

Gulf Coast getaways ♦ Rosh Hashanah foods ♦ Prostate health

COSTCO Connection[®]

THE MAGAZINE FOR COSTCO MEMBERS

Going global

From its humble beginnings 40 years ago, Costco has grown into a multinational retail enterprise **26**



SEPTEMBER 2023



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COSTCO Connection[®] *September*

September 2023

Volume 36

Number 8

Spice things up with a variety of Kirkland Signature™ items, from gluten-free options to seasonings.

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by Christina Guerrero



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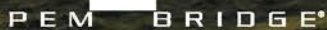
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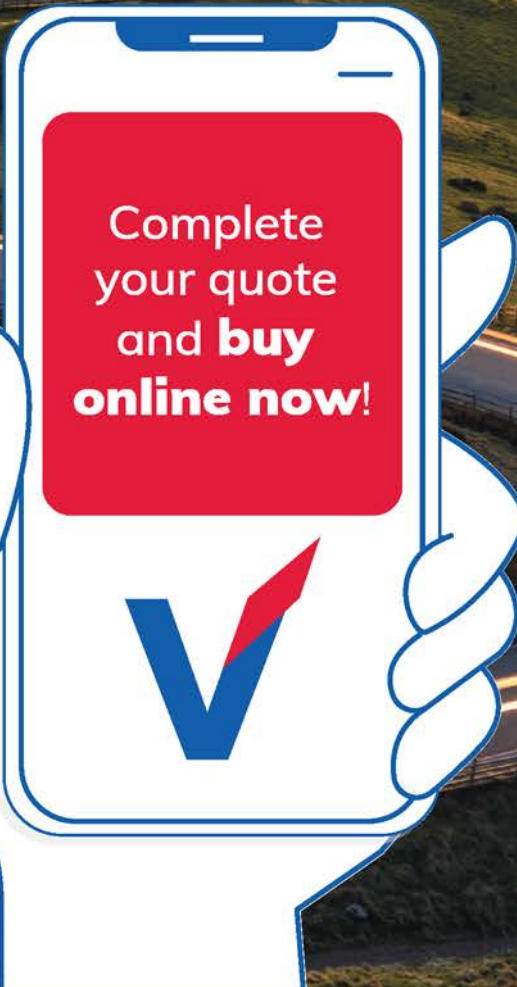




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September sentiments

The coming of fall brings a seasonal shift and time of change that we cannot help but notice. Days get shorter, leaves change colour, students return to school and thoughts turn to cozying up on the cooler nights ahead.

With the coming of this harvest season, so too comes our Kirkland Signature™ Special Section. We have many great items to share with you—from spices and canned meats to baby wipes and more.

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For more than two decades, the Kirkland Signature brand has stood for unparalleled quality and value. We launched our private-label brand so that we could take an active role in ensuring even better value for our members. By taking the lead in sourcing and formulating new products, co-branding with premium brands and partnering with top manufacturers around the world, we've created an exclusive range of products that reflects our members' tastes and exceeds their expectations. We offer these items proudly from our Costco family to yours.

I hope you all enjoy September's rays of sunshine—and our Costco world! ■

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of Marketing.

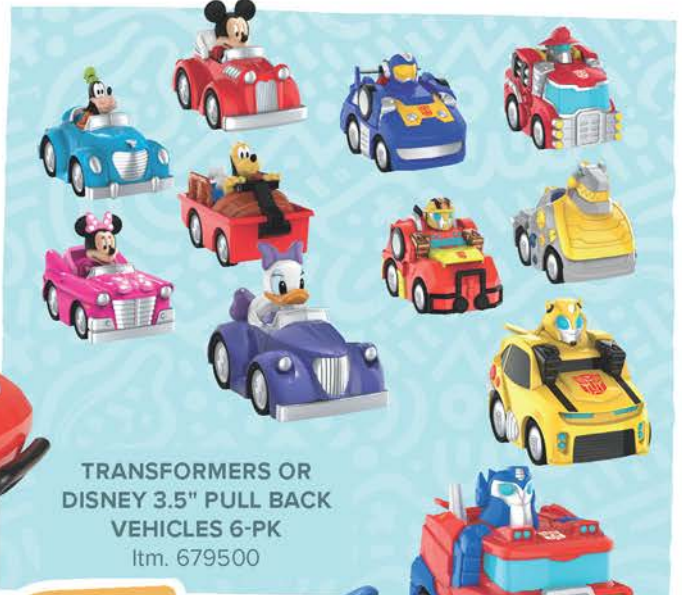
Coming next issue
We'll be taking a look at the company Jazwares, which is behind the cuddly and collectable Squishmallows.

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* Enter your postal code on the Same-day delivery site to determine if delivery is available in your area. Item prices are marked up higher than your local warehouse. Instacart uses the markup to pay for their delivery service. Costco Grocery is not available in the Yukon, the Northwest Territories or Nunavut. 1099-23

Lighten the mood

Candles can set the scene and mark special occasions—including World Candle Month (September). There's just something captivating about them, with their various colours and scents and the warming glow they give off. Find a variety of candles, including the flameless LED variety, in warehouses and at [Costco.ca](https://www.costco.ca).



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Back story

THE ANCIENT ROMANS are generally credited with developing the wicked candle by dipping rolled papyrus in melted beeswax or tallow, according to [Candles.org](https://www.candles.org). The candles were used to bring light to homes, be a part of religious ceremonies and aid

travellers at night. Early versions of candles used various forms of wax, including from an indigenous insect combined with seeds (China), from tree nuts (Japan) and by boiling the fruit of the cinnamon tree (India).

As of late last year, the *Costco Connection* has an international circulation of more than 20.7 million copies.



WORLD ALZHEIMER'S MONTH

Tips to take care

The Mayo Clinic offers these tips for creating a safe environment for someone with Alzheimer's disease or a related dementia.

- Prevent falls by avoiding scatter rugs, extension cords and any clutter.
- Install locks on cabinets that contain anything potentially dangerous, such as tools.
- Lower the thermostat on the hot-water heater to prevent burns.
- Make sure smoke and carbon monoxide detectors have fresh batteries.

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THROUGH THE AGES

History of Barbie

Barbie, which was founded by Ruth Handler in 1959, has evolved over the years. Here are some facts about the iconic doll from Barbiemedia.com. Find Barbie toys in Costco warehouses and at Costco.ca.

- Barbie was named after Handler's daughter, Barbara, and Ken, after her son, Kenneth.
- The doll first appeared in her iconic black-and-white striped swimsuit.
- The first celebrity Barbie doll was based on the British fashion model Twiggy in 1967.
- In support of Equal Rights, Barbie released Christie, one of the first Black dolls, in 1968.
- Barbie has had more than 200 careers, including astronaut, pilot, firefighter, journalist and entrepreneur.
- More than 100 dolls are purchased every minute, with a total of 58 million sold annually in 150 countries.



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ADAPTIVE LIVING

Easy rider

Costco member Cody Howell (above right) leads one of the largest manufacturers of adaptive driving aids in North America. Cody's father, Keith Howell (above left), a quadriplegic at 15 who passed away in 2022, founded Howell Ventures Ltd. (suregrip-handcontrols.com) in 1986. The family business, located in Upper Kingsclear, New Brunswick, also designs and manufactures adaptive equipment—for tractors, ride-on lawn mowers, golf carts and all-terrain vehicles.



The Barbie brand continues to evolve.

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According to a report by telecommunications firm McKinsey & Company, teams that communicate well are 20% to 25% more productive.

FOR YOUR
BUSINESS

by JEANNE MAES AND
JENNIFER C. ZOGHBY

The quality of your communication determines the quality of your life. Every time you communicate, there are two levels present. First, there's the purpose or reason for the communication. It can be personal or job-related—something as simple as checking on a neighbour or as complex as giving instructions on a project. The purpose is the easy part. The more challenging aspect is the second level: the relationship you have with the other person. It succeeds or fails based on four pillars.

In the present

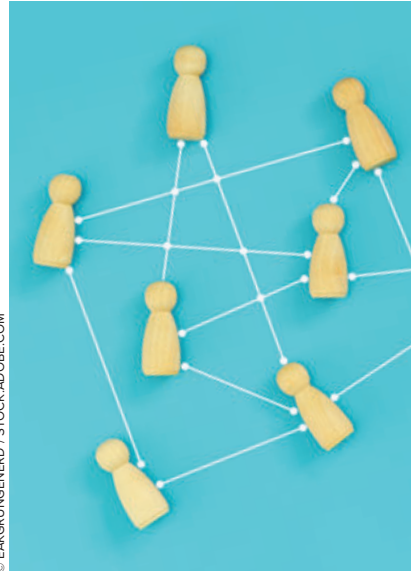
The relationship is always right now. You may have had a long-standing friendship, but will it automatically continue? Only if you nurture it and don't take it for granted. You may have had conflict in the past, but need it continue? Not necessarily.

It's personal

Even though the communication may be about a business matter, it's still between two or more people. The manner in which you talk to each other makes a huge difference.

The status factor

In the relationship, you're aware of your status, rank or position. This is especially the case in business communications. In an organization, you may be the boss, the subordinate or a peer. When you are talking to someone else, you may relate to them differently based on their status. While this doesn't



always seem fair, you need to consider it as part of the relationship level of communication.

The golden rule

Lastly, the relationship always involves human dignity. No one likes to be corrected in front of a group. If a person feels called out or shamed, it may take a long time to repair the breach. When tense situations arise, you may want to give the person a chance to "save face."

If your purpose for the communication is clear, and you keep the relationship in mind, you are way ahead of the game. Because communication is an important part of our lives, practice purpose and relationship-focus in your next interaction. ■

It's always personal

Expert tips to improve communication in business and life



Jeanne Maes, PhD, is a Professor of Management and Ombudsperson at the University of South Alabama's Mitchell College.

Jennifer C. Zoghby, PhD, is a visiting assistant professor of Marketing & Quantitative Methods at the same university.

COSTCO CONNECTION

Costco offers a variety of essentials for small businesses, from products to services, at great value. Learn more at Costco.ca under "Services" at the top of the page.

