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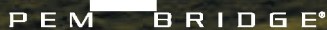


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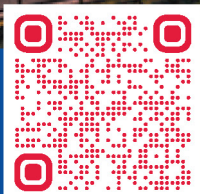




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by Erik J. Martin

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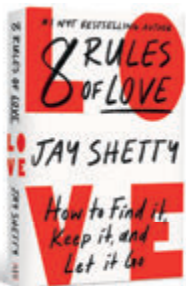
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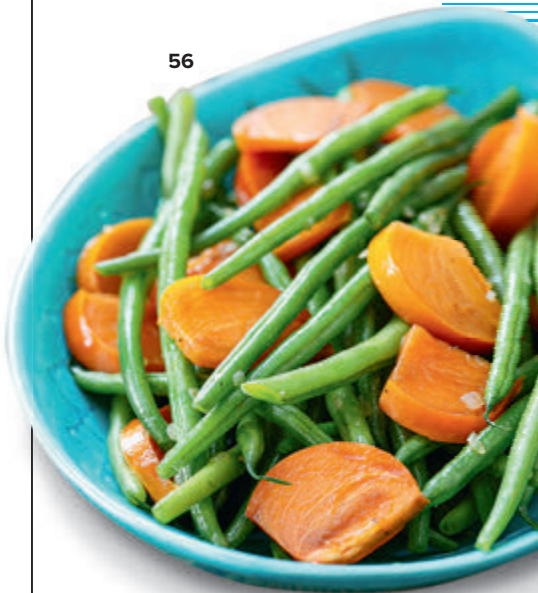


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EASY-OPEN TABS

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Publication mail agreement number 40064929
Return undeliverable Canadian addresses to the address above.

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SKIP

ASSISTANT
VICE
PRESIDENT'S
NOTE

Happy new year

Make way for 2023! With the indulgences of the holiday season behind us, this is a great time to refocus on health. There is no better time than the start of a new year to create healthy habits, and a story in this month's Special Section, For Your Health, will help you do just that. Other stories can help you look and feel your best. And if you're a cook, check out the many great recipes we've included to help you start your new eating routine off right.

By now, the cold weather has many of us retreating to the comforts of home. To help you and your home feel cozier than ever, we offer a supplier profile of Minhas Furniture, as well as a few picks from our buying team. And if your home office needs an update, you will find some great information in the Tech Connection's monitor overview.

January is a great time to book that vacation you have been putting off. There is nothing like planning a trip to somewhere warm and sunny to chase away the winter chill. Our travel buying team has been working hard to find lots of great getaways that will allow you to get your toes in the sand, and you can read about Costco Travel's offerings in this issue's cover story.

Whatever or wherever your winter pleasure may be—whether at home or on vacation—our team at Costco wishes you and yours health, happiness and prosperity in the new year. ■

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Sue Pudrycki
is Assistant
Vice President
of Marketing.

Coming next issue
Our cover story will feature an interview with Costco supplier Mike Holmes.

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In with the new

January is about renewal—starting with a clean slate. It's the perfect time to consider the past year's challenges, celebrate the past year's accomplishments and look forward to the growth that comes from both. Happy New Year!

Back story

THE EARLIEST RECORDED festivities in honour of a new year's arrival date back some 4,000 years to ancient Babylon. The first new moon following the vernal equinox—the spring day with an equal amount of sunlight and darkness—heralded the start of a new year.

In 45 B.C., New Year's Day was celebrated on January 1 for the first time as the Julian calendar took effect.

New Year's Eve is one of the largest global celebrations, marking the last day of the year in the Gregorian calendar, December 31.

GLOBAL MOVIE DAY

Lights, camera, action!

Right in the heart of Oscar season, the second Saturday in February celebrates Global Movie Day. This year it falls on February 11. Enjoy your favourite films on one of the many televisions available in Costco warehouses and at Costco.ca. Don't forget the snacks!



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GET FIT

Marcy Stack Home Gym

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Tina Chow

TISH HARRINGTON

FACEBOOK FANDOM

Member creates popular page

Costco member Tina Chow, a portfolio manager from Calgary, combined her love of information with her love of Costco to create the Facebook group YYC Costco Lovers in May 2020. The group helps members find products and post reviews and Costco-related tips and tricks.

The group, which has helped raise more than \$300,000 for local philanthropy, has more than 67,000 followers.

"[YYC Costco Lovers] is not just a group, it's a community," she says.

◆ GROCERY FUN

A shopping trip to @costcocanada is just what I needed today!
—@miss_peepers



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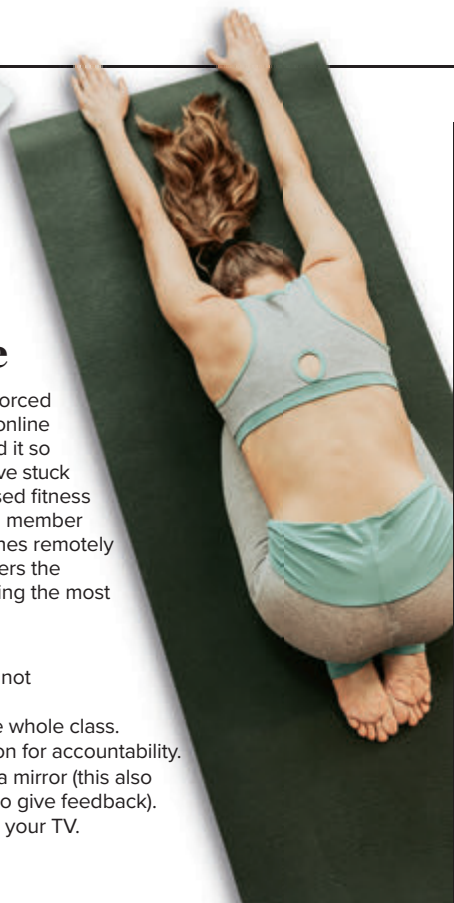


FITNESS TIPS

Training from home

While the pandemic forced some people to find online workouts, many found it so convenient that they've stuck with it. Vancouver-based fitness instructor and Costco member Ali Aguirre, who teaches remotely on Fitnessali.com, offers the following tips for getting the most out of a session:

- Find a quiet space.
- Set devices on "Do not disturb" mode.
- Stay focused for the whole class.
- Keep your camera on for accountability.
- Use the camera as a mirror (this also allows the instructor to give feedback).
- Stream the class on your TV.



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A PROMISE FOR TOMORROW

Assorted flower bulbs

Get a jump on your garden with these summer flowering bulbs from Tasc. The assortments include dahlia, lilium, gladiolus, begonia and canna varieties. The bulbs are a great way to enhance your outdoor aesthetic, brighten things up and attract pollinators. Item 1206621. Warehouses only.

BLEND IN

Kombucha Smoothie

This fresh green smoothie uses a variety of fresh fruits and vegetables found in Costco warehouses. It pairs perfectly with Kirkland Signature™ kombucha, hemp hearts and quinoa.

- 250 mL (1 cup) Kirkland Signature Organic Ginger Lemonade Kombucha
- 125 mL (½ cup) green grapes
- 1 small orange, peeled
- 2 pineapple slices with core, peeled
- 750 mL (3 cups) baby spinach or power greens
- 1 banana, peeled
- 30 mL (2 Tbsp) Kirkland Signature Organic Hemp Hearts
- 30 mL (2 Tbsp) Kirkland Signature Organic Quinoa, cooked

Place all ingredients in a Vitamix container in the order listed and secure the lid. Start the blender on the lowest speed, then quickly increase to the highest speed. Blend for 60 seconds or select the smoothie program, allowing the machine to complete the programmed cycle. Makes 4 servings.

Note: Try adding 5 mL (1 tsp) Kirkland Signature ground turmeric, ground Saigon cinnamon, honey or even a pinch of salt to suit your taste and dietary preference.

Recipe and photo courtesy of Vitamix





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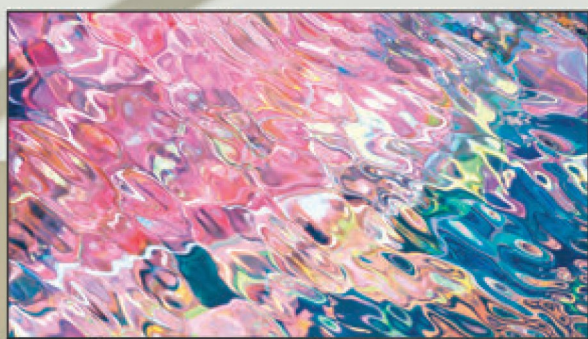


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According to posture experts, the top edge of your screen should be in line with your eyes for the perfect working environment.

TECH
CONNECTION

by ANDY PENFOLD

Are you suffering from hunching over your laptop in less than ideal working conditions?

With so many people working from home, it's a common scenario.

An external monitor can reduce the risk of giving yourself posture problems as you work from home, but the advantages of having one go way beyond the benefits for your body. An external monitor will give you more screen space to work with, which makes switching apps and accomplishing complex tasks much easier. No serious worker should be without at least one monitor on their home office desk. Keeping the following points in mind will help you buy the right monitor for your needs.

Specs for work

Your choice of monitor will depend a lot on what you'll use it for. Professionals should prioritize features that minimize the chances of eyestrain. Models with automatic brightness adjustment will help in that regard.

The next differentiator is size. Bigger is generally better, especially for creatives. However, for general office work you shouldn't need to go much bigger than 30 inches.

Screen resolution is also very important. You don't need to go lower than full HD these days, but computer monitors go right up to 4K. And for larger monitors, pixel density comes into play.

High pixel density specs will make the picture sharper, so if you're using a big monitor for word processing you need to be aware that low pixel density might make your text a bit fuzzy. Don't settle for less than about 110 pixels per inch (PPI).



Desktop expansion

Why you need an external monitor in your home office, and how to choose one

Power users

If you have a gaming habit once the workday is over, you'll want more from your monitor. There are a couple of specs that are nice to have for business users but essential for video gamers.

The first spec is the refresh rate, measured in hertz (Hz). It refers to the number of times the picture updates per second. Gaming monitors usually offer a minimum of 120 Hz, whereas the bare minimum for spreadsheet users is about 60 Hz. Gamers will want higher Hz specs.

The second spec is response time. This is how quickly each individual pixel can change its state. Longer response times can mean blurry images, so it's important to gamers, but it's also one to keep an eye on if you want to use your monitor for Netflix sessions.

Armed with this information, you can confidently buy an external monitor that meets your needs. ■

HUGH BURDEN



Andy Penfold is a Bristol, England-based freelance technology writer whose work has appeared in *Macworld*, *Q*, *The Big Issue* and many other publications.

COSTCO CONNECTION

You'll find a wide range of monitors that are sure to meet your needs and budget at Costco.ca.

Nice screen curves

Are you curious about curved screens? The idea is that the curve makes your viewing experience more immersive,

because it's wrapping around your field of vision. This offers advantages if you are editing video or playing games. To have this effect, the screen

needs to be pretty big, which tends to push costs upward. Ultimately, to curve or not to curve is a matter of personal preference.—AP



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According to CPA Canada, if you die without a will, your estate will be distributed by the courts and government legislation.

FINANCIAL
CONNECTION

by LANA SANICHAR

Typically, individuals decide to create a will because they own various assets that they would like to leave to particular designees. When my husband and I were revamping our will, the most difficult decisions came when we were deciding who would receive which asset, as well as when we were contemplating if there were ways to reduce the taxes owed upon our death.

I decided to reach out to Harry Houtman, a certified financial planner, volunteer and president of Link charity.ca, for his thoughts on wills and the ways in which possessions can change hands.

"In a will, you can give anything that you own to anyone you wish," he says. "It's an opportunity and a privilege. Having a will can alleviate quarrels, legal disputes and even expensive court cases."

Here are his best tips on the distribution of assets:

- Getting married instantly nullifies all previous wills unless you have made wills "in contemplation of marriage." Those will survive the ceremony intact. If you are contemplating marriage for a second, third or even fourth time, you should discuss having a marriage agreement. In it, which assets belong to whom should be spelled out; otherwise, various laws can overrule your wills.

- If you are making contributions to a pension plan or a life insurance policy, you may name beneficiaries on such plans, which typically overrule a will. Or, if you are successful and have



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Death and taxes

Financial implications to consider when making a will

set up a private company, you can write a second, parallel will to avoid probating those shares.

