

Toast toppers ♦ Mini workouts ♦ High-index lenses

COSTCO Connection

AUGUST 2023

THE MAGAZINE FOR
COSTCO MEMBERS

Almost anything
can fall into the
collectible category



Prized pieces

Costco members share their treasured collections of
the arcane, exotic, unique, esoteric and valuable **28**



BACK TO SCHOOL

School-life balance

Successful carpooling

Buyers' picks

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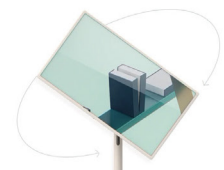
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COSTCO Connection *August*

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The new school year is a great time to get organized and focus on new possibilities.

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Collector calls

August is like the Sunday of summer. We are enjoying the last warm days before fall comes to greet us again. We are both nostalgic and sad as the season winds down.

Maybe you have picked up a few mementos this summer to add to a prized collection. This issue's cover story, "Amazing amassing," features many of the items our members have told us they love to collect. And the number and variety of Costco collectors and collections are pretty awesome. Because we couldn't feature them all here, here's a partial list of what we discovered Costco members collect: advertising, bicycles, buttons, cameras, cans, frogs, keys, matchbooks, Nativity scenes, Pez dispensers, seashells, toys, watches—whew!

My two children are both graduating university this year. How quickly their school days are coming to an end. Many of you will be sending your own children back to school. If you have kids in any age of schooling, I recommend our Back-to-School Special Section article on school-life balance.

Our great cereal and toast topper recipes will help start the school day off right. And this month's articles on successful carpool and mini workouts might be just what you need to get back to your fall routine.

Finally, from our team here at the *Connection* to all our members who participated in this issue's cover story, a collective "Thank you!" We enjoyed hearing about what you love to collect. ■



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◆ **Sue Pudrycki** is Assistant Vice President of Marketing.

◆ **Coming next issue** Our cover story will take a look at Costco warehouses around the world.

Follow us on

*Only Costco members in good standing may use instant savings featured in this issue of the *Costco Connection*. These instant savings are valid only at our warehouse locations in Canada unless an offer expressly specifies that the instant savings are: (1) also available on Costco.ca; or (2) exclusively available on Costco.ca. Some items may not be available at Costco Business Centre locations. The instant savings are valid for the specified periods only. Have no cash redemption value and may not be combined with any other offers or savings unless otherwise specified. Selection and pricing may vary by warehouse and/or on Costco.ca and are subject to change without notice. Offer limited to inventory in warehouse and/or on Costco.ca. Item colour may differ from picture. Prices may be subject to additional fees, such as environmental handling, recycling or disposal fees. Costco reserves the right to limit quantities purchased and to correct errors. Delivery charges for items purchased on Costco.ca are extra unless otherwise stated and may vary depending on item and delivery location.

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A twist on milk

World Plant Milk Day (August 22) celebrates dairy alternatives, such as soy, almond, oat and coconut milk. Lactose-free, nutritious and sustainable, plant-based options can be found in Costco warehouses and at Costco.ca.

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Back story

PLANT-BASED MILK is created by grinding legumes (e.g., soybeans), nuts (e.g., almonds) or grains (e.g., oats), then adding water, flavours, vitamins and minerals. Some people turn to plant-based milk due to an allergy or intolerance to cow's milk, including lactose intolerance.

Because no animal products are used to make them, dairy-free alternatives are also part of a vegan lifestyle. While many prefer plant milks for being low in fat, free of cholesterol and rich in calcium, others just like the taste. A (plant-based) milk mustache is just a bonus!



CONAIR

KEEP IT CLEAN

Tips for Men's Grooming Day

With Men's Grooming Day set for August 18, Conair offers these tips for using an all-in-one body groomer.

- Start with a clean, slightly damp beard and mustache.
- Trim your beard using smooth, even strokes going toward the natural growth.
- Trim your mustache from the top down.
- For nose- and ear-hair trimming, use a circular motion.
- For chest and other body hair, trim going against the direction of the hair growth. Use a skin-soothing product afterward.
- Exfoliating on a regular basis will help prevent ingrown hairs and razor burn.



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UNIVERSITY BOUND

Tips for parents

Ease the stress of saying goodbye to your teen by making sure they're ready for their first year. Parents.com has a host of tips, including packing essentials like quality bedding, a first-aid kit and kitchen and storage basics.

ORDER TO GO (OUTSIDE)

Eat Outside Day

Use August 31 (Eat Outside Day) to enjoy a delicious meal in your garden or nearby park while the weather is still nice. You can find plenty of outdoor-friendly foods in your local Costco warehouse and at Costco.ca.



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◆ SPACE TO ROAM

In fiscal year 2022, Costco had 121 million square feet of retail space worldwide.



GARDEN VARIETY

Calling all creative gardeners

If you are an avid gardener and you use products from Costco to design a creative and fun garden, we'd love to hear from you. Send an email to jjmadera@costco.com with your pictures and the story behind them.



FUN IN THE SUN

Great minds think alike

On a tour of Death Valley National Park, Costco member Renee Roncone (pictured on the left) found she wasn't the only one wearing a sun shirt from Costco. Martha, Margaret and Gale—three women she'd never met before—had the same idea. "What are the odds?" Roncone asks.



RENEE RONCONE

OH, SO FINE

Steak Divine

- 2 (340 g/12 oz each) AAA Kirkland Signature Strip Loin Steaks
- Salt and pepper
- 30 to 45 mL (2 to 3 Tbsp) high-heat oil
- 1 shallot, thinly sliced
- 113 g (4 oz) portobello, white or brown mushrooms, sliced
- 45 mL (3 Tbsp) butter
- 10 mL (2 tsp) minced garlic
- 30 mL (2 Tbsp) cooking sherry
- 45 mL (3 Tbsp) teriyaki sauce
- 60 mL (¼ cup) beef broth
- 1 mL (¼ tsp) red pepper flakes
- 80 mL (⅓ cup) cream
- 10 mL (2 tsp) chopped chives

Heat oven to 220 C (425 F). Season steaks lightly with salt and pepper. Heat oil on medium-high in a cast-iron skillet. Add steaks; sear 1 to 2 minutes per side. Transfer steak to a broiler pan. Cook to desired doneness or 5 to 7 minutes for a suggested internal temperature of 63 C (145 F); remove steaks to a platter to rest.

Meanwhile, cook shallot and mushrooms in the same pan over medium heat, stirring until mushrooms begin to brown. Stir in butter and garlic; cook 2 minutes. Add sherry, teriyaki sauce, broth and pepper flakes; cook 2 minutes. Stir in cream; cook over low heat 3 to 5 minutes. Stir chives into sauce; serve sauce with steaks. Makes 2 to 4 servings.

Recipe courtesy of Amy Muzyka-McGuire, culinary consultant



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“Clients do not come first. Employees come first. If you take care of your employees, they will take care of the clients.”—Richard Branson

FOR YOUR BUSINESS

by JOHN MERRIGAN

The challenges of the past three years have probably been the most difficult business owners have faced, affecting both personal well-being and family life. At times, it's been risky, lonely and stressful, but if you are still in the game, congratulations! Now it's time to consolidate on this achievement and lead your business through continued uncertain times ahead. The following tools and ideas have worked for me on my own journey.

Compose a vision statement. On one page, write your vision for the business for the next three years. List up to five things you want to achieve (objectives); include the places, products and customers you serve (business scope) and how you will do this operationally (strategy) and behaviourally (values). This will serve as a statement of principles to guide important decisions ahead and engage your stakeholders. Craft it carefully, and remember what made you passionate when you started out.

Measure twice, cut once. The carpenter's mantra is one of the most important leadership habits to cultivate. Weigh big decisions carefully and always get a second opinion. It doesn't stop entrepreneurship and is far cheaper than the consequences of costly mistakes.

Create a risk register. List the top 10 risks to the business and prioritize them according to severity of impact. Examples include products, suppliers, competition, legal issues, regulations, data protection, losing key employees and so on. Define practical actions to mitigate each risk, determine who is accountable to manage it (including outside expertise if necessary) and set



a timeline. Review this risk register regularly to measure progress.

Focus on yourself. Leadership should not be a lonely task. Find an experienced mentor or trusted confidant to discuss business issues when you need to. Define your primary role in the business—the thing you do best—and learn to say no or delegate tasks that distract you from that core purpose. Invest in your own self-development at least twice a year. Become a forever student.

Organizational health. Your emotional and mental well-being and your team's well-being are often overlooked. Be visible; communicate clearly, honestly and regularly; and reinforce the business vision with your personal example at every opportunity. Be generous with days off, offer flexible working hours and take the time to say thank you. Smile and be positive. ■

Time to thrive

Tips to take your business to new heights

CAMERON MEECHAN



John Merrigan mentors and advises small-business owners in a range of industries. Based in Chichester, England, he is also a musician, theatre producer and playwright.

COSTCO CONNECTION

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

It's your story

Write a business curriculum vitae, a high-level description of your enterprise. Detail the origins, core activities, key

financial metrics, unique products and areas of expertise, team description and skills, milestones achieved and future aspirations. This is an incredibly important tool and

exercise to prepare your business for engagements with potential investors, lenders and key employees, and provides a focus for marketing activities.—JM

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According to ABC Life Literacy Canada, 55% of Canadians have unsuitable numeracy skills.

by LANA SANICHAR

The need to better educate teens and young adults about personal finance seems to become more urgent with each passing financial crisis. While governments move slowly to include more financial literacy in provincial curriculums across the country, the responsibility of educating teens and young adults about money still falls to the parents. That presents a problem, since many may feel ill-equipped to teach about money.

In a recent *Canadian Money-Saver* article, Fred Masters, a former professional educator and president of Masters Money Management Inc., shared some of his best personal finance tips for teens and young adults:

Be in control of your money mindset. Your money mindset is the set of money-related values and beliefs that drive your life's personal financial decisions. A simple example is cultivating an "attitude of gratitude"; be intentional about being thankful for what you have, as opposed to focusing on what you don't have. Valuing shared experiences as opposed to buying stuff is another example.

Understand the earn, save, invest cycle. You can't save until you have earnings. You can't invest until you have savings. Once you earn, then you can save and then you can invest. This is how to reach long-term financial goals.



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Financial literacy

The road to mastering your finances begins with education

Save until it hurts. Any list of financial goals would likely include both long-term ones (such as funding retirement) and short-term ones (such as accumulating an emergency fund). If these goals are important to you, start saving for them today. This will involve delayed gratification, but you will have a better chance of reaching your financial goals.

Because basic financial conversations start in the home, and financial literacy is so important, the next three columns will dig deeper into the topics mentioned above, hopefully giving us all pause for thought about the future. ■

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.

Students and money

According to the Organisation for Economic Co-operation and Development Programme for International Student Assessment test of financial literacy, "On average, 64%

of students [in one study] earn money from working outside school hours. About 59% of students receive money from allowance or pocket money.

"The survey also revealed that, on average,

56% of students hold a bank account, but almost two out of three students do not have the skills to manage an account and cannot interpret a bank statement."—LS

COURTESY OF LANA SANICHAR



Lana Sanichar

is president and editor-in-chief of *Canadian Money-Saver* magazine.

Through an exclusive arrangement, *Canadian Money-Saver's* experts partner with the *Costco Connection* to share advice about relevant financial topics.

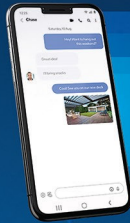
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According to educational support firm McKinsey & Company, students with access to technology report higher academic results.

