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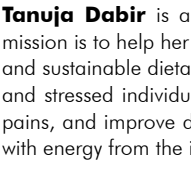
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On the cover:
Nova Scotia
Photographer: Connie Ekelund

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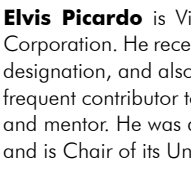
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For more than 40 years, **Lynne Twist** has been a recognized global visionary committed to alleviating poverty and hunger and supporting social justice and environmental sustainability. From working with Mother Teresa in Calcutta to the refugee camps in Ethiopia and the threatened rainforests of the Amazon, Lynne’s on-the-ground work has brought her a deep understanding of the social tapestry of the world and the historical landscape of the times we are living in. She is a best-selling author with an award-winning book “The Soul of Money: Transforming Your Relationship with Money and Life”. Lynne@GoodLifeConnoisseur.com

The Winery Association of Nova Scotia was formed in 2002 to represent the interests of wine producers in the province, to serve as a voice for local industry and to promote the growth and development of Nova Scotia wines. The Winery Association of Nova Scotia is committed to building excellence throughout every aspect of the industry, forging partnerships and attracting potential investors, ultimately catapulting the Wines of Nova Scotia onto the world stage. www.winesofnovascotia.ca WANS@GoodLifeConnoisseur.com



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FROM THE PUBLISHER



*I*t was truly a treat to be able to take advantage of the opportunity to travel to Nova Scotia, as Halifax is my birthplace. I definitely took the opportunity to visit the old neighbourhoods which of course brought back many childhood memories. Having not been for some time it also reminded me how diverse Canada is. This is a very large country with a very modest population base. Each province has its own unique characteristics and geographic features. Each is well worth a visit.

One thing that is common everywhere is the impact that technology has had. It's rare to see an individual without a device. Over the last decade writing the front cover article for this magazine has required visiting 37 countries around the world; touching down on every continent except for Antarctica. In third world countries the rise in the standard of living due to technology is most apparent.

On safari in Kenya our guide was a Maasai warrior. He grew up in a cow-dung covered hut without electricity or running water. However, he took a short break from our safari to climb a tree for better cell phone reception so he could Google. In Peru our guide had a device for each ear and it's wasn't unusual for her to be carrying on two conversations at once. While recently returning to China after a lengthy absence I was amazed by the incredible rise in the standard of living.

Generally what it has taught me is that we all aspire to the same things. And as the world becomes smaller and the population continues to grow we're all becoming citizens of the world not just our homeland. It's quite a transition going on out there. I look forward to seeing more of it, as it seems to be very positive.

Terry Tremaine
Publisher
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NOVA SCOTIA JOY RIDE

By Terry Tremaine

Photos By Connie Ekelund

Having been born in Halifax, given the opportunity to return was truly a treat — and how it had changed. When I was young, the port was just that; a merchant and naval port, not a tourist destination. Now there are board walks by the water lined with many businesses existing solely to cater to tourists. It's a pleasure to wander along. Plus, there are now historic plaques providing information on what's seen. Considering that the Halifax Citadel, built in 1749, is the oldest British fort in Canada, there is a lot to be presented. I had a true eye-opener whilst reading one plaque describing what I always understood was an old island fort, seen in the middle of the harbour, now termed an Acadian detention centre. I was shocked. Even in school we had not been taught anything about what had happened to the Acadians. This trip would provide a true understanding of what really went on. For we were on our way to a "Joy Ride" along the east coast south to Yarmouth and gaining along the way an understanding of the impact the Acadians had on the province in the past and continue to have today.

First though, we spent a night at the Westin Nova Scotia situated near the harbour allowing easy walking access to all the sights the harbour had to offer. Staying at the Westin also offers easy access to the Citadel. The Citadel sports the 1803 Clock Tower that still points to the appropriate time, and at noon a gun continues to be fired every day.





“This seaside village...is the oldest Acadian region still home to descendants of the founder.”

Heading down the road, Peggys Cove is very close to Halifax. This picturesque small fishing village is home to Peggys Point Lighthouse which I would suggest is the most photographed light house in the world. A little further along is Lunenburg, a UNESCO World Heritage Site and the home of the Bluenose, the fastest sailing ship in its day and the reason why Nova Scotians are called “Bluenosers” today.

But our objective for that day was Le Village historique acadien de la Nouvelle-Ecosse (Historical Acadian Village of Nova Scotia). This seaside village dates from the early 1900s but was originally founded in 1653, and is the oldest Acadian region still home to descendants of the founder. Here you can learn what life was like for its residents of the time. You also will gain an appreciation for the Acadian culture and language which continues to be part of everyday life today. Emphasis is placed on introducing visitors to the daily lives of Acadians. Girls were taught skills such as cooking, sewing and making butter, while boys learned woodworking, tying knots and building lobster traps; plus of course planting the garden.

Our lodging for the day was the nearby Ye Old Argyle Lodge. This luxury bed and breakfast lodge has just five rooms and is situated on Lobster Bay. It’s dining room however has room for 80 guests to enjoy commendable dining with gorgeous views of the islands and stunning sunsets. We also took the opportunity to go on a very enjoyable guided kayaking tour of the bay.



From here we headed to Ste. Anne du Ruisseau to visit Eel Lake Oyster Farm, home of the “Ruisseau” oyster. Owner Nolan D’Eon took us on a boat tour to gain insight into the oyster habitat and how they are harvested which was followed of course with the opportunity to taste these freshly harvested taste treats. But most interesting was hearing how Nolan had been a lobster fisherman; but hated it. He described it as back-breaking work on a cold nasty ocean. (As a kid growing up in Nova Scotia I knew that just about every family had lost a member to the North Atlantic.) So when he saw the opportunity to continue to reside in a region he really enjoyed, he became an oyster farmer. In my judgement he is a very good one.

Back on the road we continued on our way to Yarmouth at the south western end of Nova Scotia. Along the way there are a number of attractions worth a look. First up is the Wedgewood Sport Tuna Fishing Museum, which opened in 1996 in Lower Wedgewood, known as the Tuna Capital of the World. The museum focuses on tuna sport fishing and local Acadian history.

Eglise Ste-Anne Church, located in Ste. Anne du Ruisseau, is the oldest Acadian Parish on mainland Nova Scotia. Acadians returning from exile in 1767 built the first small chapel on this location. After a fire destroyed the chapel in 1900 it was replaced with the current structure.

The Argyle Historical Baptist Church is the third church to be built on this site in 1877. The area was settled by New England planters; fieldstones in the graveyard date back to 1762. Also in Argyle is the Argyle Township Court House, the oldest standing courthouse in Canada, and a National Historic Site, dating back to 1805.

Our lodging in Yarmouth, located in the Historic District, was the MacKinnon Cann Inn. The guestrooms highlight 70 years of interior design, starting from the 1900s to the 1960s, while providing all the modern amenities one could ask for. Dining at the inn is an excellent experience as a result of Chef Michael and his policy of bringing local farm fresh produce, meats and, of course, fresh seafood to the table.

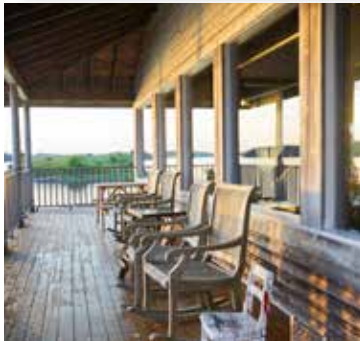


Yarmouth has a long history and there are a number of sights well worth a visit. The Lawrence Sweeney Fisheries Museum is totally interactive, providing a hands-on opportunity to experience a traditional fishing wharf, complete with fishing, processing and ship repair sheds. There is even a coastal freighter where you can stand in the wheelhouse and imagine you are its captain heading with cargo to the Caribbean.

The award-winning Yarmouth County Museum, housed in a historic church, has over 20,000 artifacts that document Yarmouth County heritage.

The Firefighters’ Museum of Nova Scotia provides insight into the types of fire engines used from the 1800s to 1930. There’s even Canada’s oldest horse-drawn steam engine — an 1863 Amoskeag Steamer.

“Yarmouth has a long history adn there are a number of sights well worth a visit.”





“By 1870 Yarmouth was the second largest port of entry in Canada...”

An Heritage Properties Walking Tour is offered along the oldest streets in Yarmouth. Many of the Heritage Properties are testament to the golden age of sail.

