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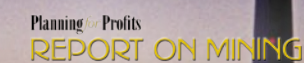
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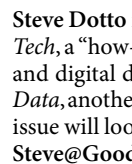
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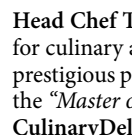
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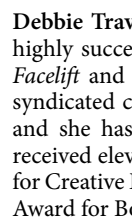
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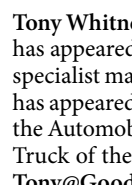
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Argentina is a remarkably diverse country. Buenos Aires is the “big” city, sophisticated and cosmopolitan. In the “provinces,” sharing matte, the Argentinean herbal tea, among friends is common; whereas in the big city, it’s saved for family at home. In the provinces people stop for a mid-afternoon siesta and have the main meal at ten in the evening. In the city they just work right through ‘til dinner and somehow still manage to get up in the morning to get to work on time.

Again, for this trip Abercrombie and Kent organized the guides and suggested the itinerary. This is the third time we have had the benefit of their very professional organization. Each time they have done a stellar job. I have nothing but admiration for their efforts and heartily recommend them. For someone going to a country for the first time A & K’s ability ensures maximizing the experience.

In this issue we have the inaugural “Culinary Delights” column. We will be presenting a new celebrity chef each issue, who will share some of their trade secrets. We look forward to your input on this.

Next up on the agenda is Croatia. Long known amongst Europeans as a holiday destination, it’s now seeking tourists from North America. For a small country there is an amazing amount to see. As a student I was a history buff, but have no recollection of learning anything of Croatia other than it was part of Yugoslavia.

Yet the only Roman emperor to die of natural causes chose Croatia to build his retirement palace. Marco Polo was Croatian. They have a huge history. Plus, their have their own wine varietals. Zinfandel actually originated in Croatia. As always, we have lots of pictures. This country is very photogenic.

As usual, I suggest you fill out the reservation form found opposite or visit the website to get a free digital subscription. That way you’re sure not to miss out. Compliments and criticism are always welcome.

Terry Tremaine
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Surprisingly enough, one of the “must see” attractions is La Recoleta cemetery. The immense unfolding passageways present a multitude of marble tombs ranging from the simple to the grandiose. A thoroughly fascinating tour can take hours and will include the crypt of Eva Peron and many others of wealth and fame.

The well preserved San Telmo neighbourhood is the oldest and most colourful area of the city. Home to the Tango and declared by UNESCO as an intangible Cultural Heritage of Mankind, the area was first inhabited by sailors and dockworkers. The port was a shipping centre for the export of hides, wool and leathers—the source of Argentina’s wealth. So the dance first developed as the tawdry passion of the poor and only gained recognition after being cultivated by the French and then returned to Argentina.

Gala Tango is one of a number of dinner clubs where visitors can learn to tango over an excellent dinner complemented with good Argentinean wine while watching a captivating demonstration of the art of the tango. As throughout all of Argentina, things don’t get going until the supper hour at ten o’clock at night. The superb dancers are accompanied by a gifted live band and between sets folkloric skills command complete audience attention.

Buenos Aires is a vibrant, colourful city, with numerous distinct neighbourhoods and a long history, most aspects of which have been well preserved. The people are friendly and forthcoming. Quality dining is readily available, though the Argentinean palate tends to abundant portions of grilled meats. We tend to boast that we don’t do “repeats” as there are so many places in the world to see, why would you return to one already visited? Buenos Aires will be the exception.



Argentina Beyond Your Expectations

By Terry Tremaine

Photographs by Connie Ekelund

Argentina has a population of some 40 million, 13 million of whom live in Buenos Aires. A very dynamic city, it has a European feel with Spanish and Italian immigrants having been dominant. When Argentina celebrated its 100th birthday of independence from Spain in 1910, its economy was one of the strongest in the world. The main street was built with 12 lanes in one direction just to ensure it was wider than the Champs-Élysées. For that anniversary, a number of European countries provided monuments to mark the occasion, such as the clock to mimic Big Ben from England or the fountain from France. But as our guide, Helena Salico laughingly remarked, when the bi-centennial was reached in 2010, “we received no gifts,” though the city has no need of landmark gifts. Everywhere one turns there seems to be something more spectacular. Whether it is the museums, the architecture, the many unique neighbourhoods or the numerous parks, it is a city to be explored.

We had made our way to Argentina through the courtesy of LAN, the dominant airline of South America. Although a many-hour flight, the journey is made easier as a result of not having to go through customs at its hub in Lima while in transit to other countries. Service was thoughtful and connections quick. Customs at the very modern Buenos Aires international airport was speedy and trouble-free. The only slight hitch being the need to buy a visa as a result of Argentineans being forced to buy a visa to come to Canada.

Buenos Aires, known as “the Paris of South America,” sits on the banks of the Rio de la Plata River, the widest in the world, which separates Argentina from Uruguay and gives the city an extended waterfront. We followed a very well put together itinerary courtesy of Abercrombie & Kent, which also provided the best properties to stay at. Our home away from home was the Four Seasons Hotel situated in the exclusive La Recoleta district, making it easy walking to extensive international name brand shopping and numerous museums and parks.

TRAVEL & RESORTS

From Buenos Aires we flew to Mendoza, thought to be the driest region in the world and home to Argentina's flourishing wine industry. The area was first irrigated by the indigenous population prior to the arrival of the Spanish. An old city, the population base is some 800,000, making it the fourth largest urban area in Argentina. For us the principal interest was the wine, which in recent times has become a significant export for the country.

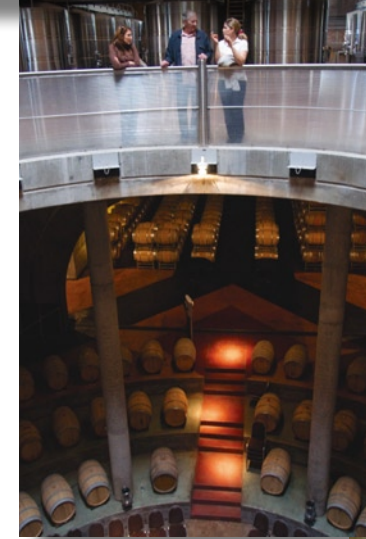
Although Malbec wine has been produced in the area for 150 years, it was only after Nicolas Catena introduced French oak barriques, strict irrigation and took advantage of cooler growing areas at higher altitudes that the wine gained international recognition. Since then Mendoza has attracted wine makers from many other international wine regions looking to take advantage of the unique terroir to produce significant wines.

His daughter, Laura Catena, today heads Bodega Catena Zapata, one of the most respected wineries in the region. A visit to the winery brings one to what would appear to be a large Mayan building housing the bottling, cellaring and tasting areas. The wines are international award winners.

There are a number of other wineries in the area well worth a visit. Vina Cobos is the result of a partnership between Paul Hobbs, the renowned Californian vintner, and two European partners. The inaugural 1999 vintage of Cobos Malbec received the highest score at the time for any Argentinean wine upon release.



"Bodegas Salentein, with Dutch owners, has the most impressive cellaring facility we've ever visited in all our travels to wine producing regions around the world."



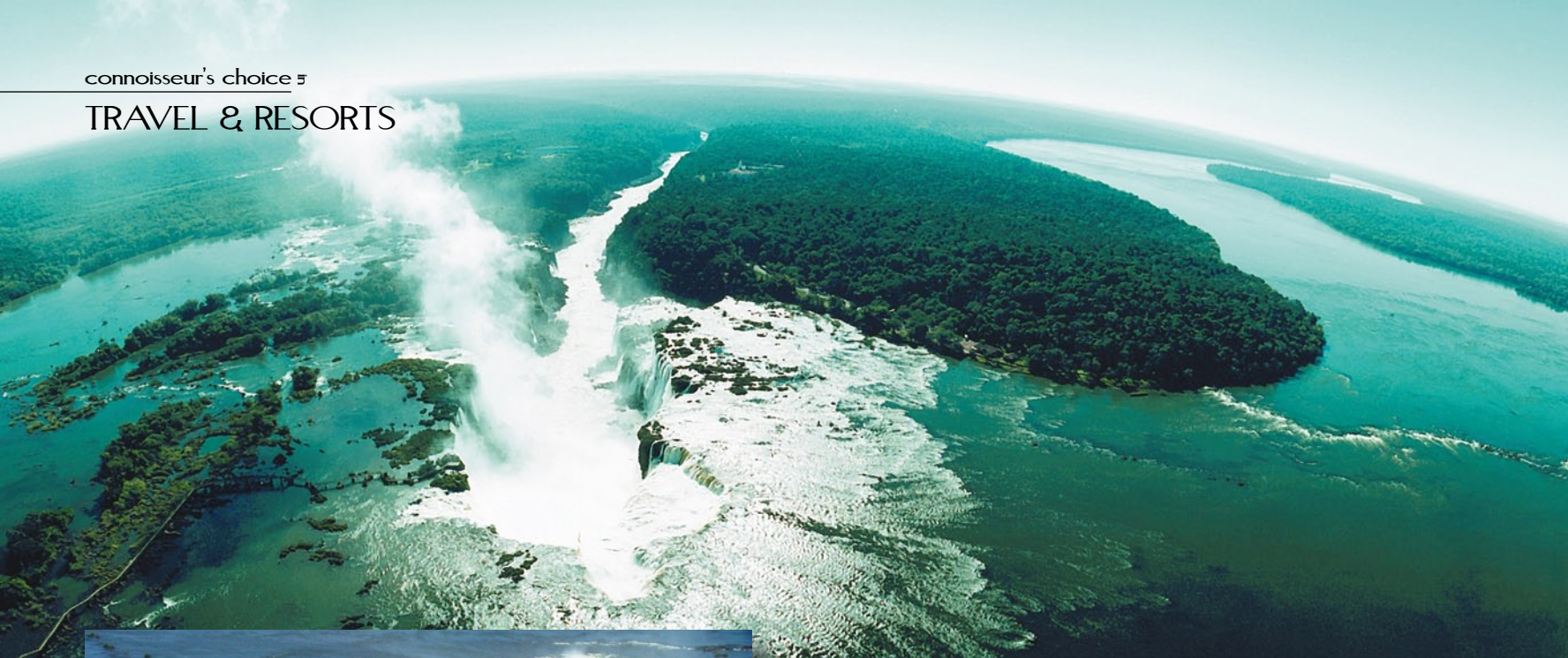
Ruca Malen is a French-owned winery which has only been producing since 2001, yet many of its wines are award winners. Finca Decero's owner, Thomas Schmidheiny, had winemaking grandparents in Switzerland, while his mother called Napa her home.

Bodegas Salentein, with Dutch owners, has the most impressive cellaring facility we've ever visited in all our travels to wine producing regions around the world. The facility is complemented with its own art gallery and is home to its own 16-room luxury boutique hotel. Not a surprise, the wines are fabulous as well.

Andeluna Cellars, owned by Ward Lay, son of Herman Lay (founder of Frito-Lay), is another award winning winery.

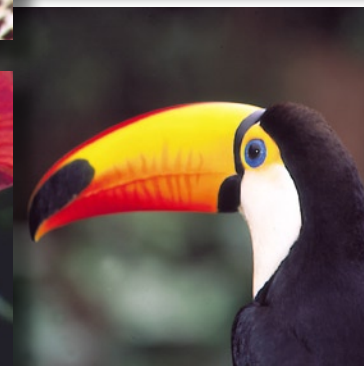
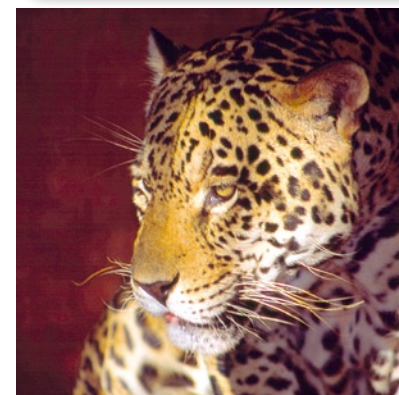
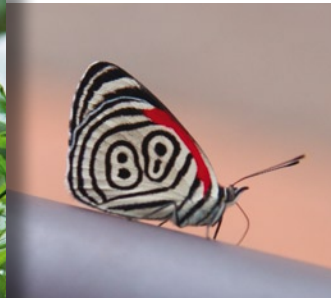
As a result of our tour, Argentinean wines are now a strong component in our cellar, particularly Argentina's own Malbec variety.

Should you be able to leave the wine and head further into the Andes, you can visit Aconcagua Provincial Park, home to the tallest mountain peak in the Americas. Luckily for those not wishing to have to make the climb, the view from the base in the park is extraordinary. Surprisingly, even at this modest height, the lack of oxygen is noticeable, so an easy stroll is recommended.



From Mendoza, we flew to Iguazu Falls on the border with Brazil and Paraguay. The greater portions of the falls are within Iguazu National Park, in Argentina, a UNESCO World Heritage site. The falls themselves comprise some 275 different falls, although half of the flow is through Devil's Throat. Upon seeing Iguazu, the United States' First Lady Eleanor Roosevelt reportedly exclaimed "Poor Niagara!" Not surprising since, unlike Niagara, the falls are surrounded by a rain forest rather than city streets. From the air one sees the flow of water through spectacular green forests, while from the falls a cloud of moisture rises.

Argentina is actively seeking tourists and the park surrounding the falls is a good example of their efforts. It has an area of 550 square kilometres. Apart from waterfalls, there are a series of trails with a wide variety of animals and plants. Almost 500 species of wild fowl, 80 species of mammals, (some, like the jaguar, are endangered) and an immense variety of reptiles, fish, insects and butterflies live in this ecosystem. We were quite taken with the butterflies; apparently there are over 300 varieties in the park. Though relatively small in size, they are amazingly colourful. One variety, when its wings are closed, has what would appear to be the figure 88 on its wings in black and white. Although it's a bit of a hike to walk the trails to the falls rather than taking the tourist train, the opportunity to see all the wildlife is well worth it.



The Iguazu Grand Resort Spa and Casino, our home while at Iguazu, is likely the most luxurious hotel at the Iguazu Falls. Apparently its casino is the largest in Argentina. The hotel is located just ten minutes away from Iguazu Falls National Park. We enjoyed their dining room and a visit to the spa for a massage was quite welcome after a day of hiking in the park. It sits on 15 acres with a trail that leads around the property, providing lots of opportunity to view native bird life.

The falls are truly spectacular and the care taken to protect the park environs is very reassuring. As an example of how Argentina intends to attract tourists the country has to be commended.



