


DAWNA FRIESEN

DON'T ASK DAWNA FRIESEN

how she handles being both *Global National's* news anchor and a mother to a seven-year-old boy. "That question really bugs me," she declares, although kindly. "No one asks Peter Mansbridge about work-life balance."

She has a point — but to be fair, one *does* wonder just how she manages it. Raised on a farm outside of Winnipeg, Friesen established herself as a globe-trotting foreign correspondent for NBC, covering everything from Obama's 2008 election to conflicts in Iraq and Afghanistan, before joining the Global team two years ago. The 48-year-old quickly proved herself — she received the Gemini Award for Best News Anchor in 2011.

Despite the accolades, Friesen admits it took time to fit into her new role behind a desk. "I'd try to get really into a story, and people would say, 'You can't do that; you have an entire newscast to think about.'" The way she views stories has also changed. "The older I get, the harder it is for me not to feel a personal connection, not to feel like I should be able to help somehow. I think that happens when you have kids of your own." — KATE DALEY



“No one asks Peter Mansbridge about work-life balance.”



**men
we
love**

TYLER *Harcott*

WHY WE LOVE HIM Tyler Harcott doesn't take himself too seriously. When auditioning for the host role of *The Bachelor Canada*, the 44-year-old opted not to submit clips from his previous shows, *Junkyard Wars* and *Miss America: Countdown to the Crown*, which would have showcased his considerable charm. Instead, he filmed a clip with his daughter's Disney Princess dolls participating in an elaborate fake rose ceremony — complete with an oversize toy flower.

WHY HE LOVES THE SIDELINES Harcott and inaugural Bachelor Brad Smith bonded immediately among the angst- and estrogen-ridden cast. Yet the host is comfortable maintaining what he calls his “wingman status,” saying he could never be a TV bachelor even if he were single. “It’s just not for me, I’m too sensitive,” he admits. “I can’t even imagine how difficult that role would be. I’d be a mess.”

WHY HE'S A FAMILY MAN Harcott met his wife, Genevieve Gorder, 10 years ago at TLC when she was a designer on *Trading Spaces* and he had the

Junkyard Wars gig. He knew within a week of dating her they would marry, and immediately wrote a letter to his best friend saying as much (although he mailed it to himself). The couple has a four-year-old daughter, Bebelle, who was the first to know about her dad's new job. Unfortunately, she was frustrated that his agent's call interrupted her TV show. “I thought, This is my life,” Harcott recalls, laughing. “I got this great news I'm very excited about, yet I'm watching this cartoon show and I've got to kind of keep it down low until it's done.”

WHY HE LOVES HIS NATIVE LAND The Calgarian now calls New York home, but his parents, brother and many friends still live in Alberta. With *The Bachelor Canada* filming primarily in Victoria, Harcott is delighted to show off his home country. “I'm always proud of how beautiful Canada looks on camera,” he says. “We're showcasing parts of the country many viewers may not have seen. I think Canadians are going to love it — and be very surprised.” — AMBER DOWLING

penny wise

5 THINGS YOU SHOULD NEVER BUY FOR LESS THAN \$100

1 → **A MATTRESS** IF IT'S THAT CHEAP, IT HAS BEDBUGS.



2 → **HOMEOWNERS' INSURANCE** WITH A PREMIUM BELOW \$100, THE DEDUCTIBLE WOULD BE \$8 MILLION.



3 → **AN EYE LIFT** INSTEAD OF A SURGEON, YOU'D GET SCOTCH TAPE.



4 → **SCUBA EQUIPMENT** IT'S WORTH PAYING EXTRA FOR THE KIND THAT INCLUDES OXYGEN.



5 → **LIPOSUCTION** THE “DOCTOR” WOULD USE A HOOVER VACUUM CLEANER.



— LINDA YELLIN



MICHELLE VALBERG INTRODUCES NHL'ER KYLE QUINCEY (RIGHT) TO KIDS IN THE NORTH.

THE GOOD DOER

THE BEST GAME YOU CAN NAME

FOR MICHELLE VALBERG, it was a true “Hockey Night in Canada moment.” In April 2011, at -30 degrees in Pond Inlet, Nunavut, she came across five Inuit kids playing street hockey in what she describes as “godawful” equipment. Luckily, she was giving a special guest a tour of the town, and he decided to join the game. NHL defenceman Kyle Quincey was there on a drop-off for Valberg’s not-for-profit organization, Project North, which has provided more than \$300,000 worth of hockey equipment to 11 Nunavut communities. This impromptu game still stands out to Valberg as “a dream



come true” and an example of why her efforts matter.

