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COSTCO **Connection**®

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Right at Holmes

Canadian contractor Mike Holmes
is a man on a mission **28**

MARCH 2023



FOR YOUR HOME

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Coffee makers

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Buyers' picks

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COSTCO Connection *March*

March 2023

Volume 36

Number 2

**Whether home
or away,** take
time to savour
the moment.

Table of Contents

COVER STORY

28 Quality control

Trusted contractor and television personality Mike Holmes remains committed to helping homeowners.
by Dan Jones



SPECIAL SECTION: FOR YOUR HOME

35 Customized comfort

Air circulators
by Erik J. Martin

Coffee machines
by Erik J. Martin

Microwaves
by Michele Wojciechowski

Buyers' picks

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Table of Contents *March*

Up Front

COSTCO LIFE

- 9 For March**
Costco's app, a gardening hack, Liver Health Month, a turkey wrap recipe and more.

DEPARTMENTS

- 7 Assistant Vice President's Note**
- 17 Financial Connection**
Three ways to stay afloat financially during a bear market.
by Lana Sanichar
- 19 Tech Connection**
Sony's sustainable practices are part of the company's mission.
by Marc Saltzman
- 22 Travel Connection**
A cruise in Alaska offers entertainment on land and sea.
by Lois Alter Mark
- 25 Member Poll**
What home renovation projects are you working on?
- 91 Member Connection**
Ingredients from Costco help keep a microbrewery in Brossard, Quebec, going strong.
by Naomi Hansen



51

Lifestyle

AUTOMOTIVE

- 48 Get a grip**
Taking a look at the pros and cons of all-season tires.
by Tom Beaman
- 51 Charged up**
A new kind of battery keeps many modern cars powered.
by Tom Beaman

FOR YOUR TABLE

- 60 Full-bodied flavour**
Whole cooked fish can make for a tasty presentation.
by Scott Jones
- 65 Olive you**
Packed with benefits, olives are more than just an addition to your cheese board.
by Hannah Selinger

FOR YOUR HEALTH

- 70 From tingles to shingles**
Learn how to fight back against this painful virus.
by Joanne Ellis
- 75 Ask the Pharmacist**
March is Juvenile Arthritis Awareness Month.
by Lawrence Varga

FOR YOUR ENTERTAINMENT

- 78 Buyer's pick:**
It's One of Us
This twisting thriller by author J.T. Ellison is full of suspense.
by Judi Ketteler
- + *A Death at the Party* by Amy Stuart; and *Super Smart Floor Pads*.

Shopping

INSIDE COSTCO

- 83 Sustainability: Strategic relationships**
Costco teams up with suppliers to ensure sustainable food supplies.
by Sheri Flies
- 85 Costco Services**
A roundup of the personal and business services available to members.
- 86 Treasure Hunt**
A sampling of what's in the warehouses and at Costco.ca.
- 89 Special Events**
Exciting products offered for a short time.



65



22



Bring home what you love.



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SKIP

ASSISTANT
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NOTE

Spring into action

Spring is just around the corner! Snow is melting, temperatures are climbing and we have more daylight hours to enjoy. There are many signs of life after the harshness of winter, and we are all starting to feel more energized, hopeful and happier.

This time of year, many of us turn our sights to home renovation projects. In this issue, we catch up with Canadian icon Mike Holmes and learn more about his home improvement business. Costco offers Mike Holmes Inspections as part of our member services offerings. You can learn more about getting peace of mind and exclusive Costco member pricing for your Mike Holmes Inspections package; all you need to do is go to Costco.ca and click on "Services."

March is also a good time to dust winter off your car and get it ready for the warmer months ahead. This issue explores the pros and cons of all-season tires. From tires and batteries to cleaning solutions and accessories, Costco has lots of great items to get your vehicle road-trip ready.

Any time of year is the right time to take note of what our vendors are doing to be good stewards of the planet. I encourage you to read the article on our vendor Sony's sustainable operations and how the company is working on being part of the solution.

Whether it is a fun road trip or a much-needed home renovation project, now is the time to enjoy all of spring's pleasures. ■

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Sue Pudrycki
is Assistant
Vice President
of Marketing.

Coming next issue
We take a look at plant hardiness zones to help members get the best results from their gardens.

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Great escape

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Hot spots

THE CARIBBEAN, Mexico, Hawaii and Florida are a few of the top travel destinations for March, according to the Costco Travel team. Punta Cana in the Dominican Republic ranks as a top spot

to visit, while Cancun and Riviera Maya are hot vacation spots in Mexico. Orlando offers Universal Studios, Disney World and more. Visit [Costco Travel.ca](https://www.costco.ca/travel) to book your own getaway.



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GUT CHECK

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Non-alcoholic fatty liver disease affects approximately 8 million Canadians, according to the *Canadian Liver Journal*. March is Liver Health Month, making this the perfect time to develop good eating habits and exercise regularly. For more information on how to take care of your liver, visit Liver.ca/your-liver.

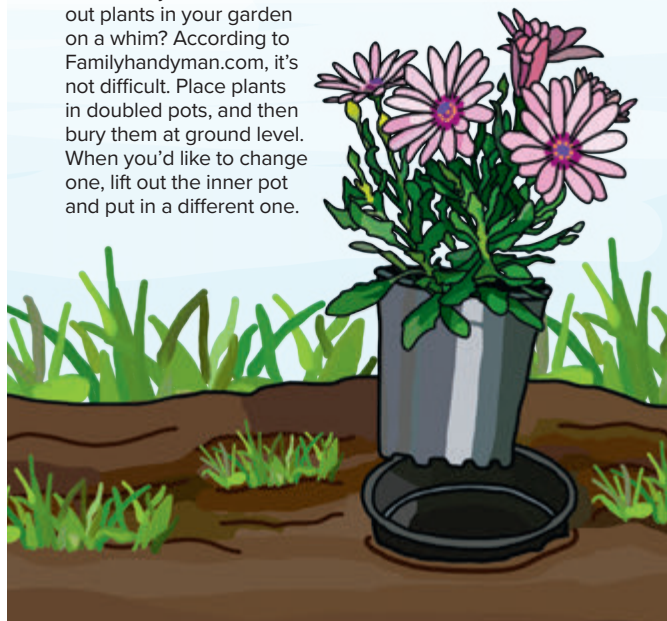


RIGHT: © KYRYLENKO / STOCK.ADOBE.COM LEFT: NATEE WEEPIAN / STOCK.ADOBE.COM

GARDENING HACK

Put it in a pot

Ever wish you could switch out plants in your garden on a whim? According to Familyhandyman.com, it's not difficult. Place plants in doubled pots, and then bury them at ground level. When you'd like to change one, lift out the inner pot and put in a different one.



LEFT: © BENDPAK INC; RIGHT: © MEGAN LEES

◆ A GEM FOR THEM

Aquamarine is the birthstone for March. Find jewellery that showcases the blue gemstone in Costco warehouses and at Costco.ca.



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LUSCIOUS AND LIGHT

Sweet and Citrusy Turkey Lettuce Wraps

- | | |
|--|--|
| 60 mL (¼ cup) low-sodium soy sauce | 2 large garlic cloves, minced |
| 30 mL (2 Tbsp) honey | 770 g (1.7 lbs) ground turkey |
| 15 mL (1 Tbsp) rice wine vinegar | 8 to 10 romaine lettuce leaves |
| 3 mandarin oranges, 1 zested and lightly juiced and 2 peeled and segmented | 250 mL (1 cup) green grapes, coarsely chopped |
| 15 mL (1 Tbsp) extra-virgin olive oil | Carrot matchsticks, chopped cilantro, for garnish (optional) |

In a small bowl, whisk soy sauce, honey, vinegar, zest and juice of 1 orange and segments; set aside.

Heat oil in a large non-stick skillet over medium heat and sauté garlic for 1 minute. Mix in turkey and cook until fully browned; remove from stovetop. Drain excess liquid, then return to heat. Stir soy-orange sauce into turkey; cook for 10 minutes.

Spoon 30 mL (2 Tbsp) to 45 mL (3 Tbsp) turkey into lettuce cups. Top each cup with grapes and, if desired, sprinkle with carrots and cilantro. Makes 8 to 10 servings.

Recipe courtesy of Vicki Shanta Retelny (victoriashantaretelny.com)



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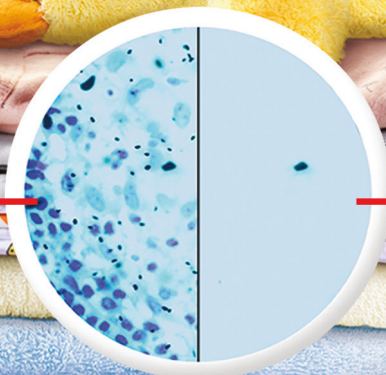
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The largest single-day stock market crash was October 19, 1987. It's known as Black Monday, when markets declined to the tune of 22%.

FINANCIAL CONNECTION

Set up for success

Tips for investors for riding out a bear market

by LANA SANICHAR

As most readers are likely aware, markets have not been particularly constructive over the last year. In fact, as I write this, we are now in a bear market and even the traditional 60/40 portfolio has had difficulty this past year. I decided to reach out to Ryan Modesto, CEO of 5iResearch.ca, for tips on what investors can do during this time to ensure they are ready for when things eventually improve.

He suggests the following:

Create a watchlist. Building something like a wish list of all of the great companies you always wanted to own shares in but for some reason just couldn't can be a helpful tool. It is an easy list to refer to when opportunities arise, and those openings are likely to come in a bear market. Ensuring you are on top of potential opportunities and keeping your pencil sharp makes it easier and more efficient to take advantage of those great opportunities if, or when, they finally arrive.

Clean up your portfolio. In a bear market, allocations and weightings can diverge from where they were initially. While it is hard to look at your portfolio in a bad market, it offers a good time to go over your holdings and ensure things are set where you want or expect them to be.



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It is also a good time to reassess any investments and make sure the initial thesis remains intact.

Update assumptions. Similar to the previous point, the nature of some investments might have changed in a bear market and an investor might need to update assumptions or rules of thumb that have existed for the last few years. One great example of this is in fixed income (bonds). Just a year ago, yields on fixed income were paltry at best. Currently, they look far more attractive. This could lead to a different set of opportunities or assets you might consider now that you would not have considered a year ago. Reviewing your assumptions and making sure they still apply to the current environment can be a prudent action to take while waiting out a bear market.

The past year in the markets was difficult, but knowing my risk tolerance and remembering my long-term goals allowed me to stay calm while waiting for better times ahead. ■

COURTESY OF LANA SANICHAR



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

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Bear markets

Nerdwallet.com, a personal finance company, describes a bear market as one with "a prolonged drop

in investment prices ... generally, a bear market happens when a broad market index falls by 20% or more from its most recent high ... [and is] characterized by

investors' pessimism and low confidence. During a bear market, investors often seem to ignore any good news and continue selling quickly, pushing prices even lower."—LS

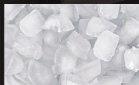
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TECH CONNECTION

Growing green

A look at the steps Sony has taken, and is taking in the future, to be an earth-friendly operation

by MARC SALTZMAN

Sony Electronics has created everything from audio products and cameras to televisions and laptops. It released the first portable music player (Walkman) and CD player, co-developed the DVD format and is behind one of the biggest brands in video games: PlayStation.

