

# THE COSTCO CONNECTION

SUMMER 2015 • VOLUME 2 • ISSUE 1

A lifestyle magazine for Costco members

## ROCK ON

How to pick a quality diamond

## Fright night

MAKE THE MOST OF HALLOWEEN

## Outdoor entertaining

BARBECUE LIKE A PRO

## Wine of the year

JAMES HALLIDAY'S TASTING SECRETS



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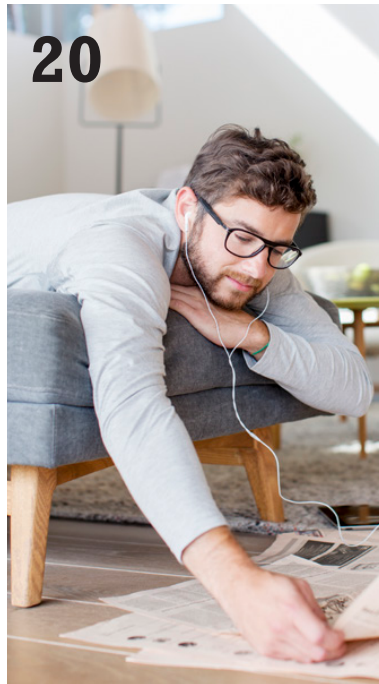
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**WELCOME TO THE SUMMER EDITION OF THE COSTCO CONNECTION.**

It's the beginning of the summer party season and that's a time that Costco really comes into its own, whether it's for catering staff shindigs, preparing for having the entire family (including the out of towners) to stay or hosting Halloween horrors at your place. Yes, the last two could possibly be connected.

On the serious side, these kinds of events are all about connection – with friends, with family, the people you do business with and the broader community. It's important to make the most of these opportunities and we help our members do exactly that, by making every dollar count.

This issue features all things celebratory, from rewarding your staff to buying a diamond for that special occasion, throwing the backyard barbie of the year to sampling 2015's best wines, as chosen by James Halliday. Wine, naturally, calls for gourmet food and we visit a boutique fishing company that harvests pipis and is gaining quite the following for this sweet and tender little clam.

There's also seasonal advice about sun protection and keeping the temperature down at your place, with our buyer's picks of air conditioners for every room and home.

Don't forget to check out page 42 of the magazine for our upcoming roadshows too.

We hope you find plenty of useful information in this edition of *The Costco Connection*, as well as enjoyable inspiration. Roll on, summer!

Managing Director  
**Patrick Noone**



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# The Costco wedding



When Queensland's Julie Cerezo and her partner Keith Love were trying to think how to celebrate his seventieth birthday on 10 July he wasn't especially enthusiastic about a regular party.

"When Keith thought about what kind of celebration he would really like he decided it would be to get married," she says.

The couple has been together for 15 years and, as luck would have it, Cerezo's marriage celebrant friend, fully booked up for a couple of months, was free on Saturday the 11th. That gave them just seven weeks to organise the event.

The Bribie Island residents decided to book out a private room and adjoining courtyard at a local hotel and invited the same friends and family who would have been on the birthday list.

"It was a lunchtime event and we devoted about the first one and a half hours to the wedding stuff then had the birthday celebrations for the rest of the afternoon," Cerezo says.

Instead of a wedding cake guests were served individual Costco cupcakes, and the birthday cake was a Costco chocolate Mud Cake. But that wasn't all. Love's entire outfit also came from Costco.

The couple became members when the North Lakes warehouse opened last year. With a military background and many years of formal uniforms, Love didn't want to wear a suit but a more casual look that would complement the coffee coloured dress Cerezo had bought.

"We walked into Costco and there was the most beautiful pair of pure wool chocolate brown trousers," Cerezo says. "Then we wandered around and found the perfect pale blue shirt. Keith liked the quality so much we bought two. When we went to ties and belts we found a silvery tie that toned with the sequins on my dress, then we saw these dark brown Rockport shoes and got them as well. The whole outfit came together in one trip."

She says the wedding/birthday went perfectly: "It was a fantastic day".

And her new name – Julie Joy Love – permanently reflects the happiness of the celebration.

## Get in touch!

We'd love to know what you think of *The Costco Connection*. Got an idea for a story or want to know more about one of our products? Had a quintessentially Costco experience or wondering what's coming up? Write to us at [connection@costco.com.au](mailto:connection@costco.com.au) and tell us all about it!

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# Hear all about it



Costco Adelaide's Hearing Aid Centre audiologist Sunil Budden is the reason Wayne Carbone is still behind the wheel in his job driving buses and coaches in remote parts of Western Australia.

"He's kept me working," Carbone says, now that he has been fitted with Kirkland Signature Hearing aids. "I had 50 per cent hearing loss so I'm hearing stuff I forgot you could hear: kids' voices, the air con unit. It's incredible."

Carbone, who lives in Adelaide, joined up as a Costco member in June after having visited the South Australian warehouse with his nephew who was already a member.

"I actually signed up to be a member so I could use the Hearing Aid Centre," he says. "I had to undergo a medical examination for work and when I did the sound booth test the doctor told me I needed to get an audiologist's report. I knew Costco was open on a Saturday so I went there. It was absolutely the convenience factor."

Carbone wrote to Costco especially to commend and thank Budden. His experience reflects Costco's service-based approach. The Hearing Aid Centres are staffed by qualified audiologists who are

able to recommend a hearing aid, based on the hearing loss and needs specific to each member.

"There was no pressure to get hearing aids from Costco," Carbone confirms. "Sunil was genuinely concerned and very good at explaining why I needed hearing aids and what was going wrong. It showed up worse than I thought. I knew my hearing was bad but I didn't realise it was that bad."

He asked Budden to show him the different hearing aid options and prices, and after determining Carbone's budget they agreed that the Kirkland Signature Hearing Aids would be the best choice.