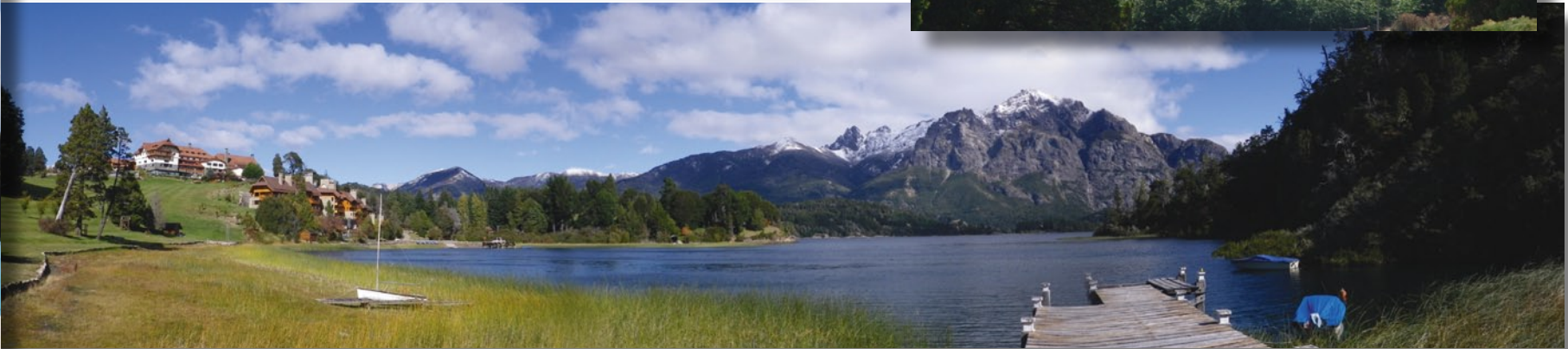
Next we headed down to San Carlos de Bariloche. Situated in the foothills of the Andes in Patagonia, Bariloche's Cathedral Mountain is well known as the best centre for skiing in South America, attracting both Europeans and large numbers of Brazilians. Although it is best known as "Little Switzerland", it reminded us immediately of Whistler or Banff, not just because of the forest-covered mountains surrounded by lakes, but also the architecture.

The civic centre and Hotel Llao-Llao (pronounced zjow-zjow), our home for the stay, were both built in the 30s by the Directorate of National Parks. The style is typical of CP Hotels found across Canada. So for British Columbia residents, Bariloche will look like home.

Hotel Llao-Llao is recognized as one of the best hotels in Argentina. Its location adds to its splendour as it sits on one of the lower mountains within the Nahuel Huapi National Park, between the Nahuel Huapi and Moreno lakes, and framed by mountains López, Capilla and Tronador. The scenery in every direction is splendid. The ski hill is just 20 minutes away, while the city of Bariloche is 30 minutes.

Facilities include excellent dining, of course accompanied by splendid Argentinean wine, its own spa and, surprisingly, a golf course as well. Although now in private hands, locals still consider it their own.

Bariloche itself is home to some 100,000 residents with a downtown shopping core that caters to the tourists who sustain the community. The community is remarkably picturesque and attracts visitors all year round, though of course the ski season draws more than other times of the year. But hiking, fishing and just enjoying is a draw in warmer times.





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From Bariloche we headed further south to El Calafate, gateway to Los Glaciares National Park. Its spectacular beauty, the scientific interest it provokes and the endangered species still living in this area made UNESCO declare this park a World Heritage Site in 1981. A major draw to the park is the opportunity to actually walk on Perito Moreno Glacier.

The drive to the ferry that takes visitors across the lake to the base for hiking the glacier is about an hour from El Calafate. The terrain is rolling hills with brown scrubby grass which somehow supports cattle and sheep. If you intend to hike the glacier, be sure to come with proper warm clothing. Rentals are available in El Calafate. Yours guides will install gripons (spikes) on your boots. It's quite windy on the glacier and there is an exceptional glare off the ice. You will need some personal equipment to make it more comfortable; a wrap around for your head will be appreciated; gloves to protect your hands from a fall, plus good sunglasses are an absolute must.

The hike itself is not particularly taxing though without the spikes to assist in climbing over the undulating frozen snow it would be treacherous. It's a remarkable experience which includes going into caves within the glacier.

It's interesting to note the glacier is about the same distance from the equator as London England is on the north side. Further, according to the guides, the size of the glacier is unchanged in the last 100 years. No testament to global warming here.

After the hike, it's well worth going into the main entrance to the park to get a good view of the glacier. Again, the government has recently completed an extensive system of wooden boardwalks to allow visitors to roam broadly along the complete side of the glacier. It's an extraordinary sight. We noticed numerous visitors who were simply standing staring seemingly in complete rapture with what sat in front of them. If lucky you'll see the glacier calving and even the occasional rainbow.

Our home in El Calafate was Hotel Casa Los Sauces, owned by the family of the current president of Argentina. The property is remarkably luxurious. Don't be surprised to see plain clothes security on the property if the president is spending the weekend.

We were particularly taken with the dining room as guests were welcome to sit at a dining bar to view the chef grilling meat on the very large, wood-burning grill. Grilled meat in large portions is a staple of Argentinean diets. Sundays traditionally find Argentinean families getting together to grill large quantities of different meats for their noon time meal.

Leonardo, the very accomplished and personable chef at Casa Los Sauces explained the secret was in the hard wood used to grill the meat. There are no spices added, just the smoke from the burning wood. Further, that scrub grass I mentioned earlier as the diet for the lamb we ate ensures the lamb has a most delicate flavour. Likely the best we've ever tasted. Of course the excellent Malbec certainly helps.

Argentina proved to be a very diverse and welcoming country. The opportunity to visit both a rain forest and a glacier with a wine region in between I would suggest is unique in the world. We do want to return. ■



Connoisseur's Choice in Argentina

Flights & Tours
LAN Airlines www.lan.com
Abercrombie & Kent www.abercrombiekent.com
Argentina Tourism www.turismo.gov.ar
Gala Tango Argentina www.galatango.com
Iguazu Falls www.iguazuargentina.com

Properties & Resorts
Four Seasons Argentina www.fourseasons.com/BuenosAires
Diplomatic Park Suites www.diplomatic.parksuites.com.ar
The Iguazu Grand Resort Spa & Casino www.iguazugrand.com
Llao Llao Hotel & Resort www.llaollao.com
Hotel Casa Los Sauces www.casalossauces.com

Wineries & Vineyards
Viña Cobos www.vinacobos.com
Bodega Catena Zapata www.catenawines.com
Ruca Malen www.bodegarucamalen.com
Finca Decero Winery www.decero.com
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the sun slowly revealed the majestic beauty of Torres del Paine during our early morning stroll.

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New Life, New Look

Transform Old Wood and Cast-Offs into Stylish Home Furnishings

By Debbie Travis

It doesn't matter whether you live in a brand new condo, a rambling Victorian house, a city apartment or a country cottage; it's the personal touches that make it a home. Painting and decorating furniture has been popular for centuries because customizing these pieces is magical. With a bit of paint and glaze you can transform a chair or table to resemble a glorious antique or unify a variety of pieces into a cohesive set with a simple, high-gloss finish. And, the furniture and accessories that you make or refinish yourself will be the favourites in your home.

The warm weather months are perfect for taking on a weekend project or two, and it doesn't require great skill. All you need is some imagination and a little know-how. First, there's the challenge of seeking out something that inspires you, and can be turned from worn out to wonderful. If you are a true scavenger, then you have probably learned a few lessons along the way about what makes a good deal. Here are some tips.

Unless you are able to repair broken pieces properly, leave it for someone else. Check the joints, drawers and state of the material. Paint cannot fix a broken leg or warped wood. Older furniture is generally better made, and you can update the look if you choose with a fresh finish. Let your imagination run free, and think of alternative uses for old, discarded items such as linens and fabric scraps, metal fittings and filigree, or picture frames. Prices are rarely set in stone—if you really want a piece and the owner wants to sell it, a deal can usually be struck. Try a little haggling—this is bargain hunting after all.

Go Local

We live in a time when scavenging is not only acceptable, it's encouraged. "Going local" has become conscientious shoppers' cry, looking for stuff that is built or discarded right in your own back yard, so to speak. Near my London home is the local dump. Cars line up all day to check out the unwanted items.

Eco-conscious recycling abounds everywhere from sidewalk and yard sales to flea markets and auctions. Building demolitions offer a fascinating array of salvageable lumber and decorative details such as interior and exterior trim work, mouldings, carved brackets, mantels, doors, window frames, floorboards and metalwork.



Clockwise from left: Old floor boards have been repurposed as a facing for the kitchen island; The dining table's newel post legs and a solid birch plank top have been finished to create a sense of age; An old tree trunk found on the homeowner's property was cut and sanded smooth for this sturdy table base; Used metal grating and filigree are welded together to form an unconventional kitchen pot rack; Check out salvage stores for old doors and trim that can be used for other purposes such as this stunning headboard.

Reinvent

In my latest television series, *All for One with Debbie Travis*, we utilized reclaimed wood that was found in or around the homes for some innovative projects. To add warmth and charm to a kitchen island, old wood planks were taken from the basement laundry room and given a new purpose. The planks were sanded smooth, stained a rich dark brown, cut to size and fitted around three sides of a melamine cabinet. (The fourth side was left open for easy access to stored items.) The quartz stone top matches the kitchen counters.

*“Properly cared for, wood lasts for lifetimes,
and enhances any style depending on the
variety and finish.”*

Wood is a natural for tabletops. Properly cared for, wood lasts for lifetimes, and enhances any style depending on the variety and finish. With some carpentry skills, it's not difficult to create your own table with a combination of new and old wood. We built a roomy country dining table using newel posts for the legs and a solid birch plank for the top. The antique paint finish adds years of character.

Coffee tables can be built with almost any material as long as you have a solid base and flat top. One of our more ambitious projects was to build a truly one-of-a-kind table utilizing an old tree trunk base and concrete top. To make the top, build a frame with a plywood base and 1" x 4" x 1/2" surround. Reinforce the bottom with wire mesh and rebars as concrete is heavy. Cut a cross section of a large stump that will fit inside the frame. Fill the frame with concrete even with the top of the stump. Let the concrete dry and set for two days and then polish.

The focal point of any bedroom is the bed's headboard. There are literally hundreds of variations from carved wood to iron posts to padded and upholstered shapes of all sizes. The most popular headboard that I have created for my TV shows started out life as a door. It took some hunting, but we found the old pine door at an area flea market. The panels were evenly spaced and the height was the same as the width of the bed. A piece of MDF and some crown moulding were attached to build up the height. A strip of embossed wallpaper added texture to the smooth fiberboard. The headboard was unified with an antique paint finish. This piece is an heirloom in the making—reinvention at its best.

You can pick up the most interesting bits of filigreed metal fencing and grill work at a building recycling depot. Use them to make a unique pot rack as we did here. The metal was cut and welded together to shape the pot rack, and then painted white. It's important to hang the rack securely; drill into the ceiling studs and use plugs or butterfly screws. The pots are hung from the rack on S hooks.

Refinish

You may find that you have become bored with certain pieces of furniture. There is nothing physically wrong with them, however, the finish may be drab or the style doesn't suit anymore. If this is the case, investigate the many ways you can revamp the look of a piece before you haul it to the curb. I am always delighted to see the transformation that a little paint and other decorative details can perform.

A heavy looking 70s oak coffee table appeared very dated in a modern city apartment until we stripped it down and gave it a light, crackle finish. Over a taupe base coat, a layer of crackle medium was applied. (Look for crackle medium at your art and craft store.) When the medium was dry, we applied a layer of creamy white paint. As the paint dried, cracks appeared the colour of the taupe undercoat.

There are many recipes for producing an antique finish. A colourwash rubbed onto a surface will give you added texture and shading as seen in the toile dresser. In the country dining table, applying layers of paint and sanding back at the edges and spots where a piece would naturally be worn creates instant age and character. Practise with one or two techniques until you get the results you want. If you make a mistake it's easy to start over.

You can combine two or more decorative details to build up a unique appearance. After colourwashing the dresser with a yellow ochre glaze, I transformed the top with a piece of toile wrapping paper. You can use paper or even a piece of fabric. Press the paper flat and adhere it to the top with wallpaper paste. Allow the paper to dry and then apply three coats of varnish to seal. Hide the edges of the paper with a string of upholstery studs.

When decorating a garden room I discovered an old china cabinet that the homeowner was no longer using. It was the perfect size to store pots and garden tools, and the new theme was obvious. The fabulous blooms are not painted on—they are flower cut-outs that have been adhered with decoupage glue. This is now a favourite piece that will continue to be of service for years to come.

In recent years, the traditional, matching dining room suite has relaxed a little. It's now common to have more than one type of chair, and a table that doesn't have the same style as the chairs or the china storage unit. A fresh coat of gloss white paint pulls the look together, so that a collection of wooden chairs with a variety of back patterns, a picnic style dining table and modern storage boxes all blend, and yet shapes are brightly defined.

Clockwise from right: An aged crackle paint finish provides texture and beauty to an oak coffee table; Toile patterned paper trimmed with upholstery studs decorates the top of this pretty guestroom dresser; White paint defines the variety of shapes and styles in a cohesive manner; An old china cabinet has been renewed with bouquets of blossom cut-outs that are glued on and then varnished to seal.



Clockwise from bottom: Different faces and times are highlighted in this vertical collection of clocks; A surprising hanger, this mirror is suspended by a black leather belt; A sentimental keepsake, the silver coffee pot is the stunning base of a beautiful lamp.

Collections

A group of familiar objects will take pride of place when treated in an uncommon manner. For the traveller, a vertical line-up of interesting clocks set to different time zones is a great way to connect to faraway places. Enjoy searching for clocks that someone else has discarded. Try an imaginative new way to hang a mirror. I used an old belt screwed into the sides of the mirror for a whimsical touch.

You can make a lamp out of just about anything. One of my favourite keepsakes is a silver coffee pot lamp. You can have the lamp wired professionally or buy a wiring kit from the hardware store and do it yourself. Lampshades are fun to customize with paint or fabric.

Whether you are a collector or are simply looking for one or two pieces of furniture or an accessory that will boost the style in your home, take some time this summer to search out the seasonal sales, and then go to work on a new project. It may just become a passion. It did for me. ■
Produced by Debbie Travis and Barbara Dingle.

Connoisseur's Choice in House & Home

Wood kitchen island, antique dining table, tree trunk coffee table, filigree metal pot rack and white dining room set are projects from the television series *All for One with Debbie Travis*.

The old door headboard, crackle paint coffee table, toile dresser, garden armoire and silver lamp are from Debbie's series of decorating books: *Bedrooms*, *Weekend Projects*, and *Facelift*, by Debbie Travis with Barbara Dingle.

The clock and mirror projects are from a *Home Show* house decorated by Debbie Travis.

www.debbietravis.com
[www.twitter.com/debbie_travis](https://twitter.com/debbie_travis)



Pan-Seared Jumbo Sea Scallops in a Morel and Porcini Sauce

By Chef Tony Luk

Chef Tony Luk is currently the Head Chef at Jade Seafood Restaurant in Richmond, B.C., Canada, where he creates innovative Chinese dishes using many different styles of cooking.

Before coming to Vancouver in 1995, Head Chef Tony Luk developed his culinary craft as a chef at several prestigious restaurants in his native Hong Kong. These include preparing meals in luxurious private dining venues of the nation's most elite and prominent figures.

Chef Luk has been a professional chef for over 30 years and has been the head chef at Jade Seafood Restaurant since it opened its doors in 2004. Before joining Jade, he served as Head Chef at several top Vancouver Chinese restaurants before bringing his unique culinary style to Jade and dazzling patrons with his fresh take on Chinese cuisine.

