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On the cover:

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GOOD LIFE Living Green

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Editor in Chief:
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With winter fast approaching, I'm expecting our Fiji feature will go nicely with a glass of wine in front of the fireplace. Although our travels tend to find us pampered in luxury resorts with the latest in amenities, to my mind, the principal pleasure of travel is the opportunity to communicate with new people. In particular, people with a background and life experience that is entirely different from our own. I've often said that when our children finish school, they should have to leave the country and travel somewhere entirely different. That would open their eyes to the wonder of the planet we inhabit and the diversity of mankind.

The Fijians are an excellent case in point. It's not all that long ago that, not only were they cannibals, but also some of them actually raised people as livestock. How different from today. On the outlying islands we visited, the social structure is basically communal, with those earning money willingly giving it up to those seniors who ask. At the same time, food is shared and no one goes hungry. These people are extraordinarily friendly. The joy found in their exuberant shouts of "Bula!" upon meeting is contagious. It's an effort to be unhappy when there is so much good feeling.

As I'm writing this, stock markets worldwide are falling. Governments are bailing out financial institutions. Governments are bailing out other governments. This will pass. Things will improve. Mankind is resourceful. The majority of those who inhabit this planet spend their days just making sure they are able to feed themselves and their families. Those of us who have sufficient wealth to feel the pain of a market crash are certainly a minority group. Not that the economic slowdown doesn't effect everyone. However, I would suggest it's important at this time to keep the borders open; spread the wealth, so to speak.

Next up on our agenda is New Zealand. As it happens, while in Fiji we met a number of New Zealanders whom we hope to reconnect with. Additionally, we've been fortunate to share a meal and some wine with a couple of winery owners when they were in Vancouver. Visiting them on their home ground is a treat. As always, I suggest filling in the reservation form opposite to ensure a front row seat.

Comments, criticisms, suggestions, rants, even compliments; all are welcome.

Terry Tremaine
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Fiji Escape To Paradise

By Terry Tremaine
Photographs by Connie Ekelund



Above: Rare Orange Dove
Left & Below: Qamea Resort & Spa



Counter-clockwise from top: View from our bure at Qamea Resort & Spa; Jungle spa; Master bedroom.

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We left on a Friday evening, heading for the Fiji Islands, and arrived at Nadi Airport (pronounced [na.ndi]) on the main island at about five in the morning on Sunday. Our time in transit was not nearly as long as it would seem, since flying over the international dateline adds an arbitrary day to the journey. Besides, while over the Pacific we were able to enjoy the hospitality of Air Pacific, Fiji's national airline. Service was as warm and hospitable as the Fijian people and—unlike the current trend on North American airlines—everything offered was complimentary.

Having collected our baggage and cleared customs—a relatively quick and efficient process—we boarded a small twin-engine plane, part of Air Pacific's domestic fleet, for the 30 minute flight to Taveuni, a small community in a group of islands off the north-east coast of the main island. The view from the plane was spectacular; endless corral reefs surround the islands in an ocean of crystal clear water. Upon landing we heard an exuberant “Bula!” the traditional Fijian greeting, and met our driver from the Qamea Resort and Spa. During a short drive along a dirt road, which wound through lush vegetation and a number of very small communities, we were informed with a merry laugh that the people here enjoyed a stress-free life with few cares other than a little fishing and farming to put food on the table.

Our modest tour ended at a beach where we waded out to a small launch captained by another representative of the resort for a 20 minute ride to the small island of Qamea, which is home to the Qamea Resort and Spa. Again, as we waded ashore, boisterous cries of ‘Bula!’ emanated from the staff waiting to assist us. We were lead off along a grassy trail through the 16 well-equipped luxury *bures* that make up this ‘couples only resort’ to the main building. Here we were given an introduction to the island and informed that daily-organized activities were posted on the wall behind the bar, but not to expect more than one event per day—definitely a relaxed environment.

The main building is also where the open-air dining room is found. Luckily, we were just in time for breakfast. As is typical of upscale resorts in Fiji, all meals are included in the room rate. Though tired, we appreciated the quality of the food and most definitely the friendly service, exemplified with the ability to remember each guest's name and voiced with a warm smile.

Following breakfast we were lead back through the trees—which are home to a lively variety of native birds including the rare Orange Dove, endemic to but a very few Fijian islands—and came upon our own luxurious bure. The tree marking the pathway to our temporary home had its own resident, a Green Parrot. The king-sized bed on a raised platform off the spacious living room was tempting after such a long journey. However, some twenty feet from our back door, just past our personal plunge pool, a fine white sandy beach beckoned. Upon diving into the clear, warm Pacific, we were dazzled by the splendour of one of the best snorkelling sites to be found in the world. The wealth and beauty of tropical fish was only surpassed by the pristine beds of corral found just a few short kicks from the shoreline. The long journey was certainly well worth it. The Fijians consider their home to be ‘heaven on earth’ and we certainly have no interest in suggesting otherwise.

See no evil.
Touch no evil.
Taste no evil.

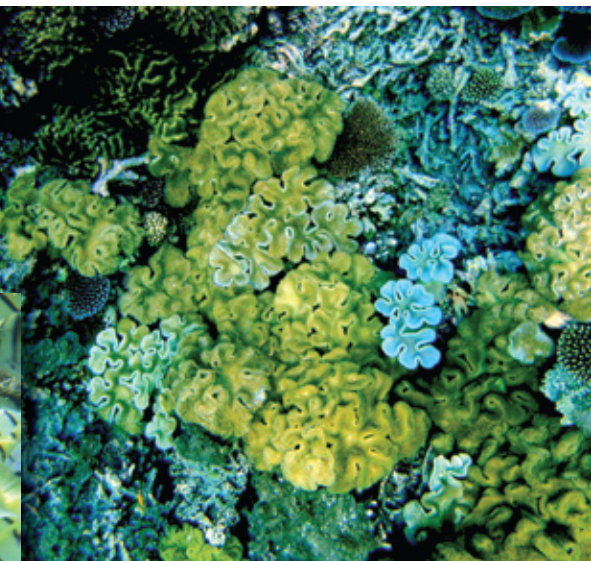
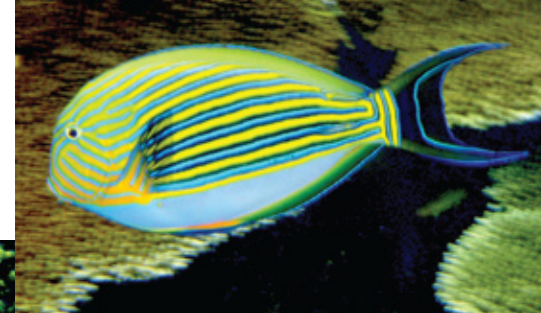
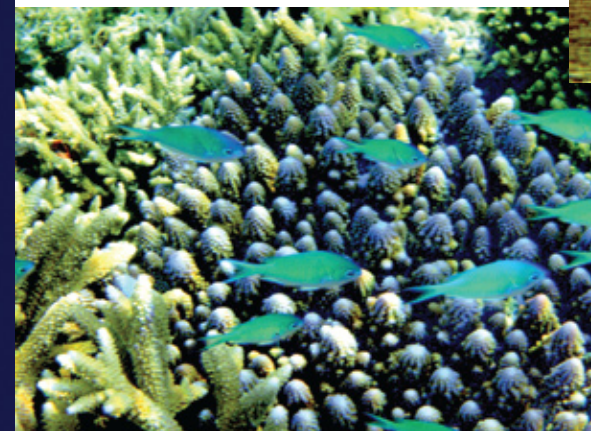
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TRAVEL & RESORTS



*“...we were dazzled by the splendour of one of the
best snorkelling sites to be found in the world.”*

When Bryce, a New Zealander, and his business partner Ron, an American, decided a few years ago that they wanted to add a Fijian resort to their business interests, one stipulation was that the land be ‘freehold’. Only 15% of Fijian land is ‘freehold’. The vast majority of the rest is held communally by native born Fijians and a small portion is leased, principally to resorts by various Fijian bands. How land is held has been the overriding reason for the bloodless coups which have garnered international headlines.

Back in the time of Queen Victoria, some Americans had a trading post in Fiji which somehow or other was burned to the ground. The Americans, backed by the U.S. government, sought compensation. Having little ability (or, possibly, inclination) to meet the demands, the Fijians asked Queen Victoria to colonize them and thereby eliminate the American intrusion. At first, she refused, perhaps due to the cannibalistic nature of the Fijians at that time, but, after the second request, Fiji was added to the British Empire and a Governor General appointed. It was he who organized the communal land title, whereby today fathers provide a birth certificate to the registry, found in Suva (the capital), to have their children added to the entitlement.

At the same time, recognizing the richness and potential of the land, the Governor General imported labourers from another part of the Empire, in particular, India, to develop the agricultural potential. After decades of living in Fiji, the size of this Indian population came to match the native Fijian, resulting in a representative political party democratically gaining control of the Fijian parliament. Fearing this party would change the rules and allow the Indians to own land, the internationally respected and well trained Fijian army staged the first bloodless coup, returning the previous party to power with the stipulation to ‘fix’ the issue. This contentious issue continues to be the most controversial issue in Fijian politics.

The end result for those wishing to take business advantage of the natural wonders tourists so appreciate, and develop resorts, is the need to work with island/village band elders in some kind of joint venture. Generally, this includes hiring locals to staff the resort. Again, as Bryce pointed out, this arrangement comes with its own unique challenges. Training locals, who view a trip to the main island as a bit daunting, if not overwhelming, to serve in a “five-star” restaurant, when they have never even eaten in a restaurant, is definitely a task requiring patience. Explaining for the first time that one side is for serving and the other side for taking away is guaranteed to generate laughter and a question as to why. Then let's think about training someone similarly naïve about food preparation in the culinary mastering of the fusion of Western and Asian cuisines.

Bryce and Ron have done a superb job. Their staff are remarkably attentive and well trained. The quality of food and presentation is truly commendable. Most recently, they have even opened a splendid, picturesque “Jungle Spa” comprising a select number of individual treatment rooms scattered over a small hill in the midst of the tropical jungle. Amazingly, this is the only Guinot Institute Paris in the South Pacific. Connie was very impressed with the skill of her therapist working with the electrical apparatus that's a prerequisite part of this French system. As for myself, I'd rate the treatment I received from my masseuse, Charlotte, as being one of the very best I've had, and I can brag of having visited some of the finest facilities found anywhere. I also was pleased to learn Charlotte's objective was to earn sufficient money to send her son off to university on the main island to study engineering.



Bryce stressed a desire to “make a difference” within the Fijian community. So much so that he has encouraged one member of his staff who showed management ability to leave home and further his career by seeking employment with the newest Fijian resort, Likuliku Lagoon Resort on Malolo Island, a 20 minute helicopter ride from Nadi. Knowing this to be our next destination upon our departure, when the Qamea staff, including Bryce, joined together on the beach to sing us “wishes for a safe journey and a quick return”, we were also reminded to bring greetings and best wishes to their aspiring associate.

Tony Whitton is Managing Director of Ahura Resorts and the developer of the Likuliku Lagoon Resort. His mother Rosie gave her name to Fiji’s oldest and best known travel service, Rosie’s Holidays. Over a lunch of sushi, in a Japanese restaurant near his office in Nadi, we discussed Fijian politics and the unique business agreement behind the Likuliku property. This joint venture goes further than any other in that the island band, aside from being provided employment opportunities, actually has a small ownership position in the project with an option for more. Tony stressed that the reason the project was able to move forward as well as it has is the trust the community had for him and his family.

The newly opened Likuliku Lagoon Resort is the only Fijian resort with a select number of bures built on stilts over the water similar to those often pictured in Tahiti. From the window of the helicopter, we found this modern “couple’s only” luxury resort spectacularly picturesque.

An Island Hoppers helicopter is used to carry tourists to various destinations within the group of small islands, and is just minutes from Nadi. Looking out from the resort landing pad, you can see amongst the islands in view, the one chosen as the setting for Tom Hanks’ movie *Castaway*.

With more than twice the number of bures, divided into three different luxury categories, the flavour of this resort is much different from the close-knit community atmosphere found at Qamea. Staffing in Qamea was principally locals. Likuliku has been able to attract Fijians trained in other resorts to take on management roles. Steve Ansley, the Australian general manager who describes the building process as being a five-year labour of love, takes great pride in boasting that his resort is the only one with an Australian head chef. The resulting food presentation is outstanding.

Unlike Qamea, where the smaller number of guests tended to socialize at the bar prior to the one seating offered for evening meals, here at Likuliku reservations are required in the elegant dining room, offering both indoor and outdoor seating. The view of the bures on stilts in front of the setting sun makes for a romantic ending to a stress-free day.

Again, water sports are the dominant activity, if you can get up the energy to move from the comfort of your personal plunge pool. The lagoon the resort sits on boasts corral reefs and lots of colourful fish life and, of course, there are lots of opportunities for water excursions to snorkel on numerous reefs in the surrounding area. Naturally, the resort has the prerequisite spa as well.



“From the window of the helicopter, we found this modern ‘couple’s only’ luxury resort spectacularly picturesque.”



Opposite page: Arriving at Likuliku Lagoon Resort by Island Hoppers helicopter; Walkway to the bar.
This page from top: Stilt bures; Outdoor daybed; Plunge pool; Poolside at Liku Liku Lagoon Resort.



Fiji - Escape to Paradise

Qamea Resort & Spa

7 nights from \$3429 CAD* per person

Price includes:

- Roundtrip airfare from Los Angeles on Air Pacific
- 7 nts at Qamea Resort & Spa (deluxe beachfront bure)
- Daily gourmet meals
- Complimentary Honeymoon package^(t) including a bottle of champagne, 30min massage per person, 2 sulus, welcome amenity gift of Qamea bath product, afternoon picnic lunch on private secluded beach
- Inter-island flights
- Non-motorized watersports

Valid for travel 15Nov-20Dec'08 & 10Jan-31Mar'09.

Yasawa Island Resort

7 nights from \$3379 CAD* per person

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- 7 nights Yasawa Island Resort (bure suite)
- All meals & non-alcoholic beverages
- Inter-island flights
- Non-motorized watersports

Valid for travel now-14Dec'08 & 16Jan-31Mar'09.

