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AUTUMN 2013/WINTER 2014 ISSUE 9





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ROSS'S NOTEBOOK

DUGGERS Generations of the styled man

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As the leaves turn and the weather cools off, we prepare for another new season of fall and winter fashions – undoubtedly the year's most exciting new arrival season.

In thanks to our loyal customers, we are offering you the 2013/2014 edition of *Duggers Magazine*, which, as always, is filled with fashion, and local hot-spots. This year we are also taking a look at technology and some of the fun ways it can help manage our busy lives. On page 66 you will see our story on apps for men — technology for the modern man.

In this year's issue of *Duggers Magazine* we will highlight the best of Duggers new and classic brands, styles that are on trend and styles that are classically timeless. This year's new brands are shining examples of the quality clothing from around the world, brought to you here at home. On page 14 we showcase the best of Canadian-made clothing with the makers of Coppley and Lipson shirts. Both Warwick Jones and Jack Lipson — featured in the story — have been supporters and personal friends for many years, and exemplify the quality that Duggers stands for. They stand among a group of other stellar Canadian manufacturers, including Bench Craft Leather, Dion Neckwear, Braemore Neckwear, and Jack Victor. Jack Victor is celebrating its 100th year in service — a truly remarkable achievement in the clothing industry — especially in a young country such as Canada.

Also in this edition of *Duggers Magazine*, on page 42, we look at the bustling community of Chester — a hub for the arts and a picturesque area that many artists call home. The community is historically known for attracting artists from across the globe, and presently it's feverishly growing itself as a mecca for creative people involved in all genres.

And as always our magazine features the latest trends in men's fashion, must-have looks and information on how to look your best. Our premium brands — such as Hugo Boss, Van Gils, Penguin, Paul & Shark, Tommy Bahama and many more — and our custom clothes are highlighted here to show the best of what Duggers has to offer. Have a look at what D2 has to offer for our casual wear for any age on page 38.

We hope you enjoy our latest issue of *Duggers Magazine*, and as always, would like to thank you for your patronage and support. We look forward to welcoming you to our store soon.

Ross McNeil Owner, Duggers

MAN AS A MASTERPIECE CORNELIANI Corneliani

EVENTS »

SEPTEMBER 28, 2013

John Varvatos

Tosh James from John Varvatos will be visiting Duggers for a product knowledge session.





OCTOBER 12, 2013

Paul & Shark

Join us for a Paul & Shark event and receive a gift with the purchase of any Paul & Shark item.

SERVICES

On-site tailor

Your purchase will be custom tailored to suit you. In a bind for time? We'll make it happen when you need it.

Appointments

We know you can't always make it during our regular business hours. Give us a call and we'll arrange a time that works with your schedule.

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Wardrobe consultation

Need a new wardrobe and don't know where to start? Don't know how to coordinate what you have in your closet? One of our knowledgeable sales associates can help, starting in your own closet. We will arrange for an associate to come to your home, take inventory of your current wardrobe, and suggest ways to work with what you have, as well as suggest items you may want to consider to prepare for the upcoming seasons. And, our tailor can readjust older items so that they can be worn and enjoyed anew.

Kids room

It can be difficult to enjoy your shopping experience when you have children to occupy. Duggers will entertain them for you in our fantastic kids room. With beanbag chairs, colouring books, cartoons and colourful surroundings, your kids will want you to keep on shopping. We've even got the snack covered with free popcorn and a can of pop.

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STORE POLICIES | GENER

Return policy

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Giving you the inside scoop

Make sure to give us your contact information so that we can let you know about promotions, events and new arrivals. You can choose how we contact you, whether it is via email, phone or regular mail.

If we have your mailing address, you'll also receive a complimentary copy of our next magazine.



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Cabot Links

A luxury golf vacation on Canada's only true links course

By Bill Spurr

You could justify a trip to Cabot Links

just for the bathroom in the hotel rooms. Deep soaker tubs, walk-in marble rainfall showers, huge fluffy towels, double sinks. The beds and pillows are just as luxurious, and the bedrooms are equipped with an espresso machine, quality wine glasses and a big television. Each room has a floor-to-ceiling view of the ocean.

