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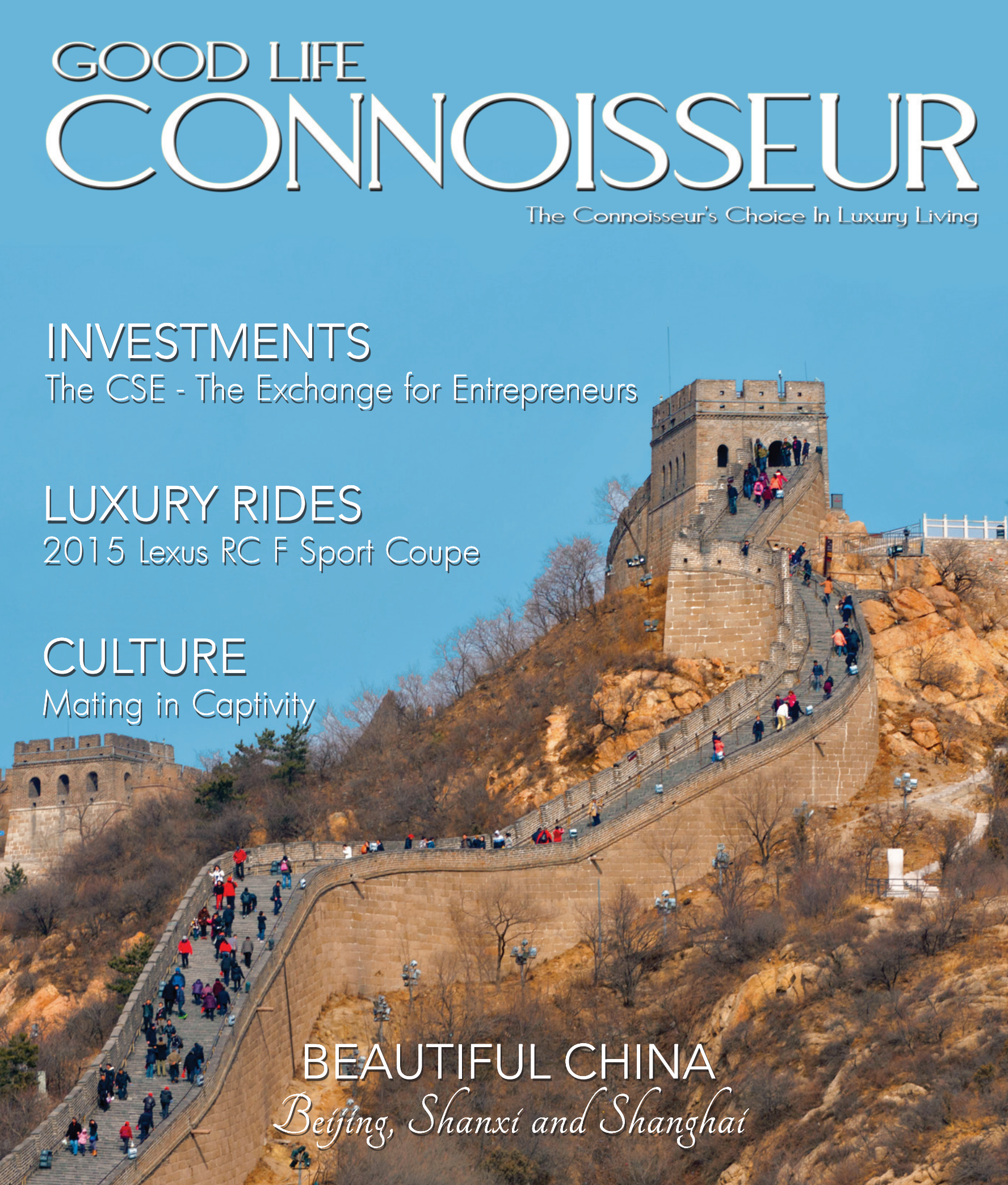
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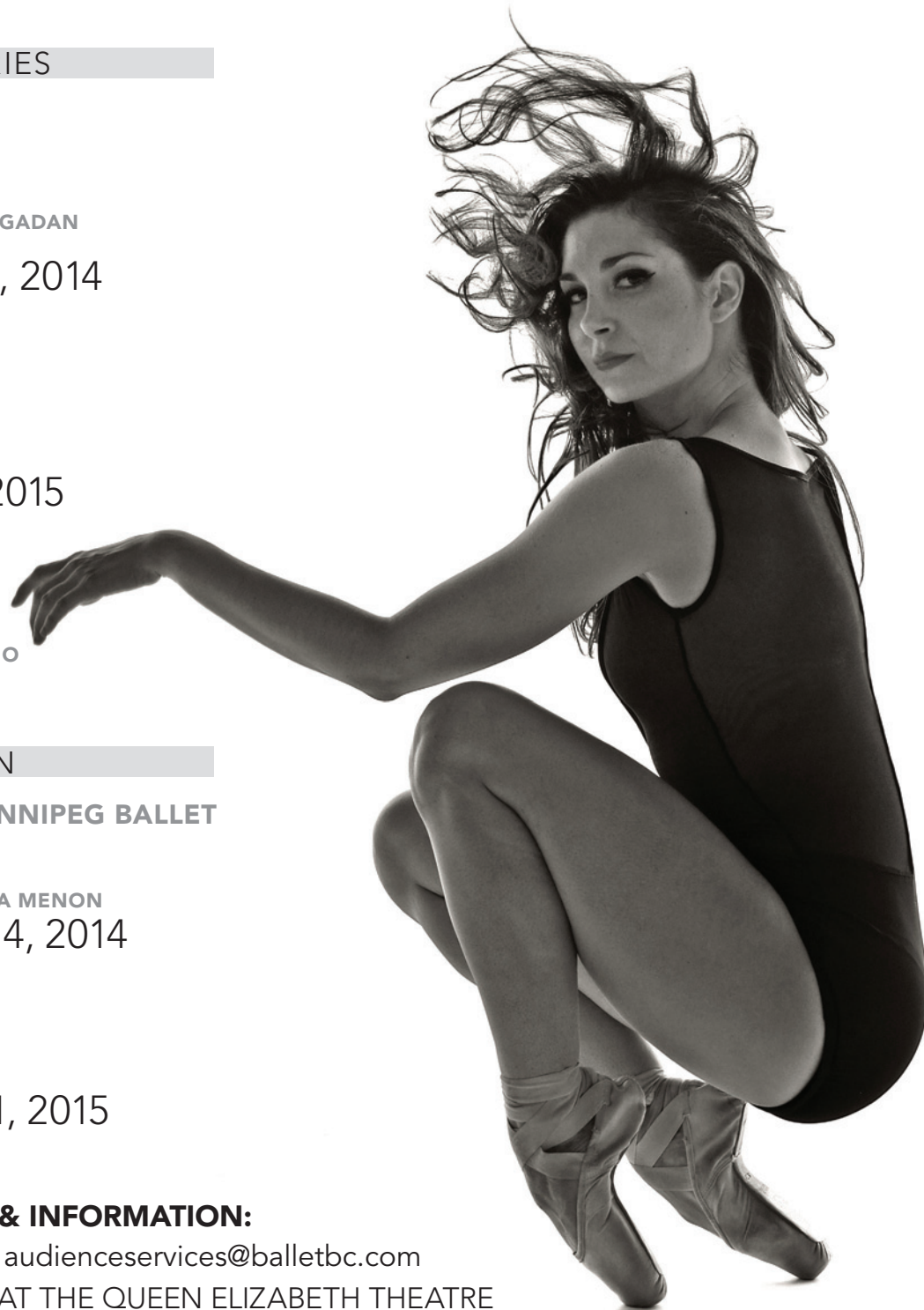
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# GOOD LIFE CONNOISSEUR

The Connoisseurs' Choice in Luxury Living

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*"The stone tells you*

*where to go, and if*

*you listen, it will*

*take you on*

*an amazing*

*journey."*



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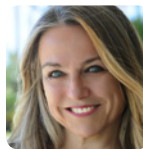
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## GOOD LIFE CONNOISSEUR

The Connoisseurs Choice in Luxury Living

Volume 12 | Summer 2014  
[www.GoodLifeConnoisseur.com](http://www.GoodLifeConnoisseur.com)

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Published by  
Fusion Publishing Inc.  
**Canadian Office**  
Fusion Publishing Inc.  
#317 – 1489 Marine Dr.  
West Vancouver, BC  
Canada V7T 1B8  
888.925.0313

[info@FusionPublishingInc.com](mailto:info@FusionPublishingInc.com)  
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**Subscriptions**  
Digital Suscriptions: Free  
[www.GoodLifeConnoisseur.com](http://www.GoodLifeConnoisseur.com)

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This was the second trip to China within a year. On each occasion we were impressed with the amazing transformation that has occurred in this country in a relatively short period of time. Those choosing to visit will find it inviting and encouraging to tourism, with the second largest number of UNESCO World Heritage sites of any country in the world. A visit provides an opportunity to view a very modern country and explore the ancient foundation upon which it is based.