Likuliku Lagoon Resort

7 nights from \$3729 CAD* per person

Price includes:

- Roundtrip airfare from Los Angeles on Air Pacific
- 7 nights Likuliku Lagoon Resort (garden beachfront bure)
- Bottled water in bure twice daily
- Daily meals
- Non-motorized watersports

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Yasawa Island Resort & Spa

From far left: Terry with village Chief & children; Village house with an amazing view.



From Likuliku we returned to Nadi, where again we caught a small plane which carried only us and cargo for a half hour flight to the Yasawa Islands on the North West tip off the mainland. These islands are the furthest out and the driest; our destination was the Yasawa Island Resort and Spa. The landing area is a grass strip, where the staff meets you with refreshments prior to boarding the van for a short drive on a dirt road. I was particularly amused that the strip actually had a small rise at one end where the plane would taxi to start the takeoff, seemingly to benefit from a little extra speed prior to reaching the cliff over the water.

The resort is about the same size as Qamea, with only 18 luxury bures, however, they do allow children over twelve, though none were present during our stay. Again, guests tend to seek out private activities during the day and then socialize around the bar prior to dinner. One of the more popular activities is to have a "beach picnic" on one of the secluded beaches found around the island. You are dropped off by boat with a very elaborately prepared lunch hamper (champagne included) and picked up at a designated time. Another boat trip takes you to the Blue Lagoon caves, a site used for the movie of the same name starring Brooke Shields. Here you can climb into a cave with the opportunity to dive under while snorkelling, following a guide, and come up in an inner cave of some size.

"The Fijian people are remarkably friendly and giving."

There are six villages on the island from which the resort draws its staff. We were taken to visit one, which is one of the last two villages in Fiji where the residents' housing is still grass huts. These dwellings are about 15 feet by 15 feet with doors opening on three sides. Prior to touring the village, permission from the chief is required. Mili, one of the managers from the resort, was our guide and translator. We accompanied her to the chief's hut where we were invited in to sit on the straw floor to exchange pleasantries, along with a small gift for the chief.

TRAVEL & RESORTS



Left & top: Aerial images of Fiji. Above: Bryce & Staff at Qamea sing our farewells.

Later we wandered about what was an idyllic setting, a grassy meadow surrounded by a couple dozen huts overlooking cliffs where the ocean washed up, handing a few pencils to each of the children who approached us with a shy smile and then raced off voicing a loud “Vanaka!” or “Thank you!” Mili would pop her head into various doors and when finding some one home draw us in. Finding a baby was a true joy to her, necessitating endless hugs and kisses, not only from Mili but from us as well at her command.

Mili had expressed to us that this village was her roots; the basis of her existence. All Fijians trace their ancestry back to those who first arrived by outrigger canoe to discover these islands. Family and friends are key to their lives. Even today, when those working for a resort return home with their pay packets, anyone who is their senior, whether it be an older brother, uncle, father or chief, can ask for and receive some portion of their money. At the same time, so long as there is food in the village no one goes hungry.

Tipping is not part of the culture. Receipt of a gift places an obligation on the recipient to reciprocate. Even praising a possession can force the owner to offer it to you. Connie was actually in one of the resort shops contemplating the purchase of some black pearl jewellery (a must buy) and found the black pearl earrings on the attendant particularly attractive. Her effusive praise caused the attendant to offer to give them to her. She had to be assured that it wasn't required. One fellow guest at the Yasawa Resort explained how she hadn't been feeling well and felt the need to visit the local clinic. She ended up being there for a number of hours, which stretched over the lunch period. The locals, realizing she was without food, appeared with more than enough for both herself and her waiting husband.

Connoisseur's Choice in Fiji

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The Fijian people are remarkably friendly and giving. Visiting the resorts on the outer islands is with little doubt a unique experience. All three of the resorts we visited provided quality amenities with personal outdoor showers and the like—things you come to expect from a luxury resort. The swimming, snorkelling and diving are great. But, it's the flavour of the people that makes the trip. Vanaka Fiji! ■

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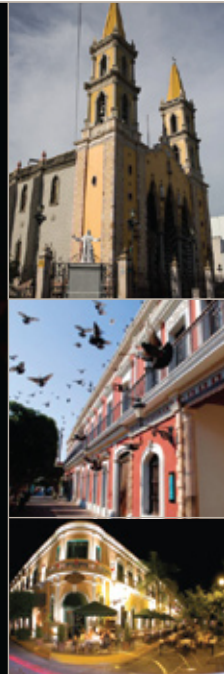
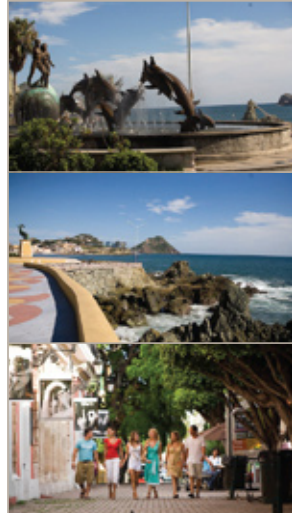
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Experience the lifestyle only Mazatlan can offer

It is that time of year once again, when many Canadians and Americans have settled into life in Mazatlan for another season. There are many reasons why people return to the city each year that go beyond the weather—the championship golf courses, the beach, the marina and the great deep-sea fishing that the port has to offer. The lifestyle includes much more than the typical resort experience expected of beach destinations. The cultural festivals, sports events and social activities keep visitors coming back to the pearl of the Pacific, as two week vacations are simply not enough.

Lifestyle

Mazatlan has matured in several ways in recent years, surprising visitors with luxury residences, hotels and recreational facilities not usually associated with the destination in the past, and in certain cases, not associated with any other resort destination.

If you haven't traveled to Mazatlan in a few years, you'll be amazed when you visit the historic centre of the town. Much of the area has been renovated to reflect its architectural past with colourful façades. There are superb restaurants where you can enjoy delicious meals, as well as the outdoor music and dancing that takes place at the Plazuela Machado on weekends.

The jewel of the restored cultural centre of town is the Angela Peralta Theatre. The theatre was built in the early 1870s and enjoyed its heyday in the following years. Yet tragically, for much of the 20th century the theatre was all but forgotten and left in ruins until 1987, when restoration of the historic theatre began. The theatre reopened in 1992 and is now the stage for national and international ballet, opera, theatre, and musical performances.

The Angela Peralta is located next to the municipal centre of arts, which offers workshops for music, painting and sculpture, among others. The pride of the arts community in Mazatlan are the Angela Peralta choir, the professional school of contemporary dance, and the symphony orchestra, all of them being a must-see for visitors.

*“The Estrella del Mar luxury resort
boasts a Robert Trent Jones Jr. 18-
hole championship sea-side golf
course with breathtaking views.”*

In addition to the cultural activities, visitors will have the opportunity to experience the Pacific League's baseball season; golf, fishing and tennis tournaments; the world's third largest Carnaval (Mardigras); the bull fighting season; the annual International Pacific Marathon and Triathlon; and the annual Motorcycle Week; among others. These events take place between October and May.

An important number of Americans and Canadians who stay for the entire season also donate their time to various charitable organizations. The charities benefit local causes such as primary education. In fact, some of these organizations were started by the Canadian and American residents of Mazatlan.



Golf

Mazatlan offers several choices for the avid golfer. El Cid currently boasts a 27-hole golf course designed by Lee Treviño and Larry Hughes, located in Mazatlan's golden zone inside the residential development and marina. The clubhouse has great facilities, including a steak house, swimming pool, gym, tennis courts and spa.

The Estrella del Mar luxury resort boasts a Robert Trent Jones Jr. 18-hole championship sea-side golf course with breathtaking views. The golf course is situated on an 816 acre gated community.

Marina Mazatlan and San Antonio Hills will add two new golf courses to the landscape. Marina Mazatlan sits on 15.12 square miles of land and is building an 18-hole golf course to compliment its residential areas and marina. San Antonio Hills is developing an 18-hole David Fleming, Links Golf course. The course will offer players a European-style experience that is the first of its kind in the region.



Mazatlan



Friendly

One of the best features of the city is that the Mexican, Canadian and American residents (and visitors) share all that the destination has to offer. Mazatlan is a working city with a thriving community, but remains a place where most activities are in close proximity and you always get the feeling that everybody knows each other.

In order to take full advantage of longer visits and spending time with friends, Canadians and Americans have been investing in recreational property in Mazatlan for decades; but have been doing so in much larger numbers during the past three years. With lots, condos, homes and villas available in different price ranges, Mazatlan has something for everyone.

There are several luxury beachfront condominium projects already under construction and others about to start, as well as single home and townhouse residential developments. All of the projects have distinctive styles ranging from traditional 19th and 20th century architecture to avant-garde, all with top of the line finishes. No matter what your preference might be, you will find a project that suits your needs near or on the beach, marina and golf courses.

In addition to the previously mentioned El Cid, Estrella del Mar, Marina Mazatlan and San Antonio Hills developments, there are several other full-ownership projects with great locations well worth considering:

Costa Bonita Resorts, Escondido Towers, and Las Gavias Grand are three beachfront condominium projects, all with unique characteristics and gorgeous views. IMPULSA's Horizon Sky Residences is another great condominium project. Horizon is located across the street from the malecón, or boardwalk that follows the beach for several kilometres. Raíces is a new development of homes and two condominium towers located 300 feet from the ocean.

If you aren't sure what type of property would best suit your needs, a good option would be to contact Walfre Real Estate, a reputable brokerage with more than 30 years experience in the region.

As Mazatlan continues to mature as an investment destination, recreational property continues to be more affordable than that of other Mexican destinations, and property taxes are very low. These features, along with its privileged location, have caused demand from Canadians and Americans to rise significantly. Mazatlan has truly become an investment hotspot as well as a lifestyle destination. ■

If you wish to find out more about life and acquiring recreational property in Mazatlan, please visit mazatlanlifestyle.net. We look forward to seeing you very soon!

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Left: Position your holiday table so there's room to fit everyone, then add seasonal trim and details.
Below: A clever lighting display creates this starry night sky that dances across the ceiling to enchant the guests.



It's Party Time!

Entertain in style with a little imagination and some careful planning

By Debbie Travis

I love giving a party, and I do a pretty good job of it (or so I've been told). When the bash is over and the guests have gone home, I've had just as much fun as they have, and that's the key. A successful party starts and ends with you. If you are in the right frame of mind, your positive energy and enthusiasm will radiate through every step, from the invitations to the fond farewells. Nevertheless, there's more.

Hosting a great party takes planning. Whether it's a kids' birthday bash, an intimate group for dinner or a holiday cocktail party, success lies in the details. For some, party planning is a skill that is handed down through the family, like hair colour or a talent for cooking. With me, it is the knack of being able to cook for large groups. My presentation is often far from restaurant quality but the food is usually yummy and accompanied by copious amounts of drink, and, usually, a riotous time is had by all.

If party planning doesn't come naturally, there is a wealth of guidance in books, magazines and on TV. Whether I'm decorating a room or planning a party, I get inspiration from everywhere—restaurants, hotels, holiday destinations, retail shops and displays—even other people's parties. I take note of what impresses me and makes me feel special when I'm there, and I capitalize on those details when planning my own get-togethers.

Even if you have been at it for years, a fresh approach to planning your next party may make all the difference. First, look at the big picture—the overall ambiance, which includes everything from the colour on the walls and the background music to the table setting and quality of the food. Second, have enough help so that you can ensure that every guest is treated to a friendly welcome and easy access to whatever the party has to offer.

A dream and a theme

Every party begins with a dream; it's time to celebrate an important date, the highlights of a season or the accomplishments of a friend or family member. I start by letting my mind wander freely—at this early stage the sky's the limit, anything goes. I remember the gala I attended where the ceiling was lit up with a thousand stars; it was magical. I'd like to try that at home. Other features I've seen made a lasting impression. An ice sculpture looked majestic on a bountiful buffet table. There's strength in numbers: a row of urns or vases with seasonal flowers, greens or grasses is powerful. That's an easy tip to replicate.

One of my favourite rooms to decorate is the dining room. I know with today's changing lifestyle, the traditional dining room has taken a back seat to eat-in kitchens and open plan kitchen-family rooms, but some of the most precious memories grow up around the dining table. This is a space that can be a bit more theatrical or dramatic than your other rooms. It's a night room, a party room, and it should glitter and glow. The ambiance starts with the walls and includes floor material and how you set the table. In a vignette shown here, I created a serene mood with soft lavender walls and an off-white cork floor. A wooden runner, fibre placemats, sushi trays and a delicate array of wild grasses are textures that work harmoniously to bring the room to life. A second vignette is pure nostalgia, perfect for a romantic dinner for two or expanded into a celebratory feast. The persimmon-painted walls are striped with dark red and gold, which magnifies the effect of the gilt-framed painting. The lace tablecloth is an heirloom that floats above the richly stained wood floor. Although the styles in these rooms differ, each setting has its own glamour and welcoming spirit, perfect for a party.



Clockwise from left: The pairing of opposites is restful and contemplative. For a quiet party match up smooth and textured surfaces, woody hues against white; Fine china and crystal, heirloom linens and candle light are classic components to an elegant party setting; William Morris fabric used for the curtains is a design that has been around for more than 100 years and is the inspiration behind this Arts & Crafts themed dining room.



Clockwise from top: Be prepared for guests with Debbie Travis bone china, wine glasses and stainless flatware; Add some whimsy to your holiday home décor that will outlast the party. This winter window box is made with large white feathers (found at the craft store) nestled in a snowy bed of laundry soap flakes; Large glass globe bowls offer imaginative decorating options. A candle sits in a cylinder inserted into the bowl surrounded by tiny berry branches.

Your dining table is the party's showpiece and should dazzle. Whether you fashion your own flowers or have them prepared by a florist, arrange a display that is low and doesn't take up too much space. The food and drink are the stars, so a few blooms (no pungent aromas here) and sprigs of greenery are elegant and fit any mood. If the table is long, incorporate two or even three centrepieces for a more balanced setting that each guest can enjoy. Personalize each place with a handmade place card, and a wrapped party favour to take home. It's not necessary to have matching dishes, all white plates can be mixed and matched with patterned and coloured crockery and fine china.