For a real insight into how significant the fishery is to this region a tour of IMO Foods Ltd. is an excellent eye-opener. Opened in 1968, the location was chosen due to its proximity to the herring rich waters of the Bay of Fundy and the coastal waters of the Atlantic. They produce canned herring, sardines and mackerel for many worldwide brands that you would likely recognize; as well as their own Kersen brand.

The plant is located near the wharf ensuring a steady supply of quality fillets. This is a large capacity plant. The cold storage facility alone can hold two million pounds. It's surprising to what a large extent the plant is automated utilizing what best can be described as assembly lines for the various products being processed. Their highest volume product is naturally smoked herring. If you haven't already tried them, once sampled at the plant you'll likely be looking for them on your local grocery store shelf.

A short drive out of Yarmouth brings you to Cape Forchu Lightstation positioned on the opposite side of the harbour. By 1870 Yarmouth was the second largest port of entry in Canada and the lighthouse was built in 1839 with a light and shortly thereafter a fog horn. The property is now a registered Heritage property of the Province of Nova Scotia.

The original living room of the light keeper now serves as the Mug Up Tea Room. The term 'mug up' comes from the 1800s and is how residents of coastal communities referred to any snack or coffee break. Cook Gail prepares the food served from scratch for the 20 seat dining room.





Surrounding the lighthouse is a 19 acre park with walking paths. The Leif Ericson Park rests at the southern tip. A wander around provides excellent views of the harbour and surrounding areas. It's all extraordinarily scenic and well worth a visit.

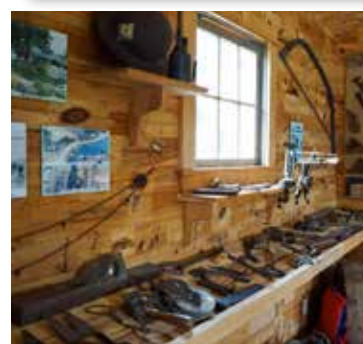
As we headed north of Yarmouth we came to Sandford, a quaint little fishing village. The principal attraction here is the smallest working drawbridge in the world. It was built to enable crossing from one side of the wharf to the other without having to go out to the road and around.

A little further along in Metegan is the June Deveau Galerie Studio. Acadian artist June Deveau, an accomplished artist, provides a unique experience in addition to visiting her studio. She offers a tour entitled "Inspiration to Creation" where she guides visitors to various scenic locations where Acadian culture is explored along with various art forms. The experience includes creating a personal artistic keepsake.

Our final destination for that day was Trout Point Lodge in East Kemptville. This Canadian wilderness getaway property, situated in the middle of the Tobetic Wilderness, is Atlantic Canada's only member of Small Luxury Hotels of the World. It is definitely a superb eco destination. Every room and cottage boasts stunning river views. The outdoors beckons with canoeing, kayaking, forest bathing, hiking trails, nature walks and star gazing. Plus there is an outdoor barrel sauna and a wood-fired hot tub.

Dining is superb as well, with meals prepared from produce selected from extensive on-site gardens complimented with the freshest in seafood and meats. There is an award winning 170 plus wine list. This property is worth a trip just for the experience it provides.

From Trout Point Lodge we headed to Rendez Vous de la Baie Visitor Centre located on the campus of Universite de Sainte-Anne, in Church Point. While taking us through the interpretive panels that outline the history and culture of the Acadians, it was obvious our guide was much effected. When he related the history of the expulsion of the Acadians from Nova Scotia, with some hiding in the woods and others walking back from Louisiana, he had to stop and calm himself before continuing.



Later he took us on a guided tour along "la Baie Sainte Marie" which included a visit to the largest wooden church in North America and a visit to "Smugglers Cove" with a cave frequented by rum runners.

The trip along the south west coast of Nova Scotia was truly a window into the Acadian experience and culture. It's remarkably surprising how well their language and culture continues to be so prominent in these communities.

Venturing back to Halifax and the Delta Barrington, an excellent property situated in the city's heart, we were able to pass through some of the newly established wineries the Annapolis Valley now boasts. It's no longer just Macintosh apples.

Our final treat was dinner at the Five Fishermen Restaurant housed in a Heritage building dating from the 1800s. The building originally was the first school in Canada to offer a free education. Then it became the Halifax Victorian School of Fine Art and later a mortuary which played a significant part in the Titanic disaster. Today the dining experience is superb.

A trip along the coast is truly scenic, offering unique views of rock and vegetation and the gorgeous sight of the North Atlantic Ocean. As one of the first areas settled by Europeans there is an amazing amount of history. This was definitely a different and very pleasant trip, proving you don't always have to leave the country to experience interesting and luxurious travel. ■

Connoisseur's Choice in Nova Scotia

Nova Scotia Visitor Information Centre

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A TASTE OF NOVA SCOTIA

by “The Kilted Chef” Alain Bosse

This dish was created as a way to enjoy a typical Maritime lobster dinner in a single bite or two. In Nova Scotia lobster is almost always boiled but steamed lobster is becoming more popular, personally I prefer it boiled in heavily salted water to give it that fresh from the water flavor. Once cooked the lobster is served chilled with hot butter, quite often, but not necessarily clarified. Typical accompaniments are potato salad, and homemade rolls. It may all sound a bit old fashioned but some things are not to be toyed with! This culinary delight is often served outside on a patio or picnic table because no self-respecting Maritimer serves their lobster pre-shucked, knowing how to get into a lobster is learned at a young age! The tools provided are a lobster cracker for breaking the claws and a lobster pick for getting the meat out of those hard to reach places.

One of my favorite things to do is to travel all around the world promoting our amazing seafood and I wanted to be able to give people a chance to experience what I described above and this recipe does exactly that. The lobster is butter poached so it’s moist and succulent and the potato salad includes a bit more of the meat so you really get to taste the decadence. This has also been a very popular dish at the cooking adventures that we hold six times yearly on our farm in rural Nova Scotia. ►

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Recipe:

Nova Scotia Lobster Experience in a Bite! Aka “Nova Scotia Sexy Lobster”

Traditionally, in Atlantic Canada, lobster is served cold, dipped in hot butter outside on a picnic table and the potato salad is one of **the** most popular accompaniment. This is the best of both worlds.

Fresh Canadian Lobster

1 lb Fresh Lobster Claws or Tail
¼ lb Melted Butter

Potato Salad

4 Boiled Potatoes, drained, smashed
½ lb Chopped Lobster Meat
2 boiled eggs chopped
3 Kosher Dills, finely chopped
2 tbsp fresh Dill
1 Celery Stalk, finely diced
1 Shallot, finely diced
½ cup Red Peppers, finely diced
½ cup Yellow Peppers, finely diced
½ cup Mayonnaise
2 tbsp Chopped flat leaf Parsley
¼ tsp Smoked Paprika
Salt and Pepper to taste

In a large bowl toss all ingredients and let cool for about 1 hour. To assemble, place lobster potato salad on the base then finish with a piece of cold lobster dipped in hot butter, garnish with fresh chives. ■





UNCORK COOL CLIMATE FLAVOUR Nova Scotia Wine Country

By Winery Association of Nova Scotia

Nova Scotia has a long and rich tradition for growing grapes for wine dating back to the 1600s, when this was one of the first areas to cultivate grapes in North America. The ice age nearly 2 million years ago shaped our unique land and soil, and over the centuries, the moderating effect of the Atlantic Ocean has created vineyards unlike any others in the world. It's only been recently though, over the course of the past 25 years that our modern wineries have especially flourished.

Situated on one of the cooler climate limits for vines Nova Scotia's soil and mesoclimates create some of the most distinctive premium-quality grapes in North America. Our wineries have garnered international acclaim for their efforts and genuine passion.

Our warm summers and long falls create crisp wines with bright acidity and aromatic complexities. Constantly being recognized as distinctly Nova Scotian, the combination of these unique characteristics led to the development of the first appellation in the province, Tidal Bay, officially launched in June 2012.

There are over 70 grape growers and more than 800 acres under vine in seven different regions across Nova Scotia: Annapolis Valley, Gaspereau Valley, Avon Valley, Malagash Peninsula, LaHave River Valley, Bear River and Marble Mountain, Cape Breton.

"Pairs well with seafood and ocean views."



Every wine region hopes to have wines that stand out and get recognized for defining what they do best. In Nova Scotia, our wines have consistently been known for their fresh, crisp and bright style. With this in mind, Nova Scotia winery owners and winemakers decided to develop a signature wine that revealed these characteristics, and so began Tidal Bay. A wine with unique character, Tidal Bay brilliantly reflects the terroir, coastal breezes and cooler climate of its birthplace.