Rewind to 2008 when Valberg, an Ottawa-based photographer, was shooting a book about Canada’s Arctic. While visiting Inuit communities, she noticed kids were playing hockey with either really poor gear or none at all. “Deep down inside, I thought it would be amazing to get hockey equipment and bring it up to the Arctic,” recalls the 47-year-old.

Before her next trek north, she and a team of volunteers started an equipment drive for barely used or new gear. With the help of local media exposure, her group ended up with more boxes than space, so Valberg sought sponsors to transport the gear and has been a regular visitor to the Arctic since. Project North has also established an educational bursary at Algonquin College and has helped kids attend hockey camps in Ontario.

“I think sport is fantastic for the well-being of kids and adults,” says Valberg. “To be able to recognize these communities and say, ‘We care and we want to give you this opportunity’ — how can you go wrong with that?” — KATE DALEY

bridal power

WEDIQUETTE

KEASHA RIGSBY, from *Say Yes to the Dress*, has been wrangling bridezillas in NYC for 10 years. Now, with *Keasha’s Perfect Dress*, a new show based in Toronto, Rigbsy tackles Canadian brides.

ARE WOMEN UP HERE ANY DIFFERENT? “I’ve met all kinds while filming in Canada — one bride who made all her bridesmaids wear duct tape dresses. Whatever makes them happy.”



RIGSBY COULD HAVE DONE WONDERS FOR THE BRIDE OF FRANKENSTEIN.

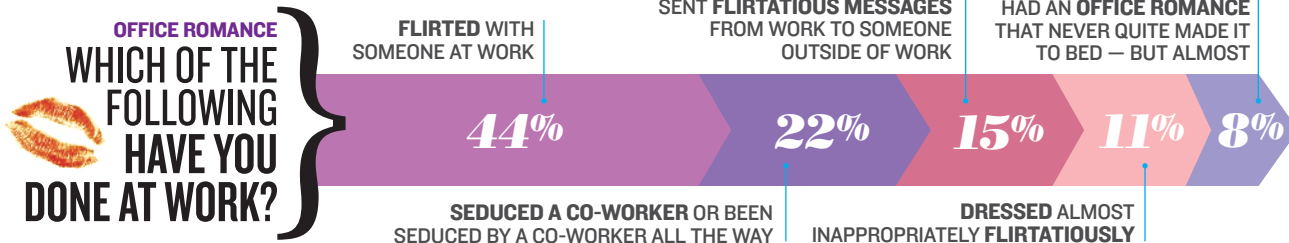
WHAT SHOULD BRIDES LOOKING FOR WEDDING DRESS NUMBER TWO CONSIDER?



“I always say two times is a charm — and this time I hope she’s marrying for money! With the older bride, it’s all about sophistication. I want her to look sexy but not show her goods to the world — to be classy, you know?”

WHAT’S YOUR BEST ADVICE FOR BRIDES OF ANY AGE? “When he proposed, you didn’t say, ‘Hold that thought.’ You didn’t call 12 different people — you knew it was just a yes or no, and that’s the way you’re supposed to feel in your wedding dress.” — KATE DALEY

more.ca asked



PHOTOS: CLOCKWISE FROM TOP LEFT: COURTESY OF MICHELLE VALBERG (2), COURTESY OF SLICE; BETTMANN/CORBIS



BACON MARMALADE & CHEDDAR TOASTS

Serves: 10 • Prep time: 10 minutes •
Cooking time: 15 minutes

1. Preheat oven to 350°F (180°C). Line baking sheet with parchment paper.
2. Slice baguette into forty 1/2-inch (1 cm) thick slices, discarding the heels. Place flat on prepared baking sheet. Brush tops with oil. Bake for 5 minutes or until lightly toasted.
3. Sprinkle with 8 Year-Old Canadian White Cheddar Cheese; bake another 8 to 10 minutes or until cheese is bubbling and toasts are crisp. Transfer toasts to a platter. Place small dollop of Bacon Marmalade Spread on each toast, dividing marmalade evenly. Top each with a piece of pear. Sprinkle with thyme and serve immediately.

