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GOOD LIFE
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Contributing Editors



Chef Julian Bond is the current Executive Chef, Vice President and Chief Operating Officer at Pacific Institute of Culinary Arts (PICA), British-born and trained, Chef Julian Bond was professionally recruited to Canada in 1995. Since then Chef Bond has been behind award-winning restaurants, mentored over 2,000 culinary school graduates, and pioneered forward for conservation initiatives such as Ocean Wise, a Vancouver Aquarium Conversation program, and Green Table Network. Proudly, PICA is a founding culinary school member for both. Chef Bond's endless energy and creative talent, along with his passion to educate the next generation of culinary professionals, has led him to be the President of the Chefs' Table Society of B.C. Julian@GoodLifeConnoisseur.com



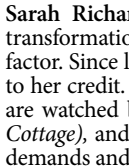
Jane Gilbert is the Nature Conservancy of Canada's (NCC) Chief Storyteller. Before NCC, Jane spent 10 years with the Discovery Channel, as co-host and senior producer of the programs *@discovery.ca* and *Daily Planet*. Jane was the creative force behind the kids' science-adventure series, *Sci-Q*, for which she received a Gemini nomination. Prior to Discovery Channel, Jane was an anchor and producer working for Canada's leading newsrooms, including *CBC National* and *Newsworld*, Global-TV, and CJOH Ottawa. Jane@GoodLifeConnoisseur.com



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



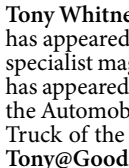
Rhys Pender, MW, is a wine educator, consultant, judge and freelance writer through his company Wine Plus+ and his website www.rhyspender.com. In 2010, Rhys became Canada's youngest Master of Wine (MW). In 2008 Rhys was named as one of the "Top 40 Foodies Under 40" in Western Canada by *Western Living* magazine. He writes for a number of publications, judges internationally and is increasingly becoming recognised as one of Canada's leading experts in the wine business. His career plan is to wait for Robert Parker to retire so he can finally claim back his initials RP for wine reviews. Rhys@GoodLifeConnoisseur.com



Sarah Richardson is the superstar designer known around the world for jaw-dropping transformations that turn ordinary spaces into magazine-worthy rooms with an incredible wow factor. Since launching her first television show over 10 years ago, Sarah has over 250 episodes to her credit. She is the host, co-creator and co-producer of four celebrated HGTV series that are watched by fans all around the world. *Room Service*, *Design Inc.*, *Sarah's House* (*Sarah's Cottage*), and *Sarah 101* are a collection of lifestyle television series dedicated to tackling the demands and design challenges of modern living. Sarah@GoodLifeConnoisseur.com



Lorna Vanderhaeghe, M.S., is Canada's leading women's health expert and has been researching nutritional medicine for over 25 years. With degrees in nutrition and biochemistry, she is the author of ten books, including her two newest, *A Smart Woman's Guide to Weight Loss* and *A Smart Woman's Guide to Heart Health*, and is the founder of the SMART line of products for women's health. For more information, visit www.hormonehelp.com and sign up for her free monthly health letter. Lorna@GoodLifeConnoisseur.com



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

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Publishers

Publisher
Terry Tremaine | Terry@FusionPublishingInc.com

Associate Publisher
Connie Ekelund | Connie@FusionPublishingInc.com

Editorial

Editor
Connie Ekelund | Connie@FusionPublishingInc.com

Copy & Proofs Editor
Anya Levykh | Anya@FusionPublishingInc.com

Intern: Style Editor
Baharak Beikoghli | Baharak@FusionPublishingInc.com

Art Director & Production
Aitan Roubini | Aitan@FusionPublishingInc.com

Photography

Staff Photographer
Connie Ekelund | Connie@FusionPublishingInc.com

Advertising

Advertising Inquiries
Terry Tremaine | Terry@FusionPublishingInc.com

Account Managers

Debbie J. Topp | Debbie@FusionPublishingInc.com
Diana Zoppa | Diana@FusionPublishingInc.com
Maureen O'Brien | Maureen@FusionPublishingInc.com
Shirley McClune | Shirley@FusionPublishingInc.com
Marie Richards | Marie@FusionPublishingInc.com
Linda Arens | Linda@FusionPublishingInc.com

Marketing

National Marketing Group
Synergy CMC | info@Synergy-CMC.com



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ARTISTS OF BALLET BC. PHOTOS BY MICHAEL SLOBODIAN



Our first safari in Kenya made a huge impact. Seeing a giraffe standing in the middle of the plain for the first time, he looked the size of a small apartment building. Meeting the Masai was truly heart-warming. But, of course, it was the animals, lions, tigers, rhinos and all the rest, that amazed. Next was safari in South Africa, seeing a cheetah teaching her young how to kill without the prey making a sound, so as not to attract lions who would steal their dinner.

Now safari in Botswana, the animals remain exotic and plentiful, but the terrain is so different. Instead of predetermined gravel tracks, it's marshland with lots of opportunity to get stuck, with wild animals roaming on all sides. We find sub-Sahara Africa touches the heart as nowhere else can. I highly recommend the experience.


Next issue, we venture to the Seychelles, a place so far from home that if we went any further, we would be starting to come back. They are lovely islands, fabulous resorts and friendly people anxious to have visitors. Plus, as it is so far away, we stop off in Johannesburg for a couple of days. We'll come back with fabulous pictures, so make sure to fill in the reservation form opposite.


Plus, it's that time of year again. Best of the season to all of you and hope that you manage to find time in the coming year to explore this highly varied planet we call home.

As always compliments or criticism is welcome.

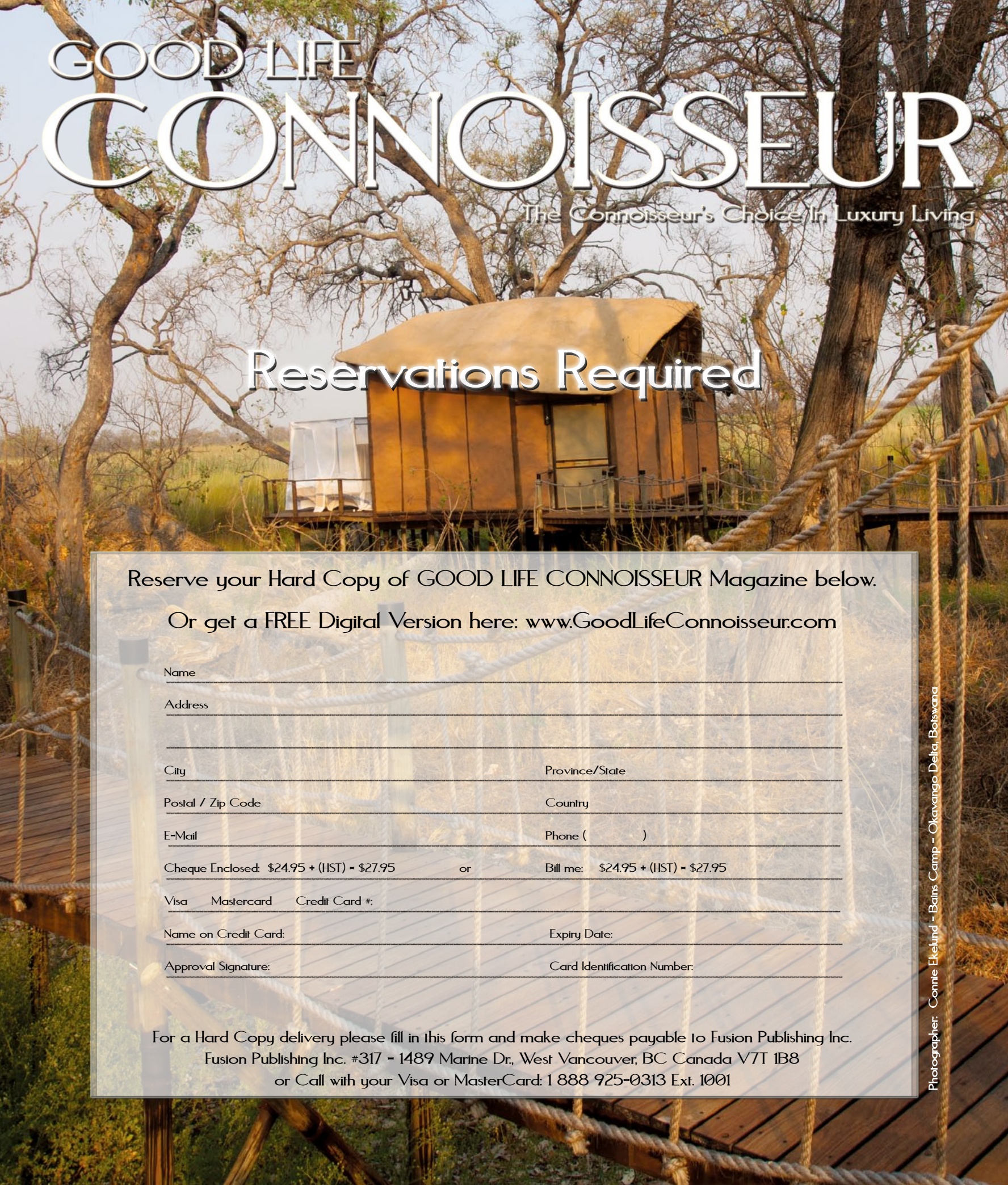
Terry Tremaine
Publisher
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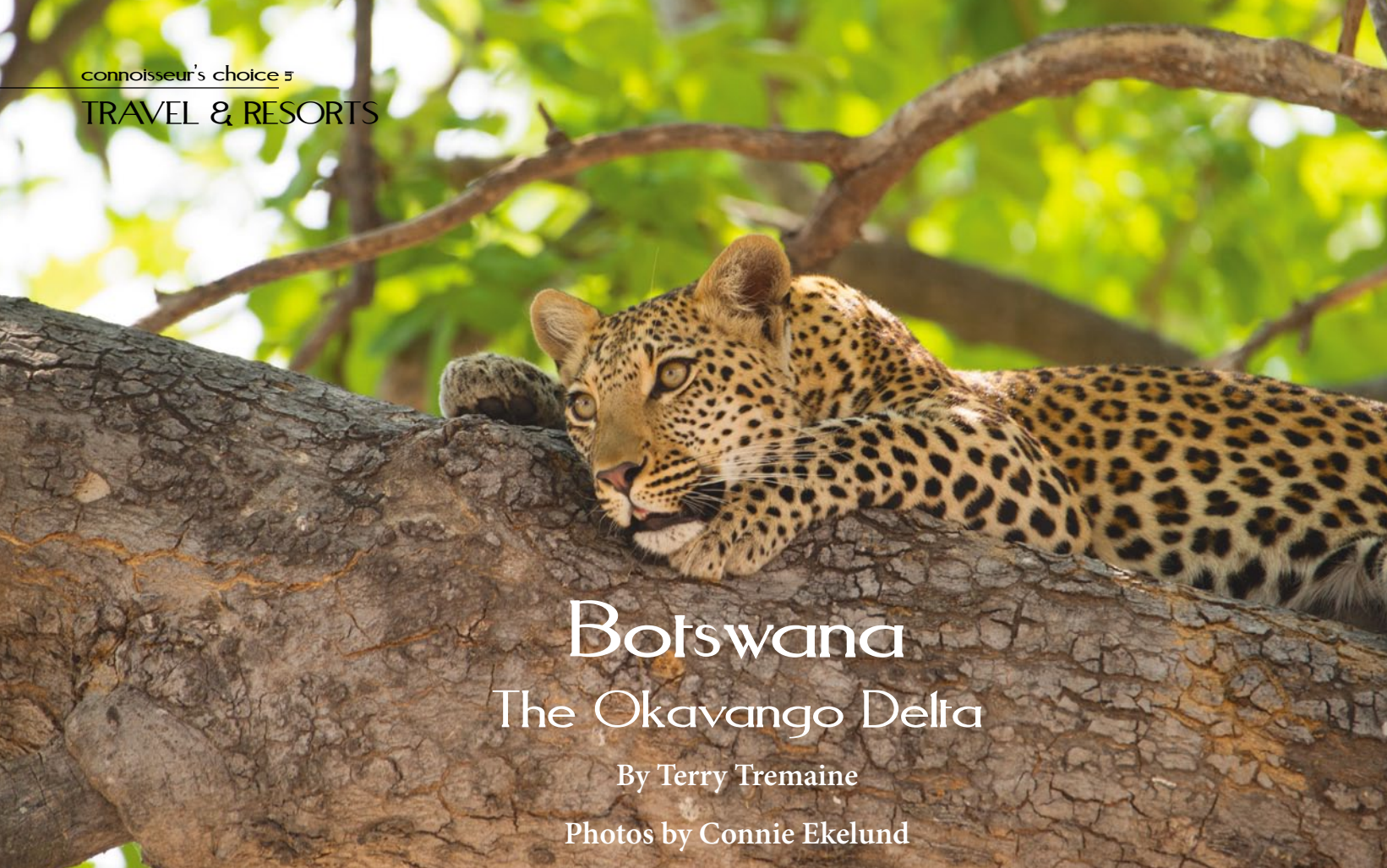
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Botswana The Okavango Delta

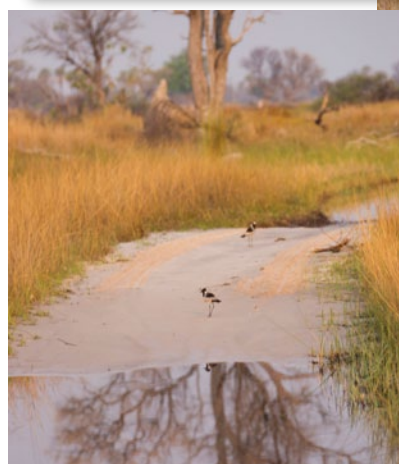
By Terry Tremaine

Photos by Connie Ekelund

Botswana's greatest natural attraction is undoubtedly the Okavango Delta, the largest inland delta in the world, with no conventional outlet to the sea. Covering 3.2 million acres, when in full flood, it is not only a World Heritage Site, it is also considered a Wetland of International Importance as a result of its extensive bird populations. Going on safari in the delta is a unique wildlife viewing experience. Entirely different than dry land safaris we've experienced in Kenya or South Africa. Here, the open-air vehicles have to be able to travel through marshland, with water often washing into the passenger compartment. When your guide yells "Feet up!" you literally raise your feet or end up with your shoes full of water.

