

LIFE. LOVE. STYLE.

FEBRUARY 2009

LOVE.

V2.2 THE OLYMPIC ISSUE

OLYMPIC
PARTY TIME

GOT
LOVE?





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The 2010 Olympic

Winter Games represent many different things to many different people. It is said that "reality is the story that we tell ourselves," and so we at *LOVE*. Magazine have chosen to focus on the Olympic realities that inspire us and to tell the stories that resonate with the spirit of *LOVE*.: Stories of dedication, excellence, and connectedness amongst the diverse peoples in our community and our world.

During the Olympics there will be outstanding cultural events brought to Vancouver from around the globe; top-ranking athletic performance, representative of dedication and hard-work; celebrations among the many communities that make up the larger community of Greater Vancouver, at which those from across Canada and abroad will be welcomed; and opportunities to gather with loved ones and enjoy delicious food and drink, whether out, at home to watch the games, or on Valentine's Day. Those who'd prefer not to participate in the action can escape to one of the nearby winter wonderlands,

or can try out relaxation activities like laughter yoga to refresh.

The Olympic Issue is a survival guide, an indulgence, and an opportunity to revel in the spirit of *LOVE*. Our own heart-felt hard work, summoned in creating the issue, is a testament to the excellence, inspiration, and connectedness that will be showcased in Vancouver in the coming weeks.

Enjoy.

Love,

Tracy Stefanucci
EDITOR-IN-CHIEF

Cuisine for a Cause



LOVE CONQUERED ALL at *Boneta* on January 25th, when the restaurant paired up with Team Finn from The Ride To Conquer Cancer to deliver a fabulous fundraising dinner. Proceeds support the team's 2-day ride from Vancouver to Seattle in June, during which the team hopes to raise a quarter of a million dollars for the BC Cancer Foundation. The team's motto: Run, Jump, Dance, Sing, Love, Smile, and Ride, honours 3-year-old Finn Sullivan, the team's namesake, who died on October 9, 2008, from a rare form of childhood cancer.

In the Mix

Phoenix

Acclaimed dance-rock band from Versailles, France, *Phoenix* collaborated with electronic duos *Daft Punk* and *Air* to create a unique sound packed with hooks and smarts. *Phoenix* hits the stage February 22nd at 8pm, with guests *You Say Party! We Say Die!* at *The Orpheum* (Smithe Street at Seymour Street, Vancouver), as part of the *Cultural Olympiad*.

Streb-RAW

New York dance company *STREB Extreme Action Company* mixes slam dancing, human flight, and wild action sport, while using their own prototypic equipment out of common objects like plywood, glass, steel, and other found building materials. Performances run from February 22nd to February 24th at the *Roundhouse Community Arts and Recreation Centre* (181 Roundhouse Mews, Vancouver), as part of the *Cultural Olympiad*.



The Passion of Russia: Uliana Lopatkina & Yuri Bashmet

A sublime evening of classical music and ballet featuring an all-star cast of Russian artistic figures: conductor and viola master, *Yuri Bashmet*; principal dancer at the *Kirov Ballet/Mariinsky Theatre*, *Uliana Lopatkina*; Grammy-winning chamber ensemble, the *Moscow Solists*; and performers from the *Mariinsky* and *Bolshoi* theatres. Showing one night only, February 10th at 8pm, at *The Orpheum* (Smithe Street at Seymour Street, Vancouver), as part of the *Cultural Olympiad*.

Talking Stick Festival

A month-long festival that showcases a broad spectrum of Aboriginal voices from across Canada, through theatre, storytelling, music, dance, performance, and visual arts. These emerging and established artists come together with a passion for the creative spirit and a belief in artistic expression's power to illuminate, renew, and transform. This festival runs from February 1st to 28th, at the *Roundhouse Community Arts & Recreation Centre* (181 Roundhouse Mews, Vancouver), as part of the *Cultural Olympiad*.

In the Mix



Surrey 2010 Celebration Site

Take a trip to *Holland Park* for a free and energetic celebration of the spirit of the games, featuring live video broadcasts, sports activities (for people of all ages), live entertainment, and food service. Concerts will be held Friday and Saturday nights, and Sundays will showcase family-focused and cultural performances. *Surrey's 2010 Celebration Site* is scheduled to open Friday, February 12, and run until Sunday, February 28. It will be closed Mondays and Tuesdays. For more information and scheduling, visit surrey2010.com.

