

PRIVILEGE MAGAZINE™

priv-i·lege

Pronunciation: 'priv-lij'

Function: noun

Etymology: Middle English, from Old French,
from Latin privilegium, a right or immunity
granted as a peculiar benefit,
advantage, or favor.

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The Show Kids You Care Advocacy Program promotes legislative change to protect our children. For more information check out www.abuserecovery.net



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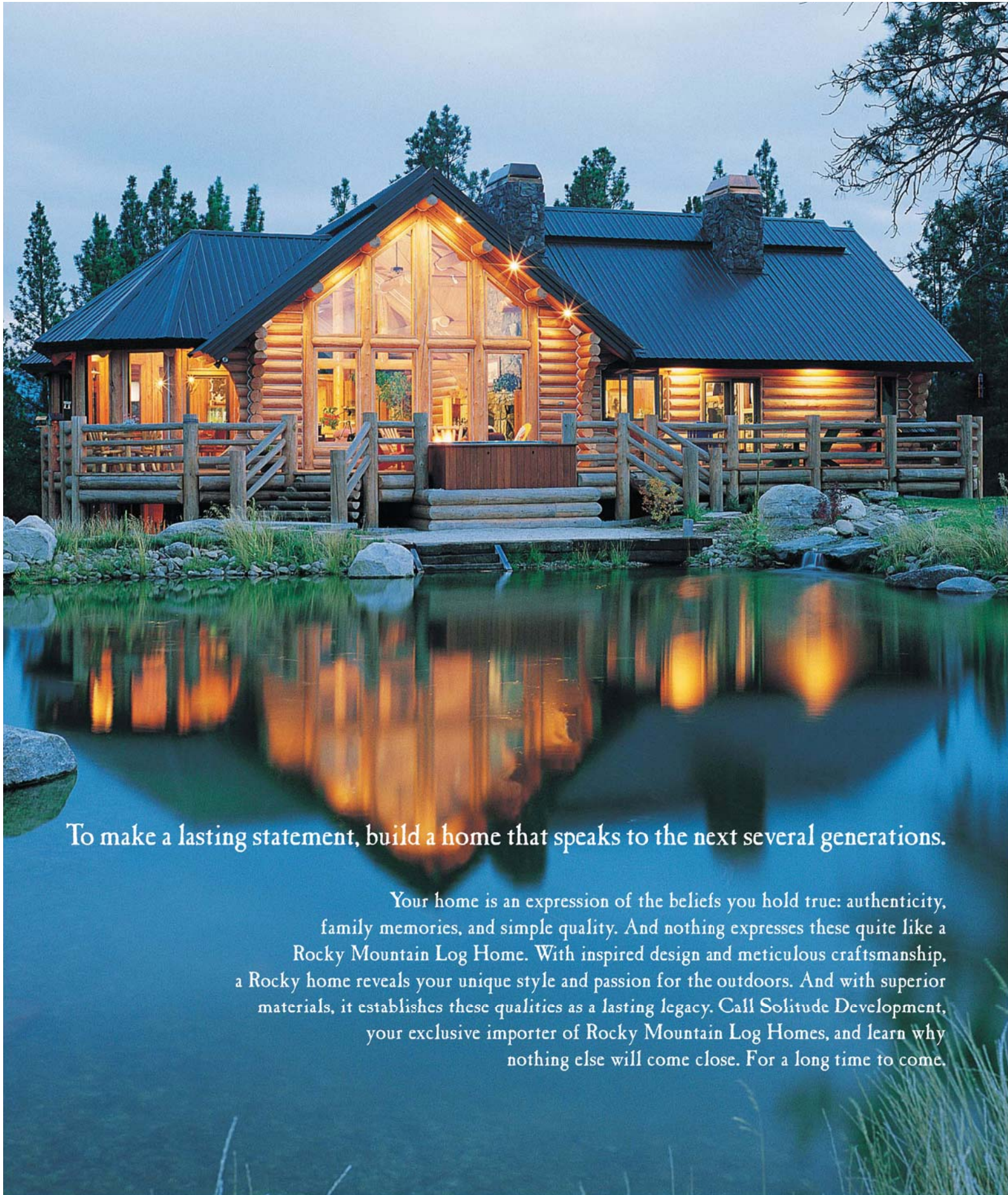
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EDITOR-IN-CHIEF

The Luxurious Treat of Privilege

Irresistible al fresco aromas wafting across outdoor patios. Yacht parties with friends. Faraway musical notes from a cavalcade of city concerts carrying on the night air. Exciting events in bloom every day under the blazing sky of summer 2005. It is my delight to serve you with yet another luxurious treat: the Summer issue of Privilege Magazine, Canada's dedicated publication for aficionados of distinction.

On your behalf, publisher Tom Vachliotis and myself have invited some of the country's celebrated experts to stimulate your senses via their successful insights, novel ideas and breath-taking travels. We are also excited to announce a new relationship with the leading luxury travel provider in the country, Attaché, a company renowned for their service acumen and discernment of the needs of the travelling connoisseur.

In celebration of this advantageous liaison with Attaché, we are focusing this issue on the subject of travel. After all, most vacation plans are now in the making for winter and spring destinations and, with Attaché at the helm, dreams of Christmas in Vienna, safaris in South Africa or a Crystal Cruise of the Mediterranean are only a phone call away for our readers.

This issue proudly displays an unusually eclectic range of journalists for your enlightened pleasure. Included in this array are onsite reportage from the Molson Indy (page 70) by Automotive Editor Darren Dobson, a roundup from Montreal's F1 Grand Prix and the unveiling of the latest Porsche topless machine by Michael Bettencourt.

Regular columnist and condo guru Lynn Tribbling shares her insightful musings (page 54), as does distinguished lawyer Michael Cochrane, while international travel correspondent and author Gregory Gallagher is sure to pique appetites with his luxury destination and jazz stories, and travel expert Ilona Kauremsky proffers timely advice for frequent upscale travellers (page 96).

Andrew Lopez has been invited to escort you through the Brazilian Ball (page 60), Charles Grieco benefits readers by guiding them on the culinary trails (page 80), and Shannon Smith earns her title splendidly as Ms Etiquette (page 58). Jill Andrew, our entertainment authority, directs us through a maze of titillating creations, and we share such discoveries as where to groom your pet, what local artist is noteworthy, where to find the best patios, as well as news of yachting toys, fashion accessories and electronic gadgets.

As a trained musician and conductor, I am stunned by the similarities of conducting a musical score and putting together an opulent lifestyle magazine. The collaborations, creative intensity and subtle architecture of designing each and every element to work together at the highest possible level results in a creation, the whole of which is truly greater than the sum of its parts.

The magazine you hold in your hands is my finished symphony; made possible by an orchestra of contributors in harmony with a tireless production team and created just for you. As the conductor of this ensemble, it is I, however, who have the distinct privilege of presenting the pleasures of this Summer issue to you, the reader. Please enjoy it and I invite you to send me your comments.

A handwritten signature in dark ink that reads "Beth McBlain". The signature is fluid and cursive, with a large loop at the end.

Beth McBlain
Editor-in-Chief
editor-in-chief@privilegemgi.com

Dear Readers:

It is incredibly exhilarating to be the publisher of a publication that has been accepted as quickly as Privilege Magazine. We have increased our yearly issues for 2005 by one, our Holiday Special issue. Our circulation has grown from 30,000 to 40,000. Starting in January 2006 we will publish ten issues yearly and our magazine will be distributed in Victoria, Vancouver, Edmonton, Calgary, Saskatoon, Regina, Winnipeg, Toronto, Ottawa, Montreal and Halifax with a total circulation of 140,000!

Our office is buzzing with excitement over all the new features we are introducing to you in this issue.

We have assembled a group of extraordinary writers, photographers and creative minds. They bring with them nationalities that span the globe, from Russia to England to China. All are prime examples of what this country, Canada, the most amazing country in the world, can claim. Talent cannot be represented by color, background or religion, but only by output and concrete results.

I want to single out one member of our team, our Editor-in-Chief, Beth McBlain. Beth has accomplished in less than two months what most individuals would take months and months even to imagine. And she did it most recently with a broken leg—surgery, three screws, a stainless steel plate and lots of painkillers. I have known Beth for more than 20 years. The woman never quits. Beth has never been defeated and continues in her indefatigable way. We thank her for her unbelievable persistence and undying loyalty.



PUBLISHER

Privilege Destinations with Attaché Service™ is an exciting new venture. Here you have two outstanding organizations putting together their resources and delivering what I would categorically classify as the most exciting travel destinations anywhere.

CAVEAT EMPTOR is also one of our new features, written by one of Canada's most respected lawyers, Michael Cochrane. Not only is Michael a renowned solicitor, he is also an author and a commentator on national television.

Charles Grieco is one of Canada's most respected gastronomy experts. For years, as owner of one of the finest Italian restaurants in the city, La Scala, Charles took good care of the Hollywood elite, politicians and some of the most influential Canadian business minds of the time. That establishment is now a chapter in Toronto's history and Charles begins a new one with a regular feature entitled GASTRONOMY.

In just three months we have reached milestones and exceeded goals. Our fall issue will be out in early October, followed by our Holiday Special issue in early November.

Enjoy!

Tom A. Vachliotis, MBA
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HEALINGS from the HEART

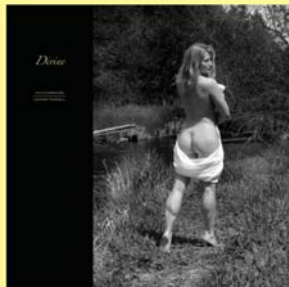


"We Bare Because We Care"

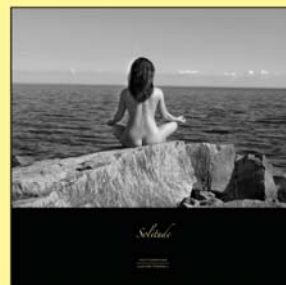
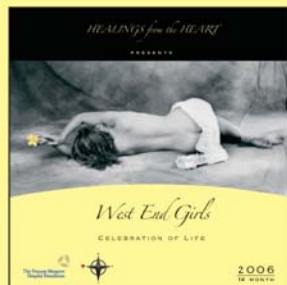


The Princess Margaret
Hospital Foundation

Hope and Inspiration



This one-of-a-kind, black and white, 32 page, 14 month artistic calendar has been created to celebrate women who have beaten cancer and those that support them. Net proceeds from the sale of this calendar will be used to fund an integrated cervix cancer screening and prevention program at Princess Margaret Hospital under the direction of Dr. Joan Murphy. Treatments for cervix cancer are highly effective when the disease is caught in the early stages, and Princess Margaret Hospital is a leader in screening, diagnosing and treating women with cervix cancer. Our goal is to raise \$500,000 to further enhance the prevention program by funding state-of-the-art equipment, new technologies and research programs from which all women will benefit. Please visit www.westendgirls2006calendar.com to buy your calendar and to learn more about this important project. Thank you for your support from "The West End Girls".



Valerie – Cancer Survivor "When I began my cancer journey in May 2004, like most people I expected the path would lead me to a dead end. It didn't take me long to realize that I had to surrender my Self completely to this experience. Once

I did, my journey became one filled with unbelievable gifts of joy, love, healing, compassion, generosity, growth and enlightenment. I allowed my Self to be embraced by this miracle that was blessed upon me and walked every step with gratitude. I was given a LIFE sentence, not a death sentence. I now see the path before me as brighter than any before it with no end in sight. Wherever my journey leads me, I know it will be filled with more love and joy than I could ever imagine. I wish the same for every one of you."



Sylvia – Cancer Survivor "At 35 weeks pregnant, a 2 1/2 year old and loving husband at home, this was the best time in my life - only for it to be shattered with 2 little words "breast cancer". I had a choice, crawl into a dark corner and give up or attack this head on. Five years later, after several surgeries and 6 months of chemo, my life has changed and I'm alive again. I was given a second chance; a chance to be a better person and enjoy my life with my loving husband and see my boys grow up. Doing "West End Girls" gives me a chance to tell my story and give hope and encouragement to other young women (mothers) in similar situations. You can beat this disease with determination, love and strength from those that love you. Everyday as I battled to survive, all I had to do was look at my 2 boys and loving husband and I knew why I was given this second chance - I wasn't going to let it BEAT ME!!"



Tricia – Cancer Survivor "If you only had one more day to live, how would you live that day? Looking back 5 years, every day now has had to be a "10", because the Universe gives you the wisdom to see opportunity in every thing you do. Living with and beating cancer is an experience

that has been a stepping stone to a life of growth and learning. Cancer taught me to have boundaries and take care of myself, something many of us have difficulty doing. Cancer also taught me that I add value to other people's lives. The "West End Girls" opportunity demonstrates this value. It let's me give back emotionally, spiritually, physically and intellectually ... in other words with "PASS-I-ON". May you live each day with passion and empowered to be all that you can be! In light, love and laughter

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L'Occitane en Provence

If you're a fan of the French-based beauty line L'Occitane en Provence that boasts over 300 stores in 45 countries, you'll love L'Occitan, their first extended line geared for men. Like its sister offerings with a multitude of products for the body, bath, face and sun in a delicious variety of flavorful scents, L'Occitan, introduced this summer, carries a natural, more neutral scent with hints of lavender, rosemary, lemon and fresh herbs. It includes a shaving gel and shaving cream, shower gel, after-shave balm with shea butter and birchwood sap; roll-on deodorant, limited edition massage oil and a slightly peppery soap infused with lavender. Their signature fragrance embellishes regional fare like nutmeg and burnt wood. L'Occitane's products are made with ingredients found primarily in the south of France and all are produced in the region.

L'Occitan is available at 150 Bloor Street West, 416-413-4899; 2589 Yonge Street, 416-440-3979 and Blue Mountain, 705-446-9596. For more information visit www.loccitane.ca.

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Hypnotiq Liqueur (pronounced "hypnotic")

Hypnotiq is an altogether irresistibly different liqueur that's all the rage, imported from France. It's guaranteed you've never tasted anything like Hypnotiq before, because there is nothing else like it. The aquamarine-hued gem is an ultra-premium blend of triple-distilled vodka, aged Cognac and a unique blend of exotic fruit juices.

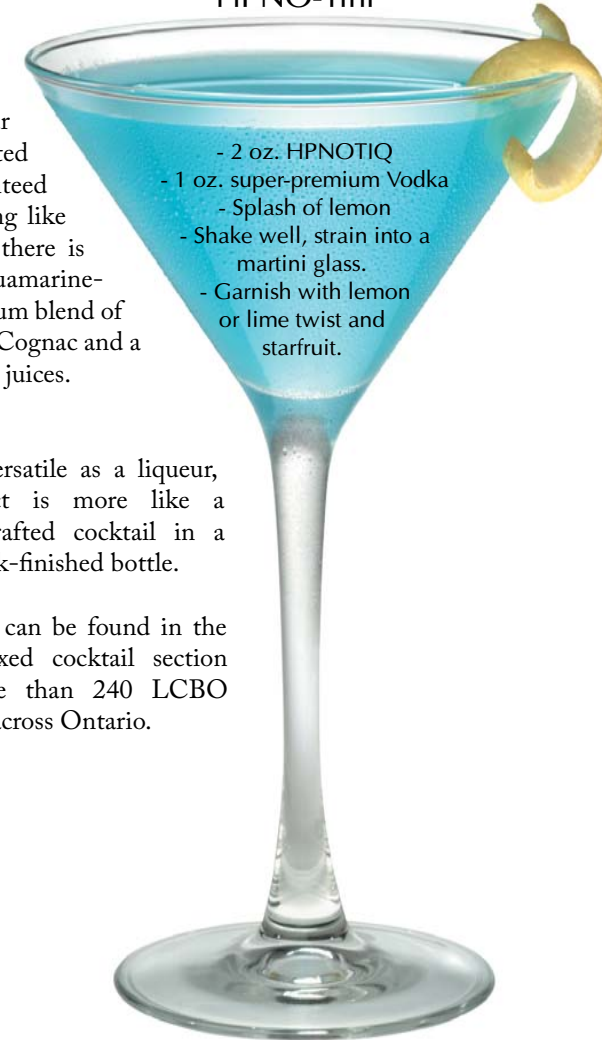


While as versatile as a liqueur, the product is more like a skillfully crafted cocktail in a frosted, cork-finished bottle.

Hypnotiq can be found in the ready-mixed cocktail section in more than 240 LCBO stores across Ontario.

HPNO-Tini

- 2 oz. HPNOTIQ
- 1 oz. super-premium Vodka
- Splash of lemon
- Shake well, strain into a martini glass.
- Garnish with lemon or lime twist and starfruit.

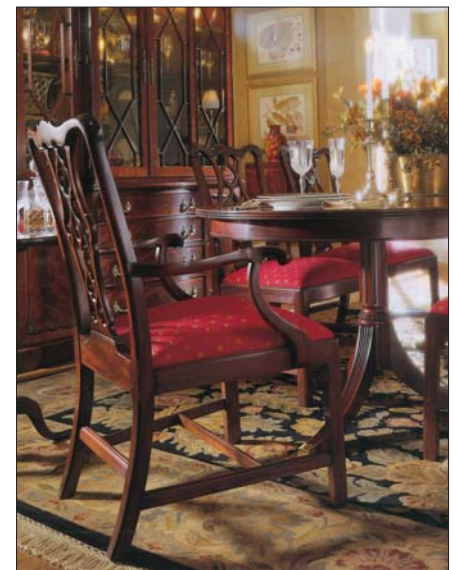


Iams Friends for Life fundraising bracelet



The Iams Friends for Life fundraising bracelet was recently launched by the Iams Company and the Canadian Federation of Humane Societies (CFHS). This brand-new national fundraising bracelet campaign was kicked off during Iams Be Kind to Animals Week (May 1-7) to raise money for the CFHS and raise awareness for responsible pet ownership.

The Iams Friends for Life signature charm bracelet was created by well-known Canadian fashion designer Jeanne Lottie - with a detachable charm that can also attach to your pet's collar.



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PDA

What type of handheld device do you need? Do you require a PDA or a BlackBerry? It's not easy to say. This article is not meant to answer the question, but to provide a small insight into the world of handheld devices in order to provide the user with some additional input into making the right choice.

The primary use of a (PDA) personal digital assistant is as an electronic organizer/ planner that can be easily carried, is user-friendly and can be synchronized with your PC. Over the past 20 years, the PDA has evolved to keep pace with the fast growth of technology.

Although developed to manage your personal information, including contacts, appointments and task lists, the modern PDA (not all PDAs can provide all functions) can also connect to the Internet, receive emails, act as global positioning system (GPS) devices, run multimedia software and even play games (some features are available from third party sources). Some manufacturers have added cell phone technology, multimedia players and other electronic gadgetry.

The traditional PDAs descend from the original PalmPilot and Microsoft Handheld PC devices. Palm devices run the Palm OS (operating system) and Microsoft Pocket PCs run Windows Mobile.

The Palm OS PDAs are easy to use and have access to a large library of third- party applications that can be added. They can also synchronize, using the Palm Desktop, with Windows and Macintosh. PalmOne, which offers the Tungsten and Zire handhelds as well as the Treo Smartphone, produces most of the Palm devices. PalmOne was formed in 2003 with the acquisition, by Palm Computing, of Handspring Inc.

Windows Mobile PDAs, known as Pocket PC, (HP, Dell) runs the Windows Mobile 2003 operating system, that is similar to, but does not have all of the features of, Windows. They support pocket versions of Microsoft applications such as Outlook, Word and Excel. The pocket PC will synchronize with Microsoft Outlook on a Windows PC (synchronization with email systems other than Outlook or with Macintosh computers requires additional software).

All have one or more expansion slots, thus allowing you to add more memory, modem and network cards. All Pocket PC devices are compatible only with PCs running Windows 98,

Windows 2000 and Windows XP. Most have a USB sync connector. The Pocket PC does not come with Mac support, although there are third-party syncing applications for the Mac that can solve the issue.

BlackBerry

BlackBerry is developed by Research In Motion Limited (RIM). Founded in 1984, RIM is based in Waterloo, Ontario.

Blackberry Internet solution offers a handheld device designed to provide email, SMS (Short Message Service), cell phone and web browser capabilities to the individual user.* The devices also provide an organizer, complete with integrated address book and calendar. Games are also available (some features are available from third-party sources).

Other features include Synchronization with PC organizer software, viewing attachments for popular file formats and integration of up to 10 supported email accounts with BlackBerry Internet Service.

BlackBerry uses "push" technology. When an email message is sent, it's automatically pushed to the BlackBerry device without any user action.

BlackBerry combines the capabilities of phone, email, SMS, browser, organizer and more, featuring:

- QWERTY and QWERTY-based keyboards
- Thumb-operated trackwheel
- Easy-to-read backlit screen
- Intuitive menu-driven interface and integrated software applications
- Exceptional battery life

* Check with service provider for availability, roaming arrangements and service plans. Certain features outlined herein require additional devices or a minimum version of BlackBerry Desktop Software and/or BlackBerry handheld software.

Helpful Web Sites

BlackBerry	rim.com	Rogers	rogers.ca
Dell	dell.ca	Bell	bell.ca
HP	hp.ca	Telus	telusmobility.com
PalmOne	palmone.com		



PDA Buying Guidelines

THERE IS NO EASY ANSWER to choosing the unit that will meet your needs. You may not find one to meet all your needs. You could list all the features you would like to have and then prioritize them. It could be an easy task if your main "must have" priority automatically precluded all but one type of device. You will probably, however, need to spend some time comparing features before making a decision. The task could be more challenging if a main requirement was Voice Calling. This would entail an additional decision of choosing a cell phone with Handheld functions or a Handheld with cell phone functions.

The main question you should ask yourself is, "What will be its major use?" Do you need only basic functions and organization? Are you away frequently but still wish to stay in touch with your email? Do you have a cell phone and/or do you wish to integrate this function with your Handheld? Will you be using text-heavy applications? If so you may want to consider a built-in keyboard.

Many people want their Handheld to be an extension of their PC. This makes synchronization with your PC an important consideration.

Consideration should also be given to ergonomics. The look and feel of the unit, could be an important issue. Is it the right size for your bag, pocket or belt? Is the display size and clarity adequate? Does it use a stylus or hard keyboard? Do your fingers fit the keyboard?

There are many other features to consider. Digital Camera, GPS, MP3, Accessories and, of course, price.

Prices vary between \$300 and \$800 depending on functionality. Wireless devices require access packages from one of the carriers (Bell, Rogers, Telus) and promotional pricing is often available.

Take your time with your evaluation to ensure that you make the purchase that will meet your needs.



Crocs go back to the boat

Verte makes a splash for the upscale boater

The Crocodile bites back with a shoe for the upscale salty dog. Lacoste, the upscale sporting label from France, has a new shoe collection for on and off the water. Called Verte, the shoes feature classic tennis colors and high-quality materials with unique styling and an iconic logo. Francesca Di Gennaro, Marketing Director for Lacoste Footwear, says the Verte design embodies Lacoste's DNA: classic, understated, quality, luxury with a sophisticated blend of sport and fashion. "We wanted to make an elitist product for the most sophisticated consumer and define Lacoste as a fashion leader at a global level. Think of it also as a great après-yachting shoe," he says.



Verte is available in three styles, two that are the sporty self-fastening cross-over strap and one more classic lace-up design. All three come in two colors, white/verte and black/red and are made from premium performance leather that's strong and soft but extremely lightweight for summer afternoons on the yacht or cottage boat.

\$385 at Holt Renfrew, 50 Bloor Street W., 416-922-2333 or 1-866-711-6091, ext. 235.

-Zack Medicoff

Summer Purses



They say a dog is man's best friend but ask a woman these days and chances are she'll say it's all to do with the bag--the handbag, of course. With our ever-growing need to keep our lives organized, those compact stand-alone pieces usually seen hanging off shoulders have come to represent a new chic this summer.

Ever since Jackie Kennedy Onassis clutched her Gucci "Jackie O" handbag, women have been looking for new ways to secure their essential items. Even before the Queen of Camelot graced the world stage with her classic signature style, fashionable purses preceded her. Watch black-and-white flicks and catch starlets such as Claudette Colbert, Ingrid Bergman, Greta Garbo and Audrey Hepburn, all of whom held lovely purses as they gazed into the eyes of their paramours.

Fast forward to this summer's fashion scene and discover the trends revolving around bursts of color, leather and sleek forms, with some designers even adopting names from the legendary actresses for their summer collections. The fashion houses and designers have used a variety of themes to express what today's girl wants. Gone are the days of the year-round handbag.

This summer's hot fashion themes use influences from Africa, with lots of leathers, earthy tones, beads and raffia weaves that come in a variety of sizes. You'll also spot palettes of vintage colors from '60s turquoise to hot pink to coral, along with Martha Stewart orange and grasshopper green. Other summer sizzlers for the handbag diva will show lots of bold hardware (think gold) and strong shapes.