Intent vs. impact

When using digital tools, consider how the tone of the message might be received. Video-conferencing, social media and email can be

problematic. None of these tools allows you to communicate like you can when you are face-to-face. With the ease of a "share" or the "forward" button, your communication may travel well beyond its

original recipient. Since technology tools archive all of our digital communication, it is worth the time and effort to get all of this right.—JZ



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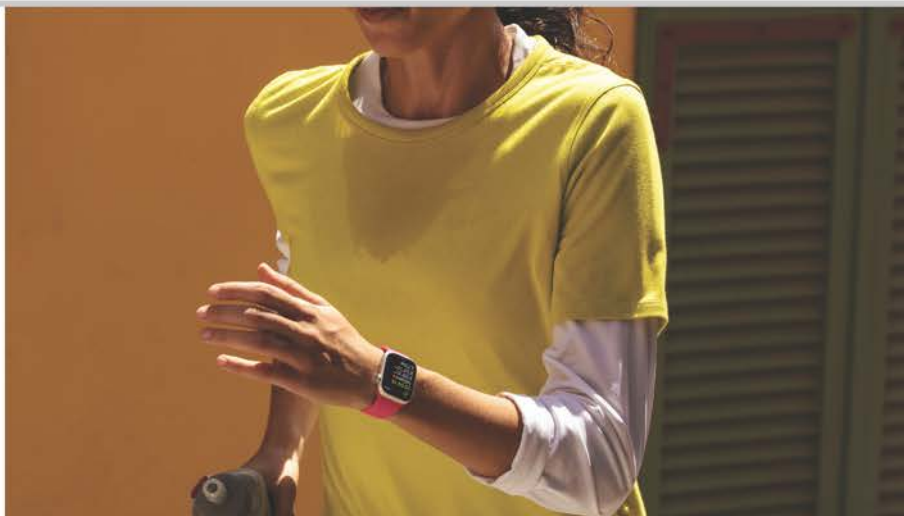


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by LANA SANICHAR

Good or bad, it is well known that our beliefs surrounding money are formed when we are children and modelled to us by our parents and other adults. We also know that financial literacy is critically important to our children's future and while schools have made some changes to curriculums to include aspects of financial literacy, first steps are still left to parents.

In the previous column, Fred Masters, former professional educator and President of Masters Money Management Inc., stressed that cultivating a positive “money mindset” is an essential first step when it comes to taking better control of our financial lives.

With that in mind, here are a few things to consider when it comes to discussing personal finance and modelling a healthy money mindset with our preteen and teenage children.

Be a saver, not a spender

Encourage teens to save a very large portion of their part-time pay, such as 80% to 90%. Remind them that post secondary education costs are on the horizon. For adult children, accumulating a down payment for their future home involves intentional saving over time; discuss this sooner rather than later.

Gift experiences, not stuff

Our best memories are often rooted in shared experiences, not “buying stuff.” Families can embrace this mentality by gifting experiences, which is



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an excellent way to be intentional about spending more time together.

Make good financial decisions daily

Be mindful about your spending each day and avoid impulse buying. If you need to make a larger purchase, do your research before you start shopping, so as to better control the decision-making process.

As parents, we want only the best for our children, and cultivating a positive money mindset is the first step in setting them up for success as an adult, financially and otherwise. ■

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

Family gains

Ways to model, teach financial responsibility

COURTESY OF LANA SANICHAR



Lana Sanichar

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

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

Email topic suggestions to moneyinfo@canadianmoneysaver.ca.

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

Bankroll models

Parents may act as role models and in many cases, transmit values, attitudes, knowledge and behaviours about money to their

children, according to The Organisation for Economic Co-operation and Development's 2020 Programme for International Student Assessment (PISA).

Recent PISA data also

reveals that second to parents was the internet, with 77% of students saying the web plays an important role as a source of information related to money matters.—LS



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Item: 1740523

by MARC SALTZMAN

As a technology journalist, I'm often asked if buying extended warranties for devices is a good idea. My standard answer is, it depends. If the warranty is reasonably priced, and if it offers comprehensive coverage, then it could make sense if it will give you peace of mind. After all, a little insurance can go a long way, especially for higher-priced items or if you're accident-prone.

But when it comes to Apple devices, AppleCare+ (Apple's protection plans), is a no-brainer because you don't have to spend a lot to safeguard against all kinds of accidental damage, and you will probably bring many of these products (MacBook Air, iPad, AirPods and Apple Watch) with you on trips or daily commutes, which increases the odds of something happening to them.

Apple offers AppleCare+ for its products regardless of where you purchase them, but Costco members can save up to 24% off AppleCare+, depending on the product. This is a big savings, and for the exact same coverage that would cost you more if you purchased it elsewhere. And it covers the wide assortment of Apple products you can purchase at Costco.

Most Apple products already include a one-year limited warranty that covers hardware failures and manufacturing defects. To extend your coverage, AppleCare+ is a protection plan that can be added to an Apple product, at the point of purchase or some time afterwards—up to 60 days for an iPhone, iPad or Apple Watch, or up to a year for Mac computers and Apple TV.



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Depending on the Apple product, AppleCare+ provides up to three years of hardware coverage, which includes accidental damage, such as a broken screen or liquid damage. As of September 2022, AppleCare+ covers an unlimited number of accidental damage incidents, up from two incidents every 24 months previously. There is, however, a fixed deductible depending on the device and type of damage.

If you buy an iPhone, you also get coverage for up to two incidents of theft or loss for an additional fee, providing you keep “Find My” enabled on your lost device (see Lost and found).

Other benefits of AppleCare+ include express replacement service and priority 24/7 access to Apple support by chat or phone.

AppleCare+ is a great way to give yourself peace of mind and solid protection for your Apple gear. ■

Protect your tech

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SEVAG SAGHERIAN



Marc Saltzman

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

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@marc_saltzman

Email

connection@costco.com

Please include “Tech Connection” in the subject line.

COSTCO CONNECTION

AppleCare+ is available in Costco warehouses and at Costco.ca at a big savings to extend protection on Apple products.

Lost and found

Be sure to enable “Find My” on all your Apple devices to locate a misplaced device. Open the “Find My” app on

another Apple device—such as an iPhone, iPad or Mac—and select “Devices.” On Apple Watch, the app is called “Find Devices.” Alternatively, go to icloud.com/find and log in. You

will see the missing device on a map, represented by a green dot. If it's been turned off or is offline, or the battery is dead, you will see its last known location.—MS

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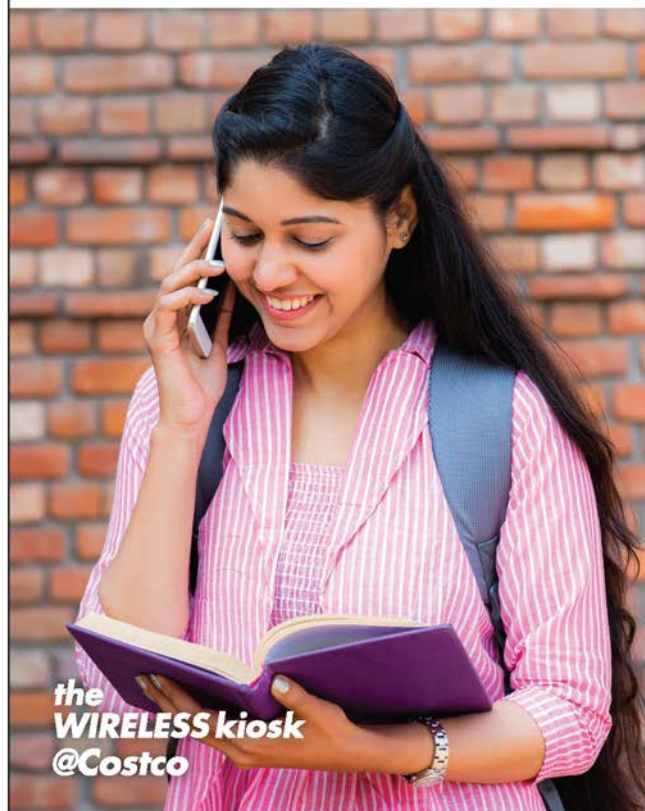
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Various item numbers

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ALSO ON COSTCO.CA
Item. 1589999

The Gulf Coast

Beyond the fine white sandy beaches, this area offers an amazing array of food, fun and culture

by PETER GREENBERG



HANDE BAYAR

Peter Greenberg is the multiple—Emmy Award—winning travel editor for CBS News and host of *The Travel Detective* on public television (petergreenberg.com).

The opening draw to the triumvirate of Florida's Tampa, St. Petersburg and Clearwater is straightforward: sunny days, fine white sand beaches and fresh seafood. Add a vibrant arts scene and the opportunity to sample Greek, Cuban and Thai culture and food—spread along 64 kilometres of seashore—and the Gulf Coast area makes a great year-round destination.

Tampa

In Tampa, a great food stop is the Columbia Restaurant, decorated with thousands of hand-painted terra cotta tiles and known as Florida's oldest restaurant. Founded in 1905, the restaurant has been family-owned and operated for five generations. The "1905" Salad is mixed at your table; the Paella "a la Valenciana" is a family recipe and the restaurant's signature dish. My favourite is the Ybor City Devil Crab Croquettes.

To experience a bit of Asia, plan your trip to include a Sunday visit to Wat Mongkolratanaram, or Wat Tampa

for short. Enjoy an open-air riverfront brunch that you build yourself with items from the dozens of Thai food vendors at this Buddhist temple's 30-year-old weekly market. Bring cash and arrive early to grab a picnic table and to avoid the lines for pad thai, fried bananas and mango sticky rice.

St. Petersburg

St. Petersburg is home to collections of the works of two famous artists, Salvador Dalí and Dale Chihuly.

The Dalí Museum contains the largest collection of the Spanish surrealist's work outside of Europe, and includes the melting clocks of his masterpiece, *The Persistence of Memory*. Be sure to go in the morning to catch the light coming off the water through the Enigma, a geodesic bubble made up of 1,062 triangular pieces of glass.

Also check out the nearby collection of Chihuly glass art, including colourful, unusually shaped sculptures—abstract interpretations of sea creatures, submerged landscapes



Pier 60, Clearwater, Florida



The Dalí Museum



Hope at the Clearwater Marine Aquarium

ABOVE: © CLEARWATER MARINE AQUARIUM

and floating tumbleweeds. Your ticket to the Chihuly Collection includes admission to the Morean Glass Studio and Hot Shop for a glass-blowing demonstration. And you don't have to be limited to watching. If Chihuly's work inspires you, you can sign up for a class.

Clearwater

A must stop in Clearwater is the Clearwater Marine Aquarium. What distinguishes this aquarium is that it's also a working marine life hospital best known for its two rescued dolphins Winter and Hope, whose stories were told in the movies *Dolphin Tale* and *Dolphin Tale 2*, respectively.

The aquarium is also home to otters, turtles, pelicans and, most recently, to two very rare orange lobsters.

If craft beer is your thing, check out some of the breweries that have led the area to be labeled the "Gulf Coast." Down a beer at Grindhaus Brew Lab and its pub, where you can take in not just beer, but also, on occasion, classic and quirky movies.

End your day by celebrating the sunset either on Pier 60—complete with artisans and street performers—or with a cocktail and the signature grouper sandwich at the seaside Frenchy's Rockaway Grill. ■

COSTCO CONNECTION

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

Bonus: Tarpon Springs

I'm reminded of the Aegean Sea whenever I head to Tarpon Springs, about 24 kilometres north of Clearwater. Sponge divers brought their Greek

heritage to the area in the early 1900s. You'll find belly-dancing, bouzoukis, baklava and a Greek Orthodox cathedral, St. Nicholas.

For dining, try Mykonos, a third-generation family restau-

rant, and their signature dish: sautéed octopus. For dessert, stop in at Hellas Bakery, which has been making Greek pastries since 1970. Try the *flogeres*, phyllo flutes with an almond and honey filling.—PG

Coca-Cola

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Also on [COSTCO.CA](https://www.costco.ca)
Various item numbers

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Delicious

Eggo original

72 waffles

190 calories

Suggested serving

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Item 391166

What is your favourite Costco item this year?