Officially launched in June 2012, Tidal Bay is the first wine appellation for Nova Scotia. A crisp, aromatic white wine, it displays the unique characteristics of our cool climate region and pairs perfectly with the local seafood we're known for. The name Tidal Bay was inspired by the influence of the sea on all of the wineries located across the province.

Although all Tidal Bay wines must follow the same set of standards, each wine is slightly different from one another, and wineries are able to uniquely express their individuality within their Tidal Bay wines.

To obtain the Tidal Bay designation, all wines must be made from specific grape varieties, include 100% Nova Scotia grown grapes, follow a strict set of standards and be approved every year by an independent blind tasting panel.

These standards were created by a committee of winemakers, sommeliers and wine experts and are strictly enforced throughout the winemaking process, from growing to bottling.

Wines can be a combination of the approved grape varieties, but must demonstrate the distinctive taste profile that reflects the classic Nova Scotian style: lively fresh green fruit, dynamic acidity and characteristic minerality. Tidal Bay wines must also be relatively low in alcohol and no more than 11%.



Nova Scotia wine areas



Annapolis Highlands award showcase



“When you walk through Nova Scotia Wine Country’s lush vineyards, you’re never more than 20 kilometers from the ocean.”



Our Specialities

Traditional Method Sparkling

Look out Champagne: Nova Scotia may not have the history of true French Champagne, but over the past decade we’ve built up a wealth of expertise and specialization in traditional method sparkling wines.

Nova Scotia has near perfect climatic conditions for making sparkling wines. The warm summers, complimented by the temperate influence of the Atlantic Ocean, create a cool growing season that encourages flavours to develop brilliance and uncommon intensity, while still retaining the all-important acidity required for balance and structure.

White Wines

Nova Scotia has become well known for producing bright, crisp and aromatic white wines with pronounced acidity and prominent character. Influenced by the same climatic conditions, they are the perfect complement to our world famous seafood, such as lobster, scallops and salmon. White hybrids such as L’Acadie Blanc, Seyval Blanc, Vidal and New York Muscat have had tremendous success in Nova Scotia and growing success has also been seen with vinifera such as Chardonnay, Ortega and Riesling.

Red Wines

Because of our cooler climate and shorter growing season it’s often thought that Nova Scotia is unable to produce quality red wines. However, we’ve been fortunate to discover many grapes that grow incredibly well in Nova Scotia and produce well rounded, full-bodied and dry red wines with low tannins. These wines are typically earthy and smokey with berry fruit characteristics and pair well with gamey red meat and traditional hearty Nova Scotia stews. Varietals such as Lucie Kuhlmann, Baco Noir, Marechal Foch and Leon Millot grow particularly well in Nova Scotia.

Fruit Wines

Nova Scotia is famous for its fruit. Our fruit wines, like some of their “sister” grape wines, are sassy and bold. Displaying a balance of light acidity and fresh flavours, discover Apple, Arctic Kiwi, Blueberry, Cranberry, Elderberry, Pear, Raspberry and other delicious fruit wines.

Icewines

For many places around the world Icewine grapes can be a challenge, but Nova Scotia provides ideal temperatures for growing this unique luxury product. Made from frozen grapes, Icewine is usually harvested at night between late November and late December, when the temperatures hit between -8 °C and -10 °C.

A cool, slow fermentation results in a very complex, full bodied dessert wine. The golden nectar is high in sugar, flavour and balanced acidity, and depending on the variety, displays notes of spicy tangerine, apricot and melon. Common Nova Scotia ice wine varieties are Vidal, Ortega and New York Muscat. ■



Nova Scotia Wineries

Winery Association of Nova Scotia (WANS)

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Matt Reiman

Personal Health and a Personal Journey

Sometimes a terminal diagnosis can mean the end of a life. Not for Matt Reiman, the founder of ph360. Almost 10 years ago, Matt was given 10 years to live after a diagnosis of Familial Amyloid Polyneuropathy — a neurodegenerative and autoimmune disease triggered by a gene mutation. Nine and ½ years later he

is healthier than ever. How? He personalized his health care and has changed the way his DNA expressed.

Now his global team of medical and health experts are pioneering the field of personal health with this ability to change gene expression — for everybody.

As a health professional and scientist, Matt was always on the search for the keys that would help his clients the most. After the remarkable discoveries he and his team have made he has been advisor to the US Military, and addressed the United Nations and World Health Organisation on how we can bring personalized health to the world's population.

So how is this possible? Surely the incredible intricacy of personalized health advice is only accessible to the rich and famous?

If everyone truly is so unique, how can completely individualized information be accessed by each one of us?

The answer is ph360

For over 10 years now the ph360 team has been using the data and research from many and varying fields to create the first truly customised smart health program tailored to you, and only you. Some of the scientific fields used are Anthropometry, Endocrinology, Embryology, Molecular Biology, Geomedicine, Neuropsychology, and Ancestry & Genetic Lineage, to name just a few. This wealth of information is used to develop the complex algorithms which are at the heart of what makes ph360 the ultimate tool for revealing your happiest, healthiest self.

WHAT IS EPIGENETICS..?
...and how does it impact my health?

You are born with around 20,000 genes in your DNA

BUT...
NOT ALL OF THEM WILL BE ACTIVATED

EPIGENETICS
is the study of the effect of the environment on gene expression

And tells us that factors such as sleep, stress, climate, foods, activity and attitude can influence your genes...

AND...
USING YOUR EPIGENETICS

YOU CAN ACTIVATE THE GOOD GENES, AND TURN THE BAD GENES OFF!

WHAT'S IMPACTING YOUR HEALTH? ph360.me



Science and the Individual

In a nutshell, you are the result of your genes combined with your environment and lifestyle. Understanding this and what it means for our health is what Epigenetics is all about. Epigenetics looks at how external or environmental factors can affect and change our genes. This is why each unique individual within a unique environment and set of circumstances needs a completely tailored approach to health. Epigenetics is key to how ph360 works and why the 20,000+ users already using the system are seeing amazing, positive results.

The main difference, and what makes ph360 so effective, is the bespoke nature of the system.

When creating your unique body profile you, as the user, are asked many questions about your environment and health, as well as inputting several body measurements.

The ph360 assessment utilizes much more information than any other diet or exercise plan in the world even takes into account.

Using complex algorithms, ph360 is then able to generate information specific to you in six key areas:

- Mind — your unique mental predispositions, strengths, and challenges and how to optimize your natural tendencies.
- Food — a wealth of nutritional information on hundreds of different foods with customized information on precisely which foods you should eat and which you should avoid.
- Fitness — personalized workouts to match your specific body and can be tailored further for focusing on specific body parts, weight loss or other goals.
- Place — the best places for you to live or vacation, suggesting the environments most beneficial to your overall health and wellbeing.
- Social — social environments and interactions that you will get the most out of and which kind of social situations you thrive in.
- Talents — your natural talents and how to achieve your full potential, particularly at work, in your hobby or your practical daily activities.



This 360 degree approach is what makes ph360 the elite and original smart health program.

“True health and wellbeing is about all aspects of what makes us human. It’s about the food and the fitness, the mind and the environment, the genes and the society we live in.”

The key is recognizing that health is not about just diet, or just exercise, or just mindset...True health and wellbeing is about all aspects of what makes us human. It’s about the food and the fitness, the mind and the environment, the genes and the society we live in. It’s everything we are as human beings and everything we are part of as members of the human race. Taking a truly holistic approach to health and wellbeing is the strength in ph360 and why ph360 is the best of the best. Completely backed by science and decades of research, it takes a truly 360 degree approach — all about you.

For a limited time ph360 is offering lifetime memberships as well as monthly and yearly subscriptions.

To find out what’s right for you and choose your own future health or simply to find out more about this incredible advancement visit www.ph360.me ■

Get Your 360°
Personalized Health Started
TODAY!





HEALTHY DIET FOR FALL AND WINTER WELLBEING

By Tanuja Dabir, Registered Holistic Nutritionist

We had a fantastic summer this year, especially here on the west coast. Come fall and now there is a slight chill in the air and the leaves are changing to beautiful shade of amber, burgundy and brown before finally falling off. This is perfect time to start thinking about how to eat nutritiously to thrive through the upcoming cold, damp and dark days.

Fall and winter give us many opportunities to celebrate life- Thanksgiving, Halloween, Christmas, Hanukkah, and Diwali and so on. So how can we nourish ourselves sensibly during the fall and winter months?

