handles, and it provides a lot more cargo space than its mid-engine design would suggest. For a long road trip in any kind of weather and on any kind of terrain, there are not many products out there that can outpace a Boxster. Two Boxster models are on offer—the basic car and a Boxster S—plus the trim and performance variations that Porsche comes up with now and again. Basic engine is a 255horsepower, 2.9-litre flat (horizontally opposed) six and the "S" uses a 265-horsepower variation on the same power unit. Apart from its undoubted performance characteristics, the Boxster is a very driver-friendly car and is just as happy around city streets as it is on a winding mountain road. Prices start at just under \$60,000.

Buyers in this class have a multitude of choices at a very wide range of prices (\$30,000 to \$2 million!) and there's something out there for every kind of buyer. And the good news is that this segment is more likely to grow in the years ahead. Roadsters seem to be back with us for good.

www.GoodLifeConnoisseur.com



2010 Phantom Coupé

Pamed automotive manufacturer Rolls-Royce Motor Cars is reentering the Vancouver market after an absence of eight years, opening a new dealership on West 5th Avenue between Burrard Street and Pine Street.

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

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

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

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

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

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

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

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

### Rolls-Royce Motor Cars Vancouver

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







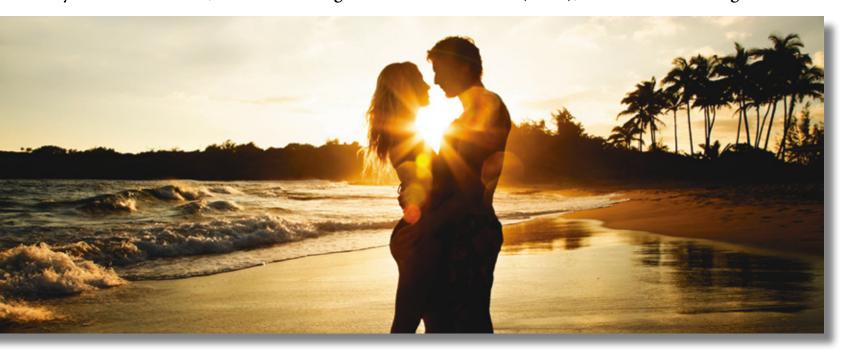




 **WEALTH** 

### Preparing to Test Early Retirement

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



rack and Tricia, ages 50 and 49, are looking forward to giving early retirement a valiant try. Jack is aiming at a September date. Tricia may require until December to wrap up her consulting contract.

The early retirement goal, better characterized as a sabbatical, became a top priority recently. After a good friend of Tricia's passed away from cancer unexpectedly at age 48, Tricia noted, "Jack and I would like to give early retirement a chance for up to five years before we go back to some form of employment. We both want to savour that feeling of pursuing what we love while our health is with us and our children are wrapping up their education."

Tricia has already started to investigate and develop some plans. They would like to spend a month or two in each selected country, getting to know it better. Tricia is the one primarily in charge of the family's finances, so she asked, "We would like advice on how much we can comfortably allocate to this project without jeopardizing our long-term retirement." That is the family's short-term goal.

I know about the excitement of what they are going through, having taken an eighteen month sabbatical myself. There is a lot of planning to sift through. Jack also added, "We want to analyze the capital required to see us through full retirement. Plus, a total review of our investment portfolio to ensure that it meets our income needs and objectives."

There is some good financial news in the offing. An inheritance is expected to be received by Tricia not later than October. About half of it will be cash and the balance in quality stocks and bonds. No changes can be made to its investment composition until it is received.