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

The square cheese buns. Having them for supper with chicken, bacon, tomato, a slice of cheese and lettuce on them. Oh, I toast them a little. So tasty.

Yvonne Wittstock

We're loving the chewy protein bars.

Amanda Draper Craker

The pot stickers are a family favourite and a dinner saviour when rushing out the door after work. I cook extra and enjoy a couple cold the next day at lunch.

Sharon Emon Pedley

Kirkland [Signature™] Nature's Domain Salmon & Sweet Potato Dog Food. Exact same nutritional profile and identical look as a premium dog food at about half the price.

Ann-Marie McCann

Santana jeans. They are the most comfortable jeans I have ever worn. Love them.

Becky Waldner Petik

Kirkland [Signature] toilet paper. I always liked it, but after a week away on holidays I really, really missed it.

Michaela Sanderling

Those tuxedo cakes are pretty tasty.

Murray Martin

Kirkland [Signature] baguettes. Go into Costco to buy those and come out with a full cart. Never fails.

Vanessa Vendetti

Worldwide, the most popular item sold at Costco continues to be Kirkland Signature toilet paper. The perennial staple is consistently among the top 3 sellers every year.



For the Costco connoisseur

From its world-famous \$1.50 hot-dog-and-soda combo to jewellery, eyeglasses and more, Costco offers a treasure trove of unique and appealing merchandise in both the warehouses and online. Items members have purchased in Costco warehouses or at Costco.ca include:

- A \$109,999.99 platinum 4.5 carat oval cut diamond ring
- Electric bicycles
- Wagyu beef steaks
- Infrared saunas
- Golf simulators
- Greenhouses

ILLUSTRATIONS: STEVEN LAIT



Watch for the poll at
[Facebook.com/Costco
Canada](https://www.facebook.com/CostcoCanada) or [@costco_canada](https://www.instagram.com/costco_canada)

Expanding frontiers

At the 1983 Seattle opening of Costco's first warehouse, the founders envisioned that if they were successful, the venture could perhaps grow to a dozen locations. Few could have predicted that one day Costco Wholesale would be a name familiar to people all across the world.

by Will Fifield, Dan Jones, T. Foster Jones

CONTINUED ON PAGE 28



Left: Docklands, Australia warehouse; **Above:** The first Costco warehouse, located in Seattle.



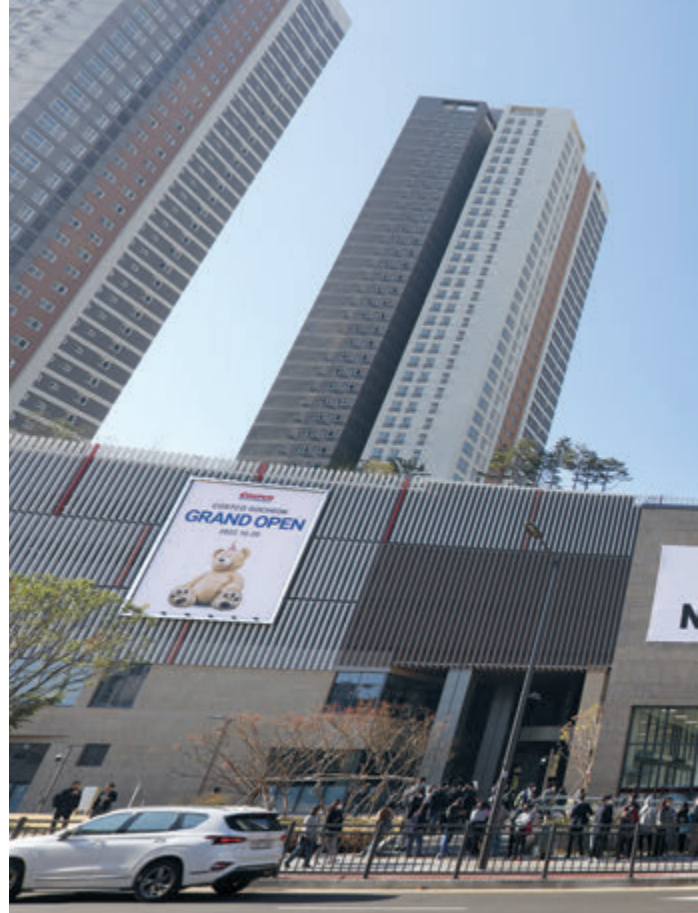
T

he idea for Costco came in the early 1980s, after Seattleite Jeff Brotman, whose family had deep roots in the retail business in that area, was urged by his father to check out the bustling Price Club warehouses in California. The younger Brotman immediately flew down to California and quickly realized he was in agreement with his father: There was nothing similar in the Pacific Northwest.

Looking for somebody with experience to help start and run the new business, Brotman asked around among his contacts and was told there was really only one guy for the job, a man who had worked with Price Club and understood this new warehouse model: Jim Sinegal.

The pair reached an agreement, scraped together US\$7.5 million from investors to back the start-up and in 1983 nervously opened the first Costco, in an industrial area in south Seattle. According to a popular story among company long-timers, the store's first employees were told to park their cars in the customer lots to make the place look busy.

But the business survived, grew to 10 warehouses within a couple of years and, in an ambitious and complex move, merged with its competitor, Price Club, in 1993, creating a company with almost 200 warehouses and 43,000 employees. Along the way, it helped drive revolutions in the way products are manufactured, distributed, marketed and sold.



COSTCO THROUGH THE YEARS

SOURCES: COSTCO TODAY AND INDEPENDENT RESEARCH BY THE CONNECTION

1983 Jim Sinegal and Jeff Brotman open Costco #01.

1985 First Canada warehouse opens in Burnaby, British Columbia.

1993 Price Club and Costco merge; first UK warehouse opens.

1994 First Asia warehouse opens in South Korea.

1995 Kirkland Signature™ is introduced.

2003 Executive Membership launches.

1983

1993



“Supporting business owners so their businesses can succeed—all this is healthy for the community.”

— MIKE SINEGAL ♦

former head of operations in Japan

Today, Costco is on its way to becoming a company with US\$223 billion in annual sales, more than 850 warehouses around the world—including 107 in Canada—304,000 employees and 123 million members worldwide, making it the second-largest retailer in Canada.

Going international

In planning Costco's international expansion, some were worried that the concept of paying for a membership to buy items in bulk might get lost in translation. Giant tubs of peanut butter, a lifetime supply of toilet paper and the means to transport and store such items are typically American, after all. But the truth is, whether you live in Toronto, Sydney, or Seattle, the value proposition is the same: A Costco membership is worth the savings on everyday necessities and wow items. Plus, the Food Court's hot dog and soda combo translates to “a steal” (yep, it's about a buck-fifty around the world) no matter which language you speak.

This shared philosophy is what has led to Costco's well-known strategies: keeping markup to no more than 14% over cost; providing a money-back guarantee on most products and membership fees; focusing on a narrow selection of products in a wide range of categories; proceeding with steady, but cautious, growth; and never selling seconds or inferior goods.

The company philosophy is more than just a business plan, comments Mike Sinegal, Jim's son, who helped establish Costco in Japan and initiated efforts to launch operations in Europe.

“I think my dad's perspective is that by bringing value to people, we're actually doing something good for the community,”

CONTINUED ON PAGE 30



PHOTOS COURTESY OF COSTCO WHOLESALE

WILLING TO ADAPT

“When necessary, we adapt our warehouse buildings to better serve the communities in which we operate,” says Eric Orren, vice president of Costco's real estate operations.

For example, a warehouse in the Santa Fe neighbourhood of Mexico City is located almost entirely underground, hidden from view. It was built next to a large public park, and the warehouse was designed to function as an extension of the adjacent park. It features a soccer field, basketball courts, and other recreational areas, as well as a massive green roof.

“This warehouse allows us to operate in this community in a way that meets the community's needs and our needs,” Orren says. “We look for these win-win adaptations as we analyze new markets.” —Will Fifield



Clockwise from top: The Gocheok, South Korea, warehouse opened in 2022; Jim Sinegal (left) and Jeff Brotman at the opening of the first Costco warehouse in Seattle in 1983; the parking garage at the Stevenage, England, warehouse.

2005 Costco.ca begins in Canada.

2009 First Corporate Sustainability Report is published.

2012 Craig Jelinek takes over as president and CEO.

2017 First Business Centre opens in Canada.

2019 Canada's bakery commissary begins supporting US locations.

says Mike. “Helping people make ends meet, helping business owners run their businesses ... and supporting business owners so their businesses can succeed—all this is healthy for the community.”

Expanding warehouse operations began in Canada in 1985 and in Mexico in 1992. Today, you can also find Costco in Japan, South Korea, Taiwan, the United Kingdom, Australia, New Zealand, Spain, France, Iceland, Sweden and China.

Growth mindset

“As a company, we are now 40 years old. We still view ourselves as a growth company,” says Craig Jelinek, Costco’s president and CEO. “There are a lot of opportunities in the US, Canada and Mexico. But we see exciting growth opportunities outside of North America, both in existing markets and potential new markets where our model would be successful.”

As for what’s inside the warehouses, each country features items specific to that part of the world—mostly foods that cater to local taste preferences. The remaining goods comprise many of the same non-food items you’d see in a Canadian Costco. And, Kirkland Signature™ items are universally revered for their quality and value.

In addition to warehouses, Costco also has international e-commerce sites in many countries where it does business, such as Costco.ca in Canada.

Jelinek says that no matter where Costco puts down roots, it’s important to maintain a consistent company culture to ensure that all 304,000 employees worldwide are invested in its business goals. He says that reiterating Costco’s history, values, ethics and merchandising strategies is crucial to overseas success. “We don’t take it for granted,” he says. “We pay good wages and benefits across the board, but beyond that, we pay attention to other needs, like how our employees are managed, developed and treated.” ■

WORLD OF WOW

A snapshot of interesting items available around the world.