The impact that China is having and will continue to have on the world stage is much easier to understand when seen from inside its borders. Travelling from Beijing to Shanghai brought us through numerous cities with populations in the millions — all of which had impressive new infrastructure and a citizenry all seemingly in the position of the latest devices. There is little doubt technology is raising the standard of living worldwide.

Coming up in future issues is both Peru and Thailand. Naturally, Peru includes a trip to Machu Picchu but as well Ica on the south coast proved to be fascinating; the home of Pisco. Seldom seen in Canada, Pisco is a distilled spirit made from grapes. After one has sampled the remarkable varietals available, the question is why is not available here?

As for Thailand, what will always remain is how nice the northern Thai people are. Buddhists for the most part they practise what they preach. There are lots of great photos from each destination. Make sure you’re signed up to receive the upcoming issues.

As always, comments are welcome.

Terry Tremaine  
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Beijing

## BEAUTIFUL CHINA

### Beijing, Shanxi and Shanghai

By Terry Tremaine

Photos By Connie Ekelund

*“The number of new multi-story buildings is extraordinary....  
However, the centuries old historic buildings remain well preserved.”*

A visa is required to visit China and certainly seems to facilitate entry as clearing customs upon arrival at Beijing International Airport is quick and efficient. Having last visited in 1986, I was most curious to see what changes had occurred and was most impressed with the truly remarkable transition. As with everywhere we travelled within China, infrastructure development has been extraordinary. When last in Beijing horse-drawn wagons were common. Today the sparkling new multi-lane highways are full of even newer cars. The number of new multi-story buildings is extraordinary. International name brand retail stores abound. Surprisingly, traffic directional signs are bi-lingual, Chinese and English. And of course everyone walking the sidewalks does so with a smart-phone in hand. The standard of living for the people of China has risen dramatically in a surprisingly short period of time.



Shanxi



However, the centuries old historic buildings remain well preserved. The Forbidden City, home to the Emperors of China for 500 years, and declared a [World Heritage Site](#) in 1987, is listed by [UNESCO](#) as the largest collection of preserved ancient wooden structures in the world. The complex consists of approximately 1,000 buildings and covers some 180 acres. It is here we learned as part of the Imperial system of government any citizen was able to write entry exams for the public service with the best being rewarded according to their ability. Even the top post, second only to the Emperor, was open to this competition. This tradition of seeking the best available talent continues with the government of the day and might help to explain the amazing transition that has occurred.

The Temple of Heaven, another UNESCO World Heritage site, was built at the same time as the Forbidden City in the 1400s. It was here that once a year the Emperor would visit to pray for a good harvest.

The centuries old housing in the centre of the city still remains in the hands of the families who have inherited the right to live there from their ancestors. We were able to visit with one family who are part of a group who open their homes to tourists. It's interesting to see how these modest dwellings all of which surround shared courtyards have been updated to modern standards. Our host was an artist, Yanzhen Zhang, who aside from answering our questions also took great joy to elaborate on his paintings which decorated the walls of his home.

Naturally, the Great Wall, a short drive from Beijing, cannot be missed. There is quite a large development of facilities catering to tourists including everything from quality restaurants to souvenir shops. But walking the wall itself is a unique experience. The size and the difficult terrain it crosses bring nothing but admiration for those who constructed it.

From Beijing we travelled by train to Datong in northern Shanxi Province. For about a third of the trip I was surprised to see through the window endless rows of windmills generating electricity. Not something commonly attributed to development in China. It is here that its likely noodles originate, as it's recorded that Marco Polo, was offered noodles upon his arrival. The cuisine in the area is unique with a heavy noodle influence. During a special evening meal the master chef of a local restaurant actually appeared in our dining room on a unicycle and proceeded to shave noodles from a large ball of dough resting on his head. This was followed by a martial arts display that resulted in an endless stream of thin noodles. A remarkable performance combined with a very tasty meal.

Near to Datong, can be found the Yungang Grottos, which is another UNESCO World Heritage site. Dating from the 5<sup>th</sup> and 6<sup>th</sup> centuries, some 250 grottos are filled with over 50,000 Buddha statues carved from stone. Some of the statues are over 10 meters while others are just a few centimeters in size. To simply describe these caves and the statues within in them as amazing does little justice to these outstanding works of art.





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*“We were surprised...with the number of ancient  
Buddhist temples...found in Shanxi Province.”*

We were surprised, maybe even a little overwhelmed, with the number of ancient Buddhist temples, all seemingly vying for UNESCO recognition, to be found in Shanxi Province. From the Grottos we made our way to the Yingxian Wooden Pagoda, the oldest and tallest all-wood pagoda in the world. Again we were taken with the artistic mastery represented by the group of Buddha statues to be found inside the base.

Next was the Xuankong Si, or Hanging Temple, which along with the Grottos is one of the main tourist attractions in Shanxi. Built some 1,500 years ago the temple seems to hang from the edge of the cliffside but is actually held in place with wooden beams fitted into holes chiselled into the side of the mountain. There are 40 separate hanging halls connected with a narrow winding corridor. Again the statues found inside had remarkable artistic merit and are apparently unique in that they represent all three traditional Chinese religions: Buddhism, Taoism and Confucianism.

A little further on is Mount Wutai, one of the Four Sacred Mountains in Chinese Buddhism, home to some 50 sacred Buddhist monasteries and another UNESCO World Heritage Site. The area is not simply a collection of monasteries but is an actual community offering tourists all the amenities expected, such as quality hotels and restaurants. The name comes from the unusual topography consisting of five rounded peaks of which the north peak is the highest in Northern China.







Throughout our trip we were taken with how friendly and inviting the locals were to foreign tourists. Plus local tourists at the various sites we visited frequently asked if they could have their photos taken with the foreign tourist. Mount Wutai was no exception and I'm most curious to know how often my smiling face appears on Chinese social media web pages, as I found myself posing numerous times.

From Mount Wutai we travelled to the ancient walled city of Pingyao, dating back some 2,700 years, and another UNESCO World Heritage site. China ranks second in the world when it comes to World Heritage sites.

As an aside when travelling through the various cities which make up the province of Shanxi we were taken with how each city, there were many with populations of a few million, was well endowed with very new infrastructure much of which was architecturally unique and artistically attractive. Plus bike sharing programs, new to our big cities, seemed common. China as a whole impresses with the modernization and improved living standards it has achieved.

Pingyao, is also known as the 'Turtle City', as a result of the two gates on each of the east and west walls with just one on the north and south walls, resembling the legs, head and tail of a turtle. For the longest time the city was the financial capital of the country with some 20 financial institutions more than half of all those in the country as a whole. One actually controlled 50% of the silver trade in China. The walls date from the 1300s and enclose a community of 50,000. The look of the interior buildings has been preserved while outside the walls are surrounded by a moat. It's fascinating to wander the city viewing not just the business centre but also the housing and of course the watch towers.



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We were particularly taken with our hotel; the Pingyao Hongshanyi Hotel sits near the south gate inside the walls and has 70 very nice rooms. Plus, of course, a good restaurant. Many photos of previous celebrity guests adorn the reception room walls.

From Pingyao we headed to Taiyuan for our flight to Shanghai. Along the way we visited the Jin Ancestral Temple, the oldest wooden structure in Taiyuan. The temple was built to commemorate the younger brother of a king who was appointed to lead the area during the Zhou dynasty. He did a remarkably good job leaving his descendants well-off and well-housed.

Shanghai has to be one of the most modern cities in the world while still retaining its long history. Upon arrival our first stop was the Shanghai Oriental Pearl TV Tower. Situated across from the Bund, centre of the European section, it provides dramatic views from its 15 observation floors. At one time the tallest tower it is soon to be dwarfed by a new tower rising to an undeclared height, apparently to be determined by the height of the tallest tower currently rising in Dubai. Naturally the objective is to be the tallest in the world. The view from the tower provides an excellent perspective to the growth of this amazing city.

The city is large and has a long history so there is a wealth of tourist attractions. Our first was a night cruise along the Huangpu River which divides the city. On the west bank is the Bund, the historic section of the city while on the east is the new modern Shanghai. Everywhere lights light up the sky and the whole city glistens.

The next day we visited Zhujiqiao, a water town on the outskirts of Shanghai. The town dates back 1,700 years and the old buildings line canals which had provided transport. Many of the old buildings have been preserved and provide perspective on where Shanghai has come from.



Another historic location is the Yu Garden dating from 1600 and covering five acres. The garden was originally built by the family of Minster Pen En of the Ming dynasty as a comfort for his retirement years. Aside from the lush foliage, there are numerous interesting pavilions and numbers of ponds which are home to a variety of fish.