Gucci has reintroduced a limited floral pattern that first made its debut in the '60s. Every 20 years the glorious field of poppies, cornflowers and bachelor buttons pattern is reborn. This time around, the front flap clutch bag uses the inspiration of Jackie O. Ballerina slippers and hats are also available. New Yorkers are seen bolting around Manhattan with this stylish bouquet. The bag in floral canvas with natural leather trim has bamboo handles and retails for \$905 at Holt Renfrew. It certainly is summery.

For the racier girl, Gucci's runway bags are a big summer hit. Burnished leather designs in soft beige with brushed gold accents and studs indicate this girl means business. Holt Renfrew sells them for around \$1,625. For color, the always popular Italian design house Pucci swirls its signature sassy colors using hot pink, canary yellow and black against a white canvas to create a summer fun handbag packed with whimsy and a hint of flirtation. It's all about the psychedelic kaleidoscope look. Other color combos include green, burgundy, black

and white. At Holt Renfrew for \$1,170. Tom Ford for Yves Saint Laurent is taking polka dots by storm. Using white and black polka dots, it's all so "La Parisienne." The classic Fendi bag adapts its signature logo patterns in leather and fabric, going with lighter shapes this summer. Look for the long pencil thin zipper purse in black, or try the ivory leather with the famous signature logo print in oatmeal, finished with heavy brassy hardware. Meanwhile the youngest line from Prada (Miuccia Prada), Miu Miu, sports fabric, leather and metal to create this summer's "Twiggy" sensation.

Here are some other gems:

Bottega Veneta

Breezy florals and lots of butterflies add summer zest to this designer's season. Since Tomas Maier took over as creative director of Bottega Veneta four years ago, the butterfly has been the label's emblem and has appeared as a signature print on his ultra-luxe bags. While the signature plaited leather comes in neutral butter-soft tones, his runway clutch screams '50s, drawing inspiration from the fabulous Côte d'Azur. The talk here is the one-of-a-kind beauty as seen on the runway, displayed in its own glass case at Holt Renfrew's 50 Bloor Street West location--handmade in Italy with green suede interior and whimsical butterflies flitting on the long narrow turquoise clutch. (Price \$2,790: Location, Holt Renfrew)

Louis Vuitton 111 Bloor Street West, Toronto



For the first time, the famous leather goods designer, Louis Vuitton, is launching a complete canvas summer bag collection. Brassy buckles flash on these red-and-purple or beige-and-red numbers. The Antigua line, besides conjuring images of lazy summer afternoons by the idyllic Caribbean, uses three designs with each revealing a classic nautical spirit with the iconic Vuitton fashionable luggage nails--ideal for travel. It's fresh, new and perfect as a weekend, pouch or shopping bag. Try the cherry red

Besace PM bag that combines the messenger satchel and casual city look into one. You get bright purple contrasts with the LV handles, a sleek logo nameplate and the ultra LV signature with its polished hardware nails. (Price: \$600)

Davids 66 Bloor Street West, Toronto

This deluxe shoe emporium in tony Yorkville has packed the ultimate finesse with its summer collection. Purses adorning the display cases include labels from Icon, Desano, David and Scotti, along with woven crocodile styles from Nancy Gonzalez. Started in 1988, Nancy Gonzalez's designs are available in the best boutiques around the world. Taking inspiration from her homeland, Columbia, her distinctive handmade designs are created from exotic skins including Cayman crocodile, South American alligator, python and ring lizard. L.A. designer Icon takes its summer inspiration from paintings like Gustav Klimt's "Woman and Child." The big bags are all sold out but you can still snag small purses for \$350. Then there's Desano's periwinkle blue soft leather woven pattern that takes the look of a blossoming flower. The exquisite shape makes it a stylish addition to any evening out. Price: \$595. David and Scotti have summer styles such as the Carmen shoulder accessory bag. Made from woven linen with delicate crochet overlay and leather trim, it has dual shoulder straps and retails for \$150. Colors are coral and lagune.

Prada 131 Bloor Street West, Toronto

Over at Prada, raffia is in and so are shades of yellow, orange and cream at this boutique that highlights styles for classic and contemporary living. Bright canary yellow with straw mesh accentuates a long sleek line with the triangle Prada logo on the side. (Price: \$1,790) For the beach scene, take your virtual aquarium. Prada has introduced brightly patterned orange/yellow seahorses, pink starfish, bubbling fish in yellow and purple. It's all so Jacques Cousteau on white canvas. The canvas sea print tote is a great accessory for those beachy afternoons.



Biba Boutique 162 Cumberland Street. Toronto

This high-end boutique showcases a collection of international designers where everything is one-of-a-kind. So you typically get to see things only once. Choose from Furla, Longchamp, Francesco Biasia, and the minimalist chic of Coccinelle. These designers are all contemporary, yet elegant and make a great alternative to the other bigger labels.

Furla 41 Avenue Road, Toronto

Canada's flagship shop for this third generation Italian design house showcases the latest summer collection. Feminine and functional, the soft leatherwear is also great for any girl's pocketbook, since most of these finely formed pieces start from \$300. The company is busily expanding worldwide. Furla has been part of the design history of Bologna since the 18th century. The Italian designer is introducing summer with lots of color in the softest calfskin leather along classic lines. It will surely remind you of trendsetters like Jackie O and 1950s film sirens. Check out the "Greta" shoulder bag, a Hermès inspired birkin bag in "I want to be alone" black. Then there are the contrasting tones of black/white, shell/curry, paprika/shell and white on white in the "Gigi" style, which evoke an elegant modern look.



Cole Haan 101 Bloor Street West, Toronto

New from Cole Haan is the Sydney Straw style, a textured straw purse with handcrafted beading. Another hot summer seller is the straw tote collection of soft pebble-grain leather with contrasting white and tassel accents along with a rope handle (\$660).

Chanel Boutique 131 Bloor Street West, Toronto 416-925-2577



This world-renowned haute couture house has been creating styles for the 20th century gal for years, and ever since Karl Lagerfeld took over the esteemed design house in 1983, it's leading the way into the 21st century, especially when it comes to stylish purses and handbags. When you take a look at such summer fashion purses as the soft eggshell with the classic Chanel logo in soft leather, this narrow clutch bag is a must-have. (Price: \$1,350.) Another popular summer item comes in baby pink or the classic black and white Chanel tones. Price: \$2,025

- Ilona Kauremszky

SWISS ARMY 


New Diamond Bezel Watches for Fall 2005

Because of their inspiring beauty and brilliance, diamonds have been part of many romantic adventures throughout history. These adventures along with a passion for beautiful functionality have inspired Swiss Army to introduce diamond bezel timepieces.

Casually elegant, the Alliance is offered in two styles—rectangular case with 18-diamond inlaid bezel and silver dial, and round case with 40-diamond inlaid bezel and mother-of-pearl dial. On both models the diamonds' brilliance is accentuated by a sophisticated high-polished bezel and bracelet.

The iconic Officer's 1884 has also been designed with 42 full-cut, channel set diamonds inlaid on the bezel which complements a beautiful silver dial and brushed/polished bracelet.

Alliance Round

- 40 full-cut, channel set diamonds inlaid on round bezel with mother-of-pearl dial
- Water resistant to 100M (10 ATM / 330 FT)
- #24831
- Retail: \$1095

Alliance Rectangle

- 18 full-cut, channel set diamonds inlaid on rectangular bezel with silver dial
- Water resistant to 30M (3 ATM/100 FT)
- #24850
- Alliance watches feature:
- Swiss-made quartz movement
- Scratch-resistant sapphire crystal
- Polished stainless steel case
- Polished stainless steel bracelet with push-button deployant clasp
- Retail: \$895

Officer's 1884

- 42 full-cut, channel set diamonds inlaid on round bezel with silver dial
- Swiss-made quartz movement
- Stainless steel case
- Water resistant to 100M (10 ATM / 330 FT)
- Scratch-resistant sapphire crystal
- Luminous hands and markers
- Date calendar
- Brushed/polished stainless steel bracelet with double-locking safety clasp
- #24851
- Retail: \$995

All Swiss Army watches are covered by a 3-year warranty.

For more information go to: www.swissarmy.com

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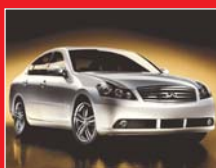
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*T*he teaming up of two outstanding companies hungry to offer you the gates of a new world and the history of an old world is celebrated in this, our Summer issue of Privilege Magazine.

Imagine your holiday season in romantic Vienna. Capture visions of a wild safari experience in South Africa from a safe and spectacular game lodge or safari camp. Experience the warm breezes of the Mediterranean while cruising through one of nature's most magnificent creations, the Greek isles, aboard a six-star Crystal Cruise vessel. Gallop through fragrant woods and fields on sleek stallions in New Zealand. If you can imagine it, we can create it. We challenge you to choose your ultimate travel itinerary.

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AMADEUS WATERWAYS CRUISE - 10 days

Day 1 BOARD YOUR OVERNIGHT TRANSATLANTIC FLIGHT.

Day 2 ARRIVE IN VIENNA, AUSTRIA FOR SHIP TRANSFER

In the afternoon, explore Austria's capital, Vienna, which is known as the "City of Music" renowned for its Baroque architecture and composers Mozart and Strauss. In the evening there is a gala Welcome Cocktail Reception and Dinner. (D)

Day 3 VIENNA

Savor the captivating elegance of Vienna with a sightseeing tour that includes stops at the Hofburg Palace, Vienna Opera House, Ringstrasse and St. Stephen's Cathedral. Then browse in the Christmas markets. (B,L,D)

Day 4 DÜRNSTEIN / MELK

Visit Dürnstein, a charming medieval wine town, set in the vine-clad hills along the Danube. Sights include the Baroque Stiftskirche and the castle ruins where Richard the Lionheart was imprisoned in 1192. Continue cruising to Melk for a tour of one of Europe's largest baroque monasteries, the Benedictine Abbey. (B,L,D)

Day 5 LINZ / PASSAU, GERMANY

Try the optional excursion to Mozart's hometown of Salzburg known as one of the most beautiful cities in Europe renowned for its architecture as well as for being the location of the movie *The Sound of Music*. Afterward, enjoy festive activities throughout the Christmas markets. Reboard for Passau, Germany. (B,L,D)

Day 6 REGENSBURG

In medieval Regensburg join a city tour for visits to the Old Town Hall, the Roman gates of Porta Pretoria, the Old Corn Market, the Christmas market, and festive stalls. (B,L,D)

Day 7 NUREMBERG

Enter the Main-Danube Canal for spectacular views along the Altmühl Valley. Here the canal straddles the Franconian Alps via 16 locks and is considered a modern engineering feat. After lunch, venture into the countryside until you reach Nuremberg. Enjoy a city tour that includes gothic churches, patrician houses, 900-year-old ramparts, the Imperial Castle, the Justice Palace and more. Conclude your tour at the world's largest Christmas Market, home to more than 100 booths. (B,L,D)

Day 8 NUREMBERG / PRAGUE, CZECH REPUBLIC

Disembark after breakfast and continue to Prague and your hotel. Your afternoon is free to explore the "Golden City." (B)

Day 9 PRAGUE

Morning sightseeing reveals why Prague is considered one of Europe's most attractive cities. See thousand-year-old Hradcany Castle, the Old Town, the Jewish ghetto and wander through the markets. Then meet up with the locals at Wenceslaus Square, or enjoy one of the charming cafés or restaurants. (B)

Day 10 DEPART PRAGUE

Transfer to the airport for your departure flight. Extra nights are available for trip extensions. (B)

COSTS

Per person land portion is \$1550.00 CDN, based on double occupancy. Flights are extra.

Subject to all terms and conditions of Privilege Destinations with Attaché Service, and Amadeus Waterways. Subject to space at the time of booking. Space is limited. Cruise operates in both directions on various dates from November 24 - December 27, 2005

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ALL THE BELLAGIO HAS TO OFFER 4 days

You have more than 100,000 hotel rooms from which to choose in Las Vegas. When evaluating hotels, Bellagio is the ultimate Vegas experience. Classy and beautiful, Bellagio delights all the senses overwhelmingly.

Top of the line, Bellagio is an oasis of elegance, comfort and luxury in the center of everything. With top gaming, restaurants and shops, Bellagio offers outstanding opportunities to keep you entertained.

Not only are the views and amenities at Bellagio the best in town, the service is also superior. From the Chihuly flowered glass ceiling, to the world-famous dancing fountains sweeping the entry, Bellagio is an unforgettable experience.

Privilege Destinations with Attaché Service offers a four-night experience with non-stop business class air travel, private transfers, a lakeside deluxe room, show tickets, and lifetime memories.

ITINERARY

Day 1
After arriving in Las Vegas aboard your non-stop Air Canada flight, a private limousine takes you to Bellagio where you can explore the exclusive property at your leisure.

Day 2
Choose from Bellagio's luxurious venues and services that include private in-room breakfasts, poolside lunches, dinner reservations and nightly entertainment. Just name it, and Privilege Destinations with Attaché Service will make it happen!

Day 3
Enjoy another full day at Bellagio, home to the famous Cirque du Soleil troupe where they are performing their renowned show "O."

Day 4
Your Bellagio fantasy concludes, as it started, with a private limousine escort to the airport.

COSTS

Per person is \$4,499.00 CDN and includes business class air from Toronto, hotel, transfers, and tickets to "O."

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This trip itinerary is a sample of our Privilege Destinations with Attaché Service. We prepare customized pre and post tours and can accommodate your special interests.

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NEW ZEALAND

Slipping into Paradise

DISCOVER NEW ZEALAND - 15 days

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Day 1: Arrive Auckland Airport
Stay: Hilton Auckland (3 nights)

Day 2: Waiheke Island Excursion via Helicopter
Fly over the Hauraki Gulf before lunch at the Mudbrick Vineyard & Restaurant. Afternoon wine tours available.

Day 3: Auckland at your Leisure

Day 4: Auckland - Napier, Vineyard Tour
Fly to Napier, an Art Deco gem. Considered the "Tuscany of the South Pacific," the region is home to some of New Zealand's oldest wineries.
Stay: Mangapapa Lodge (2 nights)

Day 5: At Leisure

Day 6: Martinborough, Wellington
Fly to Wellington, then visit Martinborough for lunch at the Martinborough Hotel. Sample some famous local pinot noirs.
Stay: Hotel Intercontinental

Day 7: Picton & the Marlborough Sounds
The morning is at your leisure. In the afternoon, board a ferry from Cook Strait to Picton.
Stay: The Vintners Retreat (2 nights)

Day 8: Vineyards of the Marlborough Region
Tour wineries where the sauvignon blanc grape is perfected

Day 9: Kaikoura Coast, Christchurch
In Kaikoura, the country's whale-

■ watching center, try whale watching or swimming with dolphins! Later, continue to Christchurch, considered the most English of New Zealand cities.
Stay: The George Hotel (2 nights)

Day 10: Early Morning Hot-Air Balloon Ride
Take a hot-air balloon ride and enjoy panoramic views.

Day 11: Lake Tekapo, Mount Cook National Park
Visit the UNESCO World Heritage Site of Mount Cook National Park.
Stay: Mt Cook Hermitage Hotel

Day 12: Queenstown
Visit the lakeside settlement of Lake Wanaka, then travel to Arrowtown.
Stay: Millbrook Resort (3 nights)

Days 13: Afternoon Vineyard Tour
Morning is at leisure. Later, tour the world's southernmost vineyards

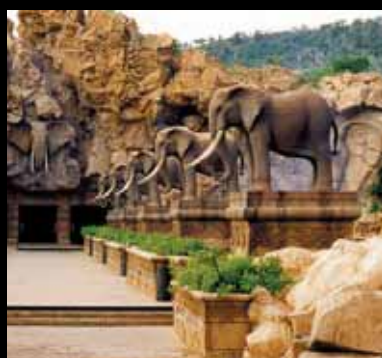
Day 14: Explore Queenstown and Its Surrounds
Queenstown boasts wild adventure tours and makes a great base for trips to the Fiordland National Park.

Day 15: Depart Queenstown
Your exclusive holiday concludes and you travel to Queenstown airport for departure

COSTS

Per person Land portion is \$6499CDN, based on double occupancy. International flights are extra

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SOUTH AFRICA

A world in one country

HIGHLIGHTS OF SOUTH AFRICA 11 days

Days 1 & 2

Depart for Cape Town, South Africa
Transfer to Cape Grace Hotel

Day 3

The Cape Peninsula
Tour the peninsula. Stop at the exclusive suburbs of Sea Point and Clifton, then continue to Llandudno and Hout Bay. Later, drive over gorgeous Chapman's Peak Pass, one of South Africa's most spectacular roads. At Cape Point take the funicular for a panoramic view, where the Indian and Atlantic Oceans meet. Cape Grace Hotel

Day 4

Cape Town, Paarl, Franschhoek Valley & Stellenbosch
Visit Table Mountain by cable car. Then tour outside Cape Town. Stops include the Afrikaans Taal Monument and Victor Verster Prison. Afterward, it's off to the historic Vergelegen Wine Estate for wine-tasting, then to Helshoogte Pass. Later we'll arrive at Stellenbosch, considered the oldest town in South Africa after Cape Town. Cape Grace Hotel

Day 5

Blue Train
Board this luxury train for an unforgettable rail trip. The Blue Train

Day 6

Pretoria
Enjoy a city sightseeing tour of one of the most beautiful cities in South Africa. Sheraton Hotel

Day 7

Pretoria & MalaMala Game Reserve
Drive to Johannesburg for a short

flight to MalaMala Game Reserve bordering Kruger National Park, known as the home to the greatest number of animal species in Africa the viewing rate is phenomenal. MalaMala Main Camp

Day 8

MalaMala Game Reserve
Situated on the banks of the Sand River, the MalaMala Main Camp is the finest environmental camp in Africa. Your safaris are conducted in open 4-wheel drive vehicles for easy off-roading. MalaMala Main Camp

Day 9

MalaMala Game Reserve
Enjoy the sumptuous setting of MalaMala Main Camp. Dinner is served outside for your farewell party. MalaMala Main Camp

DAYS 10 & 11

MalaMala Game Reserve & Depart Johannesburg
Enjoy your last morning game drive, view game from the veranda, or relax by the pool. After lunch, depart for Johannesburg where there is a day room at the airport hotel to relax prior to your departure.

COSTS

Land cost per person is \$9,499CDN, based on double occupancy. All international flights extra. Subject to all terms and conditions of Privilege Destinations with Attaché Service and our suppliers. Space is limited. Please call us for this amazing experience and many other unique trip ideas to Africa.



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MEDITERRANEAN PASSAGE 10 days LISBON TO ATHENS Crystal Symphony - May 8, 2006 to May 18, 2006

Let Privilege Destinations with Attaché Service introduce you to Crystal Cruise's Spring 2006 Mediterranean cruise schedule.

Equipped with private verandas and elegant suites, the luxurious 50,000-ton, 940-guest Six-Star Crystal Symphony is one of the most spacious cruise ships at sea. Onboard amenities include full-service fitness center, Caesar's Palace at Sea @ casino, Feng Shui-inspired spa, two pools, Jacuzzi @, 360° teak Promenade Deck, entertainment and more.

PRIVILEGE DESTINATIONS WITH ATTACHÉ SERVICE PRESENTS THIS UNIQUE ITINERARY:

May 8 Mon
Lisbon, Portugal
8 pm

May 9 Tue
Gibraltar, United Kingdom
2 pm - 9 pm

May 10 Wed
Cruising the Mediterranean Sea

May 11 Thu
Barcelona, Spain
8 am - 11 pm

May 12 Fri
Cruising the Mediterranean Sea

May 13 Sat
Sorrento, Italy (overnight)
8 am

May 14 Sun
Sorrento, Italy
6 pm

May 15 Mon
Taormina, Sicily, Italy
8 am - 6 pm

■ **May 16 Tue**
Cruising the Mediterranean Sea

May 17 Wed
Santorini/Thíra, Greece
8 am - 5 pm

May 18 Thu
Athens/Piraeus, Greece
2 am

COSTS

Per person, \$11,499.00CDN, based on double occupancy

Your cruise includes:

- Business class airfare from Toronto on Air France, luxury cruise accommodations in a **Deluxe Stateroom with veranda**, six-star cuisine, onboard entertainment and non-alcoholic beverages

Your cruise does not include:

- Port, security and handling charges, gratuities, shore excursions, spa/personal services optional add-ons and alcoholic beverages

Subject to all terms and conditions in the Crystal Cruises brochure, and of Privilege Destinations with Attaché Service. Subject to space at the time of booking. Space is limited.

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For more information on this and other exclusive holiday packages please contact

Privilege Destinations with Attaché Service

I ♥ Summer

BY KAREN PETCOFF

The Privilege Patio Review Team PERSONAL PICKS

Ellie Cholette:

Ellie is the owner of At Home Interiors and a regular on Canadian television's The Decorating Challenge, W Network

ELLIE'S FAVE PATIO: George at Verity

ELLIE'S FAVE MARGARITA: George at Verity

ELLIE'S QUOTE / PULLOUT: "I can't wait to come back to Verity with someone special. This is the most romantic place in Toronto."

Davidson R. Elie Jr.

Davidson is a senior facilitator at IDRUM Empowerment; percussionist; recently voted one of the Top Ten Most Sexy People in Toronto by the Toronto Star newspaper

DAVIDSON'S FAVE PATIO: Ultra Supper Club

Davidson's fave margarita: George at Verity

DAVIDSON'S QUOTE / PULLOUT: "The music is urban, sexy, reminiscent of the early warehouse period in Toronto."

Mo-D

Mo-D is host of Omni Television's Ishtyle TV; Mo-D has been named "Favourite Media Personality" by the MyBindi Awards; In-stadium host for the Toronto Argonauts

MO-D'S FAVE PATIO: Ultra Supper Club

MO-D'S FAVE MARGARITA: Amadeus

MO-D'S QUOTE/ PULLOUT: "Amadeus is a chill place, with the best margarita in the city."

Ashley Palmer

Writer, Privilege Magazine

ASHLEY'S FAVE PATIO: Panorama

ASHLEY'S FAVE MARGARITA: Amadeus

ASHLEY'S QUOTE/ PULLOUT: Panorama has a breath taking view of the city. What a great place to make a first impression."

Karen Connor Petcoff

Writer, Public Relations and event planning consultant

KAREN'S FAVE PATIO: Le Petit Liban

KAREN'S FAVE MARGARITA: Amadeus



Perhaps it was singer Jimmy Buffett himself who inspired the storyline. Quite by coincidence, Buffett was in town performing the same scorching summer day our panel of parrot heads ventured out to measure how Toronto's popular patio scene would stack up against his mythical musical party paradise, Margaritaville. My job, with appropriate back-up, was to scour the city's downtown core, margarita by margarita, to discover what places best keep Toronto sizzling all summer long. We found them and collectively understood why the term "crawl" is often associated with a poly-patio frolic.

Guarding against tradition, we let Toronto's food critics chew the fat about the latest inspired cuisine as

we enlisted a panel of eager, albeit amateur, palettes. Ellie Cholette, Mo-D, Davison R. Elie Jr. and Ashley Palmer were selected because of the unique talents each brought to the table. Ellie is one of Canada's leading interior designers and has taken even more of an interest in patios since Toronto's no-smoking by-law came into effect last fall. Mo-D, host of the stylish Ishtyle TV show on OMNI Television, is well tapped into Toronto's downtown scene and promises to be one of Canada's greatest television personalities. Davidson, a top corporate facilitator and musician, understands how ambient sound and social flow can make or break any patio environment. It was also the rare chance to spend an afternoon with one of Toronto's Sexiest People, Davidson's new handle since



being anointed by the Toronto Star newspaper earlier this year. Ashley Palmer who writes for Privilege Magazine, made the cut by being a working-lady luncher looking for patios that might help close a business or personal deal.

To select the best margarita, we first had to learn from the best. Jennifer May of Knox and Company, importers of Margaritaville Tequila, a brand Buffett is loosely affiliated with, and Michelle Hunt from Toronto's Martini Club offered their expert opin-

ions. Contrary to the widely held belief that any margarita is a good margarita, May and Hunt agree that the key flavor elements to look for are a premium tequila, the freshest lime juice and a sweetener such as Cointreau or Triple Sec.

"There's a flavor party going on in your mouth from the moment you taste the lightly salted rim, to when your taste buds stand at full attention with the fresh lime juice, tequila and orange liqueur," says Hunt, a licensed mixologist. "Real aficionados will tell you never mix a margarita in a blender because the flavours get lost in a slushy mess. Keep it pure."

Armed with this insider information, our panel of consumers was ready to take a few for the team. Our first destination, the ultra chic urban patio upstairs the Ultra Supper Club, is a must-see venue for Torontonians and tourists alike. This is where the sophisticated and sexy meet against a backdrop of sleek linear design, white seats and umbrellas that feel very "L.A." Lush palms and strings of white mini lights overhead enhance the upscale party atmosphere. Terry Hughes, the Ultra Supper Club's new General Manager, tells us this is where the celebrities and celebrity-watchers come to party.