UNITED KINGDOM

First location: Thurrock
Opening date: 1993
Number of locations: 29
Unique items: Marmite, Indomie Mi Goreng Noodles



ICELAND

First location: Kauptún
Opening date: 2017
Number of locations: 1
Unique item: Spatchcock chicken with piri-piri marinade

CANADA

First location: Burnaby, British Columbia
Opening date: 1985
Number of locations: 107
Unique items: Balderson’s Cheese; Organic Dark Chocolate Coconut Cups

UNITED STATES AND PUERTO RICO

First location: Seattle
Opening date: 1983
Number of locations: 587
Unique items: Bear spray, custard pie, professional sports tickets

MEXICO

First location: Satélite
Opening date: 1992
Number of locations: 40
Unique items: *Pan de muerto*, Biscayan-style cod, *Rosca de Reyes*



SWEDEN

First location: Arninge
Opening date: 2022
Number of locations: 1
Unique item: Marinated pork collar

CHINA

First location: Minhang, Shanghai
Opening date: 2019
Number of locations: 5
Unique items: Geoduck, blacklip abalone, wild black tiger prawn, crayfish tail



SOUTH KOREA

First location: Yangpyung
Opening date: 1994
Number of locations: 18
Unique items: Fried honey pastries, Korean-style stir-fried hot pot, sea squirt

JAPAN

First location: Hisayama
Opening date: 1999
Number of locations: 32
Unique items: Smoked bonito *tataki*, red sea bream loin, corn chowder



TAIWAN

First location: Kaohsiung
Opening date: 2018
Number of locations: 14
Unique item: Alishan oolong tea

NEW ZEALAND

First location: Auckland
Opening date: 2022
Number of locations: 1
Unique items: Metal kiwi bird sculpture, feijoa

SPAIN

First location: Sevilla
Opening date: 2014
Number of locations: 4
Unique items: *Milhojas de crema* cake, seafood salad



FRANCE

First location: Villebon-sur-Yvette
Opening date: 2017
Number of locations: 2
Unique items: St Michel Madeleines, 15-month and 24-month comté



AUSTRALIA

First location: Docklands, Melbourne
Opening date: 2009
Number of locations: 15
Unique items: Vegemite, bubble tea



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Available in select warehouses.

WAREHOUSE ONLY

1001-24D



Revamped baby wipes



Simply the best

Since Costco's private label was introduced in 1995, Kirkland Signature™ has grown a lot. The mission behind it, however, has remained unchanged: to continually provide members with quality goods and services at the lowest possible prices.

In this month's Special Section, learn about some great gluten-free options from Kirkland Signature, including cauliflower-crust pizza and hemp hearts. Read up on the brand's signature spices (you may have noticed the labelling has been updated) and canned meats, and discover how value is packed into Kirkland Signature Baby Wipes. Picks from Costco buyers will give you another look at just how far Kirkland Signature has come.

Kirkland Signature Deluxe Cauliflower Crust Pizza



-
- 34 Cauliflower-crust pizza and hemp hearts
 - 37 Better baby wipes
 - 39 Buyers' picks
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 - 47 Canned-do attitude for meat



The spice is right!



Glutton for gluten-free

The Kirkland Signature line aims to deliver meal options for special diets

by CHRISTINA GUERRERO



COSTCO CONNECTION

Kirkland Signature Organic Hemp Hearts (Item 1388341) and Kirkland Signature Deluxe Cauliflower Crust Pizza (Item 1630281) can be found in Costco warehouses. Groceries are available for delivery through Costco Grocery at Costco.ca.

From research to supplier comparison to sourcing, many factors go into the creation of a Kirkland Signature™ item. Surprisingly, food trends sometimes inspire a new product for the private-label line. Hemp hearts and cauliflower crust pizza are two new gluten-free Kirkland Signature items in Costco warehouses this year.

We heart hemp

Known for their health benefits, hemp hearts were a food trend that first took off in Canadian Costco warehouses, and in the last few years, they have become very popular in the US too.

Hemp seeds can be eaten raw or cooked. Use them as a substitute for bread crumbs when crusting fish and chicken. Add them to salads, smoothies, granola, oatmeal, cereal, yogurt, cakes, pasta, pancakes, baked goods, chili, soups or stews.

“They do have a lot of uses,” says Indesh Singh, Costco Canada foods buyer. “You only need 30 grams of

hemp seeds to get a full serving, so it’s not like you need to eat a lot of it.”

After seeing the success of conventional hemp hearts in Canada and organic hemp hearts in the US, the buyers decided to create gluten-free Kirkland Signature Organic Hemp Hearts. Singh says, “The biggest driving factor was that, within grains, hemp hearts were the fastest-growing item.”

This not only converted the hemp hearts in Canadian warehouses to an organic product, but also created a 28% savings for members compared to the previous brand. This also allowed Costco to expand the supply chain with suppliers from two different countries: Canada and Lithuania.

The Finola variety of hemp has a very natural, nutty, earthy flavour. Each crop goes through more than 30 different tests during the production process to ensure members are receiving a high-quality product. Since hemp plants have multiple uses, when the hemp seeds are processed, the leftover parts of the plant can be used in the production of biofuel or as animal feed, so there’s no waste.



© ARIGATO / SHUTTERSTOCK

Kirkland Signature Deluxe Cauliflower Crust Pizza

Cauliflower pizza crust

With the keto craze and other low-carb or gluten-free diets rising in popularity, carb substitutes, such as cauliflower, moved up the list of member wants. This April, the Kirkland Signature Deluxe Cauliflower Crust Pizza made its debut.

“The Kirkland Signature buying team is paying attention to current trends, and we’re trying to make sure that we’re developing items that are in line with those trends,” says Martin Beam, Costco corporate foods buyer.

After seeing the popularity of the frozen Milton’s Roasted Vegetable Cauliflower Crust Pizza in the US, the Canadian buyers knew a frozen deluxe pizza was something they wanted to pursue. The preferred option was a gluten-free, cold-pressed cauliflower crust.



© SHAWN HEMPEL / STOCK.ADOBE.COM

Super seed

Hemp hearts are a nutritionally rich food source. Here’s how Kirkland Signature Organic Hemp Hearts measure up. They:

- Contain all 10 essential amino acids
- Have 10 grams of plant-based protein per serving
- Are highly digestible
- Are high in omega-3 and omega-6
- Are rich in nutrients, including magnesium, zinc, iron and folic acid
- Are cholesterol-free
- Are keto-friendly
- Are paleo-friendly
- Are allergen-free
- Are certified gluten-free

—CG

Pizza evolution

The Kirkland Signature line of frozen pizzas has evolved. The cheese pizza arrived in 2011. Due to the popularity of that item, a new flavour

was created, and the Kirkland Signature Pepperoni Pizza Rising Crust was introduced in 2012. It was replaced by the current Kirkland Signature Pepperoni Pizza in 2020. By using the same long-term

supplier to make these pizzas, Kirkland Signature pizza has the same great-tasting flavour no matter how you slice it.—CG

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Steep the green tea bag in a 180-240 mL glass of cold water, and let the tea infuse into the water for at least 3 minutes. Remove the tea bag, add ice if desired, and for extra flavour add lemon or mint. Enjoy!

Green Tea
A Blend of Sencha & Matcha

Exclusively at Costco



ALSO ON COSTCO.CA
ltn. 979855

KIRKLAND
Signature

VACUUM SEALING BAGS

3 ROLLS 20.3 cm x 6.1 cm (8 in x 20 in)

4 ROLLS 27.9 cm x 4.88 cm (11 in x 16 in)

50 PRE CUT 1 LB BAGS 20.3 cm x 25.4 cm (8 in x 10 in)



- LOCKS OUT MOISTURE AND ODOUR
- PUNCTURE-RESISTANT
- KEEPS FOOD FRESH

ALSO ON COSTCO.CA
ltn. 8122017



Wonder wipes

How a Kirkland Signature mainstay improves year after year

by KATIE COLEMAN



© SHUTTERSTOCK STUDIO

From cribs to baby clothing and everything in between, Costco is a one-stop shop for all things related to the newest member of your family. As a parent of two, I can attest that Kirkland Signature™ items not only hold up to the leading competitors, but also, in the case of baby wipes, have become an industry standard.

“When we went into revamping our baby wipes in 2021, we thought about our members’ needs for thickness, softness and durability,” explains Costco buyer Lindsay Bubitz. “Other plant-based wipes in the market are a lot more expensive. We provide a plastic-free wipe at a great value.”

Dermatologist tested

Made with skin-soothing and naturally derived ingredients such as pharmaceutical-grade purified water, Kirkland Signature Baby Wipes are hypoallergenic and free of fragrance, chlorine, alcohol, dyes, parabens, phthalates and formaldehyde. Plus, they are clinically proven as safe for use on eczema and eczema-prone skin.

“One thing we’re really proud of is that this dermatologist-tested formula has been approved by the National Eczema Association,” Bubitz says. “Our wipes are also clinically proven to help moisturize, soothe and hydrate healthy skin.”

Forest Stewardship Council certified

In the past year, health and beauty buyers also have made significant changes and improvements to increase the sustainability of this item.

“These wipes are not just gentle on your baby, they’re more gentle on the planet,” Bubitz says. “These baby wipes have been made with Tencel™ for years and now they’re Forest Stewardship Council (FSC) certified. This means our wipes are plastic-free and made with soft fibres that are derived from trees grown in environmentally managed forests and then made into plant-based material in a responsible manner.”

“It took us more than four years to become FSC certified, so we’re really proud of it,” Bubitz says. “Sustainability has become really important to Costco and our members, and we want to show that we care about our planet.” ■

Best for your baby

Be on the lookout for these other Kirkland Signature baby items at Costco.ca or at a warehouse near you:

Diapers are available in sizes 1 through 6. Kirkland Signature diapers are absorbent, soft and free of fragrance.

Kirkland Signature OMEGA+® is formulated with ingredients that support brain and eye development and prebiotics to help nourish your baby’s immune system.

Kirkland Signature For Babies Sensitive to Lactose is formulated with ingredients that support brain and eye development and prebiotics to help nourish your baby’s immune system.—KC

KIRKLAND
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Skin Care Made Simple

- All-in-1 formula removes makeup & leaves skin feeling cleansed, hydrated and balanced
- Made with naturally derived ingredients
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- For all skin types



180 Pre-Moistened Towelettes
4 x 30 ct Reclosable Flip-Top Packs
4 x 15 ct Resealable Travel Packs



180 Pre-Moistened Towelettes
18.7 cm x 19.6 cm (7.4 in x 7.75 in)

4x30 ct | 4x15 ct
Reclosable Flip-top Packs | Resealable Travel Packs



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ALSO ON COSTCO.CA
itm. 1472215



Buyers' picks

Product selections from
Costco's buying team



Christine
Stockford

Pierre Poirier

Steven Kooka

Kirkland Signature Ladies' Shearling Boot

These boots feature a full shearling sock lining that offers both cushioning and warmth. The insulating properties allow your feet to breathe naturally in warm and cold temperatures. The outsole is lightweight while still providing solid traction and durability. The boots, which come in chestnut or grey, are available in sizes 6 to 11. Item 1711735. Warehouses/Costco.ca.

—Christine Stockford



Kirkland Signature 2-ply Bath Tissue

Make sure you're never caught short with this 30-pack, which offers convenience and savings. New and improved, this 2-ply bathroom tissue is thicker than before while remaining septic-system safe. Includes five packs of six rolls. Ninety-nine percent of Kirkland Signature™ tissue products sold are certified by the Forest Stewardship Council, Sustainable Forestry Initiative or Programme for the Endorsement of Forest Certification. Item 6262016. Warehouses/Costco.ca.—Pierre Poirier



Kirkland Signature Men's Boxer Brief

These boxers were made with comfort in mind. Each pair in this four-pack has a special waistband that was constructed to fit well without being too loose or too tight. A stretch fabric made of Supima cotton—which is a superior type of cotton that represents less than 1% of cotton grown in the world—makes for a secure fit. The boxers, which are tagless, are available in black and come in sizes medium, large and extra-large (more sizes available online). Various item numbers. Warehouses/Costco.ca.—Steven Kooka

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simple ingredients to complement any dish.

