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JUNE 2023



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Stroke awareness

Skin care products

Buyers' picks

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by Lawrence Varga and Joseph Hanna

Skin care sequencing
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Buyers' picks

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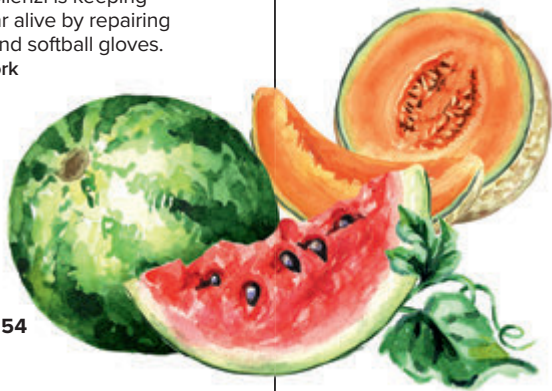
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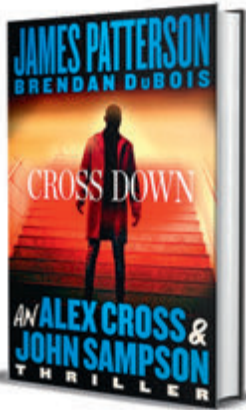
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SKIP

ASSISTANT
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NOTE

The joys of June

June is here and summer is on its way! The days are longer and our evenings are now full of warm-weather magic.

Sunday, June 18, is Father's Day. It's time to celebrate that special dad—or father figure—in your life. If that person is like my dad, your celebration will involve an outdoor activity, a special project in the garage and dinner with friends and family that's topped off with a frosted cake.

Summer weddings are now in full swing—which means our cover story is arriving at the right time. Whether you are attending or hosting, we offer lots of great stories and suggestions to help you make that big day special—and affordable.

Our Special Section this issue, For Your Health, shares valuable information on stroke symptoms and prevention. You can learn about how to keep your skin looking radiant by applying your beauty oils, essences, lotions and more in the right order. We also explore how some medications for chronic conditions may deplete the body of necessary vitamins and minerals.

In the Inside Costco section, Sheri Flies, vice president, global sustainability and compliance, at Costco Wholesale, shares what Costco is doing to reduce harmful emissions.

Whether it is a warm summer wedding or a celebration of that special dad, I hope you all enjoy those long summer days as we enter the second half of 2023. ■

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Sue Pudrycki
is Assistant
Vice President
of Marketing.

Coming next issue
From the décor to choosing the food and games, we look at what you need to throw the ultimate garden party.

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Tea time

Instant or slow brewed, sweetened or unsweetened, iced tea hits the spot on a warm day. Now is a good time to kick back, relax and enjoy National Iced Tea Day (June 10) with a refreshing glass.

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Raise your glass

AN ALTERNATIVE to carbonated soft drinks and a good source of antioxidants, iced tea can be delicious plain or customized with the squeeze of a lemon; a handful of other fruits, like raspberries, strawberries or blueberries; or the

addition of herbs, like mint, thyme or basil. Brewed, unsweetened black iced tea has just 2 calories and less than a gram of carbohydrates in a 237-millilitre (8-ounce) serving. Find tea in Costco warehouses and at Costco.ca.

More than 120 million people around the world hold Costco cards.



HANDLE WITH CARE

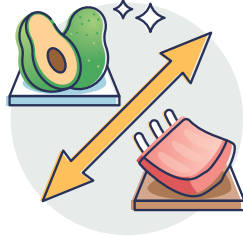
World Food Safety Day

The World Health Organization offers these tips for World Food Safety Day (June 7).



CLEAN

Wash your hands with soap and water before handling food and often while preparing food.



SEPARATE

Avoid contact between raw and cooked food by using separate cutting boards and washing your hands often.



REHEAT

Reheat food thoroughly, with all parts reaching at least 74 C (165 F). When you use a food thermometer, make sure you place it in the centre of the thickest part of the food.



STORE

Store cooked food in either hot (at or above 60 C/140 F) or cool (at or below 4 C/40 F) conditions.



GET COOKIN'

Calling all chefs

If you are a professional chef and you use ingredients from Costco for recipes that are part of your holiday meal planning, we'd love to hear from you for possible inclusion in an upcoming cover story. Please send an email to wfifield@costco.com that briefly describes how foods from Costco figure into your creations. Please put "Pro chef" in the subject line.

ABOVE: © VECTORMINE; LEFT: SYDA PRODUCTIONS / STOCKADOBECOM



FIND MORE JOY

Make it a #FlowerFriday

Commit to a weekly (or monthly) colour infusion and pick up fresh flowers on your regular Costco run. Fresh flowers, when purchased regularly (or for special occasions), can help perk up your day, desk or dining room table. Look for the flower display in your local Costco warehouse or check out the offerings at Costco.ca.

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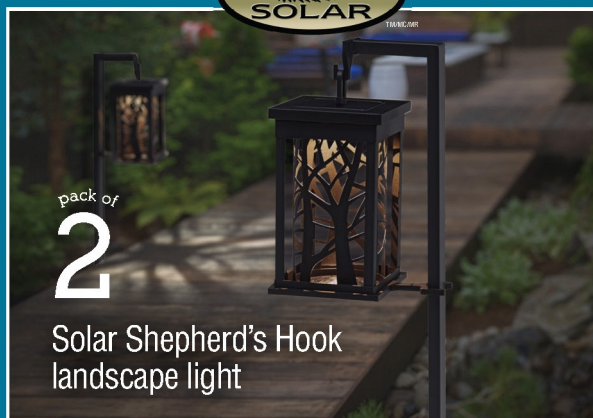
This magnificent gazebo features a galvanised steel roof, a rustproof aluminum frame, mesh netting, and spun polyester curtains.

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According to Ratehub.ca, the Bank of Canada's five-year fixed rate on September 1, 1981, was 21.75%.

by LANA SANICHAR

Most of us have, or will have, a mortgage. While I consider my mortgage to be the most important purchase of my life, much has changed since I purchased my home in 1995. I reached out to Russ Morrison, senior mortgage broker at the Morrison Mortgage Team (morrisonmortgages.com), for his take on mortgages for 2023 and into 2024.

Lana Sanichar What do you need to know when renewing a mortgage?

Russ Morrison A challenge that homeowners will face when their mortgage comes up for renewal in 2023 is payment shock. This is the sharp increase they will experience with their mortgage payment due to the rising lending rates. There are ways to combat this, such as increasing the mortgage amortization period, so payments suit a homeowner's budget. Before signing on the dotted line, I recommend completing a needs assessment with a qualified mortgage broker to make sure a set plan is in place for the next term; also, never take the first offer from the lender.

LS Fixed rate or variable rate?

RM Most often the answer to this question will come to light once the needs and plans of a homeowner have been discussed and considered. Historically, a variable-rate mortgage (VRM) has outperformed fixed-rate mortgages. While a VRM has proven to be an overall money saver, it also comes with some risk. Since rates have likely peaked or will soon, a homeowner may want to consider either a short-term fixed-rate mortgage, since rates are expected to eventually fall, or a VRM where pay-



ments will change when the prime rate adjusts, so their payments will fall when the prime rate does the same.

LS Where are rates headed?

RM 2022 was full of many unexpected events. The Bank of Canada hiked interest rates by 4% to curb inflation and restore price stability. In 2023, many economists are predicting that the prime rate will remain steady for a better part of the year before it begins to fall in the latter part of 2023 and during 2024.

Whether you are purchasing for the first time or renewing, visit Canada.ca and type in “renewing your mortgage.” This will take you to a wealth of information, from an explanation of key terms to tools and more to help guide you through the process. ■

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

Major purchase

A look at mortgages and mortgage renewals

COURTESY OF LANA SANICHAR



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

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

Email topic suggestions to moneyinfo@canadianmoney saver.ca.

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

Mortgage options

According to Canada.ca, hybrid and combination mortgages are also an option. Per the website, “In these

mortgages, part of your interest rate is fixed and the other is variable. The fixed portion gives you partial protection in case interest rates go up. The variable

portion provides partial benefits if rates fall. Each portion may have different terms. This means hybrid mortgages may be harder to transfer to another lender.”—LS



dji MINI 3 PRO

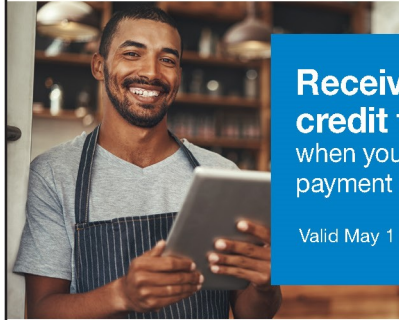
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Did you know Blockbuster, the once-iconic movie-rental chain, turned down an offer to buy Netflix in 2000?

TECH CONNECTION

by MARC SALTZMAN

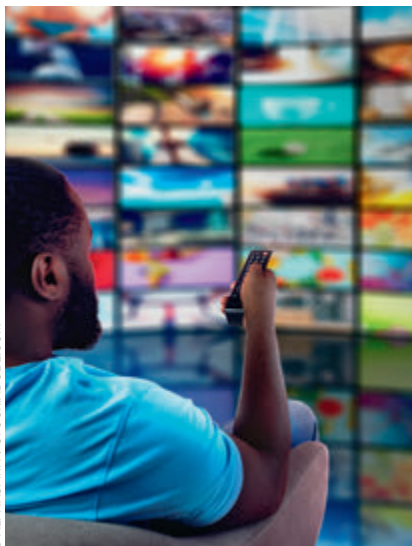
Whether you've traded cable for streaming services entirely or you simply augment your existing TV service with the likes of Netflix, Apple TV+, Disney+ and others, the following tips can help you optimize your viewing experience and help you save money:

Stream smoother. If it's taking too long for videos to load or they look choppy or pixelated, your TV may be too far from your router. If you can, move the router closer to your TV, restart your Wi-Fi connection or consider upgrading your router to a newer model that supports greater bandwidth (and multiple devices).

Find extras. Many services have extra content to unlock, such as deleted scenes, gag reels and behind-the-scenes features. While it varies among the services, the icon to launch extra content is usually underneath the "Play" button. Some services, such as Netflix, have interactive games to play, too.