Davidson's head is moving to the retro dance beat. According to him, Ultra gets full marks for music. Dress code is scanty for women - capris would be considered overdressed at this magnet for the Metro-licious crowd.



"There's a flavour party going on in your mouth from the moment you taste the lightly salted rim, to when your taste buds stand at full attention with the fresh lime juice"

Hughes orders the blender fired up. The panelists give each other the knowing look. We've come to appreciate

that blenders and margaritas don't mix. We say nothing. The service is pleasant without the hint of attitude reported in previous reviews. Our margaritas come served in a short glass with a simple lime slice floating on the top. Mo-D likes the more masculine feel of the glass as he downs his manly margarita, stretching his full expanse on the sofa. Ellie and Liz are still chatting about the exquisite décor when I tell them the limousine has arrived to take us to our next patio.

Bottom line: Ultra Supper Club offers great party ambience with a fabulous west coast feel and should be experienced, even if the frozen margaritas are wanting.

Carlos, our Limo driver, who has kindly supported our responsible driving concern, takes us to the quaint Portuguese neighborhood nestled in the heart of Kensington Market. Amadeus is a fixture in this bustling microcosm. The patio is rustic and understated, and smiles and greetings from staff are as warm as today's afternoon temperature.



"It's like dinner and a movie every shift," explains Johnny Barros, who has worked at the family-owned restaurant for the last three years but has been a nephew for considerably longer. "You get every type of person at Amadeus and they all feel at home here."

He's right. On the south side of the patio a group of laborers are playing cards; next to us an older European gent enjoys a cold beer while lost in thought, and to our right a young couple snuggles together sharing a seafood plate. This is a slice of Toronto life that should be enjoyed. We are anxious to try the margaritas.

Johnny serves them up with a side order of pride: dainty glasses, soft white foam and not an ice chip in sight. The promising sight delivers. These margaritas are simply fabulous – the best so far – and are well worth

the trip to Amadeus alone, except the food also looks and smells delicious. Portions are large while prices are not – our most excellent margarita is only six dollars. Dress is casual, as is the attitude of everyone on the patio and I suspect Buffett has a regular table here somewhere. Every Saturday night a live jazz band performs, kicking up the laid-back ambience a notch.

Next we are transported to the hidden oasis that is George's patio at Verity. Away from the street, the intimate-60 courtyard, with its lit-up, Moroccan-inspired



men and women. It's part of the Verity women's club.

The attention to detail and service is exquisite. No surprise then that the margaritas are out of this world. A shy Denny Delgado, our waiter, tells us it is an old family recipe. Like Hunt, Delgado pours his over ice and the result is a high-impact lime-kissed taste, incredible color and fantastic presentation.

"We offer a care culture here," says Mary Aitken, owner of Verity and its restaurant, George. "The staff really care and feel good about commitment to excellence in food and service." There is evidence of Verity's care culture in everything they do. Not only were the margaritas reasonably priced at \$7.50, they offered a glimpse into what will be one of Toronto's best restaurants for a long time to come. We reluctantly gath-

ered our team and head off to our next patio, Sassafras.

Located in Yorkville, Sassafras boasts some of Toronto's finest real estate and pedigreed afternoon guests. Sipping champagne, a gaggle of women watch the Porsches, Pradas and skinny supermodels go by.

"We want people to come to Sassafras for the dining experience rather than just the chance to see a celebrity," says Jason Rosso, the new executive chef. "We've made some big changes to ensure that food is everything."

Rosso describes himself as a flavor chef as he offers our group a sampling of his east coast lobster chili. It is extraordinary. The margaritas, raspberry this time, are fresh with



drunken berries that slowly sink before you can finish the drink, tempting you to take out a spoon to reach every last one.

When the hot afternoon sun begins to cloud over, attentive staff extend the retractable awning to protect guests from rain. We make it around the corner to Panorama, Toronto's highest patio, in time to witness a most spectacular summer storm. On the 51st floor of the Manulife Centre, outside on Panorama's covered patio we thumb our noses at the rain clouds as we lounge on the newly installed award-winning furniture, designed by the restaurant's owner, Sebastian Centner. The weatherproof modu-

lar rounds come in varying sizes and, with no fixed position for sitting, guests can be as creative as they want when mingling. Mo-D chooses a starfish position across one of the larger rounds, not surprising after three margaritas.

Panorama's unique spin on the margarita is a "mexitini." Be warned, it's fully loaded and one goes a long way. They are deceptively delicious. Eventually the skies clear, even if our heads do not, and for the first time



umbrellas, waterfalls and white linen tablecloths, oozes romance. Ellie and Ashley bubble that this is definitely the place to cozy up with a date. Davidson likes the tranquility accentuated by the hypnotic sound of the waterfall. Mo-D spots Moses Znaimer a couple of tables away, confirming what we all know to be true – George is as cool as it is gorgeous, for


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of a meal can extend more than five hours. Executive chef Jason Go seats us in the central gazebo, draped with lightweight fabrics reminiscent of a sultry Middle Eastern port. This patio is decidedly underlit, with candles providing most of the ambient lighting in the evening hours. Edith Piaf sings in the background and the whole experience is quite surreal, and thoughts of the busy city fade.

Go explains that every plate suggests a culinary tour of several countries. The menu looks inviting, with mains such as caribou filet mignon and



we notice that Panorama lives up to its name, with the best view of Toronto's skyline.

Centner's service philosophy doesn't rely solely on the lounge's sightlines. "From the time a guest arrives, every element plays a crucial role in making it a memorable experience," he said.

Our final stop, Le Petit Liban, infuses romance and titillating exoticism. No wonder the average length



rack of venison. With a smile, Go explains that margaritas are not the restaurant's specialty, which we acknowledge. Indeed, a five-hour meal deserves the companionship of a fine wine.

Back in the limousine, we exchange opinions and pens as we recall the merits of each patio. The best thing about inviting opinions from five different people is that you get five different answers. All agree, however, that Toronto's summer patio season is well worth the winter wait. Despite our team's best effort, there are simply too many quality patios

to cover, ranging from urban chic to casual, depending on one's mood and budget. The Ultra Supper Club, Sassafras, Panorama, Amadeus, George, and Le Petit Liban are well worth a visit or a recommendation to a visitor this summer, including those discerning tourists from Margaritaville.

Other notable patios across the GTA:

THE BRASSERIE

133 JOHN ST
416-595-8201

THE FIFTH

222 RICHMOND ST W
(416) 979-3000

C LOUNGE

456 WELLINGTON ST W
416-260-9393

ADRIATICO

14 DUPONT ST
416-323-7442

IL FORNELLO

QUEEN'S QUAY TERMINAL
416-861-1028

LAGO

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416-848-0005

THE WATERFRONT BISTRO

590 LIVERPOOL ROAD SOUTH
PICKERING, ON
905-420-2020

MINK NIGHTCLUB & LOUNGE

150 PEARL
416-977-4446

AUBERGE DU POMMIER

4150 YONGE AT YORK MILLS
416-222-2220

DISTILLERY RESTAURANT GROUP

255 MILL ST TORONTO ON
416-364-1177

THE COURT HOUSE MARKET GRILLE SAFARI BAR & GRILL

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416-787-6384

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416-923-2604

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3885 YONGE STREET
416-322-5544

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Clarity of Vision

Renowned crystal artist
Mark Raynes Roberts
makes the world a
better place.

By Elana Safronsky &
Beth McBlain

Synergy of Spirit and Grace -
Presented to Monica Seles as Tennis Canada's
guest of honor at this year's Rogers Cup and
for her four Championship wins in Canada.

It has been said that, in relation to our world, art functions in one of three ways: as a mirror with which to reflect, a window through which to see, or a hammer with which to smash all our perceptions. Whatever aphorism you choose to suit your own ideas about art, the point remains that successful art tends to speak to human experience.

As a successful artist and conscientious human being, Mark Raynes Roberts is a student of human experience. Choosing the highest-grade optical crystal as his medium, Mark has built his life's work around strong, inspirational values. Raynes sculptures and custom creations have been internationally recognized for their excellence, and honored by being presented to some of the most famous humanitarian leaders of our time, including Dr. Nelson Mandela, the Archbishop of Canterbury and Muhammad Ali, to name a few.

Sitting in Raynes Gallery on Toronto's affluent Bloor Street, the British-born artist chooses not to dwell on past glories. Surrounded by crystal pieces all reflecting a story worth telling, Mark's imagination focuses on the future, and on a purpose that becomes clearer with every completed project. As a husband and father, Mark's work is becoming increasingly tied to a relationship of reciprocity with his world.

"I like to use my art so that it creates what I call the Golden Triangle; I strive to create pieces that not only please my clients, but that go further in a philanthropic capacity, whether inspiring a monetary donation or the commitment of time and/or services to charitable causes. I like to connect the dots in a sense, bringing people and causes together using my art," said Mark.

To some people, as Mark himself admits with a forgiving shrug, this may sound idealistic. "Giving back" is a moralistic sound byte tending to elicit yawns and eye-rolling. With two children of his own, Mark understands the importance of improving society's attitudes toward humanitarian causes.

According to him, it doesn't take much. A vital part of Mark's initiative is to expand people's ideas of help beyond simply signing a check. Using a collection of nine ephemeral pieces entitled the Human Spirit Collection, Mark kick-started an arts program for the not-for-profit children's organization DareArts Foundation. Each work of art portrays a universal human condition such as "Persistence", "A Mother's Love" or "The Quest for Freedom," allowing viewers to share in a common experience. Through donating this collection, three years in the making, and making time to take DareArts children on guided tours, Mark has inspired and will continue to inspire children to create their own interpretive art for years to come.

DareArts founder Marilyn Field said, "This landmark donation by both the artist and an anonymous donor, who is covering the base cost of the acquisition, is a landmark in philanthropic largesse... The effects of their generosity will be measured well into the future through the children [of DareArts]". The latest is a children's book by 16-year-old Caleigh Minshall, entitled Voyage to the Sky. Each of the nine chapters corresponds to one of the nine works in the Human Spirit Collection, taking shape in Minshall's adventurous vignettes. To accompany the official launch of the book, to take place at this fall's Royal Winter Fair on November 7th, the Human Spirit Collection will be exhibited for the duration of the fair in the DareArts Human Spirit Garden installation.

Over the past 15 years Mark has worked with a number of charities in various ways. As a proud member of the Canadian Council of Christians and Jews, Mark has been instrumental in creating a new "Discovering Diversity Award" which will be awarded to a student who has made an outstanding effort to build greater community understanding and respect.

His latest collection set this spirit on a path to helping all charities. Entitled the Pinnacle Collection, the sculptures synergize with Rob Follows and wife Katrina Sandling to raise more than one million for Altruvest Charitable Services. Founded by Follows in 1994, Altruvest helps other charities improve their performance through programs such as BoardMatch, which at no cost to the charity matches top executives with charity boards that can best benefit from their expertise.

To help raise funds and awareness for their cause, Rob and Katrina recently attempted to summit Everest in May, but unfortunately had to return, owing to bad weather conditions. However, to extend the fundraising opportunity of Everest for Altruvest's campaign, they intend to conquer Everest next year. As a proud supporter of Everest for Altruvest, Mark



Tennis Player Justine Henin-Hardenne and Mark Raynes Roberts stand behind the Rogers Cup "Excalibur" award.

will donate 15% of all proceeds from the sale of Pinnacle sculptures, through to 2007. In addition, to commemorate Rob and Katrina's arduous trek to base camp, all donors above a certain level will receive a 6" or 12" version of the "Everest - Success to Significance" sculpture, also donated to Altruvest by Raynes & Co Ltd.

The Pinnacle Collection is perhaps Mark's most abstract and powerful collection to date. Moving away from the delicate, van Eyck-like figures that typically dance within his crystal forms, the 10-piece collection showcases an astute sculptural sensibility. The limited edition, contemporary works are striking in their clarity of form, each representing positive values leading to success.

Having worked with countless clients on interpreting corporate and leadership values, Mark accumulated life experience expresses itself in each decisive form. Clarity and logic are reiterated in every gleaming cut, creating a formal language that allows him to communicate universal ideas; brilliant crystal discs, spheres, cubes and triangles are fused in elegant combinations to communicate "Inspiration," "Momentum," "Pinnacle of Success," "Global Vision," "Paradigm Shift," "Exponential Growth," "Lateral Thinking," "Synergy," "Energy" and "Spirit of Excellence." These works are available for purchase by special order through Raynes & Co Ltd., and can be seen at : <http://www.raynesandco.com>.

Currently Mark is working to expand the collection's "Values of Leadership" into an innovative program known as the Pinnacle Principles (<http://www.pinnacleprinciples.com>) which is aimed at improving corporate leadership strategies. Using the creative process - the inception of an idea, the process of realization, the tangible result, and the gained experience - as the structure, Mark, in collaboration with a market research firm, aims to create a workshop that would bring top-level managers and CEOs in better touch with the goals of their organization. Although still in its infancy, the idea makes you wonder why, perhaps, it wasn't you who thought of it.

Of Raynes & Co Ltd., which dates back to an English Lime Quarry owned by Mark's great-great-grandfather in the 19th century, Mark Raynes Roberts has built an exemplary business. Having emigrated from England in 1982, Mark brought with him only the name Raynes, and an England-wide recognition of his skills and creative ability. In a foreign market he established the name Raynes once again, this time as a metonym for luxurious crystal, gold and silver products. Raynes crystal has been awarded to royalty, heads of state, religious leaders, and recipients of such titles as the Golda Meir Award, the Global Citizen Award, Ernst and Young's Entrepreneur Of The Year Award and Canada's Walk of Fame. In addition, Mark is a renowned designer of competitive sports awards and has created for winners of the Honda Men's Tennis Challenge, Bell Women's Tennis Challenge, Rogers Cup, and the Molson Indy. This year's winner of the Molson Indy, Justin Wilson, received a very special 20th anniversary award--Champion's Flame--commemorating the 20 previous Indy winners whose names, along with Wilson's, are etched on this landmark trophy. Tennis Canada also requested a special commission, one that honors tennis legend Monica Seles at this year's Rogers Cup. Along with the unveiling of the award on August 15,

2005, the Rexall Centre will host an exhibition of the Pinnacle Collection during the tournament.

So what does one do when he/she reaches the pinnacle of success? Most would say enjoy it. Mark does more with his success than just enjoy it. He has a very good understanding of how to use success to make it mean something. Through the Pinnacle Collection he has discovered the perfect paradigm to insure his prosperity, and by extension the prosperity of charitable organizations. Having extensive knowledge of contemporary corporate philosophies, he is able to create interpretive art pieces that few could resist. After all, it's no easy feat to purvey luxury products in a time when the bottom line reigns supreme. These coveted works, which already possess the attributes of motivation, commemoration and inspiration, are literally instilled with a heart through being connected to a charitable cause. And what better reason to acquire an art piece when it not only speaks volumes to the organization and its team, but helps to further a good cause?

The importance of philanthropy in today's business practices is a passionate topic for Mark. He talks of how the artistic process - if one strives to perfect it - becomes inseparable from having a greater purpose. By the same token, Mark sees very clearly the realities of the corporate world, and steps beyond the ideals of an artist to make good things happen. "Something I've always wanted to do is engage the advertising industry and their multinational clients, in global awareness campaigns using art," he says. "If global issues received a little more attention from bright, advertising minds, anything could be made compelling".

The idea is anything but quixotic. Just look at the proliferation of Lance Armstrong's "Live Strong" yellow wristbands, sponsored by Nike and the LAF; these efforts have raised millions of dollars and enormous awareness for cancer and related services, not to mention invaluable brand-awareness for Nike. Mark envisions gigantic etchings sponsored by corporations on the architectural glass of skyscrapers. "Art is a universal language that creates communication between big business and social and environmental causes. The best thing about these projects is that they greatly benefit everyone involved."

It seems as though the Golden Triangle is poised for a few more angles. But along with Mark's clarity of vision and altruistic endeavors, the future glints with countless possibilities--motivational speaking, glass sculptures integrated into architectural design, and a 25th Anniversary Collection book, to name a few. Yet whatever direction he chooses, as Raynes & Co Ltd. continues to produce the finest in crystal, gold and silver, Mark Raynes Roberts will ensure that luxury continues to love company: Philanthropy.



Tennis player Maria Sharapova with award designed by Mark Raynes Roberts



From Left: Mark Raynes Roberts, Katrina Sandling, Rob Follows with 'Everest for Altruvest'



Privileged Pets

BY JILL ANDREW

Paris Hilton's beloved pet Chihuahua Tinkerbell has a publicist.

Tinkerbell is also reportedly an accomplished author, having penned The Tinkerbell Hilton Diaries, chronicling the whimsical ups and the a-paw-ling downs of living the fast and furious, sometimes notorious, life alongside Tinseltown's most coveted heiress.

Tinkerbell in all its cashmere clothed and diamond-encrusted collared glory, is not an anomaly. Pouty poodles, dapper Dobermans and cool Maine Coon cats, among other Toronto breeds, are also reaping the benefits of doting owners who treat them like royalty—one Bark'n'Fetch, Petote or Sherpa carrier, Tiffany & Co. name tag, and Top Hat & Tails "pawdicure" at a time.

Enter the fabulous lives of pampered pooches and fastidious felines.

When your furry companion must accompany you to the luncheon, it is imperative their coat be as glamorously flawless as your own. Pawfect Spa Limited located at 124 Willowsdale Avenue www.pawfectspa.com specializes in creating an oasis for clients of all breeds.

With a selection of more than 20 shampoos and conditioners to choose from, including oatmeal shampoo for dry skin, super-white coat shampoo, long-haired shampoo, shed-less shampoo and Pearls Au Lait milk bath—with an aroma of almonds and strawberries, it truly is a dog or cat's day in heaven.

"Each client deserves special shampoo treatment catering to their unique needs," comments Christina Tsui, Pawfect Spa Manager. Prices range from approximately \$60 for average coat customers to \$250 for the more disheveled

clients and include hand fluff dries and finishing work done by hand-scissors as part of every VIPet visit.

"During grooming, our certified stylists examine clients for any imperfections and deviations from breed standards, which we make every attempt to correct.

We strive to have our pet dog clients emerge as show dogs following their visit," says Elsie Tang, Pawfect Spa Grooming Specialist.

Now you've just been summoned from the luncheon, since there is an important business matter only you can address. Kelly Manis' Pet Taxi is only a phone call away (416) 606-WALK (9255) www.kellysdogwalking.com.

Primarily a downtown service provider, Manis will get your bundle of joy safely wherever they need to be—home, the airport or the vet. Starting at approximately \$20 each direction, her service provides you with priceless ease as you tackle the office challenges.

Pets across the city are having private birthday parties starting anywhere from \$60 a do like those catered by Hip Hounds Dog Walking & Pet Services (416) 465-9893 or (416) 707-073.

They are also attending Bar Mitzvahs, celebrating Kwanza and teeing off on the golf courses while enjoying distilled water, organic treats such as Banana Biscotti or Poochie-Sushi from barkandfitz.com and a belly rub on a hot summer's day with their parents. And all this before their weekly visit to Yorkville's My Pet Boutique.

For all that running around town with your pet, it's essential their paws be "purrfectly" covered. No one believes

in this more than Top Hat & Tails located at 242 Carlton (416) 925-1140.

Whether your pet is an urban trendsetter who prefers Converse or a fussy fashionista more in favor of Mary Jane patent leather shoes to go with her Pet Coloring touch-up, they are guaranteed to leave as the toast of the town in high style. From mink hats to pet fragrances including the ever-popular lines Grasaci, Pucci and Timmi Holdiger, your pet will be the envy of less privileged ankle-biters everywhere.

UrbanDog Fitness & Spa located at 37 Parliament St. (www.urbandog.ca) boasts an indoor facility of some 7500 square feet and 1000 sq.ft. of outdoor fun for their clients.

"It's an off-leash park with a roof," says Susan Rupert, co-owner of UrbanDog. Providing some of the top daycare, overnight, and fitness services in the city, pets are screened thoroughly with close attention paid to their social and behavioral adaptability with other pets and their receptivity to commands.

Sherman. © K. Hollinrake. Sherman, a Cavalier King Charles Spaniel was about nine weeks old and wouldn't sit still for a second. This portrait shows him trying to escape from the set.



Trumpet. © K. Hollinrake. Trumpet is a purebred Maine Coon cat who came from a breeder in the U.S. Trumpet's "mother" had him photographed as a surprise birthday present for her husband who LOVES his furry pet. We made a 36x46 inch giclée of the selected frame. It was huge and stunning.

"Our overnight facilities are available only for repeat daycare visitors who've coped well with all staff and fellow bunkers," stresses Rupert.

Appealing to much of the downtown professional core, Urban Dog pets are accommodated in a cage-free space mirrored after a real-life bedroom, including a real-life human being to keep them company throughout the night.

"Some of our pet owners simply need a break for a few hours to go to the theater or have a private dinner...we are there to offer them a safe spot for



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their precious pets.” And for those more anal retentive of pet owners, UrbanDog’s daycare includes interactive web streaming of pet activities so owners can log on at a moment’s whim simply to check in.

If a picture really is worth a thousand words, Kathryn Hollinrake of Hollinrake Photography www.hollinrake.com might just have the ultimate collection of yapping corridors featuring many of her impressively extroverted clients captured on film for their even more exuberant parents on and off location.

“I remember shooting Sherman—a Cavalier King Charles Spaniel at nine weeks old. He wouldn’t stand still. The portrait I took of him shows him trying to escape from the set,” fondly remembers Hollinrake.

Another client of Hollinrake’s, Trumpet—a purebred Maine Coon cat imported from a breeder in the United States – was memorialized for a special someone.

“Trumpet’s mother had her photographed at my studio as a surprise birthday present for her husband. He is completely in love with his regal companion,” Hollinrake shares. Hollinrake’s pet portraits are set against the backdrop of her own hand-painted masterpieces.

“I determine beforehand the colors and breed of my clients so I can make the most appealing choices of set design, background and lighting,” ensures Hollinrake.

Margie Mastrangelo of www.portraitboutique.ca is also a power player in the world of luxury pet photography. “We create theme sets like seashores, Peter Rabbit’s garden, and ‘gone fishing,’ all to add to the authenticity of the portraits,” says Mastrangelo.



Sami


Specializing in large and small pet photography, Mastrangelo’s studio is fully equipped with a kennel to accommodate pets up to 120 lbs. Her own dogs, Gucci and Kaeto, are Cane Corso show dogs from the Canadian Cane Corso Club.

Recently Mastrangelo did a shoot for the MC President’s dogs –Bichon Frisé puppies Tally and Chelsea – in the privacy of their own home.

Smitten by their beauty or charm, ultimate pet owners aren’t perusing Tiffany & Co. to reset their diamonds or polish their jewelry without primping their pets with Tiffany’s signature pet name tags.

Any human adornment that can easily be tweaked through a simple nip and tuck into the next best “bling” for your prince or princess is never off limits for the most conspicuous of jewel consumers.

Just ask Candy, the Siamese cat, who parades around her Forest Hill estate with the weight of a 2-carat diamond, once her owner’s wedding ring, now dangling as a charm around her neck.

As furry children continue to try their paws at skiing, driving, psychotherapy and even eating with utensils, it is clear that, whether a prissy Pomeranian or a ranting Rex, pets are being seen and heard.. And owners? When told to jump, many anxious-to-please parents are asking, “How high?” Life as a dog or cat has never been better. 

To reach Jill Andrew
email jilla@privilegemgi.com



*Baxi. © K. Hollinrake.
Baxi was a 3 month old weimaraner puppy at the time of her portrait. I first met her when she was a tiny thing just off the plane from an overseas breeder. By the time I photographed her she was in what seemed to be her awkward teenage stage (at 3 months!).*

Related links:

HOLLINRAKE PHOTOGRAPHY www.hollinrake.com, PAWFEST SPA LIMITED www.pawfestspa.com, KELLY’S MANIS’ PET TAXI www.kellysdogwalking.com, PORTRAIT BOUTIQUE www.portraitboutique.ca, URBANDOG FITNESS & SPA www.urbandog.ca



Serious Messing Around

BY GRAHAM J. PROSSER

As gas prices spiral upwards and our economy bounces along, a record number of otherwise sane people are laying down serious money for what some call "Fiberglas® holes for burying money." So what's keeping the Canadian boat industry buoyant?

Visitors to this fall's 'Toronto In Water Boat Show' won't be surprised to hear that the Canadian leisure boat industry is enjoying buoyant sales. But they may wonder what's driving the buyers to dispose of so much precious income when times are less than peachy.

Al Patterson, Dealer Principal with one of Toronto's largest boat brokerages, Angus Yachts, saw sales increase dramatically after SARS and the Iraqi War put a

dampener on the market in 2003. Since then, despite or perhaps because of regular reminders of the fragility of life, sales have been on a tear. He expects to sell 50 boats this year of an average length of 36 feet and C\$175K average value. "We've been gaining market share steadily over recent years and we're now Hunter's number one dealer in North America."

