

Cooking with maple syrup ♦ Shoulder pain ♦ Hotel-only bookings

# **COSTCO** **Connection**

THE MAGAZINE FOR COSTCO MEMBERS

## **Grow zone**

Plant-hardiness zone maps  
will help your garden thrive  
in your region's climate **22**

APRIL 2023



### **HOME & GARDEN**

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**at Home**

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**Buyers' picks**

Where there's  
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Various item numbers



**MICHELIN**



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## ASSISTANT VICE PRESIDENT'S NOTE

# Spring to life

Open your windows and let the fresh air in! April is time to get back outdoors and enjoy your favourite warm-weather activities—getting your hands dirty in your garden or grilling great family feasts.

We gardeners have been eagerly awaiting the spring thaw. This is our time to dig in the dirt and prepare for the summer growing season. In this issue's Home & Garden Special Section, we introduce you to Hendriks, a leading supplier of indoor plants. You can also learn how artificial grass is a low-maintenance, durable, pet-friendly, cost-effective way to create a green, vibrant space you can enjoy all year.

For the grill aficionados among us, barbecue season is here. So, dust off your grill, mix up your favourite barbecue sauce and get out there! Our article on the new Kirkland Signature™ gas grills will help you select your next one so you are ready for the sumptuous cookouts ahead.

April 22 is Earth Day. What better way to celebrate spring than to focus on the little things we can do to protect Earth. Costco believes we can play a positive role in helping the world face these issues. While we see progress in many areas, we are committed to continuous improvement across all elements of our business.

To learn how some Costco members celebrate Earth Day, see this issue's Member Poll. To read about Costco's efforts, go to [Costco.ca](http://Costco.ca) and click "Sustainability Commitment."

So, cheers to spring. It's a time for warmer weather, getting outdoors, gardening, barbecuing and enjoying our beautiful planet! ■

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**Sue Pudrycki**  
is Assistant  
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of Marketing.

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# THE *Berry* BEST



Delicious strawberries are available  
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Item 27003



# Earth works

April 22 is Earth Day, established as a time to consider how we can better protect and care for the planet that nurtures all life on it.



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## Back story

**WHEN EARTH DAY** was established in 1970, by Wisconsin Senator Gaylord Nelson, there was no Environmental Protection Agency or any legal or regulatory agencies to protect the environment. Earth Day was created to increase public awareness of and to garner support for the

world's mounting environmental concerns. Today, Earth Day ([earthday.org](http://earthday.org)) is widely recognized as a day to take Earth-friendly actions.

To learn more about Costco's approach to the environment and some ways it is helping, visit [Costco.ca](http://Costco.ca) and click "Sustainability Commitment."





## EASTER ACTIVITIES

### The hunt is on

Go beyond traditional scavenging fun with these Easter egg hunt tips from [Kidsactivitiesblog.com](http://Kidsactivitiesblog.com):

- Create riddles or rhymes to serve as clues for finding eggs.
- Fill extra-large plastic eggs with puzzles or activities.
- Colour-code the eggs.
- For an indoor hunt, hide plastic eggs in places such as coat pockets and tissue boxes or under towels.

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## ALL WRAPPED UP

### Just Kidding hooded towels

These hooded towels by Just Kidding are 100% cotton, with a velour exterior and absorbent terry interior. Made for children age 5 and up, they feature various themes. They make a great addition to your child's Easter basket and are perfect for after swimming or a bath. Various item numbers. Select [warehouses/Costco.ca](http://warehouses/Costco.ca).



## RECYCLING ELECTRONICS

### Waste not

If you're not sure what to do with unwanted electronic equipment and apparatus—items such as smart devices, cables, batteries and fluorescent lights—the Government of Canada can help. Visit [Canada.ca](http://Canada.ca) and search "recycling programs" to find a list of resources across Canada. Recycling practices vary by region.

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## GIVING BACK

### A special delivery

Costco executives raised \$70,000 for Maison de la Famille Vallée-de-la-Gatineau in December 2022. Costco Business Centre employees needed three delivery trucks to transport 28 pallets stacked with staples like cereal, tuna and bath tissue to Maniwaki and Gracefield, Quebec. The contribution assisted over 300 families.



© JAMES DALTON



**Sarah from @CostcoCanada** heard us mention that **@FoodBankKtown** needs diapers and arranged for a donation for us to pick up.  
—Kingston's MOVE 98.3, @Move983



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## SO MUCH TO SEE

### A little big fan

Alicia and Vijay Tahal of Mississauga, Ontario, are big Costco enthusiasts, but their 2-year-old daughter, Isla, is quickly growing into a fan, too. “[She] can’t put the [Connection] down and wants us to read it repeatedly to her,” Alicia says. “So we read the titles on the pages or describe the pictures—which she loves.”



© ALICIA TAHAL

## FILLED WITH FLAVOUR

### Chunky Berry and Artichoke Salsa

- |   |   |
|---|---|
| <b>500 mL (2 cups)</b><br><b>marinated artichoke hearts, drained and coarsely chopped</b> | <b>1 small garlic clove, minced (or 5 mL/1 tsp minced garlic)</b> |
| <b>250 mL (1 cup) straw-berries, chopped</b>  | <b>15 mL (1 Tbsp)</b><br><b>capers, drained</b>                   |
| <b>250 mL (1 cup)</b><br><b>blueberries</b>   | <b>30 mL (2 Tbsp)</b><br><b>cilantro, coarsely chopped</b>        |
| <b>125 mL (½ cup)</b><br><b>grape tomatoes, chopped</b>                                   | <b>5 mL (1 tsp)</b><br><b>smoked paprika</b>                      |
| <b>30 mL (2 Tbsp) red onion, finely diced</b>   | <b>Pinch of salt and black pepper, to taste</b>                   |

In a medium bowl, gently mix all ingredients until combined. Serve at room temperature or chilled, to accompany tortilla or pita chips, or use as a topping on baked or grilled fish, chicken breasts, beef or pork loin and/or baked potatoes. Store leftover salsa in a covered container, refrigerated, up to 5 days, or freeze in an airtight container or freezer bag for up to 2 months. Makes 8 (125-mL/½-cup) servings.

Recipe courtesy of Vicki Shanta Retelny  
(victoriashantaretelny.com)



## EASE THE PAIN

### Voltaren Emulgel Extra Strength

Voltaren Emulgel Extra Strength (Item 1350842) is now available over the counter in select Costco warehouses and at Costco.ca. The gel, which contains the non-steroidal anti-inflammatory drug diclofenac diethylamine, helps fight pain and inflammation for up to 12 hours.



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According to research by career-advancement website Zippia.com, 48% of employees view their company's leadership as "high quality."

FOR YOUR  
BUSINESS

# Humble leaders

How you see others is a key factor for success

by MARILYN GIST



WAVEBREAKMEDIAMICRO / STOCK.ADOBE.COM

**S**hould you care about being a leader everyone admires? Absolutely. When we admire our leaders, we want to work with them. We care about the direction they set and we commit to giving them our best. When everyone does this, we produce great results. And because our attitude is so positive, enthusiasm spreads and the workplace climate thrives.

At a time when many organizations are struggling to hire and retain talent, widely admired leaders have an edge. They provide inspiration, not just direction. They enlist commitment, not just compliance. And they also create very healthy and successful organizations.

How does a leader gain such admiration? The following attributes come to mind: accomplished, decisive, strong, visionary, ability to achieve results. These characteristics are important. But another quality that is extraordinarily powerful in inspiring support is leader humility.

Leader humility is a tendency to feel and display a deep regard for the dignity of others. It offers great value, because supporting others' dignity is essential to create the foundation of healthy relationships. Healthy relationships lead to results. And results lead to successful organizations.

This all becomes clear if you consider what happens when a leader lacks humility: Relationships aren't strong and stakeholders are less inclined to lend their full support. There's less consensus and enthusiasm toward a shared goal. Employees don't want to stick around.

Research has shown that people have three key questions of leaders in their companies and organizations:

**Who are you?** Ideally, you're a person with integrity and a balanced ego.

**Where are we going?** You make clear a compelling vision and ethical strategies to get there.

**Do you see me?** How you answer this question plays an unexpectedly large role in determining your success. Specifically, what do you do to recognize that everyone needs a sense of self-worth (including your employees, customers and suppliers)? How do you and your managers bring people along so they can succeed in their positions and grow? Is it clear that your business truly believes its workers are its most important asset?

Answering these questions will reveal how much you and your organization support the dignity of others. In doing so, your business will achieve great things. ■

INGRID PAPE-SHELDON



**Marilyn Gist**  
(marilyngist.com), the author of *The Extraordinary Power of Leader Humility* (Berrett-Koehler, 2020; not available at Costco), assists leaders in showing deep regard for the dignity of others.

## COSTCO CONNECTION

Costco warehouses and Costco.ca offer a variety of essentials for small businesses, from products to services, at great value.

## Hiring good talent

Are you struggling to hire good people? Most leaders know how to screen applicants for skills, but that is no longer enough. Leaders

also need to show genuine interest in the dignity of work—and workers.

Ask about the values, goals and needs of workers. Also explore what they seek in terms of autonomy and

advancement. It's important to be honest about your constraints, but thinking of employment as top-down is a mistake. Workers have multiple opportunities today.—MG



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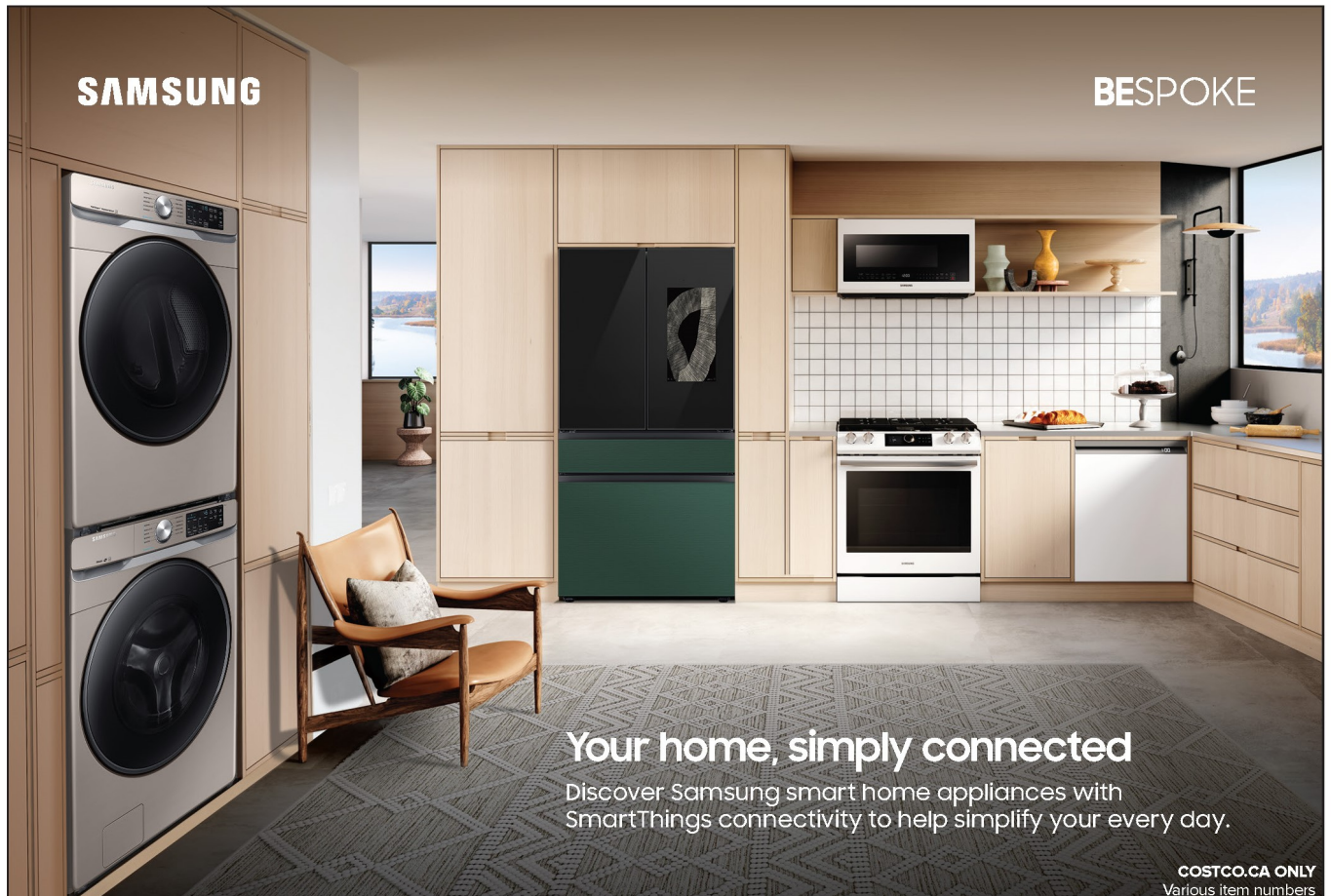


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In 1966, the ECHO IV, which took up an entire room, was the first smart-home device. It could turn on appliances, adjust temperature and more.