Food is one of our basic necessities besides water and air. It nourishes us, strengthens us and is a part of our celebrations and get-togethers.

Yet, practically speaking we are possibly at the peak of confusion in these modern times about how to feed ourselves. There are a plethora of different diet trends surrounding us, and we are always questioning if our eating habits are right or not?

Technology is supposed to make things easier, but doesn't it look like we have complicated our lives way too much? We get overwhelmed by terms like GMO, organic foods, Paleo diet, raw diet and so on.

The funny part is that it actually doesn't have to be so complicated! All we really need to do is go back to the basics of food and simplify things. Do it like your grandma or your great-grandma would have done! And you don't even have to toil for hours in the kitchen like them, as you now have all the modern gadgets in the kitchen to help you make it quick and easy.

So here are some tips to eating healthy and nutritiously this fall/ winter:

You are unique, so are your dietary needs:

- People often ask me, what do you think of so-and-so diet? Should I follow it? My friend lost 50 lbs on it, it seems to work!
- We are all unique, and so should be our diet. Instead of following diet trends and what your best friend or neighbour next door is doing; listen to your body. Your body tells you exactly what to eat and how much to eat. You just need to tune in and pay attention.

Include the basic food groups in your daily meals:

- Fresh and wholesome fruits, vegetables, whole grains, legumes, lean animal protein and small quantity of healthy oils are what we need to be healthy.
- But instead, we focus on pre-packaged, processed food like items which are loaded with sugar, sodium, chemicals, artificial colors and preservatives. Our bodies are not designed to process such heavy chemical laden stuff! No wonder we are always, tired, achy, bloated and sick.

Eat seasonal foods:

- Nature provides us with the seasonal foods for a reason. These seasonal foods are rich in vitamins and minerals needed to thrive during that particular season.
- Fall/ winter are typically the flu season- and one of the key micronutrients in keeping our immunity strong is zinc. What is zinc found in? Pumpkin!
- It's easy to see why pumpkin is so rampantly found everywhere in this season then, isn't it?
- Note the shift in energy with the changes in temperature:
- Autumn brings about change in energy with the drop in temperatures. We need to keep warm, and hence the warming root vegetables and squashes, nuts and seeds, whole grains and legumes are ready for harvest just in time for us to enjoy!
- The diet therefore needs to shift from light summer foods like fruit punches and salads and to hearty soups and baked, roasted and warm casseroles.

“Instead of following diet trends and what your best friend or neighbour next door is doing; listen to your body. Your body tells you exactly what to eat and how much to eat.”

Eat warming foods:

- Our bodies are always meant to be in a balanced state/ equilibrium. It's just natural. So come the cold weather, it is obvious that we eat warming foods.
- You might have heard of the Chinese Yin and Yang theory. Simply put, it is a classification system of opposite categories. One of the balances it talks about is warming and cooling foods.
- Some examples of warming foods are: cooked and dried fruits, cabbages, root vegetables, lentils, kidney beans, yams, oats, winter squashes, tomato sauces, avocados, tempeh eggs, poultry, fish, chocolate, butter, cream and potato.
- Some warming spices to consume would be: cumin, ginger, garlic, caraway, oregano, black pepper, cinnamon, cloves and miso.



Eat alkalising foods:

- As we noted earlier, this season is full of festivals and celebrations. With that come the foods rich in fat, sugar and dairy. These foods are acidic in nature. But our bodies are alkaline! So over consumption of these foods lead to acidic conditions in our body- resulting in inflammation, aches and pains, congestion and the yucky feeling we get when we've gone overboard with our feasting.
- The solution then is to ensure that you moderately enjoy the festive foods. The bigger part of your diet should be of alkalising foods, like: most fruits, vegetables, sea vegetables like kelp, nori, green beans, peas and miso.



Eat a variety of foods:

- Different foods provide us with different nutrients. Therefore it's crucial that you consume a wide variety of foods to reap their benefits. If you over indulge in only a few foods or are picky about your choices- there is a good chance you are missing out on the wonderful benefits of vitamins and minerals you could have gotten from the foods you are not consuming.
- Eating various foods also reduces the chances of one becoming allergic or sensitive to foods you over indulge in. It's a win-win situation really.

Your wellbeing is in your hands.

You do have to commit to prioritising feeding yourself and your family healthy, wholesome and nutritious meals. And that is the answer to living a long, vibrant and healthy life. That's one thing gadgets and machines can't do — at least yet.

Wishing you the best of health and spirits. ■





GENETIC RISK AND ALZHEIMER'S DISEASE: SHOULD YOU WORRY?

By Dr. Elisabeth Sherman, Neuropsychologist and Director of Brain & Psychological Health at Copeman Healthcare Centre

Alzheimer's Disease is now so common that almost all of us have experienced a family member slowly succumb to the condition. Could this also happen to you?

Alzheimer's Disease or Normal Aging?

Alzheimer's Disease is the most common of all dementia. It is a devastating, slowly progressive brain disease characterized by severe memory loss. There was a time when becoming "senile" was seen as just another part of the aging process. Now we know better. Alzheimer's, like diabetes or heart disease, are all chronic and yet common conditions that have both genetic (inherited) and non-genetic causes.

Is there a Genetic Risk in Alzheimer's Disease?

The baseline risk of getting Alzheimer's Disease is 10 to 15%. Around 15-30% of people with Alzheimer's have a first-degree relative with the disease (a parent or sibling). About 75% of cases have no family history of Alzheimer's Disease at all. And only about 5% of all Alzheimer's cases are due to an autosomal-dominant gene.

The vast majority of people with Alzheimer's Disease have what is called late-onset Alzheimer's Disease. The late-onset form affects 95% of people with the disease, and is by far the most common form of dementia. There is no known single gene attributed to late-onset Alzheimer's Disease.

Researchers have identified susceptibility genes that confer the relative likelihood, or risk, but not certainty, for the late-onset disease. The main susceptibility gene is the apolipoprotein E gene (APOE), which is involved in lipid transport and cholesterol function. One of the three forms of this gene (the APOE E4 allele) is associated with a 50 – 55% increase in the lifetime risk of Alzheimer's Disease, and only if you have two copies of the E4 allele.

Some people without the APOE E4 gene develop Alzheimer's Disease, and some people with it never develop the disease at all.

*“You may be able to decrease your risk
by activity levels, diet, wellbeing,
sleep and overall health.”*

Should I consider Genetic testing for the disease?

Risk of susceptibility to the disease increases with age, with the highest likelihood found in those over 85. Late-onset Alzheimer's Disease is difficult to predict, as your risk is influenced not only by genetics, but also lifestyle and environmental factors. For this reason, genetic testing is not recommended for the late-onset form, but is best considered in early-onset disease, where genetics play a larger role.

Young-onset or early-onset Alzheimer's Disease occurs before the age of 60, and is rare compared to the late on-set disease. In most cases it has a genetic cause; some have non-genetic causes, and others are due to another dementing disease.

Not all people diagnosed with Alzheimer's Disease actually have the disease.

About 30 to 50% of people diagnosed with Alzheimer's in life are found, after death, to have another dementia altogether. Autopsy is the only way to confirm the diagnosis. Most misdiagnosed cases have a preventable form of dementia called small vessel disease of the brain, or vascular dementia. This dementia is caused by poor cardiovascular health that damages the blood vessels of the brain.

So, high cholesterol, diabetes, heart disease, smoking, and high blood pressure are all major risk factors for this form of dementia. However genes are not.

Sometimes other dementia types also get misclassified as Alzheimer's Disease, such as that associated with Parkinson's, or rare forms involving the frontal lobes. When evaluating genetic risk, this misclassification matters. If you have a relative with Alzheimer's Disease, there is no guarantee that the diagnosis is definitive, unless it is actually confirmed by autopsy.

If late-onset Alzheimer's Disease is not highly genetic, can I positively impact my own risk?

Even with a high genetic risk, you can positively affect your chances of the symptoms of cognitive decline. Your lifestyle choices can have an additive effect on the likelihood that a genetic risk for Alzheimer's will actually express itself during your lifetime. So, you may be able to decrease, and conversely, increase, your risk by your activity level, diet, wellbeing, sleep, and health.

Behaviors known to increase the risk of cognitive decline and Alzheimer's Disease include:

1. Irregular exercise
2. Eating processed and nutrition-poor food
3. Leading a high-stress life with no relaxation or down-time (especially for women)
4. Sleep deprivation
5. Increasing levels of cholesterol, blood pressure and weight
6. Spending your time on passive, non-stimulating tasks (TV watching, repetitive routines)
7. Dependency on bad health habits (smoking, drinking)
8. Ignoring your brain health

For most of us, these damaging behaviours are more important than our genetic risk because they may amplify underlying susceptibility, and accelerate brain aging.