Budden tuned the hearing aids so they were personalised to Carbone's hearing and needs, and booked him for a return check-up in a week's time to ensure they were working optimally for him.

Carbone is delighted with the results. "The Kirkland Signature Hearing Aids have a digital program that reduces background noise," he explains, which has made a huge difference in his noisy work environment, and Budden's letter to his GP confirms that Carbone's hearing has improved to the level where he can comfortably maintain his job.

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## Environmentally friendly tissues

Tissues are such an everyday necessity that sometimes we forget that they come at a greater price than we simply pay for the box. But the maker of brands such as KLEENEX®, KLEENEX® COTTONELLE® and VIVA® is mindful of the status of the world's forests and the species that inhabit them and has taken steps to minimise the environmental impact of their products. You may recognise the tree with a tick Forest Stewardship Council logo that appears on the packaging.

The FSC is an international multiple stakeholder body dedicated to the sustainable management of the forests that provide paper products such as tissues. This not-for-profit organisation founded in 1993 is run by environmentalists, social interest groups, indigenous peoples' representative groups, a number of retailers and forest management companies.

Globally, Kimberly-Clark has committed to replacing at least 50 per cent of wood fibre with alternatives such

as bamboo by 2025 and has invested more than \$1 million in the past four years in driving sustainable forestry management, including in Australia and Southeast Asia. This year Kimberly-Clark Australia launched the Kleenex Cottonelle Keep the Heart of Borneo Beating awareness

program as part of its Love Your Forest campaign which helps assist the World Wildlife Foundation in its noteworthy work protecting orangutans.

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# Romancing the stone

WORDS Georgina Haigh



There's a whole lot more to buying a diamond than just the size and the setting. Here's how to ensure your stone is top quality.

**Y**ou can truly get lost looking into a beautiful diamond," says Costco's Jewellery Quality Control Manager and Graduate Gemologist Lisa Switzer, "even though our staff look at hundreds of diamonds a day, we still get caught just gazing into them."

If you've ever looked closely at a diamond you will be familiar with the mesmerising rainbow of colours and the pure white rays that still captivate Switzer and her team of graduate gemologists in Costco's jewellery quality control department every day. These precious stones are some of the most unique, romantic objects in the world and their process of creation, through many lands and many hands, only adds to their impact.

More than half of the world's diamonds are mined in Africa, found in a volcanic rock called kimberlite which is blasted out of the ground in large chunks. The mined rock is then taken to a sorting house where

the diamonds are separated via a number of processes that range from old-fashioned screens to modern X-rays and lasers.

It might seem unfathomable when thinking about such a sparkling gemstone, but the diamonds look dull and lustreless at this stage and it's only the procedure of cutting and polishing that brings them to life. Skilled craftsmen (more than 90 per cent of whom live in India) study the diamond and then cut, or facet, and polish it. The result is a model of distinction and character. And it's this exclusiveness that makes the process of purchasing a diamond one that requires more legwork and research than you may think.

A lot of people have heard of the four Cs – colour, clarity, carat and cut – but understanding how each of these qualities contributes to the overall beauty and value of the diamond is an undertaking in itself.

The cut – not to be confused with the shape – optimises the light

entering the gem and, importantly, enhances its brilliance. Carat is the unit of weight – a 1 carat diamond weighs 0.2 grams. Some weights are considered 'magic sizes' – 1/2 carat, 3/4 carat and 1 carat.

As diamonds are formed deep within the Earth under extreme heat and pressure they often contain small imperfections which are referred to as inclusions. These inclusions can obstruct the flow of light and diminish a diamond's third C: clarity. Every Costco diamond has a clarity grade of VS-2 or better, according to the standards of the Gemological Institute of America.

Before Costco diamonds arrive on the warehouse floor they are meticulously examined by the quality control team, which is made up of highly qualified graduate gemologists, each trained by the internationally renowned GIA.

Led by Switzer, these 'GGs' examine the diamonds for inclusions under 10 times magnification and verify that every stone meets Costco's stringent requirements.

"Every diamond that is sold at Costco, worldwide, goes through







quality control first,” reports Switzer. “We check every diamond and gemstone for inclusions and blemishes to make sure they meet or exceed our quality standards.”

Similarly, when looking at the presence or lack of colouration in a diamond the graduate gemologists give it a grade in accordance with the GIA’s colour scale, which ranges from D (colourless) to Z (yellow). It’s the absence of colour in a diamond that can beautifully enhance its brilliance and increase its value.

When contemplating dazzling white diamonds the quality of Costco stones is uncompromising, with a minimum acceptable colour grade of I (nearly completely colourless). Anything less than this is rejected by Switzer’s team.

“We reject about 7 per cent of all the pieces that we quality control,” she says.

“Any diamond or piece of jewellery with low colour is rejected, as well as anything poorly cut.”

In addition to this, Switzer continues, “We won’t accept synthetic diamonds or natural diamonds that are microscopically

fracture filled or laser treated to remove any imperfections. We also reject diamonds that have cavities or have been chipped either before or after setting”.

In other words, Costco diamonds are natural beauties.

Not only does fastidious quality control make a Costco diamond a worthwhile investment, so does knowing they are ethically sourced and bought from reputable vendors.

Switzer explains that all their vendors provide certification declaring their diamonds are conflict free and that they abide by the Kimberly Process: a tracking and documentation procedure when mining and selling set up by the United Nations. Switzer adds that to ensure they are offered only top quality diamonds, “every vendor has a very detailed list of what is and what is not acceptable for a diamond to meet Costco standards”.

When it comes to offering members simply breathtaking diamonds Costco leaves no stone unturned. Potential purchasers are encouraged to research diamond quality before visiting a warehouse

so they have a clear understanding about the unsurpassable value and quality of the Costco stones.