Recipe Introduction

Unlike Western cooking, Chinese cooking is usually served in multi-course meals similar to what you would be served if ordering a "tasting menu" from a European-inspired restaurant. A typical dinner can have anywhere from six to ten courses! Chef Luk has prepared a recipe that has been modified so it can be served as a small main course or even an appetizer.

The dish Chef Tony Luk would like to share is his pan-seared jumbo sea scallops in a morel and porcini sauce. The dish is easy to prepare and uses some unique culinary techniques that you can use to create your own masterpieces!

Ingredients:

Scallops:

- 20 jumbo B.C. scallops (U/5 Size, Frozen)
- 2 large portobello mushrooms
- 2 tbsps. organic baby dill
- ¼ cup white flour
- ¼ cup cooking oil
- 1 tsp. sea salt

Morel and Porcini Sauce:

- 1 oz. dried morel mushrooms (approx. ¼ cup)
- 1 oz. dried porcini mushrooms (approx. ¼ cup)
- 1 tsp. ebara yakiniku sauce
- 1 tsp. Japanese mirin
- 1 tsp. brandy
- ½ tsp. chicken bouillon powder
- 1 small shallot
- 1 pinch sea salt
- 2 tbsps. white flour
- 2½ tbsps. butter
- 1 tsp. honey

PREPARATION OF SAUCE:

The Day Before:

Soak the dried morel mushrooms and the dried porcini mushrooms separately in water for 24 hours.

Directions: (approximately 15 minutes)

1. Pour out the water used to soak the dried mushrooms and rinse the mushrooms thoroughly.
2. Place all mushrooms and shallot into food processor and puree. If you do not have a food processor, you can finely chop these ingredients instead.
3. Melt 1 tbsp. of butter in a pan and cook the pureed mushroom and shallot for approximately 1 minute, or until savoury.

4. Add the honey, chicken bouillon powder, sea salt, Japanese mirin and ebara yakiniku sauce to the mixture, along with 2 cups of water. Cook for 2 minutes and remove from heat.
5. In a separate pan, cook 1½ tbsps. of butter and 2 tbsps. of flour together over medium-high heat, mixing briskly until it bubbles, then reduce heat to low and cook for approximately 3-4 minutes, stirring occasionally. This is what French chefs call a white roux.
6. Pour the contents of the first pan into the white roux slowly while mixing, keeping the heat low. Make sure the contents of the first pan have cooled down slightly at this point, and are not boiling. This is important to ensure that the roux does not clump.
7. Finally, stir until desired thickness is reached and add brandy.



CULINARY DELIGHTS

PREPARATION OF SCALLOPS:

The Day Before:

Defrost scallops overnight in refrigerator.

Directions: (approximately 15 minutes)

1. Wash the scallops. Wash the portobello mushrooms and cut into thick slices. Chop half of the baby dill and save the rest for garnish.
2. Boil 4 litres of water in a large pot. Once boiling, put the scallops in the water and immediately turn off the heat. Let the scallops sit in the boiled water for 5 minutes and then remove and place on a plate.
3. Gently brush the tops and bottoms of the scallops with a thin layer of flour.
4. Heat a frying pan or wok on high heat and add oil. Pan-sear the scallops on both sides until golden yellow. Place on plate.
5. Heat another pan or wok on medium heat and add butter. Pan-fry the portobello mushroom slices until half-cooked. Place on plate. Sprinkle with sea salt.

PUTTING IT ALL TOGETHER:

Now that you have the sauce prepared and all the ingredients ready, you can assemble the dish for serving.

1. Place scallops on a plate with two pieces of portobello mushroom per scallop.
2. Pour the prepared morel and porcini mushroom sauce around the scallop and mushroom slices. Sprinkle chopped pieces of organic baby dill on the sauce. Place the un-chopped organic baby dill on the portobello mushroom slices as garnish.
3. Enjoy!

As you can see, this dish combines many different styles of cooking into it. Chef Tony Luk has incorporated French cooking into his sauce along with Japanese elements to create a Chinese dish. While meant to be served as a single scallop per person in a multi-course Chinese meal, this could easily be a dinner for 4-6 people if you serve 3-5 scallops per person. The U/5 scallops are very large, with 5 scallops to a pound.

This dish would be excellent served with steamed Chinese vegetables such as Gai Lan or Bok Choy, and brown or white rice if used as a main course. We've presented the portobello mushrooms like rabbit ears to celebrate the Chinese year of the Rabbit. ■



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Sugar Me Up

The Great Sweet Wines of the World

By James Cluer, MW



Château Clos Haut-Peyraguey, France

Sauternes from Bordeaux, Tokaji from Hungary, Coteaux du Layon in the Loire, icewine, sweet Germans, late harvest from Alsace, well, there's no shortage of options when it comes to dessert wine. Personally, I'm a huge fan. I find the unique production methods to be fascinating and the sheer quality of the wines can be staggering.

But most of all, I love watching people melt as they sip on a glass after a great dinner. It's the icing on the cake. So don't forget that before the port, you'll need to serve some dessert wine with a cheesecake, a fruit tart, a selection of cheese, and various other delights.

Sauternes is arguably the king of all sweet wines. It certainly wins the prize for being the most expensive, with Chateau d'Yquem ranking amongst the most pricey wines in the world. Expect to pay a few hundred dollars for a half bottle from an average vintage. And if you come across a bottle from the 1800s, then expect to remortgage your house. But there are plenty around \$35 too, so you don't have to break the bank to enjoy it.

Sauternes is part of the Bordeaux region, in southwest France. In the fall, autumn mists lift off the river Garonne where it intersects with the Ciron, because of the temperature differences in the water. This mist shrouds the vineyards and creates very humid conditions which are the catalyst for the development of botrytis, or noble rot. It doesn't sound good, and it doesn't look good either, but this noble rot attacks the berries and punctures small holes in the grapes which cause them to shrivel. As a result the water content of the berry evaporates and you're left with a high degree of sugar, and ultra-ripe tropical fruit flavours.

www.GoodLifeConnoisseur.com



But botrytis doesn't affect all of the grapes at exactly the same time. This means that picking has to be done by hand, with harvesters passing through the vineyard in waves, selecting only the berries with noble rot. At some estates the pickers may go through the vineyard several times, armed with no more than a pair of nail scissors. To put it in perspective, a single grape vine will often produce one 75cl bottle of red or white wine, but in Sauternes the yield is so low that you'd be lucky to extract one glass of the sweet liquid gold from a single vine.

Semillon and Sauvignon Blanc are the grapes of choice. The former is highly susceptible to botrytis and the latter helps counter-balance the sweetness with a refreshing acidity and a spectrum of different flavours. The fermentation is halted at approximately 14 percent alcohol, leaving plenty of unfermented sugars in the wine, and then it is transferred to oak barrels for around two years of maturation.

Expect honey to predominate, with notes of pineapple, brown sugar and crème brûlée, in a full-bodied style. The French love to serve it with foie gras as a starter, but I prefer it with a cheesecake at the end of a meal. When it comes to sweet wines, Sauternes is still my first choice.

But those Hungarian Tokajis can be so good too. It's like picking your favourite child. I take back my comment about Sauternes. Tokaji is gorgeous, replete with an expansive bouquet of marmalade and honey, and a thread of acidity that can enable a bottle to last for decades.

True, Tokaji is not as well-known and perhaps the fact that it is made in Hungary doesn't exactly help win consumers' affection. But it is "the wine of kings, and the king of wines," as they say. And the way they make it is entirely unique.

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Château La Tour Blanche, France

Botrytis is triggered by the same phenomena as in Sauternes, caused by temperature differences in the waters of two rivers that intersect. But here the grapes are different. You have Harslevelu and Furmint, which are hardly household names. A dry white wine is made from Furmint and then the botrytis affected Harslevelu is added. On the label you will see a statement about the number of *puttonyos*. The number of puttonyos ranges between three and six, and if you buy a six, then expect it to be sweeter than a three, four or five. Puttonyos is the name of the wicker baskets that the pickers use, filled with botrytis affected grapes.

Let's face it. If you bring out a bottle of Tokaji, which may cost you around \$50, and relay the story of the wicker baskets and the puttonyos, you're probably cruising for an "accidental" goodbye kiss on the lips from your flirtatious neighbour.

Moving on. The Loire, including Coteaux du Layon, Quartz de Chaume and Bonnezeaux, made with Chenin Blanc, can display succulent honeyed flavours, in a wine that tends to be a little lighter and more acidic than Sauternes. One of the nice things is the price, which tends to be less than Sauternes and Tokaji, at least for Coteaux du Layon. I've found some stunners that are around \$30, which is half the price of icewine. Try these with some blue cheese, as the saltiness is offset by the sweetness of the wine.

Germany and Alsace can produce some fabulous sweet wines, too. In Alsace, look for the words *Vendange Tardive* (late harvest), or *Selection de Grains Noble* for the botrytis-affected ones. Riesling and Gewürztraminer rule, and I love the incredibly intense aromas of an Alsatian Gewurztraminer. Red roses, spice, honey, apricot and a rich, oily texture are the hallmarks.



Fritz Haag, Germany

I always look for the wines of Domaine Weinbach, a family-owned producer, established hundreds of years ago. This is traditional winemaking at its best. When I asked Catherine Faller how she handles the winemaking, she replied that she does nothing more than pick the grapes at the perfect moment, press them, and then let nature take its course.

But, while sweet wines are a rarity in Alsace, Germany specializes in them. Look for the designations *Auslese* and *Beerenauslese* on the label if you want something with an undeniable amount of sweetness. These rather complicated terms refer to the amount of sugar in the grape at harvest. This is the basis of the German wine laws, where sugar is prized above all else.

The great thing about these wines is the phenomenal balance between sweetness and acidity, delicacy and power, and the unusually low alcohol. Most of the sweet wines from the Mosel have an alcohol degree around eight percent. This is a good thing, because nobody likes being hung-over.

The Mosel valley in Germany produces many of the benchmark, classic wines. Some of the vineyards are planted on slopes that are so steep that one slip and you could end up in hospital. Fritz Haag, Egon Muller, Selbach-Oster and Dr. Loosen all produce stunning wines.

Of course, if you had a guest from the Middle East, I might consider serving them Canadian icewine. It's local and the fact that the grapes have to be picked at -8 Celsius would be as foreign to them as the desert heat is to us.

Canada produces more icewine than any other country, especially in Ontario, where there are massive volumes made. Riesling and Vidal are widely used, and producers wait until frigid temperatures freeze the grapes on the vine. This can happen as late as January, which highlights the fact that many sweet wines are made by taking a tremendous risk.

Once the grapes are picked, which is often during the night, they are pressed while still frozen and the small amount of sweet juice is inoculated with a powerful yeast to trigger the ferment. A few months later, usually at around 11 percent alcohol, the ferment is halted and a colossal amount of unfermented residual sugar remains. These are some of the sweetest of all wines, and sometimes can be syrupy and cloying. Frankly, icewine would be last on my list, especially given the ridiculous prices many producers charge for a half-bottle. At least you get some fancy packaging thrown in.

There are other sweet wines that you should track down, like the amazing Muscat de Beaumes de Venise, from the southern Rhone. Although this is a fortified wine, it is only lightly so, and the gorgeous floral, orange and honeyed aromas will blow everyone away. At around \$25 for the half-bottle, you'll be the hit of the party.

The list could go on. But that's enough to get started. So, next time you are planning a dinner party, or have romance on the brain, make sure you don't forget the sweet stuff. There's a reason why they call it the nectar of the gods. ■

Connoisseur's Choice in Sweet Wines

WINE	PRODUCER	FOOD PAIRING
Sauternes	Ch. Doisy Vedrines	Blue cheese
Tokaji	Ch Dereszla	Strawberry Cheesecake
Alsace VT	Domaine Weinbach	Crème Brulee
Mosel Auslese	Selbach-Oster	Tropical fruit plate
Canadian icewine	Inniskillin	Well chilled, by itself

Summer Style

By Connie Ekelund

With summer suddenly upon us (after a very long and unusually cold spring), we are ready to head out into the sunshine and enjoy some vitamin D. But first, you may want to know what to look for this summer to keep you fashionably in style, and looking and feeling great.

SUNGLASSES

Randolph Engineering | www.randolphusa.com



- Raptor: From navigating the skies inside a cockpit to finding your way down a mountain trail, the Raptor is must-have equipment for a true adventurer. \$129



- Jag: Named after the judicial arm of the United States Armed Forces, this elegant style commands attention while providing all-day comfort and performance. Deceptively durable. \$129

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- Larino: Shiny black, polarized PhD driver lens. \$210

Bolle | www.bolle.com

- Copperhead: Shiny black, polarized TNS lens. \$100-\$150



Holt Renfrew

When in doubt where to shop for the trendiest shades, head to Holt Renfrew
www.holtrenfrew.com



- DIOR Ladies'. \$400



- TOD'S Ladies'. \$525



- GUCCI Men's. \$570



HEALTH & BEAUTY

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This exciting mineral makeup line is suitable for high fashion, print, television and the everyday woman. The high quality of Elements Mineral Makeup will provide women with just that: pure crushed minerals that provide “Simple. Clean. Beauty.”
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www.cremedelamer.com

- 1oz. \$165

- 2oz. \$290

Estée Lauder

For Summer 2011, new, limited edition Bronze Goddess Soleil joins Estée Lauder's returning perennial favourite summer fragrance, Bronze Goddess, for a divine summer fragrance collection.
www.esteelauder.com

- Bronze Goddess Soleil Eau Fraîche, 100ml. \$68

- Bronze Goddess Eau Fraîche, 100ml. \$68



Chanel

Bleu de Chanel brings together timeless woody aromatic and innovative notes. It unravels like a simple yet spectacular script. Inspired by this tribute to masculine freedom, Chanel has created two new products designed especially for men, to offer a different and intense way to wear fragrance.
www.chanel.com

- Shower Gel, 200ml. \$34

- After Shave Balm, 90ml. \$52



STYLE



NeuLash
Through highly potent polypeptides and an abundance of powerful ingredients, neuLash helps promote healthy, longer-looking natural eyelashes and improves the overall appearance and condition of lashes. Each strand is nourished and the lash line energized with incredible results that help transform thin, brittle or short lashes into thicker, longer, healthier-looking lashes in just four weeks! \$85-\$150
www.neulash.com

Permanent Makeup
Permanent makeup is a virtually painless cosmetic technique whereby permanent pigmentation is tattooed to resemble makeup. Including lips, eyebrows and eyeliner. This is a safe and easy way to look great and go makeup-free this summer!
www.raintreedayspa.com/spa_permmakeup.html

- Lips: \$350-\$550 (Lasts ~ 3 years)
- Eyeliner: \$300-\$475 (Lasts ~ 5 years)
- Eyebrows: \$450 (Lasts ~ 3 years)



ProExtensions
Clip-in hair extensions are an easy way to change your look without the commitment or cost related to salons and semi permanent weaves. After searching the marketplace, we have found the best source for clip-in extensions that is both inexpensive and is exceptional quality. \$49-\$249
www.proextensions.com

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www.holtrenfrew.com

- Charlie Jade Leopard romper. \$178



- Joie Ikat maxi dress. \$385

Lav & Kush
Made in Canada, Lav and Kush is an eco-friendly collection that uses natural, sustainable and organic fabrics. Emphasis is put on softness and drape of fabric so everything feels ultra luxurious on the skin.
www.lavandkush.com

- Modal jersey skirt. Great for dressing up or down in the summer. Features beautiful, figure-flattering drapeRY angled pleats in the front; faux wrap style. \$120

www.facebook.com/GoodLifeConnoisseur

Paige Premium Denim
Paige Jeans aren't just for celebrities! They are perfect for everyday, with a fit for everyone.
www.paigeusa.com



- Roxley Heaven (ladies) is Paige's 70's inspired high-waisted flare jean that's perfect for the summer. \$244
- The Ashton Cargo (for men) is PPD's casual twill fabric cargo pant, ideal for summer wear. \$26



Magellan
All of your travel needs can be met at Magellan, from handy gadgets to state of the art smart clothing.
www.magellans.com



• Convertible jacket/vest. \$110-\$115

Mountain Equipment Co-op (MEC)
Fun and flirty. Fitness wear that's easy to wear all summer long. What could be better?
www.mec.ca



• Patagonia sport top. \$54

FITNESS FOOTWEAR
Yes, shoes can look and feel good at the same time, and even help you get back into shape by just wearing them!