His sentiments about the vibrancy of the Canadian market are echoed by Ken Johnson at Dufour Yachts Canada who believes some of the credit belongs to boat builders who are responding to their customers' desire for safety. "Our new boat buyers want to achieve a certain luxury without compromising safety. Recent advances have increased the cruising comfort of our vessels while improving their seaworthiness."

Nor is the good news restricted to sailboats. "Yes, times are pretty good," smiles Kevin Marinelli of Skyline Marina just north of Toronto. Despite high gas prices, buyers are keen to enjoy the pleasures of high-end power cruisers from Skyline's extensive Sea Ray inventory. He adds, "Customers who've enjoyed smaller vessels are taking the opportunity to trade up. They know that depreciation rates in our fresh waters are less than down South, and a strong Canadian dollar has helped tremendously."

That partly explains why people will take on an asset that's unusable for half the year, thanks to Mother Nature. The Royal Canadian Yacht Club has been caring for the local gentry's boating pleasure since 1852, so the club's Commodore, Arthur English, has a good insight into what motivates local sailors. "It's true that many of our members can afford to enjoy their boats in warmer

Bareboat Facts

- *Canadians own more than 1 million power and sail boats*
- *Canadians spend almost \$2 billion annually or 5% of the worldwide recreational boating spend*
- *The Canadian recreational boat industry generates an annual positive trade balance of some quarter-of-a-billion dollars.*

Source: Strategis Canada

waters and some do. But most have careers and prefer to enjoy life here. So we try to ease the pain of the winter separation with a visit to their boats in February on 'Pat Your Boat Day'.

Conscious that not everyone can bear that pain or square away the economics of a six-month season, Angus Yachts has partnered up with the Sailtime organization from Austin, Texas. This venture offers fractional ownership of a Hunter sailboat allowing some 42 days of usage per annum for C\$6000. Says Keith Metz who heads up the Sailtime initiative for Angus, "We take care of all the headaches and all our customers have to concentrate on is sailing." Members of the scheme can also reserve a boat in one of more than 30 Sailtime bases elsewhere in the world for U\$100 a day. Because the sail fleet is standardized on the Hunter range, familiarization is a breeze. You jump aboard, check off pertinent details on the on-board PDA and you're off into the wide blue yonder.



Angus Yachts have also learned a thing or two since 1972 about some of the more esoteric influences on boat buying. Take, for instance, a desire to add a little spice to life. At their recent Hunter Owners Rendezvous in Port Credit, Ontario, Californian adventurer Mike Harker was the keynote speaker. Having claimed three world hang-gliding titles before falling out of the sky and into an 11-month coma, Harker is now assuaging his thirst for risk by blue water or oceanic sailing.

His initial choice of boat was accidental but, having experienced Hunter's qualities, he's become an evangelist. "Hunter had an image problem. They were known as a maker of comfortable boats but they weren't perceived as being capable of blue water sailing," he said. Some 23,000 nautical miles later and with archives of photographic evidence to boot, Harker is now in an unassailable position to argue that perception is off beam. Putting the case to a Hunter Owners' Rendezvous may be preaching to the converted, but Harker gets similar positive reaction at his Boat Show presentations.

Not all boating characters are as adventurous as Mike Harker, but even some of the guys who do the everyday work have a passion for the life. Michael Brake, 47, has been a rigger with Angus Yachts for three years. Before that he held managerial jobs in the hospitality industry on three continents including a long stint at the Four Seasons in London, England. "I got to that time in life when you question the meaning of it all and decided to stop pursuing the dollar and pursue my passion instead," he says. "Hotels are a great business but boats are in my blood," he adds.

Owners like Ken and Judy Westbrook of Newmarket, Ontario have the same stuff coursing through their veins and can point to their recently purchased 44' Hunter cruiser as proof. Asked why, after just one season, they

moved up from their first vessel, a 36-footer, Ken volunteers whimsically, "Insanity--you just need to want it." But there's a more plausible side, too. Having enjoyed the initial experience, the seduction of the bigger boat's features lured them back into the dealership sooner than planned.

This pervasive enthusiasm seems all the more remarkable given new pressures on Canadian boaters to improve safety while afloat. By September 2009 all persons operating a motorized pleasure craft in Canadian waters will be required to pass a competency test accredited by the Canadian Coastguard. The Canadian Power Squadron (CPS) is working keel in hull with the Coastguard in an effort to make Canadian waterways safer for all users.

The test consists of 100 multiple-choice questions covering all aspects of small boat handling and safe navigation. While still not as demanding as Transport Canada's road driving test, it is a significant step toward making skippering a boat as serious a responsibility as driving a car.

It doesn't seem, however, that this new hoop is driving local boaters onto dry land. Tony Cook, former Training Officer of the Toronto Squadron of the CPS cons a very happy horizon. "For many boaters the test has caused them to question the value of their boating pleasure and most are sticking with it. Our training courses are heavily over-subscribed and more and more safety-conscious boaters are getting out and enjoying the waterways."

The upbeat trend seems almost impervious to current economic indicators, though softer gas prices and an accommodating interest rate regime would be welcome before next season.

In the meantime, one salty dog, preferring anonymity for fear of compromising his good standing in the boating fraternity, may have the best explanation of why folks just keep on buying. Forty years at the helm and several

"For many boaters the test has caused them to question the value of their boating pleasure and most are sticking with it"



vessels to the good, he shamelessly admits that his best-ever boat was purchased on a handshake after three stiff Martinis and a hearty lunch.

Related links:

<http://www.cmma.ca> Canadian Marine Manufacturers Association

<http://strategis.ic.gc.ca> Strategis Canada

<http://www.cps-ecp.ca> Canadian Power and Sail Squadrons

SUPPORTING OUR PARENTS – A SIGN OF THE TIMES

BY MICHAEL G. COCHRANE

There is a very touching commercial being aired regularly on television these days. It opens with a shot of an older man and his 30 something daughter sitting on the front porch enjoying what is seemingly the “good life.” As they chat, the father lets it slip that it takes a lot to retire comfortably and he wishes that he had planned more carefully. In a very few words, the father lets the daughter know that he does not feel secure financially. The daughter picks up on the father’s cue and tells him that she has done pretty well for herself and – if her father thinks it would help – he can speak to her financial planner. It is an effective commercial, because it identifies two important facts, first, that financial planners provide a valuable service in helping families make plans for their retirement. But, just as importantly, it identifies the growing problem faced by the parents of baby boomers – financial insecurity in retirement.



Michael Cochrane is a partner with Ricketts, Harris LLP in Toronto, Ontario. He is the author of several books, including “Surviving Your Divorce.” This column will be a regular feature and Mr. Cochrane welcomes your comments or suggestions for future columns of interest to readers of Privilege.

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as a shock to the children in the family that Mom and Dad are not as comfortable as everyone had assumed and, in some cases, offering to let Dad speak to the financial planner may not be nearly enough help.

Every province in Canada has a provision in its family law that obliges a child to support a parent. In Ontario, for example, Section 32 of the *Family Law Act* states: “Every child who is not a minor (in Ontario that means over 18) has an obligation to provide support, in accordance with need, for his or her parent who has cared for or provided support for the child, to the extent that the child is capable of doing so.”

Family law lawyers are now encountering older clients in need of financial help, who are embarrassed about asking their children for financial support. Across Canada, a number of cases have now been reported, where parents have had to bite the proverbial bullet and sue their children for parental support.

Baby boomers in North America are probably the most privileged generation in the history of the world, but that does not mean that they do not have expensive car leases, huge mortgages and tuition fee payments for their children. In some cases they spend more on their children’s summer camps than their parents spent on a car. Baby boomer budgets are tight as well, but when the courts are asked to look at whether children should support their parents, it becomes clear quickly that there is more than enough room in the baby boomer budget to assist the parent. This is the case especially for ones who provided a comfortable intact family, a family home, help through university, and three squares a day for many years. It is pay back time and the courts are regularly supporting parents in making these requests for support.

And let’s be clear that the court is not looking at situations only of a destitute parent. In one case, the father simply needed assistance with condo fees and a child was ordered

to make a monthly payment to assist him in meeting that expense.

The interesting part of these types of claims is the question of whether the parent cared for or provided support for the child as they grew up. It is a defence to the claim that the parent did not really do such a good job raising the child and is hardly entitled to some assistance in their old age. Ontario’s Court of Appeal has stated that, in at least one case, a parent in financial need was entitled to support even though her care of her children had fallen far below generally accepted parenting norms.

The real kicker in these cases can be the evidence that the parties turn to in establishing their claims. In at least one situation, cards and letters sent to the parent by the children, praising their parenting, were entered as evidence to refute the children’s claim the parents had not done a good enough job.

So, what lessons can we take away from these families that cannot find it in their hearts or their wallets to support needy parents? A good starting point would be to sit down

and have a heart to heart conversation with your parents about their financial situation. Have they made Wills? Do they have Powers of Attorney for Personal Care and Property? What is their disposable income and are they making ends meet? Take the initiative in assisting them to get that Will and Powers of Attorney in place and to also work with a financial planner. If it turns out that they do not have enough money to make ends meet, get ready to make room in your own budget to help them out.

And for heaven’s sake do not let them get to the point where they feel forced to talk to lawyers about launching claims for parental support, because there are provisions in the law designed to help them and there are courts willing to make orders. The legal fees incurred in fighting such claims can exceed the amount needed to help parents in their retirement.

A frank discussion early on can avoid a lot of bitterness, worry and legal expense down the road and, of course, while you are at it do not forget to ask your parents if they hung onto all of those birthday, Father’s Day and Mother’s Day cards...

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TORONTO'S TOP CONDOS

AND WHAT MAKES THEM GREAT?

LYNN TRIBBLING



As a luxury real estate specialist, I am frequently asked by condo neophytes and newcomers to this fair city, "Which are the best buildings in Toronto?" This is always a challenging question, since we are becoming a world-class city in terms of real estate, offering dozens of glittering, upper-tier condo projects. And there are several spectacular new palaces of privilege on the horizon, notably the Regency, the Hazelton, and of course the Trump Tower, to name a few. When pressed for a concise answer, I keep coming back to a few trophy buildings that capture the prize as "best in show," at least in my opinion.

Here is "Trib's Picks" for the top 10 condominium buildings in Toronto. My list is subjective, personal, and no doubt provocative for those not included. It is based on years of experience as a realtor specialized in ultra-lux sky palaces. In a good year, I sell \$30-\$40 million worth of luxury real estate, mostly penthouses, so I am gradually evolving into a self-professed "condo connoisseur." Here is my "CONDO RITZ LIST" based on three criteria of excellence: architecture, aesthetics, and an ephemeral quality of class and exclusivity. In no particular order, my 10 favorite buildings are:

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PRINCE ARTHUR



This building is the pinnacle of glitz and glam, located in the beating heart of Toronto's bling-capital, Yorkville. Everybody here speaks fluent Italian: "Versace, Armani, Gucci and Ferrari." The architecture is predictably classy, although somewhat uninspiring, with one exception. A sweeping vaulted stone arch at the entrance welcomes affluent residents home after their star-gazing at the Four Seasons, lunching on the \$29 Kobe beef burger at Lobby, or shopping for high-carbs at Pusateri's. Most years in Toronto, there are fewer than a dozen \$2 million condos sold and several will be in the Prince Arthur. Suites are king-size, 3000 square feet or more, with private elevators, multiple fireplaces and custom designs. Originally, many were sold as concrete shells, and purchasers spent hundreds of thousands of dollars creating priceless, one-of-a-kind condos. 38 Avenue Road is truly a princely address.

10 BELLAIR

A relatively new kid on the glamorous Yorkville block, this Tridel building is a sleek, stylish 25-storey monument to contemporary highrise architecture. Lending a modernist jolt to the area, it dominates like a glass and steel obelisk, offering spectacular south views of the city and lake. Finishes are deluxe, as expected, and amenities impressive: virtual golf, spa, health club, oasis terrace on the third floor, and valet parking. But it is the location that, once again, presses all the bling-butons. Sip lychee martinis in Sassafras across the street, catch a film festival flick at the multiplex theatre steps away, or shop till you drop at **Tiffany**, **Chanel** or **Holt Renfrew** on Bloor. There are still a few suites available listed from \$1,100,000 to \$2,000,000.

KINGS LANDING



On the quiet end of Harbourfront, this 12-storey building is in a class by itself. Designed by Arthur Erickson, registered in 1988, inspired by a "waterfall motif," the building graciously cascades into the Marina and Music Garden below. Oak paneling, restrained décor and dark burnished marbles give the lobby an earthy, masculine richness, inviting but not overwhelming. With only 102 residences, the Landing is an exclusive address, home to business luminaries, doctors, sports pros, and the occasional Saudi royal. Many owners are drawn by the close proximity to the adjacent marina where they moor their yachts. The amenities are awesome: pool, hot tub, golf practice area, basketball, tennis courts and billiards. King's Landing's huge terraces and palatial spa bathrooms are still second-to-none in the city. Christopher Hume, the architectural critic, calls King's Landing "...a terraced wedding cake, which still sets the architectural standard on the Toronto waterfront ... this building, has always stood out. ..." I lived in this building for eight happy years, and for my money King's Landing is still one of the prettiest girls at the dance.

THE CHEDINGTON

This is a small, stately, seven storey mid-town building at Bayview and Lawrence. It snuggles picturesquely among mature trees and landscaped gardens, and feels like a bit of Olde England, with porticos, classical columns, wainscoting, bay windows, and bronze coach lights. Suites are huge, baronial mansions, with 10-foot ceilings, hearths, libraries, and Great Rooms. Interiors are opulent with the finest quality finishes: exotic woods, rare granites, and fine marbles. Prices range from \$2,000,000 to \$4,000,000. The main attractions of this prestigious neighborhood are chic shops, the **Granite Club**, private golf courses, important schools, campuses and hospitals, and the spectacular natural beauty of the 200-acre **Sunnybrook** park endowment with lush wooded ravines, private riding stables and secret paths.

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PALACE PIER AND PALACE PLACE



Different in vintage, but similar in pedigree, both buildings are legends in luxury. The architecture is anything but discreet. They are bold and thrusting, twin towers, 47 storeys of glass and steel, majestic landmarks on the

Etobicoke Waterfront. Suites are large, many 2000-3000 square feet, most with walls of floor-to-ceiling glass. The panoramic views are arguably the best in the city, as are the lavish V.I.P. amenities: valet parking, private bus, in-house dining, rooftop piano bar, guest suites, convenience store, pool, spa, golf, tennis, plus the most fantastic concierges on the planet. I lived in these buildings for a time, too. It felt like living in a 5-Star hotel, always a buzz of well-dressed business types coming and going on the private shuttle to Union Station. I remember it was always a thrill to spot the blinking red roof lights when flying back into Toronto. When I arrived back home, there was a giddy sense of guilty pleasure. The attentive staff spoiled the owners rotten, and we loved it.

POST ROAD

This is the **Bridal Path's** ornate, four storey, jewel-box of a building, reminiscent of a petite **Palace of Versailles**; graceful and symmetrical, grand entrance and formal gardens. Suites are palatial, 2000 to 3000 square feet, ranging from \$2,000,000 to \$3,000,000. Gourmet kitchens with gas cooktops, deluxe appliances, Sub Zero, Thermador double ovens are standard. French Country décor prevails. If you choose not to buy at a king's ransom, you can always rent. Recently, there was one magnificent suite available for \$15,000 per month. Utilities are extra.

GRAND HARBOUR



There is something unforgettable about this building, like a summer romance, surreal and sublime. The architecture is pure fantasy. It is an exquisite temple of classic detail resplendent with arches, fountains, majestic curves, bronze coach lights, and cornices. It is superbly situated between acres of verdant parkland and glistening yacht clubs in the **Western Beaches**. The silence and serenity of the location are astonishing, transporting you a million miles from the stress of downtown. The lobbies, especially Tower C, are welcoming, with old world charm. The staff is friendly, and the secret gardens and pathways seductive. The million-dollar penthouses and townhouses poised graciously beside the lapping water are pure perfection. I lived here for a blissful moment, and it felt like a holiday on the Riviera. There is nothing quite so poetic as watching the fireworks from your terrace while listening to **Pavarotti**. Aptly named, Grand Harbour still takes the prize for architectural grandeur in Toronto.

QUEENS QUAY TERMINAL



With brilliant architectural imagination, a derelict warehouse was transformed into the paragon of "luxé on the lake." The building is a satisfying blend of pink granites, turquoise cladding and hard steel framing, with mixed use commercial below, and residential on top. Suites are spacious and strategically positioned to maximize lake vistas. But the aspect that elevates utilitarian function into the sublime realm of beauty is an inwardly facing 10-storey atrium that feels like **Muskoka**, with towering pine trees, babbling streams and a waterfall. It creates a serene and welcome relief from the bustle and congestion of **Harbourfront**. An intimate lobby, posh ambience, and direct access to chic shops and fine dining make this a top address for Toronto's rich and famous.

THE WATERFORD



This building is the crowning glory of the newly rejuvenated **South Etobicoke Waterfront**, nestled so close to the shore that you can hear the waves. The architecture harmonizes beautifully with the lakefront setting, curved, liquid lines, and undulating dark blue glass surfaces. Most suites have 40-ft lake frontage, huge private terraces, shimmering lake and city skyline vistas. There is a pretty, $\frac{3}{4}$ -acre landscaped garden with fountains, gazebos and trellised arches. This is an exclusive, V.I.P. address with only 50 magnificent suites, most over \$1,000,000. The finishes are aristocratic, including the finest granites, organized closets, decorative niches, cornice moulding, and vertical spa showers with marble seats and multiple body jets. The magnetic allure is the fairytale waterfront location with acres of lush parkland, trails, wildlife, fishing pond, yacht clubs, sailing school and even a swan sanctuary and butterfly meadow. A fading motel strip was transformed into a gold-plated, blue-blood address. The Waterford is pure magic.

WINDSOR ARMS



This sophisticated **Yorkville** landmark gives new meaning to the term pampered lifestyle. Residents enjoy 5-star hotel services, a gourmet restaurant, afternoon tea, spa treatments and celebrity bar. The architecture tastefully preserves the historical roots of the original hotel that was frequented by jet-setters, tycoons and entertainment legends. **Elizabeth Taylor** and **Richard Burton** stayed here, as did the **Rolling Stones**. I once sat beside **Elton John** in the **Courtyard Café**. The atmosphere of the opulent new facility is clubby, with dark woods, leather, and the smell of money and testosterone everywhere. Expect to pay upwards of \$2,000,000 for a spacious suite at this prestigious address. The Windsor Arms has always had star quality and still does. It is posh plus. I have not lived here yet. Maybe one day... ■

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Shannon Smith
Lasting Impressions



As human beings, it is natural to “think with our eyes.” According to a UCLA study, 85% of all decisions are made with our eyes. This holds true when we meet people for the first time. We make an impression in three ways: **Visual, Verbal and Vocal**. What’s most interesting is that the **visual** component is by far the most important.

Whether you like it or not, the image you project, what we call your personal brand, affects others’ decisions about you -- your intelligence, character and ability -- and further determines if they want to do business with you. Clients have told me that, because they dismissed the importance of personal branding, they lost promotions, deals fell through, memberships were denied and friends disappeared.

If your personal brand is not congruent, attractive and attracting, you will be passed over - guaranteed. Therefore, to be competitive, to have a greater influence on others, attract more business and be more successful, it’s critical that you have a unique personal brand.

PERSONAL BRANDING IS ALL ABOUT YOU

You might wonder what is involved with personal branding. The key word here is personal. From eye color to tone of voice, your personal brand is as unique as you are.

You may already have an up-to-date wardrobe, but what about the way you walk, conduct yourself in a meeting or shake hands? Do you see a dentist and work out regularly? What about your eating habits or knowing how to conduct business with the right fork? No matter what your age or status in life, you may not be aware of barriers that are hurting your chance of success.

On a one-to-one consulting level, an image strategist assists you in developing a well-thought-out plan that will provide the personal marketing tools that will serve you for a lifetime. You could think of an image strategist as a skilled woodcarver, who takes a piece of raw lumber or driftwood and carefully uncovers its hidden beauty and polishes it to perfection. Each piece is beautiful and unique. An image strategist can also save you thousands of dollars of inappropriate spending, once you know where to shop, what to buy and how to act.

In final analysis, it’s about how to “*dine, wine and act fine.*”

THE CORPORATE CONNECTION

Most salespeople know that before you sell anything -- your product, company or service -- you sell yourself first. Just like branding a product, when your personal brand is powerful, you are perceived to be more desirable and “in demand.”

A recent survey in the Wall Street Journal notes that the more charismatic the CEO, the better the firm performs, from 10 – 15 percent better. Not only do we pay higher salaries and commissions to CEO’s, lawyers or architects who have a powerful personal brand, we put a higher value on their property. As an example, Sotheby’s sold Jackie Kennedy’s costume jewelry earrings by Kenneth Jay Lane for \$28,000.

Large, successful companies understand the power that branding gives their products. They spend a lot of time, money and energy to create a brand that is eye-catching and appealing enough to sell the product through to market. They want the buyer to feel a strong connection with that brand.

Now think of yourself as a company of ONE.

How much time, money and energy have you spent in developing a personal brand that is unique enough to sell through to your market? Chances are, you haven’t even given it a thought, right? Perhaps, like many, you will dismiss personal branding as frivolous and unnecessary until you hit a brick wall, experience a downturn in business, have a big contract fall through or you fail to get the next promotion.

An individual who has a well-defined personal brand has more status and a tremendous advantage over the competition in the marketplace. Whether you want social or business success, when you are well branded you are pre-sold, giving you a huge advantage over others selling themselves.

As image strategists, we are hired by companies to train their employees in the fine art of manners, business etiquette, dining and appropriate dress. Even though intelligence, experience and education count, employers tell us they are simply not hiring people who lack important “soft” communication skills and correct ethics and manners.

In today’s global economy, competition has increased dramatically and business has become more conservative in attitude and business attire. Even in corporate America, the suit has now returned. The hallmarks of successful individuals are their confi-

dence, manners and poise. Mediocrity is dead, and it’s about time. It’s no longer acceptable to dress inappropriately or choose the wrong fork. In business and society today, there is a return to formality, elegance, manners and sophistication. It’s evident in what is happening all around us. People are getting dressed up again and fine dining is on the rise. People are entertaining clients and being entertained more often.

In my experience, when individuals understand the “power of perception,” they will make the changes necessary to communicate more effectively through the power of their personal brand. We all know that when we look good we feel good! It’s only natural that we will attract more of what we want in our lives.

Now is the time to pay attention to what Tom Peters said in his book, *In Search of Excellence*:

***“You either create a brand that is distinct.....
or you become extinct.”***



Shannon Smith, leading image strategist and President of Premiere Image International based in Toronto and New York. Since 1983, Shannon has been helping individuals reinvent themselves, providing the finishing touches - in how to wine, dine and act fine. For more information visit www.premiereimageintl.com

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Brazilian Passion and Canadian Generosity

BY ANDREW LOPEZ

On Thursday May 19, I had the privilege of attending the 39th Brazilian Carnival Ball (my first), which has become Canada's biggest Gala fundraiser. As I entered the main hall in the South building at the Metro Toronto Convention Centre (MTCC), the home of the Gala for the last 19 years, I suddenly found myself transported and immersed in the elegance, vivid colors and magical samba rhythms that are seen and felt at the world-famous Carnival in Rio. For more than 100 years, millions around the world have gone to Rio de Janeiro in February to experience what is regarded as the world's greatest party. Once a year, Anna Maria de Souza brings "Carnaval" to Toronto to benefit truly worthy charities on a rotating basis.

I instantly understood the appeal and incredible success of the Brazilian Carnival Ball in Toronto. This year 1800 people paid \$1200 per person, adding to the hundreds of thousands of dollars in sponsorships and donations contributed by Canada's corporate elite. Led by TD Bank Financial Group, RBC Capital Markets and Lilly Laboratories, \$2.1 million dollars in proceeds benefited the Peter Munk Cardiac Centre at Toronto General Hospital. As you might imagine, an event of this magnitude takes many months of preparation, the commitment and dedication of professionals in many disciplines, including more than 100 performers

flown in from Brazil, as well as the hard work of hundreds of volunteers to successfully transform the MTCC into "Carnaval North" for one magical night.