Where they are at

Let's examine their total finances (figures rounded):

ASSETS	VALUES	
Cash Accounts	\$240,000	
Personal Stock Portfolio	\$1,230,000	
RRSPs	\$860,000	
TFSAs	\$20,000	
Investment Condominium	\$580,000	
Inheritance Receivable	\$1,550,000	
Residence	\$1,100,000	
Sub-Totals	\$5,580,000	

LIABILITIES	AMOUNTS
First Mortgage	\$190,000
Sub-Totals	\$190.000
Estimated Net Worth	\$5,390,000

The family grosses near \$300,000 per year and saves a healthy sum. However, they don't plan to generate any income, except the investment income, for the next five years. Neither has an employer pension, nor any unused RRSP. Both have made the 2010 regular RRSP and TFSA deposits.

Preserving the current nest egg is their first objective. Achieving some growth to protect against inflation and build wealth is the next objective. This couple has some concerns. Erosion of capital during a long retirement, achieving a large enough nest egg and keeping investment risks in check are some worries for the longer term. Some of Jack's family members are living well past age 90. Another family goal is to be able to gift \$200,000 to each of the two children, say in five years, to help with the purchase of a condominium.

The mortgage is on the investment condominium. It is used as the recipient of the saving capacity. They have no other line of credit, or credit card debt. On the other hand, Jack owns the majority of personal investments and RRSPs. They will use pension income splitting to equalize retirement income as the rules permit when they fully retire.

### Current portfolio

The current portfolio holds 36 different investments. The mix has 29 individual picks in common stocks and income trusts. The remainder consists of five mutual funds and two ETFs. Jack is the steward of the family portfolio. He makes the occasional transaction to tweak it.

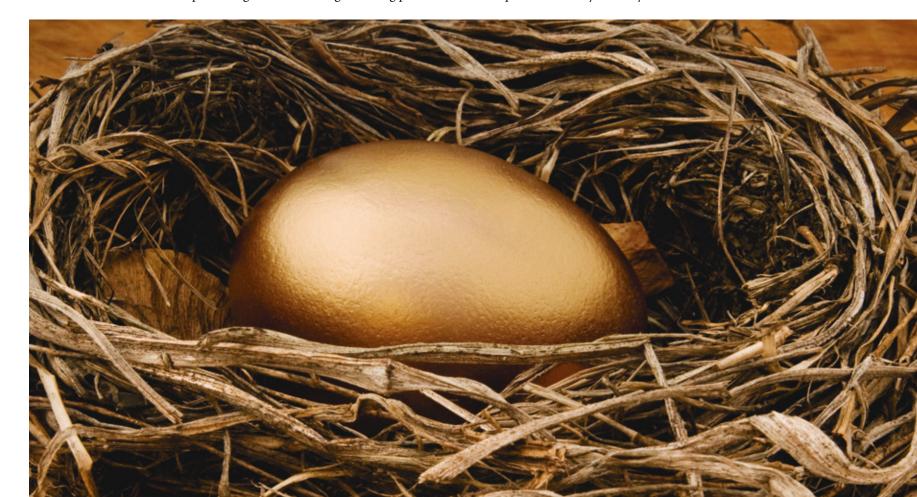
Stocks range from quality to a few aggressive picks. Although Jack has the inclination, the portfolio requires more attention. It is highly concentrated in Canadian equities. Jack has emotional attachment to some stocks; thus, preventing him from selling the losing positions.

Jack stated, "Many investments were purchased because they seemed to be a good idea at the time, not because of any comprehensive game plan. However, I'm getting better at the selection process." He has been growth minded and somewhat aggressive. Now he is more concerned about capital preservation and risk tolerances.

"Two important considerations need shoring up for this portfolio. One is to increase diversification and the other is to reduce exposure to some stocks."

Two important considerations need shoring up for this portfolio. One is to increase diversification and the other is to reduce exposure to some stocks. Five picks represent about 40% of the portfolio. That is more risk than the family can stand. Further, a capital loss strategy is not in place. The mutual funds have some duplication of securities.

I agree with Jack that the investment mix needs less exposure to risk in preparation for early retirement. Reducing the high number of investments is also desirable. Jack is also preparing himself to turn over the portfolio management, especially as they plan to do plenty of travel. I suggest a more diversified portfolio of ETFs reduces the due diligence required when they are away from home.