You may already know all this, but what you might not be aware of is Sony's commitment to operating sustainably. Balancing economic growth and caring for the environment is no simple task—especially when manufacturing electronics.

According to a list of core values on its website, Sony has committed to “deliver *kando* [satisfaction, excitement] and *anshin* [reliability, safety] to people and societies around the world through the pursuit of technology and new challenges.”

Here's a short summary of Sony's sustainability efforts:

Recycling. Sony has developed a new recycled plastic for its components, in an effort to reduce the use of virgin plastics for products and packaging. This includes a special flame-retardant plastic resin developed by Sony in 2014 called SORPLAS, which features up to 99% recycled content and is used in some BRAVIA TV models, sound bars, wireless speakers and various cameras.



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Less packaging. A reduction in packaging size improves shipping efficiencies and requires less plastics and other materials. Small product packaging at Sony, including headphones and smartphones, is now plastic-free, except for labels and adhesives. Sony is meeting its Green Management 2025 targets, which include the total elimination of plastic from the packaging of newly designed small products. Some items also feature environmentally conscious packaging, created with an original-blend material made from bamboo, sugarcane fibers and post-consumer recycled paper.

A better future. Along with a commitment to 100% renewable electricity in its operations by 2030, Sony has announced an ambitious carbon neutrality goal by 2040, throughout the entire process of designing, testing, manufacturing, packaging and shipping products. The goal was originally set up for 2050, but Sony announced last year that it would work to accelerate its commitment by an entire decade.

Honouring Sony Electronics' commitment to sustainable materials management and responsible electronics recycling, the company has been recognized by the U.S. Environmental Protection Agency as a distinguished Gold Tier Award winner in its annual Sustainable Materials Management Electronics Challenge. ■

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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Please include “Tech Connection” in the subject line.

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The last frontier

Go “North to the Future” on an Alaskan sea cruise

by LOIS ALTER MARK



CLOCKWISE FROM RIGHT: PRINCESS CRUISES; CARMEN / STOCK.ADOBE.COM; CHRIS RUSNAK



MICHAEL MARK

Lois Alter Mark is an award-winning travel writer. She has sailed on oceans and rivers in Antarctica, Europe, North America, Russia and the United Arab Emirates. She hopes to check a world cruise off her bucket list soon.

Filled with everything from glaciers and fjords to bears and whales, Alaska is, unsurprisingly, one of the most popular destinations for cruisers. The 49th U.S. state, often referred to as The Last Frontier (state motto: “North to the Future”), boasts millions of acres of wilderness, and there’s no better way to immerse yourself in the stunning scenery than to be surrounded by it aboard a ship.

With something for everyone to do on both land and sea, an Alaska cruise is the perfect multigenerational vacation. Twenty years ago, my husband and I took our kids on a cruise to Alaska, and it turned us into cruisers. Today, many cruises later, ships are better than ever, adding even more experiences, restaurants and stateroom options.

Almost every cruise line features dozens of onboard activities, including live entertainment, pools, spas, endless dining and kids’ clubs, so you’ll never be bored, whichever ship you choose. Many even offer guest lectures about the ports you’ll be visiting, as well as serving up

locally inspired dishes like fresh seafood chowder and crab cakes. On an Alaska cruise, specifically, it’s worth splurging on a stateroom with a balcony if you can, because one of the best ways to spend an afternoon at sea is to simply sit outside and take in the magical views. You may even spot an orca or a humpback whale.

Although you’ll be tempted to never get off the ship, be sure to sign up for shore excursions to best experience Alaska’s history, natural beauty and wildlife. Two must-do’s on any Alaska cruise are dog-sledding and panning for gold. Because these family-friendly activities are available in numerous ports, though, I suggest first booking port-specific shore excursions that you can’t do anywhere else and then filling in the rest of your schedule around them. Here are the ones you won’t want to miss.

Ketchikan

Alaska’s “First City,” Ketchikan stays true to its origins as a vibrant fishing village. Experience its rich Native American heritage at Totem Bight State Historical Park, featuring a rare collec-



Clockwise from left:
Cruise ship at Glacier Bay; White Pass & Yukon Route Railway; whale sighting at Auke Bay, Juneau.

tion of authentic totem poles restored by Tlingit and Haida carvers, or Saxman Native Village, where you'll get to watch carvers in action. Take a walk along Creek Street, once the city's infamous red-light district, and search for black bears and bald eagles in the Alaska Rainforest Sanctuary. Some cruise lines also offer the opportunity to go salmon sport fishing and have your catch cooked on board for dinner.

Skagway

Skagway was once a bustling gold rush town, and you'll want to climb aboard the White Pass & Yukon Route Railway for a ride back through history. A true feat of engineering, it was built into the mountains in 1898 to make travel easier during the Klondike gold rush, and its vintage cars have been retrofitted for modern-day comfort. Breathtaking views are all around as the train climbs almost 914 metres (3,000 feet) while you're treated to stories about the people who came to seek their fortunes. You can also

take a minibus up to the West White Pass summit via the Klondike Highway, which offers spectacular views of the highest coastal range in the world. Back in town, stop at the historic Red Onion Saloon, once a popular dance hall and bordello, for a pizza and beer and maybe even a tour of the PG-13ish brothel museum.

Juneau

The Mendenhall Glacier is the star of Alaska's capital; depending on how adventurous you feel, you can get there via motorcoach, canoe or air. Spanning nearly a kilometre, with ice up to 548 metres (1,800 feet) deep, this natural wonder is dazzling up close and provides a jaw-dropping background for selfies. For even more sensational scenery, consider a leisurely ride through Tracy Arm, a classic fjord, on a luxury expedition vessel designed to get you as close as possible to both the South Sawyer Glacier and the North Sawyer Glacier. Juneau is also the best port to visit a salmon hatchery and take a whale-watching tour. In fact, whale sightings are so common, many tours guarantee them. ■

COSTCO CONNECTION

Costco Travel offers Alaskan cruises, as well as other ocean and river cruises, vacation packages, rental cars and hotel-only options for destinations around the world. To learn more, visit CostcoTravel.ca or call 1-855-863-0357.

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Itm. 1675232 (Tide), 1675229 (Downy)

What home reno projects are you working on?

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

Right now we are working on the basement guest bath in our mid-century modern home that we are renovating.

Terry Milazzo

Painting my kitchen cabinets and walls.

Colleen Joudrey

Kitchen and bathroom.

Darlene Leier-Teshier

Replacing floors, painting [and getting] quotes for new windows and doors.

Ugh! It's never-ending.

Blondey Lee

Basement and kitchen door.

Francine Dubé

Kitchen and two bathrooms.

Lilas Lilas

[I'm currently] painting my living room, [and I just] got my kitchen done.

Patti-jo Goss

Floors.

Lorna Weiss

None—too darn expensive!

Lena Dobson

[I'm still trying to decide if it's] better to paint your kitchen cupboards when you are putting your house up for sale or [to] leave them.

Kat Be



Did you know?

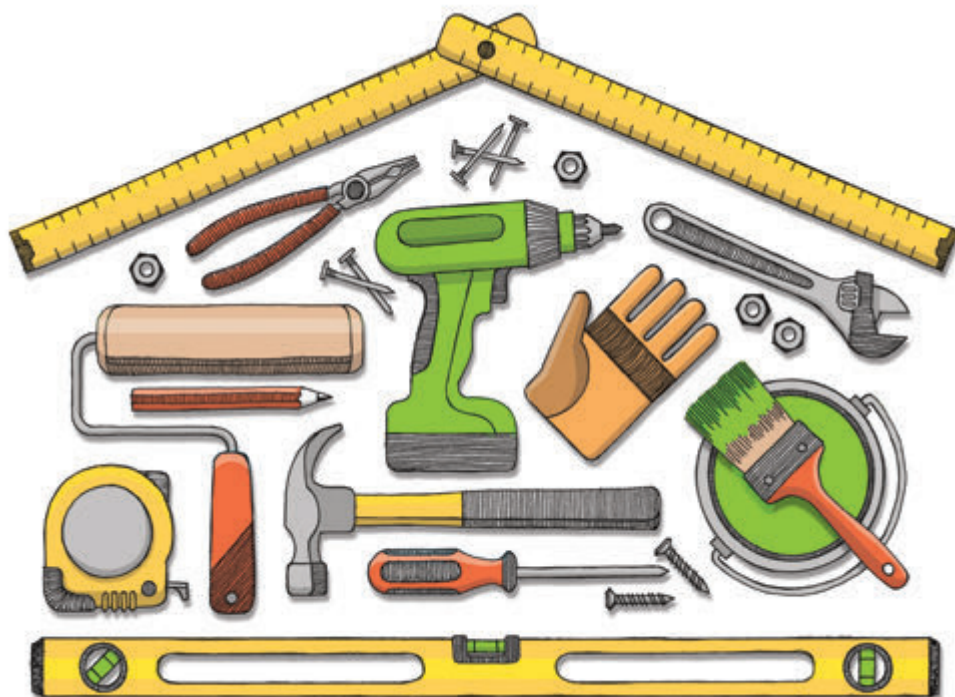
According to marketing and consumer data provider Statista.com, the average Canadian homeowner is willing to spend around \$10,200 on home renovations.

Renovation innovation

From building materials to bidets and everything in between, Costco has you covered for many of the home renovations on your list. Did you know the following items and services are available in the warehouse or through delivery on Costco.ca?

- Bathtubs
- Countertops
- Doors and door hardware
- Flooring
- Garage doors
- Home insulation
- Kitchen cabinetry
- Paint supplies
- Vanities
- Wall panels
- Water heaters

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



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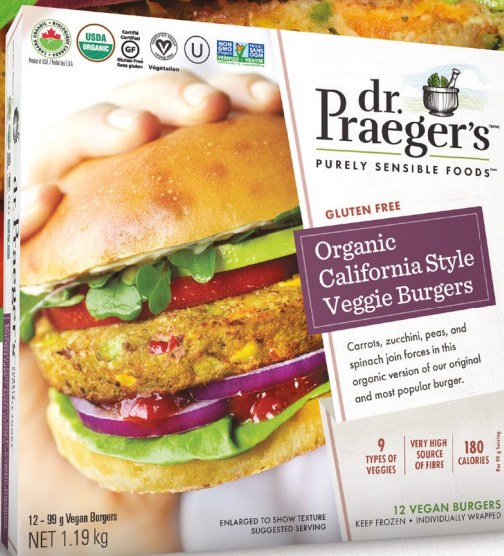


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Item 1135557

From house to Holmes

Fans have grown to adore contractor Mike Holmes, the television fixture who has become the face of quality craftsmanship. Now a grandparent who shares the screen with his children, Holmes remains committed to educating and protecting homeowners.

by **Dan Jones**

CONTINUED ON PAGE 30



Mike Holmes in an episode of *Holmes Makes It Right*

C

ontractor turned reality-TV superstar Mike Holmes has been educating audiences on home improvement for more than two decades.