Shopping for these covetable jewels is a passionate endeavour and one that can hold great emotional significance, so it’s important to spend time getting it just right. 🛒

### DIAMOND CUTS



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# Heaven on the half shell



WORDS Sarah Marinos

**On a rugged part of the South Australian coastline the local pipi industry is flourishing due to teamwork and a quality product.**

Come rain or shine, every day or night on the Younghusband Peninsula near the Coorong National Park a team of dedicated fishermen does the 'pipi shuffle'.

The high-energy surf beach that is constantly pounded by waves is the perfect hunting ground for the sweet, nutty-tasting delicacy. Smaller than a mussel and known in Japan as a butterfly clam, pipis are harvested manually and the pipi shuffle is a key part of the process.

"A crew of diggers goes down to the surf beach and digs the pipis out of the sand with their feet," explains Tom Robinson – a founding member of Goolwa Pipi Co in South Australia.

"We harvest on the highest water of the day so in summer we may be harvesting in the middle of the night. In winter the water temperature might be only 9 degrees – it's so cold it feels like you're digging in razor blades!"

After the pipis are dug up they are scooped into nets and taken



to the company's state-of-the-art processing facility where they are swiftly transferred to 40,000 litre seawater tanks.

The pipis are suspended in seawater for two or three days so they can spit out the sand in their gut until they are completely clean.

Pipis have been a popular Asian delicacy for generations. They are highly sought after in some of Australia's best Chinese restaurants and can fetch similar prices to rock lobster and abalone. But now they are appearing on an increasing number of family dinner tables. Steamed, they're a perfect addition to soups and paellas, or they simply can be thrown on the barbecue with some garlic and oil. Robinson explains that the taste and texture of pipis is due to their fighting for survival in a hostile environment.

"A mud cockle sits in the mud and has a relatively lazy life. A surf clam is hanging on for its existence – imagine trying to stand up at a surf beach all day," he says.

"Every day pipis have massive waves crashing down on them and they move around by sticking out what is called a foot – that's the muscle or the meat in the shell. So the muscle is quite well developed and the meat is quite firm compared to other clams."

Since the start of this year Goolwa Pipi Co has been supplying fresh pipis to Costco warehouses. The company was formed in 2014 but the fishing families behind the Goolwa business have generations of experience in the fishing industry.

"Goolwa Pipi Co brings together more than 100 years of combined experience," Robinson says.

"It's quite unique in the fishing industry for fishermen to work in a collaborative way, but if we didn't all work together we wouldn't have been able to sell to businesses such as Costco.

"We have very strict food safety requirements and export requirements, and to build that infrastructure alone would have



**TOM ROBINSON**  
Founding member of  
the Goolwa Pipi Co.

been cost prohibitive. By working together we've all contributed to the costs of building and running our facility."

Goolwa Pipi Co brings together the third-generation Hoad family, Greg Kessegian, Coorong Cockles – owned by Robinson and commercial fisherman John Reeves – and Deb Kessegian, who is one of the few female licence holders in the fishery.

With a focus on freshness from surf to Costco shelves, the company relies on modified atmosphere packaging to get pipis from Goolwa across the country. The packaging has a high oxygen content that doubles the shelf life of the pipis from the time they are packed. Instead of customers taking home loose product in a bag that could leak, the packaging is sealed securely until the pipis are needed.

Each year Goolwa Pipi Co and its teams of diggers harvest about 300 tonnes of pipis in keeping with total allowable catch limits set by the government. The quota is decided by balancing scientific analysis with economic considerations, and the Marine Stewardship Council carefully monitors all fishery activities. Robinson says the business partners are committed to running a sustainable operation.

"Every year the scientists give us a recommendation of what they think is a sustainable level for the stocks to be fished but we only harvest what there is a market for," he says.

"For the past five years we've ended up harvesting a lot less than the scientists' recommendation. We don't see value in harvesting more than the market can take."

With a healthy demand for pipis from members in Costco warehouses, Robinson hopes more Australians will be open to sampling the delicacy.

"We're doing Costco warehouse taste tests to get more people to try the product," he says.

And what's Robinson's personal favourite way of eating pipis?

"There's nothing better than cooking them on the barbecue with a butter, garlic and caper sauce," he reckons. 🍷

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# Optimise your enterprise

WORDS Sarah Marinos

What are the perks and policies employees believe are vital components in creating a positive workplace?

## Is your business a place where people want to work?

It's well established that a happy workplace is a more effective and productive workplace so knowing the perks and policies that matter to staff is important. And sometimes the things that matter may take employers by surprise. It's not all about the office espresso machine and free massages – although those things can help.

In the latest Best Places to Work in Australia survey by Great Place to Work some of the companies that made the top 25 offered free monthly massages, a three-month supply of nappies to staff who became parents, and foosball tables.

But winning software company Atlassian, which began as a two-man start-up in 2002, was recognised for the importance it placed on understanding →



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employee experiences, viewpoints and talents. And the survey found the best workplaces were those where leaders empowered, trained and valued their employees.

It seems it pays to keep the focus personal.

Steve Shepherd, Employment Market Analyst at Randstad in Melbourne, says a prime factor in a positive workplace is recognition and acknowledgement of staff.

“What we see having the biggest impacts on creating a pleasant work environment are the less tangible assets of the business – the things that cost little or nothing to deliver,” he says.

“It can be a handwritten note on a card when a job is well done, or walking through the office in the morning and saying g’day and chatting with individuals. That interaction is the number one thing that people want.”

In other words, it’s important to acknowledge people’s feelings and how they experience your business. Providing newbies with a work ‘buddy’ is one of Costco’s own policies. It helps them learn the culture and makes them feel part of the team from the get-go.

Working collaboratively with colleagues, open communication between a business and employees, and work-life balance and flexibility are also key factors that make a workplace attractive, Shepherd says.