60 GOOD LIFE CONNOISSEUR | Summer 2010 www.GoodLifeConnoisseur.com

### IMAGINE CANADA WITHOUT TREES



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



#### connoisseur's choice 5

### **WEALTH**

### Capital needs for full retirement

The full early retirement goal for Jack and Tricia is about \$175,000 annually, in today's dollars, starting at Jack's age 60. They would like to feel that they can fully retire at that time if they choose that course. The most likely outcome is that they would retire closer to Jack's age 65.

Their planning horizon is taken to age 95. Inflation is assumed at 2.5% and return on investment at 6% per year. CPP entitlements are 80% for both, along with full OAS, although some of the OAS will be clawed back. Government pensions are indexed at 1.5% per year.

Thus far, the family has accumulated \$4,290,000 of financial assets after repaying the mortgage and excluding their home. My retirement capital estimate is that Jack and Tricia require:

DESIRED COMFORT OF INCOME SECURITY	ESTIMATED CAPITAL REQUIREMENTS	RETURN REQUIRED
Low	\$2,960,000	Achieved
Medium	\$3,700,000	Achieved
High	\$4,400,000	Achieved*

<sup>\*</sup> Subject to the early retirement expenditures.

A "low" comfort of income security means there is little wiggle room for portfolio investing errors. The "medium" to "high" level is likely more suited to Jack and Tricia.

Overall, they have achieved their long-term retirement income goal. This retirement funding is over and above their residence, CPP and OAS. They are not planning to add any savings to the nest egg for the next 5 years. The estimates do not contemplate a downsizing of the home, although it is unlikely to be required for additional financial comfort.

However, they ought to be mindful of other factors that may impede their well-planned long-term retirement. Some potential spoilers come to mind: outliving their money, real estate and stock market losses, inflation and unexpected health costs. Each of these may cause undue chaos during retirement.

For example, today's \$175,000 requires over \$286,000 in 20 years with 2.5% inflation. This rises to near \$348,000 if inflation is 3.5%. Should one of them require long-term care later in retirement, it puts the corresponding expense of today easily near \$5,000 to \$7,000 per month.

#### Financing early retirement

Let's assume that the RRSPs and TFSAs are arbitrarily ignored for this calculation. Hence, Jack and Tricia would have near \$3,400,000 of investable assets. A 3% return would generate near \$102,000 per year, while a 4% return means \$136,000 of investment income.

They are of the view that another \$100,000 per year from capital would suffice to fund the five year sabbatical. Accordingly, when they get back, their employment may have to replenish up to \$500,000 of capital that was used up. Plus, they would have to fund the \$400,000 gift for the children's homes.

The venture seems a reasonable financial undertaking. The first two years of sabbatical will provide them with more accurate costs. They are also flexible as to the length of sabbatical.

#### Investment plan

I examined Jack and Tricia's risk tolerances and investor profiles. My assessment is that seeking growth and income is appropriate for their situation. Particularly for their long time horizon.

"For example, today's \$175,000 requires over \$286,000 in 20 years with 2.5% inflation. This rises to near \$348,000 if inflation is 3.5%."

Their comfort zone is an allocation of 60% to equities and 40% to fixed income. The focus will be on investment quality and broad diversification. The new equity mix is divided 35% in Canadian, 15% in US and 10% in global selections. The portfolio will reduce exposure to individual stocks in favour of more ETFs.

Fixed income is allocated to a three year ladder for now. I suggest that it be concentrated in the RRSPs, while equities have more favourable tax treatment when owned personally. The appropriateness of their asset mix directly affects the nest egg.