TECH CONNECTION

by CHRISTINE PERSAUD

Even though it feels like summer just began, it's already time to start thinking about back to school. If you will be sending your child off to college or university, arming them with the right tech tools will help set them up for success.

The powerhouse

A laptop is a key piece of gear. It should have a sizable high-definition screen while being lightweight and easy to carry all day. A two-in-one touch-screen model that flips into tablet mode for taking notes may be useful. The computer should have at least 8GB of RAM for multi-tasking, and at least 128GB of storage for files, apps, software and more. All-day battery life is important, too. A good set of wireless noise-cancelling headphones can make focusing while studying much easier for many students.

Don't ignore hard copies

An all-in-one printer that can copy and scan can be useful for reviewing hard-copy reports, having printed backups, making handouts and even sharing scanned handwritten notes for group projects. The best option is a refillable ink printer that comes with an up to two-year supply of ink.

Speaker of the house

Making it to class on time can be a struggle, especially for snooze button lovers. A smart speaker can double as a high-tech alarm clock. It can also be set with reminders of class schedules, assignment deadlines and extracurricular plans. It can even help with research through voice-activated queries.

Many ways to learn

Just as hybrid work schedules have become more common in the workplace, university students can benefit from digital learning, whether that

means accessing some course materials online or signing up for full-on digital courses. In 2016, 81% of college students said digital learning technology helped improve their grades, according to Statista.

Face-to-face instruction is important, but kids also need the right tools to facilitate learning from anywhere and to encourage a healthy school-life balance that makes room for downtime.—CP



Set for success

Costco tech items can help you equip your child for higher education

Smart wearables

Add a fitness tracker or smartwatch to your student's tool kit and they can keep on top of schedules right from their wrist, and also monitor their health and wellness stats, like stress levels, heart rate and sleep. Many wearables offer mindfulness and breathing exercises, too, which can be useful to students who manage heavy workloads.

A way to unwind

Everyone needs downtime, even students. With a small TV and a streaming stick (and an appropriate service subscription), your student can watch TV shows, movies, sporting events and more when they need to unwind.

Properly equipping your student is a key step to setting them up for success. ■

JOHN THOMSON



Christine Persaud is a Toronto-based freelance writer. Her work has appeared in *Digital Trends*, *Reviewed-USA Today*, *XDA*, *Android Central* and at Wifihifi.com.

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You'll find a selection of computers, tablets, smart speakers, mobile phones, wearables, televisions and a host of other school-related supplies in your local Costco warehouse and at Costco.ca.



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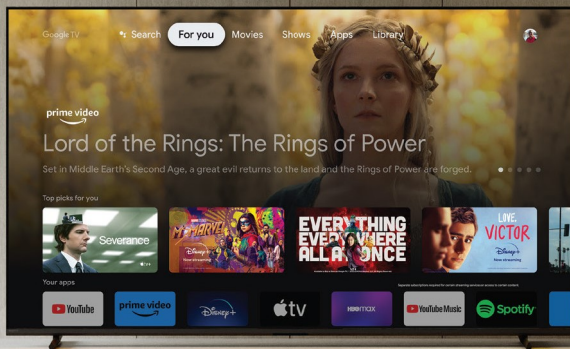


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Family friendly

San Diego is a city with something for any and all ages

by ANN NELSON



MELODIE SOLOMON

Ann Nelson is a San Diego-based travel expert, journalist and photographer (journeyswithann.com).

San Diego is blessed with a mild, sunny climate, breathtaking beaches and myriad fun family destinations. I've lived here for 30 years and never tire of exploring the many places the city has to offer.

Parks and recreation

For a taste of quintessential San Diego, Balboa Park is my favourite place to take visitors. The stunning architecture, gardens and 17 museums are hard to beat. During a recent visit to the San Diego Air & Space Museum, my 8-year-old nephew donned a spacesuit and took a ride in a flight simulator.

Our next stop was the San Diego Museum of Art. The highlights of the museum include the ongoing *Of Sea and Sand: California Paintings* exhibit and the current *Carlo Miranda: In Search of Sonder* exhibition, on view through November 19. Step outside to see *Art of the Open Air*, a display of sculptures by the likes of French bronze master Auguste Rodin. You can also

view them from the museum's Panama 66 restaurant while enjoying a meal or a local craft beer.

Legoland, a 128-acre theme park that's 51.5 kilometres north of downtown San Diego, offers rides, a water park, interactive exhibits and live shows. The replicas of famous cities built using 20 million tiny Lego bricks are amazing.

Where the wild things are

The world-class San Diego Zoo is a paradise for old and young. The zoo resembles a botanical garden, with habitats for an amazing array of animals, including giraffes, koalas, polar bears and Tasmanian devils. Plan to spend most of the day to take it all in; the 40-minute bus tour is a great way to get the lay of the park.

To see even more animals in an even more expansive environment, visit the San Diego Zoo Safari Park. The park is spread over 1,800 acres, giving the animals lots of room to roam. Board the Africa Tram tour



Clockwise from far left: Balboa Park botanical building; flamingos at the San Diego Zoo; Coronado Island



CLOCKWISE FROM LEFT: © F11PHOTO; EVANKAY; PHIL FITZGERALD / STOCK.ADOBE.COM

and venture into grassy savannas to explore herds of elephants, zebras and other endangered species. (Tip: Combo tickets for the zoo and Safari Park are offered at a discount.)

On the waterfront

SeaWorld, right on Mission Bay, is home to a variety of marine animals, including giant sea turtles, whales and walruses, and features interactive attractions, aquariums and educational programs. You can also jump on the Emperor, California's tallest, fastest and longest floorless dive coaster.

The waterfront Embarcadero area is a great place to stroll and enjoy sculptures, restaurants and maritime

history. At the USS Midway Museum, you'll explore the legacy of this aircraft carrier, with jets and helicopters on the flight deck. From the Embarcadero, board the Coronado Ferry and discover Coronado Island, tour the bay on a harbour cruise or book a Segway tour.

Natural beauty

If you're looking to relax in nature, my personal favourite is Torrey Pines State Reserve, with 13 kilometres of trails on windswept ridges with beautiful vistas. La Jolla Cove is ideal for swimming, and Cabrillo National Monument offers walking trails, tide pools and sweeping views all the way to Mexico. ■

COSTCO CONNECTION

Costco Travel offers San Diego vacation packages, car rentals and hotel-only options, cruises and vacation packages for destinations in Canada, the United States and around the world. To learn more, visit CostcoTravel.ca or call 1-855-863-0357.

Foodie heaven

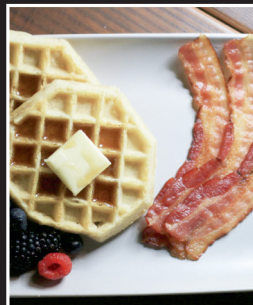
San Diego has a thriving food scene—Little Italy, the Gaslamp District, North Park and Barrio Logan are among the areas with restaurants

opened by top chefs. With seven food stations, the Little Italy Food Hall (Piazza della Famiglia) menu includes lobster rolls, pesto grilled cheese sliders and (of course) gelato. George's

Ocean Terrace in La Jolla features rooftop fine dining with breathtaking views; the gourmet dishes are prepared by nationally renowned chef Trey Foshee.—AN



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MEMBER POLL

How do you support small businesses?

Costco members respond to our poll, posted to Costco's social media

I purchase gift cards from local businesses to be used as prizes for fundraisers.

Alison Billings

I [shop] at smaller independent butchers, ethnic delis and grocers.

Lyle Beaugard

I talk about [small businesses] to others, share their content and buy their stuff. I'm a firm believer in if you don't support the small businesses you will lose them.

@ddoherty34

It's as easy as supporting them right from the start: promoting their content, liking their photos, buying their product.

@voulu_comms

We prefer to shop locally whenever possible. Being in an area with a very small downtown, we have found our local artisans, used bookstores, vintage and antique shops, and craft stores invaluable for both keeping us

occupied with projects and reading, and helping us pass the time [and] getting exercise walking downtown.

Carol Greenwood Brister

I look for local products that Costco carries.

Irma Lazer

We almost exclusively eat at local, non-chain restaurants.

Hannah Berry

Having my own small business where I go to fairs and festivals, I try to buy from the other small businesses that are there as well. So often at Christmastime, at these events, I can find unique gifts.

Paul Phillips

By buying and promoting it to [our] family, friends and acquaintances.

Cristina Labayen

My wife and I buy most of the meat we consume from a local family farm.

Markus Fuchs

According to Innovation, Science and Economic Development Canada (ISED), small businesses with fewer than 99 employees make up 97.9% of all businesses in Canada.



Small but mighty

These stats from ISED show that small businesses make up a big part of the country's economic prosperity.

- There are over 1 million small businesses in Canada.
- Small businesses are responsible for more than 8.2 million—or 67.7% of—jobs in Canada.
- More than half of Canada's small businesses are concentrated in Ontario and Quebec.
- Companies with 1 to 4 employees have the largest share of small-business employment.
- Businesses owned equally by men and women have the highest survival rates.
- The average contribution of small businesses to Canada's gross domestic product was 38.1%.

◆ Watch for the next poll question on [Facebook.com/costcocanada](https://www.facebook.com/costcocanada).



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COVER
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FROM TOP: MELISSA MENZIES; COURTESY OF RON ANTONIO



Ron Antonio's Boy Scouts flagpole finial collection.



Elizabeth Kondruss with a Barbie wearing an original Barbie swimsuit.

Amazing amassing



Passion. Obsession. Nostalgia. Curiosity. Education. Sentimentality. Preserving history. Connecting with the past. Investment. Profit. Recognition. Community. Novelty. The thrill of the hunt. There are as many reasons for collecting as there are collectors and collections. We invited Costco members to share their stories.

Stories and editing by **T. Foster Jones** and **Stephanie E. Ponder**

CONTINUED ON PAGE 30

T

he number of responses the *Connection* received was staggering. Here's a look at a few of the submissions.

A Barbie girl

Elizabeth Kondruss of Stittville, Ontario, fell under Barbie's spell at the age of 9, when she subsequently took on two paper routes to buy a Live Action Barbie. Her love of the iconic toy has only grown.

Kondruss explains that she comes from an artistic family, and that she would make clothing for herself and then make outfits for her Barbies from the fabric scraps.

As Kondruss says, "I never drank or smoked; I just collected Barbie items." Over the years, her collection has grown to more than 25,000 pieces that include dolls, clothing, furniture and more.

Currently, around 7,000 items from Kondruss' collection are on display at the Barbie Museum that is part of Stittville's Carp Road Flea Market. Her goal is to display her entire collection—in the correct timeline—when she retires, and to have a workshop where she can sort through items and focus on restoration.

Mad about the Maple Leafs

"I started collecting hockey cards in the early '70s. My dad would buy me a pack of O-Pee-Chee [OPC] hockey cards after my weekly house league hockey game. While I'm sure I had some good players, I was only interested in the Maple Leafs. On and off for the last 50 years or so, I have collected cards, never for money, just for the joy of it. Today, I have every Toronto Maple Leaf OPC card since 1967."
—Ed Lepp, St. Catharines, Ontario



ADAM KURNELL MENDONCA

Earl Ross with part of his cookie jar collection.