I discovered some fresh ideas for a New Year's Eve party in a new book called *Party Basics for New Nesters*. The presence of winter snow white and sparkling surfaces can be incorporated into all aspects of the design. Serve drinks on a mirrored tray sprinkled with confetti. Choose white roses, lilies and carnations for floral displays arranged in glass vases.

You can't have too much glass and crystal—they can look modern, minimal, traditional, dramatic or light-hearted depending on how you fill them. Build on this theme with a small wreath of silver balls, a bowl half filled with glass beads, crystal prisms hung from lights, metallic ribbons and pure white candles in all shapes and heights.

Lighting is the integral ingredient to any party; it sets the mood, enhances your décor, and relaxes you and your guests. Candles make any event a little more important. Set up as many as you can in safe containers, and never leave candles lit in an empty room. A few strands of fairy lights strung around everyday furniture, fixtures and mirrors produce an exciting atmosphere in day or night light.



Behind the scenes
Planning every detail of your party from where the company is going to put their coats, to how you are going to serve the food and charting the evening's music will ensure two things—your guests will feel pampered and special, and you will be able to relax and enjoy the festivities right along with them.



Clockwise from top: Everyday rooms become magic spaces with some twinkle lights and a festive table; Yard sales finds make unique party accessories. These iron cups hold a delectable concoction called Indian Rasam (lemon pepper water); A party staple, appetizers should look irresistible and be easy to eat with one hand. Chopped up pears and pecorino sprinkled atop a bed of pureed peas on a thin slice of toasted baguette are a bite size combo sure to please.

It is much easier to plan a successful party, one that flows for both you and your guests, if everyone knows what to expect. The invitation is your guests' first hint of what's to come and it should describe the cause for celebration, the time and meal to be served, and the dress. If gifts are to be brought, some shopping guidance is helpful. If you would prefer no gifts, this can be stated, along with an alternative, such as a charity, for those who feel strongly about bringing something.

The party does not feel right if the host/s are missing in action, and I believe you'll agree that it's difficult to get in the spirit when you're being waited on by an exhausted, stressed-out host. Save yourself. If you don't have the time to shop, cook and set up, then think about hiring a party planner, or at least, visit a party supply store in person or online. Hire a bartender and some extra help in the kitchen. These professionals will have the skill and the tips to make everything run smoothly. Recently, I hired the talented and imaginative team at c3events for a gala birthday party. One of my concerns was where to put all the guests and I was amazed to learn that they could erect a complete outdoor room, furnished, for a day or a weekend.

Delve into your favourite cookbooks for menu inspiration and recipes. Just as you did when thinking about the theme, start by dreaming up an amazing selection, and then cut back to what you can actually handle. One source is a book called *Entertaining Planner*, which has a chapter on party food with selections that you can make ahead. The accent is on fresh, seasonal ingredients and high visual appeal, and this is where that extra pair of hands is required.

The mechanics and the list-making completed, you are on track for a memorable event. Keep in mind that entertaining is whimsical, it is time set aside for us all to escape from hectic schedules and share the friendship of those with whom we share our lives. Inject some fun and some glamour into your party, and I promise you it will be a rave. ■

Produced by Debbie Travis and Barbara Dingle.

Connoisseur's Choice in Entertaining

Suggested Resource Books

Party Basics for New Nesters, by Maria McBride, published by Harper Collins. The following photographs appear in the book and are printed here with permission. Glass globe light with berries and candle; winter window box.
Entertaining Planner, published by Ryland, Peters & Small. The following photographs appear in the book and are printed here with permission. Twinkle lights swagged on shelves; iron cups filled with Indian Rasam; crostini appetizers.
Debbie Travis Facelift, published by Clarkson Potter. Nostalgic and Zen vignettes.
Debbie Travis Painted House Living and Dining Rooms, published by Clarkson Potter. Arts & Crafts dining room.

Debbie Travis dinner setting

Soho bone china dinnerware, Core wine glasses, Core Highball glasses, Linden Mirror
Flatware in forged stainless steel, available exclusively at **Canadian Tire stores**.
Starry ceiling photograph by c3events party planners. www.c3events.ca.

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Schools That Rule

The best ski schools and camps around the world

By Steven Threndyle

Back when Austrian and Swiss emigrés to North America dominated ski schools, skiers joked that you could distil their advice into a simple phrase—“bend zee knees, five dollars please.” Alas, ski school lessons cost a bit more than \$5 these days, but the array of programs, clinics and camps (many resorts don’t call ‘em ‘ski schools’ any more) has become incredibly varied and niche-oriented. If your skiing doesn’t improve after taking these clinics, you might try taking up snowboarding instead.

Best School to “Ski the World”—Japan, South America, India with Extremely Canadian
Its name is Extremely Canadian—and indeed, this highly-respected ski camp operator is based out of Whistler, B.C. Over the past twelve years, though, EC has branched out and now offers its famed steep skiing camps all over the world. And the places you’ll go! EC’s “World Tour” catalogue offers a veritable tick-list of the globe’s top sliding experiences.

How about skiing in the summer at Las Lenas in Argentina, with stops en route to visit vineyards and gorge on world-famous steaks? Descend heart-stopping chutes and couloirs in the capital of extreme skiing in Europe—La Grave. Or ski the famous bonsai tree glades in northern Japan at Niseko, where cold storms sweep in off the north Pacific and pound the mountains with feather-light powder.

“...Vail Resort in Colorado is almost like Disneyland on snow.”

One of the easiest ways to see if you’re comfortable with the curriculum is to take a one or two day Extremely Canadian ‘mini course’ in Whistler. There, top notch pros such as Peter Smart, Chris Winter, Chad Hendren, Derek Foose and Joe Lammers will show you a side of Whistler you won’t see if you stick to the packed slopes.
www.extremelycanadian.com

Best Ski School for the Whole Family—Vail Mountain Resort—“Session the Honda Sessions”

Every family wants a hassle-free ski vacation—not an easy thing to do when you’ve got family members of all ages and interests. Easily accessible from just about anywhere in North America, Vail Resort in Colorado is almost like Disneyland on snow. Many of the hotels and condominiums are within walking distance of either the lifts or the bus stop. The world-renowned Vail Snowsports School offers a wide variety of programs for kids, teens and parents, and even has a “Small World” nursery that will accept babies as young as two months old. Kids under age five even ski for free.

For young rippers who live for hitting the terrain park, Vail’s innovative Session the Honda Session snowboard clinics are open to boys and girls, ages seven and above. Join local pro snowboard instructors for a full day clinic focusing on rails, jumps and pipe features.

Perhaps the best thing about staying in Vail is the fantastic number of things to do once the lifts shut down. Adventure Ridge—Vail’s mountaintop activity centre—boasts kids’ snowmobile rides, a mega-sized tubing park, an ice skating rink and even offers “snow biking.” If all that activity doesn’t tire the kids out, it will surely wear out the parents.
www.vail.snow.com

Best Ski School for Rippin’ Up Olympic Calibre Runs

With the Vancouver 2010 Olympic and Paralympic Winter Games coming up in less than a year and a half, and the ambitious new Peak to Peak gondola scheduled to open this December, there’s no lack of activity at Whistler Blackcomb. It’s a historical fact that Whistler owes part of its development to a failed Olympic bid way back in 1968. Backers of the bid at the time went ahead and cut the trails and built the lifts anyway, and the rest is pretty much history. Forty-two years later, it’s “our time to shine,” as the jingle goes.

Dave Murray was one of the original “Crazy Canucks,” a group of four daredevil Canadian skiers who won multiple World Cup and Olympic medals in the mid 1980s. After Murray retired, he started his innovative Masters Racing Camp to show how gate-bashing could really help advance the skills of recreational skiers. Murray succumbed to cancer many years ago, but his three-day camps live on and participants can train and ski on some of the same runs that the Olympic racers will be running.

Billed as “the longest-running ski camp in North America,” the curriculum has evolved somewhat from the gate-bashing days of old. Now, race training is used as a means to an end—conquering Whistler Blackcomb’s vast off-piste terrain as well carving perfect arcs down the mountain’s immaculately groomed corduroy.
www.whistlerblackcomb.com



Clockwise from left: Intermediate terrain at Whistler Blackcomb; Whistler Kids for children of all ages; Powder skiing and riding on Whistler and Blackcomb mountains; Friends skiing and riding at Whistler Blackcomb; Après at one of the mountain’s many bars and restaurants—Dusty’s Bar in Creekside. Images courtesy of Whistler Blackcomb.



La Grave, France

John Clendenin's "Aspen Method"



Best Ski School for Frustrated Freestylers—John Clendenin's "Aspen Method"

If you were a guitar player, skiing with legendary freestyle skier John Clendenin would be akin to, say, jammin' with Eric Clapton. Clendenin is a two-time world freestyle champion from the 1970s who has become renowned in ski teaching circles for his "Aspen Method" ski instruction. He focuses on pushing blue-square skiers from what's known as 'the intermediate rut' into the realm of the all-mountain expert who is comfortable in tackling wild, ungroomed terrain.

Despite modern advances in ski slope maintenance (like winch-cat grooming machines that can mulch and process snow into a wonderfully smooth carpet), skiing moguls is a fact of life for most advanced skiers. Yet even in this age of shaped skis and high-performance boots, mogul and off-piste skiing still flummoxes many skiers.

Equal parts New Age guru and hippie raconteur of great tales from the classic rock days of freestyle, Clendenin's Aspen Method dispenses mystic homilies like "get your brains in your feet" and "drift on soft edges." Clendenin's teaching arena of Aspen Mountain and its three sister mountains offers some of the best terrain in the world—talcum light powder snow, abundant sunshine and endlessly challenging runs that go on forever.

Clendenin's method starts with a session on his custom built "ski simulator," where stance, balance, and other basics are reviewed before hitting the slopes. In an era (and sport) where chatter and over-analysis are common, Clendenin and his instructors espouse yogic-style principles of breathing and listening.

www.aspenmethod.com



Best School to Polish Your Nordic Technique—Silver Star Mountain Resort XC Camps

Silver Star Mountain Resort in B.C.'s Thompson Okanagan tourism region has a stellar reputation for both alpine and Nordic skiing. Snow comes early to this mid-elevation resort (the village is almost an even mile above sea level), making Silver Star a great bet for pre-season training.

For almost twenty years, skating and classical Nordic skiers have come to Silver Star to get the jump on the season at Silver Star Cross Country Ski Camps. Held from late-November to mid-December during the resort's "Month of Nordic," there's a program for every stride and glider or skate skier. Not only do skiers get technique tips from the top Nordic teachers in Canada, they can partake in yoga classes, spa treatments and massage therapy, and work out at the well-equipped Silver Star gym. You'll likely be rubbing shoulders and sharing trails with members of provincial and national ski teams who are here for the same reason that you are—to get your technique honed for the race season ahead.

There's even a citizen race—the Turkey Trot Loppet—held on the American Thanksgiving weekend. This fun race will burn off calories consumed at the XC camps' renowned meals. New for 2008/2009, Silver Star Nordic Manager Glenn Bond is stepping in and taking over from the legendary Norm Crerar. Video and technical analysis by the top coaches in the sport will have you well on your way to having your best Nordic race season ever.

www.xccamps.com
www.skisilverstar.com



Counter-clockwise from left: Family Skiing; Snowsport School Instructor. Images courtesy of Tom Fitzgerald/Silver Star Mountain Resort.

Best Camp for "Powder Virgins"—Mike Wiegele's "First Timer" Heli-Skiing Packages

No doubt about it, phrases like "ski the steep and deep" sound a bit intimidating to the average recreational skier who likely has never strayed far from a cruising run. 72-year-old Austrian émigré Mike Wiegele has been introducing skiers and snowboarders from around the world to his private powder paradise in Blue River, B.C., for over 30 years.

Working with Atomic skis in his native Austria, Mike developed the first "powder fat" skis—super wide boards that skimmed and floated over the snow. In his "Intro to Heli-Skiing" programs, Wiegele's guides—many of them highly-qualified ski instructors—work to instil confidence in so-called "powder virgins" by providing heli-skiing lessons on gentle, wide open glaciers that are the equivalent of a 'low intermediate' run at a ski area. The worst thing that can happen is a tumble in the soft snow!

Beginners are grouped together so that they don't feel the pressure to "ski fast" in order to keep up with more advanced skiers.

Based in Blue River, British Columbia, Mike Wiegele Helicopter Skiing combines the greatest skiing in the world with first-class Canadian style log cabin accommodations, scrumptious, hearty meals to refuel your

energy level after a day on the slopes, and saunas, hot tubs, spa treatments, and massage therapy to soothe aching muscles. There simply isn't a better place to learn to ski powder than at "Wiegele World." It's as simple as Mike's favourite saying—"Let's Go Skiing!"

www.wiegele.com

Best "Girls Only" Ski Camp—Kim Reichhelm's Women's Only Camp at Beaver Creek

"Women are from Venus, men are from Mars" goes the old gender-based advice book. While noted adventure-skier Kim Reichhelm could out-ski 99 percent of the men on the planet during her time on the "extreme skiing" circuit, she has focused her post-retirement career on teaching women to overcome their fears and undo all of those bad habits that tips from well-meaning boyfriends and husbands have divulged over the years.

Reichhelm's Women's Ski Adventure Camps are taught all over the world, but for pampering and service that goes the extra mile, you can't beat her clinic at Beaver Creek. This clinic is designed for beginner and lower intermediate skiers looking to improve technique and confidence, learn about proper equipment, meet skiers of the same ability, and have fun on and off the slopes.

Skiing here is literally at the highest level of perfection—the ski trails are packed, rolled, buffed and exfoliated like the skin of a Hollywood movie star. Campers will enjoy two daily meals, video review sessions, and be able to unwind and relax at the newly refurbished Osprey Lodge at Beaver Creek, the closest accommodation to a ski lift at the resort. Kim's staff will take care of all the technical details—they'll even buckle your boots!

www.skiwithkim.com ■



Below: Kim Reichhelm's Women's Ski Adventure Camp.



Best Ski Camp to Attend During the Summer—Chris Davenport's "Ski with the Superstars" Camp

If you're a ski DVD junkie who can't wait for the latest Warren Miller, MSP, or TGR flick each fall then you'll know the name "Chris Davenport." Aspen-based Davenport has just about done it all in the ski movie biz—pioneered "first descents" of unnamed peaks in Alaska, skied (after climbing up!) all 54 of the 14,000 foot peaks in the state of Colorado and performed an "enchainement"—skiing and climbing four of the tallest mountains in the Alps in one push.