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ltn. 776059 (artisan baguette), 283301 (mini chocolateine)



BACK TO SCHOOL ESSENTIALS

ALSO ON COSTCO.CA
itm. 397200 (Kashi), 247221 (Rice Krispies)



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itm. 326031



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Spice up your life

Look for a new label on your favourite spices

by CHRISTINA GUERRERO

The Kirkland Signature™ line of spices recently received updated packaging, but one thing that hasn't changed is Costco's commitment to sourcing quality spices. Here are several reasons to visit the spice aisle in Costco warehouses:

- A supplier of Kirkland Signature pepper has partnered with PeaceTrees on a joint venture to clear old land mines and explosives from the area located near the Laotian border, allowing local growers to farm safely.

- Once the bark is harvested from a cinnamon tree in Vietnam to make Kirkland Signature Organic Saigon Cinnamon, the remaining parts of the tree are sold by the farmers for furniture building, paper production, essential oil extraction, and medicinal and herbal remedies.

- Two California garlic growers who produce Kirkland Signature Granulated



**ORGANIC
CHOPPED ONION**
Item 1607515



**ORGANIC
SAIGON CINNAMON**
Item 1124845



SEA SALT
Item 384732



GRANULATED GARLIC
Item 251813



Garlic also help manage the second-largest wetland west of the Mississippi River, providing habitats for waterfowl and other migratory birds.

- Through natural seed breeding, growers for Kirkland Signature Organic Chopped Onion have reduced the amount of land, water and inputs needed for growing and processing, saving the equivalent of 63 Olympic-size swimming pools of water over the past five years.

- The garlic and onions used to produce Kirkland Signature Granulated Garlic and Kirkland Signature Organic Chopped Onion are grown and processed in the United States.

- Kirkland Signature Pink Salt comes from naturally occurring salt deposits more than 200 million years old.

- Harvested from pristine waters, Kirkland Signature Sea Salt is an unrefined and all-natural cold-water ocean salt. Rigorous quality inspections and processing restrictions guarantee the purity of the salt, ensure its snowy white colour, and that it contains no additives, anti-caking agents or allergens. Unlike traditional table salt, which is processed to remove natural elements, Kirkland Signature Sea Salt contains a multitude of trace minerals that are essential to the human body. ■

LEFT: © VOLFF / STOCK.ADOBE.COM

French Onion Dip

Love onion dip? Try this easy recipe made with Kirkland Signature spices.

185 mL (¾ cup) Kirkland Signature Sour Cream

185 mL (¾ cup) Kirkland Signature Mayonnaise

125 mL (½ cup) Kirkland Signature Organic Chopped Onion

5 mL (1 tsp) Worcestershire sauce

5 mL (1 tsp) onion powder

2 mL (½ tsp) mustard powder

1 mL (¼ tsp) Kirkland Signature Fine Ground Black Pepper

1 mL (¼ tsp) Kirkland Signature Granulated Garlic

Potato chips and/or raw cut vegetables, for serving

Mix together all dip ingredients. Allow to sit for at least 20 minutes for onions to soften and flavours to blend. Serve with potato chips and/or veggies. Makes 4 to 6 servings.

Recipe courtesy of Chef Jill Houk

COSTCO CONNECTION

Kirkland Signature spices can be found in Costco warehouses. Groceries are available for delivery through Costco Grocery at Costco.ca.



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ltn. 1279452 (cold + sinus), 1279456 (complete day and night), 731433 (acetaminophen)



Can-do recipes

Canned meat makes a convenient meal

by CHRISTINA GUERRERO

Canned meats made a comeback when pandemic shoppers were reminded of the benefits of having convenient proteins in the kitchen pantry. Whether you prefer Kirkland Signature™ canned chicken breast or skipjack tuna, both are low in fat and each is a tasty ingredient in a variety of recipes.

Packed in water, Kirkland Signature Chicken Breast (Item 51070) is extra lean, with 13 grams of protein in each 55-g (¼-cup) serving. On the Costco Finds Facebook group, members shared more than 4,000 suggestions for how to use it, including pizza, potpies, Buffalo chicken dip, air-fryer nuggets and a variety of Mexican dishes.

Kirkland Signature Solid Light Tuna (Item 820272) is made of skipjack tuna preserved in water. Each 55-g (¼-cup) serving contains 12 grams of protein. Try it in a tuna melt, saladé niçoise or the Tuna Pasta Salad recipe, right. ■



COSTCO CONNECTION

Kirkland Signature canned tuna and chicken are available in Costco warehouses and at Costco.ca.

Cranberry Chicken Salad

125 mL (½ cup) mayonnaise
2 mL (½ tsp) paprika
180 mL (¾ cup) dried cranberries
125 mL (½ cup) celery, chopped
1 green onion, chopped
60 mL (¼ cup) green bell pepper, cored and minced
60 mL (¼ cup) pecans, chopped
2 cans (354 g/12.5 oz each) Kirkland Signature Chicken Breast, drained
Salt and pepper, to taste



In a medium bowl, mix together mayonnaise and paprika. Blend in dried cranberries, celery, green onion, bell pepper and nuts. Gently blend in chicken. Season with salt and pepper. Cover and refrigerate at least 1 hour. Makes 4 to 6 servings.

Tip: Serve by itself, on a bed of lettuce or in a sandwich.

Recipe and photo courtesy of Crider



© TOM CLEMENT'S PHOTOGRAPHY

Tuna Pasta Salad

170 g (6 oz) pasta, such as penne or fusilli
Extra-virgin olive oil
1 to 2 cans (184 g/7 oz each) Kirkland Signature Solid Light Tuna, drained
1 (184 g/7 oz) can sweet corn, rinsed and drained
½ red bell pepper, cored and chopped
½ green bell pepper, cored and chopped

½ red onion, finely chopped
5 mL (1 tsp) yellow mustard
2 mL (½ tsp) paprika (optional)
Mayonnaise, as needed
Salt and pepper, to taste
Lettuce leaves, for serving
1 medium tomato, chopped
Parsley, chopped

Cook pasta according to package directions. Rinse, drain and allow to cool. Add a drizzle of olive oil and mix to prevent the pasta from sticking together.

Put the cooled pasta in a mixing bowl, then mix in tuna, sweet corn, peppers and onion. Add mustard and paprika, if using; mix well.

Add enough mayonnaise to lightly coat all the ingredients. Add salt and pepper. Serve cold on lettuce; garnish with tomato and parsley. Makes 2 servings.

Recipe and photo courtesy of Daniel Harris



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A sweet new year

Rosh Hashanah is celebrated with food and traditions

by MILLY DAWSON

My 4-year-old, Mia, used to sing a song summing up the main food tradition of Rosh Hashanah, the Jewish New Year: “Well, I can cook. And I can bake. And I can make a honey cake. I’ll make it big and round and sweet—for Rosh Hashanah. What a treat!”

A major festival, Rosh Hashanah falls in the Hebrew month of *Tishrei* (TEESH-ray), during September or October. This year, it begins at sunset on September 15. During this holiday, Jews eat various sweet foods, hoping for a happy, prosperous New Year.

Honey cakes, apple cakes, and apples or chunks of challah (egg bread) dipped in honey feature prominently at festive tables. It’s the sweetness that matters, not the honey, so vegans can easily use maple syrup or molasses for holiday dipping. Tzimmes, stews of root vegetables and dried fruits, can be added to the feast.

Some also avoid nuts, which make one thirsty, to have an easier time praying for hours. For main dishes, beef briskets are often prepared with prunes and chicken dishes with apricots, the fruit adding sweetness. Many Jews also avoid sour or bitter foods, such as vinegars, pickles and horseradish.

Rosh Hashanah literally means the “head of the year.” Some people actually place on the table a fish head or a whole



Jewish Apple Cake

© MARYANN DWYER (THEBEACHHOUSEKITCHEN.COM)

fish with the head on. Both are meant to remind diners to strive to be leaders in working for peace and harmony—to be as the head and not as the tail.

By far, however, the most important Rosh Hashanah custom involves the sense of hearing, not taste. That custom involves hearing a ram’s horn, or shofar, blown. It’s a riveting, strange, ancient sound. The 12th century philosopher Moses Maimonides explained that the shofar blasts were telling the people, “Rouse yourselves from your lethargy.

Search your deeds ... mend your ways ... leave any evil path.”

Another holiday custom involves food but not eating. During a ceremony called *tashlich* (TOSH-leekh), which means “casting off,” Jews gather beside a body of water and symbolically reject their prior sins by throwing bits of bread into the water. Serving a round challah, rather than a long loaf, is a custom that signifies the endless cycle of the years past and those yet to come. ■

Milly Dawson is a Florida-based writer.

Jewish Apple Cake

Baking spray with flour
580 mL (2½ cups) sugar, divided
10 mL (2 tsp) ground cinnamon
1.13 mL (4½ cups) Gala apples, peeled, cored and cut into small chunks
680 mL (2¾ cups) all-purpose flour
15 mL (1 Tbsp) baking powder
5 mL (1 tsp) salt
250 mL (1 cup) vegetable oil
80 mL (⅓ cup) orange juice
10 mL (2 tsp) vanilla extract
4 large eggs

Preheat oven to 180 C (350 F).

Generously apply baking spray to a 25-cm (10-inch) tube pan. Set aside.

In a large bowl, whisk 80 mL (⅓ cup) of the granulated sugar and the cinnamon. Add the apple chunks and toss until well coated. Set aside.

In another large bowl, whisk flour, baking powder and salt. Set aside.

In a medium bowl, whisk remaining sugar, vegetable oil, orange juice and vanilla. Blend wet ingredients into the flour mixture until just combined. Add the eggs, one at a time, mixing well after each addition.

Add ¼ of the batter to the prepared tube pan. Add ⅓ of the apple chunks. Repeat 2 times, ending with the last ¼ of the batter. Bake for 60 to 75 minutes, or until a toothpick inserted in the centre of the cake comes out clean. Cool cake on a wire rack to room temperature, then remove from pan onto a serving plate.

Makes 16 servings.

Recipe and photo courtesy of MaryAnn Dwyer (thebeachhousekitchen.com)

Tzimmes

2 large yams or sweet potatoes (about 908 g/ 2 lbs), peeled, cut into 2.5-cm (1-inch) cubes
454 g (1 lb) carrots, sliced
125 mL (½ cup) orange juice
375 mL (1½ cups) pitted prunes
125 mL (½ cup) dried cranberries or raisins
45 mL (3 Tbsp) brown sugar
5 mL (1 tsp) cinnamon
Salt and pepper, to taste

Place all the ingredients into a 5.7-L (6-qt) multi-use cooker then stir until well combined.

Place the lid on; turn the manual pressure on for 2 minutes. When done, let the pressure out using the quick release.

If it's more liquid than you'd like, keep the lid off and turn the sauté button on until liquid evaporates to your liking. It shouldn't be soupy.

Makes 6 servings.