1 PC® FRENCH BAGUETTE
2 TBSP (25 ML) OLIVE OIL
SHREDDED 1-1/2 CUPS (375 ML) PC® BLACK LABEL 8 YEAR-OLD CANADIAN WHITE CHEDDAR CHEESE
2/3 CUP (150 ML) PC® BLACK LABEL BACON MARMALADE SPREAD
1 BARTLETT PEAR (SKIN ON), CORED AND CUT IN 20 WEDGES, EACH WEDGE CUT IN HALF CROSSWISE
1/2 TSP (2 ML) FRESH THYME LEAVES

SEE ALL OUR INSPIRED TASTES AT
PC.CA/BLACKLABEL



THANKS FOR DISHING ON THE SIDE

CAN WE BE HONEST? Thanksgiving turkey is just an excuse for most of us to chow down on our favourite side dish, whether it's cranberry sauce, chestnut stuffing or sweet potatoes. Often they have more interesting flavours than the dry old bird in the middle of the table. So let's stop kidding ourselves with wine matches for turkey and focus instead on those side cravings. Pass the mashed potatoes, please. – NATALIE MACLEAN



1 **STERLING VINEYARDS NAPA VALLEY CHARDONNAY**
California



2 **STONELEIGH MARLBOROUGH PINOT NOIR**
New Zealand



3 **JACKSON-TRIGGS ENTOURAGE MÉTHODE CLASSIQUE BRUT**
Ontario

Okay, technically gravy is not a side dish, but can you imagine Thanksgiving dinner without it? And, if you're like me, your ratio of gravy to turkey has been increasing over the past few years. So why not choose a buttery, voluptuous wine that doesn't get overwhelmed by the strong flavour of gravy, such as this Chardonnay? \$22 **Score 91/100**

Why don't we eat cranberry sauce more often throughout the year? Let's talk about that at dinner. In the meantime, Pinot Noir, with its tart cherry and cranberry flavours, is your liquid equivalent of the sauce. The wine's mouth-watering acidity is a great match for both this side dish and that dry meat we're not going to discuss. \$20 **Score 90/100**

Both chestnut and spicy sage-thyme stuffing are enhanced with bubbly. Their dry, earthy and spicy notes are washed away on a cloud of effervescence so that the next mouthful tastes just as good. Makes me think I could eat the whole bowl. Note to self: Make extra this year. \$23 **Score 91/100**

More wine picks and pairings at nataliemaclean.com



breast of friends

What happens when a group of women gathers to raise money for a mammogram machine for a local hospital? In the case of women from Parry Sound, Ont: the Art-bra project. People from all over the world responded to the group's call for "art-bras," and the results are collected in *Support the Girls*, available in bookstores.

(PICTURED: "PINK PEDDLES")

“You know that song ‘What a Wonderful World’? Well, it isn’t.”



RUMOUR HAS IT



SUSPICION

BY RACHEL WYATT

Coteau | \$20

Q|A At 82, Rachel Wyatt has just released her first mystery, *Suspicion*, a tale of how one woman’s disappearance — and the rumours that swirl in the aftermath — fracture relationships in a small British Columbia town. Wyatt published her debut novel in 1970, but then moved into scripting radio dramas, producing more than 100 for the CBC and BBC. “I enjoyed the radio work; I made money at it,” Wyatt says, a hint of laughter in her British accent. “But I do wonder if I’d stuck to novels back then, would I now have a shelfful of them? We can’t know.”

Still, her “shelf” is impressive: eight novels, three collections of short stories, a biography of Agnes Macphail and stage plays. And she continues to create, honing a short story in a hotel room on her way from Victoria to St. John’s when we spoke.

“I do it because I still can,” explains Wyatt, “and because I still have these thoughts, these ideas I want to explore. I think if you’re a storyteller, you write as long as the stories keep coming.”

Q| YOUR BOOK ISN’T SO MUCH A WHODUNIT AS IT IS AN EXAMINATION OF RELATIONSHIPS UNDER EXTREME PRESSURE.

A| *Suspicion* is different from everything else I’ve written. What I’m interested in isn’t so much the mystery side as what happens to the people, how they react. With that couple in Portugal whose daughter disappeared, do we say, “Oh, those poor parents”? Or do we say, “What were they doing leaving a child alone in that hotel room?”

Q| AND, AS WITH YOUR CHARACTER JACK, ONCE WE JUDGE SOMEONE HARSHLY FOR A SMALL CRIME, IT ISN’T A BIG STEP TO BELIEVE THEY ARE GUILTY OF SOMETHING MORE TERRIBLE.

A| Exactly! We jump to, “Well, it’s always someone close [who is the murder-

er].” People are almost eager to believe something awful. We want to make people into villains. And the rumours become a kind of reality on their own. Jack is going to be a different person forever, because he knows that people he’s known all his life suspect him of something terrible.

