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THE MAGAZINE FOR COSTCO MEMBERS



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DECEMBER 2022



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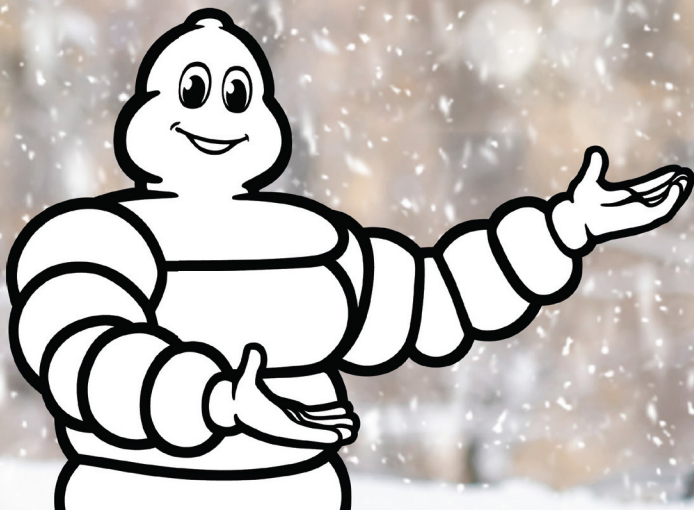


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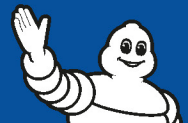
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MICHELIN

COSTCO Connection *December*

December 2022

Volume 35

Number 9

Getting in touch with your inner musician can provide many benefits.

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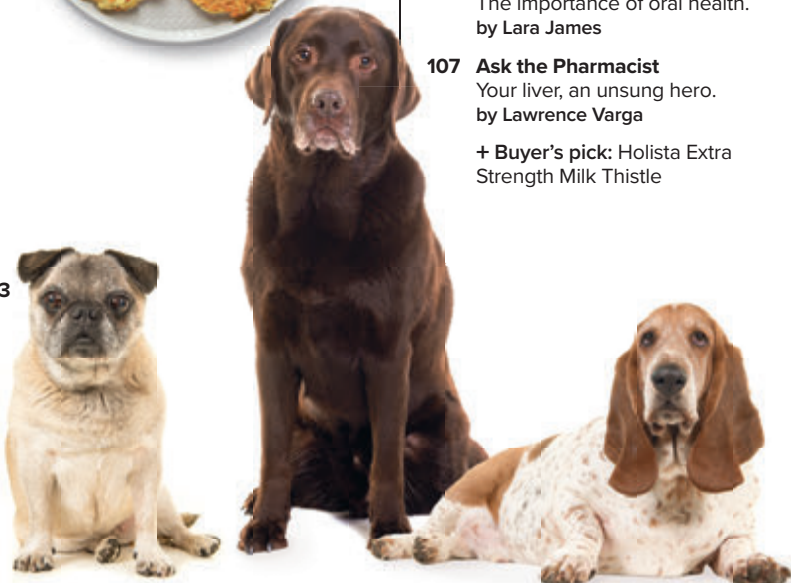
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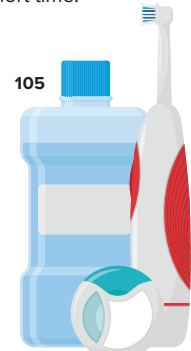
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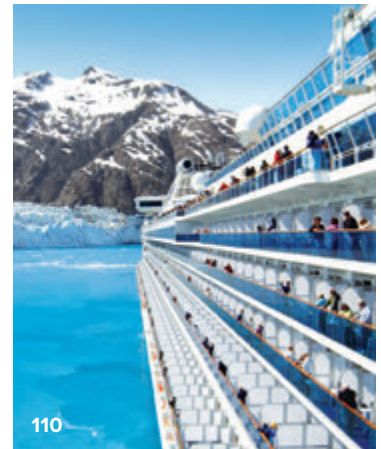
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SKIP

ASSISTANT
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NOTE

'Tis the season

There is no time of the year when we enjoy good food and good company more than during the holidays. That's why this issue features some of our regional suppliers and the great items they bring to your table. From Golden Bonbon's nougat candies in British Columbia to seasonal roasts of coffee in the Maritimes, our cover story showcases some of the smaller businesses our buying teams work with.

I can tell you that all of our employees across Canada are focused on bringing you the great items you enjoy this time of year. Whether you need party appetizers or ingredients for a family feast, we are working hard to deliver just what you need for all of your special moments with family and friends. And the good food just keeps coming! Be sure to try a recipe from this issue.

Gathering around the table is a form of entertainment in my home, but if you're looking for other indoor activities now that the weather has turned, have a look at this issue's Special Section, For Your Entertainment. Perhaps you're looking to create a family rec room or have visions of reading a good book, playing a favourite instrument or taking on a new video game.

It is very important in the hustle and bustle of the holidays that you take time to care for yourself. Our For Your Health section provides advice on managing fatigue, especially during this busy time of year. And as the sun becomes ever more elusive, you can read about the importance of getting enough vitamin D.

From all of us on the Connection staff, may all your days this holiday season be merry and bright. ■

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Sue Pudrycki
is Assistant
Vice President
of Marketing.

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Learn about Costco
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*See offer details on page 7



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Sweet!

'Tis the season for festive treats that make the holidays delicious. Complete your dinner table with the new Kirkland Signature™ Chocolate Caramel Pecan Cake. It's sure to have everyone coming back for seconds. Item 1672864.

More, please

THE KIRKLAND SIGNATURE Chocolate Caramel Pecan Cake features two layers of chocolate cake, separated by a layer of milk chocolate mousse made with real cream and spread over a 0.23-kilogram (half a pound) layer of caramel and loads of pecans. The 25.4-centimetre (10-inch) cake is

covered in a silky chocolate glaze, caramel whipped cream with pecans and dark chocolate curls.

Find this and other desserts—including tuxedo cake, dessert bars, raspberry crumble cookies, fruitcake, Nanaimo bars, tiramisu cake and chocolate celebration cake—in Costco warehouses.

MAPLE SYRUP DAY

Pour it on

Canadian Maple Syrup Day, December 17, is a day to celebrate the creation and use of maple syrup. This natural ingredient was created more than 600 years ago and is now used in breakfast foods, desserts, cocktails and more. Find a variety of syrups, including Kirkland Signature™ Organic Maple Syrup (Item 679131), in Costco warehouses and at Costco.ca.



SUSTAINABILITY

Little changes add up

One of Bimbo Canada's key objectives is to ensure that 100% of its packaging supports a circular economy (reusable, recyclable, biodegradable or compostable). The national bakery is the first of its kind to transition to recyclable and municipally compostable cardboard clips on its bread bags.

The change will help Bimbo Canada reduce its usage of single-use plastic by approximately 200 metric tonnes (440,925 pounds) annually. Look for the new clips now on a variety of products in your local Costco warehouse.

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In love with Costco

Did you use Costco to plan your wedding or make it a success? If so, please send a brief description of what you did, along with photos, to daniel.jones@costco.com, to be considered for a future story. Please put "Wedding planning" in the subject line.

◆ HAS A RING TO IT

Canada has the highest number of doughnut shops per capita (about 2,400) in the world, according to WorldAtlas.com.



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Save the stress of a missed delivery or simply make sure your special gift remains a secret by purchasing jewellery online and picking it up at your local Costco warehouse. Browse an assortment of rings, earrings, necklaces and watches on Costco.ca.



SEASONAL SNACKING

Kirkland Signature Holiday Nut Gift Box

This gift box contains roasted and unsalted cashews (850 grams), walnut halves (550 grams) and in-shell, dry roasted and salted pistachios (670 grams). It makes a great gift, or you can set out the nuts for holiday gatherings. Item 1607397. Select warehouses only.



EASY APPETIZER

Roasted Green Grapes and Olive Bruschetta

500 mL (2 cups) green grapes, stems removed
500 mL (2 cups) kalamata and green olives, pitted
2 mL (½ tsp) kosher salt
7 mL (1½ tsp) fresh thyme leaves
125 mL (½ cup) olive oil, divided
60 mL (¼ cup) basil leaves, roughly chopped
300 g (10.5 oz) soft goat cheese
16 slices baguette, lightly toasted

Preheat oven to 205 C (400 F).

Combine and stir together grapes, olives, salt, thyme and 60 mL (¼ cup) olive oil in a medium baking dish. Roast 35 to 45 minutes, until grapes have softened and wrinkled.

While the grapes are roasting, combine the basil and the remaining olive oil in a blender. Blend 1 to 2 minutes until almost smooth.

To assemble the bruschetta, spread about 15 mL (1 Tbsp) goat cheese onto each toast. Top with 15 to 30 mL (1 to 2 Tbsp) of the grape-olive mixture. Drizzle bruschetta with the basil oil and serve. Makes 8 servings.

Recipe courtesy of Elaine Goldstein



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SONOS



Home theatre
for the holidays

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by AYESHAH ABUELHIGA

Effective business leaders must develop many key skills that go beyond more recognized core business-management-related responsibilities. Unfortunately, roles such as coach, motivator and mentor often take a back seat to strategic planning, hiring and tending to the company's financial health. Instead of "chief executive officer," CEO should stand for "chief engagement officer," as CEOs connect with shareholders, customers, employees, their board, the media and others. To succeed in today's business world, all leaders should learn the following five skills:

Culture building. It is important for leaders to shape their company's culture. Good companies foster open and transparent leadership, which develops trust and strong team relationship dynamics. It is also important for leaders to live by their words through consistent emphasis on their company's cultural values and core purpose.

Spokespersonship. Today's leaders must train to be great public speakers. Strong communication skills can help inspire trust, compassion, stability and hope, which are critical to achieving teammate buy-in, as well as customer admiration and loyalty.

Building universal accountability. Leaders often focus on building accountability in their teams, but do not realize they should also hold their external stakeholders accountable. If a company values diversity, equity and inclusion, for example, the leader must be a vocal advocate of the company's adherence to uphold it. At the board level, it's about engaging a diverse



membership to help steer the company's policies and initiatives as well.

Being a mission-driven leader. Customers and employees are increasingly looking for businesses with a mission they believe in and leaders who are accountable to the company mission. Mission-driven leaders must nurture the vision behind the mission and spread it to team members, and always keep in mind why customers support the business. To do this, leaders must constantly provide team members with learning opportunities about the mission and discuss ways to implement it as a part of one's everyday life.

Digital leadership. Many leaders must manage the shift to remote working as a new normal. To do this, they must create small, highly empowered teams; provide real-time decisions and support; and build a collective, transparent and deeply shared culture. Adept leaders continually reinforce the company's culture and communicate the company's values. ■

Under the surface

A look at lesser-known qualities of effective business leadership

MASON DIXIE FOODS



Ayesha Abuelhiga is the founder and CEO of Baltimore, Maryland-based Mason Dixie Foods, which specializes in baked goods and snacks.

COSTCO CONNECTION

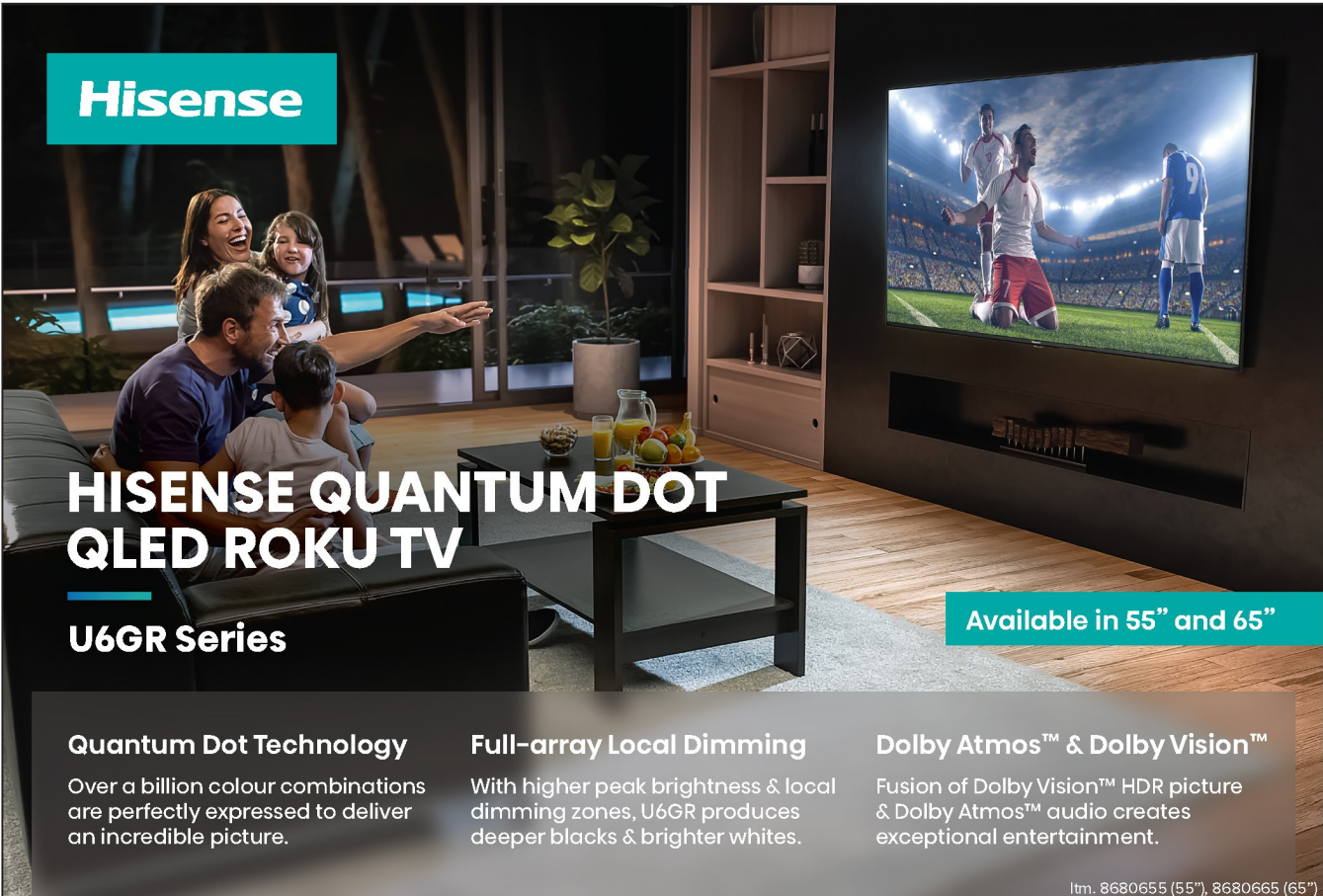
Costco offers a variety of essentials for small businesses, from products to services, at great value. Learn more at [Costco.ca](https://www.costco.ca) under "Services" at the top of the page.

One-on-one time

Take the time to frequently schedule in-person one-on-one time with your team members. A leader's schedule is ever-changing

and often full, which can signal that you are too busy doing "more important" things. Scheduling in-person one-on-ones with your team helps strengthen

your bond and respect for them both professionally and personally. It reinforces a culture of openness and gives team members the assurance that their efforts are seen.—AA



A family of four (mother, father, and two children) are sitting on a dark leather sofa in a modern living room, watching a soccer game on a large Hisense Quantum Dot QLED Roku TV. The TV is mounted on a dark wood wall and displays a soccer player in a white jersey celebrating. The room has large windows, a potted plant, and a coffee table with fruit and drinks.

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ALSO ON COSTCO.CA

Item. 9399055 (55"), 9399065 (65"), 9399075 (75"), 9399085 (85")

According to gaming enthusiast site Esports.net, the first two-player video game, *Tennis for Two*, was developed in mid-1958.

TECH CONNECTION

by MARC SALTZMAN

For many years gaming laptops were extremely heavy machines notorious for overheating. Their battery life was measured in minutes rather than hours. How things have changed. Today's gaming laptops are thin, light and powerful, and they can run cool all day on a single charge.

The following guidelines can help you pick a great machine for yourself or a loved one this holiday season.

The power plant

The central processing unit (CPU), or processor, is the engine that drives your laptop's performance. As such, it's your most important consideration.

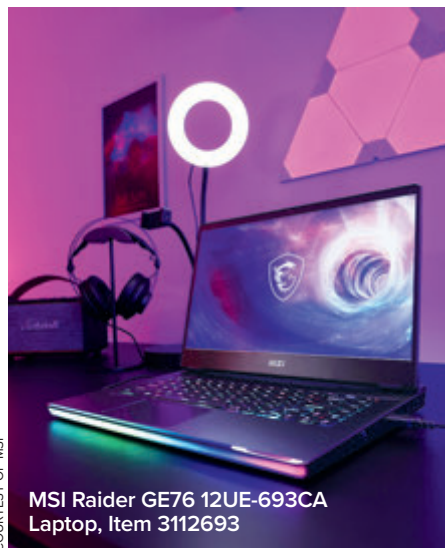
I suggest a model with an Intel Core i5 at a minimum; better yet is a Core i7, and even better than that is a Core i9. An AMD Ryzen R9 or R7 is also a strong CPU choice. With both Intel and AMD, the higher the CPU number, the more powerful it is.

The big picture

When it comes to rendering video game visuals, a powerful graphics processing unit (GPU) is critical. Most games are GPU-dependent, and you can't upgrade these units in laptops. Therefore, it's wise to invest in a good one, such as an NVIDIA GeForce RTX (or GTX at a minimum) or an AMD Radeon RX, out of the gate. Doing so will ensure several years of play. As with CPUs, larger numbers in the GPU name denote better performance.