Richmond O Zone Celebration Site

A hot spot for free Olympic celebration, the *Richmond O Zone* is only minutes away from the new *Canada Line*. Featuring a gigantic ICE GATE by artist *Gordon Halloran*, a huge high-definition screen, an outdoor skating rink, and live entertainment from around the region. Headliners include *Our Lady Peace*, *Hawksley Workman*, *Bedouin Soundclash*, *Tokyo Police Club*, and *Wintersleep*. *The Richmond O Zone* runs February 12th to 28th, every day and every night.

Transit Times

Don't plan on taking your car downtown for the Olympics. Road closures and parking regulations, along with a lot more people in the city, will make your car more of a burden than a convenience. To make the most of the Olympics, take advantage of the action happening in nearby celebration sites and check out translink.ca to figure out your best route to the action.

Patrick Anderson

BY TRACY STEFANUCCI



NAME: Patrick Anderson

AGE: 30

HOMETOWN: Fergus, Ontario

BEST KNOWN FOR: 2-time Paralympic gold medalist in wheelchair basketball (Sydney and Athens)

INSPIRED BY: Rick Hanson, Steve Nash, Ray Charles, GK Chesterton

MOST CHALLENGING MOMENT: Any guitar solo I've ever attempted.

MOST REWARDING MOMENT: Our semifinal game at the *Beijing Games* in 2008. We were down nearly 20 in the second quarter to a very good US team. I could feel the air coming out of an era of great basketball, going all the way back to 2000. We'd owned the decade, but it felt like maybe our time was up. In the back of our mind, we could have acknowledged our past accomplishments, packed it in, and conceded defeat to a worthy successor. But we hung in there, fought our way back into the game, and finally won in double overtime.

FAVOURITE MEMORY FROM PAST *Paralympic Games*: Winning gold at the *Sydney Games* in 2000. It was the first time we showed up at the Games as the favourite. But thankfully most of us were too young and stupid to let that bother us too much. Our coach was very smart and possessed supernatural intensity, so he had us well prepared and very, very amped up. But off the court, we were loose. It might have been the funniest group of guys I've ever played with.

WHO I'LL BE ROOTING FOR AT THE *Vancouver 2010 Olympic and Paralympic Games*: My friends Brad Bowden and Billy Bridges from the sledge hockey team. It freaks me out how good they are. Their mobility and puck control is amazing. You have no idea how hard sledge hockey is until you try it. They're both very good basketball players as well.

WHERE I'LL UNWIND AFTER ALL THE ACTION: At the nearest piano I can find.



*City
Unlimited*

FEBRUARY 2010 | LET THE GAMES BEGIN | GOT LOVE?

let the games
begin

GOLD-WORTHY
DISHES FOR YOUR
OLYMPICS PARTY

BY EMILY VANDERWOUD

DON'T WORRY IF YOU MISSED OUT on getting Olympic event tickets – all the better reason to invite a few of your favourite people to get cozy and watch the Games in your living room. Why leave the house when you can whip up a few easy appetizers, crack open some wine, and enjoy not having to worry about parking, public transportation, or the cost of food at concession stands (and, you can eat as much as you like). Everybody wins when you host your own Olympics Party — especially if you prepare these easy and tasty recipes, which are sure to be remembered long after the last medals are handed out.

These are seasonal recipes, so the ingredients will be available at your local market at their most affordable prices. Also, for the most part the main ingredients are replaceable; if, for example, you can't find *Stilton* for the *Stilton Mousse on Endive*, then use *Gorgonzola* or *Roquefort*. If you're a vegetarian and just aren't down with the idea of bacon in the *Maple-Bacon Caramel Corn*, then peanuts will work wonderfully in place of the bacon. Your party should be fun, and for that to happen, you will need to be at your relaxed best. It'll be easy, I promise.



Potato Tart PHOTOS BY DURAN CHEUNG



Gougères

Gougères

THESE CHEESY PUFFS are so irresistible, you may want to make a double batch. They're at their best hot from the oven.