Q| SO DO YOU CONSIDER YOURSELF AN OPTIMIST, A PESSIMIST OR SIMPLY PRAGMATIC ABOUT HUMAN BEHAVIOUR?

A| I think I’m somewhat optimistic; you have to be. But you know that song “What a Wonderful World”? Well, it isn’t. It’s a horrible world. People kill one another and nobody does anything about it. But it is a world that has many wonderful things in it.

Q| WHICH CHARACTER IN THE BOOK DO YOU LIKE THE MOST?

A| I think Marcus, the old man. Well, he’s not...I find I keep adjusting my definition of old based on my own age! But he’s someone coping with aging, yet still engaged with life. As you get older, you can’t let yourself slide into thinking you’re not going to engage in life anymore — even when you get passed over or ignored, which, although that happens to Marcus, it happens to older women, I think, far more than men.

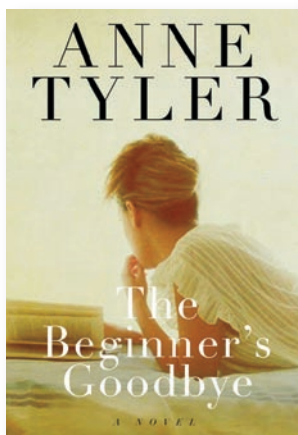
Q| MANY PEOPLE HARBOUR THE DREAM OF WRITING A BOOK SOMEDAY. WHAT ADVICE DO YOU HAVE FOR THOSE “SOMEDAY” WRITERS?

A| I had someone say to me recently she needed somebody to make her sit down and write. But there’s only one somebody who can do that: It’s you. The only thing to do is to begin and to keep going.



THE HAUNTED

» The past catches up in mysterious ways



THE BEGINNER'S GOODBYE
ANNE TYLER
Doubleday Canada | \$30

THE GHOST Dorothy, Aaron Woolcott's wife, killed when an oak tree crashes through their home's sun porch

THE TALE Aaron thought his marriage to his no-nonsense older wife was perfectly comfortable. And his grief after her death suggests his loss is real. Yet Dorothy returns to haunt him, pushing him to acknowledge their relationship wasn't perfect. Tyler's fluid writing makes this heartfelt tale seem simple, but the nub of Aaron's eventual insight — that the choice of practical over pleasurable isn't always the most virtuous — is subtly complex.

THE SCENE

"It wasn't clear to me yet.... All I knew was that this forest was thicker in the living room, and that Dorothy was beyond that, in the sunporch, where I could see nothing but leaves, leaves, leaves...."



MARJORIE CELONA

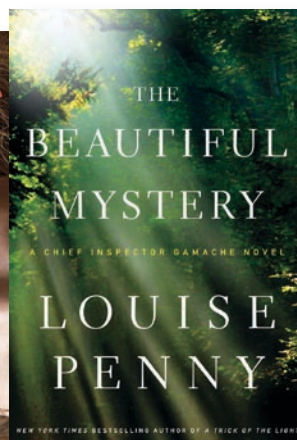
Y
MARJORIE CELONA
Hamish Hamilton | \$30

THE GHOST Yula, the absent mother of Shannon, last seen leaving her newborn at the doors of Victoria's YMCA

THE TALE The novel intertwines the stories of teen mom Yula — trapped in an abusive relationship with a drug-addicted ex-con — and her abandoned daughter, Shannon, who bounces from foster home to foster home. It sounds like a story to avoid, but first-time novelist Marjorie Celona creates characters so vivid you worry about them when you set the book down.

THE SCENE

"My mother is small, so very small. She fiddles with the end of her braid, and I see that she has the tiniest, most delicate hands. Her expression is as blunt as a cliff's edge.... I can tell she doesn't have any idea who I am."



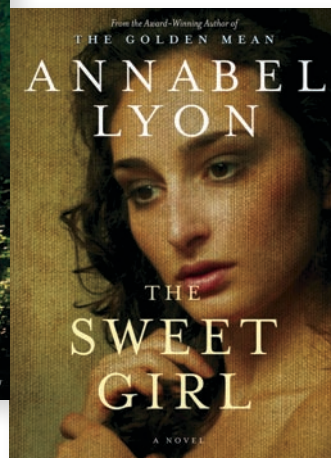
THE BEAUTIFUL MYSTERY
LOUISE PENNY
Minotaur | \$28

THE GHOSTS The murdered prior of an ancient order of monks, the officers who haunt the chief inspector's past, and the addiction that torments his number two's present

THE TALE In the latest of Penny's Chief Insp. Armand Gamache series, the Sûreté du Québec homicide investigator and Insp. Beauvoir are called to an isolated monastery after its choirmaster is murdered. And while Gamache, Beauvoir and the monks may have left civilization behind, they can't escape their pasts, as all must struggle with ghosts that would see them destroyed.