As a successful and respected contractor, Holmes embraced strong ethics before the bright lights embraced him. Even after starring in 14 TV series and forming a business empire, the 59-year-old says he's as hungry as ever to help others.

"It's always been about educating the viewers so they can make better decisions about renovating right, buying right and building right," Holmes tells the *Connection* in a phone interview while filming in Vaughan, Ontario.

Building his career

Holmes' late father, who was a technical engineer for General Motors and a plumber by trade, spent his spare time fixing up the family's Toronto home. The younger Holmes quickly showed an aptitude in home repair himself, rewiring the house when he was just 6 years old. He later renovated his uncle's basement, fixing the panelling, stairs and dropped ceiling. Holmes was hired to run a renovation company at age 19 and started his own company a couple of years later.

In 2001, a 38-year-old Holmes was hired to build a custom home for a TV executive who produced a home-repair show and other lifestyle programs. During a break, Holmes explained to him how exhausted he was from repairing botched jobs by so-called professionals. The execu-





PHOTOS: THE HOLMES GROUP; MIDDLE RIGHT: PRIVATE COLLECTION



Clockwise from top: Mike Holmes (centre) with his son, Michael (left), and Vic Maia of Shed Village on the set of *Holmes Family Rescue* in 2021; Holmes at home in the early '80s; a scene from *Holmes Inspection* in 2011; on the set of *Holmes Makes It Right* in 2013.

tive was compelled to ask Holmes to do a pilot for a possible show. Three months later, they made it a reality.

In his television appearances, Holmes can be seen with his crew of tradesmen entering damaged homes, knocking out weak construction and replacing it with high-grade work. He sometimes discovers other serious problems along the way, including hazardous wiring, asbestos and mould. His personality shines through as he comforts homeowners and bemoans flimsy fixes and poorly planned properties.

"I am who I am," Holmes says. "There's no script. I'm just myself."

Holmes on Homes ran for seven seasons, gaining rank as one of the most popular Canadian TV shows in the past quarter century. The Holmes Group empire gradually formed, with multiple shows (14 different series that have been seen on multiple channels in more than 100 countries, according to Holmes), branded merchandise and a variety of services offered. You can even buy a Mike Holmes-approved home built to his high standards: Holmes Approved Homes.

Through ups and downs in the economy and housing market, Holmes' knowledge continues to be in demand. At the heart of his success, he says, is a profound desire to improve the lives of others, one home at a time. "I got tired of seeing homeowners getting taken advantage of," he adds.

Why inspections matter

Whether your home is old or new, for sale or off the market, getting an inspection can be useful, Holmes says.

Getting a home inspection before beginning a large-scale renovation can help to determine the condition of the home prior to starting. Those with a



HOLMES INSPECTIONS

A connection with Costco has allowed Mike Holmes to spread his expertise to members through a home inspection program. Mike Holmes Inspections—launched in 2009—is available in most major Canadian cities. Request an inspection with Mike Holmes Inspections by visiting MikeHolmesInspections.com/Costco or by calling 1-888-752-2238.—DJ

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CONTINUED ON PAGE 32



Mike Holmes, centre, with his son, Michael, and daughter Sherry.

PHOTOS: THE HOLMES GROUP

trained eye and special equipment can help pinpoint red flags and prioritize your renovation and repair list, Holmes adds.

And just because a house is new does not mean that everything is in perfect condition, he adds. It's always a good idea to catch problems early. An inspection every two to three years gets you ahead of the game by having every aspect of your home, including systems, components and structures, checked for potential problems.

Fortunately, Holmes has come to the rescue countless times for those who've had bad luck with fixes.

In the first season of *Holmes Family Rescue*, a homeowner presented Holmes and his crew with a quandary: a leak around the house that four prior contractors had been unable to pinpoint. The Holmes staff used thermal imaging cameras to find the source and offer a solution.

During filming in 2022, Holmes worked with a homeowner who was taken for \$500,000 before Holmes and his crew came in and repaired the damage.

"My team of home inspectors are highly trained, certified professionals

who are very experienced in the home inspection industry," Holmes says. "They provide a thorough visual examination and assessment to ensure your current or future home is built right. Every inspection goes beyond the industry standard and uses premium equipment and specialized training so that what the inspector sees, you see."

Giving back

The Holmes Foundation and the Make It Right Charity, which Holmes founded in 2006, continue to support students entering or enrolled in a residential construction program at a Canadian college or university through scholarships and bursaries. To date, he's sponsored 150 scholarships and bursaries, totaling \$225,000.

Holmes, along with his adult children Michael and Sherry, is an ambassador with Skills Canada, which helps youths find careers in trades and technologies.

Holmes is also an active proponent of sustainability, looking for ways to make homes more efficient. "We as an industry need to pay more attention to building smarter," he says.

COSTCO CONNECTION

A variety of Mike Holmes-branded workwear is available at [Costco.ca](https://www.costco.ca). (Search "Holmes Workwear.")

“It’s always been about educating the viewers so they can make better decisions about renovating right, buying right and building right.”

— MIKE HOLMES ◆

Family affair

Now a grandparent, Holmes works alongside Michael and Sherry on a daily basis. They grew up in front of TV audiences, featured in shows like *Holmes—The Next Generation*, *Holmes and Holmes*, *Holmes Family Effect* and now *Holmes Family Rescue*.

“I always wanted to teach my kids to get into trades,” the Halton Hills, Ontario, resident says. “I thought my son might turn into the best Xbox and Nintendo player. He had no interest [in work as a contractor]. When he was 15 and off school, I said, ‘Why don’t you come to work with me?’ He worked with me all summer. First on broom. And he came back the next summer. ... Before you knew it, Sherry came in to help with a project in the Lower Ninth [Ward in New Orleans]. She said, ‘I’m in.’”

Michael and Sherry have since developed a following of their own, with Sherry serving as a role model to women in construction. “Sherry now represents women in trades,” Holmes says. “She didn’t see it coming, but I did. [She and Michael] are naturals.”

The second season of *Holmes Family Rescue* is set to air this year. “I get to teach them a thing or two, and they’ve taught me so much about technology, plus we laugh a lot and we don’t take ourselves too seriously,” Holmes says of Michael and Sherry. “It’s a lot of fun. I’m a lucky guy to do what I love every day and share it with them.” ■



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WHAT’S INCLUDED

The Mike Holmes Extended Home Inspection includes:

- A visual roof inspection, a complete interior finish assessment, HVAC (heating, cooling and ventilation) review, electrical inspection, plumbing inspection and a structural review from the foundation to the roofline
- An inspection of drafts around windows and doors, roof shingles, roof flashing, gutters and downspouts, driveways, furnace filters and heat recovery ventilators
- Mould testing and a thermal imaging assessment.
- The Premium Inspection offers additional radon testing.—DJ

How it works

What to expect after requesting a Mike Holmes Inspection:

- A representative will review your request and recommend a service that best

meets your needs.

- You’ll schedule a time, pay and confirm.
- The inspection typically takes two and a half to four hours for a single-family home. You are encouraged to attend.

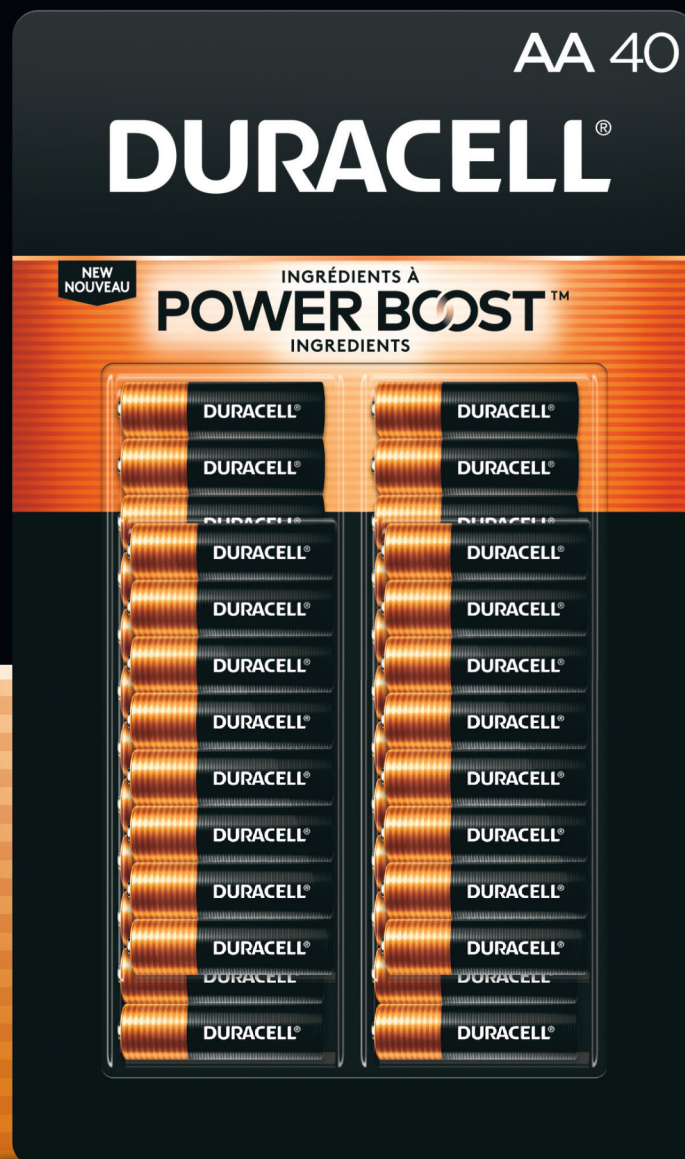
- A report will be emailed within 48 hours of your inspection, including information on minimums-only cost estimates intended to act as guideline figures.—DJ

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Coffee makers

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Modern comfort

Imagine relaxing in your home on a cold evening. It's frigid outside, but your air circulator is helping to make your living room perfectly toasty. In the kitchen, your coffee maker is brewing up your favourite drink, while your microwave is heating a scrumptious dessert.

In this month's For Your Home Special Section, we take a look at appliances that are redefining how we live. From air circulators that evenly spread hot and cold air to coffee machines that operate like personal baristas to microwaves that do it all, modern machines are taking comfort and convenience to another level.