"...skiing with legendary freestyle skier John Clendenin would be akin to, say, jammin' with Eric Clapton."

Come the summer months (in the northern Hemisphere), Davenport relaxes in South America with a few friends and invites members of the ski fraternity to join him. The sixth annual "Ski with the Superstars Camp" will run from August 15 to 22, 2009 in Portillo, Chile. Dav's pals are a virtual "who's who" in the ski video world—Shane McConkey, Mike Douglas, Ingrid Backstrom and Chris Anthony will provide you with a week of spectacular skiing and coaching in the high Andes above beautiful Portillo Resort. This unique ski experience aims to take expert skiers and give them the skills to take their skiing to the next level. Portillo is renowned for its amazing off-piste terrain and reliable snowpack. Who knows, if you're good enough you might even find yourself in an MSP movie.

www.steepskiing.com



Centre: Aurelio Settimo vineyard. Far left top & bottom: Barolo vineyard in autumn; springtime in Aurelio Settimo vineyard. Above top & bottom: Winter in Aurelio Settimo vineyard; tasting room at Aurelio Settimo.

The Fog Lifts on Nebbiolo

By Barbara Philip, MW

The Nebbiolo grape variety is named after the fog or *nebbia*, which, historically, has influenced the famous vineyards of Barolo and Barbaresco in Italy. Like this hilly region of Piedmont, which is often hard to make out through a layer of fog, Nebbiolo wines themselves can be difficult to grasp. Their character can shock and confuse consumers at first introduction. However, with time, experience and a good dinner, the majesty of Nebbiolo becomes clear.

In some ways, Nebbiolo makes wines that are opposite to what modern wine consumers are looking for. Nebbiolo is often described as ‘rich, full and powerful’ and, while the wines may have these characteristics, their manifestations are different from what most North American wine drinkers expect. The power of a Barolo, for instance, comes from its forceful tannins and high acidity rather than from bold, jammy fruit. It is built to age and, in a world where most wine is drunk within hours of purchase, the austerity and roughness of a young Nebbiolo can be startling. The wines are pale-coloured with aromas of tar, roses and truffles rather than the fashionable black fruit and chocolate flavours. These unusual characteristics, however, are just what attract sommeliers and seasoned wine drinkers who see the wines as having tension, complexity and vast food-pairing potential.

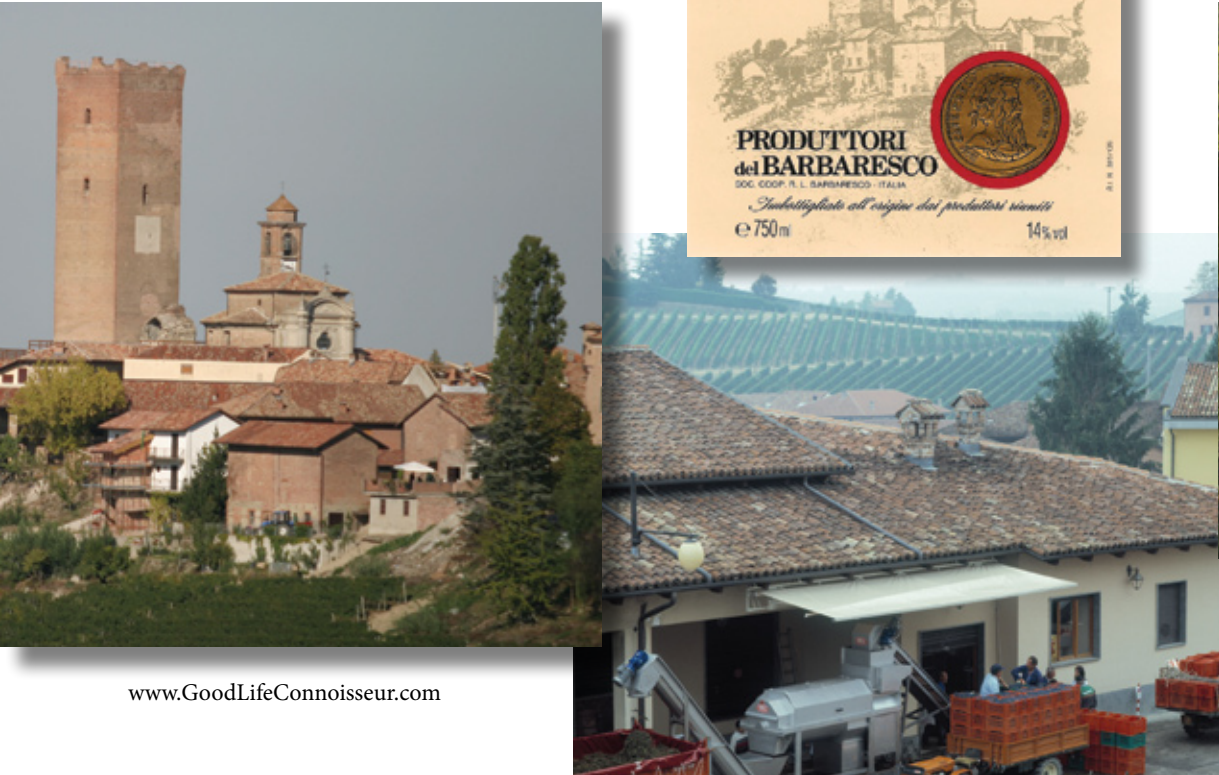
In order to produce the kind of fruit that translates into wines of great character, the Nebbiolo vine has specific requirements in the vineyard. While varieties like Syrah, Cabernet Sauvignon and Chardonnay are successful in many areas, quality Nebbiolo production is virtually limited to Piedmont, Italy. Here, vineyards around the towns of Barolo and Barbaresco produce the undisputedly best Nebbiolo. Both towns are in an area called the Langhe where hillsides are densely planted and slopes face in all directions. Many grape varieties make their homes here, but the best sites are reserved for Nebbiolo. It is the *terroir*, or particular combination of natural factors and viticultural techniques, that makes certain vineyards perfect for this finicky variety. Aldo Vacca, manager of the famous cooperative cellar, Produttori del Barbaresco, explains in detail: “Nebbiolo likes ‘white soil,’ which means relatively high calcium content, and prefers relatively compact soil with low sand content. It requires relatively steep hills for good drainage and needs to be in a mild climate region with not too hot and long summers, neither too cold though, and good temperature difference between day and night...”

While Nebbiolo will only succeed in a limited number of vineyards, it does demonstrate an ability to reflect the site in which it is grown. The *terroir* in Barolo, for instance, produces wines that are generally stronger and more tightly structured than those in Barbaresco. Italian wine law, *Denominazione d’Origine Controllata e Garantita* (DOCG), acknowledges this difference and requires that Barolo be held in producers’ cellars for 1 year longer than Barbaresco. A year in wood softens the fierce tannins and makes the wine more approachable on release. Elsewhere in Piedmont, the regions of Gattinara, Carema and Ghemme produce Nebbiolo that is notably different from that in the Langhe. Cinzia Travaglini, from Travaglini in Gattinara, describes how soil and climate make the difference in her family’s wines: “The soil in Gattinara is rocky because we are very close to the Alps, so the soil is rich in minerals and gives the wine elegance, body and finesse. The microclimate is more dry than southern Piedmont, and there is always a little favourable breeze, very important for the elegance in the perfume.”

The high quality of Italian Nebbiolo has inspired some producers outside Northwest Italy to try their hand at it. In Washington State, renowned grape grower Jim Holmes, owner of Ciel du Cheval Vineyard, grows a small amount of Nebbiolo. For him, it is ‘a labour of love’. The principal problems, he says, are “very small leaf size and small weak canes make shading the fruit very difficult. In our climate un-shaded Nebbiolo will severely sunburn.” He also notes that yields are low and the financial return is considerably less than other varieties. Why bother? Because, says Holmes, the wine is special. It is “very complex, tannic, fruity, just a pleasure to have on the table.” Further north in the Okanagan Valley, winemaker Howard Soon experimented with Nebbiolo at the Sandhill Estate Vineyard. However, while Sangiovese, Barbera, Cabernet Sauvignon and others thrived alongside it, the Nebbiolo refused to ripen, or even to fully change colour.

Soon and vineyard manager Robert Goltz had to admit defeat and the vines were pulled out. There is some boutique production of Nebbiolo in Australia with noteworthy examples coming out of the Adelaide Hills. In Chile, winemaker Philippe Debrus of Botalcura is producing a good example from 12 year old vines in the Maule Valley. In the unlikely area of Baja California, Mexico, Nebbiolo plantings are on the rise. Grower Daniel Yi Cordova says Nebbiolo grows well in the Mediterranean climate of the Baja and is currently very popular with wineries. “It is the flavour of the month,” he says, “and fetches the highest prices of any variety.” Yi Cordova credits the success of L.A. Cetto’s Nebbiolo, an international award winner, with leading the way.

Given the limited plantings of Nebbiolo around the world and the unusual characteristics of its wines, one might ask if there is a place for it in the hearts and on the tables of North American consumers. The wines are favourites with many sommeliers, but do they belong in restaurants that don’t have an Italian focus? Definitely “yes,” says John Szabo, M.S., Canada’s only Master Sommelier, who says Nebbiolo “is a world class variety with a very distinctive personality and a transparency of vineyard site that puts it among the most original of grapes.” Szabo believes “there is always space for top-quality distinctive wines on any well-assembled wine list, regardless of the restaurant’s culinary theme.” He does admit that pouring Nebbiolo for the uninitiated has its challenges: “With its sometimes rather fierce tannins and high acid, Nebbiolo can be an acquired taste for sure. I introduce customers to the variety by pouring lighter, more delicate styles such as those from the Valtellina or Gattinara, or more modern versions of Barolo and Barbaresco... customers soon learn the grape is capable of an extraordinary range of flavours and texture, haunting perfume and incredible length. Then the exploration really begins.”



Left to right: Town of Barbaresco; Produttori del Barbaresco (Photo by John Anthony Rizzo); harvest in Barbaresco.

Lunch and dinner are taken seriously in Italy, and Italian wines have been crafted over hundreds of years to complement the cuisines of their respective regions. It is no coincidence, then, that Nebbiolo is a natural partner for the stuffed pasta, truffles, and game-based dishes of Piedmont. The firm acid and grippy tannins of Nebbiolo are great at cutting through fat and binding with protein, while the floral and sweet herbal aromas offset the gamey overtones of rabbit and wild boar. Aldo Vacca suggests roasted pheasant, chicken or lamb served with his line up of 2001 Barbarescos. With her Gattinara, Cinzia Travaglini recommends strong cheese, game or even delicate fish. Its hard to argue with John Szabo, who says: “The classic regional pairings usually include dishes with fresh shavings of the local white truffle—on fresh pasta or risotto—or braised meats as in *brasato al Barolo*. Personally, I find that with younger more robust examples, rare cuts of meat—lamb, rib-eye or game, for example—are better able to soften the tannins and handle the acid.”

The nature of Nebbiolo can both intrigue and intimidate consumers. In the end, Nebbiolo will reward thoughtful drinkers who have patience to navigate through the haze and uncover the glories of the wines. Especially for those who love to match food and wine, Nebbiolo may well become an essential part of the cellar. ■



Left to right: Aurelio Settimo Barolo Rocche; Produttori del Barbaresco Montestefano 2000; Produttori del Barbaresco 2001; Correggia's Nebbiolo d'Alba.

Connoisseur's Choice in Nebbiolo

NEBBIOLO	MINI-NOTE	FOOD PAIRING	FIND
Produttori del Barbaresco Barbaresco Riserva DOCG ‘Ovello’ 2001, Piedmont	<i>Intense cherry tobacco and liquorice with grippy tannin</i>	<i>Roast pheasant with root vegetables</i>	FID
Matteo Correggia Nebbiolo d’Alba DOCG ‘La Val Dei Preti’ 2005, Piedmont	<i>Red berry and floral notes with ripe, firm tannin</i>	<i>Risotto with shaved white truffle</i>	FI
Gaja Barbaresco DOCG 1982, Piedmont	<i>Dark fruit, caramel, anise; still youthful with a firm backbone</i>	<i>Wild boar stew</i>	FI
Batasiolo Barolo DOCG 2003, Piedmont	<i>Pale with floral and red currant notes</i>	<i>Stuffed pasta with sage sauce</i>	F
Aurelio Settimo Barolo DOCG ‘Rocche’ 2003, Piedmont	<i>Delicate spice and red fruit on nose, core of concentrated fruit on palate</i>	<i>Braised rabbit in red wine</i>	FN
DiMilano Barolo DOCG 2003, Piedmont	<i>Anise, earth and pepper notes; juicy, ripe and relatively soft</i>	<i>Bresato al Barolo</i>	FID
Ricossa Barbaresco DOCG 2003, Piedmont	<i>Mild red fruit with some spice and liquorice</i>	<i>Vitello Tonnato</i>	FD
L.A. Cetto Nebbiolo Reserva 2003, Valle de Guadalupe, Mexico	<i>Rich meat and plum notes with mouth-coating tannin</i>	<i>Grilled quail with mole sauce</i>	I
Botalcura Nebbiolo 2005, Chile	<i>Herbal, tar and currant notes; firm tannin and balanced acidity</i>	<i>Lamb and vegetable stew</i>	IN

F Food. Wine matches well with a range of dishes.

I Interesting. Wine has a distinctive and delicious character.

N Natural. Wine was produced with particular concern for the environment.

D Deal. Wine offers excellent value at its price point.

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Holiday Style 2008

By Catherine Dunwoody

'Tis the season! Here's all you need to shine at holiday parties and for cozy nights at home. Plus, great gift ideas for all your loved ones.