ALTAGLASS SWAN COLLECTION



COURTESY OF ED LEPP



Clockwise from middle left: Daryl Kling's Altaglass swans honour his mother; some of Joana Ang's fine bone china items; Ed Lepp's hockey card collection.

Below: Munroe Auerbach's original *The Three Musketeers* from Classic Comics.



Instant classic

Gilberton Company published *Classics Illustrated*—comic book adaptations of novels such as *The Three Musketeers*, *Ivanhoe*, *The Count of Monte Cristo* and *Moby Dick*, among others—from 1941 until 1971. Munroe Auerbach of Victoria, British Columbia, started reading *Classics Illustrated* comics as an adolescent and began collecting them in the mid '90s.

Auerbach owns all of the Canadian editions and all but three of the nearly 1,400 US editions. He currently has more than 4,000 comics in his collection—which includes every first edition and most of the reprints.

"I've become somewhat of an expert regarding the US and Canadian issues, and have published an essay detailing the 81 Canadian editions," says Auerbach. "Many serious collectors have purchased this essay, and I'm currently working on an in-depth analysis of the US editions."

Slow and steady

Elaine M. Rakchaev of Etobicoke, Ontario, collects snails. "Not the slimy ones found in ponds or forest floors, but snail 'stuff,'" she clarifies. Beginning in 1994 with a white porcelain snail planter, Rakchaev now counts 200-plus snails throughout her home, including a toothbrush holder, earrings, a lamp, clocks, a snow globe, a wind chime, wind-up toys and a boot scraper.



CLOCKWISE FROM TOP: MUNROE AUERBACH; © KOJIN_NIKON / STOCK.ADOBE.COM; ELAINE RAKCHAEV; JOANA ANG



NAME THAT COLLECTOR

If you collect it, there's a name for it. Here are a few unusual ones.

Arctophilist: teddy bears

Brandophilist: cigar bands

Coleopterist: beetles

Deltiologist: postcards

Dipterist: flies

Falerist: medals, badges, pins

Horologist: clocks

Notaphilist: banknotes

Oologist: bird eggs

Phillumenist: matchboxes, matchbooks

Plangonologist: dolls

Scripophilist: bonds, share certificates

Tegestologist: beer coasters

Vecturist: subway tokens

Vexillologist: flags

—TFJ

CONTINUED ON PAGE 32



Karen Gwozd-Cornish of Edmonton, has more than 300 buttons.

KAREN GWOZD-CORNISH

A hand in the cookie jar

Earl Ross and his wife, Kathy Fader, of Hamilton, Ontario, couldn't have predicted how the purchase of one rabbit-shaped cookie jar would multiply into a collection of more than 1,000 cookie jars that are on display throughout their home.

Ross, a retired business consultant and former party clown, always liked going to antique shops and reseller stores. Now the search for cookie jars gives him and Fader added purpose for those visits. They're so well known at their local haunts that vendors often set aside jars so Ross and Fader have the first chance to buy them.

The collection features animals, mascots, clowns (of course) and more—with a hippo serving as Ross' current favourite. Despite the large number, his collecting philosophy is simple: "If it doesn't make you smile, you don't bother."

Phonograph home

"My husband, Brett, has been an antique phonograph collector for over 40 years. Our home is filled with breathtaking examples of phonographs dating back to 1898, some of the earliest Thomas Edison ever produced.

"We got started collecting in 1982 when we bought our first phonograph and it didn't run. Brett took it completely



Brett Hurt restores antique phonographs.

CHERYL HURT

apart and got it to run perfectly. We started going to swap meets looking for another phonograph. And another. Over the years, we have tracked down and purchased the rarest phonographs that we can find.

Phonograph collectors from around the world began contacting Brett, and he started a free YouTube channel to teach the next generation how to purchase, restore and play these beautiful machines. We have also had guests from all over the world come just to see the collection."

—Cheryl Hurt
Simpsonville, South Carolina





Left: This Hanukkah postmark grew out of Irv Osterer's love of stamps.

Stamp of approval

Irv Osterer, an Ottawa-based artist, has been a lifelong stamp collector. For the past 10 years, he has been adding to his collection by topic. His chosen area of interest? Hanukkah.

"I thought it might be interesting to see how many Hanukkah stamps or postmarks are out there. Israel's Hanukkah stamps were easy to come by—but for collectors, the chase is part of the fun, so I began searching online auction houses and exchanging information with [stamp-collecting] groups and friends to build a collection of Hanukkah material. I discovered that several station post offices in the US had used Hanukkah postmarks and that several countries had issued Hanukkah stamps—including India, [which] co-issued a Hanukkah/Diwali series with the state of Israel," says Osterer.

Having acquired quite a collection, Osterer made a pitch to Canada Post to consider a special Hanukkah postmark.

He explains, "[In 2021], my efforts were rewarded, and Canada Post used my design—so now Disraeli, Quebec, has a special Hanukkah postmark."

Bee the best

Honey pots, John Doyle of Chislehurst, England, explains, have been made for centuries, and wherever honey is sold, honey pots can usually be found: "Major potteries around the world have, almost without exception, produced a honey pot at some point in their history." Doyle's passion for collecting and learning about them uncovered a lack of information, leading him to create The European Honey Pot Collectors' Society in 1998 to share and develop knowledge on the subject with other collectors around the world.

Eventually, Doyle was approached by a publisher to write a small book on the subject, which was published in 2009. In addition to finding them at antique shops, malls, markets and charity shops, Doyle says that Costco has added several honey pots to his collection.

"To date I have over 3,000 honey pots in many different shapes, colours, decorations and materials," including ones from the Victorian era. ■



FINDERS KEEPERS

"I collect sea glass and old pottery shards. It's a fun and relaxing thing to do at the beach.

"My sons used to collect it for me when they were children, and after they grew, I began to find it myself. I have been collecting for about 15 years.

"The age of sea glass can be determined ... by its colour and the thickness of the piece.

"The colours of the sea glass—aqua, mauve, yellow, pink—are lovely. The pottery shards come in a multitude of colours and patterns. Each small piece holds a sense of history and tucks easily into the palm of my hand."

—Donna Kimberley, Lincoln, Ontario

FROM TOP: COURTESY OF IRV OSTERER; LORI EISENBERGER; JOHN DOYLE; ABOVE: DONNA KIMBERLEY



Above: Chocolatier Lori Eisenberger's collection includes pots, tins, moulds and more.



Left: John Doyle has become an authority on honey pots.

GOGO SQUEEZ

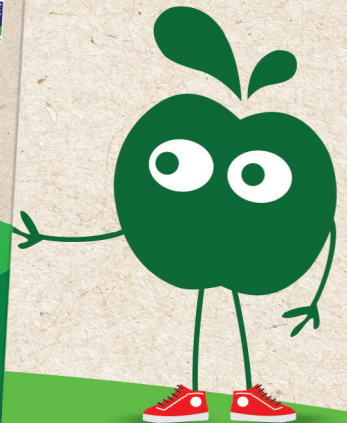
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PlanetBox

Living and learning

With summer coming to a close, many of us are now looking forward to seasons of learning and growing with our families. With school, work and life all in mind, this issue's Special Section aims to help you live well during these busy times.

Costco supplier PlanetBox makes a stainless steel lunchbox that is stackable, providing a sustainable option that keeps food fresh. Check out our tips on successful carpooling and ways to achieve a balance between school and life, and consider your options when it comes to selecting a printer. Finally, Costco buyers offer a selection of helpful and educational items.



Buyers' picks

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Carpooling



Teachable moments

How to help your child achieve school-life balance

by JOANNE SALLAY



MARK BEAUCHAMP

Joanne Sallay is the president and CEO of Teachers on Call (teachersoncall.ca), a tutoring service that provides learning support by certified professional teachers.

COSTCO CONNECTION

Costco warehouses and Costco.ca carry computers, pens, paper and more to help your school-age children.

Most of us are familiar with the battle for work-life balance, and school-life balance is not so different. As a parent of two elementary-age children and the leader of a tutoring service in Canada, I know first-hand that this topic resonates with many families. So where is the balance and why is it important?

Attending school can be viewed like a job, while participating in activities and hobbies may be considered personal time—and most people need a healthy mix of both. Like adults, students can experience feelings of stress, exhaustion and burnout when spread too thin by overloaded schedules lacking proper breaks and time for self-care. While balance has different interpretations, the benefits are clear: physical and mental wellness, positive friendships and family relations, and strong academic performance.

Here are eight ways to approach school-life balance for the year ahead:

Involve your child in planning their activities. I am a firm believer in involving children in their schedules. When a list of options for lunch and after-school programs comes home, consider making selections together. Listen to your child if they feel too much is on their plate, and encourage participation in clubs outside of your child's comfort zone, such as chess or coding, in addition to familiar experiences.

Get organized as a family. Planning and organizing skills are key for achieving balance. In my home, we have a family calendar for all to see on a bulletin board in our kitchen. The kids use themed stickers in addition to writing out their activities, birthday parties and pizza lunch schedules to stay on track.

Stay on top of academics. Often, I see students experience severe anxiety and a decline in self-confidence when struggling in school. A proactive approach is to encourage getting help right away from a family member, teacher, peer or professional tutor.



Set aside unstructured time. “In our fast-paced world, taking the time to pause between transitions and actually even build in recovery time can be important for children to re-energize and breathe,” says Dr. Ainslie Gray, a Costco member and co-founder and medical director at Springboard, a multi-disciplinary clinic in Toronto that offers attention deficit/hyperactivity disorder mental health assessments and treatment services for children, adolescents and adults.

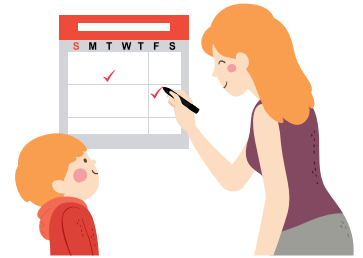
Consider mental health check-ins and self-care breaks. “Teaching children to recognize physical symptoms of their emotions, like ‘butterflies’ when feeling

anxious, nervous or excited, can help them build self-awareness and mental health resilience. At home, parents can model talking about their own feelings and taking self-care breaks as part of committing to mental health wellness in your family life,” Gray explains.

Maintain a healthy lifestyle. Solid routines include proper sleep, exercise and nutrition. My family enjoys reading every night before bedtime, swimming and grocery shopping on weekends, and skiing during school breaks. Incorporating quality time into an active lifestyle is a win-win.

Put your oxygen mask on first. Think of the instructions given by flight attendants to put on your own oxygen mask first. “When we, as the adults, model taking breaks and [making] self-care decisions in our home life, we give permission to our children to learn to read and trust their emotional wants and needs too,” says Gray.

Have fun! Every day has the potential to involve something kids look forward to in the quest for school-life balance. Enjoy the journey together! ■



Tracking your family’s schedule

Here are four ways to help keep your family organized.

Family calendars. Use a physical or digital calendar that can be shared by all household members.

Organization apps. Apps with a variety of features and capabilities allow families to create and edit to-do lists, track chore completion with rewards and set events like homework time and vacations.

Menu plans. Save time and money while encouraging healthy eating.