Short-term memory

Random-access memory (RAM), also called system memory, is a computer's short-term memory. RAM stores



COURTESY OF MSI

MSI Raider GE76 12UE-693CA Laptop, Item 3112693

the info your laptop is actively using so that it can be accessed quickly. The more programs your system is running, the more memory you'll need. I recommend at least 12 gigabytes (GB) or 16GB of RAM, but 32GB is even better. RAM can usually be upgraded in laptops, should you want to add more later.

Storage and more

For long-term memory, I suggest you go with a solid-state drive (SSD), as opposed to a hard-disk drive (HDD). SSDs are faster, smaller, lighter, quieter and more durable, since there are no moving parts. Again, speed is especially important for gamers. The more storage you have (think 1 terabyte instead of 512GB), the more apps and files your PC can hold.

Finally, also look for a gorgeous wide screen, fast Wi-Fi 6/6e wireless speeds and several ports along the side of the laptop. ■

Let the games begin

Specs to look for in a gaming laptop

SEVAG SAGHERIAN



Marc Saltzman

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

Twitter

@marc_saltzman

Email

connection@costco.com

Please include "Tech Connection" in the subject line.

COSTCO CONNECTION

You'll find a selection of gaming laptops at Costco.ca.

Model behaviour

Choose a trusted laptop brand, based on your past experience and/or reviews from both tech journalists (like

yours truly) and consumers.

I'm a fan of anything from ASUS and its gaming brand, ROG (Republic of Gamers), as well as the Acer Predator, the MSI Katana and the

HP Omen family.

And, of course, if you buy from a Costco warehouse or Costco.ca, you get a bonus second-year warranty thrown in for good measure.—MS

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Acer Nitro 5



MSI Raider GE76



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ALSO ON COSTCO.CA
itm. 1455991 (Acer), 3112693 (MSI), 3647933 (Predator)
Search: Gaming1222

According to an article in the *National Post*, cottaging as most people know it today didn't really take off until after the Second World War.

by LANA SANICHAR

The *Canadian MoneySaver* gets many emails and letters from our subscribers about investing, financial planning and taxation.

But the No. 1 question is on the topic of cottages and how the owner's taxes will be affected when it is time to sell or when it's left to other individuals after the owner passes away.

To help answer that question, I reached out to Brian Quinlan, CPA of Campbell Lawless LLP in Toronto and a *Canadian MoneySaver* contributing author, for his best tips. He highlighted a number of income tax issues to keep in mind.

- A cottage can qualify as a principal residence, so a taxpayer may be able to avoid income tax on the gain when it's sold. However, cottage owners who also have a city home often choose to use the principal residence exemption to shelter the gain on that property from income tax. When this is the case, the taxable capital gain on the cottage will be subject to income tax. (Fifty per cent of the capital gain is considered the taxable capital gain.) Couples can't double up on the principal residence exemption by having the cottage owned by one of them and the city home by the other. Spouses or common-law partners need to share the principal residence exemption.

- It is important for cottage owners to keep a running tally of costs in anticipation of having to calculate the gain on the cottage when it is sold. In tax lingo, the cost is referred to as the "adjusted cost base" (or, simply, the ACB). The higher the ACB, the lower the gain, the taxable capital gain and the income tax liability. The ACB calculation begins



© KIRK FISHER / STOCKADOB.COM

with the purchase price of the property, including the land transfer tax and the legal fees incurred in making the purchase. The ACB is then increased by the cost of capital improvements related to the cottage property. Examples include a bunkhouse, boathouse, a dock and a septic system. It is important to retain all of the receipts in case the Canada Revenue Agency asks the cottage owners to prove that the ACB is correct. Note that "free labour" provided by the cottage owners—and their family and friends—does not serve to increase the ACB of the cottage property.

- If the cottage is gifted prior to death—to, say, an adult child—the cottage is deemed to have been sold at market value at the time of the gift. The gifter—the parent—will incur a taxable capital gain and a tax liability. However, there will be no cash to pay the tax since there was no actual sale. Here, perhaps, the adult child who received the gift of the cottage, can help the parent out in funding the tax liability. ■

Cottages and taxes

Understanding the financial implications of your home away from home

COURTESY OF LANA SANICHAR



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

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

Email topic suggestions to moneyinfo@canadianmoneysaver.ca.

Costco members are offered a one-year special introductory price with online subscription. Go to CanadianMoneySaver.ca and click on "Subscribe," or call 519-772-7632. Online, use "Costco" for the discount code at the bottom of the page.

Financial liability?

If a cottage is not sold in the owner's lifetime, it is deemed sold at market value at the owner's death (assuming it is not passed to a surviving

spouse or partner). A tax liability for the deceased arises on the accrued gain, but there will be no cash to pay the tax since there was no actual sale. The tax liability needs to be funded from the deceased

person's other sources of funds. If there are insufficient funds, the cottage will need to be sold to obtain cash to pay the tax.

—Brian Quinlan, CPA



Sur la table

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What is the best gift you have ever received?

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

Back in the '80s ... a group of my friends threw me a surprise birthday party and bought me a Sony Walkman cassette player and a few cassettes by my favourite music artists. I have never forgotten their kindness and that amazing gift of music they gave me.

Sharon Matthies

Costco [Shop] Card.

Daniel Lemieux

An eternity ring from my husband:
I cried.

Betty Norman

My parents would say that my sister was my best Christmas gift. I tend to agree, but my horse runs a very close second.

Deb Steadman

The best gifts are thoughtful handmade ones or ones that really show how much someone knows me.

Josi Hauschild

The best gift I have ever gotten is my Apple Watch! I was so surprised when I got it for Christmas.

Ashley Chantal

Diamond studs. The jewellery from Costco never disappoints.

Teri Rebagliati

The news that I was going to be a grandmother—accompanied by a copy of a photo from the ultrasound!

Susan Tudor

The best gifts I ever received were the ones given to me from a loving heart.

Cindy Barber



According to Canadian statistics and review site Reviewmoose.ca, Canada ranks third in global average holiday spending (per person), at an estimated \$1,276.

Seasonal spending

According to a recent study compiled by Statista.com, these are among the holiday spending trends in Canada:

11% of Canadian consumers plan to spend \$1,000 or more on gifts.

\$1,178 is the projected average holiday spending among Generation Z consumers in Canada.

19% of Canadians intend to spend more on Thanksgiving dinner this year.

45% of Canadian shoppers plan to shop on Black Friday.

LEFT: © NEW AFRICA / STOCK.ADOBE.COM; RIGHT: KEN BROMAN



Watch for the next poll question on Facebook.com/costcocanada.

Home grown

Costco warehouses are known for their selection of national brand-name products, but they also stock locally produced items that might be offered in only a few provinces or a handful of warehouses. These items help Costco buyers respond to local and regional tastes, and help set Costco apart from its competitors.

Stories by **Mark Cardwell, Sharon Chisvin, Naomi Hansen, Dan Jones, Allison Lawlor, Dana Tye Rally**

ERIC ROCKBURN/RED BUTTON PHOTOGRAPHY



Mushroom purveyor
Yoshinobu Odaira,
founder of Shogun
Maitake Canada

Locally sourced products not only cater to local tastes, they also help to create a feeling of hometown pride in warehouses across the country.

Over the next few pages, we'll introduce you to some of the small-scale regional suppliers whose goods add to your Costco warehouse's "treasure hunt" feel—from candy to honey and mushrooms to coffee beans and more.

—Stephanie E. Ponder

SHOGUN MAITAKE CANADA CO. LTD.

Location London, Ontario

Products Shogun Maitake Kuro Organic Mushrooms (Item 1595888)

Availability The Maritimes, Ontario, Quebec

Maitake means "dancing mushroom" in Japanese, because in ancient times those lucky enough to find these rare mushrooms—prized for their rich, intense taste, desirable texture and nutritional value—would celebrate with a dance, says Noriko Kurokawa, executive officer of Shogun Maitake Canada Co. Ltd. "These are highly sought after," Kurokawa adds: 1 kilogram found in the wild can fetch up to \$1,000.

It took Shogun Maitake founder, CEO and president Yoshinobu Odaira years of tireless experimentation to achieve consistent production of Kuro maitakes just like the wild ones found in the mountains of northeastern Japan. He founded his first business, Yukiguni, in 1983 to grow and develop new proteins for the Japanese market. His steady production of black maitakes led to the creation of a facility in Japan—where his business eventually claimed 70% of the market—and two years of cultivation research in Canada.

CONTINUED ON PAGE 28

Odaira moved from Japan to Canada in hopes of bringing the mushrooms' many health benefits to North America. Shogun Maitake Canada was formed in 2015. The London, Ontario-based company began supplying Costco organic black maitakes in November 2021. "This is [Odaira's] passion," Kurokawa says.

One maitake weighs an average of 600 grams (1.3 pounds), and each one takes 100 days from inoculation to harvest in a carefully controlled environment that mirrors a cycle of seasons. The company, made up of 18 employees, grows a total of 10,886 kilograms (12 tons) per month. Their mushrooms are cultivated free of pesticides and chemicals, using state-of-the-art technology to replicate natural conditions.

"We have to control temperature, humidity, ventilation and water," Kurokawa says. "It's a very sensitive and precise environment." —*Dan Jones*

HOWLAND'S HONEY

Location Canora, Saskatchewan

Products Howland's Honey 1 kg Creamed Honey (Item 181929)

Availability Saskatchewan

Saskatchewan is known for producing high-quality honey—and regional supplier Howland's Honey is no exception.

"We have a really nice area for honey production here because there's lots of hay land. It's a beautiful honey pocket," says Sasha Howland, who co-owns and operates Howland's Honey alongside her husband, Danny Wasylenchuk. "The higher amount of clovers and alfalfa makes for a consistently light, mild-tasting honey."

As the third generation of her family to operate the business, Howland has honey in her blood. Her grandfather Bob Howland started out as a hobbyist beekeeper in the Regina area and initially sold his honey door to door. In 1976, Sasha's dad, Wink Howland, purchased some land about 1.6 kilometres south of Good Spirit Lake, where their operations are still based today. Wink officially trademarked the name in 1979 and then slowly grew the business



from just a few hives to over 250. In later years, he also expanded into the retail market, including Costco, which placed its first order in 1996.

When Sasha joined the business in the early 2000s, they decided it was time to expand further. Today, Howland's Honey has more than 1,000 hives and takes care of its own reproductive stock.

Although the company has decades of experience under its belt, Sasha says its priority has always been the same: to supply customers with a purely Saskatchewan product. "We are unique because we offer a single-source product," she says. "Our honey is 100% Saskatchewan honey, and 100% from this farm." —*Naomi Hansen*

JUMPING BEAN

Location Mount Pearl, Newfoundland

Products East Coast Roast organic whole coffee beans (Item 252886)

Availability New Brunswick, Newfoundland, Nova Scotia

A quest for the perfect cup of coffee, a desire to help others and an engineering mind that never stops pushes Jumping Bean Coffee's founder to produce some of the finest roasted coffee beans in Canada.



OLIVIA TOMCALA PHOTOGRAPHY

Clockwise from left to right: Danny Wasylenchuk and Sasha Howland with their sons, Ethan and Nate; Jeff LeDrew, of Jumping Bean Coffee; Riccardo Mazzucco and son Marco Mazzucco.



JUMPING BEAN COFFEE INC.



COURTESY OF GOLDEN BONBON

“We’re probably one of the most economical coffees. And you get all the values for that: great taste, fair-trade organic and low carbon footprint,” says Jeff LeDrew, owner of the New- foundland-based coffee roaster and retailer.

A java connoisseur who looks at beans the way a winemaker looks at grapes, LeDrew started by turning his roasting hobby into a fundraiser for Rotary International. “I come from a small town in the middle of Newfoundland,” he says. “I love to give back and help people.”

In 2005, he opened his first café, in Paradise, Newfoundland. Today, Jumping Bean Coffee has eight locations and roasts about 227,000 kilograms (500,000 pounds) of coffee annually.

Just as important to LeDrew as roasting the perfect bean and helping the community is reducing Jumping Bean’s carbon footprint. He used his skills as an electrical engineer to develop the ECO₂Roast™ system, and now produces 85% less carbon dioxide during the roasting process by using full heat recovery techniques.

Also unhappy about the plastic waste produced by single-serve coffee pods, LeDrew researched and found a pod made from plant-based materials and byproducts of the coffee roasting process. In fact, LeDrew delayed the release of the pods in order to find a more sustainable and fully compostable option.

—Allison Lawlor

GOLDEN BONBON

Location New Westminster, British Columbia

Products Almond Nougat Bag (Item 669519); Almond Nougat Gift Box (Item 1668804)

Availability Alberta, British Columbia, Manitoba, Ontario

Ask Marco Mazzucco to compare the bland filler in commercial chocolate bars with the meringue-and-honey confection his grandfather Giuseppe began baking for customers in 1948 in Asti, Italy, and he’ll tell you the distinction is obvious.

CONTINUED ON PAGE 30



Still, the CEO of Golden Bonbon replies with patience. Marco knows most North Americans have yet to learn that nougat—known as *torrone* in Italy—is a sought-after delicacy in Western Europe, or that the crunchy, nutty version originated around the 10th century in the Middle East.

“Honey is the centrepiece,” Mazzucco tells the *Connection*. “The softer version of nougat is light, fluffy and dessert-like—almost an extension of the marshmallow—with a nice aftertaste.”

Golden Bonbon maintains its standards in response to loyal customers: those who prefer their candy subtle and naturally sweet, made with fresh, locally sourced ingredients like clover honey, blueberries and cranberries, and Canadian maple syrup, along with air-roasted California almonds and premium cream and sea salt from France. Meringue-making follows the traditional family recipe; employees still process much of it by hand.

Mazzucco’s father, Riccardo, moved operations from Australia to western Canada in 1992, and the company built a relationship with Costco just a few years later. Costco targeted robust specialty markets and Golden Bonbon experimented from time to time with new products, always refusing to skimp on quality.

“We just stick to what we do; what we put inside the package stays the same,” Mazzucco says. “There’s a lot to be said for simplicity.” —*Dana Tye Rally*

SAUCES ET MARINADES D.G.

Location Alma, Quebec

Products Twin packs of 750-mL bottles of DG Meat Marinade (Item 1654351)

Availability Quebec

The vast selection of bottled marinades on the market doesn’t faze Patrick Fortier, a dairy farmer and honey producer who owns Sauces et Marinades D.G. “Ours are the best, no question,” he says.

Housed on the Fortier family farm, along with a sister food company (salad dressing maker Vio), 200 dairy cattle, hundreds of beehives and a bee museum, D.G. produces a dozen marinades for meat and fish, as well as sauces for everything from vegetables and seafood to fondues and raclettes.

According to Fortier, who runs his farm and businesses with his wife, Shirley Tremblay, and the couple’s four children, all of D.G.’s products generate positive feedback from consumers on social media and anecdotally from family and friends.

But, he says, one product—DG Meat, a marinade designed to tenderize and add flavour to all kinds of meat before cooking—is a cut above the rest when it comes to both sales and customer satisfaction.



LEFT TO RIGHT: STRATA GESTION STRATÉGIQUE; VANDERVEEN'S GREENHOUSES



Left to right: Patrick Fortier and Shirley Tremblay; a Vanderveen greenhouse; Kelvin Vanderveen with his sons, Jordan and Kenton.

“People simply rave about it,” Fortier says about his top-selling marinade. “They say that once you soak meat in it for eight to 12 hours before cooking, you’ll never try anything else. Some people have even told me their kids learned to enjoy eating meat thanks to our marinade.” —*Mark Cardwell*

VANDERVEEN'S GREENHOUSES

Location Carman, Manitoba

Products Christmas poinsettias, bedding plants, hanging baskets

Availability Manitoba

The Vanderveen family has been adding beauty and colour to Christmas celebrations and backyard gardens for almost 50 years. As owners and operators of Vanderveen's Greenhouses, they supply poinsettias and a variety of bedding plants and hanging baskets to Costco warehouses in Manitoba.

“My father and mother, Jack and Louwina Vanderveen, started the greenhouses in 1975,” explains Kelvin Vanderveen. “They lived in a small farming community with most people having either grain or livestock farms. They were not interested

in that, but the flower industry piqued their interest and they had the land and water supply to go into this.”

With the support and encouragement of the industry, Jack and Louwina enjoyed early success and gradually expanded their business. It is now owned by Kelvin and his sons, Kenton and Jordan, and encompasses 25 acres of greenhouses that produce flowers and plants year-round.

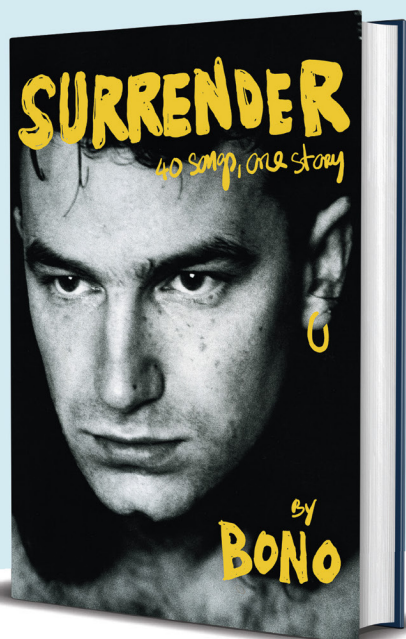
Vanderveen's Greenhouses became a Costco regional supplier about 20 years ago. “We have had a great relationship with Costco,” Kelvin says. “The floral teams have always been easy to communicate with and very open to dialogue before, during and after shipping, and the receiving staff are very friendly and care about the products.

“We have built a good rapport with everyone involved,” he adds.