Our favorite tour group, Abercrombie and Kent, organized our Botswana adventure. Their Sanctuary Retreats group has a number of camps in the delta. From Maun, the tourism capital of Botswana, it's a fifteen minute flight on a six-seat plane to the dirt airstrip which serves the smallest camp in the group, Baines Camp. Sitting upfront beside the pilot, he thought it fun to tell me that it was his first flight. We were met at the airstrip by our guide and the hour long drive to the camp provided our first experience in how remarkable the vehicles were and how fabulous the wildlife viewing was going to be.

The track to the camp cannot be described as a road. Basically, it's two ruts in the marshland, solely as a result of the jeeps travelling back and forth. The track, at times, is covered with water so deep it rushes in. At other times, the jeep tilts so dramatically that there is legitimate concern it's going to flip—all while travelling through pristine wilderness home to a bounty of wildlife.



The camp is in a huge private concession bordering the Moremi Game Reserve and comprises just five suites built on stilts, plus a separate lounge and dining area, again on stilts, all connected with a common boardwalk. Our suite was quite roomy, with a large four poster "sky bed" swathed in mosquito netting. We returned one evening after an excellent dinner to find the bed had been rolled onto our private wooden deck for a night under the stars; and the sounds of a hippo or two making their way through the marsh below. On our last evening we returned to find two individual slipper bathtubs filled with a bubble bath, a bottle of bubbly on ice and surrounded by brightly burning candles all on that same deck.



TRAVEL & RESORTS

The routine at the camp was to rise early, have a great breakfast and then proceed in the jeep with your guide to see what animals were wandering around that day. During our time at Baines we saw elephants, baboons, warthogs, hyenas, Cape buffalo, numerous varieties of antelope, giraffes and, special for us, a leopard. She was lying on a branch in a tree with a bloody face as a result of feeding on the dead antelope she had dragged up the tree to rest in a fork in front of her. Plus, in a nearby tree we could see her son waiting his turn. After returning to camp for lunch, the late afternoon would include another drive or boat trip through the adjacent canals.

“She was lying on a branch in a tree with a bloody face as a result of feeding on the dead antelope she had dragged up...”

The canals provide sightings of alligators, elephants, hippos and lots of waterfowl. Each afternoon venture ended with a toast to the setting sun, in a traditional sundowner. Throughout, the variety of birdlife was spectacular. Some that stood out included: bustards, bee-eaters, eagles, hornbills, spoonbills, storks and rollers.



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From Baines Camp we flew to Chief's Camp, again, a fifteen minute flight in a six-seat plane. This time the pilot's tease was that he was hungover. Chief's, with 12 bush pavilions, is located in the exclusive Mombo Concession in the Moremi Game Reserve on Chief's Island. With 12 suites to serve, the common areas are significantly larger than Baines, plus it's a dirt path that joins all the buildings together. Each has a stunning view from the private decks over the floodplains in front. On one occasion we returned to our pavilion only to find the entrance blocked by an elephant grazing on the vegetation found outside our front door.

"We were most amused when we saw a young elephant, who was picking on a younger sibling, get swatted with his Mom's trunk."

The routine is the same with morning and afternoon drives through marshland. Here we actually got stuck in the middle of one watery area and were entertained by kingfishers diving for small fish as we waited for another vehicle to come and pull us out. On another occasion we were lucky enough to see a family group of white rhino which have been successfully reintroduced to the area. However, our guide had to quickly back away when the head male felt the group was threatened and proceeded to advance menacingly towards us. Here we also saw our first zebra of the trip. We were most amused when we saw a young elephant, who was picking on a younger sibling, get swatted with his Mom's trunk. He proceeded to move off to sulk by himself away from the family. One afternoon we spent in the midst of a pride of lions—it was truly remarkable.



With more people to look after at Chief's, there are a significantly larger number of staff members. One evening, while seated around an open pit fire having a tremendous meal, the staff put on a performance for their guests. They sang traditional songs while performing traditional dances. The performance elicited warm feelings from the audience and brought folks who had travelled from all corners of the globe close for a most harmonious evening.





From Chief's it was an hour and a half flight to Kasane Airport in the northernmost point of Botswana, neighbouring Namibia, Zambia and Zimbabwe. This is where Chobe National Park lies, with the world's largest remaining population of elephants. Sanctuary's Chobe Chilwero is a luxurious lodge with 15 cottages sitting on the edge of the park in the Kasane Forest Reserve. There is no fence between the reserve and the park, allowing animals to move freely.

"Wildlife is bountiful, with the opportunity to view all the species we had come to expect."

Each of the very comfortable cottages is well-equipped, including both indoor and outdoor showers. The lodge boasts the first full-service spa on the Botswana safari circuit. The ample main lodge building is served by a kitchen that can best be described as gourmet.

Safari here is quite different from the previous two camps. The focus of the park is the Chobe River, which forms the park's and Botswana's northern border with Namibia. Driving through the park alongside the river is on gravel roads. No marshland here. Wildlife is bountiful, with the opportunity to view all the species we had come to expect. Plus, again we found a leopard up a tree with a recent kill.



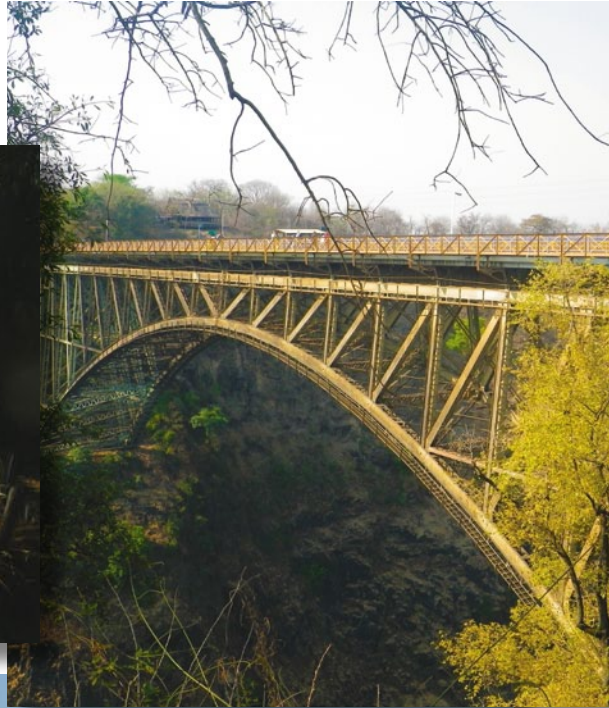
What is most significant here is the opportunity to travel by boat along the river. Visitors are sure to see herds of elephant crossing from one side to the other in search of food. Due to the depth of the river their trunks are going to be reaching above their heads. There are large herds of hippos relaxing in the water waiting for evening, when they feel it's safe to come out in search of food. Plus, there are lots of alligators hoping to grab anything that might get too close.



TRAVEL & RESORTS

The park is essentially a broad-leaved woodland area that has the highest diversity of trees in Botswana, resulting in the riverfront being host to a variety of bird species not found in other areas of the country.

The Chobe River is a tributary to the Zambezi River, which marks the border between Zambia and Zimbabwe, and creates Victoria Falls. There are three great water falls in the world: Niagara Falls in Canada, Iguazu Falls in Argentina, and Victoria Falls. Victoria Falls is the tallest, while Iguazu is the widest and Niagara Falls has the greatest volume of water, but Victoria Falls is rated the biggest in terms of the sheer size of the water face. Having seen two of the falls, we felt it only reasonable to take the opportunity to see Victoria Falls as well.



An Abercrombie and Kent guide drove from Zimbabwe to pick us up at Chobe Chilwero Lodge. The drive to Victoria Falls through basically forested area takes approximately two hours including time spent with border crossing officials. Generally, in our travels, we find Canadians to be very well received, so we were quite surprised at the border to learn Canadians must pay a premium to enter the country, calling it a reciprocal action.

The town of Victoria Falls has a population of about 15,000 and sits on the southern bank of the Zambezi River and at the western end of the falls. The Victoria Falls Hotel is situated in the Victoria Falls National Park, a World Heritage site. The Edwardian-style hotel was built in 1904 and was recently refurbished. The property has 161 comfortable rooms and is a member of the Leading Hotels of the World. We found the hotel to be everything you would expect of a five-star-rated property. One thing that was a little different was that at the time we were there, only Visa credit cards were accepted in Zimbabwe.

A popular activity for tourists visiting Victoria Falls is to take a Sundowner cruise. Relatively small, covered boats offer dinner cruises down the Zambezi, meandering through islands with an opportunity to see wildlife such as elephants and hippos and lots of waterfowl. Plus, of course, there is a toast to the setting sun.

Our guide had the forethought to start our tour of the falls at the most eastern end when the park opened in the morning. Since the gate is more at the western end, we had the paved paths pretty much to ourselves, as everyone else seemed to start at the other end. From our starting point it's also very easy to see the Victoria Falls Bridge connecting Zimbabwe and Zambia. The brainchild of Cecil Rhodes, built in 1905, it was quite the engineering feat, as it was actually constructed in England and then shipped in pieces to be assembled. Currently, visitors can bungee jump from the centre. Although, our guide told us an Australian woman plunged into the crocodile infested river when the bungee cord snapped. She apparently said she would do it again.





The falls are some five thousand feet wide and visitors to the park can walk from one end to the other facing the falling water. It is not a solid sheet but is broken-up by islands. Apparently, in the rainy season the sound is deafening and the rising mist can be seen miles away. We were certainly not sorry we'd made the effort to come and see this spectacular natural wonder. Though I have yet to make up my mind which of the three big falls in the world I would rate as my favourite, I think I'm leaning towards Iguazu Falls. Likely only because of the extraordinary national park that surrounds it.

From Zimbabwe, we flew to Johannesburg to make connecting flights back home. We had flown from Vancouver to New York to connect with a South Africa Airlines flight direct to Johannesburg. Their business class is very good and Johannesburg Airport, upgraded for the World Cup, is very efficient and full of amenities. Each way we had adjusted to the time zone change with a restful stay at the Westcliff Hotel, rated by many as the best hotel in Johannesburg.

We understand Botswana has one of the highest standards of living in sub-Saharan Africa due to extensive natural resources and tourism. Other than the safari camps, we only saw the Maun Airport, which was modern and efficient, and customs officials were accommodating. So, our only understanding of the country is being on safari. Those who we met employed at the camps were most friendly and seemed quite content. They made our visit most enjoyable. Further, it's really hard to complain about spending days in a jeep watching lions, elephants, giraffe, rhino and all the rest while returning in the evening to a luxurious camp with gourmet dining. Welcome to Botswana! ■



Connoisseur's Choice in Botswana

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The Perfect Gift

For the Hard to Buy For People on Your Holiday Shopping List

By Sarah Richardson

Every year the holidays come and there is never a shortage of “hard to buy for” people on my list. I have made a practice out of taking a photo or a note whenever I come across something that I think would make a great gift—or something I would like myself. During my travels across the country and abroad this past year, I came across a number of interesting, inventive and exciting products for the home that I think would make great gifts.