- If you and your spouse have joint ownership of anything—for example, property as joint tenants—and one of you dies, the survivor automatically owns the asset.

- For most people, the older they become, the more net worth they are likely to have. Consider making charitable gifts in your will, or by direct beneficiary on a Registered Retirement Income Fund. Provincial and federal governments give back their tax bite for charitable gifts, worth at least 40%.

Planning a will is difficult. But thoughtful and prudent planning will help ensure that your hard work over the years will be of benefit to your loved ones once you have passed on. ■

COURTESY OF LANA SANICHAR



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

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

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Giving the gift

According to the financial services website Advisor savvy.com, if you gift your assets before your death, your estate will be smaller.

This in turn will reduce the total estate value used to calculate your probate fees. In Canada, gifting money or assets does not result in taxation for the giver and the receiver.

In addition, gifting assets before death is a good way to stimulate wealth growth within your family.—LS



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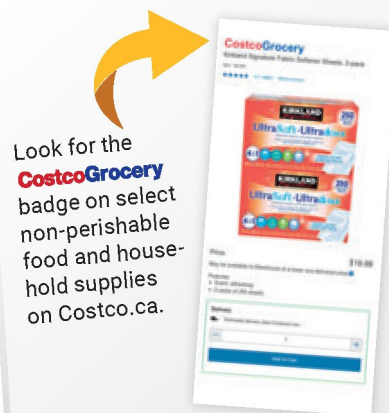


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*Costco Grocery is not available in the Yukon, the Northwest Territories or Nunavut. 1099-23 0123



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Destination: the world

Costco Travel offers members an array of travel experiences, from cruises, gorgeous vacation packages and all-inclusive resorts to theme parks and car rentals. And just as in the warehouse, prices are crystal clear from the get-go.

by **Wendy Irvine**

CONTINUED ON PAGE 24





trip to Costco is arguably a destination unto itself, but did you know that Costco has also been curating incredible travel deals for members in Canada since 2015?

Here's how it works. Costco Travel buyers negotiate bulk buys on three “verticals”—vacation packages, cruises and car rentals—resulting in an extraordinary collection of travel experiences.

“In 2015, we launched Costco Travel with 10 travel representatives,” says Karine St-Cyr, Costco Travel area manager, Ottawa. “Today we have more than 100.”

“Costco Wholesale has built a high level of trust with members throughout the world, and we at Costco Travel want to safeguard that trust,” says Kathy Robinson, vice-president and general manager, Costco Travel. “We stand behind all the products we sell and eliminate the extra costs, so members pay only what they’re quoted and there aren’t hidden fees.”

Bring your trip to life

Costco Travel offers two exceptional ways to put your travel vision into action.

Option one. Costco Travel boasts friendly and very knowledgeable travel reps who are raring to answer your call and your every question.

“The buyers and their teams form the bedrock of Costco Travel. Specializing in their particular destination, the buyers negotiate extraordinary vacation packages and then layer each in add-ons and amenities,” says Robinson. (See “Dial up the fun,” right.)



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COURTESY OF MARGARITAVILLE BEACH RESORT NASSAU

Margaritaville Beach Resort in Nassau



© MONTANA MIRAMAR / STOCK.ADOBE.COM

Traditional dancing in Mexico



The Iao Valley
in Maui, Hawaii



Car rentals are
available through
Costco Travel.

Option two. If you're a DIY person, log on to CostcoTravel.ca and create your dream getaway.

"Members can build their own vacations, take an all-inclusive or guided vacation, a cruise and so many things in between," says Robinson.

Vacation packages to love

Who'd love an effortless trip? (A lot of you.) Let Costco Travel do the heavy lifting while you kick back and relax. The hardest part is choosing where to go.

The Caribbean. "We offer vacation packages on nine islands, including the Dominican Republic, Jamaica and St. Lucia," says Erin Huffman, Caribbean buyer. "Costco Travel's goal is to bring exceptional value to our members. The Caribbean collection now includes even more value with these new resorts: The Ritz-Carlton, Turks and Caicos; Margaritaville Beach Resort Nassau in the Bahamas; and Hampton by Hilton Grand Cayman."

Costa Rica and Latin America. "We're continually working to expand what we offer," says Richard Murphy, buyer for Costa Rica and Latin America. "This year we've added 10 new properties in Mexico, from family-friendly, adults only and all-inclusive to traditional rooms only, including our newest five-star boutique, La Casa de la Playa in Riviera Maya."

Costa Rica and its 28 magnificent national parks deliver mind-blowing thrill rides like zip lining over a lush forest canopy, inner tubing through ancient caves and trekking around a volcano, to name just a few.

CONTINUED ON PAGE 26

Dial up the fun

Like its parent company, Costco Wholesale, Costco Travel takes infusing high value into every vacation package very seriously.

"It's about choosing the right items," says Casey Livingston, Costco Travel buyer. "For example, we won't have thousands of hotels to choose from. We always bring it back to the Costco model: We narrow the herd and make sure that we're picking the best of the best for our members."

"While each vacation package is different, value add-ons range: They can be a Costco Shop Card to use in the Costco warehouse or online, a couple's massage, a daily buffet breakfast, a waived resort fee, a lei greeting, discounts on spas, resort credits and a whole lot more."—WJ

“Costco Travel is excited to offer members more variety for their travel accommodation needs.”

— CASEY LIVINGSTON ◆
Costco Travel buyer

The pièce de résistance

After a trip, Costco Executive members receive 2% of their overall trip costs (up to \$1,000 of the total spent at Costco for the year). Savings are applied after the trip and exclude taxes, tips and third-party activities like reef snorkelling.

But here's the thing: The 2% Reward only applies to Costco Executive membership (\$120 per year). Do the math; it might make sense to bump your membership up to the Executive level.

And the deal gets even sweeter. Executive members who book travel with a CIBC Costco[®] Mastercard[®] earn a whopping total of 3% cash back on their travels (2% Executive reward plus 1% cash back with CIBC Costco Mastercard; limit and conditions apply). Bon voyage!—WI

Europe. “Costco Travel offers pre-bundled packages to European cities and countries, like London: Your Way, Paris: Your Way, and Best of Italy: Your Way,” says Kanoe Daly, the Costco Travel Europe buyer.

Members can choose from a variety of European vacation packages that include long lists of elegant add-ons, such as a bottle of wine in your room, daily breakfast or a room upgrade, among many more.

Hawaii. “Costco Travel makes the booking process simple,” says Jolene Schuerman, a Costco Travel buyer for Hawaii, “and you will always receive that exceptional Costco value.”

Schuerman has created a beautiful selection of vacation packages for Oahu, Maui, Kauai and Hawaii (the Big Island), all at varying price points.

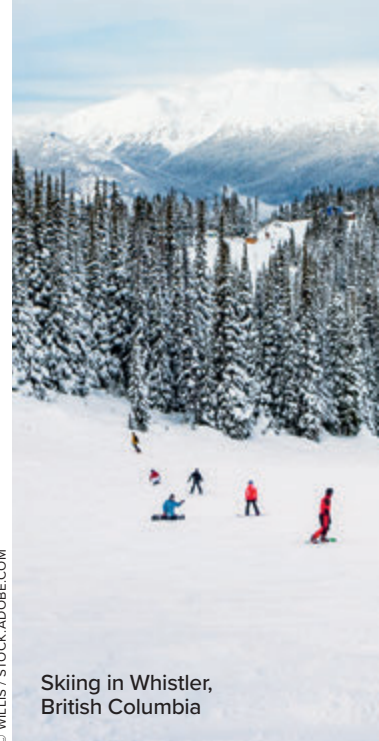
“I tell everyone to get out and explore what each island has to offer,” says Schuerman. “Each has its own personality and offers different experiences. Explore the beautiful surroundings, meet the locals and learn about the local culture—these are the things you’ll remember long after you’ve returned home.”

Theme parks and sensational cities. If you’re thinking about visiting one of the biggies, such as Walt Disney World (Florida) and Universal Orlando Resort (think: Harry Potter), let Costco Travel manage the details.

“One of the benefits of using Costco Travel,” says Michelle Rupp, buyer for theme parks and North American east coast regions (Florida and New York City), “is that we take out the guesswork for the members; our packages include the hotels, tickets and rental car.”

Cruises

Cruising is back! “The ships returned to the water in June 2021 and are back to 100% capacity for all of the lines offered in our program, which includes one river and 10 ocean cruise lines,” says Jody Zegers, cruise buyer. “The beauty of cruising is that you can sail almost anywhere, like the South Pacific (Bora Bora), Canary Islands, Greek islands and the Norwegian fjords. You can even sail to Iceland and Ireland on a Celebrity cruise.”



Skiing in Whistler, British Columbia

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Walt Disney World Resort, Orlando, Florida

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Crown Princess in Ocho Rios, Jamaica

PRINCESS CRUISES



Good to know

Glenda and Bill Gunn, Costco members in Moraga, California, retired young and set their sights on seeing the world. Over the years, they'd visited Maui 37 times, trekked in 24 countries and sailed on 10 cruises. The couple maintained that travel insurance wasn't necessary because they were young(ish) and healthy(ish).

Bill can't explain what happened next. "For one particular cruise I bought travel insurance," he says. "We were in Europe, and, just hours before we boarded the ship, 9/11 hit. The ship changed its itinerary, and our travel insurance kicked in."

Their insurance paid for four nights in a hotel and meals for each day, and reimbursed the Gunns the equivalent of \$4,000.

Even if you've never felt the need for travel insurance, given today's many surprises, you might want to give it serious thought. Travel insurance purchased from Manulife through Costco Travel covers members in case of trip cancellation or interruption, baggage delay or loss and missed connection, and covers medical emergency and more.—*WI*

Even better, many Costco Travel cruise lines debark from three Canadian ports: Montreal, Quebec City and Vancouver (Canada's largest port and the point of departure if you're cruising to Hawaii, Alaska, Asia, South America, Mexico, the U.S. West Coast or the Panama Canal).

Zegers continues, "One to two weeks after the cruise has completed, members receive a Costco Shop Card—a percentage of your cruise price—to use at a Costco warehouse or at Costco.ca." (See "The pièce de résistance", left.)

No-surprises car rentals

Not only will you find exclusive member rates on car rentals at CostcoTravel.ca, but Costco Travel does the price comparisons for you and waives the additional-driver fee.

"Costco Travel's pricing includes one additional driver at no extra charge, which is an automatic savings of \$12 to \$15 a day," says Christina Lattanzio, Costco car rental buyer. "We also don't have cancellation fees, so, given today's world, members get great flexibility. Our goal is pricing transparency, so that there are no surprises." Plus, she adds, "you can now reserve a one-way rental in a package or pick up and/or drop off your car in a different city from your hotel destination."

So, grab your bags and your passport—Costco Travel is waiting to take you away! ■

Wendy Irvine is a travel writer based in Florida.

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Small, positive changes for the new year



Using Theradome for hair regrowth



Alzheimer's Awareness Month

New beginnings

The start of the new year offers a chance to be truly mindful about yourself and your health. Whether it's the promise to work out more, eat more healthfully or find a better work/life balance, health is often top of mind at the beginning of the year.

In this issue's special section, you'll find articles about creating (and sticking to) new habits, as well as learning about Alzheimer's, methods to combat tired eyes and new technology in the ongoing quest to prevent hair loss.

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Alzheimer's awareness
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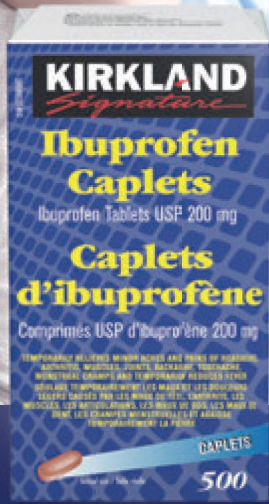
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Creating healthy habits

This year, focus on small, positive behaviours you can sustain

by KRISTI YORK



COSTCO CONNECTION

Costco warehouses and Costco.ca carry a variety of items, such as food, exercise gear and more, to help you create new, beneficial habits.

Every morning, Cris Spitzig and her husband, Doug, go for a one-hour walk. It's a tradition that started many years ago when they got their first dog, Copper.

"It keeps us healthy, and we enjoy it," explains Spitzig, a Costco member from Waterloo, Ontario. "It feels good to get some fresh air and take a mental break from everything."