Considering the mutual respect that Vanderveen's Greenhouses and Costco have for one another, there is no doubt that their relationship will continue to blossom. —*Sharon Chisvin* ■

NEW RELEASES

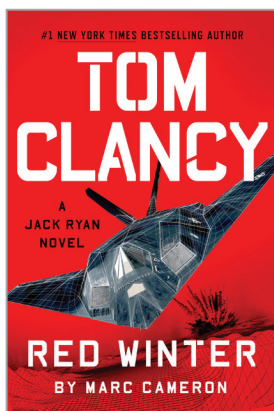
from Penguin Random House Canada



Bono—artist, activist, and the lead singer of Irish rock band U2—has written a memoir

Honest and irreverent, intimate and profound, *Surrender* is the story of the remarkable life he's lived, the challenges he's faced, and the friends and family who have shaped and sustained him.

ITM. 1690369

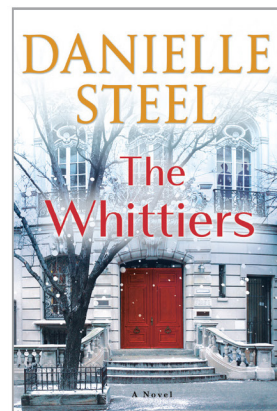


As President of the United States, Jack Ryan wields unimaginable power, but there's one foe he can't hope to defeat: the shadows in his past. Now, one of them has resurfaced in the latest entry in Tom Clancy's #1 *New York Times* bestselling series.

ITM. 1690371

In this heartwarming novel from #1 *New York Times* bestselling author Danielle Steel, adult siblings find their way back home—and back to each other—after loss.

ITM. 1690370



From New York Times bestselling author Kristin Hannah

A powerful novel about the fragile threads that bind together our lives and the astonishing potential of second chances.

ITM. 1664235



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Penguin
Random House
Canada



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Connecting over a good book

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Learning an instrument

COURTESY OF © NINTENDO



New Pokémon video games

Fun for all ages

Entertainment comes in a variety of forms, and this issue's Special Section, For Your Entertainment, takes a look at a few crowd-pleasers.

Picking up a long-dormant musical instrument, or a new one, can add joy to your adult years. And if you need a room for practicing that instrument, hanging out or playing games, we offer tips on setting up a rec room to suit your needs.

Speaking of games, we take a look at two new Pokémon video games. And for bibliophiles, there's an article about how to set up and run a book club.

If you're already in a book club and looking for some suggestions, check out this month's picks from our book buyers.

-
- 34** Learning a musical instrument
 - 38** Setting up a rec room
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Tune up!

Learning or relearning a musical instrument can reap big rewards for adults

by ERIK J. MARTIN



COSTCO CONNECTION

A variety of musical instruments are available in Costco warehouses and at [Costco.ca](https://www.costco.ca).

Eat your vegetables, exercise, get good sleep ... and learn an instrument? Another helpful way to keep your mind sharp, decrease stress and feel content is to strum a six-string, tickle the ivories, sing a tune or strike a snare. The secret to feeling young and happy, say the experts, is to learn and play a musical instrument, at any age.

"The best thing I get from playing guitar is self-confidence," says Costco member Bob Besharah, of Kemptville, Ontario, who's been playing guitar for 65 years. "One of the biggest benefits is that I keep learning and challenging myself, which leads to [regular] stimulation of my brain and creativity."

Costco member Allan Kerr, from Ottawa, can also testify to the virtues of learning music. "I began retaking weekly bagpipe lessons three years ago after first starting it as a 12-year-old but abandoning it," he says. "The benefits for me are a feeling of presence and

focus during practice that I carry to other areas of my life. The more I play, the more I enjoy it; practice is getting easier, and playing is more fun."

The perks of playing

Experts agree that the advantages of starting music lessons or resuming an abandoned instrument are plentiful.

"Learning and playing teach you discipline and structure. Songs have a certain structure to them that is easily identifiable as you continue the process of learning the instrument," says Costco member Michael Wood, a music professor at Algonquin College in Ottawa.

Michael Powers, a Costco member and vice president of sales and marketing for Casio Canada, notes that playing a musical instrument encourages and stimulates multiple positive motor skills and brain functions. "Playing creates a link between hand-eye coordination and memory retention, creativity and expression," he continues. "It is a positive development tool in youth with a



Above: Washburn acoustic guitar (Item 5443106; Warehouses/Costco.ca) **Right:** Casio CT-S190 61-Key Portable Keyboard Bundle (Item 1909011; Warehouses/Costco.ca)



FROM FAR LEFT: COURTESY OF FENDER; COURTESY OF CASIO

definite correlation to learning and improvement. The many additional features of a digital instrument also add to the fun factor aside from lessons."

Research suggests that musical training can work wonders for players young and old. The pluses include increased blood flow to the brain's language centres, better focus and concentration, enhanced verbal memory, improved reading ability and better neural processing of sound and speech.

"Children benefit more from the developmental aspects of learning music, and adults tend to benefit more from the mental aspects. ... Learning an instrument at a younger age is often less taxing," says Costco member Richard Formidoni of Casio America.

Fine-tuning your preferences

When shopping for an instrument, opt for a reputable brand but don't exceed your budget. A starter flute, acoustic guitar, ukulele or keyboard can often be had for less than \$100.

"Before choosing a specific instrument, try them all. The least expensive may not be the best option for you, and the same goes for the most expensive," suggests Wood.

Formidoni recommends considering an affordable instrument as a beginner. "Consider your goals, and spend accordingly. There is no need to dive right into a higher-end instrument at first," he says.

Finding the right instructor

Try to select a teacher who has ample experience playing and teaching and a patient personality. The advantage of enlisting an experienced music teacher versus taking free lessons via YouTube is customized feedback and attention. "Yes, you can learn and improve via online video lessons, but having one-on-one musical instruction is invaluable, especially on a regular basis," says Kerr.

Vancouver-based Costco member and music teacher Bulat Nasibullin adds, "When I was learning guitar and piano, I mostly took the lessons to learn music theory, which has stuck with me since then." ■

Erik J. Martin (martinspiration.com) is a Chicago-area-based freelance writer.

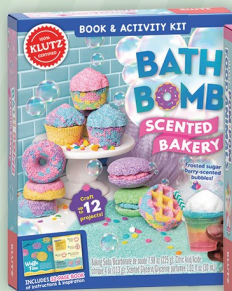
THE INSTRUMENT FOR YOU

Richard Formidoni of Casio America recommends piano or keyboard as the ideal beginner instrument, as what you learn on piano can be applied to myriad other instruments. "Years ago, learning the piano was a luxury afforded only by the wealthy, but with modern affordable instruments like electronic keyboards, anyone can jump in," he says.

Music teacher Bulat Nasibullin, meanwhile, nominates an acoustic guitar as a great starter instrument on a budget.

Above all, pick an instrument you are passionate about, recommends music professor Michael Wood. "Having a reason for picking up that instrument matters," he says. Whatever you select, "choose something you can practice easily, and don't give up."—EJM

Open Your Imagination!



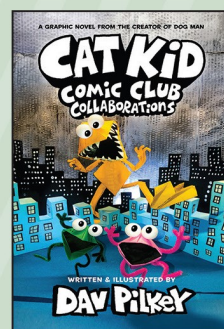
Assorted Klutz craft kits available. Ages 8+



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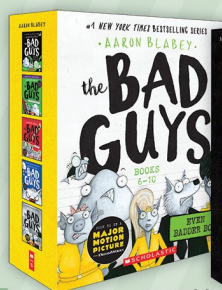


The ultimate kit for fans of LEGO and cars! Ages 6-8
ltn. 1687067

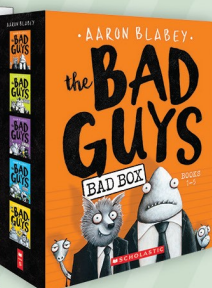


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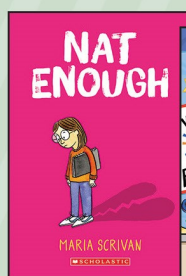
New from the creator of the Dog Man series! Ages 7-10



ltn. 1571520



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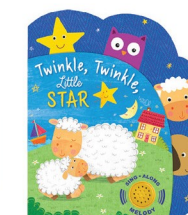
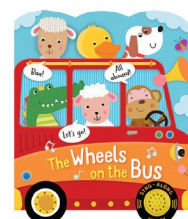
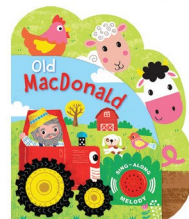
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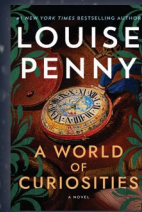
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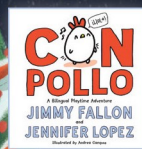
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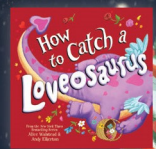
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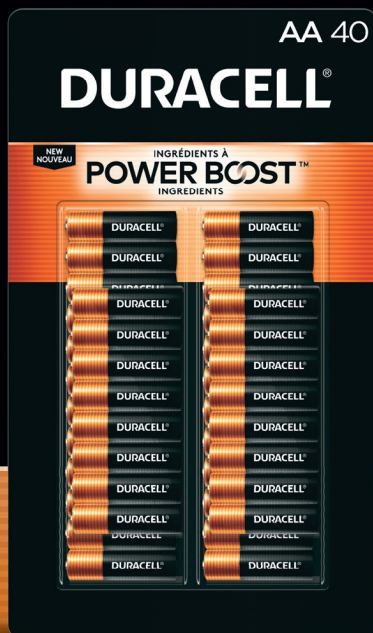
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Room for recreation

Building your perfect rec space starts with a good plan

by DAN JONES

FROM LEFT: © VECTORPOUCH; JULIABELKINA / STOCK.ADOBE.COM



COSTCO CONNECTION

You'll find a selection of products to create your perfect recreation room—including furniture, chairs, games, televisions, lighting and much more—in Costco warehouses or at Costco.ca.

When you envision a space in your home made for the enjoyment of you and your loved ones, what does it look like?

It's a question that Bryan Sebring, president and founder of Sebring Design Build, asks potential clients. His Chicago-based company offers a range of home remodelling and design services, including recreation rooms.

A rec room is a space used for games and other forms of entertainment. The quintessential rec room should be a blend of fun and function, Sebring says. But it goes deeper than that, he adds.

"The No. 1 thing I am looking for in a rec room is that it solves a problem, usually by age," says Sebring, who is a Costco member. "From children, to middle school, to high school, to adult spaces—how can this room help?"

Plan it out

When it comes to setting up a rec room, use the space you have. That could be a basement, garage, attic, spare bedroom or loft.

Patricia Gray, an interior designer in Vancouver, says gathering feedback is key when it comes to execution. "Take a poll of your family's interests before you start your planning," the Costco member says. "Consider all members of the family. Make lists and have everyone contribute."

Finding the right theme

Your rec room may have one specific theme or purpose, or it could serve multiple roles.

A space with a flat-screen television and a round table for card games or trivia creates possibilities for either a theatre or a gaming night. The room might include a surround sound system, a snacking area with a microwave, board games and puzzles. Blackout coverings for windows will ensure an ideal movie setting, Gray says.



Set the mood with good lighting.

Furnishing a space with a built-in bar with stools and a dartboard might make for the ultimate adult hangout. Additions like a golf putting mat or foosball or billiard table could take it to another level.

A room for children or teenagers might feature beanbag chairs, a video gaming station and a mini fridge for goodies. For families with younger kids, a contained play spot for toys means parents and siblings won't have to dodge potential tripping objects scattered about the house. Dual television screens could help create an option for tech-minded teenagers who want to game on their own while other family members watch a movie.

Other factors

Furniture, carpeting, lighting and art can go a long way to establish the motif of your rec room, Sebring says. Sectionals and sofas, pillows, chairs and tables will set the tone, and new carpeting or a large rug will offer a comforting feel to the area.

"If you like to have parties where people dance, arrange your furniture so that there is floor space available," Gray adds.

For light, would you benefit from a manufactured or a natural source? Styling content creator Amy Stansfield says bright lights are a no-go because they aren't relaxing. Instead, she suggests using ceiling spotlights or wall sconces that have a dimming function.

"Also, make sure to place lighting strategically," the writer, based in Lancashire, England, says. "If you have a table where you play games, make sure the lighting is above this so that you can see clearly and not strain your eyes. If you have a cozy reading corner, have a lamp next to your chair."

Art can include more than just paintings. A sports room could showcase autographed memorabilia, a neon sign might present well in a tavern-like setting, while vintage movie posters will resonate with a cinema or speakeasy theme. Family photographs, plants and retro items such as arcade games will set your space apart, too. ■



Tips from a pro

Toronto-based interior designer Laura Stein, a Costco member, offers additional tips for building a recreation room:

- Treat your basement as if it's on the main floor of your house. If you consider lighting, furniture and decor the same way you would for your family room upstairs, you'll end up with a comfortable space you want to hang out in.
- Make sure you have enough easy-access storage for all the books, board games, toys and video games you'll want to use in the rec room. Kids will be more likely to put things away if there is a clear space for each thing.
- Don't overfurnish. Too much furniture or furniture that is too big makes for cramped quarters.—DJ

A world of options

A lot of thought goes into the style, design and layout of a rec room. There are many possible themes for such a dynamic space,

including the following suggestions from Sebring Design Build president and founder Bryan Sebring:

- Golfer's dream
- Board game hangout
- Art studio
- Family lounge
- Family game room
- Home bar
- Memorabilia showcase
- Video game central
- Meditation room
- Media room—DJ



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The Pokémon craze

One of Nintendo's most successful game franchises is going strong

by STEVEN L. KENT



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Steven L. Kent is the author of *The Ultimate History of Video Games, Volume 2* (Crown 2021; not available at Costco)

COSTCO CONNECTION

Pokémon Violet and *Pokémon Scarlet*, and gift cards for Microsoft, Nintendo and Sony online stores are available in most Costco warehouses and at Costco.ca.



With over 450 million games sold worldwide, not including a billion-plus *Pokémon Go* downloads, Pokémon may be Nintendo's most reliable crown jewel.

Nintendo introduced Pokémon 26 years ago, spawning a very successful anime television series and a wildly popular trading card game. Many of the 10-year-olds who first played these games in the 1990s are now 30-somethings with mortgages and families, and they still play Pokémon. *Violet* and *Scarlet*, the newest games in the franchise, continue the phenomenon.

Pokémon, short for Pocket Monsters, star in video games in which players explore virtual countrysides searching for monsters they can trap, train and enter into G-rated battles against each other—Pokémon never bleed or break; they faint from exhaustion and wait to be healed. Some are fearsome, but most are of the adorable persuasion. Some fight using elemental attacks such as tsunamis and firestorms. Some scratch, kick and bite. Some sing their opponents comatose.

Pokémon combat is rock-paper-scissors warfare. Punching and kicking attacks are effective against most monsters but useless against ghost-type Pokémon. Water types are great against fire- and rock-type monsters but weak against plant and electrical types.

Violet and *Scarlet* mark an evolution in this bestselling universe. While previous games led players from one location to the next using tightly scripted narratives and linear paths, *Violet* and *Scarlet* take place in a completely open world. You can explore each area in whatever order you like. And, having finally tapped into the internet, The Pokémon Company has added an option that enables players to perform the menial tasks of catching and levelling up their Pokémon in teams of up to four people. It's a brave new world! Why explore it alone?

Whether you're a first-wave Pokémon fan or became one during the *Pokémon Go* craze in 2016, or have some other point of entry into the monsters' world, the phenomenon is alive and growing. ■

More games

Here is a little info about some of the games available now, or in the near future, if you need gift-giving ideas.

PlayStation 5: *God of*

War: Ragnarök is an epic adventure in which Sony's Greek-myth-busting Kratos takes on the Norse gods.

Nintendo Switch: A *Legend of Zelda: Breath of the Wild* sequel is scheduled

for release next year.

Xbox Series X/S: Game Pass Plus is a streaming service with a huge library of games that can be paid for using Xbox gift cards.—SLK

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Read all about it!

How to launch your own book club: five tips for success

by MARCY GOLDMAN



© MICHELLE LITTLE PHOTOGRAPHY

Marcy Goldman is a cookbook author and host of *Betterbaking.com*. She's the host of four book clubs.

COSTCO CONNECTION

Costco warehouses carry a variety of books that would make a great read for your next book club meeting.

Want to start your own book club? Your timing is perfect! Book clubs have been around for more than 350 years, but there are so many more choices. Thanks to the initial pandemic lockdown and beyond, as well as the book hype of influencers like Oprah Winfrey and Reese Witherspoon, it's a great time for book clubbers.

Traditional groups have strengthened their numbers, while newly formed virtual groups have sprouted into a whole new generation. These latter, Zoom-enabled (as well as YouTube- and Facebook-hosted) clubs have allowed safe gathering but have also extended their reach, even as we're more open to being out and about.

Clearly we have a heightened need to connect, discuss and escape to alternate worlds via captivating stories. If you've always been a book club attendee, now may be the time to switch roles and host your own book club.

I was a rank-and-file book club member for a few years until I realized I wanted to share different book choices

and bring similarly minded folk into my circle. What better way to exchange ideas and enjoy cross-talk both literary and social? Word spread, and soon my one book club became four diverse groups. Here are some pointers to having your own successful book club:

Why do you want to be in a book club?

This is an important question, because the answer determines the spirit and style of book club you'll create, but loving books, community and engaging discussions should be your core reason.

Do you have the right stuff to lead?

All anyone really needs is a love of books and people, a sense of organization and good communication skills. That means staying in touch by providing links to Zoom and in-person meeting details, but it also helps if you're egalitarian, interesting, courteous and adept at keeping cross-talk flowing.



Book clubs are a great reason to gather and talk about books.

How and where will you meet?