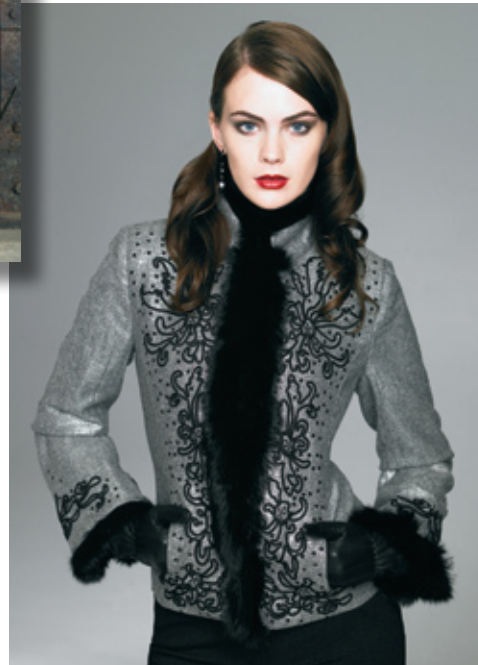
FASHION

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- Emerald green crinkle satin evening trench, \$229. Jet bead trim mock neck sweater, \$149. Slim leg pant, \$119.



- Embroidered jacket, in silvery gunmetal tweed, \$249.



- How about a little lingerie under the tree? OnGossamer mesh chemise, in red, \$68. www.ongossamer.com



- Mini pleats chemise, in lavender smoke, \$68, by Carole Hochman Midnight. www.carolehochman.com



JEWELLERY

- Baume and Mercier Diamant stainless steel watch, \$6,790, with 107 diamonds and mother of pearl dial. 1-800-682-2622 www.birks.com



- Looking for a fun stocking stuffer? "Famous Faces" beaded bracelets from Pink Pooch Designs in style icons Marilyn or Audrey, each \$124. www.pinkpoochdesigns.com

www.GoodLifeConnoisseur.com

FOOTWEAR

- Naot. Comfort and style—take these for a test-drive during holiday shopping—you'll be amazed. Leather boots, \$290. www.naot.ca



ADD-ONS

- Ruffled satin handbag, in holiday red, \$50, from Aldo. www.aldoshoes.com



NEW SCENTS

- Secret Obsession, new from Calvin Klein. Eau de toilette spray, 100 ml, \$98, with notes of rose, jasmine and sandalwood. www.calvinkleininc.com



- Aldo sequined party pumps, \$80. www.aldoshoes.com



- Susanne Lang's younger, more spirited fragrance collection, Sula Eau de Parfum, has the perfect scent for bringing in the new year—Champagne Sugar, 30 ml, \$32. www.sulabeauty.com

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MAKEUP

- Incoco Dry Nail Appliqués are strips of stick-on nail colour you peel and apply. Love the seasonal glittery ones here, \$6.99, at London Drugs stores.
www.londondrugs.com



- A flick of liquid eyeliner = instant glam. Revlon's new limited edition Line Fantasy Cream Eyeliner, in 4 shades, \$12.95.
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SKIN

- Thymes Frasier Fir Bar Soap Set, \$20, smells like Christmas trees, and makes a lovely hostess gift.
www.thymes.com



- L'Occitane En Provence new Bath Celebration Gift Set contains nine fizzing bath pebbles in rose, verbena and cherry blossom, \$36.
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FOR THE GUYS

- 4VOO Ultra Intensive Age-Defying Complex is designed for men, and with it, who needs Botox? Use daily and watch your lines soften and age spots fade, \$199.
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Healthcare

Copeman Healthcare Centre

Creating healthy companies ... not just healthy families.

Achieving a healthy business through a healthy staff is the direction of more and more Canadian companies. Comprehensive programs of health are not only the new way of attracting and retaining top talent; they optimize the performance of employees through physical and mental wellness, while substantially reducing the cost of disabilities, drug claims, absenteeism and “presenteeism.” They also create new feelings of loyalty and motivation. This is particularly true when health programs extend to an employee’s family, and medical problems are either dealt with quickly—or avoided altogether.

While it may not be surprising that health and wellness programs contribute to a company’s performance, what may be surprising is that they can be implemented at little or no cost to the organization.

Any company that currently pays taxes to the federal government can reduce those taxes and invest the same funds directly into programs of health that ensure the long-term performance of their organization. This is one of the easiest decisions a business owner or executive will ever make.

The Copeman Healthcare Centre, with locations in downtown Calgary and Vancouver, and fast becoming one of the most respected names in healthcare delivery, has now developed new products and programs for companies that can quickly turn previous tax expense into competitive advantage.

“We are excited about helping organizations get stronger at little or no cost, but what really motivates us is being able to deliver better health outcomes to a wider range of people in organizations that are aligned with us in the belief that prevention delivers huge returns—both from a financial and human perspective,” says the Centre’s founder Don Copeman.

According to Copeman, over 50% of people that came into the Centre in its first year had an undiagnosed medical condition and an even greater number had risks that they did not understand—and they are all now on the road to optimal health. Copeman adds that their new mental health centre has now completely rounded out their corporate health offering and eliminated costly and often ineffective employee assistance programs for people facing stress-related health issues.

The Copeman Healthcare Centre model delivers an integrated team of doctors and healthcare professionals specializing in advanced health assessments, disease prevention and management. “We’re dedicated to ensuring that our clients live the longest, healthiest and most pain-free lives possible,” says Copeman. “The heart of our program is a comprehensive health plan based on advanced screening for early signs of disease, and on detailed analysis of medical and family history.



However, the soul of the program is the health education, counseling, and coaching that we provide our clients as they follow their health plan.” Copeman says the Centre’s approach to healthcare represents the type of innovation that is desperately needed in Canada right now.

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

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

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

Services at the Copeman Healthcare Centre are available to both individuals and organizations. To register for a free consultation, call 604.707-CARE (2273). Or take a facility tour online and hear what clients are saying about the Centre at www.copemanhealthcare.com. ■

Services at a Glance

- Unhurried Healthcare
- Expert professional team matched to your medical profile
- Comprehensive Health Assessments (annually) including advanced disease screening
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Fees

- \$2,900 per year per adult; \$3,900 in the first year of service. Fees are tax deductible and may also be covered by health plans. Insured services are covered normally under provincial health insurance plans.

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403.270.2273 (CARE)

Needle, Laser or Knife?

What are your best options for facial rejuvenation?

By Joanne Blain

If you look in the mirror and aren't thrilled by the face that's looking back at you, your easiest decision may be to decide to do something about it. After that, the choices get harder. Should you get a little Botox, a laser treatment or a full facelift? Or is a combination of surgical and non-surgical treatments what you need to turn back the clock?

Women and men who decide to revitalize their face can now choose from a somewhat daunting range of treatments and products, from topical creams to injectable fillers and from laser treatments to surgery.

"Patients certainly have more options now than they did before," says Dr. William McGillivray, co-founder of Vancouver's Pacific Dermaesthetics with dermatologist Dr. Jason Rivers. "Many people who are new to the idea of facial rejuvenation opt to start with a non-invasive procedure such as Botox or fillers. But in conjunction with your doctor, your choice should really be based on what you're trying to achieve," says McGillivray.

A combination of surgical and non-surgical procedures may be the best solution. Some patients "may have an eyelid operation done to rejuvenate their eyes, then they may consider some filler substances for their cheek folds and their marionette lines," says Dr. Kimit Rai, a cosmetic surgeon based in New Westminster.

"I have a lot more patients who are willing to have a couple of different things done, at the same time or sequentially," says Vancouver cosmetic surgeon Nancy Van Laeken.

So what's right for you? There's a lot to consider, from the risks and rewards to your budget, to the amount of recovery time involved with each procedure. Here's a guide to your options for taking years off your face.

Creams and serums

If you're just looking to improve the tone and texture of your skin and fade a few age spots, antioxidant serums containing Vitamin C or E might be a good place to start, says Rivers.

"Some people find them useful, but they have to be used for several months if you want to see any benefit from them," he says. These are relatively safe to use and they cost \$60 to \$100 for a supply that will last several months.

Fine lines, uneven skin tone and changes in pigmentation can be improved with prescription vitamin A preparations, which go by names like Retin-A, Renova, Retisol and Tazorac, says Rivers. But they aren't a quick fix—"you have to use them over a long period of time, perhaps a year or so."

Most vitamin A creams, which cost about \$25 for a supply that lasts for several months, are covered under private drug plans.

"They can cause redness and irritation initially that fades after about a month or so of use," Rivers says. Patients have to continue using these creams and serums to maintain their effectiveness.



Pacific Dermaesthetics — Botox and filler, before & after.

"This purified form of the botulinum A toxin...can also be used on patients of any age to smooth frown lines and wrinkles around the eyes and nose, treat vertical bands on the neck and downturned corners of the mouth, and to shape or lift brows."

Botox

This purified form of the botulinum A toxin is often requested by patients in their 30s or 40s who "just want to look very good very quickly," says Rai. But it can also be used on patients of any age to smooth frown lines and wrinkles around the eyes and nose, treat vertical bands on the neck and downturned corners of the mouth, and to shape or lift brows.

"What Botox does is relax the muscles that cause what we call dynamic lines, around the eyes and the frown area of the forehead," says McGillivray, a cosmetic physician who has worked in the field of facial rejuvenation for more than a decade. "Some people who come to me don't have any wrinkles at all—they use Botox for the brow lift alone."

Injected properly, the drug has few side effects, he says. "There is virtually zero downtime with Botox—people can have it done on their lunch hour and go back to work."

The drug's effects last from three to six months, and the cost varies depending on how much is injected. Treating frown lines on the forehead might cost \$300 to \$600, according to McGillivray and Rai. You might have to fork out \$700 or more to treat several areas of the face.

Botox has a welcome side-effect for repeat customers, Rai says. "The muscles are weaker so the wrinkles are minimized," he says. "That's why as you keep repeating it over four or five years, you find you need less drugs to achieve the same goal."



Pacific Dermaesthetics — Botox between the brows, before & after.

Injectable fillers

Mention fillers and the same famous name keeps cropping up: Angelina Jolie. Patients often ask for fillers to mimic her voluptuously full lips. But injectable fillers—which can be temporary, semi-permanent or permanent—have a wide range of uses. "There are certain areas of the face that cannot be fixed with facelifts or any [surgical] technique, particularly the cheek folds—we call them the nasal-labial folds—and the marionette lines on the corners and the lower part of the mouth," says Rai.

Fillers can also restore youthful volume to cheeks, says McGillivray. For most facial issues, he prefers to use hyaluronic acid fillers like Juvederm and Restylane, whose effects fade gradually over six to nine months. They cost about \$500 a syringe, with patients usually needing one or two syringes per treatment.

Both McGillivray and Rivers also use Sculptra, a longer-lasting filler made from poly-L-lactic acid, to add volume to the face that's often lost with aging. The cost is higher, at \$3,000 to \$4,000 for a series of injections over several months, but it can last up to two years. "I find it very effective for the lower face, where you can't get good volume repletion and reduction in lines with other fillers," Rivers says.

Patients may experience some bruising or temporary swelling with some fillers for a few days. "They can probably go to work the next day or even the same day, if they want to," Rai says.



Above & below: Pacific Dermaesthetics — Lip fillers, before & after.



A porcine collagen filler called Evolence is also popular for filling out lips because it lasts longer than temporary fillers, McGillivray says. He sometimes uses permanent fillers, but he cautions that they are more prone to lumps than temporary fillers. “Whenever you are looking at longer-term products, you can get lumpiness,” he says. “In a skilled practitioner’s hands, it’s very infrequent with any of these.”

Intense pulsed light (IPL)

This treatment uses a wand to deliver focused, broad-spectrum light to the skin. IPL is generally used on patients with light to moderate photo damage, says McGillivray, and it’s a useful tool because it can correct several skin issues at the same time, from pigmentation to rosacea. “Some people, that’s all they have,” he says, while other patients may use it for maintenance after a more intensive procedure.

The sensation the patient feels has been described as similar to a rubber band snapping against the skin—unpleasant, but not particularly painful.

Treatments cost about \$400 and you might need a series of three to five, which may have to be repeated in about a year. Patients may have minor swelling and a few dark spots that flake off within a week.



“There’s a lot to consider, from the risks and rewards to your budget, to the amount of recovery time involved with each procedure.”

Thermage

For patients who want tighter, more youthful-looking skin, but aren’t yet willing to consider a facelift, thermage might be a good option, says McGillivray. Using radio frequencies, it tightens the skin over a period of three to six months. There is virtually no downtime, he says, and the effects last for a few years at about \$2,800 for a full-face treatment.

Lasers

More so, perhaps, than with any other cosmetic procedure, there is a significant difference in the side effects associated with various types of lasers. Old-school carbon dioxide lasers have fallen out of favour, says McGillivray, because they are “the laser equivalent of a belt sander to the face,” removing the entire outer layer of skin and requiring significant downtime.

Vascular lasers are less aggressive and are particularly useful in treating broken blood vessels and rosacea. “Within one or two sessions, you can reduce redness by 70 or 75 percent,” says Rivers. Treatments cost up to \$900 and last one to three years. “Your downtime is measured in one or two days, with redness and a bit of puffiness, and that’s it.”



Pacific Dermaesthetics — Fraxel Re:store, before & after.

Fraxel Re:store and Fraxel Re:pair are among the latest generation of lasers. Fraxel Re:store is an erbium laser that “doesn’t actually vaporize tissue,” says Rivers. “It delivers heat columns to the skin that causes a migration of damaged tissue out of the skin very quickly, but more to the point, stimulates local collagen.” Used for mild to moderate sun damage, fine lines, dilated pores and acne scars, patients need a series of three to five treatments. “You have about a weekend of downtime, where you look a bit sunburned and swollen,” says McGillivray.

Fraxel Re:pair is a new-generation carbon dioxide laser that is more aggressive than Fraxel Re:store, he says, “It causes actual little holes in your skin, so it’s like aerating your lawn.”



Pacific Dermaesthetics — Fraxel Re:pair, before & after.



Dr. Silver — Facelifts and Browlifts, before & after.

Cosmetic surgery

Despite the range of non-surgical treatments now available, Van Laeken says she's seeing more and more patients come in for surgery in their 30s or even their 20s.