The bottom line:

Making brain-healthy choices every day could reduce your chances of cognitive decline, no matter what your genetic risk may be. When it comes to behavior change, today is always the best day to start making your brain health a priority. Visit copemanhealthcare.com or call 604-707-2273 to learn more about our Brain Health Assessment services.

Copeman Healthcare

Toll free: 1.888.922.2732

www.copemanhealthcare.com

Vancouver or West Vancouver Centre:

Terri Thompson: 604.707.2273

thompson@copemanhealthcare.com

Calgary Centre:

Carlene Clemence: 403.270.2273

cclemence@copemanhealthcare.com

Edmonton Centre:

Treena Popowich: 780.392.0716

tpopowich@copemanhealthcare.com



TOP TEN LUXURY VEHICLES

By Jason Grunsell

The holiday season is upon us once more, which means it's time to put together one's Christmas wish list. To help you with said list, I have for you my top ten luxury vehicles. These ten modes of transportation are rolling, functional, works of art that stimulate the senses and raise the pulses of all who see and hear them.

Aston Martin DB10

Nothing suggests coolness and style more than James Bond's Aston Martin. The Aston Martin DB10 is Bond's latest car, created solely for the new Bond film "Spectre." Under the bonnet is a 4.7 liter V8 harnessed by an increasingly rare 6spd manual gearbox. The sleek visage foreshadows the design future of Aston Martin, and a modern reinterpretation of the iconic Bond car, the Aston Martin DB5 driven by Sean Connery. The DB10 is an exclusive creation, only ten were custom built, and one, yes only one, will be put up for auction. Perhaps the "Ultimate" Christmas gift!



www.GoodLifeConnoisseur.com



Aston Martin Vulcan

Before the modern era of professional racing drivers there existed an age for the gentlemen racing driver; wealthy individuals who raced for fun. The Vulcan follows in this tradition. So what does your \$2.3 million buy you? Owners receive multiple tuition from professional racing driver tutors, access to state of the art motorsport simulators, and exclusive track day events at some of the most famous race circuits in the world. Carbon fiber is the exotic car world's sculptural form of choice so, Vulcan is clad in a carbon fiber monocoque and carbon body work. See you on the track.

*"Why is a Ford GT on this Christmas list?
Simple. It's a supercar."*

McLaren 570S

McLaren automotive is a new player in the exotic car market and comes with a Formula One pedigree second to none; this technological excellence has been transferred to their road cars — the McLaren 570S their latest offering. The 570S is McLaren's Sport series, which means the car is fun to drive, exceedingly fast, and has all the creature comforts. The 570S is a luxury sports car you can and should drive every day. One of my favorite design elements are the distinctive dihedral doors; after all one should make an entrance getting in and out of your sports car.



Ford GT

Why is a Ford GT on this Christmas list? Simple. It's a supercar...in the tradition of the Ford GT40 that humiliated Ferrari by winning the '24 Hours of Lemans' four years in row from 1966 to 1969. The Ford GT is a carbon fiber sculptured 21st century supercar. One unique feature of the GT is its round and hollowed out tail lamps. Heated air flows above the rear wheel to the GT's tail then exits through the taillights. Cool, very cool. Less than 1,000 are being made, so it's imperative to get your order into Santa straight away.

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Lamborghini Huracan LP 610-4 Spyder

Introducing the latest fighting bull from Lamborghini, the 610 horsepower, all-wheel drive Huracan spyder. Driving with the top down just got a whole lot more exciting for 2016. The Huracan is not a car for the faint-hearted as driving this supercar will garner you movie star attention and your car some notable camera phone time. I can personally testify to this phenomena when I drive the Huracan's big brother the Aventador Roadster. Using the Lamborghini Doppia Frizione (7spd dual clutch system) on a cruise up the Sea to Sky highway to Whistler will have you smiling all the way.

Koenigsegg Regera

Koenigsegg is the inspiration and vision of one man, Christian von Koenigsegg. The Regera is one of the most innovative hypercars in the world. Koenigsegg is tucked away in Angelholm, a former Swedish air force base. The phrase "hand-built" is often misapplied, but not so in the case of the Regera. It is meticulously hand crafted from carbon fiber composites. The Regera boasts a hardtop removable roof, a V8 engine in combination with a patented direct drive system that produces 1500 horsepower, electric mode and to complete the package, dihedral synchro helix doors. Canada will have one next year.



*"Why is a Ford GT on this Christmas list?
Simple. It's a supercar."*



Ferrari 488 GTB/GTS

Simply the world's best supercar. A worthy successor of the previous incumbent, the magnificent Ferrari 458. I have driven the 458 around the Ferrari track at Fiorano and it was the best car I have ever driven, yet the 488 is better. The 488 is the latest V8 offering from Maranello, a history that began 40 years ago with the iconic 308 GTB of Magnum PI fame. Once again Ferrari introduces a new element to the V8, namely turbocharging, crucially with zero turbo lag. The GTB coupe's sibling, the GTS, has a folding hard top roof. Simply perfect.

Ferrari F12-TDF

TDF stands for Tour de France, no not the cycle race, the endurance race that Ferrari triumphed in during the 1950s and 60s. This car pays homage to that legacy. One should not be in any doubt that this a serious car. Jeremy Clarkson tested the standard F12 Berlinetta on Top Gear and actually complained it has too much power. The TDF has more. Ferrari defines the TDF as an extreme road car, equally at home on the track or the road. Just 799 of these extreme machines will be built. Respect the 769 horsepower under your right foot.



Jaguar X-C75

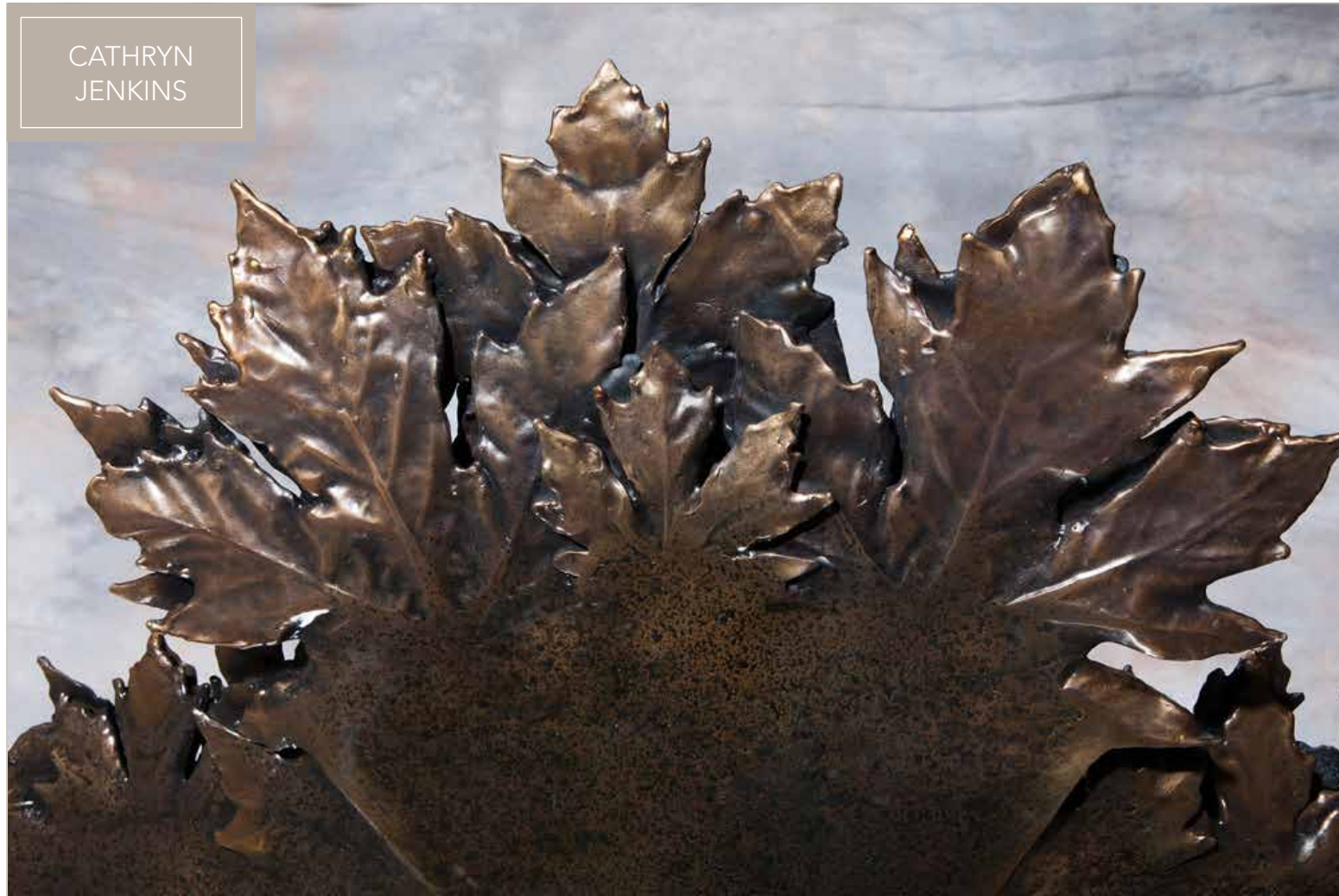
Jaguar are not putting the C-X75 into production, however, this is a wish list so I'm wishing they change their minds and do it, especially as a modified version serves as the villain's car in the new Bond movie "Spectre." Williams Advanced Engineering had made five prototypes for Jaguar with an F1-inspired engine which was turbocharged, supercharged, and had all-wheel drive and a plug in parallel hybrid electric motor. The project was scrapped in 2012, then along came James Bond. Williams again built 5 heavily modified versions this time with V8 engines for the rigors of film work.