Even though they're now retired and no longer own a dog, they have continued the daily walks. "It has become a built-in part of our day," Spitzig says. "It's a habit."

Understanding habits—and the psychology behind them—could help explain why so many New Year's resolutions quickly fade away. Every year, people set health-related goals but have difficulty making them a reality. Since it is estimated that about half of our daily actions come from habit, it's worth examining our personal patterns.

How habits are born

"Habits are formed when our behaviour is influenced by a well-learned cue-behaviour association," says Ryan Rhodes, a professor of health and exercise psychology at the University of Victoria, British Columbia. "This means the behaviour is consistently performed with the same pre-behaviour cue, such as waking up in the morning and making coffee. With repetition, the two actions become linked."

According to Rhodes, the ability to successfully establish a new habit is influenced by the complexity of the behaviour, the surrounding environment and the level of motivation. "Simple behaviours, like turning off a light switch, are faster to habituate than complex, multi-step behaviours," he explains. Knowing this, it is wise to begin with a small habit that is easy to do. For example, to cut down on long periods of sitting, set an intermittent alarm on your computer to signal you to stand up and stretch for one minute.



Also, look for ways to take control of your environment. If you are trying to break the habit of repeatedly checking your phone during other tasks, set it to silent mode and place it in another room. By doing this, you are structuring the situation to exclude your phone.

For a motivation boost, recruit a friend. If you're trying to dine out less, pack a lunch and plan to eat with a co-worker. If you have a rarely used gym membership, make arrangements to meet up with a friend for a specific class. You will be more likely to follow through because you don't want to disappoint the other person. As you repeat the behaviour, the action becomes more instinctive and forms a habit.

Tips for success

When choosing a new habit to pursue, Rhodes recommends something that can be enjoyable. "Be creative to make the experience as pleasant as possible, so you don't have to muster considerable motivation every time," he says. For example, if you're not keen on vegetables, search for new recipes.

Ideally, Rhodes says, the behaviour should always be performed within the same context. "Time is often an excellent cue, so try the behaviour at the same time each day," he advises.

Another strategy is to attach the new behaviour to an existing habit, to create what Rhodes calls "a habit sequence." For example, if your goal is to drink more water, choose an action that you reliably perform each day, such as brushing your teeth. Right after you finish, have a large drink of water. The established habit (brushing teeth) helps ensure you will perform the new habit (drinking water).

Staying with a new habit will be an ongoing challenge, but with time, the behaviour will become ingrained, like the Spitzigs' walks. "We're at the point now where we don't even think about it anymore," Spitzig says. "We just go." ■

Costco member Kristi York is a freelancer who has an equal number of good and bad habits.



STAYING ON TRACK

You start a new habit with good intentions, and you're initially encouraged with the positive momentum. But what if you have a bad day or your new routine gets derailed? Remember, Rome wasn't built in a day. "One of the first things to understand is that there will be setbacks," says health psychology professor Ryan Rhodes. "In the process of changing behaviour, there are bound to be a few glitches along the way. It can take some time for the cue-behaviour bonds to form, so be patient and keep working at it."—KY

FROM LEFT: © DIGITAL SKILLET; G-STUDIO / STOCK.ADOBE.COM

Establishing habits

How long does it take to create a new habit?

According to Ryan Rhodes, a professor of health and exercise psychology at the

University of Victoria, "There is no magical amount of time, but six weeks is a good average goal. It all depends on the type of behaviour, the conduciveness of the environment and the person's individual

motivation. However, if you continue with a behaviour consistently for six weeks, it will start to feel natural and familiar."—KY

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*See offer details on page 7

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Tired eyes

Using a health and beauty approach to help address what's causing tired eyes

by HILLARY QUINN



COSTCO CONNECTION

Costco offers eye care products, blue-light-blocking glasses, wholesome foods, sleep aids and cosmetics in Costco warehouses and at Costco.ca.

You glance in the mirror and see dark circles, so you reach for your concealer and quickly hide the evidence. To the outside world, you look refreshed, but underneath? Those racoon eyes are still looming. That's because zapping a beauty issue means more than applying a cosmetic bandage; it's also about learning how to give yourself a boost from every angle so the problem truly disappears.

Sure, eyes may be the windows to the soul, yet puffiness, dark circles, droopy lids and redness can be a different sort of "pane"—signalling everything from dehydration to fatigue, stress, poor nutrition, eye strain and more. Your doctor can help evaluate symptoms, but consider trying the following expert eye-boosting tips, as well.

The health Rx

"'Tired eyes' is a simpler way to describe what doctors would call periorbital edema and reddened conjuncti-

vae," explains Dr. Kathy Gromer, a partner at the Minnesota Sleep Institute. "But nine times out of 10, those puffy, droopy eyelids and dark circles are caused by insufficient or poor sleep." Here are some do's and don'ts for decent dozing:

- Do aim for at least seven hours of zzz's a night.
- Do exercise in the late afternoon or evening instead of the morning.
- Do stay on a consistent schedule to keep your circadian levels balanced.
- Do cut off caffeinated beverages 10 hours before bedtime. (Caffeine has a 10-hour half-life, which means 50% of the coffee you guzzle at noon will still be in your system at 10 p.m.)
- Don't nap in the afternoon.
- Don't try to catch up on sleep over the weekend; it will just throw you off balance on Monday.

Eat to sleep

Foods that are rich in vitamin K help reduce under-eye circles by healing damaged capillaries and improving



your body's blood-clotting abilities. Vitamin C-packed fruits and veggies can thicken the eyelid dermis, so your dark circles are less visible.

Foods to indulge in: spinach, cabbage, tofu, avocado, kale, Asian pears, oranges, strawberries, kiwi and grapefruit.

Foods to bypass: high-sodium choices, such as soy sauce and chips, as well as overly processed foods—all of which can lead to puffiness.

In your mind's eye

You've likely heard the expression "You're a sight for sore eyes." According to Costco member Dr. Charles Samuels, medical director at the Centre for Sleep & Human Performance in Calgary, "Chronic stress and worry tends to affect our facial expression and leaves us looking tired and worn out. It is fas-

inating how when you relieve someone's stress by just acknowledging their situation and giving the person the permission to feel the way they do, their face will relax and look much less tense and stressed."

Eye boosters

If you're endlessly staring at a computer screen, paperwork or a detailed task, try these measures:

- Take a five-minute break every 20 to 60 minutes to exercise your eyes. Circle them clockwise, counter-clockwise, vertically and horizontally.
- Place a cool cloth over your eyes and rest them.
- Wear blue-light-blocking glasses.
- Dealing with difficult situations that are stressful and may also involve conflict can also be hard on the eyes, explains Nancy Irwin, a Los Angeles-based therapist: "It may take several 'viewing' sessions to dial the discomfort all the way down, but bravely looking at a problem, via a meditation app and journalling, is the key to calming your eyes in every sense of the word."

How? According to Irwin, meditation and breathing deeply and slowly with your eyes closed helps your brainwaves slow down to an alpha state, allowing them to rest while your brain works on resolving life challenges at hand. Journalling immediately afterward then allows you to process what your psyche has presented.

This kind of mindful self-care—inside and out—is the key to keeping your (healthy) eyes on the prize. ■

Hillary Quinn (hillaryquinn.com) is a beauty and lifestyle writer.

FROM LEFT: © FIZES; © ROMARIO IEN / SHUTTERSTOCK

Makeup magic

"People often think that when they look tired, they have to do a lot to the eyes to compensate," says makeup artist Nick Barose. "In fact, too much under-eye concealer will actually accentuate the problem." Try his pro tips for putting dark circles and redness into hiding:

- Apply a moisturizing concealer in a shade slightly darker than your skin tone.
- Using light "press and dab" motions, apply a small amount with a damp makeup blending sponge.
- Shift attention to other features—bold lips, for example.
- Avoid applying mascara to your bottom lashes.—HQ



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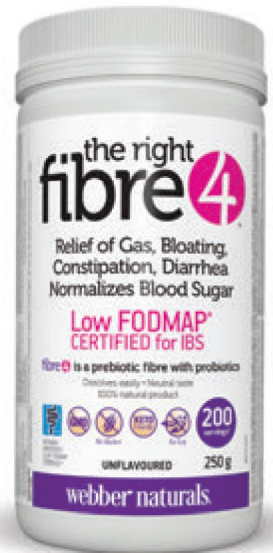
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Positively pumped

LeanFit strives for quality and value in protein powders

by DAN JONES



COURTESY OF LEANFIT

Protein-rich foods are an important part of healthy eating, according to Canada's Food Guide. Protein helps build and repair body tissues and, like carbohydrates and fat, is a source of energy. In addition to eating lean meats, eggs, tofu and beans, using protein powder as a nutritional supplement can be a quick and convenient way to fuel the body.

Fitness and nutrition expert Richard Pierce created LeanFit, a powdered-protein company, in 2002. Offering products that are both full of nutrients and enjoyable is the goal, says LeanFit president Phil LeBeau, and that starts with controlling the manufacturing process. To do that, the company, which is headquartered in Coquitlam, British Columbia, uses a manufacturing plant in Alberta.

"Everything goes through quality control checks and rigorous testing processes," LeBeau says.

LeanFit products include vegan blends that use organic peas, rice, chia seeds, flaxseed and hemp protein powders to provide a complete range of amino acids; grass-fed, cross-flow micro-filtered whey protein, including a version that has bovine collagen; and a hydration product. The products are gluten-free and do not have artificial colours, flavours or GMOs, LeBeau adds.

The protein powders contain pineapple bromelain, a natural digestive enzyme, to make them easier for the body to absorb.

Powdered products may be mixed with liquids such as water or almond milk, ideally in a shaker cup or blender. They can be the star attraction of a smoothie, and can also be thrown into foods like oatmeal and yogurt.

"We've built the brand through high-quality, great-tasting products, and we've done that with Costco," he adds. "We deliver products that fit within members' lifestyles and try not to over-complicate products too much. ... I think there's always a misperception that quality and price are related. Not always. We've worked really hard to keep the prices fair and the quality high." ■

COMPANY INFO

Company
LeanFit

President
Phil LeBeau

Employees 250

Headquarters
Coquitlam,
British Columbia

Items carried at Costco

A variety of items are available in Costco warehouses and at Costco.ca. Various item numbers.

Quote about Costco

"I think Costco has some of the best people to work with. They are fair, which is great, and they take a collaborative approach. We are both always thinking about the members first."

—Phil LeBeau

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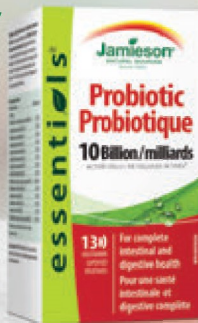
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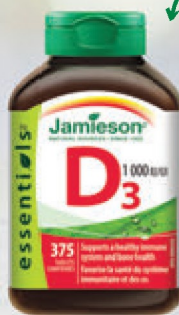
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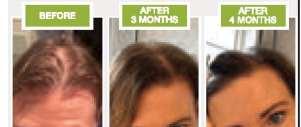
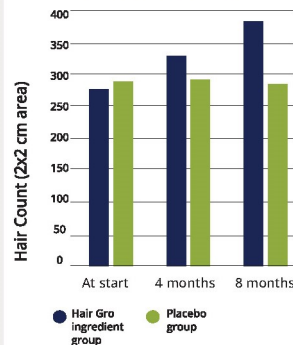


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Mindfully aware

Learning to destigmatize Alzheimer's

by LAWRENCE VARGA



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

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

Have you ever locked your keys in your car and wondered what that meant for your overall brain health? January, is Alzheimer's Awareness Month, which makes it a good time to learn more about this often stigmatized and misunderstood disease.

Alzheimer's, which affects memory, attention, communication and judgment in over half a million Canadians, is the most common form of dementia. It is caused by the irreversible death of brain cells, making it a fatal disease with no known cure.

It is diagnosed by a doctor, who will administer a set of simple cognitive tests like the Mini Mental State Exam and the Montreal Cognitive Assessment test, where lower scores indicate different stages of dementia.

As memory loss is not the only symptom—there are often behaviour changes such as aggression, wandering and agitation, even hallucinations and delusions—a diagnosis of Alzheimer's can be stigmatizing. It can be countered by encouraging early diagnosis, staying informed, supporting caregivers who are struggling or simply being a friend to those living with dementia.

