

THE COSTCO **CONNECTION**

WINTER 2015 • VOLUME 1 • ISSUE 3

A lifestyle magazine for Costco members

Hit the snow
AN INSIDER'S GUIDE TO
TOTAL EXHILARATION

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EOFY ready?
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WELCOME TO THE WINTER EDITION OF THE COSTCO CONNECTION.

I'm an Aussie with dual Canadian citizenship and, having spent over 20 winters in Canada, I'm constantly reminded of how lucky we are in Australia where our winters are relatively balmy. In Canada temperatures regularly reach minus 20 to 30°Celsius and shovelling snow is a must if you want to be able to open your front door.

On the plus side, though, there is hockey, skiing and plenty of winter warmers.

In this issue we share with you information on how to keep your home and family warm and safe during the winter months, as well as giving you some ideas about how to get out and about and enjoy yourself. We have all the facts from the professionals on how to keep cold and flu germs at bay and a whole list of superfoods to boost your immunity.

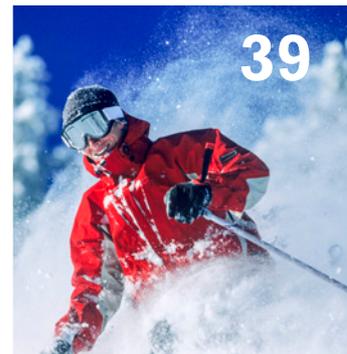
For those who are taking the opportunity to spend some time at home, learn how to build a cheese platter to share with guests or loved ones, and then select a good bottle of red to accompany it. Winter also brings the tax man and we have plenty of ideas and suggestions to help small businesses to prepare for the end of the financial year.

Finally, in our cover story this issue we visit a homegrown bottled water company that with Costco's help has built huge success from small beginnings and is now exporting to Costco Japan. It's a partnership we're proud of and, what's more, our members benefit from assured quality and lower prices.

Managing Director
Patrick Noone



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The 2015 annual golf day for suppliers, held on 9 April, was a big success.



Sharing the care

Costco invites its members and suppliers to join in supporting improved medical research for children and babies.

Taking the opportunity to remind people that their donations can contribute to the wellbeing of the community is a nice fit with the regular shopping run. Home and family tend to be top of mind, and if a family member should ever need hospital care it's natural to want them to have the best available.

That's why Costco Australia regularly runs fundraising campaigns, inviting members to contribute to the services offered by hospitals providing care to children and babies.

In New South Wales it's for the Children's Hospital at Westmead with fundraising taking place at the Auburn and Crossroads warehouses for the entire month of March. Costco members can add their donation to their purchase at the check-out register and write their names on the donation cards which are displayed all over the walls.

Activations on weekends include face painting, balloon giveaways and the warehouses also sell breakfast boxes and cakes to help promote the Children's Hospital at Westmead. The running tally of funds raised over the

month is displayed for all to see at the front of the warehouse.

The Costco head office in New South Wales also holds an annual golf day for suppliers each year in April, with funds raised going to supporting medical research at the hospital. "The funds raised from the golf day go directly to research in rare diseases in children," Phoebe Cunningham from the Children's Hospital at Westmead says. "There is always a tremendously strong response." In 2014 the total raised from both activities exceeded \$240,000.

In Victoria Costco participates in the month-long Good Friday Appeal for the Royal Children's Hospital. The appeal concludes with a telethon on Channel 7.

"We fundraise through that month and on the day of the telethon we present a cheque to the hospital. In 2014 it was over \$50,000," says Costco Regional Marketing Manager Kyla White.

A similar campaign, Newborn November, raises funds for the Neonatal Intensive Care Unit (NICU) at the Canberra Hospital in the Australian Capital Territory. "The funds are usually used to purchase a piece of equipment," White says.

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Insider tips

The Costco experience is different from shopping at other stores. Read on for some hints to make the most of your membership.

INSTANT REBATES

Watch out for the Instant Savings signs as you shop. These offer big rebates at the register on selected items.

TRY BEFORE YOU BUY

Costco offers demos on many food items throughout the warehouse, so you can sample new items or unfamiliar brands.

REWARD YOURSELF FOR SHOPPING

On the way out, stop by the food court for a Costco sized slice of pizza for just \$2.99 or the hot dog and soda for just \$1.99.

GOT ANY SHOPPING TIPS OF YOUR OWN?



SEND THEM TO

[CONNECTION@COSTCO.COM.AU](mailto:connection@costco.com.au)

AND YOU COULD BE PUBLISHED IN THE NEXT ISSUE OF *THE COSTCO CONNECTION!*

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 and tell us all about it!

Swimmin' salmon



Mmm, salmon. It's too good not to make the bears share – or sea eagles if we're thinking locally. Loaded with two blockbuster omega 3 fats, DHA and EPA, in addition to its melting texture and gorgeous colour this low-mercury-content fish has heaps of great health benefits. Many expert recommendations suggest you should eat salmon twice a week and we can help you do just that.

Since 1987 Costco has been dedicated to making our salmon fillet utterly delectable. It started as a skin-on fillet at a competitive price but the salmon team wanted to make it better: a better fillet at a better price. The extra parts were trimmed

off, leaving a ready-to-cook fillet, and the price was trimmed to match. The salmon team challenged themselves to achieve more for our members and they got it. The fillets evolved to fully trimmed and skinned, and the cost dropped further.

Today the Costco salmon fillet is deboned, skinned and trimmed to the highest quality specifications to ensure that only the most tender and succulent fish lands on your plate. At the same time Costco's volume purchasing policy has driven the price down, not up. Yes, we're swimming against the current and proud of it. That's our salmon story and it can be yours too.

Enjoy the Creaminess

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Message in a bottle

WORDS Gillian Samuel

In the crowded and competitive bottled water industry the Kirkland Signature/ Nu-Pure brand leads the way in tapping into profits with a product that sells itself.

“We pretty much started with just an idea over Christmas dinner and a few too many red wines,” says Nu-Pure bottled water Managing Director Mark Holmes.

Eleven years ago he and his brother Matt were sitting at the family table and discussing the potential for a locally produced bottled spring water targeting local consumption in Queensland.

“We literally got up the next day and looked in the Yellow Pages for bottled water manufacturers,” Holmes says. They also went and bought bottled water from local stores and contacted the companies listed on the labels.

It was his background in marketing drinks and juices in the area around Brisbane and the Gold Coast that alerted Holmes to the market demand for locally produced water in other states. The brothers spent the next six months researching the equipment they needed and where they could get it from.

“From there we made some decisions,” Holmes says. “We only had a small budget. What we wanted to buy and what we could afford to

buy were two different things. Some compromises were made,” he laughs. “We purchased equipment from a number of suppliers. In Australia few companies offer turnkey solutions at a budget price.”