But it's for the golf that people are flocking to Inverness where in July, when we visited, it's light enough to play at 5:30 a.m. That's when I woke up, having arrived the previous evening, excited to get a crack at this authentic links course, the only one in Canada. "Links golf is much different from the golf we're used to playing. A hooked drive at Cabot Links doesn't go in the woods — it goes in the ocean." It's a long day to drive from Halifax to Inverness, play a round and drive back, but easily doable. Luckily, we had the time to stay, play, eat, drink and soak in the atmosphere of the resort.

Over a breakfast of poached eggs and fish cakes in one of the three restaurants at Cabot Links, the members of our foursome all confessed to being anxious at the prospect of going around the course with caddies, as we'd decided to do.

"What if we suck?" one guy said, nicely summing up our qualms. Unfortunately, this was a realistic concern as three of us, despite spending more time and money on golf than our wives prefer, are not very good.



Photos courtesy: Cabot Links



DUGGERS MAGAZINE • 11

Cabot Links cont'd

"We heard stories of foursomes of Americans, who'd flown private planes into the airport at Port Hawkesbury, spending more than \$20,000 in a week at Cabot Links."

Cabot Links is a walking only course (with exceptions for handicapped golfers) and offers the services of 'A' and 'B' caddies, ranked according to expertise, mainly young local guys or retired men. Ours were waiting for us outside the restaurant and took the keys to our SUV so they could collect our clubs and take them to the first tee.

On a beautiful golf course like this, with a caddy handing you your club and a bit of a gathering around the tee (including the starter, who has freshly made cookies he hands out to each golfer), it's easy to imagine the pressure pros feel playing in front of crowds. That's the excuse I'll use for the hash I made of the first hole, chopping and hacking my way to a nine.

I wouldn't have blamed Eddie, the retired high school principal who was my caddy, if he'd suddenly remembered another commitment, but he kept on giving quiet advice, saying "we" and "us," and I quickly returned to less horrific form. By the fourth hole, I'd not only gotten over my nerves, I had decided that using a caddy is the most fun way to play golf, especially if you hit a green with a long iron and get to take a long stroll twirling your putter while someone else carries your bag.

Links golf is much different from the golf we're used to playing. A hooked drive at Cabot Links doesn't go in the woods — it goes in the ocean. One of our guys had a putt of 158 feet (he didn't make it.) And with the instruction of our caddies, we tried to learn how to play our ball along the ground instead of high in the air. You couldn't say we mastered it, but it was fun trying.

We heard stories of foursomes of Americans, who'd flown private planes into the airport at Port Hawkesbury, spending more than \$20,000 in a week at Cabot Links. You'd have to order the most expensive wines every night to do that. During peak season, a round with a class 'A' caddy can set you back \$200.

But as we headed back to the city with big smiles on our faces, despite unimpressive scorecards, we all resolved to return as soon as we could, hiring the same caddies. We haven't figured out how to bring it up with our wives.









STYLE

Quality, tradition and elegance are staples of some of Canada's finest clothiers



Photos Courtesy: Lipson Shirtmakers



By Jon Tattrie

Once upon a time you could just assume your clothes were made in Canada — and made to last. But with the boom in cheap textiles from around the world, 'Made in Canada' has become a rare and treasured mark of quality.

For Jordan Lipson, it's a way of life he was born into. His grandfather started Lipson Shirtmakers and Jordan is the third generation working in the business.

He says Lipson stands apart because its products are made at the company's Toronto plant.

"Our shirts last. They wash well and they wear well," he says. "Our quality level is extremely high. We make a beautiful shirt with at least 20 stitches per inch. We use the finest fabrics from the best European mills."

Jack Lipson - President, Lipson Shirtmakers

Lipson's local factory means it offers fine-tuned product control. If something is even slightly off, it's fixed immediately. "We don't have to wait until 2,000 shirts come off a boat to realize the left sleeve is an inch longer than the right, or that the collars are set a little bit sideways."