Medications, which come in oral tablets or patches, may help with the symptom of memory loss, but they can be stopped by a health care professional when their side effects are greater than their benefits.

A person diagnosed with Alzheimer's can live fairly well for several years with the right treatment and proper supportive care. So, if you have early-stage Alzheimer's, take some time to learn, advocate for yourself and teach others to advocate on behalf of you and others in your situation. ■

Buyer's pick



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Heather Houston
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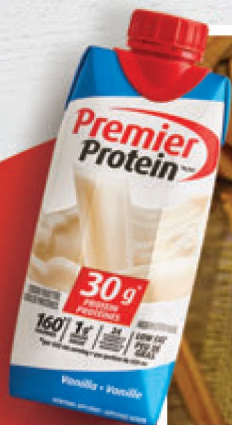
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Shake Recipe**



INGREDIENTS

- 1/4 cup Premier Protein
- 11oz. Vanilla Shake
- 1 frozen banana
- 2 tbsp of rolled oats
- 1 tbsp of almond butter
- 1/2 tsp of cinnamon



INSTRUCTIONS

1. Place all smoothie ingredients into blender.
2. Blend until smooth.
3. Serve and enjoy!

ALSO ON COSTCO.CA
ltn. 485090 (chocolate), 985090 (vanilla)



Regain your mane

The Theradome laser helmet provides a high-tech tool in the hair-loss fight

by ERIK J. MARTIN



Soldiers on the front line in the war to stop hair loss are wielding a new weapon: the Theradome, an innovative device that uses lasers to promote hair regrowth. This battle is being fought—and won—painlessly and privately from the comfort of home, thanks to the inspired vision and dogged efforts of a former NASA engineer.

Costco member Tamim Hamid designed laser systems used by the space shuttle program, but he couldn't make headway in his struggle to stem his progressing hair loss. So, he began creating custom lasers and testing them on his scalp. After years of experimentation, Hamid launched his company in 2009.

His dream was to create an affordable hair-regrowth device that virtually anyone could use at home, with no prescription or medications required and no harmful side effects. He achieved that dream with the invention of the Theradome, a cordless, lightweight helmet apparatus that runs on a small rechargeable battery.

"Our first day to market in 2014 proved that there is a demand for at-home laser treatments. The product is available in 36

countries and is recommended by four out of five hair-loss experts," says Hamid. "Our customers like the fact that the product is easy to operate, has [Health Canada] clearance, is totally safe and features the most advanced technology available."

The science behind the appliance

Theradome uses laser phototherapy (LPT) to curb hair loss and stimulate new hair growth, explains Costco member Dr. Shilpi Khetarpal, a board-certified dermatologist with Cleveland Clinic.

"It works by producing multiple impulses of cold laser light at a precise 680-nanometre wavelength—impulses that penetrate the scalp to target hair follicles and the papilla, where the structural protein keratin is produced," Khetarpal says. "Once the laser light photons are absorbed, each follicle cell is individually stimulated, resulting in hair growth."

Patience and consistent use are required. Hamid recommends wearing the helmet for 20 minutes four times a week at the time of your choice. You simply push a button to activate the lasers.



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COURTESY OF HOLLYWOOD BEAUTY AWARDS

Left: Theradome is ideal for people with early-stage hair loss. **Above:** Tamim Hamid (centre) receiving the Innovation Award at the Hollywood Beauty Awards.



COMPANY INFO

Company

Theradome Inc.

Founder/CEO

Tamim Hamid

Headquarters

Pleasanton, California

Item at Costco.ca

Theradome EVO Laser Hair Growth Device (Search "Theradome0123")

Comment about Costco

"The best thing about being a Costco member over the past 22 years is that our family can go to one place, in-store or online, to buy everything—from electronics and fresh produce to health care products. I like that we can purchase in bulk and get the best deals on everything."

—Tamim Hamid

baldness, as the lasers cannot penetrate completely hairless scalps.

And while Theradome has no known side effects, "some users may experience mild itching, which is a positive sign of new follicle stimulation," says Khetarpal. "Pregnant women and those with scalp cancer are the only people who should avoid the device, as it hasn't been tested on them."

Studies demonstrate that the technology works well when used properly.

"Theradome has a success rate of 98%. The science is backed by over 170 published, random, double-blind, placebo-controlled clinical trials that cite LPT for hair growth," adds Khetarpal.

"The device is effective by itself or when used in combination with other therapies for hair loss." The device needs to be employed regularly and indefinitely to make a difference. "It should be made part of your regular routine," says Hamid, "like brushing your teeth." ■

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

"Results are usually reported after two or three months of use. That's when people find they have more manageable hair with increased volume and less shedding in the shower. After six months, hair density at the top of the head should improve. And following 12 months of use, users commonly experience fuller and thicker hair altogether," notes Hamid, who adds that he has satisfied customers across all age groups—including seniors in their 80s and pediatric cancer patients he's donated the device to.

Use it or lose it

The best candidates for Theradome are those with early-stage hair loss, before the onset of "shiny scalp" baldness. Alas, this gadget isn't a cure for total scalp

Laser trailblazer

The human scalp contains the body's thickest skin, which requires powerful lasers to penetrate and stim-

ulate. But powerful doesn't have to mean hot or dangerous. In fact, Theradome inventor Tamim Hamid uses cold lasers in his helmets that produce no heat and safely

provide a continuous and precise delivery of photons. That means you won't feel warm or uncomfortable when wearing a Theradome.—EJM



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Buyers' picks

Product selections from Costco's Health and Beauty buying team



France Groulx Lesley McMillan

Whey Gourmet Isolate

Gluten-free, keto-friendly and with 25 grams of protein per serving, this whey isolate comes from grass-fed cows. The powder contains no artificial colours, is almost entirely lactose-free, features enzymes for gentle digestion and is a natural source of calcium. With only 120 calories per scoop, it is a healthy and flavourful option. Weighing 2 kilograms (4.4 pounds) per container, this product is made in Canada. Available in vanilla (Item 1676851) and chocolate (Item 1676852). Warehouses/Costco.ca.—France Groulx



Boost Chocolate Complete Nutrition Shake

These protein-rich shakes are easy to pack and great for an on-the-go meal replacement or snack. Each 237-millilitre (8-ounce) serving in the 24-pack contains 15 grams of muscle-building protein, 3 grams of fibre and 26 essential vitamins and minerals, including calcium and vitamin D. The shakes do not have artificial flavours and are made in Canada. Item 2354369. Warehouses/Costco.ca.—Lesley McMillan



Organika Electrolytes Plus Enhanced Collagen

Consider making this your go-to blend for an instant dose of thirst-quenching nutrients and grass-fed bovine collagen. Made in Canada, the powder comes in a strawberry-peach flavour and is keto-friendly, sugar-free and made without artificial flavours, colours or sweeteners. The container holds 50 servings, with 5 grams of collagen and just 30 calories per serving, plus vitamin C, magnesium and potassium. Item 1660938. Warehouses/Costco.ca.—LM

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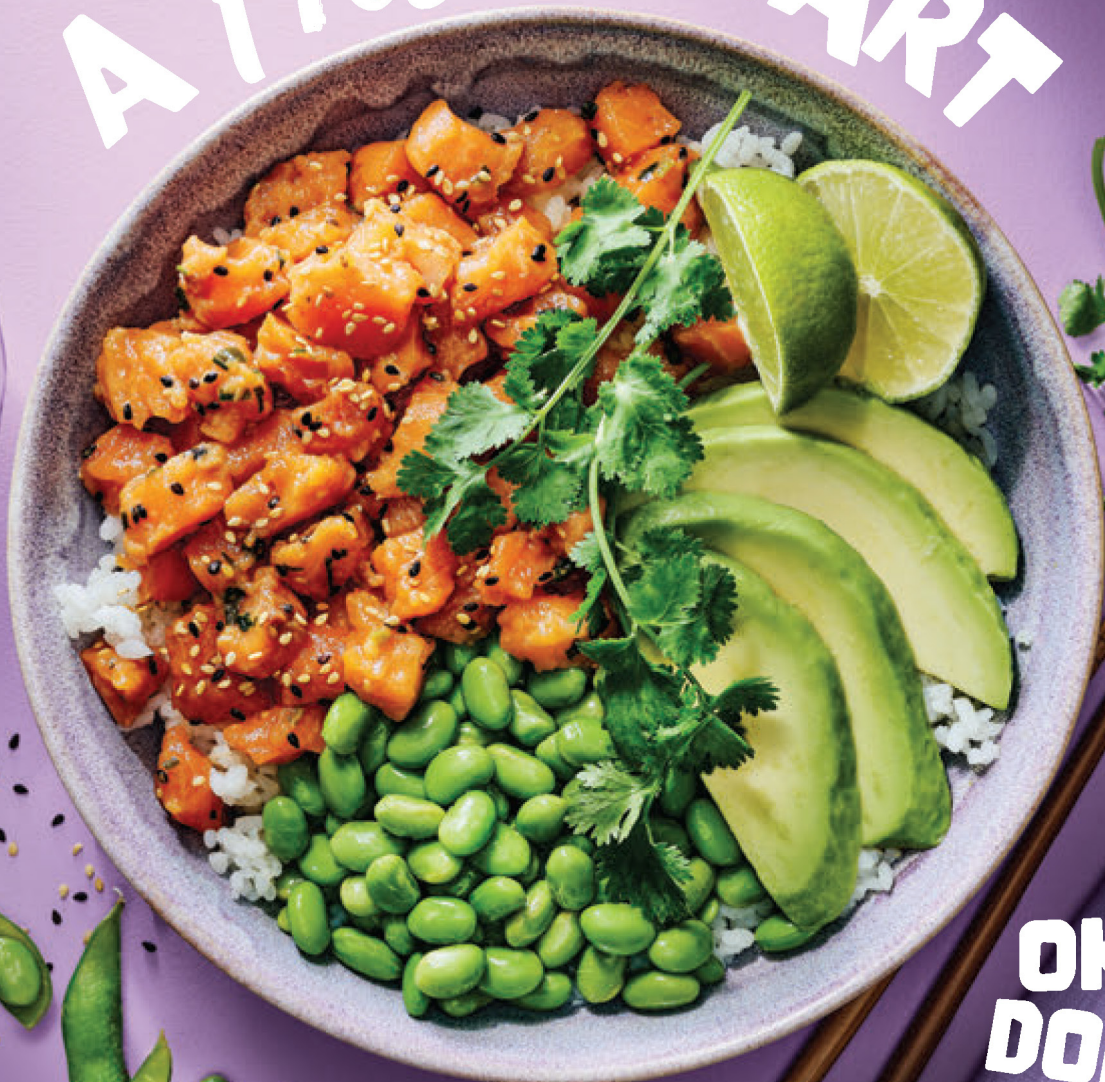
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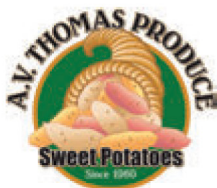
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AVOCADOS
Itm. 47019, 647465



Bean there, done that

French green beans are just as versatile as they are varied

by LAURA BODE



Bacon-Wrapped Green Bean Bundles

© HOLLY NILSSON (SPENDWITHPENNIES.COM)

Steamed, fried, baked, blanched, braised, battered or sautéed, the ways to prepare French green beans are numerous. From the classic green bean casserole at the holidays to salads, stir-fries and soups, French green beans can be part of any meal, as the star or as a side dish. French green beans are legumes (plants that produce a pod with edible seeds). They are also known as snap beans or string beans.

And while they are related to fresh shell beans, such as lima and pinto beans, French green beans, also known as *haricots verts*, are a more petite version of a typical string bean. French green beans cook quickly and have a more delicate texture and slightly sweeter flavour than other green bean types. They are also a nutritionally solid vegetable choice, at just 22 calories per 125 millilitres ($\frac{1}{2}$ cup), and they have 1 gram of protein and almost 2 grams of fibre for this serving size with just a trace amount of fat, according to Health Canada.

French green beans are a favourite for the classic green bean casserole, which can be jazzed up during the holidays with bacon and water

chestnuts for extra crunch. Why not try a different recipe each week—from roasted French green beans with goat cheese and hazelnuts, to sautéing the beans in butter, herbs and garlic? Want a true win with the youngest members of your household? Give French green bean fries a try: Drizzle them lightly with olive oil, sprinkle with your favourite spices and air-fry for a tasty side dish that's done in less than 15 minutes.