We also had an opportunity to watch an incredible acrobats' show at the Shanghai Centre Theatre. I would suggest the Cirque de Soleil should do their recruiting here. These relatively young performers were extraordinarily flexible and put on a dazzling show. Apparently, the style of performance has been long established in China and generates endless ohh's and ahh's from the audience.

Modern Shanghai is home to all the shopping one could imagine plus some of the best restaurants in China can be found there. Travelling across China part of the unique experience is the change in the style of cuisine in each region. Shanghai in particular is quite different and the selection of restaurants seeming endless.







Again I was surprised by the bi-lingual signs. Shanghai has developed into one of the leading financial cities in the world. As such it is apparently attracting a significant number of foreign workers drawn to the new opportunities being provided; thereby the English language signage.

Another surprise, it was explained to me as I watched a group of locals do their morning exercises in one of the city squares, that retirement age is 55. Those who I was watching were retirees. Apparently even the street cleaners are provided with a more than adequate pension at that seemingly young age.

China is very interested in attracting tourists. Not that the Chinese themselves are not active tourists in their own country. Every attraction we visited had also attracted a significant number of Chinese tourists. But they were more than welcoming. The rapid transition that has occurred in the development of China turning it into a very significant player on the world stage seems to have been very beneficial to the population at large. Generally everyone seems to be enjoying a good standard of living. And people were happy to see us and chat with us. If you're looking for an entirely different experience and some insight into the rapidly rising power that China now is you won't be disappointed with a visit. I would not suggest trying to travel on your own. But there are a host of tour operators catering to all levels. The history that's apparent in this ancient country provides a unique perspective to our world today. ■



*Connoisseur's Choice in China*  
China National Tourist Office



# 2014 美丽中国之旅 智慧旅游年

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# 1113 Parkbluff Lane, Kelowna, BC



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The timeless style exudes old world charm while offering all the advantages of modern convenience. Meticulously built by Edgecombe Builders with careful consideration to every detail.

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## Summary of the Home

**Lot size:** 0.37 acre

**Finished Area:** 7413 sq. ft.

**Main:** 2696 sq. ft. finished

**Walk-out Level:**

2723 sq. ft. finished

**Upper Level:**

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**Garage:** Triple Garage

**Bedrooms:** 6; **Bathrooms:** 8

7 full and 1 two-piece bathrooms





## CHARBROILED ONAGA WITH VEGETABLE RATATOUILLE AND ESSENCE OF BASIL

by Chef Ben Takahashi "Island Chef"

Chef Ben Takahashi is an island boy through-and-through, born in Honolulu, Hawaii, he always had a knack for the culinary arts. Even as a young boy he was the first to get the best catch when out fishing with friends and he was quick to share his prize at the dinner table.

Ben attended Santa Rosa Jr College, rooming with five other Hawaii boys, and it was during that time that he discovered he wanted to become a Chef. Perhaps due to the fact that he was relegated to make the meals for his roommates, none-the-less the members and guests at The Club at Kukui'ula have benefited from his early efforts. Ben went on to study at Kapiolani Community College Culinary School and Hawaii Pacific College, but his best experience came on the job working at the Yacht Harbor Restaurant, the Plaza Club, and Waialae Country Club in his early years in the kitchen. He also perfected his cooking style for the masses when he worked at United Airlines Honolulu.

Chef Ben loves to cook fish and offers a host of creative culinary offerings to the members and guest at The Club at Kukui'ula. His favorite dish to partake in is any type of Poke...an island favorite for sure! Poke is fresh marinated seafood raw or cooked. His favorite cooking show, when he has time to relax on the couch, is Food Network's Guy Fieri's, *Diners, Drive-ins and Dives!*

Chef Ben's advice to someone starting out in a culinary career... "Be sure to choose the right career path. Learn your fundamental of basic cooking and ask question when in doubt. Always take notes of procedure and recipe no matter how important you think it is. Be a sponge and absorb as much information you can."

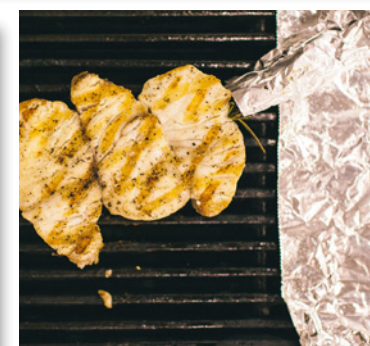
Chef Ben's mentor is the James Beard Award Winning Chef Mavro, who he began working with in 1989 at LaMer Restaurant, a Five Diamond French Restaurant, located within the coveted Halekulani Hotel on Waikiki Beach in Honolulu, Hawaii.

*"His favorite cooking show is Guy Fieri's, Diners, Drive-ins and Dives!"*

Chef Mavro was impressed with Chef Ben's talent and skill and took him to Seasons Restaurant, of the Four Seasons Hotel in Maui. Chef Mavro then opened his own restaurant, Mavros, in Honolulu and asked Chef Ben to be a part his team.

After an 11-year apprentice with Chef Mavro, Chef Ben went back to Four Sears Restaurant, Season, to help them secure Maui's first Five Diamond award. Chef Ben has been the Executive Chef for Sheraton Keauhou Bay Resort & Spa where he assisted in a 70 million dollar renovation, Mauna Lani Bay & Bungalows, Cassis by Chef Mavro, Sheraton Kauai Resort, Poipu Beach, and now at The Club at Kukui'ula.

Chef Ben is please to share his recipe for Charbroiled Onaga with Vegetable Ratatouille and Essence of Basil with you. ►





# Recípe:

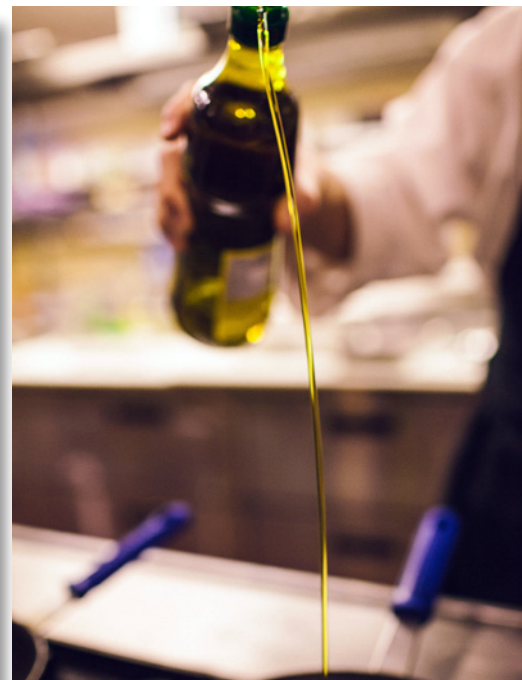
## Charbroiled Onaga with Vegetable Ratatouille, Essence of Basil (Four Servings)

### Ingredients:

20oz.	Onaga cut into 2oz cubes (Hawaiian Red Long Tail Snapper)
4ea.	Rosemary Stems
2pc.	Medium green zucchini
2pc.	Medium eggplant
2pc.	Red bell pepper
2pc.	Green bell pepper
1pc.	Medium Maui onion,
2pc.	large tomato
5 oz.	Extra virgin olive oil
2ea.	Garlic cloves, minced
12pc.	Calamata olives, pitted, chopped
1T.	Capers
1T.	Anchovies, minced
2T.	Fresh basil, diced
	Salt and pepper to taste

### Ingredients for Essence of Basil:

1 ea.	Maui Onion thinly sliced
1 cup.	White Wine
½ cup	Water
4oz.	Sweet Basil
2oz.	Extra Virgin Olive Oil
	Salt and Pepper to Taste



### Method for Onaga:

Cut rosemary stem approximately 7inch, remove ¾length of leaves from stem. Skewer Onaga cubes and reserve

### Method for Ratatouille:

Remove skin from green zucchini and eggplant, dice into medium size pieces. Cut red and green bell peppers, remove seeds, dice into medium size pieces. Remove skin from onion, dice into medium size pieces. Peel tomatoes, de-seed and dice into medium size pieces. Sautéed separately in olive oil until thoroughly cooked: zucchini, eggplant, red bell pepper, green bell pepper, and Maui onion. Set aside each in individual bowls. Sauté garlic in olive oil until translucent, add tomatoes and cook over medium heat until soft. Add all vegetables, olives, capers and anchovies. Mix thoroughly; add basil. Salt and pepper to taste. Serve hot or chilled.