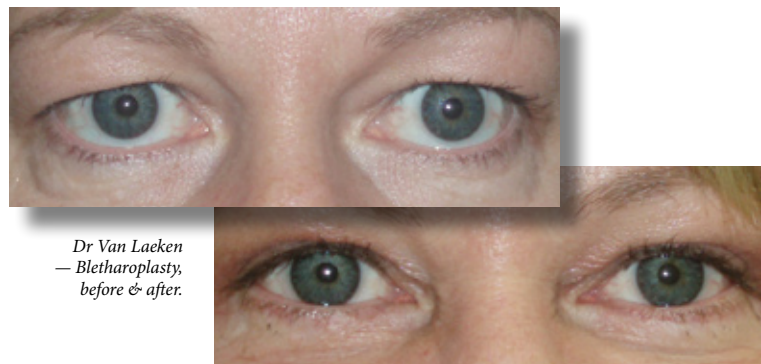
Eyelid surgery to remove "saddlebags" or drooping eyelids, called bletharoplasty, "is often done at a younger age and a lot of patients feel it's their starting point for surgery," she says. "They'd rather have it done sooner so that they look refreshed rather than dramatically different."

The incision is smaller and recovery is faster than with a facelift, Van Laeken says. She advises patients to take a week off work—they may have bruising for a week or so, and it may take six to 12 weeks for swelling to completely recede and for scars to fade. The procedure costs between \$3,000 and \$5,000 and it can last for 15 to 20 years, she adds.

"New techniques have made brow lifts less invasive and shortened recovery time."

New techniques have made brow lifts less invasive and shortened recovery time. Done endoscopically, with small incisions in the hairline, Van Laeken says the surgery, which costs \$5,000 to \$7,000, can be done in conjunction with a facelift or lower eyelid surgery. Downtime is about 10 days, with significant bruising around the eyes and possible numbness in the forehead.

Toronto cosmetic surgeon Harold Silver has developed a brow-lift technique to avoid disruption to the nerves in the forehead, which, he says, means that 98 per cent of his patients have no bruising around the eyes. Also, for about \$5,000 to \$7,000, Silver makes an incision in the hairline above the ear, then cuts all the way around the back of the scalp to the other ear. He lifts the brow by removing scalp from the back of the head, then gluing and stapling it back in place. "I can do a brow lift on you today and you can go out for lunch tomorrow," he says.



Dr Van Laeken — Bletharoplasty, before & after.

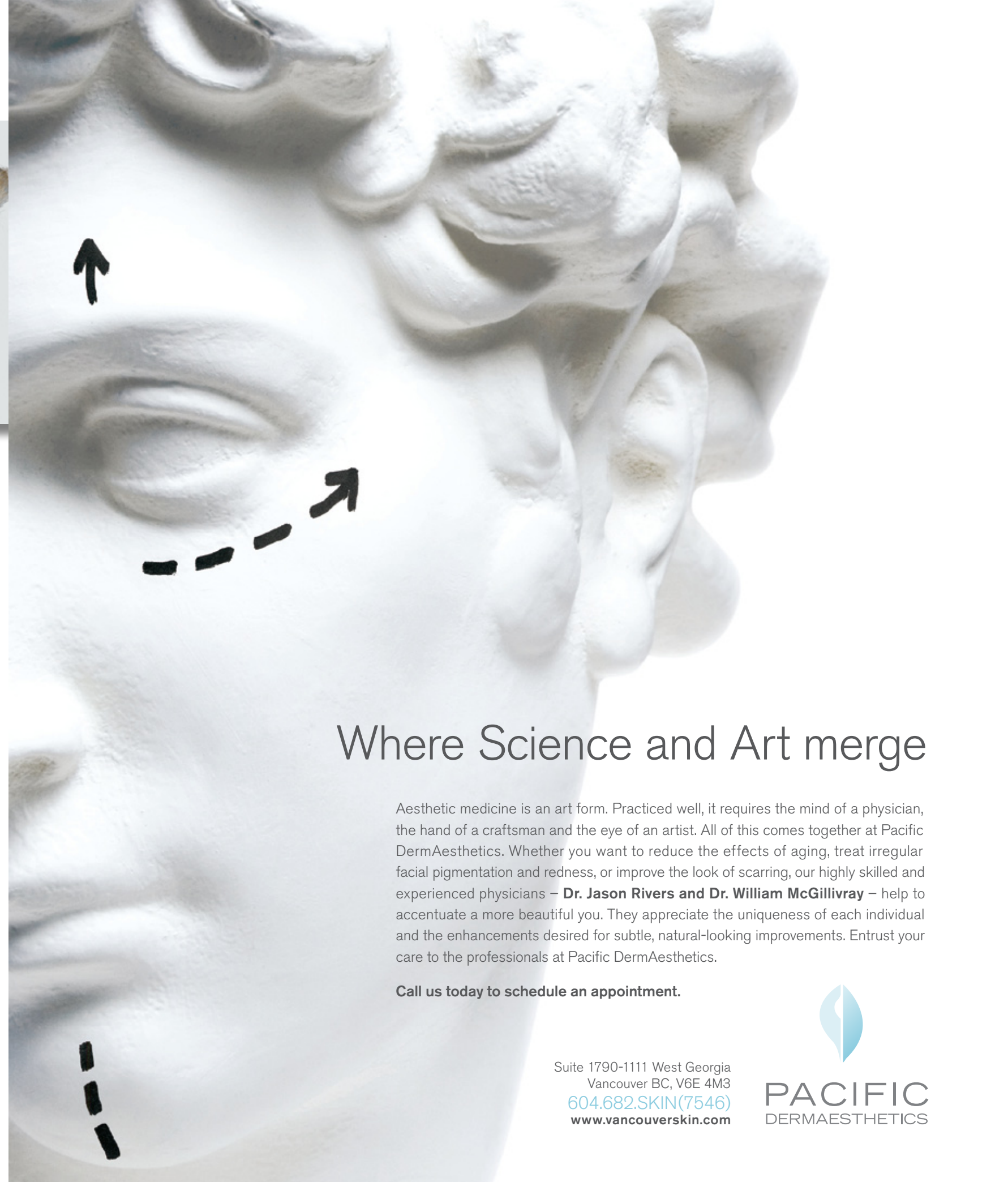
"A facelift is not just a skin-tightening procedure—it normally involves tightening the muscle layers," says Van Laeken. "A standard facelift involves an incision in front of the ear and behind the ear, extending back into the hairline," she says.

It costs between \$5,000 and \$10,000 and involves about two weeks of downtime, with some swelling and bruising. "Most patients describe it as uncomfortable, as having a sense of tightness" rather than being painful, she says. A facelift should last seven to 10 years, depending on skin elasticity and environmental factors.

Silver calls his facial surgery "the three-day facelift" because he says patients can usually return to their normal routine in that time or less. To minimize the risk of nerve damage, he removes fat from the jaw line, then lifts up the skin and sets it in place with tissue glue.

At a cost of about \$9,000, patients generally have the surgery in the morning in his surgical centre in downtown Toronto's venerable Royal York Hotel, and then spend the night upstairs in a hotel room. "They can walk around, they can eat and drink, they come down in the morning and I remove their bandages," he says. "I give them my word of honour that no one will have any pain or nausea."

Moreover, if you want even more pampering in an exotic locale, you can get a tune-up for your face at one of the many medical spas around the world, from California to Thailand. Check out www.medicalspaassociation.org, www.spafinder.com or www.spasincanada.ca to find one. ■



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Great Gadgets Under Your Tree

By Steve Dotto



Kaleidescape 3U Server

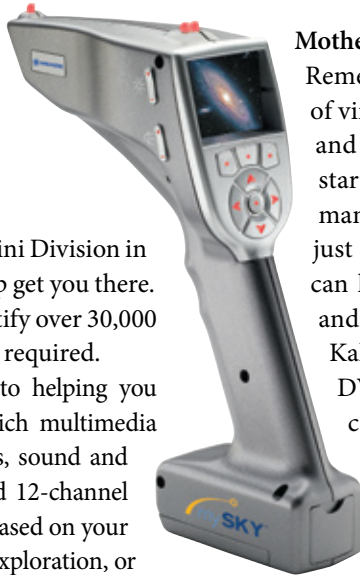
Christmas, Hanukkah, Kwanzaa, Festivus—however you celebrate the holidays, our great gift roundup is sure to please the gadget lover in your household!

Keep Watching the Skies!

Whether you're searching for little green men or the Cassini Division in Saturn's rings, a nifty device called mySKY PLUS will help get you there. mySKY PLUS allows you to simply point, shoot and identify over 30,000 celestial objects. No previous astronomical knowledge is required.

The mySKY is a great educational tool; in addition to helping you identify what you're pointing at, mySKY also provides rich multimedia accompaniments, including full motion video, still images, sound and text via a colour LCD screen and audio jack. An onboard 12-channel GPS receiver automatically orients the constellation maps based on your location. You can randomly point and shoot for an ad hoc exploration, or ask the mySKY to show you the most interesting objects in your sky on a given night.

Serious astronomers will appreciate the mySKY's ability to connect to and control a Meade computerized telescope. Additional maps, content and updates are downloadable from the 'net. mySKY Plus was developed by Meade Instruments, based in Irvine, CA, and retails for approximately \$399. www.meade.com



Meade mySky Plus

Mother Of All Jukeboxes

Remember how happy you were to trade that huge library of vinyl and VHS tapes for those oh-so-space-efficient CDs and DVDs? So what do you do when those silvery discs start hogging space and defying organization? Several manufacturers offer jukebox-type media servers—often just dressed up PCs with a “media centre” GUI—that you can load your collection into. If you need more than this and you've been very, very good, Santa might bring you Kaleidescape's new 3U Server. The 3U will hold up to 1,800 DVDs or 20,000 CDs, uncompressed. Multiple servers can be clustered together for a whopping 100 terabytes of storage. As for getting all those bits and bytes back out, the 3U can serve up to 45 simultaneous zones per server over plain ol' CAT5 wiring to Kaleidescape's movie players and music players. Importing your discs can be time-consuming, but you can get a big headstart by ordering the 3U preloaded with the Family Collection, the Critics 150 or other sets. A proprietary fault tolerant RAID-K architecture keeps your media safe. If a drive dies, the data is automatically restored to a redundant hot-swap drive, and the show goes one without missing a beat. Starting at about \$27,000.00.

www.kaleidescape.com

Yamaha YSP4000



More is Less

Our parents' (or grandparents') hi-fi systems only had a single speaker to manage. Today's surround sound technology has brought us 5.1, then 6.1, then 7.1 and now even 11.2 speaker configurations. The question of how to manage all these speakers has become a serious one, as more and more of us try to find a balance between performance and aesthetics. Yamaha has a clever solution that actually involves even more speakers—40 to be exact—but all housed in a single, compact bar. The YSP4000 also contains a high efficiency digital amplifier, analog video to HDMI digital video up-conversion, and HD video up-scaling to 1080i/720p. So how do you get surround sound from what looks like a “point source” system? It must be that fake sounding “pseudo-surround,” right? Nah ah—it's the genuine article. The YSP4000's proprietary Intellibeam technology uses a microphone to analyze your room and bounce the surround channels off your side and back walls for full 5.1 sound. It's no coincidence that the YSP4000's form factor is such that it would look just peachy mounted above or below your large flat-panel TV. Multiple sound modes are available, and it even has an optional iPod dock. The catch? The YSP4000 really works best with square or rectangular rooms. Those with crazy star-shaped rooms need not apply.

www.yamaha.ca/av/speakers.jsp



www.GoodLifeConnoisseur.com

Chair Kicks Butt

Imagine watching Matt Damon kick butt in the Bourne Ultimatum and actually feeling your butt get kicked! This is precisely the experience when watching from one of D-Box's “Screening Room” home theatre chairs. Underneath the dapper facade of a high-end leather recliner lurk powerful actuators that react to every nuance of specially encoded versions of your favourite DVDs. When the horse gallops, you're in the saddle. When the tyrannosaurus walks, you feel the ground shake. A separate Motion Controller device interfaces between the chair, your DVD player and your A/V receiver. The controller utilizes motion codes that D-Box has created for some 800-plus titles, with new titles being added all the time. Most of the codes are available via download, but some studios are now beginning to add Motion Codes directly to the discs of new releases. The actuators are capable of generating up to 2Gs of force, which might sound like that motion simulator ride you tossed your burritos on last summer, but the sensations are typically more subtle when watching a movie. The effect can add an exhilarating dimension to your viewing experience. Already have a favourite chair? No worries—D-Box also has a chassis that your existing chair can sit on top of.

www.d-box.com/2008



D-Box “Screening Room” home theatre chair

Winter 2008 | GOOD LIFE CONNOISSEUR 53

Caffè Rosto Digirosto PRO1500+HD



Gentlemen, Start Your Roasters

There are many small luxuries that people will give up if pressed, but mess with their coffee? Not a chance. Coffee is a necessity—kind of like food, shelter and clothing. Just how important coffee is to you can be measured by the paraphernalia you keep to support your habit. True aficionados know that coffee loses its flavour rapidly after it is roasted, so if you want to enjoy the fullest flavour possible, you need to have your own roaster. Nothing says “serious coffee-aholic” like the awkwardly named Caffè Rosto Digirosto PRO1500+HD. This table-top roaster can roast up to 3.3lbs of beans at a go, with 36 degrees of roasting, ranging from a light cinnamon to inky black.

Early models of the Digirosto had a reputation for spontaneously combusting if not properly watched and operated. Nobody needs their beans that dark. Like Indy race cars, new Digirosto models have an onboard fire suppression system and other design elements to minimize this risk.

With its decent capacity and many advanced features, the PRO1500+HD would be perfectly at home in your local coffee shop, and with its 120V power consumption, low noise and relatively low smoke, it would also be perfect in your home.

www.greenbeanery.ca

Swim Mask Camera

James Bond’s “Q” is the character tasked with producing all those great gadgets that are the trademarks of the 007 franchise. It wouldn’t be hard to imagine Liquid Image’s Underwater Digital Camera Mask coming from the same workshop that produces exploding cuff links and personal jetpacks. The “Mask” may look like a swim mask for three-eyed aliens, but that middle peeper is actually the camera lens for a 5 megapixel still & video capable digital camera.



Liquid Image
Underwater Digital Camera Mask



Grace Digital Audio Vinylwriter

To take a photo or a video, the wearer lines up the crosshair marks on the mask with the object, and then presses the capture button. LED lights inside the viewing area indicate the mode the camera is in when activated. Users can download the digital images and video they’ve captured to a computer through a USB cable, and edit with the included software.