Visual schedules. A daily or weekly schedule in a visible location can reinforce student participation and independence in their routine. This is especially helpful for visual learners.—JS

FROM LEFT: © ALEUTIE; BNP DESIGN STUDIO / STOCK.ADOBE.COM

Fun activity ideas

Many parents are looking to free up calendar space by registering for less structured programming. However, we still need flexible ideas to

keep kids engaged and occupied, especially during weekends and breaks from school. Consider local libraries, parks, nature trails and recreation centres that allow drop-ins with no

reservation. Explore museums, art galleries, amusement parks, science centres and zoos. Annual passes makes multiple trips more accessible than daily admission tickets.—JS

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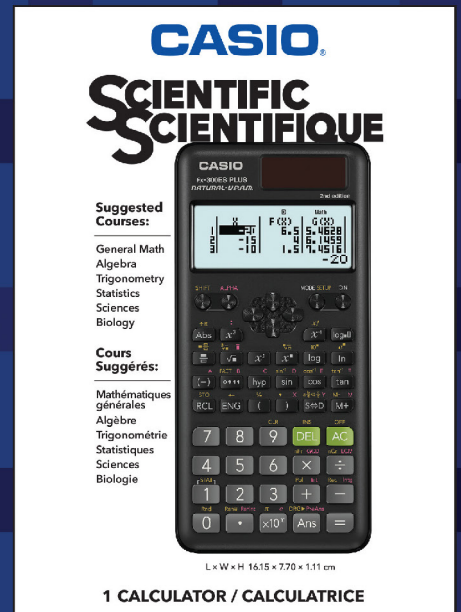
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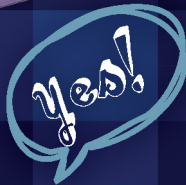
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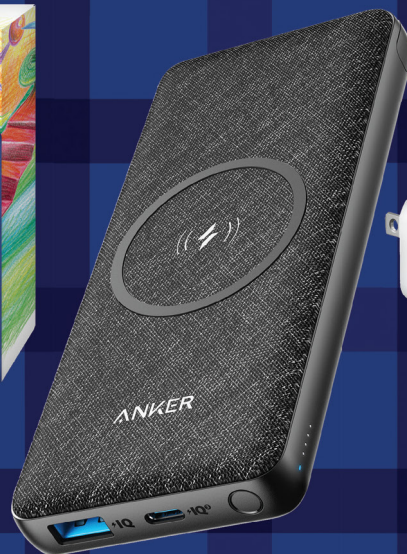
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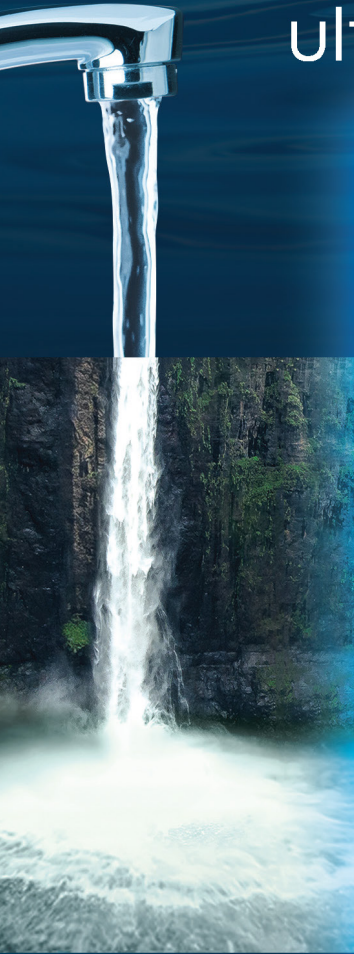
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Thinking inside the box

Costco lunchbox supplier PlanetBox offers a strong take on food storage

by DAN JONES



PHOTOS: © ADRIAN DELSI

There are a number of reasons why BJ Stein is passionate about PlanetBox, the company he works for. He notes that the plastic-free, stainless-steel lunchboxes they make are sturdy, sustainable and convenient. And more importantly, he says, the boxes—which feature playful children’s themes—received the sign-off from his 5- and 7-year-old daughters.

“For some families, making lunch can be a chore, but with our lunchboxes, it’s an activity that my whole family gets involved in and has fun with,” says Stein, a Costco member and division president of Lifetime Brands, which purchased PlanetBox from its founders.

PlanetBox began in 2009 when Robert and Caroline Miros of northern California sought to create a long-lasting lunchbox. “They were focused on making sure their children’s food was healthy and safe,” says Sarah Quill, vice president of PlanetBox.

Costco buyer Matthew Barton reached out to the company in 2021 after discovering the boxes and buying one for his son.

The PlanetBox team designs, tinkers with and tests new ideas in an office in downtown Seattle, not far from the Space Needle. Their lunchboxes are stackable with a sealing latch to preserve freshness.

Magnets with kid-friendly themes, which are included, allow children to personalize their boxes, and a carry bag—made from recycled polyester—features compartments for a water bottle, ice pack, utensils and extra snacks.

The dishwasher-safe boxes’ stainless-steel construction offers an alternative to plastic containers that can contain BPA or phthalates, Stein says. “Many people are concerned about food safety and not having any plastic or any other chemicals in contact with any other food,” he adds.

Part of the reasoning behind the bento-style design of the lunchboxes is to accommodate those who don’t like their food touching, notes Stein, adding that using PlanetBox boxes also presents an opportunity to educate children about sustainable practices, like reusing items. “It becomes educational and interactive,” he says. “They get to play a role in reducing the number of single-use plastic bags entering landfills.”

A hope, Quill says, is that PlanetBox will help create healthy habits that last a lifetime, with a lunchbox that could last just as long. “You just need one, from kindergarten to the 12th grade and beyond,” she says. ■



COSTCO CONNECTION

PlanetBox Rover stainless steel lunchboxes (above: Item 1700514), which include a carry bag and a four-piece magnet set, are available in Costco warehouses and at Costco.ca. Three colours/themes are available: grey grid, pink rainbow and blue astronaut.

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Everyone into the pool

Five carpool ground rules that will keep your travels smooth

by CATHIE ERICSON



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As the school year approaches and parents shift into preparing for the school year, carpools rank high as a favourite convenience. They can save time and money on gas and vehicle wear and tear. They are also a more environmentally friendly mode of transportation.

In addition, they can be fun. “Parents should use the carpool as an opportunity to make good memories with their kids and their kids’ friends—whether it’s playing a game or singing along to their favourite tunes,” says Costco member Walid Al-Hajj, who shuttles his son and daughter around the Toronto area.

And yet, carpools can quickly go awry without a set of ground rules in place. Give the green light to these five considerations:

Agree on a schedule. Figure out what works best for most participants, whether it’s each family having a day when they’re responsible for both ways or splitting up drop-off and pickup shifts. “A shared scheduling tool like Google Calendar is a good way to organize the schedule,” suggests Costco member Allannah Hardcastle of Toronto.

Be on time. That goes for everyone—drivers and passengers. Of course, sometimes last-minute issues occur, but if you’re consistently waiting for someone, it’s OK to politely point out how their tardiness is affecting the entire carpool. After all, the point of a carpool is to eliminate transportation headaches, not create them.

Create a contact list. Make sure every parent has cellphone and email contact information for the group and indicate the best way to communicate with them. “A shared group on a universal messaging tool like WhatsApp or a Facebook chat can help everyone stay connected and up-to-date,” Hardcastle says.

Establish the carpool etiquette rules. It’s best to proactively discuss guidelines, such as what type of music is allowed and who controls it, and whether kids can eat or drink in the car.

Insist on safety. Kids must be buckled up and parents must obey all traffic safety rules—make sure this is clear. ■

Cathie Ericson writes from Portland, Oregon.

COSTCO CONNECTION

Costco warehouses and Costco.ca carry disinfecting wipes, tissues and more for stocking your car for carpool duty.

Benefits for adults

An adult carpool offers the same benefits and even more, given that the daily commute can be a pricey part of the daily routine.

“You also can bypass traffic by taking advantage of the high-occupancy vehicle lanes when applicable,” points out Toronto-based Allannah Hardcastle, a Costco member who works for Random Acts

of Green, which avidly promotes the concept on its platform. She recommends that adult carpoolers meet at an accessible, well-lit location to avoid multiple pickups.—CE

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Pick a printer

Selecting the right printer for your needs

by ERIK J. MARTIN



ANDREWREILLY

COSTCO CONNECTION

You'll find a selection of quality printers and ink and toner cartridges in Costco warehouses and at Costco.ca.

Documents on a screen or in the cloud will only get you so far. When you need a paper trail, an image printout or just a closer look at text, a quality printer is indispensable.

"You never know when you'll want to print out some family vacation photos, flyers for a garage sale or physical copies of that quarterly report you need for a meeting," says Allen St. John, a senior tech editor for a leading consumer magazine.

Costco member Nils Madden, marketing director for printer manufacturer Epson America Inc., which is based in Southern California, says reading from hard-copy prints can reduce screen fatigue and provide workspace flexibility, too. "One solid printer on your home network can eliminate the need for multiple printers around your household," continues Madden, who recommends selecting a multifunction printer that can also scan and fax for added flexibility.

Home office printers fall into two main categories: inkjet or laser. Inkjets spray tiny ink droplets onto the paper, often producing better print quality although at a slower

speed. Lasers print more quickly, using heat to fuse toner ink to the paper.

"If you typically print a combination of text, graphics and photos in colour, an inkjet printer is the way to go," suggests St. John. "If you print a lot of text documents in black-and-white, a monochrome laser printer, which produces sharp text, makes the most sense."

The cheapest printers often aren't the best bargain in the long run, because many use a lot of ink for both printing and maintenance cycles. Consider an inkjet printer with a refillable ink tank, or a laser printer with low toner replacement costs, to get the most bang for your buck. "Features to consider include a compact printer with a large paper capacity, two-sided printing, automatic document feeder and Wi-Fi connectivity," says Madden.

A quality printer is a vital tool that nearly every household should have. ■

Erik J. Martin is a freelance writer in the Chicagoland area.

Money-saving tips

Allen St. John, senior tech editor of a leading consumer magazine, offers these money-saving printer tips:

- Try to use your inkjet

printer regularly, which helps keep the heads from clogging up.

- Print in draft mode for less important jobs.
- Printing large, high-quality photos uses a lot

of ink, which can be costly. Print wisely.

- Don't swap out the ink cartridge prematurely; take out the cartridge occasionally and shake it to maximize ink.—EJM



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Buyers' picks

Product selections from
Costco's buying team



Eric David

Sarah Davies

Steve Ross

SwissGear Computer Backpack

This expandable backpack is ideal for anyone who travels with their technology. With 13 total pockets and compartments, it features shock-absorbing shoulder straps, laptop and tablet pockets, a legal-size folder pocket and adjustable side compression straps. Built with a stretchy mesh side pouch for bottles and a multi-use built-in organizer featuring multiple pockets and a cable loop, the backpack has a durable base and stands upright. It also has a heavy-duty carry handle with padded comfort grip and can hold up to 22.7 kilograms (50 pounds). Warehouses/Costco.ca. Item 1712418.

—Eric David



BIC Gel-ocity Gel Pen

These pens, which come in a box of 24, feature a soft contoured grip that provides maximum comfort and control. The gel ink is vibrant and smooth-flowing for effortless writing. The pens (various item numbers) and BIC's Wite-Out 10-Pack (Item 1596565) are available in Costco warehouses and at Costco.ca. BIC 34-count mechanical pencils (Item 5271111), 24-count markers (Item 3319456) and 30-count highlighters (Item 5977777) are in warehouses only.—Sarah Davies

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—Steve Ross

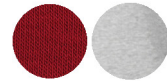


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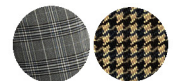
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Sweet AND CRUNCHY

BARTLETT PEAR RICOTTA BOARD

Serves 4

250 mL (1 cup) whole milk ricotta
1 Bartlett Pear, cored and thinly sliced
80 mL (1/3 cup) pistachios, chopped
60 mL (1/4 cup) honey
Salt and pepper to taste
Mint leaves, for garnish
Baguette, warm and sliced

In a small mixing bowl, mix ricotta, salt and pepper to taste. Fluff up the mixture by whisking vigorously. Spread the ricotta evenly onto a serving board. Use the back of a spoon to add swirls and texture.