At the same time they searched for a water source within 100 kilometres of the distribution factory Holmes worked out of in Burleigh. “We found many properties suitable to supply spring water but Numbinah Valley had a nice sweet, soft-tasting spring water which I thought would be very palatable for Australians,” he says. “We ran hydrogeological tests to verify the source as commercially viable and allowing us to grow. It was a lot of work. I’m happy that I didn’t know how much before I started. If I had known the difficulty of putting water in a bottle I wouldn’t have done it!”

The brothers and their father started trialling their new product and learning how to use the machinery and from 1 July 2005 Holmes went out on the road to sell water into Queensland stores.

“It went really well to the point where it was starting to take over our lives,” he says. “The business

grew really quickly and people were buying it off the shelves.”

Square deal

Then in 2007 the company introduced a stroke of genius that would see their sales triple within three months: Holmes changed the shape of the bottle.

“We decided to go from the standard round bottle to the proprietary square bottle,” he says. The concept was to present a premium product at an everyday price. “When we changed to the square bottle things went right out of control. Business also moved from local supply business to national so I was getting calls from wholesalers around the country.”

Holmes called on his childhood friend Barry Hamilton, who had a corporate role with Cadbury Schweppes. “We had a chat and he left and joined us,” he says. Hamilton took over sales and marketing while Holmes oversaw production – a setup still in place today.

Strong success

Business boomed, in part because from the beginning the company was by necessity a lean operation with a



Mark Holmes (left) and Barry Hamilton in their Nu-Pure factory in rural Queensland; the pallets are stacked high at Costco but it won't be long before they're cleared (right).



high level of efficiency. “We grew by doubling sales every year in the first five years,” Holmes says, adding that growth has continued at 30 per cent year on year for the last five.

In 2012 the family business was positioned to attract the attention of a large-scale retailer. Costco was on the lookout for a partner who was flexible, provided a superior quality product and who had the potential to grow with Costco as the business expands in Australia.

“We were introduced to Nu-Pure by one of the independent bottlers

in Australia,” says Joan Elisabeth, Buyer, Sundries, Costco Australia. Holmes says the company’s reputation had been helped by his involvement with the bottled water industry. “I’m on two independent boards that ensure we contribute ethically to the industry,” he explains.

Holmes says when he got the call to meet with Costco to discuss supplying the three Melbourne, Canberra and Sydney stores, “I was that excited I couldn’t get on the plane and get there quick enough!”

Shared goals

Elisabeth says that Costco selects products for its stores based on pricing and appearance. “When they presented the product it was eye catching and different, and we’ve never seen better pricing,” she adds.

Nu-Pure first supplied its own brand and then worked with Costco to develop a Kirkland Signature product. “Straightaway the response was really huge. We didn’t experience any delay in people buying the Kirkland Signature brand,” she says. “The volume sold shows that people trust that what we put on the floor is the best product on the market.”

In 2014 Nu-Pure sales would have filled close to three Olympic swimming pools, she says, but Costco is also looking to the future.

“We’re confident that they can keep pace with and supply the volume that we need, moving forward,” Elisabeth explains. “They are really professional, they really understand our business and, most importantly to us, they understand our expectations for growth and what we want to do.”

Today Costco stocks the Nu-Pure product in every Aussie warehouse under its famous Kirkland Signature brand, as well as the original square-bottled Nu-Pure version, and has helped Nu-Pure expand its sales overseas into Costco Japan.

Elisabeth says Nu-Pure’s timely, responsive and flexible approach is essential to matching the fast pace of Costco’s style of doing business. “We like to have a partnership with every vendor we do business with. With Nu-Pure we have grown the business together through partnership,” Elisabeth says. “It’s been a really great relationship from day one.”

Holmes is quick to agree, saying “We’ve had a fantastic relationship ever since.” 🛒

SUPPLIER PROFILE

Company: Nu-Pure Beverages

Owners/Directors: Mark Holmes & Barry Hamilton

Commencement date: 2005

Head office: 1/76 Quinns Hill Road East Stapylton Queensland 4207

Phone: 1300 199 107

Website: nu-pure.com.au

Products at Costco: Bottled spring water, sparkling water, flavoured sparkling water

Comments about Costco: Costco’s ethical behaviour when dealing with vendors has been exceptional for our business. Partnering with Costco has seen our business grow from strength to strength.

Spring Water the way mother



nature intended



Nu-Pure Beverages



Chia seeds



Goji berries



Gold flaxseed



Quinoa



Blueberries



Coconut flour



Coconut water



Coconut oil



Inca berries



Barley grass powder



Nutrient dense

WORDS Sarah Marinos • PHOTOGRAPHY Tom Lau • STYLING Fiona Sinclair

Food attains 'superfood' status when it's packed to the brim with goodness. Incorporate these food superheroes into your life and reap the health benefits.

They're foods that are high in nutrients and that promise a range of health benefits – from lowering cholesterol and reducing blood pressure to boosting our digestive health.

Superfoods are the foods most of us should try to eat on a regular basis, such as oily fish, blueberries, olive oil, berries, broccoli, soy, natural yoghurt, Brazil nuts and tea. Newer additions to the superfoods list include 'supergreens' such as wheat grass and spirulina, grains and seeds like chia seeds and quinoa, and coconut water.

"My definition of a superfood is a food that packs a good nutritional punch," says accredited practising dietitian and Dietitians Association of Australia spokesperson Emily Burgess. "So it's low in energy and relatively high in vitamins, minerals, antioxidants and fibre."

It's important for all of us to eat a wide variety of foods from the major food groups but superfoods can provide a boost to anyone who is on a restricted diet due to ill health, to pregnant women and to breastfeeding mums.

"At these times you may need a little more nutrition and so you may benefit from increasing good foods in your diet, such as the superfoods," Burgess says.

The supergreens

These include wheatgrass, barley grass and spirulina. Wheatgrass contains vitamins A, C and E plus iron, calcium and magnesium, and these help build healthy red blood cells, fight infection and remove toxins from the liver.

Barley grass is linked to lower blood sugar and blood pressure and may ease irritating bowel problems such as diarrhoea.

Spirulina is a blue-green algae that is also rich in proteins, vitamins and minerals such as beta-carotene, manganese, zinc, copper and selenium. Fans of spirulina – which you can get dried and freeze-dried – believe it helps reduce the

risk of infections and boosts good gut bacteria, which means fewer stomach upsets.

"Spinach, kale and silverbeet in a smoothie are also good greens," Burgess adds.

Bountiful berries

"Berries are high in antioxidants, minerals and vitamins. A handful of blueberries or raspberries added to a bowl of cereal is a great start to the day," Burgess says.

Goji and Inca berries are newer berries on the block. Goji berries mostly grow in China where they are used in traditional Chinese medicine to help manage diabetes and blood pressure. Inca berries hail from South America and are often eaten dried, like raisins. They contain natural sugar, protein and fibre.