Recipe courtesy of Toni Okamoto (plantbasedonabudget.com)



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Item. 447697

Get checked

Finding and treating prostate cancer early can save lives

by JOANNE ELLIS



COSTCO CONNECTION

Select fitness equipment and incontinence products can be found in Costco warehouses. Exercise equipment can be found at [Costco.ca](https://www.costco.ca).

For men and all those who love them, Prostate Cancer Awareness Month in September is a chance to learn more about prostate health.

On average, 67 men each day in Canada learn they have prostate cancer; in 2022, an estimated 24,600 men were diagnosed, according to the Canadian Cancer Society (cancer.ca). The disease is prevalent across society, and men need to pay attention to their prostate health to protect their own well-being.

Risk factors

The prostate gland grows throughout a man's life from pea-size at birth to about walnut-size at 25 years of age. A part of the reproductive system, it lies just below the bladder and in front of the rectum. The gland tends to grow slowly larger later in life (see "A gland that grows").

Prostate cancer occurs when malignant cancer cells form in the tissues of the gland. Simply being older than 50 is

a risk factor for prostate cancer. Other risk factors include being overweight, having a family history of a father or brother with prostate cancer, or being of Black ethnicity. Black men, including those of African or Caribbean ancestry, are disproportionately impacted by the disease, with the risk rising after age 45.

Know the signs

"Symptoms of prostate cancer are broad and sometimes non-existent," says Dr. Stuart Edmonds, executive vice president of mission, research and advocacy for the Canadian Cancer Society. "They can range from urination problems [such as] a need to pee urgently, especially at night, a slow urine stream, blood in the urine or sexual dysfunction."

When prostate cancer goes undetected, symptoms may include pain in the back, hips or pelvis that doesn't go away. "Any of these are warning signs worthy of a checkup with a doctor, who'll run blood tests," says Edmonds.



LEFT: © CHINNAPONG; RIGHT: SAYID / STOCK.ADOBE.COM

Testing

Getting blood tests is important because they measure the level of prostate-specific antigen (PSA), a protein produced in the gland. High PSA levels in blood may indicate a problem, which could include cancer, and follow-up tests may be recommended. “Using blood tests and a digital rectal exam together is better than using either test alone. PSA testing together with a digital rectal exam may help find a dangerous cancer early when it is easier to treat,” Edmonds adds.

If cancer is suspected, a biopsy will be done to collect tissue to examine. If the diagnosis is prostate cancer, the

tumour will be given a grade, known as the Gleason score, and a grade group, which indicates how aggressive the cancer is and how likely it is to spread.

“Active surveillance is required to ensure with regular exams, monitoring and blood tests that any prostate changes are being monitored with a family doctor,” says Edmonds.

Treatment

If found early, prostate cancer is treatable with surgery—known as a prostatectomy, which removes the prostate—and external or internal radiation therapy as the primary treatments. Other treatments can include chemotherapy, cryotherapy, and hormone or biological therapy.

“Catching it early is key, when there’s close to a 100% survival rate,” says Edmonds, who adds that he has seen tremendous progress in prostate cancer treatments, including new drug therapies that are helping reduce side effects and extend lives. “Once it’s metastasized and is detected in other parts of the body, life expectancy drops to about 40% at the five-year mark.”

By paying attention to their prostate health, men can take control of their well-being, minimize risks and lead fulfilling lives. ■

Joanne Ellis is a freelance writer in St. Margaret’s Bay, Nova Scotia.



Help for patients and families

Procure (procure.ca), a non-profit organization that focuses on prostate cancer education, research and support throughout Canada, operates a confidential phone line. “Staffed by nurses, our phone line helps patients understand more about the disease, answers their questions and what they can expect following a diagnosis,” says Procure’s Ann-Marie Romanin, who’s a Costco member. “Prostate cancer is the most frequent male cancer diagnosis, but unfortunately, the subject among men still remains taboo. We help them feel less alone.”

To talk to a Procure health specialist, call 1-855-899-2873 (English and French).—JE

A gland that grows

As men age, the prostate slowly grows bigger. After age 60, the gland may drastically increase in size. A large prostate can weigh 40 grams

to 125 grams, or about the size of a melon. When men have benign prostatic hyperplasia, the prostate gland can increase four to five times its initial size.

The larger the prostate,

the more pressure on the urethra, the tube that carries urine from the bladder out of the body. That’s why an enlarged prostate can cause a range of urination problems.—JE

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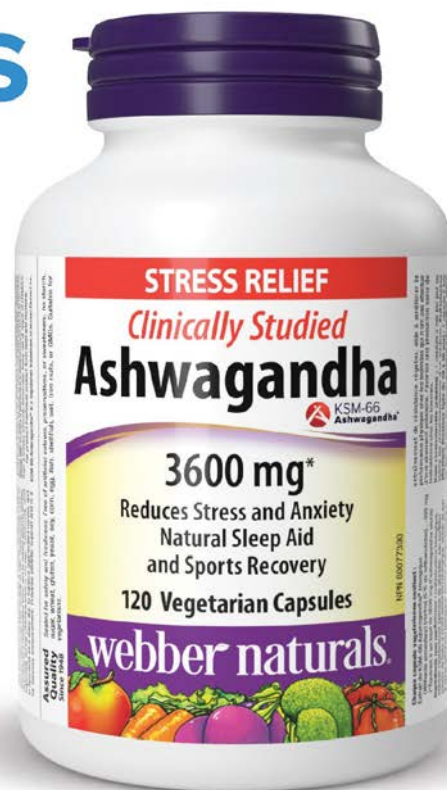
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Pain points

Understand arthritis and how to find relief

by LAWRENCE VARGA
and JOSEPH HANNA



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

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

Some 6 million Canadians suffer from arthritis—and that number is expected to reach 9 million by 2040. So, it's likely that you or someone you know has this incurable and sometimes debilitating disease.

The basics

Arthritis pain affects the ability to perform tasks that many of us take for granted, such as dressing, bathing, walking and climbing stairs. The physical toll can also impact mental health and decrease the quality of life.

Both men and women can be affected at any age; however, more women than men are diagnosed with it. And it can strike at any age—fewer than half of those who have it are older than 65.

While there are more than two dozen forms of arthritis, osteoarthritis—which occurs when the smooth cartilage joint surface wears out—accounts for about two-thirds of cases.

Rheumatoid arthritis, which affects 5% of arthritis sufferers, is the second-most common. It is an autoimmune disorder, meaning the body's immune system attacks the joints for unknown reasons that could be related to genetics or hormones.

With each of these types, pain is accompanied by swelling, stiffness and decreased mobility. Rheumatoid sufferers also experience “flares” of symptoms.

Left untreated, affected joints can become deformed and require surgery.

Diagnosis and treatment

Diagnosis to determine the type of arthritis involves various tests including a physical exam, X-rays and blood tests.

Because it is a systemic disease, rheumatoid arthritis is linked to heart disease, and the advice that surrounds healthy eating, active lifestyle, cholesterol and blood pressure also applies to both of these diseases. Occupational and physiotherapy can help improve range of motion, mobility and quality of life.

In the past couple of decades, progress has been made with new, but often expensive, refrigerated and injectable medications that slow the progression of arthritis, beyond reducing pain and decreasing inflammation. Fortunately, many provincial plans cover a number of these medications and have copay assistance programs that lessen the financial burden.

If you or someone you know suffers from one of the many forms of arthritis, reach out to a healthcare professional to identify the cause and come up with the best treatment options for you to get your life back on track. ■

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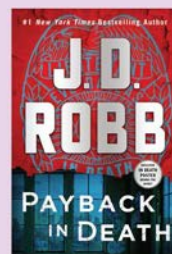
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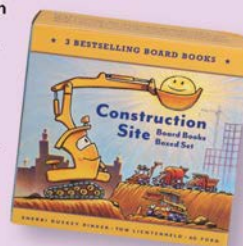
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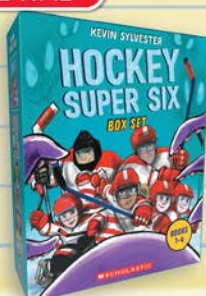


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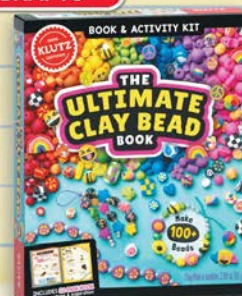
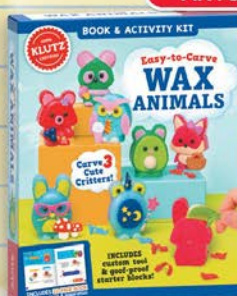
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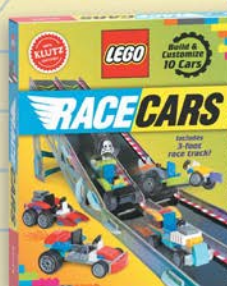
ITEM #1748027

ARTS & CRAFTS



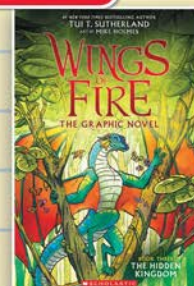
ITEM #1748030

STEM



ITEM #1687067

FANTASY FUN



ITEM #1217682

SCHOLASTIC



ITM: 1746061

NEW RELEASES

from Penguin Random House Canada

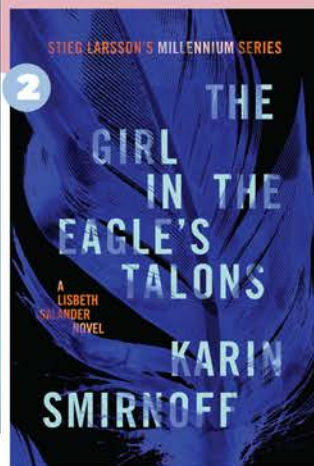
From beloved #1 bestselling authors
Jillian Harris and Tori Wesszer

AUTHOR SPOTLIGHT

An all-new collection of joyful recipes straight from the heart of Jillian and Tori's bustling kitchens to yours. *Fraiche Food, Fuller Hearts* is packed with **over 135 everyday recipes** along with some beloved classics that have a modern, healthyish, often plant-forward twist, to whip up memorable, easy-to-make meals.