“Flexibility isn’t just about a working parent leaving early to pick up their kids. It may be the flexibility to bring your own device in to work to use or being able to work from home if you have a busy day and need to crunch through something,” he explains.

So how can a business operator improve their working environment and motivate employees?

- Create opportunities for staff to collaborate. People value opportunities to work on projects and share their ideas. Sometimes the best ideas come from the least expected places. Put working groups together to thrash out ideas so people feel part of the process.
- Keep lines of communication open. Tell employees what is happening and how the business is performing in good times and not so good times. “Often companies only communicate when things are going well, and when communication stops, people wonder what is going on and that’s when rumours spread,” Shepherd says.
- Create some natural light. Office workers with natural light exposure are more alert, more energetic and in a better mood, according to research from the University of Illinois.
- Have plants around the workplace. It can boost productivity by 15 per cent, according to University of

**“What we see having the biggest impacts on creating a pleasant work environment are the less tangible assets of the business – the things that cost little or nothing to deliver.”**

Queensland research. “Employees were more satisfied with their workplace and reported increased concentration levels and better perceived air quality in an office with plants,” Professor Alex Haslam reports.

- Keep office clutter to a minimum because it distracts and creates a sense of chaos. And this can lead to irritability.
- “Create a nice working environment by ensuring that staff have comfortable furniture, stationery in the drawer and the equipment they may need – it makes people feel wanted,” Shepherd advises.
- Make time and space for socialising at work. It can be as simple as ordering in pizzas Friday lunchtime, having a casual dress day or installing a coffee machine because staff are spending too much money in the local coffee shop.
- Have regular conversations with staff to find out what motivates them and what they think will make their workplace better. “In one company an employee asked if a cleaner could come in once a week because the staff were having to tidy up themselves. For that small investment the staff were a lot happier,” says Shepherd. “Your people drive your business so motivate them to be as passionate about your business as you are.”



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# Keep your COOL

WORDS Alex Kidman

Summer is a great time to be out and about, whether your pleasure is the beach or the cricket pitch, because it's bright and above all warm. When you return home, however, that same heat that makes Australian summers so distinctive has its downside, turning far too many homes into hothouses. You're not a tomato, and you probably don't want to look like one due to the heat.

There are a number of solutions to beat the Aussie summer heat: exterior window awnings and design that maximises air cross currents, simply lowering blinds during the sunny part of the day or enlisting one of your kids to operate a punkah while you laze on a recliner with a long cool drink... but the option available at the flick of a switch is air conditioning.

Fans, in fact, have been popular since ancient times. No, they don't lower the air temperature but the movement creates a soothing sense of coolness. Now, according to Costco Australia's technology buyer Rhys Jackson, "Samsung has added a fan mode to their air conditioners so if you don't want actual air conditioning you can just have it working as a fan, if that suits you".

This gives you an energy conserving choice along with the option of lowering the room →

# portable air conditioners



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temperature if you need it. Samsung's latest range covers room sizes from the very smallest bedroom up to open-plan lounge rooms, and some models include a new tech feature that Jackson is quite excited about.

The cool thing, he says, is that with these Samsung units you don't even need that remote control that you last saw burrowing down the side of the couch.

"Anyone with a smartphone and Samsung's app can control their air conditioner from across the room – or even across the planet," he says. This has more utility than you might think, because it makes it a breeze to set the air conditioner when you leave the beach so that your home is pleasantly cool when you return.

The app also makes it easy to monitor your overall energy usage, as well as reminding you when the filter needs cleaning. You can even let the air con do the thinking for you while you're catching some zeds. These Samsung air conditioners have a sleep mode that chooses the optimal temperature setting for the size of the room they're in while you rest, Jackson says.

So how do you choose an air conditioner that's right for you and your home? Jackson says it's all about getting the right model for the size of the room you're looking to cool.

"You don't want to buy a small unit that won't work effectively in a large room, or the other way around."

An installed air conditioner is present all year round and provides an additional benefit that, Jackson says, people often forget. "They can act as heaters as well, providing energy-efficient warmth to your home in the colder months."

If you're already set for air conditioning in your lounge room a portable unit might be a good second choice, he advises. "The obvious benefit here is that you can easily move a portable unit from room to room. That means it's a great choice if you're on a budget and only need specific cooling for the room that you're in."

Portability also makes a compact unit easy to store out of sight when you're not using it. "You can pack it away in the garage or a storage area."

The Honeywell MM14CCS uses an auto-evaporation system that Jackson says is "excellent, because you don't need to empty a water bucket". With this handy portable unit you can simply relax, knowing that even if the mercury is on the rise, you're cool. 🛒



**RHYS JACKSON**

Rhys Jackson is Costco Australia's technology buyer, as well as handling the toys, gaming and seasonal departments. He's worked for Costco since late 2008, starting before the first Australian warehouse opened in Melbourne's Docklands. He is passionate about home theatre electronics and surround sound, an interest he's pursued throughout his career.

## THE COSTCO CONNECTION

### Which air conditioner?

Whether you're after a portable unit or a fixed air conditioning solution, Costco has you covered.



#### **Honeywell MM14CCS**

Honeywell's extremely portable MM14CCS allows you to create on-demand cool zones in your home simply by setting it up and letting it go to work. Its simple single hose system and window kit make it easy to pipe hot air out of the way, while the included dehumidifier

also deals with humidity. Inbuilt automatic draining means that you never have to worry about emptying it, and this compact unit is easy to pack away when summer ends, ready and waiting for the next hot spell. *Item 35964*

#### **Samsung F-AR09FSSSCWK1**

The smallest of Samsung's range of innovative triangle-design air conditioners, the F-AR09FSSSCWK1 is suited to smaller bedrooms or studies. It hooks into your home's wi-fi for easy access via Samsung's own smart air conditioning apps, giving you total control over your cooling solutions. It's simple to set up for one person in a single room, further enhancing its economic and green credentials.