Skechers Shape-Ups | www.skechers.com
Sleek Fit fitness shoes that: 1. Tone your muscles 2. Promote healthy weight loss 3. Make it easy to get in shape!



• Women's Metabolize Shape-ups. Lace-up walking toning sneaker, \$120.

• Women's Sleek Fit Shape-ups. Mary Jane walking toning sneaker, \$120.

• Men's X T Shape-ups Extended Training X T. Extended training lace-up toning sneaker, \$130.

Clarks | www.clarksna.com



• Namib: Water-friendly performance in a women's sport sandal from Privo by Clarks. Super lightweight and flexible, it offers an adjustable fit and the Soleassage textured footbed that puts a bounce into your step. \$120.

• Bardolino: This fashion-forward women's shoe from Indigo by Clarks features a peep toe, high vamp with studded details and a mini back zipper. A cushioned footbed and platform sole with lightweight leawood heel make walking a pleasure. \$150.

• Vestal: Casual comfort in a nicely detailed men's slip-on with mesh and webbing accents. Lightweight and flexible, it features a flecked midsole and rubber outsole. \$130.

• Wave.Crossover: Slip-on ease plus advanced walking technology from Clarks WAVE. This handsome men's shoe features a padded collar, removable OrthoLite footbed and the unique curved rocker sole that conserves energy, absorbs shock and cushions the joints to enhance the walking experience. \$170. ■



Open Your Eyes to New Surgical Options

Life Without Glasses—Even If You Are 40, 50
Or 60—is Possible. Read About the Latest
Advancements in Surgical Vision Correction.

Laser Blended Vision

Until very recently, monovision was the only laser surgery option to compensate for Presbyopia (natural loss of accommodation or reading power as we age). The idea was to have one eye work for near (reading) and one eye work for distance (driving). The outcomes worked for certain prescription types, and while some people found this to be a great solution, it was certainly not for everyone.

Now there is a breakthrough procedure called Laser Blended Vision, that allows you to see up close, far and in between without glasses. The treatment actually increases your depth of field in both eyes, enabling one eye to see well for intermediate or mid-range through to far. The other eye is treated to see well near through to intermediate. The fact that both eyes enjoy intermediate vision is the real key. This blend zone is what makes this treatment unique and allows more people to be treated than ever before, including those with astigmatism.

It is our commitment to the development of new treatments and our relationship with the esteemed Carl Zeiss Meditech that has allowed IRIS to be one of a very few centres worldwide offering this treatment.

Intraocular Lens Replacement

Intraocular lens (IOL) replacement is a procedure used to correct vision by replacing the natural lens with one that meets the specific needs of the patient. This is done for patients with or without the emergence of cataract. Reading, distance and astigmatism can be corrected and crisp vision restored—often better than the patient has ever enjoyed with or without glasses.

*“Reading, distance and astigmatism can
be corrected and crisp vision restored”*

In some cases patients are fine tuned with a small laser touch-up to personalize the correction, leaving them to enjoy their busy lives—travel, sports, life, etc.

Advances in IOL technology and the introduction of micro-surgical technique make the procedure less invasive and allow for faster healing. The lenses have improved, and now provide sharper vision than ever. The surgery is performed in our state-of-the-art facility and you return home within a few hours. ■



IRIS Ophthalmology Clinic is a unique facility in many ways. By combining the experience and professional skills of optometrists, ophthalmologists and opticians, we can achieve our goal for patients to experience better vision.

Deciding how your vision is best corrected to suit your health, financial and lifestyle needs is key to your satisfaction with us, and we don't set out to just satisfy but to delight! Finding the right solution for you is our only goal, whether that is Laser Blended Vision surgery or our exclusive cutting edge technology in multi-focal lenses and a designer frame or newest generation contact lenses.

IRIS Ophthalmology Clinic
1.888.881.4747
laserinfo@iris.ca
www.iris.ca



Bone Health

By Lorna R. Vanderhaeghe, MS

Our bones are constantly being broken down and rebuilt. Osteoporosis, meaning “porous bone,” arises when bone is broken down faster than it can be rebuilt. One in four women has osteoporosis and one in eight men. Bone fracture is a dangerous result of osteoporosis. Many people who have hip fractures as a result of osteoporosis never get out of long-term care facilities. And hip fractures result in death in up to 20 percent of cases.

Bone is a matrix that contains not just bone-building minerals but also collagen, which is the protein that makes our bones strong and malleable. If bone health were attainable with a simple calcium supplement, we would be seeing a reduction in the rates of osteoporosis as women are taking calcium supplements in record numbers. But osteoporosis rates remain high.

*“Warning: Calcium Alone Will NOT Stop
Osteoporosis”*

There is clearly more to strong bones than just calcium. Vitamin D3, for example, is essential to calcium absorption; unfortunately, research has shown that many people are deficient in this nutrient, particularly at northern latitudes and during the darker months of winter. Vitamin K2, meanwhile, guides calcium into bones and locks it in. Without enough vitamin K2, calcium can lodge in places that it is not supposed to, such as in the breasts, arteries and kidneys (kidney stones). Calcification causes hardening of the arteries and contributes to high blood pressure and calcium deposits in the breasts.

Vitamin K2 MK-7 and Bone Health

The “K” in vitamin K comes from the word “koagulation.” Vitamin K1 is a blood clotter and acts very differently than vitamin K2. Calcium in the bones and arteries is regulated by vitamin K2. Vitamin K2 is associated with osteoblasts. Osteoblasts are cells that build bone and produce a protein called osteocalcin. Osteocalcin incorporates calcium into the bones. Without vitamin K2, osteocalcin cannot be produced in the body and proteins can’t hold onto calcium without enough vitamin K2. Vitamin K2 redirects calcium into bones.

Choosing the Right Type of Vitamin K2

Vitamin K2 (menaquinone MK-7) from the Japanese food natto is the best form of vitamin K2. Half of the vitamin K that our body absorbs is from green leafy vegetables. Unfortunately, most foods thought to be rich in vitamin K have less vitamin K than previously thought. Most multivitamins don’t even contain vitamin K and those that do don’t have enough. To prevent and treat osteoporosis, supplement with Vitamin K2 MK-7.

Vitamin D3 for Strong Bones

Another important bone vitamin is Vitamin D. Vitamin D is formed in the body by the sun’s rays on the skin, which then makes vitamin D3. As we age, our bodies are less efficient at making vitamin D, so you must take a vitamin D supplement. Like vitamin K2-MK7, vitamin D is essential for calcium absorption. A deficiency in vitamin D leads to decreased calcium absorption and increased excretion of calcium via the kidneys, promoting osteoporosis and other conditions such as osteoarthritis, muscle cramps and twitching, backache and tooth decay. It is important to choose the most active and powerful form of vitamin D, which is vitamin D3.



Vitamin D3 Better than D2

A December 2010 study in the Journal of Clinical Endocrinology and Metabolism reported that the two major forms of vitamin D, D2 (ergocalciferol) and D3 (cholecalciferol), are not absorbed by the body in the same way. In 33 healthy adults taking 50,000 IU of either vitamin D2 or D3 weekly for 12 weeks, blood vitamin D levels increased significantly more in the D3 group than in the D2 group.

Collagen Bone Support

Yet another important component for your bones is collagen. Over one-quarter of all the protein in the body is made up of collagen. Collagen makes your bones, nails, teeth and hair strong. Collagen connective tissues run throughout the body and provide structure for your skeleton, tendons, cartilage and muscles, all of which support your internal organs and protect your softer tissues.

Silicon is a trace mineral required by the body to make collagen. Specifically, silicon is converted into silicic acid that the body requires to manufacture collagen and elastin. Unfortunately, silicon from food and herbs is poorly absorbed, resulting in a lack of the building blocks required to make collagen. Silicic acid in supplement form, on the other hand, is used directly by the body to make collagen. Silicic acid is a fabulous bone booster. Receding gums are an early indicator of osteoporosis, and dentists have reported that supplementing with silicic acid stops receding gums.

Your Best Bone-Boosting Supplement Program

To build strong bones, combine an excellent calcium and magnesium supplement that contains the right forms of calcium such as aspartate, glycinate or citrate along with vitamin D3, vitamin K2 MK-7 and the collagen-builder silicic acid. ■





Wealthy—Now Healthy and Wise

By Michael Morgan

Imagine this. Mark and Melissa had the world by the tail in 2010. They owned the boat they always dreamed of, his prized vintage cars were parked in the triple garage of their home in West Vancouver and business was good. The children had graduated from college and the two of them were stealing every moment they could to play golf together at a private club.

They had everything they had worked and hoped for, but they had forgotten one very important thing. They had not thought of a plan to ensure that their good health and the good memories would not disappear as they aged.

In the early 80s Mark became a partner in an IT company that developed software for the financial services industry. From the beginning, he worked long and stressful hours, travelled weekly, frequently dined out with clients and paid no attention to exercise. His lifestyle for over twenty-five years had put him on a fast track for health problems. And like a lot of mid-life men, he wasn't seeing a doctor regularly for check-ups.

Signs appeared but were ignored. This changed when Melissa had noticed that Mark was increasingly forgetful and sometimes "drifted away" while they were doing things together. Mark confessed he was looking over his shoulder more often and worried about keeping up with the young guns coming up right behind him. He admitted to his wife he felt he was slipping mentally and wasn't quite as sharp as a few years before. Melissa had been the primary caregiver for her father through his battle with Alzheimer's disease, so she decided to step into action.

Mark's previous family doctor had retired, so Melissa pushed him to go to the local clinic to look for some answers. The doctor there examined him, ordered some blood tests and offered a short lecture about his cigars, drinking and diet after Mark revealed he had been feeling some pain in his arm and pressure in his chest from time to time. He prescribed some medication for his blood pressure, which was showing high. These symptoms of heart disease came as a complete shock to Melissa. She was angry at Mark for not saying something earlier and the news hit her hard. He was the love of her life and she was worried.

Now entering their sixties, and well into planning new and exciting retirement adventures together, she saw dreams falling from their grasp. When she asked Mark what the doctor had said about his mental functioning, he told her that the doctor didn't have much to offer except that a certain amount of decline should be expected with age. Melissa called her sister, a Vancouver nurse, for advice.

Melissa's sister was blunt. "You need to get Mark a thorough assessment and some expert doctor care right now, not only for his heart but for his brain," she advised. "There's a lot of scientific evidence today linking the two." They had the means, so Melissa thought the best place to go might be the Mayo Clinic in Phoenix. But through friends she learned that the Copeman Healthcare Centres in Vancouver and Calgary were at the forefront of both cardiac assessment and neuroscience research. After talking to staff at their facility right in their home city, she learned that heart health and brain health were very much connected, and that both could be improved with a little work. Melissa was surprised to find out about the brain's remarkable ability to "rewire itself" and recover lost functioning even after major damage from cardiovascular disease, strokes, injury or the natural aging process.

Soon after their inquiries, Mark enrolled as a member of Copeman Healthcare in a specialized program designed for people whose combination of poor lifestyle choices, stress and long working hours have put them in the high risk category for strokes, heart attacks and declining mental functioning. The initial assessment from Mark's medical team at Copeman immediately identified a serious heart problem and the team moved swiftly into the integrated management of his health care. It progressed quickly from a detailed risk assessment, to a stress electrocardiogram, to a CT angiogram and an appointment with a cardiologist. Incredibly, about six weeks later he had triple by-pass surgery. Mark is quick to give the Centre credit. "They probably saved my life" he says.

Today Mark is back at his desk as CEO after a successful cardiac rehabilitation program. "I was spending more money and time on my cars than on my health care", he says almost embarrassedly. "I now know that I need to pay a lot more attention to my lifestyle, but I've also learned just how valuable it can be to have a team of medical professionals that are looking out for you. I wouldn't have guessed that the teamwork approach that worked so well in my own company could be applied to my healthcare delivery."

Copeman Healthcare
Toll Free: 1.888.922.2792
www.copemanhealthcare.com

Vancouver:
Suite 400, 1128 Hornby St.
604.707.2273 (CARE)

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

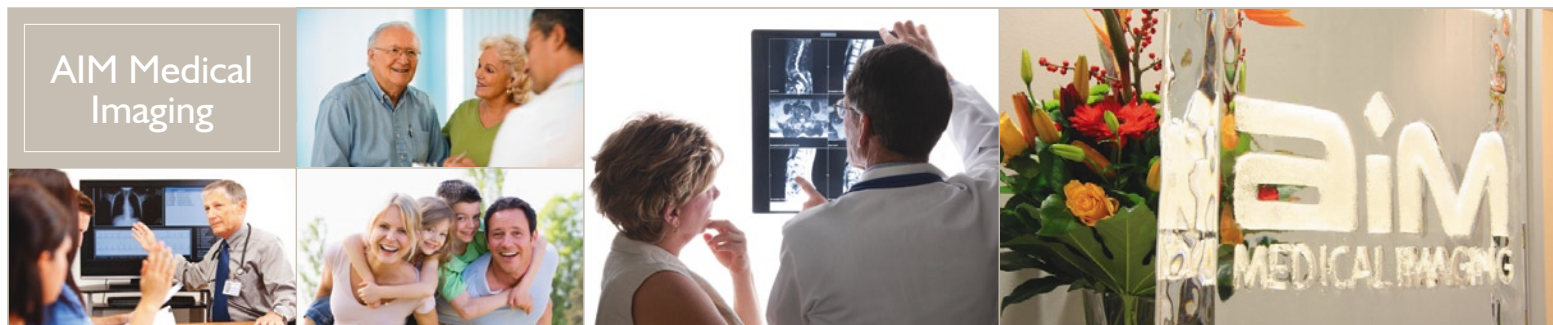
Now Mark has his heart and brain health in the hands of medical experts at the Copeman Centre. He has doctors, dieticians, cardiac rehabilitation specialists, psychologists, coaches and neuropsychologists working together to protect his health. Now that his heart is back in proper working order, he's been spending some time in his day to build himself a better brain with the help of his neuropsychologist. And Melissa is back to making retirement plans for them.