Blueberries – a handful a day – are also good for you. Half a cup contains the same amount of disease-fighting antioxidants as just over two cups of broccoli, spinach or corn. Studies have found blueberries may protect against heart disease and stroke and the blueness of blueberries is due to an ingredient called anthocyanin. This is linked to eye health and particularly to reducing the risk of age-related macular degeneration.

Grains and seeds

Chia seeds originate from Mexico where 'chia' means strength. They have a slightly nutty flavour and contain omega-3 fatty acids, protein and calcium. Add them to cereal, yoghurt, sauces or smoothies. "Chia seeds are also high in fibre so are good for bowel health," says Burgess.

Quinoa (pronounced keen-wah) is a whole grain first grown by the Incas in South America. It contains fibre, B-vitamins and minerals including magnesium, potassium and calcium. About a quarter of the healthy fatty acids in quinoa is oleic acid, which is good for the heart.

Gold flaxseed is also full of fibre and alpha-linolenic acid – another heart healthy fat.

THE COSTCO CONNECTION

Look out for spirulina, barley grass powder, Goji and Inca berries, fresh blueberries, chia seeds, gold flaxseed, quinoa, and coconut oil, flour and water on the shelves at your local Costco warehouse.

"Many nuts and seeds are high in protein and fibre. Walnuts are particularly high in omega-3 fatty acids, almonds are higher in calcium and Brazil nuts are higher in selenium," she says. "Have a variety to get an array of vitamins, minerals, proteins and fats."

Champion coconut

"After exercise rehydrating with coconut water helps replace some of the electrolytes we lose when we exert ourselves," Burgess says. Electrolytes contain ingredients that help make up our blood and are essential to normal nerve and muscle function.

Coconut oil contains medium-chain fatty acids that are often not part of our daily diet, but some health experts believe they are good for our general health, stating that coconut helps with increased energy, weight loss, natural antibiotic activity, cholesterol reduction and insulin stabilisation.

"Coconut oil is something to have in moderation," advises Burgess. Some coconut products can be high in saturated fat which is not good for us, but the fat in coconut is a little better than some other types of saturated fat. 🛒



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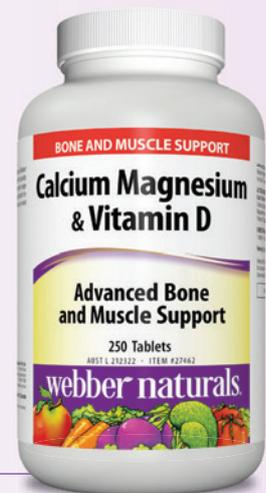


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Tracking tax

WORDS Sarah Norris

End of financial year is approaching fast, so we've enlisted an expert to help small-business owners lodging a tax return.



Even if you refer to it by its jovial marketing name, 'EOFY', or end of financial year, can strike a mix of dread and fear into the heart of any small-business owner.

But, according to tax experts, it needn't be a headache, especially if you have a few strategies and guidelines in place. In fact, accountants say it's the perfect opportunity to stop and assess your financial situation and do that all-important planning for the future.

Record keeping

Running a small business means paperwork, a lot of it, but the first step to meeting your tax obligations is ensuring you have a good record-keeping system. "This should include a software package to keep your accounts as well as a process of keeping your expenses in order," says small business tax specialist Brad Callaghan of Callaghan Partners. "This should include filing all your receipts in a folder in date-paid order for ease of reference. Having up-to-date records also makes it easy to see your tax liability, including GST and PAYG(W)."

Sounds fairly simple, and it is. It's just a matter of not letting it pile up. "Small-business owners must understand that getting into good record-keeping habits can guide you through the financial mist," he says.

Not only does it ensure you can lodge a tax return with much less stress, having up-to-date records has the added bonus of letting you know your financial position at a glance. After all, knowing how healthy – or unhealthy – your business is can make all the difference between success and disaster.

Which system?

There are two options you can choose for keeping good records. The first is using a computerised accounting software package, something like MYOB, or new-generation platforms like Xero – a cloud-based online system that allows you to reconcile your accounts from anywhere in the world, for example when you're on the bus or travelling interstate.

Alternatively you can recruit the services of an accountant to be your bookkeeper. Either way, the money you spend to keep your →



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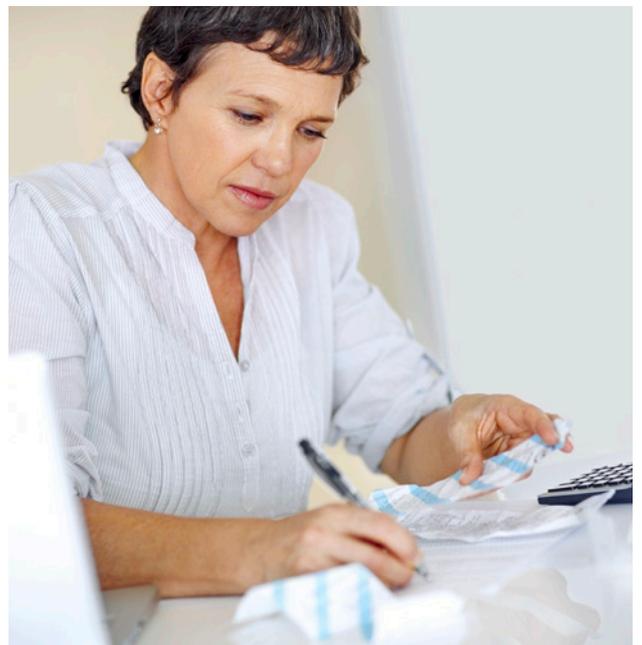
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- Add sliced avocado, with a layer of Tibaldi Seasoned Rosemary Chicken. Finish off with the final slice of toast and you are already to go! Try adding some tomato, baby rocket, mayonnaise, cranberry sauce or swiss cheese for extra flavour.

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records in check is tax deductible – another important consideration when lodging your return. Other deductions you can claim include advertising costs, professional advice and bank fees, motor vehicle expenses, rent, repairs, staff training, amenities and bills such as telephone and internet.

The goods

Having a software program will also ensure you are claiming all your Goods and Services Tax (GST). “It will help you track your income and expenses, make sure you are claiming all the GST you’re entitled to and also report the correct amount of GST,” says Callaghan.

Businesses are required to lodge a BAS, or a business activity statement, on a monthly or quarterly basis, and he suggests it’s wise to get your accountant to prepare your BAS. “That way your accountant can review the information and check you haven’t made any mistakes,” he adds.

The rule of thumb for whether you should get your accountant involved in your business affairs is simple: are you unsure? Then pick up the phone. “Even if it costs you money to ask, it can save you thousands in the long run because some mistakes cost more to fix,” says Callaghan. “Those mistakes could have been avoided if you asked that one question.”

Similarly your accountant might be able to save you money because

they have insights you don’t have. For example, there are a number of tax concessions available for small business owners that your accountant can claim on your behalf.