*Item 36735*



#### **Samsung F-AR12FSSSCWK1**

Designed for mid-sized lounge rooms or ensuite bedrooms, Samsung's F-AR12FSSSCWK1 offers up to 3.5kW of cooling power and 4kW of heating, making it the ideal year-round temperature controller. It's wi-fi capable too, so that you can turn it on or off remotely and monitor the temperature via an app, so your environment is always as cool or warm as you want it to be. *Item 36747*

#### **Samsung F-AR24FSSSCWK1**

The powerhouse of Samsung's air conditioning range for large living spaces, the F-AR24FSSSCWK1 is still surprisingly compact, thanks to Samsung's unique triangle design that allows it to quickly and efficiently cool or heat your home with up to 7kW of cooling and 8kW of heating power. Cleaning is easy with the F-AR24FSSSCWK1's filter located outside the main body. It's also wi-fi enabled for remote control and monitoring. *Item 36752*

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# SUN PROTECTION GOTCHA COVERED



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# How's your sun sense?

You may think you are protecting yourself against skin cancer but it's important to get it right when it comes to UV screening.

WORDS Virginia Millen

**A**ustralia is known as the sunburnt country but, with the highest rate of skin cancer in the world, we could also be called the sunburned country. For the past 20 years organisations like the Cancer Council have done a lot to raise awareness about the dangers of long-term exposure to the sun, which can culminate in the devastating diagnosis of skin cancer.

According to the Cancer Council, skin cancers – which consist of melanoma, and basal cell carcinoma and squamous cell carcinoma, also known as non-melanoma skin cancer – account for around 80 per cent of all newly diagnosed cancers. Between 95 and 99 per cent of skin cancers are caused by exposure to the sun and two in three Australians will be diagnosed with skin cancer by the time they are 70.

Sunburn causes 95 per cent of melanomas, the most deadly form of skin cancer. But sunburn is preventable and a frontline protection is the regular application of sunscreen. When our skin is exposed to the sun it is penetrated by ultraviolet rays. When we tan, the skin cells responsible for producing pigmented melanin can over time also produce age spots, freckles, moles and in some cases cancer.

Products with a sun protection factor, or SPF, help to protect against UV radiation. The higher the SPF number, the higher the protection, says Cancer Council Australia's Skin Cancer Committee chair Vanessa Rock.

→

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400g pump & 200g tube, \$22.99, Item 28291



**Banana Boat Aerosol 3 Pack**  
3 x 175g aerosols, \$33.99, Item 36387



**Neutrogena Ultra Sheer Lotion SPF50+**  
2 x 85ml, \$19.99, Item 36364



**Neutrogena Beach Defence Mist**  
2 x 184g, \$23.99, Item 36365



**Cancer Council Ultra SPF50+ Sunscreen**  
1L, \$25.49, Item 30776

**Cancer Council men's and women's sunglasses**  
Assorted styles  
Item 35083

**Cancer Council children's sunglasses**  
Assorted styles  
Item 34796

Don't forget that Costco sells sunnies too. Better yet, they meet the Australian Standard and have an eye protection factor of 10 (the highest rating in Australia).

"Always look for a product that says broad spectrum, with an SPF of 30-plus," she says. But Rock says to get the benefit of the SPF factor it's important to apply the recommended amount, because research shows people use about half of what they need to.

"The best thing to do is check what's on the label," she says. "We talk about using about a teaspoon of sunscreen for each limb and a teaspoon for your face."

The Cancer Council recommends that sunscreen is applied 20 minutes before heading outside and reapplied every two hours.

"That's the sort of protection you're covered for," says Rock, but notes that if you are sweating or swimming some effectiveness may be lost – or towelled off.

There are plenty of different types of sunscreen for sale: gels, aerosols and good old-fashioned lotions and creams. Rock says that all products sold in Australia are just as effective as each other but only if applied correctly.

She says people who have sensitive skin should look for products that don't contain any perfume. "Some people are concerned their children may have a reaction to a sunscreen," she says, "but it's probably not the chemicals in the sunscreen, it's usually the preservatives and perfumes in certain sunscreens."

She advises that anyone who is concerned should see a dermatologist for a thorough investigation into the potential cause of an allergic reaction. Another option is to try using a toddlers' sunscreen, which doesn't have any extra preservatives in it and still offers the UV protection required, she says.

Some primers, foundations and moisturisers come with an SPF number, but Rock says for guaranteed protection they need to be used in conjunction with sunscreen sold in Australia.

"We've had very strong regulations around sunscreen for many years through the Therapeutic Goods Administration," she says.

"The cosmetic products don't go through the same standards testing that the sunscreen products go through, which should be a wake-up call.

"The main ingredients used in your moisturiser and foundation are not the chemicals to protect you from UV radiation, you can't compare apples to apples with that."

Although applying makeup with some UV protection is better than using nothing, she warns that women heading out for a day at the beach or any activity where they will be exposed to sun for a long period of time should put a sunscreen on under their makeup and reapply it every two hours.

Natural sunscreens that don't contain chemicals are not approved by the TGA and therefore are not recommended for protection against UV by the Cancer Council. "You need chemical filters as well as physical filters against absorbing UV rays," she says.

Of course sunscreen isn't the only protection against the sun and Rock emphasises that all Australians should apply the slip, slop, slap rule to ensure they don't get sunburned.

"Sunscreen is just a filter," she says. "People forget that it will never provide 100 per cent protection. We always need to use it in line with our other slip, slop, slap messages. So always wear protective clothing, always put on that broad-brimmed hat, use shade when you're out and about and, of course, wear some sunglasses, ones that meet our Australian standards.

"Then you just need to use sunscreen on those parts of your body that are not protected. You need to use sunscreen if you live in Australia because we're exposed to UV on a daily basis."