Stories like Mark and Melissa's are becoming more common. As Canadian healthcare has come under increasing financial pressure over the last few decades, many holes have developed on the front lines of medicine, and health prevention has taken a back seat to urgent medical care. But because baby boomers are resourceful and educated, they have created a demand for premium health services like those offered at Copeman that go well beyond publically insured medicine to help people avoid health problems altogether.

The price tag for a service like that offered at the Copeman Centre? At about \$250 per month (\$3,900 in the first year), it may seem like a lot to some, but more people are seeing the value when they look around at their other expenses and the choices they are making. For many, this annual cost is considerably less than their life insurance. Centres like Copeman seem to be offering something a little more practical—life "ensure-ance." Just ask Mark and Melissa.

This is a fictional educational feature based on real health stories. Michael Morgan is a freelance writer and editor. ■





Health is Wealth

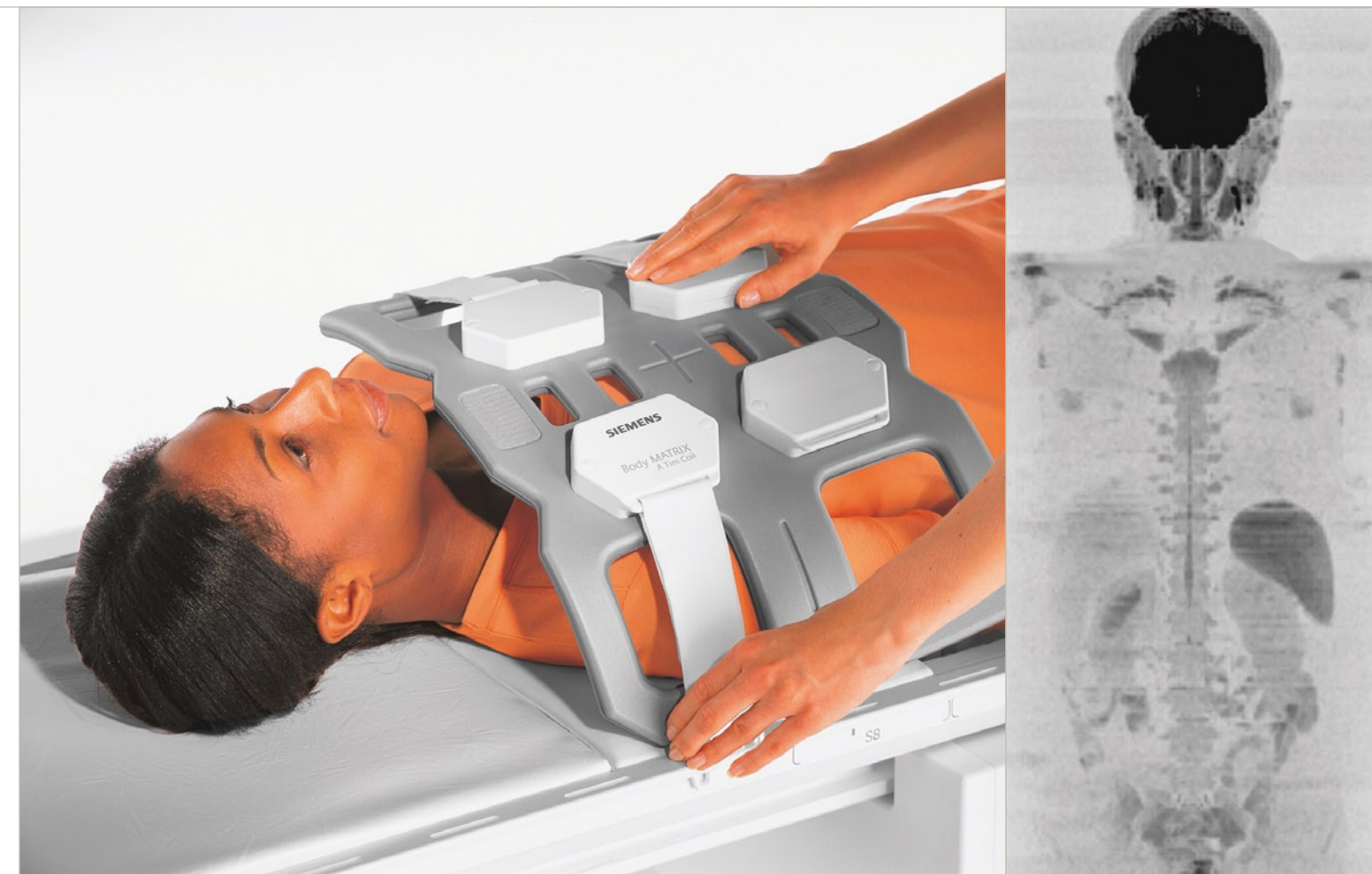
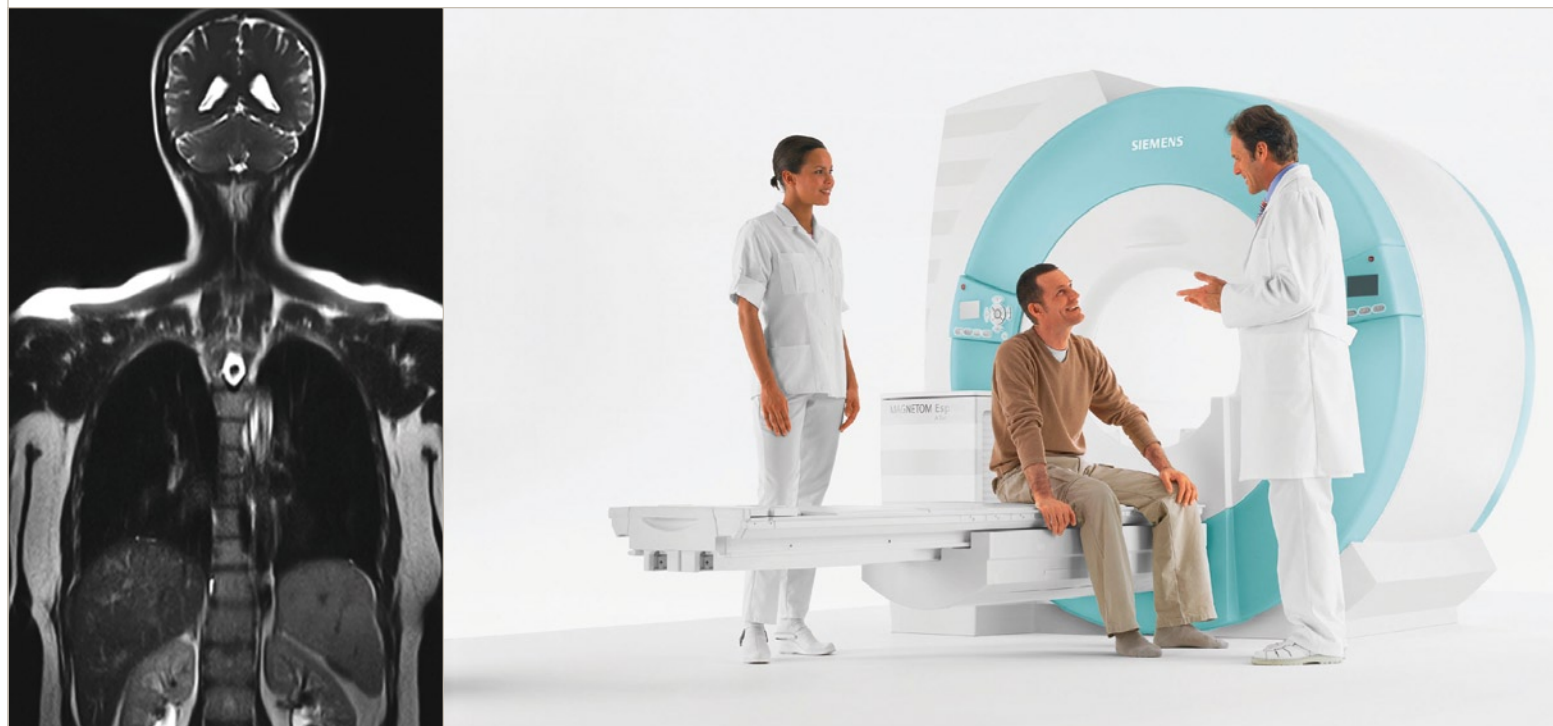
Becoming a global pioneer for MRI—and making patients feel empowered—is the goal driving Vancouver-based AIM Medical Imaging. AIM has a state-of-the-art advanced MRI (Magnetic Resonance Imaging) facility in Canada, offering whole-body scanning with advanced cancer detection techniques.

Many people enquire about full body, or whole body, medical imaging screening tests. Full body MRI screening exams can catch deadly diseases in the early stages, such as cancers or aneurysms. Early detection saves lives. Full body screening is a proactive measure to take good care of your body and your health.

People from all walks of life opt to have a whole body medical screening exam. Many people have particular goals in mind, or wish to have certain health questions answered. Others are interested in a health check. Some clients are executives, some are parents, and others have a significant family history. For many, this test provides peace of mind. This is also a good examination for people who have been previously diagnosed with cancers, as it can detect hidden disease.

There are many whole body or full body screening exams now available, so how do you choose? MRI is a medical imaging technique which is used to visualize detailed internal structures. Unlike CT scans, MRI uses no radiation. It is considered a relatively safe imaging modality, and even considered the preferred imaging modality over CT for imaging many parts of the body. MRI provides good differentiation between the tissues of the body, which makes it especially superior in imaging the brain, spine, abdominal and pelvic organs, bone marrow, and cancers, compared with other medical imaging techniques.

“MRI is a medical imaging technique which is used to visualize detailed internal structures. Unlike CT scans, MRI uses no radiation.”



In addition, AIM Medical Imaging has cutting edge cancer detection technology, referred to as DWIBS (Diffusion Weighted Imaging with Background Suppression). DWIBS highlights areas of restricted diffusion—such as those that occur in many malignant tumours—and provides an outstanding visualization of lymph nodes. This is a technique that is used at many medical and oncology centres throughout the world, and has been shown to be comparable to PET (Positron Emission Tomography), which is a well-known tool in cancer imaging. Dr. Attariwala says, “It is very exciting that this technology is now available in Canada, and even available in an MRI whole body screening exam. This makes AIM unique and sets us apart in the field.”

AIM’s motto is “patients first,” which includes having an in-depth one-on-one private consultation with an on-site radiologist following the scan and handing patients a copy of their detailed report—the only private centre in Vancouver to offer such a service. Most people have questions about their bodies and their health, and having someone available to review the images and address concerns after your exam is beneficial and comforting. It is part of the process of educating yourself about your body and health.

As they say, “health is wealth.” Every doctor will agree that taking care of yourself should include a good diet, active lifestyle, not too much stress, and happiness. This is just one more thing that you can do to empower and educate yourself, and take care of your body. ■



AIM Medical Imaging
1371 West Broadway
Vancouver, BC, V6H 1G9
info@aimmedicalimaging.com
604.733.4007
1.877.482.5859

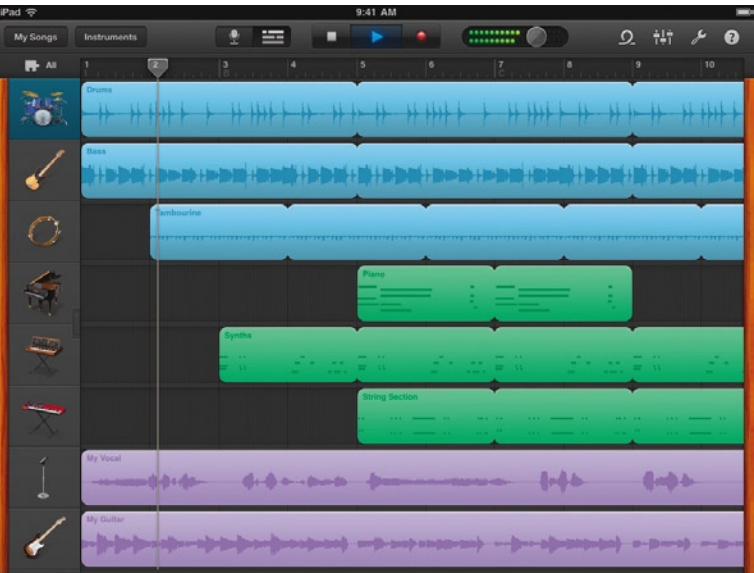
There's an App for That!

By Steve Dotto

Alongside the growing explosion of smart phones and tablets, thousands of apps have burst forth onto the scene. Everything from social media apps to calculators, games and guides has come online.

The cool thing about apps is they tend to cost between \$1.95 and \$4.95, meaning your investment in any app is pretty small. The bad thing is that you often get what you pay for.

Let's go on a whirlwind tour of the best iPhone, iPad, Android and BlackBerry apps on the planet!



I Got the Music In Me!

GarageBand — Apple has included their full-blown music app GarageBand as a part of their iLife suite for a long time, but it was always the kid that didn't quite fit in. Everyone used iTunes and iPhoto, and we all saw the value in iMovie, but GarageBand was for a very few musicians. It was not the app for the rest of us! Apple hoped GarageBand would be like iMovie, making us all composers and music-makers, but that was not to be. Enter the iPad app for a stunning bargain price of \$4.95. Suddenly everything changes. It is the most compelling app I have seen, drawing you in and making you want to make music by giving you a unique and totally practical way of doing it.

GarageBand iPad blows me away because it uses real music theory, teaching us about keys and chord structure while making it dead simple to either play around and have fun jamming, or get serious and actually make some music happen.

iPad only | \$4.95

Saggy Pant Relief!

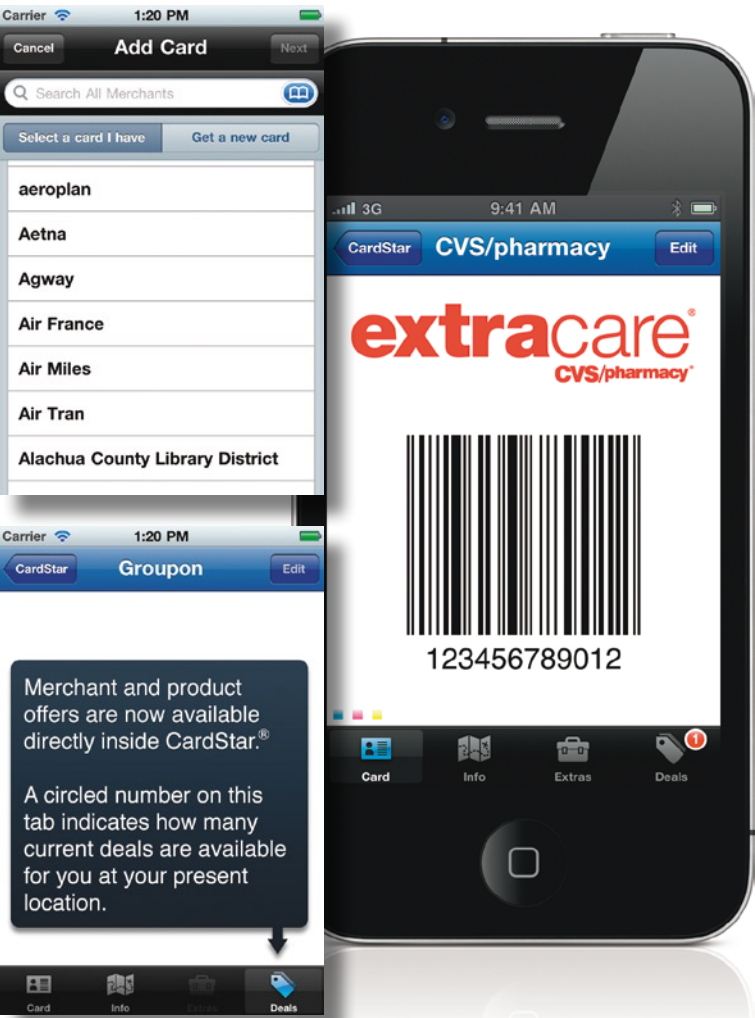
CardStar — We all have a wallet or purse full of loyalty cards. Our AeroPlan, AirMiles, department store, coffee shop, and bookstore cards weigh down our purses and can cause plumber's crack for even the best-dressed of us.