- ½ cup milk
- 4 tbsp. butter, cubed
- ½ cup flour
- 2 eggs, beaten
- Pinch salt and sugar
- ½ cup grated Gruyere cheese

- ¹ Preheat oven to 400 degrees F.
- ² Melt butter in milk over medium-heat, bringing to a boil. Quickly whisk in flour to form a soft dough.
- ³ Remove from heat. Add eggs gradually, beating thoroughly after each addition. Add salt and sugar, and adjust seasonings to taste.
- ⁴ Fold in cheese until well combined.
- ⁵ Scrape mixture into a piping bag, and pipe little rounds onto a parchment-lined sheet, each round about one-inch across. You should have 24 drops of batter on your parchment when you're done.
- ⁶ Bake at 400 degrees F for ten minutes, and then reduce heat to 375 degrees F, baking for an additional 15 to 20 minutes, until puffed and golden. Serve hot.

Maple-Bacon Caramel Corn

PLAY WITH TRADITION and surprise your guests by combining these two classic Canadian flavours. This sweet and savoury treat is surprisingly delicious.

- 10 cups popped popcorn
- ½ lb. bacon, chopped, cooked until crisp, and drained
- 1 cup brown sugar, packed
- ½ cup butter
- ½ cup maple syrup, warmed
- ½ tsp. baking soda
- 1 ½ tsp. maple extract
- ½ tsp. Kosher or coarse salt

- ¹ Preheat oven to 250 degrees F. In a large bowl, toss popcorn with bacon. Set aside.
- ² In a heavy-bottomed pot over medium-high heat, melt sugar and butter together. Stir frequently, heating until the mixture reaches 250 degrees F.
- ³ Turn off the heat, and stir in maple syrup. Remove pot from stove, and stir in baking soda and maple extract until well combined. Pour immediately over popcorn mixture, and toss to thoroughly coat.
- ⁴ Spread popcorn mixture onto a large parchment-lined baking sheet, sprinkle with salt, and bake for 60 minutes. Allow to cool, then break into pieces. Serve immediately, or store in a sealed container for up to two days.



Stilton Mousse on Endive

Stilton Mousse on Endive

INSPIRED BY A DISH that was served at the now-closed *Star Anise*, these little “boats” are light as can be, and capture the essence of blue cheese without overpowering your less blue-cheese-inclined guests

- ¼ lb. crumbled Stilton
- ½ cup cream cheese (*at room temperature*)
- ⅓ cup plus 1 tablespoon heavy cream, divided
- 1 tart-fleshed apple, such as Granny Smith, cut into slivers
- 24 Belgian endive leaves (*from approximately three endives*)

- ¹ Beat together the Stilton, cream cheese, and one tablespoon of the cream until creamy and smooth.
- ² In a separate bowl, beat the cream until soft peaks form.
- ³ Fold the cream into the cheese, a little bit at a time, until fully combined. Taste, and adjust seasonings with salt and pepper, if desired.
- ⁴ Spoon onto endive leaves and top with thin slices of apple.

Serve cold, and as soon as you can.

Potato Tart

THIS SAVORY PIE combines the taste of perogies with the flaky deliciousness of puff pastry, elevating comfort food to something new for company.

- ½ package puff pastry
- 1 tbsp. butter
- 1 small onion, chopped (*about 1 cup*)
- ¼ cup crème fraîche or sour cream
- ½ tsp. chopped fresh rosemary
- 1 medium yellow-fleshed potato, par-boiled and cut into thin slices
- ½ cup grated aged Cheddar
- 1 tbsp. chopped fresh chives
- 1 egg, lightly beaten

- ¹ Preheat your oven to 400 degrees F.
- ² Roll puff pastry out on a floured piece of parchment, until approximately 8 ½” x 11”, and ¼-inch thick. Transfer paper and dough to a baking sheet and allow to rest.
- ³ In a pan over medium-high heat, melt butter and lightly brown onions. Reduce heat to medium and allow onions to caramelize, approximately twenty minutes, adding small amounts of water periodically to deglaze the pan.
- ⁴ When golden and reduced, stir in crème fraîche or sour cream, and rosemary. Spread over puff pastry.
- ⁵ Layer slices of potato over onions in a single layer, taking care not too overlap too much. Sprinkle with cheese and half of the chives, paint the edges of the pastry with the beaten egg, and bake for 20 to 25 minutes, until pastry is puffed and golden.
- ⁶ Sprinkle with remaining chives and serve with crème fraîche or sour cream.