### Method for Essence of Basil:

In a sauce pan bring water to a boil, and then add Maui onions and sautéed until translucent. Add white wine to mixture and simmer for about 20minutes or until onions are soft, chill and reserve. Blanch basil in salt water, then cool and reserve In Vita mix Blender puree Maui onions and Basil together and emulsify with extra virgin olive oil, Strain thru chinois

### Method for Plating:

Season your Onaga with olive oil, salt and pepper. On medium to high heat place the skewers on grill until golden brown turn (approximately 2 minute interval between turns depending on thickness of cubes) skewers to make diamond shape figure on fish. Turnover your fish and repeat. When done, place fish skewers on vegetable ratatouille and drizzle essence of basil mixture. ■







## VANCOUVER PLASTIC SURGERY — BODY CONTOURING

### Say Goodbye to Stubborn Fat with CoolSculpting™

They call it stubborn fat for good reason. It seems like no matter how healthy you eat or how much exercise you get, it can be virtually impossible to lose those annoying muffin tops, love handles, and belly pooch. For years you were left with only two options: live with them, or consider invasive surgery. That's exactly why CoolSculpting™ was developed. Only CoolSculpting™ targets fat cells alone, eliminating them in an easy, non-intrusive fashion that exercise and diet alone can't achieve as quickly or as effectively.

Unlike many other procedures, CoolSculpting™ takes very little time and easily fits into your daily life. Most people typically get right back to their busy day after their CoolSculpting™ treatment. Each treatment lasts approximately one hour and for many, appointments can fit into a lunch break.

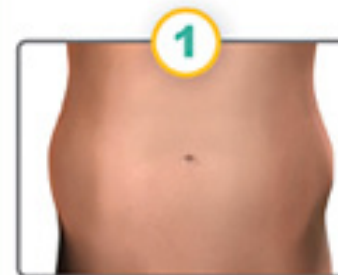
After one visit, most people typically see a noticeable reduction of fat. It does take a few months to see the full benefits as it takes this long for our bodies to naturally dispose of the fat cells. If your doctor and you determine that additional treatments are necessary, it is possible to lose additional fat with subsequent treatments.

Imagine, after just a few short months, your clothes will fit better and you will look and feel better too. There are no pills or supplements. Maintaining a healthy diet and regular exercise will help ensure that your long-term results continue. For more information on CoolSculpting please visit our CoolSculpting website.

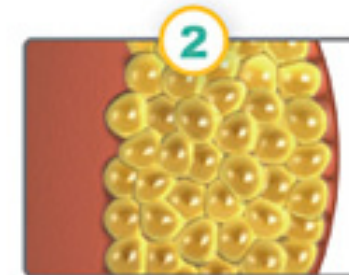
CoolSculpting procedure is the only FDA-cleared, non-surgical fat reduction treatment that uses controlled cooling to eliminate stubborn fat that resists all efforts through diet and exercise. The results are proven, noticeable, and lasting, so you'll look great from every angle.

*“CoolSculpting procedure is the only FDA-cleared, non-surgical fat reduction treatment that uses controlled cooling to eliminate stubborn fat...”*

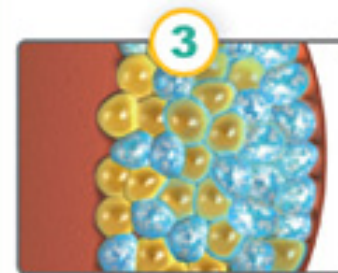
#### HOW COOLSCULPTING WORKS



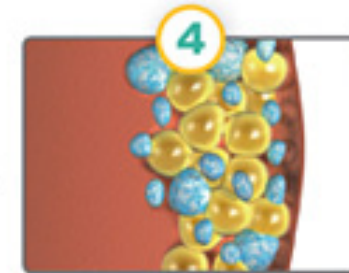
Many of us have bulges of stubborn fat like muffin tops.



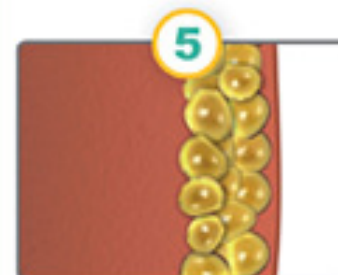
Those unwanted bulges contain fat cells, which can be resistant to diet and exercise but not to CoolSculpting.



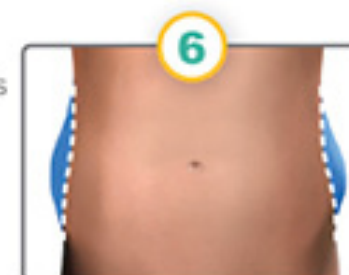
CoolSculpting uses controlled cooling to target and crystallize fat cells



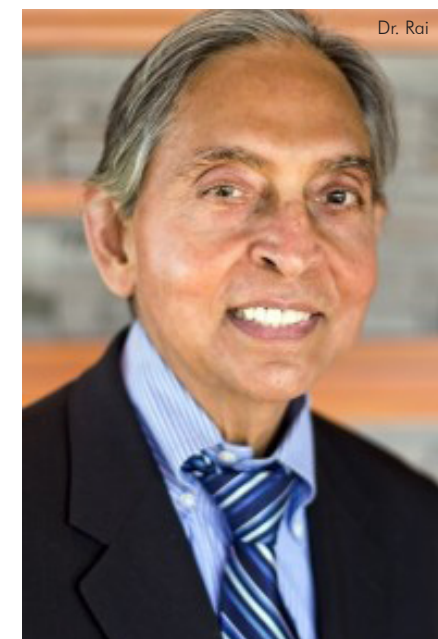
Crystallized fat cells gradually die off, then are naturally eliminated from your body.



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



CoolSculpting lets you say goodbye to stubborn fat.



Dr. Rai

#### *Dr. Rai and Dr. Ukani*

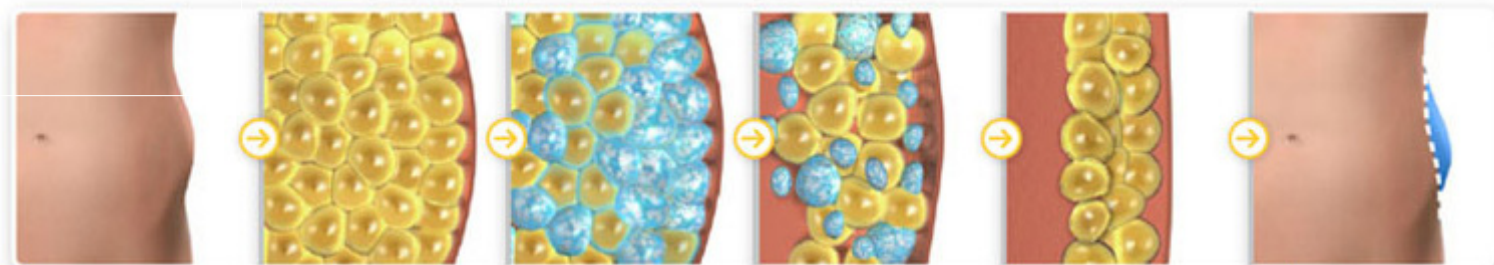
Dr. Rai has over 25 years of experience in cosmetic, plastic and reconstructive surgery. He has received several awards for his ongoing commitment to the non-profit he founded in 1998, Operation Rainbow Canada.

Dr. H. Ukani's extensive education and years of practical experience make him one of the foremost plastic surgeons in the Vancouver area. His ongoing training keeps him at the leading edge of both cosmetic and reconstructive plastic surgery.



Dr. Ukani





1 Mother Nature, lifestyle or gravity. No matter the culprit, many of us have bulges of stubborn fat.

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

3 CoolSculpting uses controlled cooling to target and crystallize fat cells.

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

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

6 CoolSculpting lets you say goodbye to stubborn fat.

Freeze away fat? It comes down to science. Knowing that fat cells freeze at higher temperatures than surrounding tissues, CoolSculpting technology safely delivers precisely controlled cooling to gently and effectively target the fat cells underneath the skin. The treated fat cells are crystallized (frozen), then die. Over time, your body naturally eliminates them, leaving a more sculpted you. ►

Sit back, relax and say goodbye to stubborn fat. After you and your provider select the area(s) to be treated, the device is positioned on your body and controlled cooling is applied. During your procedure, feel free to read, check email, or even take a nap.

Reshape your body. You can reduce fat on multiple areas of your body with the CoolSculpting procedure, and additional sessions may further enhance your results. Your provider will help you create an individualized treatment plan tailored just for you.

The CoolSculpting fat freezing procedure is completely non-surgical, so you can typically return to normal activities immediately. Get used to liking what you see. In the weeks and months to follow, your body naturally processes and eliminates the treated fat cells. Once the fat cells are gone, they're gone for good. ■

**Dr. Rai and Dr. Ukani**

Vancouver, BC

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## COLLAGEN SLOWS AGING

By Lorna R. Vanderhaeghe, M.S.

The word collagen is derived from the Greek word “kola” meaning glue. Collagen is a structural component that makes your bones strong, your tendons elastic and your skin smooth. Collagen is the single most abundant protein in the human body. Newborns have abundant collagen and as we age collagen production declines. There are over 16 types of collagen, but 90 percent of the collagen in the body consists of types I, II, and III.