Lipson can quickly create custom-made shirts for clients with individual styles. Some men want coloured buttons, or contrast trims on the fabrics on the inside of cuffs or collars. Other customers wear a large watch, so Lipson adjusts the left sleeve to ensure a perfect fit.

"Certain guys will request a collar style we made 10, 15 years ago. We still have the dyes for that and can satisfy that customer," Lipson says. "There really



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are no bounds to what we can do to satisfy our customers."

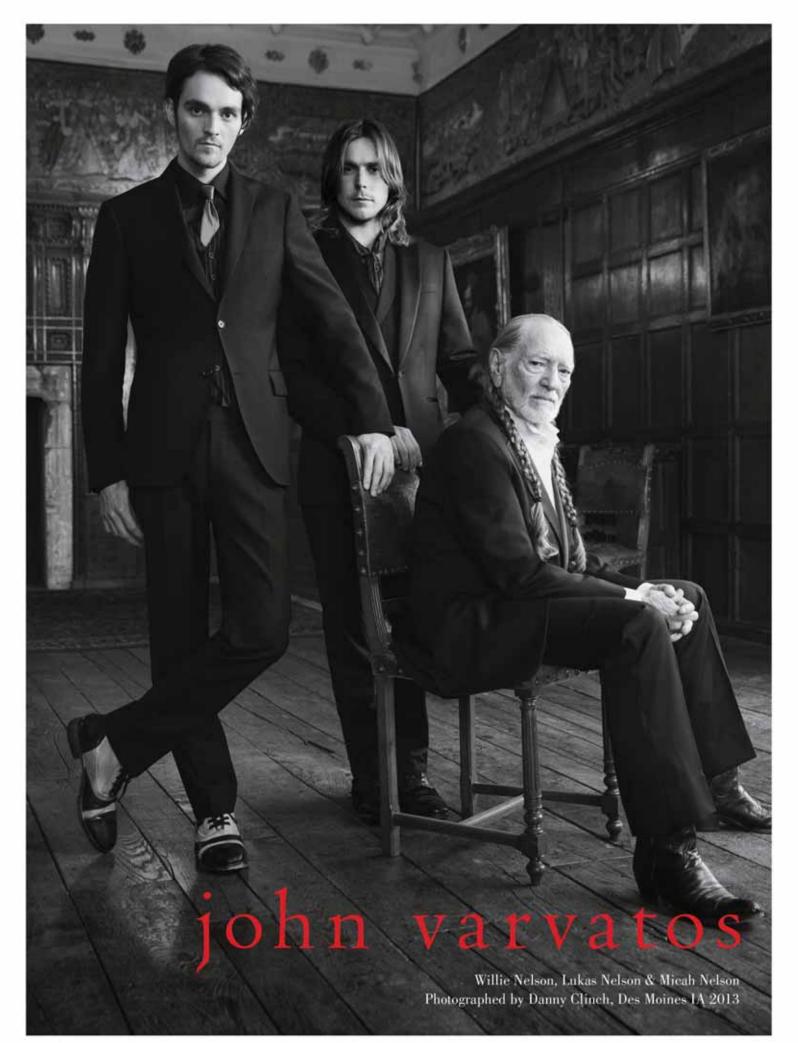
All of the Lipson shirts and services, from ready-to-wear to the custom elite program, are accessed by visiting Duggers.

Warwick Jones, president of Coppley, agrees Canadian-made clothing shouldn't aim to compete on price, but on quality. Since 1883, Coppley's Hamilton factory has been producing suits and trousers infused with the natural beauty and cosmopolitan flair that defines Canada.

"We make 100 per cent of everything we produce for sale in Canada," Jones says. "Our real DNA is the fact that we have both seasonal clothing and made-to-measure clothing that we produce in seven days."

At Duggers, a customer can chose from more than 1,000 swatches to create a Coppley suit in the exact style, cloth and cut he desires. The final product is exclusive to the customer. Because the factory is in Canada, it's often quicker to have a bespoke suit created than to tailor an off-the-rack suit. "It fits unique to that body. He is going to get a better product than one that comes off the rack."