## TECH CONNECTION

by MARC SALTZMAN

**W**e may still be a few years away from a humanoid robot that can wash our dishes and make our beds, like Rosie the cheeky robotic housekeeper from *The Jetsons*, but today's smart home devices are getting us pretty close to that kind of existence.

These gadgets let you easily control your home with intuitive apps (or by using your voice through a nearby smart speaker), and they can also automate tasks, like turning off the lights in a room when you walk out. Smart-home tech can also make your home more secure and run more efficiently.

### Safety first

Keep an eye on your home (and your pets) when you're away with easy-to-install, internet-enabled doorbell cams or outdoor video cameras. They let you see what's going on via your mobile device. You'll be notified when they sense motion or sound, or if someone presses the doorbell. You can even chat with the person through your phone.

### Wi-Fi thermostats

App-controlled thermostats can save you money on your heating and cooling bills. These thermostats not only offer you more control, they can learn your schedule and automatically adjust the temp in your home accordingly. Some models work with occupancy sensors you place in different rooms, for optimum comfort.

### Smart home tips

Your Wi-Fi network is the backbone of your connected devices. For an efficient smart home, a new router

may be in order. The latest routers are faster and cover a wider area. If you live in a larger (or older) home, a mesh Wi-Fi network includes small, wireless

repeaters to place around your home for better range. Make sure your router has the latest software (a.k.a. firmware) updates.—MS



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# Smart house

Embrace the smart home revolution throughout your house

### Smart lighting

Not only do LED lights sip—rather than gulp—electricity, they last for several years. Smart bulbs let you control them with an app or your voice. You can also set timers and schedules. This is useful when you're away, because they can turn lights on and off at given intervals, to make it look like you're home. Some smart lights also let you specify what colours you want.

### Around the house

An intelligent garage door can push notifications to your phone if you left it open, so you can remotely close it. You can also open it for, say, a courier, while you're away. Smart electrical outlets let you plug in any device, such as a lamp or coffee maker, and control them with your voice or an app, or set schedules and timers.

Smart home devices bring us closer to living in a Jetsonian reality. ■

SEVAG SAGHERIAN



### Marc Saltzman

is a tech journalist and host of the *Tech It Out* podcast. He answers selected questions in this column and regrets that all questions can't be answered individually.

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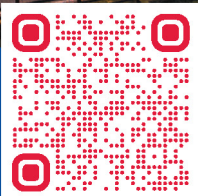
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FINANCIAL  
CONNECTION

by LANA SANICHAR

**C**hartered financial analyst Peter Hodson recruited me to work for *Canadian MoneySaver* magazine (CMS) in 2011. At the time, I was in my mid-30s, and Peter quickly became my money mentor and began, unknowingly, through day-to-day conversation, teaching me about the stock market and investing.

I recently reached out to him to ask about the lessons he has learned over his 40-year investment career. Here are his top tips.

#### Don't sell too early

Many investors like to sell when they have a profit. After all, as they say, you can never go broke taking a profit. But before selling, put yourself on the other side. Ask yourself why the stock is up and why people are buying it. Having your stock up is a confirmation that others like it. Why do you not like it? Are you selling just because it is up? Remember: Some stocks will rise 1,000% or more, with compounding. Make sure you are selling for the right reasons.

#### Don't listen to forecasters

No one knows what the stock market will do. The doomsayers have no greater forecasting ability than the optimists, but the doomsayers get way more attention. They get the most publicity when markets are bad, but this is the worst time to sell (generally) or to listen to them. There is always a reason to sell, and every single trade means someone doesn't like a stock. Nevertheless, the market has created long-term value for hundreds of years.

### Money mentors

According to the finance blog Canadianbudgetbinder.com, a money mentor "guides, assists, and motivates someone to reach their

financial goals. They also help share experiences and educate along with being a sounding board for questions."

The advantages of finding one include having someone who is willing to listen to your

financial concerns, someone you trust to give you sound guidance, and someone to influence and motivate you while helping you gain a better understanding of your financial situation.—LS



# Money on your mind

Helpful investing tips from a financial expert

#### Buy when there is panic

The best time to buy is when others are panicking. Whatever the reason, every few years volatility increases, fear rises and investors sell. Going against the crowd usually works well if the crowd is panicking. Is there a war? Well, that coffee company is still going to sell coffee. A housing crash? Groceries and medicine will still be necessities. Focus on quality companies and ignore the noise.

Investing can be a tricky endeavour, and finding the right person to guide you is important, whether it's a trusted investment adviser or a money mentor. They may have advice that you've never considered. For me, it made all the difference. ■

*Please do your own due diligence when making any financial decisions. This column is for general informational purposes only and may not apply to all provinces. It is meant to get the reader thinking about their finances; it is not meant to be used in lieu of advice from a professional.*

COURTESY OF LANA SANICHAR



**Lana Sanichar** is president and editor-in-chief of *Canadian MoneySaver* magazine.

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# How do you celebrate Earth Day?

Costco members respond to our poll,  
posted to Costco's Facebook page

Recycling, driving our hybrid car  
and using short cycle and cold water  
to wash clothes.

*Carey White Nyman*

Each year I buy a new Costco tree  
and plant it at home. They always  
do wonderfully, [and] I now have a  
variety of fruit trees and evergreens.

*Cinco Gomez*

Reduce, reuse, recycle; check for envi-  
ronmentally friendly manufacturers;  
get out and appreciate nature and  
always try to protect it.

*Cindi Taylor Hughes*

I celebrate Earth Day every day. We  
all have a responsibility to respect and  
do all we can to improve the health of  
our planet.

*Cate Berry*

By doing what I do every day: recycle,  
not litter, pick up trash and dispose of it  
even if it's not mine, turn off lights, etc.

*Kevin Cogar*

As farmers, we celebrate Earth Day  
every day!

*Janice Honey Billington*

By using reusable water bottles and  
cleaning up our backyard.

*William Yan*

It's a good opportunity to reevaluate  
your impact. Could you use [fewer]  
disposable products, unplug appliances  
when not in use and/or take better care  
of what you already have instead of  
replacing frequently?

*Michelle Johnson*



Don't forget! Earth Day  
is Saturday,  
April 22!



## The details on Earth Day

The following facts were  
compiled from Earthday.org.

### Did you know:

- Earth Day was first celebrated on April 22, 1970; organizers thought this date would maximize student participation because it fell between spring break and final exams.
- Earth Day went global in 1990; in 2009, the United Nations General Assembly designated April 22 as International Mother Earth Day.
- Today, Earth Day is the largest secular observance in the world, celebrated by more than a billion people.
- This year's global Earth Day theme is "Invest In Our Planet."



Watch for the next poll  
question on Facebook.com/  
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15 mL (1 Tbsp) unbleached all-purpose flour  
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5 mL (1 tsp) Kirkland Signature Coarse Ground Pepper  
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2 mL (½ tsp) garlic powder  
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approx. 2 kg (4.5 lbs) with the bone, at room  
temperature for 1 hour

With the oven rack in the middle position,  
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In a bowl, combine all of the ingredients, except the  
**Kirkland Signature™ AAA Beef Rib Oven Roast**.  
On a work surface, rub the roast all over with the  
seasoning mixture.

Place the roast on a baking sheet, fat side up. Bake  
for 25 minutes. Drop the oven temperature to 135 C  
(275 F) for about 2 to 2.5 hours, or once the desired  
internal temperature is reached.

Remove the roast from the oven, cover lightly with  
aluminum foil and let rest for 10 to 25 minutes. The  
temperature will continue to rise when the meat is  
resting so pull the foil off 5 to 10 degrees short  
of the target temperature.

**KIRKLAND**  
*Signature*

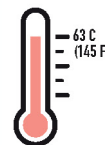
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# Get in the zone

*Choosing the right plants for your garden and landscape can be overwhelming. Plant hardiness maps with zones based on the average minimum winter temperature can help you select plants that are more likely to thrive in the area where you live.*

by **Melinda Myers**

CONTINUED ON PAGE 24









*Use structures,  
such as cold  
frames, cloches  
and floating row  
covers, to protect  
young seedlings  
and transplants ...  
from chilly  
temperatures  
and frosts.*

You can't control the weather, but you can increase your gardening success by selecting plants that survive and thrive in the cold of winter and the heat of summer. Unlike annual plants that grow, reach maturity and die in one growing season, perennial plants—those that grow for multiple years in the garden—need to survive the winter cold to return each year.

#### Stay in the zone

A plant's tolerance to winter temperatures is reflected in its zone hardiness. Most plant tags, seed packets and other gardening resources contain growing information on the sunlight, soil type, wind and, most importantly, climate that an individual plant needs to thrive. Compare this number to your area's hardiness zone, which you can find on the U.S. Department of Agriculture's (USDA) Plant Hardiness Zone Map ([planthardiness.ars.usda.gov](http://planthardiness.ars.usda.gov)) covering the United States, Canada (located on the 1990 map) and Mexico.

Introduced in 2001, Canada's Plant Hardiness Zone Map (see the map on page 25; [planthardiness.gc.ca](http://planthardiness.gc.ca)) considers seven climatic variables, such as rainfall, elevation, heat, wind and humidity, for its plant hardiness zones.

The USDA Plant Hardiness Zone Map is broken into 13 zones. Each zone represents areas within a 10 F (about 5 C) range of the average minimum winter temperatures. These areas are then subdivided into narrower 5-degree segments. The lower the zone number, the colder the average winter temperature.

As you look at the USDA Plant Hardiness Zone Map, you may notice islands of warmer or colder zones within the larger



Properly caring for plants will help them thrive throughout the year.

zone hardiness swath. Large bodies of water, urban heat islands, mountains and valleys influence the surrounding climate and growing conditions. These microclimates also exist within your landscape.

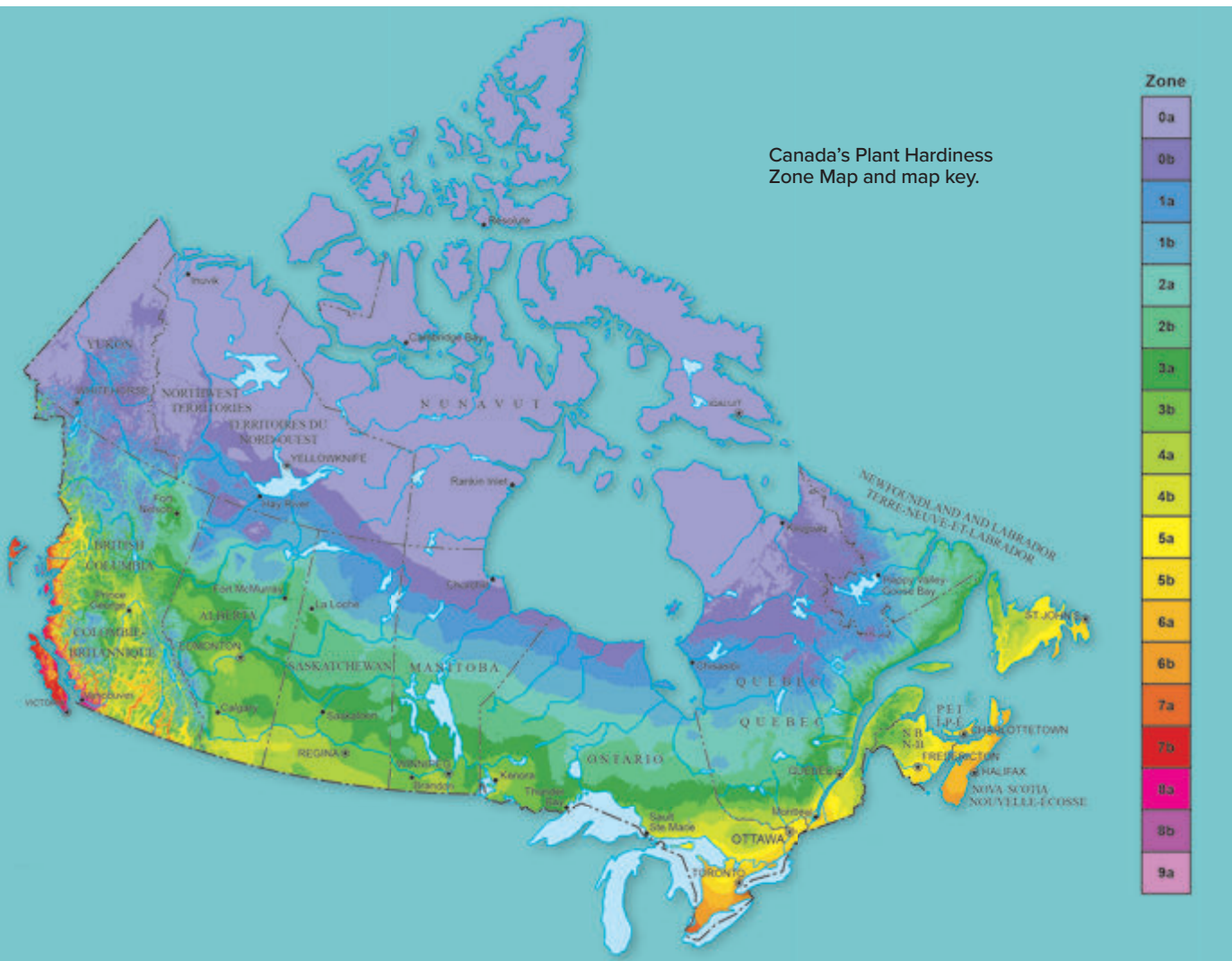
#### Zone training

Niki Jabbour, a gardening book author and Costco member based in Halifax, Nova Scotia, considers both the Canadian and USDA plant hardiness zone maps useful tools for gardeners, even though they are based on different factors. There is also an extreme minimum temperature zone map that focuses only on extreme minimum temperatures based on the USDA zones.