Fan out the Bartlett Pear slices over the ricotta, then sprinkle the pistachios on top.

Scatter mint leaves all over, then drizzle with honey. Serve with warm baguette slices for scooping!

AMBROSIA APPLE NACHOS

Serves 3-4

4 Ambrosia Apples, cored and thinly sliced
60 mL (1/4 cup) almond butter
30 mL (2 Tbsp) honey
60 mL (1/4 cup) coconut flakes
60 mL (1/4 cup) chocolate chips
60 mL (1/4 cup) granola
5 mL (1 tsp) cinnamon

Arrange Ambrosia Apple slices on a platter like nachos. Stir almond butter and honey together and warm in the microwave for 10-15 seconds. Drizzle mixture over apples and top with remaining ingredients.



HONEYCRISP APPLE SALAD

Serves 3-4

1 Honeycrisp Apple, cored and
thinly sliced
4 cups boston lettuce
60 mL (¼ cup) toasted pecans
60 mL (¼ cup) feta, crumbled
60 mL (¼ cup) pomegranate seeds
Chopped fresh thyme, for garnish

MAPLE DRESSING

30 mL (2 Tbsp) maple syrup
30 mL (2 Tbsp) apple cider vinegar
15 mL (1 Tbsp) Dijon mustard
80 mL (6 Tbsp) olive oil
Salt and pepper to taste

In a medium bowl, whisk the dressing ingredients minus the olive oil. Whisk in the olive oil 15 mL (1 Tbsp) at a time until a creamy dressing forms.

Place the greens on a large platter. Top with Honeycrisp Apple slices, pecans, feta and pomegranate seeds. Top with dressing and serve immediately.

GALA APPLE BAKED BRIE

Serves 6

1 wheel of Brie
125 mL (½ cup) walnuts, chopped
180 mL (⅓ cup) caramel sauce
3 Gala Apples, cored and sliced
Optional: crackers or baguette

Preheat oven to 180 C (350 F).

Line a baking sheet with parchment paper. Place the Brie wheel on the baking sheet and sprinkle with walnuts. Bake for 8-10 minutes until Brie is warm and starts to ooze a bit. Remove from heat and drizzle with caramel sauce. Serve immediately with Gala Apple slices and crackers or baguette slices.

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—Christina Guerrero

Wise Owl Fruity Toast



Spread peanut butter or other nut butter over an open-faced English muffin or a muffin sliced in half. Decorate with sliced bananas, blueberries and hulled, sliced strawberries.

Recipe and photo courtesy of Wendy Mallins (daisiesandpie.co.uk)

Berry Breakfast Toast



Combine 125 mL (½ cup) ricotta, 5 mL (1 tsp) honey and 2 mL (½ tsp) vanilla extract in a small bowl. Spread mixture on sliced and toasted crusty bread. Top with fresh berries, drizzle with honey and garnish with fresh mint.

Recipe and photo courtesy of Lori Monte (thekitchenwhisperer.net)



Cucumber and Tzatziki Hummus Naan Toast

Slather a generous amount of hummus on a mini naan. Top with sliced cucumbers, tzatziki sauce and fresh chopped dill. Season with salt and pepper, if preferred.

Recipe and photo courtesy of Katya Kurmayev (littlebroken.com)

BLT Avocado Toast

Mash fresh avocado on toast, then top with arugula, fresh basil leaves, sliced tomato, a poached egg and bacon.

Recipe and photo courtesy of Tiffany La Forge (parsnipsandpastries.com)



Nutty Monkey Bagel



Combine chocolate hazelnut spread with almond butter in a small bowl until smooth. Layer onto sliced and toasted bagel halves. Top with sliced bananas, nuts and a drizzle of maple syrup.

Recipe and photo courtesy of Aubrie Cornelius (theblondechef.com)

Cottage Cheese Tomato Baguette

Scoop cottage cheese over a horizontally sliced and toasted baguette. Top it with sliced tomatoes, a sprinkle of chopped chives and a drizzle of olive oil. Season with salt and pepper.

Recipe and photo courtesy of Danielle Oron (iwillnoteatoysters.com)



COSTCO CONNECTION

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SERVES 4

Medjool Date Energy Bites

8 SunDate Organic Medjool Dates

- 250 mL (1 cup) uncooked old fashioned oatmeal
- 125 mL (½ cup) ground flax seed
- 60 mL (⅓ cup) unsweetened coconut flakes
- 60 mL (⅓ cup) mini chocolate chips
- 5 mL (1 tsp) vanilla extract
- 125 mL (½ cup) peanut butter

GARNISH:

Soak **SunDate Organic Medjool Dates** in hot water for 1-2 minutes. Cover with plastic wrap and set aside for 5-10 minutes to soften the dates to make a purée.

Drain the water from the dates into a bowl and set aside. Place the dates in a small food processor.

Add in 15 mL (1 Tbsp) of the reserved date water to the food processor. Pulse until smooth, adding more water as needed to thin the consistency of the paste. Set date paste aside.

Combine oatmeal, flax seed, coconut flakes and chocolate chips in a medium sized bowl.

Add date paste, vanilla extract and peanut butter to the dry mixture.

Stir to combine all of the ingredients. Refrigerate dough for about 15 minutes.

Create dough balls the size of 1 Tbsp. Refrigerate in an airtight container.



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Grilled Pineapple Sundae

SERVES 4

45 mL (3 Tbsp) unsalted butter, melted
45 mL (3 Tbsp) brown sugar
4 slices **Fresh Pineapple**, skin and core removed
4 scoops vanilla ice cream
60 mL (4 Tbsp) coconut flakes
Caramel sauce, optional

Preheat grill to medium-high heat.

Combine butter and brown sugar in a small bowl. Brush butter mixture on both sides of **Fresh Pineapple** slices. Grill pineapple for 2 to 4 minutes on each side, or until slightly charred. Remove from grill and keep warm.

Divide the pineapple slices among 4 plates. Top the centre of each plate with a scoop of vanilla ice cream. Sprinkle with coconut flakes and drizzle with caramel sauce. Serve immediately.



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Leader of the pack

How Prana changed the organic snack-food landscape for good

by ERIN SILVER



Marie-Josée Richer and Alon Farber, founders of Prana.

© GAELLE LINA

A trip to India helped Alon Farber and Marie-Josée Richer realize the impact their food choices had on their health, food producers and the environment. With backgrounds in the restaurant industry, the two decided to start a business selling organic snacks that were not only nourishing for consumers, but also good for the planet.

The following year, 2005, the husband-and-wife team started Prana—which means “vital energy” in Sanskrit—and began testing recipes for nut mixes, granola and kombucha in Richer’s mother’s kitchen in Montreal.

“We started the business with only \$5,000, so we were making the products, distributing and selling them,” Richer says. “We learned how to design the packaging and even drew the labels by hand at night, printed and cut them ourselves.”

After selling or demoing their items at markets and food shows, Farber and Richer received invaluable feedback. “Our goal was to make delicious food better, for customers and for the planet,” says Richer, co-founder and chief marketing officer. “Most of our products are organic, and all our products are non-GMO [non-genetically modified organism], plant-based and responsibly sourced.”

Within a year, they were making organic, vegan snacks and selling them to

health food stores, whose organic sections were small or nonexistent at the time. Their business quickly expanded outside Montreal to the rest of the country.

“A big part of our job is making healthy foods accessible to more Canadians,” says Farber, who serves as co-founder and chief executive officer of the company. “The value Costco offers to members and the way they make high-quality products available to consumers aligns with our mission.”

After 18 years in business and with 100 people on staff, Prana is now the leading organic snack brand in Canada and has the highest Certified B Corp environment ratings in North America in the snack and drinks category. Each year, Prana engages in a carbon footprint assessment to further minimize its impact on the Earth. Prana composts, recycles and produces less waste each year with no food wasted, aiming for a zero-waste plant by 2025.

Always innovating, Farber and Richer still make sure to have their products taste-tested at the grassroots level. “We have three boys now—8, 10 and 12. They eat a lot and give us their honest opinion,” laughs Richer. And while she’s sure her mother is happy to have her kitchen back, the Prana factory is nearby, making the company still very much a family affair. ■

Erin Silver is a freelance writer in Toronto.

DOING THEIR PART

There’s a special meaning behind the hummingbird in Prana’s logo. It relates to a legend about a hummingbird who just wants to do its part. Prana founders Alon Farber and Marie-Josée Richer were struck by the story and how it related to their vision for their company. By making snack foods that are good for people and the planet, and by reducing their own carbon footprint, they, too, are just trying to do their part.—ES

COSTCO CONNECTION

A variety of Prana items are available in Costco warehouses and at Costco.ca.





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Itm. 1188137



Grilled Steak Salad

INGREDIENTS

- 2 filets or Strip Loin Steaks
- pink Himalayan salt and pepper
- 12 ounces spring greens
- 2 baby cucumbers, thinly sliced
- 1 cup cherry tomatoes, quartered
- 1 bell pepper, thinly sliced

DIRECTIONS

1. Preheat your grill to the highest setting.
2. Toss the greens with a big pinch of salt and pepper in a large bowl. Add in the tomatoes and cucumbers.
3. Place the steak on the grill grates and cook for 5 minutes, then flip and cook for 3-5 minutes until internal temperature is 140°F. Remove the steaks and let them rest for 10-15 minutes before slicing.
4. Drizzle with your choice of vinaigrette and toppings such as pickled red onion, nuts and seeds.

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Fruit Ring Doughnuts

© KARLY CAMPBELL (BUNSNINMYOVEN.COM)

Beyond breakfast

Cereal makes a fun and colourful snack

Whether you prefer flakes, rings or crispy rice, there's a cereal for everyone. There's no need to confine cereal to the most important meal of the day, though. These three recipes let you take cereal on your commute, pack it as an afternoon snack or even as a birthday—or other celebration—treat. Try them with your favourite brand of cereal.

—Christina Guerrero

Fruit Ring Doughnuts

500 mL (2 cups) fruit ring cereal, divided, plus more for topping
250 mL (1 cup) flour
10 mL (2 tsp) baking powder
2 mL (½ tsp) salt
80 mL (⅓ cup) granulated sugar
125 mL (½ cup) buttermilk
¼ cup butter, melted
1 large egg
10 mL (2 tsp) vanilla extract
5 mL (1 tsp) food colouring

GLAZE

250 mL (1 cup) icing sugar
5 mL (1 tsp) vanilla extract
15 mL (1 Tbsp) milk
60 g (2 oz) cream cheese, softened

Preheat the oven to 180 C (350 F). Spray a 6- to 8-count doughnut pan with non-stick spray; set aside.

Finely crush 250 mL (1 cup) cereal with a rolling pin in a zip-close bag (yields approximately 125 mL/½ cup). Place the flour, crushed cereal, baking powder and salt in a large mixing bowl; whisk to combine. Create a well in the centre of the dry ingredients. Put the sugar, buttermilk, melted butter, egg, vanilla extract and food colouring in the well. Start by whisking the wet ingredients together, then gradually combine all the ingredients. The mixture will be thick. Using a spatula, fold in the remaining whole cereal.