Travel tip. Are you going to be on a plane for a few hours? Download TV shows and movies to watch offline, so you don't need to pay the airline for internet access. Similarly, downloading content is ideal to avoid cellular data charges during outings like family road trips.

Subtitles and overdubs. Whether you're deaf, hard of hearing or having trouble understanding accents, enable closed captions. In most cases you can even tweak the size and colour of the font. If your mother tongue isn't English, you may also choose one of a few available language overdubs.



© ALPHASPIRIT / STOCKADOBECOM

Enable parental controls. If you don't want younger viewers in your home to watch inappropriate shows or movies, you can set up a PIN code on select content. How you do it depends on the service, but it's usually found in the "Settings" area.

Shortcuts. Some streaming services offer shortcuts when their content is being watched on a computer. With Netflix, for example, F is for Full-Screen, M is Mute and tapping the Left/Right arrows lets you skip 10 seconds forward or back.

Spend less. Before committing to a service, take advantage of its free trials to see if you like the content. Or, if there's one TV series you want to binge, do it within the trial period, before cancelling. ■

Make it your own

Tips to improve your viewing experience on your favourite video streaming services

SEVAG SAGHERIAN



Marc Saltzman

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

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Email

connection@costco.com

Please include "Tech Connection" in the subject line.

COSTCO CONNECTION

You'll find a variety of quality TVs, routers, tablets and computers in Costco warehouses and at Costco.ca.

Free to be seen

Don't forget that completely free streaming video services are available. The drawback? You'll get commercials before and during your TV viewing.

Popular examples of these AVOD (ad-supported video on demand) services include Pluto TV, Tubi and the Roku Channel; in addition, all of the major Canadian networks offer free apps too, but include ads.

Speaking of saving money, while Netflix has cracked down on password sharing with family members you don't live with, it's still OK to do it with other services.—MS



always in season



Various item numbers



Alani

FUEL YOUR FUN



ALSO ON COSTCO.CA
Item 8888333

Places of the heart

Romantic destinations around the world

by PETER GREENBERG



HANDE BAYAR

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

Romance is where you make it, I have heard it said, but it never hurts to have a little help with the right ambience. Here are a few of my favourites.

Fiji

Just the phrase “South Pacific” evokes romance. And Fiji, with 333 islands, offers an abundance. In Fiji, it’s not about day-to-day deadlines, but about celebrating time together. Time to discover secluded palm-fringed beaches, intimate thatch-roofed resorts and glittering, clear Pacific waters. Time to share a kiss under one of the many waterfalls. Time to treat yourselves to a Sunday church service, where you’ll be gently serenaded with some of the most beautiful a cappella harmonies you’ll ever hear.

Saint Lucia

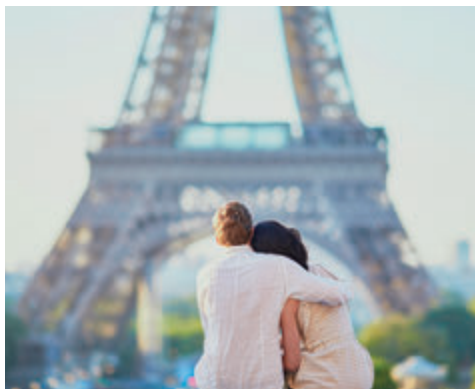
The teardrop-shaped island of Saint Lucia is a picture-perfect blending of coconut-laden palms, secluded sandy coves, waterfalls, romantic sunset

cruises and the pastel gingerbread-style buildings in the island’s capital, Castries. Have a toes-in-the-soft-sand wedding or an intimate mountainside ceremony. For a truly sensuous experience, head for the Caribbean’s only drive-in volcano for a do-it-yourself mud bath at Sulphur Springs Park, then rinse off together under a waterfall.

End your perfect day with a tiki torch-lit romantic dinner on a private deck overlooking the water at Rock Maison, where Champagne is delivered on a zip line from the hotel above.

Paris

Paris is where you fall in love, profess your love and, years later, reclaim and reaffirm your love. You linger in intimate cafés, walk through little alleyways, stroll along the Seine at night, as Paris’ landmarks seem magically lit. Have a drink at the Hemingway Bar at the Ritz, hop on a small *bateau mouche* for a sunset cruise on the Seine. Visit *Le mur des je t’aime* (The I Love You



CLOCKWISE FROM LEFT: © FOKKE BAARSEN; EKATERINA POKROVSKY; AUREMAR / STOCK.ADOBE.COM

Clockwise from left:
A beach stroll in Saint Lucia; romantic reflection in Paris; Napa is a destination for love, and lovers of the grape.

Wall) in the small Jehan-Rictus Garden in Montmartre, where tiles spell out the phrase of endearment in more than 300 languages.

Napa Valley

Napa Valley, California, is all about savouring life, which makes it a great place for a wedding or honeymoon. The 48-kilometre-long valley is a tapestry of vineyards, Michelin-starred restaurants and award-winning wineries, making Napa a feast for the senses. And love is in the air—literally—when you and your partner take in the natural beauty of the region's rolling hills with a hot-air balloon ride.

New York City

There are endless romantic things to do in the city that never sleeps. Rent a boat at the Lake of Central Park. Wander the gardens of the New York Botanical Garden in the Bronx and explore the magical glass-domed conservatory built in 1902. In summer, have a romantic picnic dinner-and-a-movie date in Bryant Park, a green oasis behind the beaux-arts New York Public Library. Inspired to read poetry to your sweetheart? Borrow a book from the library carts scattered around the park. And then, cross the East River to Brooklyn Heights and stroll along the tree-lined riverside promenade with stunning views of Manhattan. ■

COSTCO CONNECTION

Costco Travel offers vacation packages, as well as cruises, car rentals and hotel-only options for destinations in Canada, the U.S. and around the world. To learn more, visit CostcoTravel.ca or give us a call at 1-855-863-0357.

Love on the water

River cruising is all about intimacy. Small ships allow you to, literally, just go with the flow, drifting by the constantly changing scenery in

hand-holding bliss as you share an intimate perspective of romantic destinations from Italy and France to Germany and the Netherlands. Although river cruising first gained popularity in

Europe, there are exotic cruises on rivers on several other continents as well, from the Peruvian Amazon to the Nile, the Ganges and the Mekong.—PG

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Weddings by Costco

Weddings often cost a fortune, but in Costco warehouses and at Costco.ca, it's possible to dream bigger and make your budget go further without sacrificing quality. From rings to flowers, cocktails to cake, and photo books to honeymoon travel, Costco is the one-stop source to make planning your special day easy and hassle-free. Here's how.

by **WENDY HELFENBAUM**

CONTINUED ON PAGE 26



*Just
Married*



Dreaming about your new life together represents an epic adventure, one that starts with the wedding planning journey. Whether you're having a huge family gathering or an intimate affair, Costco can help you keep the excitement going throughout the festivities.

Put a ring on it

Costco member Robyn Illsley found the perfect engagement ring while shopping for groceries.

"Walking by the jewellery counter, I saw the ring I've wanted since I was a little girl who loved Princess Diana: a square-cut blue sapphire with diamonds around it," recalls Illsley, who lives in Halifax.

That night, Illsley and then-boyfriend Rick MacKay returned to purchase the ring set.

"I've since gotten countless compliments about my ring—even from total strangers," she adds.

Costco jewellery and watches buyer Julianna Nowaczek says couples will find 80 styles of gold and platinum diamond engagement rings in warehouses and at Costco.ca—from a timeless princess cut to show-stopping clusters of diamonds. There's also a wide selection of men's and women's wedding or eternity bands, with new styles arriving regularly.

"We cannot be beat for our quality and value, and we have jewellery for every taste and budget," says Nowaczek.

Costco member and wedding planner Alisha Chadee of Events by Whim in Toronto has worked with many couples who purchased their engagement rings, bands and wedding day jewellery from Costco. "Costco has a great reputation for excellent diamonds," she says.



The warehouse features diamond or gemstone necklaces and earrings for the entire bridal party to wear on the special day. Cultured Akoya or freshwater pearl necklaces, bracelets and earrings are a great choice for bridesmaids and maid of honour gifts, suggests Nowaczek.

"And for the groomsmen, watches are a fantastic option," she adds.

Provide delicious refreshments

For wedding-related feasts, including rehearsal dinners, bridal showers, celebratory brunches and receptions, why not



CLOCKWISE FROM LEFT: HENNESSEY PHOTOGRAPHY; TWIN BRIDGES PHOTOGRAPHY; © KEVIN JONES

Clockwise from left:

Kristin and Jeff Noble turned to Costco for their invitations and more; Robyn Illsley's engagement ring came from Costco; Laurie Shannon transforms Costco sheet cakes into tiered wedding cakes.



pre-order platters from Costco's Service Deli department?

"We have three options—meat and cheese, croissant sandwiches or shrimp, and each platter serves 16 to 20 people," says fresh foods and Service Deli assistant buyer Chris Larivière.

"They can be ordered a minimum of 24 hours in advance at the order kiosk, which is typically located between the Deli and Bakery departments."

CONTINUED ON PAGE 28

CREATIVE DIY WEDDING CAKE

Toronto-area Costco member and YouTube star Laurie Shannon—aka The Icing Artist—sparked a viral trend when she transformed two sheet cakes into one spectacular wedding confection.

Shannon suggests ordering two white sheet cakes two days in advance. Scrape off and save the icing. Cut out two large circles from each cake. Add fruit, custard or lemon curd between the layers before stacking them. Refrigerate the assembled cake and decorate it the next day with more icing.

"It's a blank slate for you to get creative with flavours and elevate your cake so it not only looks beautiful but also tastes delicious," she says.—*WH*





LEFT: COURTESY OF BRIDAL BLISS WEDDING PLANNING; ABOVE: COURTESY OF JULIYA BRODIN

The warehouse carries vegetable trays and bite-sized appetizers, plus tableware, utensils, napkins and folding tables.

Costco members Jeff Noble and his wife, Kristin, joke that their entire wedding came from Costco.

“We held our ceremony at the Royal Botanical Gardens in Burlington, Ontario, and the reception at our house in Lancaster. All the non-alcoholic beverages and food—appetizers, sandwiches, cheese, vegetables, shrimp—were from Costco, which helped us keep our wedding budget in check,” says Jeff.

Costco member Jordan Tucker, owner of Jasper Event Management in Alberta, has worked with couples who have purchased food and drink supplies for wedding-related events from Costco.