Book clubs can meet in a library or café or rotate among different members' homes, but with COVID-19, Zoom became the default. Now that people are more out and about, the where part is up for grabs. People can meet outside (in parks in warmer months) and then resume on Zoom if they prefer. Groups that began their book club experience as a virtual meeting might choose to stick with what they know. Others might prefer in-person meetings because they can be more personal and there are always great snacks. A hybrid approach is also a good solution, depending on the needs of your group.

Who chooses the books?

How do you select the books? It varies. Some groups vote and the book is chosen by consensus. In other cases, each person in the group gets a turn to choose the month's selection and they can introduce it or share a few words about the author. Another approach is that all members provide three titles that are put on a master list; books with the top votes will comprise the book reading list for an upcoming season. You might find that some groups prefer that the host do all the legwork. In the book clubs I host, I spotlight titles that showcase the beauty of great writing, unique characters and a strong narrative—a book club trifecta.

How do you find fellow book lovers?

There are so many free places to notify people. Post notices online or on an actual bulletin board at your library and community centre, or on Facebook, Instagram or Eventbrite.

Hosting a book club is a rewarding venture, but if you're a newbie and just would like to get your feet wet, try joining one before running one. Many established book clubs welcome newcomers; in addition, there's likely a freshly launched group in your community or online where you're sure to find your book tribe. If you're already part of one group, you might want to use this golden age of book clubs to explore an extra or niche group and find one more great read, as well as new friends. ■



Why not invite the author?

Want a surefire way to get great book club attendance? Invite the author of your featured book! Contact the author via their website, agent or publisher. Most authors appreciate this sort of outreach and are delighted to Zoom in for a guest appearance. My recent guest author, Janet Skeslien Charles of *The Paris Library*, came with a wealth of added book materials and fielded questions.—MG

Choosing a niche

The sky's the limit these days, depending on whether a book club focuses on general fiction or is more about thrillers,

emerging voices, non-fiction or Jane Austen-centric. There are plenty of online resources for ideas, or check out influencers' or Good Reads' lists, book pod-

casts, Reddit, TikTok or *The New York Times*. Extra materials, such as reading guides, are often accessible via Google, publisher or author websites.—MG



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Andrée Laflamme
Buyer, Books

Madelaine Hillyard may have it together professionally, but the successful heart surgeon is a busy single mom who is regularly in conflict with her teenage daughter. And then there are the DeMarco brothers: Francis, who is always ready to lend a hand, and Angel, who skipped out on Madelaine years ago but who now needs urgent help.

Kristin Hannah's *Home Again*, intimately explores the themes of familial bonds and second chances.

Home Again (Item 1664235) will be available in December in most Costco warehouses.



Kristin Hannah

KEVIN LYNCH

Homeward bound

Kristin Hannah explores the meaning of family and more

by ELLEN SCHWARTZ

Fans of novelist Kristin Hannah can now welcome the return of a beloved book. First published in 1996, *Home Again* has been rereleased for a new generation of readers—and for longtime fans as well.

Costco member Hannah, speaking from her home on an island in the Pacific Northwest, says that *Home Again* marked a change in her writing path, from the historical romances she started with to novels focused on contemporary women finding their way through a difficult and complicated world. “*Home Again* has a very dramatic plot,” Hannah says. “I like to write about life-altering events that push characters to examine their lives and move forward with better choices for themselves and their families.”

In the novel, Madelaine Hillyard is a world-famous heart surgeon with a messy personal life. A loving but overworked single mom, she is constantly at odds with Lina, her 16-year-old daughter. Lina is confused and angry, a rebel yearning to find the father who walked away before she was born. Lina’s father is Angel DeMarco, a notorious “bad boy” actor who, years earlier, abandoned Madelaine to search for fame and fortune. Now, stricken with serious heart disease, he finds himself under Madelaine’s care—and meeting the daughter he never knew.

Originally a lawyer, Hannah started to write during a difficult pregnancy when she was on extended bed rest. At first, she was completely

optimistic. “I thought, ‘How hard can it be?’” she says with a laugh. “I soon found out. But I became obsessed and wanted to have a career as a writer. I figured that if it didn’t work out, I’d go back to practicing law. But I was fortunate to have success and never looked back.”

“Success” is putting it mildly. Hannah has written 24 novels, including the 2015 international blockbuster *The Nightingale*, which has been published in 43 languages and is currently in movie production at TriStar Pictures. Her 2012 novel *Home Front* has been optioned for film, and *Firefly Lane* became a runaway bestseller in 2009.

Medicine plays an important role in *Home Again*. “I would have been a doctor or a psychiatrist in another life,” she jokes, adding that she is fascinated by the human body. To correctly portray the complex medical issues in the story, she did extensive research, including consulting experts in heart disease.

Hannah, who writes longhand in pen on yellow legal pads, says she loves the flexibility that writing offers: “I can write on my deck, at the beach, in my living room.” When working on a book, she writes six days a week, for a full working day. “Now that I have grandchildren, however, I’ve learned to take time off to relax and play,” she adds.

Hannah just sent her latest manuscript to her editor. She won’t reveal the plot, other than to say it is a historical novel about a woman struggling to survive during tumultuous times.

While we wait, we can come *Home Again*. ■

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

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Simon Gravel
Assistant Buyer, Books

“The stronger her character and others became, I knew I had to follow her through to the end of World War II.”

—GLYNIS PETERS

Moving historical fiction



The Orphan's Letters (Item 1683425) will be available in December in most Costco warehouses.

Glynis Peters’ *The Red Cross Orphans* introduced readers to World War II Red Cross volunteer Kitty Pattison. *The Orphan's Letters*, the second book in a four-book series, follows Kitty as her work with the Red Cross has her moving from post to post in the U.K., and the mail is her way to stay in touch with Canadian doctor Michael McCarthy.

Costco Connection Why did you decide to continue Kitty Pattison’s story?

Glynis Peters I was midway into writing *The Red Cross Orphans* when I envisaged Kitty’s future with Michael and knew I couldn’t fit their story into one book. The stronger her character and others became, I knew I had to follow her through to the end of World War II.

CC What do you like most about Kitty?

GP The way she leaves home as a naive girl and becomes a nurse who achieves incredible things and overcomes the horrors of war.

CC Is there anything else you’d like readers to know?

GP I’m particularly thrilled that a German American wrote to me to say her mother was a “Kitty” in Germany during World War II, and my story highlighted some of the mysteries in letters she found, of why her mother moved around so much. It validated my research. I use a lot of historical fact, but I also claim artistic licence when it comes to Kitty and her Canadian hero.

Also in the warehouse

The Bad Guys—Mr. Wolf, Mr. Piranha, Mr. Snake and Mr. Shark—might be scary and mean, but they also just want to be heroes and do good.

Readers ages 7 to 10 will laugh themselves silly with this graphic novel series written and illustrated by Aaron Blabey.

Their adventures find them battling meowing monsters, borrowing a rocket, creating a

door to a new world and more.

The Bad Guys box set (books 1–5) and *The Bad Guys Even Badder* box set (books 6–10) (Item 1571520) will be available in December in most Costco warehouses.—AL



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ltm. 47343

Chicken and Cheese Enchilada Bake

Serves 4

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partially thawed
1 can (794 g/28 oz) enchilada sauce
500 mL (2 cups) Tex-mex shredded cheese

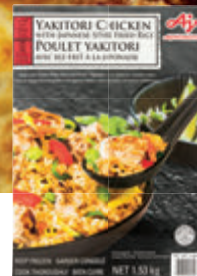
Preheat oven to 190 C (375 F).
In a baking dish, spread the **El Monterey Chicken & Cheese Taquitos** evenly on bottom of pan. Cover in enchilada sauce and sprinkle with cheese. Bake for 30 minutes. For food safety, the internal temperature must reach 74 C (165 F).



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Stacked Beyond Burger Quesadilla

Serves 2

8 mini flour tortillas (10 cm/4 in.)
125 mL (½ cup) cheese, shredded
60 mL (¼ cup) tomato, chopped
60 mL (¼ cup) red onion, chopped
1 jalapeño, seeded and chopped (optional)
60 mL (¼ cup) avocado, smashed
Juice from 1 lime
Kosher salt to taste
2 **Beyond Burger Plant-Based Burgers**
5 mL (1 tsp) chipotle powder
5 mL (1 tsp) cumin
60 mL (¼ cup) crema, for garnish
125 mL (½ cup) iceberg lettuce, shredded

Heat a large pan over medium-high heat and add 4 tortillas. Sprinkle each with cheese, tomatoes, onions, jalapeño and more cheese. Place the other 4 tortillas on top. Flip when the cheese has begun to melt and the bottom tortilla is browned and crispy. Finish cooking and set aside.

In a small bowl, mix avocado with lime juice and salt to taste, set aside.

Season the **Beyond Burger Plant-Based Burger** patties with chipotle powder, cumin and salt. Grill in a pan over medium-high heat for 4 minutes on each side.

To build the burger, lay down one of the quesadillas, top with a spoonful of avocado, then the burger patty, shredded lettuce, a drizzle of crema and a second quesadilla.



BEYOND BURGER
PLANT-BASED BURGERS
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Veggie Burger Wraps

Serves 4

2 **Dr. Praeger's Organic California Style Veggie Burgers**
4 spinach wraps
250 mL (1 cup) hummus
125 mL (½ cup) purple cabbage, shredded
2 carrots, spiralized or shredded
500 mL (2 cups) grape tomatoes, cut in half
1 avocado, cut in cubes

DIPPING SAUCE

125 mL (½ cup) tahini
60 mL (¼ cup) lemon juice
15 mL (1 Tbsp) vinegar
15 mL (1 Tbsp) honey

Preheat oven to 180 C (350 F).

Dice **Dr. Praeger's Organic California Style Veggie Burgers** into 2 cm (½ in.) pieces and bake for 10-15 minutes until slightly brown and crispy.

Spread a spoonful of hummus onto each wrap. Add carrots, cabbage, tomatoes, avocado and veggie burger pieces to each wrap. Fold in edges and roll up tightly, cut in half.

Prepare the dipping sauce by whisking together ingredients.



DR. PRAEGER'S ORGANIC
CALIFORNIA STYLE VEGGIE BURGER
ltm. 1135557

Spicy Mango Sriracha Chicken

Serves 4

907 g (2 lb) chicken drumsticks or wings
250 mL (1 cup) **Nature's Touch Pesticide Free Frozen Mango**
60 mL (¼ cup) sriracha
125 mL (½ cup) orange juice
2 mL (½ tsp) ginger
2 mL (½ tsp) garlic powder
Salt and pepper to taste
15 mL (1 Tbsp) butter, melted

Preheat oven to 180 C (350 F).

Prepare a baking sheet to cook the chicken. Brush chicken with melted butter, and sprinkle with salt and pepper. Bake for 30 minutes or until skin is crispy and chicken is fully cooked.

In a blender, blend the **Nature's Touch Pesticide Free Frozen Mango**, sriracha, orange juice and remaining spices, until puréed. The mixture will be thick. Place blended spicy mango sauce into a stock pot and heat until just before a boil.

Coat chicken with warm sauce and bake for an extra 5-10 minutes. Set aside extra sauce for dipping.

Beef Wellington Cheddar Minis

Serves 6

700 g (1½ lb) beef tenderloin, cut into 6 slices
2 mL (½ tsp) salt
7 mL (1½ tsp) pepper
22 mL (1½ Tbsp) butter
15 mL (1 Tbsp) Dijon mustard
1 egg, beaten
10 mL (2 tsp) water
1½ sheets puff pastry, thawed
6 slices prosciutto
250 mL (1 cup) **Balderson Royal Canadian 2 Year Old Cheddar**, shredded and divided

Preheat oven to 220 C (425 F).

Pat beef tenderloin slices with paper towel. Season with salt and pepper. In a large skillet over medium-high heat, melt butter. Sear beef for 5-8 minutes or until browned all over. Transfer to a plate and refrigerate for 15-20 minutes. Toss with mustard.

In a small bowl, whisk egg with water; set aside. On a lightly floured work surface, cut puff pastry into 6 (13 cm/5 in.) squares.

Place one slice of prosciutto on work surface. Add 30 mL (2 Tbsp) **Balderson Royal Canadian 2 Year Old Cheddar** to centre of slice. Top with slice of beef. Wrap prosciutto around meat and cheese to enclose. Place prosciutto-wrapped bundle, seam-side down, in centre of puff pastry square. Bring corners of pastry up and over bundle, pinching and sealing edges. Place on parchment paper-lined baking sheet, seam-side down. Repeat to make 6 mini Wellingtons.

Brush each Wellington with egg wash; sprinkle remaining cheese over top. Bake for 20-25 minutes or until pastry is golden brown.



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PESTICIDE FREE FROZEN MANGO
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BALDERSON ROYAL CANADIAN
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ltm. 88964



Chicken Skewers

Serves 4

- 30 mL (2 Tbsp) olive oil
- 5 mL (1 tsp) paprika
- 2 chicken breasts, cut into 7.5 cm (3 in.) pieces
- 1 container Tzatziki
- 1 container **Fontaine Santé Caramelized Onion Hummus**
- 1 container Fontaine Santé Traditional Hummus
- Salt and fresh ground black pepper

Preheat oven to 205 C (400 F).
Mix oil and paprika, then brush over chicken pieces. Skewer onto bamboo sticks.
Transfer to a cooking sheet lined with parchment paper. Roast 10-12 minutes, turning halfway,
until chicken juices run clear. Cooking time may vary depending on the size of chicken pieces.
Season with salt and pepper.

In multiple bowls, spoon different varieties of dip and **Fontaine Santé Caramelized Onion Hummus**.
Serve with skewers.



FONTAINE SANTÉ CARAMELIZED
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ltm. 217018



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Mini Corn Tortillas

Serves 1

2 small corn tortillas
1 container of **Fontaine Santé Traditional Hummus**

1 container of bruschetta
4 olives, chopped
60 mL (¼ cup) cheddar cheese, grated
1 ripe avocado, diced

Preheat oven on broil to 180 C (350 F).

Spread 15 mL (1 Tbsp) of **Fontaine Santé Traditional Hummus** on the tortillas, then add a generous amount of bruschetta mixture and a few slices of olives on each. Sprinkle with cheddar cheese.

Broil the tortillas in the oven for a few minutes. Once they're almost ready, top with a few pieces of avocado.



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TRADITIONAL HUMMUS
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Lotsa latkes

Eight ways to enjoy potato pancakes for eight festive nights

by MILLY DAWSON



COSTCO CONNECTION

You'll find potatoes and other ingredients for latkes in Costco warehouses. Groceries are available for delivery through Costco Grocery at [Costco.ca](https://www.costco.ca).

Hanukkah lasts eight nights, so why not try eight different ways to enjoy latkes, the potato pancakes that remind us of a miracle?

The Jewish holiday of Hanukkah commemorates an ancient war (167 to 160 B.C.) that the Jews fought against the Syrian Greeks for religious freedom. Against all odds, the badly outnumbered Jews prevailed.

Afterward, while repairing and rededicating the Temple of Jerusalem, which had been sacked and desecrated, there was only one day's worth of the sacred oil used to keep a flame constantly burning. Miraculously, as the Jews worked to restore the temple, the oil burned for eight days. Hanukkah means "dedication," and the eight nights of lighting menorah candles commemorate the miracle.

Latkes evoke the Hanukkah story because they are fried in oil. Israeli Jews eat doughnuts called *sufganiyot* (pronounced "SUFF-gone-ee-oat") for the same reason. Traditionally, Hanukkah latkes are served with applesauce and sour cream. That combination is scrumptious, but so are others. Here are seven additional options:

1. Make small latkes as an appetizer, and serve them with a little Greek yogurt, chives and smoked salmon swirls.
2. Make latkes from sweet potatoes, cauliflower, broccoli, carrots, beets or Brussels sprouts.
3. Add grated Parmesan, Gouda or cheddar to the mix.
4. Make big latkes, and serve with a ground turkey patty on top.



Left to right:
Sufganiyot on plate;
potato latkes with
apple-date chutney
on board.

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5. Bake latkes in mini muffin pans to form a shell, with any garnish inside.

6. Try latkes Benedict, topped with lox and a poached egg.

7. Add curry or jalapeño to the mixture for really radical latkes.

Don't limit latkes to wintertime, either. They make a fairly quick, easy, satisfying meal at any time of year—and they're easy on the wallet. My father's family, with (coincidentally) eight kids, emigrated from Austria to New York in 1917. My Aunt Claire, now 98 and still making Jewish delicacies for family and friends, recalls that she and her sisters often made latkes as an after-school snack. ■

Milly Dawson writes about food and health. She enjoys making traditional Jewish holiday foods.

Potato Latkes

908 g (2 lbs) russet potatoes, scrubbed

1 medium yellow onion

2 eggs, lightly beaten

80 mL (⅓ cup) flour

7 mL (1½ tsp) salt

2 mL (½ tsp) freshly ground pepper

Vegetable oil for frying

Grate the potatoes and onion on the large holes of a box grater, or shred in a food processor fitted with the shredding blade. Working in batches, wrap grated potatoes and onion in a dish towel or several layers of paper towels and really squeeze the liquid out of them. Place the potatoes and onion in a large bowl. Add the eggs, flour, salt and pepper; mix with a wooden spoon until the ingredients are fully incorporated.

Line a large rimmed baking sheet with two layers of paper towels. Over medium-high heat, heat 0.63 cm (¼ inch) of vegetable oil in a large pan until shimmering but not smoking. Working in batches, drop the batter by 60-mL (¼-cup) portions into the pan, then gently press with a spatula to flatten. Fry, turning once, until browned on both sides and cooked through, 8 to 10 minutes total. Repeat with remaining batter, adding oil to the pan if necessary, and adjusting the heat if the latkes are browning too quickly or not quickly enough. With a slotted spoon, transfer the latkes to the baking sheet to drain. Serve hot. Makes 4 servings.