As I walked around the elegant hall admiring the elaborate decorations, the beauty and talent of the musicians and dancers, the smiles on the faces of patrons and volunteers alike, I came across Mrs. De Souza. She was busy introducing Angelo Fernandes the Executive Chef at the MTCC to many of the guests. "Let me introduce you to Angelo, who has been with us for the last 19 years preparing the wonderful meal you are about to enjoy," she



said time and time again. She agreed to an interview only if Angelo was part of it. When I met her and Angelo later for the sit-down interview over one of Andrew's impeccably prepared lunches, Mrs. De Souza surprised me by also inviting the co-chair of next year's gala, Mrs. Heather Gottlieb. I quickly realized that Anna Maria de



From left to right:
Anna Maria de Souza,
Bill and Janna Tatham,
Marc and Tiana Boyman,
Ida and daughter Rozanna
Pusateri and her son Sam
Pusateri

Souza is happiest when sharing the attention with those who work beside her for the common good. I couldn't help reflecting on just how far the vision and passion of an individual can reach.

In truly Canadian fashion, the multi-million benefit gala that is the Brazilian Carnival Ball finds its beginning in the humility and yearning for roots of a young Brazilian woman who came to Canada in 1965. In a cold February afternoon in 1966, Anna Maria de Souza, surrounded by Brazilian students, the wife of the Honorary Consul of Brazil and a Portuguese priest, finds herself in a small group yearning for "Carnaval" in her first winter away from home. The priest, feeling the young Brazilian's sadness, offers his parish basement for a gathering. Everyone pitches in making decorations and they all gather in the church basement at the corner of Dovercourt and Dundas to celebrate "Carnaval" in their new home--Canada. "I remember 30 people in a very dusty basement. Our sound system consisted of a scratchy record player, but we made the best of it," Anna Maria recounts. The next year the wife of the Brazilian Honorary Consul suggested the back room of a Spanish restaurant at the corner of Sherbourne and Bloor, again with about 30 people in attendance.

The third year, the small group planned a more elegant and sophisticated celebration, which included a pig roast

at the Mason Building at Yonge and Davenport, now the CTV studios. They invited Bob Winters, then President of Brascan, who in turn invited members of the corporate community. Miss De Souza said, "We put all the food upstairs until it was time to serve dinner and as all the wives came into the hall, accompanied by their husbands, we took their beautiful fur coats and upstairs in a make-shift coat-check section. Then disaster struck! When we went upstairs to get the food to start serving, the food was gone! A burglar had broken in and not only stolen all the food but all the fur coats! You can imagine that most

of those ladies did not come back. This is when I said, 'Enough is enough.' When most might have given up, Mrs. De Souza decided to take over planning the Carnival celebration.

When the new Sutton Place Hotel opened, she arranged for the Ball to move there. The manager at the time had worked in Brazil and was very familiar with the elegance of carnival in Rio. The gala was beautifully hosted there for two years, making the front page of the *Globe & Mail* in its first year. Growth forced a move to the Four Seasons, where it remained for 12 years. It was in the second year at Sutton Place that the ball began raising funds for charities, the first recipient being the "Hospital Sao Catalengo Laila Buonavara," a seniors home in northern Brazil. The first Canadian recipient was Variety Village. Since then numerous worthwhile charities and non-profit organizations—many in the area of health care, including Mt. Sinai Hospital, St. Josephs Health Centre, Ontario Heart Foundation, The Hospital for Sick Children, Princess Margaret Hospital Breast Cancer Centre, Sunnybrook and St. Michael's Hospital - have received more than \$39 million dollars to support their worthwhile programs. As Mrs. Gottlieb and Mrs. De Souza remarked over lunch, "The most wonder-

ful feeling is hearing the word yes when a sponsor comes on board or a company or individual buys a table. It becomes so easy to ask because you're not asking for yourself but for those who truly need it."

When I asked Anna Maria how she felt about the success of the 39th Brazilian Ball, she quickly reminded me, it's the work of so many: executive director Edna Kempster, co-chairs Linda Goldsack, Colleen Kennedy and Irit Shay, honorary chairs Tony and Shari Fell; the generosity

of companies like TD Bank and RBC; and many others, such as world-renowned painter and muralist Romero Britto. They truly allow the Brazilian Carnival Ball to fulfill its mission of keeping alive the dreams and wishes of so many in need, while enjoying for one magical night—Carnival in Toronto. As Angelo's delicious lunch came to an end, I asked Mrs. Gottlieb what makes Toronto special. "Canadians are very polite. We accept newcomers with grace. The

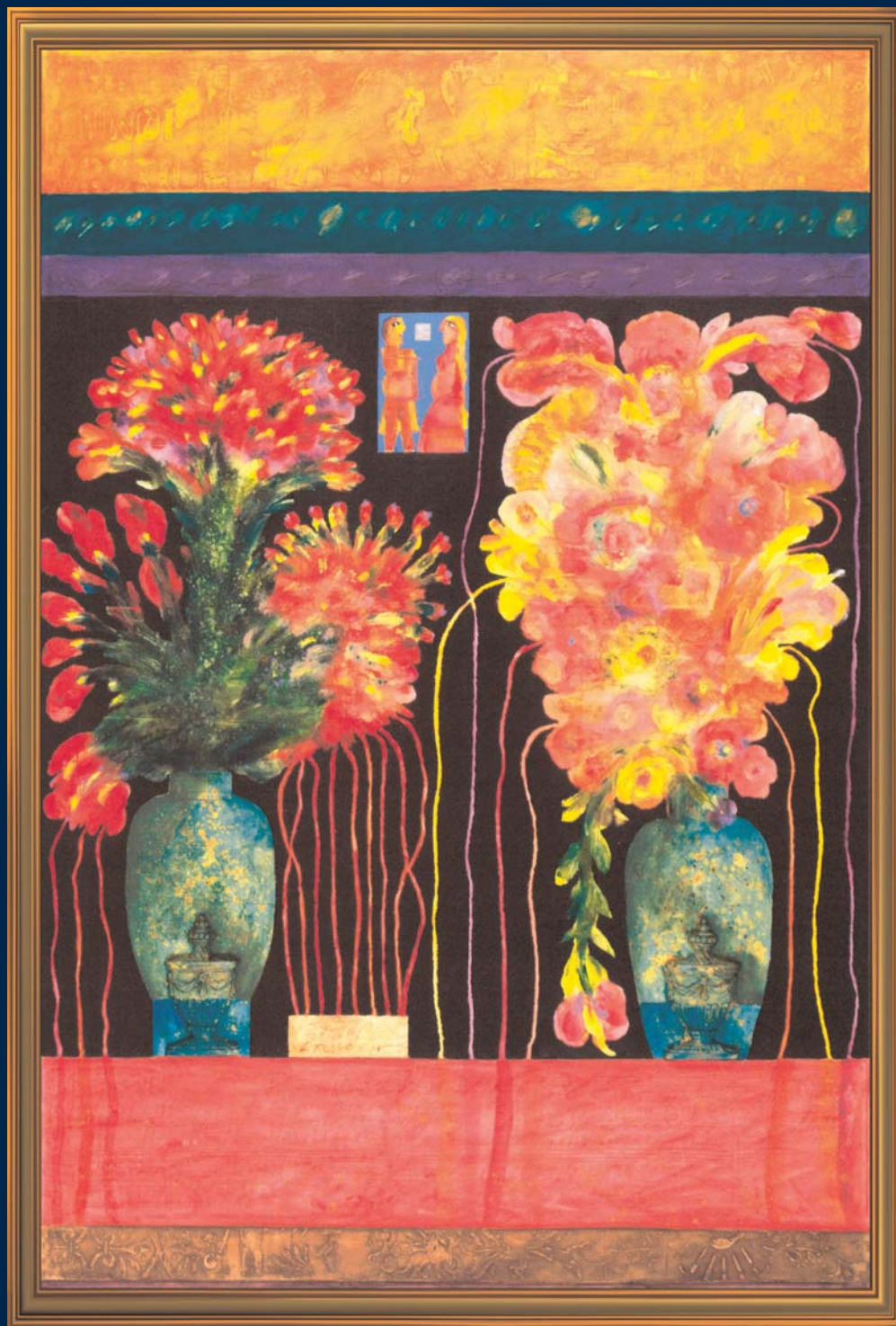
more diverse we are, the

more accepting we become." In my humble opinion Mrs. Gottlieb eloquently describes the reason that, in a city like Toronto, a friendly gathering of homesick friends can become Canada's biggest Gala Fundraiser. Muito obrigada (thank you), Anna Maria de Souza, for sharing the beauty and passion of Brazil, while demonstrating and encouraging the generosity of Canadians.

The Accolade Project at the Fine Arts Faculty at York University, co-chaired by Max and Heather Gottlieb, will be the recipient at the 40th annual Brazilian Carnival Ball, to be held on Saturday May 13, 2006 at the MTCC. Please visit www.brazilianball.com and experience the magic of the Brazilian Carnival Ball. ■

To reach Andrew Lopez, email: andrewl@privilegemgi.com





Norman Laliberte - "Everafter" 60" x 40"



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EAST MEETS WEST - Bollywood Style

Pamela Anderson busted out June 4th to host the 19th annual Fashion Cares spectacle, this year presented as a Bollywood Cowboy blockbuster for an enthusiastic crowd of more than 5,000.

Held in support of the AIDS Committee of Toronto (ACT), Fashion Cares is the consummate cause-marketing platform, pushing the envelope while making sure it is stuffed with donations. MAC Cosmetics has assisted ACT by hosting Fashion Cares as well as donating 100% of its profit from Viva Glam V Lipstick and Lip-gloss. Since 1989 Fashion Cares itself has raised almost \$8 million for the AIDS Committee of Toronto, an organization with an impressive 20-year history of delivering services for those affected by HIV/AIDS, offering emotional support, education and advocacy.

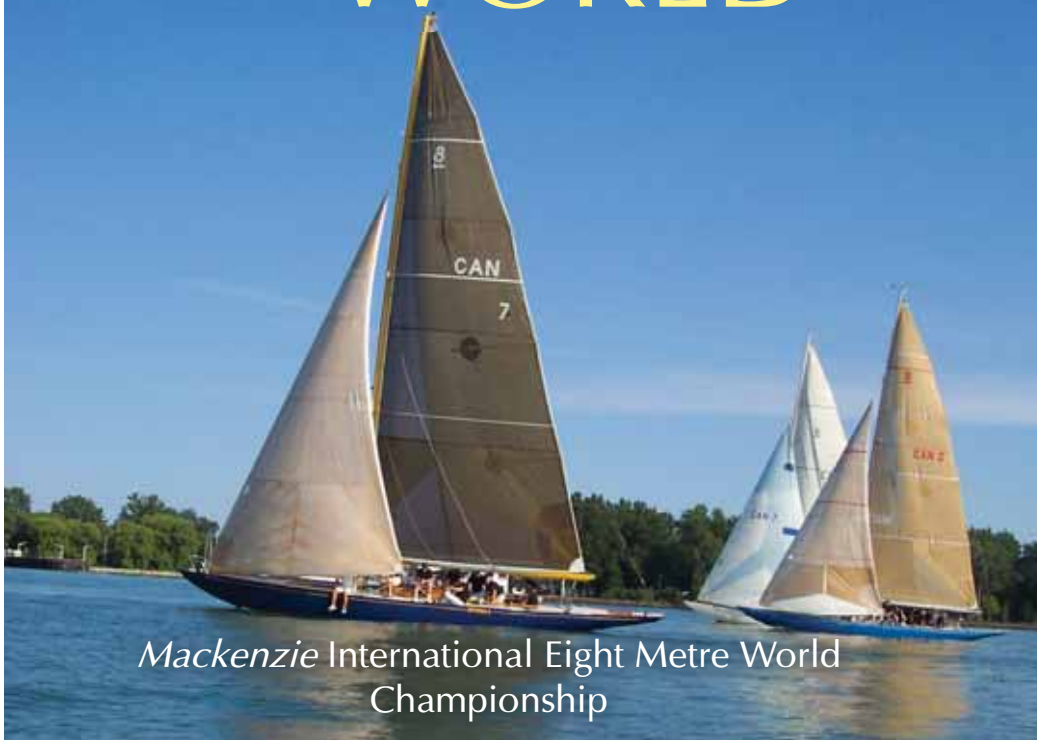
This year, Fashion Cares began with a cocktail reception, a silent auction and a shopping spree with shockingly discounted prices.

The Bollywood Cowboy-themed fashion show lassoed East Indian exotica with the Wild – no, Wildest-West, riding out a libido-induced pageant of henna, drag queens, finely filled chaps and cowboy hats.

Jann Arden, Feist, Panjabi Hit Squad and the National Ballet of Canada offered live performances featured at the Bollywood Ho-Down. Check it out at www.fashioncares.com

- Ashley Palmer

Showcasing Toronto and its Yacht Racing Community to the WORLD



Mackenzie International Eight Metre World Championship

The best sailors in the world will be coming to Toronto this summer to compete for the Mackenzie International Eight Metre World Championships which will be held at the Royal Canadian Yacht Club, August 13-20, 2005. This is a prestigious sailing event held annually at different yacht clubs connected with the worldwide International Eight Metre fleet – an exciting and dynamic class of yacht with longstanding Toronto connections.

Seventy years ago the Canada's Cup, emblematic of yacht racing supremacy on the Great Lakes, was held in International Eight Metre boats. This summer many of those well-maintained classics will be joined by the newest hulls just launched in France, Holland, and the United States in a show of yachting grace and power that will attract global attention and generate local enthusiasm. Owned by royalty, the Aga Khan and the Rothschilds, the International Eight Metre is a classic racing yacht that continues to develop in design, innovation and excitement while maintaining tradition and elegance. Nearly 50 feet in

length, the Metre boat rule is the outcome of a mathematical formula which incorporates dimensions such as length, girth and sail area, all of which have influence on the speed of a yacht.

Sponsored this year by Toronto-based Mackenzie Financial Services, the World Cup races will be held each day from 11 pm to 4 pm on Lake Ontario, approximately three nautical miles southwest of Toronto Island. There will be approximately 19 boats participating. Representing Canada are Quest (CAN1), Norseman (CAN2), Bangalore (CAN6), Severn 11 (CAN7), Jackeen (CAN8), Thisbe (CAN9), Iskareen (CAN21), Venture 11 (CAN29), and Ranja (S7).

Useful links and information:

Robert Roy is the President of the Lake Ontario Eight Metre Association

LOEMA: www.loema.org

RCYC: www.rcyc.ca

Mackenzie Investments:

www.mackenziefinancial.com

- Ashley Palmer

Corteo
CIRQUE DU SOLEIL



Illustration: Robert Massicotte



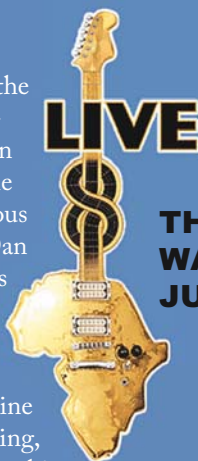
The Ron Ellis Team Canada Foundation is hosting a fundraising performance of the new Cirque du Soleil show, Corteo, September 8, 2005 at Ontario Place. Tickets are \$185 and feature a post-performance reception hosted by Ron Ellis and Paul Henderson, superstars from the 1972 Canada-Russia Hockey Summit Series. Proceeds will go towards supporting a significant cancer research project and worthy youth charities.

Help make the world's dreams come true, one step at a time. To order tickets, visit www.ronellis.ca or call 647-290-8500.



LIVE8 IN BARRIE

Say what you will, Barrie rocked its weight in the Live8 world initiative with a lineup of Canadian-born, world-renowned rock stars, including Gordon Lightfoot, the Tragically Hip, Bruce Cockburn, the Barenaked Ladies, Tom Cochrane and the tenacious Neil Young. Hosted by Canadian comedians Dan Aykroyd and Tom Green, the nine-hour event was as sexy as concerts get, and not just for Canada. It had its drama - Gordon Downie swore while chastising Prime Minister Martin for admitting he can't keep to the 0.7% financial aid goal, Celine Dion's video appearance received a blindsiding booing, and CBC's Rex Murphy got an airing-out for his skeptical and deflating Globe and Mail critique of Live8 stars. It had its awe; more than 35,000 attended the show and, according to the Bureau of Broadcast Measurement, 10.5 million Canadians were glued to the tube. It now has its pregnant, somewhat delirious aftermath: although Paul Martin was cautious with Canada's GDP, the G8 summit dissolved under the shadow of London's bombings, with seemingly everything Sir Bob and the initiative wanted. An agreement on the African subject includes doubling aid, canceling debts, new trade deals and more. Will all this zealous preaching be put into practice? The wait begins. To learn more, check out www.live8.com



**THE LONG
WALK TO
JUSTICE**

CANADA'S WALK OF FAME



Photos: iphoto/Canada's Walk of Fame

Some might have mistaken it for the aurora borealis hovering above the Toronto skyline. On June 5, Alanis, Kiefer and Rex - stars so powerful you know them by their first names alone - took their rightful place in Canadian cultural history by being the newest inductees to Canada's Walk of Fame.

Staged on the red carpet outside Toronto's Elgin Mills Theatre - a star in its own right - Canada's Walk of Fame gave a standing ovation to the latest cluster of homegrown talent: vocalist Alanis Morissette, actor and 2005 Emmy nominee Kiefer Sutherland, and National Ballet star Rex Harrington.

Sutherland now walks with his mother, Shirley Douglas, actor and activist, and father, actor Donald Sutherland, who were both recognized in 2000. At one of the most celebrated black-tie events in the heart of the city's entertainment district, this year's talented trio joins rocker Bryan Adams, director Norman Jewison, the Great One - Wayne Gretzky, and comedians Mike Myers and Jim Carrey - to name but a few of Canada's brightest honored since it began in 1998.

For more information check out www.canadaswalkoffame.com



Montreal madness

Grand Prix block parties bring upscale excitement to streets

By Michael Bettencourt

Even to an outsider, it's easy to realize there's a unique electric buzz in downtown Montreal on Grand Prix weekend. It's an addictive energy so rare anywhere in this country that it deserves a pilgrimage by every Canadian at least once in their life, race fan or not.

You don't just watch a mere car race; you soak up the European experience that happens to feature the most expensive racing vehicles on the planet.

You don't just notice Lamborghinis, Ferraris, Porsches and BMWs; you admire row upon row of them, millions of dollars worth on some blocks, all shined up and signaling the finest places to eat.

You don't just note people wearing designer sunglasses, handbags and suits; you notice restaurants and bars full of them, different languages floating up from their tables like so many exotic flavors.

You don't just spot beautiful people; you're surrounded by them, and in turn, as if by some magical form of osmosis, you become even more so yourself.

Many streets are closed to cars, crowds throng around various displays, stages are erected, and fashion shows and concerts are performed. All this happens as the major Formula 1 teams and their associated car manufacturers bring in vehicles, both of the racing and road-

going, to display.


The biggest and most popular of these for the last few years has been the one on Crescent Street, in the heart of Montreal's entertainment district. More than 400,000 people converged on the area over three days, according to the Crescent Street Merchants' Association, which helps plan the street festival, in association with main sponsors Honda and Budweiser. Activities planned from 11 a.m. to 11 p.m. included appearances by BAR drivers Jenson Button and Takumo Sato, a tire-changing competition open to the public, and a motorcycle motorsports display. 



Photo: Staci Roberts, The Game

THE QUEEN'S PLATE: -

Run, get the money and run

Maybe we should be mad. A bunch of Americans drop in for the weekend, win our most important horse-race, cash in big with their bets, then leave town with all our money.

The horse, Wild Desert, is Canadian-bred, but owner Daniel Borislow is from New Jersey and jockey Patrick Valenzuela rides out of California.

Wild Desert had no business going off at odds of 3-1. He hadn't run in ten weeks, hadn't won since last September, but there he was at the

head of the stretch, passing the filly Gold Strike who was about an eighth-of-a-mile past her best-before date. Wild Desert beat King of Jazz by half a length, winning his owners more than \$600,000. But when the tote board flashed \$8.30 to win, the real question was, how much did these guys bet on their horse?

The answer – *plenty*. Borislow admitted (well, actually he boasted) that he cashed for more than \$100,000, or about one-fifth of the entire win pool on that race.

And 24 hours later they left with their Canadian scratch, leaving Canadians just scratching.

- Peter Gross

BLACK AND WHITE POLO BALL



The 26th annual Black and White Polo Ball was held at the Carrying Place Golf and Country Club in King City on June 16th. The glamorous Hollywood black-and-white themed evening raised thousands of dollars towards heart disease research.

Polo for Heart now centers on dedicating its money to a variety of activities related to children. With a focus on the next generation, the Junior Black and White Polo Ball was created and successfully attracted more than 80 teens to Gormley

Polo Centre in Richmond Hill on June 22nd. The Junior Black and White Polo Ball began with the junior guests being escorted to the polo field in a horse-drawn carriage and then, best of all, they were able to schmooze with celebrity hosts direct from LA – Scout Taylor-Compton (Sleepover), Chioke Dmachi (CSI Miami), Lauren Summers (Bernie Mac Show), Michael Welch (Joan of Arcadia) and Chris Winsor (All That). The Junior Polo Ball was a tremendous success and a great time was had by all. Over the past 26 years, Polo for Heart events have raised an estimated \$3.5 million to help fund heart disease and stroke research. This year, Polo for Heart proceeds supported the Heart and Stroke Foundation pediatric heart disease research. For more information, check out the website www.poloforheart.org

- Ashley Palmer

"THE CAT" FAST FERRY

There is an adage that says, "The journey is the destination" and this is certainly the case for Torontonians riding "The Cat Fast Ferry" to Rochester, New York this summer. While Toronto is seen as a major tourist attraction for New Yorkers, Rochester is less so to Ontarians. But The Spirit of Ontario, known as "The Cat" offers a relaxing and luxurious glide across Lake Ontario, providing duty-free shopping, movie theaters, well-appointed licensed lounges and breathtaking views.

Today's cost of gasoline and road construction are two more reasons to park your vehicle and play laid-back tourist aboard this mini cruise-like sailing vessel. An adult ticket runs \$32 USD during the summer high season, seniors are \$28 USD and students six to 13 years of age are \$12 USD; business class fares are slightly higher and offer additional amenities. There is ample room for family vehicles, motorcycles and bicycles and with reasonable fares and a shorter, more enjoyable travel time, the Rochester-Toronto Cat Fast Ferry is quickly becoming the preferred mode of travel.

Port-to-port travel time is just over two hours. From June 30 to September 5, The Cat departs twice daily from Toronto: 11:30 a.m. and 5 p.m. Passengers are asked to check in one hour prior to departure.

For a complete listing of vehicle rates, scheduling information or to make a reservation, check out www.catfastferry.com.

- Ashley Palmer



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20th Anniversary of the Toronto Molson Indy



Turn 1 at the start of the race

Paul Tracy in his #3 Forsythe Racing car



By Darren Dobson

This is no ordinary event for Torontonians. This is an annual celebration of motorsports for fans both young and old. Every year, thousands head down to the Canadian National Exhibition, fondly known as the CNE, to take part in the excitement of all the high-octane atmosphere that surrounds the Champ Car World Series of racing. In addition to the feature CHAMP CAR race which showcases Canadian drivers Paul Tracy, Alex Tagliani, Michael Valiante, and rookie sensation Andrew Ranger, there are four other races in the three-day event, which includes the Toyota Atlantic Championship, Trans-Am Road Racing Series, Honda/Michelin Challenge Series, and the CASCAR Super Series.

There is something for everyone. Added this year was the Formula D-Drifting and the Metal Mulisha Extreme FMX Demo. Back again was Motorfest, a showcase to complement a racing fan's interests; Thunder Alley, a place to meet, eat, and maybe catch an autograph from one of the drivers; and the CHAMP CAR Paddock area, where you can get close to the drivers and their 750 HP+ race cars.

This year was special. It was the 20th anniversary of Champ Car in Toronto. It all started back in 1985 when Bobby Rahal won the inaugural event. Since then, it has been the must-see event every summer. I still remember back in 1993 when our very own "Thrill From West Hill", Paul Tracy, took his place on top of the victory podium, the first for any Canadian in Champ Car history. Ten years later he would repeat his sweet victory in front of his adoring hometown

fans. This year looked good for a third victory in Toronto, as he led the series by a one-point margin from last year's winner, Sebastien Bourdais.

Sadly, it was not meant to be. After taking the lead with half his front wing missing from an earlier encounter, Paul Tracy in his #3 car would be denied entry into the pits, because an accident in turn one closed the pit lane; he would run out of gas shortly thereafter. Andrew Ranger, the leading rookie this season, was also disappointed after experiencing mechanical problems close to the end of the race, just shy of finishing fifth. In the end, Alex Tagliani managed to pull off a third-place finish, with Justin Wilson taking first and Oriol Servia finishing second. It was an exciting race with all the thrills and spills that seem to accompany this type of event, but happily no one was injured. This year's attendance reached a total of 160,315, a little less than last year's figure of 164,218.

One experience I won't soon forget was the opportunity to ride along with Toronto's own Scott Maxwell in his Competition Mustang FR500C for a couple of high-speed laps around the circuit. What a rush! They call these "fast lap" rides. In addition to Mustang, the SVT pace cars, driven by professional female drivers, are brought out at several different times during the weekend. An invited few get to experience being in a race car, on a racetrack, going at speeds in excess of 100 mph. The Champ Cars can reach speeds up to 189 mph on the straight.