Cobalt Co50 Valkyrie

You have your exotic car, now you need a sleek super plane; enter the world's fastest single piston engine aircraft, the Cobalt Co50 Valkyrie. Valkyrie boasts the largest single piece canopy in the world, gives the pilot 320 degree views and opens by tilting forward. Flight safety was foremost in the designer's minds, with an onboard parachute and three iPad style screens that display essential information only. Unlike a supercar, the Valkyrie has storage space for suitcases, skis, golf bags, plus seating for five people. The Valkyrie is made in California and available for the reasonable price of \$699,000.



Quite the wish list for Santa. If I could have two from this list, I would have a Ferrari 488 GTS as my daily car and a Valkyrie for flying adventures on the weekend. These vehicles are inspired by passion, and achieved by the hard work at the hands of skilled designers, engineers, and test drivers. Enjoy driving or flying these magnificent machines and have a Merry Christmas and a Happy New Year. ■



ELEMENTS IN NATURE CREATING MOVEMENT AND FLIGHT

Sculpting came naturally to Cathryn Jenkins, who grew up in the small mountainous town of Revelstoke. In an artistic household, Cathryn remembers her mother, Fran Jenkins, carving small chunks of soapstone in the kitchen. The stone came from the local mountains, prospected and quarried by her mother. Jenkins could not leave the stone and tools alone, and began her career as a sculptor in her early years. As an athletic young person, Cathryn had worked for Glacier National Park, B.C. in the summers, and this added to her firsthand experience with the grizzly bears, and their environment. “My parents loved and collected art, and so did I,” states Cathryn. It was this passion which lead to owning her own gallery between 2000 and 2004 in White Rock B. C. It was there that Cathryn held exhibitions for artists including Jack Shadbolt, Robert Davidson, Norval Morrisseau, and others (artists in attendance). She sold the gallery, in 2004, to focus on her sculpture.

Major influences in her artistic life are Fran Jenkins, Rosetta, and Sandy Scott. Cathryn’s interest in the American Women Artist group (Rosetta, and Sandy Scott and others) in the early 2000s, brought her to apply to their continental competitions. After making her way to be a Signature member, she was invited to be an AWA Master (the most elite category), in 2012.

Cathryn has always loved her time in her studio. All her artistic life her mother continued to sculpt and prospect. This put Cathryn in the unusual position of having a great selection of the most beautiful local carving stone. Cathryn focused on larger works, and developed extensive studios in her back yard in Langley, B. C., where she could work seriously, and still be a stay home mom to her two children. Cathryn continued her love of other sculpture throughout decades of work. She has also exhibited in Arizona, New Mexico, Georgia, and Texas, through the AWA, and continued to sell well, which allowed her to take on and complete large projects.

“I believe an artist’s work should be recognizable as having that particular artist’s view of the world attached to it, but growth, and change, and staying in a creative state of mind is all important in keeping the whole art market, and vibe in the studio, alive.”



Above: Medium: Bronze. “Creekside”
10 X 10 X 16 (inches) Edition of 8

Far Right: Mixed media (marble, fiberglass, turquoise). “Mischief Maker” 78” height X 41” wide.

Right: Big Bear in progress..Sold to private collector.

Below: Medium: serpentine. “Power Play”. Shown with artist



Cathryn continues to grow and explore sculpture. In the last few years she has worked with engineers and fabricators to develop large bird mosaics, in order to achieve height and drama in sculpture that is suitable for foyers, in corporate locations, and large homes.

She became more interested in bronze casting, working in clay, and other media, and also attended a fantastic workshop with Patrick Kipper in Loveland Colorado, in 2014, to learn and be inspired by great patina and its process. With significant success in larger bronze works, such as the running bronze Grizzly “On the Move”, Cathryn continues to combine a sense of freedom, and power, and agility in her sculpture. She has also made the decision to keep her limited edition size small.

Cathryn has a body of consistent work that is available through the galleries that represent her, and her own studio. Always looking to move forward with some new ideas, Cathryn possesses several large blocks of black, hard stone that will make wonderful dramatic works that will show line and form due to the monochromatic dark nature, and its dense, tough, and durable qualities. The plan is to have two or three started by the spring of 2016.

Her most recent work in bronze, an Eagle in flight, is inspired by the simple and enduring beauty of nature.

“I believe an artist’s work should be recognizable as having that particular artist’s view of the world attached to it, but growth, and change, and staying in a creative state of mind is all important in keeping the whole art market, and vibe in the studio, alive.”

Walking into Cathryn’s studio at 1000 Parker Street, Vancouver, the viewer is greeted by an eagle in full flight, eight feet in height, gracefully banking with its wing tips appearing to be fluttering in the wind. It is only upon walking up to the bird that it becomes apparent that the bronze feathers are actually cast maple leaves. The edges of the leaves forming the wing tips, while the simple elegant, slim form of the bird contrasts with the somewhat jostled fluttering “feathers”. The idea was inspired by the relationship of elements in nature.

“I was simply inspired by the fluttering leaves on a local maple tree, and how the wind can bring movement to any still landscape. I was creating eagles in flight at the time...and the elements of movement and flight seemed like such a beautiful combination,” she said. Cathryn also enjoys the open armed feel of this Canadian Eagle that graces the main area of the studio.

“I do love the iconic symbol, that Canadian Maple Leaf, for the warm memories it gives me. As a child growing up in the 1960s, I believed that I lived in the most wonderful country in the world.” Although Cathryn states she is not a nationalistic person, she believes that most of humanity does want to feel “glorious and free”. ■



The large bronze “Alberta Bear” commissioned by the Physical Education Department of the University of Alberta, Edmonton, Alberta, in 2014, graces the front of their new Physical Activity and Wellness Center (P.A.W.)

Selected Corporate Collections

- Angus Reid
- Angio Tech, Vancouver, BC
- Cana Construction, Calgary, AB
- Shaw Collection, Head Office, Calgary, AB
- Precision Drilling, Calgary, AB
- London Drugs, Sonora Lodge, BC
- BC Gas
- Ocean Park Developments
- Sidney and Joanne Belzberg, Vancouver
- Silver Standard, Vancouver, BC
- Erivan and Helga Haub Family Collection of Western Art - USA

Public Art

- Physical Activity Centre, University of Alberta, Edmonton, AB
- Croyden Business Centre, Surrey, BC (Elkay Developments)
- Grandview Business Centre, Surrey, BC (Elkay Developments)

Cathryn is represented at the following galleries:

Mountain Galleries

Whistler Banff Jasper



Gallery8

Saltspring Island



Hambletons Galleries

Kelowna



Cathryn Jenkins Studio

1000 Parker Street,
Vancouver BC
604.880.0462



“Glorious and Free” from the Oh Canada series. Bronze.



HOW TO PROTECT WEALTH IN VOLATILE TIMES

By Elvis Picardo

This year has been a difficult one for Canadian investors. The TSX Composite index is down almost five percent for the year, one of the worst performances among developed markets. The energy and commodity sectors have registered double-digit declines so far in 2015, while former stock market star Valeant Pharmaceuticals has flamed out with a 36 percent plunge in October alone.