French green beans are just as delicious cold as they are warm. Simply blanch or lightly steam the beans for 5 minutes, then cool in the refrigerator before adding to a cold pasta salad filled with veggies. Toss in your favourite store-bought or home-made dressing and you'll have a filling meal sure to be a hit with family and friends—and, depending on the size of your salad, possibly leftovers, too. ■

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

Bacon-Wrapped Green Bean Bundles

6 slices bacon
680 g (1½ lbs) French green beans
2 mL (½ tsp) baking soda
1 mL (¼ tsp) garlic powder
Salt and pepper, to taste
15 mL (1 Tbsp) brown sugar

Preheat oven to 190 C (375 F).

Cook bacon on the stovetop until slightly cooked (not crispy), about 3 to 4 minutes. Reserve any drippings.

Trim and wash the green beans. Bring a large pot of water to a boil; add baking soda. Add green beans and cook 3 minutes or until tender-crisp. Remove beans from boiling water and place in a bowl of ice water to stop cooking. Pat beans dry.

In a bowl, toss beans with about 10 mL (2 tsp) reserved bacon drippings (or olive oil if there are no drippings), garlic powder, salt and pepper. Cut each slice of bacon in half. Wrap a bacon piece around a bundle of 9 to 11 green beans, secure with a toothpick and place on a parchment-lined pan.

Blend brown sugar with 15 mL (1 Tbsp) water; lightly brush onto each bundle. Roast 20 to 22 minutes or until bacon is crisp and beans are lightly roasted. Makes 12 bundles.

Note: These can be cooked in an air fryer at 195 C (380 F) for about 11 to 13 minutes.

Recipe courtesy of Holly Nilsson (spendwithpennies.com)

BELOW: © KOLESHNIKOVSENG / STOCK.ADOBE.COM

Sautéed Green Beans with Persimmons

30 mL (2 Tbsp) olive oil
1 large shallot, minced
454 g (1 lb) thin French green beans, trimmed
5 Fuyu persimmons, hulled, peeled (recommended) and sliced

Salt and pepper, to taste

Heat oil in a large skillet over medium-high heat. Add shallot and sauté until fragrant, about 1 minute. Add green beans and toss until coated in oil. Cover and cook about 3 to 5 minutes or until beans are bright green but just underdone, stirring occasionally.

Add persimmon slices; stir to combine. Continue to cook 2 to 3 minutes or until beans are tender and persimmons are softened (time will vary depending on the size of the beans). Season to taste with salt and pepper. Serve warm. Makes 3 to 4 servings.

Recipe and photo courtesy of Lindsay Landis (loveandoliveoil.com)



COSTCO CONNECTION

Fresh French green beans are available in Costco warehouses. Groceries are available for delivery through Costco Grocery at Costco.ca.







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Crunch time

Costco's baby carrot supplier grows up to be one of the largest carrot producers in the industry

by JULIE KENDRICK

Two brothers, Rod and Bob Grimm, ran a roadside produce stand in the early 1960s in Anaheim, California. As their small business grew, the brothers incorporated and, in 1969, began doing business as Grimmway Farms. They eventually moved operations to Kern County, California, a vegetable-producing region that, according to the University of California Davis, is responsible for more than 80% of the United States' carrot harvests each year.

And then—big news in an industry not known for fads—everyone suddenly became interested in tiny carrots. In the 1990s, baby carrots began turning up everywhere from crudit  platters to school lunches. Grimmway Farms made acquisitions that established it as the world's largest producer of carrots.



Deep roots

Grimmway Farms has come a long way from those produce stand beginnings, but its roots are still deep in the California soil. Their team of multi-generational farmers is passionate about what they do and incredibly proud of providing nutritious, vitamin-packed produce to their customers.

"To be a farmer, you have to be an optimist," says Jeff Huckaby, the organization's president and CEO. "I'm proud to be the fourth generation in a line of 'farmer-optimists' in my family, all of whom have dedicated their lives to agriculture. I've always had a passion for this business, but never

more so than today. We proudly keep our commitment to the principles planted by our founders, and we all remain focused on the three P's—people, products and planet—which remain at the heart of our business."

Land caretakers

Sustainability initiatives at Grimmway include drought management, carbon mitigation, soil health, energy conservation, crop rotation and other regenerative farming practices. Some recent examples: In 2020, the organization put 29.5 thousand metric



LEFT: © ZINKEVYCH; ILLUSTRATIONS: © ELIZAVETA ROZHKOVA / STOCK.ADOBE.COM

tonnes (65 million pounds) of carbon into the soil with carrot top green waste. Also that year, Grimmway began using reusable plastic containers, saving 590 metric tons (1.3 million pounds) of paper waste and 272 metric tonnes (600,000 pounds) of paraffin wax waste from going to landfills.

Eric Proffitt, Grimmway's executive vice president of sales and marketing, explains, "We're caretakers of the land that has nourished our growth for more than 50 years." ■

Julie Kendrick is a freelance writer who lives in Minnesota. Follow her on Twitter @KendrickWorks.

Oven-Roasted Ranch Carrots

80 mL (⅓ cup) olive oil
1 (28-g/1-oz) packet dried ranch seasoning
60 mL (¼ cup) parsley, chopped
15 mL (1 Tbsp) brown sugar
Salt and pepper, to taste
227 g (8 oz) Cal-Organic Baby Carrots

Preheat oven to 180 C (350 F).

In a small bowl, mix the olive oil, ranch seasoning packet, parsley, brown sugar, salt and pepper until fully combined. Add the carrots; mix evenly. Spread the carrots onto a parchment-lined baking sheet; bake for 25 minutes or until caramelized and tender. Makes 4 servings.

Recipes and recipe photos courtesy of Grimmway Farms



COMPANY INFO

Name
Grimmway Farms

President and CEO
Jeff Huckaby

Employees
More than 8,000

Headquarters
Bakersfield, California

Items carried at Costco
Organic and conventionally grown baby carrots and fresh whole carrots

Quote about Costco
"We're proud to be part of the Costco family, which provides its customers with the freshest and most delicious produce."

—Jeff Huckaby

Four-Herb Parisian Carrot Salad

454 g (1 lb) Cal-Organic Baby Carrots
60 mL (¼ cup) fresh dill, chopped
60 mL (¼ cup) fresh oregano, chopped
45 mL (3 Tbsp) lemon juice
30 mL (2 Tbsp) olive oil
15 mL (1 Tbsp) sugar
15 mL (1 Tbsp) fresh thyme, chopped
5 mL (1 tsp) dried tarragon
5 mL (1 tsp) lemon peel
1 head of romaine lettuce



Place carrots in a saucepan of boiling water. Return to boil; cook 5 minutes or until tender-crisp. Drain and rinse the carrots under cold running water. Combine the carrots with all ingredients except lettuce; toss well for 2 minutes to bruise the herbs and bring out the flavour. Cover and chill. To serve, plate the mixture over romaine leaves or toss together in a salad bowl. Makes 4 servings.

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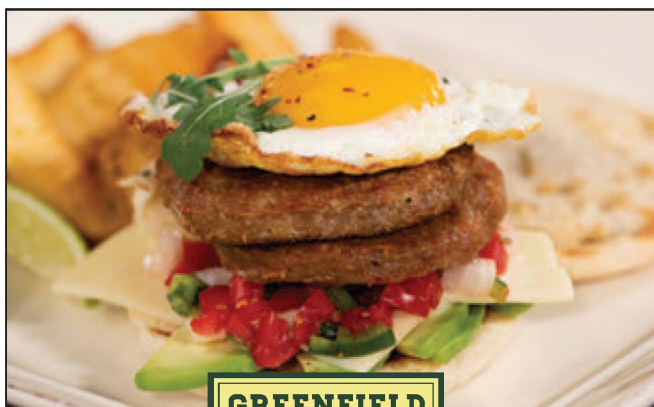
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COURTESY OF TAYLOR FARMS



Sweet Kale salad kit with sliced chicken



JERRY JAMES STONE

Jerry James Stone (jerryjamesstone.com) is a YouTube personality and cookbook author. He creates vegetarian and plant-based recipes.

COSTCO CONNECTION

You'll find bagged salad kits, such as Sweet Kale (Item 675153, 1570675), and additional ingredients in Costco warehouses.

Brand-new bag

Salad kits produce a hearty meal

by JERRY JAMES STONE

Healthy eating is in the bag. Bagged salad kits give you fresh ingredients, toppings and dressing for a quick, tasty and healthful salad. Simply rip, pour and toss; it's faster than pizza delivery! Plus, you can make it a well-rounded meal by adding your favourite on-hand protein, such as hard-boiled eggs. And bagged salad kits make much more than salad. You can add the greens to egg scrambles or use them as toppings for homemade pizza.

Once you break the seal, you can keep salad greens fresh and crisp for three to five days by storing them in an airtight container lined with dry paper towels.

The Sweet Kale salad kit available in Costco warehouses is a great place to start. For instance, you can make a quick smoothie by blending 500 millilitres (mL; 2 cups) of salad greens, half a banana, 500 mL (2 cups) tropical fruit chunks and 375 mL (1½ cups) orange juice in a blender.

If you want a carb-conscious breakfast, this salad mix also makes a great frittata. Sauté 375 mL (1½ cups) salad greens and 1 minced garlic clove in 15 mL (1 tablespoon) butter. Whisk 4 eggs with salt and pepper to taste. Add the egg mixture to the greens and cook, covered, over medium-low heat until cooked in the centre. Top with 60 mL (¼ cup) shredded or crumbled cheese and serve.

For a quick side dish, simply sauté 750 mL (3 cups) salad greens with a 425-gram (15-ounce) can of drained white beans, 2 minced garlic cloves and 30 mL (2 tablespoons) butter.

This nutrient-packed bagged salad also makes a great kale and mushroom quiche (see recipe at right).

The options are limitless. ■

Kale and Mushroom Quiche

15 mL (1 Tbsp) butter
500 mL (2 cups) mushrooms, sliced
500 mL (2 cups) Sweet Kale salad kit greens
60 mL (¼ cup) red bell pepper, cored and diced
6 large eggs
250 mL (1 cup) half-and-half
3 mL (¾ tsp) sea salt
1 mL (¼ tsp) black pepper
1 (23-cm/9-inch) pre-rolled pie crust dough
250 mL (1 cup) Mexican cheese blend

Melt butter in a large non-stick sauté pan over medium heat. Add mushrooms and sauté about 10 minutes, until reduced in size by half or until juices are released. Add Sweet Kale salad kit greens and sauté for 5 minutes. Add bell pepper and sauté another minute. Set veggies aside to cool.

In a medium bowl, whisk together eggs, half-and-half, salt and pepper.

Preheat oven to 180 C (350 F). Line a 23-cm (9-inch) pie plate with dough to form crust.

Fill the crust with half of the cheese, then add half of the veggies. Add the remaining cheese and veggies, and then the egg mixture. Place the quiche on a baking sheet and wrap the crust edges with foil. Bake for 40 minutes until edges are set and centre jiggles ever so slightly. Let cool 10 minutes to set the eggs. Makes 6 to 8 servings.

Recipe courtesy of Jerry James Stone



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itm. 1062199

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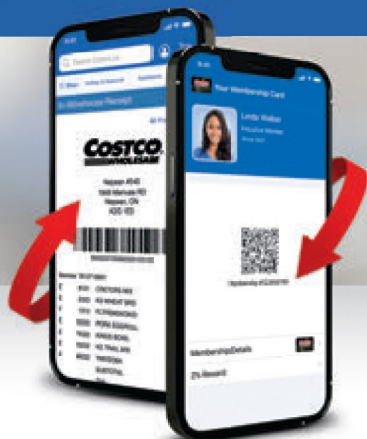


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itm. 2227556 (vegetable base), 2287780 (chicken base), 2287783 (beef base)

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[†] per 52 g bar

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ltn. 1168256 (gnocchi), 1391931 (tortellini), 249118 (Minute Rice)

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Ideal for home, office, crafts and more!

ALSO ON COSTCO.CA itm. 1961961 (warehouse), 1692924 (2-pack on Costco.ca)

Familial furniture

Minhas Furniture has found success as a family business

by DAN JONES



(From top, clockwise) The Minhas family—Harbhajan, Kanta, Kamaljeet, Bineeta, Parteek and Bill

COURTESY OF MINHAS FURNITURE

After moving from India to Calgary in 1989, the Minhas family hatched a plan to start a furniture business while working in a furniture factory.