Other winners this weekend included Antoine Bessatte of St. Bruno, Quebec taking first in the Toyota Atlantic race and Paul Gentilozzi from Rocketsports Racing who took the checkered flag in the Trans-Am Series. I will also remember the people who made the event so memorable, especially Anne Stevens from Ford who rode along in the lead pace car, Debbie Gentilozzi from Rocketsports for her hospitality, and Brian Coyne for his assistance and input. I just can't wait till next year.

2005 Champ Car T.O. podium finishers (from left):

2nd Place: Oriol Servia

1st Place: Justin Wilson

3rd Place: Alex Tagliani



Courtesy of the Champ Car World Series

Photo: Debra Rutherford



Darren Dobson with Paul Tracy



Photo: Debra Rutherford

Dobson during the fast lap experience

Paul Gentilozzi in his Jaguar XKR



Courtesy of the Trans-Am Series

2005 Trans-Am Toronto podium finishers:

First Place - Paul Gentilozzi (Center)

Second Place - Greg Pickett (Left)

Third Place - Tomy Drissi (Right)



Courtesy of the Trans-Am Series

JAZZ SUITE:

LUXURIOUS CUISINE, HOTELS & ENTERTAINMENT

By Gregory B. Gallagher

When the spirit moves to indulge in what the Guinness Book of World Records confirms as "The Largest Jazz Festival in the World," consider some observations on how to do so in style and comfort while in Montreal. Remember, the ambience and imagery created by the word 'jazz' itself gave birth to an entire epoch of fashionable celebration called the Jazz Age, so contemporary participants have a glorious continuum to support and nurture.

The Montreal International Jazz Festival (www.montrealjazzfest.com) is well into its 26th year of presenting world-class concert hall performances, free outdoor shows on eight stages sprinkled around the Place des Arts downtown site, daily Mardi-Gras parades, legendary nightly jam sessions until sunrise, romantic jazz cruises of the Saint Lawrence River and soirées at many bars and clubs throughout Montreal. In fact, the city is afire with a level of jazz entertainment not available in any metropolis on the planet.

Quincy Jones has this to say about jazz: "Jazz is the stepchild of many matriarchal types of music such as gospel, blues and spirituals, yet somehow it attained a position in which it could influence and swallow up anything with which it came into contact, from quadrilles, to Stravinsky, to Country and Western. Whatever it came next to, it could eat alive. Consequently, it has always had an incredible number of influences around it, but its roots have remained planted where the mother elements come from...Actually, it has developed so far and so dynamically that today (1976) there are probably more categories within the category of jazz itself than in any other music."

This quote from five-time Grammy Award winner Quincy Jones precedes the first Montreal International Jazz Festival in 1980 held at the Expo '67 World's Fair site of Man and His World, but the words seem to act as a template against which the organizers have designed their successful legacy of jazz performances. Many purists and critics of this yearly extravaganza complain that Montreal traditionally presents too many diverse musical sounds and the festival is diluting the jazz gene pool. But remember Quincy's words and what jazz icon Duke Ellington once told me, "There are only two kinds of music; the one you like and the one you do not like."

The biggest selling point about the Montreal festival is precisely that it is not an

aficionado's realm, but includes numerous events and performers who will entertain both hardcore collector and novice alike. Even those festival patrons for whom the word "jazz" equates to frenetic perambulations by such experimenters as Anthony Braxton or John Zorn will discover that jazz is a musical umbrella under which a vast family of global styles thrives together. Montreal stages the widest spectrum of sounds, including those with deep African roots, Latin salsa, ska, bebop, rock & roll, raï, rhythm & blues, country, rap, Dixieland, Chicago blues, Gwo-Ka, swing, cool, gospel, hip hop and gypsy. In Montreal, these styles mix and become part of a larger bouillabaisse of jazz.

So how does one enjoy this festival in the most luxurious fashion? The festival itself offers a quasi-luxury package of goodies to tempt some guests. Their "Duo Jazz Package" offers two nights at the tony Hotel Saint-Paul in Old Montreal with breakfast, a six-course dinner with three wine tastings and a special jazz dessert at the Europea Restaurant. Along with this comes a ticket to one of the Salle Wilfred-Pelletier Plein-Feux main concerts at Place-des-Arts, another ticket to one of the Jazz d'Ici series by local musicians, a souvenir album, an exclusive T-shirt, Casino de Montreal cash certificate of \$20 and a Friends of the Festival card, which provides you with the 2005 compilation CD, bottle of water, daily sunscreen, chair massage service and access to the Jam Sessions at the Hyatt Regency Hotel at midnight.

Prices for this package start at \$554 per person. Call the festival travel provider, Alio at 1-800-280-9967 or visit the

festival website at: www.montrealjazzfest.com/packages.

While these packages are fun and certainly offer a mélange of elements, for those who simply must have the finest Montreal has to offer, we also have other recommendations. First on the list is to arrive in town either by private yacht and set anchor at the King Edward Quay in the Old Port, or by private jet at the nearby south-shore Saint Hubert Airport (YHU). From either locale, arrange a pickup from Air Executive Limo (1-800-263-2123) to drive you to Hotel Place D'Armes or Hotel Saint-James, both located nearby in Old Montreal, or the newly renovated Ritz Carlton Hotel uptown on Sherbrooke Street West in the Golden Square.

This writer's personal favorite is the 5,000 square feet of antique-laden penthouse at the historic Hotel Le Saint James, where the 360-degree terrace view of the city is truly compelling. The formal Louis-XIV dining room accommodates a dozen or more guests comfortably and the Chinese antique green marble bathroom boggles the mind with its level of craftsmanship. At \$5,000 per night, it might surprise some to know that if you wish to stay during festival time: book now and you might be able to confirm 2006 or 2007. Hotel Le Saint James has a regular guest who books for a full month without any discount during the summer, so call well in advance!

Another compelling reason for choosing Hotel Le Saint-James is the fact that it is so close to Restaurant Toqué, arguably the city's most celebrated eatery and

now perched in a new home on Place-Riopelle. This grand dame of a hotel is also within a short walk of this writer's favorite restaurant in the entire country—Verses Restaurant at Hotel Nelligan.

Food and Beverage Director Gino Mourin is without a doubt the greatest host in the country and continues to raise his own bar of excellence by challenging his staff to understand the tricky variables of pairing wines and eatables. The mysteries of how he does this have confounded many. Truth be told, I think his grandmother performed some sort of culinary voodoo on him as a boy; there are tales of her burning rosemary in his home in New Caledonia as a child to set appetite juices in motion. Monsieur Mourin's *savoir faire* attracts a stable of regulars including stockbrokers, movie stars, athletes, socialites and luxury travelers. In close partnership with Executive Chef Yann Turcotte, these two mavens of *haute cuisine* offer gastronomic delights *par excellence* for breakfast, lunch and dinners that stretch long into the evening. A word of warning: Once you have been nurtured at the Verses table, there is no going back to "good enough."

Gregory B. Gallagher is the author and photographer of the bestselling travel book *Eyewitness Top Ten Travel Guide: Montreal & Quebec City* published by Dorling-Kindersley (Penguin), ISBN 0-7566-0033-2, and also created the 15-part documentary series "Universal Jazz" for CBC Radio's "Ideas" series.

Quincy Jones quote from: *The Encyclopedia of Jazz in the Seventies*, by Leonard Feather & Ira Gitler, Horizon Press, New York 1976.

Photos by Gregory Gallagher taken with the new Olympus E-Volt 300 using both the 14-45mm and 50-200mm Zuiko lenses courtesy of Olympus America: olympusamerica.com

For those who would like to check out other jazz festivals within easy connection from Toronto, here are the top choices:

Rimouski (www.festijazzrimouski.com) celebrates its 20th anniversary this year at one of the country's most charming gatherings on the shores of the St. Lawrence River. From September 1-4, guests will be treated to the creations of Brad Mehlau, Alain Caron Big Band, Jesse Cook, the Gypsies of Sarajevo and many more. Access Rimouski by road on Highway 20 east from Montreal, by air via private flight into Rimouski airport (YXK) or by Air Canada into nearby Mont-Joli (YYY). Either way, stay at the Hotel Gouverneur Rimouski (1-888-910-1111) during the festival for the best in-town accommodations.

Other favorite suggestions are the newly formed St. John's Jazz Festival in Newfoundland (www.atlanticjazzinitiative.com) at the end of July, where the stately Fairmont Newfoundland (www.fairmont.com) pampers guests accordingly, or the venerable Halifax Jazz Festival (www.jazzeast.com) which celebrates its 17th this year and where the Westin or the Holiday Inn Select will provide the best amenities in town.

RELATED LINKS:

Hotel Saint-Paul:	hotelstpaul.com
Europea Restaurant:	europea.ca
Hotel Place D'Armes:	hotelpacedames.com
Hotel Saint-James:	hotellstjames.com
Ritz Carlton Hotel:	ritzcarlton.com
Restaurant Toqué:	restaurant-toque.com
Hotel Nelligan:	hotelnelligan.com



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Renaissance Man in the City

by Jill Andrew

"An Art Gallery After Hours" is a *trompe l'oeil* mural.

"Group-of-Seven-juxtaposed colors and stylized brush strokes are a keen part of my creative inspiration. I am attracted to portrait techniques honed by historical and present day artists," says mural virtuoso Art deVilliers owner of Toronto-based A.D.V. Signs, Great Walls of Art and Privacy Window-Art.

French-Canadian-born deVilliers, also an accomplished, well-traveled professional jazz guitarist, having collaborated alongside the likes of the formidable Tony Bennett, Peggy Lee, Jack Jones, Bob Hope and Mickey Rooney, first discovered his interest in painting in grade two.

Coming from a family comprised of culinary and traditional artists, musical and theatre connoisseurs, deVilliers forged his own artistic path, opting out of formal arts training.

He apprenticed in sign-painting at 16 years of age and would later create his first mural, "An Italian Scene," at the age of 20. DeVilliers has never looked back since.

Today national and international corporations, academic institutions, hotels and private homes have become the larger-than-life canvases for some of deVilliers' most emotive mural creations.




One such ode to art is his hand-painted mural of "Apollo's Chariot Fountain in the Gardens of Versailles," featuring four smaller window views to the outside, adorning the two-storey indoor pool at the Grand Hotel & Suites in Toronto.

Pieces are priced (minimum \$1000) according to the size and complexity of the design, as well as the production research necessary for each concept.

Mr. deVilliers has an uncanny ability to create movement. His murals transport admirers to other places, other times.

"Murals can add great depth to a room, while colors can easily be adapted to complement the room's décor, its intended tone and purpose," says deVilliers.

Art deVilliers enjoys collaborating with his clients. "Usually my clients know what they want. Some are prepared with pictures to help with creating the desired finished product. It makes for an easier working relationship," he said.

Art deVilliers' motto - "One day at a time...one moment at a time," fuels his innovative progression as an artist...his murals simply fuel boundless human imagination. 

Art deVilliers can be reached at:
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Finally

By Dianna L. Cook

Drama on a grand scale for the Canadian Opera Company.

A home for all seasons, but not for all reasons. Finally, the two venerable and shining jewels of the performing arts in Canada--the Canadian Opera Company and The National Ballet of Canada--will have a permanent performance hall of their own, built to the demanding and uncompromising specifications integral to rehearsal,

production and front-of-house excellence.

With more than 8,000 truckloads of soil removed since construction began in 2003 and with a price tag of \$181 million, the new Four Seasons Centre for the Performing Arts is not being built as a multi-purpose, mainstream civic theatre designed to accommodate Broadway musicals, comedy routines, and visiting retro-pop bands. Rather, it

will be the first "purpose-built" opera house in Canada and will have the National Ballet as its major tenant.

Janice Oliver, Executive Director of the Canadian Opera House Corporation says, *"From the start of design in the fall of 2002 and right through the construction, everyone has had a sense of pride in being involved in a project with this degree of quality and presence within the city."*

Groundbreaking for the Four Seasons Centre took place on April 11, 2003 and the opening is scheduled for 2006. The site has been excavated 30 feet below ground, the equivalent to digging 600 backyard swimming pools. Two 60-meter-high cranes were installed and 165,000 square feet of formwork was constructed, enough to frame 600 homes. Located at the southeast corner of Queen Street and University Avenue, the new Centre will

be a compact and elegant 2000-seat theatre specifically designed for opera and ballet, with the finest possible level of acoustics. To reduce sound vibration in the auditorium from underground subway trains and vehicular noise from the street outside, 489 isolation pads have been installed.

Eight-thousand cubic meters of concrete have been poured, enough to form a sidewalk from the entrance of

the Four Seasons Centre in downtown Toronto to Horseshoe Falls in Niagara, and 1,050 tonnes of steel have been used. The hours worked on the project will be equivalent to 350 people working full-time for two-and-a-half years.

The combined wattage would illuminate the Rogers Centre and, if all the electrical wire were laid end to end, the resulting line would stretch from the Queen and University site to the

Buffalo Sabres HSBC Arena. According to the Four Seasons' web site, "a glittering five-storey transparent City Room will face University Avenue, encouraging the public to experience the artistic life of the building through regular informal public recitals and performances." A stunning glass staircase seemingly floats in the space.

"I am constantly amazed by the number of people who stop me on the street, bursting with pride and enthusiasm about the building of the Four Seasons Centre," said the General Director of the COC, Richard Bradshaw. "The Four Seasons Centre is being built through the generosity of so many people who are committed to making Toronto a great city. Many of them may not have previously been close supporters of the COC, but they have a vision that this city needs a great opera house."

It was the shared commitment to excellence and a deep appreciation of the arts that convinced Isadore Sharp, founder, chairman, and CEO of Four Seasons Hotels and Resorts, to make a gift of \$20 million to name Canada's first dedicated opera house. *"The Four Seasons Centre is destined to become one of the world's foremost opera houses and we are thrilled to work alongside the Canadian Opera Company in making it so,"* says Sharp. *"From the acoustics in the auditorium, to the warm and inviting public spaces and the range of talent that will perform there, the Four Seasons Centre will be a destination for lovers of the opera and ballet everywhere."* As Mr. Sharp observes, *"This city has waited a long time for a facility like this and it is exciting to know that it won't be long before we will be able to welcome the best performers in the world to our stage."*

With a return to tradition, a four-tiered, European-style horseshoe-shaped auditorium will provide unequalled intimacy between the audience and the stage. Ms. Kevin Garland, The National Ballet of Canada's Executive Director, says, *"Ballet is physical and emotional. Dancers are both athletes and actors and it's tough to project emotion across the Hummingbird Centre, the Ballet's current home. The new Centre gives us the intimacy to convey emotion and drama."* When asked how she felt about the recent appointment of former principal dancer Karen Kain as the new artistic director of the Ballet, coincident with the move to the new Centre, Garland replied, *"Thrilled. Absolutely thrilled. Karen has come full circle with the Ballet and we all couldn't be more pleased."*

As if tackling a project as big and complex as construction of the Centre were not Herculean enough, the COC has under-

taken the epic task of mounting the perennial giant of operas, Richard Wagner's "Der Ring des Nibelungen"—a story of love and hate, greed and obsession, and fierce battles for wealth and power that culminate in the annihilation of its characters' world—for its inaugural piece in its new home.

The numbers for "Der Ring des Nibelungen," also known as "The Ring," or "The Ring Cycle," are as monumental as the construction details of its stage. It will take 1,000 hours to rehearse and 16 hours to perform the four operas comprising "The Ring Cycle." There are 34 character roles and 50 chorus members. The total production crew, including 43 stagehands and 10 dressers augmenting full-time COC production staff, stands at 71. The music score requires 108 orchestra members and 115 orchestral instruments, including a rare contra-bass trombone and a cow horn. The cost: a staggering \$11 million.

It took Richard Wagner 28 years to write that opera. In 1848, shortly after writing the libretto to *Götterdämmerung*, the fourth opera in the Cycle, Wagner participated in a political uprising and fled Germany to Zurich. There he found a certain amount of popularity, wooed his wealthy benefactor's young wife, and wrote his towering monument to love, "Tristan und

Isolde." Following the separation from his wife, Wagner returned to Germany to a villa owned by King Ludwig II of Bavaria, and subsequently had three children by the married daughter of Franz Listz, Cosima von Bulow. The final installment of "The Ring Cycle" was completed in 1874.

It has taken even longer to realize the vision of a dedicated performance hall for the COC. How does Canada's largest city

and the cultural centre of the country justify having taken so long to build what cities such as New York, Berlin and San Francisco have enjoyed for many years? Perhaps it was because the political will sat in the front rows at the Hummingbird Centre, never suffering the cavernous feeling of the 3000-seat venue. Perhaps Canadians, unlike Wagner and the artists who perform his grand repertoire, have typically accepted mediocrity.

In little more than a year from now, Richard Wagner's epic opera will grace the stage of the COC's new home. In "Der Ring des Nibelungen," the character Wotan builds Valhalla, a gleaming palace for the gods but in doing so wagers his own immortality. Unlike Wotan's fate, the Canadian Opera Company's own gleaming house will ensure its immortality well into the 21st century.





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THE WORLD OF GASTRONOMY

BY ELAYNE LAKEN

In this everyday world where we find ourselves in a constant rush, the demands greater than ever and our workday longer than ever, it's easy to fall into the trap of fast food, meal replacements and microwave cooking, although, in the appropriate context, these are quite acceptable.

Enter Charles Grieco. Toronto-born and raised, he champions the pre-eminence of gastronomy and has a studied appreciation of fine foods and the art of cooking for more than 40 years.

When exploring the meaning of the word gastronomy, he asked an authority on the subject, Anita Stewart, founder of *Cuisine Canada* and one of this country's pre-eminent food historians and culinary activists, to provide some insight into the meaning and breadth of the word.

As Charles explains it, it is not just the art and science of good eating, but "all that concerns the nourishment of man" understanding has been expanded in recent years to include a panorama of all things related to travel, culture and our learning and experiencing authentic food and beverages.

Steeped in the world of gastronomy, his personal bookshelves are filled with hundreds of informative titles, from *Gastronomica* to *Fine Wines of Italy* and of course Brillat-Savarin's *The Physiology of Taste* (1825).

While professing not to be a true "gourmet," Charles is a model for the fine act of sitting down to enjoy and think about what we eat and drink, however simple, as a part of the appreciation of life in all its most beautiful offerings.

"Europeans, of course, live to eat, whereas many North Americans tend most often to eat to live," he says. "People will travel for kilometers to consume a meal, not just a special meal. When they wake up in the morning, it's not unusual for them to think about what they're going to have for dinner tonight and where." And the where

does not mean just downtown or around the corner; it could mean many kilometers of travel.

Born in Toronto of distant Italian ancestry, Mr. Grieco's New York-born father moved to Toronto when Charles was five years old and the roots of the current family were firmly planted here. Two younger branches are now back in New York, deeply and successfully involved in the world of hospitality. The circle seems complete.

His first entrée into the professional world was in the 1950s, following university, as an advertising executive with the legendary Harry "Red" Foster, a marketing genius, and head of an organization that helped brand and market such diverse products as O'Keefe Beer, the Canadian National Exhibition, the Royal Winter Fair, the Ontario Racing Corporation at Woodbine and the infant CFTO-TV.



Since marketing was a new business tool at the time, and Foster Advertising an early champion of today's marketing concepts, Mr. Grieco says he learned the business of restaurant marketing and customer service through what he refers to as the school of hard knocks, trial and error and, above all, making sure he knew the subject, the client and the product. All led eventually to being knowledgeable about the world's authentic cuisines, with a particular focus on the Mediterranean and Italian worlds.

In 1961, Charles left his advertising and marketing world and partnered with his father to launch La Scala, the critically acclaimed and highly praised Toronto dining institution that did much to launch the early food revolution in Toronto.

When it opened, La Scala immediately attracted movie stars, celebrities, foreign dignitaries, local notables, the business community and "foodies" and became the unofficial cafeteria for the Queen's Park Conservatives and many other good friends. The Griecos placed great emphasis on the importance of very high quality consumables culinary standards, and caring customer service,



*Charles Grieco – his personal bookshelves are filled with hundreds of informative titles, from *Gastronomica* to the *Fine Wines of Italy**

while traveling the world to research new food developments and offerings in wine, cheese, and other authentic consumables.

After 35 years, Mr. Grieco chose to move on from La Scala to pursue other interests and a change of direction that still kept him deeply involved in the world of gastronomy.

Mr. Grieco currently serves as president of the Ontario Hostelry Institute, an industry organization with a mandate to raise the professional standards of post-secondary food service and professional hospitality education and training programs. Mr. Grieco and the OHI organize significant awards, scholarships for students aspiring to be chefs and sommeliers, and industry development opportunities.




A Member of the Board of Directors of the Metro Toronto Convention Centre, Mr. Grieco is positioned to play a central role in the promotion of tourism and the raising of the profile of Toronto and the GTA region on the world stage. He recently agreed to take on the role of the first of three Culinary-Tourism Symposiums that will define the role that gastronomy plays in this important and compelling economic sector of tourism.

He enthusiastically says that the city of Toronto has come a long way in its gastronomic quest. "In comparison to the 1960s, today you can have virtually anything you want to savor that is authentic from around the world, despite what appears at times to be an overall ambivalence towards North American gastronomic values."

Charles continues to be passionate about our culinary, sensory and cultural advances as well as about the future.

If we are to accept, as Mr. Grieco suggests, the classic definition found in Brillat-Savarin's *Physiology of Taste* (1825), that Gastronomy is the "reasoned comprehension of all that concerns the nourishment of man," then it would appear we have a great future before us and a life experience that will truly provide nourishment for all.

Charles will explore in the coming pages of PRIVILEGE, with the assistance of various well-known authors, researchers, food historians and anthropologists, our unique regional cuisines, the surge in artisanal farming, the burgeoning of many and varied hand-made products, the changing world of hand-crafted cheeses, the development and huge improvement in the quality of local and regional wines, and, at times, those habit-forming consumables that we may demand each day for personal gratification.

This will include an appreciation of our cultural heritage, the encouragement of our regional arts, local culinary history, experiential tourism and travel (see the accompanying article about Quebec's Charlevoix region) and culinary tourism. These are a few of the "gastronomic mines" on our doorstep, as we travel the North-East Wine Route and other pathways of gastronomy that feed the "reasoned comprehension of all that concerns the nourishment of man." 

*gas tron o my is the
"reasoned comprehension of all that
concerns the nourishment of man."*

J.A. Brillat-Savarin's *Physiology of Taste* (1825).



Discovering the World's Olive Oils

By Michele Peterson

Hippocrates prescribed it as the “great therapeutic.” Brad Pitt slathered his body with it in the movie *Troy*. Archaeologists unearthed recipes showing it in ancient versions of the “Atkins Diet” in Pompeii. Cultivated since 5,000 BC, olive oil has long been a key ingredient in everything from skin-care products to cuisine.

Packed with healthy anti-oxidants, few substances have more power to evoke romantic visions of Mediterranean climes and healthy living than olive oil. Although Canadian consumers are much more familiar with mild seed oils such as canola, corn and soy, our tastes in olive oil are becoming more discerning and adventurous.

“A great nose - very assertive,” “a hint of ripe raspberry,” “overtones of fresh grass and sweet fig.” For anyone who’s been to a wine tasting, such language sounds familiar. But for professional olive oil tasters who certify and grade olive oil, those qualities are just three of the several attributes used by the International Olive Oil Council. Based in Madrid, Spain, the Council has been establishing and maintaining standards for international olive oil since 1956. Positive tasting notes include mild (delicate, light and almost buttery), semi-fruity (assertive), fruity (with a strong olive flavor), peppery, pungent and sweet. Oils with the aroma of a freshly-mown lawn and a green,

springtime flavor are described as grassy. Those with a drier, more herbal aroma are described as summery. A low acidity level is preferred. Negative attributes range from fusty (stale or moldy) to metallic.

A good olive oil should subtly enhance the flavors of a dish, not overpower them. In order to choose the olive oil best suited to your meal, a world tour can help illustrate the differences.

Spain

Spain leads the world in olive oil production. The secret to success is found in the olive groves of the Provinces of Jaén and Córdoba in southern Spain. The long spells of heat and dryness result in oils that are usually golden, fruity, aromatic, often with a slight bitterness. Considerable care is needed to create an olive oil that meets the exacting standards and quality stamp of approval of the “Denominación de Origen” (DO). The key is the *picual* olive that hails from the region. “*Picual* oil is known for its strong personality, perfectly balanced nuances and hints of grass,

apple, fig and other fruits. It is the most stable oil in the world and performs extremely well when heated for cooking,” says Hermen Romero of Cortijo Angulo, one of the first exporters of premium olive oils to Canada. Q10 O-Live, one of his award-winning oils, is especially high in anti-oxidants.

“We started importing Q10 O-Live in 2004,” explains James Savona, President of Toronto-based Brunello Imports. “Since then, we’ve added another exclusive brand, Hacienda la Laguna, and expect it to do just as well.” Both oils are carried at upscale Toronto food retailers.