Use a pastry bag to pipe the batter equally into the 6 to 8 doughnut cavities. Bake 9 to 10 minutes, until the doughnuts bounce back when lightly touched. Turn out onto a wire rack; cool.

Prepare the glaze: Place all ingredients in a small saucepan on medium-low heat. Use a rubber spatula to stir constantly until the glaze becomes uniform and smooth.

Once the doughnuts are cool enough to handle, dip them into the glaze, place back on the wire rack and top with extra cereal. Makes 6 to 8 servings.

Recipe courtesy of Karly Campbell (bunsninmyoven.com)

Birthday Cake Crispy Rice Treats

90 mL (6 Tbsp) salted butter, plus more for greasing pan
1.5 L (6 cups) mini marshmallows, divided
1 mL (¼ tsp) vanilla extract
1 mL (¼ tsp) almond extract
125 mL (½ cup) dry confetti cake mix
1.5 L (6 cups) crispy rice cereal or preferred cereal
250 mL (1 cup) white chocolate
2 mL (½ tsp) coconut oil
Candy sprinkles, to top the treats

Line a 23 x 23-cm (9 x 9-inch) pan with foil or parchment paper, then grease with butter or non-stick cooking spray.

Melt butter in a large pot over low heat. Add 1.2 L (5 cups) of marshmallows, stir until melted, then add vanilla and almond extracts and cake mix. Stir again until the ingredients are completely combined and melted together.

Remove the pot from heat; stir in the crispy rice cereal until the marshmallow mixture completely coats the cereal. Stir in the remaining 250 mL (1 cup) marshmallows until evenly distributed.

Pour the mixture into the prepared pan and gently press it into the pan until evenly distributed.

In a microwave-safe bowl, melt the white chocolate and coconut oil together in 30-second intervals until the chocolate is smooth and melted.

Pour the chocolate over the pressed mixture, then spread out evenly. Top with sprinkles. Let sit for 30 to 60 minutes before slicing into squares. Makes 16 servings.

Recipe and photo courtesy of Kathryn Donangelo (kathrynskitchenblog.com)



Peanut Butter Cereal Bars

150 mL (⅔ cup) peanut butter or nut butter of choice
750 mL (3 cups) ring, small-flaked or crispy rice cereal of choice
125 mL (½ cup) agave, honey or brown rice syrup
2 mL (½ tsp) salt (optional)
45 mL (3 Tbsp) protein powder (optional)
125 mL (½ cup), white chocolate chips, melted (optional)

Line a 20-cm (8-inch) pan with wax or parchment paper. If needed, gently warm nut butter in microwave or on stovetop until easily stirrable. Stir all ingredients, except white chocolate chips, together in a large bowl. Pour the mixture into the pan; spread evenly. Place a second sheet of wax or parchment paper over the top, then press the cereal down firmly into the pan (to keep the cereal bars from falling apart after cutting later). Spread melted white chocolate chips over the top. Freeze for 30 minutes or until firm enough to slice into bars. Cover leftovers. Store in the refrigerator, freezer or on the counter in a cool dry place. Makes 9 bars.

Recipe and photo courtesy of Katie Higgins (chocolatecoveredkatie.com)

COSTCO CONNECTION

A variety of cereal is available in all Costco warehouses. Groceries are available for delivery through Costco Grocery at Costco.ca.

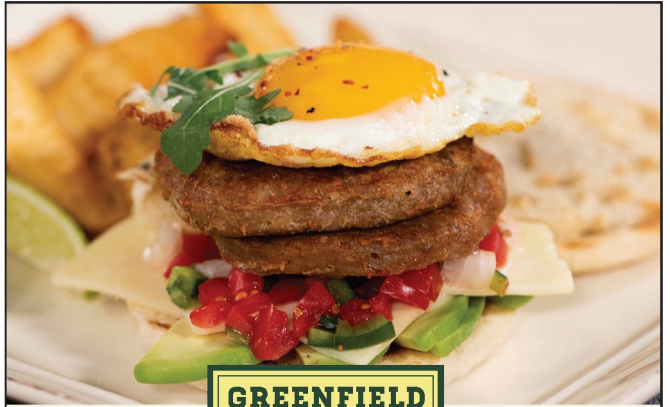
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Minute by minute

Having a few mini exercise sessions throughout the day can add up to sizable gains

by SUJA NATARAJAN



COSTCO CONNECTION

Costco members will find a variety of exercise equipment seasonally in Costco warehouses and year-round at [Costco.ca](https://www.costco.ca).

Short on time for exercise? If you struggle to fit in the 150 minutes of moderate to vigorous physical activity per week recommended by Health Canada, consider mini workouts. Studies have shown that mini workouts—short and intense exercise bursts lasting 10 to 12 minutes and spread throughout the day—can be as beneficial and effective as a single lengthier one.

Mini workouts, big benefits

According to findings published in *Circulation* in 2020, 12-minute bursts of exercise significantly altered 80% of the participants' circulating metabolites. Metabolites are indicators of cardio-metabolic, cardiovascular and long-term health. Several mini workouts during the week can be just as effective at boosting cardio-metabolic health as continuously exercising for 30 to 40 minutes.

The Journal of Physiology published a review in 2021 finding that short bursts of activity may be as effective as continuous exercise at improving cardio-respiratory fitness, blood pressure and cardiac function.

Similarly, researchers from the University of Tsukuba in Japan found that moderate to intense running for 10 minutes helped improve mood and brain function.

Exercising, especially outdoors, has tremendous mental health benefits. According to P.K. Doyle-Baker, who holds a doctorate in public health and is a sports physiologist in Calgary, walking helps improve your mood, reduce stress and increase your heart rate. Per the Anxiety and Depression Association of America, 10 minutes of walking can relieve anxiety and depression as much as 45 minutes of exercise.

Doyle-Baker says that taking three 10-minute walks during the day (morning, noon and late afternoon) will lower blood pressure more than taking one 30-minute walk.

Mini = more manageable

Doyle-Baker says short exercise sessions may be easier to fit into your daily schedule and result in higher adherence and improved health.



LEFT: © TORWAIPHOTO; ILLUSTRATION: НИНА БОБИКОВА / STOCK.ADOBE.COM

Additionally, mini workouts seem less daunting than a 45- to 60-minute exercise session that can be physically and mentally exhausting.

Mini workouts can also benefit beginners who may not have the endurance for longer exercise sessions, says Baltimore-based Dr. Jasmine Toor, a sports medicine physician at Mercy Health.

Maximize your mini

Increase your aerobic intensity quickly by engaging in activities that increase your heart rate and breathing, such as running, jumping rope or walking uphill.

Design a program to balance different muscle groups, such as shoulders, chest, arms, back, legs and calves. Target a particular muscle group two to three times a week, says Toor, a Costco member.

A personal trainer can help make your mini workouts more effective by assessing and tailoring movements just for you, says Toronto-based Michelle Falzone, a registered kinesiologist and movement and

performance specialist.

Schedule mini workouts during the week based on your goals, lifestyle and needs. Regardless of how often you exercise, strive to be consistent, build on your progress and achieve results. If your sessions are high-intensity aerobic workouts or strength training, take a rest day between your workouts to support recovery and performance. Include cardio exercise, resistance and flexibility training in your mini workouts.

Mixing up workouts prevents boredom and targets more muscles for improved strength and mobility, says Doyle-Baker.

Movement will benefit your overall health, whether it is for improving joint range of motion, increasing strength and muscle mass, preventing injury, lowering fat mass, regulating hormones or managing stress. Even a little bit of exercise every day is better than none at all. ■

Suja Natarajan is a writer based in Virginia.

QUICK WORKOUTS

Dr. Jasmine Toor, a sports medicine physician, suggests warming up with 30 seconds of jogging in place, 30 seconds of plank to downward dog and back to plank, and 30 seconds of light-bodyweight squats. Follow with:

15 squats (optional: hold a dumbbell weight on each shoulder to make it harder)

30 crunches

15 push-ups (optional: do them modified, on your knees)

30-second wall sit (optional: hold a dumbbell overhead while maintaining this position)

30 lunges—15 on each side (optional: hold a dumbbell in the same hand as the leg that is lunging backwards)

30 jumping jacks

30-second plank

1-minute break

Repeat this set of exercises once more.

Cool down with a full-body stretch for two to five minutes.—SN

Use your body

While weight training (exercises that use weights for strength training) helps build muscle and boost meta-

bolism over time, body-weight training (exercises where you use your own weight as resistance) improves stability, flexibility and coordination. Both exercise

regimens can help you build strength and achieve your fitness goals. Choose an exercise program based on your fitness goals, fitness level and lifestyle.—SN

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*Adriana J. van Ballegoijen, Stefan Pilz, Andreas Tomaschitz, Martin R. Grubler, Nicolas Verheyen. The Synergistic Interplay between Vitamins D and K for Bone and Cardiovascular Health: A Narrative Review. *Int J Endocrinol*. 2017. Katarzyna Maresz. Proper Calcium Use: Vitamin K2 as a Promoter of Bone and Cardiovascular Health: *Integrative Medicine: A Clinician's Journal*. 2015 Feb; 14(1): 34–39

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Stomach troubles

Understanding how to manage gastroparesis

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.

Maybe it's the oddest-sounding condition you've never heard of, but with August being Gastroparesis Awareness Month, you might hear more about it. While estimates say the condition may affect only about 5 million people worldwide, the fact that food stays stuck in the stomach, sometimes for days, before moving through to the intestines can really reduce a person's quality of life. Almost one-third of people experiencing gastroparesis are not able to work as a result of symptoms such as nausea, vomiting, bloating, fullness after eating very little and abdominal pain.

What causes gastroparesis?

While there might not be a known cause for food stagnating, the thought is that, in the absence of a blockage, the vagus nerve that controls the stomach muscles is damaged in some way. This can happen as a result of diabetes, surgery to the stomach, or an infection or virus. Chronic conditions such as Parkinson's disease, multiple sclerosis or low thyroid levels can also be a factor. More women than men are affected.

How it affects sufferers

Vomiting can cause a person to become dehydrated, and not having an appetite can lead to malnutrition. Irregular digestion can result in blood sugar fluctuation, and a larger quantity of undigested food that has hardened may be life-threatening.

Diagnosis

Unfortunately, gastroparesis can only be definitively diagnosed and thoroughly investigated through a series of invasive tests ordered by a doctor or gastroenterologist. An upper gastrointestinal endoscopy involves inserting a tube with a camera down the throat into the beginning of the small intestine. Other tests involve the use of ultrasound or radioactive material to measure how quickly food moves through the stomach.


What to do?

What your mother told you is true: You need to chew your food thoroughly. Eat more frequent smaller meals that include cooked fruits and vegetables. Low-fat, low-fibre foods that are pureed can help (broccoli and oranges are not recommended). Avoid carbonated drinks, alcohol, smoking and lying down within two hours of a meal. Daily multivitamins, plenty of water and gentle exercise such as walking after a meal can also help. Medications that help the stomach muscles contract and move food through, as well as anti-nausea medications, can be prescribed in addition to these measures.