Microwaves

COURTESY OF GALANZ



Air circulators

COURTESY OF IRIS USA INC

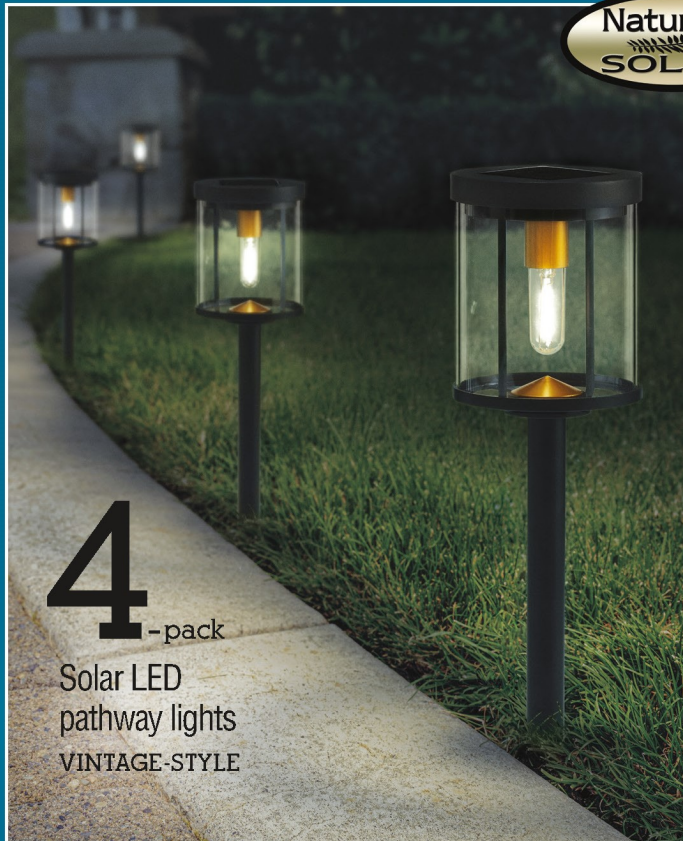
37 Get to know air circulators

40 Coffee makers for all tastes

43 Multi-purpose microwaves

45 Buyers' picks





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Go with the flow

Air circulators can enhance indoor climate

by ERIK J. MARTIN



© ERIC NOESKE / IRIS USA INC

COSTCO CONNECTION

Air circulators, such as the Woozoo 5 Speed (Item 1354207, above), are available in Costco warehouses and at Costco.ca.

During the heat of summer, we often turn on a trusty fan when indoors. But there's a better way to keep cool, and ensure more even heating in wintertime too: Simply switch on an air circulator instead.

Unlike a fan, which produces a single airstream as its blades turn and the unit oscillates, an air circulator performs more like a jet engine by pulling in air from behind and channelling it through its front grill without oscillating. A fan will blow air near you if it's pointed in your direction or you're sitting in front of it. But an air circulator creates a jet stream of sorts, bouncing its blown air across walls and ceilings and keeping air in the room continuously moving.

"A fan's sole purpose is to cool down a person by moving air in a singular direction, while an air circulator has a greater wind vane and air travel distance," says Hiroyuki Takahashi, president of IRIS USA, which distributes Woozoo-branded air circulators. "This allows for air in a room to be properly circulated 360 degrees, distributing cool or warm air to the entire room for any season."

An air circulator isn't intrusive, either. It can be placed out of the way, such as in a corner or on a table without having to be near your body. Additionally, they're typically quieter and lower maintenance than a traditional fan and are built to run efficiently without sucking up a lot of power.

Joshua Tibando, a Costco member in Toronto, can't stop singing the praises of his air circulator. "I use it in my home because it provides the benefits of circulating air and maintaining a consistent temperature," he says. "My unit has three different speeds. During the day, I use the low setting; at night I use the high setting. It's very quiet and has a convenient remote control." Experts recommend pointing an air circulator on full blast toward your air-conditioning unit or vents in warmer months to more evenly and quickly disperse cool air. During colder months, point the air circulator toward the ceiling and turn on its lowest speed setting to efficiently circulate hot air around the room. ■

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

Choosing a model

Air circulators come in different sizes—from portable tabletop machines, to tower models, to whole-room units

atop a stand with adjustable heights, to high-velocity professional-grade devices.

Be sure to choose a unit that's properly sized and powered for the room or area

where you intend to use it (the package should indicate how many metres of air it can move).—EJM

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9h 18h

2-PACK ETNA

KAMBUKKA®

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itm. 1606617

 A black and teal Kambukka ETNA water bottle is shown next to its retail box. The box is labeled '2-PACK ETNA' and 'KAMBUKKA'. A diagram illustrates the 'Snapclean' technology, showing a close-up of the lid with a red arrow indicating the 'Pinch, pull and clean!' action. Icons for 9h and 18h are also present.

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 A white Coolaroo outdoor roller shade is shown installed on a porch. The shade is partially rolled up, revealing a patio area with a circular window. The text 'Up to 95% UV Block' is highlighted in green. Below, three circular images show the shade used on patios, pergolas, and windows. The color 'PEWTER' is indicated in a circle.

Pelican^{MC}

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Various item numbers

 A person wearing a blue jacket and a large orange and black backpack stands on a red and orange Pelican Mission 100 kayak. They are on a calm lake surrounded by lush green hills and a rocky shoreline. The Pelican logo and 'MISSION 100' are prominently displayed in the upper center.



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ANSWER THE CALL

Item 1464927 (tent), 2622041 (screenhouse), 2622040 (canopy)



Brew coup

How to pick the perfect coffee maker

by ERIK J. MARTIN



COSTCO CONNECTION

This Jura espresso machine (above, Item 1618689) is available at Costco.ca. Find other coffee makers, coffee beans and accessories in Costco warehouses and at Costco.ca.



De'Longhi Magnifica Espresso Machine (Item 1654461)

No surprise here: coffee is among Canada's favourite beverages.

Consider that most Canadians enjoy around 2.7 cups of coffee per day and purchase the equivalent of more than 5 million 60-kilogram (132-pound) bags of coffee a year, according to Coffeeaffection.com. And with Canadians spending more time at home today than before the pandemic, they are purchasing coffee makers at record levels, too; the NPD Group, a market research company, reports that more than 3.5 million coffee and espresso preparation appliances were sold in Canada in 2021.

But not all java machines are alike, and some make coffee better or more conveniently than others. The good news? There are a lot of quality coffee makers to choose from, so you can select one that brews best for you.

Home sweet home brew

Costco member Lorenzo Di Donato, vice president of marketing for Toronto-

based FAEMA Canada—which distributes Jura coffee and espresso makers in Canada—says Canadians are increasingly realizing how essential superb specialty coffee is at home.

“As we see the work-home balance shift ... it's clear that enjoying a cup of specialty coffee in the comfort of your own kitchen café is the perfect way to get the morning started,” he says.

Francis Rego, a Costco member and director of sales for Cuisinart Canada, which makes and sells coffee makers, points out that the average cost of fast-food chain coffee is nearly \$1,100 a year, assuming you drink one cup per day. But the average cost to brew at home is only around \$182 annually.

“With the impact of inflation forcing Canadians to watch their spending habits closely, investing in a good coffee machine that can repeatedly produce a quality cup can lead to long-term savings,” adds Rego.

Shabbir Nooruddin, the founder of the site Coffeebrewster.com, regularly



DE'LONGHI

uses an automatic espresso machine. “Once you start brewing using freshly roasted coffee and grinding just before brewing,” he says, “you’ll get hooked on the real stuff and your taste buds won’t put up with fast-food coffee again.”

Better machines for your beans

Shopping for a coffee maker can be a bit confusing, as modern models boast a variety of brewing methods and features. Choosing the right device boils down to what kind of coffee you prefer. The four most common types are:

- Automatic drip brewers that filter hot water through ground coffee into a pot warmed by a hot plate

- Single-serve machines that use a K-Cup or other pod-like product to produce one serving
 - Grind-and-brew devices that employ a burr grinder to grind beans, yielding richer, fresher flavours
 - Combo machines—coffee centres—that can make multiple types of coffee, including espresso, cappuccino, latte macchiato and caffè latte, and may offer different brew methods in one unit
- Doug Parkinson, category manager for De’Longhi, says, “You need to decide if you want pre-ground coffee, convenient capsules or freshly ground coffee, which involves grinding your beans right before brewing and requires a separate or built-in grinder. Determine if you want a fully automatic machine that takes the guesswork out of the process or a manual machine with some programming functions that offers a more hands-on experience.”

Other considerations

Once you decide on the type of coffee maker you want, you can consider price. Most coffee makers range in price from \$40 to \$400, with high-end coffee centre models exceeding \$1,000. If you are an occasional user, a basic automatic drip model should suffice.

Any type of bean can be used in a coffee maker, but it’s smart to select the grind according to the brewing method. Drip-style works best with a coarser grind, while espresso requires a finer grind. ■

Erik J. Martin is a Chicago area-based freelance writer.

FAR LEFT: JURA ELEKTROAPPARATE AG (IMAGES BY FOTOSTUDIO SPENGLER)

Custom cups of joe

Eager to explore new java joys? Try these recipes:

Frozen Coffee Frappé

Blend 180 mL (¾ cup) coffee ice cream or ice milk, 80 mL (⅓ cup) strongly brewed coffee and 30 mL (2 Tbsp) chilled fat-free milk with a hand blender in a mixing cup. Use an up-and-down motion until the ingredients are well mixed. Makes 1 serving.

Iced Coffee Cocktail

Mix warm coffee with sugar (to taste) and your liqueur of choice in a glass bowl. Pour the mixture into ice cube trays and freeze; once frozen, drop the cubes into a tall glass of cooled coffee. Top with a scoop of vanilla ice cream and a thin cookie wafer. Makes 1 serving.

Espresso Old-Fashioned

Mix 45 mL (1½ oz) bourbon, 15 mL (½ oz) crème de cacao (dark), 45 mL (1½ oz) water, 30 mL (1 oz) espresso (chilled), 7 mL (¼ oz) simple syrup and 2 dashes orange bitters, and pour into a tall glass over ice. Makes 1 serving.

Recipes courtesy of (top to bottom): Cuisinart; Vivian Young; De’Longhi

Clean machines

Use the following tips to keep your coffee maker tidy and sanitary:

- Follow the manufacturer’s

instructions carefully, especially if your machine has a preprogrammed cleaning function.

- Wash removable components in the dishwasher or by hand with dish soap after each use.

- For tough spots, use a toothbrush with baking soda and water.

- Decalcify the interior at least monthly per your manufacturer’s instructions.—EJM

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ltm. 50147 (Plus), 127993 (3-pack), 50125 (heavy duty)



(Micro)wave of the future

Sorting through the basics to pick the best microwave for your needs

by MICHELE WOJCIECHOWSKI



COURTESY OF GALANZ

COSTCO CONNECTION

You'll find stand alone microwaves in Costco warehouses, as well as other stand alone, built-in and over-the-range microwaves are available at Costco.ca. The Galanz Speed-Wave microwave (Item 2464793, above) is only available at Costco.ca.

Microwaves are no longer the huge monsters of yesteryear, but are now space-saving appliances that have expanded in use.

"Microwaves have gotten small [externally], while the internal cavity has gotten bigger," says Costco member Richard Demert, senior director, product development and quality, at Galanz Americas, a Costco microwave supplier.

Types and size

Costco member Michelle Esgar, director of marketing and experience at Panasonic Consumer Electronics, a Costco supplier, explains that there are three choices in microwave ovens: countertop, built-in or over-the-range. Your choice will depend on the layout of your kitchen.

"If you have plenty of counter space available, think about overall capacity," Esgar says. "A large, 62.3-litre [2.2-cubic-foot] family-size microwave can actually fit an entire 23-by-33-centimetre [9-by-13-inch] casserole or lasagna dish, which means you can cook, defrost or reheat dinner for your whole family in minutes."

If you're buying a microwave for a dorm, Demert says, it's important to know the space available and the individual school's regulations, since many have a wattage limit students need to stay within.