Equal Opportunity Celebration

ON AVERAGE, men spend more money than women on Valentine's Day, but probably not on tickets to *The Vagina Monologues*. This year, consider the theater a great artistic escape and an opportunity to promote equality. Since 1998, local volunteers and university students around the world have produced annual benefit performances of Eve Ensler's play in an attempt to raise awareness about the fight against violence against women. They've renamed Valentine's Day "V-Day," and donate funds raised by the productions to anti-violence organizations within their communities. This year, local groups will perform *The Vagina Monologues* in Abbotsford, New Westminster, and Vancouver.

Single in the City

IF SOMEONE ASKED ME to name two things my best friend Josh loves, I would say women and being insanely productive. Definitely in that order. Last year, he decided to combine these loves by participating in a Valentine's version of speed dating. At a local bar and dressed to the nines, Josh chatted with over thirty women in a row, in five-minute intervals. He hit it off with Iris, whom he dated for a while, and they have been friends ever since. Whether you're simply curious or legitimately searching for a mate, speed dating offers a unique way to make connections. Look for speed dating events on your local community websites, convince a buddy to go with you, and dress to impress. Even if no one there strikes your fancy, you'll have at least one good story – up to thirty good stories – to tell your friends the next day.

Home Sweet Home

THE GREAT POET GOETHE SAID, "He is the happiest, be he king or peasant, who finds peace in his home." And, since personal happiness prefaces relationship happiness, your own home is a great place to focus your efforts on Valentine's Day. After all, why should florists and confectioneries get all the business on February 14th? If you've wanted to paint your bathroom, or the art in your picture frames has bored you for months, get creative and spend a few hours making your home your haven. This year the holiday falls on a Sunday, a perfect day for honouring your own abode.

The Most Beautiful Place on Earth

THIS YEAR MARKS a special Valentine's Day for British Columbia because, as you've probably heard, the Olympics are in town. During the Games, BC Place will hold a nightly concert series called *The Victory Ceremonies*. Each day, a concert will host musicians and speakers from a certain province or territory of Canada. The night dedicated to British Columbia falls on February 14th, and features Grammy-award winner and Victoria-born Nelly Furtado as the headliner. Why not spend Valentine's Day paying tribute to the most beautiful place on earth?

Make Your Offline Move

LAST YEAR I BROKE UP with my boyfriend of five years and was shocked to discover how the dating scene had evolved in my time away. A *Facebook Friend Request* had become the new icebreaker, and a text message had become the new phone call. Originally, I balked at the change. I missed the awkward, fumbling voicemails and the excitement of blind dates. But when you can't beat them, you've got to join them, so I hopped online along with thousands of other singles. This Valentine's Day is a perfect opportunity to break the mould and hop offline for at least one day. What about that guy you've been sending casual, flirty text messages to? Or that girl you met at a party last week, added to *Facebook*, and haven't talked to since? Take the plunge, dial his or her phone number, and ask someone out on a real, live date. Confidence will impress more than any technological innovation.



How to Wear it: The Snood

BY CHLOE BERGE

DURING THE VANCOUVER 2010 OLYMPIC GAMES, SNUGGLE UP IN A SNOOD AND STAY WARM WHILE FLAUNTING YOUR FASHION SAVVY.

What is a snood? This seems to be the question on everyone's lips lately.

The snood has recently become a source of confusion, perplexing even the most seasoned fashionistas. It has been said that what we don't understand, we fear, and thus the snood seems to have been boycotted by many without further explanation. That being said, designers everywhere have embraced the snood, and one can't help but notice their ubiquitous presence on the pages of magazines and couture runways. Fashion heavyweights such as *Burberry*, *Stella McCartney*, and *Missoni* all turned out their own version of the accessory on their fall runways.

It's easiest to understand the snood as the lovechild of a scarf and a hood; the accessory is, in fact, a hybrid of these two. It is a chunky, tube-shaped scarf that is meant to be pulled over the head and worn around the neck. The back of the snood can also be pulled up to act as a hood.