Jabbour finds most Canadian gardeners use the U.S. and Canadian maps interchangeably. On the Canadian Plant Hardiness Zone Map, her garden is in zone 6a, but on the USDA Plant Hardiness Zone Map, she's in zone 5b. The two maps

TOP TO BOTTOM: © RONSTIK; MASHIKI; JAMES / STOCK.ADOBE.COM





SOURCE: "PLANT HARDINESS ZONE MAPS," NATURAL RESOURCES CANADA, 2014. REPRODUCED WITH THE PERMISSION OF THE DEPARTMENT OF NATURAL RESOURCES, 2022.

are based on different factors, but the zone recommendation is similar.

Brian Minter, a grower and horticulture expert based in Chilliwack, British Columbia, also recommends using cold hardiness as a guideline but reminds gardeners to consider the impact of larger bodies of water, elevation, soil type and more when selecting plants. In his province, he works with gardeners growing plants in zones 7 or 8 around the city of Vancouver and islands off the coast of British Columbia to zone 2 in the far north. Even those gardening in zone 5 can be surprised by an arctic wind blowing through and causing a sudden and extreme drop in temperatures that can negatively affect plants rated hardy for that area.

#### Braving the cold

To help plants survive the cold of winter, Bob Polomski, a Costco member and horticulture specialist at Clemson University in South Carolina, recommends

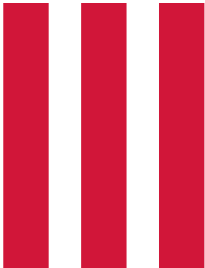
identifying pockets of microclimates in your landscape where the temperatures may vary by several degrees. This difference can mean life or death in cold weather. Microclimates are influenced by sun exposure, existing plants and nearby structures. Colder winter temperatures generally occur on the north and northwest parts of a property and in low areas where cold air settles. Tree canopies, overhangs, arbours and fences also create microclimates in your landscape.

Use winter mulch to provide added insulation for plants that are not reliably cold hardy in your area and to discourage early sprouting during winter thaws. Cover susceptible plants with a layer of evergreen boughs, straw or marsh hay after the ground freezes. Use nearby plantings, screens and fencing to protect evergreens subject to injury caused by winter winds and sun. Burlap and other plant-protecting

#### COSTCO CONNECTION

You'll find a variety of plants and garden supplies in Costco warehouses and at [Costco.ca](https://www.costco.ca).

CONTINUED ON PAGE 26



fabrics can also be used to shield sensitive plants from winter wind.

### Beat the heat

These resources can also help when considering the impact extreme heat has on plants. When temperatures exceed 30 C, many plants suffer short- or long-term damage such as withering, leaf and flower drop, stunted growth and more. The longer a heat wave persists, the greater the risk of damage.

Minter notes that heat tolerance has become even more important in the last few years. Areas in British Columbia experienced temperatures of 43 to 48 C during the summer of 2022. Gardeners are faced with finding plants that tolerate both extreme heat and cold. Plant breeders are working feverishly to select and develop plants suited to this change of climate.

Another solution, says Polomski, is providing afternoon shade and mulching the soil to keep plant roots cool and moist. When designing a new landscape, selecting the most zone-appropriate plants and arranging them to help create a more desirable environment can help.

Drought and water restrictions also make selecting plants suited to your area's rainfall more important than ever. Once established, drought-tolerant plants require less frequent watering. That means less work for you once these plants have formed a robust root system. Minter recommends creating a well-drained soil so plants develop deeper, more-drought tolerant roots. These plants are better able to survive winter cold, summer heat and drought conditions.

### Successful shoulder seasons

The average last spring and first fall frosts also influence plant selection and planting times indoors and out. The number of days between these two dates defines the frost-free growing days in your location. Compare this to the plant tag, seed packet or plant description. Most of these resources spell out the number of days from planting to harvest or bloom. Match the number of frost-free days in your area



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**Clockwise from top left:** Caring for plants may include sheltering them from cold weather; watering plants to keep roots moist; covering seedlings to protect them from the sun and birds; replacing faded annuals with those better suited to the climate.

with those required by the plant.

Overcome this limitation by growing varieties that require a shorter season, start plants from seeds indoors or purchase starts to transplant for those plants that require a longer growing season.

Toronto-based Steven Biggs, host of *The Food Garden Life Show*, recommends choosing cold-tolerant plants so gardeners can enjoy gardening in the shoulder seasons. Planting dates, indoors and out, are also based on a plant's ability to tolerate cold soil and air temperatures.

Jump-start the growing season or extend it past the first fall frost with season-extending strategies. Use structures, such as cold frames, cloches and floating row covers, to protect young seedlings and transplants—or your harvest—from chilly temperatures and frosts. Jabbour uses garden covers such as polytunnels, cold frames and mini tunnels to create micro-climates for vegetables, allowing her to extend the harvest into winter, but also to overwinter tender perennial vegetables.

Many gardeners choose to incorporate native plants, which are better adapted to their local climate conditions. Biggs recommends talking with nearby gardeners to find out what works in your immediate neighbourhood, as hardiness differences can exist within a small area. Visit your local botanic garden, seek plant recommendations from local university sources and consult with plant experts to help with plant selection.

With a little planning, your landscape can be an extension of your lifestyle, values and sense of ambience that helps reduce the stress of daily life. Wherever you garden, select plants that match the growing conditions, space, your design and the time you have to care for your landscape. That way you will have time to relax and enjoy the efforts of your labour. ■

Melinda Myers ([melindamyers.com](http://melindamyers.com)) has a master's degree in horticulture and is an author, columnist, TV and radio host.



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## Water wise

Water new plantings often enough in the first few weeks to keep the roots moist but not soggy. Gradually reduce frequency so you will be watering thoroughly but less often. Watering frequency varies with the soil, climate and plants you are growing. Proper watering helps plants develop robust, more drought-tolerant root systems. Spread a layer of leaves, evergreen needles or wood chips over the soil surface away from tree trunks, shrub stems and the crowns of perennials. These organic mulches help conserve moisture, suppress weeds and improve the soil as they decompose and moderate soil temperature.—MM





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# Good to grow

As you'll learn in this issue's Home & Garden Special Section, growth comes in different forms.

Artificial turf can come in handy in places where growth is slow, and its use may sprout new possibilities through eliminating lawn care, reducing allergens and insects, and saving water. We explain how to manage weeds, which can increase the beauty of your garden, while our profile of Hendriks Greenhouses spotlights a Costco supplier that provides indoor and outdoor plants, as well as beautiful planters that will enhance any home décor. Kirkland Signature™ continues to expand with its new grills, and our buyers' picks showcase items to take your style to new heights.



Hendriks house plants

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Kirkland Signature grills



Artificial grass

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# Tough turf

Artificial grass is a smart and sensible choice

by LAURA TOBIAS



## **COSTCO CONNECTION**

Artificial turf and other lawn and garden supplies are available in Costco warehouses and at [Costco.ca](https://www.costco.ca).

Once the domain of sports fields, artificial turf is an increasingly popular choice for homeowners, and for multiple reasons. Artificial grass saves water and reduces dust, insects and weeds. It doesn't require the upkeep of a traditional lawn, so it's extremely easy-care. It also dries quickly after rain, making it user-friendly. Best of all, it always looks good, even in problematic areas, such as shady spots and under outdoor play spaces. Some municipalities restrict where you can install artificial turf, so always check your local regulations before installing.

"We have two girls and a dog, and our days are already very busy, so we went the route of artificial grass because we were looking for something low-maintenance and long-lasting," says Costco member and St. Catharines, Ontario, resident Alicia O'Callaghan. She chose Golden Select artificial turf and liked that she could order a sample online before fully committing. "It's been a fantastic choice for us, because it's less slippery around our pool and

easier with our dog," she says. "We no longer have to fill in or reseed patches that she's dug up!"

## **Turf selection**

There are many types of artificial turf available in a variety of pile heights and colour tones. First, choose a manufacturer that offers UV protection and backs it with a multi-year warranty. Next, consider the grass varieties found in your area and choose something that replicates what grows locally.

Costco supplier J. Sonic Services Inc. custom designs the shades of its Golden Select artificial grass blades to best match the natural lawn colours of the regions where it's sold. "Our grass rolls use many different shades of green for our blades, and different shades of green and light brown for our grass thatch," says Kyle Salhany, marketing manager for J. Sonic Services Inc. "We always strive to present product to Costco that is tailored to the country's needs, wants and environment."





© COURTESY OF EAST SHORE HOME

Golden Select artificial grass blades are custom designed to match the natural lawn colour of the region.

gives an excellent balance between a lush lawn that feels great to the touch while at the same time looking like a freshly groomed lawn.”

A lower pile height is also particularly appropriate for pets because the short, dense blade structure makes waste cleanup easy. If pets are a consideration, choose a variety with a fully permeable backing to enable liquids to drain properly. A permeable backing is also important if your turf will be installed around a pool or other areas where water splashes.

#### Cleaning tips

Once it's installed, maintaining artificial turf is easy, provided you follow a few simple steps. (For installation tips, see “Ready, set, go.”) To keep it looking great, remove fallen leaves or branches before they become ground in; a leaf blower or lawn vacuum will make fast work of the job. In dry climates, rinse the turf regularly with a hose to remove dust and pollen. Clean spills promptly, blotting up with a towel and rinsing them with a mixture of soap and water.

Let solid pet waste dry before picking it up; afterwards, rinse the area with water. Liquid pet waste will drain out, but dousing with water afterwards is recommended.

Finally, brushing the grass against the grain in high-traffic areas every few weeks will keep it looking like new. Artificial grass is an easy way to improve your outdoor living space. ■

Laura Tobias is a writer based in Canada.



© SHOWCAKE / STOCK.ADOBE.COM

## Ready, set, go

To install artificial turf:

- Remove old sod, weeds and 7.6 to 10 centimetres (3 to 4 inches) of topsoil.
- Lay a sub-base of gravel, exposed aggregate or road crush. Compact it so the material is level.
- Measure your installation space and plan the placement of each roll. Always face the blades of grass in the direction of your vantage point. In the rear yard, the blades should run toward the patio or house. In the front yard, the blades should run toward the street.
- Lay out the grass rolls on top of the gravel base as you would carpet, stretching and snugging the pieces together, and cutting with a sharp blade. Secure with spikes.
- Top-dress small holes in artificial turf with silica sand for a more natural look and added comfort. Brush with a broom until all of the fibres are upright. —LT

## Weed control

Under the right conditions, any outdoor surface can support moss or plant germination. From time to time, seeds can be carried

by the wind or birds and fall on top of your artificial turf or where the turf meets walkways or stones. And rain may cause those seeds to germinate, especially in spring. If that happens,

the weeds can easily be pulled by hand or eliminated with vinegar and water, or your preferred weed treatment. —LT







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# Into the weeds

Managing weeds in your landscape or hardscape

by ROSIE WOLF WILLIAMS



## COSTCO CONNECTION

You'll find landscape fabric, mulch, herbicides and other lawn and garden supplies in Costco warehouses and at Costco.ca.

**Y**our garden looks beautiful after clearing winter debris and planting spring annuals. But soon, pesky weeds will be poking up through those clean beds.

"Weed control in an urban setting is critical for overall aesthetics," says Jessica Enns, general manager of the Western Applied Research Corporation, a non-profit agriculture research group based in Scott, Saskatchewan. "Weeds can also compromise the structural integrity of your hardscape, including your pathways, patio stones and retaining walls."

Weeds in a landscape setting are a major concern for competition for natural resources. "It's important to get an early control of weeds to avoid an infestation that can cause overcrowding, which results in nutrient and water stress that can compromise the health of your desired plants," says Enns.

Here's a look at some options for weed control.

## Weeding au naturel

If you prefer to manage weeds naturally, sheets of cardboard placed over weeds will help smother them. Landscape fabric, also known as landscape upholstery, works by covering the soil to prevent weeds from self-seeding and restricting sunlight that encourages weed growth. When used in hardscape areas—the non-living elements in landscaping—landscape fabric is best used under rock. This keeps the rocks on top of the soil and reduces the chance of weed growth between the rocks.

If your focus is to nourish plant growth but still reduce the weeds, mulch is a better choice. A heavy application of mulch can keep weed seeds from germinating, smother weeds already in place and eventually add nutrients to the soil.