“Every couple wants to get the most for their budget, and we’ve suggested purchasing items in bulk, including bottled water, LED candles, wineglasses, fruit platters, scones and juices. These are easy ways to welcome guests,” he says, adding that Alberta and Quebec warehouses feature a selection of wine and beer.

Create a festive vibe with fresh flowers

Costco’s wedding floral packages include the bride’s and bridesmaids’ bouquets, corsages for the moms and boutonnieres for the groom and groomsmen—all at unbeatable prices, says lawn and garden buyer Chris Sorgard.

“The biggest advantage of buying flowers at Costco is value and convenience; we have a variety of flowers both in the warehouses and at Costco.ca—where we have Canada-wide delivery,” says Sorgard.

Members should order flowers to arrive three days before the event, so they have time to hydrate and look their best. At the warehouse level, members get expert assistance from flower cooler employees to put together a special order. Or pre-order fresh-cut flowers and greenery to make your own bouquets and arrangements—at a fraction of the cost a florist would charge, Chadee suggests.

“We’ve purchased bulk florals like roses or gerbera daisies in specific colour combinations,” she says. “All you need is space in the fridge and an ability to strip and trim flowers, and you’re good to go.”

Costco member Juliya Brodin and her bridesmaids went the DIY route for her wedding in Kelowna, British Columbia.

“We made the bouquets, boutonnieres and arrangements ourselves with Costco flowers; warehouse staff guided us toward flowers that would be in season,” says Brodin.

“They turned out beautifully, and it was a great activity for my friends and I to enjoy together.”

Chadee suggests choosing one type of flower, then adding baby’s breath or greenery for a fuller look. Finish by wrapping stems in coloured floral tape or ribbon, or place flowers in a beautiful vase.

COSTCO CONNECTION

For more information about Costco wedding options, visit Costco.ca/weddings.html



COURTESY OF CELEBRITY CRUISES

From left:
Heart-shaped macarons add a sweet touch to the celebration; Juliya Brodin and her bridesmaid assembled bouquets with Costco flowers; honeymooning on board the *Celebrity Solstice*.

Celebrate with sweet treats

Pre-order everything needed for wedding party desserts at Costco's bakery, including cookie or pastry platters, cupcakes, pies and cheesecakes.

Even though Costco warehouses don't sell traditional wedding cakes, members may pre-order sheet cakes at least 24 hours in advance from the warehouse bakery kiosk, says bakery buyer Louisa Pang-Vautour. Members can choose from 10 designs and personalize the cake with a message, she adds.

Affordable guest favours or after-dinner sweets are easy to find in the warehouse or online, says Costco member Ashley Holzschere, owner of Bridal Bliss Wedding Planning in Barrie, Ontario.

"Costco [sometimes] offers such items as heart-shaped macarons, truffles or dark chocolate pieces that make a lovely addition to any plate setting as a delicious guest favour. For the couple that wishes to do something a little more personal, purchase one of Costco's winemaking kits and make personalized bottles for [your] guests," suggests Holzschere.

Plan a romantic honeymoon

Newlyweds seeking a fabulous holiday anywhere across seven continents will find the ideal itinerary through CostcoTravel.ca, which offers ocean and river cruises, guided

tours and safaris, all-inclusive resorts, theme park trips, luxury hotels and car rentals, says Costco Travel area manager Karine St-Cyr.

"In terms of fantastic honeymoon destinations, we have packages to Hawaii, Tahiti, Bora Bora and Fiji, and the Caribbean and Mexico are also great options," says St-Cyr. Couples also can choose hotel-only bookings with a rental car, she notes.

Not only does Costco Travel provide members with competitive pricing, but they also often get access to promotions and benefits like cruise ship cabin upgrades, spa treatments, bottles of wine and a Costco Shop Card. Executive members get a 2% cash-back reward.

Costco Travel makes sure members have the best travel experience at the best price, adds St-Cyr.

"Our call centre is in Montreal, and all our agents are bilingual and fully trained so members get excellent service," she says.

Shop smart and dream big by stocking up on affordable, high-quality wedding items, food and beverages at Costco for an event you and your guests will remember for years to come. ■

Costco member Wendy Helfenbaum is a Montreal-based writer and TV producer.

Easy invites and more

Photo-related products will now be provided by Shutterfly Canada. It's a new member service that allows you to personalize flat or folded save-the-date cards, wedding invitations and thank-you notes using various templates and design layouts, reports Services buyer Steve Eberley. Simply sign up for a Shutterfly Canada account at shutterflycanada.ca/costco. After your wedding, capture memories in a stylish, customizable photo book with the click of your mouse. Best of all, members get 51% off regular-priced Shutterfly orders plus free shipping on orders over \$59.—WH



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

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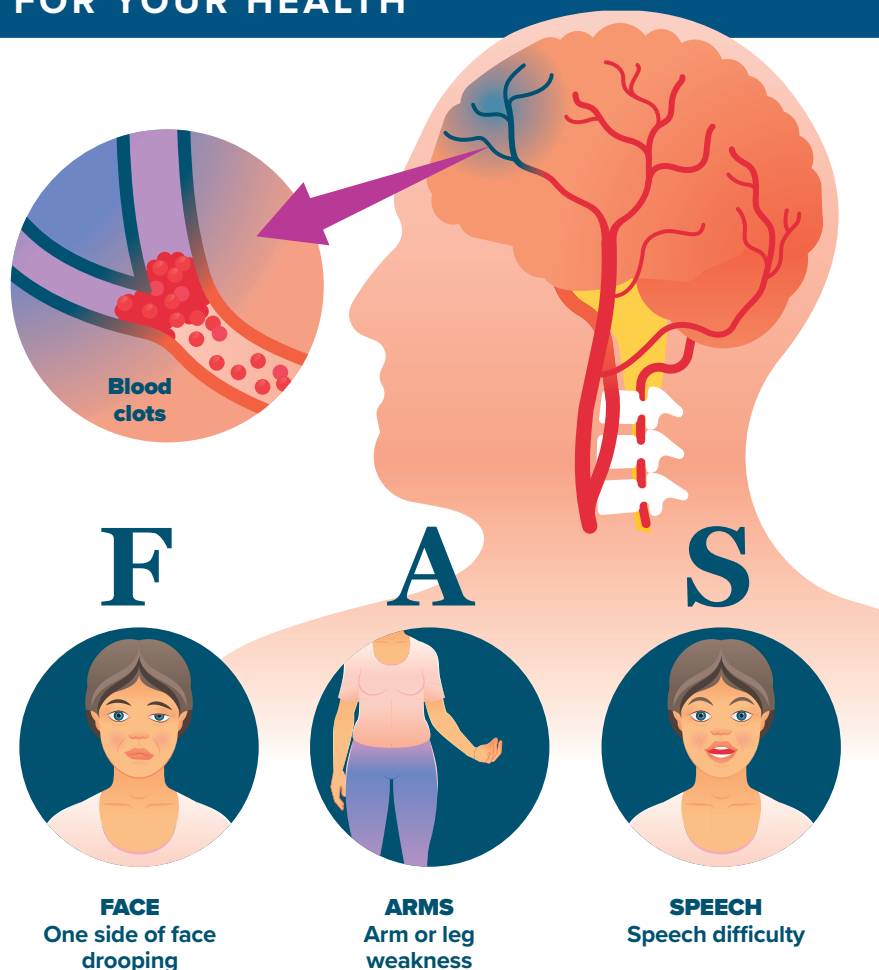
Different strokes

Be aware of the varying risks, types, causes and symptoms of stroke

BY JANE DOUCET

COSTCO CONNECTION

Exercise equipment, healthful foods, smoking cessation items and more are available in Costco warehouses and at [Costco.ca](https://www.costco.ca).



June is Stroke Awareness Month in Canada, where stroke is the leading cause of adult disability and the third leading cause of death. Every year, close to 90,000 new strokes occur, and nearly 11,000 Canadians die from stroke. More than 875,000 Canadians are living with the effects of stroke.

“The older you get, the more at risk you are,” says Patrice Lindsay, the director of health systems change at the Heart and Stroke Foundation of Canada. “But because progress is being made in new treatments and research, having a stroke doesn’t mean you can’t have a meaningful life.”

The facts are frightening, but nothing raises awareness about a health condition like a celebrity who publicly shares a personal experience. Juno Award-winning Canadian musician Alan Frew, who fronts the rock band Glass Tiger, did exactly that after experiencing a stroke.

In August 2015, Frew, then 58, had a stroke while asleep in Toronto. Paralyzed on his right side, he began the long road to rehabilitation and recovery. Two years earlier, he had been diagnosed with high blood pressure and high cholesterol, but he had been feeling so well that he stopped taking his prescription medications. In hindsight, he believes he wouldn’t have had the stroke if he’d stayed on his medications.

What is a stroke?

A stroke is a sudden loss of brain function caused by a brain blood vessel blockage (ischemic stroke) or rupture (hemorrhagic stroke). Symptoms can include weakness or loss of sensation, often on one side of the body; confusion or difficulty speaking; vision difficulties; headache; or loss of coordination and balance.

Stroke can happen to anyone, at any age, from infancy to adulthood, although most occur in those older than 60. Yet stroke disproportionately affects women—more die of stroke or have



TIME

Time to call for ambulance

worse outcomes afterward, and more are living with the effects of stroke and facing more challenges as they recover. “We don’t have a great understanding about trends in treatment for women, so it’s a big area of research,” says Lindsay.

The onset of symptoms is typically sudden. The acronym FAST is used to teach people how to detect symptoms:

- Facial drooping on one side
- Arm or leg weakness
- Speech difficulties
- Time (if you experience the first three, it’s time to call 911)

“The quicker you act by calling 911, the better your outcome will likely be,” says Lindsay. “Don’t drive yourself to the hospital or have someone drive you. A 911 call triggers actions at the hospital, where they’ll be preparing to do the appropriate tests when you arrive.”

Treatment

Treatment may include the removal of a blood clot or clots, then procedures such as angioplasty or stents, or medication such as blood thinners, to prevent further clots from forming. It may take weeks or months of physical and speech therapy to strengthen the affected areas.