Apple-Date Chutney

454 g (1 lb) crisp, tart apples, cored, peeled, quartered and cut into 1.25-cm (½-inch) chunks

80 mL (⅓ cup) dates, pitted and finely chopped

80 mL (⅓ cup) yellow onion, finely chopped

1 5-cm (2-inch) piece of fresh ginger, peeled and finely chopped

60 mL (¼ cup) red wine vinegar

30 mL (2 Tbsp) apple cider vinegar

125 mL (½ cup) light brown sugar, packed

30 mL (2 Tbsp) honey

Zest of 1 lemon

2 mL (½ tsp) ground allspice

Stir together all ingredients in a medium saucepan set over medium-high heat. Bring to a boil, then turn the heat to low. Cover and simmer, stirring occasionally, until the apples are very tender, about 30 minutes. Uncover, increase the heat to medium and simmer, stirring often, until the liquid reduces to a syrup, 10 to 15 minutes. Remove pan from the heat and let cool completely.

Chutney can be stored for up to 1 day, covered, in the refrigerator, but let come to room temperature before topping the latkes.

Recipes printed with permission from Modern Jewish Cooking, by Leah Koenig (Chronicle Books, 2015; not available at Costco)

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Pilaros

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to your table.



ltn. 268365 (garlic stuffed), 268370 (almond stuffed)

Fry, fry again

Why an air fryer is a must-have addition in your kitchen

by KATIE COLEMAN



COURTESY OF GOURMIA

COSTCO CONNECTION

A variety of air fryers, such as the Gourmia 7 Quart Digital Basket Air Fryer (Item 5232432, above), can be found in Costco warehouses and at Costco.ca.

A not-so-secret truth in my house is that I am the world's worst cook. My family jokes that it's the reason my husband is as thin as he is. So, when I received an air fryer for Christmas last year, I was almost certain this device would gather dust. I was wrong. Many of the foolproof air fryers on the market are multi-functional and can be used for air-frying items like homemade french fries or Brussels sprouts or even cooking a whole rotisserie

chicken. They also offer the ability to bake, roast, broil, reheat and dehydrate food, and use up to 80% less fat than deep-frying.

With guided cooking prompts and reminders to turn your food, an air fryer can make even a novice cook feel like a culinary genius and will soon become a go-to item in your kitchen.

Here are a few recipes that showcase the versatility of two types of air fryers—the basket air fryer and oven air fryer. ■

Inside Out Dumplings

454 g (1 lb ground) pork or beef
114 g (4 oz) canned water chestnuts, drained and finely minced
45 mL (3 Tbsp) panko breadcrumbs
15 mL (1 Tbsp) soy sauce

5 mL (1 tsp) sesame oil
5 mL (1 tsp) ginger, grated or finely minced
5 mL (1 tsp) garlic, grated or finely minced
1 large scallion, minced
1 egg, lightly beaten
2 mL (½ tsp) black pepper

Preheat basket air fryer to Air Fry 205 C (400 F).

In a large bowl, mix all ingredients together. Form into 2.5-cm (1-inch) balls. Cook in basket for 10 to 12 minutes or until cooked through (to an internal temperature of 71 C/160 F). Cook in batches, if necessary. Makes 4 servings.

Recipe and photo courtesy of Gourmia





Quick Apple-Cinnamon Rolls with Lemon Icing

CINNAMON ROLLS

1 (244-g/8.6-oz) sheet frozen puff pastry, thawed
1 small apple, peeled, cored and finely chopped
60 mL (¼ cup) brown sugar, firmly packed
30 mL (2 Tbsp) unsalted butter, softened
15 mL (1 Tbsp) cinnamon

ICING

125 mL (½ cup) icing sugar
15 mL (1 Tbsp) lemon juice
0.5 mL (⅛ tsp) vanilla extract
15 mL (1 Tbsp) milk

Spray an oven air-fry tray with non-stick cooking spray; line tray with parchment paper to fit.

Prepare the rolls: Unroll the pastry sheet onto a piece of parchment paper; gently roll out the pastry to a 25 x 23-cm (10 x 9-inch) rectangle.

In a small bowl, mix the apple, brown sugar, butter and cinnamon until well combined. Spread the mixture evenly over the puff pastry sheet. Starting from a long end, roll up the sheet and firmly press the seam to seal. Using a serrated knife, cut the roll crosswise into 8 even pieces. Arrange the rolls, not touching, on the tray.

Press the on button; select Bake. Set temperature at 190 C (375 F); set time at 20 minutes. Select Preheat. When the End Preheat signal sounds, slide the tray into the air fryer on the middle rack. Bake until the rolls are crisp and golden brown. Remove rolls to a cooling rack while making the icing.

Prepare the icing: In a small bowl, stir together the icing sugar, lemon juice and vanilla. Add the milk a little at a time, stirring until smooth and liquid enough to drizzle or spread. Drizzle over the rolls. Serve warm. Makes 8 servings.

Recipe and photo courtesy of Sur La Table

Air Fryer Chicken Wings

908 g (2 lbs) chicken wings, tips removed, drumettes and flats separated

3 mL (¾ tsp) kosher salt

Using an oven air fryer, place the air fryer basket on the baking pan and spray the basket with the non-stick cooking spray; set aside.

Place the chicken wings in the basket and sprinkle with salt. Place the assembled pan in the middle rack.

Set to Air Fry at 205 C (400 F) for 25 minutes. Cook until golden and crispy. Makes about 20 wing sections.

Tip: When the chicken wings are done, toss them immediately in your preferred sauce or add the toppings of your choice, such as butter, garlic, fresh herbs or spices.

Recipe and photo courtesy of Cuisinart



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Glorious goat cheese

Luscious goat cheese pairs with a variety of foods

by LAURA LANGSTON

There are many varieties of goat cheese, but one of the most common and popular in North America is fresh goat cheese, also known as chèvre.

Generally sold in small rounds or logs, soft, spreadable fresh goat cheese is mild and slightly tangy when young and intensifies in taste as it ages.

Though often sold plain, goat cheese is sometimes combined with herbs and spices or coated with fruits or nuts for additional flavour.

Goat cheese is not only delicious, but it's good for you, too. It's rich in protein and calcium, and provides B vitamins, phosphorus and copper. Goat cheese also contains healthy fats, and some people find it easier to digest than other cheeses.

Versatile goat cheese pairs well with baguettes and crackers as well as many other foods. Serve it on a cheese board with fresh or dried fruits and

nuts. Add it to a salad with strawberries and pecans. Pair it with roasted red peppers and caramelized onions on homemade pizza. Add it to soups in place of sour cream. Whip it with honey to spread on toast or with herbs to spread on crostini. Use goat cheese in a cheesecake recipe or your favourite frosting for a tangy kick.

When buying, choose goat cheese that is firm, not mushy. Unopened and refrigerated vacuum-wrapped goat cheese can keep for several months. After opening, wrap the cheese first in wax or parchment paper (to allow it to breathe) and then cover it with plastic wrap or put it in a lidded container before refrigerating. Opened goat cheese, properly stored, should last for several weeks. ■

Laura Langston (lauralangston.com) is an award-winning author and lifestyle writer based in the Pacific Northwest.

Goat Cheese Dip

2 heads garlic

20 mL (4 tsp) olive oil, divided

Kosher salt, to taste

Cracked pepper, to taste

300 g (10.5 oz) Kirkland Signature Goat Cheese, softened

125 mL (½ cup) Parmesan cheese, shredded

45 mL (3 Tbsp) milk

60 mL (¼ cup) grape tomatoes

10 mL (2 tsp) fresh thyme leaves and sprigs (optional)

1 loaf French bread, sliced, or crostini or crackers

Heat oven to 205 C (400 F). Slice the top off each head of garlic. Drizzle cut sides with 5 mL (1 tsp) olive oil, then season with salt and pepper. Place garlic heads cut side down on a small baking sheet. Roast for 30 minutes; remove and cool.

Reduce heat to 180 C (350 F). Lightly oil a small broiler-safe baking dish with 5 mL (1 tsp) olive oil. Place goat cheese, Parmesan and milk in a medium bowl, then squeeze the garlic cloves into the bowl. Stir to combine all ingredients and season with salt and pepper.

Spread the mixture evenly into the baking dish. Top with tomatoes, then drizzle on 5 mL (1 tsp) olive oil and season with salt and pepper. Bake 20 minutes, then broil 1 to 2 minutes to brown the top. Garnish with a drizzle of 5 mL (1 tsp) olive oil and fresh thyme, if desired. Serve warm with French bread, crostini or crackers. Makes 8 servings.

Recipe and photo courtesy of Kylie Lato (midwestfoodieblog.com)

COSTCO CONNECTION

Fresh goat cheese can be found in your local Costco warehouse. Groceries are available for delivery through Costco Grocery at Costco.ca.



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3 kg (6.6 lb)

**Kirkland Signature
AAA Canadian
Beef Tenderloin**

MEAT RUB

160 mL ($\frac{2}{3}$ cup)
butter, softened
8 garlic cloves, minced
10 mL (2 tsp)
kosher salt
15 mL (1 Tbsp)
fresh thyme,
finely chopped
15 mL (1 Tbsp)
fresh rosemary,
finely chopped

5 mL (1 tsp)
black pepper

Preheat oven to
230 C (450 F).

Pat **Kirkland
Signature™ AAA
Canadian Beef
Tenderloin** dry with
a paper towel and tie
the thin end on itself
to make a uniform
thickness across
the tenderloin.

Combine meat
rub ingredients in a
bowl and coat the
entire tenderloin.

Place roast in pan
and cook in oven for
10 minutes. Reduce
heat to 148 C (300 F)
and cook until
desired doneness,
approximately
1.5 hours for medium.
Internal temperature
should be between

63 C (145 F) for
medium-rare and
71 C (160 F) for
well-done.

Let rest at least
15 minutes
before carving.

Serves 8-10





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SWEET POTATOES
itm. 249987

SPICY SWEET POTATO FRITTERS

454 g (1 lb) **Can Am Sweet Potatoes** (about 2 large), peeled and grated
2 eggs
180 mL (¾ cup) kimchi, drained and finely chopped
125 mL (½ cup) green onions, divided
125 mL (½ cup) flour
5 mL (1 tsp) salt
Freshly ground black pepper
Avocado or coconut oil for frying

125 mL (½ cup) plain Greek yogurt
15 mL (1 Tbsp) sriracha

Grate **Can Am Sweet Potatoes** and transfer to a cheesecloth to squeeze out any excess liquid. In a mixing bowl, add sweet potatoes, eggs, kimchi, ½ the onions, flour and salt. Mix with a fork to combine.

Season with freshly ground pepper.

Pour oil in a large pan (enough to cover the bottom) and heat over medium-high until it shimmers. Drop tablespoons of mixture into the pan and gently flatten with the spoon. Cook until browned

and crisp, about 2 minutes. Turn over and cook for another 2 minutes. Transfer fritters to a paper towel-lined baking sheet. Repeat with more oil and remaining batter.

Mix yogurt and sriracha in a small bowl. Transfer fritters to a platter,

sprinkle with remaining green onions and serve with dipping sauce.

Serves 4

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Whole Tilapia en Papillote

680 g (1.5 lbs) **PAFCO Whole Tilapia**
10 mL (2 tsp) salt
4 scallions, sliced, separate white and green ends
2 x 2.5 cm (1-in.) pieces of ginger, cut each piece into 3 slices

SAUCE
30 mL (2 Tbsp) ginger, minced
1 clove garlic, minced
125 mL (½ cup) cilantro, finely chopped

45 mL (3 Tbsp) soy sauce
15 mL (1 Tbsp) water
5 mL (1 tsp) sugar
5 mL (1 tsp) rice vinegar

Preheat oven to 205 C (400 F).

Clean the **PAFCO Whole Tilapia** with salt inside and out. Pat the fish dry. Make 3 slits on both sides of the fish.

Cut 2 pieces of parchment paper 5-7.5 cm (2-3 in.) larger than the fish, and oil the paper.

Place one sheet of parchment paper down on a pan. Lay white scallion and 3 slices of ginger on the paper. Place the cleaned fish on top. Place the remaining 3 slices of ginger and sliced green scallions inside the fish.

Prepare the sauce:
In a small bowl, mix the minced ginger, garlic, remaining green scallions and ½ of the cilantro. In a saucepan on low heat, add the soy sauce, water and sugar, until sugar dissolves. Take the sauce off the heat and add rice vinegar. Pour the sauce over the ginger mixture.

Fill the fish with ¼ of the sauce and save the rest of the sauce to dress the fish after it steams.

Place the second sheet of parchment on top and fold together to enclose the fish. Steam the fish in the oven for 25 minutes. Serve topped with the remaining sauce and cilantro.

Serves 2-3



Amazing graze

Grazing tables are a tasty and decorative way to serve food for large gatherings



MAEGAN BROWN

Maegan Brown, is a Costco member, cookbook author and food blogger at TheBakerMama.com.

COSTCO CONNECTION

Ingredients to make grazing tables can be found in Costco warehouses. Groceries are available for delivery through Costco Grocery at Costco.ca.

by MAEGAN BROWN

A beautiful grazing table is an inviting and impressive way to serve a crowd. The key to making a successful grazing table is covering it with an abundant variety of bite-size finger foods. The beauty of a grazing table is that once you have it built, you can relax and enjoy the time with your guests.

Similar to a buffet, grazing tables are great for holiday parties, wedding receptions, birthday parties, family reunions, baby or engagement showers, or any occasion when you need to feed a lot of people. Here are some tips for building a grazing table.

Table setup

First, determine the number of servings needed, the table size and the number of dishes and platters needed for serving. If possible, position the table so guests can graze around it from all sides. Clean the table really well or cover it with butcher paper so you can place some foods, such as crackers, breads, nuts and dried fruits, directly on the table. Create a beautiful visual down the table by selecting serving platters, cake stands, tiered stands, wood boards and bowls in a variety of heights. Keep your serving platters consistent, complementary and somewhat neutral in colour, because

CONTINUED ON PAGE 78





MAEGAN BROWN



MAEGAN BROWN

The beauty of a grazing table is that once you have it built, you can relax and enjoy the time with your guests.

the abundance of food covering the table will be the star of the spread.

Food prep

Plan your grazing table by shopping for ingredients in advance, cleaning and prepping as much food as possible the day before the event, and then putting the food out right before it will be enjoyed. Recruit three or four helpers for prepping, building the display on the table and cleaning up in a reasonable time so the food is not sitting out too long. Plan for about 85 to 142 grams (3 to 5 ounces) of meat and 170 to 227 grams (6 to 8 ounces) of cheese per person.

For prepping, clean and chop all the fruits and vegetables, slice the meats and breads, and roll the meats. When possible, purchase foods that are already cut and ready to serve. Store perishables in the refrigerator until it's time to assemble the table.

Provide plates, napkins, small utensils and toothpicks for guests to use as they graze the table. Position plenty of cheese knives, condiment spreaders, tongs and any other serving utensils next to the foods. Plan for the grazing table to sit out for about four hours, including the time it takes to assemble the foods. If you need the table to be grazable for more than four hours, put out smaller portions and

plan to replenish with fresh meats and cheeses throughout the event.

Assembling everything

Allow at least 90 minutes to build the table with prepped ingredients. Begin food assembly in the middle of the table with the tallest piece, and work outward to the ends of the table. Have a plan for where you want each of the larger items, such as a cheese wheel or a Serrano ham leg, to go, and then fill in with all of the other foods. The key to building it quickly is having a vision for what you want on the table and where you want it to go.

Place complementary foods next to each other so guests can easily combine foods that taste great together. To save on time, serve most of the cheeses in blocks or rounds on a cutting board with serving knives. This also helps keep the cheeses fresh throughout the event.

Fill in the table with dips, whole fresh fruits, vegetables, breads, crackers, nuts, other nibbles and decorations so the table is covered completely. Scatter foods of different colours across the table, and let foods overlap and stack to create a bountiful display.

End your event by setting out take-out boxes for guests to fill with any leftovers before they go. ■

SHOPPING SUGGESTIONS

Consider these items when building your grazing table:

- Cheeses
- Meats and seafood
- Fresh fruits
- Fresh vegetables
- Dips and spreads
- Pickled foods
- Crackers and breads
- Nuts
- Dried fruits

—MB

Dietary restrictions

Costco member Sarah Juman-Yassin is the founder of Grazing Platters in the 6ix (grazingplattersinthe6ix.com), a Toronto-based business

that creates grazing tables, charcuterie boards and gift boxes using Costco items.

Juman-Yassin says to be sure to ask guests if they have any dietary restrictions. She suggests using the corners of

the tables to display foods for special diets, such as vegan, vegetarian, nut- or gluten-free, or halal by preparing these items in advance on separate trays, and labelling them accordingly.

—Christina Guerrero





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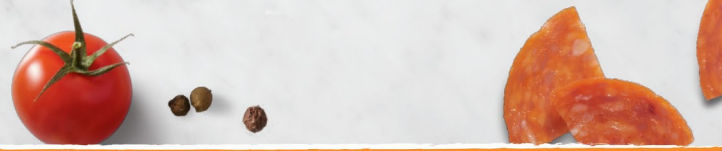
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Juicy fruit

Packed with vitamin C, citrus fruits bring juice and more to the table

by LAURA BODE



Lemony Roasted Garlic Potatoes with Burrata

© TOM CLEMENTS PHOTOGRAPHY

COSTCO CONNECTION

You'll find oranges, clementines, lemons and limes in Costco warehouses. Groceries are available for delivery through Costco Grocery at Costco.ca.