*Weeds in a landscape setting are a major concern for competition for natural resources.*

“Weeds are plants growing where we don’t want them,” says Costco member Joe Omielan, scientist at the Department of Plant & Soil Sciences at the University of Kentucky. “To make life easier for you, remember to feed and water your plants, not the weeds. We want our plants to be more competitive than the weeds. For instance, only work in fertilizer or compost close to your plants in the flower bed, rather than spreading it over the surface of the whole area. This way the shallow-rooted weed seedlings will not have easy access to those resources.”

Omielan suggests setting up soaker hoses in flower beds to direct water to your plants and not nearby weeds. “Remember that the size of the above-ground foliage we see is supported by proportionally sized roots. Mow your lawn at the recommended height for your region and season so the grass plants have roots deep enough for vigorous growth and drought tolerance.”

#### **Chemistry involvement**

To minimize the harm to other nearby plants, it’s best to pull weeds by hand or directly spray weeds with a solution of water and vinegar or herbicides. This is easier to do in a hardscape, where plants are contained. You can also use a string trimmer to cut weeds before they go to seed, along with a herbicide that stays active in the soil for an extended period of time and prevents the germination of weed seeds.

Herbicides and other chemical treatments should be used with care even in a hardscape, cautions Joe Neal, professor of weed science at North

Carolina State University in Raleigh. “Don’t use any herbicides on hardscapes that you would not use around landscape planting. The roots of plants will grow under porous landscapes, so any herbicide you apply will be encountered by the roots of desirable trees and shrubs,” says Neal. “Herbicides applied to weeds in the cracks of non-porous hardscapes can wash off into the surrounding vegetation. I’ve seen dead turf where herbicides washed from sidewalks onto the lawn. The simple way to avoid injury to desirable plants is to use only herbicides labelled for use in the adjacent lawn or landscape.”

Not all weed seeds require light for germination and some can escape natural control measures like landscape fabric or mulch. And not all weed seeds are controlled by the herbicides in weed and feed products. Weed killers, or postemergence herbicides, are chemical applications that will kill existing weeds. “Each type of herbicide has its unique properties and uses,” says Neal. “Before using any herbicide, do your research to make sure you are using the right product for the task.”

Decide what you want to accomplish in your garden or hardscape, and take the surrounding area into account. Then choose the proper product, to achieve selective weed control and a healthy and attractive garden. “It is important to use them as directed on the label,” says Omielan. “It’s always best to ask for advice ahead of time rather than having to deal with the consequences of a misapplied product.” ■

Rosie Wolf Williams is an award-winning writer based in Vermont.



FROM LEFT: © MAKSYM KOSTENKO; OZGUR COSKUN / STOCK.ADOBE.COM

## **Types of mulches**

Choose a mulch depending on your particular needs, including weed control, aesthetics, size of the area, duration of the mulch, etc.

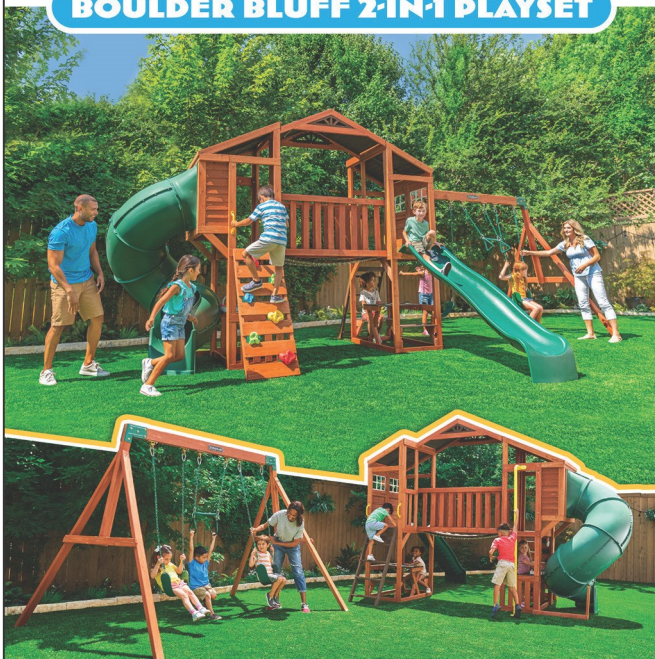
Mulches fall into two broad categories: organic mulches and synthetic mulches. Organic mulches are any type of mulch that was once alive: leaves, wood chips, straw (never use hay—it is full of weed seeds), sawdust, coconut fibre, grasses or bark. If organic mulch is applied directly on the soil, it will break down into the soil and supply nutrients for the plant’s roots.

Synthetic mulches combine bonding agents with natural or synthetic fibres and are made of ground rubber, landscape glass, plastic or other materials. Some are made with recycled materials such as tires, but others are specially produced as mulch.—RWW





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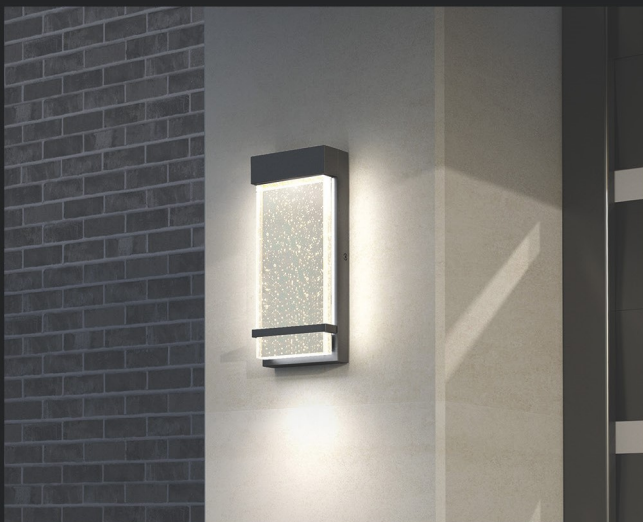


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itm. 1052348 (Skyler), 1500227 (Horizon)





# Green thumb

Hendriks Greenhouses has been growing steadily for 70 years

by KRISTI YORK



PHOTOS COURTESY OF HENDRIKS GREENHOUSES, INC.

Andrew Hendriks Jr., president of Hendriks Greenhouses

**A**ndrew Hendriks Jr. credits his mother, Helen, with steering Hendriks Greenhouses, the family business, in the right direction.

“She was a real go-getter and ahead of her time,” says Hendriks, the current company president and a Costco member. John Peter Hendriks, Andrew Jr.’s grandfather, founded the business in 1953 with a focus on fruits and vegetables. In the 1970s and ’80s, it was Helen, along with her husband, Andrew Sr., who led the transition toward tropical plants.

Today, Hendriks Greenhouses sells millions of tropical plants every year, in a wide array of varieties and sizes. Their products are available nationwide at Costco.ca, as well as in warehouses in Ontario, Quebec and the Maritimes.

The company’s House Plants by Hendriks line features attractive combinations of indoor foliage in stylish containers made of wood, metal, ceramic or glass. “The potted arrangements are especially popular around Valentine’s Day, Mother’s Day, Thanksgiving and Christmas,” Hendriks says. “In addition to being a thoughtful gift, it becomes a living home décor piece that can provide months of enjoyment.”

The process of nurturing and shipping plants presents a particular set of challenges. “It’s a live product, so there are more variables than with standard packaged goods,” Hendriks explains. They collaborate closely with Costco to ensure maximum freshness.

As a long-time grower, Hendriks Greenhouses takes its environmental responsibilities seriously. Advances in

greenhouse technology have prompted eco-friendly upgrades to its facility in Ontario’s Niagara region. “It’s a self-contained unit, with a recirculated water system and intuitive software that conserves energy while maintaining an optimal growing environment,” Hendriks says.

The company is also going green by using closed-loop pots for its outdoor garden products. These plastic containers are made entirely from recycled materials (taken from curbside blue boxes) and are fully recyclable after their use.

Now in its 70th year, Hendriks Greenhouses continues to show innovation and creativity. “We know Costco is all about the treasure hunt, with products that you won’t find anywhere else,” Hendriks says. “We work ahead on our designs—often a year in advance—so we have beautiful plants and unique arrangements ready for every season.” ■

Kristi York is a freelance writer and Costco member in Waterloo, Ontario.

## COMPANY INFO

### Name

Hendriks Greenhouses Inc.

### President

Andrew Hendriks Jr.

### Employees

120 full time, plus 100 seasonal

### Headquarters

Beamsville, Ontario

### Items carried at Costco

Indoor tropical plants and seasonal planters. (Search “Hendriks” on Costco.ca)

### Quote about Costco

“Working with Costco has been an important part of our overall business. We’re continually trying to deliver as much value as we can for their members.”

—Andrew Hendriks Jr.



Easy-Grower Indoor Garden Kit (Item 1170791)





Kirkland Signature  
6-Burner Gas Grill  
(Item 2327661)

## Grill power

It's time to get all fired up about the new Kirkland Signature propane gas grills

by ANDREA TOMKINS



TED SIMPSON

**Andrea Tomkins** fills this issue's consumer reporter slot with this behind-the-scenes look at a Costco program. Email questions about this article to [connection@costco.com](mailto:connection@costco.com).

Get ready to get your grill on this summer, because the new Kirkland Signature™ propane gas grills are coming to Costco warehouses and Costco.ca. The six-, seven- and 12-burner grills feature some of the newest advancements in outdoor cooking, such as LED knobs, an innovative grease management system and a top sear infrared burner that will immediately upgrade anyone's grilling game.

As with the development and launch of many new products at Costco, it started with a relatively simple idea and a question: What would Kirkland Signature grills look like?

"It was a lengthy process," recalls Tony Samra, Costco lawn and garden buyer. "We wanted to make sure we built the right grills.

We wanted to build the best of the best."

While Samra and the U.S. buying team were already aware of the latest innovations in grilling technology, it took well over a year of visits to trade shows and analysis of marketplace trends to design and build the new Kirkland Signature propane gas grills.

What helps, of course, is a keen understanding of what Costco members are looking for in top-tier grills and great rapport with a supplier that can provide the extra level of expertise. This collaboration—with a shared goal of designing a quality product—was a significant part of the development process.





*“We wanted to build the best of the best.”*

— TONY SAMRA ◆

Costco lawn and garden buyer

### Enduring quality

One thing was clear from the beginning: These grills were going to be a premium product and made to last. No one wants a grill that lasts only one summer, which is why the grills are built with a grade of stainless steel specifically chosen for its high level of corrosion resistance.

While there are many grades of stainless steel, the three most used in grill manufacturing are 304, 445 and 430; 304 will not corrode in normal atmospheric conditions, 445 is corrosion-resistant and 430 is the most affordable (not to mention pretty and shiny) but not as long-lasting.

“We wanted to have as much 304 stainless steel in this grill as we could, because 304 stainless steel is what will have the most longevity and is the most resistant to rust,” says Samra. “These grills are going to be a staple in your outdoor cooking environment for many years to come. That’s what members expect from a Kirkland Signature product.”

The hood, cooking grates and warming rack, and firebox are all constructed from 304 stainless steel. What’s more, special attention has been given to each component. It’s the Costco way.

“For us it’s really all about quality—everything down to the hinge, the casters, the thickness of each and every single piece,” says Samra. “We go into all of those details to make sure it’s a premium-quality product for our members. These are the kind of grills

that are typically sold at specialty retailers.”

These grills will be appreciated by everyone from *Top Chef*-style grill masters to those of us who are likely to use it to roast potatoes and melt cheese on our nachos. Speaking of which, no matter your grill skill, you will definitely want to read up on the top sear infrared burner (see “A great feature”), a hot new feature of all of the Kirkland Signature grills in this series.

### Upgrades galore

Many features were included with Costco members in mind. For example, all Kirkland Signature grills can be converted to natural gas. This is a great advantage for anyone who is planning a garden upgrade that includes a natural gas drop.

The following Kirkland Signature grills will be available in select Costco warehouses and at Costco.ca: the six-burner version, the seven-burner version (with two cast-iron side burners and a removable griddle—breakfast anyone?) and the 12-burner Stone Island Grill, which features loads of cool features such as a pullout trash can and full-extension glide drawers. With its gorgeous stone surround, this is the kind of appliance that becomes the focal point of an outdoor kitchen.

Costco members: Prepare for some grill power this summer. ■



### SAFETY AND INNOVATION

Did you know that the grease tray is the No. 1 reason for grill fires? Kirkland Signature propane gas grills feature an innovative grease management system (above) that has a larger capacity than standard grease cups and is easily accessible from the front of the grills. “Cleaning the grease tray more often is a whole lot simpler now,” says Costco buyer Tony Samra. The grease management system in the Kirkland Signature grills can be easily removed and popped in the dishwasher.—AT

LEFT BACKGROUND: © HILDAGEES; ABOVE ART: NATALIAHUBBERT / STOCK.ADOBE.COM

### A great feature

The new Kirkland Signature propane gas grills come with a top sear infrared burner.