**Grainfed Beef Rib Eye Steak - 150 day  
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Item 13187

**Skin on Salmon Fillet - Atlantic Salmon  
from Tasmania**

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**Pork Loin Steak 100% Australian**

Item 13209

# Barbecue like a pro

WORDS Gillian Samuel • Stylist Fiona Sinclair • Photography Tom Lau

**With the right equipment and preparation you can grill to impress with the best.**

The great Aussie barbecue is one of our best institutions: it combines the great outdoors with food, it's relaxed and hospitable, something even the kids and the family dog can appreciate.

And summer is barbecue season, but before you break out the extra-length tongs here are some professional tips for getting the best out of your grill and the meat you cook on it.

"It all starts, of course, with your barbecue," says national BBQ School director, TAFE teacher and former Michelin-starred restaurants chef Ben Farley, "what type it is, how you use it. Every barbecue is a little bit different."

While the gas-fired barbie with the chargrill and flame plate is a popular choice because "it's click and play", Farley says using a solid fuel barbecue is gaining increasing popularity. "Smoking is massively in vogue at the moment – low and slow cooking – more in the style of the US. A lot of people are moving towards charcoal."

He says fuels that create flavour give a more authentic result. "Charcoal itself has a charry, smoky flavour – and it also tends to prevent flare-ups."

## Magical marinades

Of course you can also use marinades to add flavour but he says if you have a high-end piece of meat don't mess with it. "Good quality beef should have a wonderful flavour already. You don't need to mask it, but it's essential with some cuts. Marinating flank and cuts from around the belly for 24 hours breaks

down the connective tissue and adds extra flavour."

Farley gives these secondary cuts a traditional Mexican treatment by using an adobo marinade made with chipotle chillies, olive oil and dried herbs and spices.

If you are going to go for a slow smoking method he recommends using a dry rub the night before: pepper and dried herbs, for example. "While smoking it creates a caked crust we call 'bark'. It gives the meat a nice texture, with moisture retention. It's perfect for brisket and a lot of people are cooking it like that now. A smoker offset gives the most authentic results."

For a fall-apart chicken with wow factor, cook the chook upright with an opened beer can placed in the cavity and the lid down. "While beer itself doesn't have crazy flavour input, it imparts moisture and you get a lovely golden skin," Farley says.

## Technical tips

Make sure you start with a clean barbecue for consistent heat without hot spots and don't forget the drip tray. "That quite often catches fire," he warns.

"Make sure the barbecue is as hot as you can get it for 10 to 15 minutes, then when you go to cook turn the burners down to half or three-quarters to avoid too much dry heat."

Season steak with salt and pepper just before cooking, not earlier – salt dries the meat out, Farley advises. Finally, resting the meat is paramount, he says. "Just leave it on the resting rack for half the cooking time for a delicious, tender steak." 🍷



## Summer halloumi and watermelon salad

### SERVES 4

### INGREDIENTS

- 400g halloumi
- 150g baby spinach leaves
- ½ small seedless watermelon
- ¼ cup extra virgin olive oil
- 2 tbs balsamic vinegar
- ½ small bunch fresh basil, leaves picked

### METHOD

1. Slice halloumi lengthwise into 1cm thick slices. Grill on the barbecue for 1–2 minutes each side, until cheese is golden.
2. Scatter spinach leaves over a serving platter. Cut watermelon into cubes, then arrange on top of the spinach, and top with the grilled halloumi slices.
3. Combine olive oil and balsamic vinegar and drizzle over salad.
4. Top with coarsely chopped basil leaves.



**Pittas Chef's Halloumi\***

*Item 15394*

**The Salad Servers Potato, Bacon & Egg Salad\*\***

*Item 22550*

**The Salad Servers Black Rice & Cranberry Salad\*\***

*Item 36589*

\*Simply grill and serve with lemon wedges.  
\*\*Delicious gourmet salads available in great value 1kg tubs in the Deli, made fresh and delivered daily to your local warehouse.



*Gourmet*

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- Pork with Lemongrass, Coriander & Mint



## PORK SAUSAGES WITH VIETNAMESE SALAD

Serves 5

### What You Will Need

- 10 x Tibaldi Pre-cooked Pork Sausages with Lemongrass, Coriander & Mint
- 1/2 large wombok (Chinese cabbage), finely shredded
- 2 carrots, peeled, cut into matchsticks
- 1/2 red capsicum finely sliced
- 1 cup fresh Vietnamese mint leaves
- 1 cup fresh coriander leaves
- 1/2 cup roasted salted peanuts, chopped

### Vietnamese dressing

- 1/3 cup lime juice
- 1/3 cup fish sauce
- 4 small red chillies, deseeded, finely chopped
- 2 tablespoons brown sugar

### Make dressing:

Put lime juice, fish sauce, chilli and sugar together in a jar and shake until sugar has dissolved.

### Make salad:

Place cabbage, carrot, vietnamese mint, coriander and capsicum in a large bowl. Drizzle with dressing. Toss to combine. Sprinkle with peanuts.

Cook the sausages following the instructions on side of pack and serve.



Try one of our Easy Recipes featured on the pack for a delicious quick meal.



# Small scale, big call

WORDS Eloise Basuki

**Esteemed expert James Halliday has named a vintage from a tiny Victorian vineyard as his wine of the year.**

**F**or four months of each year Australian wine critic and vigneron James Halliday starts work with a 7am glass of wine. By the end of the day he'll have tasted 80 different wines, all in the name of research.

With his spit bucket by his side, during this intense cycle of sipping, swirling, spitting and noting Halliday samples 6290 wines, with another 2490 tasted by fellow wine expert Campbell Mattinson.