Snoods are a casual accessory that can be thrown on over basics to give an appearance of effortless chic. They are a great addition to items that are already in your closet, such as sweater dresses and slouchy knits, or jeans and simple t-shirts.

As a hood a snood can act as a bad-hair-day saviour, without the inevitable hat-hair that results from a beret. It's also a low-maintenance alternative to a traditional scarf; despite my love of scarves, I seem to be constantly readjusting them throughout the day as they fall off of my shoulder and stray from my strategic placements. There is no such worry with the snood, as it stays perfectly positioned, giving the girl on the go time to worry about more important things.

Above all of this, sheer practicality is the snood's best feature: How many other cutting-edge accessories also keep you warm?

The Love-Child of a Scarf and a Hood

PHOTO BY HEATHER PENNELL

Nice, nice, very nice

BY TRACY STEFANUCCI

DAN MANGAN TALKS ABOUT HIS SOPHOMORE ALBUM AND HIS EXPERIENCES AS AN ACCLAIMED CANADIAN MUSICIAN.

WHERE ARE YOU FROM ORIGINALLY: VANCOUVER, ONE OF THE NEIGHBOURING CITIES, OR ELSEWHERE?

DAN MANGAN: I was born in Smithers, BC. My family moved up there just before I was born, and we lived there until I was about two. I've moved around quite a bit—around southern Ontario when I was a kid, and through every part of Vancouver (East Side, West Side, you name it). But Vancouver is definitely home. I've spent more than two-thirds of my life here and it's where my family and oldest friends all live.

WHAT WAS YOUR INSPIRATION FOR YOUR SOPHOMORE ALBUM, *Nice, Nice, Very Nice*?

D: I don't think I had a particularly directed focus for the album from the get-go, but after making the first album, I just really wanted to keep improving with songwriting and trying to be as interesting as possible.

I had amassed about 30 songs worth picking through over nearly four years of straight touring. So with the help of some friends, I whittled them down to 12. As I got closer to actually recording them, I had more time to actually reflect on how my songwriting had changed over the years. I felt like I'd taken on a particular voice—I can't really explain what it was, except that I felt like it was actually my own.

Of course, I'd taken inspiration from all kinds of places, and no art is really possible without some imitation, but I at least felt like I had my own spin on things. After Kurt Vonnegut died, I re-read *Cat's Cradle* and got really moved by the book. The title of the album comes from a poem called "The Fifty-third Calypso," from Vonnegut's *Books of Bokkonon*. I always felt like Vonnegut could describe my own thoughts to me better than I ever could myself—like we agreed on everything. I'd be lying if I said I didn't pick up on some of his social commentary in my writing.

HOW WAS CREATING THIS ALBUM DIFFERENT FROM THE FIRST?

D: The first album was almost just an experiment to prove to myself that I could make an entire album's worth of music and try to get some gigs. So many new experiences happened throughout three years of really flogging that record and touring non-stop. With *NNVN*, there were less moments of, "What the hell am I doing?" and more moments of, "This is what I want to do." I think I'd just matured and gotten a little more certain about some aspects of recording.

That being said, the record would not be the same without the help of John Critchley. He's a really balanced person, and his even keel really helped in the studio. He's a great engineer, and having him on board as a producer was a good choice. I also ended up pulling in a myriad of musicians that I had met over the past years and miraculously they all said yes. It was a really great experience

to invite these musicians that I respected so much and to watch them all grace the recordings with their talents.

HOW DID IT FEEL WHEN THE ALBUM RECEIVED AN INSTANT, ENTHUSIASTIC RESPONSE?

D: Pretty incredible. I try to keep my hopes high and my expectations low. With every passing week of press, reviews, and new opportunities, it seemed like the album was moving ever closer to the hopes and far above the expectations. The last half of 2009 was ridiculously exciting – a lot of "firsts" happened. I was going a little out of my mind trying to keep the plates spinning, but it was a crazy time and I won't ever forget the Canadian tour we did in October.

HOW HAVE AUDIENCES REACTED SO FAR AS YOU TOUR THE ALBUM?