"Microwave ovens come as small as 19.8 litres [0.7 cubic feet] to as large as 62.3 litres [2.2 cubic feet]. The smallest sizes are typically basic, with just microwave technology," he says.

Functionality

Multifunction microwaves can quickly air-fry, broil and bake, as well as reheat. Panasonic's microwave ovens with Inverter technology "help cut down the clutter on your countertop, while also enabling you to use combination cooking," says Esgar. This technology also provides a constant, even level of lower heat for melting butter, keeping soup warm and defrosting meat.

"The Galanz SpeedWave [with air-fryer and baking] functions can come in very handy during big meal prep, allowing you to cook a side while your main oven is occupied," Demert notes. ■

Michele Wojciechowski is a writer in Maryland.

Keeping it clean

The first thing to do when cleaning your microwave is to read the instructions in the

owners manual. Generally, a weekly cleaning with warm, soapy water is safe, and most of the glass turntables are dishwasher-safe. Some

microwaves feature easy-clean interiors, so a quick swipe of the interior surfaces with a damp cloth cleans efficiently.—MW

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Buyers' picks

Product selections from
Costco's buying team



**Stéphane
Paquette**

Matthew Barton

**Amélie
Bissonnette**

Danby Quick Connect Mini-Split Air Conditioner

This mini-split air conditioner with heat pump provides 18,000 BTU of cooling and heating and is designed for spaces up to 1,000 square feet, making it great for your home, office or cottage. Featuring a convenient quick-connect design, this model comes pre-charged with refrigerant, so all you have to do is connect the pipes and wiring and open the valves. A variable-speed inverter ensures quiet and efficient operation. Item 1661037. Select warehouses/Costco.ca.—*Stéphane Paquette*



ThermoFlask Stainless Steel Bottles

These stainless steel bottles are double-wall vacuum insulated to preserve the temperature of your drink. Each container in the two-pack holds 1.2 litres (40 ounces) and is dishwasher-safe. The powder-coated bottles feature a leak-proof spout lid with a quick-open cap, a protective silicone bumper and a circular handle for convenience. Colours: black/teal (Item 1427662, warehouses; Item 1628264, Costco.ca); blue/grey (Item 1427662, warehouses; Item 1628263, Costco.ca).

—*Matthew Barton*



Apache Mills Deluxe Scraper Mat

Sustainability is at the heart of these 61-centimetre x 99-centimetre (24-inch x 39-inch) mats, which are made of recycled crumb rubber from Costco Tire Centres. Scrap tires are collected, shredded and then processed into crumb rubber before being repurposed. The polyester surface of the mat is made from recycled plastic bottles. The process has helped remove more than 45 million kilograms (100 million pounds) of scrap tires and 75 million plastic bottles from landfills annually. Item 1379186. Warehouses only.

—*Amélie Bissonnette*

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ALSO ON COSTCO.CA
Various item numbers



MICHELIN

A tire for every season?

An explanation of the pros and cons of all-season tires

by TOM BEAMAN



COSTCO CONNECTION

Between its warehouses and Costco.ca, Costco offers some 5,000 styles and sizes of tires to fit your car, truck, SUV, trailer, industrial-grade all-terrain vehicle—and even your golf cart. To learn more, visit your local Costco Tire Centre and talk to trained staff members, or check out the selection on Costco.ca.

All-terrain, all-weather, mud, performance, winter/snow, summer: A dizzying number of tires are available with all kinds of features and claims. Even if you are pretty sure you know what kind of tires you want, it's wise to consider what, when and where you'll be driving.

According to the Tire and Rubber Association of Canada (TRAC), if you drive a high-performance sports car in temperatures between 7 C and 40 C (45 F and 104 F), summer tires are best. They provide better grip and optimum handling, braking and cornering in this temperature range whether roads are wet or dry. On the other end of the spectrum, TRAC says, temperatures below 4 C (39 F) and heavy snow call for a dedicated winter tire with aggressive tread patterns and a softer rubber compound that can stop a vehicle in half the distance of a summer tire. And then there's a middle ground—all-season tires—that many people find works well for them.

The tire that does it all, kind of

For everyday driving, all-season tires offer longevity and good performance in rain and light snow and at temperatures above 7 C (45 F). Introduced in 1977 by the Goodyear Tire & Rubber Company, all-season tires offer many motorists an alternative to the dreaded biannual task of swapping regular tires for winter variants. "[All-season tires] afford consumers the possibility of not having to buy two sets of tires and wheels in most weather conditions," says Tracey Norberg, senior vice president and general counsel of the U.S. Tire Manufacturers Association. Most new vehicles are fitted with factory-installed all-season tires because they are designed to perform well under most conditions, most of the time.

"The great thing about all-season tires is that for most people they are a one-stop shop," says Barry Yutronkie,



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Types of all-season tires

All-season tires typically carry the mud and snow (M+S) symbol on the sidewall that indicates the tire meets industry standards for traction capabilities in mud and snow under temperate conditions. All-season tires with the Three Peak Mountain Snowflake (3PMS) symbol—a six-pointed snowflake inside a mountain moulded into the sidewall—fall between all-seasons with the M+S rating and pure winter tires.

“3PMS all-season tires perform better than a regular all-season tire but not as well as a true dedicated winter tire,” says Yutronkie. “They are a compromise between an all-season and a dedicated winter tire, and you can run them in the summer. If you are not doing a lot of winter travelling but you want that little extra safety edge, that might be the option for you.”

In British Columbia, winter tires with 3PMS or M+S ratings are required on vehicles from October 1 through April 30. In Quebec, 3PMS winter tires are mandatory from December 1 to March 15. Choosing the right tires for your specific needs is one of the most important things you can do to stay safe on the road. The experts in Costco Tire Centres can tell you if all-season tires are your best option for how and where you drive. ■

Tom Beaman is a freelance writer based in Rochester Hills, Michigan.



Going electric

As more people opt for electric vehicles (EVs), tire manufacturers are re-engineering their products to meet the specific demands of EVs. Due to their large batteries, EVs are often heavier than internal combustion engine (ICE) vehicles and have more tire-chirping torque, so their tires, on average, wear out 20% faster than tires on a comparable ICE vehicle. As long as load capacity restrictions are observed, Michelin tires sold by Costco will function properly on both ICE vehicles and EVs. The stiffer rubber compounds and robust structure can help to offset the 20% greater wear impact of EVs and increased load capacity. An EV's range can be increased with low-rolling-resistance tires.—TB

TRAC's director of operations. “They are designed to be a more general, all-around product covering a wide range of temperatures and conditions, up to and including light snow.” Like winter tires, all-season tire rubber compounds are engineered to stay flexible in temperatures as low as 7 C (45 F) so they don't skid across slick surfaces like a frozen hockey puck. Longevity is another benefit of all-season tires. Some have limited warranties as high as 130,000 kilometres, compared to summer tires whose warranties often start at around 30,000 kilometres and dedicated winter tires that offer upward of a 60,000-kilometre warranty.

Make them last

The U.S. Tire Manufacturers Association offers these tire care tips:

- Maintain correct tire pressure to maximize

vehicle performance and fuel economy. Check the pressure once a month on cold tires.

- Inspect tires regularly for uneven wear, smooth spots and tread depth of

0.15 centimetre ($\frac{1}{16}$ inch) or less.

- Rotate tires every 12,875 kilometres and have them aligned if the vehicle pulls to one side—TB

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Let's start something

A more efficient type of battery is available for your vehicle

by TOM BEAMAN



COSTCO CONNECTION

Select Costco warehouses stock 12-volt Energizer AGM batteries used by auto manufacturers. You can order a wider selection of these batteries at Costco.ca.

The lead-acid battery technology that starts most cars was invented in 1860 and has remained largely unchanged from its original intended use: to power lights in train carriages. However, with the proliferation of advanced electrical system features and high-power components in today's cars, such as active chassis systems, lane departure warnings, low-tire-pressure alerts, Wi-Fi and much more, the power demand of automotive batteries has never been greater.

That's why the automotive industry is turning to an improved battery technology. Absorbed glass mat (AGM) batteries deliver additional power—and more.

All old-school lead-acid batteries have a basic design: positive and negative terminals on the outside and positive and negative lead plates inside immersed in an electrolyte consisting of 75% water and 25% sulphuric acid. These traditional automotive batteries convert chemical energy into electricity (amperage) by moving electrons through the plates and between the terminals.

AGM batteries are similar, but instead of housing a free-flowing liquid, the electrolyte is absorbed into fibreglass mats that are pressed together with the lead plates like a multi-layered sandwich, which creates a more efficient environment to generate the needed power.

"In a traditional, or flooded, lead-acid battery, the electrons must fight their way through the electrolyte to produce electricity—think of the resistance you feel when you try to push your hand through the water in a pool," explains Jeff Barron, manager of the Interstate battery laboratory. "The resistance is lower in the absorbed mat design, so the electrons move quicker and more evenly. This, Barron says, "provides 15% more pulse cranking amps than flooded batteries and greater energy storage capacity."

In short, AGM batteries can last up to twice as long as a traditional battery, and they are more forgiving if a dome light is left on. ■

Tom Beaman is a freelance writer based in Rochester Hills, Michigan.

Start your engines!

Absorbed glass mat (AGM) battery technology was developed in the late 1970s for military applications, to function

in extreme temperatures and resist spills.

Because AGM batteries are sealed and their electrolytes are not a free-flowing liquid, they can sustain the rolling and

tossing of ships and aircraft. In 2018, the U.S. Navy fitted AGM marine batteries in its fleet of nuclear submarines. They're a great improvement in the automotive industry, too.—TB

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Cantonese
Steamed
Whole Fish

Keeping one's head

Get the whole story on how to prepare fish

by SCOTT JONES



LIESA COLE

Scott Jones
(@JonesIsThirsty)
is a Culinary
Institute of America
graduate and wine
education specialist
living in Alabama.

Mention cooking a whole fish and the intimidation factor goes through the roof. It shouldn't, though. Whether you're looking for a quick weeknight dinner or something for a special weekend gathering, preparing a whole fish is easy.

Cooking meat on the bone is a long-standing chef's secret to promote even cooking and retain moisture. According to Costco member Hunter Evans, whole fish is no different. "Using a whole fish guarantees it's fresh, and there's no question [that] the result is a more moist, flavourful fish," explains Evans, the chef and owner of Elvie's in Mississippi.

Big fish

If you're a newbie, look for round, firm-flesh fish. Alabama-based Costco member Rebecca Treadwell Lyons, head of culinary development at eMeals, agrees. "I recommend branzino (also known as European sea bass), tilapia or trout." Lyons says it's best to use 681-gram to 1.14-kilogram (1½- to 2½-pound) fish, so they fit onto a rack and are easy to turn.

Costco members and food bloggers (photosandfood.ca) Nelson Cardoso and his wife, Liz, of Richmond Hill, Ontario, recommend using approximately 295 to 430 grams (0.65 to 0.95 pound) of uncooked whole fish per person.

Fish to fry

Whole fish can be cooked using a variety of methods, including grilling, poaching, roasting and frying. “The idea of grilling whole fish scares some people. Don’t be scared,” Cardoso says. Clean and season your grill, pat cleaned fish dry before grilling and flip the fish only once or twice per side, he says. First-timers, however, may prefer to start with broiling or baking. Lyons says whole fish are ideal for Asian and Mediterranean flavours.