A write-off

The lead up to 30 June is also a great time for reflection and forward planning. “Business owners should look to write off bad debts, bring forward expenses they are likely to incur in July and August [of the next financial year] and prepay items for the next year, like rent, interest or accounting fees,” Callaghan suggests.

The Australian Tax Office (ATO) considers these costs as essential to running your business so you can claim these deductions, which reduces your assessable income. The ATO says as a general rule you can claim your day-to-day business operating expenses in full in the year you incur them, while capital items – such as buying equipment or computers – are claimed over a number of years.

Callaghan says other deductions you can claim are business-related travel, research and development expenses, staff training and education. “You can also review your depreciation schedule each year and write off scrapped or damaged items,” he explains.

And then there’s staffing. The ATO says you need to lodge a PAYG withholding annual report detailing

the total payments you made to your workers throughout the year, as well as providing your workers with an annual payment summary for them to complete their tax return. The superannuation payments you’ve made to your staff are also tax deductible.

Pro tip

Even if you have the best software system on the market or you are well-versed in lodging a BAS it’s important to check in with your accountant throughout the year.

“Forward planning is a must for small businesses to stay competitive. You need to be aware of your competition, new technology and ways of doing things. Business planning and tax planning should begin as early as 1 July, and should not be left till the last minute. Regular meetings with your accountant means you can put in place budgets, business plans and a strategy for your business,” says Callaghan. 



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Just chillin'

WORDS Gillian Samuel

There's a lot more to choosing a new fridge than looking at 50 shades of white. We examine energy ratings and what they can mean for your power bill.



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.

Buying a new appliance is often the result of the previous one having reached the end of its life or of a major life change such as a change of home or living circumstances.

It's frequently a rush job – in Australia keeping food fresh is always a challenge and these days it's hard to imagine how our forebears ever coped with crude blocks of ice in straw and a back-up cupboard of preserves. But before you choose your new refrigerator there is a whole raft of factors to take into account, and you might be surprised by the range of variations available.

Conservation

"We look at having a mix of standard fridges, family sizes and plumbed-in or non-plumbed options," says Costco technology buyer Rhys Jackson. "The energy star rating is important and our fridges are up to 4 star. With some of the larger fridges the star rating isn't as high but there are technologies built into the fridges to compensate. The main one that drives value is the cooling technology that keeps cooling in the fridge and in the freezer separate. The motor doesn't have to work as hard and your groceries last longer because it's not pumping frozen air into the food section. It also reduces the odours circulating around the fridge." Twin cooling systems also help food stay fresher by maintaining its moisture levels.

"Often the reason why the energy rating is lower is because the two sections are working independently. You can save money on your power and also on your groceries, as they last longer," Jackson says.

Samsung has taken this a step farther with multi-flow cooling that spreads the temperature

evenly around the fridge in top and bottom mounted freezer models. Small details, like LED interior lighting that generates less heat with lower energy, help contribute to lower power bills too, as well as more internal fridge space.

Larger model family fridges with side by side or French doors can also include features such as an easy access drinks hatch. With these you don't have to open the whole door to reach your most often used items such as milk or juice, another energy saver. Note, this feature is not always reflected in the energy star rating.

Consider this

Before you hit the appliances section, cash in hand, here's Jackson's list of what you need to think about to ensure your new refrigerator fits the bill.

Dimensions: Many kitchens are designed with cavities. Measure the height and depth and note them down.

Counter depth: Ideally choose a fridge that sits flush with the edge of your counter top for a slick effect. Full-depth fridges may protrude slightly.

Flexibility: If you're buying for your home a plumbed-in fridge will keep the supply of chilled water coming without ever needing to top up the tank. If you're renting or likely to move, a non-plumbed model will give you more freedom.

Top or bottom mounted freezer: Most people access the fridge more often than the freezer, and the popularity of bottom mounted and French door designs is growing.

Colour: If your other appliances are in stainless steel choose your fridge to match for a decorator-style kitchen. 🛒

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WHITE GREATS

Appliances with features and extras that catapult them into the A-league.

SAMSUNG SRS606DHLS

Side by side 697 litre refrigerator

Keep your kids out of the fridge. It won't work on the big ones but the child lock will slow the littlies down and avert any chilling endings to games of hide and seek.

This refrigerator designed with a family in mind offers 697 litre capacity, with side-by-side doors and twin cooling systems. You can program the freezer temperature yourself, while sleek LED lighting towers display the interiors without hogging space. The ice and water dispenser can be plumbed in for cool drinks on tap. *Item No. 34693*



SAMSUNG DV80F5E5HGW

8kg front load dryer with heat pump condenser

Heat pump technology provides an efficient, low-maintenance 6 star energy-rated solution to wet washdays, in this roomy dryer with every feature that opens and shuts. That includes a reversible door that you can adjust according to your laundry configuration. Perfect for set-ups where space is at a premium.

And with a water tank indicator and filter clean alarm, this smart dryer looks after itself. Other features include a drying rack for shoes and delicates and, for the very highly organised, a stacking kit is available to be purchased separately.

Item No. 34689



SAMSUNG SRL458ELS

Bottom mount 458 litre refrigerator

This 4 star energy rated 458 litre fridge is all about thoughtful design credentials. With a bottom-mounted freezer the main display is within easy reach, illuminated by low-energy LED lighting, while all-around uniform cooling through multiple air outlets means your lettuce stays crisp, not frostbitten.

Its worthy performance values are matched by good looks, with the sleek stainless steel exterior with matching extended profile handles denoting understated elegance – because you can be politically correct and handsome too. *Item No. 34687*



SAMSUNG SR415MLS

415 litre refrigerator

Even cooling at all five levels – yes, five shelves plus a moist fresh zone produce drawer – means this fridge puts convenience and performance front and centre. Literally: one of those shelves slides in and out for easy access, there are three more tiered shelves inside the door and another two in the freezer. You get to pack away a lot of supplies in its well-appointed 415 litre storage capacity, which includes a top mounted freezer. With a 3.5 star energy rating this compact refrigerator gets all the basics right.

Item No. 34703



PANASONIC NA-FS95G3WAU

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Keep your water bills to the minimum with this top loader that not only looks after the environment but

SAMSUNG SRF828SCLS

French door 828 litre refrigerator

Calling all party animals! Whether you're the host with the most or a professional caterer, this three door model gives you huge capacity for entertaining, with 563 litres in the fridge and 265 in the freezer and twin cooling systems. Need ice and lots of it? Two icemakers churn out 5.5 kilos daily. It also offers best-in-class facilities for organising contents, with showcase outer doors for frequently used items and an innercase for longer term storage, seven door pockets, three drawers and five shelves, including a fold back for stowing larger items.