Greece

“I prefer an oil with character that isn’t too pushy,” says Christine Cushing, Food Network Canada host and author of two best-selling cookbooks. She recently launched “Pure by Christine Cushing,” her own line of award-winning extra-virgin olive oil, which hails from Crete. “In my quest to find the oil to make my own, I tasted many different oils from Italy, Spain and a few from Greece,” she explains “I love mine in that it’s very big on fruit while not tasting heavy or oily. The Koroneiki olive, indigenous to Crete, gives it that specific characteristic. They also pick the olives slightly greener to get that hint of grassy fruit. Crete is a sunny, romantic island bursting with ripe fruit where people worship food. This is evident in the quality of extra virgin olive oil they produce.” The Koroneiki olives provide a distinctly fruity, slightly grassy flavor with a gentle peppery finish that is robust enough for grilling meats but subtle enough for fresh vegetables and fish. A list of retailers is at www.christinecushing.com

Italy

“In Canada, it’s no surprise that olive oil has been connected to Italy and its cuisine,” said food critic Gerry Shikatani during the International Olive Oil Fair in Spain in May 2005. “It was how olive oil was introduced into Canadian eating habits and it continues to dominate the marketplace and thrive.” Italy boasts more regional varieties than any other nation producing olive oil. Every region of Italy produces olive oil, but the best known is around the town of Lucca in Tuscany. Tuscan oil has a distinctive green color and a fruity flavor with hints of aromatic herbs. In general, Italian olive oil is assertive, with an aroma and flavor of summer meadows. It is suit-

able for everyday cooking and is an essential ingredient in authentic Italian foods such as bruschetta and pasta or for drizzling over focaccia.

More Tips

Olive oils have a lot in common with wine. Like grapes, olives reflect the qualities created by the soil, sun and water where they grow. But favorable growing conditions aren’t enough to create a quality olive oil. Precise production methods are important.

Virgin olive oils (Virgin Extra and Virgin) are obtained from fruit that hasn’t been subjected to any treatment other than washing, decanting, pressing and filtering. Other olive oils may need a refining process to correct defects such as high acidity or poor flavor, color or aroma. They cannot be called virgin oils. “Storage is important,” says Cushing. “Olive oil is sensitive to light oxidation – it is best stored in a dark bottle and not on the countertop.”

Unlike wine, younger olive oil is better. Cooking with olive oils, as opposed to using them on salads or as a finishing flavor for cooked foods, presents challenges. Heat can destroy the flavor of olive oils as well as the healthy anti-oxidants, so it is a waste to use expensive oils to sauté or grill foods. If you’re looking for oil to use in vinaigrette, a less assertive oil might be a good choice. With summer’s warm breezes conjuring up thoughts of the Mediterranean, why not consider trying some of the world’s olive oils? They promise a taste adventure. ■



Introducing the 2005 Mercedes-Benz E320 CDI. This is not the ordinary Benz that you may be used to. In fact it has a 3.2-liter DOHC 24 valve inter-cooled, inline, turbo-diesel, six cylinder engine under the hood. You might ask, "Why would you want a diesel?" This new and improved lux cruiser is both more fuel-efficient and more powerful than your gas-powered E320. It may only have 201 bhp at 4200 rpm, but the surprise comes at 1800 rpm when it reaches its maximum torque of 369 lb-ft and holds it to 2600 rpm!

CDI, which stands for Common-rail Direct Injection, is the first fully electronic fuel injection system for diesel engines. Gone are the days of those noisy, smelly, dirty diesels. Now we have quieter, cleaner, and more powerful engines. At idle, the sound of the diesel engine is very hard to notice. It's just that quiet. Put your foot down and feel as it pulls away, with smooth linear power and no jolts between up shifts.

Diesel engines generally provide 20-30 percent better fuel economy and produce 20-30 percent less CO and CO₂ than a comparable gasoline engine. This new high-torque engine provides quiet, fuel-efficient cruising. Sipping only 5.9l/100kms of fuel on the highway and 8.9l in the city, compared with the E320 gas engine at 7.9/11.8l/100kms respectively, it's a fuel miser. To put that into perspective, you can cruise 1,100 km between fill-ups. Performance is not lost as this machine reaches 100km/h in 7.0 seconds-0.3 seconds faster than its gas counterpart. To gain the welcomed power and fuel economy, Mercedes used their CDI technology, first introduced in 1997 when virtually all diesels used mechanical injection. The latest version used on the E uses a fuel line loop with constant fuel pressure, up to 23,000 psi, to all six injector valves. The diesel engine relies on the



Photo: Blueman Design & Photography

The Exceptional E-Class CDI

By Darren Dobson


vehicle, you will be able to choose from many different options: Panorama roof, Parktronic, Keyless Go, an In-dash 6-disc CD changer, and DVD-based satellite navigation. All vehicles come with Electronic Stability Program (ESP), 4-wheel disc brakes with ABS, Brake Assist, and Sensotronic Brake Control.

extreme heat of the highly compressed intake air to ignite the fuel, thus negating the use for spark plugs or other ignition parts.

After driving the new E320 CDI, I found myself wondering what else would make this four-door sedan more appealing. The only option I would like for our Canadian climate would be a 4-matic version. Other notes of interest on my test vehicle included pre-wiring for satellite radio which I will be looking forward to trying on future models. To personalize your

These features will help keep you from getting into an accident but, if the worst happens, no less than eight standard airbags have been provided, and that includes adaptive dual stage front airbags to work with your Emergency Tensioning Devices (ETDs) and belt force limiters. High-strength/ low-alloy (HSLA) steel is used throughout to help provide a rigid structure to keep you protected.

In Germany, thanks to the value and reliability of the modern diesel technology, diesel cars account for more than 50% of sales. North America cannot yet match those figures but, as the current CDI engine passes Canadian Federal emission standards and when low-sulphur diesel fuel becomes available in late 2006, Mercedes hopes to exceed those standards.

For more information and pictures, check out www.mercedesbenz.com. 



Photos: Mercedes-Benz Canada



FORD GT

MAXIMUM AMERICAN MUSCLE

Photos: Ford Motor Company

By Darren Dobson

Ford's time has come to shine in the super-car spotlight. What brought them to produce this menacing machine? Was it to elevate American muscle cars back into the spotlight for Ford's 100th anniversary? Who knows, but I'm glad they have the guts to produce this beautiful car, although in limited numbers and to the lucky few.

It all started back on June 19, 1966 when Ford stunned the world at the 24 hours of LeMans, finishing 1-2-3 in Ford GT40 Mk II racecars and beating their rival Ferrari. Next year marks the 40th anniversary of that great event and to celebrate Ford will be offering a special limited-edition exterior color, Tungsten Silver.

What makes this car so impressive, so addictive, so special, is its pure perfor-

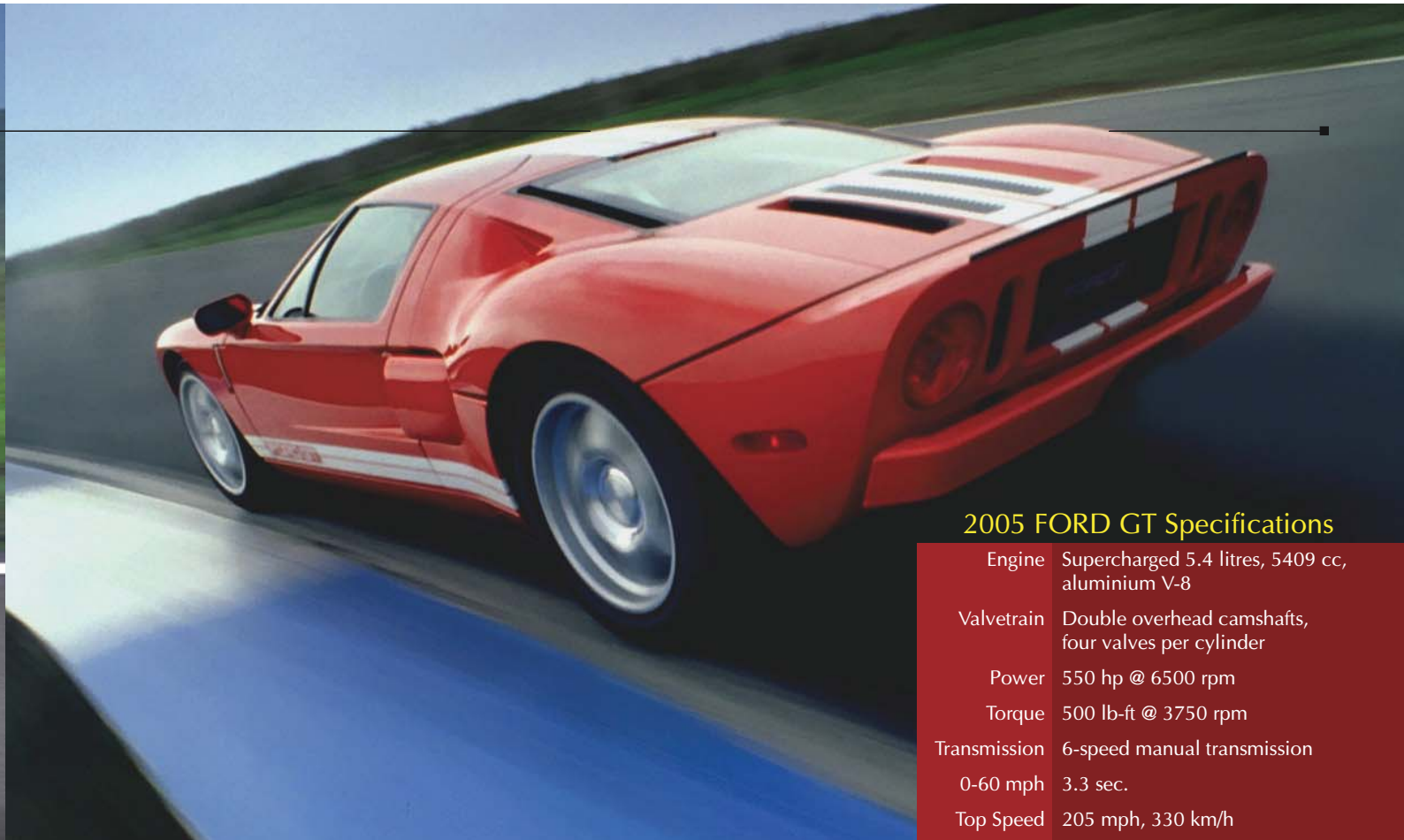
mance and outright power. We are talking about 550 bhp, 0-60 times in 3.3 seconds, and a top speed of 205 mph. Impressive indeed. This is one serious beast. It sits right there with the best of the best super-cars. The unveiling of the Ford GT as a concept car happened in January 2002 at the North American International Auto Show in Detroit. A few weeks later, Ford Chairman Bill Ford announced that the Ford GT would go into production, just in time to celebrate Ford's Centennial celebration 15 months later. This was a monumental task that was completed when the first three GT's were ready on schedule.

Only 1500 GTs will be produced in 2005 and most dealerships will not be able to get one. The Manufacturer's Suggested Retail Price is \$143,845 - \$157,095 USD depending on options. Expect the Canadian version to be approximately \$200,000 and available for sale during the 2006 model year. Ford plans to

produce a total run of 5000 cars for the entire world. A mere 200 of those will be coming to Canada.

The GT is a true design masterpiece that is true to its heritage of the old GT 40s of yesteryear. When you first approach the car, it is surprisingly pleasing to look at from every angle. It has swooping lines, aggressive stance, and a beautiful bright-red paint job with two white stripes running from nose to tail. True to its past, it's a no-nonsense race car.

Slip inside and you will not be disappointed. You're treated to ventilated carbon-fiber bucket seats wrapped in leather and sitting low and upright. You can reach the pedals perfectly. Once securely ensconced, engage both the clutch and brake simultaneously and then press the red button to start her up. The tachometer is placed front and center with the speedo off to the far right. Modern versions of the original



2005 FORD GT Specifications

Engine	Supercharged 5.4 litres, 5409 cc, aluminium V-8
Valvetrain	Double overhead camshafts, four valves per cylinder
Power	550 hp @ 6500 rpm
Torque	500 lb-ft @ 3750 rpm
Transmission	6-speed manual transmission
0-60 mph	3.3 sec.
Top Speed	205 mph, 330 km/h



toggle switches operate key systems. Despite the GT's height of 44.3 in., there is plenty of headroom, an improvement from the older GT 40s. Getting in and out may be difficult if you're stuck between two vehicles on either side. The doors cut into the roof, thus the need to open them wider to allow easy access.

Built on an all-aluminum space frame chassis with super-plastic-formed aluminum body panels, the GT has a platinum-over-carbon engine cover. Sitting behind you is a mid-mounted supercharged 5.4 liter V-8 delivering 500 foot-pounds of torque. Because of the GT's high-speed capabilities, the Ford crew engineered out the aerodynamic lift with racing-inspired ground effects

ducting under the rear fascia. The GT is a rear-wheel-drive car with a six-speed manual, independent suspension, large four-piston aluminum Brembo monoblock calipers with cross-drilled and vented rotors, one-piece BBS wheels, 46 cm (18-inch) on the front, 48 cm (19-inch) on the rear and Goodyear Eagle F1 Supercar tires. Other standard equipment included are bi-xenon headlamps, fog lamps, AM/FM stereo with CD, driver and passenger front airbags, ABS, leather-wrapped tilt steering wheel, passive anti-theft system, power exterior mirrors, windows and door locks, air conditioning, remote keyless entry and rear window defroster.

This piece of automotive art is said to be

very comfortable on a long drive and apparently swallows rough bumps in the road with ease. Handling should be excellent with those meaty tires and, yes, it is amazingly fast. The rear view may be limited and it might drink more than you can, but who cares because you've got the coolest machine on the block and it only cost you half the price of other exotics.

An invitation extended to yours truly to experience this dream machine is an offer I surely can't refuse. Stay tuned for future updates. For more information check out www.fordvehicles.com/fordgt and make sure you watch the Ford GT TV Commercial called "The One." It's a blast!



PORSCHE

Topless Porsches bare all in

ULTIMATE TEST DRIVE

German firm's newest cabriolets –
including the mind-numbing Carrera GT –
come out to play at Mosport

By Michael Bettencourt

It was the way every Porsche test drive should be.

"Lined up here at Mosport racetrack we have Porsche's finest new examples of driving performance," said Porsche North America motoring press manager Bob Carlson. All five of them sat full of 94 octane fuel, keys in their respective ignitions just left of the steering wheel, waiting to be thrashed around Ontario's most challenging track.

Anyone considering investing the better part of 100 large or more – perhaps six times more – for one of these machines deserves much more than a quick ride around the dealer's block. The undeniable sporting charms and tanning possibilities offered by the Porsche Boxster, the 911, their more powerful and better braked S versions, plus the LeMans racer-based Carrera GT, would soon be put to the test, back to back, where each could be pushed to their limits.

So on go the helmets, out come the release forms, and down go the hammers to find the true personality of each...

Boxster

Porsche's smallest roadster got redone for 2005 after eight successful years on the market, although you won't notice many styling changes from the outside. The easiest way to tell it's new are the front headlights that no longer have the look of an apologetic teary-eyed celeb.

Pure is a good way to describe how it drives. It may be the least powerful sports car in Porsche's stable, but it also weighs the least. That, plus the flat-six cylinder engine located behind and under the driver, makes for one of the most precise steering cars on the market, with every nudge on the steering wheel resulting in microscopically proportional response at the wheels.

It's not as exciting in a straight line as the others, with 240 hp and 199 ft-lb of torque in base form, but its "boxer" engine sounds so good they used it as the soundtrack for the Boxster's latest commercial. The Boxster S is up to 280 hp and, with an official 5.2 second 0-100 km/h time, is only 0.2 seconds behind a 911.

911

Believe it or not, there were whispers floating around just after September 11 that perhaps it was time to change the name of Porsche's most famous sports car, given the negative connotations that 9/11 suddenly gave in Porsche's largest market.

Yet change has traditionally not been a big part of the 911's repertoire. The round headlights, those wide rear fenders, and the overall shape that whispers "the engine's out back," haven't changed much in 41 years of production.

Like the Boxster, the biggest visual change for the new 2005 911 Cabriolet is its totally redone interior, which is less Wal-Mart and more Harry Rosen. On the down side, the 911 hasn't gone to a cleaner looking and more secure folding convertible hardtop roof like its Mercedes-Benz and Cadillac competition, although the power-operated fabric roof is no doubt lighter and more in keeping with the Porsche's performance mandate.

That dedication to performance is evident under the hood. Power in the base 911 is little changed at 325 hp from its 3.6-litre flat six, but the more powerful S model introduced with this new 997 generation ups that nicely to 355 hp. The 911 provides a smooth freight train of power on Mosport's long straights and, combined with larger wheels and tires, its grip limits are higher than the Boxster around corners, although with more noticeable weight shifts when really hustling.

Carrera GT

Finally, we come to the masterpiece. The king of all Porsches, a sleek carbon fiber and rubber mission statement for the company. A car that competes with the fastest, most expensive high performance vehicles in the world. Porsche originally planned to build 1,500 Carrera GTs, but have recently cut that number to 1,250--still on the high side compared to the 399 examples built of the sold-out Ferrari Enzo.

The specs speak for themselves: 605 hp, 435 ft-lb of torque, a huge 5.7-litre V10 engine that pulsates with power just behind your spine, capable of taking you and a brave passenger up to 337 km/h, but not at Mosport.

On the track, the throttle, brake and steering responses are so lightning quick, so devoid of the mushy responses of most other cars, it takes a while to readjust your internal car meter – even when hopping out of quick-responding Porsches. Flooring the loud pedal provides an instant vice grip between your head and the head restraint, while mashing the brake literally had my contacts popping out of my eyes.

There is no Canadian price for the Carrera GT; it's simply US\$440,000 anywhere in North America (C\$536,800 as of mid-July). Given the loonie's rise in the past year, the GT costs about C\$50,000 less than if you bought one in 2004. It's slated to be produced for the 2006 model year, or until the 1,250th one is sold.

At which time Porsche-philes will mourn the loss of their ungodly fast king.

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Charlevoix: Epicurean Circus of Luxuries

By Gregory B. Gallagher

Those who have been everywhere and done it all will know the following words are true. Short of owning your own Concorde jet and being able to rocket yourself and significant others to Bali, Dubai or the Maldives, the best bet for a luxurious vacation break nearby, surrounded by pristine waters, undulating hills and five-star accommodations and cuisine, is to proceed directly to Charlevoix.

Having recently critiqued more than 300 luxury hotels, resorts, and dining establishments throughout Canada, the Caribbean, Central America and the United States for a large tourism operation based in New York, this writer can safely say that two of the most inviting accommodations in any of these areas are located on the shores of the dramatic Saint Lawrence River - a quick hop from Toronto, Ottawa or Montreal.

I am speaking specifically about Chateaux & Relais' La Pinsonnière and the historic Fairmont Manoir Richelieu, both located near La Malbaie, a 45-minute limousine ride from Jean Lesage Airport in Quebec City, or an even shorter helicopter ride.

This is the Charlevoix Region of "La Belle province," a UNESCO Heritage Biosphere Reserve, home to an unusually rich population of artists, writers and musicians, and boasting some of the most stunning scenery in North America. The drive along Route 138, particularly the old stretch from Baie Saint-Paul through Cap-al'Aigle, is spectacular and rivals the California coast highway from San Francisco to Big Sur. Rolling hills, brightly painted farmhouses, quaint villages, galleries and cafés mix with a grid of outdoor activities, hospitable accommodations and complete luxury services to make Charlevoix the perfect Northeast getaway destination.



Wine, dine, or play a round of golf (or two) at the magnificent Manoir Richelieu

Take the Fairmont's Seventh Heaven package, for example: Ride in a helicopter from Québec City, over the breathtaking scenery of Charlevoix region, and arrive at what looks like a Harry Potter castle perched with a breathtaking view of the mighty Saint Lawrence. Recent renovations include a newly expanded PGA golf course with 27 challenging holes and a brand-new hilltop clubhouse with an extraordinary 360-degree view of both coastline and mountains.

This idyllic resort is where the Hollywood glitterati of the 1930s and 40s rubbed more than elbows with social leaders and politicians like U.S. President William Taft, a Charlevoix devotee for more than 30 summers. Charlie Chaplin, Jean Harlow and Mary Pickford regularly cavorted in and around this historic estate built by the legendary Montreal architect Edward Maxwell. Recent film stars to grace the riverside grounds include John Travolta, Angelina Jolie and Quebec's own Roy Dupuis.

After landing at Fairmont Le Manoir Richelieu, you will find deep relaxation in the atmosphere of their river-view rooms, complete with Jacuzzi, and arrangements will happily be made to serve the one you love with a personalized delivery of gourmet chocolates, a bottle of port and a variety of local and fresh cheeses.

The next day, savor breakfast in bed before being pampered with soothing spa treatments at their well-equipped Amerispa (try the VIP five-hour package as an add-on), where they offer three separate saltwater pools of various dimensions in which to workout or luxuriate. After nurturing your body in one of their 22 treatment rooms, clear your head by enjoying the beauty of nature together with a romantic calèche carriage ride in and around the picturesque villages of

La Malbaie or Pointe-au-Pic. Make sure you stop at any of the well-stocked art galleries; the Charlevoix area's up-and-coming painters and sculptors rival anything being created internationally at half the price.

The fairy tale reaches a crescendo with a gourmet dinner at *Le Charlevoix Restaurant*, which received the Wine Spectator 2004 Award for its extensive wine list and where sommelier Monsieur Guy Laroche will wine you and dine you in a manner fit for kings and queens. Your palates will be delighted as you discover local Quebecois products prepared creatively by Executive Chef Jean-Michel Breton.

Menu favorites include pan-seared foie-gras with honey and cider-roasted apples, crisp scallops and shrimp with lobster butter and wasabi pea puree, velouté of Charlevoix beans with a wild boar prosciutto flan, pan-seared lobster with coconut milk and white rum (served with shrimp samosa and celery ginger mousseline) and sea bass fillet with potato crêpe served with nettle cream. This delectable fare is followed by strong French coffees and the suggested dessert plate called "Sweet Exploration of Flavors of Charlevoix" - a tiny taste of each of their numerous homespun desserts. It is easy to appreciate why this dining room has won both the coveted

Wine Spectator Award and the AAA Four-Diamond Award. *Après dîner*, enjoy a fine port and a Cuban cigar in the Salon Murray or head back for a romantic moonlit walk under the stars.

The Seventh Heaven Package is offered at \$4,999 year-round and includes: Two unforgettable nights in a river-view Jacuzzi room, helicopter transportation between Quebec City and Fairmont Le Manoir Richelieu, flying over Charlevoix region, fine dining at *Le Charlevoix*



restaurant (wine included), daily in-room or buffet breakfasts at *Le Saint-Laurent* restaurant, a sleigh or carriage ride in and around one of the villages with deluxe afternoon snack, two spa treatments at Amerispa (try their couples room), a dozen red roses, a bottle of port, gourmet chocolates, a variety cheese platter to be delivered at your convenience, luxurious limousine transportation between Fairmont Le Manoir Richelieu and Quebec City at the end of your stay and all gratuities. Rates are in Canadian dollars and are subject to availability. Taxes are extra and for more information



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This is also the region where Cirque du Soleil was spawned by a busker on the streets of La Malbaie. Guy Laliberté, one of Canada's greatest corporate and artistic success stories, is still the sole owner and Chief Executive Officer of this multinational corporation employing more than 3,000 and stunning millions each year with a bevy of original circus shows

balanced and assembled, and resulting in wave after wave of delicious and artistic dining.

One of his recent evenings began with a tasty amuse bouche made of perch of the Nile and early-harvest vegetables spun imaginatively into a sculpted presentation, perfect to get digestive juices prepared for what follows. One appetizer was a delicate spring roll pastry of sweetbreads served beside quail tournedos and garnished with

dining room has won Wine Spectator's Award of Excellence and AAA/CAA's 4 Diamond-Award for the past twenty years. An impressive collection of original works of art from Charlevoix artists decorates the walls throughout the large dining area, accentuated by vistas up and down the river. Oil and acrylic canvases depicting scenes of the area's geography seem to mix quite naturally with abstract sculptures and multi-media works alike.

fishing, hiking, cruising the Hautes-Gorges (highest peaks east of the Rockies), golfing at Murray Bay Golf Club and horseback riding.

There are few hotels in North America able to weave together the necessary mix of spectacular locale, elegant décor, original cuisine, dynamic wine cellar,

compelling activity choices and top-drawer service staff, but the Chateaux Relais La Pinsonnière achieves this lofty ideal handsomely. For those who truly understand what it takes to accomplish this feat, I strongly recommend visiting and staying awhile to soak up the sumptuous ambiance the Authier family has created. Please note that their helicopter

pad is scheduled for installation at press time and the Murray Bay airport at Saint-Irénée-de-Charlevoix (YML) has been recently expanded to 4500 feet in length, sufficient to handle most private planes.