Add a bowl of citrus to your table in the winter and the smell and colour of the zesty fruit might just transport you (mentally) to a place of warmth and sunshine. Eat it and your body will benefit from all of the vitamins and fibre the fruit contains.

We are fortunate to have vitamin-rich citrus fruits close at hand, especially in the winter, and many are available year-round. Including oranges, grapefruits, clementines, lemons, limes and pummelos, there are more than 100 varieties of citrus.

"Citrus is a great addition to just about any recipe," says Christina Ward, senior director of global marketing at Sunkist, a long-time supplier for Costco. "Citrus can be used fresh, baked, grilled, roasted, sautéed or juiced. A trend we're seeing is that citrus is being used to add flavour to coffee. Another unique way to use citrus is to use the whole fruit. From candied peels to juice to zest to segments, the

ways to enjoy citrus are endless."

Candied peels, which can be made from a variety of citrus, such as oranges, lemons, grapefruit and, especially, easy-to-peel clementines, can be eaten out of hand, used in baking or added as a garnish for drinks.

Citrus fruits are a great source of many vitamins and minerals, including vitamin C, potassium, folate and calcium. They are also rich in flavonoids. Known for their beneficial anti-inflammatory effects, flavonoids are part of the refreshing spray that tickles your nose when you pull away the fruit's peel.

Citrus can even work as an alternative for salt, says LeAnne Pratt, strategic account manager at Sunkist: "Just use a squeeze of lemon, and you'll never miss the salt." ■

Laura Bode (laurabodedesigns.com) is a freelance writer based in Washington.

Lemony Roasted Garlic Potatoes with Burrata

2 seedless lemons, divided
113 g (4 oz) burrata
45 mL (3 Tbsp) extra-virgin olive oil, divided
Kosher salt, to taste
454 g (1 lb) fingerling or creamer potatoes, washed and quartered
2 garlic cloves, peeled and crushed
½ yellow onion, diced
5 mL (1 tsp) smoked paprika
Black pepper, to taste
15 mL (1 Tbsp) fresh or 5 mL (1 tsp) dried parsley flakes, for garnish

Preheat the oven to 205 C (400 F). Zest and juice 1 lemon; thinly slice the other lemon.

Put the burrata in a small bowl and slice into it to expose the creamy centre. Drizzle with 15 mL (1 Tbsp) oil; sprinkle with lemon zest, 15 mL (1 Tbsp) lemon juice and salt. Refrigerate until serving.

Put the potatoes, remaining oil, garlic, onion, paprika, salt and pepper in a large shallow baking dish. Toss to coat the potatoes.

Drizzle the remaining lemon juice over the potatoes; add the lemon slices. Roast for 45 to 50 minutes, tossing the potatoes halfway through cooking time. When lightly browned and softened, remove the potatoes from the oven. Cool for a few minutes.

Spoon the burrata over the potatoes, evenly distributing it in small amounts over the whole dish. Garnish with parsley. Serve immediately. Makes 4 servings.

Recipe courtesy of Vicki Shanta Retelny (victoriashantaretelny.com)



Citrus Salad with Dates

CITRUS VINAIGRETTE

60 mL (¼ cup) olive oil
30 mL (2 Tbsp) Champagne, sherry, red wine or apple cider vinegar
30 mL (2 Tbsp) orange juice
15 mL (1 Tbsp) lemon or lime juice
1 garlic clove, finely minced
1 mL (¼ tsp) salt
1 mL (¼ tsp) pepper
3 to 5 oranges or clementines
2 to 3 large handfuls (about 141 g/5 oz) of arugula or baby spinach
60 mL (¼ cup) medjool dates, pitted and chopped
60 mL (¼ cup) pistachios, pecan pieces or sliced almonds
60 mL (¼ cup) unsweetened coconut flakes, toasted
60 mL (¼ cup) red onion, thinly sliced
80 mL (⅓ cup) goat cheese, crumbled
Fresh mint or Italian parsley leaves

Prepare the dressing: Blend vinaigrette ingredients in a small bowl.

Prepare the salad: Cut or peel the rinds off the citrus. Slice the citrus into 0.64-cm-thick (¼-inch-thick) rounds. Place the arugula or spinach on a platter to form the base of the salad. Layer the citrus slices on top. Sprinkle with the dates, nuts and coconut. Scatter the red onion and the goat cheese over the top. Add some mint or parsley leaves. Spoon the dressing over the salad, reserving any dressing not used. Serve immediately. Makes 6 servings.

Recipe and image courtesy of Sylvia Fountaine (feastingathome.com)

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TWO-BITE GRANOLA DELIGHT

4 teabags **Twinings Earl Grey Tea**
250 mL (1 cup) dates, pitted
60 mL (¼ cup) maple syrup
60 mL (¼ cup) peanut or almond butter
250 mL (1 cup) roasted, unsalted almonds, loosely chopped
375 mL (1½ cups) rolled oats
Chocolate chips, dried fruits, nuts, banana chips, vanilla, etc.

Steep **Twinings Earl Grey Tea** bag in 750 mL (3 cups) of hot water. Place dates in the tea and soak overnight. Remove dates from tea, reserve 45 mL (3 Tbsp) of brewed tea. In a food processor, blend dates until fully chopped.

Place oats, almonds and dates in a large mixing bowl and set aside.

Warm maple syrup, reserved tea and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and mix.

Form into balls using a cookie scoop, spoon or your hands. Place in an airtight container, with pieces of parchment paper between stacked layers. Let firm up in the fridge or freezer for 15-20 minutes.

Makes 15-18 balls.



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PEAR & CHERRY COBBLER

250 mL (1 cup) all-purpose flour
60 mL (¼ cup) sugar, divided
7 mL (½ tsp) baking powder
2 mL (½ tsp) ground cinnamon
45 mL (3 Tbsp) butter, room temperature

FILLING

454 g (1 lb) **Cherries**
125 mL (½ cup) water
60 mL (4 Tbsp) cornstarch
2 mL (½ tsp) ground cinnamon
3 **Bartlett Pears**, peeled, cored and thinly sliced
1 egg
60 mL (¼ cup) skim milk

Prepare the biscuit topping: Stir together flour, 30 mL (2 Tbsp) sugar, baking powder and cinnamon in a bowl. Cut in butter until mixture resembles coarse crumbs. Set aside.

Prepare the filling: In a medium saucepan, combine **Cherries** and water, add the remaining sugar, cornstarch and cinnamon. Cook and stir until thickened and bubbly. Stir in **Bartlett Pears** slices; heat through. Reduce heat; keep hot.

In a bowl, stir together egg and milk; add to biscuit topping mixture, stirring just until moistened. Transfer hot filling to a 2 L baking dish. Spoon topping mixture into small mounds over filling. Bake in a 205 C (400 F) oven for 20-25 minutes or until a wooden toothpick inserted in a biscuit comes out clean. Serve cobbler warm.

Servings: 9

CHERRIES **BARTLETT PEARS**
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serve
this sweet treat
warm from the oven
with a scoop of
ice cream.



CREPINI BAKED BRIE

4 large **Crepini Egg Wraps With Cauliflower**
225 g (8 oz) Brie wheel
30 mL (2 Tbsp) cranberry chutney
1 large egg, beaten

Preheat oven to 205 C (400 F).

On a clean work surface, lay 4 **Crepini Egg Wraps with Cauliflower** stacked on top of each other. Place the cranberry chutney in the centre of the wraps. Place the round of brie on top of the cranberry chutney.

Fold the corners over the brie, forming a neat package. Gently flip the wrapped brie, so that the seams are face down and place in a pie plate. Brush the top with egg. Bake until the egg wrap is deep golden brown, about 25 minutes.

Let cool 5 minutes then slice and serve with fresh slices of apple, pear or bread.

Servings: 8

HOLIDAY SPICED PECANS

60 mL (¼ cup) **Wolfe Creamed Raw Organic Honey**
15 mL (1 Tbsp) cinnamon
5 mL (1 tsp) kosher salt
2 mL (½ tsp) cumin
1 mL (¼ tsp) cayenne pepper
1 egg white
625 mL (2 ½ cups) pecans

Preheat oven to 180 C (350 F).

Mix the **Wolfe Creamed Raw Organic Honey**, cinnamon, salt, cumin, and cayenne pepper together in a medium bowl

Whip the egg white in another bowl with a whisk until light and frothy. Drop the pecans into the bowl and toss to combine. Remove the pecans, shaking off any excess egg white, and drop them into the bowl with the honey mix. Toss to coat all of the nuts with the honey and spices.

Spray a baking sheet with non-stick cooking spray or line with parchment paper. Spread the pecans in a single layer and bake in the oven for 15 minutes, stirring once halfway through. Remove the nuts and let them cool on a wire rack. As they cool, they will crisp up. Serve right away or serve in an airtight container for one week.



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Meatless memories

Entertain with thoughtful vegan and vegetarian recipes

by JANNISE JOHNSON



Mushroom Gravy

COSTCO CONNECTION

You'll find a variety of vegetarian and vegan ingredients in Costco warehouses. Groceries are available for delivery through Costco Grocery at Costco.ca.

The holidays bring friends and family together to share good times and delicious meals. Those with dietary restrictions, such as vegans and vegetarians, are often overlooked (especially when the star of the table is a turkey or ham) and left wondering what they can eat from holiday spreads or office potlucks. If you are hosting a holiday meal, don't be intimidated when you find out one of your guests has a different diet.

Enter the Veganuary organization, a global nonprofit started in the U.K. in 2014 to encourage people to abstain from meat and animal products for the month of January. According to Wendy Matthews,

U.S. director of Veganuary, hosting vegans and vegetarians doesn't have to be stressful.

"Veganism is often defined by what we don't eat: meat, fish, eggs and dairy, plus some of the animal ingredients that are hidden away in products, such as whey [from milk] and gelatin [from animal bones]," Matthews says. "But really, we should focus on all the great things that vegans do eat. Vegetables, fruits, grains, beans, nuts, pasta—there is a good chance that half the foods you already eat are vegan."

Creating labels for vegan and vegetarian dishes is helpful if you don't want the whole meal to be sans meat, dairy and eggs. Matthews explains that making a dish that's free from animal products is not as complex

Types of diets

Check with guests on their particular diet. Vegans consume no animal products. The lacto-ovo vegetarian diet excludes

all meat, but includes eggs and dairy products. The ovo-vegetarian diet excludes all animal-based foods except eggs. The lacto-vegetarian diet excludes all meat and eggs,

but includes certain dairy products. The raw vegan diet consists of unprocessed raw plant-based foods. If you have a certain diet, politely inform the host or offer to bring a dish.—JJ

Mushroom Gravy

30 mL (2 Tbsp) extra-virgin olive oil
80 mL (⅓ cup) shallots, finely chopped
454 g (16 oz) cremini mushrooms, sliced
7 mL (1½ tsp) tamari
2 garlic cloves, minced
22 mL (1½ Tbsp) fresh thyme leaves
7 mL (1½ tsp) rosemary, chopped
60 mL (¼ cup) all-purpose flour
750 mL (3 cups) vegetable broth
Sea salt and freshly ground black pepper, to taste

Heat the olive oil in a large skillet over medium heat. Add the shallot and cook until soft, about 4 minutes, stirring occasionally.

Add the mushrooms; cook until soft, stirring occasionally, about 8 to 10 minutes. Stir in the tamari, garlic, thyme and rosemary. Sprinkle the flour over the mushrooms, then stir for 1 minute.

Add the broth and simmer until thickened, whisking often, about 20 minutes. Season with salt and pepper to taste. Makes 8 servings.

as some people would have you believe. The Vegan Society touts itself as the oldest vegan organization in the world. The organization's website (vegansociety.com) has several useful resources, including recipes. Just click the "Lifestyle" tab.

Veganuary.com also has ideas for substitutions and recipes for holiday favourites such as vegan gravy and stuffed squash. Try mashed potatoes made with vegetable stock or an unsweetened plant-based milk, such as almond, soy or oat. That takes care of the side dishes, but what about the entrée? Many vegan and vegetarian meat and cheese substitutes are easily accessible these days. If the host wants to try their culinary hand at making the main dish vegan, why not try a tofu turkey roast or a mushroom Wellington. Many conventional desserts can also be made for vegan guests, Matthews says.

"Did you know that many store-bought pie crusts are accidentally vegan?" she adds. "Just quickly scan the ingredients to make sure they don't contain animal ingredients like lard, butter or whey." ■

Jannise Johnson is a freelance writer in California.

Tahini Cookies

180 mL (¾ cup) smooth pourable tahini
125 mL (½ cup) maple syrup
2 mL (½ tsp) almond extract or 5 mL (1 tsp) vanilla extract
500 mL (2 cups) almond flour
2 mL (½ tsp) cinnamon
1 mL (¼ tsp) ground cardamom
1 mL (¼ tsp) ground ginger
2 mL (½ tsp) baking powder
2 mL (½ tsp) sea salt
125 mL (½ cup) pomegranate arils

Preheat the oven to 180 C (350 F). Line a large baking sheet with parchment paper.

In a large bowl, whisk tahini, maple syrup and almond extract until smooth. Add the almond flour, then sprinkle the cinnamon, cardamom, ginger, baking powder and salt evenly over the mixture. Use a spatula or wooden spoon to stir until well combined.

Use a 30-mL (2-Tbsp) cookie scoop to scoop the dough, using your hands to roll it into balls. Place each ball on the baking sheet, about 5 cm (2 inches) apart. Press down to flatten slightly. Sprinkle with pomegranate arils and lightly press. Bake 15 to 17 minutes or until lightly browned around the edges. Cool on the sheet 10 minutes, then transfer cookies to a wire rack to finish cooling. Makes 13 to 16 cookies.

Recipes and photos courtesy of Jeanine Donofrio (loveandlemons.com)



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

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Make D a good grade

Vitamin D can help
keep you healthy

by LISA A. BEACH

COSTCO CONNECTION

Vitamin D-rich foods and vitamin D supplements are available in Costco warehouses. Supplements and grocery delivery are available at Costco.ca.

Vitamin D aids in calcium absorption (which helps build strong bones) and assists with proper muscle and nerve function. But did you know it also helps the immune system fight off bacteria and viruses? Whether it's during flu season or a pandemic, it's more important than ever to ensure you're getting enough vitamin D.

As both a nutrient and a hormone, vitamin D helps to reduce inflammation as well as control processes such as immune function and cell growth, including antigen-presenting cells and regulatory T cells. Research shows that vitamin D plays a variety of roles in immune system functioning, which may improve the body's first line of defence against foreign invaders and deter the development of autoimmunity (when the body's immune system attacks its own healthy cells and tissues).

In fact, researchers have been studying the immunity-building benefits of vitamin D as they relate to respiratory infections. Recent studies (see "COVID-19 and vitamin D") found that using vitamin D supplements showed promise in both preventing and treating respiratory infections.

How much do you need?

Recommendations for vitamin D intake vary from province to province, and the amount of vitamin D needed daily varies by age. Health Canada recommends that most children and adults (ages 9 to 70 years) need 600 international units (IU), or 15 micrograms (mcg), of vitamin D per day, with the tolerable upper intake level being 4,000 IU (100 mcg).





Recommendations for vitamin D intake vary from province to province, and the amount of vitamin D needed daily varies by age.

The best way to know how much vitamin D you need is to consult your doctor, suggests Elaine Zhang, a Vancouver-based registered dietitian. “Your doctor or specialist can order a vitamin D blood test,” she says.

Sources of vitamin D

You can meet your daily vitamin D requirement from three sources: food, the sun and dietary supplements.

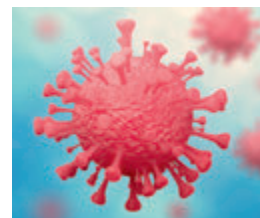
“Your best food source of vitamin D is fatty fish like salmon, trout and mackerel,” says Zhang. Not a seafood lover? Consume vitamin D-fortified foods, such as milk, which is typically fortified with 120 IU (3 mcg) per cup. “If you’re vegetarian, soy beverages and almond milk are sometimes fortified, but you need to check the labels,” points out registered dietitian Rana Daoud, general director of DRRD Nutrition in the Ottawa and Outaouais areas. Other sources include soft margarine, beef liver, egg yolks, cheese and mushrooms. Also, manufacturers sometimes add vitamin D to certain commonly consumed foods, including dairy

milk, plant-based milk alternatives, and breakfast cereals, orange juice and yogurt (look for items labelled as vitamin D fortified).

If you go outdoors for your vitamin D dose, “you want to be cautious with skin cancer prevention,” says Daoud, who advises going outdoors without sunscreen for about 15 to 20 minutes only a few times a week. Perry Holman, executive director of the Ontario-based Vitamin D Society, suggests taking a vitamin D supplement in winter. Based on a vitamin D blood test, your doctor can tell you if you need to supplement as well as the correct dosage and duration, Daoud explains.

She also suggests asking your doctor if vitamin D will interact with any other medications or supplements you’re taking. And check the label of any vitamin D supplements you’re considering to ensure it contains vitamin D₃ instead of vitamin D₂, Daoud says, “because vitamin D₃ is the active format, and more effective in absorption than D₂.” ■

Lisa A. Beach (lisabeachwrites.com) is a freelance writer based in Orlando, Florida.



COVID-19 AND VITAMIN D

Vitamin D shows promise in potentially reducing the risk of contracting COVID and limiting the severity of its symptoms.

According to a March 2021 study in *The Journal of Clinical Endocrinology & Metabolism*, 82% of COVID patients in one hospital were vitamin D deficient. And an October 2021 study in the *Journal of the Academy of Nutrition and Dietetics* found higher serum nutrient levels—especially of vitamin D and zinc—were associated with decreased risk of contracting respiratory infections, including COVID-19. Vitamin D and zinc were also associated with less severe respiratory infection symptoms and faster recovery times.—LAB

LEFT: © BIT24; ОЛИГА ХОЛЫВНИНА; ABOVE: NEAR / STOCK.ADOBE.COM

Higher risk?