D: I think they've responded well. Every time you tour somewhere new, you're starting from zero. In Canada there was already a bed of people who were familiar with my stuff, so the new album was a contrast to the previous. But for many, *NNVN* may as well have been my first record. I got used to playing some of the songs on *NNVN* live at shows before I had recorded the disc, so it has been cool to have the songs circulating online and whatnot, so some people already know them when we show up to play in their town.

HOW DOES IT FEEL TO REPRESENT CANADA AND CANADIAN MUSIC ABROAD?

D: Humbling. Everywhere I go, venues around the world are littered with old framed—sometimes signed—posters of great Canadian artists. There is such an incredible music scene in Canada and I'm honoured to be one speck of sand on a beach of creative enthusiasm. Generally, people really respond positively when they hear you're from Canada. It helps to open a lot of doors.

HOW DOES IT FEEL TO HAVE YOUR VOICE SHOWCASED IN THE Vancouver 2010 Cultural Olympiad, when "The World Comes to Vancouver"?

D: I'm looking forward to the shows for sure. Regardless of all the pros and cons of the Olympics, the fact is that the raft has left the dock and is hurling toward the rapids. There's a part of me that just wants to experience the chaos of it all. I haven't had much chance to see who is playing, but I'm sure there will be a great cross-section of Canadian talent and I'm hoping I can get out to see lots of concerts.

Dan Mangan will perform as part of the NEW SONGS, NEW VOICES CANADIAN-MUSIC SHOWCASE, in the VANCOUVER 2010 CULTURAL OLYMPIAD. The show also features Meaghan Blanchard (PEI), Jason Plumb (SK), and Romi Mayes (MB), on February 16 at 8 p.m., at the ROUNDHOUSE COMMUNITY ARTS & RECREATION CENTRE (181 Roundhouse Mews, Vancouver).

PHOTO BY JONATHAN TAGGART

A Midwinter Night's Dream

BY EILEEN VELTHUIS

WHITE ESCAPES FOR THOSE SEEKING THE PERKS OF THE PEAKS

FEBRUARY IS USUALLY PRIME TIME for skiers and snowboarders looking to soak up the last lingering days of the season on Vancouver-area mountains. This year, however, the mountains will be packed with 2010 Olympic Winter Games, visitors, and traffic, making them virtually inaccessible to those looking for a day on the slopes.

But what if you could still enjoy all the perks of the peaks, without the inevitable challenges posed by the Games?

Don't be discouraged if your midwinter dreams include a snow-covered ski hill. Instead, picture yourself spending a couple of days out of town to soothe your snow cravings. For a vacation that's not too far away, consider one of the following destinations: They are sure to warm your heart, or at least leave you warming your toes by the fire after a day spent on the mountain.

Mount Washington

Spend a half-day travelling to Mount Washington on Vancouver Island, including a picturesque ferry ride. Located just outside the Comox Valley, Mount Washington boasts 1600 acres of downhill terrain for skiing, snowboarding, snowshoeing, and snow tubing.

When you've had enough of the view from the top (you can see the Georgia Straight and Strathcona Park from the hills), spend some time golfing, shopping, kayaking, mountain biking, or taking photos of Comox Glacier in the gorgeous Comox Valley.

Where to stay: Mount Washington Alpine Resort offers accommodation right in the middle of the action, yet relaxing enough to let you de-stress, in laidback Island-style. Choose from ski-in/ski-out chalets, condominiums, duplexes, suites, and hotels. The newest condominiums are at *Bear Lodge*, close to the *Eagle Express* chairlift and *Fat Teddy's Restaurant*; what more could you ask for?

How to get there: Take BC Ferries from *Horseshoe Bay* (West Vancouver) to *Departure Bay* (Nanaimo). From there, drive the *Inland Island Highway* (Highway 19) north for approximately an hour and fifteen minutes (to the *Strathcona Parkway/Mount Washington turnoff*; Exit 130). Follow the signs up the mountain to the resort.

For more information or to book your trip, visit www.mountwashington.ca.

Mount Baker

It may be in Washington State, but Mount Baker is still close enough for a weekend trip. Only two hours from Vancouver, it's an easy drive complemented with spectacular scenery.