Their reviews are fuel for his highly anticipated annual wine guide, the *James Halliday Australian Wine Companion*, culminating in

finding the one wine that rules them all, the *Wine Companion* Wine of the Year.

Now in its 16th year, the *Companion* has become the go-to guide for wine lovers and connoisseurs, as well as less confident wine drinkers who are looking to learn a bit more about Australia's flourishing wine regions.

With in-depth winery profiles, as well as detailed tasting notes, ratings and information, this indispensable reference arms readers with insider knowledge about everything from matching a glass with dinner dishes to

exploring different regions and trying new vintages.

And while a daily grind of tasting wine all day might seem enviable to some, Halliday admits it's not such an easy task.

"It is very challenging. Wine tasting demands total concentration, and it's the brain as much as the palate that is bruised and battered at the end of each day's tasting," he says.

He's used to working closely with wine, though. He judges at wine shows around the country and has also written or contributed to more than 75 books about the subject





since he began writing in 1970 and stepped away from his successful career in law.

“Big city corporate law practice could easily suffocate all life and activity outside the law office. So, along with Tony Albert and John Beeston, a vineyard and winery were the ultimate compulsion,” Halliday explains. The three friends together founded Brokenwood Wines in the heart of the Hunter Valley. The intention was for it to be a weekend hobby but it quickly evolved into one of Australia’s most reputable labels.

It didn’t stop there. It was on the back of Halliday’s passion for Pinot Noir that in 1985 he founded his second winery, Coldstream Hills, in Victoria’s Yarra Valley – a region with a cool climate and high winter rainfall, perfect conditions for this delicate, fruity red varietal.

This time spent working at his wineries, as well as trips to Burgundy and Bordeaux for a taste of how the French do things, helped him approach wine writing from a different perspective.

From planting and picking to fermenting and bottling, these firsthand experiences led to a more appreciative way of drinking and judging wine.

“The major change was a firsthand knowledge of the flavour of the grapes on the vines, the flavour and aroma of fermenting wine, and tasting and assessing the quality of wine immediately after the fermentation is finished and long before it is taken to bottle,” Halliday explains.

All knowledge that comes in handy when he’s facing the seemingly impossible task of choosing his wine of the year. Halliday is looking for a bottle with instant x-factor, and says it was after the first sip of Yarra Valley winery Serrat’s 2014 Shiraz Viognier that he knew it was the winning drop.

“I came to my conclusion that it was the best wine I had tasted all year in a millisecond. To be sure I wasn’t deluding myself I took the bottle up to my house and drank part of it that night, the remainder the following night,” he says.

And it seems others agree: in the few days after he announced Serrat

the winner the boutique winery completely sold out of its fewer than 2500-bottle vintage.

Run by husband and wife Tom and Nadège Carson, Serrat’s vineyard is less than 3 hectares, which the pair has close-planted (a high-density method) with 8800 vines per hectare, more than four times the average. The Carsons believe this traditional European method of planting and hand-picking, while a slower and more enduring practice, results in the true nature of the region being embodied in the wine, and Halliday agrees.

“The wine itself is gloriously coloured, it has a Joseph’s coat of forest berry fruits, flashing red and black flavours, spice and cracked pepper, with quality oak also contributing,” he says.

And while you unfortunately can’t taste this one for yourself, just a few pages into the *Companion* you’ll find some 6000 more wines that Halliday can personally vouch for, so you’re spoilt for choice. 🛒

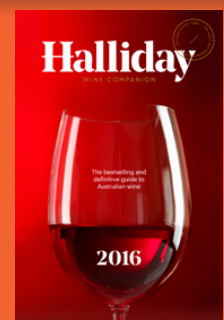
**“The wine itself is gloriously coloured, it has a Joseph’s coat of forest berry fruits, flashing red and black flavours, spice and cracked pepper, with quality oak also contributing.”**

## KNOW YOUR VINTAGES

Pick up your copy of the 2016 *James Halliday Australian Wine Companion* to help you in selecting vintage wines from Costco’s extensive range.

**James Halliday Australian Wine Companion, \$26.49**

Item 36008





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**BETTER TOGETHER**



# Wipe OUT!

Modern wipes are more than just a convenience. A good quality wipe, used properly, actually makes your home a healthier place to live.

WORDS Gillian Samuel

Where would we be without wipes? They are brilliant for spills, for spot cleaning areas of high contact and – and this is their real value – they prevent cross-contamination. That's because we can use them for the job in hand and then bin them, instead of trying to re-use the same cleaning rag for multiple tasks. Damp cloths make ideal homes for bacteria to breed and grow.

What you want in a good wipe is the ability to remove dirt from the surface, which the detergent content accomplishes; disinfectant qualities to disable micro-organisms; and wetness, since the disinfectant function only acts while the treated surface is wet. They also need to be a practical size, generous enough to scoop up a mess and cover a reasonable area in one swoop. The ideal wipe contains both detergent and disinfectant so you can clean away soiling in your first pass and knock out germs with the second.

So, how's your wiping know-how? If you want your home to be hygienic there are few basic guidelines to keep in mind.

Surfaces you regularly touch with your hands should be wiped down frequently: the fridge door handle, cupboard handles, taps, work surfaces, door handles, the waste bin, toilet seat, television remote, light switches and telephones. Antibacterial wipes are ideal for these jobs.

Don't use the same wipe for multiple tasks or you could transfer germs from one area to another. This is especially important when cleaning the fridge and the toilet.

Every so often remember to surface-clean the inside of your cupboards and drawers, behind the fridge and cooker, and your doors, including exterior doors.

Large areas such as walls, skirting boards and ceiling rails all benefit from the occasional wipe down to remove contact soiling and the accumulation of grime.

Always read the label of your wipes to ensure they are fit for the task you want to use them for and follow the manufacturer's storage instructions to preserve their effectiveness. 🛒

## KIRKLAND SIGNATURE WIPES

These generously sized wipes – large enough to use on most floor sweeper mops – are bigger than standard size (see packaging for details).