Oops, left the door open? The handy alarm will gently remind you. *Item No. 34691*

also treats your clothes with the TLC they deserve. Its matrix drum and separate water temperature and load sensors spare your garments too much rough and tumble while still providing the spin-drying performance you want. Its gentle nature extends to the noise factor too, with Silent Arch design controlling vibration. Boasting a 4 star WELS water use rating and 2.5 star energy rating, this smart machine just about thinks for you: if power is interrupted the wash will resume from its current cycle when electricity is restored. *Item No. 34800*



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STOP THE SPREAD

WORDS Sarah Marinos

How can you reduce your risk of catching a cold or flu this winter? We asked an expert for some handy hints to protect yourself.

It's easy to get a cold and the flu muddled up in everyday conversation but the two health conditions are not one and the same thing. Colds are more common – the average Australian adult gets two to four colds each year. The flu is not as common but the symptoms last longer and have a greater impact.

“Colds and flu are caused by different viruses. A cold is an infection in the upper part of the respiratory tract – the nose, throat and ears,” explains Dr Ronald McCoy of the Royal Australian College of General Practitioners. There are more than 200 types

of viruses that can cause a cold. “Influenza, or the flu, is caused by the flu virus and it is usually an infection of the lower respiratory tract. It's a more severe condition and, unfortunately, can be life threatening for certain groups in the community.”

Signs and symptoms

So how do you tell the difference between a cold and flu? Generally cold symptoms include a sore throat, sneezing, a blocked or runny nose and a cough. Flu symptoms usually include a sudden fever of 38°C or more, a dry cough, headaches, tiredness, →



chills, aching muscles, a sore throat, upset stomach and loss of appetite.

“People describe having flu as like being hit by a truck. They feel very unwell, with a lot of muscle aches and pains, shivers and coughing,” says Dr McCoy.

Most people recover in a week or two. You can ease symptoms by resting, drinking water, staying warm and gargling with warm salty water if you have a sore throat. Paracetamol can help ease any aches and pains, and you can manage a stuffy nose by inhaling steam or using a nasal spray. Antibiotics won’t help, though, as they treat bacterial infections and a cold or flu is a viral infection.

Pass it on

Colds can occur at any time of the year, which is why we can get a ‘summer cold’, but flu is mostly confined to the colder, damper winter months.

“Colds and flu spread in a wet environment and we have more rain in winter. Summer colds are common in the tropics when it is humid and wet, but influenza spreads in an annual epidemic pattern in winter,” says Dr McCoy.

Colds and flu are spread in the same way. The virus is carried in droplets and when someone coughs or sneezes those droplets land on surfaces around them. Other people

then touch those surfaces and the droplets and virus are transferred to their hands. When they next touch their mouth or nose the virus is transmitted.

“A good three-quarters of colds and influenza are transmitted when the hands come into contact with the mouth and nose,” says Dr McCoy.

Prevent transmission

While a cold can leave you feeling a bit under the weather, more than 2500 Australians a year die from influenza complications, so reducing your risk of flu is important. It can be particularly risky for people aged 65 or older, pregnant women, those who have a medical condition such as diabetes, heart disease or lung or kidney disease, and people who have a weakened immune system. These groups of people should have a free annual flu vaccination, but anyone can speak to their GP about the vaccine. The best time to get immunised is in early autumn before the flu season begins in June.

If someone has a cold or flu and is coughing and sneezing, try and stay at least 1 metre away from them to reduce the chances of infected droplets landing on you and being transferred to your nose or mouth.

“If there is one thing you can do, it is wash your hands regularly and thoroughly,” advises Dr McCoy.

THE COSTCO CONNECTION

You’ll find everything you need to treat cold and flu at your local Costco warehouse, from Vicks VapoDrops and VapoRub to Lemsip; Codral, Nurofen and Sudafed; plus vitamins including Kirkland Signature Vitamin C; Webber Naturals Horseradish, Garlic and Vitamin C and the old favourite pick-me-up, Berocca.

Wash with soap and water before eating and when touching your nose or mouth. Antibacterial hand sanitisers can also be useful. Keep one on your desk or in your bag and use it regularly.

Keep surfaces such as kitchen benches, desks, computer keyboards, door handles and the telephone clean and wipe them down often to get rid of droplets. “If you handle cups or plates used by someone who has a cold or flu put them straight into soapy water and wash your hands immediately afterwards,” he says.

On the other hand if it’s you that has a cold or flu there are steps you can take to prevent passing the virus on to people around you. Keeping your hands clean is important, as is wiping down commonly touched surfaces around your home or work area. Try and keep your distance – at least 1m – from other people to avoid passing on airborne droplets containing the virus. Sneeze and cough into tissues to reduce the spread of droplets in the air and throw away those tissues immediately. Always wash your hands afterwards.

“But remember that when you have a cold and flu, it’s all about symptom control,” says Dr McCoy. “Take paracetamol for aches and pains, drink plenty of fluids, rest and let nature take its course.”

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SAY CHEESE!

We talk to expert cheesemonger and presenter of the TV series *Cheese Slices* Will Studd about how to collate a cheeseboard to impress.

WORDS Eloise Basuki • PHOTOGRAPHY Tom Lau
• STYLING Fiona Sinclair

Former French president Charles de Gaulle once asked how he could be expected to govern a country that produces 246 varieties of cheese. Today, with over 400 varieties of cheese produced in France, and over 2000 different varieties thought to exist worldwide, it wouldn't be unusual to find 246 types available in just one cheese shop. Not just a symbolic political challenge for a French president, the thought of selecting a few wedges for a Friday-night cheeseboard can also be a daunting task.

Enter Will Studd, renowned British artisan cheesemonger, author and authority on cheese, who has made it his life's work to explore the many different varieties of cheeses that exist throughout the world, in his

books and television series, *Cheese Slices*. From the traditional raw milk cheeses of Switzerland and stinky French blue veins to yak's milk cheese from Bhutan and a Sardinian cheese matured in the stomach of a goat, Studd has tried them all.

Inspired selection

He insists there are no rules when it comes to building your own cheeseboard and encourages experimentation and imagination in your assembly. "Source handmade artisan or farmhouse cheeses with a natural rind for the most authentic flavour and try to choose between three and five types of cheeses for your platter," he recommends. A soft cheese, like a buttery triple cream brie; a hard cheese, such as a strong,



CHEESE CHAMPION



Will Studd's love for cheese began in the early 1970s, while working at a food and wine shop in Belgravia, London. "It was there, for the first time, that I was exposed to the kaleidoscope of flavours to be found in a piece of Swiss Gruyère, cut freshly from a crusted wheel." Here, he opened his own string of specialist cheese shops.

Since migrating to Melbourne in 1981 he has published three books, *Chalk and Cheese*, *Cheese Slices* and *Melt!*, as well as hosted and produced his own television series, *Cheese Slices*. He has worked closely with artisanal producers to sell his own selection of cheeses and has been a public supporter of the case of production and availability of raw milk cheese in Australia.