For the Foodie

Knowing your way around the kitchen is an art. I love to cook and I love to entertain. Here are a few unique gift ideas for the foodie in your life.

Chef’n Citrus Juicer with an inverted press. This tool quickly extracts every drop of juice from halved limes, lemons and small oranges for flavourful cocktails, baking and cooking. \$30.00

www.williams-sonoma.com



Cheese of the Month Club membership from Taste of Cheese. Each month, they select five exciting and unique cheeses to include in a monthly taster box. This box is a great way to become exposed to rare, artisanal or classic cheeses of the highest quality. It is also a perfect gift for any cheese lover! \$45.00 - \$225.00

www.tasteofcheese.ca

Chef and restaurateur Yotam Ottolenghi has written one of the greatest vegetarian cookbooks of all time, *Plenty: Vibrant Vegetable Recipes from London's Ottolenghi*. \$39.00

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www.surlatable.com

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www.philips.com/saeco



For the Design Lover

I am a design lover and many, many design lovers ask me for my favourite things. Here are some worth looking into.

A Living Space by Kit Kemp. Inspiring interiors that have a personal, handcrafted feel. This lavishly photographed interiors book shows how to leave behind design “rules” to create truly beautiful, original interiors. \$52

www.indigo.ca



Celebrate the holiday season in style with Martha Sturdy resin vessels; pick up her shallow bowl in shimmer red. \$385

www.marthasturdy.com





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Sustainable Salmon

By Chef Julian Bond

After travelling thousands of miles through international waters, five wild salmon species find their way home to our B.C. waters, almost like clockwork. After one to five years depending on species, they return with a steely resolve to the very river or stream in which they started out as tiny fry. Along the way they encounter many and, unfortunately, mounting adversities, which include pollution, environmental degradation and overfishing, as well as natural predators. With conservation awareness a preeminent factor, British Columbia's fishing fleets have come to acknowledge more sustainable harvesting practices that adhere to a conservation-based fisheries management regime. Enforcement of a selective harvest of abundant wild salmon stocks serves to protect the weaker stocks and aggressively preserve all future struggling and priceless natural salmon resources. Even with these regulatory sanctions, certain salmon stocks may be in eminent danger due to overfishing, pollution or environmental distress. In pursuit of salmon stock preservation we will need to embrace and support the development of sustainable and energy-efficient aquaculture systems.



Globally, aquaculture farms contribute over 100 species, farmed in everything from high-impact, open net-cage systems and off-shore closed containment ponds to high-tech recirculation tank systems. Each farming system has its own distinct environmental footprint. As a consumer, whether commercial or individual, we need to understand each format's footprint and choose seafood from environmentally conscious aquaculture farms and production systems that strive to continually improve and reduce their environmental impact. Distinguishing which practice has real negative effects on wild salmon stocks has been a longstanding debate that has clouded our willingness to support and contribute to the healing of our ocean environments.

“Embracing this movement for change in our fishing industry is B.C.’s own pioneering practice of flash-freezing seafood at sea.”

Embracing this movement for change in our fishing industry is B.C.'s own pioneering practice of flash-freezing seafood at sea. This preservation method instantly preserves the quality of the wild fish while serving to reduce dramatically the distribution carbon footprint of fresh ice-packed fish shipped in one-time-use Styrofoam containers. Put to true test this last fall at the 2010 Canadian Chefs' Congress, held on Vancouver Island, 500 chefs from across the country gathered to discuss the fate of our global oceans. Given two properly-prepared salmon samples, one flash frozen and the other fresh, this discerning group of palates struggled to recognize the difference.



Not stopping there, Canadian chefs and restaurateurs continue to put their best foot forward in the support of sustainable seafood options. Recognizing that most of the world's highly valued seafood was purchased to be consumed at our own tables, an awareness initiative was forged alongside Vancouver Aquarium's Ocean Wise conservation program. Now a national organization with over a thousand partners, Ocean Wise educates and empowers local restaurants, suppliers and food services on how and where to purchase and support sustainable seafood. Participating food purveyors benefit from the most current scientific information regarding ocean-friendly purchasing options. These choices are reflected on Ocean Wise member menus and supply lists with a distinctive Ocean Wise logo.

With an important resource that is this priceless, we must immediately look for change in order to protect all wild salmon stocks. Wild salmon is a magnificent and natural food source that is rich in flavour, and provides naturally heart-healthy Omega-3 fatty acids. Whether served simply, smoked, cured, canned or in sushi, all wild B.C. salmon plays a significant traditional and economic role in Canadian cuisine, and is an extremely important natural resource that we all should support the preservation of.

Top to bottom: Chinook (a.k.a. Spring, King or Tyee);
Chum (a.k.a. Silver-bright or Keta when canned);
Coho (a.k.a. Silver); Pink (a.k.a. Humpback or
Humpie); Sockeye (a.k.a. red salmon when canned).



Each salmon species is distinctively different by taste, colour and texture. The five wild BC salmon stocks are as follows:

Chinook (a.k.a. Spring, King or Tyee) are fished April to September and on a limited basis October to March. Chinook is the largest of B.C.'s wild salmon, with firm flesh and the richest flavour.

Chum (a.k.a. Silver-bright or Keta when canned) is fished July to November and has a creamy pink flesh colour, offering a milder, more delicate flavour, with low fat content.

Coho (a.k.a. Silver) can be found fresh mid-June to October, with a firm, fine-textured flesh offering versatile flavour.

Pink (a.k.a. Humpback or Humpie) fishing season is July to September and is the smallest in body mass of all the salmon stocks, giving it a delicate flavour, softer texture and lighter colour. It is also low in fat.

Sockeye (a.k.a. red salmon when canned) is the most popular choice for its balanced rich flavour and deep red, firm flesh, making it the easiest to prepare. Fishing season is June to August. ■



225 Degree Salmon with Pickled Cucumber Salad
By Chef Julian Bond, Pacific Institute of Culinary Arts
Serves 4

INGREDIENTS:
Salmon:
1 tbsp extra virgin olive oil
4 (1.5 to 2 inches/4 to 5 cm thick) wild BC salmon fillets, skinned (1.5 lb/750 g)
Smoked sea salt

15 minute Pickled Carrot and Cucumber Salad:
1 lemon, zested and juiced
1 tbsp rice wine vinegar
1 tbsp extra virgin olive oil
1 tbsp liquid honey
1/2 tsp hot pepper sauce
1/4 tsp salt
1/2 cucumber, julienned
1/2 carrot, julienned
4 cups watercress, trimmed

- METHOD:**
1. In bowl, whisk together lemon zest, juice, vinegar, oil, honey, hot pepper sauce and salt. Add cucumber and carrot; stir to coat. Salad can be prepared to this point, covered and refrigerated until salmon is cooked.
 2. Rub olive oil on both sides of fillets. Place on foil-lined baking sheet, bake in 225°F oven for 20 minutes or until salmon feels springy to the touch. Remove from oven and season with smoked sea salt.
 3. Add watercress to carrot and cucumber mixture and toss to combine.
 4. Place salmon on a warm plate and top with salad. Drizzle excess pickled salad mixture around the edges.
 5. Enjoy!

COOKING TIP: As a chef, I highly recommend cooking the salmon until it flakes easily into moist sections, about 8 minutes per inch (measuring at the thickest part of the salmon) if fresh or fully thawed for optimal enjoyment.

COOKING IMPLIMENT: Ditch the inexpensive non-stick pans for durable stainless steel ones. A well seasoned and non-potentially harmful stainless steel pan used in conjunction with proper pre-heating and washing will provide a lifetime of no-stick cooking.

PURCHASING TIP: Whether buying your fish in a retail outlet or from a restaurant menu, never be afraid to ask where the fish comes from and whether it is sustainable. If they don't know, don't buy it. For a list of Ocean Wise seafood purveyors and restaurants, visit www.oceanwise.ca. There is also a convenient and free iPhone app as well.

Temperamental Tempranillo

By Rhys Pender, MW



Tempranillo as a grape variety is a little difficult to characterize. It is light in body and it's also not, it is deep in colour but sometimes pale, and it is very fruity in aroma and flavour, except when it is the complete opposite—earthy, leathery and savoury. Tempranillo may have a bit of multiple personality disorder, but one thing is certain: it is responsible for most of the great wines of Spain and at the same time is gaining popularity around the world.

No newcomer to the wine world, Tempranillo has dug its roots deep in Spanish vineyards since the Phoenicians, but for a long time the only wines with any recognition for quality came from the Rioja and Ribera del Duero regions. This is changing as the grape is increasingly planted across Spain to improve the quality of local regional wines. The grape has also travelled internationally, likely reaching the Americas as far back as the Spanish Conquistadors, but, until recently, has only ever managed a low-quality standing outside Spain.

Early plantings of the variety in places such as the United States and Argentina were as far away from the ambitions of great wine as the vineyards were from Spain itself. It became purely a workhorse grape for jug wine and it took nearly a century before another generation looked at Tempranillo's characteristics in a different and much more positive light. The most recent three decades have seen wine consumption become increasingly global and Spain has been one of the beneficiaries—particularly in recent years—building a reputation for both quality and value. This has put a focus on Spanish varieties such as Tempranillo and across the international wine world there are vigneron who feel that their climate might just be well suited to some of the grape's divergent personalities.

For a large part of recent wine history, it has been the classic French grapes like Cabernet Sauvignon, Merlot, Shiraz, Pinot Noir, Sauvignon Blanc and Chardonnay that have dominated as the “international varieties” and been planted across the world. Now firmly established in most of the world's wine regions, these varieties are producing great wine, but are found by some to be a little lacking in excitement. Pioneering winemakers started looking outside the classic noble varieties. Attention first turned to the interesting varieties of the Rhône Valley. Now, an ever adventurous community of wine producers is experimenting further and Spanish and Italian grapes are getting increasing attention for their quality potential. There may well be a new wave of “international varieties” hitting the wine world and Tempranillo will be near the top of the list.

Tempranillo has many traits that would be obviously attractive to grape growers and winemakers. The name *Temprano* means “early” in Spanish, referring to its ability to ripen ahead of many other red varieties. With vintage conditions becoming increasingly unpredictable across the world thanks to climate change, a grape with guaranteed early ripening could be quite a draw. Bud break is also mid-season, meaning it can avoid both spring and early fall frosts that seem to be increasingly common in our changing climate. Other positive traits include only moderate alcohol even when ripe and its ability to make highly drinkable, if a tad simple, wines in fairly large quantities in relatively cool climates. We all need our well-priced Monday/Tuesday wine choices!



It is not all rosy and positive though for Tempranillo and this may be why it has not gained popularity earlier. The variety is susceptible to various pests and diseases, and quality can vary significantly with moisture, as the grapes are known to swell and become dilute in flavour with wetter conditions and damper soils. With hot, dry sunny days to get flavour and colour, and cool nights to retain acidity, though, top-quality, long-lived wines can result. Fortunately, these growing conditions are not uncommon in many of the up and coming corners of the new wine world and some interesting wines will likely be the result.

“The biggest, deepest and darkest wines that can age and mature for decades typically come from low yields in warm climates that develop ripe-flavoured and thick-skinned grapes.”

Not surprisingly, with such diverse attributes, a wide range of wine styles are made, varying largely with the climate in which it is grown and the ambitions of the grower and winemaker. The biggest, deepest and darkest wines that can age and mature for decades typically come from low yields in warm climates that develop ripe-flavoured and thick-skinned grapes. Flavours of these wines include ripe cherry and strawberry, plum, blueberry and complex spice and earth notes such as burlap, pipe tobacco, baking spices and dried herbs. The best wines have moderate, dry, savoury tannins and retain enough acidity to keep them fresh. Traditionally, in Rioja, the wines spend multiple years in American or French oak barrels, which add layers of complexity and flavour.





Rioja is by far most famous region for Tempranillo. Traditionally, the wines of Rioja will be labelled Crianza, Reserva or Gran Reserva, terms indicating increasingly long maturation in oak and bottle before they are sold. Long barrel aging creates very dry and savoury flavours that some lovers of fruit-driven new world wine find a little too parched. Because of this, some producers are making a modern style of Rioja that foregoes long oak aging and often relies on very short periods in new oak to give sweet chocolaty oak flavours to pair with the ripe blueberry and plum fruit that comes from fully ripe Tempranillo grapes.