Bill Minhas embarked on his journey into entrepreneurship with his parents, Harbhajan and Kanta, and wife, Kamaljeet, in October 1997.

What began as a modest 3,000-square-foot office with one employee has evolved into multiple facilities spanning over 600,000 square feet of operational space in three countries.

Minhas Furniture specializes in recliners, leather and fabric sofas, chairs, and bedroom and dining sets. It operates out of two manufacturing plants in North Carolina, one in Calgary and a fabric sewing facility outside Shanghai. Frames are built from scratch and upholstered before being shipped around Canada.

The company also opened a division, Flair Enterprise, to import items like bedroom and dining sets from Asia to North America and South America.

“Many other businesses buy their frames from third-party sources,” says Bill, CEO of Minhas Furniture. “We customize everything with an in-house designer.”

Family still comes first at Minhas Furniture. Harbhajan and Kanta, now in their mid-70s, were supposed to retire 12 years ago, but their work ethic wouldn’t allow it, Bill says. They run production, while Kamaljeet handles the financial side of things.

“Everyone keeps going,” says Bill, adding that his son, Parteek, and daughter, Bineeta, also serve roles with the company. “And we continue to look for ways we can be better.”

Minhas Furniture earned its chops with Costco during the pandemic as products became increasingly difficult to obtain, Minhas adds. “We had a lot of products here, and we could ship them on time to Costco. We believe in the value of shipping the product on time. Even when everyone had a problem with supply issues, we brought it in on time, even if it meant spending extra. In the long run, it’s an investment.” ■

COMPANY INFO

Name
Minhas Furniture

CEO
Bill Minhas

Employees 400

Headquarters
Calgary

Items carried at Costco
Fabric Swivel Chair (Item 1635417), Fabric Sofa (Item 1635427; Warehouses/Costco.ca), Fabric Pushback Recliner (Item 1635492; Costco.ca only).

Quote about Costco
“It’s the best place for the best value.”

—Bill Minhas



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Premium Luxury Pillows

300 Thread Count, 100% Cotton Sateen Fabric

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Hypoallergenic + Machine Wash

Two Pack



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75 Recycled PLASTIC BOTTLES



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**LAURENT SMOKE
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CHAIR** Itm. 1635417
Also on Costco.ca

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miss a moment thanks to the swivel base. The metal base offers a strong foundation, while high-density foam cushions keep you feeling relaxed.

PAID ADVERTISING Products advertised may not be available at all warehouses. Furniture colour may be different than pictured. Furniture available beginning in January at your local warehouse or on Costco.ca.



**BLACK TOP-GRAIN LEATHER 6-PIECE POWER
RECLINING SECTIONAL** Itm. 1635442 Also on Costco.ca



This casual contemporary sectional has soft lines with padded arms and backs for comfort and functionality. The genuine cowhide leather is soft and is easy to maintain. The three power motion seats and power headrests allow you to customize

your position for optimal comfort. It comes with a storage console that includes two cup holders, two power outlets and two USB ports. One additional USB port can be found on each of the outside recliners.

>>>> TOP-GRAIN LEATHER

**THOMASVILLE 2-PIECE SECTIONAL
WITH OTTOMAN** Itm. 1635408



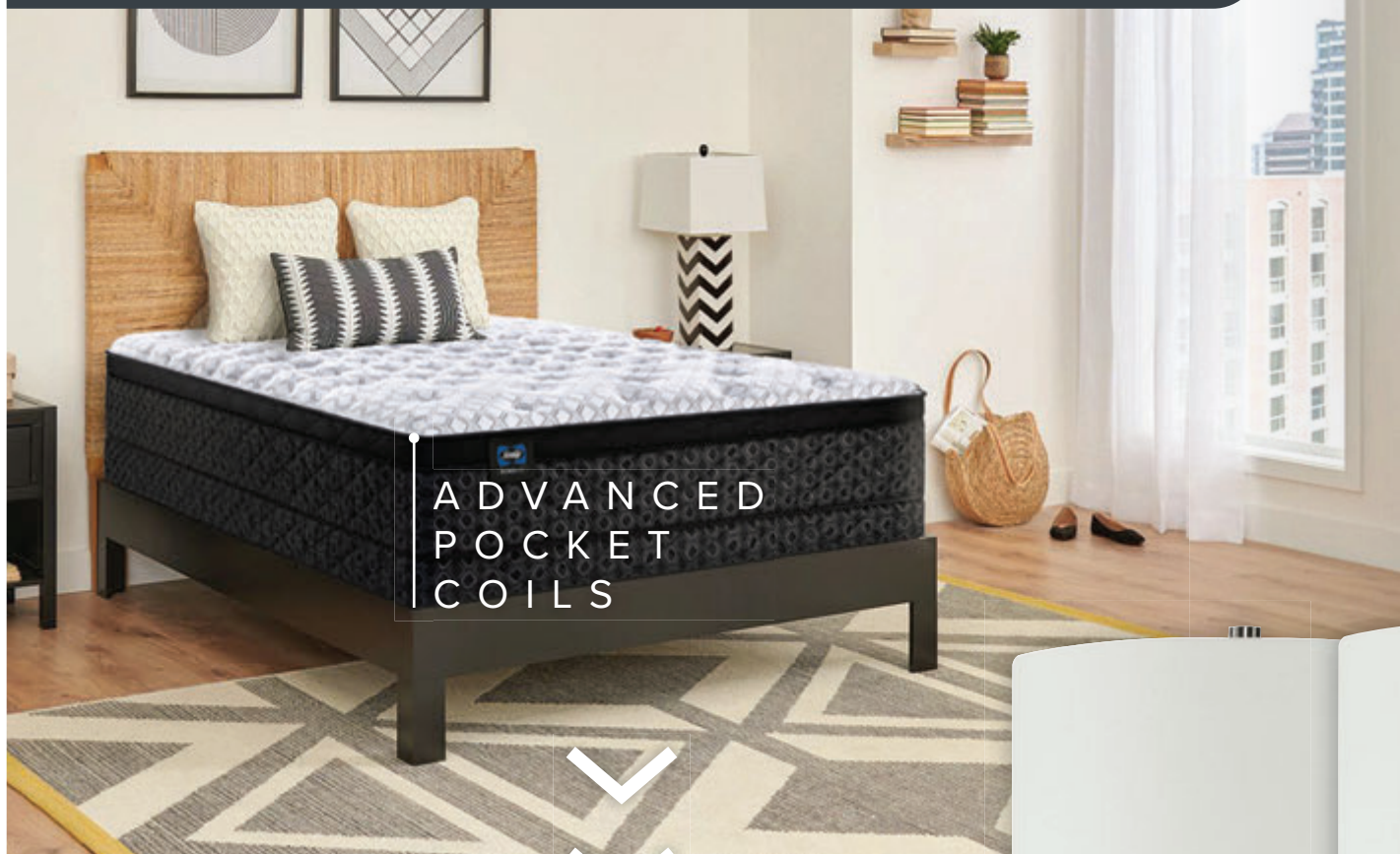
Add style to your space with this sectional that offers quality features in construction, fabric and styling. The seat cushion features pocket coils and sinuous springs for the ultimate comfort. The ottoman cushion opens

giving storage space for blankets, magazines and more. The exposed Walnut wood base and legs were used to complete the frame. This set includes two toss pillows.

**POCKET COILS AND SINUOUS SPRINGS
FOR THE ULTIMATE COMFORT**

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itm. 3061012 (mattress), 3061010 (boxspring) Also on Costco.ca



ADVANCED
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This quality Sealy mattress will support your back and core with its exclusive Posturepedic technology. Pressure-relieving memory foam and advanced pocket coils reduce motion transfer so you'll feel less movement from your partner. The mattress is topped with a moisture-wicking fabric cover designed to keep you dry, comfortable and fresh throughout the night.

A pair of table lamps add a sophisticated look to any room. Featuring clear glass cylinder bases, accented with silver details, a thick steel foot and a white fabric shade. A stylish lighting option for your space.

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ACTIVE LIFE

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Itm. 1635439



**GREY 47" SIT/STAND ADJUSTABLE
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Itm. 1517974 Also on Costco.ca



⏪ ⏩ ⏴ ⏵

This modern and multifunctional adjustable height desk features three programmable height settings, selectable with the control panel on the ergonomic glass top. Set a reminder to stand up, with the GetActive timer. Ensure devices stay powered with an integrated, multiport charging station, including three 2.4-amp

USB inputs to simultaneously power up to three devices at full speed. The glass top is dry erase compatible, so you can keep reminders or today's goals in sight at all times. The large, partitioned drawer conveniently stores desk supplies to keep essentials in reach.

**THREE 2.4-AMP USB INPUTS TO SIMULTANEOUSLY
POWER UP TO THREE DEVICES AT FULL SPEED**

COLD CRANKING POWER

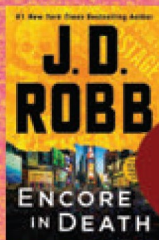
Ensure your vehicle
is ready for the
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- Maximum starting power
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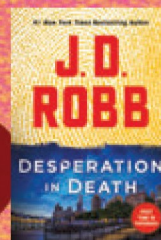


Various item numbers

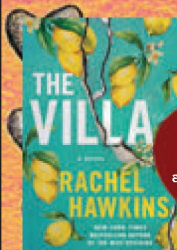
BOOKS YOU'LL LOVE



Detective Dallas must solve the poisoning of a superstar
Itm. 1705714



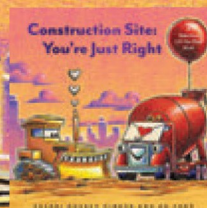
Eve Dallas faces a conspiracy of exploitation and evil
Itm. 1705715



A wicked gothic suspense set at an Italian villa with a dark history
Itm. 1705711



The ultimate cocktail recipes for beginners to experts
Itm. 1705719



An interactive Valentine's tale that will bring smiles to the whole family
Itm. 1705716

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DIMMABLE



TUNABLE WHITE
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height

artika
Horizon™



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DIMMABLE



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STANDING SHOWER CADDY



ADJUSTABLE STAINLESS STEEL
BASKETS

artika

ALSO ON COSTCO.CA

Itm. 1691646 (Wayden), 1500227 (Horizon), 1592955 (Azzuro)

Buyers' picks

Product selections from
Costco's buying teams



Manuela Gravel



Hanh Nguyen



Amélie
Bissonnette



Alton Sofa Chaise Sectional

This premium contemporary sectional is covered in soft chenille and features tailored track arms that give it a clean, sleek profile. The feather-and-fibre-blend filling and the high-resiliency, high-density foam core provide comfort and durability. Its engineered wood-frame construction includes spindle-wood legs with an espresso finish. Assembly required. Item 1635425. Costco.ca only.—*Manuela Gravel*



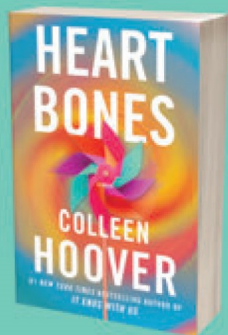
Top-Grain Leather Power Recliner

Constructed from premium top-grain and hand-selected leather, this power recliner was designed with maximum functionality and durability in mind, with high-quality foam cushions and power headrests for comfortable and customized relaxation. A metal switch with a USB port for charging electronics means that you can always find a power outlet. Item 1635431. Warehouses/ Costco.ca.—*Hanh Nguyen*



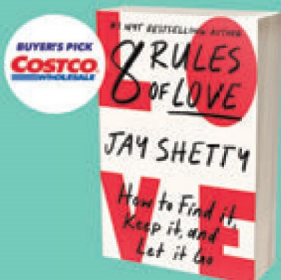
Ecologie Total Blackout Curtain Set

Sleep better in darkness with this two-panel set, manufactured using dry-dyeing technology, a process that creates a smaller carbon footprint by using less water and energy than conventional dyeing. Additionally, the packaging for this product is Forest Stewardship Council (FSC) certified, ensuring the paper comes from responsibly managed forests. Size: 1.3 metres x 2.3 metres (52 inches x 90 inches). Various colours. Item 6395105. Warehouses/ Costco.ca.—*Amélie Bissonnette*



Moving, passionate, and unforgettable, this novel from bestselling author Colleen Hoover follows two young adults from different walks of life who embark on a tentative romance, unaware of what the future holds.