The consistent infrared heat locks in moisture and natural juices, so your steak gets a restaurant-quality sear without drying out. The infrared burner is a game

changer for those of us who like a nicely browned layer of cheese on top of our pizza, and it’s great for potatoes, seafood and chicken.—AT



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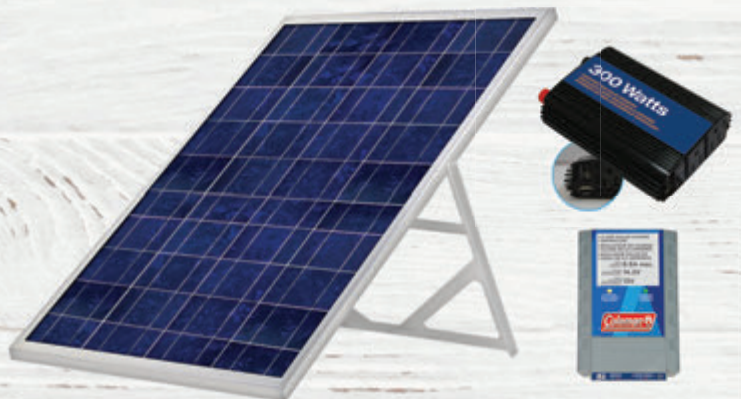
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# Buyers' picks

Product selections from Costco's Lawn & Garden buying team



Erika Mattucci

Tony Samra

Angela Lang

## Yardistry Flat Top Gazebo

This 12.1-foot x 14.1-foot gazebo is designed to offer an ideal space for dining, entertaining and relaxing for many years. The gazebo's premium outdoor lumber will stand up to the elements, and it is 100% Forest Stewardship Council certified. Sturdy posts with premium black plinths offer plenty of stability. Welded ladder supports lend a contemporary, airy look while providing strength to withstand high winds and extreme weather. Item 2127608 Costco.ca only.—*Erika Mattucci*



## Greenworks Self-Propelled Lawn Mower

This dual-battery-powered lawn mower features a brushless motor with a push-button start. Its self-propelled drive system, with variable-speed rear-wheel drive, can take on tough terrain, and its SmartCut™ technology automatically adjusts power based on grass height. A four-in-one cutting deck, which measures 53.3 centimetres (21 inches), allows you to choose your cut finish, from mulching, bagging and side discharge to turbo leaf pickup. Aluminum handles fold for compact storage. Item 1660508. Warehouses/Costco.ca.—*Tony Samra*



## Wills 7-Piece Sling Dining Set

Create a charming outdoor dining area with this 7-piece set from SunVilla. Made to resemble natural teak, the synthetic wood slat tabletop and chair arms provide a durable and fade-resistant look. Includes two swivel-rocking dining chairs and four stationary dining chairs—all made of rust-resistant aluminum. The rectangular dining table comes with a patio furniture cover. Item 2127631. Warehouses/Costco.ca.—*Angela Lang*





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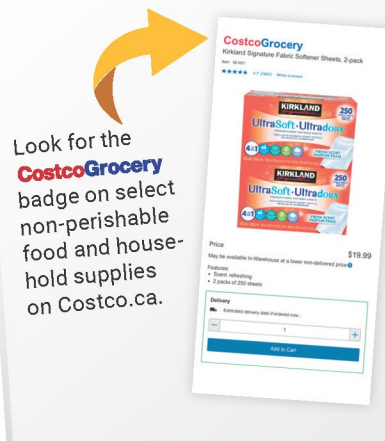


No Costco Grocery Surcharge with orders of \$75 or more before taxes and additional shipping and handling. An additional shipping and handling fee per unit will apply to shipments going to certain areas. The additional fee will be quoted at checkout. Delivery is expected within 2 to 10 business days.

**Visit [Costco.ca](https://www.costco.ca) to see if delivery is available in your area.**

Items pictured and availability are subject to change without notice.

\*Costco Grocery is not available in the Yukon, the Northwest Territories or Nunavut. 1099-23 0123



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- 59mL (¼ c.) sliced red onion
- 177mL (¾ c.) croutons
- 2 pepperoncini

Combine all ingredients into a bowl and toss together. Serve.

itm. 1025898 (in warehouse), 2025898 (pack of 4 on Costco.ca)





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# Sweet spreads

Save room for these tempting dessert boards and tables

by LAURA BODE

## COSTCO CONNECTION

You'll find various ingredients for dessert spreads in warehouses. Groceries are available for delivery through Costco Grocery at Costco.ca.

**M**eat and cheese boards and grazing tables are perfect for a variety of appetites when hosting a get-together or party, but don't forget dessert. Themed dessert boards and tables lined with a variety of sweets will have guests as excited as children on their birthdays.

### Dessert boards and tables

A dessert board is designed with the same concept as a charcuterie board but is focused on sweets. The desserts can

be homemade or store-bought, individually wrapped servings or a cake that's ready to slice. You can find a rainbow of options. "A dessert board is the perfect dessert for those who don't want to bake or make anything from scratch," says Eden Passante, a Costco member and blogger at Sugarandcharm.com.

A dessert table, or dessert buffet, also known as a Viennese table, is perfect for a large crowd. If you wish,





LEFT: © AFRICA STUDIO; ABOVE ART: NATALIA PYZHOVA / STOCK.ADOBE.COM

place a table runner of fabric or kraft or wrapping paper down the centre of the table. Select a centrepiece, such as a colourful flower arrangement or a layered cake, and build out your table from there, either lining up your treats in rows or alternating dessert dishes with loose or packaged desserts, advises designer and stylist Kim Stoegbauer. Mirroring serving vessels on each side of the display will create symmetry.

Decorations, such as balloons, fresh or fondant flowers, and paper tags to note flavours and dessert names, will help add visual interest.

## Themes

If you're stumped for a theme, look online for inspiration (see "Ideas for themes"). The platters and serving ware



*Themed dessert boards and tables lined with a variety of sweets will have guests as excited as children on their birthdays.*

decisions should come easily once you've decided on your theme. For example, if you select a woodland theme, you might want to stick with wooden bowls, boards and cutlery.

Look around your house—you might already have the perfect vessel. Consider the feel of the event. For example, using a wooden tray gives it a rustic feel, while a marble board adds elegance, Passante says.

## What to serve

Passante suggests planning 142 grams (5 ounces) of dessert for each guest. With that in mind, chocolate-dipped crackers, cake pops, cupcakes, macarons, mints, caramel- or chocolate-drizzled popcorn, fresh or dehydrated fruit, chocolate-covered nuts, mini cakes or doughnuts are all welcome choices.

Add wrapped chocolates and candies that fit your colour scheme and theme, and jars of melted caramel, chocolate or hazelnut spread for dipping, and you have a good group of ingredients to make a tasty board or dessert table. Edible-image cookies can personalize the event and be a sweet takeaway, particularly for special events such as weddings and baby showers.

If you love sweets but don't want leftovers, provide themed to-go bags that guests can fill up before they wave goodbye. Because dessert boards and tables can be so much fun, you might even consider serving dessert first. ■

Laura Bode (laurabodedesigns.com) is a freelance writer and sweets connoisseur based in Camas, Washington.



© EDEN PASSANTE (SUGANDCHARM.COM)

## IDEAS FOR THEMES

Here are some sweet ideas to get you started:

**Mother's Day.** Dip fresh strawberries in melted chocolate chips.

**Spring.** Serve pastel mints, macarons and buttery crackers. Jelly beans and lemon bars add fun flavours and colours.

**Kirkland Signature.** Serve Kirkland Signature™ chocolate-covered raisins or almonds and bakery treats.

**Children's parties.** Select your child's favourite sweet and sour candies, gummy bears, M&M's or dried and fresh fruits.—LB



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- 1 oz Oat Milk (or preferred type of milk)
- ½ oz Maple Syrup
- 1 tsp Cinnamon

## METHOD

- Combine hot TAZO Chai Latte Concentrate with all ingredients into a mixing glass.
  - Pour into a mug.
  - Heat to desired temperature with a portable steamer or coffee wand.
  - Garnish with a smoked cinnamon stick.
- Recipe by TAZO*



*Recipe: Cody Goldstein*

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# Sweet and sappy

Maple syrup is as versatile as it is delicious

by HANNAH SELINGER

Pouding Chômeur with Pure Maple Sauce



LEFT: © SONIA LACASSE (EVLTKITCHEN); RIGHT TOP ART: © ANN LUKASHENKO / STOCK.ADOBE.COM

## COSTCO CONNECTION

You'll find pure Canadian maple syrup in Costco warehouses and at Costco.ca. Groceries are available for delivery through Costco Grocery at Costco.ca.

**A**lthough pancakes and waffles receive the most love when it comes to maple syrup, this refrigerator staple offers more than meets the eye.

Useful in marinades, sauces and even cocktails, maple syrup is a culinary all-star.

Made in late winter and early spring, this syrup is produced when the sap in maple trees is collected by sugar makers, boiled down and concentrated. "It takes 40 gallons [150 litres] of sap to make 1 gallon [3.8 litres] of syrup," says Katie Webster, a Vermont-based Costco member and recipe developer.

Maple syrup offers a caramel-forward, sweet flavour profile with notes of "vanilla, which makes it a very light sugar," says Camille Gagnon, quality and environment director of Lantic, which supplies maple syrup to Costco through The Maple Treat Corporation in Quebec. Syrup can exhibit different flavours, depending on its classification.

Grade A syrup labelled for retail is divided into four colour-based categories: Golden, Amber, Dark and Very Dark, says freelance chef and food journalist Suzanne Podhaizer.

Gagnon adds that, once opened, maple syrup should be stored in the refrigerator and used within six months.

When cooking with maple syrup, Podhaizer, who lives in Vermont, says to swap for sugar at a one-to-one ratio, but reduce the volume of other liquids. She suggests cutting out around 60 millilitres (¼ cup) of another liquid for every 250 millilitres (1 cup) of syrup used.

Podhaizer boosts sweet and savoury dishes with maple syrup. She uses it in carrot cake, replacing the sugar; in tamari-based dipping sauces; and in barbecue sauces.

Webster doesn't shy away from being creative with maple syrup. She adds it to pad thai, sauces, stir-fries, marinades and dressings; bakes with it; and pours it over ice cream. And don't forget cocktails. She suggests reinventing a classic: "I love making a Maple Old-Fashioned with maple instead of a sugar cube." I'll raise a glass to that.

Hannah Selinger is a James Beard Award-nominated food and travel writer.





*Useful in marinades, sauces and even cocktails,  
maple syrup is a culinary all-star.*

## Pouding Chômeur with Pure Maple Sauce

### SAUCE

500 mL (2 cups)  
pure maple syrup  
375 mL (1½ cups)  
light brown sugar  
375 mL (1½ cups)  
heavy cream  
125 mL (½ cup)  
butter, softened  
15 mL (1 Tbsp) pure  
vanilla extract  
2 mL (½ tsp) salt

### CAKE

125 mL (½ cup) butter,  
softened  
180 mL (¾ cup) sugar  
2 large eggs, at room  
temperature  
375 mL (1½ cups) flour  
60 mL (¼ cup) cornstarch  
10 mL (2 tsp) baking powder  
2 mL (½ tsp) salt  
180 mL (¾ cup) buttermilk,  
at room temperature  
5 mL (1 tsp) vanilla extract

Preheat oven to 180 C (350 F).

Prepare the sauce: Combine all sauce ingredients in a medium saucepan; cook over medium heat, stirring from time to time, until the butter is melted and sugar is dissolved. Turn the heat off and reserve.

Prepare the cake: In a large mixing bowl, cream the butter and the sugar with an electric mixer until light, about 5 minutes. Add the eggs; resume mixing until fluffy, about 2 minutes.

In a separate bowl, mix the flour, cornstarch, baking powder and salt until very well combined. Separately, mix the buttermilk and vanilla.

Add a third of the dry ingredients to the creamed mixture. Mix on low speed until barely incorporated, then pour in half the buttermilk-vanilla mixture; resume mixing on low speed until just combined. Repeat with a third of the dry ingredients, then the buttermilk-vanilla mixture, and finally add the rest of the dry ingredients.

Transfer the batter to a 23-cm (9-inch) square baking dish—make sure that the dish is at least 6.5 cm (2½ inches) high—and spread lightly to the edge.

Delicately pour the reserved maple sauce over the batter, placing a spoon under the stream of sauce to help break its fall. Bake for 40 to 45 minutes, or until the top is beautifully golden and completely set. Remove the cake from the oven. Cool for a few hours before serving. Makes 12 to 16 servings.

*Recipe courtesy of Sonia Lacasse (eviltwin.kitchen)*

## Maple-Glazed Salmon

60 mL (¼ cup) pure maple syrup  
45 mL (3 Tbsp) soy sauce  
15 mL (1 Tbsp) Dijon mustard  
2 garlic cloves, minced  
4 salmon fillets (454 g/1 lb total)

Preheat oven to 190 C (375 F). Line a rimmed baking sheet with parchment.

In a small bowl, whisk together the maple syrup, soy sauce, mustard and garlic.