Enter the coolest little app. You use the built-in camera in your iPhone and take a picture of the barcode on your loyalty card. It files the barcode, and when you need to use the card, you simply call up the appropriate image and the store scans your phone instead of the card!

CardStar also lets you manage and track coupons, and even has a social media feature allowing you to share coupon finds with like-minded bargain hunters.

www.mycardstar.com

iPhone, iPad, Android, Windows Phone, BlackBerry, Nokia | Free



www.GoodLifeConnoisseur.com

Mwahahahaha! When you have to be in control!

LogMeIn — Need to access your home or office computer from your smartphone or iPad? There are loads of difficult-to-use, technically challenging solutions—and then there is LogMeIn. Elegant and easy to install, it just works.

You install it on your base computer (home or office), and then log in and manage that computer remotely through a web-based interface. LogMeIn is so easy, it's almost frightening.

This app is not super-fast over standard internet connections, but it does allow crucial tasks to be performed anywhere you get a connection.

www.logmein.com

All Platforms | Price Varies

Back Me Up! Share My Files!

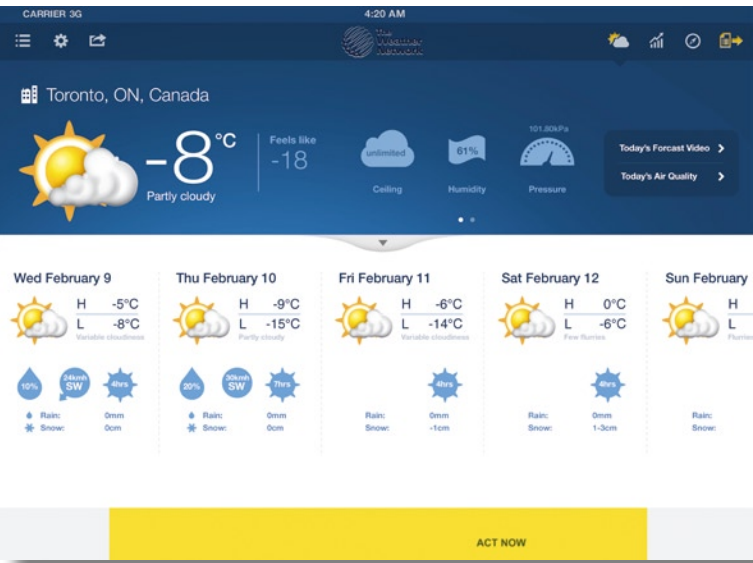
MobileMe — There are several great Web 2.0 online back-up and file-sharing services. If you are an iPhone user, none is better than Apple's own MobileMe. Besides backing up all the data on your iPhone and giving you shared access to files from your computer, you can also track your iPhone should it wander. If someone steals it, you can track its location and have the authorities intervene, or you can wipe all the data clean if it looks like it will not be recovered. You can restore all your data on your replacement iPhone so you lose no time getting back up and running. Mobile Me is technically more a service than an app, but it is too cool to leave out!

60 Days Free, then \$99 per year

Mobile Me works for both Mac and Windows-based iPhone users.

Other Similar Services and Options

- **DropBox**: The king of the cloud-based storage companies. Free and upgraded plans. www.dropbox.com
- **SmrtGuard**: Remotely track and, if necessary, lock your smart phone if it goes missing. \$5 per month. Android, BlackBerry. www.smrtguard.com
- **SugarSync**: DropBox's main competitor, this great multi-platform support does some of the things Mobile Me does regarding file-syncing. www.sugarsync.com



www.facebook.com/GoodLifeConnoisseur

What's that Playin' on the Radio?

Shazam — Hear a song and can't place the artist? Shazam! Click on the app, and it listens to the song and comes back with artist, album and purchasing info, just like that. It seems magic, but really it is just plain cool.

www.shazam.com

iPhone, iPad, Android, Windows Phone, BlackBerry, Nokia | \$4.99



I Have That Written Down Somewhere!

EverNote — One of the most popular apps is Evernote, which claims to help you organise everything in your life. EverNote users capture and catalogue everything from notes to pictures to plane tickets to wine labels. It allows you to use your smartphone's camera to capture the information, which is then tagged and even converted into text (if it is written). Powerful cataloguing tools allow you to find that which you seek at a later time! Integration with computers and the web? Of course!

www.evernote.com

iPhone, iPad, BlackBerry, Android, Palm, Windows Phone | Free up to \$5 per month

- If you like EverNote you may also want to check out Springpad. www.springpadit.com

Bugs? Who Predicts Bugs?

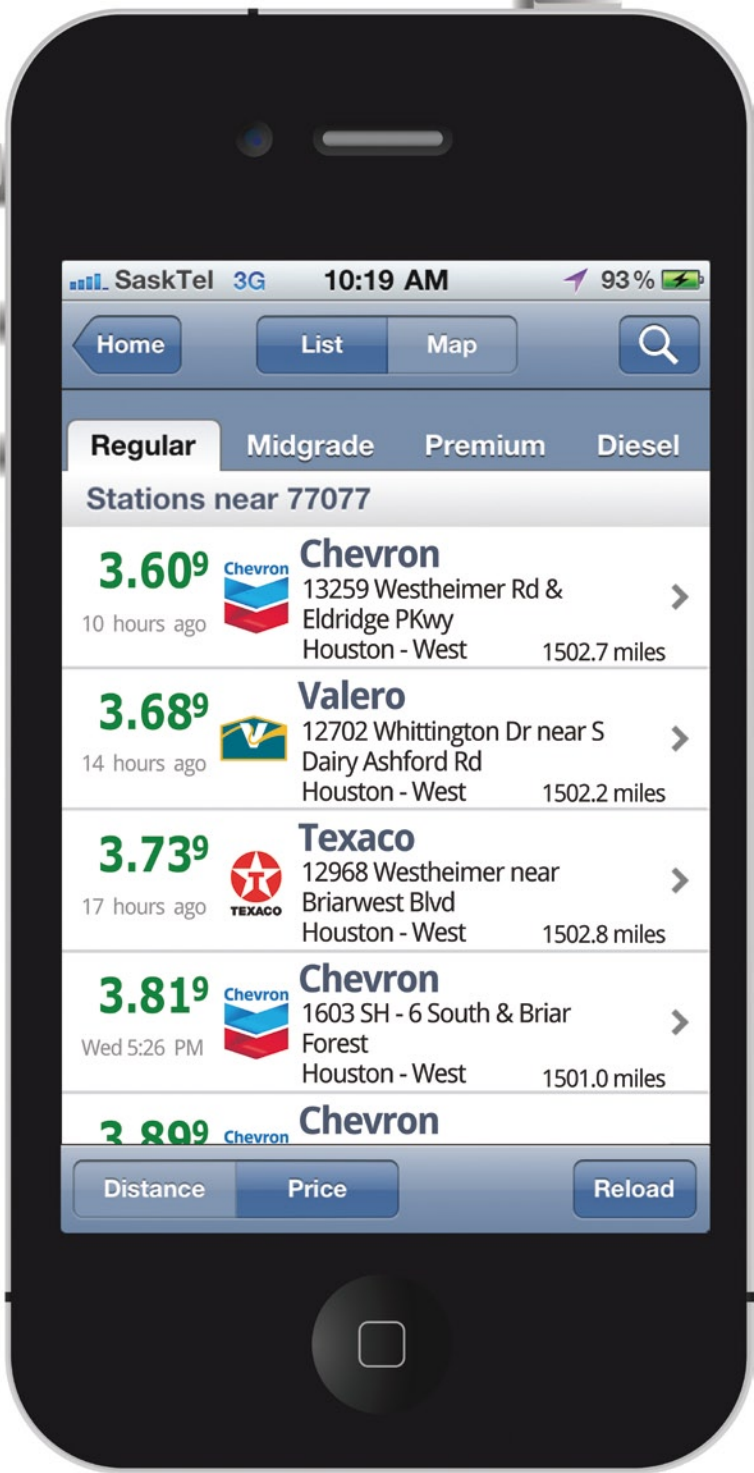
WeatherEye — WeatherEye from the Weather Network is a weather app that puts all others to shame. It offers 14-day trends, localised weather down to the neighbourhood, and my favourite: bug forecasts!

It is as accurate as any forecast can be, it is beautiful and it makes you want to just sit and look at what the week may hold!

www.theweathernetwork.com

iPhone, iPad, Blackerry | Free

Fuel for Thought
Gas Buddy — I don't know about you, but I hate filling up my gas tank and then driving by another station three clicks down the road with a lower price! Gas Buddy updates you on all the stations in your neighbourhood.
www.gasbuddy.com
Android, iPhone and Windows Phone | Free



I'm ready for my close-up!
NetFlix — NetFlix is taking the world by storm. Thousands of movies and TV shows are available on demand! And the coolest part of this app is that you can watch the show on your smart phone or tablet, and then switch to your TV when you get home!
ca.netflix.com
iPad and iPhone | \$7.99 per month

My Card, Your Card, NO card!
CamCard — Business cards are not yet passé, but they should be. And you don't have to return from a trip with a pocket full of business cards. Instead, use CamCard to snap a photo of the offered business card. The software then converts the information on the card into Vcard format for your contact manager to catalogue. CamCard is simple, elegant and a real time-saver as you don't ever need to manually input contact information again!
www.intsig.com
\$10 for Android | \$7 for iPhone

Such a deal, how did you find it?
CraigsPro+ — Craigslist has become a staple in many communities. A community-wide garage sale, it offers everything from one man's junk to services and real estate. CraigsPro+ gives you a leg up on the competition by letting you set up search agents that alert you. For \$1.95 you get 50 search alerts. The pricing model may seem strange, but it works, and being the first to know about a bargain means the bargain may end up in your hands! It searches multiple cities or communities, and it also manages your own posts and sale items.
www.escargotstudios.com/craigspro
iPhone | \$1.95



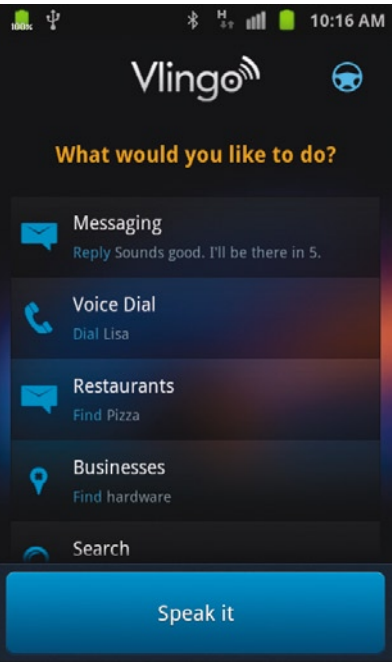
Though Shalt Not Pass—If You Forget That Password!
LastPass — Last Pass is one of several password management tools that help us catalogue and remember passwords. It syncs across platforms, so your passwords from your desktop or notebook can be accessed from your smart phone.
www.lastpass.com
Android, BlackBerry, iPhone, Symbian, WebOS, Windows Mobile | \$12 annual subscription after 14-day trial

Other Password Tools Worth Considering
• 1Password | www.agilebits.com/onepassword
• SplashData | www.splashdata.com



Is This Rash Something I Should be Concerned About?
WebMD — For the healthy, the sick and the raging hypochondriacs, WebMD is a deep and useful database of medical news and information. The iPad and iPhone app have the most useful features, including a database of prescription drugs, a pill identification tool, and the ever-popular symptom checker. There is also a guide to first aid essentials that could be a real lifesaver. In my mind, WebMD is as essential an app as having an emergency kit in your car.
www.webmd.com/mobile
iPhone, iPad, Android | Free

Did you see this article?
Memonic — I used to have a colleague who drove me crazy by tearing pages out of magazines everywhere: on the plane, in doctors' offices, in waiting rooms—I think he did it once at a newsstand!
Memonic is for this colleague. It is a web clipping tool. See something you like, clip it, and it is stored on the web for you to return to when you need it. You can tag your clippings, organise them into folders or projects, add notes, or share them. Ideal for anyone who does web research, Memonic is a personal research assistant I use all the time.
www.memonic.com
iPhone, iPad, Android | Price varies



Vlingo — Anyone who has wrangled with voice control and dictation software in the past will look at Vlingo and raise an eyebrow. Prove it, we say. Well, I think Vlingo has the chops to prove it. It just works, and it does so elegantly. Vlingo replaces every instance where you have to type on your smart phone with voice commands. It covers your phone's basic messaging functions. Making phone calls is certainly number one on the list, but it will also go way beyond, reading incoming texts and emails to you and allowing you to respond. It is a hoot being able to dictate a text, email, or even a Facebook update.
www.vlingo.com
Anroid, BlackBerry, iPhone, Symbian | Price varies

Where Do You Go?
We include links here to the manufacturers' websites, but the best way to look at any of these apps is from the online app store for your device. You will find the links to these stores on your mobile device. ■

Four-Seat Convertibles

By Tony Whitney



2011 BMW 1 Series Convertible



2011 BMW 6 Series Cabriolet

It's wonderful to revel in the joys of top-down motoring, but it can be even better if the experience is shared with three or four friends. It's fun up front for sure, but people seem to love riding in the back of four/five-seat convertibles. Perhaps it's a feeling of wind-in-the-hair motoring that goes back to the earliest days of automobiles when all of them were convertibles. Closed cars didn't come along until 1910 when, history records, Cadillac introduced such a model with a Fisher body and huge-for-the-time \$3,000 price tag.

Convertibles are a blast to drive at any time, but the more blustery experience in the back seats can be a real nostalgia trip and that might be one reason people buy them. Convertibles have improved enormously over the decades and the days of leaky roofs and top-up wind noise have gone forever. Even the least expensive convertibles have power operation and in recent years, hardtop convertibles have become something of the norm with some automakers.

For this feature, we'll be taking a look at "proper" four or five-seat convertibles that will comfortably take normal-sized adults in the back, rather than just small children. We'll skip the large number of compact sports cars that are officially listed as four-seaters, but boast little more than a narrow upholstered bench back there—even if they do have token seatbelts. Let's just say that a passenger in the back of one of our highlight cars should be able to ride 200/300 km without getting out looking like he's doing an impersonation of Charles Laughton playing Quasimodo in *The Hunchback of Notre Dame*.