ITM. 1697390

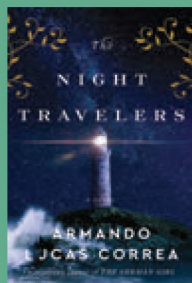


The author of the #1 New York Times bestseller *Think Like a Monk* offers a revelatory guide to every stage of romance, drawing on ancient wisdom and new science.

ITM. 1697387

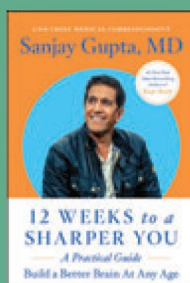
START YOUR YEAR OFF RIGHT

WITH BOOKS FROM SIMON & SCHUSTER CANADA



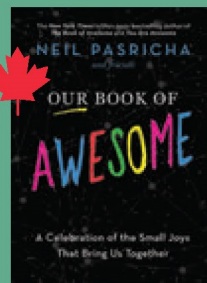
In this sweeping novel from the bestselling author of *The German Girl*, spanning from the rise of Nazism to the Cuban Revolution to the fall of the Berlin Wall, four generations of women experience love, loss, war, and hope.

ITM. 1697383



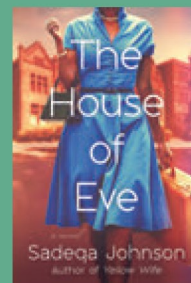
Keep your brain young and healthy at any age with this practical workbook through the 12-week program from the bestselling author of *Keep Sharp*.

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Our Book of Awesome is an injection of joy, a heartfelt gift, and a smacking high five for humanity. Read it to be reminded of the endless AWESOME things that give laughter and happiness to our lives.

ITM. 1701354



From the award-winning author of *Yellow Wife* a daring, beautiful, and redemptive novel set in the 1950s about two young Black women trying to overcome their circumstances.

ITM. 1702235

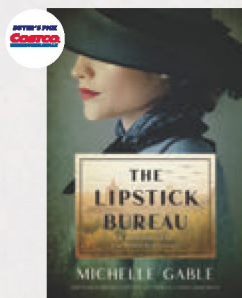
All titles may not be available in your local warehouse



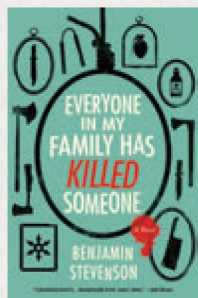
ADD THESE NEW BOOKS TO YOUR SHELVES

FOR ADULTS

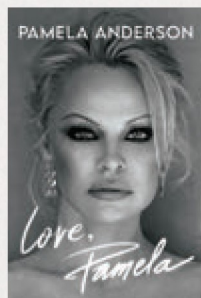
FOR KIDS



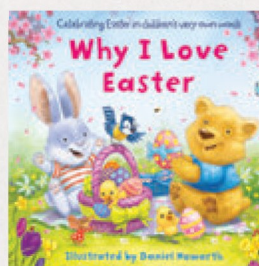
A novel inspired by true WWII events
ITM. 1659216



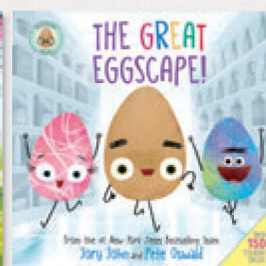
Perfect for fans of *The Thursday Murder Club*
ITM. 1659305



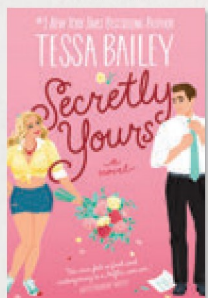
A heartrending, intimate memoir
ITM. 1659306



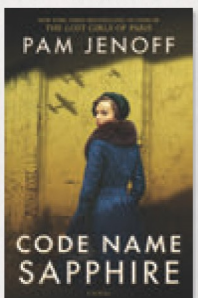
A celebration of the love of Easter
ITM. 1488607



Join the eggs in a game of hide-and-seek!
ITM. 1502069



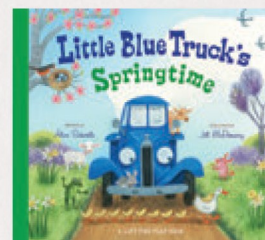
From the author of *Hock, Line, and Sink*
ITM. 1659207



A riveting new tale from bestseller Pam Jenoff
ITM. 1659314



A haunting, historical love story set in WWII
ITM. 1659216



A children's favourite celebrates springtime
ITM. 1220676

HarperCollinsCanada

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NEW RELEASES

from Penguin Random House Canada

An unforgettable novel full of dark humour and surprising heart.

A young Indian woman finds the false rumors that she killed her husband surprisingly useful—until other women in the village start asking for her help getting rid of their own husbands.

ITM. 1700257



One of the most highly anticipated memoirs in recent memory.

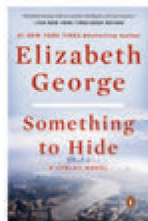
In *Spare*, Prince Harry shares his story, in his own words. With its raw, unflinching honesty, *Spare* is full of insight, revelation, self-examination, and hard-won wisdom about the eternal power of love over grief.

ITM. 1709977



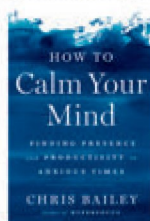
ITM. 1700281

A haunting story of survival and the complexities of family life, with a shocking end.



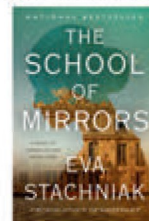
ITM. 1700192

The new thrilling Lynley novel from #1 NYT bestselling author Elizabeth George.



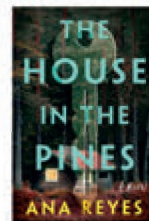
ITM. 1699966

A tool-kit of strategies reveal that the path to a less anxious life is through calm.



ITM. 1700282

Find love, deception and scandal in Eva Stachniak's dazzling new book.



ITM. 1700292

A debut thriller about the subtlety of memory and manipulation.

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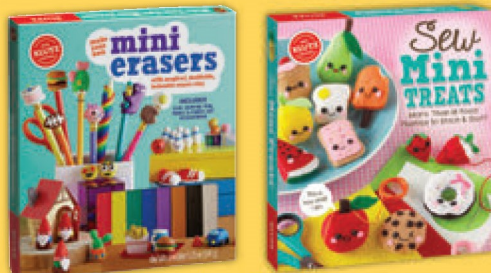
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Laugh out loud with Canada's favourite storyteller!



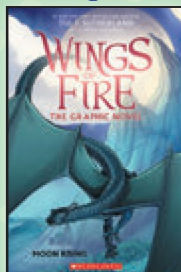
Ages 3-8
Itm 1678102

Mini-crafting equals mega-fun!



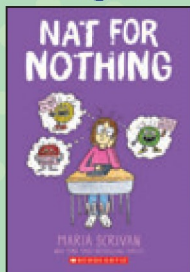
Ages 8 and up
Itm 1694724

Let there be dragons.



Ages 9-12
Itm 1217682

Middle-school angst.



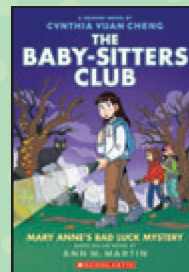
Ages 9-12
Itm 1458004

Graphic novels for all readers



get drawn in
SCHOLASTIC

Baby-Sitters Club forever!



Ages 9-12
Itm 1694716



Ages 7-10
Itm 1694721

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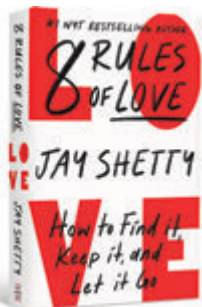
Andrée Laflamme
Buyer, Books

Valentine's Day will be here before you know it, and love will, seemingly, be in the air. But love is more than candy hearts and romantic comedies.

In this issue's book buyer's pick, *8 Rules of Love: How to Find It, Keep It, and Let It Go*, Jay Shetty shares insights on how to define love and how to win or lose at love together.

In this book he tackles the entire relationship cycle, from first dates to moving in together to breaking up and starting over.

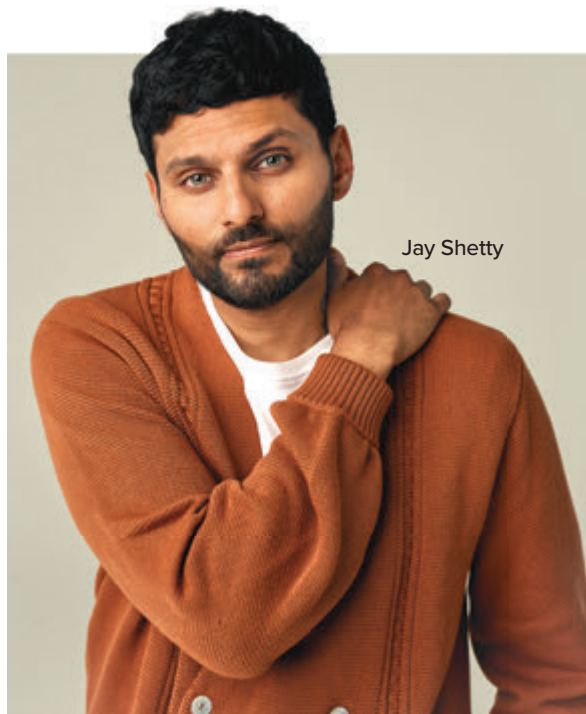
8 Rules of Love (Item 1697387) will be available in February in most Costco warehouses.



Lessons in love

Jay Shetty explores what it means to find, keep and let go of love

by HOPE KATZ GIBBS



Jay Shetty

© JOSH TELLES

During the COVID-19 pandemic, *New York Times* bestselling author Jay Shetty spent a lot of time thinking about love.

The award-winning storyteller, whose viral videos about peace and purpose have been viewed more than 10 billion times, is a former monk. His first book, *Think Like a Monk*, was published in September 2020 and distills timeless wisdom into practical steps anyone can follow daily to live a less anxious, more meaningful life. His newest tome, *8 Rules of Love*, guides readers on the journey of finding love, keeping it and letting it go.

"So many relationships were challenged or just didn't make it through lockdown," observes Shetty, a native of London who lives in Los Angeles with his wife, Radhi Devlukia-Shetty. "Some relationships got stronger, sure. But we were all tested."

To discover how to help people have healthier relationships, Shetty started with a 2017 Harvard Medical School study that scientists have been working on since the Great Depression, discussed in an article printed in *The Harvard Gazette*: "Good Genes Are Nice, but Joy Is Better."

"Their 80 years of research showed that how happy we are in our relationships has a powerful influence on our health," explains Shetty, who helps readers seize that power in his new book. Its four sections offer meditations on solitude, compatibility, healing and connection. His eight rules were born of these concepts, ranging from letting yourself be alone (Rule 1) to loving again and again (Rule 8).

Having spent three years studying Hindu scriptures at an ashram in Mumbai, Shetty says that he

sees life as a series of classrooms. Using a metaphor of connecting ashrams, he teaches readers about levels of love: preparing, practicing, protecting and perfecting it.

The key to a successful, loving relationship is to continuously peel back the layers, he believes: “You reveal a layer; your partner reveals a layer. From there, you figure it out together. And then you do it again.”

Being of service to others is also critical to the creator of the Genius community, whose health and wellness show, *On Purpose*, is one of Apple’s most popular podcasts.

Shetty says, “I once read a quote from Muhammad Ali, who said, ‘Service to others is the rent you pay for your room here on earth.’ I hold this dear to my heart, because everything we do can be of service. We don’t need to build the biggest charity; we just [need to] have that spirit and mindset. Any person I meet, I say hello or open the door.”

When it comes to the art of self-mastery, Shetty says he is deeply disciplined. “From my sleep routines and meditation patterns to regularly exercising and trying to eat right, there’s no easy, magical way out,” he explains. “Take this book, for instance. I wrote it three times. The first time it was too raw and hard. The second version was too simple. And the third one seemed right. I’m not aiming for perfect. Mastery, like love, is a process.”

Being vulnerable and honest about his mistakes is also part of that process. He says, “It’s more fun sharing while you are learning than sharing once you think you’ve learned it all. That is not real, anyway.” ■

Hope Katz Gibbs is a freelance writer finding love by the sea in Rehoboth Beach, Delaware.