Place the salmon on the baking sheet. Pour on about a third of the maple glaze, reserving the rest for later. Bake salmon for 15 to 20 minutes, just until opaque throughout, adding a third more of the glaze after the first 10 minutes. When the salmon is cooked, remove from oven and top with the remaining glaze before serving. Makes 4 servings.

*Recipe and photo courtesy of Melissa Belanger (simplywhisked.com)*





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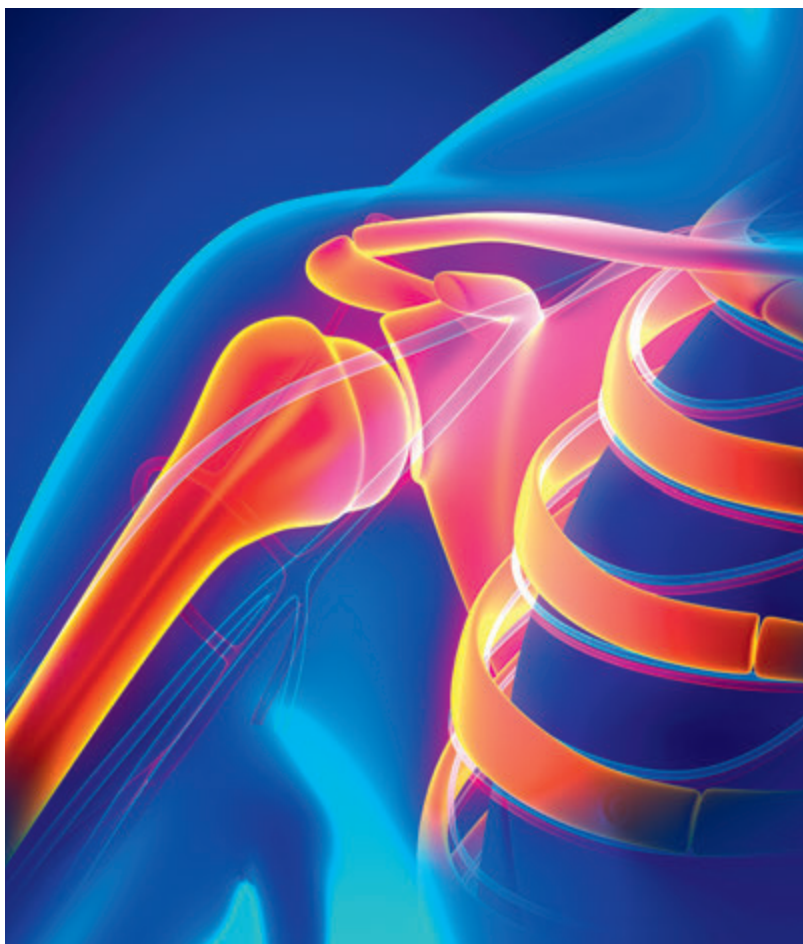
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# Shoulder the pain

Learn what you can do to protect your body's most moveable joint

by DEBBIE L. MILLER



FROM LEFT: © DECADE3D; © MARIDAV / STOCK.ADOBE.COM

## COSTCO CONNECTION

A variety of over-the-counter anti-inflammatory medications and topical pain treatments are available in Costco warehouses and at Costco.ca.

**A**ccording to Harvard Health Publishing, “The shoulder is prone to developing pain in part because its anatomy is complex and because it has the largest range of motion of any joint in the body,” which means anybody can and likely will experience problems. “Three out of four Canadians will experience shoulder pain at some point in their lives,” says Dr. George S. Athwal, a shoulder surgeon and professor at Schulich School of Medicine & Dentistry at Western University in London, Ontario.

Since the shoulder has a complex structure with lots of parts, including four joints, there's much that can go wrong. “This mobility comes from the shoulder joint's unique bony shape, which is made up of a ball [the humeral head] that rests in a shallow bony socket [the glenoid] on the outside part of the shoulder blade,” Athwal explains. “As the socket is shallow, it relies on soft tissues, such as ligaments, tendons and muscles, to keep the shoulder in joint and stable.”

## Falls, aging, injury, and accidents

Shoulder pain is mainly caused by the wear and tear that comes with aging, or, in younger patients, injury, accidents and sports.

“Falls and accidents, especially those with high impact and trauma, can at the very least lead to inflammation and pain in the shoulder,” as well as “fractures, dislocations or large rotator cuff tears that may require surgery to fix,” says Dr. Uma Srikumaran, an associate professor of orthopedic surgery at Johns Hopkins University School of Medicine.

## Weekend warriors

“Sports injuries usually fall into the repetitive-use category [such as tennis or lifting weights] and can lead to faster degeneration of tissues than in the general population,” Srikumaran says. “This may lead to more frequent pain related to inflammation or may accelerate the need to have surgery due to causing tears in the rotator cuff or labrum [a thick piece of tissue attached to the rim of the shoulder socket that helps keep the ball of the joint in place].”



*“Three out of four Canadians will experience shoulder pain at some point in their lives.”*

— DR. GEORGE S. ATHWAL ◆

### Common injuries

Rotator cuff tendinitis is the most common shoulder condition, Athwal says. “It is an inflammation or irritation of the rotator cuff tendons, which causes pain on the outside part of the shoulder when the arm is lifted,” he explains. It is often accompanied by subacromial bursitis and impingement syndrome. Rotator cuff tears, shoulder dislocations and arthritis frequently contribute to shoulder pain, as well.

### Diagnosis and treatment

Diagnosis begins with a patient history and physical examination, including how and when the pain started and what makes it better or worse, Athwal says. He notes, “Almost all shoulder conditions can be initially diagnosed by your family physician or primary care provider.” After taking a medical history, the doctor does a physical exam to assess range of motion and strength. “Commonly, a shoulder X-ray is done to look at the bones, how they are positioned and if there is any arthritis,” Athwal explains. The doctor may also order extra tests like ultrasound, CT scan or MRI to take a closer look.

There are many ways to treat shoulder pain, and in most cases doctors use non-surgical treatments first. These treatments are often started by a primary care physician and can include physiotherapy, rest, anti-inflammatory medications, pain medications and injections, Athwal says.

### Surgery

If a patient has degenerative-type injuries, Srikumaran tries conservative management first. If the patient continues to have pain, issues with everyday activities and/or difficulty sleeping, the doctor will start a conversation about why surgery may be indicated. Some kinds of injuries, though, need immediate surgery, especially if the injury “will likely negatively affect a patient’s function immediately or in the future.” This includes dislocations, large rotator cuff tears and shoulder fractures.

### What’s new?

“For patients who need conservative treatment, there are new medications and types of injections,” says Srikumaran, “and many new and exciting ways to address structural issues that we previously may not have been able to do, like novel implants or tendon transfer surgeries where we reroute certain muscles to assist in doing the job of a rotator cuff muscle that may not be able to be repaired directly.” Athwal reports that “major advancements have occurred with minimally invasive surgeries and new implants.” ■

Debbie L. Miller is a freelance writer based in Brooklyn, New York.



### Don’t jump in

Dr. Uma Srikumaran says to give yourself a long, slow, steady ramp-up to your desired activity level to help avoid shoulder injuries related to sports or any new activity. “For example, it would be unwise to jump from a sedentary lifestyle to a new activity or exercise. Instead, ensure that you have good motion and flexibility of your shoulder and body in general by stretching and doing core exercises,” he says.—DLM

### Stretching it out

An easy way to stave off shoulder problems is to regularly stretch the muscles that support the joints. Dr. Uma Srikumaran, an

associate professor of orthopedic surgery at Johns Hopkins University School of Medicine, advises avoiding heavy, repetitive overhead lifting; he adds that if you’re involved in sports or recre-

ation, you should make sure the shoulder girdle is balanced—use good posture, using strong back and chest muscles—and keep the shoulder loose with stretching.—DLM



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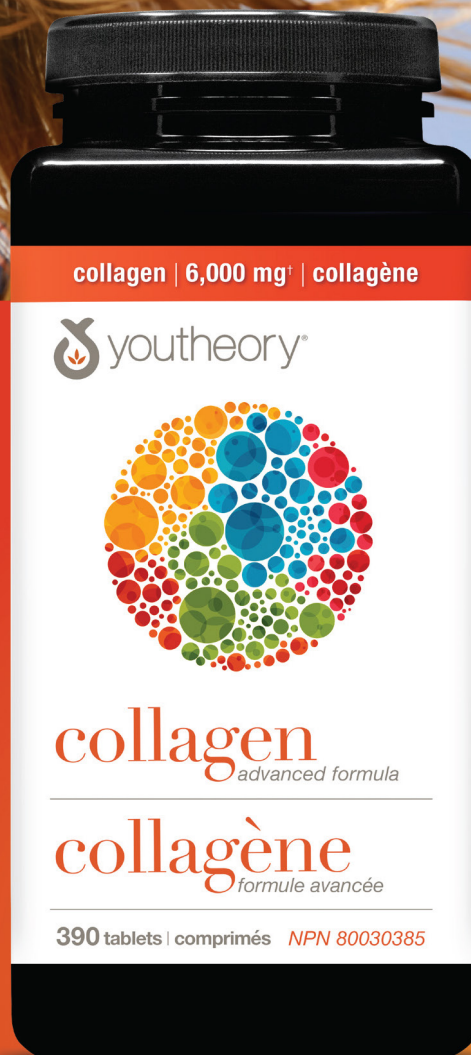


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
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# At first blush

Taking steps to control rosacea

by LAWRENCE VARGA  
and JOSEPH HANNA



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**Lawrence Varga,**  
B.Sc.Pharm., is assistant vice president of Costco Pharmacy.

**Joseph Hanna,**  
B.Sc. Pharm., CDE, CGP, director of Costco Pharmacy, contributed to this column.

**M**ore than 3 million Canadians are affected by rosacea, a chronic skin condition that causes redness and swelling, most commonly in the cheeks, nose, chin and forehead. It can start with short periods of redness or blushing, but may become longer-lasting and more visible. It is sometimes misdiagnosed as adult acne. More than half of those affected by one of the four forms of rosacea may have symptoms of the eye that include blood-shot eyes that feel gritty. While there is no known cure, symptoms can be reduced and managed through medication and lifestyle changes.

## Who is affected?

Although men and women are equally likely to have rosacea, those between the ages of 45 and 60 years are most affected, as are those with fair skin, such as people of Northern and Eastern European descent. The true cause is unknown, but both genetic and environmental factors may play a part.

## What can be done?

To avoid the many triggers of rosacea flare-ups, keep away from the following:

- Sunlight (use sunscreen)
- Alcohol
- Hot beverages, spicy foods, vinegar
- Use of topical alcohol- or acetone-based products or steroid creams
- Emotional stress
- Medications such as calcium channel blockers, niacin and sildenafil

Some medications may be helpful, such as certain oral antibiotics, topical antibiotics, azelaic acid, tretinoin or medications that cause blood vessels to constrict and reduce redness. In some cases, oral isotretinoin, most commonly used for acne, is prescribed, or laser therapy can be used to reduce red blood vessels.

If you or someone you know might be affected, recognizing this condition and getting help are the first steps toward regaining control of your life. For more information, visit the Acne and Rosacea Society of Canada at [Rosaceahelp.ca](http://Rosaceahelp.ca). ■

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## Emotional effects

What can be worse than having rosacea is the misconceptions of others, such as the belief that

someone with rosacea has poor hygiene or drinks too much alcohol. It's no surprise that people with rosacea often deal with emotional problems

beyond embarrassment and low self-esteem. By avoiding triggers combined with the right treatment, the condition can be kept at bay.—LV



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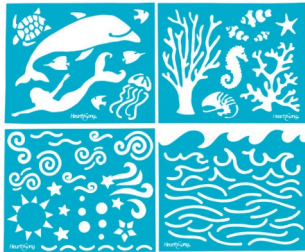
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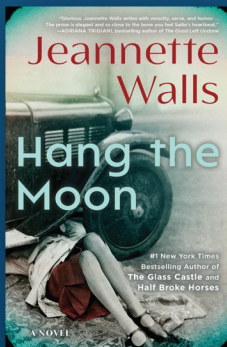
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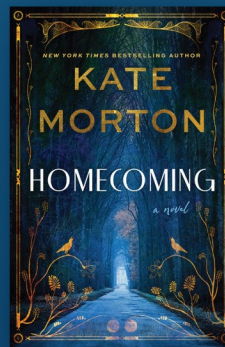
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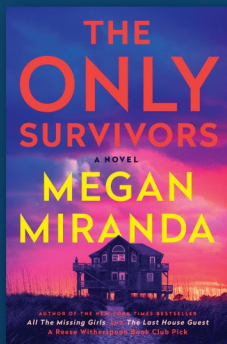
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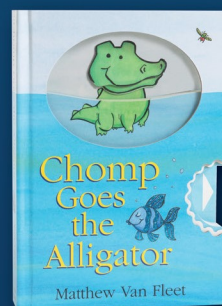
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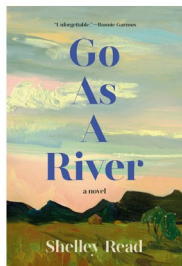


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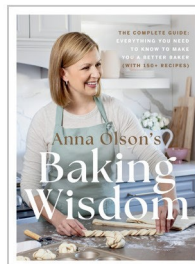
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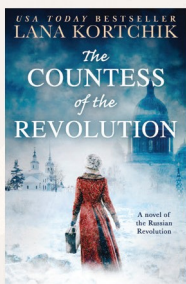
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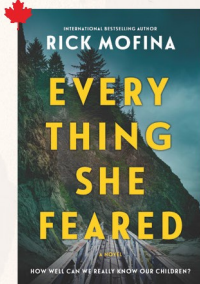
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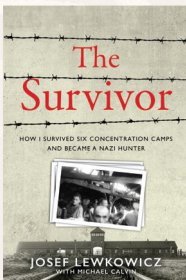
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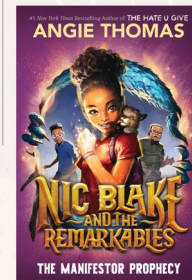
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Readers looking for a strong and spirited female lead character need look no further than Jeannette Walls' latest novel, *Hang the Moon*.