Ribera del Duero, the other main region for Tempranillo in Spain, is much smaller than Rioja, but still significant in that it makes many of Spain's most expensive and exclusive wines. It is in Ribera del Duero that the luxury-priced likes of Vega Sicilia and Dominio de Pingus are grown. It is quite a severe region. It is dry, the vineyards are often steep and at altitudes up to 850 metres winters can be long and harsh. Yet summers are hot, with temperatures often hitting 40 degrees Celsius. These are much more extreme conditions than the more maritime-influenced Rioja. Here the Tempranillo grape goes under the name of Tinto Fino (one of the grape's many synonyms) and due to the unforgiving climate produces deeper, darker, fuller and more structured wines than Rioja.

Elsewhere in Spain, Tempranillo-based wines are less famous but gaining recognition. Perhaps the most exciting region is the dry, hot and harsh Toro, situated not far from Ribera del Duero in the same river valley. The local name for the Tempranillo grape is Tinta de Toro and the region produces big, often blueberry jam-flavoured wines that can regularly hit 15 per cent alcohol by volume. The potential of the area has seen many big hitters from Rioja, Ribera del Duero and around the world set up estates in the region.

Tempranillo is becoming recognized for quality across Spain with plantings increasing, in particular in the regions of Navarra, Calatayud, Cigales, Conca de Barbera, Costers del Segre, La Mancha, Penedès (Ull de Llebre), Somontano, Utiel-Requena, Valdepeñas (where the grape is known as Cencibel) and Vinos de Madrid. Tempranillo appears under many synonyms, including Tinto Madrid, Tinto de la Rioja, Tinta del Pais and Tinto Aragones, in addition to those already mentioned above. In Spain's close neighbour Portugal, Tempranillo is also well established. It goes under the name of Roriz or Tinta Roriz in the famous Port region of the Douro and the up and coming Dão and under Aragonez in the Alentejo region.

Elsewhere in the world, there is some interest in Tempranillo in Argentina, Chile, the United States (California, Washington, Oregon and Texas), Australia and there is even a touch in British Columbia, Canada. There are also plantings in the south of France. A 2011 wine competition in the United States included entries from countries as diverse as Spain, Mexico, Greece, Argentina, Australia, France, Italy, Peru, Portugal, Turkey, Thailand, Venezuela and the U.S.

Tempranillo is not always made as a standalone variety and can often be at its best in a blend. Its main blending partners in Spain are Garnacha, Monastrell, Mazuelo (Carignan in France) and Graciano (Garnacha, Graciano and Mazuelo are all allowed in Rioja region blends). Garnacha's softness of acidity and tannin, and floral and red fruit flavours match nicely with the more structured Tempranillo. With Monastrell, the Tempranillo adds some finesse to what can be a monster of a grape. It can certainly tame the high acidity, tannins, colour and bitterness of Mazuelo and it is a much easier variety to grow than Graciano. In the great wines of Vega Sicilia, and allowed throughout the Ribera del Duero appellation, Cabernet Sauvignon and Merlot are also blending partners. These classic French varieties are also appearing in blends including Tempranillo across many parts of Spain.

It is not only big red wines to which Tempranillo is suited. Spain produces a lot of rosado (rosé) and, while it is not the most common grape for the style, Tempranillo is the basis for many of these delicious, dry, light strawberry and dried herbal-flavoured pink wines. On occasion, the variety has even been known to contribute to the odd sparkling wine.

Tempranillo, in all of its diverse glory, is starting to get attention. After centuries of making top quality wine the world is starting to take notice. As Spain grows in stature and recognition, its varieties are increasingly seen as special. Although still only at the beginning of the trend, we can expect to see the name Tempranillo increasingly appearing on wine labels. Some top quality and interesting wines are bound to follow. ■

Connoisseur's Choice in Tempranillo Food Pairings	
WINE	PAIRS WITH
Vega Sicilia Alion, Ribera del Duero, Spain	Roast leg of lamb
Conde de Valdemar Rioja Gran Reserva, Rioja, Spain	Rotisserie duck
Torres Coronas Tempranillo, Catalunya, Spain	Pepper beef stew
Elias Mora, Toro, Spain	Grilled venison loin
Inniskillin Okanagan Discover Series Tempranillo, Okanagan, Canada	Rosemary wrapped prime rib of beef
Rutini Trumpeter Reserve, Mendoza, Argentina	Seared Argentinian grass fed flank steak



Holiday Fashion 2012

By Connie Ekelund

Winter is a great time to get cozy with your friends and family and enjoy everything that this holiday season means to you. We have chosen some perfect gifts that you will want to share with those precious people, and we are sure they will be delighted!

FASHION

Sentaler is a Canadian luxury coat designer whose pieces are made entirely of sheared alpaca fur fabrics in colourful pallets, lengths and styles. The key pieces for this holiday season are her signature capes. Each cape is one-size-fits-all, making them a perfect holiday gifts. \$650-\$890 www.sentaler.com



Cecile Benac has fast developed as a medium to high-end knitwear label to watch for. Known for their use of innovative and luxurious yarns—featherweight loopy mohair, tie-dyed ribbon yarn and washable linen among them—Imported from France, Italy and Spain. Hand-knitted and hand-assembled in Vancouver. Short fringe poncho, \$155; shrug of 100% Alpaca from Peru, \$195. www.cecilebenacknitwear.com



Paige, a long standing favourite brand, is the perfect gift for yourself or someone on your list. The Paloma Legging at \$395 is a fabulous pull-on legging with front leather panels and Ponte on the back, a nice addition to her holiday wardrobe. For Men, the Normandie in Tribeca Wash is this season's pick at \$255 and sure winner as a gift for him. www.paigeusa.com



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When Ursula Kur-Sissons decided to follow her instincts and direct her energies to tap into her need to designer footwear that the fashion world was lacking, **Ulas Fashion** was born. Noting that she could not find shoes which were attractive and stylish, while at the same time very comfortable, her new company is now an 'up and coming' Canadian success phenomenon. Ladies' boots, \$459 - \$519. www.ulasfashion.com



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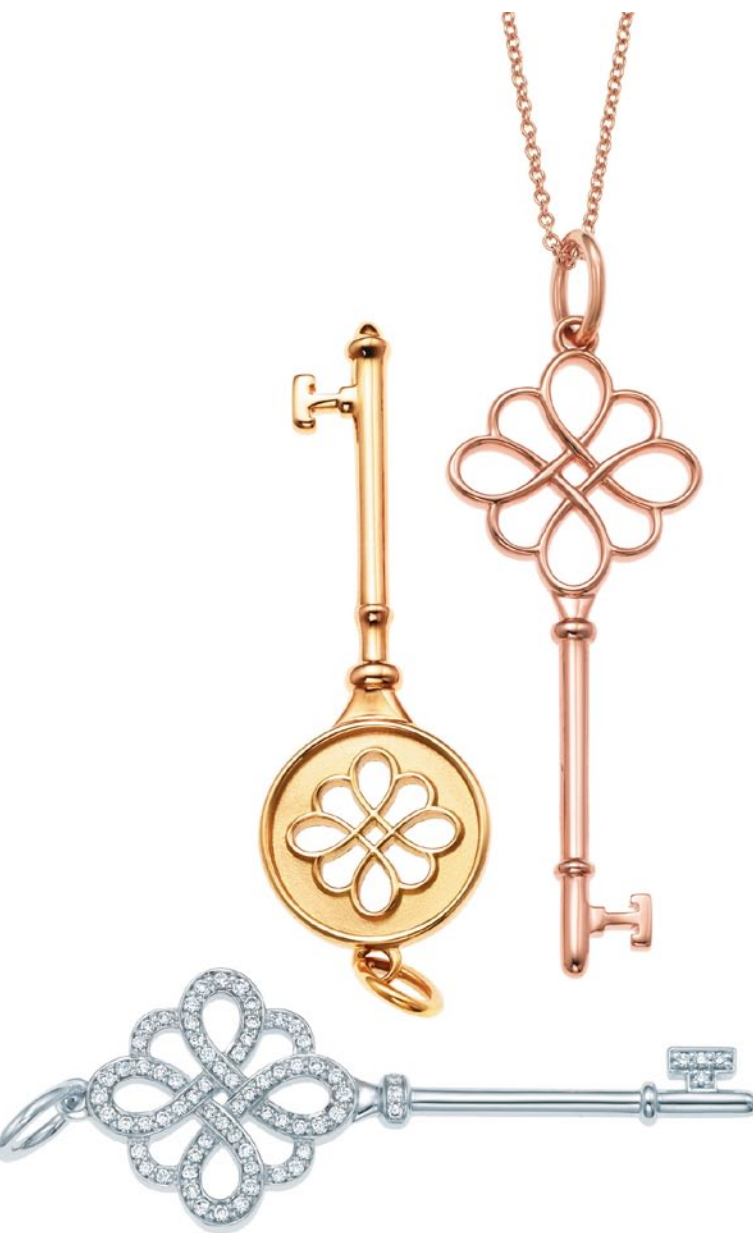


Luna Rossa by Prada for men. Prada's new masculine fragrance is actually named after the sailboat and the sailing team Red Moon, which translates into Luna Rossa. Main note of lavender with clary sage and spearmint in the heart, and topped with bitter orange. \$100
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Refresh Yourself

Imagine a place where an investment of four to six one-hour sessions, spread over less than three months, can help turn back the clock to a refreshed version of your former self. This is what you will find at La Derma Medical Aesthetics, located in downtown Vancouver. On the top floor of the Burrard Medical Centre, Helen Taraviras Zambus, RN, CCP, has brought to life her vision of a boutique medical aesthetic facility where highly effective, specialized treatments are custom-tailored to each client's particular desires and administered exclusively by well-seasoned, experienced medical staff.

As a well-qualified aesthetician, Helen went on to become a registered nurse in 1998. Within two years she began working beside world-renowned, Dr. Alastair Carruthers—the co-discoverer of the cosmetic application of botox, often referred to as the godfather of today's medical cosmetic industry—where she assisted and observed all his procedures for 10 years. Enter La Derma, a boutique clinic filling the void in the market for the service of medical aesthetic treatments by properly trained medical staff at a fair price.

La Derma's equipment is state of the art, with new platforms that are FDA and Health Canada approved. In short, they are devices that deliver. La Derma's carefully selected devices include Palomar's Artisan Aesthetic System, which includes a non-ablative fractional laser, and a MaxG™ optimized light hand-piece for the treatment of pigmented and vascular lesions. Brown and red spots, including rosacea, are faded quickly and safely. Surgical or trauma scar lines, acne scars and stretch-marks are reduced considerably.

Perhaps the most exciting device in her arsenal is Exilis. Helen is thrilled to be the first in Metro Vancouver and among the first ten in Canada to offer Exilis. Exilis is the newest non-surgical, non-invasive method (*not liposuction*) for skin tightening, body-shaping and circumferential reduction of targeted fatty deposits anywhere from head to toe.

Exilis is a proven Health Canada and FDA-approved technological marvel offering the capability of dual function radiofrequency energy (radiowaves) in the same hand-piece. What makes this form of radiowave energy so powerful? Well, it used to be that the only way to reduce fat volume from the body (aside from diet and exercise) was liposuction, which requires sedation, an incision (scar) and downtime from regular daily activities. There are several machines on the market that use radiowaves alone, or combined with other forms of energy that can tighten the skin, or treat cellulite, but none can promise actual circumferential reduction until now.

Here's why: Fat cells are actually stored in the body in lobules that are clustered like a bunch of grapes. These clusters are wrapped in a fibrous tissue layer like a hairnet that holds them together. This fibrous tissue layer made it virtually impossible to reach the fatty clusters without a liposuction cannula—until now.

The Exilis uses radiofrequency energy to volumetrically heat the deeper tissues and to ramp up the metabolic activity of the fat cells, causing them to shrink. The patient satisfaction rate is high, with noticeable circumferential reduction. You can see a small sampling of before and after photos of actual La Derma clients in the galleries section of La Derma's website, www.LaDerma.ca/galleries. Volume loss is typically visible after four treatment sessions spaced at one to two-week intervals. All of this occurs in a safe office procedure with no downtime, virtually no discomfort, no sedation and no limitations on your activities! In fact, some have even compared the sensation of treatments to a hot stone massage.

Exilis works on any area of the body—face, back, abdomen, thighs, arms and buttocks. Helen then enhances the Exilis experience by applying her extensive lipo-suction training to the equation, focusing the treatments where the body tends to concentrate the fat clusters.