Collagen is essential to every structure in the body. When collagen production decreases muscles and skin sags; bones lose density; joints and ligaments become weaker and less elastic. Cartilage becomes thinner and weaker at the joints. Hair loses its thickness and wave and breaks easily. Organs may sag toward the floor (prolapsed uterus and bladder), and sphincters weaken. The heart enlarges. Arteries become less elastic, more prone to aneurysm and become less resistant to plaque formation. But where we notice the loss of collagen the most is in the skin. Maintaining healthy collagen levels as we age will slow the structural decline of the body’s tissues and organs.

### Types of Collagen in the body

Collagen is found in the majority of organs, not just the skin.

- Type I Collagen - The most abundant collagen in the body. It is the strongest and toughest form found in tendons, bones, skin and other tissues. This type of collagen is abundant in scar tissue.

*“Starting in our early twenties, collagen production declines by about one percent a year. Women in menopause are especially susceptible to collagen decline.”*

- Types II, IX, X, XI – Are found in cartilage
- Type III - Common in fast growing tissue, particularly at the early stages of wound repair which is later replaced with type I collagen.
- Type IV - Membrane of capillaries
- Type V, VI - Generally found alongside type I
- Type VII - Epithelia cells lining the GI tract, urinary tract and vaginal wall
- Type VIII - Lining of blood vessels

### Collagen in Nutritional Supplements

There are many different types of collagen supplements available. Type II collagen from chicken sternum and animal derived collagen from bovine or porcine; Type I, II and type III and type VII collagen from marine collagen and elastin peptides; and collagen gelatin from boiling the skin, tendons, ligaments of cows. So how do you know what type of collagen to use? Research has been performed using collagen for arthritis, wrinkles and bone health.





Collagen Type II for Arthritis

Studies have shown that Chicken Type II collagen is effective in the treatment of rheumatoid arthritis and a 2009 study found it to be effective in treating osteoarthritis (OA). The new study compared Chicken type II collagen against a combination of glucosamine and chondroitin in the treatment of OA of the knee. The results indicate that the collagen treatment resulted in a significant reduction in all assessments from the baseline at 90 days. The Western Ontario McMaster Osteoarthritis Index (WOMAC) score (which is the gold standard for measuring the improvement in arthritis symptoms like pain, range of motion, distance walking), was reduced by 33% in the group taking the collagen compared to 14% in the group getting glucosamine and chondroitin after 90 days. The group taking the Chicken Type II collagen treated subjects showed significant enhancement in daily activities suggesting an improvement in their quality of life. Remember collagen Type II is the key type of collagen found in cartilage so it makes sense that rebuilding the damaged cartilage will help reduce the pain of arthritis.

*“In a study of 43 women...  
with crow’s feet wrinkles,  
consumption of Active Collagen...  
was found to decrease  
lines and wrinkles.”*

Collagen Creams

The concept behind collagen creams is that the skin is made up of collagen so applying collagen to skin that is deficient should increase collagen. Unfortunately collagen is such a complex, large sized molecule that it can not penetrate the skin. Building collagen from the inside out is the most effective way of getting collagen enhanced in the skin.

Collagen and Skin

Starting in our early twenties, collagen production declines by about one percent a year. Women in menopause are especially susceptible to collagen decline. Women lose as much as 30 percent of their skin collagen in the five years following menopause which is the reason that we see bone loss, muscle decline, prolapsed uterus and bladder and skeletal aging. And as if that is not bad enough, skin elasticity declines 0.55 percent per year after menopause.

The effects of slowed collagen production are visibly obvious when skin loses its structure, sags and wrinkles. A, second yet, equally important component of skin is called elastin. Elastin fibers form a matrix with collagen; together they allow the skin to flex and move. When we are young, the skin naturally renews its collagen and elastin. But with age and as exposure to sun and environmental toxins damages the skin, this renewal rate slows down and we lose collagen.

Reduce Deep Wrinkles in 28 Days

In a study of 43 women between the ages of 40 and 55 with crow’s feet wrinkles, consumption of Active Collagen containing Type I, III and VII hydrolyzed marine collagen and elastin polypeptides was found to decrease lines and wrinkles as well as to increase skin moisture. Two grams per day of either Active Collagen or placebo were consumed for 84 days. Subjects’ forearm and face skin condition were measured at day 0, day 28 and day 84. The study was performed during the harsh winter months. After 28 days, seventy-one percent of the group taking Active Collagen had a 20 percent decrease in the depth of deep wrinkles. At day 84 the group taking Active Collagen showed an increase in skin moisture and elasticity and sagging improved. The placebo group experienced an increase in the number of deep wrinkles at both day 28 and day 84 and no improvement in moisture and increased dryness. Although the skin of the vaginal wall was not evaluated knowing that collagen VII is found in Active Collagen it is most likely an improvement in these tissues would be found as well. No other product shows a 20 percent reduction in the depth of deep wrinkles in as little as 28 days and the effects of Active Collagen are cumulative. The longer you take Active Collagen the better the skin looks and feels.

Vegetarians Can Enhance Collagen Too

Collagen manufacture can be enhanced by providing the body with the building blocks which include the nutrients vitamin A, C, E and selenomethionine and zinc which you can find in a good quality multivitamin with minerals. Collagen. Biotin and silicic acid found in combination also help build collagen and elastin. Garlic contains sulfur, which helps your body produce collagen. Garlic also contains taurine and alpha lipoid acid, which support damaged collagen fibers. Tomatoes are rich in the antioxidant lycopene which inhibits the enzymes called collagenases that breakdown and destroy collagen. A diet rich in vegetables and good sources of protein will aid collagen production from the inside out.

*Lorna Vanderhaeghe is Canada’s leading women’s natural health expert. With degrees in biochemistry and nutrition she has authored 12 books including Beautiful Skin Begins Within. Visit [www.hormonehelp.com](http://www.hormonehelp.com) for more information.* ■

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## PREDICTING HEALTHY FUTURES: Learn today what your health looks like tomorrow

By Barbara Balfour

**I**f heart disease and diabetes run in your family, you may be worried about what the future holds for your own health. While it's always helpful to know your genetic history, it doesn't tell the complete story of where your biggest health risks might be hiding.

The good news is, you often don't have to look too far. The strongest indicator of whether you will develop certain health conditions is what you have right in front of you, says Dr. Michael Koehle, a physician and Director of Research at Copeman Healthcare Centre.

"Although family history or genetic testing can indicate an increased risk for certain diseases, this is not where the challenge lies," he says. "A key element of preventive medicine is the behavioral aspect of care. While it's relatively straightforward to identify a patient's increased risk of a particular condition, the real challenge comes with helping them make the lifestyle changes to mitigate that risk."

At Copeman, comprehensive assessments of each patient, conducted by an entire care team, play a huge role in identifying and managing those health risks.

The physical examination involves the collaboration of a team of physicians, nurse practitioners, registered nurses, registered dietitians, kinesiologists and psychologists. It also includes extensive lab testing, including but not limited to an electrocardiogram, lung function testing, hearing and glaucoma testing, and a comprehensive array of blood and imaging tests.

To determine where their dietary and activity habits could use improvement, patients are also interviewed by a registered dietitian and kinesiologist.

They undergo a customized fitness assessment which looks at factors like their aerobic fitness, biomechanics, flexibility and balance.

After the comprehensive assessment is concluded, the collected data is analyzed to identify health risks and formulate a tailored plan of care.

The patient then reviews the care plan with their physician as frequently as needed in order to get back on track, and stay there.



*"The strongest indicator of whether you will develop certain health conditions is what you have right in front of you..."*

While serious health conditions don't develop overnight, it is important to follow up with frequent medical testing, says Copeman family physician Dr. Chris Dawkins.

"If your tests come back showing that your fasting sugar is elevated, meaning that the body cannot bring it back to proper levels even after a 10-hour fast, you know that you are at serious risk of developing not only diabetes but also heart disease," he says.

Such tests are part of the extensive toolkit Copeman uses to evaluate future health issues. Results from tests for fasting sugars, cholesterol levels, and blood pressure monitoring over a 24-hour period can be plugged into a risk calculator to calculate an individual's specific percentage risks for developing various diseases.

Other tools available to patients include genetic counseling, now available through Copeman's recent partnership with Medisys. For more information, call 1-888-922-2792. ■



### **Copeman Healthcare**

Toll free: 1.888.922.2792

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

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### **Edmonton Centre:**

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[tpopowich@copemanhealthcare.com](mailto:tpopowich@copemanhealthcare.com)





## 2015 LEXUS RC F SPORTS COUPE PREVIEW

By Tony Whitney

The car had been eagerly anticipated, but the elegant new Lexus RC F still created a buzz of excitement when it made its global debut at the big Detroit auto show earlier this year. Quite apart from its appealing and satisfyingly aggressive looks, the RC F promises to be a very quick and agile performer, as room was made under the hood for a seriously powerful V-8 engine. For buyers who want something that looks much the same but is a little less exotic, Lexus will offer a base RC (non-F) variant of the car in some markets, powered by a 3.5-litre V-6.