Jones, who learned the trade at Hardy Amies on London's Savile Row, says Coppley keeps the quality high to give customers every reason to come back.



"One of the great things about our business is the incredible loyalty of our customers. It's not loyal beyond reality, but loyal in terms of a relationship," Jones says. "If you are a custom customer, you don't think about going into a custom shop in Toronto when you've been satisfied with the custom that you've been receiving at Duggers. You consider it unique and exclusive to you, whereas if you have a ready-made garment, it can be the same garment [anywhere]."

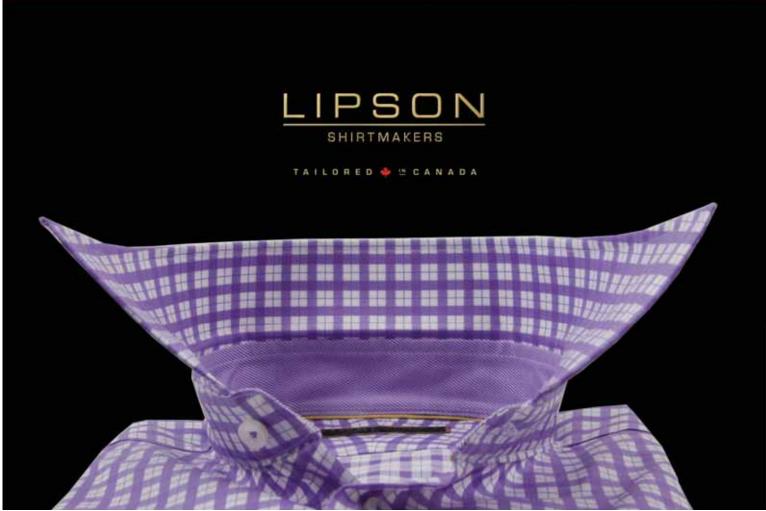
That personal loyalty extends to Coppley's business-to-business relationships. Jones has been working with Duggers for 30 years. "It's based on mutual cooperation, working together, an exchange of ideas, and it's been an enormous benefit."

He sees a new generation of Canadian men learning to appreciate the value of bespoke suits.

"Certainly with the younger generation, they're having more of a sense of a Canadian spirit than we have seen in the previous generation," he says.

And they just assume their clothes will be made in Canada — and made to last.







STYLE



Made-to-measure

Providing a service that is a cut above

By Lindsey Bunin

"We strive to ensure every fit is perfect, and to accommodate our customers' needs." **Great thinkers have spoken** of the measure of men, but it is the talented team at Duggers that have got it down to a science. Quality is synonymous with the way the qualified Duggers staff dresses their clients, and of course, fit is key. The menswear retailer offers on-site tailoring to ensure each customer is dressed his best.

"All tailoring services at Duggers are included with a purchase from our store. We strive to ensure every fit is perfect, and to accommodate our customers' needs," says Duggers made-to-measure expert Zac Barkhouse. "We have an in-house tailor who works upstairs, above Duggers' main floor." Providing a service that is a cut above, Duggers also specializes in made-to-measure pieces that are custom fit to the wearer.

"Our made-to-measure service is through Coppley Apparel, a clothing company whose garments are made in Canada," Barkhouse says. "We take detailed measurements, along with information on the customer's style preferences, and send it to Coppley with the cloth selection the customer has made for an exceptional final garment cut specifically for the person wearing it."

Unique fitting and customization isn't the only way Duggers sets itself apart from the competition.

Continued on page 22



FALL 2013

Made with pride in Canada **coppley.com**







Handcrafted in Canada



Continued from page 20



Photo: Adrien Veczan

"We strive to make the experience at Duggers stand out from the rest by offering a welcoming environment where coffee and drinks are on the house and our customers receive the best possible service from our friendly, knowledgeable staff," Barkhouse says. "We see clients from many different walks of life and wouldn't want it any other way."

Specializing in men's fashion, the knowledgeable staff at Duggers has the fit — or will create it — to suit any body type. Ensuring that tailors can take care of clients' requests, Duggers does not accept outside pieces for tailoring.