As if that alone isn't enough, Exilis also tightens loose skin! They can treat any problem areas you might have by tightening and firming any loose, wrinkled or dimpled skin anywhere on the body. The treatment is frequently used to improve wrinkles on the thin, delicate skin of the face and neck. Exilis achieves skin tightening by rejuvenating collagen through a patented dual energy system called Collagen Refill Technology (CRT).

How CRT Works:

- The collagen fibres' triple-helix structure is affected by heat and this initiates the unravelling process.
- The focused energy disrupts collagen fibres.
- The controlled thermal effect quickly and efficiently dissociates the collagen structure.
- The natural healing process evokes fibroblasts to actively produce new collagen fibres.
- The skin structure is refilled with new collagen

New collagen is what improves wrinkles, giving smooth texture, elastic quality and the beautiful radiance of youthful skin. Depending on the size of the treated area, a treatment may take from 30 to 90 minutes.

“As you go through your personalized treatment plan, those around you may start to notice that you look better—but not know why..”

That Helen and her staff at LaDerma believe in a less is more approach, is comforting. But this does not mean you have to look elsewhere for other treatments or products. Rest assured that LaDerma is a *Full Service Boutique Facility* also offering: Botox, fillers, Lattise (for fuller eyelashes), Obagi, and other well proven complementary procedures and products that can help polish off the final desired result that each individual is seeking. The treatments are further tailored for either male or female clients, and provided in a confidential and professional environment.

As you go through your personalized treatment plan, those around you may start to notice that you look better—but not know why...that will be your secret to keep or share. ■



La Derma Medical Aesthetics
#706 - 1160 Burrard Street
Vancouver, BC V6Z 2E8
604.558.4558
info@laderma.ca
www.laderma.ca

Three Steps to Effortless Weight Loss

By Lorna R. Vanderhaeghe, M.S.



If weight loss were as simple as reducing calories and running the treadmill, we would all be thin. There are many factors contributing to our expanding waistline and that is why diets generally don't work. Most dieters gain all the weight they have lost and more within 60 days of halting a calorie-reduced diet. Weight loss can be effortless when we adopt a new way of eating and add a couple of nutritional supplements that get to the root of the weight problem.

Food that Fights Fat

Eat protein at every meal and eat only protein for breakfast—an egg, a chicken breast, a protein shake, protein powder in yogurt, for example. To make it simple, the piece of protein should be the size of your palm.

Stop eating all white foods—white bread, white pasta, white sugar, white flour, white potatoes. If you have a doughy belly, then stop eating all grains, too. Women lose weight fast when they eliminate grains from their diet—sometimes several pounds a week. Grains are starches that convert into sugars.

Don't drink fruit juice. You would never sit down and eat eight apples at a time, but, when you drink a glass of apple juice, you drink the sugar and water of eight apples without the fibre. Fruit juice disrupts blood sugar.



Eat dark green vegetables at lunch and dinner with a palm-sized piece of protein. Eat a snack in between and make sure it is protein (like a piece of cheese). Get a large plastic freezer bag and fill it every morning with sugar snap peas, broccoli, celery sticks, carrots and more. Eat vegetables throughout the day—your blood sugar will be balanced and you will never feel hungry.

Drink water flavoured with ginger or fresh lemon. Drink herbal teas throughout the day.

Add two clinically-researched nutritional supplements to supercharge weight loss and bust belly fat.

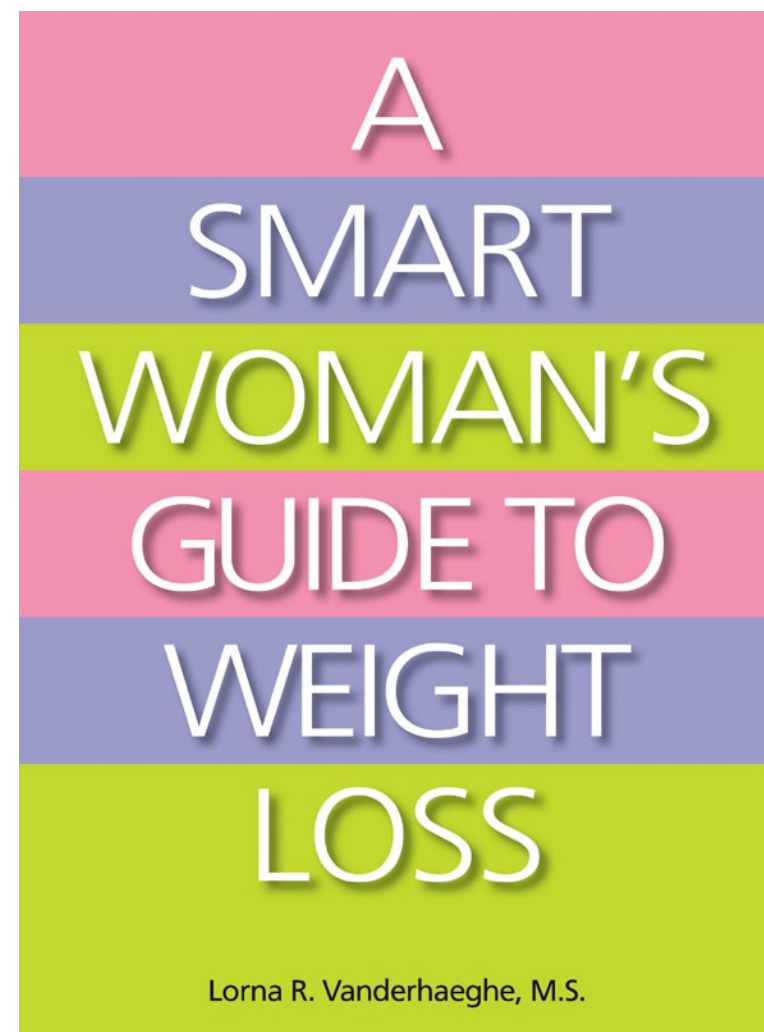
CLA with Green Tea Extract

Conjugated linoleic acid (CLA) is a fatty acid supplement that literally melts fat. In a 90-day, double-blind, randomized, placebo-controlled study, published in 2000 in the *Journal of Nutrition*, CLA users experienced fat loss with an average weight reduction of seven pounds and an increase in lean muscle. There was a 20 per cent decrease in body fat. CLA also stops fat from coming back once dieting stops, research has found. Incredibly, CLA has also been found to help with weight loss even if people don't change their lifestyle. In June 2009, the *American Journal of Clinical Nutrition* reported on 45 postmenopausal women who were obese and who had Type 2 diabetes. They took 8,000 mg of CLA per day with food for 16 weeks. The women were told not to diet or exercise any differently during the trial. The researchers found that CLA significantly reduced the women's body mass index (BMI) and resulted in a four-pound weight loss. Just think if they would have eaten for fat loss, too!

Green Tea Enhances Fat Loss

One study revealed that participants who took green tea extract capsules daily increased their fat burning without accelerating their heart rate. The capsules safely melted fat away. A 2010 study in the *Journal of the American College of Nutrition* involved 35 obese subjects with metabolic syndrome. (Metabolic syndrome is the name for a group of factors that increase risk of heart disease, stroke and diabetes; these factors include a large waistline, low “good” HDL cholesterol, as well as high blood pressure, high triglycerides (blood fats) and high blood sugar levels.) At the end of eight weeks, the green tea group experienced significant decreases in body weight compared to the control group. Do not use de-cafeinated green tea as it is the caffeine, along with the other constituents of the green tea, that effectively enhances fat-burning, thus improving fat loss. The combination of CLA and green tea extract are approved by Health Canada for weight loss. Look for CLA PLUS by Lorna Vanderhaeghe as this formula works fast.





Take CLA Plus Along With Glucosmart

Belly fat is a stubborn problem. No end of sit-ups and crunches make it disappear. We know there is a connection between our expanding waistlines and our hormones. The main hormone contributing to belly fat is insulin. Insulin is a powerful hormone that, when in excess, also causes an elevation in circulating male hormones in women, causing male facial hair growth and acne too. In men, elevated insulin results in a beer belly and breasts.

Elevated insulin promotes weight gain, high cholesterol, diabetes and excess belly fat. Skin tags are an early sign of pre-diabetes. Thankfully, busting belly fat and normalizing insulin just got easier. The nutrient Chiroitol (pronounced "kur-au-sitol"), researched in over 30 studies at the Virginia Medical School, works for pre-diabetes and Type 2 diabetes. Chiroitol has also been shown to reduce appetite and improve our happy hormone serotonin, which halts sugar cravings and controls appetite. But where Chiroitol really shines is in fighting belly fat in both men and women.

Combine the fat burning diet, CLA and green tea extract along with Chiroitol, and weight loss will be effortless. ■





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Gearing Up for Another Gran Fondo

Successful CEO dodges Type 2 Diabetes thanks to the personalized care of Copeman Healthcare

By Nicole Aubertin

“So how do you feel about becoming a diabetic?” Dr. Bienert asked. “Diabetic?”

Garth Braun was stunned. He could feel the blood quickly draining from his face, had trouble finding the next words. Considered avoiding asking the question altogether.

“Am I a diabetic?”

“Well, according to the results of your assessment, you’re on your way to becoming one.”

The rest of the appointment whirled past. If he didn’t change the course he was on, he would likely be a diabetic in the near future. There was no time to waste.

“It was a wakeup call,” admits Braun. “One, I’m afraid, I wouldn’t have received anywhere else.”

Braun joined Copeman Healthcare for the comprehensive annual assessments and disease prevention programs—something he believed he couldn’t get anywhere else. Now his decision was about to pay dividends.

Led by Dr. Tasha Bienert and Dr. Olivia Kei, Braun’s team at Copeman Healthcare began tracking his health in 2006 when he first joined the clinic. Keeping a close eye on his results allowed them to warn him of what was looming on the horizon. With the early diagnosis there was still time for him to do something about it—but it would require commitment.

Braun’s medical chart was not uncommon. With 60,000 new cases of diabetes in Canada each year and one in three diabetics living with the disease for an average of seven years before they’re diagnosed, many charts across the country tell a similar story. But what was uncommon was Braun’s personal resolve to do something about it. He immediately took ownership of his lifestyle choices, avoided excuses and embarked on a path to lasting change.

“I knew it was not going to be an easy fix,” say Braun. “But, that’s why there’s a team working with you. It’s a collaborative effort. I think every clinic should function like Copeman.”

Like many of us, Braun had succumbed to the modern diet, a diet rich in processed carbohydrates and simple sugars. As a result, his blood glucose suffered wild swings; spiking with glycemic highs and then crashing with lethargic lows.

“I never considered myself overweight and I thought I was eating a pretty healthy diet. If anything, I thought maybe I needed some fine tuning.”

Until Dr. Bienert politely warned him, he hadn’t even considered diabetes as a possibility.

“I guess I was just resigned to the fact that I was that weight,” recalls Braun, “I suppose I thought it was where I should be at that point in my life—and that I couldn’t change. But after that conversation I knew it was only going to get worse as I got older and I had to take ownership of my health.”

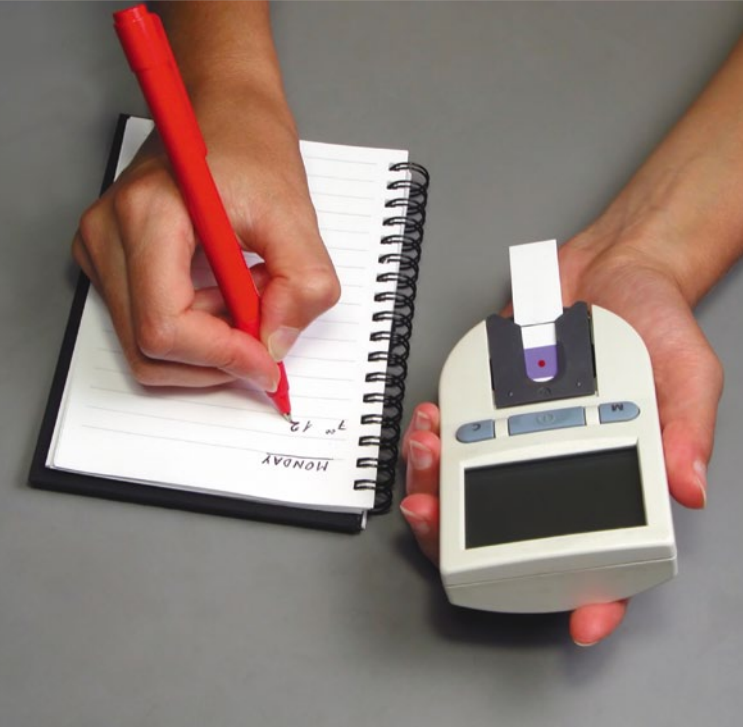
He started making changes to his eating habits and gradually getting back into cycling, a sport he had neglected while building his career. Early successes from eating well and a newfound enjoyment of the bike motivated him to continue. He was also helped along by the folks at Copeman Healthcare.