Lexus says it wants to give owners a 'back to the track' feeling, even when they're just tackling their daily commute in the new car. In other words, Lexus wants to make the RC F great fun to drive and as a bonus, be guaranteed to draw admiring glances wherever it goes.

As far as sporty cars go, Lexus has been offering its SC hardtop convertible for many years, but production has now ended and for the immediate future, the sports car centerpiece at Lexus will be the RC F coupe. The talk is that the SC, which sits in a higher price class, will be replaced at some stage by a soft top roadster, but we'll have to wait and see about that notion.

The RC F is certainly a stunning piece of automotive styling and clearly picks up cues from the LFA supercar, which was produced in very limited numbers not long ago. The RC F is certainly knocking on the door of the supercoupe class, but we won't really know how good it is until it's thoroughly tested. This new Lexus should also grant more status to the company's "F" performance branding, aimed at competing with rivals in the BMW M range, Audi's S-cars and with the Mercedes-Benz AMGs. Lexus is very highly regarded in the various luxury sedan and SUV classes in which it competes, but still has to carve a serious niche in the world of sports cars (LFA excluded). With products like the RC F coming along, the Lexus image is sure to become a lot sportier.

The bodywork includes the usual roster of air scoops and cooling ducts associated with cars like this and the rear spoiler is 'active,' which means that it's movable, popping up at 80 km/h and retracting at 40 km/h. Lexus will offer various carbon fibre bodywork and interior options to enable buyers to 'customize' their RC F. Naturally, the car has the huge hood-to-spoiler black honeycomb air intake that Lexus calls its 'spindle grille.' It's a bold approach, but you'll certainly know what's coming by when you see one of these in your rear-view mirror. The predatory look of the car is finished off with ultra-wide tires and huge 19-inch alloy wheels (in various styles) which are hand-polished for some trim versions. ►



*“...enthusiasts will find that the best safety feature of all are the four-wheel ABS disc brakes manufactured by Brembo of Italy—the company that supplies brakes for Formula One...and other major race series.”*



Power for the RC F comes from a 460-horsepower, 5.0-litre V-8 which delivers an appropriate amount of torque, making it the most powerful full-production Lexus ever. This mighty engine is mated to an 8-speed automatic transmission driving the rear wheels in classic fashion. Lexus has taken all kinds of steps to make this road-going racer a very safe car, but enthusiasts will find that the best safety feature of all are the four-wheel ABS disc brakes manufactured by Brembo of Italy—the company that supplies brakes for Formula One, NASCAR and other major race series. They're bound to be real 'stoppers' and if the efforts of the driver aren't quite enough in a panic stop, electronic brake force distribution (EBD) lends some help.

The cockpit again pays homage to the fabled LFA, though few will complain about that. It's very driver-oriented and should please owners who really like to feel 'part of the car' when they're out and about. The elliptical cross-section steering wheel is of small diameter and nicely thick-rimmed, again hinting at competition car origins. The hip-hugging seats keep the occupants in place if the driver is exploiting the car's nimble handling on a winding road. Lexus will offer five leather trim choices, all with contrasting stitching. Lexus points out that the seats were "designed to resemble the look of tight-fitting athletic sportswear," which is an interesting comparison. As with all Lexus products, exceptionally high quality and fastidious attention to detail come with the admission price. Several very lofty luxury carmakers use Lexus as a quality benchmark, as some will grudgingly admit.



### *In short...*

**ENGINE:** 5.0-litre, 460-horsepower V-8

**TRANSMISSION:** 8-speed automatic with manual override

**PERFORMANCE:** Zero to 100 km/h in under 5-seconds

**PRICE:** Not yet available

<http://www.lexus.com/concept/RCF/>



The RC-F instrument panel is arranged around one huge dial which changes according to which of four driving modes is selected. Modes include Eco, Normal, Sport and Sport Plus. When these changes are made, information on the dial changes along with text size and colour. Pilots familiar with today's 'glass cockpit' aircraft will know all about screens with information options. The standard (non-F) RC uses a more conventional instrument array based on two large dials.

Other than the widely-praised LFA, of which only 500 were ever built, the RC and RC F are the most exciting new sports cars we've seen from Lexus for quite some time. They should create some serious competition for other new performance coupes like the new BMW M4 and recently introduced Jaguar F-Type Coupe. No pricing has been announced as yet and it may be a few months before this car arrives at Lexus dealers. Since it's based on the 350 IS F four-door sports sedan in many ways, the price should not be that steep - perhaps 20% to 30% more than a well equipped IS F. ■





Center, James Black, VP, Listings Development, CSE

## THE CSE

### The Exchange for Entrepreneurs

By Hamish Khamisa

When most people think of a stock exchange in Canada, one name usually comes to mind. For just over a decade, however, there has been another name working to give Canadian entrepreneurs an alternative venue on which to access capital markets: the Canadian Securities Exchange (CSE).

Despite a relatively high barrier to enter, stringent regulation, and a well-entrenched competitor, the CSE made a calculated bet that Canadian securities markets were looking for choice, innovation and an exchange that focused on helping entrepreneurs succeed. The bet, it seems, is paying off for all at the table.

#### A History of Managing Change

When the CSE began operating in 2003 as the Canadian Trading and Quotation System (CNQ) financial markets and electronic trading were just easing out of the dot-com bubble aftermath.

Against this backdrop, the CSE (then CNQ) launched with the promise of creating a marketplace that enabled emerging companies to meet regulatory disclosure requirements without compromising investor confidence. And, while the early stages of growth were modest, the size of the exchange gave it an advantage to evolve more quickly with the needs of capital markets.

*“...the CSE has not only seen its fair share of changes to the Canadian securities landscape, it has been an active participant in reshaping it.”*

In 2007, the CNQ launched Pure Trading as the first trading venue in Canada that offered a continuous auction market to compete with existing venues for trading of Canadian listed securities. Just over a year later, the technology powering the exchange got a major upgrade as did the name. In late 2008, the CNSX was officially launched and had 80 participating dealers and oversaw between 5 to 10 percent of daily volumes in many top Canadian stocks.

As with all great growth stories, there was yet another key inflection point. In late 2012, Urbana Corporation made a decisive investment into the CNSX. Attracting a partner of that magnitude signaled to the market that there was significant value to be had in the exchange. Not long after, in 2013, additional investment into the exchange followed, this time from Ned Goodman of Dundee Corporation.

In its continued bid to streamline market accessibility, in 2014 both Pure Trading and CNSX platforms were merged enabling securities to trade on a single board with a single market data feed. As a result of the significant consolidation of trading platforms, the maturing of the business and to better reflect the vision of exchange as a venue for entrepreneurs of all sizes to access capital, the CNSX and Pure Trading were rebranded to the Canadian Securities Exchange (CSE).

From its humble beginnings with just three listed issuers to the more than 200 issuers, the CSE has not only seen its fair share of changes to the Canadian securities landscape, it has been an active participant in reshaping it. With a brain-trust comprised of iconic Canadian investors as well as a seasoned and entrepreneurial team of exchange operators, the CSE is poised to continue gaining momentum from a marketplace that is recognizing the value of what the exchange has to offer.

#### A Win-Win Model: How Trading on the CSE Works

In order for all public markets to work efficiently, stakeholders need to be able to operate in a trustworthy, transparent and timely fashion. As a securities exchange, the CSE has a particular focus on ensuring that listed issuers disclose their financial and operating health to shareholders in a way that preserves market integrity without sacrificing company efficiency.

To become listed on the exchange, a company must have at least 500,000 freely tradeable shares worth at least \$250,000 in addition to being a reporting issuer in good standing in any Canadian jurisdiction.



CEO of the CSE, Richard Carleton



*“Trading of shares listed on the CSE is becoming increasingly more accessible...”*

## *Fast Facts About the CSE*

**Founded:** 2003  
**Recognized as a Stock Exchange by OSC:** 2004  
**Offices:** Toronto (HQ), Vancouver  
**Number of Listings:** 235  
**Tax Eligibility:** TFSA, RRSP  
**Listings Distribution:** Junior companies in technology, mining and diversified industries



Akthem Sumrain, Managing Director of Listings Development

As part of the listing requirements, securities that trade on the exchange are required to adhere to the continuous disclosure protocol which involves monthly activity reports, posting of all required disclosure forms and reports on the CSE website as well as ensuring that all documents required by securities laws are filed.

This model, over time, has become one of the major draws for companies listed on the exchange as well as for investors looking to stay informed about the activities of companies they invest in. That's good news according to CEO of the CSE, Richard Carleton who stated "we are delighted that so many companies are taking advantage of our listing services, and that their securities are finding a growing audience among investors."

### **Accessing the CSE**

Trading of shares listed on the CSE is becoming increasingly more accessible at both the retail and institutional levels.

For retail investors, most major Canadian online brokerages enable their clients to directly trade stocks listed on the exchange online. Of those that do not yet have online trading setup, it is possible to place trades on the exchange via telephone orders.