Certain groups of people face a higher risk of vitamin D deficiency, including:

- People who are obese, have had gastric bypass

surgery or take certain medications that affect vitamin D metabolism.

- Breastfed babies
- Older adults
- People with darker skin or absorption disorders

(such as Crohn’s disease and cystic fibrosis) or certain medical conditions (osteoporosis, kidney or liver disease, hyperparathyroidism, tuberculosis and certain cancers)—LAB

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Fight fatigue

Changing what you put into your body may help the energy you are able to put out

by SUJA NATARAJAN



COSTCO CONNECTION

Costco carries a wide variety of healthful foods, as well as vitamins, supplements and more, in Costco warehouses and at [Costco.ca](https://www.costco.ca).

Feeling sluggish? Over 30% of Canadian workers report feeling fatigued most of the time or every day in a typical workweek, according to The Conference Board of Canada.

Medical conditions, stress, physical exertion and lifestyle factors may cause persistent exhaustion. Turning to processed foods and energy drinks may provide a temporary burst of energy, but a crash often follows. Instead, a well-balanced diet can provide steady energy throughout the day. Here's how.

Protein

According to the *British Journal of Nutrition*, a daily breakfast, especially one rich in protein, provides sustained energy throughout the day.

Good protein sources include poultry, nuts, eggs, cheese and tofu. Andrea D'Ambrosio, a registered dietitian and Costco member in Ontario, suggests eating

protein-rich foods such as lean meat, fish, eggs, beans, legumes, dairy or dairy alternatives and yogurt.

Magnesium

Low magnesium levels can deplete energy levels. Magnesium can improve your sleep quality and help you feel more rested and energized.

Leafy green vegetables, beans, nuts, legumes and whole grains are high in magnesium. While magnesium supplements could boost energy levels, always consult your doctor before taking any supplements.

Complex carbohydrates

The body gets its energy mainly from carbohydrates. A mix of complex carbs, protein and healthy fats provides long-lasting energy. Complex carbohydrates supply nutrients and fibre that control

blood sugar levels and provide a sense of satiety, sustaining energy levels. By including complex carbohydrates in all meals, you can avoid a spike or dip in energy levels between meals or throughout the day, says British Columbia-based Costco member Annie Tsang, a registered dietitian.

Whole-grain items, like whole-wheat bread, whole-grain cereal and brown rice, are excellent sources of complex carbs. Avoid processed carbs such as white bread, white rice, snacks, sweets, added sugars and pastries, which quickly deplete energy.

B vitamins

Vitamin B₁₂ is crucial for making red blood cells, which deliver oxygen to all parts of the body. A B₁₂ deficiency can result in fatigue and weakness.

Meat, poultry, fish and dairy products are good sources of vitamin B₁₂. You can obtain the full spectrum of B vitamins by consuming a variety of foods. Talk to your doctor before adding any supplements to your routine, says D'Ambrosio.

Iron

Iron delivers blood to nourish all the cells and tissues of the body, says Tsang. Low levels of iron could result in brain fog, dizziness and weakness.

Seafood, enriched grains, spinach, kidney beans, chickpeas, tofu, lentils and meat are excellent sources of iron. Pair foods rich in vitamin C and iron-rich foods at the same meal to enhance iron absorption—

for example, lentils and red bell peppers, healthy greens and lemon juice, or oatmeal with blueberries.

CoQ10

Coenzyme Q10 (CoQ10) is an antioxidant that aids in generating energy in the cells. The body naturally produces CoQ10, which is abundant in the heart, kidneys, liver and pancreas. However, the production of CoQ10 decreases as you age.

Organ meats, oily fish and whole grains are among the primary dietary sources of CoQ10. Studies suggest that taking CoQ10 supplements may help fight certain heart disorders, diabetes and Parkinson's disease, and reduce blood pressure. Consult your doctor before taking any supplement.

Potassium

Potassium is one of the critical macro minerals (minerals required in relatively large quantities by the body) responsible for various functions, including energy production. Potassium deficiency may cause weakness, fatigue, muscle aches and cramps.

Significant sources of potassium include potatoes, bananas, lentils, beans, milk, yogurt, tomatoes and spinach.

Good nutrition, hydration, sleep and exercise are beneficial for sustained energy. See a doctor if your fatigue persists for two or more weeks, and discuss it with your doctor before taking a supplement. ■

Suja Natarajan is a writer based in Virginia.



Can coffee make you tired?

As a stimulant, caffeine boosts energy levels, but it can also make you feel tired. Caffeine blocks adenosine receptors from receiving adenosine, the chemical that regulates the sleep-wake cycle, particularly the initiation of sleep. However, it doesn't affect the production of adenosine molecules. When the caffeine wears off, the buildup of adenosine makes you tired. In addition, too much sugar in the coffee spikes blood glucose levels, with crashes shortly after that, causing a drop in energy. Consume no more than 400 milligrams of caffeine (four or five cups of coffee) per day, and stay hydrated to avoid a caffeine crash.—SN

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Post-lunch slump

The post-lunch slump is a common experience. According to the National Sleep Foundation, people's

circadian rhythm drops significantly between 2 and 5 p.m., resulting in a period of decreased alertness called the post-lunch dip. Digesting a heavy lunch

can worsen the effect. A brief nap, a brisk walk outside or eating a low-carb breakfast or lunch can help you fight the afternoon crash.—SN



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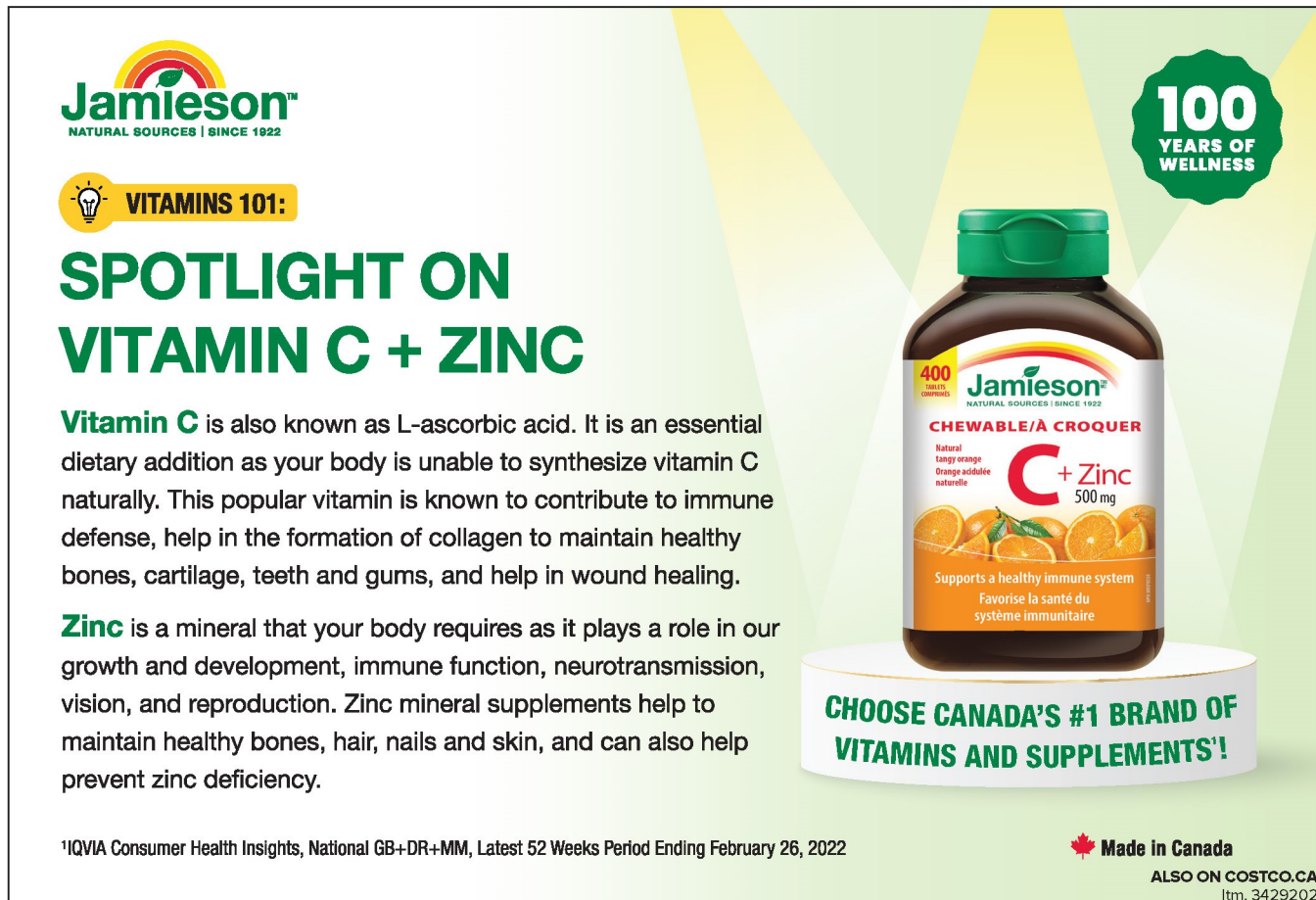
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Zinc is a mineral that your body requires as it plays a role in our growth and development, immune function, neurotransmission, vision, and reproduction. Zinc mineral supplements help to maintain healthy bones, hair, nails and skin, and can also help prevent zinc deficiency.

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Taking control

Being your own health advocate puts you in charge of planning and decision making

by MALI ANDERSON



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COSTCO CONNECTION

Costco pharmacists are available to answer questions in Costco warehouses. Prescriptions and other medications are available in Costco warehouses and at Costco.ca.

Pharmacies in Costco's Quebec locations are independently owned and operated by pharmacists.

While the guidance of your health care provider is important, it is also essential to be your own health advocate. After all, you know your body best. Having your concerns, questions and preferences addressed is a vital step in making informed health care decisions—you will feel more confident as you move through treatment plans with improved medical literacy.

Bring questions to your appointments

Gone are the days when talking with a doctor was a one-way discussion. “Take time to write down questions so you and your health provider can prioritize your health concerns,” says Dr. Melinda Ring, director of the Osher Center for Integrative Health at Northwestern University. “Ask if there are any evaluations that should be done to explore your health needs, given your personal health risks and goals.”

Understand your insurance coverage

Taking time to understand your individual insurance can help you receive

the care you need while sidestepping expensive bills. For instance, “it’s important to talk to your family doctor about whether cancer screening is right for you,” says Dr. Jobin Varughese, a board member for the Ontario College of Family Physicians. “Other conditions you might be screened for include high blood pressure, [blood] sugar or cholesterol.”

Stay on top of preventive care

Be sure to schedule regular appointments and routine screenings. “It’s important to realize that chronic diseases occur on a continuum,” says Ring. “Often, by the time they are diagnosed, problems have been brewing for years. For example, a person doesn’t become diabetic overnight; insulin resistance may start a decade or more before. Catching things early means you can take action to reverse them before developing permanent damage.” ■

Mali Anderson is a freelance writer based in Chicago.

Your pharmacist

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Bits and bites

The tools and basics for optimum oral care and health

by LARA JAMES



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STEVEN JAMES

Lara James is a clinical dental hygienist.

COSTCO CONNECTION

Items for oral care, including manual and electric toothbrushes, water flossers, floss, mouthwash, interdental brushes and more are available in Costco warehouses and at [Costco.ca](https://www.costco.ca).

The Canadian Dental Association and the Canadian Academy of Periodontology agree: Oral health is just as important as systemic health. And the Mayo Clinic confirms that the mouth is the entry point for bacteria that can cause or worsen diseases. Why? Plaque is the sticky film on the teeth that constantly forms and multiplies. If too much plaque accumulates around the gum line and isn't removed regularly, it causes an inflammatory and immune response, resulting in gum disease such as gingivitis and periodontitis.

If gingivitis, which is reversible, is left untreated, it can worsen and become periodontitis, a progression of an oral infection that causes permanent damage through tissue, bone and tooth loss. When the harmful bacteria from gum disease enter the bloodstream, it can promote an increase in other negative health conditions (see "Dental dangers").

Good home oral care is important not only for aesthetics but for health.

While some people may need extra tools to maintain oral health, the following products are the most effective:

Electric toothbrush. Micromovements of the bristles and the two-minute timer help users remove plaque effectively and massage the gums to stimulate blood flow for gum health.

Water flosser. Removes plaque under the gums, where a toothbrush and floss cannot reach, and is an adjunct to reduce gum infection.

Floss. Removes plaque between the teeth where a toothbrush does not reach. Without flossing, only three-fifths of the tooth is cleaned, missing where most of the bacteria accumulates.

Mouthwash. Reduces bacteria that cause bad breath, plaque and gingivitis.

Interdental brushes or soft picks.

Reduces bacteria between the teeth and stimulates the gums, especially around crowns, bridges and fillings, where a toothbrush does not reach. ■

Dental dangers

Periodontitis is an inflammatory disease, associated with or linked to a number of health

issues, including certain autoimmune diseases, cancer, cardiovascular disease, dementia, diabetes, fatigue, flu, hormonal changes,

kidney diseases, low birth weight, obesity, osteoporosis, pulmonary issues, rheumatoid arthritis, stroke and thyroid disease.—LJ

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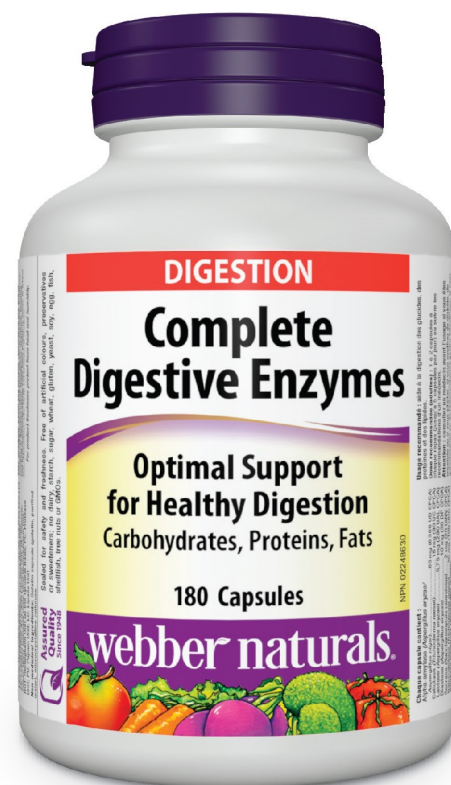
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* Source: Canadian Digestive Health Foundation. Product selection may vary by location.

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The lively liver

How to keep this unsung hero healthy

by LAWRENCE VARGA



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

Pharmacies in Costco's Quebec locations are independently owned and operated by pharmacists.

The liver, a small organ in the right upper part of your abdomen, is a filtering factory that cleans up toxins, regulates hormones, fights infections and provides you with energy, as well as more than 500 other functions that keep you alive and in good health.

Keeping your liver healthy involves a lifestyle that includes eating a balanced diet and physical activity. It also means staying away from chemicals that can damage your liver, like excessive alcohol, tobacco products, long-term or overuse of medications that can damage the liver (such as acetaminophen, found in many pain and cough and cold medicines) and prescription medications for arthritis, acne or fungal infections. In fact, some herbal supplements, like ephedra or kava, are linked to liver problems, as are pesticides. Viruses like hepatitis A, B or C, which can be transmitted from unwashed food, unprotected sex, unsterile tattooing, body piercing equipment or needle sharing, can also hurt the liver. (Costco Pharmacy offers vaccines against hepatitis A and B that can protect against getting those diseases.)

If you suspect that you may be having liver problems because of non-specific symptoms like fatigue, nausea, dark urine or yellowing of the skin or eyes (jaundice), simple liver function tests can be performed by your doctor on a periodic basis along with other blood tests like cholesterol levels. While your liver does not require regular cleaning with digestive cleanses, some herbal supplements, like turmeric or milk thistle, could possibly be helpful in keeping your liver healthy, according to some studies.

Armed with the knowledge about caring for this vital organ, take care of your liver and take charge of your health. ■

Buyer's pick

© COSTCO CANADA



Heather Houston
Buyer,
OTC Pharmacy

Milk thistle

The liver performs a wide array of functions that help support the body. Milk thistle is used in traditional herbal medicine as a liver protectant and to help relieve digestive disturbances.

Each Holista Extra Strength Milk Thistle softgel contains 250 milligrams (mg) of 30:1 milk thistle seed extract, equivalent to 7,500 mg of raw herb. It is standardized to contain 60% of the active milk thistle compounds, known collectively as silymarin. It's a convenient, herb-based solution for adults who want to support liver health. Item 3212582. Warehouses/ Costco.ca. ■



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Cruise control

Costco Travel helps members navigate rivers and oceans around the world

by T. FOSTER JONES

For every type of vacation, there are great “traditional” destination choices, those popular go-to spots that are a bit more mainstream. But there are also many destinations—a little off the beaten path—that offer all the same great amenities of those popular traditional choices, and more.

These “different path” destinations may not have come to mind because they offer a level of luxury and pampering in exotic settings that simply felt out of reach. With Costco Travel, however, that’s no longer the case. Whatever level of travel you are seeking, the possibilities are endless and the value is very real.

Beginning with the September *Connection* and concluding in this December issue, we divided vacations into three broad categories—beaches/tropical, culture and cruises—and found examples that might be considered traditional and others that could represent a slightly different path.