THE SCENE

"...Gamache's eyes went directly to the far end of the garden, and the figure crumpled there. And the two robed monks standing motionless a few feet from the body. The Sûreté officers stepped through the last door. Into this unexpected garden."



THE SWEET GIRL
ANNABEL LYON

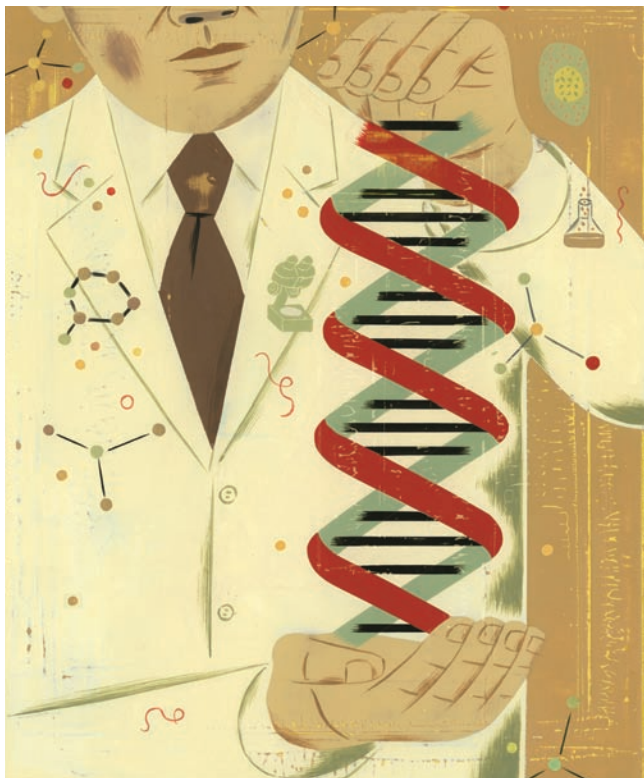
Random House Canada | \$30

THE GHOST Aristotle's daughter, Pythias, is haunted by an idea — that her intellect entitles her to more than the life of an obedient wife — and a difficult god, Dionysus, determined to make her his.

THE TALE Pythias is willed in marriage by Aristotle to a distant relative. Yet, after her father's death, she struggles to survive on her own in an age when women's choices barely exist. In this follow-up to *The Golden Mean*, Lyon creates a world where gods and philosophers, soldiers and quick-witted women live side by side.

THE SCENE

"The first time I ask to carry a knife to the temple, Daddy tells me I'm not allowed to because we're Macedonian.... The Athenians can be awfully snotty, even all these years after our army defeated their army."



KNOW THY ENEMY

TAPPING INTO YOUR TUMOUR'S DNA

CONTROL MIGHT seem an elusive notion when facing breast cancer, but Oncotype DX, a diagnostic multi-gene test developed by U.S.-based Genomic Health, says it can give women just that.

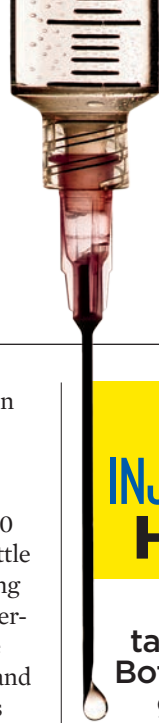
The test can decrypt the genes that influence how a cancer is likely to grow and respond to chemotherapy.

The hope is that this form of analysis will help to tailor

Canada's long-standing breast cancer protocol, which many describe as imprecise and "one-treatment-fits-all." "Due to uncertainty, physicians often err on the side of caution and cover all their patients' risk with chemo," says Calvin Chao, senior director of medical affairs at Genomic Health, the California-based biotech company that launched the test in 2004.