Treated with antimicrobial compounds and isopropyl alcohol to kill kitchen and bathroom bacteria, they also knock out cold and flu germs. Plus they deodorise to leave your fridge fresh and your bathroom inviting. The moisture-lock lid ensures they remain effective and the dispensing action makes them easy to use anywhere in the home.

While they may not be green in colour Kirkland Signature Wipes (Item 943609) are environmentally friendly too. The Eco Pak has been designed to use 83 per cent less plastic than regular wipes packaging and the non-woven fibre is Tencel, derived from wood pulp, so they are biodegradable.

Get your hands on these wonder wipes for your next clean-up job by stocking up on a four-pack on your next Costco shop.



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\*Artwork may vary.

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# Happy Halloween!

This age-old tradition is much loved by children and is a great excuse for sharing spooky good times with your family and neighbours.

WORDS Gillian Samuel

This year I'm thinking of making witch's hats with ice-cream cones coated in frosting and decorated with Smarties or other sweets," says Sydney food and lifestyle blogger (and Costco shopper) Charlie Louie. "It's something that's easy to do, so I can invite some of the kids in to the kitchen to decorate their own witch's hat."

Halloween is a bit of a fixture in the Louie household, with photos of family and friends in costume, along with fun creations such as edible red-back spiders and spooky spook cupcakes, posted on her hotlyspiced.com blog.

The originally ancient-Celtic All Hallows Eve celebration is gaining traction in Australia, accounting for a seasonal spike in sales of pumpkins, costumes and themed accessories, and lollies. Apparently more than 11 per cent of spending on candies occurs at Halloween so we can hand something over to the little trick or treaters on 31 October.

"I try to make at least one Halloween treat each year," Louie says, freely admitting that she scours Pinterest for ideas.

"I usually make them just before Halloween and if I'm sufficiently organised and Halloween falls on a school day my youngest son Alfie can take them to class and share them with the other students."





Louie says she tends to have items such as edible glue and glitter in her pantry because she does a lot of cake decoration but she does make sure she has tubes of black icing especially for Halloween. “Just watch it when you roll it out – you can’t use too much icing sugar!”

She also stocks up on wrapped candies in small sizes. “Caramel koalas and chocolate frogs are always popular – none of those nasty sour!”

As for Halloween costumes, she says that Alfie always insists on “a gory look”.

“We go to the fancy dress shop for fake wounds and the blood. My daughter Arabella has a huge makeup set and the girls get quite carried away with doing the little guy’s makeup. It’s never a case of less is more!”

“Then we get creative with chopping up old clothes and finding bits and pieces around the house that would make a suitable costume.” Horror masks are another easy option but Louie warns that a full face mask and black garments can cause a melt-down if the weather is too warm. “One year I ended up carrying all of Alfie’s discarded items!”

Yes, Louie discreetly accompanies her young son if he’s on his own. “We usually meet in the home of one of the boys and then watch them head out into the street with their empty buckets, hoping for a windfall.”

If your place is the venue for a Halloween meet it’s important to get into the spirit with some decorations and post-trick or treating games. Helping your children carve a jack o’lantern and putting it near the front door will encourage trick or treaters to knock, while bobbing for apples (floated in a large container like a plastic tub) is traditional because the ancient Romans honoured Pomona, the goddess of fruit and trees, at this time.

“I do love a party with a few games, especially if there are prizes,” Louie says. “I find that games really draw guests together. Once you commit to the process you find yourself having enormous fun.”

Torch tag out of doors or sardines inside the house or, for older participants, the wink murder game or horror-themed charades are all great Halloween choices, and you can also award prizes for the best costume or spectacular wink death.

“Usually we just wrap up a bottle of wine. Even a small packet of chocolates will bring out people’s competitive streak,” Louie laughs.

Celebrating Halloween doesn’t have to be a big deal and it’s a family and community celebration that’s bound to deliver some ‘awww’ moments – and great photo opportunities too. 🛒

**THE COSTCO CONNECTION**

Are you ready for Halloween at your place? Here’s a bunch of great ideas...



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**Pose N Stay Skeleton with LED Eyes**  
Item 966565



**14.5” Halloween Lantern with LED Candle**  
Item 955195



**Cadbury Variety Jumbo Pack**  
110pc, 1.56kg, Item 31438



**Trolli Mega Mix Bag**  
851g, Item 36205



**Hershey’s Assortment Bag**  
100pc, 1.13kg, Item 31901



**Mars Variety Mix Box**  
116pc, 1.7kg, Item 201274



**Celebrations Tub**  
750g, Item 34567

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**Crossroads, Canberra and North Lakes. 6 - 11 October**



## Greaseproof cooking

Roast, bake, steam or fry with the FryAir Turbo Air-Fryer to cook anything from a crispy roast chicken or fries - without oil - to a cake. See the FryAir in action at **Docklands 29 September - 11 October, Auburn 13 October - 1 November** and **Canberra 13 - 25 October.**

## Premium blend

Made by the same family-owned company in Cleveland, Ohio, since 1921, the Vitamix range of commercial and household blending equipment is sold in 80 countries around the world. Watch them whizz up a storm at **Adelaide. 30 September - 11 October**

## Cut the swelter

The ideal solution to home moisture control and water damage restoration, Ausclimate quality assured dehumidifiers are available in compact as well as medium sized and large options. Manufactured by a world leader in dehumidifier technology for more than 30 years, these units can be seen at **Ringwood. 30 September - 11 October**



## Make your own music

Being able to play the piano in your home is a gift to your friends and family, and a wonderful resource for learners. **Auburn** members can view the range of Gospel Pianos: kids', upright, digital and even grand pianos.

**29 September - 11 October**



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# Summer entertaining



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