There are lots of water-resistant cameras or camera cases on the market, but none provide the hands-free convenience or ease of use that this one does. Whether sleuthing around in your backyard pool or snorkelling at Hawaii’s spectacular Hanauma Bay Nature Preserve, Liquid Image’s mask will ensure that you have a safe, convenient way of capturing those memories.

The mask is Mac and PC compatible, with 16 MB of on-board storage that is expandable using miniSD memory cards.

www.hammacher.com

Heck, You Already Bought Them Once, Right?

While you might still bust a move to the Bee Gees when nobody’s watching, you don’t like them quite well enough to go out and replace that LP with a CD. Indeed, many baby boomers have huge ‘stax of wax trax’ from the pre-CD era that they’ve still not replaced with either CDs or digital downloads. Or maybe they’ve inherited their parents’ record collections—often a mixed bag of 33’s, 45’s and 78’s—many of which may be difficult to get or even unavailable in CD version. What to do?

Enter the Vinylwriter from Grace Digital Audio. The Vinylwriter is an “old skool” turntable with some “new skool” tricks—it plugs into your Mac or PC via a USB port and can rip your old records directly to MP3 or CD. The well-respected Audacity Cross-Platform Sound Editor software is included and allows you to remove static or hiss, alter frequencies with equalization, adjust volumes, plus much, much more.

www.gracedigitalaudio.com ■

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The Jack Pine par Tom Thomson

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give to Tree Canada, and we’ll plant your gift
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2009 Porsche 911 Carrera Coupé



Luxury Car Wish List

Dream cars...

By Tony Whitney



2009 Aston Martin V-8 Vantage Roadster

Short of a new ski chalet in Whistler or a boutique winery in the Okanagan, the ultimate gift just has to be a luxury sports car, an opulent sedan or maybe a high-end SUV.

This season, several automakers in the luxury class have something special to offer for the new model year and we've checked some of them out in detail—though making a choice from a lineup like this would be a near-impossible, albeit highly desirable, task.

Close to the top of anyone's seasonal wish list is the Porsche 911 and the German manufacturer has a revised version for 2009. New Porsche 911s always draw the same response when they're first shown to the public—something along the lines of “it looks just like the last one.” In fact, people have been saying this for just about every one of the multiple generations this legendary sports car has evolved through since the wraps came off the first 911 at the Frankfurt motor show in 1963.

As has been the case for many years, there are Carrera Coupé, Carrera Coupé S and Carrera Cabriolet models available, plus variants with all-wheel drive (Carrera 4) and the awesome Turbo. The base 3.6 litre engine delivers 355 horsepower and if you upgrade to an “S” model, it climbs to 385 horsepower. Either way, you get an exceptionally fast sports car with very impressive acceleration and top-end speed.

One of the most interesting aspects of this new Porsche is its new semi-auto transmission—a 7-speed unit that shifts faster than the manual box, with fuel consumption reduced by 13 percent—not bad considering you're getting 20 more horsepower for 2009.

Exterior changes to the car include LED lights front and rear. They're very distinctive and the sight of a new 911 in the rear-view mirror at night makes you think you're being followed by some kind of alien spacecraft. Base prices run in the \$95,000 to \$175,000 range.

From Aston Martin comes the V-8 Vantage Roadster—a classic British design that ranks among the world's finest sporting cars. Superb styling is one thing, of course, but engineering is the key when it comes to “proper” sports cars and the DB9 doesn't disappoint. It's built almost entirely of aluminum and uses composites for structural applications around the vehicle.

The power-operated top is nice and snug when in place, but there is some cargo space sacrifice, as might be expected. Even so, there's enough room for a bag of golf clubs in the back. As its name implies, this is the Aston with a V-8 rather than a V-12 and it's a 4.7 litre unit developing 420 horsepower. It's potent and responsive and under full throttle makes a most un-Aston-like roar which will delight enthusiasts. Buyers can choose from two transmissions—a 6-speed manual or a 6-speed Sportshift auto/manual with steering wheel mounted paddle shifters.

The interior of the car is a total delight with superb leathers almost everywhere, a perfect driving position and a general feeling of being part of the car. Prices start at \$129,500—surprisingly low for a car like this Aston.

Audi's A6 is the automaker's mid-sized model and competes with rivals from BMW, Mercedes-Benz, Jaguar, Lincoln, Cadillac and other premium makers. For 2009, there's a “new generation” A6 that includes a host of changes to create a luxury sedan that's tough to beat in the class it battles in. There are some subtle bodywork changes—all of which seem to transform the car and make it visually more appealing. The top model for Canada packs V-8 power under its shapely hood, but the bad news is that the most potent of all A6 versions—the awesome V-10 580 horsepower RS-6—won't be sold on this side of the pond. That's a pity, since the RS-6 must be the most powerful non-exotic 4-door sedan on the planet. Prices are yet to be announced.

2009 Audi A6



There has to be a Mercedes-Benz on everybody's wish list, but, right now, one of the new stars is the GLK sport utility/crossover—which is the famed Stuttgart manufacturer's answer to compact luxury rivals like the Land Rover LR2 and BMW X3. Actually, the GLK doesn't look that small and it's very roomy inside, but it sits in the M-B range a notch below the ML and GL class vehicles. Many would argue that the GLK is the best-looking Mercedes sports utility of them all, even though the full range is very comprehensive. It's a decent off-roader too, so this is not just a boulevard cruiser. We put the GLK through some very rough territory at the international media launch near Dusseldorf and it performed surprisingly well, even though it's based on a platform from M-B's sedan range. Power is provided by a 3.5 litre V-6, and that's the only option you've got. Perhaps one of the diesels Europe gets will make it to these shores. Prices are expected to match those of rivals and start in the low fifties.

Just announced at the big Paris auto show was the Lamborghini Estoque. Not too many details have been revealed yet—just a few lines and a couple of fuzzy images almost in the “spy photo” category. Even so, the big news here jumps right out at you as soon as you look at it—the car has four doors! Not too long back, the very notion of a Lamborghini sedan would have been laughed at as ridiculous, but with Porsche readying its Panamera 4-door and Mercedes-Benz riding high with its CLS “4-door coupé” Lamborghini clearly thought the time was right to try something new.

Perhaps naturally enough, the car doesn't look anything like a boxy sedan—a quick glance might place it as another ultra-sleek two-seater coupé from the Italian supercar builder. But four doors it has, though nobody is saying that you'll be able to squeeze a couple of heavyweight boxers in the back if the need ever comes. Until we've tried one of these, we'll have to keep it firmly in the 2+2 category—and don't expect this one to be an economy buy when it appears in the showrooms. Lamborghini says the Estoque could become a third vehicle line for the company—joining existing Gallardo and Murcielago models. Estoque prices won't be announced until the car makes the transformation from concept car to production model, but expect them to be pretty hefty.



2009 Mercedes-Benz GLK

Lincoln's new MKS mid-to-large sedan deserves to make anyone's "must have" list if their focus is on this class of car. The 2009 MKS is a very clever piece of design in that it provides occupants with generous space along with an almost SUV-like view of the road ahead. Although the seating positions are higher than normal in this segment, the MKS doesn't look a bit bulky—and it drives like a much smaller car too. The interior would do credit to any top European automaker and is very well finished and fitted out. Better yet, you can order your MKS with all-wheel drive, which makes it very safe as a winter or wet-weather driver. Lincoln hasn't been making much of an impression in the sedan class in recent years, though the smaller MKZ is very competitive. This could be the breakthrough.



Above: 2009 Lincoln MKS.
Right: 2009 Nissan GT-R Sports Coupé.



Prices for the new MKS with 3.7 litre V-6 range from \$45, 600 for a base front-wheel drive version to \$47,800 for the all-wheel drive car. Adding the kinds of options most people buying in this class want can add many thousands more—a "vision package" which includes adaptive cruise control, surround sound audio, voice-activated navigation and a rear backup camera costs \$5,000.

Not too many dream cars get dubbed the "Godzilla of the auto world" but that's what people are calling the awesome new Nissan GT-R sports coupé with its whopping 480 horsepower. Most Canadian consumers are unaware that Nissan has been producing versions of the GT-R (always called Skyline GT-R over here) for many years and I track-tested one in Japan back in the 1980s. But this is the first GT-R to be sold here and now this monster—seen only in video games up to this point—is loose on our streets.

As one might expect, GT-R acceleration is startling and you have to hang on tight, though this is actually a large and heavy sports car. Suspension matches speed, which is just as well, and according to Nissan, some very fast laps have been recorded at Germany's fabled Nurburgring race circuit. This really is a "Japanese Porsche Turbo," but its sticker price is a thrifty-for-its-class \$82,000 or so. Try and find anything on the market at this price with performance even remotely close to that of the GT-R and you'll draw a blank. It's not a pretty car with its angular lines and bulk, but as a driver's sportster, it ranks as one of the world's best. And don't expect to get one under the tree this year—there's a long waiting list.



2009 BMW 7 Series

The launch of a totally new BMW 7 Series is always an exciting event because this model is very much a benchmark for large luxury sedans like the Mercedes-Benz S-Class and Audi A8. For years the "7" has been at or near the top of this segment and after a long model run with the last car, BMW has re-worked it inside and out. It does look quite a lot like its predecessor, but nobody would expect otherwise. It has all the usual BMW design cues from nose to tail and you'll never mistake it for any other automaker's model—which is exactly what BMW wants.

There will be two versions for Canada—a 750i and a 750iL, the latter having its length extended by 140 mm for more rear seat room. Power for both comes from a newly developed twin-turbo V-8 putting out a nice round 400 horsepower and delivering it to the wheels via a 6-speed automatic transmission. BMW has revised its iDrive system, which controls everything from navigation to stereo sound. The old iDrive was often criticized for its complexity and a new-generation system has been much awaited. Prices for the new 7 Series have yet to be announced, but recent trends have shown that buyers often get more goodies with a new model at a similar price to the old one.

"The competition in the luxury car business is very strong in Canada, despite financial upheavals in the US."

These outstanding vehicles fulfill their roles in life in different ways, but all pack the ultimate in engineering excellence, performance, style, prestige and more. The competition in the luxury car business is very strong in Canada, despite financial upheavals in the US. Most upscale car manufacturers here reported gains in the third quarter of 2008 and some even tabled record sales. As far as Canada goes, the luxury car business is alive and well and for many, seasonal wish lists are not just flights of fancy. ■

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Stewarding the Move to the Retirement Patch

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

“The trouble with retirement is that you never get a day off.”
~ Abe Lemons, successful basketball coach

All clients want to be ready for their ultimate retirement. Along the way, they often ask their professional advisors for guidance in stewarding the move. Plenty of questions about various topics and sensitive issues arise. Questions like: Do I have sufficient capital? How do I transition from running the family business? Is my retirement goal feasible? Is my investment plan appropriate for the long run? Is my family well taken care of if I pass away suddenly?

Clients face a multitude of decisions in mapping their retirement. They want roadmaps that withstand the tests of time. Particularly those at retirement’s doorstep. This raises the issue of how the professionals can assist each client in achieving their much-desired milestone.

Planning retirement is about setting a long haul course of action. Clients typically need to attain specific investment returns. It’s more than selecting stocks and funds. Some portfolios need only a little help. Others call for a bigger task. Perhaps, total financial makeovers are required.

Nest eggs destined for retirement are often left lazily on their own far too long with few checks and balances. Various events can spring a little chaos on them. Like buying a muddle of 20 to 30 picks for no apparent reason.

The desired time to start is at least 10 to 15 years before retirement. During the accumulation phase, clients need to find that balance between spending for today and saving enough for retirement. Sometimes, the last 10 years are the savings boost to make retirement goals happen.

Retirement plans can easily span 25 to 30 years, possibly more. Longer life expectancy requires bigger nest eggs, especially for women. I add 5 to 10 years to life expectancy for more safety.

It’s also possible that no more funds are added to the portfolio once retirement begins. Essentially, the available capital has to sustain income draws for a considerable time. Say for the lifetimes of two spouses.

Accordingly, I’ve assembled some tips to improve the retirement readiness prospects:



Pillars of Investing

Achieving a successful retirement is about implementing four pillars of investing: taking the long-term view; having a well-diversified portfolio; avoiding large investment losses; and rebalancing occasionally.

Clients ought to concentrate on what the nest egg is expected to provide. Refresh the desired retirement incomes. Confirm that the goals are realistic. The professionals should be asking them about these matters.

My experience indicates that the family expenses before retirement are similar to those after retirement. The individual allocations are a little different. I don’t focus on replacing arbitrary percentages of pre-retirement income. Rather, I focus on replacing the family expenses. That sum is easily translated into a before-tax income ballpark.

Size up the nest egg

Say two spouses, ages 50 and 48, want a retirement income of \$200,000, in today’s dollars, starting in 10 years. They need to accumulate about \$4,800,000 of assets if they have no employer pension.

This sum is over and above CPP, OAS and the residence. By contrast, a \$150,000 income goal reduces the nest egg to about \$3,500,000. Thus, it’s important to understand the math of retirement.

The key is the investment rate of return required to achieve the retirement goals—all within the client’s saving capacity, risk tolerance and time horizon. The portfolio risks of seeking a 5% investment return are vastly different than aiming at 10%. Income expectations may need adjustments if the risk of loss is too great to endure.

Develop the game plan

Clients approaching retirement will need to switch from accumulating the nest egg to drawing income. This may require investment strategy changes to initiate and sustain the draws. Thankfully, the client does not have to implement everything at once. Taking a year or two to transition the portfolio is quite acceptable.

Asset mix has a large impact on portfolios. One vital area is the appropriateness of the mix. Retirement portfolios typically include a blend of equities, bonds, cash instruments and real estate.

Capital preservation is vital for many retirees, as well as the need to continue growing the nest egg during retirement. Therefore, long haul management of the finances is ever so important. A mix of 40% to 60% in equities is a comfortable allocation for most retired clients.

Some clients want to make radical changes to the asset mix, such as becoming too conservative during retirement. This may necessitate adjustments to income if inflation rises or investment returns decline.

Manage the risks

Clients should not let risk be the dreaded word. Understanding and containing investment risks can be a full time job, as the markets remind us practically every day. Therefore, risk management is job one, year in and year out.