While he doesn't have a favourite variety, he loves the texture and sweet flavours of a matured parmigiano Reggiano. "It's like trying to pick a favourite child. There are far too many wonderful cheeses to make such a call. It generally depends what is available and which country I am visiting," he explains. "Like many hard cheeses primarily used for grating, a good parmigiano it is often overlooked as a great table cheese."

savoury parmesan; a blue vein, like the tart Papillon Roquefort; and a creamy goat's cheese are a good start.

"But there's no reason why you shouldn't just use a single cheese in fantastic condition, in fact, it's the way to go if you are matching it with a single wine," says Studd.

When plating the cheeseboard, a common mistake is serving the cheese too cold. "Cheese tastes best when served between 14 and 16° Celsius, which means removing the cheese from the fridge at least two to three hours in advance," explains Studd. When bringing to the correct temperature, avoid leaving the cheese wrapped or exposed in air-conditioned rooms, as this will make it sweat or dry out. "The best way to prevent this is to unwrap the cheeses

and cover them with a clean, damp cotton napkin," he says.

Choose a natural material for your board such as marble, wicker or wood, and use the contrasting shapes and colours of your accompaniments to make your platter stand out.

Tasty tidbits

While Studd often prefers to take his cheeses with no accompaniments so he can savour all the flavours that can exist within the one cheese, he has a few favourite combinations that add taste and texture to the eating experience.

"Ripe, juicy pear with parmigiano Reggiano, a farmhouse cheddar with crispy heirloom apple, quince paste and manchego, and fresh truffles with a genuine Normandy

camembert" are a few favourites he says are on high rotation.

Other popular ideas include dried fruits like apricots and apple; fresh fruits such as grapes, figs and thin slices of pear or apple; cashews, walnuts and honey; olives and high-quality extra-virgin olive oil. And, of course, you can't forget plenty of fresh baked bread and a variety of crackers to help mop it all up.

With little to no preparation needed, a well-curated cheeseboard makes a simple yet impressive beginning or end to a meal, and a perfect partner to a glass – or several – of matching wine. Alternatively, try one of the recipes on page 31. Be inspired, not overwhelmed, by the many varieties on offer and let the flavour experimentation begin. 🛒

THE COSTCO CONNECTION

Look out for Ford Farm Coastal Cheddar, Fromager d'Affinois triple cream, Papillon Roquefort, Yarra Valley Goat's Cheese and Vega Manchego in the deli section of your local Costco warehouse.



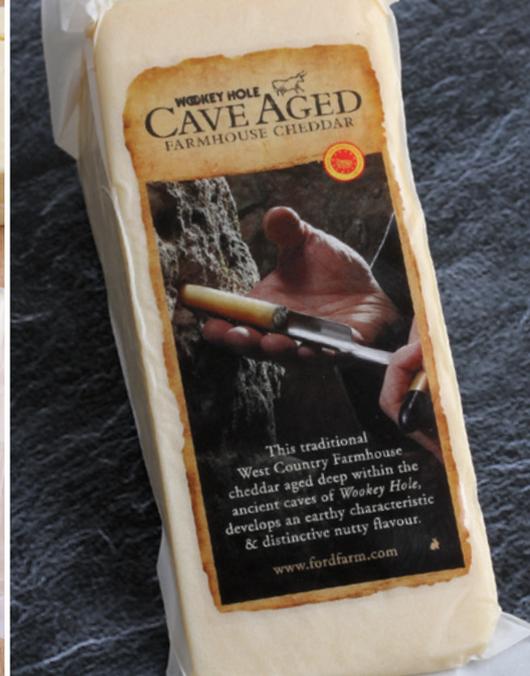
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TIP: Place two slices of Jarlsberg on top of your burger patty during the last few minutes of cooking to get that perfect melty texture before burger assembly. For an even tastier cheesier alternative, dice up Jarlsberg cheese and stir into your raw burger patty mix before cooking.

Jarlsberg cheese is available in **600g slices or a 500g block pack.**
Item No. 10612 and 10607



Asparagus and marinated feta salad

INGREDIENTS

- 4 bunches asparagus
- 3 shallots, finely sliced
- 1 lemon, zested
- 2 tsp dukkah
- 180g Yarra Valley Cheese Marinated feta

Item No. 20884

DRESSING

- ¼ cup olive oil
- 1 tbs fresh lemon juice
- 1 tbs white wine vinegar
- 1 tbs honey
- Sea salt and freshly ground black pepper

METHOD

1. Chop ends off asparagus and discard. Peel the bottom part of the asparagus with a peeler to expose some of the flesh under the skin. Bring a pot of water to the boil, then cook for 1 to 2 minutes. Immediately refresh in cold ice water, then drain.
2. Arrange asparagus on platter, and sprinkle with the shallots, lemon zest and dukkah.
3. Combine dressing ingredients and pour over the salad.
4. Crumble marinated feta over the salad and serve immediately.

Buffalo mozzarella, pumpkin and pear salad

INGREDIENTS

- 1x 100g ball Shaw River Buffalo Mozzarella, torn into chunks
- ½ butternut pumpkin, peeled, diced and roasted
- 1 large pear, cored and diced
- 1 small Spanish onion, peeled and thinly sliced
- 1 punnet baby Roma tomatoes, halved
- 1 bag baby spinach leaves or mixed salad leaves
- 1 avocado, peeled and diced



METHOD

1. Combine all ingredients in a bowl.
2. If desired, dress with a splash of good quality extra-virgin olive oil and balsamic vinegar.
3. Serve immediately.

Shaw River Buffalo Mozzarella is handmade using traditional Italian methods, from the stretching of the curd to the hand pinching of each individual ball. The balls are porcelain white and when torn have a filamented texture similar to crayfish meat. The cheese has a mild aromatic flavour that complements other ingredients. Item No. 34889

Triple cream brilliance

This decadent triple-cream cheese, carefully selected by Will Studd, is the perfect party pleaser. It takes its name from the famous 18th century French food writer Brillat-Savarin and was originally created in the 1950s by Parisian affineur Pierre Androuet. It has since been copied by many industrial dairies in France.

This example from Bourgogne, France, is unique because it has been ripened under a thin coat of wrinkled yellow geotrichum mould, naturally found in unpasteurised cows' milk.

Deliciously creamy with a slightly chalky centre when young, the texture gradually breaks down until, close to its use by date, it can be scooped from the centre with a spoon. Item No. 29534





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Ingredients: (Serves: 4)

- 4 ripe tomatoes cut into wedges
- 1 medium or half a large green capsicum, sliced thinly
- 1 medium sized cucumber, sliced
- Half a medium sized red onion, sliced
- A good handful of kalamata olives
- 200g DODONI FETA CHEESE
- 60ml of olive oil
- 30ml of red wine vinegar
- A good pinch of dried Greek oregano
- Pinch of salt




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Bordeaux beauties



WORDS Sarah Norris
PHOTOGRAPHY Tom Lau
STYLING Fiona Sinclair

France is as well known for its wine as it is for the Eiffel Tower. We take a closer look at some of Costco's outstanding traditional French reds.