Starting with a cleaned fish, score both sides of the fish two to four times. The goal is to just cut the skin, so go easy. Season with salt and pepper inside and out, then drizzle with olive oil. For an Asian-style preparation, try steamed whole fish (see recipe, right).

Loosely stuff the belly with combos such as fresh thyme, chopped garlic and sliced lemons; fresh dill, cherry tomatoes and Kalamata olives; or green onions, sliced ginger and sliced limes. Lay things like sliced citrus, fennel branches or rosemary sprigs on top of or under the fish while cooking for even more flavour.

When it comes to heat, Evans says smaller fish can handle higher temperatures—230 to 260 C (450 to 500 F). On the other hand, larger fish need more time to cook, so lower the temp to 190 to 205 C (375 to 400 F) to ensure the meat cooks through without burning the skin.

Check for doneness near the thickest part behind the gills and away from the backbone. The meat right on the bone should look slightly undercooked. Now’s the time to remove the fish from the heat, as the residual heat will continue cooking the fish while it rests. (Canada.ca recommends an internal temperature of 70 C/158 F.)

As for toppings, everything from compound butter to fresh salsa works. Feel free to keep it simple, too. A drizzle of high-quality extra-virgin olive oil, a squeeze of citrus and a big pinch of sea salt make the perfect finishing touch. ■

Cantonese Steamed Whole Fish

- | | |
|--|--|
| 1 (454- to 681-g/
1- to 1½-lb) whole
seabass or other
delicate white fish,
scaled and cleaned | 60 mL (¼ cup)
soy sauce |
| 75 mL (5 Tbsp)
neutral oil, divided | 60 mL (¼ cup) water |
| 45 mL (3 Tbsp)
fresh ginger, finely
julienned, divided | 3 mL (¾ tsp) sugar |
| 4 scallions, white
and green parts
separated and finely
julienned | 1 mL (¼ tsp) fine
sea salt |
| | Pinch of ground
white pepper
powder |
| | 8 fresh cilantro
sprigs, torn into
smaller pieces |

Place the fish on an oval heatproof plate; do not season it. Place a 5-cm (2-inch) tall metal steaming rack in a wok (or any pot with a lid that will accommodate the fish) and fill the wok with enough water to come up to about 2.5 cm (1 inch) below the rack. Turn the heat to high; bring the water to a simmer. Place the plate of fish on the rack, cover the wok and steam for 9 minutes, then test the fish for doneness using a butter knife. If the knife slides into the centre of the fish without resistance and the flesh is opaque throughout, it’s done. (The fish will continue to cook.) Carefully pour off any liquid that has accumulated on the plate during steaming and discard. (Don’t skip this step. The steaming liquid has a strong fishy taste.) Cover and keep warm.

In a small saucepan, heat 30 mL (2 Tbsp) oil and 22 mL (1½ Tbsp) ginger over medium heat, until the ginger begins to sizzle. Add the white parts of the scallions, soy sauce, water, sugar, salt and white pepper. Bring the mixture to a simmer and spoon the mixture evenly over the fish. Spread the green portions of the scallions, the remaining ginger and all of the cilantro on top of the fish.

Heat the remaining 45 mL (3 Tbsp) oil in the saucepan until shimmering. Carefully pour the hot oil over the ginger and herbs—they will sizzle on contact. Serve immediately. Makes 2 to 4 servings.

Recipe courtesy of The Woks of Life: Recipes to Know and Love from a Chinese American Family (Clarkson Potter, 2022; not available at Costco)

COSTCO CONNECTION

A variety of whole-fish are available in the Costco meat department. Groceries are available for delivery through Costco Grocery at Costco.ca.

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Olive U

Learn how to make these stone fruits a star or a flavourful addition in any meal

by HANNAH SELINGER



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COSTCO CONNECTION

You'll find a variety of black and green olives in Costco warehouses. Groceries are available for delivery through Costco Grocery at Costco.ca.

© MEGAN LEES

Asavory fruit ubiquitous in the Mediterranean and grown in other regions of the world, including North America, the olive is more than just an addition to your favourite cheese board. Olives are known for their healthy fats and vitamin E and other antioxidants, says Costco member Rahaf Al Bochi, the U.S.-based owner of Olive Tree Nutrition LLC.

"They are rich in healthy monounsaturated fats called oleic acid," Al Bochi says. So when dinnertime calls, make this health-forward ingredient the main attraction.

After harvesting, olives are packed in salt and dry-cured or brine-cured, which can change their texture, flavour and appearance. Dry-cured olives are wrinkled and mildly bitter. Brine-cured olives are plump, juicy and somewhat fruity.

The green or black colour of olives indicates ripeness, not variety, says Costco member and food author Hannah Howard.

"In general, the darker an olive, the riper it was when it was harvested," she says.

Ripe olives have a fuller, richer flavour. Green olives tend to be saltier and more piquant. For a brinier flavour, consider green olives in cooking. Green olives also fare well on cheese boards, where they do justice to their equally salty, savoury counterparts.

Black olives, on the other hand, work well in dishes that require subtle earthy

notes. Mushrooms and cooked meats are natural complements.

As for olive variety, Kalamatas are a deep purple, salty, meaty olive, while light black Greek table olives are preserved in vinegar or olive oil. Buttery, mild, bright green Castelvetro olives are named for the area of Sicily from which they come. Olives from Spain are often stuffed with red peppers called pimientos. Howard calls these "classic martini olives" and adds that olives can be stuffed with garlic, jalapeños and many other things.

Olives are eminently versatile, says Suzy Karadsheh, Costco member and CEO and founder of The Mediterranean Dish, a food and lifestyle website (themediterranean.dish.com). She uses them with everything from chicken to baked fish.

"You can chop them up and add them to your bread dough," she says.

But don't feel confined. Use olives in a starring role, as the central ingredient in pesto, in an olive salad, in tapenade or even atop flatbread.

As Karadsheh says, "Olives are a wonderful flavour-maker." ■

Hannah Selinger is a food and lifestyle writer based in Massachusetts.



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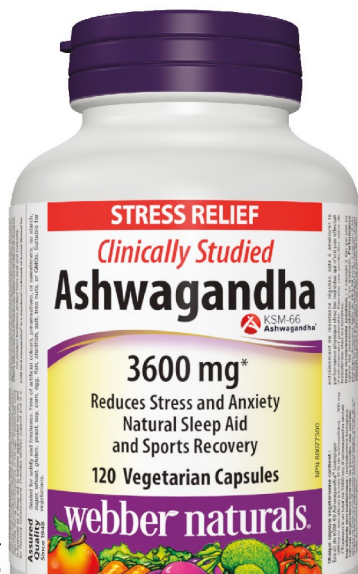
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ltm. 1350842

A shingles story

Learn what you can do to minimize your risk of this painful virus

by JOANNE ELLIS



COSTCO CONNECTION

The shingles vaccines, as well as other immunizations, are available at Costco Pharmacies across Canada. Talk to your Costco pharmacist to learn more.

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When Halifax runner Alison Evers, an active 54-year-old mom, felt a sharp pain across her back, she thought she'd pulled a muscle.

"The pain was really intense, especially at night," says Evers. "After suffering for at least a week with it, I went to the walk-in clinic, thinking I've really done something to my back," she recalls. "The doctor looked at a small rash that had just popped up on my chest and said immediately, 'You've got shingles!'"

Famous or not so famous, the effects of shingles and/or its related illnesses can affect anyone who's had chicken pox. Canadian pop star Justin Bieber made headlines in 2022 when he cancelled tour dates and announced he was suffering from Ramsay Hunt syndrome. He developed partial facial paralysis and a rash due to the disorder,

caused by the same virus that causes shingles and chicken pox.

Nearly one in three Canadians develops shingles in their lifetime, and the severity increases after age 50, according to Canada's Immunization Guide. In fact, 95% of Canadian adults over 50 have already had chicken pox and are carrying the varicella-zoster virus, the cause of it all.

This virus can be reactivated or triggered as nerve pain and shingles at any time, but especially during times of stress or with a weakened immune system. Middle-aged and older Canadians who have had chicken pox in the past are especially at risk. The nerve pain that shingles causes can strike anytime, anywhere on the body, including the face, mouth, torso and around and even in the eyes.

"Shingles is caused by the reactivation of the chicken pox virus, [it's] something many Canadians experi-



MAHA HEANG 245789 / STOCK.ADOBE.COM

ence during their lifetime. That means they could develop shingles in the future, especially as they age,” says Dr. Yinka Akin-Deko, a family physician in Halifax. “After appearing as chicken pox, the virus is stored in some nerves of the body, where it can lie dormant forever, or in older people, it may reappear as shingles. When it’s reactivated, it brings on flu-like symptoms first—fever, headache—then intense pain, usually on one side of the body, followed a few days later by a rash outbreak on the skin.”

Dr. Marla Shapiro, a family physician and University of Toronto associate professor, explains shingles are a rash, often on the chest or neck, that is made up of painful red blisters. The rash usually breaks out along the distribution of a nerve root called a dermatome, on one side of the body.

There is no cure for shingles. Once you have it, it must run its course. Most sources estimate that the recovery time is three to five weeks; however, for some, it can take several months. Your doctor may prescribe pain relievers or suggest cool compresses or lotions. In some cases an antiviral maybe be prescribed to help lessen the symptoms and reduce nerve damage.

As you age, the chances of getting shingles increases. “At the age of 85, your chance of developing shingles climbs to 50%,” says Akin-Deko. “For those over 50, I always highly recommend getting vaccinated to avoid shingles in the first place.”

If you’ve never had chicken pox, be careful around someone who has been diagnosed with shingles, because it can be transmitted through direct contact with fluid from the blisters. The person remains contagious until the blistering rash crusts over.

Alison Evers recovered well. She’s back to good health and her regular routines. She’s booked her shingles vaccination and hopes others learn from her painful experience. ■

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



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Beyond shingles

According to the Centers for Disease Control and Prevention, about 10% to 18% of people with shingles develop a chronic pain syndrome called postherpetic neuralgia. This ongoing condition is often described as burning or stabbing pain, sometimes with an altered sensation response to stimuli.

Dr. Yinka Akin-Deko, a family physician in Halifax, sees it in her patients and says: “Nerve pain can be very debilitating. In some cases, even after the patient has recovered from the initial onset of shingles, they still suffer from the nerve pain. We don’t know why.” —JE

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Young and in pain

Learn the signs and symptoms of childhood arthritis

by LAWRENCE VARGA



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

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More than 25,000 Canadian children suffer from arthritis. Joints may become red, swollen or hot to the touch, and there may be accompanying stiffness, loss of mobility and sometimes pain. There are several major types of childhood arthritis and most are classified as idiopathic, meaning the cause is essentially unknown.

Because even experienced physicians can find it difficult to recognize the symptoms, it can take some time and several tests to rule out other causes, such as infections, injuries, allergic reactions or other autoimmune diseases, where the body's immune system attacks normal body parts.