“Even the front desk staff would say, ‘Wow, we love what you’re doing.’ It’s feedback like that, that gives you an extra bit of drive and tells you that you’re on the right path.”

To really test himself, the 50-year-old Braun signed up for the Gran Fondo, a 122 km bike race from Vancouver to Whistler. Finishing that first race in an incredible five hours and 22 minutes prompted him to set a goal of shaving off almost a full hour to his time the next year. To do it, he’d have to log some long hours on the bike.

“Over the year, training encompassed 6,700 km of riding and too many mountains to count,” says Braun.

Not only did his times improve, but, according to Dr. Bienert, he lost 35 pounds of fat, gained lean muscle mass and is in the greatest shape she’s ever seen him in. But the best news was when he learned he is no longer pre-diabetic.



“I feel like I’ve added another 15 years to my life,” says Braun. “I’m completely rejuvenated, with more energy than I know what to do with. It’s such a great feeling.”

And as for the race? Well, Braun recalls it with great joy and accomplishment.

“With 20 km to go, I began to step up my pace. Over the last 12 km I increased my tempo substantially, with the goal of passing everyone in my sight. All the preparation during the year paid off, with me crossing the finish line in four hours, 30 minutes and 46 seconds. Goal achieved! Post-race, I set a new goal of completing the 2013 Gran Fondo race in four hours, weather permitting!”

“It’s like I’m on! A few years ago I would have joked that I got tired just driving 80 km. Now I cycle that distance on a regular basis because it’s something I love to do.”

Dr. Bienert, Dr. Kei and Braun’s entire team at Copeman gave him just the push he needed. His immune system has also received a boost and now he rarely gets sick. He’s also happier and his mental acuity has never been sharper.

“It’s like I’m on! A few years ago I would have joked that I got tired just driving 80 km. Now I cycle that distance on a regular basis because it’s something I love to do.”

Garth Braun is a true inspiration to anyone determined to make a lifestyle change. He encourages people to just take that first step; to get out and walk around the block. ■

Copeman Healthcare
Toll free: 1.888.922.2792
www.copemanhealthcare.com

Edmonton:
Suite 700, 10216 124 St.
780.455.2273 (CARE)

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

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

West Vancouver
Suite 200, 545 Clyde Avenue
604.669.2273 (CARE)



Geek Holiday Gift Guide

By Steve Dotto

Geeks need gifts; we need a tangible expression of your love for us, represented by something cool, something unique. If you love a Geek, and who doesn't, choose your gift for him or her from the list below. Trust me; it's better than a handmade scarf or a batch of cookies any day.

Sounding Off, Everywhere.

There are many wireless speaker systems on the market, many sound great, many have compelling industrial design, but few of them do what the Sonos does. The magic of the Sonos is wireless zone coverage from your smartphone. You place the Play:5 (for larger rooms) or the Play:3 speaker, with an optional subwoofer, in all the rooms you want tunes in. Then, from your phone, you can choose which zones to send the music to!

For your home theatre system, you choose a pair of Play speakers, and they automatically deliver stereo sound, add the subwoofer and you have a terrific home theatre system, starting at \$329.00.

www.sonos.com

Where Does It Hurt?!

If only our car could talk to us, tell us how it feels, what hurts, what isn't working correctly. All we have are those little "check engine" lights that could be anything from a minor inconvenience to a dire warning of impending disaster. Your car can have a voice, with the PLX Kiwi Bluetooth!



Kiwi Bluetooth is a plug and play automotive tool that connects through the onboard diagnostic port (OBDII / CAN) in cars made from 1996 on. Kiwi Bluetooth installs in seconds to interface with your car's computer and sync with your Android mobile device through a wireless Bluetooth connection. The Kiwi Bluetooth allows you to efficiently monitor your car's MPG, analyze the log, diagnose trouble codes and monitor real-time engine performance. Vehicles that are 1996 and later are all equipped with an OBD2 port, making it compatible with 1996 and later vehicles. \$99.00

www.plxdevices.com

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Make the effort. Know you have made it.

We all love positive feedback, it is never more important than when we are working out, or trying to improve ourselves physically. The Nike FuelBand is a new style of personal agent, it tracks your activity goals and progress.

Through a sports-tested accelerometer, Nike+ FuelBand tracks your daily activity, including running, walking, basketball, dancing—and dozens of everyday activities—and tracks each step taken and calorie burned, as well as tell the time of day.



Decide how active you want to be by setting a daily NikeFuel goal. The band's LED display lights up from red to green showing your progress throughout the day. Visualize your daily activity to see when you're most active—and when you're not. Nike+ helps you understand your activity patterns to help you do more. Of course, it interfaces brilliantly with your smartphone. \$149.00

www.store.nike.com



Keep an Eye On Things

It is not just mad geniuses that require advanced surveillance and security systems. And while these systems used to be in the domain of crazy doctors who planned their own space piracy missions, now we all can have a look-see at what is happening at anytime, anywhere, on our property. The Logitech Alert home security system will allow you to connect up to six cameras to a security grid you can access from anywhere. Logitech Alert cameras are smart. Indoors or out, they can detect motion, stream video, send alerts and record video and audio without a PC. A one-year subscription is CAD \$79.99. The cameras start at \$199.00 and have motion sensors and IR capabilities.

www.logitech.com



Tagg Wandering Pets

Pet lovers have a constant fear of their little bundle of fur taking off on an adventure and getting lost. The Tagg pet tracking system allows you to see where your dog is and receive a notification if he or she wanders off. The lightweight tracker attaches to your dog's existing collar, and is designed to be worn at all times, even while swimming.

Tagg puts you in control of finding your pet. Unlike a microchip, which won't alert you if your pet is lost, Tagg is a GPS tracker that sends you a text and email when your pet gets out, so you can find him NOW. You can pinpoint your dog's whereabouts on the Tagg map. Then, zoom in and take a look at his exact location on a computer, mobile device, or use the free Tagg mobile app. \$99.95

www.pettracker.com

Picture Perfect

There are cameras and then there is the Nikon D4, the flagship of Nikon's D-SLR lineup. Engineered for professionals, D4 strikes an ideal balance between resolution, sensor size, image processing and ISO range. Its newly designed FX-format sensor and EXPEED3 processor enable image capture up to 10 fps with full AE/AF performance, allowing you to take continuous hi-res photos, a dream for sports photographers. D4 offers a level of speed and accuracy that will redefine your notion of the fleeting moment, stunning stills up to 11 fps. At close to \$7,000 you expect a lot from a camera (that's just for the body!) and the D4 delivers. \$6,299.95 (body only)

www.nikon.com



The Next Dimension

This one if for Geek Royalty—3D printing. It is fun, it is science, it is engineering and it is all the rage. Using 3D and CAD software, as well as a wide assortment of new modeling solutions, you can design your own 3D items, then model them using a 3D printer, like this one from PP3DP.

This used to be the domain of super high end industrial designers, but now it is in the reach of everyone. To be fair, the real 3D printing snobs do tend to make their own 3D printers, but that is just excessive and frankly a bit “show off.” 3D printers use plastic to build up 3D models. While not cheap, is there any better way to make your own iPod case? Or Lego pieces! \$1,850.00

<http://pp3dp.com>



Try this on for size

Joby has developed two brilliant camera straps that really do the job. The new JOBY 3-Way Camera Strap is the only comprehensive solution that allows you to comfortably carry your DSLR or Compact System Camera as a wrist, shoulder or neck strap. Optimized for ergonomic use on-the-go, the patent-pending design allows you to change your camera position to minimize muscle fatigue over the course of a shoot. \$34.95

The more stable JOBY UltraFit Sling Strap for him, and for her, is optimized for on-the-go photographers, with a quick-draw style strap that combines body-conforming ergonomic comfort and hands-free stability. \$49.95

www.joby.com



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Capture life's events with a modern messenger bag built to fit your complete camera kit. It features a Dual-Mode Flap design and Grab-and-Go access. It's streamlined, lightweight and easy to carry. It includes a padded and adjustable divider system to organize your kit in multiple ways. \$69.00 - \$250.00

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Reliable storage for those precious images

Nexto DI's NVS1501 is powerhouse storage device that can back up from various memory cards (CF, SDHC, SDXC, MS), has super-fast back up speed (less than six minutes to copy 32GB) and enough spaces of memory (750GB HDD inside), and even shows your copied still images or video on the built in 2.4" colour LCD screen. Also, it has very secure functions such as verify and recovery data, and even multi-copy that makes two copies at the same time with an external hard drive, so you'll never lose your data again. Plus, because of the motion detector and free fall sensor inside, your important data is still safe if you shake it or even drop it. \$1,000.00

www.nextodi.com

Power to go...Solar!

Power Monkey eXtreme Solar Charger has a large capacity 9000 mAh lithium battery, which holds enough power to fully charge your iPod, reader, tablet or phone multiple times, and can also charge two devices at once. \$199.00

www.powertraveller.com



Christmas Dream Cars 2012

By Tony Whitney



2013 Ford Mustang Boss 302

Christmas has always been a time to dream, and not just for the kids, either. Car lovers also have wistful thoughts about exactly which set of wheels they'd choose if they had just one wish. For the fortunate, dreams can quickly be turned into reality by simply signing a cheque, though there'll barely be enough space to cram in the numbers, given the price tags of some current supercars. Be that as it may, we've selected ten desirable automobiles for our list—a few familiar faces, for sure, but also several that haven't even reached the dealers yet.

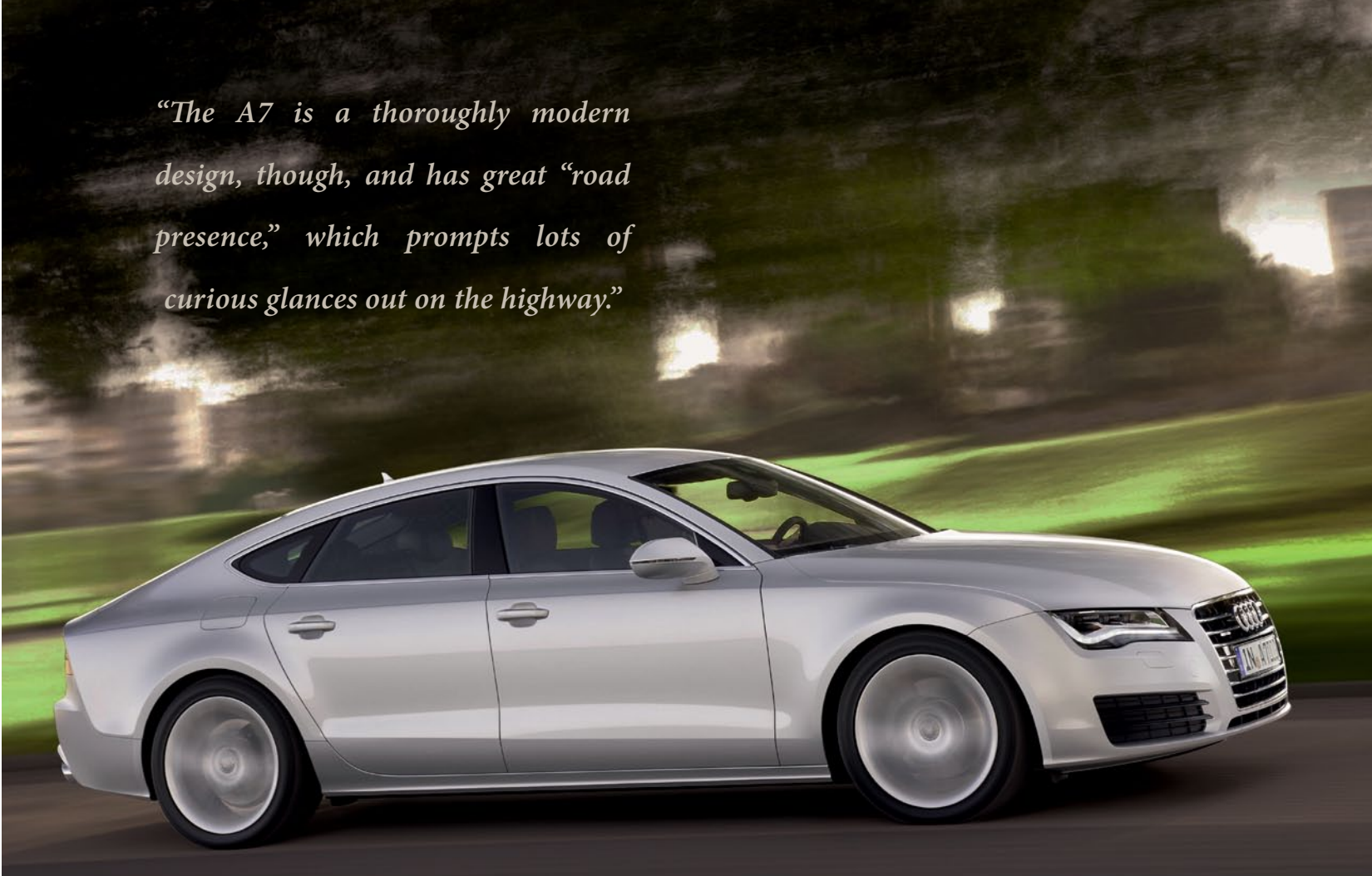
Back in the 1970s, one of the most lusted-after cars on the planet (especially by me) was the **Ford Mustang Boss 302**, a high-performance version of a model that was already a legend. In time, Boss 302s became much sought-after collector cars and my chance of owning one didn't get any better as the years went by. Today, a well-restored 1970 Boss 302 can cost in excess of \$100,000, but Ford has come up with a modern day solution for Boss lovers—an all-new version.