Although some relief has been provided by the global stock market rally that could make October 2015 the best month for equities in four years, don't expect a return to the steady upward trend that was a feature of the markets from 2012 to 2014.

The global bull market is now well into its seventh year. Its longevity can largely be attributed to unprecedented monetary stimulus by major central banks around the world. Other factors that have contributed to the boom include buoyant mergers and acquisition activity that could set a record of over \$5 trillion this year, and record share buybacks in the U.S.

But the law of diminishing returns is now setting in with regard to these positive drivers, as investors fret about issues like the possibility of cheap money causing asset bubbles, stock valuations, the fallout from a slowdown in China, etc.

This could mean that once the seasonal strength that typically characterizes fourth-quarter action tapers off, market volatility could be back in a big way.

If the gyrations of September and October kept you awake at night, use the current rally to put into place measures to protect wealth, some of which we list below.

“If the vast majority of your wealth is tied up in real estate, and all the talk about a housing correction in Canada has made you nervous, consider rebalancing your asset mix by reducing your exposure to real estate.”

- **Invest for the long term:** This is a fundamental investing principle, but investors tend to regard it as a glib assertion by market professionals, rather than as a cornerstone of investment strategy. Investing usually produces positive results over the long term, but this means that an investor has to ride out intermittent market volatility instead of succumbing to panic and getting out at the lows. For example, towards the end of September, the Dow Jones Industrial Average (DJIA) was down 9.85 percent for the year; had it closed 2015 out at that low, it would have been the third-worst annual performance for the DJIA since 1977. An investor who abandoned the long-term investment premise and got out at the lows would have missed a huge rally in the DJIA over the next month.
- **Rebalance your asset mix:** If the vast majority of your wealth is tied up in real estate, and all the talk about a housing correction in Canada has made you nervous, consider rebalancing your asset mix by reducing your exposure to real estate. With regard to your investment portfolio, check your holdings and sell off any hot stocks that may go cold in choppy markets.
- **Diversify your holdings:** Unfortunately, most Canadian investors tend to invest in Canadian stocks, and do not pay much heed to overseas opportunities. This can be a costly mistake at time like the present when the Canadian economy and market are floundering. For example, in the five years ending October 15, 2015, the TSX generated annual returns of 4.9 percent. In comparison, the S&P 500 had annual returns of 13.9 percent over this period; and because the Canadian dollar tumbled against the U.S. dollar, returns from the S&P 500 in Canadian-dollar terms would have been 19.6 percent annually. What this means is that while \$100,000 invested in the TSX over the past five years would have grown to about \$127,000, it would have grown to \$245,000 or almost twice that amount had it been invested instead in the S&P 500.
- **Hedge your downside risk:** There are plenty of avenues now open to the retail investor to protect their portfolio from downside risk. This can be achieved through a combination of inverse exchange-traded funds, short selling, and put options.
- **Employ a professional:** If you would rather spend your time creating wealth than devising hedging strategies to protect it, consider employing an investment professional. The modest amount it costs to get professional advice for your investments will be money well spent when the next downturn hits, as it inevitably will. ■





TRAVEL TO THE AMAZON RAINFOREST FOR THE JOURNEY OF A LIFETIME WITH PACHAMAMA ALLIANCE

Experience a one-of-a-kind Journey to Earth's most biodiverse region—
the sacred headwaters of the Amazon rainforest

An Invitation from the Indigenous People of the Amazon Rainforest

Pachamama Alliance is a global community that offers people the chance to learn, connect, engage, travel and cherish life for the purpose of creating a sustainable future that works for all. Pachamama Alliance offers Journeys that are purposeful, transformative, travel immersions that go well beyond traditional eco-tourism or adventure travel. 20 years of experience working with five indigenous groups in the Ecuadorian Amazon to protect their land and culture from oil development.

These groups, our indigenous partners, have invited us to visit and learn from them so that we may carry their wisdom and message home. Journey with us to step away from the familiar and immerse yourself in an expansive new way of seeing the world.



Learn More on an Introductory Call



Reserve Your Space



A Rainforest Immersion with the Shuar and Sápára December 26, 2015–January 7, 2016

Welcome the New Year in the heart of the Shuar and Sápára's pristine ancestral rainforest on this first time offering.

Our Shuar friend and visionary leader of the Pachamama Alliance's Jungle Mamas initiative, Narcisa Mashienta, and her extended family will accompany us in the village of her birth, Yuvienta, to share the miraculous beauty, power and wisdom of her land and culture.

Then we'll head north to our deeply spiritual Sápára partners whose territory and culture have received UN world-heritage status but remain threatened by oil exploitation. We'll be accompanied by national indigenous leader and dream shaman, Manari Ushigua, and his family including his mother, Mukusawa, a traditional wisdom keeper and one of the last living speakers of their ancient language.

View Details & Itinerary:



Dancing with the Heart of the World IV: Amazonian Intensive February 10–25, 2016

Building upon three powerful consecutive offerings and the deep partnership of Pachamama Journeys Director, David Tucker, and School of Movement Medicine founders, Ya'Acov and Susannah Darling Khan, Dancing With the Heart of the World moves toward the most in-depth Amazonian offering yet to our founding Achuar and Sápára partners.

This intensive journey, working with a variety of shamanic, movement and creative processes, will be highly participatory, appropriate for those who have both significant experience with inner personal work and a commitment to being part of the solution in these critical times.

View Details & Itinerary:



Walking with Warriors: An Achuar Immersion in the Heart of the Amazon Rainforest April 9–21, 2016

The Achuar are among the world's last unconquered peoples and their intact warrior spirit is now fully dedicated to the fierce protection of their rainforest home for the benefit of the entire planet. To spend time in the presence of their grace, generosity and clarity, at their invitation, is an honor and privilege.

This classic, time-proven offering brings you into intimate contact with our founding indigenous partners in the heart of their pristine rainforest territory—the crown jewel of a 10-million acre region that Pachamama Alliance has worked within for two decades. This Journey offers the perfect blend of rustic and comfortable with stays at the special community lodge of Ti'inkias and the highly acclaimed Kapawi Lodge—both owned and operated by the Achuar.

Prior to entering the forest, we'll have the ideal introduction to Ecuador and indigenous life-ways through an inspiring home-stay with the Karanqui, Quichua people of San Clemente on the flanks of the sacred Imbabura volcano.

View Details & Itinerary:





Journey in the North with Woman Stands Shining, Pat McCabe | May 21–27, 2016

Join us for a special Pachamama Journey in the North to the ancient lands of Northern New Mexico near Taos.

In this first time offering, Weyakpa Najin Win—Woman Stands Shining (Pat McCabe) of Diné (Navajo) Nation—will generously take you through her personal journey, as a way of informing, inspiring your own. Experience the powerful land and sacred practices that awakened, healed, and guided her to be the leader and wisdom keeper she is today.

On this journey, participants will have the unique opportunity to access a critical body of knowledge and

wisdom from a teacher and guide who is deeply familiar with both the western traditions of the mind—rationality and academia—as well as the ancient teachings or Original Instructions that have guided all of our ancestors from time immemorial. She is an important bridge and translator of these worlds.

View Details & Itinerary:



Amazonian Immersion with the Achuar and Sápara June 11–22, 2016

Join us for an unforgettable immersion with two extraordinary and complementary cultures, the Achuar and the Sápara. They are powerful allies for one another and have been working with the Pachamama Alliance for two decades to preserve their ancestral cultures and territories. The legendary Achuar, with their courageous warrior spirit are dedicated to protecting the pristine rainforest on behalf of us all. The deeply spiritual Sápara who's commitment to the healing power of the forest and finding viable alternatives to oil exploitation has preserved their culture against all odds.

With stays at the Achuar community lodge of Ti'inkias and the Sápara community-based project of Naku, there will lots of opportunity for intimate connection and sharing with these remarkable people.

View Details & Itinerary:



The Heart, Spirit and Healing Power of the Amazon Rainforest: An Immersion with the Sápara | July 2–14, 2016

We are thrilled to offer this special immersion with our longtime Sápara partners and friends. In the face of imminent oil exploitation and an endangered culture, these peaceful warriors are determined to develop viable alternatives that not only protect and preserve their forest and way of life, but also serve as a model to inspire the rest of Ecuador and the world.