Mount Baker Ski Area, in the *Cascade Range*, offers skiers, snowshoers, and snowboarders an average annual snowfall of 1,638 centimetres. There are daily class options for beginner- and intermediate-level skiers and snowboarders, and special programs for kids.

There are many small towns to explore on your way there or back; create your own adventure by detouring through Lynden, Washington, to see the windmill on *Front Street* and indulge in some Dutch hospitality.

Where to stay: Sick of the same old hotel? *The Inn* at Mount Baker, a rustic bed-and-breakfast style inn is the cure. With a view of Mount Baker and the Nooksack River valley, and massage therapy (available by appointment), relaxation is what you get at this European-inspired chalet.

How to get there: Pack your passport and head for the US border. From the Peace Arch crossing, follow the I-5 to Bellingham. Take Exit 255 (WA-542) and take a left at the light. Approximately 40 kilometres later, look for milepost 28, then look for a sign on the left side of the road and follow the driveway to the inn. Once you've checked in, the friendly innkeepers will direct you to the mountain ski areas.

For more information or to book your trip, visit www.mtbaker.us.

Sun Peaks

Located approximately four hours outside of Vancouver, not far from Kamloops, *Sun Peaks Resort* is one of the largest ski resorts in Canada. With over 3,678 acres of terrain, there's room for skiing, snowboarding, snowshoeing, and much more.

For something different, take a snowmobile tour of the terrain and scope out the *Thomson Nicola region* of British Columbia; or get your adrenaline pumping on the bungee trampoline, a slope-side ride. After a day on the mountain, rejuvenate with a massage or a pedicure at the *Sun Peaks Spa* in the *Kookaburra Lodge*.

Where to stay: Revel in the atmosphere of *Sun Peaks Village* and pretend you're wintering in the Alps at *Coast Sundance Lodge*, a ski-in/ski-out hotel with all the amenities to make you feel like a VIP, including pet-friendly rooms.

How to get there: Take Highway 1 East and follow the signs to turn onto the Coquihalla Highway (Highway 5). Drive past Kamloops approximately 20 kilometres; turn right on Heffley Creek. Follow Sun Peaks Road to Sun Peaks Resort Village. Coast Sundance Lodge is located at 3160 Creekside Way.

For more information or to book your trip, visit www.sunpeaksresort.com.

PHOTO BY ADAM STEIN

Warm Your *Spirits*

FOR AN UNEXPECTED TWIST on mulled wine, try this “wine toddy,” a mulled white wine with citrus, honey, ginger, and brandy. Perfect for a cold February afternoon, or for an afternoon in February when you find yourself afflicted with a bout of cold.

- 1 bottle of white wine, *preferably an inexpensive German Riesling*
- 1 lemon, quartered
- 2 oranges, quartered
- 1 pear, quartered
- ¼ cup honey
- 2 slices of ginger (*slice them across the root, to the thickness of quarters*)
- 1 stick of cinnamon
- ½ cup brandy (*or to taste*)
- ½ to 1 cup of water

¹ Pour wine into a large, heavy-bottomed pot.

² Squeeze lemon and orange quarters into the wine, and add the squeezed pieces to the pot. Add pears, honey, ginger, and cinnamon.

³ Bring to a gentle simmer over medium heat — do not boil — and pour in brandy, a bit at a time, to taste. Bring back up to simmering heat, adding water as needed, to taste.

Serve hot, in mugs.



PHOTO BY DURAN CHEUNG

all you can do is

Laughter

A NEWCOMER'S
LOOK AT
LAUGHTER YOGA
BY MICHELLE WRIGHT

ONE STEP INTO *Laughter Club*, and I'm back in first grade, and my first day at a new school. Everyone is laughing together, so obviously bonded, and I have no idea how to infiltrate. I spend the first 10 minutes deciding whether to hang my purse on a hook or put it against the wall of the studio. I try not to cross my arms across my chest – (I feel like this will make me seem closed off and no fun). Despite the warm vibe of the Open Door Yoga studio – dark, glossy wood floor, gauzy lilac curtains closed over the windows – this all feels risky to me somehow. I mean, how am I supposed to laugh? I don't even know these people.



PHOTOS BY KRISTY STEFANUCCI



LOVE.

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