Now 66, Frew is able to reflect on his experience—and offer advice. “There was massive depression at first,” he told the Heart and Stroke Foundation of Canada. “Stroke is such an insult to the human condition. You have to allow yourself to be broken and mourn what you have lost, then accept that this is it.”

Although people tell Frew they can’t tell he had a stroke, he says his right hand and arm will never be the same. He’s now vigilant about taking his medication, swims daily, is mindful of what he eats and has cut his sodium intake. “If I can help one person feel less stigmatized, I have done my job,” he says. ■

Jane Doucet is a Halifax-based journalist and author.

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Young people and strokes

Over the past 15 years, more Canadians in their late 20s, 30s and 40s have suffered strokes. Why? Because more of them are living with high blood pressure and type 2 diabetes, and when risk factors for stroke show up early, so do the diseases they lead to, say the experts. Studies show that many young people are finding work environments stressful, leaving them with less time to exercise and eat well.

If there’s a family history of strokes, their risk is higher. And if a young woman smokes cigarettes, has classic migraines with aura and is taking oral contraceptives, her risk is much higher.—JD

Decrease the risks

Certain risk factors for stroke, such as age, sex and family history, can’t be changed. Elderly women

are especially vulnerable.

Hypertension (high blood pressure) is the most important modifiable risk factor, so keep it in check.

Other important preven-

tion factors include maintaining a healthy weight, eating properly, exercising regularly, not smoking, not drinking excessively and controlling cholesterol.—JD

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At a loss

Some long-term medications may deplete needed vitamins and minerals

by LAWRENCE VARGA and JOSEPH HANNA



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

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

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There are volumes written about what vitamins and minerals you might need to stay healthy. Let's look at three important ones: folic acid, vitamin B₁₂ and magnesium, which are all depleted if you take common prescription medications for lifelong chronic conditions.

Folic acid, also known as vitamin B₉, helps with the formation of red blood cells that transport oxygen for energy. It is found in green leafy vegetables; legumes and fruits, such as bananas and oranges; and animal proteins, as well as many processed foods that are fortified with it.

Many people with diabetes take metformin; those with seizure disorders might take carbamazepine, phenytoin or valproic acid; and women experiencing menopausal symptoms may be prescribed estrogen. Those medications reduce folic acid levels. Eating foods rich in folate or supplementing with about 0.4 milligram (mg) of folic acid per day can help prevent deficiency.

Vitamin B₁₂, also known as cobalamin, is involved in everything from cell formation to reducing homocysteine levels that can contribute to heart disease. The same medications that deplete folic acid can also reduce levels of vitamin B₁₂, but it can be easily found in protein products such as fish, meat, eggs and dairy, as well as foods fortified with it.

Most supplements contain the form of vitamin B₁₂ called cyanocobalamin, which is metabolized in the body to its active form of

methylcobalamin. Although the recommended daily allowance is only about 2.5 micrograms (mcg), 100 mcg or 1,000 mcg daily are common doses taken to correct deficiencies, especially in the elderly or those who have difficulty absorbing B₁₂ properly through food.

Magnesium is a mineral that needs to be present in the body for strong bones and proper metabolism. Magnesium deficiency causes diseases like osteoporosis, hypertension, diabetes, stroke and more. It can be found in dairy products, meats and even chocolate, coffee and hard water. Foods high in fibre, such as whole grains, legumes, green leafy vegetables, seeds and nuts, also contain magnesium.

People who take stomach acid reducers, anti-rejection drugs for transplants, corticosteroids or estrogen, "water pills" for high blood pressure or digoxin for the heart may need to supplement. Usually, doses of about 300 mg to 400 mg daily are adequate to prevent illness.

Always ask your health care professional before starting a new vitamin or supplement, but, armed with this information, you can peruse the supplement aisle with confidence. ■

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Sequence matters

Observe the correct order in applying skin products for the best results

by SUJA NATARAJAN



COSTCO CONNECTION

Costco members will find a wide selection of skin care products, including cleansers, toners, exfoliants, moisturizers, face oils and more, in Costco warehouses and at Costco.ca.

Radiant skin is the result of genetics, healthy habits and a smart skin care routine. Building the right skin care routine can be daunting with so many products and options. Between toners, retinoids and moisturizers, what is the correct order for using skin care products?

The following tips from experts explain how to layer skin care products in the right order to get the most out of them.

Why does sequence matter?

Toronto-based Dr. Geeta Yadav, a board-certified dermatologist and founder of FACET Dermatology, says, “Using your skin care products in the correct order will help you make the most out of each step.” Proper layering of products means achieving the desired results within the expected time frame. “Thinnest product to the thickest product is the general rule,” says Toronto-based Dr. Kristy Bailey, founder and medical director of FCP Dermatology.

Cleanser

The prime step of a skin care regimen, cleanser prepares the skin for the rest of the routine. “A cleanser removes dirt, oil and makeup from the surface of your skin. Be sure to use a gentle cleanser appropriate for your skin type,” says Toronto-based Dr. Dusan Sajic, a board-certified dermatologist and anti-aging physician.

Toner

Toners do an excellent job of double-cleansing the skin. “Using a toner helps rebalance the skin’s pH levels and is different from an exfoliator. They also remove oil [and] dirt and replenish freshly cleansed skin,” says Yadav. Toners with herbal extracts gently cleanse and soothe the skin.

Exfoliant

Exfoliation prevents the buildup of dead cells and boosts absorption of treatments and moisturizing products. When to exfoliate? Bailey suggests exfoliating once a week. However, not everyone needs to exfoliate. People with



LEFT TO RIGHT: © DAXIAO PRODUCTIONS; WAYHOME STUDIO; JACOB LUND / STOCK.ADOBE.COM

sensitive skin, rosacea or eczema should avoid exfoliation as it can be too irritating. Using exfoliants in the morning makes your skin likely to burn in the sun due to photosensitivity. Yadav recommends using them at night instead.

Moisturizer and sunscreen

Moisturizing helps the skin retain moisture so it's healthy and balanced. Choose a moisturizer that contains hydrating ingredients, such as hyaluronic acid and emollients such as ceramides that help absorb and retain moisture in the skin, says Yadav. If you're using a moisturizer with SPF, moisturizer is the penultimate step before applying makeup. When using retinol in the evening, apply a thicker moisturizer to reduce irritation, says Bailey.

Apply sunscreen as the final step in your skin care routine. Protecting your skin every day helps prevent premature aging and skin cancer. Look for a broad-spectrum sunscreen with an SPF of at least 30, says Sajic. Often thick and heavy, sunscreens block UVA and UVB rays.

Face oils

Heavier than serums, face oils hydrate, smooth and soften the skin. If your face oil is heavy, apply it after the moisturizer; if the oil is lighter, apply it before the moisturizer.

Pay attention to your skin's ever-changing needs as it adjusts and responds to internal and external aggressors. Seek advice from a skin care professional to find the right skin care routine to maintain healthy and radiant skin. ■

Suja Natarajan is a writer based in Virginia.

“Using your skin care products in the correct order will help you make the most out of each step.”

— DR. GEETA YADAV ◆

Skin care basics

Follow these steps for most skin care regimens:

Apply products according to their consistency: Go from thinnest to thickest to

ensure the best absorption.

Allow each product to settle or dry before applying other products for maximum benefits.

Your morning skin care routine should focus on

protecting and preventing damage to your skin during the day, while at night you need to apply products that will repair and nourish your skin while you sleep.—SN

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—Miriam Mustapha



Neutrogena Rapid Wrinkle Repair Retinol Cream

It's important to focus year-round on skin care and keeping skin moisturized. Neutrogena's anti-wrinkle face cream is fragrance-free and helps regenerate, moisturize and smooth skin. Made with retinol SA, the cream helps to reduce the look of fine lines and wrinkles and diminish the appearance of age spots. It also contains hyaluronic acid, which may help hydrate and rejuvenate the look of dull skin. Item 1704812. Warehouses/Costco.ca.—Brittney Romberg



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After Bite Sensitive temporarily relieves minor skin irritation and itching from insect bites, as well as skin reactions to poison ivy, poison oak and poison sumac. If you love being outdoors this time of year, but don't love the pain and itchiness of bug bites, this travel-friendly pen fits easily into packs, pockets or purses, contains no parabens and is cruelty-free. Item 2530508. Warehouses/Costco.ca.—Alexandre Champagne

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Strawberry Growers

DENTZ ORCHARDS AND BERRY FARM Family-owned and operated since 1957, Dentz Orchards and Berry Farm is located in Iroquois, Ontario, an hour south of Ottawa. Dentz uses sustainable and innovative growing practices which have been certified by CanadaGAP, a program developed to promote Good Agricultural Practices for fruit and vegetable suppliers. The Dentz family takes pride in serving customers with fresh, high-quality berries with exceptional taste.



Mark Dentz, Calvin Dentz, Cathy Dentz and Laura Dentz

LES ENTREPRISES PITRE From Lac-des-Écorces, Québec, Les Entreprises Pitre was created in 2017 by Jérémie, Jonathan, Olivier and their father Michel Pitre. With determination, passion and a long-term vision, the Pitre family and their employees have grown their strawberry production to 350 acres. The farm aims to produce high-quality, tasty fruit while being environmentally conscious. The agricultural future looks promising for the Pitre family, who rely on values of innovation, integrity, honesty and respect. The well-being of employees and customer satisfaction are of the utmost importance.



Olivier Pitre, Jonathan Pitre and Jérémie Pitre

LES FRAISES DE L'ÎLE D'ORLÉANS INC. Founded in 1979, les Fraises de l'Île d'Orléans inc. is a collection of multiple farms owned by the Gosselin family. The berry farms cover about 80 hectares of land, with the main one being in St-Laurent-de-l'Île-d'Orléans, Québec. They are continuously looking for new innovations in sustainable growing practices, integrated pest management systems and reducing the use of pesticides. Their sustainability efforts are also applied to their recyclable packaging.



Jeanne Gaudreau-Gosselin, André Gosselin, David Gaudreau-Gosselin and Linda Gaudreau

MASTRONARDI Proudly owned by Peter and Ellen, Jennen Strawberry farm has been growing strawberries for Mastronardi BerryWorld America (MBWA) under the BerryWorld label. The farm's story began in 1993 when the couple started a first-generation family farm in Wabash, Ontario. Nearly 30 years later, the Jennens and their three children farm over 700 acres of produce, including high tunnel strawberries, since 2007. They were the first farmers in Ontario to try and adopt high tunnel covered production for strawberries and won the award of the Agriculture Innovator of the Year in 2019 for their growing system.