Given that a few years back, there was talk of convertibles almost disappearing altogether due to safety legislation which could have made them impossible to build economically, the market has rebounded remarkably. Even given the restrictions of this feature, there are nearly a score of them and they range in price from the low \$30,000 level to half a million dollars. Convertibles are flourishing and we're almost back to the times of years gone by when even inexpensive model ranges offered a choice of open or closed bodywork (and a station wagon too, oldsters will recall).

Considering that BMW is not one of the world's mega-automakers, it has an impressive lineup of ragtops and convertible hardtops. There are three which meet our parameters but, of course, BMW has its two-seater Z4 roadster, too. The 1 Series convertible is based on the company's smallest model and is thus a little tight in the back, even though it is a full four-seater. It's a handsome little car and is built just as nicely as the bigger and more expensive BMWs. Moving up the price ranges, BMW's 3 series Cabrio has been a huge seller for the automaker and has all the attributes of one of the world's top sports sedans. The latest version uses a folding hardtop, making one wonder why anybody would buy a 3 Series sedan when this kind of versatility can be had for not too much more money. There's also an M3 version of this car, which is among the fastest models in its class by any automaker. BMW's newest convertible is the luxurious and speedy 6 Series, introduced earlier this year. The new "six" is certainly one of the most opulent ways to travel the highways and byways of the world and is priced accordingly.



2011 Chevrolet Camaro Convertible



2011 Ford Mustang Convertible



2011 Chrysler 200 Convertible



2011 Rolls-Royce Phantom Drophead

Interestingly, North American makers have been busy in the convertible segment, too, and there are some fascinating choices now. Chevrolet has just launched a convertible version of its wonderfully recreated Camaro and it looks just great—a fine tribute to the models of 40 years ago, but probably a lot more comfortable and reliable. Ford has never really let go of its convertible Mustang (which goes back to the mid-1960s) and the latest version is the best ever—and one of the least expensive ways to get into bugs-in-the-teeth motoring for four. Sadly, it looks as though Dodge has shelved the idea of a Challenger ragtop, but the Chrysler group is bringing us an open version of its new 200, which replaces the old Sebring. The Sebring and its predecessors frequently topped best-seller lists among convertibles in North America and Chrysler hopes to win back that status. The 200 uniquely offers a choice of fabric or metal convertible tops.

“The magnificent Rolls-Royce Phantom Drophead (drophead is Rolls-speak for convertible) has to be the most stately and certainly the most expensive way to enjoy open-air driving.”

In the realm of luxury supercars, there are some interesting choices for those with bulging wallets. The magnificent Rolls-Royce Phantom Drophead (drophead is Rolls-speak for convertible) has to be the most stately and certainly the most expensive way to enjoy open-air driving. This is a large car by any standards, which makes it an impressive sight gliding down the road. Traditionalists will love the “suicide” doors and the opulence of the leather and wood. Arch-rival Bentley also has a superb convertible—the Continental GTC. This hugely powerful automobile can lay claim to the title of “world's fastest full-size convertible” and, like Rolls-Royce, is successor to a long line of outstanding ragtops. Riding in the rear seat of a convertible at over 300 km/h must be quite an experience!



2011 Bentley Continental GTC



2011 Jaguar XK Convertible

Jaguar's sleek and sexy XK squeaks in to our selection, but only just. The rear seating is fairly minimalist, if beautifully sculpted and trimmed. Jaguar's advertising slogan years ago was "Grace, Space and Pace" and the current XKs fulfill that credo to the letter. Surprisingly, the Granturismo convertible from Italian master Maserati has quite respectable rear seat room and of course, that fabled nameplate will get lots of attention. The Ferrari-based engine earns the car even more of a glamorous reputation. Maserati has been under the same corporate wing as Ferrari for some years and you can see both nameplates at the same dealership now. Maserati automobiles are very well-priced and cost a lot less than any equivalent Ferrari—several of them are amazing bargains when considering that this automaker is firmly established in the "supercar" class.

The quite new Mercedes-Benz E-Class convertible is a fine piece of work—superbly built, exquisitely styled, powerful and very well equipped. It has a fabric top (smaller Mercedes convertibles have folding steel tops) but the workmanship and sound insulation when raised places the top beyond criticism. An airfoil system helps direct wind over the heads of the rear occupants, so this is one of the less blustery top-down rides in this class.

Two of the major contenders among Japanese nameplate models come from Lexus and Infiniti. The Lexus IS-C comes with two engine choices and a folding hardtop. The great thing about folding hardtops is that the owner has both convertible and coupe in the same car. Infiniti's G37 convertible also boasts a metal top and it's very well styled—when in place, the car looks almost identical to the beautiful G37 coupe, one of the best lookers in its class.



2011 Mercedes-Benz E-Class Convertible



2011 Infiniti G37 Convertible



2011 Volvo C70 Convertible

Not to be outdone in this class, Volvo has its hardtop convertible C70 (the coupe version was dropped) and it might be the best looking model the Swedish maker has ever built. It's quite roomy and has plenty of power from a turbo engine. Like all Volvos, this car is packed with all the latest safety technology.

Unsurprisingly, the VW/Audi group has been busy developing convertibles in recent years to keep abreast of this expanding market. As one of the world's biggest auto manufacturing groups, VW/Audi never passes by a segment of the market that offers opportunities for volume sales. VW's Eos is a stylish folding hardtop model that most observers thought would eliminate the old Golf Cabriolet which had been around for generations. Recent announcements, though, point to a new Golf Cabrio which may or may not be sold in North America. There's also a convertible version of the New Beetle and this has been very popular indeed—especially with style-conscious women buyers. Audi's A5 Cabriolet has been very highly praised and is certainly a great combination of luxury and sportiness. Unlike VW with its Eos, Audi opted for a fabric top—but like its Mercedes E-Class rival, it is of excellent quality and looks great when it's in place. There's also an S5 performance version of this Audi.

“Right now, the four or five-seat convertible market is packed with products at all kinds of prices.”



2011 Volkswagen Eos Cabriolet

Right now, the four or five-seat convertible market is packed with products at all kinds of prices. Will we see more of these fun machines over the next few years? Buyers never seem to tire of them and for automakers they are a profitable niche, so there are probably even more on the way. One thing no automaker has come up with yet is a hybrid or full electric convertible—surprising given that these are “recreational” automobiles and out-and-out power is not the prime reason for owning one. If there could be one thing better than the pleasure of driving with the open sky over your head, it'd be enjoying the experience without too many stops at the local gas station. ■



2011 Audi A5 Convertible



The Innovator in Tailor-Made Flight Solutions Redefines the Midsize Jet Market with its New Citation X Program.

Flight Options Phenom 300

Flight Options has led the private aviation industry with innovative programs that have made fractional ownership and jet card membership more financially appealing to private fliers. For more than 13 years, the general-aviation firm has pioneered solutions that are smart and detail-oriented, with a focus on maximizing client value. Its business model, in fact, was so compelling that Flight Options quickly became the world’s second-largest fractional provider.

Using creative solutions to enhance owner value, Flight Options’ new Citation X program is the most recent example of why the company has remained an industry leader. Its modifications to the super-midsize Citation X, the fastest business jet in the world, have improved range and fuel efficiency, while significantly lowering operating costs. “We’ve redefined the entire mid- and super-midsize market,” says Michael J. Silvestro, CEO. “We’re offering a larger, faster jet at a level of investment similar to, or less than, other companies’ smaller jets.”

Flight Options’ new Embraer Phenom 300 has also reinvented the super light-jet category. “This clean-sheet design combines a midsize jet cabin with cutting-edge passenger and cockpit technology. Its hourly rates are significantly lower than comparable jets from our competitors—up to 25 percent lower in some cases,” says Silvestro.

The seven-person cabin has traveler-friendly touches such as Wi-Fi and iPod docking stations. It flies at 45,000 feet, above most turbulence and other traffic, with 518-mph high-cruise speed and 2,298-sm range. “The Phenom 300 is now our fastest-growing program,” says Silvestro. “Owners realize what a game-changer it is. Every one delivered to us has been pre-sold, well into 2011.”

The company’s fractional business has surged by over 400 percent from Q1 2010 to Q1 2011, largely because of innovative programs like the Citation X and Phenom 300. While other competitors have been trimming back new programs, Flight Options has forged ahead with fresh ideas. Its JetPASS Select, introduced in late 2009, has been the driving force behind a 40 percent increase in Flight Options’ card business in the last year. “Customers recognized the huge benefits over other programs,” says Silvestro. “We offer aircraft at 30 percent less than a leading competitive program. JetPASS Select not only offers a low financial commitment, but owners know the rates are locked in for 12 months, hours don’t expire, and we oversee all flight operations.”

Superior operational oversight distinguishes Flight Options from its competition. Its Cleveland-based Operations Control Center (OCC), modeled on NASA’s Mission Control Center, is the heart of its operations. With senior managers from scheduling, maintenance, owner services and flight operations working side by side, Flight Options is able to respond instantly to changing schedules, minimize repositioning, and provide outstanding service to clients. “Our extreme attention to detail and well-coordinated operations differentiate us from competitors,” says Silvestro.

Flight Options is the only company to be awarded the highly coveted Aviation Research Group/US (ARG/US) Platinum Safety Rating for five consecutive years, and it has also received the FAA Diamond Award for the fourth consecutive year. Robb Report recognized Flight Options for its innovative range of programs with a “Best of the Best” award. ■

Flight Options
877.703.2348
www.flightoptions.com

Why did you modify the Citation X?

We wanted to provide a better value proposition to owners and potential clients. The new Citation X offers many more advantages, like lower operating rates, much longer range and Wi-Fi, with the least out-of-pocket expenses they’ve ever seen on an aircraft like this. We’re transitioning our Hawker 800XP owners to the Citation X, while keeping their current rate structure.

What are its advantages?

The elliptical winglets boost fuel efficiency, so our Citation X now is able to offer a range of 3,638 sm—a seven percent increase. Operating costs are also lowered dramatically. Even when you compare our version to the Citation X’s in competitive programs, we are significantly less expensive on a per-hour and per-mile basis. We’re proving that aircraft enhancements don’t have to translate into higher prices.



Flight Options world class customer service



Flight Options Citation X interior



Flight Options Legacy 600 interior



Flight Options Phenom 300

Build Your Road To Retirement— Decade By Decade

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



This column aims to highlight a series of strategies whose objective is to build your road map to retirement. Decade by decade. It is an overview on stewarding retirement wealth through the decades of life.

We start with the 20s and progress to the 70s and beyond. Someone 20 years of age could easily be at the helm for six to seven decades implementing a personal, on-going, systematic plan. Each decade builds on the previous one. Always ask, “What is best for me and my family?”

Do expect some things to go amiss with any plan. Make sure all your advisors have your best interests in mind. Ideally, there should be no conflicts of interests.

The 20s: Getting started

Your financial responsibility begins in earnest. Think of this decade in two parts. First the educational pursuits, then your initial career. It is a decade to get into the planning habit and learn from mistakes.

Emphasize your “human capital.” Your job skills will serve you well in choosing a rewarding career and earning an income stream during your working life. Strive towards earning scholarships, grants and bursaries for your educational pursuits.

Establish a credit rating, say with a credit card or line of credit and pay it off monthly. Develop your saving habit as early as you can. Try to automatically set aside up to 5% of each pay into savings. More if your finances allow.

Select the road to a career for which you have passion. Appreciate taxation differences of interest, dividends and capital gain. Also learn the basics of the RRSP, TFSA, mortgages and compound interest.

Begin a simple investment plan as your finances permit. Perhaps, place half of your saving capacity into a simple rainy day fund. Invest the other half in equities. Perhaps, channel some savings into your “travel fund.” Having some fun is just as important as saving and investing the money.

Be sure to cultivate your personal and business network. These contacts may turn out to be your foundation for later pursuits.

The 30s: Build your fortress

Many things start in your 30s, so keep developing and tweaking your toolkit of sound financial habits. Focus on building your solid base. Finding a “mentor” who can be your “sounding board” may turn out to be a terrific move. Start saving 5% to 10% of gross family income, more if possible.

Make the distinction between “good” and “bad” debt for your situation. Learn to deal with possibilities of needing cash on very short notice. Accumulating a three- to six-month “emergency fund” helps cover financial surprises like a medical emergency or job loss. Keep the emergency cash at an institution that has not loaned you any money.

Start thinking of what retirement may mean to you. Finding a source of retirement estimates is time well spent. Any investment road map you devise will need regular infusions from your saving capacity.

Learn more basics of investing, such as your risk tolerance, investor profile and asset allocation. Differentiate between your “serious” and “aggressive” investing. Invest primarily for growth at this stage. Learn to live with and accept market turbulence as part of your investing experience.

Get started in earnest pursuing your passions, say a business or career. Peruse the benefits of incorporation as applicable. Ongoing professional education improves your career path.

You do not need to invest outside TFSA, RRSP and maybe a family RESP account as long as you are still repaying loans. Start your basic estate planning with a will and enduring power of attorney. Review the need for disability coverage and life insurance, especially if you are self-employed.

The 40s: Serious money investing begins

The 40s help you find that delicate balance between spending for today and saving for retirement. A worthy exercise is to look back at your strategies that have worked and those that have not.

A desirable strategy is to continue developing your human capital. Many in their 40s are approaching the potential for high remuneration. Thus, pay yourself a substantial raise, say by saving up to 20% of family income. Direct some of those savings to paying off the house mortgage and loans for other purchases.

Forty-something’s often seek professional advice. The initial request may simply be for a second opinion. However, figure out what you want from a professional. Ask every professional how they are paid and if their interests conflict with yours. Move on if you do not receive satisfactory answers.

“Get into the habit of writing out your financial goals. Then revisit your progress annually and make the necessary tweaks.”

It is also a good time to begin asking the “when do we want to retire” question. Get into the habit of writing out your financial goals. Then revisit your progress annually and make the necessary tweaks.

Develop your investment road map and make sure to invest within it. Broad diversification and your comfortable asset mix are two pillars of retirement planning. Practice the virtues of rebalancing your portfolio, preferably when funds are added.

Revisit your investment strategy every couple of years. Perhaps, throttle back your high equity allocations. Start asking yourself “Would I buy the same investments today?” Methodically increase your commitment to add more savings into your retirement portfolio.

Learn how to deal with your investment losses as early as you can. Keep your “adventure” portfolio under 15% of the total nest egg. Catch up on your unused RRSP room, continue the TFSA and RESP. One retirement goal to pursue when there is a partner or spouse is to equalize incomes for both.

The 50s: Get serious about your portfolio

You are likely at the high point of family earnings and saving capacity. These are the critical years for the push to accumulate your nest egg.

Make your decisions in view of another three to four decades of planning and investing still ahead.

Review “income splitting” strategies with your family. Assess the value of making prescribed rate loans to your spouse. Know what retirement goals you are aiming at and what it takes to achieve them. Ensure that you are aware of the portfolio returns you require.