JODY FARRELL

National liquor buyer Jody Farrell has had a lifelong fascination with the craft of winemaking and says that one of the perks of her job is being able to advise friends and family on the best tipple. Passionate about bringing Costco quality and value to members, Farrell is committed to sourcing the best wines at the lowest prices.

France is one of the world's most celebrated wine producers, with many of its wine regions considered the epitome of quality and excellence. And, according to Costco's national liquor buyer Jody Farrell, since France is one of the most iconic countries for fine wine it is only natural that Costco members have access to a range of en primeur French wines. En primeur, also referred to as 'wine futures', allows buyers to purchase wines while the vintage is still in the barrel.

Pick of the bunch

At the exclusive end of red French wine is the 2011 Château Mouton Rothschild, created by a wine dynasty known for producing some of the world's greatest clarets and the first estate to begin complete château bottling, ensuring the quality and provenance of the wine.

Made from 90 per cent cabernet sauvignon grapes from vines that date back to Roman times, the 2011 is ranked among the Château's finest which, considering its history, is fairly impressive. In fact, so distinguished is the wine house's reputation, it has been a pop culture reference for years, name-checked by James Bond in the film *Diamonds*

are Forever and cited as one of the world's greatest wines in Roald Dahl's *The Butler*.

The year 2011 was one of the hottest, sunniest and driest in Bordeaux's Médoc peninsula in the past 40 years, resulting in a wine with plenty of sweet tannin, superb intensity and concentration. Cellar for five to eight years.

Vines of the gods

Located close to the Atlantic coast, in the southwest of France, Bordeaux is unmatched in terms of stature, history and romantic allure – the place where claret was born and refined over centuries and where wines command prices not dissimilar to a plane ticket to get you there.

Château Pontet-Canet also hails from the Médoc peninsula and is from one of the area's largest estates. Its 2011 is considered the superstar of the vintage – a big, rich, full-bodied wine that Farrell says scored exceptionally well with wine critics. "It is definitely a wine that will cellar well and will drink for 20 to 25 years. This would complement a great aged cheddar," she hints.

Château Puygueraud is the smallest of the Bordeaux appellations and its 2011, at around

the \$30 mark, proves you don't need to spend hundreds of dollars to snag a great French red. "The 2011 Château Puygueraud is a medium to full-bodied wine, predominantly merlot and cabernet franc, so would work well for a leisurely lunch or dinner," says Farrell. "This is such a quiet achiever most of your friends will wonder how you discovered it."

So too the 2011 Château Boutisse, grown in Bordeaux's Saint Emilion region. "Made using merlot cabernet franc grapes, this tasty drop will drink from now and over the next 10 years – although it will be tough to keep in the cellar for that long," she warns.

Ruby drop

Completing Costco's offering is the 2011 Château Giscours. Like all great Bordeaux wines, terroir – or the geographical and climatic conditions – plays a pivotal role in the wine production and here it's the gravel hilltops that provide ideal conditions for the ripening of the grapes. Two-thirds cabernet sauvignon and one-third merlot, this wine exhibits a deep ruby colour and hints of charcoal, liquorice, blackcurrants and wood smoke. Farrell says it's best drunk over 10 to 15 years – if you can hold out, of course! 🛒



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COSY UP

The Living Room's Master Builder and interior designer Barry Du Bois gives his tips for preparing your home for winter, from rearranging the furniture to maximising environmental heat.

As the seasons change so should the environment inside your home. Like nature, your space should be of beautiful proportions, colour and texture, and evolved to be in harmony with you and your loved ones' lifestyle.

Smaller spaces or zones give an impression of cosiness so even if your home is large, in the cooler months a sense of warmth can be created by moving the

furniture and adjusting your lighting. Understanding that our relationships also change as we spend more time inside, we should think about creating vignettes as well as spaces for solitude. Orientating the furniture inward, by facing lounges towards each other with a rug connecting them, for example, creates a sense of intimacy and warmth.

Likewise a large chair, armchair or similar with a throw rug, a side

THE COSTCO CONNECTION

Costco stocks a wide range of winter homewares, from cosy blankets, doonas and throws to microfibre sheet sets, rugs and a range of heaters.

table and a lamp gives you a quietly inviting spot to be on your own.

Light touch

Lamps are a great way to contain areas and promote a warm and welcoming mood. To heighten that feeling, think about changing your globes from a white or blue tint to a warmer yellow. While the use of natural light and shadows is one of the best ways to create a sense of warmth, nothing will drag →



BARRY DU BOIS

Barry Du Bois went from running a successful business renovating the homes of the rich and famous to a broadcasting career that saw him sharing his wisdom on *The Renovators* and *The Living Room*. As well as running his own interior design and strategic planning consultancy service he is involved with a number of charities and is also a Cancer Council ambassador.

the life out of a space faster than unconsidered mechanical light.

In the afternoon western windows will provide sun spots but for maximum effect washes of light should be broken up by linear shadows, from the window frames and furniture standing nearby.

In winter time I take my heavy lined drapes out of storage and I change my floor rugs from bright summer colours to more textured and earthy shades. Good interior design is about turning on your senses, and throw rugs and candles add to this textural experience. I may even bring in some driftwood for a sideboard or coffee table dressing because looking at its natural texture and at burning candles evokes a feeling of warmth.

Heat transfer

Staying warm physically depends on keeping your surrounding surfaces from becoming cold or damp,

because then they suck heat from our bodies. Window and door seals are one of the best ways to increase the insulation value of your home. A door snake is simple but effective.

Of course insulation is also very important and although there is a capital outlay that investment pays dividends that will repay the cost within a short time. The same is true for installing laminated or eco glass.

If your home is on stumps or bearers and joists the subfloor temperature is at a year-round constant of between 17 and 19°C, so the installation of closable floor vents will allow the use of that temperature to help warm your home. This same natural heating can be obtained from the roof cavity, which reaches about 35°C on a winter afternoon.

Practical measures

A lot of people say to close everything up but when you do that

it creates lack of air movement and you can end up with mould. If you have vents in your floor, western walls and ceiling they draw the warmer air into your house. Look to reduce vegetation on the western side of your home by pruning trees and cutting back shrubs, particularly on brick or masonry walls. These walls are great for storing heat from the northern and western sun and as the air cools that heat will radiate into your home.

When painting internal walls use a primer sealer. If you feel an internal brick or masonry wall that is much colder than room temperature it could be holding moisture. Through the humid months poorly sealed masonry walls will draw in moisture and store it, making these walls harder to heat, come winter.