"This allows us to maneuver the tailor's workflow to accommodate a customer who might be in a hurry for their clothing — we often get last-minute requests, and luckily are able to take care of them," Barkhouse says.

Being sure a suit is perfectly proportional to the body sets it apart from its ready-to-wear counterparts. At Duggers, this customization goes a step further, including shirts to perfectly complement.

Continued on page 24

The modern suit Update your suit for a new look

By Denise Surette

The silhouette for a man's suit has changed so much in the last 10 years, you may want to think about that black suit hanging in the back of your closet. It may look fine, but style is in the details. To update your suit choice to a more modern fit, keep in mind these tips:

Jackets are shorter

They should cover the seat, but not be longer.

Legs are narrower

Baggy pants are a thing of the past — look for a modern, narrow cut.

Lapels are narrower Keeping with a narrow leg, lapels should have a sleek line.

Arm-holes are smaller

A properly fit suit jacket will feel slightly constricting, not loose.

Pleats be-gone

Pleats are out of date, and can give a wider, bulky look through the hips.

Dress shirts should be tapered

Dress shirts should not puff out of the waist line — have them tailored if seams need to be taken in for a smooth fit.

Suits are trim, not tight

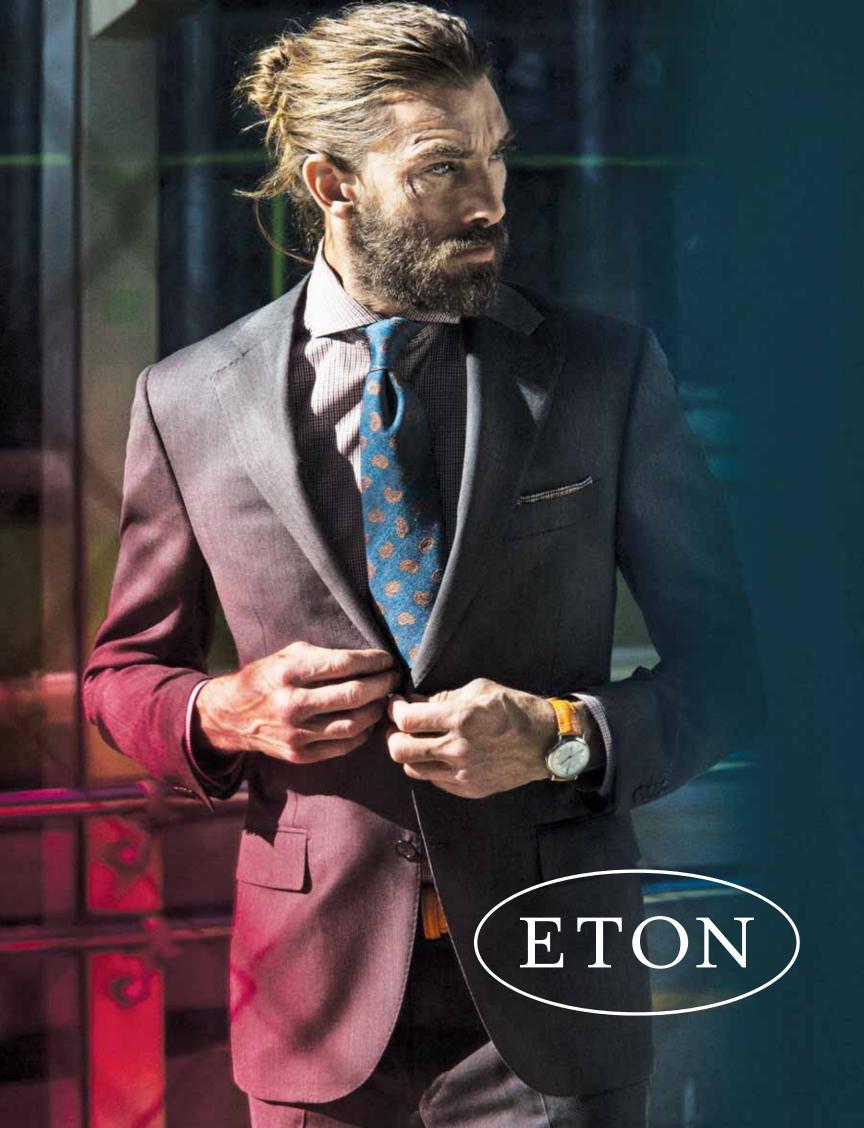
The key is to have the suit tailored to your body no matter what size — stick with your proper sizing, just look for a good fit.