Sallie Kincaid is resourceful and sharp-witted, just like her father. But when she coaches her half brother, the result is an accident and a nine-year self-imposed banishment from her hometown. When she returns, she fights to claim a place for herself within the family.

*Hang the Moon* (Item 1708030) will be available in April in most Costco warehouses.



Jeannette Walls

JOHN TAYLOR

## Wonderful women

Jeannette Walls celebrates strong female characters who defy the odds

by ELLEN SCHWARTZ

**S**allie Kincaid, the main character of Jeannette Walls' new novel, *Hang the Moon*, sees the contradictions in life. As she says, "Legal and illegal and right and wrong don't always line up. Sometimes the so-called law is nothing but the haves telling the have-nots to stay in their place."

The book, set in western Virginia during Prohibition, tells the saga of the scandal-ridden Kincaid family. For Sallie, helping her poverty-stricken neighbours bootleg moonshine whiskey in defiance of the law not only makes business sense—her family's general store relies on the revenue from selling the contraband—but is also a moral calling. As Walls explains, speaking from her home in Virginia, "Appalachia has mountainous, rocky terrain, ill-suited for growing agricultural crops. People would have starved to death if they hadn't made moonshine. Besides, my own father ran bootleg liquor."

Walls says she is fascinated by this era in American history. "It was a transitional period from an agrarian to a modern society. The automobile broadened people's lives, especially those of women, offering greater freedom. Two amendments to the Constitution—one outlawing alcohol and the other giving women the vote—occurred simultaneously. This was a complex, contradictory time, and I liked that."

Walls' own life in some ways echoes that of her protagonist. Her family moved often during her childhood and experienced periods of homelessness. When they finally landed in rural Virginia, they lived in a three-room house without plumbing or heat. "I'll never forget when we first got electricity," Walls says, her voice full of wonder.



She captured this time in her 2005 bestselling memoir, *The Glass Castle*. The book has sold more than 5 million copies, has been translated into 31 languages, has received numerous awards and was made into a 2017 film starring Brie Larson and Woody Harrelson. Walls has also published two previous novels, *Half Broke Horses: A True-Life Novel*, based on the life of her grandmother, and *The Silver Star*.

"I'm drawn to stories about women who make their own way," Walls says. "In the early 20th century, women were gaining more independence, but there was also massive pushback. When I was doing research, I was appalled at the dismissal of women in popular culture, even downright hostility. They were being told to go back into the kitchen after having held down jobs and supported their families during World War I. I wanted to create a tough, feisty character in Sallie who could rise above all that."

When asked about the difference between writing fiction and non-fiction, Walls replies, "With non-fiction, you're writing about things that have happened. Writing fiction is like standing in the middle of the ocean. You can go in any direction. It can be overwhelming." To achieve realism, she continually asked herself, "Could this have happened. Is it plausible?"

Walls typically writes four to five hours daily, sometimes turning out 20 pages a day. "But then I rewrite. When I read something back and it doesn't sound right, I know I haven't gone deep enough. I love problem-solving, that euphoric feeling when I figure out how to make it work."

In other words, she's a born storyteller. ■

Ellen Schwartz is the author of 17 award-winning books for children. She lives in Burnaby, British Columbia.

#### ADDITIONAL BOOK PICK

**BOOK** *Coronation Year*

**AUTHOR** Jennifer Robson

*Coronation Year* (Item 1705301) will be available in April in most Costco warehouses.



It's 1953, and London is readying itself for the queen's coronation. Jennifer Robson's *Coronation Year* tells the story of Edie Howard, whose Blue Lion hotel is along the route of the queen's carriage. When threats focused on Coronation Day, the Blue Lion and even the queen herself disrupt everyone's good moods, Edie and her friends must uncover the truth, save their home and expose the guilty party.

**Costco Connection** What is it about early 1950s London that appeals to you?

**Jennifer Robson** I've always been interested in times of change, and Britain at the beginning of the 1950s was a markedly different place than it had been at the turn of the century, or even as recently as just before the war. I wanted to write about what it felt like to be a Londoner then, and also what it was like to have a front-row seat at what felt, to many, like the biggest event of the century: the coronation of Queen Elizabeth II on June 2, 1953.

**CC** What else would you like readers to know about this book?

**JR** It may seem hard to believe, but I began work on *Coronation Year* in 2019 and had finished it several months before Queen Elizabeth's death last September. Like many Canadians, I cannot remember a world without her steady and reassuring presence, and I find myself reflecting on how much Canada, and the world in general, have changed since 1953.

## Also in the warehouse

Dog Man is back, starring in his 11th graphic novel. The half-dog, half-man hero must face his nemesis, Piggy.

Piggy's evil plan might be his

most diabolical yet. Dog Man and the rest of the fan-favourite characters must join together in this heroic and hilarious adventure. Readers ages 7 and up will find out who steps forward to save the city when

scoundrels sabotage Dog Man, Cat Kid and 80-HD.

*Dog Man: Twenty Thousand Fleas Under the Sea* (Item 1706253) will be available in April in most Costco warehouses.—CR





*Eddie Bauer*

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InterContinental Tokyo Bay;  
Hotel Indigo Anaheim in  
California; the grand lobby of  
Calgary's Fairmont Palliser.



## Room service

Costco Travel's hotel-only booking program opens up a whole new world of destination options

by T. FOSTER JONES

### COSTCO CONNECTION

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**F**or several years, Costco Travel has offered members a wide selection of travel options, including cruises, vacation packages, car rental services and more.

Now, Costco Travel is introducing another new service for members: hotel-only bookings.

"There are many times when our members are looking for shorter, targeted trips, such as a family visit, a specific sporting event, a romantic weekend getaway or a quick holiday escape," says Casey Livingston, global hotel buyer for Costco Travel. "Our hotel-only program puts more than 3,000 hotels worldwide at members' fingertips when their travel needs require accommodations only."

With the creation of a hotel-only category, separate from the vacation packages, "Costco Travel has really expanded the number of cities and hotels members can choose from," Livingston says. "We're excited to offer members more variety for their travel accommodation needs, with a selection of offerings from IHG Hotels and Resorts and Fairmont."

The new program includes more than 77 destinations and thousands of hotels, ranging from midscale to luxury properties, throughout Canada, the U.S., Europe and Asia. "For instance," Livingston says, "IHG offers more than 3,500 hotels worldwide, with 18 brands, including Holiday Inn and Crowne Plaza, as well as full-service brands such





COURTESY OF (CLOCKWISE FROM TOP LEFT): IHG® HOTELS & RESORTS; ACCOR

as InterContinental and Kimpton Fairmont, which features 25 hotels and resorts in North America, such as Fairmont Palliser in Calgary, Fairmont Georgetown in Washington, D.C., and Fairmont Millennium Park in Chicago.”

Let’s look at some examples.

#### **Fairmont Le Château Montebello.**

For over 90 years, Quebec’s Fairmont Le Château Montebello has been known for its rustic charm, unique architecture and beautiful natural surroundings. The “world’s largest log cabin” is a welcoming resort destination with more than 40 seasonal activities and experiences available on-site. Recently renovated, the luxury hotel offers rustic yet modern guest rooms and refined regional cuisine.

**Fairmont Palliser.** Calgary’s friendly spirit, coupled with the city’s vibrant urban ambience, makes for a metropolis of positive contrasts. Centrally located downtown, the Fairmont Palliser is in the heart of the business and financial

district and near retail, arts, cultural and entertainment venues. The landmark hotel is just a stone’s throw from the Bow River and the greenery of Prince’s Island Park, and an easy stroll to the famed Peace Bridge.

**Hotel Indigo Anaheim.** Steps away from the main gate of California’s Disneyland Resort and within walking distance from the Anaheim Convention Center, Hotel Indigo Anaheim offers a chance to enjoy locally inspired bites or specialty cocktails in its Chambers Bar & Bistro before entering the neighbourhood. Reflecting the area’s rich history as a booming farming community, the hotel features agriculture-inspired murals in the rooms; a stunning garden with dancing, illuminated waters; and a cool California pool and cabana.

#### **Holiday Inn Resort Pensacola**

**Beach Gulf Front.** Located on the beautiful beaches of the Gulf of Mexico in Pensacola, Florida, this resort lets you enjoy a lazy-river pool on Pensacola Beach, complete with cascading waterfalls, two hot tubs and poolside firepits. Enjoy a cocktail or a bite to eat at the Riptides Sports Grill and Gulf Front Tiki Bar. The resort is within walking distance of several dining options at the Pensacola Beach Boardwalk on Quietwater Beach, along with fishing, paddleboarding, kayaking and biking.

#### **InterContinental Tokyo Bay.**

An iconic waterfront hotel situated on Tokyo Bay, the InterContinental features spacious hotel rooms paired with an exclusive, panoramic view of the city’s skyline. The location in central Tokyo allows for convenient travel to and from popular tourist destinations, downtown shopping districts, business events and airports.

Livingston says, “Be sure to check back on [Costcotravel.ca](http://Costcotravel.ca), as more Costco-negotiated hotel options will be coming soon!” ■

*“Our hotel-only program puts more than 3,000 hotels worldwide at members’ fingertips.”*

— CASEY LIVINGSTON ♦  
Costco Travel global hotel buyer





## 3-in-1 Tabletop EASEL

by *HearthSong*.



whiteboard

chalkboard

paper

Includes:

- 1 Easel (19"H x 14"W x 20"L)
- 1 paper roll (17¾"W x 16'L)
- 6 dry erase markers
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ltn. 1695967

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Consumer Survey of Product Innovation  
**2022**  
Sondage auprès des consommateurs sur l'innovation produit

Winner of household cleaning product.  
Survey of 4,000 people by Kantar.

**ALSO ON COSTCO.CA** ltn. 1699413

# For the messes that matter.



**ALSO ON COSTCO.CA**  
ltn. 1267168 (sponges), 1145682 (rollers)



# Canine cuisine

Canadian-made Dog Delights are a paws-itive hit with dogs (and owners too)

by KIRA VERMOND



Joe and Margot Crump with their dog, Alice.

COURTESY OF © THE CRUMP GROUP

**B**ack in 2014, Joe and Margot Crump, Costco members and founders of The Crump Group Inc., in Mississauga, Ontario, took a call at work that would change everything. Costco had recently tested their product, Canadian-made dog treats, and they were a hit. Now Costco wanted more. A lot more: 240 pallets—or 10 truckloads—of chewy sweet potato chews before October.

“You see those commercials where the orders start coming in really fast and people are blowing into brown paper bags because they’re hyperventilating? It was kind of like that,” Joe jokes now. “We’d never heard of an order like that before. So we just put ourselves on high speed and never turned back.”

While they attribute a lot of today’s success to Costco’s belief in their products, which range from lamb sticks, to beef sticks and jerky, to chicken sticks and even an Advent calendar for the holidays, much of it comes down to their own, er, dogged determination.

Founded in 2006 as a start-up run out of their garage and family room with their four children, The Crump Group now operates from a 130,000-square-foot facility and employs more than 400 people. The company is committed to food safety and quality, using only a handful of simple, natural ingredients primarily sourced from Canadian farms, with lamb originating from New Zealand and sweet potatoes from the U.S.

With all of its success, the company now looks for ways to give back to the community, whether it’s donating at least two truckloads of sweet potatoes a year to Feed Ontario or offering products to fundraisers for rescue dogs. The company is also moving toward recyclable packaging and using sustainable ingredients such as miscanthus grass and micro-algae oil to replace salmon oil.

Margot says she’s not surprised their Dog Delights premium products have done as well as they have at Costco. “We’re very focused on quality,” she explains. “It’s just not putting a bunch of stuff in the treats that the dogs don’t need. It’s about finding the best way to help pet parents feed their pets and giving them good options.” ■

Kira Vermond is a freelancer based in Guelph, Ontario.

## COMPANY INFO

### Name

The Crump Group Inc.