The heart of this car is its mighty 5.0-litre V-8 engine which delivers a stirring 444-horsepower. It's a remarkable power unit and the Boss feels capable of very serious performance (there's even a "track setting" available). Also, the engine makes the most wonderful noises imaginable—a real enthusiast's delight. It doesn't have to be driven hard to create that Boss 302 roar—it's there even at quite low speeds, so you don't have to drive like crazy to enjoy this acoustic feast. By supercar standards, the Boss isn't that expensive at a shade under \$50,000.



2013 Mercedes-Benz SL

Nothing gets sports car fans more excited than a spanking new **Mercedes-Benz SL**, and that's what they're getting for the new model year. The SL series has been around for many years and all-new models don't come along very often. While many humbler vehicles are entirely updated every four years or so, products like the SL are likely to endure for at least twice that long, as well as benefiting from a "refresh" or two during their production lives. The Mercedes' SL series goes all the way back to 1954, when the still-coveted 300SL "Gullwing" made its debut. For the curious, SL stands for *Sport Leicht*—German for "Sports Lightweight." There are three models to choose from: Avantgarde Edition, Grand Edition and AMG. The first two use the 5.5-litre V-8 and the AMG has a 6.2-litre V-8. Transmission in all variants is a 7-speed automatic with manual option. All three models are very fast and extremely agile, but the AMG packs in the best performance and handling. \$129,900 to \$166,100 MSRP is the price range.



2013 Audi A7



2013 Lexus LS 600h

The great thing about Audi's exciting new **A7 Sportback** is that it has a nice big hatchback, which opens to reveal an impressive load floor—especially when the rear seats are folded down. Quite apart from the car's many dynamic qualities, this must make it one of the best luxury touring cars on the market—and quite possibly the most practical upscale car ever developed. At first sight, a three-quarter view of the car reminded me of the old Audi 100 Coupe S, launched in 1969 and forgotten now even by most auto enthusiasts. The A7 is a thoroughly modern design, though, and has great "road presence," which prompts lots of curious glances out on the highway. It's a sophisticated and expensive car, and will probably remain a fairly rare sight on the roads. It's a great car for someone who values individuality in an automobile and doesn't want to drive the same luxury car as thousands of others out there. The A7 is powered by a highly-responsive 3.0-litre supercharged V-6 and this Audi really gets up and goes! Prices start at around \$68,600.

For many folk nowadays, no car is worth dreaming about unless it's easy on the environment and, for them, Lexus has its **LS 600h hybrid**, which happens to have benefited from a major makeover for 2013. Lexus has by far the largest range of hybrid products in the luxury segment, with everything from SUVs to sports sedans. It was way back in 1990 when the first Lexus LS (Large Sedan in Lexus-speak) was launched and, even at that time, some very reputable auto journalists were describing it as "the best car in the world." This opulent new Lexus hybrid boasts all kinds of ground-breaking features (even including a "self-parking" system) and is clearly meant to be a step ahead of competitors.

Power for the big car comes from a 5.0-litre V-8 with electric assist technology similar to that used in other Lexus—and Toyota—products. It's one of the most advanced power systems ever shoehorned into any vehicle and develops a total of 438-horsepower. Like other Lexus and Toyota hybrids, the vehicle can run on electric power or gasoline power—independently, or in unison, depending on conditions and speeds. As far as environmental responsibility goes, this car is "state-of-the-art" and also has just about every electronic and engineering benefit Lexus could pack in. For an additional touch of greenness, bamboo trim is available as an option. Price for the new "big Lexus" is around \$120,000-plus, though details have not yet been released.



There's nothing quite like a **Rolls-Royce** and for the new model year, the stately Phantom has been revised with many engineering and cosmetic upgrades. There are three basic Phantoms for 2013: the majestic sedan in two wheelbases, an elegant coupé and a magnificent convertible (Drophead Coupé in Rolls-talk) which must provide the most opulent top-down motoring on the planet. The interiors continue a long tradition of using the finest possible materials and paying extraordinary attention to detail. Only the very best leathers and wood veneers ever find their way into a Rolls-Royce. My recent drive in one of these amazing motor cars was a reminder of the sheer grace and refinement with which the Phantom rides. The big car is almost silent, even when accelerating, and handling is remarkably good.

Despite its emphasis on traditional values, this car boasts very sophisticated engineering and electronics. The Phantom uses a 453-horsepower, 6.75-litre V-12 engine designed and assembled by parent company BMW in Germany. Also from Germany is the 6-speed automatic transmission which is manufactured by highly-regarded ZF, supplier of gearboxes to a wide range of prestige automakers. As always, these cars offer an uncanny level of refinement and luxury, and very much retain the lofty standards set all those years ago by founders Hon. Charles Rolls and Henry (later Sir Henry) Royce. It would be all too easy to believe, looking at the size of this car, that it offers supreme refinement without impressive performance, but nothing could be further from the truth. The Phantom Coupe will top 100 km/h in a surprising 5.8-seconds and top speed would be higher than a claimed 250 km/h if the car wasn't electronically governed to restrain itself when that lofty pace is reached. Expect to pay upwards of \$400,000 up for one of these beauties.



Although the great British performance car designer Colin Chapman was lost to us many years ago, his dreams live on in today's Lotus sports cars. His notion was that the best and most agile sports or race car should be built around light weight and race-tuned suspension, and the powerplant didn't need to be a whopping great V-8 or anything close. This philosophy is epitomized in the 2013 **Lotus Evora S**, a car that's not just strikingly elegant, but has remarkable power-to-weight ratio and, as a result, thrilling performance. The Evora S uses a 350-horsepower, 3.5-litre, supercharged V-6 to achieve a driving experience to remember. The car even has a "sport button" system to give performance and handling a boost when needed. There's a 6-speed paddle shifting automatic transmission available, so this is certainly not a car that only a purist can enjoy. This new transmission should open up new markets for Lotus. Lotus Evoras cost in the region of \$76,000 to \$104,000.

Also brand new from the U.K. is a **Jaguar** roadster, which is a fairly rare happening as far as this storied automaker goes. Jaguar doesn't go to market with new models with undue haste, so the new **F-Type** has been developed over a lengthy period of time. It's smaller and less expensive than the XK models (which continue) and comes only as a soft-top convertible. Bodywork is of aluminum and early images released by Jaguar indicate that it's a beautifully-styled car with lots of Jaguar DNA in it. Engine choices range from a 3.0-litre V-6 to a couple of high-performance V-8s. All engines use a semi-auto 8-speed transmission that can be set as "auto only" or shifted via steering wheel paddles. It won't be here until next summer, but it'll be well worth waiting for. Prices should start somewhere around \$70,000.



Is there a more elegant convertible than a **Ferrari California**? Possibly, but you'd have to hunt long and hard for it. Quite apart from the fact that it's a Ferrari, which gives it an edge from the start, the car is just about as beautiful as any car offering wind-in-the-hair motoring can get and it's a fine match for the highly respected and collected California of the late 1950s. This desirable 2+2 was launched in 2008 and for 2013, there's an updated version called the California 30. It offers reduced weight and another 30-horsepower to add to the 460 the car already had from its V-8 engine. It's the first front-engined Ferrari with a V-8 and it's been a highly successful model for the Maranello automaker, with no less than 6,000 a year rolling off the production line. If you can find somewhere to do it (and the boldness to try), the California will top 310 km/h. The interior is superbly trimmed, but still has a look that's inspired by Ferraris of years ago. The folding metal roof is a first for Ferrari and this feature aids both looks and security, as well as cutting wind noise. Expect to pay around \$233,000 for this piece of automotive art—it's the Italian maker's least expensive model.

Although an all-new Chevrolet Corvette is likely to appear any time soon, most of the sports car buzz on the domestic front surrounds the Viper, which has been absent from the market for a while. The 2013 model—now called **SRT (Street and Racing Technology) Viper** to reflect Chrysler's performance car designation—is only available as a coupe, which is fine by me, as it always was the best-looking variant. The Viper was first shown in 1989 and was a huge hit from the start. Successes at the Le Mans 24-hour race cemented the car's image and it now has something like iconic status. Power comes from a mighty 8.4-litre (don't ask about gas mileage!) V-10 rated at 640-horsepower. Torque is even more impressive. As if to emphasize the car's image as a serious sports car, you can only get this one with a 6-speed manual transmission. To complete the "total performance" package, the car comes with grippy Pirelli P-Zero tires—the best performance choice there is when it comes to where the rubber hits the road. Also on the spec sheet are Brembo brakes—used on race cars from Formula One to NASCAR and beyond. Expect to pay more than \$100,000 for one of these muscular sportsters.

The new model year brought us a new generation of **Porsche's legendary 911** and expectedly, a cabriolet version quickly followed the introduction of the coupé. Quite possibly the most drool-worthy of all current Porsches, the car is an improvement on the earlier version in that the top, when in place, looks more integrated and aerodynamic. Certainly there's a lot less wind noise. Of course, rear-engined cars don't lend themselves to folding metal tops, so don't expect Porsche to ever go this route. The massive but jewel-like flat six engine in "S" versions displaces 3.8-litres, develops 400-horsepower and makes the best noises in all of autodom. The car is a total delight to drive and few but pro race drivers can ever really find out what the 911's capabilities are. Handling is, as always with Porsches, remarkable, and every aspect of performance is entirely satisfying. Porsches have never been better trimmed than they are these days, so just sitting still in one is a delight. For \$130,000 or so, it's also amazing value considering its heritage, equipment level and performance potential. ■



Improving the Family Portfolio

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

“Life is like a box of chocolates; you never know what you’re gonna get.”

— Tom Hanks in *Forrest Gump*

You have 2013 within your sights, but perhaps want to look in the rear view mirror, revisit your family portfolio and make some much needed changes. Three vital questions rise to the top:

1. Are you happy with the course of your family portfolio?
2. Would you buy the same investments today?
3. What is in your best interests for the years ahead?

Portfolio direction can change often and with very little notice. Over time, your investing will deal with a variety of bullish, bearish and sideways markets—all requiring your attention.

We use a three-pronged approach to guide the total nest egg, starting with discovering the problems, developing the new plan, then keeping track of it. We call it deploying your 3Ps. Here are some highlights:

Predicament: Investors may not have up-to-date projections of what is required to achieve and sustain the family retirement. Many may have forgotten the logic behind why current investments were bought. Plenty others own too many investments and have taken on too much risk.

Plan: I encourage sketching out where you want to be in five to ten years, maybe longer. Figure out what you have to do today to get to your destination. Design a plan of action that reflects your specific family goals.

Progress: Implement your personal plan and monitor your progress periodically. Review it at least annually, perhaps as often as quarterly. Give your fresh blueprint a chance and resist making big changes.

I prefer a straightforward, disciplined process. Focus on designing your clear and concise family road map. Be proactive with your nest egg. Take the lead, don’t follow.

Make a wise commitment to your 3Ps. It reduces the muddling along without direction. Then adopt these few strategies that follow. They fit like a glove.

Check your overlap
Let’s also ask whether your family portfolio is overloaded with similar investments. A frequent theme I see is investors owning 15 to 25 different mutual funds, perhaps more, and all purchased over the years with little thought as to how the collection fits together.