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Simon Gravel
Assistant Buyer, Books

“The character of Niki Novotná was inspired by Barbara Lauwers.”

—MICHELLE GABLE

Secret spies in Italy



The Lipstick Bureau (Item 1697216) will be available in January in most Costco warehouses.

Michelle Gable’s novel *The Lipstick Bureau* focuses on a fictional character who was inspired by a real spy. In the novel, newlywed Niki Novotná is recruited by a new American spy agency to establish a secret branch in Italy’s capital. She’s tasked with crafting fake stories and distributing propaganda to lower the morale of enemy soldiers.

Costco Connection Who was the real-life spy who helped inspire this novel?

Michelle Gable The character of Niki Novotná was inspired by Barbara Lauwers, who was stationed at the Office of Strategic Services’ Morale Operations division in Rome during the period between liberation and the end of the war (mid-1944 to early 1945). Barbara fascinated me because of the work she performed—creating propaganda to feed to enemy soldiers—and the fact she was a Czech native who’d escaped Europe because of the war and then returned to work there. Like Niki, Barbara also knew multiple languages, had multiple degrees and won the Bronze Star.

CC What else would you like readers to know about *The Lipstick Bureau*?

MG The Ezra character is based on the cartoonist Saul Steinberg. I would love for readers to research his work and his life.

Also in the warehouse

Mary Anne should never have thrown away that chain letter she got in the mail. Ever since she did, bad things have been happening to everyone in the

Baby-Sitters Club. Then Mary Anne finds a new note in her mailbox: “Wear this bad-luck charm. OR ELSE.” She is left to puzzle out who sent her the charm and why.

Based on *The Baby-Sitters*

Club novel by Ann M. Martin and adapted by Cynthia Yuan Cheng, *Mary Anne’s Bad Luck Mystery* (Item 1694716) will be available in January in most Costco warehouses.—AL





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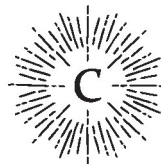
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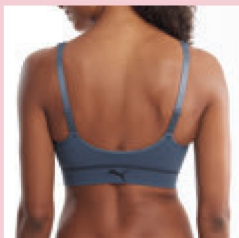


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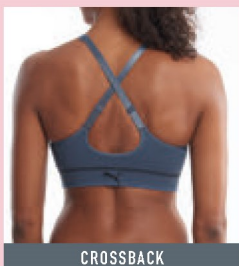
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Perhaps you're like the thousands of Canadians who added a furry family member to their household during the pandemic. If so, you know just how important your pet's health and well-being are. What you might not know is how much their health and well-being can cost—and that those numbers are on the rise.

As pets age, the risk for certain diseases and illnesses increases, and, of course, accidents can happen at any time. On top of that, inflation means the cost of almost everything, including pet care, is going up. The Ontario Veterinary Medical Association estimates that in 2021 the annual cost for an adult dog, including food, toys, licensing, pet insurance and veterinary care, was \$4,764. In 2022 those same costs total \$5,116, a \$352 increase. This trend is similar for felines: The 2022 annual cost for an adult cat is \$3,812, a \$356 jump from \$3,456 in 2021.

While this may seem disheartening, as a pet owner it's important to know the cost of care so you can make informed decisions. That's why Costco

members have access to Pets Plus Us, a Canadian pet insurance brand that offers coverage for dogs and cats. Insurance can be an important part of your pet's overall wellness, because it means you're prepared should the unexpected occur.

Pets Plus Us offers two insurance plans to Costco members Canada-wide: the Accident Plan and the Accident and Illness Plan. The Accident Plan provides insurance for unexpected injuries—for example, if your pet is hit by a vehicle or breaks a bone—and offers \$5,000 of coverage annually. The Accident and Illness Plan is more comprehensive, and you can choose between \$7,500 or \$15,000 of annual coverage for both accidents and illnesses.

Knowing the true cost of pet care and planning accordingly means you don't have to make difficult decisions in the moment based on cost alone.

To learn more about Pets Plus Us and coverage options, visit Costco.ca/pets-plus-us.html or call 1-855-887-7387. ■

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*Gold Star and Business members (non-Executive) receive a preferred rate of 10% off. Executive members receive a preferred rate of 15% off, and available exclusive offers.

The information herein is summarized. All Pet Insurance plans have limitations and exclusions. For all terms and conditions visit: <https://www.petsplusus.com/service-claims/brochures-guides> ©2022 All rights reserved. Pets Plus Us Pet Insurance policies are underwritten by Northbridge General Insurance Corporation, distributed by PTZ Insurance Services Ltd. & Société d'Assurances Collectives (Sodaco) Inc. in Quebec. Pets Plus Us Pet Insurance is available in all provinces and territories. Pets Plus Us®, Pets Plus Us & Design and related words and logos are trademarks and the property of PTZ Insurance Services Ltd.



Villa La Valencia Beach Resort & Spa

This modern beachfront resort in Los Cabos, Mexico, is designed with families in mind. It features four restaurants, the Azul Wellness Spa, four pools and a lazy river that guests of all ages will enjoy. An all-inclusive plan is available for purchase. Costco Travel's package includes a resort credit and a Costco Shop Card. To learn more, visit CostcoTravel.ca.



Lolë Women's Lounge Pant 2-Pack

With a relaxed and stylish look, these lounge pants feature a drawstring at the waist and cuffs at the bottom. Colours: dark grey/mauve, light grey/black. Sizes: S–XXL. Item numbers vary by size. Warehouses/Costco.ca.

The latest Costco finds



Dove Women's 0% Aluminum Deodorant 4-Pack Enjoy 48-hour protection with this aluminum-free deodorant stick infused with delicate coconut and pink jasmine. Item 1314513. Warehouses/Costco.ca.



Sunice Women's High-Rise Legging Pants

These versatile pants are made from a lightweight knit stretch fabric that provides support and comfort. Colours: black, navy, olive. Sizes: 4–16. Item 2125100. Warehouses/Costco.ca.



Deluxe Rope-Weave Doormat This durable doormat, which measures 60 cm x 99 cm (24" x 39"), will add a sophisticated touch to any outdoor doorway. It features a rope-weave top designed to withstand natural elements and a recycled-rubber backing for grip. Item 1379186. **Warehouses/Costco.ca.**



Mon Chateau Round Faux Fur Area Rug With a soft, plush surface, this 1.5 m (5') area rug is a perfectly cozy home décor accent that provides warmth underfoot. The lush pile is even high enough to sit or lounge on. Colours: ivory, black tipping, taupe, grey. Item 1351334. **Warehouses/Costco.ca.**



Corelle Mystic Grey 20-Piece Dinnerware Set Accented with soft-grey borders and dots, this dinnerware set offers classic style and versatility. Item 1543367. **Warehouses/Costco.ca.**



Pure Earth Organic Comforter 3-Piece Set Add style and warmth to any bedroom. The set includes one comforter and two matching pillow shams. Item 3434000 (King), 3434001 (Queen). **Warehouses only.**



7-Piece Dining Set Anchor your formal dining space in modern elegance with this seven-piece dining set. Table without leaf: 157 cm L x 101 cm W x 76 cm H (62" x 40" x 30"); with leaf extends to 203 cm (80") L. Item 1635418. **Warehouses/Costco.ca.**



CeraVe Moisturizing Cream Developed with dermatologists, CeraVe Moisturizing Cream has a unique formula that provides all-day hydration and helps restore the protective skin barrier. Item 412358. **Warehouses/Costco.ca.**

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FOR SCHEDULES AND DESCRIPTIONS

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Grisport Shoes

Italian-made Grisport shoes are designed for trail and mountain hiking, with a rigid, multi-use sole, minimum weight, superior cushioning and increased stability on all terrains.



InfiniteAloe

The InfiniteAloe product line includes much more than aloe. The Complete Skin Care is aloe vera plus 30 vitamins and botanical extracts, such as hyaluronic acid, collagen, vitamin A, vitamin C, vitamin E and peptides. It's an effective, nourishing and complete formula that your skin will absolutely love. InfiniteAloe anti-aging products are powerful and effective, including a microdermabrasion face scrub and an anti-aging cream, plus the new Nordic Mud mask. Try them for yourself!

A limited-time showcase of exciting products



Vitamix Blenders

Experience Vitamix performance in a hand-held blender. The powerful 625-watt motor easily processes tough ingredients like greens, frozen fruit and more. And with the whisk and chopper attachments, blending cup and convenient storage bag, it may become your new favourite kitchen tool.



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MEMBER INFO

Who
Catherine Schmuck

Hometown
Mont-Tremblant,
Quebec

Occupation
Chief cook aboard
Canadian cargo ships

Best part of the job
“The ever-changing
scenery through my
galley porthole.”

—Catherine Schmuck



PHOTOS COURTESY OF CATHERINE SCHMUCK

A taste of home

Catherine Schmuck cooks for 25 people at every meal. As chief cook on a cargo ship, her job is to keep the crew members happy and well fed as they travel the waterways of eastern Canada and the United States.

“It can be tough for the crew to be away from their families,” Schmuck explains. “I make a lot of comfort foods that can hopefully be a highlight of their day.”

Her recipes for homemade, hearty meals were so popular that she published a cookbook, *Ship to Shore Chef* (shiptoshorechef.com; not available at Costco).

A long-time Costco member, Schmuck says she gets excited when she sees Kirkland Signature™ products in her galley kitchen. “It’s like having a little bit of home with me,” she says. Personal favourites include Kirkland Signature maple syrup, chia seeds, almond flour and chocolate chips.—Kristi York

Clockwise from top:
Catherine Schmuck in the galley aboard the *Baie St. Paul*; cauliflower falafel; classic fish burger and home fries.

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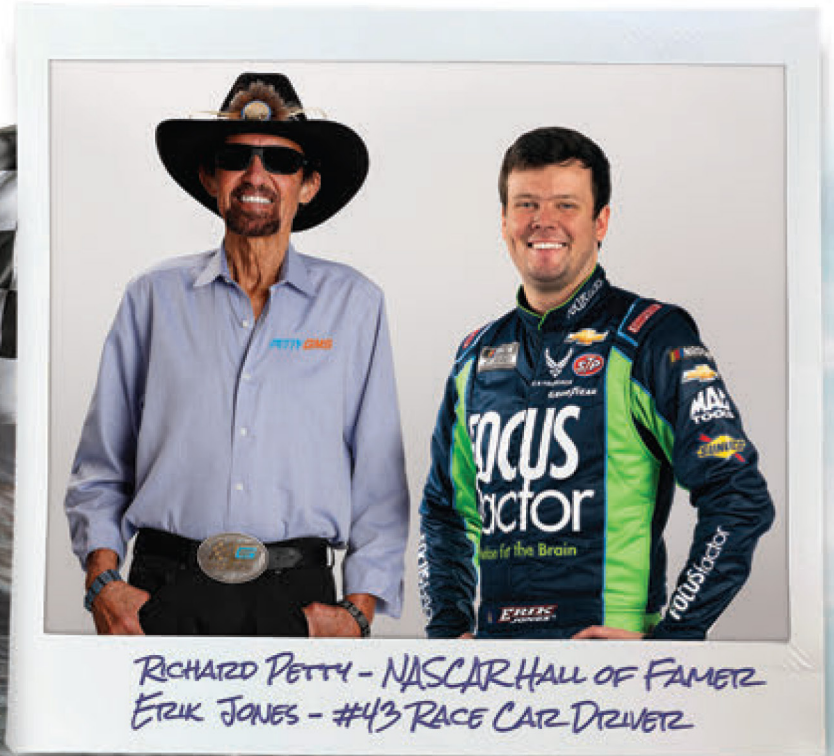


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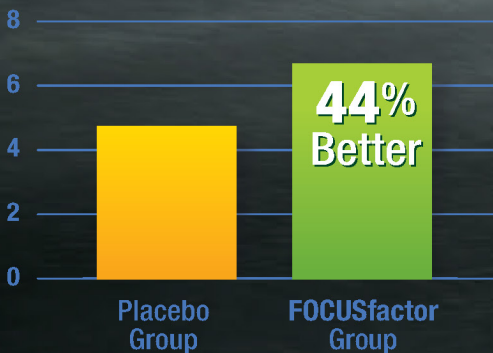
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