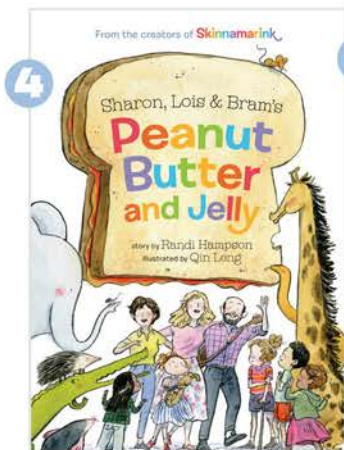
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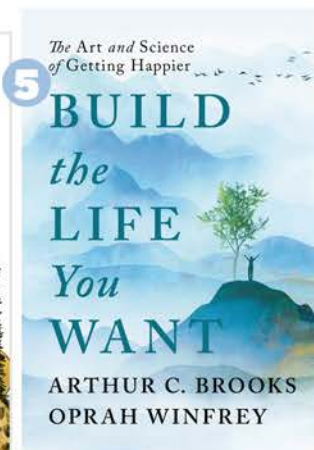
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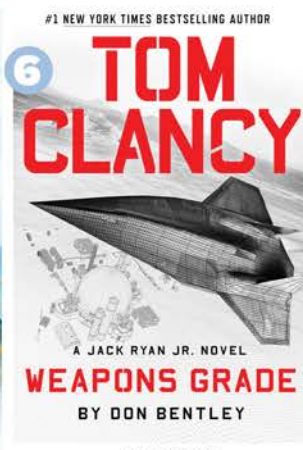
ITM: 1746051



ITM: 1746218



ITM: 1746055



ITM: 1746335

1. The original heroes from *The Lightning Thief* are reunited for their biggest challenge yet: getting Percy Jackson to college when the gods are standing in his way.
2. Lisbeth Salander returns in the thrilling new installment to the bestselling Millennium series—the first by a female author.
3. From the #1 bestselling author of *Little Fires Everywhere*, an inspiring novel about a mother's unbreakable love—now in paperback.
4. From the creators of *Skrinnamarink* comes another picture book based on the classic sandwich song by Sharon, Lois and Bram, Canada's beloved trio of children's entertainers.
5. Arthur C. Brooks and Oprah Winfrey invite you to begin a journey toward greater happiness in this blueprint for a better life.
6. Jack Ryan Jr is back in the latest thrilling entry in the #1 *New York Times* bestselling series.

Product selection may vary by location.



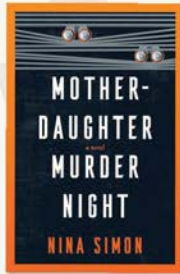
Penguin
Random House
Canada

FALL INTO YOUR NEXT GREAT READ

BOOKS FOR ADULTS



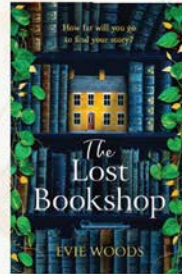
The untold story of the mastermind behind Vincent Van Gogh's legacy.
Itm. 1748640



A fresh and twisty cozy whodunnit that will keep you guessing!
Itm. 1748641



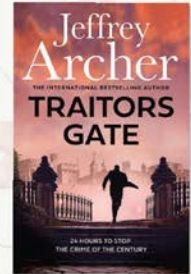
Millie Bobby Brown's debut novel: a captivating story of love, hope, and resilience.
Itm. 1748645



A magical tale full of history, mystery, and pure escapism.
Itm. 1748642



A true story of courage and faith in the darkest of times.
Itm. 1748658

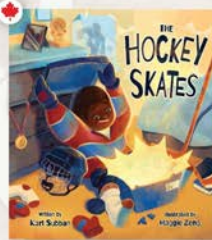


He only has 24 hours to stop the crime of the century.
Itm. 1748662

BOOKS FOR KIDS



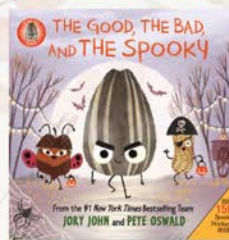
A classic adventure is now a stunning graphic novel!
Itm. 1748665



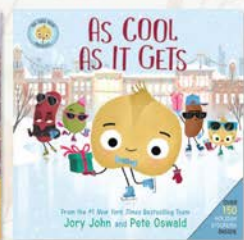
A delightful, humorous picture book debut from Karl Subban.
Itm. 1748677



The perfect advent calendar for the young readers in your life!
Itm. 1605694



Seasonal stories featuring beloved characters from the Food Group series with 150 stickers inside!
Itm. 1675482



HarperCollinsCanada Product selection may vary by location

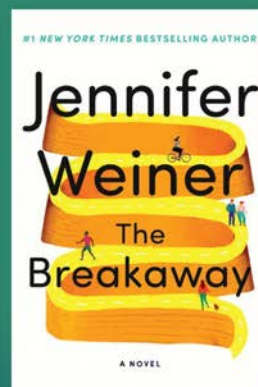
Pick up a *fantastic* read



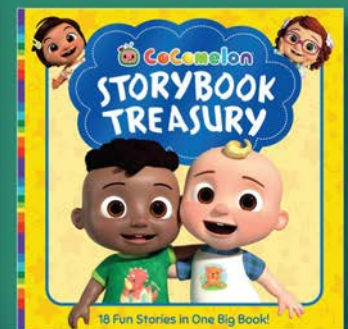
The astonishingly intimate story of Elon Musk, the most fascinating and controversial innovator of our era, by the author of Steve Jobs.
Itm. 2023284



Stephen King's *Holly* marks the triumphant return of a beloved King character.
Itm. 2023138



A warmhearted new novel about love, family, friendship, secrets.
Itm. 2023507



A treasury of popular CoComelon stories that are perfect for reading aloud.
Itm. 2023223

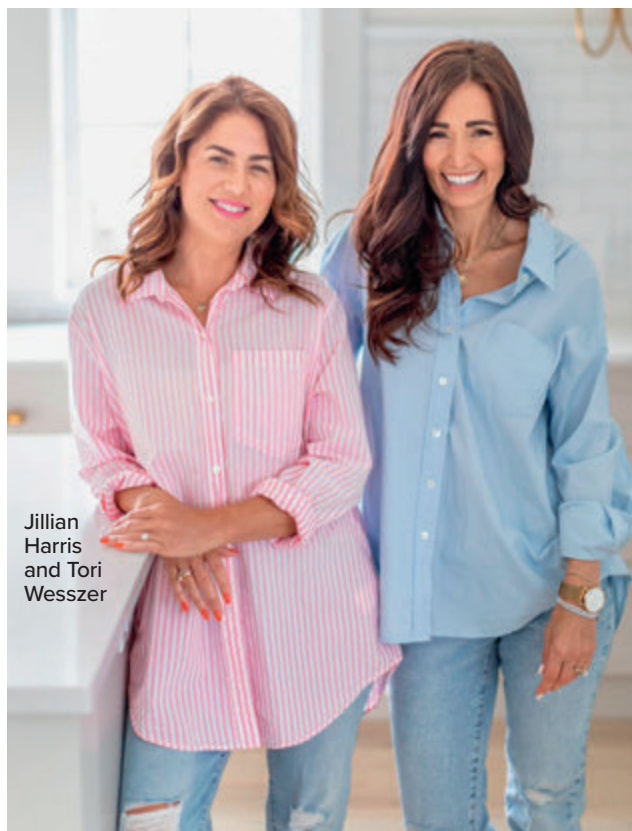
Product selection may vary by location.



Fresh food

A cookbook with easy and delicious recipes for people with busy lives

by ELLEN SCHWARTZ



Jillian Harris and Tori Wesszer

© RACHELLE BEATTY

Jillian Harris and Tori Wesszer, co-authors of the new cookbook *Fraiche Food, Fuller Hearts*, believe that food is love. The book, a follow-up to Harris and Wesszer's best-selling *Fraiche Food, Full Hearts*, contains more than 135 delicious, plant-forward recipes, from Breakfast Burritos to Coconut Seafood Chowder, and from Rhubarb Yogurt Coffee Cake to Pink Polar Bear Hot Chocolate.

Speaking from their respective homes near Kelowna, British Columbia, Harris and Wesszer—who are cousins and Costco members—say that food is wrapped up in memories and connections. They both have roots in home-based endeavours: for many years Harris hosted HGTV's *Love It or List It Vancouver*, and Wesszer, a dietician, maintains a lifestyle blog, *Fraiche Living*.

Inspired by their grandmother—nicknamed “Boomba” by Wesszer's young son—the cousins developed a love of food and cooking at an early age. “Boomba was not a fancy cook,” Wesszer says. “But she was always happy in the kitchen, and she knew the value of connecting over food. Jillian and I still make some of her dishes, including her beet rolls.”

In addition to the recipes, *Fraiche Food, Fuller Hearts* is filled with practical information and helpful resources, including a two-week meal plan, a detailed list of pantry staples and a fruit and veggie freezer guide for preserving leftovers and reducing food waste. “People have busy lives,” Harris says. “When we were writing the book, the question we kept in mind was: ‘How can we make this simpler?’”

Wesszer adds, “The resources give people tools to enjoy healthy, home-cooked food without getting complicated. Plus, they help home cooks save money and make environmentally sustainable dishes.”

Illustrated with mouth-watering photographs by Rachelle Beatty, the cookbook exhibits another feature that was important to the authors: flexibility. Each recipe includes modifications to address a wide range of dietary needs—vegan, nut-free, dairy-free, gluten-free and so on.

When asked for tips for new or nervous cooks, the authors don't hesitate. “Pour yourself a glass of wine, put on some music, and don't be hard on yourself,” Harris says.

Wesszer adds, “Most of all, have fun!” ■

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

KIDS' BOOK PICK

BOOK

The Hockey Skates

AUTHOR

Karl Subban

Little PK loves hockey and can't wait to get out on the ice, but he has no skates to wear. With help from his mom, he orders a pair to be delivered. When the box finally arrives, it's the wrong item—time after time.

Karl Subban tells a story about the power of perseverance and optimism that was inspired by his son, NHL star PK Subban.

The Hockey Skates is for children ages 4 to 7 and features illustrations by Maggie Zeng. —Stephanie E. Ponder



COSTCO CONNECTION

Fraiche Food, Fuller Hearts (Item 1746061) and *The Hockey Skates* (Item 1746877) will be available in September in most Costco warehouses.

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ltn. 7297950 (Speedi), 1502667 (blender), 2012162 (vacuum)

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ltn. 367154 (tuna), 1327045 (corn and light tuna salad), 1617817 (couscous and light tuna salad)



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Human rights

People are critical components of our sustainability policies

by SHERI FLIES



Workers prepare for strawberry picking in Oxnard, California.

EQUITABLE FOOD INITIATIVE



© COSTCO PHOTO STUDIO

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

While our sustainability practices address protecting the planet's natural resources, we are equally committed to protecting the rights, safety and dignity of the people involved with our business. Here's a look at the steps Costco takes in this area.

Our Supplier Code of Conduct

We established our Supplier Code of Conduct to protect the rights and safety of the people who produce, process, transport or harvest the products we sell. The code applies to all our suppliers and to Costco-owned manufacturing facilities. It prohibits practices such as forced labour, human trafficking, child labour, discrimination and unsafe working conditions. It also addresses minimum wages, rest days and limiting the working hours in a week.

Costco expects our suppliers not only to comply with all local labour, health and safety, and environmental laws, but also to strive for "Above and Beyond Goals" that seek to continually improve working conditions.

Suppliers are subject to independent third-party audits to ensure compliance. We recognize there is always room for continuous improvement and that some suppliers will need assistance to improve management systems to address the root causes of violations

and come into full compliance with the code. Depending upon the severity of a violation, or if continuous improvement is not made, Costco may cancel a purchase order or terminate the business relationship.

Costco prefers to work with suppliers and their facilities to correct code violations rather than apply sanctions that may cause further hardship to workers and their families who depend upon the employment.