Peter Jennen and Ellen Jennen

MILLEN FARMS A family-run farm in Great Village, Nova Scotia began in the early 1970s with Curtis Millen working for a local farmer who traded him 6 rows of strawberries in exchange for work. The Millens have since expanded the farm into one of the largest berry farms in Atlantic Canada. The farm harvests approximately 200 acres of strawberries each year. The farm's goal is to find a signature strawberry variety that meets Costco's criteria for flavour, colour, shape, shelf-life, and overall quality.

PETITS FRUITS ORLÉANS INC. Meaning "Orléans Berries," Petits Fruits Orléans is a group of three farms on Orléans Island, Québec that have been farming for over seven generations. The Gosselin, Pouliot and Vaillancourt families came together to share their heritage and reputation. Today, one of the company specializations is the production of strawberries. By working together, it facilitates their activities and the logistics of their products so that they can better serve their local territory. Their primary goal is to offer consumers fresh and delicious berries grown in Québec. Petits Fruits Orléans, is a collective effort to create an efficient and sustainable business model.

SEEDS & STEMS Located in Elgin County, Ontario, the Howe family has been growing strawberries on their fields for over 100 years. They are constantly looking for innovative growing practices and new varieties to provide the best tasting strawberries while growing sustainably. They are advocates of eating local and being engaged within the community. They believe in preserving their family's legacy of providing safe, healthy and delicious produce to all of their customers. By being dedicated to sustainable growing practices, they are ensuring that the tradition of growing strawberries will continue for many more years.

VINELAND GROWERS Strawberry Tyme Farms Inc. – owned by the Cooper family is a four-generation berry growing expert located in Simcoe, Ontario. They focus on leading-edge growing practices to supply consumers with high-quality berries all season long. Despite the ever-changing methods and crops, their approach remains constant: honest and hardworking individuals producing honest and quality product.

WEBSTER FARMS Owned by Annapolis Valley First Nations, Webster Farms is located in Cambridge, Nova Scotia. They are the first Mi'kmaq-owned farm in Nova Scotia. Webster Farms strawberries are known for their sweet and juicy taste, making them a favourite among locals and tourists. In addition, they operate a seasonal mill for the manufacturing of traditional wooden berry boxes, which add to their unique and authentic appeal. They are committed to producing and marketing high-quality fruits and vegetables for a diversified customer base and are situated on a portion of one of the original land grants from the 1760s.



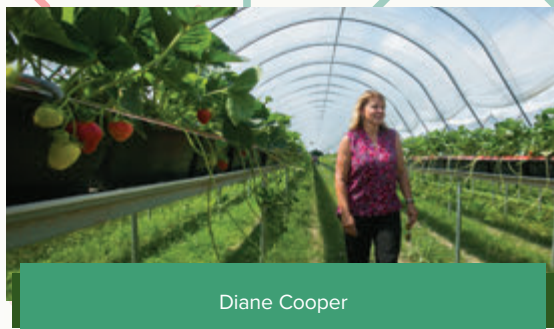
Clarissa Millen, Brandon Millen, Ann Millen, Adam Millen, Curtis Millen, Jonathan Millen and Megan McCully



Josiane Girard and Philippe Vaillancourt with their boys, Etienne, Olivier and William



Ryan Howe, Jill Howe, Glenn Howe, Monica Howe, Kevin Howe and their little helpers



Diane Cooper



Monique Holland, Murray Copage Sr., Gerald B. Toney and Nastasya Kennedy



Garlic Butter Crab Legs

© PAM NELSON (FORTHETOLOVECOOKING.NET)

Dungeness crabs

A sweet and easy seafood treat

by MILLY DAWSON

We use the word “crabby” to describe someone mean and cranky, but Dungeness crabs’ appeal lies in their sweet and tender meat. Sustainably harvested in chilly Pacific waters between California and Alaska, they also delight the eyes, with pure white body meat and white leg meat that shows a rosy tinge.

Named for Dungeness, Washington, where they were first harvested com-

mercially, these crabs are flexible about where they live, inhabiting both ocean shallows and depths. They’re flexible in recipes too, starring in crab Louie salad and cioppino, a seafood stew.

Dungeness crabs are available cooked as whole crabs, legs only or in sections called clusters, which comprise several legs attached to a portion of the body.

They taste amazing simply boiled and eaten straight from the shell with lemon and melted butter. Cook extra for later use, and toss the meat into a soup or pasta sauce just before serving.

Refrigerated in an airtight container, whole steamed crabs are best eaten before day three. Cooked crab that has been sitting out should be eaten within two hours.

Low in fat, Dungeness crab abounds in heart-healthy omega-3 fats. According to the Oregon Dungeness Crab Commission, an 85-gram (3-ounce) cooked serving delivers 19 grams of protein, 94 calories and minerals including calcium, magnesium and zinc.

Typically, 907 grams (2 pounds) of whole crab yields about 227 grams (8 ounces) of meat, typically enough for two people. If you serve many sides with them, smaller amounts of crab will suffice. Clusters range from 227 to 340 grams (8 to 12 ounces), and an average serving is two to three clusters.

Dungeness crab keeps in the freezer for nine to 12 months. Thaw it slowly, covered, in the refrigerator for 12 to 24 hours and consume it within three days.

Whatever recipes you choose, remember how sweet and delicate Dungeness crab is and avoid overwhelming its delicious flavour with too many strong spices.

Best of all, Dungeness crab receives top ratings from Seafood Watch, a respected program of the Monterey Bay Aquarium, for fishing methods that protect the environment and other species. ■

Milly Dawson is a Florida-based writer who covers food and health.



© CHRIS A. RUSNAK

Garlic Butter Crab Legs

125 mL (½ cup) butter

3 to 4 garlic cloves, minced

15 mL (1 Tbsp) fresh parsley, finely chopped

Pinch of crushed red pepper flakes

Sea salt and freshly cracked pepper, to taste

2 large Dungeness crabs, cooked, cleaned and legs separated into clusters

Lemon wedges, for serving

Heat the butter in a large skillet over medium heat; add the garlic, parsley, crushed red pepper flakes, sea salt and freshly cracked pepper.

Add the crab leg clusters and turn over to coat evenly. Cover tightly with a lid; steam the crab legs for 3 to 5 minutes. Remove the lid; toss to thoroughly coat the crab leg clusters with the butter sauce. Place the clusters on a platter. Serve with the remaining garlic butter on the side and lemon wedges. Makes 2 servings.

Recipe courtesy of Pam Nelson (forthe love of cooking.net)

Dungeness Crab Cakes

1 whole egg

80 mL (⅓ cup) mayonnaise

30 mL (2 Tbsp) chives or scallions, finely chopped

30 mL (2 Tbsp) red bell pepper, finely diced

30 mL (2 Tbsp) celery, finely diced

15 mL (1 Tbsp) fresh dill, finely chopped

5 mL (1 tsp) Old Bay seasoning

Juice of ½ lemon

454 g (1 lb) fresh Dungeness crab meat, picked over

375 mL (1½ cups) panko bread crumbs, divided

15 mL (1 Tbsp) olive oil

Preheat oven to 190 C (375 F). Line a baking tray with parchment paper.

Whisk the egg in a medium bowl. Blend the mayonnaise, chives, bell pepper, celery, dill, seasoning and lemon juice. Stir in 125 mL (½ cup) of bread crumbs. Gently fold in the crab meat. Divide the mixture into 6 equal portions. Shape each into a small patty about 8 cm (3 inches) in diameter and 2 cm (¾ inch) thick. Place crab cakes on a plate; refrigerate for 30 minutes.

Meanwhile, put the remaining bread crumbs in a bowl and toss with the olive oil. Spread out the crumbs on the lined baking sheet. Oven-toast them just until golden, about 3 to 4 minutes.

Transfer the bread crumbs to a shallow plate. Place the crab cakes in the bread crumbs and press down gently to coat each side.

Transfer the crab cakes to the lined baking sheet. Bake on the middle oven rack for 20 minutes, until golden and heated through. Transfer to a serving plate. Makes 6 servings.

Recipe and photo courtesy of Pat Nyswonger (savorthebest.com)



COSTCO CONNECTION

You'll find Dungeness crab clusters in Costco warehouses. Groceries are available for delivery through Costco Grocery at Costco.ca.



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BLUEBERRY TEA SPRITZ

Serves 4

500 mL (2 cups) **Fresh Blueberries**
500 mL (2 cups) water
250 mL (1 cup) sugar
80 mL (⅓ cup) lemon ginger tea
15 mL (1 Tbsp) fresh squeezed lemon juice
Club soda
Blueberries, for garnish
1 lemon, for garnish

In a medium saucepan add fresh **Fresh Blueberries**, water and sugar. Bring to a simmer and use a spoon to smash the berries as they cook, about 10 minutes. Allow mixture to cool. Pour through a mesh strainer to remove fruit pieces.

Add 30 mL (2 Tbsp) blueberry syrup to a glass, top with lemon ginger tea, lemon juice and club soda. Garnish with fresh blueberries and a lemon twist.

WARM CRUSTED DILL PICKLE DIP

65 g (½ cup) Kirkland Signature Cream Cheese, softened
125 g (1¼ cup) Kirkland Signature Shredded Parmigiano Reggiano Cheese
250 mL (1 cup) Kirkland Signature Greek Yogurt
5 mL (1 tsp) Kirkland Signature Crushed Red Pepper, optional
5 mL (1 tsp) Kirkland Signature Minced California Garlic
145 g (1 cup) dill pickles, diced
15 mL (1 Tbsp) fresh dill, chopped
60 g (½ cup) plain bread crumbs
60 g (½ cup) Panko bread crumbs
30 mL (2 Tbsp) unsalted butter, melted

Kirkland Signature Kettle Himalayan Salt Potato Chips

Preheat oven to 205 C (400 F). Spray a small baking dish with cooking spray, set aside.

In a mixing bowl combine cream cheese, 250 mL (1 cup) of the cheese, Greek yogurt, garlic, pickles, and dill. Pour the mixture evenly into the baking dish.

Toss together both bread crumbs and remaining cheese and spread evenly over the dip. Drizzle with melted butter and bake for approximately 15 minutes, or until topping turns golden brown.