When you are ready, Costco Travel is there to guide you on whichever path you choose. ■

CLOCKWISE: DANITA DELIMONT, LHBOUCAULT / STOCK.ADOBE.COM; UNIWORLD® BOUTIQUE RIVER CRUISES



Clockwise from left:
A blue-footed booby in the Galápagos Islands; Alaska's majestic Hubbard Glacier; river cruises are a special way to experience Europe.

Cruises

Traditional: Caribbean and Bahamas

Royal Caribbean

Symphony of the Seas

This sailing takes in the glitzy chic of Miami Beach, the ancient Mayan ruins in Costa Maya, laid-back beach towns and secluded shores in Roatán and the white sand beaches of Cozumel, with downtime during Perfect Day at CocoCay, a private island with the largest freshwater pool in the Bahamas.

Traditional: Alaska

Princess Cruises

Voyage of the Glaciers

“Hubbard Glacier is an unforgettable sight,” Jody Zegers, Costco Travel’s cruise buyer, says about one of the highlights of this cruise, which also includes Glacier Bay, Juneau, Ketchikan and other stops.

In contrast with the thinning and retreating of most glaciers, Hubbard, the largest tidewater glacier on the North American continent, has



COSTCO CONNECTION

Costco Travel offers cruises, vacation packages and car rental options for destinations in Canada, the United States and around the world. To learn more, visit CostcoTravel.ca or call 1-855-863-0357. As COVID continues to affect travel, members can check for updates at CostcoTravel.ca/Info/Travel-Updates.



been thickening and advancing toward the Gulf of Alaska, and, thanks to its exceptional movement speed, the glacier calves at an incredible rate. “The sight and sounds of this massive glacier calving into the sea are breathtaking,” says Zegers.

A different path: Galápagos Islands *Celebrity Cruises* *Galápagos Inner Loop Cruise*

A destination on many people’s bucket list (Charles Darwin crossed it off his in 1835), the Galápagos Islands archipelago is one of the world’s foremost sites for unique wildlife, with many species found nowhere else. As you travel on a ship carrying just 100 passengers, where every stateroom is a suite, this immersive, all-inclusive trip offers the opportunity to view and engage with every aspect of several islands including Baltra, Daphne, North Seymour and Rábida—on an intimate level.

“This is the land that time forgot,” says Zegers. “It’s an amazing combination of wildlife and landscape—it’s truly a once-in-a-lifetime adventure.”

A different path: European river cruise *Uniwold Boutique River Cruises* *Brilliant Bordeaux Cruise*

River cruises offer another way to see and access special sights. This cruise, for example, limited to just 124 passengers, takes you along three rivers in southwest France, from Bordeaux to Port de Blaye, Pauillac, Cadillac and Libourne, where cruisers take in breathtaking natural, archaeological and architectural backdrops; historic landmarks; and cultural treasures across the region. Wine tastings, plus walking, driving and bicycle tours, put travellers right in the middle of the European experience.

“This ship has the highest staff-to-guest ratios in the river cruise industry,” says Zegers.

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Sensible structures

Sustainability plays a role when we build new Costco locations

by SHERI FLIES

A preserved cenote at Costco, Mérida, Mexico



© COSTCO WHOLESALE



© COSTCO PHOTO STUDIO

Sheri Flies is Costco vice president of global sustainability and compliance.

Our sustainability goals come into play any time we plan a new Costco warehouse, through the steps we take to ensure our buildings are built in an energy-efficient and environmentally responsible manner. This starts with design techniques that call for less building material (and recycled content where possible), energy-saving heating and refrigeration equipment and more.

Sometimes we have the opportunity to incorporate older buildings into new locations. We call this adaptive reuse and historical and natural preservation.

What's old is new again

Many of the first Costco locations were existing buildings that were converted into warehouses. This was an affordable way to get up and running. More recently, we have housed new warehouses in existing buildings that have historical value. In addition to preserving historically significant buildings, we can save on construction costs. And reducing new building materials cuts carbon emissions.

The most visually stunning example is in Stevenage, England. As we sought to open a new Costco in that city, our real estate team

came across a low, sweeping building with unique arches, built in 1963 and designed in collaboration with the late Félix Candela. The structure once housed a distribution centre for a U.K. department store chain, and we were able to adapt the structure for our needs.

We took similar steps in existing buildings in Thorncliffe Park, Ontario, and in Coralville, Iowa. These buildings now have a new life as thriving Costco locations.

Preserving and respecting

As we build new warehouses, it's sometimes necessary to take steps to preserve natural wonders or respect Indigenous lands. This was the case in Mérida, Yucatán (shown above). It has a cenote, or natural sinkhole, filled with groundwater. We repaired and cleaned this unique landform, and now onlookers can see it from a bridge.

In Calgary in 2020, we opened a warehouse on the lands of the Tsuut'ina Nation—our first Costco on First Nation land in North America. Our construction team worked with the Tsuut'ina to use only native plant and tree species in the site's landscaping, reflecting the heritage of the plains. ■

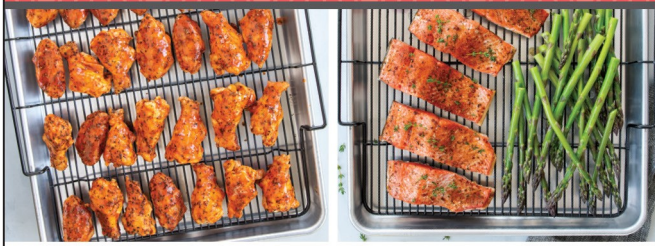
More details online

You can find more information on our sustainability efforts in our Sustainability Commitment at [Costco.ca](https://www.costco.ca). Go to

[Costco.ca](https://www.costco.ca) and click "Sustainability Commitment" at the bottom of the page under "About Us." That page also offers a link to our Global Sustainability Commitment.

I also encourage you to browse through the Sustainability Commitment for information on our policies and goals in this critical area.—SF

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Time for talech

Elavon introduces new talech Register for businesses



As a business owner, you know how important it is to have a point-of-sale (POS) system that keeps operations running smoothly. As your business grows and changes, so should your POS system. That's why Costco members have access to Elavon—an experienced payment processing provider—which offers all-in-one payment solutions with exclusive rates for Costco members.

For the first time, Costco members can use the latest innovative POS system from Elavon: talech Register. An intuitive new system with plenty of features and a cloud-based back office, talech Register can help you stay organized, streamline services and grow your business, all at once.

What is talech Register?

The recently released talech Register features an all-in-one design that is efficient and aesthetically pleasing. It's ideal for mid-size to large businesses in various industries that require a full register solution.

Key features

Talech Register allows you to easily replace individual hardware components without interrupting payment acceptance.

With a 40-centimetre (15.6-inch) merchant-facing touch-screen display, plus an optional 25-centimetre (10-inch) integrated customer touch-screen display, you can view the screen at the same time as your customers—without flipping it around. The system can also work in conjunction with other hardware you may already have, and the flexible design means you can set it up however best suits your counter space.

Benefits for business owners

The system features allow you to create orders, manage inventory, view reports and more. All the while, talech's powerful security features mean customer payment data is safely protected.

The back office is a cloud-based system, providing streamlined back-end services in one place. You'll be able to view analytics like sales trends, stay connected anytime and anywhere—even from home—and access 24/7 support from Elavon. Talech is designed to grow alongside your business.

To learn more about Elavon, the talech Register and savings available for Costco members, visit Costcopaymentprocessing.ca/register or call 1-855-956-4775. ■

Special packages

Elavon offers packages for restaurants and retail, which are an excellent option for getting started with talech. Both packages

include all the necessary peripheral devices—like the merchant and customer display screens, receipt printer, scanner and more. If you're interested in customizing your system or if

you only want certain hardware, Elavon also offers à la carte ordering for the talech Register. With so many options at competitive prices, you're sure to find exactly what you need.

Orii 20 Jar Spice Rack

The minimalistic design of the Orii 20 jar spice rack let's the colours and textures of your spices shine through. Built strong and sleek with chrome wire that complements any kitchen décor. Built-in carry handle makes it easy to lift and move as needed. Includes 20 glass jars filled with spices.



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ALSO ON COSTCO.CA ltn. 974579 (Grown right 2-pack), 353969 (Oasis 24-pack)



Cancun: Hilton Cancun

This all-inclusive resort is located on the beachfront and is ideal for families. Guests can choose from numerous dining options, including a churro and ice cream shop, or laze by one of the two beachfront infinity pools. Costco Travel's package includes a Costco Shop Card. To learn more, visit CostcoTravel.ca or call 1-855-863-0357.



Herbal Essences Eucalyptus + Potent Aloe Shampoo and Conditioner 2-Pack

The pH-balanced eucalyptus and aloe shampoo nourishes hair for a balanced scalp and soft hair, while the conditioner nourishes dry hair and increases suppleness and shine. Item 1351140. Warehouses/Costco.ca.

The latest Costco finds



Battery Daddy Battery Storage Case

This compact, double-sided storage case stores 180 batteries: 78 AAAs, 64 AAAs, eight 9-volts, 10 C's, 12 coin cells and eight D's. A battery tester is included so you can test the life of the batteries. Item 1589856. Warehouses/Costco.ca.



Sloan White Media Fireplace

Bring rustic charm to your living space with this electric fireplace that allows you to enjoy the ambience of a fire throughout the year. Accommodates most flat screens up to 203 cm (80") and 40 kg (90 lb). A 5,200-BTU heater provides supplemental warmth for up to 93 square metres (1,000 square feet). Dimensions: 48 cm x 102 cm x 189 cm (19" x 40" x 74"). Item 1441990. Warehouses/Costco.ca.

Galerie Accent Rug Collection

This stylish accent rug will provide a colourful foundation in any room, hallway or entry. 76 cm x 114 cm (30" x 45"). Available in several colour/print combinations. Item 8097631. Warehouses/Costco.ca.





Champion Men's and Women's Running Sneakers

With an easy on/off ankle pull and lace-up front for adjustable fit, these low-line sneakers feature a flexible mesh upper and a blended comfort insole. Available in white, black and navy. Women's sizes: 5–11. Men's sizes: 7–13. Item numbers vary by size and style. **Warehouses/Costco.ca.**

Lazypants Women's Joggers

These comfortable joggers are perfect for lounging and living in. They feature a high-waisted relaxed fit, two side pockets and a hidden drawstring. Colours: black print, pink print, beige. Sizes: XS–XL. Item numbers vary by size. **Warehouses/Costco.ca.**



Costco Wholesale Men's Logo Joggers

With a relaxed fit, these joggers feature a Costco Wholesale logo on the left hip, and have side pockets and an external drawstring with red and blue stitching. Colours: black, grey. Sizes: M–XXL. Item 7771393. **Warehouses/Costco.ca.**



Lazypants Women's Hoodie

This hooded sweatshirt features a deep kangaroo pocket, is slightly oversized and is made of a breathable cotton-poly fleece. Colours: black print, pink print, beige. Sizes: XS–XL. Item numbers vary by size. **Warehouses/Costco.ca.**



CAT Boys' Long-Sleeve Tee and Thermal Top 2-Pack

These shirts are available in several colour combinations. Sizes: 6–18/20. Item 1626404. **Warehouses/Costco.ca.**

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DIMMABLE



TAKES STANDARD
(E26) BULB
(INCLUDED)



DIMENSIONS
32,7 cm x 35,5 cm x 35,5 cm
12,88 in x 14 in x 14 in

ALSO ON COSTCO.CA ltm. 1669217



Heavy-duty Storage Rack



Protective
powder-
coated finish



Bolt-free
design for easy
assembly



1,000 lb

PER SHELF CAPACITY
EVENLY DISTRIBUTED WEIGHT



ALSO ON COSTCO.CA
ltm. 1600205

GOODYEAR

Always prepared.



ALSO ON COSTCO.CA
ltm. 1555662



NEW
& IMPROVED
FORMULA

ALASKAN.

MELTS MORE, FASTER, COLDER.

PREMIUM ICE MELTER • 22.5 kg



WORKS DOWN TO
-35°C

- PENETRATES ICE FASTER & DEEPER
- NO STAINING
- GENTLE ON CONCRETE AND GRASS



NEW & IMPROVED EXCLUSIVE FORMULA
TRUE BLUE
TECHNOLOGY

FAST ACTING
LIQUID-INFUSED GRANULES

* Compared to previous Alaskan® Premium formula.

** When tested at -35 °C, this product penetrates the ice, unlike the previous Alaskan® Premium formula.

*** When used as directed

ALSO ON COSTCO.CA
ltm. 1647986

FOR SCHEDULES AND DESCRIPTIONS

Go to [Costco.ca](https://www.costco.ca) and search "Special Events."
Or, from the Costco mobile app, go to "Warehouse Locator" and choose a warehouse for events info.



Ricardo BH Outerwear

The Ricardo BH Authentic Turkish Sheepskin Outerwear and Accessory Road Show is proud to be back this year featuring its new bomber-style jacket, with a 100% sheepskin lining and a waterproof polyester exterior finish, providing a combination of comfort and casual elegance.



Nespresso Coffee Maker

Make every day extraordinary. Vertuo Next takes the full range of Nespresso coffee styles even further. Choose your favourite among five different cup sizes, from espresso drinks to coffee in a carafe. The Lattissima Touch provides endless possibilities in coffee and milk preparations, thanks to the integrated milk frother. Choose from among six coffee and milk recipes using the tactile control panel.

A limited-time showcase of exciting products



ZWILLING Fresh & Save

Reduce your food waste with the new vacuum-sealing system that changes the way you prep and store food. ZWILLING Fresh & Save uses a compact, hand-held vacuum pump and securely stores your food to keep it fresh up to five times longer than non-vacuum sealing methods. The powerful and fast-sealing pump works with reusable vacuum bags and vacuum containers.



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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McCafé

Premium Roast Coffee



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Rainforest Alliance Certified.
Find out more at ra.org.

McCafé® Premium Roast Coffee
K-Cup Pods, 80ct

ltm. 1477486

FEVER-TREE



IF $\frac{3}{4}$ OF YOUR DRINK IS THE MIXER,

Mix With the Best



FEVER-TREE PREMIUM TONIC WATER



FEVER-TREE PREMIUM GINGER BEER



Selection may vary by location

ltm. 1429742 (tonic water), 1429744 (ginger beer)

MEMBER CONNECTION

MEMBER INFO

Who

Ardra Cole

Hometown

Halifax

Occupation

Full-time university professor and volunteer leader of ElderDog Canada

Website

ElderDog.ca

Quote “When volunteers sign up, they think, ‘It’d be great if I get my doggy fix and help somebody.’ But, once they get into it, it is incredibly rewarding because they realize those small acts of generosity make the world of difference.”

—Ardra Cole



CLOCKWISE FROM LEFT: CASSIE AT WET NOSE PHOTOGRAPHY, ARDRA COLE



Homing elder dogs

In 2009, Costco member Ardra Cole founded ElderDog Canada. This charitable organization helps seniors to keep their canine companions by finding volunteers who provide dog care support. ElderDog also finds new homes for aging dogs.

The idea for the organization began germinating in the 10 years Cole spent as a university professor researching what care

looks like. The idea for ElderDog took root when her brother passed away suddenly. At that point, Cole took in her brother’s dog, Mr. Brown, who had terminal cancer. She started ElderDog to honour her brother and Mr. Brown. The idea for ElderDog, says Cole, was “born of love and loss.”

She began with one Pawd (local chapter) in Dartmouth, Nova Scotia. Now, the organization is 36 Pawds—and 4,000 volunteers—strong.

Cole’s goal? “To make ElderDog a household name.” —*Carimé Lane*

Clockwise from top: Ardra Cole with Poppy; Mr. Brown, the inspiration for ElderDog Canada; ElderDog volunteer, Janet Marusiak with elder dog Mya.

HOLIDAY ESSENTIALS



**KIRKLAND SIGNATURE
WHOLE BLUEBERRIES**
Itm. 360704



**KIRKLAND SIGNATURE
THREE BERRY BLEND**
Itm. 410746



**KIRKLAND SIGNATURE
MASTER CARVE HAM**
Itm. 16020



**KIRKLAND SIGNATURE
ORGANIC CHICKEN BROTH**
Itm. 411844



**KIRKLAND SIGNATURE
SHREDDED PIZZA
MOZZARELLA CHEESE**
Itm. 1370203



**KIRKLAND SIGNATURE
DOUBLE CRÈME
BRIE CHEESE**
Itm. 610845



**KIRKLAND SIGNATURE
SHREDDED DOUBLE
CHEDDAR CHEESE**
Itm. 1370200



**KIRKLAND SIGNATURE
ORGANIC MARINARA
SAUCE**
Itm. 784362





- ✓ Non-GMO
- ✓ No artificial flavours or preservatives
- ✓ Great addition to your favourite recipe

At Ocean Spray, it's important that our Craisins® Dried Cranberries are made from 100% North American cranberries that have been grown using sustainable farming methods. We take pride in what we grow, and we're proud to have Ocean Spray's cranberry crop independently verified as sustainably grown based on audits of a representative set of our farms practices.

Ocean Spray is a farmer owned co-operative with 100+ cranberry farmers right here in Canada.

*Ocean Spray's cranberry crop is independently verified as sustainably grown based on audits of a representative set of our farms' practices.

Live in full flavour.™

CHEERS TO FIZZTIVE TIMES.

SPARKLING
ICE®

NATURALLY FLAVOURED SPARKLING
WATER BASED BEVERAGE

ZERO CALORIES

4 FLAVOURS

- 6 - COCONUT PINEAPPLE
- 6 - PINK GRAPEFRUIT
- 6 - CHERRY LIMEADE
- 6 - LEMON LIME

24 - 503 mL BOTTLES (12.0L)
SWEETENED WITH SUCRALOSE



ALSO ON COSTCO.CA
Various item numbers