Wide ties are out

In keeping with a narrow silhouette, ties should be slightly narrow.

Colourful socks

Add a little flair to your suit and match up dress socks for a complete style.



Continued from page 22



"Aside from made-to-measure suits we also offer custom shirts through Lipson, another highly regarded Canadian company whose production is domestic," Barkhouse notes. "We carry a wide collection of swatches from which a person can choose, and we help them figure out the best possible cut for them."

STYLE

Learn from the best

Duggers staff can help with every part of your style, even tying your tie

By Lindsey Bunin

Duggers sales associate and shoe specialist Karl van Allen has eight years experience in men's retail and has encountered the gamut of customers, from those who know exactly what they want,

to those who want more guidance. "Most gentlemen appreciate advice, but accessories are very personalized these days," van Allen says. "Today's gentleman has more freedom than ever, and although

we have a tie for everyone, the trick is finding the best colour or design to suit individual style."

At Duggers, the knowledgeable staff is ready to help assist the most beginner-styled man.

"The staff are all trained in tying ties, though some take it to another level," van Allen says. "(Retail expert) Zac Barkhouse might hold the world record for tying the fastest bow tie. If you'd like to see him

do it, drop in.

"While practice doesn't make perfect, it certainly makes better. Don't get caught on the morning of an interview trying to figure out how to tie your neckwear. Take a bit of time and practice learning a basic knot that's acceptable in all circumstances – the half-Windsor. If you're in need of a refresher or introduction, drop by our store for a hands-on lesson."

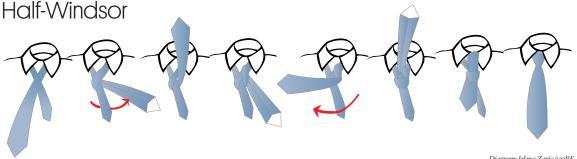


Diagram: Jelena Zaric/123RF





www.dionneckwear.com

STYLE



Photos Courtesy: Van Gils

Van Gils clothing

Fine tailoring and sophisticated design set the European clothiers apart

By Denise Surette



(L to R): Robert Meijer, CEO Van Gils / Les Minion, Van Gils Canada / Stefan Compeer, VP Creative Design, Van Gils

In 1948, H.C. Van Gils founded a small tailoring company in his home town of Breda, Netherlands. Today, Van Gils has a renowned reputation for its rich history in tailoring and design. H.C. Van Gils passionately set out to make fine clothing for the people of his village and in so doing provided much-needed work and a revitalized sense of community spirit. Throughout the years, Van Gils has always delivered high quality, great detailing, outspoken products and bold marketing campaigns. Since 1948, men around the world have enjoyed the confidence that only a stylish and sophisticated Van Gils-tailored product can bring.

In July of 2013 Ross McNeil, owner of Duggers, and his associate Jeff Piccott, attended the Van Gils Sartorial Dinner in Toronto, where retailers gather, talk, drink wine and have dinner with the CEO and creative director of Van Gils — getting a chance to see what is new from this classic brand, including the autumn/winter collection for the coming season.

The autumn/winter 2013 Van Gils collection shows the perfect style for the contemporary gentlemen. This collection is built around the tailored item where the jacket is king. Van Gils believes you never get a second chance to make a first impression.

Informal is the 'new normal' where perfect suits, detailed blazers, padded vests, garment-dyed knit, checked shirts, colourful chinos and the winter raincoat are instrumental in looking refined and sharp. Van Gils continues to celebrate 65 years of style with the tribute Archive Collection. Key items like the washed blazer, the chino and the denim shirt, but with the heritage feel, a used finish and a touch of camouflage print, makes the Archive Collection unique.