Serve with **Kirkland Signature™ Kettle Himalayan Salt Potato Chips**.



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Summer Starts Here



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Melon mania

The fruit that will make you lose your rind

by ANNE DANAHY



© TASHA BRADY PHOTOGRAPHY

Anne Danahy (cravingsomethinghealthy.com) is an Arizona-based freelance health writer and frequent Costco shopper.

With their mouth-watering flavours and rainbow of colours, melons can make summer even sweeter.

Most melons are fat-free and naturally low in sugar, with only 10 to 15 grams and about 50 calories per 250 millilitres (1 cup). They are high in vitamin C, potassium, fibre and antioxidants. Melons with red or pink flesh contain lycopene, which is linked with a lower risk of prostate cancer and heart disease. Orange melons are rich in beta carotene, which is vital for eye health.

Melons, on average, are about 90% water plus electrolytes, so they're a tasty way to stay hydrated in the summer.

Watermelon, cantaloupe (also known as muskmelon) and golden honeydew are familiar favourites. Delicious for snacks or in fruit salad, melons are also versatile in sweet or savoury recipes.

Floral, fruity cantaloupe slices complement salty prosciutto, manchego cheese and pistachios on a summer charcuterie board. Golden honeydew melons are an oval to round variety with a bright golden rind and velvety, pale ivory-green flesh that's firm but succulent with a delicate, honeyed flavour. Dice a golden honeydew melon and toss it with red pepper, pineapple, jalapeño and cilantro for a refreshing fruit salsa to serve atop grilled chicken or fish. Melons are also great for grilling. Cut them into thick triangle wedges and give them a quick sear on a hot grill for a succulent side dish.

Stock up on all shapes and sizes of watermelon to serve in everything from salads to desserts. Watermelon's sugary flavour pairs well with salty feta cheese and fresh basil for an easy summer salad. And watermelons are perfect for dessert pizza. Cut them crosswise into round slices and then into wedges to resemble pizza slices. Top slices with Greek yogurt and fresh berries for a bright, healthy treat.

Choose firm melons that feel heavy for their size and are free from cracks or bruises. For the ripest watermelon, look for a yellow spot on one side where it sat on the ground to ripen in the sun.

Canada.ca recommends washing a melon before cutting into it. Once it's been cut, refrigerate your melon, and eat it within four days. If you find yourself with excess melon, purée the flesh and freeze it in ice cube trays. Use the cubes in smoothies, *agua fresca* or a refreshing granita.

Now that you're juiced about these tasty summer fruits, chill out with all of them this summer. ■



Delicious for snacks or in fruit salad, melons are also versatile in sweet or savoury recipes.



Watermelon Appetizers

¼ watermelon, rind removed, chopped into 2.5-cm (1-inch) cubes (about 1 L/4 cups)

115 g (4 oz) Pecorino Romano cheese, cut into thin squares

85 g (3 oz) thinly sliced prosciutto, chopped into bite-size squares

Wooden appetizer toothpicks

Extra-virgin olive oil

Freshly ground pepper

Arrange the watermelon cubes on a platter. Top each cube with a cheese square. Fold a square of chopped prosciutto on top.

Secure each morsel with a wooden appetizer toothpick.

Drizzle each appetizer with olive oil and sprinkle with fresh ground pepper.

Makes 6 servings.

Recipe and photo courtesy of Alison Randall (homeandplate.com)

Melon Skewers

1 cantaloupe, halved

1 honeydew, halved

1 small seedless watermelon, halved

Wooden skewers

DRIZZLE

60 mL (¼ cup) honey

30 mL (2 Tbsp) lime juice

5 mL (1 tsp) mint, chopped

Clean seeds out of both the cantaloupe and the honeydew. Using a melon baller, scoop out flesh from the melons. Thread alternating fruit pieces onto wooden skewers.

Prepare the drizzle: In a small bowl, whisk together honey, lime juice and mint. Drizzle over the top of the prepared fruit skewers. Allow to stand 2 to 3 minutes before serving. Makes 16 servings.

Recipe and photo courtesy of Traci Crossland and Caylie Crossland (bakerstable.net)



COSTCO CONNECTION

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Cindy Redmond
Buyer, Books

After the death of their mother, three estranged brothers meet at the family's cottage, where, long ago, an accident forever changed the family.

Benjamin, the middle son, has an increasingly loose hold on reality, but he's also determined to figure out why his family was never close. Before the brothers leave, they will find out what really happened in the cottage so many years ago.

This atmospheric thriller is sure to have readers turning pages at a break-neck speed.

The Survivors (Item 1005491) will be available in June in most Costco warehouses.



Alex Schulman

© VIKTOR FREMLING

Power to endure

Alex Schulman and the art of emotional autobiography

by BRYAN REESMAN

Sometimes the deepest mysteries circle closest to home. Alex Schulman's novel *The Survivors*, now in paperback, tells an intimate tale through parallel timelines in alternating chapters. In the present, three brothers are fighting and grieving for their dead mother, and in the past, readers are transported to a tumultuous summer with the brothers' alcoholic parents. The present chapters are told backward, while the past chapters move forward, both set on a collision course toward the truth. As the siblings face spreading their mother's ashes, emotional secrets will be exhumed that illuminate their familial dysfunction.

The Swedish author's fifth book—and first novel—*The Survivors* has sold in 35 countries and falls into the realm of what could be called emotional autobiography. As Schulman says, “I could write scenes that never happened to me. But still, they are 100% true.” He has written autobiographical books about his wife, father, grandfather and alcoholic mother. His mother, he says, has factored into much of his writing, including *Forget Me*, Sweden's Book of the Year in 2017.

The Survivors was actually inspired by the passing of his mother and his emotional estrangement from his two brothers. The timeline was influenced by information he gleaned from a police officer friend.

“He once told me that when they interrogate suspects they have this technique [where] they ask the suspect to tell the story backwards because it's much harder to lie backwards,” Schulman recalls. “That was just the first idea of it. What if you tell the story backwards? What can you gain from it?”

[The story's middle brother], Benjamin, is also a bit backwards, and he doesn't know up from down and just doesn't know what's reality. So, I thought it could work in the theme as well," says Schulman, who enjoys books in which readers must figure out a puzzle.

Before becoming a published author, Schulman wrote a blog critiquing the celebrity culture in Sweden. That led to newspaper assignments, and for many years he has written a column for the major Swedish newspaper *Dagens Nyheter*, in which he tackles everything from personal stories to politics.

Schulman's father, Allan, was a TV journalist; his mother, Lisette, a TV host and politician; and his maternal grandfather, Sven Stolpe, an author. Despite his pedigree, Schulman did not initially get attention for his books. It was his blog (started in 2005) and its half million readers that convinced Swedish publishers to take him on. His first book, *Hurry to Love*, arrived in 2009. He has also been a TV and radio host and playwright since then.

For more than a decade, Schulman has co-hosted the popular Swedish *Alex & Sigges* podcast with fellow author Sigge Eklund in which they do everything from share stories to philosophize about various topics. He gets to test ideas through the podcast, such as trying backward storytelling.

Schulman says *The Survivors* changed everything in 2020. "Before that I didn't sell one single book outside of Sweden," he says. "It's very much before and after *The Survivors*. I wrote one book [after] called *Malma Station* that's coming out abroad now. But I owe everything to *The Survivors* because that was the book that took me abroad." ■

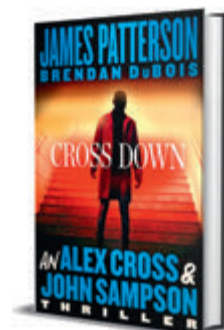
Bryan Reesman is an author who is based in New York.

ADDITIONAL BOOK PICK

BOOK *Cross Down*

AUTHOR James Patterson and Brendan DuBois

Cross Down (Item 1057786) will be available in June in most Costco warehouses.



When Alex Cross is injured, it's up to his partner, John Sampson, to find justice. *Cross Down*, by James Patterson and Brendan DuBois, finds Sampson working on his own and fighting to keep many people safe, including his friend Cross, his young daughter and the U.S. president.

Costco Connection What inspired the plot point of sidelining Alex Cross?

Brendan DuBois In the 30 *Alex Cross* novels, John Sampson has been a constant companion, sounding board and defender of Alex's. They've been friends since childhood, and we thought [this book] would present a story in which John moves from supporting character to main character.

CC What did you most enjoy about having John Sampson work on his own?

BD Part of the joy in working with John Sampson as the lead character was making him the forefront of the investigation and action. No longer a sidekick—as important a role as that has been—now the weight and burden of solving a brutal attack that almost killed Alex Cross rests entirely on him. It was also a delight to flesh out his background and feel his inner thoughts and emotions.

CC What else would you like readers to know?

BD Readers who pick up *Cross Down* will find a fast-moving story in which John Sampson learns the murder attempt on Alex Cross was part of a much wider conspiracy.

Also in the warehouse

These bilingual book-and-puzzle sets are a great form of unplugged fun for the little ones in your life. The three titles include *The Farm*, *Land of Dreams* and

Fantastic Creatures. Each set has a puzzle with either 25, 100 or 200 pieces.

The accompanying books include text in both English and French, a variety of seek-and-find activities and a poster to

help children assemble the puzzle.

My Puzzle Box and Book from Auzou (Item 1778899) will be available in June in most Costco warehouses.

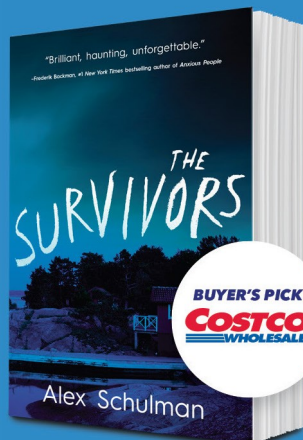
—CR





The ultimate summer read about lost loves and second chances.

ITM.1005512



NEW RELEASES

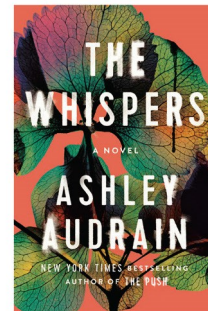
from Penguin Random House Canada

"Brilliant, haunting and unforgettable."