The CSE website ([www.thecse.com](http://www.thecse.com)) is also an important resource for individuals interested in doing their research on a particular company. Detailed information, including stock charts, bid/ask information and company documents are available on the profile page of each listed issue.

Of particular interest to investors is the fact that the CSE is the only major Canadian exchange to provide free real-time data on its listed issues via Google finance ([www.google.ca/finance](http://www.google.ca/finance)).

Institutional investors can access the exchange's data feed directly and since the integration with Pure trading, are now enabled to trade all Canadian listed securities via a consolidated platform.

### **Tipping Point**

2014 is poised to be a record breaking year for the CSE in terms listings and trading volume. More compelling than that, however, is the sense that there is a substantial shift underway in the landscape of publicly traded companies.

After the financial crisis of 2008 and the recent pressure on commodity stocks, there is undeniably interest in the CSE from companies that are looking to streamline the cost of being public without sacrificing the access to capital a public listing affords. As such, the CSE has definitely found a niche amongst operationally minded companies that are looking to adapt to the current commodity environment.

But defensive strategy is only part of what is taking root. Another interesting and continuously growing segment of interest in the CSE is coming from innovative companies seeking strategic growth.

From technology to bio-pharma companies, the CSE is becoming an attractive option to list because both cost and listing requirements are built to enable entrepreneurs to focus their resources on growing their brand and business.

According to Akthem Sumrain, Managing Director of Listings Development at the CSE, "the continued success that CSE is experiencing is further proof that there is in fact a much needed alternative in the Canadian capital markets. We are deploying the needed resources and as a result, are developing a much larger footprint within the capital markets Canada-wide."

### **Looking Forward**

There is still much more to the story of the CSE as it continues to evolve along with the capital markets in Canada and abroad. One element that appears to remain constant, however, is that focusing on providing an efficient way to do business is a winning strategy.

Certainly lowered fees and streamlined disclosure processes are what get the attention of would-be listings. As more and more companies and investors are demonstrating, however, the ability to choose a trading venue that focuses on allowing businesses to succeed is something that seems much harder to put a price on and yet so valuable to have. ■

## *Canadian Online Brokerages Allowing Online Trading of CSE Securities*

**CIBC Investor's Edge** 

**Credential Direct** 

**HSBC InvestDirect** 

**Laurentian Bank Discount Brokerage** 

**Questrade** 

**National Bank Direct Brokerage** 

**Qtrade Investor** 

**RBC Direct Investing** 

**Scotia iTRADE** 

**Virtual Brokers** 





## DO IT YOURSELF OR HIRE A PORTFOLIO MANAGER?

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

Many investors receive good value from their investment advisors. Desirable signs are the frequency of appreciative comments from clients and when clients voluntarily provide advisor introductions to family, friends and colleagues. On the other hand, many investors question the wisdom of paying investment advisory fees.

Unfortunately, this disconnect occurs far too frequently. Hence, taking over management of the family portfolio seems a no-brainer to those unhappy investors. Release the adviser and pocket the management fees. Does it get any simpler? Digging below the surface sheds light on perceived values.

The decision to 'do it yourself' may be beneficial for some. However, it requires the self manager to be brutally truthful and realistic. We have reviewed self managed portfolios ranging from three to near 100 different investment selections. The majority did not pass the muster. We think this critical question has to be investigated: *"Is the investor better off to manage the family portfolio and save the management fees, or hire a portfolio manager?"*

Taking the responsibility of piloting the family nest egg through the long investing journey is far from an easy task. For example, a 40-year-old could easily be at the investment wheel another 40 to 50 years. We salute the brave ones who have stepped up. It takes a lot of long term commitment.

Some have fared well on this multi-year voyage. Others have taken on a much bigger task than they can handle or ever imagined. Most investors also hold a full time job while stewarding the family nest egg. Be prepared for a tall and difficult assignment, even at the best of times.



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*“Taking the responsibility of piloting the family nest egg through the long investing journey is far from an easy task.”*

### Management task highlights

Let’s highlight what it takes to achieve success at being your own wealth steward.

Start with plenty of personal time, confidence, patience, discipline, strategy and extensive knowledge. Know about retirement matters, income tax, managing risks, estates, investment selection and economics.

Plus experience and drive to design, implement, monitor and rebalance your nest egg. While at all times managing your nest egg rationally, without emotional attachments. Prepare to guide the nest egg through different markets cycles such as bullish, bearish and roller coasters. Ready to encounter an array of different economic cycles such as inflation, slow growth and deflation.

You are able to dismiss the daily distractions and put aside investing biases you may have. Make sense of the daily information overload that adds more confusion to investing decisions. Being fully conversant with investor profiles, asset allocation, asset location and personal asset mix strategies. Research a wide variety of investments and select the appropriate ones for the family.

You will need a few math skills to stitch together various retirement projections. You also know that it’s difficult to keep on top of everything that can change daily. Sell those pesky, losing investments as soon as possible and without regrets. Integrate the family financial planning and portfolio management into one seamless service.

Of course, you do things because they make investment sense, not for income tax reasons. Expect some things to fall through the cracks with any plan, including the one you so carefully craft. Plan on living through stormy and prolonged investing sessions. Lastly, in the extreme, you may have to survive a “Black Swan” rough patch as in 2008.

Not to mention, periodically revisiting your management value proposition to your family.

### Stewarding client wealth

The goal of the portfolio manager is to place client interests first and provide lasting values, like these:

- Listen to what is important about finances to the client and the family.
- Prepare conservative retirement projections.
- Set attainable and comfortable investment objectives.
- Design the appropriate, well diversified asset mix.
- Make logical and methodical portfolio decisions without emotion or bias.
- Implement a sensible road map custom designed for the family’s future needs.

- Focus on risk management, market volatility and reasonable growth.
- Rebalance the client portfolio according to preset targets.
- Provide frequent contact, periodic reviews and ongoing communication.

It works best to invest over time following a disciplined “pension plan” style of management.

### Your decision moment

You’re now at the crossroads contemplating a very important family decision. One whose financial impact unfolds over years and decades to come.

Consider these two queries very carefully:

- Do you truly have sufficient time, knowledge, interest and resolve to successfully steward your family’s finances?
- Or, is it better to hire a portfolio manager you’re comfortable with and delegate some responsibility?

If you have what it all takes — go for the gusto, take the helm and save the advisory fee. If you’re struggling in the deep end — find a qualified professional for your family needs.

Doing your own management is not for everyone — neither is hiring a portfolio manager. Our experience is that the ‘do it yourself’ approach too often lacks the investment plan.

Accordingly, many investors seek and value these portfolio manager qualities.

A professional who:

- Places client interests first.
- Understands the total family situation.
- Is clear, proactive and has ample time.
- Provides objective advice.
- Sticks to an established plan of action.
- Levies a fully transparent fee.

Of course, be aware of the various adviser designations. They range from discretionary portfolio managers, to brokers, fund salespeople and planners.

Not every adviser is equipped to deliver the broad portfolio services described above. Some may have a financial interest in what you buy.

This exercise may also help you appreciate another key issue. That is, the ongoing wide scope of the portfolio manager’s role.

Your decision is about much more than the management fee. You have to determine how to deliver consistent investing value to your family, likely for decades.

One size does not fit all. For some it’s doing it yourself, for others it’s the portfolio manager. ■





# HOUSE-HUNTING AND DATING: Life’s Two Biggest Shopping Trips

By Jacquie Brownridge - Matchmaker/Managing Director - It’s Just Lunch Vancouver and Toronto

Spring and early summer is a busy season for those looking to invest in property. The market is flooded after the post-winter real estate break and the yards look great as Mother Nature waxes her green thumb. Searching for your ideal future home can be a long, arduous process that involves attending open houses, scheduling viewings and repeatedly checking the online listings for newly posted homes in the hopes that your dream home was posted overnight.

If you are in the throes of dating season, this pattern may sound familiar to you. While both are about searching for long term investments, there are some lessons to be learned from house hunting that will help you succeed in dating, including:

**1) Start With a Dream List**

I’m a sucker for crown molding. I think the painted wooden trim adds depth and character to a room. It can highlight the color of an accent wall or draw your eyesight up, making the room appear larger. If a house doesn’t have it, will that prevent me from buying it?

Probably not. It’s not nearly as important as having a bathroom with a functional toilet, a kitchen inside the home or, for instance, a front door. Don’t laugh. True story.

The same goes for dating. Know what it is you need from a partner before you enter the market. If it helps, make a list of the qualities in a partner that matter the most to you. Then, separate your “deal breakers” from your “ideals.” Deal breakers are traits that are non-negotiable, like finding a partner who wants children or is of the same religion. Ideals are more about the attributes or traits that you find appealing in a partner, such as ambition, a good sense of humor and blue eyes. By prioritizing which qualities are important and which are ideal, you’ll discover what you’re absolutely unwilling to compromise and where you’ve got some flexibility.