Gregory B. Gallagher is the author and photographer of *Eyewitness Top Ten Travel Guides: Montreal and Quebec City* published by Dorling-Kindersley (Penguin) 2004. ISBN 0-7566-0033-2

Photos by Gregory Gallagher taken with the new Olympus E-Volt 300 using both the 14-45mm and 50-200mm Zuiko lenses courtesy of Olympus America: olympusamerica.com



worldwide. The Cirque du Soleil has single-handedly changed the way Las Vegas now markets its tourism product and has resulted in the circus arts becoming a booming business worldwide. There must be something in this Charlevoix air!

The possibility of magic definitely infuses the atmosphere when you stay at the inviting Relais & Chateaux La Pinsonnière. No other accommodation in Canada manages to make its way onto the coveted *World's Top Ten Travel Experiences*, assembled by international airline pilots who really have been everywhere. La Pinsonnière made the list as a dining experience not to be missed in this lifetime. I agree.

The dazzling gastronomic abilities of Head Chef Ludovic Brunet, a young man from France with a very bright future, commence from the first taste. While many of today's chefs manage to present original visual concoctions, most do not match this creativity in the taste department. Chef Ludovic is truly the exception, his cuisine painstakingly researched,


winter radish and a vinaigrette sauce. A second appetizer presented succulent red snapper (also known as the red fish of the Antilles) with roasted eggplant and chased with the presence of anise, a member of the parsley family and used to flavor Ouzo and Vermouth.

Main dishes comprised tournedos of roasted breast of duck, prepared to look like a filet mignon, and served with softened apples in a honey sauce. Baie Saint-Paul cheese platter signaled an end to the gastronomic delights with several outstanding local offerings, the best of which was a Miron unlike anything ever tasted and made nearby in Saint-Fidèle. Surprising to many is the fact that Quebec now boasts more than 450 types of hand-crafted cheeses.

The voyage into culinary Heaven reached its finale with delicious chamomile tisane, hand-made chocolates and jellied bonbons. La Pinsonnière houses more than 12,000 bottles of wine in the Authier family cellar, and with more than 750 labels it is easy to see how their elegant


La Pinsonnière takes full advantage of being located in an area of awe-inspiring landscapes by offering attractive theme packages such as whale watching tours, full service spa treatments with indoor pool and sauna, half-board cuisine or romantic honeymoon weeks. Their idyllic riverside location is the perfect retreat from the throngs, while staff members make every effort to arrange activity outings for visitors - canoeing, kayaking,

“*La Pinsonnière takes full advantage of being located in an area of awe-inspiring landscapes*”



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Taboo Resort, Golf and Spa

COTTAGE LIVING WITH CITY STYLE

By Michele Peterson

“Warm sake is just a cover-up for bad sake,” says chef Michael Pataran as he pours a chilled shot into each of the glasses lined up along the sleek bar.

“This one is layered and complex as it strikes the palate,” he explains, offering some rare Indigo Wind sparkling sake.

“Watch for hints of lemonade, melon and pepper in this one,” he says, pouring some Sato No Homare. But before he can get to the next bottle, he is jostled out of center stage by chef Jay Scaife who wants to demonstrate his creation, wagyu beef and Japanese dumplings, the next experience on the tasting menu.

Although the action could be happening at a swank urban eatery in downtown Toronto, the scene actually takes place in laidback cottage country. The class “Tasting and Serving Sake” is just one of the options at Taboo Resort’s Culinary Theatre, a 30-seat bar located within Elements, the main dining area. It’s a chance to get up close and personal with celebrity chefs and it’s at the heart of an \$8.3 million renovation that promises to transform the cottage country experience.

Set on the shores of Muskoka Lake, Taboo Resort (formerly Muskoka

Sands) has been attracting serenity seekers for almost a century. They come for the lakefront seclusion, the stunning views, and the abundance of nature-based activities at the resort’s doorstep. Now, in a bold step that breaks the boundaries of tradition, a new vision has taken this natural setting and infused it with an urban style that renews, inspires and sets a new benchmark for luxury.

“At the heart of the evolution of Taboo was our desire to create a culinary destination,” explains Norman Reisman, principal of The Great Gulf Group which acquired the property in 1984. Dining options abound. There’s Elements for formal dining, The Lounge for “Small Plates” and the open-concept Culinary Theatre featuring chefs who hail from upscale eateries such as Rain, Zoom and Canoe. Casual fare is offered waterfront at The Boat-house and poolside at the Patio Bar. For wine lovers, sommelier Michael Sullivan has assembled an extensive collection of rare and carefully chosen vintages.

Taboo’s dining transformation coincides with the 2005 launch of Savour Muskoka, a program bringing local food growers and

restaurateurs together to create menus that highlight locally grown ingredients. “We enjoy seeking out the best regional ingredients, such as artisan cheese, quail, wild mushrooms or game and creating something new,” says Chef Pataran, 2004 Conference-centre Chef of the Year. “We have expanded our organic garden and are even considering hiring a forager,” he adds. For the uninitiated, a forager is someone who seeks out and hand-selects high quality, all-natural crops in the wild.

Taboo Resort
has been
attracting
serenity seekers
for almost a
century

The resort’s redesign meant it was out with the wall-mounted trophies and folksy wood paneling. Instead, Reisman called on Munge/Leung Design Associates, an international firm known for sophisticated urban designs in venues such as The

Government + Koolhaus nightclub, and luxury condominiums such as Water-Park City. “Their signature look is sleek and modern,” says Reisman. “And that’s unique to cottage country.”

Taboo’s lobby is now a cosmopolitan social hub, with an Italian marble bar, Roche Bobois sculpture, cool tunes and low-rise furniture. A series of plasma TVs and a 25-ft-long stone fireplace promise inviting winter lounge space.

But it’s all a backdrop to the natural beauty of the sunsets that unfold beyond the floor-to-ceiling windows.

Local ingredients also appear on the menu at Indulgence, the resort’s day spa where a menu of treatments such as

their signature Cranberry-Maple body polish promises to rejuvenate, relax and reward. The six private treatment rooms and three couples’ suites offer balconies for guests and a private outdoor gazebo overlooking Lake Muskoka. It’s a blissful way to get even closer to nature.

Distinctive furnishings in the 149 rooms, suites and chalets create a mood of carefree luxury. The recently renovated Signature Design Suites were designed by Munge/Leung and feature plasma screen TVs, private lakefront balconies, Muskoka chairs, Taboo’s cloud duvet beds and wireless Internet technology. Platinum Suites boast separate bedrooms, wood-burning fireplaces and kitchenette facilities.

For outdoor recreation, the Ron Garl-designed 18-hole golf course is a major draw. The course is set among tall pines and striking granite rock formations and is the Home Course of Mike Weir, Canada’s top PGA ranked golfer and the 2003 Masters Champion.

“Mike is not just Canada’s best golfer; he’s someone people genuinely respect,” says Nigel Hollidge, Director of Golf Operations and Marketing. “Golfers trust that, if he’s endorsing us, then we

must be a great course.”

“Our premium golf package is the Volvo Xe90 of golf,” says Hollidge of its most decadent offering. Priced at \$2450 per person (double-occupancy), it includes a two night stay in a Platinum luxury suite overlooking Muskoka Lake, six gourmet meals, two rounds of golf, unlimited use of the practice facility, 12 hours of instruction with Paul Villemare, Director of Instruction, a “Before and After” digital video analysis and more.

The Golf Academy offers lessons for golfers of all skill levels and includes CPGA Professional instruction as well as access to the Dynamic Balance System (DBS) – an instructional tool that monitors a golfer’s swing and provides immediate visual feedback.

For those interested in The Heli-Golf experience, service is provided exclusively by Heli-Trips to Taboo Resort, Golf and Spa.

Other diversions await you on the resort’s 1000 acres of secluded parkland. Staff naturalist David Hawke hosts several outdoor adventure programs such as touring Eleanor Island bird sanctuary by pontoon. Hawke even takes hikers into

the field to enhance wildlife photography techniques. An 8-km trail system that traverses rock ridges, wetlands and lush forests is open for independent hiking or mountain biking.

With one of the few natural sand beaches in Muskoka, Taboo offers guests swimming and lounging on the waterfront. Canoes, kayaks, paddleboats and windsurfing are available along with three outdoor pools, a children’s wading pool and five outdoor tennis courts. Yoga and Pilates classes are offered on the weekends.

Despite the abundant amenities, the evolution of Taboo is not over. Plans for the next phase include a new spa facility and an enhanced “Kids Club” program. “We’re committed to tying everything into one signature experience,” says Hollidge. “We can’t stop now.” It’s the cottage country experience – where no urban luxury is taboo. ■

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The Bounty of Table Bay

By Ilona Kauremszky



Cape Town, SA --

Recognized as one of the fastest growing tourist destinations in the world, South Africa is positioning itself as the light of the Dark Continent.

The surprise starts the minute you hit the recline button on South African Airways' new 180-degree lie-flat business-class seat just named the "World's Best Business Class Seat" by Skytrax. The curvaceous automated seats with massage options make air travel once again a decadent affair. The 19-hour flight from New York City felt like an afternoon siesta helped along by generous servings of sweet Amarula liqueur.

With the dark clouds of apartheid lifted, cities like Cape Town are morphing into über-chicdom. South Africa's primary tourist city is proving to be the leading center of the Rainbow Nation.

Today, building cranes dot the skyline and international investors are buzzing

like bees to honey in their mad dash to snag desirable real estate at do-able prices preferably around Cape Town's waterfront. In the latest visitor stats, among Canadian travellers 64% of us are first-timers.

No doubt, the luxurious Table Bay Hotel along the historic waterfront is easily setting the standard of excellence. Condé Nast Traveler in its latest readers' choice awards crowned the five-star property, part of the ultra luxurious Sun International group, the "Best Hotel" in all of Africa.

Situated on the water's edge, the Table Bay Hotel is dominated by the flat pancake mountain aptly named Table Mountain. The architectural masterpiece with shades of a regal Victorian style captures the imagination of all who enter her magnificent premises. On my arrival, teams of secret service dudes in black suits and shades with ear devices were whispering into their shirt cuffs, appearing very "men-in-blackish."

"Wow, is this how all guests are greeted?" I asked. It turns out the hoopla was for the Vietnamese prime minister and his delegation checking in at the same time. But that didn't stop my wow factor. Every fine detail at this posh property was tended to – from the personal fax copy service in my suite to internationalized electrical outlets to the cool Egyptian cotton bed linen.

Since first opening seven years ago, when then-president Nelson Mandela cut the ribbon at the hotel's opening, Table Bay Hotel has exuded opulence and fine living and has clearly been the waterfront's benchmark of progress. With the 10th anniversary of democracy in full swing, the Grande Dame of African hotels has never looked better.

For starters, the entrance says it all. An impossibly long and impeccable swath of red carpet cuts through the long glass-enclosed entrance, leading into an airy open lobby where the guest relations department keeps crystal decanters of

sherry or port nearby. Warm butter-yellow tones set off the floor-to-ceiling marble fireplaces and tropical fragrant floral arrangements exude a stately yet elegant feel in the lobby of this posh digs.

Besides the regal set of princes, statesmen and high-browed diplomats, this lavish hub has become a favorite abode for singers, Grand Prix World Champion winners, movie stars and tycoons. Michael Jackson, Michael Schumacher, Robert DeNiro and Sir Richard Branson are among the jet-set crowd. So were Arnold Schwarzenegger and Nelson Mandela but you'll also find moneyed Europeans and Japanese honeymooners. For a sneak peek of the rich and famous, amble outside where a wall of fame of more than 75 names keeps the hotel's mascot Oscar, a mammoth bronze seal, company.

Submerged in a Mediterranean climate with currents from the Indian Ocean and Atlantic swirling around this boot-shaped peninsula, Cape Town is the only

place in the world where two oceans converge. Around this Garden of Eden (where scientists believe they have located man's earliest relative, "Eve"), an eco-paradise awaits with more than 6,000 indigenous plant species. So it's no wonder a verdant wine route emerges between the rolling hills.

For a quick city getaway, drive the famous N1 route, which was once destined to connect Cape Town to Cairo. Discover the exclusive Stellenbosch Wine Region, the country's oldest vineyard. Along the banks of the Eerste River in the heart of the Cape Winelands, the hot sun, fertile soil and balmy breezes create the best wines. There are more than 300 wineries, of which 100 are open to the public. At the ultra-luxurious Spier Estate, a scrumptious restaurant called Moyo offers a delectable lunch buffet. Immersed in a colorful potpourri of Islamic, African and traditional Dutch Cape style, you can also dine beneath a 250-year-old craggy oak tree and watch African drummers and dancers.



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Despite the tropical paradise shoe-horned into the Cape's peninsula, it's surprising how close this Mother City is from the deep freeze of Antarctica. You hear seals bobbing for air along the pier or watch frolicking jackass penguins on nearby Robben Island. This bird sanctuary also houses the former prison of Nelson Mandela.

Today visitors hop aboard a ferry by the Victoria and Alfred docks, leave the brilliant view of the cloaked Table Mountain covered in its familiar tablecloth, with a swag of thick clouds looming over the flat top, and arrive at the recently opened prison for an astonishing tour conducted by former prisoners. Afterwards, ascend the cityscape atop the mountain Sir Edmund Hillary called one of the world's most natural wonders, Table Mountain. This trip starts on an aerial dynamic moving cable car, jets 1,087 metres above sea level and opens to 1,400 plant species, home to such peculiar residents as the fickle dassie, a rodent like creature that is a distant relative of the elephant, of all things.

For shopping, hit Long Street, reminiscent of Toronto's Queen Street but with a blend of New Orleans - style cast-iron balconies. The historic strip now houses hip boutiques, vegan restaurants, and a sprinkling of antique and other African curio shops. Footsteps away, Greenmarket Square is a bustle of activity that starts early in the morning as local artists and craftsman sell their wares of masks, wooden statues, beadwork and rich tapestries. Prices are reasonable. For those who wish to stay closer to Table Bay Hotel, there's the slick Victoria Wharf Shopping Centre

Photos: Stephen Smith www.mycompass.ca



smack in the center of the Victoria and Alfred Waterfront, which houses Dolce & Gabbana and the eclectic Red Shed Craft Workshop, a craft emporium.

After a day of touring wineries and shopping for hand-carved safari mementos, we made our way back to Table Bay Hotel's luxurious Conservatory restaurant for a Cape feast, a fusion of tastes mixing the many cultures that have settled here over the 350 years since Cape Town's birth. I survey the menu and ponder over delicacies such as roasted springbok and curried chicken and note the open-face cellar displaying 6000 of the best Cape wines.

The bounty of Table Bay has only just begun.

12

If you go:

For more travel information on South Africa, visit South Africa Tourism at www.SouthAfrica.net and for a list of tour operators contact (TOPAC) Tour Operators of Canada Promoting Africa at www.Topac.org

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Reduce the stress of our daily lives with **RMT** By Danielle I. Beldman R.M.T.

Like a high performance, finely tuned sports car, men need regular maintenance as well. Registered Massage Therapy is used to maintain physical health. Massage can lessen the chance of injury, improve range of motion and decrease stress level, along with many other benefits. As humans we are born with the need for touch. Therapeutic massage is used to sustain healthy growth, with a social and physiological balance throughout development.

Massage is the therapeutic application of touch using a variety of movements or strokes upon the skin, muscles and joints. It has significant benefits for all the body's essential systems. For this reason, a Registered Massage Therapist (R.M.T.) will have a thorough knowledge and understanding of the body and its systems.

Each R.M.T. practicing in Ontario has received a college diploma and been through a series of oral and practical exams administered by the province of Ontario.

There are many styles of massage therapy. Many therapists integrate a varying number of specific techniques such as Swedish massage, deep/soft tissue, lymphatic drainage, trigger point therapy, sports massage and manual stretching into their treatment.

SWEDISH MASSAGE promotes general relaxation and improves circulation and joint mobility, as well as relieving muscle tension. It is used primarily in a full-body session. It is a system of long strokes, kneading, and friction techniques on the superficial layers of muscles.

DEEPTISSUE MASSAGE releases chronic patterns of tension in the body through slow firm strokes and deep finger pressure on the contracted areas. This technique follows the grain or the cross grain of the muscle and is used on muscles, tendons, and fascia. This treatment increases blood supply to the problem areas helping to reduce pain.

SPORTS MASSAGE is commonly used by athletes in preparation for workouts and sporting events. It loosens, warms and prepares muscles for intensive use. By incorporating manual stretching, endurance and performance are improved and the chance of injury diminished. Post-event massage relieves pain, prevents stiffness and returns muscles to normal posture. This technique is also used for rehabilitation from injury.

LYMPHATIC DRAINAGE involves light, rhythmical massage that aids the body in collecting and moving lymphatic fluid, which plays a key role in delivering nutrients, antibodies and other immune constituents to the tissue cells of the body and removing debris such as toxins, cell waste and dead particles which are then cleansed by clusters of lymph nodes. Lymphatic drainage also works on the nervous system, lowering blood pressure, reducing stress and improving sleep patterns.

TRIGGER POINT THERAPY is a type of massage therapy that examines and treats muscles and muscle attachments in layers. It addresses surface muscles and connective tissues and deeper ligaments and connective tissues. A trigger point is a hyper irritable tender spot in an abused muscle that refers pain to other muscles. If the trigger points are not treated, they can be the culprits in lingering pain even after an injury has healed.

Massage treatments are tailored to the specific needs of each client. A short consultation is essential in determining the treatment focus. A brief case history is also taken to allow the therapist to understand the needs and preferences of the client. All personal information is kept confidential. Duration and frequency of treatments is up to the client. The therapist may offer recommendations on what they feel may best benefit the client's need. Most clients discover that a treatment is very beneficial and tend to return on a monthly basis for general maintenance.

Here are some reasons why RMT may benefit you:

- Calm, soothe and relax the body, releasing tension from the muscles
- Reduce Stress
- Manage Chronic Pain
- Stimulate muscle tissue and improve nerve action
- Improve and strengthen the body's circulation
 - Remove toxins and waste
 - Improve skin and muscle tone
 - Decongest sinuses and respiratory pathways
 - Improve digestive functions
 - Strengthen bone and movement of joints
 - Accelerate healing

The three most common reasons people may seek R.M.T. are to relax, to reduce stress and to relieve muscle soreness, stiffness or spasm.

When focusing on stress reduction and relaxation, your body tensions are indications of repressed or unexpressed old patterns. They may be the result of lifelong patterns of tension or they may be caused by current or past physical trauma. Massage therapists act as facilitators of change to the body structure. The therapist works with you to address habitual hold patterns. Some examples of common holding patterns are:

- A stiff neck, uplifted chin and rounded shoulders as though you are carrying the weight of the world on your shoulders.
- A fixed military chest that takes command, but has little flexibility.
- A sunken withdrawn chest that attempts to shield its owner from life's stresses.

The massage therapist's goal is to help you gain insight into your pattern of holding or lack of flow and to make you aware of the increased energy it takes to hold that pattern. With this awareness, you can slowly learn to reduce or eliminate the holding pattern.

When it comes to muscle soreness, stiffness and spasm it is our soft tissue muscle mass that is the greatest user of energy and also one of the primary sources of pain and discomfort. This discomfort and pain is usually caused by dysfunction of the musculoskeletal system, which can be the result of a traumatic, functional or postural problem. By loosening and relaxing tight muscles and joints through massage, the body's natural movement is freed and balance is regained.

Registered Massage Therapy is no longer perceived as strictly a luxury. It is fast becoming a popular alternative therapy to help cope with the ups and downs of our daily lives. Men as well as women are realizing the benefits that massage therapy can give and how receiving regular treatments can make a stressful work day seem not so bad. The increased movement and structural changes in your body that occur through massage manipulations enhance energy flow and release emotional tensions that may be the cause of physical pain. Massage is a method of sensory-motor training, rather than a procedure or treatment, as practiced in modern Western medicine. Massage generates a flow of both old and new sensory information. The beauty of massage is that nothing is added or removed. If you are feeling the stresses of your daily life in your muscles, maybe seeking an RMT is the remedy for your pain.

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For more information on Osteopathic Medicine you can refer to <http://www.osteopathic.org>



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GETTING TO THE ROOT OF SPORTS RELATED INJURIES

BY ERIC SEIFERT

Now that summer is well underway, a growing number of Canadians are enjoying outdoor recreation. Golf, tennis, running and walking make up the majority of our outdoor activities in the summer. There are typical patterns of movement in each sport that often lead to common injuries and pain that make it difficult for us to enjoy our sport of choice.

Injuries such as tennis and golf elbow are common, and most people assume that they are normal muscle and joint pain and most of us will look to physiotherapy, medication, stretching, massage and even "time off" as a means to heal an injury and relieve the pain. The most effective solution to easing pain, however, begins with understanding where it starts. This is where the science of biomechanics can empower you with a better understanding of how your body works in relation to sport specific injuries and pain symptoms.

Understanding your injury

Injuries are often the result of an imbalance in our muscular system. When our body senses instability, the brain's reaction is one of protection. We tighten up to compensate for muscle weakness. It's these imbalances in our muscular system that can contribute to increasing tightness, overuse and pain. Let's break it down by sport.

Golf

A common injury in golfers is known as "golfer's elbow," which can be described as a painful inflammation on the outside of the elbow. Considering the biomechanics behind the movement in your golf swing, an elbow injury may actually have more to do with a weakness in your shoulder or trunk muscles. This weakness could be affecting the stability of your golf swing – and the aftermath is pain in the elbow.



Another common complaint of golfers is a tight or painful lower back. Looking at your injury from the big picture, you should consider that perhaps the muscles in your feet or pelvis are unable to maintain proper stability and the results are a tighter, protected lower back.

Tennis

Tennis, like other sports, can produce injuries to the rotator cuff of the shoulder. The shoulder could be taking the brunt of the stress caused by a weakness in the supporting structures of the pelvis, trunk and neck. Effective treatment of a rotator cuff injury could start by addressing weakness in the core.

Running

A common painful overuse injury in runners is known as "plantar fasciitis." This can be described as an irritation of the tissue on the bottom side of the foot creating a burning pain sensation. Biomechanically speaking, this could be the result of a weakness in the muscles of the hip, pelvis and trunk. This weakness could be affecting the muscular system and its ability to control and direct the forces through the lower leg.

Even if your overuse injury is considered as common as someone else's, the circumstances that lead up to the ultimate injury will differ from individual to individual. Evaluating your injury in terms of biomechanics can help you to properly direct your treatment and, in the end, better your game.

With more than over 20 years in the health and fitness industry, Eric Seifert is a Biomechanics Specialist, Master Personal Trainer and Co-founder of Core Strength, a Toronto-based fitness and rehabilitation center specializing in a biomechanics-based form of rehabilitation known as MAT (Muscle Activation Techniques) therapy. He is one of only seven MAT therapists in Canada. To reach Eric Seifert email at erics@privilegemgi.com



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ROGERS CUP

From the world's best tennis players to Hollywood's most famous actors, everyone's coming to Toronto this summer. For those of us who live here, it's simply a matter of fitting everything into our schedule. It all starts with the Rogers Cup, taking place at the Rexall Centre in North York from August 13 to 21. This year the women's singles tournament will feature 2005 Wimbledon champion Venus Williams, in addition to the No. 2 ranked player in the world, Maria Sharapova. For more information, and to purchase tickets, visit <http://www.rogerscup.com/english/default.asp>.

BELL CANADIAN OPEN

For golf lovers, the Bell Canadian Open is taking place at the Shaughnessy Golf and Country Club in Vancouver from September 5 to 11. Past winners of this event include Vijay Singh and Tiger Woods. Additional information, including schedules and player confirmation can be found at: <http://www.bellcanadianopen.ca/en/home/default.asp>.

TORONTO INTERNATIONAL FILM FESTIVAL

Toronto is movie-mad all year-round but it reaches a peak in September. Film buffs can take in the best during the Toronto International Film Festival, taking place from September 8 to 17. Schedule information and advance tickets can be purchased online at <http://www.e.bell.ca/filmfest/2005/home.asp>.

TORONTO FASHION WEEK

Once the film festival has wrapped up, it's time for Toronto Fashion Week to begin. From October 17 to 22 the best designers in Canada will be showcasing their collections for Spring 2006. To download runway schedules and see which designers are participating this year, go to http://www.torontofashionweek.ca/lfw/lfw_welcome.html.

WICKED AT THE CANON THEATER

And finally, the theatrical production Wicked returns to Toronto for a repeat engagement from October 7 to November 19 at the Canon Theater. This award-winning musical was nominated for a total of 10 Tony Awards in 2004 and tells the little-known story of life in Oz before Dorothy's arrival. To book tickets and obtain show times visit <http://www.mirvish.com/Wicked/>.

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