Owning several funds can create a significant overlap of securities. That is, individual holdings within your mutual funds are often the same, or quite similar. Fund names may differ, but their holdings often contain much similarity or duplication. This is evident in Canada as mutual funds buy from a short list of Canadian stocks.

However, you don’t hear much about overlap. Most investors have little or no knowledge of the implications of overlap. Owning a collection of funds heavy on overlap reduces your portfolio diversification. Portfolios that overindulge on overlap can also be affected in their long-term results.

Some portfolios I’ve reviewed had more than 50 per cent overlap. Difficulties can begin with as little as 10 per cent overlap. I view overlap like this:

<i>OVERLAP FACTOR</i>	<i>OVERLAP RANGE</i>
Low	Up to 10%
Medium	11% to 25%
High	Over 25%

A few strategies reduce your overlap. If you value broad portfolio diversification, you want little duplication. Start analyzing duplication and similarity of stocks in your mutual funds. Then invest within the asset mix suitable for your situation. This is something few investors have adopted or follow.

Be careful when buying more than one fund run by the same manager. Check that the fund objectives are truly different and fitting for you. Use Exchange Traded Funds (ETFs) and index funds. Up to ten ETFs with low or no overlap should suffice to populate your specific mix. Lastly, engage the services of a discretionary portfolio manager to review your total portfolio. They can also design, implement and monitor your personalized investment plan.

Probe the “overlap” factor affecting your nest egg. Don’t allow undesirable consequences of overlap to short-change you.

Must do’s

One top-notch habit is to periodically evaluate your key money management strategies—those that are working and those that need a refit. Zero in on your big picture, preferably soon. Take ample time to determine what needs to be done for the family. Let’s prioritize your top must do’s:

Portfolio fitness: Assess whether your portfolio is fit enough to deliver on your long-term goals. A suitable portfolio tool would assess your investment plan, risks incurred, current investments and the advice received. Answering a few questions in each area should evaluate how well you are faring.

Isolate family savings: Many families have one spouse who earns the higher income and owns most assets. A family goal is to equalize retirement incomes between spouses. I recommend that the higher income spouse pay the family expenditures, while the lower income spouse isolates family saving capacity and invests the money.

Retirement projections: Most retirement projections are non-existent or outdated. Hence, estimate the size of portfolio that delivers your retirement income. Then calculate the annual return you seek to get there comfortably. Make sure you are prepared for the implied investment risks.

Rebalance your mix: Learn to rebalance your asset mix, say once a year, ideally when you add savings or withdraw funds. Your initial investment allocations will drift as markets rise and fall. Significant drift affects your investor profile and requires some rebalancing.

Business owners: Business owners should revisit the remuneration mix, such as the combination of salary, management fees, bonuses and dividends. Perhaps the business structure could use a tweak or two. Contemplate who will take the helm if you become disabled, ill or deceased. Reassess the needs, costs, benefits and possible changes to your family trust.

Revisiting these must do’s helps refresh and reshape your nest egg. You want to be ready for the investing curves ahead, while always keeping in mind how they fit your total portfolio.

Risk factors

Risk is the dreaded four-letter word for many investors. However, it does not have to be. Here is how.

Risk management is top priority for every family portfolio. Wise investors make it their financial friend for life. There are many investment risks that you may incur. Appreciating them brings perspective to your aspirations.

“Revisit the exposures to risk in your investment portfolio. Know the levels of risk that you can safely tolerate.”

Revisit the exposures to risk in your investment portfolio. Know the levels of risk that you can safely tolerate. Let’s start by understanding four major risk factors common to all investors:

Ability: Your ability to take risks is associated with investment time horizons. Someone accumulating the nest egg has more options to recover from setbacks than a retiree.

Need: Your need to take risks is associated with the rate of return to achieve your goals. Seeking a five per cent return requires a different investment mix than aiming at 10 per cent.

Desire: Your desire to take risks is associated with your investor profile. Conservative investors are less inclined than more aggressive ones to incur capital swings.

Style: Your style risks are associated with the types of investments pursued. Growth styles aspire to deliver long-term gains, while value styles strive for rising income.

Your landscape of portfolio risks can also change quickly and often. It is the combination of risks you take that ultimately deliver your returns. So, get a handle on your particular appetite for investing risks. Keep asking yourself if it makes sense to keep taking your mix of risks.

Understanding your risk factors opens up a new direction of portfolio management.

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WEALTH

Swamped in information

Investing information is available in many flavours and from a multitude of sources. Accordingly, plenty of investors feel overwhelmed sorting through the heaps of daily investment information. They also find it hard to ignore the continuous stream of new facts and figures at their fingertips.

Many investors have difficulty separating relevant particulars from constant noise. A lot of them get swamped in the vast data thundering their way. Some drown as the information floodgates open—all in the quest to improve their precious portfolios.

I know about the need not to be swamped or drowned by the onslaught of daily information. Consider this perspective around your overload. The average monthly calendar of new U.S. economic data releases contains no fewer than 60 key releases for Wall Street alone. The 60 or so releases, such as jobs and GDP, are just the most visible, vying for investor attention. There is plenty more for investors who are keenly interested.

That is a mountain of fresh U.S. data for anyone to make sense of and process. Then there is also new data for Europe, China, Japan, India and others. I empathize with overloaded, frustrated investors swamped or drowned in information. Even professionals trained to separate useful facts from noise can have trouble keeping up.

I highly recommend reducing your desire to be on top of all the market minutia. Following your comfortable investing strategy should not require frequent tweaks.

I can easily get volumes of data sent my way every day. However, I have no plans to drown in the clutter of information. Perhaps it's time to revisit slimming down your appetite for all that information—without worrying that you'll miss out on something important.

"Your best solution is to learn how to screen what's relevant and what you can ignore."

Your best solution is to learn how to screen what's relevant and what you can ignore. My filters help put your information channel on the slimming path. Start by developing confidence in your chosen investment strategies before implementing them. Avoid making hasty decisions and follow your comfortable, long-term investment strategy.

Find your nerve to ignore the continuous onslaught of new data, research, predictions and conflicting advice. Each filter reduces your need to know and react to the deluge of details. After a while, you'll want only a few select data points.

My best advice is to ease up and take an information breather. Being plugged into everything does not guarantee better investing. You will be absolutely amazed at how much information you do not need. Filters that keep the information overload in check are my medicine of choice.

Keep looking into that box of investing chocolates. ■



Give Throughout the Year

By Owen Charters

The champagne is chilling on ice. The music is playing, and guests are arriving. It's New Year's Eve, and it's time to party, until the thought occurs to you, "I forgot to make my year-end charitable donations!"

Giving to charity isn't typically part of New Year's celebrations, but for a surprising number of Canadians, making a tax-deductible gift does happen on the very last day of the tax year. At CanadaHelps, where you can find and give to any Canadian charity online, our secure servers are busiest on December 31, as donors scramble to make their philanthropic contribution. Over \$3.5 million in donations pass through our system on the last day of the year, supporting causes large and small.

While we can handle the rush (and ensure you get that valuable tax receipt), giving shouldn't only be left to the end of the year. Giving needs to be a year-round affair, which will benefit both you and the charities you support.

For charities, the demand for their services doesn't go away after the holiday season—in fact, many are seeing increasing demands for social support, healthcare, employment services, feeding the hungry, etc. all year round. Most organizations work on shoe-string budgets, so managing their cash flow to support their work for twelve months is a challenge at the best of times. Many have holiday campaigns that bring in lots of support in December, but that can mean that bank account balances look dangerously low several months later. On-going support is a lifeline for charities, and more donors supporting them in a sustainable way helps immensely.

But there is also a lot of benefit for you, too: giving on a monthly basis is a great way to ensure that your favourite causes are well-supported throughout the year. It also means you can "set it and forget it"—once you've created a monthly recurring gift, your credit card or bank account can be debited once a month. For one, this can help with personal budgeting, as you're paying a regular, consistent amount every month of the year. More importantly, it often leads to more purposeful giving: instead of last-minute donations to any cause that you can recall and trying to maximize the tax benefit haphazardly, monthly giving allows you to plan thoughtfully about which charities you want to support, by how much, and ensures you are getting the best possible tax benefit for your generosity.



There are plenty of rewards for giving, and, by planning ahead, you can take advantage of all the benefits of giving purposefully. For starters, there are huge advantages to giving appreciated securities, such as stocks, bonds, and mutual funds, directly to charity instead of cash. You'll avoid capital gains taxes completely, and still get your charitable tax receipt, so the tax man will thank you twice. Even if you're only giving a few hundred dollars to a charity, it can be worth giving securities, and CanadaHelps makes that easy with our online securities giving system. But giving securities isn't something you can do at the last minute—it takes time for trades to settle, so you'll need to think ahead to reap this reward.

"On CanadaHelps, your year-end tax receipt will be waiting for you when it comes to tax-time, totaling up all your year-round giving into one convenient statement..."

Credit cards also offer reward points, and if you choose carefully, your donation using the right credit card can bring valuable benefits. And by giving monthly, your favourite credit card will continue accumulating rewards in your account throughout the year. On CanadaHelps, your year-end tax receipt will be waiting for you when it comes to tax-time, totaling up all your year-round giving into one convenient statement, saving you the search for paper receipts and lost e-mails, and keeping your accountant happy. One credit card company, Visa, is even helping donors get a head-start on monthly giving: for a limited time, Visa will add a one-time gift of \$10 to your charity when you set up a new monthly donation at www.CanadaHelps.org/BeatTheRush.

So, in 2013, make a new resolution: give, give early, and give often. With a little planning, you'll not only get a warm glow from helping others (and making some charities very happy), but you'll be able to pop the cork on your champagne knowing that your good deeds are done for the year. ■

For the person who has everything, Give the Gift of Giving.



Charity Gift Cards let you give back, and they're the perfect gift for everyone on your list: **clients, colleagues, family, friends, neighbours... everyone!**

How to “Green” Your Holidays

By Jane Gilbert

Whether it snows or not this holiday season, more and more Canadians are dreaming of a green Christmas. *Green*—as in a holiday that is gentler to the environment.

From the food, to the gifts, to travel, the holidays are traditionally a time of excess and waste. Tons of wrapping paper and plastic packaging are destined for the landfill. Twinkling lights draw extra electricity from power plants. Countless tanks of gas will ferry shoppers from mall to mall to find the “perfect” gift, and back again to return them after Boxing Day!

With a little planning and a few simple ideas it is possible to reduce your impact on the natural world and reduce your stress at the same time. Here are a few nature-friendly holiday tips:

Make the Switch

Switching to energy efficient light-emitting diode (LED) decorations is a bright idea and a great way to save money and energy. LEDs use 10 per cent of the energy of traditional incandescent bulbs and will last 30 times longer. You’ll conserve energy and save yourself the shock of the January electricity bill. Using a timer to limit your light displays to a few hours each evening will keep the mood festive and affordable.

Keep it Real

An artificial tree isn’t necessarily the eco-friendly choice. Fake trees are made of petroleum products. They’re loaded with contaminants and transported over great distances to get to your home. A real tree from a local tree farm is a better option. While growing, it captures CO₂, produces oxygen and helps clean the air. Once it is cut, the farmer will plant new trees to replace it. When the holidays are over you can recycle it.

An even greener alternative is to buy a live tree. Try a species that is native to your region. When the holidays are over and the weather warms up you can plant it in your garden, providing a haven for local wildlife.

That’s a Wrap

Have fun finding alternatives to glossy wrapping paper:

- Look for recycled, post-consumer paper printed with vegetable inks
- Wrap one gift inside another (like a scarf)
- Use old maps, junk mail, comics
- Find creative containers: a watering can for a gardener’s gift, a pot for a cook

Give a Gift of Nature

The Nature Conservancy of Canada offers *Gifts of Canadian Nature* this holiday season. After all, nothing says ‘best gift ever’ like a snowy owl!

Starting at just \$40, *Gifts of Canadian Nature* help protect habitat for Canada’s native wildlife. A *Gift of Canadian Nature* lasts for years to come and is a gift that gives thrice! Once to the recipient, with a personalized certificate and a beautiful calendar, once to the giver with a charitable tax receipt, and once to Canadian wildlife.

It’s easy to give a lasting gift with meaning this holiday season:

- Order online: www.giftsofnature.ca
- Call toll-free to order: 1.800.465.8005

Now celebrating its 50th year, the Nature Conservancy of Canada is the nation’s leading not-for-profit, private land conservation organization, working to protect our most important natural areas and the species they sustain. Since 1962, they have helped to protect more than 2.6 million acres (one million hectares) nationwide. NCC is the only environmental charity in Canada given an A+ rating by *MoneySense* magazine for its fiscal responsibility. ■

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*Texada Island marble
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