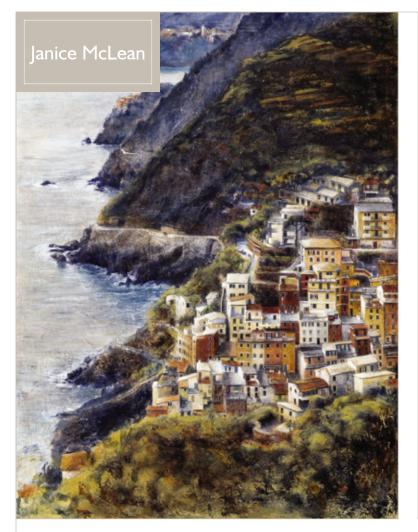
They should always consider the ability, willingness and need to incur extra risks. A capital loss strategy will be implemented. This approach improves investment strategy and allows more comfort. Especially during volatile markets.

### The wrap

Jack and Tricia are excited about the prospects for their sabbatical. Jack noted, "I will revisit the implications of the current portfolio risks. Tricia and I are committed to ensuring that both our sabbatical and ultimate retirement unfold well over time." I wish them all the best in their quest.



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





### The intricate layers of an artist and painting

In a person's life there are a multitude of influences that combine to make each person unique; such is the art by Janice McLean.

McLean was born in the small town of Trail, B.C., a remote distance from the great, culturally rich centres. A one year residence in Holland, at the age of 18, would quickly alter her course in life towards the arts. Vermeer, Rembrandt and the Golden Age of Dutch art introduced the warmth of light followed by the translucent colours of cathedral windows and textures from the ancient architecture. Leather work in Den Haag enriched the palette and sustained her further travels to experience Europe.

Upon her return to Canada, McLean continued her arts with stained glass, sandblasting and the occasional sale of her paintings. The emerging talent as a painter was recognized with first place in the West Kootenay Annual Juried Art Exhibition.

Two years of studies introduced the technical skills associated with graphic design, photography, offset lithography and silk screening. She applied the knowledge professionally for the following 10 years until beginning her own company, Artisan Art & Prints. She established one of the first large-format printing companies in Vancouver.

The company naturally gravitated towards an artistic direction to produce high quality giclée art prints and specialized in art consulting and design on creative projects for the hotel, restaurant and corporate sector. The business grew rapidly for eight years until adding a contemporary art gallery, The Aaron Ross Gallery. The gallery was the turning point back into the fine arts that began in Europe 30 years prior. She closed her successful gallery business two years later to focus on a painting career full time.

The art sales climbed for the following five years until McLean returned to Europe, this time spectacular Italy. Art studies at Accademia d'Arte, Florence, in the ancient techniques of fresco and egg tempera further enhanced her painting style. Inspired by the Italian Renaissance masters Leonardo da Vinci, Michelangelo Buonarroti and Sandro Botticelli, her artwork displayed a new depth of maturity.

The years of training have now merged to produce art that moves away from high realism towards images that capture the essence of the subject by using textures, atmospheric colour and lighting that interplays with the light across the canvas.











The painting process begins with memory and/or photography. A mirror image pastel drawing is created in warm shades of ochre and sepia with shadows of blue. The drawing is specially prepared to transfer onto a canvas primed with marble dust plaster and gold leafing. The paper is very gently washed away to expose and maintain the particles of pastel from the drawing. Several further layers are built up to form a translucent ground on which the painting process will begin. Thin glazes of acrylic and oils are applied in up to 100 layers to finally achieve art that is magnificently luminous. Each painting requires a minium of three to six weeks to evolve because of the complex layering. Rich with gold, ochre, sepia, umber and sienna, the art achieves an elegance, power, delicacy and intensity in both colour and image.