If you have gastroparesis, the most important thing to remember is that there is hope and that, with some effort and help, your quality of life can improve. ■

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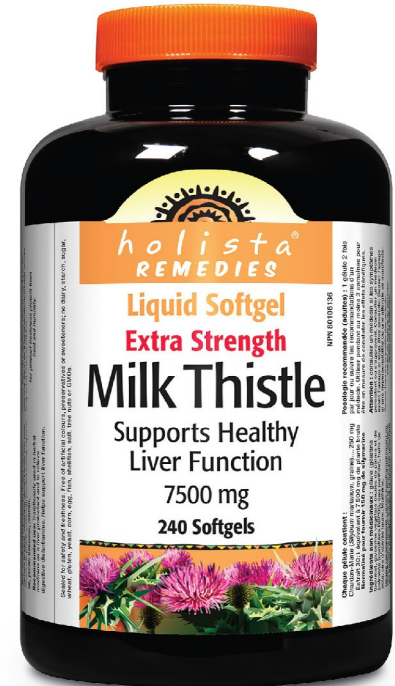
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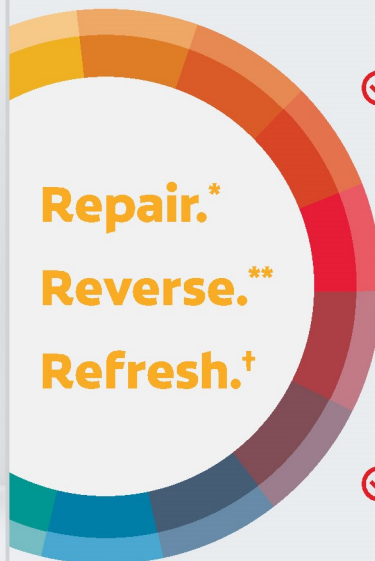
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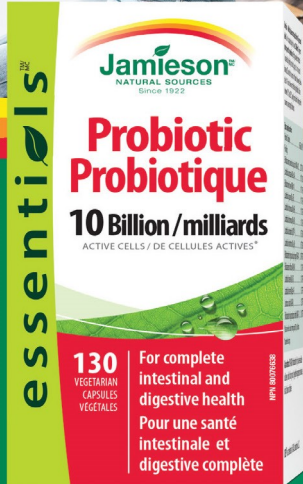
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Cindy Redmond
Buyer, Books

Shari Lapena has quickly become one of my favourite thriller writers. Whether you feel the same, or have yet to add her titles to your reading rotation, her new novel *Everyone Here is Lying*, is a great place to start.

The novel begins with a father losing his temper when his daughter, Avery, comes home early from school. Hours later the girl is declared missing. As more witnesses come forward, the neighbours become increasingly unhinged.

Everyone Here is Lying (Item 1734823) will be available in August in most Costco warehouses.



Shari Lapena

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A dream realized

Shari Lapena pens compelling thrillers

by ELLEN SCHWARTZ

Shari Lapena had a habit of putting off the realization of her dreams.

Her first dream was to become a writer. Speaking from her home in rural Ontario, the author reveals that she was a bookworm as a child, devouring the *Nancy Drew* series, and longed to become a writer from the age of 9. “But I was afraid that writing wasn’t a practical profession, and so I became a lawyer,” she explains. “As well, I was intimidated about whether I had the talent to be a writer. I made excuses and kept putting it off.”

That changed when Lapena was a stay-at-home mom with her first child. Taking a course at Humber College, she was mentored by the Canadian author David Adams Richards. With his encouragement, she wrote a literary comedy, *Things Go Flying*, which was published by a small press and was shortlisted for the Sunburst Award. Her second comedic novel, *Happiness Economics*, was a finalist for the Stephen Leacock Medal.

Both novels did well, but Lapena was still squelching her second dream—to write thrillers. “I’d always loved reading page-turners,” she says. “But I didn’t think I could write one, because I figured that a thriller or mystery had to be plotted out in advance, and I’m not that type of writer. My approach is to jump in at the beginning and write the story to find out what happens.”

After the success of her first two books, however, Lapena decided to take a chance. She wrote her first thriller, *The Couple Next Door*, without planning it out in advance—and it worked. The book was placed with a major US publisher and marked the beginning of a prolific career in her chosen genre.

Lapena's newest book, *Everyone Here Is Lying*—her seventh crime novel—tells the story of a “perfectly normal” family whose 9-year-old daughter goes missing. As the search unfolds, deeply hidden secrets and lies are revealed. Witnesses come forward with information that may or may not be true—and the repercussions are felt throughout the neighbourhood.

As the title suggests, lies play an important role in the story. “Lies underpin all my books,” Lapena says. “When characters hide the truth, this gives me rich material and drives the plot.”

In the novel, family dynamics crumble. Lapena confesses, “I love to read and write about dysfunctional families. In *Everyone Here Is Lying*, I start with a simple act of violence between a parent and a child, and tease it out into all the different ways families can go wrong.”

Because Lapena started writing when her children were small, she wrote during their naps and then when they were in school. Now her preferred time is the morning. “I’m very disciplined and aim to write 1,500 words a day,” she reports. “When I achieve that, it makes me feel productive.”

Lapena is working on an as-yet-untitled book; she simply calls it Book No. 8. “It’s a bit of a departure, a murder mystery”—and that’s all she will say about it.

With this success, and with her intense satisfaction in the writing process, one thing is certain: Lapena is no longer putting off the realization of her dreams. ■

Ellen Schwartz is the author of 19 books for children and adults. She lives in Burnaby, British Columbia.

Also in the warehouse

Little Blue Truck and his good friend Toad are excited to meet a bright yellow school bus on the road. They see many little animals in the school bus

windows, and Blue wishes he could be a school bus too. However, that job must be too much for a truck like him. Or is it? When somebody misses the bus, it’s up to Blue to get his friend to school on time.

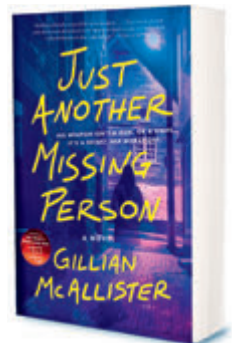
It’s Time for School, Little Blue Truck (Item 1779977) by author Alice Schertle and illustrator Jill McElmurry will be available in August in most Costco warehouses.
—CR



ADDITIONAL BOOK PICK

BOOK *Just Another Missing Person*

AUTHOR Gillian McAllister



Just Another Missing Person (Item 1739229) will be available in August in most Costco warehouses.

When Olivia, a 22-year-old with no history of running away, goes missing, her family can’t help but worry. What’s worse is that the detective looking into this missing person’s case soon realizes that to keep Olivia’s family safe, she needs to frame an innocent person for the young woman’s murder. *Just Another Missing Person* is full of twists and surprises.

Costco Connection What inspired this particular story?

Gillian McAllister I was thinking a lot about bribes and duress, and what it might take for a straight-up “good” person to become “bad.” And then I started thinking about what that might look like—a literal good cop turned corrupt but not for the usual reasons. The image of a man who knows your worst secret appearing in your rear view mirror is my idea of a nightmare, so of course into the book it went.

CC What is it about writing thrillers that you enjoy?

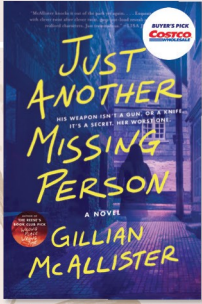
GM It’s always the characters for me. Readers will follow a great character anywhere, and finding that leading man or woman is my absolute favourite part of the writing process.

CC What else would you like readers to know about *Just Another Missing Person*?

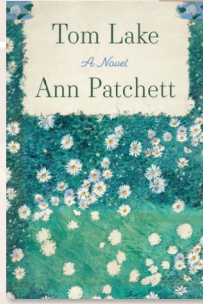
GM That there’s a midpoint twist that I am the most proud of, and it took months to get it to work.

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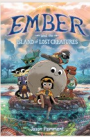
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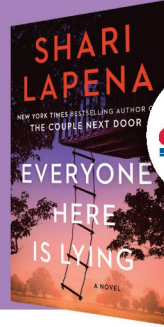
Look inside to see baby animals and where they live.
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NEW RELEASES

from Penguin Random House Canada

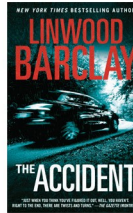


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ITM. 1734823



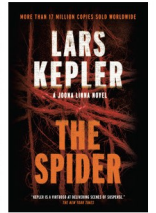
A mesmerizing thriller from the New York Times bestselling author.
ITM. 1740858



A bestselling classic from a beloved author.
ITM. 1740860



The global phenomenon returns with the third book!
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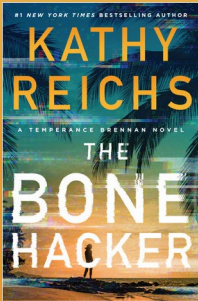
Lars Kepler's international bestselling thriller.
ITM. 1737667

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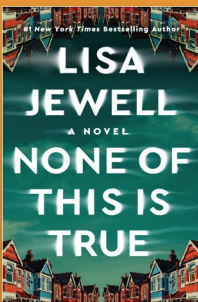
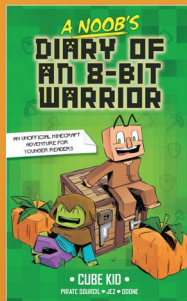
Penguin Random House Canada

NEW & HOT



Kathy Reichs returns with a high-stakes thriller in which a new technology may wreak worldwide havoc.
Itm. 1732607

An all-new Minecraft warrior adventure series for young readers.
Itm. 1714891



Prepare to be hooked on the new nail-biting suspense thriller from bestselling author Lisa Jewell.
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A clear advance

Kirkland Signature high-index lenses bring quality and value to Costco Optical

by KATIE COLEMAN



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Look no further than Costco Optical if you're due for a visit to the eye doctor. Not only can you get your eyes checked by an independent doctor of optometry, but you can also shop for the latest frames and pick up contact lenses as well.

And now, thanks in part to a relationship with a leading global optical manufacturer, Costco lenses just got a premium upgrade that's sure to make you look twice.

"As technology advances, so do the materials used for the lens blanks that make eyewear," explains Marc-André Bourgeois, optical buyer for Costco Canada. To offer better value to members, Costco decided to upgrade from polycarbonate to high-index 1.60, the material used to produce their Accolade Freedom and Kirkland Signature™ lenses.

What makes these high-index lenses so special is that they use a more refined and thinner plastic than lenses crafted from polycarbonate. Bourgeois says, "With Costco's state-of-the-art optical labs, which craft lenses through high-definition technology, we're now able to provide members with glasses that offer sharper and clearer vision in all lighting conditions. Our superior manufacturing is still in

place, but the high-index lens material that the eyeglass lens is crafted from is different."

Costco is also able to offer these lenses as part of a standard purchase at no additional cost. "This is an exciting upgrade for our members," says Bourgeois. "It's definitely something you have to see to believe."

If you have a strong prescription due to astigmatism, nearsightedness or farsightedness, high-index lenses will have you seeing life more clearly.

"With the newly introduced Accolade Freedom 4.0 progressive lens, we can provide our patients with optimal visual comfort, better fluidity when moving [their] eyes and an optimized reading zone," Bourgeois says. "We also provide a blue light filter at no additional cost for additional protection."