So far, more than a dozen studies have validated the diagnostic accuracy of the test, which assigns each specimen a score out of 100 — a low value indicating little risk of the tumour recurring or responding to chemotherapy, and a high score if the risk of recurrence is high and more aggressive therapy is indicated. "After taking the Oncotype DX test, about one-third of doctors changed their treatment protocol for patients with invasive, early-stage breast cancer," says Chao. "Some patients didn't end up undergoing chemotherapy because their tumours showed low risk of recurrence or response to chemo, while others, who weren't getting any chemo at the time, required aggressive chemotherapy after the test."

Today, the \$4,000 one-time analysis is covered by provincial health plans in Quebec, Ontario and Saskatchewan. Oncotype DX could potentially improve the quality of life for breast cancer patients who might avoid unnecessary treatment (saving provincial healthcare systems an estimated \$34.5 million over three years, according to a study at Sunnybrook Health Sciences Centre in Toronto).



hot shots

INJECTING HOPE

What MS takes away, Botox might give back

With new research that makes you wonder whether Botox could also be used to cure diabetes or menopausal brain fog, an Australian study has found that debilitating arm and hand tremors in MS patients might be managed with injections of the toxin. "Botox is already a well-documented treatment for MS-related stiffness," says Toronto neurologist Paul O'Connor, national scientific and clinical adviser to the Multiple Sclerosis Society of Canada.

About 10 per cent of people with MS — a disease that afflicts more than three times as many Canadian women as men — experience arm tremors. "This trial is small and needs to be replicated, so I wouldn't use the word 'break-through' yet," advises O'Connor. "But still, I'm cautiously optimistic."



critical mass

LATER MENOPAUSE, STRONGER BONES? Miss 12 consecutive periods before age 47? You may want to talk to your doctor now about an osteoporosis action plan. A recent Swedish study found that women who reached menopause before they turned 47 were almost twice as likely to develop osteoporosis by age 77 as those who hit the milestone after their 47th birthday.



DEPARTURES



NEGRIL / THAILAND / VICTORIA

1 *Reggae and running*

If you're in Negril, Jamaica, on Dec. 1 and you think you hear people calling out "Rastaman," listen carefully — they might be saying, "Faster, man!" That's because the seaside resort town is playing host to the **REGGAE MARATHON** (reggaemarathon.com), a 42.2-kilometre race expected to draw more than 200 runners this year.

The race starts at 5:15 a.m. to get a jump on the tropical heat, but the reggae blasting from speakers all along the route will help keep runners on their toes. The day also includes a half-marathon and 10K race for those who want to spend more time soaking up the scenery and checking out other events, including a carb-loading pasta party and steel band performances. Organizers expect the shorter races will attract about 1,500 additional runners, about half of them female.

This is the 12th year for the marathon, which, due in part to its welcoming vibe, *Runner's World* included in its list of "20 races to do before you die." For participants, dreadlocks are optional, but a love of white sand and sea breezes is mandatory.

2 *Aerie dining*

The best table at the **SONEVA KIRI** resort in Thailand (sixsenses.com/soneva-kiri) is the one hanging in the middle of a forest. The Treetop Dining Pod at the resort on the island of Koh Kood seats just four people, who climb into the nest-like contraption on the ground and are hoisted up about five metres into the treetops.

There's no room for a waiter in the rattan-covered pod, but that's not a problem — he's just a zip line away. When diners' meals are ready or their glasses are empty, he whizzes over to the pod to take care of things, then glides away to leave guests in peace.

Pod patrons enjoy a set four-course, Asian fusion menu while they hobnob with the local bird population. As dining experiences go, it's about as alfresco as you can get.

3 *Power workouts*

Want to be eco-friendly when you're on the move? At the **HOTEL GRAND PACIFIC** in Victoria (hotelgrandpacific.com), you can do more than reuse your towels. The hotel's on-site gym has exercise equipment that lets you generate electrical power while working up a sweat.

Hotel guests can hop on elliptical machines and stationary bikes that convert human-powered energy into electricity, used to offset the gym's power costs. In return, patrons get a record of how many calories they've burned and watts they've generated, plus they earn EcoPoints that can be cashed in for hotel amenities.

So committed to green technology is the Grand Pacific, it's also installed a charging station for electric cars, free of charge. But the hotel won't be able to go off the grid using patron power to keep its systems humming any time soon. Using one of the gym machines generates just enough electricity to turn on a light bulb or power your laptop, says the club's athletic director, Kevin Attewell. But even that serves a purpose. "It gives you a greater appreciation of what it takes to power our world."



M FOLLOW OUR WEB EDITOR AT more.ca/blog AS SHE HEADS TO JAMAICA FOR HER FIRST 10K!