With the impact of COVID-19 on the safety of workers in our supply chains, we have included a COVID-19 Preparedness Observations Checklist in our on-site audits.

Additional worker protections

Our human rights work also addresses industry-wide concerns, such as conflict minerals and the unethical recruitment of workers.

The food area of our business is another major focus. Here, broad industry efforts are required to address fair labour practices all the way to the farms and fisheries. Our approach is to work collaboratively with our suppliers, leading organizations and other stakeholders to meet our common goals. Good examples include our work with the Equitable Food Initiative to support farmworkers and the Seafood Task Force to tackle forced labour and illegal fishing. ■

Further details

A key part of our work in human rights addresses Costco's own employees, who are critical to serving

our members and to our business success.

Further details of Costco's human rights policies can be found in our Sustainability Commitment. To access this

info, go to [Costco.ca](https://www.costco.ca), click "Sustainability Commitment," then click the "Global Sustainability" link and then choose "People & Communities," then select "Human Rights."—SF

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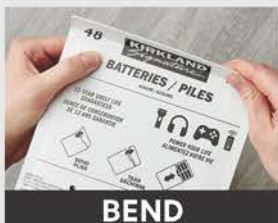
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Home health

Mike Holmes
Inspections is giving
Costco members
peace of mind

by SHARON CHISVIN



Contractor and
television host
Mike Holmes

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COSTCO CONNECTION

To arrange for a home inspection, Costco members are advised to submit a booking request at MikeHolmesInspections.com/ Costco or call 1-888-752-2238.

The purchase of a home is one of the biggest decisions, and likely the largest investment, that most people will make in their lifetime. That is why all potential new home buyers should consider engaging the services of Mike Holmes Inspections before signing on the dotted line. While that may not bring Mike Holmes personally to their doorstep, it will mean that their home will be thoroughly inspected by a certified professional emulating the integrity, knowledge and proficiency of the reality television host.

Mike Holmes Inspections offers Costco members discounts of up to 30%, depending on which of the two home inspection packages they choose. The extended inspection package includes an examination of a house's structure, roof, windows, doors, driveway, and plumbing, HVAC and electrical systems, as well as mould testing and a thermal imaging assessment. The premium package goes further, including radon testing. Radon is known to be an odourless, invisible gas that is radioactive and naturally released from rocks, soil and water.

Home inspections are a critical aspect of the home purchasing process and a proven

way to provide purchasers with peace of mind. They are not, however, just for home buyers. Many sellers also take the extra step of getting a pre-listing home inspection prior to putting their house on the market. Information from that inspection helps determine whether to make repairs or upgrades before putting up a For Sale sign. It also helps homeowners determine an asking price.

"I highly recommend Mike Holmes Inspections to Costco members seeking a trustworthy and reliable home inspection service," says Scott Piccolo, the company's president and CEO. "Our team of professionals are highly skilled and knowledgeable, and they provide a comprehensive inspection of the property. Additionally, their customer service is exceptional, and they are always willing to answer any questions or concerns that you may have."

Purchasing or selling a home can be exciting but also fraught with anxiety. Mike Holmes Inspections can help relieve much of that. ■

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

Home maintenance

A home inspection need not be a one-time event. In fact, Scott Piccolo, president and CEO of Mike Holmes

Inspections, recommends homeowners have their homes inspected annually.

By identifying potential issues before they become significant problems, an

annual maintenance inspection helps homeowners avoid major repairs, saves them money and quells any worries they might have about the state of their house.—SC

N USE



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Rosemount Double Mattress



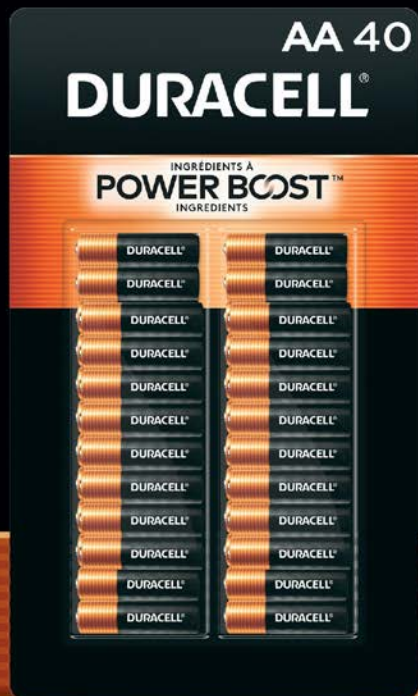
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Napa Valley: Carneros Resort and Spa

Surrounded by rolling vineyards and picturesque countryside, this resort offers a private retreat that delivers a relaxed, luxurious and quintessential Napa experience. From wine tasting at world-renowned vineyards and a signature spa treatment, to unforgettable culinary experiences, the Napa lifestyle is all about pursuing the finer moments in life. To learn more, visit CostcoTravel.ca.



Starburst/Skittles Fun Size 155

These assorted fun-size candies include Skittles Original Fruit, Starburst FaveReds and Starburst Original Fruit flavours. Item 1726688. Warehouses/Costco.ca.

The latest Costco finds



Nautica Kitchen Towel 6-Pack

These 100% cotton, 43-cm x 71-cm (17" x 28") absorbent towels can help clean countertops and dry dishes. Selection varies by location. Item 2550461. **Warehouses only.**



Ninja Speedi Rapid Cooker/Air Fryer

Unlock the ability to cook a complete, multi-textured, one-pot meal in as little as 15 minutes. With a 5.7-litre (6-quart) capacity and 14-in-1 functionality that includes Speedi Meals, Steam/Crisp, Steam/Bake, Air Broil, Air Fry, Bake/Roast and more, this unit makes cooking easy. Item 7297950. Warehouses/Costco.ca.



Cuisinart Touchscreen 4-Slice Toaster

With sleek touch-button controls, this stainless-steel toaster provides premium style with effortless toasting. Features include illuminating options for defrost, bagel and single slice, +30-second control to add a little extra time and nine shade settings. Item 1691346. Warehouses/Costco.ca.

Disney Infant 4-Piece Set

With fabric that is breathable and soft, this set includes one sweater, one shirt and two jogger-style pants. Available in Mickey Mouse, Minnie Mouse, Spider-Man and Disney Princesses. Item 1721778. **Warehouses/Costco.ca.**



Dark Grey Top Grain Leather Power Recliner

The CloudZero is ergonomically designed with a zero-gravity feel. The touch-button activated power reclining seat means you can relax in top grain leather comfort. Features useful USB/USBC ports. Item 1695474. **Warehouses/Costco.ca.**



Kingston Accent Rug

Keep your floors looking fashionable with this 68-cm x 114-cm (27" x 45") soft woven top rug that features a lower pile, shorter carpet fibres and tighter loops. Available in four colours and coordinating designs. Selection varies by location. Item 1694438. **Warehouses only.**



Arizona: ADERO Scottsdale Resort, Autograph Collection

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SONG FROM THE HEART

The following are the lyrics from Kristen Scott's song "I Feel Nothing, Nothing At All."

*I feel nothing, nothing at all.
You said nothing, nothing at all.*

*What have you done?
How could you bear so much pain?
What pushed you to it?
How could you conceal it?*

*Blinded by love,
Forever safe in your arms.
I couldn't see it,
I could never believe it.*

*I used to be fearless,
Not afraid of anything,
Until I saw you lifeless there.
I loved you completely,
And I gave you everything,
And still you left me unaware.*

*I feel nothing, nothing at all.
You said nothing, nothing at all.*

*Helplessly numb,
Your battle hidden from view.
No one could see it,
No one could believe it.
We'll never have the answers,
But the question still remains,
What led you to your despair?
We loved you completely,
And we gave you everything,
And still you left us unaware.*

*I feel nothing, nothing at all.
You said nothing, nothing at all.*

© JOANNA JENSEN PHOTOGRAPHY

A healing voice

Calgary-based singer-songwriter Kristen Scott lost her husband, Ira, to suicide on May 27, 2018.

She's used music to help her along her journey of healing.

Scott, who is also an award-winning music teacher with more than 20 years of experience, released a video for her single "I Feel Nothing, Nothing At All,"

(tinyurl.com/yfynt3s) in 2022 as a means of catharsis and in hopes of raising awareness of suicide prevention. September marks National Suicide Prevention Month, with World Suicide Prevention Day on September 10. (For more information visit suicideprevention.ca.)

"For me, music has had a therapeutic capacity to heal my untreatable emotional wounds," she says. "The melodies I write penetrate deep into my soul, repairing all the damaged fragments hidden there and providing me solace that I can't get from anyone or anything else."—*Dan Jones*

Clockwise from top: Kristen Scott in the recording studio; Scott says, "If you're struggling ... please know that you are not alone."

#1 Canadian Hospital Choice*



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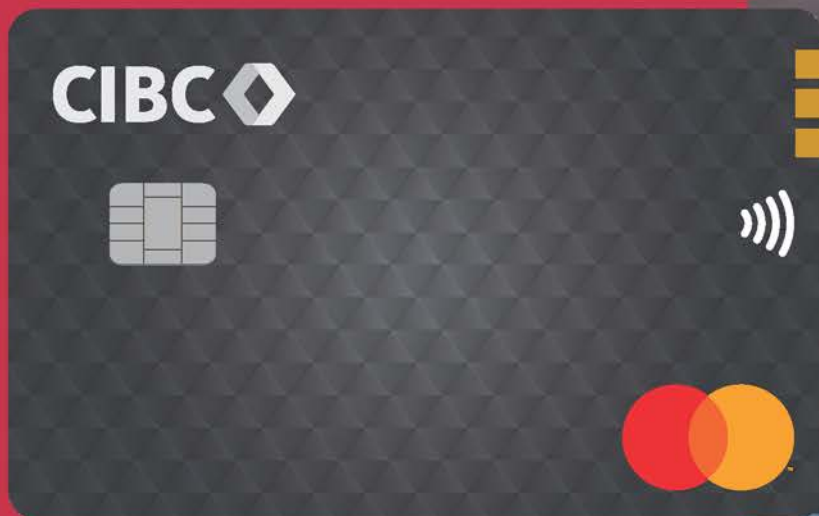
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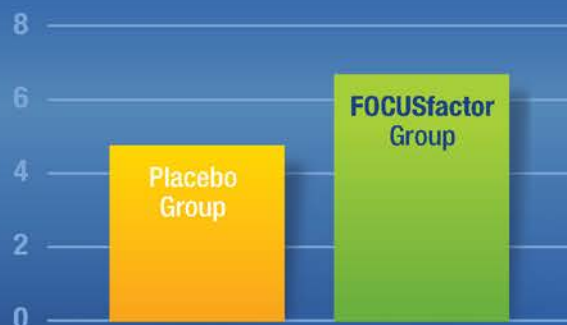
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[§]A clinical study showed that adults who took FOCUSfactor as directed for six weeks improved their memory, concentration and focus. The study was conducted by Cognitive Research Corporation, a leading research organization that specializes in the effects of nutritional supplements on human cognition.