**2) To Start, See All You Can**

Simply driving around your neighborhood or your ideal dwelling location will reveal several signs with tied Mylar balloons, promoting an open house.

You don’t have to be working with an agent to get the guided VIP tour of a home looking its best. While the house may not advance to your short list of potential homes, there’s usually some take away idea, feature or design concept that will help you solidify your vision.

Being single is an exciting time in our lives. It’s the chance to learn more about yourself, to understand what you are looking for in another person and what you need from a relationship. This is your chance to meet everyone you want and learn everything you can. While not everyone will advance to your shortlist of potentials, each exciting encounter will help solidify your ideal match.

### 3) Shopping for the “Right” One versus the “Right Now” One

Often times, people shop for comparable places in regards to square footage or location. What looks like the ideal investment right now becomes an awkward living situation as the family unit grows, changes or nears retirement.

Daters are faced with the same questions. Sometimes a relationship can start off hot and heavy, but later you find you may not be the ideal person for one another. It may be fun at first, but do you see yourself growing with this person? Is this going anywhere? Do I want it to? Tough questions.

### 4) Avoid the “Handyman’s Dream” or the “Fixer-Upper”

There are the few homes available for dirt cheap prices, in a great neighborhood and with the perfect square footage. All you need to do is make a few little repairs, like the plumbing, foundation and electrical wiring. To name a few.

Daters should never take on the “fixer-upper” romantic relationships. Perhaps there are several positive qualities about them, but there are those one or two little things that could use a bit of repair. Your best bet is to accept them for who they are and decide if you are willing to deal with the issues for the long haul.

### 5) Be Flexible





When house hunting, there are three key ingredients: location, price and size. The problem: you can only have two of the three. Which two are the most important? Is it more important for you to live close to work? Or are you willing to live a bit further out if the price and size is worth it?





After working with tens of thousands of clients over the years, there is one piece of advice that makes the biggest difference as to whether people are successful at dating or not: Get out of your comfort zone! This doesn’t mean letting go of your deal breakers. Everyone has preferences. What it means is that they can be limiting. If they are too rigid, we eliminate the ability to explore new people, experiences or situations.

When it comes down to it, buying a house and dating is really about finding your ideal match that will warm your heart for years to come. The more time you spend in the shopping phase, the more your investment will pay off. ■







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## MATING IN CAPTIVITY

By Esther Perele

There is nothing mysterious when two people in a couple cannot stand one another, and are not having sex. But what about the couples I meet in my practice every day? The ones who claim to love each other as much as ever, who describe relationships that are caring and loving, but they are not having sex — at least not with each other?

After more than 20 years as a couple therapist in New York City, I found myself asking the same questions over and over. Why does great sex so often fade for these couples? Why does good intimacy not guarantee good sex? Can we want what we already have?

In writing *Mating in Captivity: Unlocking Erotic Intelligence*, my point of view was that of a foreign therapist, observing American sexuality. I grew up in Belgium and Israel and even though I've practiced in the United States for twenty years, I remain an outsider in some ways and am able to shed a cross-cultural perspective on American mores. And yet these issues are not purely American. Since my book hit the stands 14 months ago, I've traveled to over 15 countries. In each new locale, I have been met with packed auditoriums, vibrant with the energy of the unspoken. The buzz has been almost electric, palpable, as time and time again people have jumped at the chance to engage in a dialogue about an unspoken pervasive problem: the sexlessness of the modern couple.

For centuries marriage was a financial and social arrangement, a matter of reason. Marital sex was either a "wifely duty" or it was sex for reproduction. We did away with the loveless marriage and replaced it with the marriage of love and desire. Gone are the old rules, but now we face a new predicament: gone is the sex, full stop.

As I continued to investigate the essence of eroticism in long-term committed relationships, I was surprised to discover that in every corner of the globe, the romantic ideology of modern love and coupledness has left citizens of the world wondering about, and preoccupied with, the dilemmas of desire.



This lack of desire that plagues many couples isn't picky — it affects everyone. How it is experienced is unique, as is the context in which it occurs. Still, at every turn, couples around the world are chasing the desire dragon. We, the beneficiaries of the sexual revolution, have contraception in hand, egalitarian ideals in our head, and the permission to do what we want. Yet, we don't feel like doing it — or at least not at home.

Amidst the different landscapes, the similarities among us were magnified. I began to see more and more couples that cultivate closeness, with the expectation that more intimacy will bring better sex. The message is the same; we all got the memo: the more you know the more intimate you become (and you become intimate by revealing every little detail about yourself), and the better the sex will be.

Or will it? My belief is that in order to better the sex, we must first recognize that reconciling the erotic and the domestic is not a problem we can solve; it is a paradox we manage. Reconciling love and desire is about bringing together two fundamental, but opposing human needs. For some people, love and desire are inseparable. The safety, security and trust experienced in love works to unleash their desire. For others, they are more disconnected.

While on the one hand we seek predictability, and stability — these are the promises of the much sought-after committed relationship — our other hand is reaching for more, for mystery, excitement, discovery. Time and time again, it is coming up empty. To sustain desire toward the other, there must be an element of separateness.

Love makes little room for such charged concepts. Whenever I ask people, "What do you think of when you hear the word love?" I am met with countless variations on the same theme: warmth, intimacy, kindness, tenderness, support, care, safety, protection, calm, trust. The answers are quite different when I ask about desire: hardness, heat, power, excitement, a sense of being alive, feeling sexy, hungry, sweaty, tingly, full, energized, driven, abandon, free — and these are the attributes missing from the most loving and closest of relationships. Like fire, desire needs air. Many couples fail to leave each other enough air, confusing intimacy with fusion; this is a bad omen for sex.

Love and desire, they relate, but they also conflict. Love flourishes in an atmosphere of reciprocity, mutuality, protection. Desire is more selfish — and we come with a whole list of injunctions against selfishness in love. Sometimes the very elements that nurture love block desire.



“When we do manage to create space for desire, with it comes inherent anxiety.”

The familiarity inherent in intimacy, the comfort we so desperately crave, can extinguish the flame of desire. My work with couples is to elicit strivings, longing, and novelty — to make interesting what is sufficiently available.

And so I ask, “When are you most drawn to your partner?” The answers are never without an element of distance:

When I see him play sports... When she’s unaware I’m watching her... When he is talking with friends... When she’s confidently speaking with a colleague... When she’s standing on the other side of a crowded room, and she smiles just for me... When he’s playing with the kids... When he’s sneaky... When I watch him paint...

These elements we seek, the ones that combined, light the flame of eroticism, exist and thrive in a space I think of as otherness. The best intimacy is the one that respects this otherness. Individuality and difference are accentuated, and you actually see the other person as a separate being. As expressed by the great narrator, Proust, “The true voyage of discovery is not about discovering new landscapes but in seeing with new eyes.” In those moments we stand on opposite ends of this space we see each other with new eyes. Our separateness is what allows for risk, vulnerability, and erotic charge of the unknown.

When we do manage to create space for desire, with it comes an inherent anxiety. In the face of this anxiety we can respond with fear and as a result, close ourselves off from the very thing we crave. We can reduce our partner to a completely knowable entity, and then spend years complaining of boredom.

Or we can respond with curiosity and embrace our partners’ mystery. It is our willingness to engage that mystery that keeps desire alive. Far too often, people sacrifice playfulness and discovery for the illusion of certainty. Instead, why not exchange illusion for fantasy in this mysterious space? Sure, on some level we trade passion for security; we are trading one illusion for another. But it is a matter of degree. We can’t live in constant fear, but we can feel dead without any.

Like the child who jumps off a mother’s comfortable lap, running off to discover and explore, before returning to the safety of home base, we adults continuously seek to balance our contradictory needs for connection and freedom, comfort and fear, the grown-up version of hide and seek.

And so what should we do? How do we go about sustaining love and desire, and both with the same person? While igniting that flame of desire is not simple, it is definitely doable. It requires active engagement and planning — and I’m not talking about the kind of planning we do with our blackberries.

First, we would be wise to give up the idea that sex needs to be spontaneous or not at all. When you want to cook a nice meal, you choose the ingredients carefully, taking pride in every nuance of flavor. When there’s a room to be painted, you laboriously pore over swatches, before finally choosing a color. Why would you make love without thinking about it beforehand? Without anticipation? Without imagination? Without careful attention to detail?

Desire has an imperious need for attention. To sustain desire is to actively engage with the erotic. It’s not just sex — animals have sex; as humans, we are blessed with the capacity for fantasy and wonder. And the sex has to be worth wanting: sex that does not reveal its ending right away; sex that is fun, playful, naughty, rebellious — and accepted.

But acceptance is not synonymous with predictability. It is not about acceptance in a way that means you are settling, and then complaining to your friends about how dull it is. Complaining of sexual ennui is conventional — everybody’s doing it. Bringing lust home is an act of open defiance. And yes, desire has a rebellious spirit. ■



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