### Founders

Joe and Margot Crump

### Employees

400-plus

### Headquarters

Mississauga, Ontario

### Products at Costco

A line of treats under the Dog Delights brand: Beef Tendersticks, Chewy Chicken Sticks, Sweet Potato Chews, Chewy Lamb Sticks, Chewy Performance Sticks, Beef Jerky Recipe and Caledon Farms Bacon Protein Cookies. Various item numbers. Warehouses/ Costco.ca.

### Quote about Costco

“We feel so fortunate to have this relationship with Costco and to be able to supply consumers across Canada with our products through Costco. It’s been a game changer for our business, and we look forward to many more years of working with them.”

—Margot Crump





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SPECIAL EDITION



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Van Houtte®  
80 K-Cup® pods

**VAN  
HOUTTE®**

ALSO ON COSTCO.CA

Item: 7881976 (K-Supreme Plus), 266556 (Van Houtte pods), 1402382 (Timothy's pods)



Timothy's® 96 K-Cup® pods

*Timothy's*



# More in store

Cubeit is a dependable service when it comes to self-storage and moving



© STORAGEVAULT CANADA

## COSTCO CONNECTION

To learn more about Cubeit's services and find out about exclusive savings available to Costco members, call 1-833-956-8312 or visit [Cubeit.ca/Costco](http://Cubeit.ca/Costco).

**W**hen you're looking for somewhere to store your belongings or preparing for an upcoming move, you want to ensure that everything goes smoothly and according to plan. That's why Costco members have access to Cubeit, which offers moving containers and self-storage services from coast to coast. Cubeit's goal is to make moving and storage easier for clients by providing trusted, convenient and budget-friendly services, according to Cubeit president Shannon Bisset. The *Connection* spoke with her to learn more.

**Costco Connection** What moving services does Cubeit offer?

**Shannon Bisset** Cubeit offers both local and long-distance moving and storage within Canada. The process is straightforward: A storage container is delivered to your home or business, whenever and wherever you need it. Then you load the container at your own pace, and, once you're done, the container is picked up and transported to its final destination.

**CC** What happens once the container arrives at the final destination?

**SB** Clients unload the container at their convenience, and then we pick it up when

they're done. Often, clients will keep the container for a few months after their move, especially if they're doing renovations. So, the containers are often used for both moving and storage simultaneously.

**CC** Do you also offer self-storage?

**SB** We have over 240 self-storage locations across the country, so finding a self-storage facility that's close to you is easy. At each of the locations, we offer a variety of different units—drive-up, heated, climate-controlled. Depending on what you're looking for, there are many options to fit a variety of storage and budgetary needs.

**CC** What are the benefits of working with Cubeit?

**SB** Our clients are often dealing with a life transition like downsizing, upsizing, family change—milestones that we all go through. Helping people and making those transitions as easy and stress-free as possible is something we really excel at. Our relationship with Costco is important because it's founded on trust, reliability and experience, so you know that you'll be well taken care of. ■

## From a member

After noticing Cubeit's relationship with Costco, member Fabio Cristini tried the service.

He says about his experience: "As a long-time Costco member, I felt immediately entrusted with Cubeit and went ahead with my storage rental. The

staff was extremely helpful, sourcing me a container on very short notice. The container arrived on time, clean and exactly as described."



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ltn. 1036250

# Baked Protein Bar Created by a *chef*

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per 46g bar

**3g Sugar**  
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**Gluten Free**

**ROBERT IRVINE'S PROTEIN BAR**  
Baked Protein Bar  
Chocolate Peanut Butter  
16 - 46g bars 828g

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# SPRING INTO MORE FLAVOUR.



*Live in full flavour:*

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**ALSO ON COSTCO.CA** Various item numbers

**SNACKING IDEA**

**HUMMUS-STUFFED MINI PEPPERS**  
with Caramelized Onion Humm!  
15 minutes | 20 portions

- 10 mini peppers
- 1 container of Caramelized Onion Humm!
- 8 Kalamata olives, sliced
- ¼ cup of crumbled feta
- 1 branch of fresh parsley

Cut each pepper in half, remove the seeds and top each half pepper with hummus.  
Garnish with the sliced olives, a little feta and a few parsley leaves and serve!

**fontaine santé**  
EATING WELL FOR BETTER LIVING!

ltn. 217018



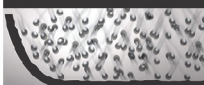
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Our patented manufacturing process modifies the surface to form an ultra-durable rock-like finish. The result is an outstanding release performance and a superior scratch resistance.

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itm. 2022321



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8 3/4" (22.2 cm)



Dinner Plates  
10 3/8" (26.4 cm)

- **COMPOSTABLE\***
- **RECYCLABLE**
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Confirm with your organics collection program provider for acceptability.



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ALSO ON COSTCO.CA  
itm. 237039 (luncheon), 339169 (dinner)

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up to 1,800  
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each year.\*\*



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\*\*Standard 500 mL single-use water bottles.

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itm. 845993



FoodSaver® Multi-Use Food Preservation Systems now has a sous vide function, by using the FoodSaver® bags it creates an airtight seal and is specifically designed to withstand boiling temperatures, which delivers consistent cooking results.

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itm. 2248298





## Dominican Republic: Dreams® Macao Beach Punta Cana

This all-inclusive resort is a haven where families and couples can experience a relaxing beach vacation. Everything is included with your stay, from gourmet-style meals and top-shelf drinks to endless day and nighttime activities. Costco Travel's package includes a Digital Costco Shop Card. To learn more, visit [CostcoTravel.ca](https://CostcoTravel.ca).



## Jane & Bleecker 3-Piece Notch-Collar Pyjama Set

100% cotton set includes a button-front top, pants and shorts. Available in several colours. Sizes: S–XXL. Size and selection varies by warehouse. Various item numbers. [Warehouses/Costco.ca](https://Warehouses/Costco.ca).

# The latest Costco finds



## Eos All-Natural Organic Lip Balm 8-Pack

Includes four flavours: Vanilla Bean, Sweet Mint, Strawberry Sorbet and Pomegranate Raspberry. Item 3597013. [Warehouses/Costco.ca](https://Warehouses/Costco.ca).



## Vitamix Explorian E520 with Stainless Steel Tumblers

The 1.9-L (64-oz.) container is ideal for blending medium to large batches for family meals or entertaining. Other features include 10 variable speeds, three program settings—smoothies, hot soup and frozen desserts—and two 650-mL (22-oz.) tumblers with stainless steel straws. Item 1705527. [Warehouses/Costco.ca](https://Warehouses/Costco.ca).





### Andy & Evan Boys' 3-Piece Playwear Set

Each playwear set includes a waffle-texture hooded tee, jersey tee and shorts. Available in three different design and colour assortments. Sizes: 2–8. Sizes and selection vary by warehouse. Item 1690384. **Warehouses/Costco.ca.**



### Kirkland Signature Women's Anorak

Features include a two-way YKK zipper, an adjustable elastic waist drawcord and an attached hood with adjustable drawcord. Colours: grey, rose, tea green. Sizes: S–XXL. Sizes and selection vary by warehouse. Various item numbers. **Warehouses/Costco.ca.**



### Harry's Truman Razor Set

Each cartridge features German-engineered razor blades with a lubricating strip and a flex hinge that contours to your face. Item 1707664. **Warehouses/Costco.ca.**



### Flamingo Lilac Razor Set

Includes one razor handle, 13 five-blade cartridges and one shower holder. Item 1707665. **Warehouses/Costco.ca.**



### Calvin Klein Area Rug

This low-profile rug offers a modern look that will instantly upgrade your favourite room. Size: 198 cm x 279 cm (6.6' x 9.2'). Colours: ivory, grey abstract, grey flower, multi. Selection varies by warehouse. Item 1694356. **Warehouses/Costco.ca.**



### Vornado Air Circulator

Experience superior vortex circulation with the Vornado 279TR. This air circulator features 3-speed touch controls, digital readout and multi-directional airflow reaching up to 24 metres (80 feet). Includes a 2-metre (6-foot) polarized power cord. Item 2600237. **Warehouses/Costco.ca.**





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## FOR SCHEDULES AND DESCRIPTIONS

Go to Costco.ca and search “Special Events.”  
Or, from the Costco mobile app, go to “Warehouse Locator” and choose a warehouse for events info.

### Smart Living Steam Mop Plus

The Smart Living Steam Mop Plus is an efficient and easy way to clean and sanitize your floors, leaving them streak-free and dry within 60 seconds. Using continuous high-temperature steam (110 C/230 F), and no chemicals, it is safe for any flooring surface, including hardwood, laminate, bamboo, luxury vinyl, tile and more.

### Etage Apparel

Etage Denmark’s spring outerwear collection is ideal for fun on rainy days, with vibrant waterproof and windproof coats.



### SmartSilk Bedding

SmartSilk all-season luxury bedding is proven to balance body temperature and create a healthy sleep environment.



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Costco Pharmacies offer health and wellness services to help you reach your health goals. For more information, visit [CostcoPharmacy.ca](https://www.CostcoPharmacy.ca).

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DAVID TAIT

## MEMBER INFO

### Who

Judy Tait and the  
Albert County Clay Co.

**Location** Curryville,  
New Brunswick

**Occupation** Potter

### Website

Albertcountyclay.com

### Best part of the job

"I enjoy working with our local clay and sending it all over the world. Expressing the natural quality of the clay and creating surface embellishments with plants, seaweed and shells found in our area is very rewarding to me and my need to create."

—Judy Tait



PHOTOS: JUDY TAIT

# Crafted by nature

Ottawa-born potter Judy Tait remembers making pottery as a young girl, using a manual pottery wheel her father had made. Later, she took pottery courses in the U.K. at the Burslem School of Art in Stoke-on-Trent, an area renowned for pottery.

"I was deeply impressed with the long-time industry of ceramic in that area—Royal Doulton, Wedgwood and Denby," she says.

Tait eventually settled in Curryville, New Brunswick, where nature plays an integral part of her hand-built pottery. She harvests clay from the nearby banks of the Petitcodiac River and uses local flora and other natural objects as decoration, pressing them into the clay to leave an impression.

"The clay has a rich red colour," Tait says. "And I like to play with surface design and texture. Most of my work is one of a kind." —Wendy Kitts

## Clockwise from top:

Potter Judy Tait with a plate featuring a unique leaf design; more of Tait's pottery made with clay she has harvested from a nearby river.



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DANDRUFF  
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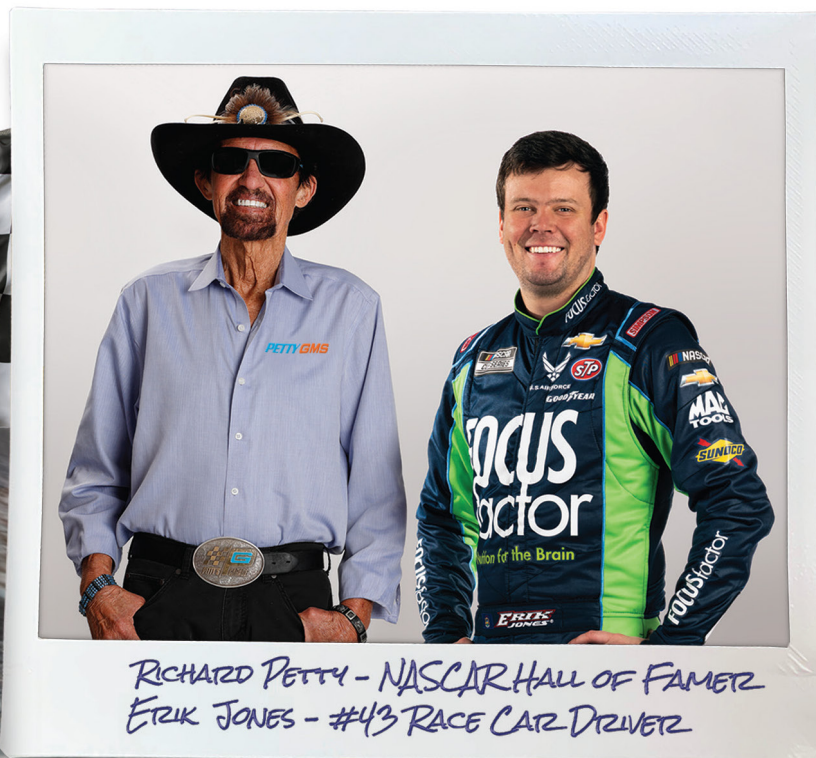


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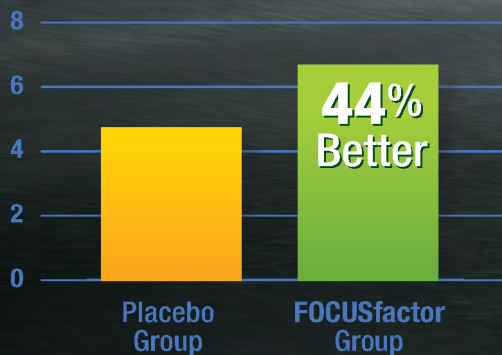
Item 987271 (allergy relief), 922981 (allergy control)



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