These tests often involve X-rays or MRIs and urine and blood tests that look for rheumatoid factors, blood cell abnormalities or different protein markers. Many of these types of arthritis are systemic in nature and can involve more than one joint or body part, such as the eyes, jaw or skin. Left untreated, joints

can become damaged and deformed, sometimes requiring surgery.

Although there is no known cure, the goal is to reduce the symptoms of swelling, stiffness and pain. In many cases, with early diagnosis and treatment, the disease can go into a state of remission, where it appears not to be present at all. These periods of remission can last a long time or be a reprieve between flare-ups.

Treatment should focus on a varied approach that involves physiotherapy, occupational therapy, physical activity, proper orthotics or splints, as well as specialized medications as deemed necessary by a pediatric specialist. Exercises often focus on relieving pain and increasing range of motion, while strengthening and stretching muscles and bones. Heat is used for relieving spasms and tightness and improving motion, while cold reduces swelling and pain. Massage can also be effective.

There is a lot to be hopeful for in the world of childhood arthritis, and many children can live a full, healthy and happy life with the proper treatment and care. ■

The cost of care

Many of the prescription medications used for childhood arthritis belong to a class generally known as specialty or biologic medica-

tions. These often require refrigeration and self-injection in pen-style auto-injectors, and cost several hundred dollars per month. Fortunately, most are covered by either private or public insurance

accepted by most pharmacies and/or have co-pay assistance or compassionate use programs attached to them that cover most of the costs after the doctor has filled out all the paperwork.—LV



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In this psychological thriller, Olivia soon realizes how a decision Park made years ago is coming back to haunt them both.

It's One of Us (Item 1704840) will be available in March in most Costco warehouses.



KRISTAL LEE PHOTOGRAPHY

Plot twist

J.T. Ellison's latest book blends thriller elements with more personal subject matter

by JUDI KETTELER

During the early 2000s, J.T. Ellison was in Nashville, Tennessee, trying to find herself. She had moved there with her husband after several years of working in Washington, D.C. Her career was up in the air, and she had to have surgery because of a back injury.

Always an avid reader, she paid a visit to her local library while she was recovering from surgery. She said she liked crime fiction, and the librarian handed her a John Sandford book, from the *Prey* series. "By the time I got to the third book, I said, 'I want to write a book,'" Ellison tells the *Connection* from her home in Nashville. Her husband encouraged her and she got to work. "I wrote that first paragraph and burst into tears!" she says. "I felt like I was back."

This is because she had always been a writer. She had double majored in creative writing and political science and had intended to go on for a Master of Fine Arts degree. "But my thesis adviser said, 'You're not good enough to get published,'" she says. That discouragement led her to choose her fallback option: politics. She helped run campaigns and even worked in the White House for a time.

So when Ellison finally gave herself permission to write again, the floodgates opened. "Once I started, I couldn't stop," she says. Though she couldn't sell the first manuscript she wrote, she sold the second.

That was 25 books ago, and now the Costco member is a prolific writer in the crime/thriller genre. "I think it's because I had that eight-year gap. I'm making up for lost time," she says.

Her latest, *It's One of Us*, isn't part of a series (she writes two crime series, as well as a fantasy series under the pen name Joss Walker).

Told from alternating viewpoints, it's a layered story, with a central plot involving a husband and wife, Olivia and Park. DNA testing reveals that Park's biological son is implicated in a murder. But he is a child conceived from Park's donor sperm, a lifetime ago. Subplots and buried secrets come in subsequent chapters. So does Olivia and Park's experience with infertility. "It's deeply personal," Ellison says. She and her husband struggled with infertility for years, enduring multiple miscarriages. So, when the book opens with Olivia's miscarriage, Ellison knows whereof she writes. "Olivia's story and her loss is what made the whole book come together," she says.

Ellison isn't usually so personal in what she writes, and it took her 10 years to be able to write a story like Olivia's. "By putting so much of myself on the page, I hope to connect with people who have gone through this," she says.

When Ellison isn't writing novels, she's interviewing authors for *A Word on Words*, a Nashville Public Television series that features short interviews with authors. She said no when the station first asked her to host it. "I didn't think I could interview other writers," she says. But after eight seasons, the show is one of her favourite projects, and it's expanding into a podcast.

She's nearly always working on a book, whether it's a new idea or one of her series books. "I took a circuitous route to get here," Ellison says. But she knows a little something about plots with surprise twists. ■

Judi Ketteler (judiketteler.com) is an award-winning essayist and has written three nonfiction books.

ADDITIONAL BOOK PICK

BOOK *A Death at the Party*

AUTHOR Amy Stuart

A Death at the Party (Item 1704817) will be available in March in most Costco warehouses.



Canadian author Amy Stuart is back with a thriller encompassing a single day. Nadine has spent all day preparing for the evening when she suddenly finds herself standing over a dead body in her basement. This novel explores what led up to this moment.

Costco Connection What inspired this particular novel?

Amy Stuart I'm fascinated by the notion that while most days are pretty predictable for us, some take big turns that change our entire lives. I've always loved the setup of *Mrs. Dalloway* by Virginia Woolf, a classic that follows a woman over a single, fateful day. But in *A Death at the Party*, I added a murderous twist.

CC What did you most enjoy about writing the main character, Nadine?

AS The best thing about Nadine is that she's a lot like many of us; she's an involved parent with plenty on the go. And yet, there's so much beneath her surface just waiting to boil over. I believe that anybody can be driven to commit evil acts if they're angry or afraid enough. Nadine was my chance to explore that.

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

AS I wrote *A Death at the Party* with the hope that it could transport readers. I want them to feel like they're right in there with the characters, especially once we arrive at the party.

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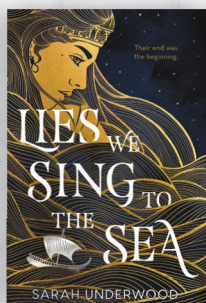


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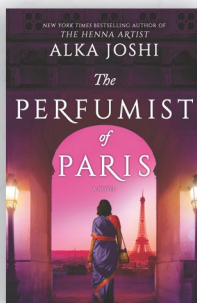
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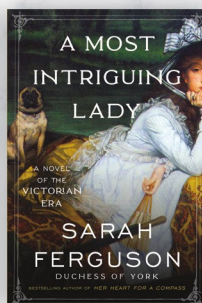
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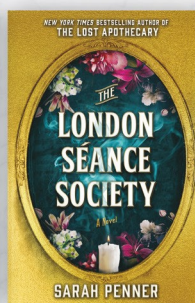
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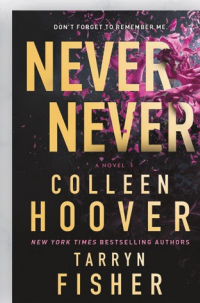
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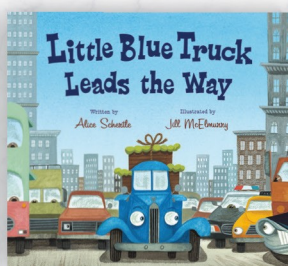
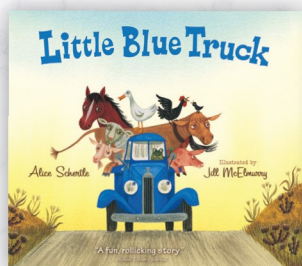


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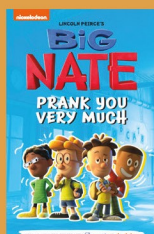
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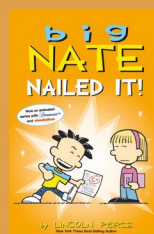
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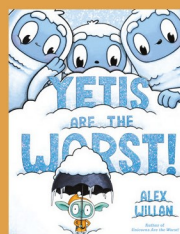
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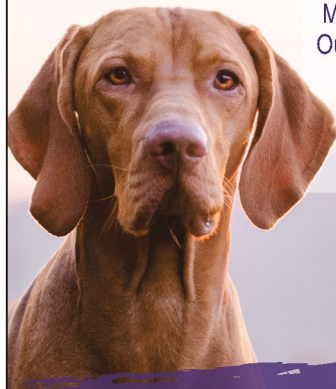
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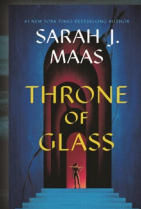


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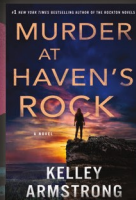
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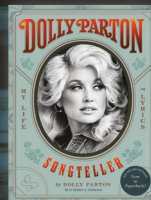
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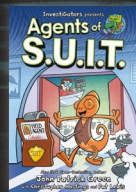
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by SHERI FLIES



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

Above: Planting cover crops in orchards is good for honeybees.

As Costco sources food products from around the world for members' tables, we're finding that strategic relationships can help ensure sustainable supplies and support the people behind the products. Here are a few recent examples where Costco is working with other organizations and companies for the common good.

Supporting cocoa farmers

West Africa provides much of the world's cocoa, the essential ingredient for chocolate. We source most of our cocoa for our Kirkland Signature™ chocolates from Ivory Coast.

Unfortunately, some areas there have been deforested, limiting cocoa production and leaving locals with limited income-producing options. Through a federally funded U.S. program called Restore (Resilient Ecosystems and Sustainable Transformation of Rural Economies), the Rainforest Alliance is partnering with Costco, Blommer Chocolate and other companies to work with communities to conserve remaining forests, restore others and follow agricultural practices to increase yields.

In the end, the goals are thriving farming communities, healthy forests and sustainable cocoa supplies.

Helping the bees

The alarming problems facing honeybees and colony losses over the past several years have been well documented. Costco is supporting several innovative efforts to promote honeybee health.

One is the Seeds for Bees program by Project Apis m., which promotes using cover crops to increase bee forage and improve soil health in California orchards, farms and vineyards. Through Seeds for Bees, growers have access to free and subsidized cover crop seeds that bloom at critical times of the year when bees are hungry but natural food resources are scarce. Seeds for Bees also provides free resources and expert advice to help growers implement best practices.

This program will especially help in California's almond orchards, which supply 80% of the world's almond supply (including the Kirkland Signature almonds sold at Costco). Participants report numerous benefits, including healthier soil, improved water infiltration, better dust control and reduced reliance on chemicals. Researchers and growers agree: The bees are happier as well. ■

Sustainable teams

Costco buyers seek out strategic relationships to support sustainable sourcing practices for many products, particu-

larly those under our Kirkland Signature label. Often, this entails donating a portion of the sales from that product, as we do with our honey to support healthy bee programs.

You can find more information on these collaborations in our Sustainability Commitment. Go to [Costco.ca](https://www.costco.ca) and click on "Sustainability Commitment."—SF



Softsoap
BRAND

Feel the joy
of clean

2 x 2.36 L
Softsoap® Brand
Liquid Hand Soap

Colgate-Palmolive
Canada Inc.