To view the collection visit www.jmcleangallery.com and contact the nearest gallery.  $\blacksquare$ 

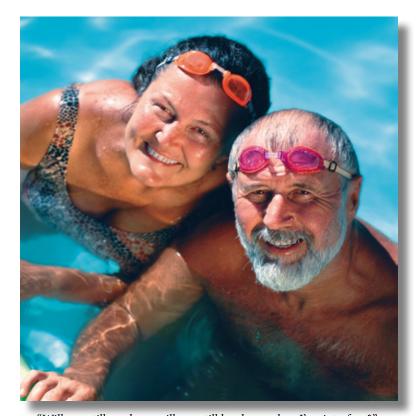


64 GOOD LIFE CONNOISSEUR | Summer 2010 | GOOD LIFE CONNOISSEUR 65 | Summer 2010 | GOOD LIFE CONNOISSEUR 65

### **CULTURE**

### Your Truest Friend-Your Body

By Dr. Lesley Horton, MD



"Will you still need me, will you still heed me, when I'm sixty-four?"

recurring theme that continually comes up with both my bioidentical hormone patients and my life coaching clients is about practising good self-care, and how challenging it can be to practise this. People are often plagued by chronic fatigue and have a sense of constant juggling and the never-ending to do list. Not quite the good life as we imagined it to be in our twenties, perhaps.

What is evident, especially after the age of forty, is that the body starts to be less resilient to all the challenges we throw at it. Stressors can be physical, mental, spiritual or emotional, and they all add up. Whether it's toxins like mercury in tuna or bisphenol A in plastics, or chronic inadequate sleep, or a Revenue Canada tax audit, our body has to adjust and carry on. Juggling caring for an aging parent while dealing with a rebellious teenager that comes home drunk. Again. Or feeling that you don't know what your life purpose is or that you wish you had more friends. Stressors can keep accumulating until at some point, the last one becomes like the proverbial straw that broke the camel's back and the body will start to talk to us to let us know something is off track. That's its job. The body isn't just a vehicle for your spirit; it's also an exquisitely beautiful bio-feedback device to help keep us in alignment with our true selves.

Your body talking to you might begin as a whisper. A cold that lingers, a sprained ankle that won't heal. Most of us shake it off and keep going, but this can cause the volume to dial only louder. So maybe pneumonia kicks in, or a generalized achiness that just won't go away. If we get stubborn and soldier on, the body really turns up the volume and if it were emailing us, it would be all in capital letters: "HELLO, IT'S ME, YOUR BODY. YOU NEED TO ALTER COURSE... NOW!!!!"

Every year, unfortunately, I meet people who still didn't listen to their bodies and got sent a cosmic two by four. Wham! A car accident, a chronic illness, cancer. Something inescapably big to get their attention. Once the body is that unhealthy it is more difficult to get back on track and it takes longer to regain health. Sometimes health is never regained—the stress load was too much for the adaptive mechanisms for the body.

Yes, we all know Uncle John who chain-smoked, drank bourbon like a fish and loved sausages fried in butter. Everyone's set point is different for the number of stressors their body can handle. Furthermore, the leading field of epigenetics has proven that it is not your genes inside the cells that control your health. The key is the environment the cells are in. That environment then tells the cells which genes to turn on and off. Or in the case of a toxic environment with chemicals that look like hormones such as those in certain plastics and pesticides, the genes that control for breast cancer might accidentally get turned on. On the other hand, if Uncle John didn't get fussed about too much, and felt at peace with his Maker, this might have been enough to counteract the negative stressors of what he put in his body.

The key take-home message is that our body is constantly letting us know when we are on track, on purpose with what supports our well-being. And it is also fairly forgiving. Small changes like going for a 20 minute walk a day can quickly bring a greater sense of vitality, better posture and stronger bones. Going to bed thirty minutes earlier for a week irons out irritability and allows us to laugh more.

I often ask patients what are the top three things they could do immediately to improve their well-being. It's amazing as it's almost always basic things like "eat breakfast," or "get more sleep," or "see my friends more." Not hard to implement and all people usually need is a nudge to get them going.

So what are your top three things you could do that would immediately improve your well-being? Will you take action, today? What are you waiting for? Like the Beatles' song says, we don't want our body to give up on us, at sixty-four or earlier. So let us heed our bodies and our spirits, and truly become connoisseurs of living well.

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

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



### **GEORG SCHMERHOLZ**