Set up an appointment with the independent doctor of optometry at your local Costco warehouse today, or go to Costco.ca and click "Optical" to find your nearest Costco Optical location. If you have a valid prescription, visit your Costco Optical department to learn more about the high-index lenses or the new Accolade Freedom 4.0. ■

Lens-care lessons

Marc-André Bourgeois, Costco Optical buyer for Costco Canada, suggests the following tips to keep your eyeglasses

in pristine condition:

- Only wipe glasses when they're under warm water.
- Clean glasses using a mild, lotion-free detergent or a liquid lens-cleaning solution.

- Dry glasses with a clean, soft microfibre cloth.
- Store glasses in a protective case when not in use.—KC

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ShipTime delivers

Shipping platform offers Costco members a variety of services and savings

by SHARON CHISVIN



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COSTCO CONNECTION

To learn more about what ShipTime has to offer Costco members, visit Shiptime.com/Costco, or search “My Services” at Costco.ca.

ShipTime prides itself on being the largest multi-carrier shipping platform for small-package delivery and less-than-truckload (LTL) freight, says Michael Nowak, the company’s channel manager for Costco.

Whether they ship goods once a month or dozens of times a day, Costco members can benefit from the ShipTime platform’s many features, including its fully bilingual service, Saturday delivery, live chat functionality and e-commerce connectivity. The platform also invites users to compare rates among competing carriers in real time, so they can be assured they are getting the best possible rate and transit time.

“In the Canadian transportation landscape there are dozens of courier companies and hundreds of LTL carriers fighting for the same customer,” Nowak says. “ShipTime stands out in several ways, but the top reason we are the largest multi-carrier platform in the country is that our platform is the most comprehensive, meaning that we offer the greatest list of options from one place.”

From Canada Post to UPS, FedEx, Purolator, DHL, Canpar Express, GLS and more, Costco members have access

to discounts, quick and intuitive shipment processing and tracking, and plug-ins that link to the likes of Shopify and WooCommerce—simplifying order fulfillment for any size shipper. That is especially appreciated by small-business owners, whose numbers have increased significantly since the pandemic.

“If you’re selling your product mostly online, which most small businesses do these days, shipping is a very critical component of that transaction,” Nowak says. “So seamlessly integrating a shipping component with the customer’s shopping cart is a key differentiator for our members.”

When it comes to Costco members, Nowak explains, frequency of use is not an issue—ShipTime does not differentiate between high-volume and low-volume users.

“We have a rate for Executive members and we have a rate for Gold Star members,” he says. “And those are the best rates that our company offers on the open market.” ■

Sharon Chisvin is a Winnipeg writer, editor and oral historian, and a long-time Costco member.

Going the distance

Just as ShipTime has made it easier for an ever-growing number of business owners to ship goods online, it has

made it easier for customers to return those goods if necessary. Upon completing their online transactions, buyers can now print return labels for the original pack-

aging in case their delivered goods prove unsatisfactory. With the click of a button, they can then arrange for their packages to be picked up and shipped to the seller.—SC



Los Cabos: Zadún, a Ritz-Carlton Reserve

Step into a modern oasis where the desert meets the sea. At the only Ritz-Carlton Reserve in Mexico, you can enjoy dedicated butler service throughout your stay, choose from four on-site restaurants offering elevated gastronomy and mixology, and unwind in the Spa Alkemia with a treatment that pays tribute to the magic of Mexico. Costco Travel's package includes daily breakfast for two and a US \$100 resort credit. To learn more, visit CostcoTravel.ca.



Marc Anthony Coconut & Shea Shampoo and Conditioner

Helps to restore moisture to dry or damaged hair, leaving it hydrated, shiny and healthier-looking. Item 943404. Warehouses/Costco.ca.

The latest Costco finds



Winix C545 Wi-Fi Air Cleaner

The four-stage air purification system, 99.9% true HEPA filtration and Plasma-Wave Technology control household odours, pollutants, allergens and other airborne impurities. Includes a two-year supply of HEPA filters. Item 2449587. Warehouses/Costco.ca.



Bench Boxer Briefs 6-Pack or Bench Bikini Underwear 8-Pack

Both types feature soft cotton construction for comfort, 5% spandex for stretch and a Bench logo on the waistband. Sizes: XS–XL. Item numbers vary by size. Warehouses/Costco.ca.



Little People Barbie Dreamhouse Bundle

This house includes seven figures, four vehicles, and three floors featuring a moving elevator, a light-up pool with a slide and four activation points for kids to press for lights, music and realistic sounds. Item 1601268. Warehouses/Costco.ca.



Sealy Frost Cool Touch Queen Mattress Pad Designed for extra comfort and support, with a pillow-top design, the pad has two cooling features: RapidCool Technology provides an instant cooling sensation, and the luxurious knit fabric wicks away moisture and releases trapped heat. Item 3700661. **Warehouses/Costco.ca.**



Mickey and Minnie Halloween Pumpkin with Light and Music Mickey and Minnie set the Halloween mood with this joyfully spooky light-up jack-o'-lantern. 53 cm (21") H. Item 1600433. **Warehouses/Costco.ca.**



Lazy Pants Girls Legging 2-Pack

With durable stretch, these leggings can be worn during the fall, spring and summer and can be easily matched with outfits for school, on weekends or for more formal commitments. Available in three colour combinations. Selection varies by location. Item 1721767. **Warehouses/Costco.ca.**



Animated Halloween Duelling Fiddler Skeletons

These animated fiddler skeletons come to life with motion- or sound-sensing activation, gliding their bows across the fiddles, synchronizing to the music as they play. Also features a four-way switch that controls language settings—English, French or Spanish—and a fourth position for music only. Item 1601253. **Warehouses/Costco.ca.**

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Item 5216050 (adult), 5216040 (children)

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Avalanche Winter Apparel

Specializing in the design and manufacture of winter clothing since 1986, Avalanche offers a large selection of ski and urban jackets as well as merino wool accessories.



Panasonic Massage Chair

This heated, total-body massage chair from Panasonic was designed to help you achieve therapeutic muscle relaxation and improve wellness. Equipped with a combination of professional massage and stretching techniques, it is like having your very own massage therapist at home.



ENVO Electric Bicycles

The ENVO Lynx 20" is a lightweight electric bike that delivers impressive power and range without any compromises. With its folding frame, it is an excellent choice for anyone who needs a compact and easy-to-transport bike.

Health and Wellness Promotion

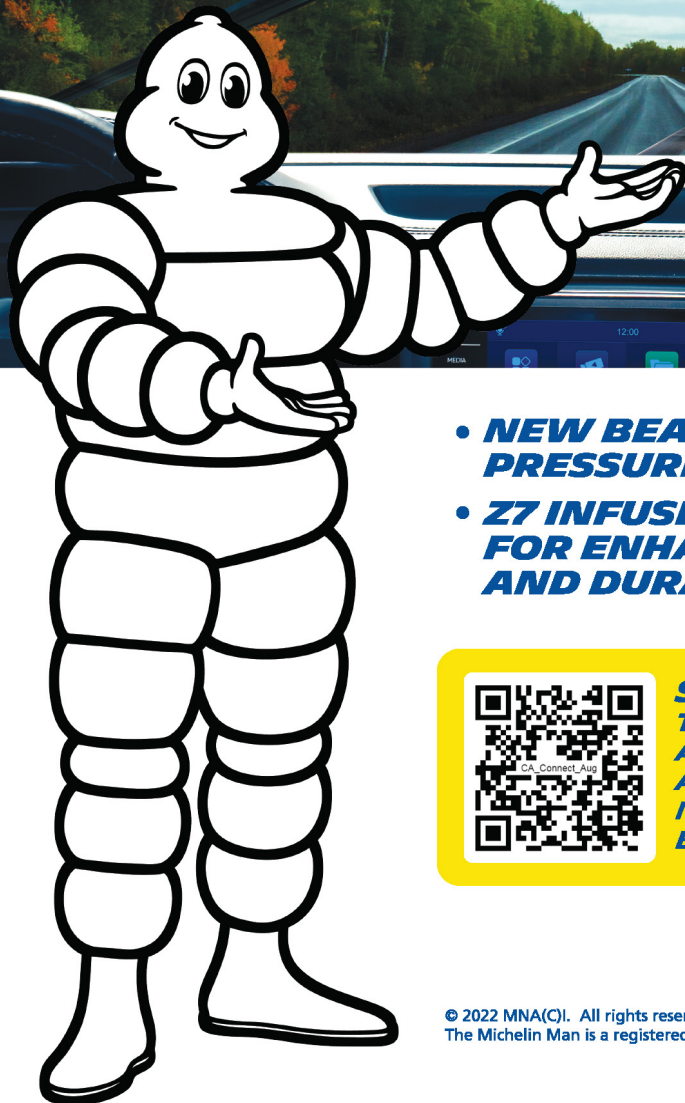
Costco Pharmacies offer health and wellness services to help you reach your health goals. For more information, visit [CostcoPharmacy.ca](https://www.CostcoPharmacy.ca).

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MEMBER INFO

Who
Victor and Danielle Amorim

Hometown
Edmonton, Alberta

Occupation
Owners of The Soup & Sandwich Co.

Website
Soupand sandwichco.com

Best part of the job
“When I clear away a soup bowl that is scraped nearly clean.”
—Danielle Amorim

SOUP: © DANIELLE AMORIM

Stirring things up

During the pandemic, graphic designer Danielle Amorim was downsized from her job of 10 years. Amorim had always been a bit of a foodie and had experience working in coffee shops, so she and her husband, Victor, purchased a small restaurant called The Soup & Sandwich Co.

Located 15 minutes east of Edmonton in Sherwood Park, the shop offers hearty soups, made-to-order sandwiches, specialty

salads and homemade cookies.

“It was a steep learning curve, but it turns out I’m much happier in an apron than I was in a cubicle,” Danielle says. “We truly appreciate our regular customers—their support and kindness means everything.”

The couple visit their local Costco Business Centre every week to purchase fresh meat and dairy products, along with other supplies such as spices, beverages, paper products and small appliances.

—Kristi York

Clockwise from top: Victor and Danielle Amorim at their restaurant; a popular combo of beef barley soup and a sandwich on marbled rye; Danielle with her shop staff.

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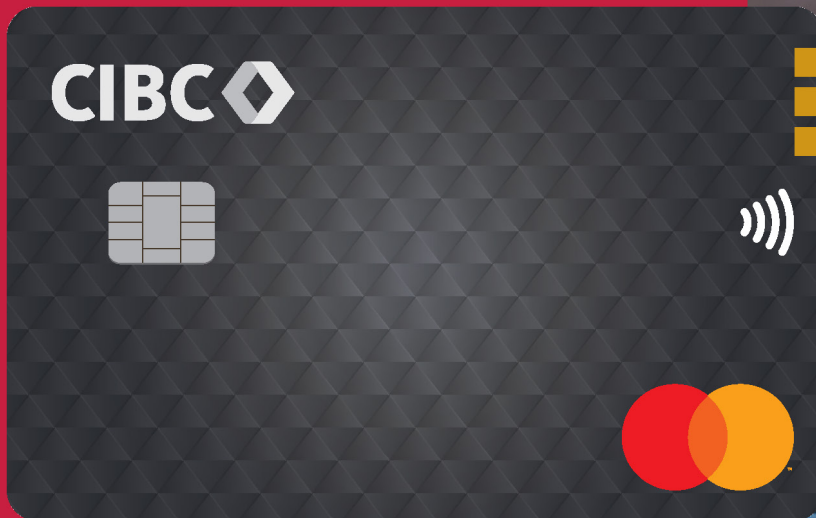
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