Portfolios incur many types of risks. Clients can have different personal experiences with the same risks. However, risks are what ultimately deliver returns. Hence, every client ought to be familiar with the types of risks to which the personal portfolio is exposed. Not to mention the level of risks that can be safely tolerated.

Professionals can help clients focus attention on three major factors about tolerating risks. The ability to incur investment risks is associated with the investment time horizon. The willingness to incur the risks is associated with the investor profile. The need to incur risks is associated with the required rate of return.

The ability, willingness and need to incur investment risks should always be established at the outset. It’s part of designing the game plan. There is one myth that ought to be dispelled. That is about seeking the highest return for the least risk. I know of no such strategy that delivers.

The prudent client assumes that some investments will disappoint and become terrible picks. This is one more reason to ensure that no investment can adversely affect the goal in a significant way, such as employer stock.

Fees and expenses

Every client ought to become familiar with investment fees and operating expenses—both the invoiced and hidden ones. These include management expense ratios, front loads, deferred charges, trading commissions, custodial fees, transfer fees and redemption fees—to name a few.

All investment advisors should be asked the tough questions. Such as what their firms are paid from the investments, both now and in the future. Their answers should flow easily.

Activities in retirement

Everyone has to consider what activities to pursue during retirement—especially those who retire at an early age. Retirement does not mean the end of activity. Rather, it opens fresh opportunities for many new activities. This gives definition and meaning to their roles after retirement.

A successful and satisfying retirement is much about pursuing activities that bring happiness. This is just as important as the financial pursuits. Some retirees substitute community work for their former work.

Activities can include travelling, pursuing old and new hobbies, becoming a mentor, charitable activities, writing and many others. Maintaining productive and stimulating activities is key. Successful retirements include a reliable network of family members, friends and other groups.

Retirement spoilers

Every client ought to mull over the factors that may spoil the well-planned retirement. Four potential spoilers come to mind: inflation, health costs, low investment returns and large losses.

Let’s examine the effects of four inflation rates on each \$100,000 of desired retirement income (figures rounded):

YEARS FROM NOW	ASSUMED INFLATION RATE			
	2.00%	3.00%	4.00%	5.00%
5	\$110,400	\$115,900	\$121,700	\$127,600
10	\$121,900	\$134,400	\$148,000	\$162,900
15	\$134,500	\$155,800	\$180,100	\$207,900
20	\$148,600	\$180,600	\$219,100	\$265,300
25	\$164,100	\$209,400	\$266,600	\$338,600
30	\$181,100	\$242,700	\$324,300	\$432,200

Increasing the inflation rate by 1% makes for some nasty numbers. The future inflated dollars can cause painful havoc on the finances.

We never know when health costs may spring surprises. Long-term care facilities can easily cost up to \$10,000 per month, or more. Even basic in-home care costs add up quickly.

Most retirees no longer add money into portfolios. Therefore, incurring a large loss is a must-avoid. Wise clients have learned to take small losses and move on—without regrets. Taking on more risk to recover from investment losses is dangerous strategy for retirees.

The portfolio may experience periods of low investment returns, no returns or bear markets. By my count, investors have weathered 25 bear markets in the Dow Jones index since the year 1900. The price declines ranged from about –16% in 1998 to –89% in the1929-1932 period.

Hence, we’ve had a bear market, on average, nearly every 5 years and typically lasting from 3 months to 3 years. We all remember the bear that ended in October 2002, not to mention the current one. Bear and bull markets are part of the investing experience. The fact that they happen is no surprise. It is doubtful that clients can escape the grip of a bear market during their retirement.

The outcome of this exercise is that the retirement plan may require some rethinking of personal strategy. Examining where the client is right now and what has to be done is time well spent. It sets the scene for the design and implementation of the right game plan.

Professionals can assist each client in pursuing the personal game plan. Someone should take the lead and become the financial quarterback. The client’s successful retirement is at stake.

A dose of common sense is a must in planning the retirement. A joint meeting with the client’s professionals, say the investment, tax and legal advisors, gets everyone on the same page. Clients appreciate professionals who become part of the coordinated solution. ■



Above: Late Snow — Giant Steps, 36" x 48"

Robert E. Wood



Far left: Summer Beauty, 30" x 40" Left: Hidden Waterfall, 12" x 16"



Above left: Alberta Rockies Sunrise, 30" x 48". Above right: Entering King Canyon, 12" x 16". Below: Marquis of Granby — London, 30" x 40".

Born in North Vancouver, Robert E. Wood has been a professional artist for nearly 20 years, depicting his vision of the world through the medium of oil paint. Throughout his career, the Rocky Mountains of Western Canada have remained an endless inspiration. As Wood says, "There are infinite variations in composition through the effects of light and the four seasons on the mountains, lakes, rivers and forests of the Rockies. For example, I've been painting the Kananaskis Valley for 19 years and there are favourite spots I've been back to dozens of times, and every time is different than before."

Alongside his landscapes, Wood continues to paint a variety of subjects, notably florals and street scenes. "My city scenes these days are inspired by my trips to London, England. I have family and friends there, so I tend to get over on a fairly regular basis. The old pubs and architecture are very appealing to me, and as a subject they offer a complete contrast to my landscapes."

Regardless of the subject, Wood paints from the heart and his objective with each painting is the same: "My mission is always to capture a true sense of light and life in each painting. Sometimes I'm after a dramatic effect, and other times there can be something subtle that appeals to me; either way, it's all about the light. I'm not a gray-day painter!"

Studio time occupies a large part of Wood's life, but his love of the landscape also draws him to work outdoors *en plein air*. "I like to paint on location whenever I can, on my own or with others. I've been going for trips to the Kananaskis with a group of other artists for about 18 years now, usually in the spring or fall, for a week at a time. Working from life is a great experience and is invaluable for perceiving the truth of nature and the subtleties of light and colour. There's nothing like being there."



"My mission is always to capture a true sense of light and life in each painting."

Robert has taught occasional painting classes for years, but says, "I'm not able to teach as much as I have done in the past. I find I'm too busy actually doing it. It's now a rare occasion, but I have agreed to teach a three-day workshop for an art group in the south Okanagan this coming spring."

Robert's career in the arts follows those of his father and grandfather. "Every artist is following in the footsteps of giants—whether in a worldwide sense with masters like Rembrandt, or the Canadian sense with artists like the Group of Seven, or in a personal sense for me with my own family history," says Wood. "We have to acknowledge

that lineage and learn from it, while also moving forward. We're living in an exciting era of great artwork; I think that some of the finest paintings in the world are being created today."

Regarded as one of the top landscape artists in Western Canada, Wood's work hangs in private and corporate collections around the world. Robert E. Wood has been working most recently on new paintings for his annual one-man exhibition with the Gainsborough Galleries in Calgary, which will take place on November 22, and will once again undoubtedly draw the attention of those with an eye for the beauty of nature and the world around us. ■

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Rendezvous Art Gallery



Georgia Strait #2 30" x 15" Acrylic on Canvas



Morning Mosaic 30" x 40" Acrylic on Canvas



Le Petit Chatelet 40" x 30" Acrylic on Canvas



Branches of Kalamalka 30" x 36" Acrylic on Canvas



Blue Note Live #2 20" x 24" Acrylic on Canvas

Rendezvous Art Gallery is one of the most uplifting galleries you could ever visit. Not only is the location bright and cheery, but the colourful art is bound to put a smile on your face. The gallery represents all-original work by contemporary Canadian artists, with the majority in B.C., and a few from Quebec. Director Guy Dagenais established Rendezvous Gallery 15 years ago, and while most of those years were spent on Howe Street near Georgia, it is the new location, at Howe and Cordova, that has started a buzz in the local art scene.

Regardless of what is happening outside, it is always a pleasure to visit this gallery and let the magical work of their many talented artists make your spirits rise. Manager Ingrid Wypkema has been with the gallery for 10 years, and is dedicated to making the Rendezvous what it is today and to offering the high level of customer service for which the gallery is known.

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

The gallery will be featuring a fabulous display of small paintings by a variety of artists throughout the latter part of November and early December, which will make lovely gifts, just in time for Christmas. Group show openings will be held on November 19th and December 3rd, from 4 – 7:30 pm.

Some of the many talented artists the gallery is proud to represent include Amanda Jones, whose work is a wonderful recent addition, along with Jane Armstrong, Barrie Chadwick, Rod Charlesworth, Sharon Danhelka, David Edwards, Solange Falardeau, Greta Guzek, Ron Hedrick, Peter Holmes, Rene Lemay, Nancy Lucas, Patrick Chi-Ming Leung, Berge Missakian, Angelica Montero, Paul Paquette, Danuta Rogula, Mary Touhey and Craig Yeats. ■



Belgo Blues 30" x 40" Acrylic on Canvas

Rendezvous Art Gallery

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“His genres...are created with a loose, vibrant style and could be considered contemporary impressionism.”

Rick Bond

Rick Bond is an established Western Canadian artist. He currently lives and paints full time near Vernon, B.C. He was born in Victoria, B.C., and grew up in the Gulf Islands.

Rick started his painting career in 1980. He took his training through the Emily Carr Outreach Program, Okanagan University College, Pearson College Summer School, Federation of Canadian Artists and other professional artists' workshops.

Rick originally worked with oil, moved to watercolour and now works primarily with acrylic on canvas. His genres, urban and rural landscape and musicians, are created with a loose, vibrant style and could be considered contemporary impressionism.

Rick has had many solo and group shows since 1988, starting with the Okanagan Artists League, with members of the FCA, and with public and private galleries in Vernon, Vancouver, Kelowna, Whistler, Calgary, Regina and Montreal. In 1999, he achieved AFCA Signature Status with the Federation of Canadian Artists.

Rick has a strong affiliation with the community and is a regular contributor to fundraising activities. He was the Manager of Pharmacy Operations at the Vernon Jubilee Hospital and has been the president of the Okanagan Artists League, the Vernon Community Arts Council and the Chairperson for the Images and Objects show with the B.C. Festival of the Arts. He is also a former member of both the Lions and the Rotary clubs.



Blue Note 24" x 30" Acrylic on Canvas

Connecting to your highest experience and expression is the first step in claiming your tribe and building your community. You know what your best feels like. It's subjective; uniquely yours, yet there are others who may share some of the same desires and expressions. There is a new renaissance on the earth today, defined by those with distinct values of personal growth and a well-developed social conscience. These people desire an expanded view of the world, and want to see all the parts and trace the interconnections. They know the world is too complex to be only linear, logical and analytical. Meditation appeals to these people because they seek out direct personal experience as well as intellectual ways of knowing the world. They may be Christians, Jews, Muslims, Buddhists or Agnostics, but they get passionately engaged with social movements, new forms of psychology, whole systems of ecology, consciousness expansions in spirituality and holistic healing and health. They want to have a deeper, more passionate connection with everything and everyone in their life. They want their life to flow.

They insist on looking at more than just their mind, emotion and behaviour. They want to define and understand their own belief systems, their energy systems and what's in their subconscious and superconscious states of awareness. They attempt to leave no stone unturned in their path.

These people are the creative, innovative, leading-edge thinkers, inventors, educators, environmentalists, writers, musicians, artists, business owners, psychotherapists and alternative health care providers—seeking fresh solutions for themselves and the world. They decide what is real and important. They take life personally and want to build a relationship with it—organically and without force. They often seek out modern forms of meditation so they can learn to express themselves and their world with intimate wisdom, spiritual awareness and personal authenticity.



Earth's New Renaissance

By Jonni O'Connor

They work on developing an ability to communicate and influence, to initiate and commit, through integrity and emotional intelligence. They come from the heart while using their head to understand how to balance their emotions. They care and they want their life to reflect that.

And what of their personal and intimate relationships? What expectations do they bring to the table? For starters, they intend to break down outworn relationship models and instigate new, original ones that truly work. They want to understand what drives them, what attracts them and most importantly, what brings out the best in them—whether in work or play. They desire a deeper understanding of what magnetic energy, karmic interplay and passionate surrendering are really all about. Their sexuality is important to them and they strive to know its power as a conduit to a greater energy. Modern meditations teach them how to create a delicious space for intimate play and how to grant their beloved partner growth and expansion, and bring humour and joy into their relationship. They learn that what's missing from their sex life is not technique but, rather, being present in the moment. They

start to realize that this presence comes through their body and their heart, not from their thinking mind. They learn to play, explore and bring back the innocence of what sex was originally meant to be.

Passion seems their middle name, defining passion as a depth of connection and an exchange of energy. If they are not passionate about their intimate partner, they learn to recognize it and move on. If they are passionate about someone, it is because they are passionate about life and all its components. They desire a connection, a fully conscious knowing, of all that they really are in order to build a life of passion and depth, of joy and gratitude.

I love these people, for their beautiful vulnerability, their open and utterly honest expression, and their courage in seeking more. Are these your people too? ■

- also representing:
- Brian Arthur
 - Rick Bond
 - Merv Brandel
 - Fred Cameron
 - C.R. Cheek
 - Rick Crump
 - C.A. Danyluk
 - Jean-Guy Desrosiers
 - Tom Lamont
 - Karl Lansing
 - Nicole Laporte
 - Marie-Andre Leblond
 - Wee Lee
 - Ken Li
 - Harold Lyon
 - Nancy Lucas
 - Min Ma
 - Del Mark
 - Paul Paquette
 - Waclaw Pietucha
 - Martin Pryce
 - Ted Raftery
 - David Ross
 - Carl Schlademan
 - Claude Simard
 - Lyle Sopel
 - Linda Stewart
 - Doug Swinton
 - Rick Taylor
 - Tiffany
 - Tinyan
 - Mark Totan
 - Louis Tremblay
 - Andre Turenne
 - Xie Qiu Wa
 - James Wood
 - Robert E. Wood
 - Vilem Zach
 - and more...



Oil "Winter Road " by Ron Hedrick 24 x 30

Christmas Celebration

December 6, 2008
Exhibition and Sale of
New Works from 20 Artists

Kal Gajoum

Exhibition and Sale of
New Works
January 24, 2009



Oil "Paris " 36 x 30

Gainsborough Galleries

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GEORG SCHMERHOLZ



*SWEETPEA
(little Raina)
portrait*

*bronze & rhodonite
on Turkish Red
marble base.
18"h x 6"w x 9"d*

*Sculptural Portraits,
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Exceptional Corporate
&
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