All of these measures will help keep you feeling cosy and make your home a warm and inviting haven through the colder months. 🛒



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SNOW BOUND

WORDS Jana Roose

The start of the Australian snow season in June kicks off a migration pattern that sees Aussies everywhere ditch their nine to five lives and engage in the sparkling adventure of snow.

“I’ve skied some of the best snow that I’ve ever skied in Australia. When it’s good here, it’s as good as anywhere,” says Thredbo Snow Sports Program Manager Natasha Murray, a ski instructor with 22 years’ experience, who has zoomed down slopes in the United States, Switzerland and Canada as well as Australia. “What’s good about skiing in Australia is that we have great groomed slopes but we also have great rough terrain.”

If you’ve booked your ski trip or are thinking about it, Murray has some good advice for making the most of your experience.

Dress code

If you are going to conquer the mountain you’re going to need some good gear. Renting the hard equipment like skis, poles and boots can be done at the ski resort but dressing for athletic success is all up to you.

“Having good quality gear makes a difference, and having various layers is really important,” says Murray. “Basically the thread count of the material makes a difference to its breathability. You can sweat your butt off if it’s not a breathable material, even when it’s cold.”

The same goes for socks. “When you wear terrible socks your feet sweat and then your feet get cold,” says Murray. Good quality ski socks hug your feet and legs with fine spun wool and many include a compression feature to improve circulation. You may want to invest in both light and heavier weight options.

For the littlies Murray recommends two-piece ski suits as it’s much easier to go to the bathroom. In terms of eyewear she recommends ski goggles over sunglasses, and helmets over beanies as they are much safer and more protective. “Most skiers and snowboarders wear helmets these days, and I think they’re a must. You don’t get on a bike without a helmet, →

why would you get on a pair of skis without one?" she says.

Instead of scarves, which can come loose, Murray prefers neck warmers with Velcro fasteners. "You can get ones that double as a headband," she advises.

The basics

Being prepared also means knowing the safety rules. Murray says it's particularly important to take a skiing or snowboarding lesson before you first head up the hill.

"You don't get in a car and start driving without learning how to drive. Going on a beginner run is a bit like jumping out in traffic for the first time," she says. "I think it's pretty typical of Australians to think, 'Oh, I'm just going to get in there and give it a go, I don't need a lesson', and they hike up the hill and fall down and break a leg, and it's all over before it starts."

It's also important to understand mountain safety and how to respond to alpine conditions and not overestimate your ability.

Choose your level of challenge: skiing can be a leisurely cruise with the gentle hand of gravity at your back or an adrenaline-fuelled race to the bottom where the slowpoke buys the first round.

"It depends on your ability," says Murray. "Skiing off peaks or moguls in particular definitely gets your heart rate going."

You can raise your exertion level by skiing faster, longer and steeper. You can also try snowshoeing, cross-country skiing and, for those who really want to keep a resting heart rate (we salute you), tobogganing.

Remember that while you might be in a below-zero environment, the one place you will feel the burn is in your butt... and your quads, calves, obliques and abdominals. Skiing and snowboarding target all the major muscle groups and will whip you into shape while you're having fun.

The après ski scene

Once your skis are packed away it's time for the night owls to emerge. From the fireworks on opening night and wine and cheese tastings to lively cultural festivals, Murray says Thredbo has ramped up the après ski scene in recent years. "There are so many events on in Thredbo now through winter, from fine dining to a bit of a doof-doof concert, to a family ski night, there's always something on – I just can't manage to go to everything I want to go to," she says.

Ski schools are also social hubs where adults and kids alike enjoy the company of fellow snow warriors. "I personally still have friends and contact with other kids I met skiing when I was a kid," says Murray. "It's a good opportunity to meet others."

But if you'd rather take your first tumble without an audience you can also take a private ski lesson. Chat

THE COSTCO CONNECTION

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to the instructor to learn where to go and get insider tips on the best places to socialise and dine on the mountain.

Mountain high

Skiing can provide unforgettable experiences, Murray says. "I've gone up to the top of the mountain for sunrise. To be in the snow, even at sunset, is just amazing because the snow is pink and blue, and our Australian landscape is not like anything else that I've seen in any other country," she says.

Getting out in the snow is one of the best ways to refresh your state of mind. "Nothing beats it," she affirms. "I get out of the office and I get on the chairlift and leave everything behind as I ski down the hill."

A recent study led by Dr Jeremy Sibold, an associate professor in the Rehabilitation and Movement Science Department of the University of Vermont, showed that moderate-intensity exercise like skiing or snowboarding improves mood after just 20 minutes – and, better yet, the afterglow lasts for up to 12 hours, reducing negative mental factors like anger, depression, fatigue and tension.

That's just one reason to step into your ski boots and go, go, go. Get to the top of the mountain, feel the crisp air in your lungs while the sun warms your skin, and push off into freedom. 🛷



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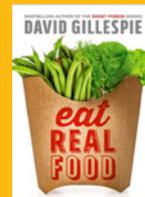


Maggie Beer's Winter Harvest Recipes

Maggie Beer, Harper Collins
South Australian culinary legend and Barossa Valley cook Maggie Beer offers up a tasty guide to making the most of

local produce in one of the most challenging seasons. Her ninth cookbook is crammed with delicious recipes and information on sourcing – or growing – seasonal ingredients, enlivened by heartwarming descriptions of memorable meals with family and friends. Recipes are easily achievable for home cooks.

Item No. 34893



Eat Real Food

David Gillespie, Pan Macmillan
Bestselling author David Gillespie turns his attention to the thorny issue of weight loss. He provides scientific

identification of the nutritional culprits in ill health and weight gain, explains why most diets don't work and analyses what does – sustainably, in the long term. His solution: swap processed food for real food, fresh and unprocessed. Along with advice he includes recipes, meal plans, and tips to help you stay on track. *Item No. 34868*



Going Paleo

Pete Evans, Pan Macmillan
My Kitchen Rules judge Pete Evans has produced a complete guide to why you might want to consider going Paleo and how to get started,

with over 80 essential recipes. The Paleo advocate and chef also provides a useful rundown of the foods you should eliminate and what to replace them with, along with recipes for breakfast, lunch and dinner, including tempting dishes such as Kale and Sweet Potato Tortilla, and Sauerkraut with Dill and Juniper Berries. There are also chapters for snacks and drinks, as well as basics such as stock and condiments. *Item No. 34261*



Slow Cooker, The Complete Collection

The Australian Women's Weekly

The slow food movement, based on eating seasonal and regional foods that you cook yourself according to traditional recipes, has blossomed all around the world. It's not hard to understand why once you have sampled a meat dish that has been cooked gently over several hours: the tenderness and flavour are incomparable, plus you get the bonus of a fragrant aroma appetisingly permeating your kitchen. Here *The Australian Women's Weekly* amalgamates the recipes from its three previous slow cooking cookbooks into an ultimate collection of more than 200 superb recipes. *Item No. 34894*

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