—Fredrik Backman

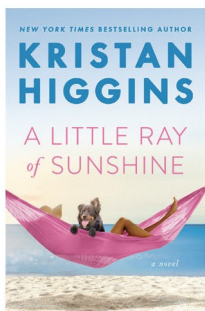
An international sensation sold in over 30 countries, in which three brothers confront the shattering childhood event that changed the course of their lives.

ITM.1005491



The new page-turner from the #1 bestselling author of *The Push*.

ITM.1005519



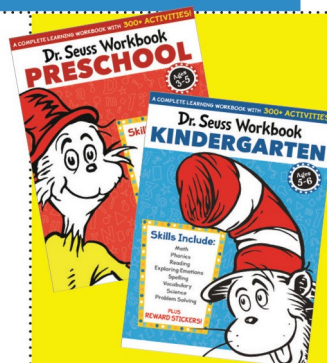
Harlow thought she had it all. Until her biggest secret walked into town...

ITM.1005508

A spy and a pilot fall in love but are wrenched apart during World War II.

ITM.1005513

Product selection may vary by location.



Learn and play with Dr. Seuss in these ultimate workbooks, with over 300 curriculum-based activities ranging from letters, numbers, social emotional learning, to science!

ITM.1576253

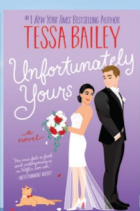
Booked FOR THE Summer

FOR ADULTS



A detective ready for a new life. A death that disrupts everything.

Itm. 1727837



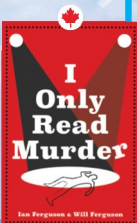
An heiress and a vintner discover there's a fine line between love and hate.

Itm. 1727836



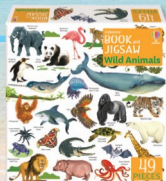
From the bestselling author of *Just for the Holidays* and *One Summer in Italy*.

Itm. 1015958



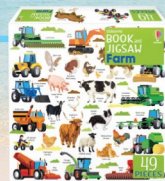
A former television sleuth witnesses a murder and is forced to solve it.

Itm. 1019267



Learn about wild animals with this book and jigsaw set.

Itm. 1019269



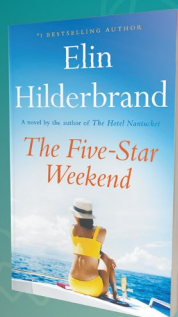
Discover farm animals and the big machines in this farm-themed book and jigsaw set.

Itm. 1019269

HarperCollinsCanada

Product selection may vary by location

SIZZLING SUMMER READS

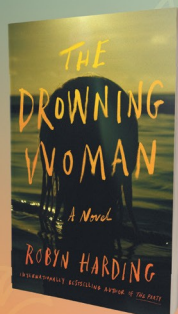
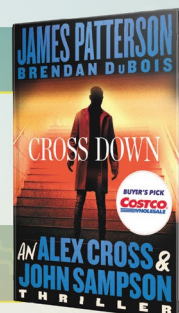


After tragedy strikes, five unlikely friends gather in Nantucket to spend an unforgettable weekend together. From the queen of beach reads, Elin Hilderbrand, author of the bestselling *The Hotel Nantucket*.

ITM.1042671

John Sampson takes center stage in this spin-off from James Patterson's *Globe and Mail* bestselling Alex Cross series.

ITM.1057786



From Canadian #1 bestselling author Robyn Harding comes a propulsive thriller about a young woman down on her luck—until she rescues a wealthy woman from drowning and is pulled into a dark web of secrets.

ITM.1057792

Product selection may vary by location

HACHETTE BOOK GROUP, INC.

MARVEL



Disney



TODDLER 3-PIECE SETS

Your child will love these summer outfits featuring their favourite Marvel, Paw Patrol & Disney characters.
itm. 2472421



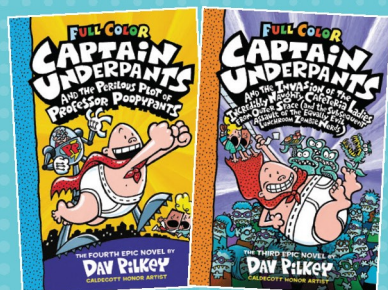
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12 pair pack

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Spandex for shape retention
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itm. 2195000
Item numbers vary by size

KID-APPROVED SUMMER READING



ITEM 1042653

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**GRAPHIC NOVEL
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FOR AGES 7-10.**



ITEM 1388464

Art © Dav Pilkey



graphix

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Laura Bode fills this issue's consumer reporter slot with this behind-the-scenes look at a Costco program. Email questions about this article to connection@costco.com.

Jewels of the sea

Lustrous and beautiful cultured pearls at Costco undergo a rigorous grading system to ensure quality

by LAURA BODE

Sometimes, in that mad dash to get groceries and other staples, it is easy to speed right by the true treasures at Costco: the jewels and precious metals on display in the jewellery case. My advice: Stop and marvel.

On a recent visit I did just that. One category that really stands out is Costco's pearl selection. But shopping for pearls can be a bit confusing. What are the different types? What's the difference between cultured and natural? Among other questions. Fortunately, I could turn to Julianna Nowaczek, Costco's jewellery buyer, for answers.

"Pearls are definitely having a moment," says Nowaczek. "They are going into engagement rings, and men are now wearing pearls."

What is a pearl?

Pearls come from a living creature—a shell-based animal categorized as a mollusc. According to England's Natural History Museum, pearls are made by

marine oysters and freshwater mussels as a natural defence when something, such as grit or sand, enters their shell.

Cultured versus natural

Natural pearls are formed in the wild without any human intervention and are extremely rare—almost unobtainable—and very expensive, Nowaczek says. Cultured pearls are real—not imitation—pearls grown with some human intervention by oyster and mussel farmers under controlled conditions, in both salt water and fresh water. Cultured pearls are more plentiful and affordable than natural pearls.

Pearls at Costco

Four types of cultured pearls are available in Costco warehouses and at Costco.ca: freshwater, South Sea, Akoya and Tahitian.

Freshwater pearls are the most widely produced pearls on the market, making them the most common and affordable.

Above:
8–11 mm Cultured Tahitian Pearl Necklace (Item 499394)

Opposite page:
3–7 mm Cultured Freshwater Pearl Bracelet (Item 1579347);
7–7.5 mm Cultured Akoya Pearl Stud Earrings (Item 232015);
7–7.5 mm Cultured Akoya Pearl and Diamond Ring, 0.11 ctw (Item 1576638)



Cultured freshwater pearls come in a wide variety of shapes and colours, including pink and white.

South Sea pearls are more expensive, due to sensitive growing conditions and the length of time it takes them to grow to a large size. These jaw-dropping pearls are often used in high-end jewellery and come in elegant shades of cream, yellow, champagne, gold and white.

Akoya pearls, the majority of which are grown in Japan, are renowned for their lustre and their smooth, spherical shape, and are one of the most sought-after pearl types. These cultured pearls come in white or cream, and are popular for strand necklaces.

Tahitian pearls come from the salt waters of Tahiti and French Polynesia. The large size of these black and grey pearls, and their iridescent nuances of blue, silver, purple, green and brown—the result of the specific chemistry of the mollusc species—make these pearls even more breathtaking.

Making the grade at Costco

Because cultured pearls are created by a living creature, no two pearls are alike. For this reason, a unique triple-check grading system has been put in

place to ensure that Costco members are purchasing the very best cultured pearls on the market.

The first cultured pearl inspection is by the pearl farmer's production team. They check lustre, size, shape and colour. The cultured pearls are then shipped to a wholesaler for a similar inspection before going to the quality assurance team in Costco's jewellery buying division.

"My team of graduate gemologists compare the piece to the article of description to make sure that the metal is correct, the piece has the correct number of diamonds and the pearl size is correct," says Lisa Switzer, jewellery quality control manager at Costco. "From there, we make sure the cultured pearls meet our quality standards: no blemishes, the bead is not cracked and it is secure in the jewellery piece. If there are diamonds, we check those as well." Once the piece passes the quality test, it's moved on for sale in the warehouses or at Costco.ca.

Noting that the pearl is one of June's birthstones, I ask Nowaczek about the best time to wear pearls. She quotes first lady Jackie Kennedy, who once said, "Pearls are always appropriate." ■

PEARLS OF WISDOM

Here are a few tips from experts on how to care for pearls:

- How can you tell if your pearl is real or fake? Rub it lightly against your teeth; you should feel a gritty sensation.
- The alcohol in any perfumes or lotions you use can affect your pearls over time, so be sure to apply any scents or lotions before putting on your jewellery. If you do wear scents that might touch your pearls, gently wash the pearls in water with a mild hand soap after you take them off.
- Because pearls are soft and can easily be scratched, store them separately from the rest of your jewellery, possibly in the pouch or box they came in.—LB

Stunning symbols

Long ago, pearls became symbols of good fortune. Divers endured treacherous conditions to find an oyster with a pearl inside. Finding or being able to

afford a pearl was a sign of wealth and social status.

Over time, pearls have come to symbolize wisdom, strength, integrity, loyalty and purity. According to Gemsociety.org, "If given in love with a pure

heart, a pearl always symbolizes purity, fertility and the cycles of life."

It's no wonder so many brides and grooms choose to wear these gems of the sea on their wedding day.—LB

4
PACK



SEAMLESS
WOMEN'S BIKINI



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RECYCLED YARNS

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ORIGINAL
Weatherproof®
VINTAGE
since 1948



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Itm. 7291000 Item numbers vary by size

Taking action

Reducing emissions is a key part of our Climate Action Plan

by SHERI FLIES



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

Our world is warming from greenhouse gas emissions, and it's clear we face dire consequences if we don't reduce them. At Costco, our goals and plans to lower carbon dioxide emissions are stated in our Climate Action Plan.

This plan addresses Costco's direct carbon footprint from our operations, as well as emissions from our network of suppliers. Climate action is part of our broader, holistic sustainability efforts, which I'll explain here.

Measuring our impact

First, we have worked diligently to ascertain our total carbon footprint. For example, we have analyzed our emissions for everything from our warehouse operations around the world (refrigerants and electricity are major factors) to our delivery fleet. With a baseline of our total emissions footprint now established, we have begun to set annual reduction goals for our operations. Likewise, we are working with our suppliers to understand their emissions and reduction efforts.