From this vision, Naku—meaning forest in the Sápara language, which received United Nations world-heritage status—was born. It is the community-based project where we will stay and has a special emphasis on the healing powers of the forest and plants. We'll be accompanied by Sápara leader and healer, Manari Ushigua, and his extraordinary compassionate and caring extended family.

Prior to entering the rainforest, we'll have the ideal introduction to Ecuador and indigenous worldview through an inspiring stay with the Karanqui, Quichua people of San Clemente on the flanks of the sacred Imbabura volcano.

View Details & Itinerary:



Journey for Change-Makers August 6–18, 2016

For the second year in a row, we extend a special invitation to change-makers—people who are working toward a more just and sustainable future. Immerse yourself in the Earth's deepest natural beauty and wisdom—the pristine Amazon rainforest and high Andes in Ecuador and the indigenous stewards who live there. Take the precious opportunity to allow yourself to fully let go and feel your passion in such a way that reminds you of why you do the work you do. Replenish yourself through a once-in-a-lifetime experience with travelers who share your commitments. Emerge from the experience renewed, reignited, clear and more committed than ever to do the work that is yours to do, and that must be done at this critical time in history.

View Details & Itinerary:



The Spirit of the Forest: An Achuar Immersion with Yoga and Meditation | Sep 28–Oct 7, 2016

On this unique Pachamama Journey, you'll join a group of like-minded, awake individuals for the journey of a lifetime engaging your heart, mind, body and soul. Yoga and self-inquiry will be utilized to integrate the profound experiences in the forest, while exploring our interior selves with the intention of igniting our personal gifts and purpose in service of the world at this critical time.

Accompanying our journey will be the Pachamama Alliance's iconic founding indigenous partners, the Achuar, who are committed to protecting their pristine ancestral rainforest home and culture for the benefit of all life. Their warrior spirit, generosity, grace, and humility will deeply touch you and offer a remarkable example and reference for how human beings can be in the world. We'll stay in the lodge of the visionary community of Sharamentsa and renknown Kapawi Ecolodge, both owned and operated by the Achuar.

View Details & Itinerary:



Discovering the Sacred Masculine: A Journey for Men Oct 16–27, 2016

Join acclaimed author, speaker, activist and mystic, Andrew Harvey, and Pachamama Journeys Director, David Tucker, on a powerful exploration around what it means to be a man in today's world. With the pristine rainforest, indigenous partners and their intact, nature-based cultures as our guide, we'll embark on a journey that will awaken the truest sense of masculinity and unleash our greatest gifts at a time when the world needs them most given the serious challenges humanity faces.

The Shuar and Sápara are both longtime indigenous partners of the Pachamama Alliance. Their men embody a healthy masculine that has been taught and emulated over many centuries and includes qualities such as kindness, compassion, humility, generosity, heart, and strength in service of the forest, family and life. Learn these qualities directly from people who haven't forgotten our original instructions for being human and living in proper balance on the planet. Join us on this once in a lifetime experience!

View Details & Itinerary:



"Sufficiency isn't an amount at all. It's an experience..."

SUFFICIENCY EXCERPT FROM: THE SOUL OF MONEY

By Lynne Twist

We each have the choice in any setting to step back and let go of the mindset of scarcity. Once we let go of scarcity, we discover the surprising truth of sufficiency.

By sufficiency, I don't mean a quantity of anything. Sufficiency isn't two steps up from poverty or one step short of abundance. It isn't a measure of barely enough or more than enough. Sufficiency isn't an amount at all. It's an experience, a context we generate, a declaration, a knowing that there is enough, and that we are enough.

It means using money in a way that expresses our integrity and that expresses value rather than determines value. Sufficiency is not a message about simplicity or about cutting back and lowering expectations. Sufficiency doesn't mean we shouldn't strive or aspire. Sufficiency is an act of generating, distinguishing, making known to us the power and presence of our existing resources, and our inner resources. Sufficiency is a context we bring forth from within that reminds us that if we look around us and within ourselves, we will find what we need. There is always enough.

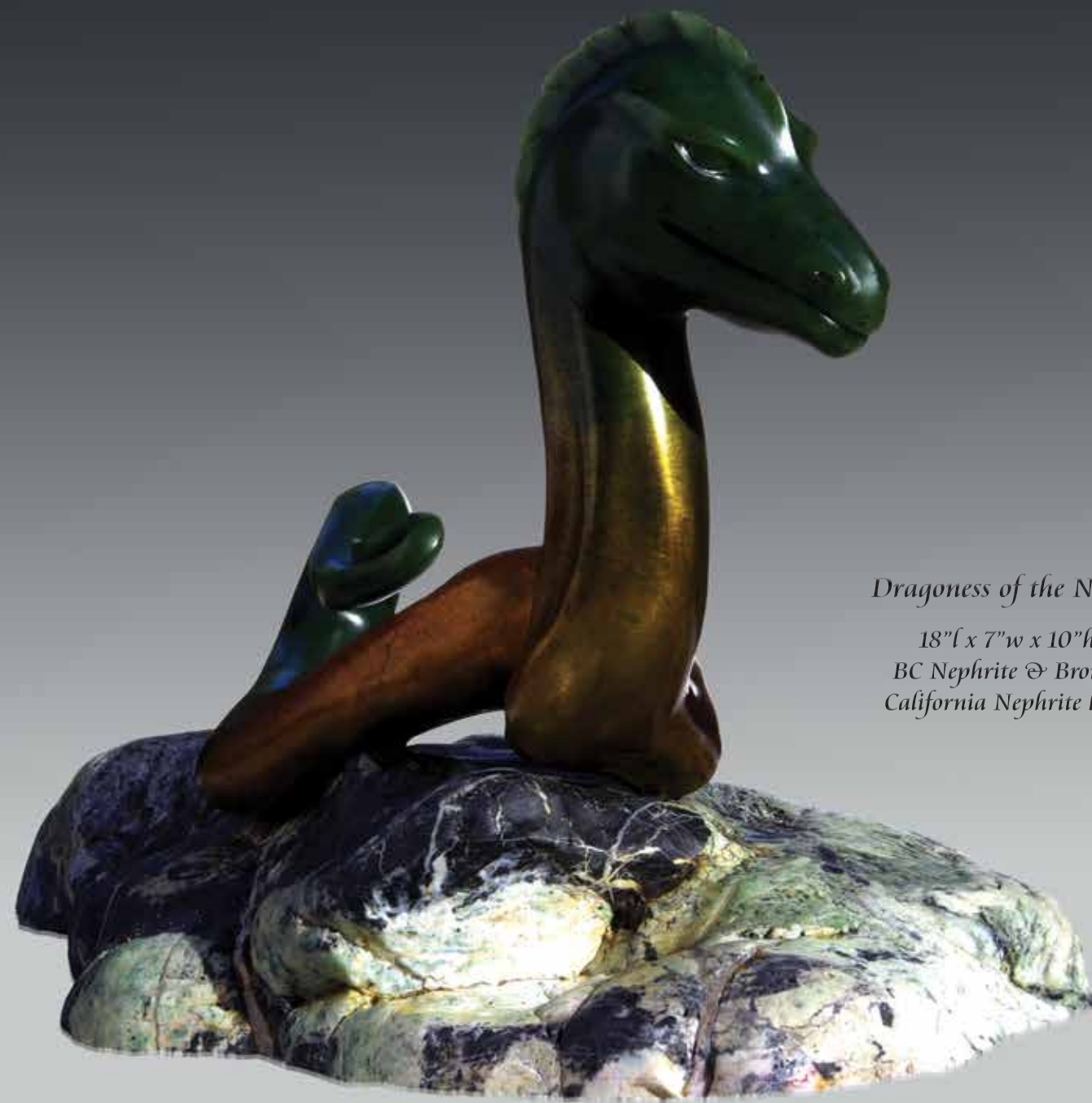
I'm not suggesting that there is ample water in the desert or food for the beggars in Bombay. I'm saying that even in the presence of genuine scarcity of external resources, the desire and capacity for self-sufficiency are innate and enough to meet the challenges we face.

It's precisely when we turn our attention to these inner resources—in fact, only when we do that—that we can begin to see more clearly the sufficiency in us and available to us. We can then begin to generate effective, sustainable responses to whatever limitations of resources confront us. When we let go of the chase for more, and consciously examine and experience the resources we already have, we discover our resources are deeper than we knew or imagined.

And in the nourishment of our attention, our assets expand and grow. ■



GEORG
SCHMERHOLZ



Dragoness of the North

18"l x 7"w x 10"h
BC Nephrite & Bronze
California Nephrite base