20 BARS PAINS

IRISH SPRING

ORIGINAL CLEAN

12 HR FRESH DEODORANT SOAP
WITH FLAXSEED OIL
MILD FOR SKIN
SAVON DESODORISANT
OFFRANT 12 h DE FRAÎCHEUR
AVEC DE L'HUILE
DE GRAINES DE LIN
DOUX POUR LA PEAU

20 BARS/PAINS - 113 g CHACUN - TOTAL 2.26 kg

IRISH SPRING

**Smell from a
nice-smelling place.**

12HR FRESH Lasting Freshness

Paraben, Phthalates and Gluten Free

98% Naturally Derived Formula

Irish Spring® Original Clean Bar Soap 20 x 113 g

itm. 366500 (Softsoap), 5754000 (Irish Spring)

ALL GREENS

Supercharged drink mix of

Nutrient-dense foods, greens, fruits and vegetables, vitamins, minerals, and probiotics.

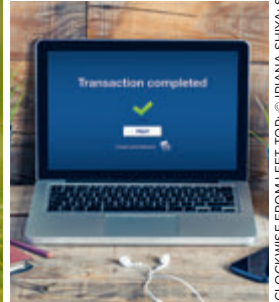
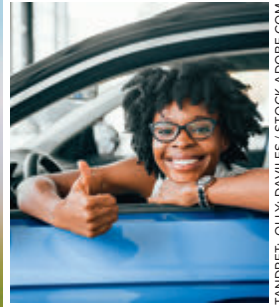
65+ raw ingredients

by **webber naturals.**



Suite of services

Costco offers home, business solutions



CLOCKWISE FROM LEFT TOP: © IRIANA SHIYA; STANDRETT; OLLY; DAVILLES / STOCK.ADOBE.COM

COSTCO CONNECTION

For more information about these services, including Executive member savings, visit Costco.ca and search "my services."

At Costco, it's no secret that great value is something members can count on. But did you know that members also have access to a whole suite of Costco services for home and business? From storage to home inspections to insurance, Costco has a variety of offerings. Let's take a closer look at what's available.

Pet insurance. Through Pets Plus Us, Costco members can access pet insurance for their furry family members, with coverage available for dogs and cats. Choose between two plans: the Accident Plan or the Accident and Illness Plan.

Term life, health, dental and travel insurance. Whether you're looking for additional health coverage for your family or planning a long-awaited holiday, Manulife offers comprehensive term life, health, dental and travel insurance.

Car* and home insurance. Inova offers car and home insurance programs designed specifically for Costco members. With Inova Insurance Brokers, members can go online to complete an entire auto insurance registration and access a number of other services 24/7.

Costco Auto Program. Members can receive exclusive savings on select vehicles through the Costco Auto Program, which is updated with new and limited-time promotions on a regular basis.

Home inspections.* Need a home inspection? Look no further than Mike Holmes Inspections, which is Costco's newest service offering. Home inspections are a key part of buying and selling a home, but they're

important for regular maintenance and renovation, too.

Portable and self-storage.* Cubeit Storage provides a variety of moving and storage solutions. Whether you're moving down the block or to another province, or you need a place to store your belongings, Cubeit's convenient and flexible services have you covered.

Internet and phone.* Exclusive internet and phone services are available through Primus, which offers both residential and business plans. Get unlimited internet, home phone and long-distance calling, or use their business bundles.

Payment processing. Elavon's payment processing solutions are both user-friendly and efficient, making them ideal for business owners. The all-in-one point-of-sale systems mean you can access digital invoicing, contactless payments, security features and more, all with one hub.

Express courier shipping. Business shipping and receiving are made easy with ShipTime, which provides Costco members with access to trusted carrier companies—whether you're shipping across the city or around the world.

Deluxe business services. Through Deluxe, business owners can access professional logo design, payroll processing and business cheque printing, helping to streamline business operations. ■

**Available in select markets.*



Riviera Nayarit: Marival Armony Luxury Resort & Suites

Located in Punta de Mita, this beachfront all-inclusive resort caters exclusively to adults. Guests can dine at one of the international or specialty restaurants and bars; relax by one of five pools, including an infinity pool; or unwind at the Melange World Spa. Costco Travel's package includes a Costco Shop Card. To learn more, visit CostcoTravel.ca.



Metamucil Premium Blend Sugar-Free Fibre Supplement

Metamucil Premium Blend is sweetened with stevia and made with natural flavours and colours. Orange flavoured. 754 g. Item 8405532. Warehouses/Costco.ca.

The latest Costco finds



GTX Solar Pathway Bollard Light 2-Pack

Create elegance with warm, natural light shining through the stylish cage pattern for your patio, outdoor room or walkway. It is easy to install with mounting hardware and includes a non-replaceable LED bulb. Item 1671541. Warehouses/Costco.ca.



Oral-B Kids Toothbrush Disney 100th Year Anniversary Set

Give kids a more complete clean, reduce cavities and improve their oral health. Includes one handle, four brush heads, one charger and eight limited-edition Disney character stickers. Item 1713099. Warehouses/Costco.ca.



Neutrogena Ultra Sheer Body Mist Sunscreen 3-Pack

Easy-application SPF 60 sunscreen spray provides powerful sun protection with a sheer, lightweight feel. Item 1560183.

Warehouses/Costco.ca.

Ricardo Beverly Hills Sport Hybrid Carry-On

This versatile case features a 100% polycarbonate shell with a soft-side polyester front. Other features include smooth-rolling dual spinner wheels, telescoping handle, spacious packing compartment and plenty of pockets for accessories. 36 cm L x 24 cm W x 55 cm H (14" L x 9" W x 22" H). Item 1693649.

Warehouses/Costco.ca



GTX Solar Post Accent Light 4-Pack

Made of durable all-weather metal with a black finish, these sconces increase security and provide powerful, warm white light with a non-replaceable LED bulb. Easy to install, with no wiring required. Item 2323096. **Warehouses/Costco.ca.**

Sierra Designs Ladies' Capris

Durable yet stylish, these versatile capris are made with ultra-stretch fabric to provide all-day comfort. Colours: black, dark grey, raspberry, indigo. Sizes: 4–18. Item numbers vary by size.

Warehouses/Costco.ca.



Umbra Solis Floating Metal Wall Shelves

This set of four wall shelves is made of bent metal and the shelves can be used together to create an attractive wall display that doubles as storage. The set includes two large and two smaller shelves; each shelf can be mounted individually or placed together. Item 1690754.

Warehouses only.



32 Degrees Cool Women's Cushion Slides

These lightweight slides feature pillow-like comfort thanks to soft, thick EVA soles. Anti-slip and waterproof. Colours: black, white, lavender. Sizes: S–L. Item numbers vary by size. **Warehouses/Costco.ca.**



Stainless Steel Cleaner and Polish 2 Pack



- Cleans and polishes in one step
- Leaves no greasy build-up on surfaces
- Ideal for stainless steel, chrome, laminated plastics, and aluminum surfaces
- Longer-lasting shine



ltn. 1626530

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ltn. 831969



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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.

Surf 9 SUPYAK

The Nautica Smooth Hybrid Inflatable SUPYAK is the best of both worlds. Choose between paddling the Smooth as your go-to stand-up paddleboard, or simply attach the seat and paddle it like a kayak. The SUPYAK package includes a removable high-back kayak seat, a kayak/stand-up paddle conversion kit, a foam roller footrest and a dual-action hand pump, all stored in an easy-to-carry backpack.



A limited-time showcase of exciting products



Avalanche Bicycle Clothing Collection

Whether on the roads or on the trails, Avalanche cycling clothing and accessories will become your first pick to accompany you on your rides.

Beachcomber Hot Tubs

Beachcomber 600-series LEEP™ hot tubs have been handcrafted exclusively for Costco members, and boast a wide range of sizes and ergonomic seating options.

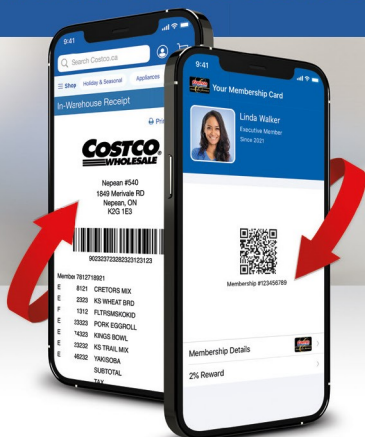


 Health and Wellness Promotion

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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Download the **Costco App!**



Membership card

View and manage your account

Warehouse and online savings

Offers at your fingertips

Access your receipts

For in-warehouse and online purchases



1123-22

ECOS.
Plant Powered Clean



ECOS® Hypoallergenic
Laundry Detergent

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ALSO ON COSTCO.CA
itm. 128727

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**THE GLOVE
THAT WORKS
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FULLY TEXTURED General Purpose Vulcan Nitrile Gloves.
Improve your grip for the most intricate task.

MEDIUM

LARGE

EXTRA LARGE

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itm. 1656511 (medium), 1656512 (large), 1656513 (extra large)



PHOTOS COURTESY OF LES TROIS MOUSQUETAIRES

MEMBER INFO

Who

Christian Marcil

Hometown

Saint-Jean-sur-Richelieu, Quebec

Occupation

Co-owner and operations director of Les Trois Mousquetaires microbrewery

Types of beer

Fifteen regular beers, plus 10 seasonal ones

Best part of the job

“Trying to improve and fine-tune the recipes, so people will drink the beer and say, ‘Wow, that’s really good.’ ”

—Christian Marcil



Drink up!

Christian Marcil and Vicky Ouellet co-own Les Trois Mousquetaires, a microbrewery in Brossard, Quebec, that specializes in German-style beer.

“For a while we were one of the only breweries producing lagers, because they take more time to make,” says Marcil, who has been with the brewery since 2011. “We use Quebec malt for most of our beers, and if we can’t get [that], then we use [other] Canadian ones.”

One of their beers, gose, is a sour German beer first brewed in the early 13th century. “Gose is an old-style German beer. It has coriander and grey salt, which we get from Costco,” says Marcil. “It’s a light, sour beer with a salty touch, and then coriander adds lime flavours.”

Their gose even took home gold at the World Beer Awards in 2014 and 2018, for best German-style sour beer.

“We work really hard to make good beer,” Marcil says, “so when we hear feedback like that, it’s really nice.”

—Naomi Hansen

Clockwise

from top:

Christian Marcil; inside Les Trois Mousquetaires microbrewery; their award-winning gose beer.

MORE SAVINGS AT YOUR LOCAL WAREHOUSE



There are 3 easy ways to see Costco savings!



SIGN UP
for emails on
Costco.ca



DOWNLOAD
the
Costco App



SCAN HERE
to see
today's offers





Heinz Ketchup
Twin Pack
2 x 1.25 L
Itm. 153042



Bagel with Cream Cheese



Philadelphia
Cream Cheese Product
2 x 500 g
Itm. 427367



Cheez Whiz
Cheese Spread
900 g
Itm. 9900



Miracle Whip
Spread 1.77 L
Itm. 302384

A NEW SEASON OF FLAVOURS



Kraft Peanut Butter
2 kg
Itm. 71408



Chocolate-Peanut Butter Thumbprint Cookies



One-Pot Creamy Green Goddess Pasta



Lea & Perrins
Worcestershire
Sauce 568 mL
Itm. 252



Slow-Cooker Lentil Pasta Sauce with Spaghetti



Classico
Pasta Sauce 4 x 650 mL
Itm. 5001596



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company

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**No Artificial
Preservatives**
No Colours

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