Operations and sourcing

In our warehouses, our focus is on energy supply and efficiency, refrigeration, electrifi-

cation, design and site selection, program oversight and employee education. Our STAR program—Sustainability Technical Assistance Review—lists smart procedures for warehouse staff to follow to operate responsibly, which reduces emissions.

In sourcing products for Costco, our buyers ask suppliers foundational questions about people, animals, the environment and packaging related to their goods. One other key question has been added: What are your emissions and your plans to reduce them?

We're seeing results

Our total emissions directly related to our operations for the last reporting period decreased slightly from the baseline established in 2020. This comes even as we've added warehouses around the world. We feel that our efforts so far to operate efficiently are paying off. Based on these results, and further analysis, we have increased our reduction commitment for operations from 20% to 39% by 2030.

Climate action is critical for all of us. We are committed to doing our part and will provide updates on our progress in our Sustainability Commitment. ■

A holistic approach

Our Climate Action Plan is one key part of the holistic approach we take in working toward sustainability at

Costco. Along with our own sustainability principles, we have aligned our efforts with seven of the United Nations Sustainable Development Goals that relate most to our

business, including taking climate action.

See more details in our Sustainability Commitment. Go to [Costco.ca](https://www.costco.ca) and search "sustainability."—SF

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Linen Cotton

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CLASSIC

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UP TO \$70 OFF*
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*See conditions on page 7.

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Elevate with Elavon

Tips to help keep your small business running smoothly



COURTESY OF ELAVON

With summer just around the corner, it's time to plan ahead for how to tackle the season's sales. Whether you can expect an increase from visiting tourists, longer opening hours or more foot traffic, your business should be prepared to meet demands and ensure customer satisfaction along the way.

That's why Costco members have access to Elavon, a payment processing provider that offers all-in-one payment solutions at exclusive rates. And the best part? Elavon's payment processing solutions are not only innovative, but also user-friendly, helping to ensure business operations run as effortlessly as possible.

For smooth sailing during peak demand this season, consider these five tips to help boost customer service:

Take mobile payments. By setting up mobile payment acceptance devices—tablets, phones or smart terminals—you can quite literally bring the checkout area to the customer, which will help prevent lines.

Use mobile wallets. Many customers now pay with mobile wallets, so be sure to make clear that you accept this form of payment. By offering alternative payment

methods, you're also providing the customer with plenty of options.

Add a ship-to-home option. Shopping in person provides a tactile experience, but to add convenience you can offer a ship-to-home option. Customers can locate the item they want to purchase on your website via a tablet or phone, pay online for their purchase and then voilà! It's the ease of online shopping, but in person. If customers are on vacation, buying a larger item or in need of a different size, this option offers a great solution.

Assist repeat customers. Offer returning customers the option to keep a payment method on file, which will speed up checkout and help to build customer rapport.

Upgrade order software. Using software to manage online and in-person orders is key to ensuring seamless end-to-end order execution. Cost-effective software often provides features like order ready times, special customer instructions, an "I'm here" function for pickups and more.

Use these tips to keep your point-of-sale system working efficiently in the background as you continue to provide outstanding customer service—such as preventing long lines. It's a win for everyone. ■

Exclusive savings

With Elavon, Costco members have access to a variety of point-of-sale solutions in one place, making it easy to find a

cost-effective payment option for your business—no matter its size or scale. Additionally, your Costco membership gives you access to exclusive savings through Elavon,

including processing rates that start as low as 1.45%.

For more information, visit Costcopaymentprocessing.ca or call 1-888-992-1847.



Fairmont Hotel Vancouver

Located just minutes away from Vancouver's biggest attractions, Fairmont Hotel Vancouver is known as the "Castle in the City," a tribute to its timeless elegance and luxury. This package includes a complimentary room upgrade, exclusive Costco member value and a full-size car rental. To learn more, visit [CostcoTravel.ca](https://www.costco.ca/CostcoTravel.ca).



Samsung Galaxy Watch5

Complete your everyday wellness goals with a smartwatch designed to fit your lifestyle. Item 3370382 (40 mm Pink Gold), 3370388 (44 mm Grey). [Warehouses/Costco.ca](https://www.costco.ca).

The latest Costco finds



BioSteel Hydration Mix Variety 30-Pack

The zero-sugar formula includes five essential electrolytes, with added vitamins and minerals. Item 1694898. [Warehouses/Costco.ca](https://www.costco.ca).



KitchenAid Kitchen Towel 6-pack

This set of six 100% cotton kitchen towels, which includes prints and solids, will add a pop of colour to your kitchen. Available in four colour assortments: yellow, red, blue and grey. Item 3400188. **Warehouses only.**

LEGO Technic Bugatti Bolide Car Toy Set or LEGO Technic NASCAR Next Gen Chevrolet Camaro ZL1 Toy Set

Inspire children to build their own race car models with these sets. Choices include the Bugatti Bolide or the NASCAR Chevrolet Camaro. Item 2323255. **Warehouses only.**





Greenworks 80V Handheld Blower and 80V Gen II Cordless Trimmer Combo Kit
Maintain your lawn efficiently with 80-volt lithium-ion battery power. Item 1694266. [Warehouses/Costco.ca.](#)



Havasu Personal Flotation Device

This personal flotation device automatically inflates when submerged. It offers a great range of motion, making it perfect for a variety of water activities. For ages 16 and up. Item 1452513. [Warehouses/Costco.ca.](#)



Nicole Miller White Duck Down King or Queen Duvet

Snuggle up in bed with this duvet that features all-natural down for a cozy feel and a warm, comfortable sleep. Features 650 fill power and baffle-box construction with a 100% cotton sateen shell. King measures 249 cm x 274 cm (98" x 108"). Queen measures 229 cm x 249 cm (90" x 98"). Item 1684901 (King), 1684900 (Queen). [Warehouses/Costco.ca.](#)



Coco Cozy Bath Mat Assortment

This 60-cm x 91-cm (24" x 36") mat features 100% Drylon polyester face pile with latex backing and is skid resistant and stain resistant. Item 1694341. [Warehouses/Costco.ca.](#)



Kirkland Signature 4-Piece Kids' PJ Set

Constructed with 100% organic cotton, this set has two tops, a pair of shorts and a pair of pants. Choose from a mermaid or butterfly print or a rescue helicopter/fire engine or astronaut/rocket ship print. Sizes: 2T–10. Item 1266133, 1266134. [Warehouses/Costco.ca.](#)

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HEAVY GAUGE CARBON STEEL
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FOR SCHEDULES AND DESCRIPTIONS

Go to Costco.ca and search “Special Events.” Or, from the Costco mobile app, go to “Warehouse Locator” and choose a warehouse for events info.



Marc Martin Clothing

Stylish, sophisticated clothing made from the finest fabrics. Whatever the occasion, a Marc Martin suit, jacket, pants or coat will ensure you step out in style.



Viking Sandals

Since 1971, Viking sandals have sparked a comfort revolution using sustainable and renewable cork in the footbed, harvested in a way that doesn't affect the lifespan of the tree. Flexible, durable and lightweight, the soles are designed to outlast any adventure.



Beachcomber Spas

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



Health and Wellness Promotion

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

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ltn. 11357



CLOCKWISE FROM TOP: © HOLLY SILENZI; BRANDON SILENZI

MEMBER INFO

Who

Brandon Silenzi

Hometown

Hamilton, Ontario

Occupation

Founder of
905 Gloves

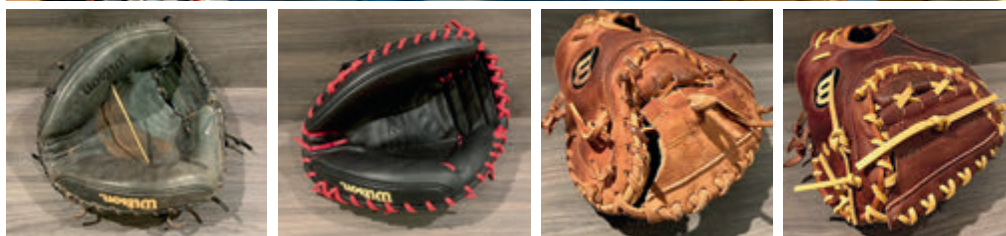
Instagram

@905gloves

Best part of the job

"I like hearing the background story of the glove, especially if it's an older one. It's a great feeling when I give back the restored glove and the owner says, 'Wow.'"

—Brandon Silenzi



Fits like a glove

Brandon Silenzi understands that a baseball glove is a prized possession. In 2020, he started a side business called 905 Gloves to repair baseball and softball gloves. When he's not at his full-time job as a mechanical pipe insulator, Silenzi enjoys mending and upgrading gloves in his home workshop. Often, he takes the glove apart completely, then restores the leather,

rebuilds the inner padding and meticulously weaves in new laces.

"I use special lacing tools such as needles and awls, as well as leather sewing accessories," Silenzi explains. "Breaking in or reshaping a glove requires a mallet, a pounding pad and a bit of elbow grease."

Clients have asked Silenzi to create brand-new custom gloves, swiftly replace broken laces in mid-season and revive beloved vintage gloves. He can also repair other sports equipment, like a hockey goalie's trapper. —Kristi York

Counter-clockwise from bottom:

Wilson A2000 Series catcher's mitt, before and after restoration; a Wilson A2000 Series M1 catcher's mitt, before and after restoration; Brandon Silenzi in his workshop.



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Cosequin® joint health supplement is formulated to help support your pet's joint health, so you can continue to experience life's special moments together.

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Suitable and safe for dogs of all sizes, ages, and breeds.
Available in tasty and easy-to-administer chewable tablets.



Source: Among retail brands in the U.S. Survey conducted among small animal veterinarians in the United States who recommended oral joint health supplements.

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CAN START TO WORK IN 20 MINUTES + LASTS 24 HOURS

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- Hives
- Stuffiness
- Runny Nose
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Desloratadine Allergy Control

NON-DROWSY + FAST RELIEF FOR :

NOSE : Congestion, Stuffiness, Sneezing, Runny, Itchy Nose **EYES :** Itchy, Watery, Red Eyes
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Pharmacies in Costco's Quebec locations are independently owned and operated by pharmacists. This ad does not apply to the province of Quebec. Ask your Costco pharmacist about all your pharmacy needs. Product selection may vary by location.

Item: 987271 (allergy relief), 922981 (allergy control)



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