Develop hobbies you want to pursue, both on your own and with your family. As a minimum, ensure your estate planning includes a current will and power of attorney. Perhaps a family trust may assist your planning. A more involved situation may benefit from an estate freeze.

Have your capital needs analysis prepared for your specific retirement. Delve into the sources of your retirement incomes and whether they are truly reliable. Lifestyle considerations are just as important as the financial ones when mulling your retirement.



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Here are some key lifestyle questions:

- Why are you contemplating retirement?
- How will your retirement affect your spouse and family?
- What will you really miss about your vocation?
- How will you replace the fulfillment from your work?
- What accomplishments do you envision during retirement?

Pay attention to the financial health of your employer pension. Revisit your family needs for critical illness, life insurance and long-term care. Review the appropriate age you should start CPP and other pension entitlements.

Check out your family's longevity. It may be sensible to plan to age 90 and beyond. Consult your professional advisers to make sure your road map is realistic. A comfortable level of equities is likely near 65% and the rest in fixed income. Consider income real estate as part of your equity allocation.

Maximize your RRSP, TFSA and any remaining RESP contributions. Pay particular attention to spousal deposits to ultimately equalize family retirement incomes. Determine how to start succession planning and realize value from the business. If you incorporated, review the costs and benefits of an Individual Pension Plan versus the RRSP regime. Also pay attention to family remuneration from your business.

The 60s: Contemplating your retirement

The 60s are the transition from saving to spending your nest egg. They are also a shift of focus to other things you and your spouse/partner want to pursue. The "pension splitting" measures may contribute to achieving income equalization between spouses.

Most retirees take two to five years to fully adapt to the new lifestyle. There will be a series of significant adjustments from working to retired life. It never hurts to refresh what retirement means, even on the eve of beginning retirement.

Developing five-year road maps within the money comfort works for many, such as activities for age 60 to 64, 65 to 69 and so on. Decisions are imminent for members of employer pension plans. Conduct a funding level check every couple of years on each employer pension you have.

Handing off succession from a family business may still be evolving. Perhaps, an estate freeze or the use of specific trusts may now make sense for some. Revisit the need for critical illness and long-term care coverage.

Make sure you have professional advisers to rely upon. Update and tweak the family's retirement projections for the next 30 years or so. Watch for excessive exposures to investment risks, potential for large losses and concentration in specific stocks. Focus on your estate planning and any legacy you wish to provide.

The 70s Plus: Retirement well under way

By now you should be well-adjusted to retirement. Ensure that risk management is priority one from here forward. Make absolutely sure that the portfolio is suitable for your goals, needs and objectives. If you are not certain about the portfolio direction, seek a second opinion quickly.

Ask these important questions before you buy an investment:

- Why am I buying it?
- Do I understand it?
- What risks am I taking?
- Am I receiving objective advice?
- How does it fit in my portfolio?

Your RRSP conversion, likely to a RRIF, takes place not later than the end of year you turn 71. The first RRIF payment is received not later than age 72, starting near 7.5% of RRIF value. Minimum RRIF draws can be based on the age of the younger spouse/partner. You can still make spousal RRSP deposits to a younger spouse/partner after converting your RRSP.

On the other hand, a TFSA keeps going for your lifetime. Unlike an RRSP, a TFSA has no conversion date. The TFSA/RRSP/RRIF combination is an effective retirement income strategy.

Keep pursuing your hobbies, charitable desires and legacies. Providing some mentoring brings added satisfaction to your life. Make certain all estate planning is up to date. Perhaps also contemplate the value of early estate distributions to your beneficiaries.

Clearly, this journey requires much work, preparation and adaptation along the way. The retirement nest egg may need periodic tweaking so that it outlasts the family. Investors have sustained 23 bear markets since 1900, so plan for the next one.

We welcome hearing about your issues that develop along the journey of building and managing your retirement wealth. ▮



The Magic and Mystery



JADE. Even just the word conjures up images of remote mountains lost in time, and rivers emerging out of misty valleys. YU, as jade is called in Chinese, has been revered over millennia and is enjoying a well-deserved revival. Amongst all the jade aficionados, including miners, hunters, dealers, collectors and carvers, the last group is afforded perhaps the best opportunity to truly feel and intimately experience the timeless magic and mystery of jade.

The Mandarin character for jade resembles a capital “I” with a line across the middle; the top represents the heavens, the bottom the earth, and the center section mankind.

Jade’s importance and sacred meaning to the Chinese culture is best expressed by the saying: “Gold has a value, jade is invaluable” and this reference to the Stone of Heaven dates back to the time of Confucius (551 BC—479 BC) who assigned 11 virtues to jade.

I have come to recognize my affinity with the virtue that speaks of “...blemishes and interior flaws show themselves through the transparency, call to mind sincerity and will not obscure its merits and beauty.” Throughout my whole sculpting career, I seem to have been drawn to stones with character, created by inclusions and variations, perhaps as a reflection of my compassion for human imperfections and my endeavour to find deeper beauty in all things, beauty that transcends the outer form. And that, to me, should be the calling of an artist.

My first ever jade project was to become the largest jade statue of Quan Im (the Goddess of Mercy) in the early 90s, for a Buddhist monastery on the outskirts of Bangkok.

After three months of working in Thailand on the seven-foot-tall figure, the abbot of the temple reneged on our agreement, and I never completed the statue.

It took an other 12 years before I returned to creating with jade, but this time, without being fully aware of this at first, my focus became the expression of jade’s many healing, metaphysical and spiritual properties.

Looking for good quality jade roughs to buy at Jade West’s outdoor yard in Surrey, a small badly fractured piece half-buried in the mud—a shard—that jade carvers would never look at, let alone work with, called out to me: “Please take me with you, I am also beautiful.”

Fusing it with bronze it became my first jade sculpture, aptly titled *Heart2Heart*, as I learned later that jade is given by lovers as a statement of their love and devotion to each other.

Jade is said to encourage self-realization to help us to recognize ourselves as spiritual beings. In the last stages of polishing the jade component of *Shibumi*, I had a profound insight relating to the progression of the many sculptural media I worked with over the years, as a reflection of my spiritual journey. Starting with wood, my first material, representing an impressionable sensitive young man, through soft stone like alabaster, soapstone, than harder stones like serpentine, marble, than bronze and granite, eventually arriving to jade, the hardest sculptural medium, yet the “softest” when polished and most “transparent” of them all.

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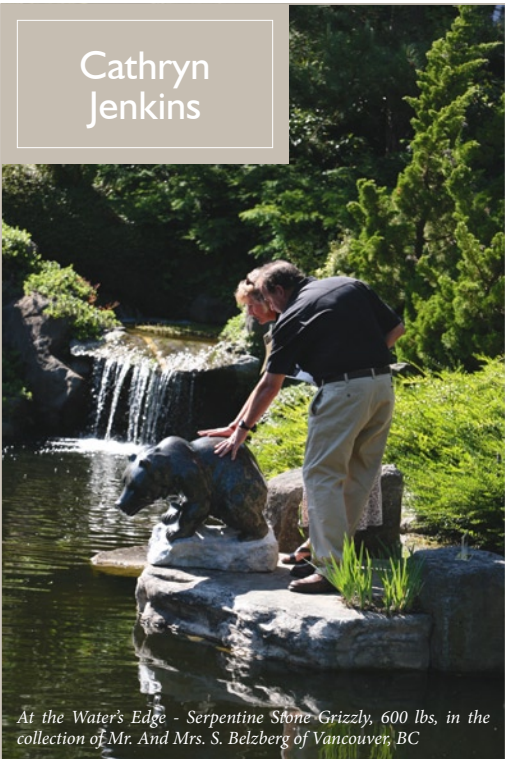
The next creation was technically very challenging, a riddle that inevitably intrigues the viewer: “How did the jade get inside the wood?” The answer is a philosophical one hidden in the title of the piece, *The Way of Oneness*.

What emerged was the blending of my two primary passions, art and a quest for life’s deeper meaning, and how sculpture, in fact, is a very tactile and tangible metaphor for our existence, which when presented and understood in the right context, will transform both the creative process and the quality of daily living.

I then embarked on a lecture/workshop series titled “Sculpture and Consciousness, a Spiritual Perspective on Form.” But that is a topic for a future article. ■



Cathryn Jenkins



At the Water's Edge - Serpentine Stone Grizzly, 600 lbs, in the collection of Mr. And Mrs. S. Belzberg of Vancouver, BC



Nikita, Serpentine Grizzly Bear - 8,000 lbs, presently exhibited at the Whyte Museum of the Canadian Rockies, Banff, AB



Over the Top - Serpentine Stone Grizzly, 1,000 lbs, in the collection of Mr. And Mrs. S. Belzberg of Vancouver, BC



In Her Prime - Serpentine Stone Grizzly, 2,500 lbs

Cathryn Jenkins is an award-winning stone sculptor. She grew up in Revelstoke, B.C., where at the young age of 14 she picked up a hammer and chisel for the first time, aspiring to sculpt as her mother, Fran Jenkins, did. It didn't take long before she understood that she, too, possessed a unique talent to realize stone to art. As a professional artist for 35 years, Cathryn has been dedicated to her studio, love of stone, the effect of her power tools and an in-depth understanding of her subjects. Enamoured with the joy of creation, Cathryn has been highly recognized for her work and exhibits in major Canadian art galleries. She has recently been asked to become a member of the American Women Artists (AWA), and is the only Canadian member.

Through her art, she has captured the attention of the elite stone-sculpting world, and private and corporate art collectors have also taken notice. While Jenkins believes art should move the minds of many, her impressive list of clientele proves that her ideas sculpted into stone have done just that.

Her ability to distil and transport vision into her medium is a formidable task of both skill and experience, involving years of studying the qualities of different stones, and perfecting her sculpting techniques.



Detail of featherwork from At the Top of Her Game (Room with a View series) - mixed media mosaic eagle, height: 9 ft. , in the collection of Elkay Developments of South Surrey, BC



At the Top of Her Game (Room with a View series) - mixed media mosaic eagle, height: 9 ft. , in the collection of Elkay Developments of South Surrey, BC

“The stone tells you where to go, and if you listen it will take you on an amazing journey.”

Stone sculpture is often said to free the form that already exists in the stone. In Cathryn's latest project, a series of large stone birds, the sculpture is created by building the stone sculpture in a mosaic form. Her *Room with a View* series embodies the vision and expression of beauty and power. This stylized representational work has a contemporary feeling due to the strong and sleek design and the free-form edges of the wings.

Whether it is an eagle, hawk, owl, or raven, the head of each bird is sculpted from a single solid piece of serpentine stone, while the body and wings are assembled in beautiful stone mosaic. They have been professionally engineered to withstand the weight and the wind, allowing for their streamlined height.

“The excitement for me is in the creation of every piece,” she says. “I never tire of the stone—it's an adventure every day.”

The challenge of capturing the essence of her subject is one she embraces, and she is fearless in her approach. Her mastery of tools and stone, married with vision, has allowed her to create the appearance of depth, movement, expression, and feeling in each piece. Collectors have been known to express a personal connection with their bears.

“At a glance at my grizzlies, you should be able to feel the elements, like fur, muscle and bone within the sculpture,” Jenkins says. Her birds of flight declare the grace of a soaring bird on high.

With skill, experience, and vision, she finds her artistic journey is often re-routed. From fault lines to flaws, it is the stone in the end that dictates how a piece evolves; a lesson Jenkins learned early on.

“The stone tells you where to go, and if you listen it will take you on an amazing journey.” ■

Howe Street Gallery, Vancouver www.howestreetgallery.com

Master's Gallery, Calgary www.mastersgalleryltd.com

Mountain Galleries, Whistler, Banff, Jasper www.mountaingalleries.com

Whistler Village Art Galleries, Whistler www.whistlerart.com

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Change Your Thoughts, Change Your Life

By Dr. Lesley Horton MD

For years I grew up with my mother telling me to “think positive thoughts” when I was starting to feel sick or was feeling down. “Don’t feed it more energy by thinking negative thoughts,” she’d say. “It will only get worse if you do.” While at times her advice was maddening, it turns out modern science proves she was right all along.

This is exciting news, for it means we aren’t at the total mercy of viruses, our genes, increasing age or even cancer cells. We come equipped with a far more sophisticated and powerful tool, one that is able to outsmart many diseases, if we are able to use it adeptly. Our mind.

Research has proven that our thoughts and emotions have a direct impact on our energy level and on the bio-energy field that surrounds our physical bodies. Except for the newly emergent field of Mind-Body Medicine that originated from Harvard University, most of Western medicine disregards the bio-energy field except to measure the heart by electrocardiogram (EKG) or the brain by electroencephalogram (EEG).

However, the body definitely has an electromagnetic field around it which profoundly influences our health far more than we realize. Ancient practitioners of Ayurvedic Medicine—what Deepak Chopra now practises—called this bio-energy field our aura and determined there are seven energy centers in the body called the chakras. These subtle energy centers are then linked to one of seven major nerve bundles, each of which has its own major endocrine gland that secretes hormones. In other words, Einstein’s equation of $E=mc^2$ holds true in the body as well, where energy influences matter and vice versa.

Some of the most fascinating studies of the human bio-energy field come from the Institute of Heart Math in Boulder, Colorado. They have been able to prove that the heart generates an electromagnetic field that is roughly 5,000 times greater than the brain and that this electromagnetic field extends out from the body by at least twelve feet. This means that our heart not only influences us, it also influences the people around us. In experiments done with research subjects, it was demonstrated that when both subjects were “in synch” emotionally, their heart rate on EKG showed what is called entrainment—where the EKG pattern of one subject mirrored the other.



The more in synch the subjects were, the more the entrainment or similarity between the heart waves.

Traditional psychology and psychiatry is still mostly based on a disease model, where the focus is on alleviating symptoms. This needs to change. Dr. Janet Hranicky, Ph.D., founder and president of the American Health Institute, says “In mind-body medicine however, if we have patients focus on their problems, dissatisfactions, and fears etc., we tend to see at an energetic level that the patients’

energy goes down as they focus on what is not right in their lives. The focus in mind/body medicine therefore, must be to strengthen the conditioning of the mind to pick a ‘better’ thought that feels good rather than spend extensive time on childhood problems, for example.”

Sometimes it can be hard to realize we are thinking negative thoughts, as thought is so subtle. This is where our emotions can help us—they act as a mirror to show us our habitual thoughts are. If we are sad or angry, you can be sure we’ve been thinking sad or angry thoughts.

How it all ties into our physical health is that our bio-energy field is strengthened by positive thoughts. When our bio-energy field is strong, our vibration is high and we more easily fight off viruses, neutralize stress and feel joyful in daily life. Disturbances in the bio-energy field precede the development of illness, by weeks, months and often years before disturbances occur in the cells and tissues. In the same way, changes in consciousness shift the bio-energy field which then alters the course of illness. Spontaneous remissions, for example, can occur when healthy shifts occur in the strength, coherency and flow in the bio-energy field.

The key then is to shift habitual patterns of negative limiting thinking and emotions. Whether you do this by life coaching, hypnotherapy, energy psychology such as EFT or PSYCH-K, or positive psychology, it can have a profound impact on your sense of well-being and health. Here’s to the good life—thanks Mom! ■

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