Highlights of the season

- The soft shouldered suit.
- The unconstructed jackets range.
- Big, colourful, exploded checks in shirts.
- Corduroy, denim and chambray fabrics play an important part throughout the whole collection, be it a signature trim, or a garment.
- Outerwear is one of the key items this season like the heavy jersey caban and the winter rain coat.
- Padded vests become everyday clothing.
- The use of washed woolen fabrics in tailoring.
- Colourful Merino knitwear from an essential V-neck to a garment-dyed cardigan.
- A complete chino wardrobe in 10 colours.
- Our honest checks in shirts and jackets are linking the themes together.
- Knitted silk ties, wool bow ties and printed handkerchiefs to add the personal touch.

INFORMAL IS THE NEW NORMAL

All around the tailored item

Van Gils





A classic look is in the details. With the right shoes, belt and pocket square, your outfit will be polished to perfection.



Cole Haan Wingtips \$228

Mezlan Cleto Wingtips \$398



Chronograph **Stainless** Watch \$258



Steel Watch

\$698

Tateossian

Silver Click

Scoubidou



Tateossian Silver Pop Scoubidou Bracelet \$298 Bracelet \$198

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Bow Tie

\$68



Eton Hand Woven Tie \$118

Marcoliani **Pima Cotton Socks** \$28



Bill Lavin

Belt \$148

Paul & Shark **Brown Leather** Hand Woven **Belt** \$198



Dion Pocket Squares -Made in Canada with Italian Silk \$48



Photo: Kitch Bain/123RF

Sweat the details

Adding flair to your wardrobe with accessories can seamlessly update your look and set you apart from the pack

By Gary Wollenhaupt

The idea is to stand out from the crowd in the right way, so that people notice you out of the corner of their eye and touch their friend's arm to notice you as you walk by. They look at each other and nod in agreement. There goes a man of taste.

The onlookers may notice your belt created from iguana skin or a pocket square of neon aqua. A high-quality accessory will deliver appreciation faster than a first-class suit in many cases. If you travel, pick up pieces — or at least inspiration — to season your wardrobe with an international flavour.

There are some must-have accessories that will deliver a solid return on investment in wear and your personal touch.



In the bag

Despite their utility, a backpack never looks right in a business situation, even if it's made out of the finest leather imaginable.

Instead, look for high-quality leather accessories that perform like a beast of burden but look like sculptures. Brief cases, carrying bags and even covers for tech gear like an iPad or Android tablet, take on the air of a fine collectible.

Burberry offers a line of digital cases, including animal prints that mimic leopards and jaguars. For a more subtle look, Hugo Boss has a range of two-handled calfskin bags that may remind you of an old-school gym bag, but deliver on modern style.

Corneliani offers a Napa calfskin brief case with double zip and adjustable shoulder strap. The logo is borne on a label crafted from polished palladium-plated solid brass. Inside, there's multipurpose compartments and jacquard lining.

A stiff belt

A belt signals whether you're dressing up or down. A blazer and jeans with a more formal, elegantly simple belt helps you stand out from the casual Friday crowd. Or suitably downscale your suit with a braided belt that you might otherwise save for weekend wear.

Corneliani offers a black hand-buffed iguana belt with rounded stitched strap with a pattern similar to, but finer than, alligator skin. It could go either way, casual or dressy. Burberry also offers a more vaguely named lizard skin belt. These choices could leave others wondering if you harvested the leather yourself on an adventure in the tropics.

Stormy weather

Outerwear and weather protection let you make a seasonal statement. Scarves provide protection from the weather and separate you from the crowds in the grey overcoats. Look for fine wools such as merino as well as more exotic blends including cashmere and alpaca. Blends of wools such as cashmere and merino are common, as well as wool blended with synthetics fibres. Synthetic blends sometimes offer greater performance and durability at more affordable prices. Polo offers a range of scarves in natural fibres including cotton, gingham and linen.

From John Varvatos, a line of scarves inspired by nostalgia offers bold choices. Rich paisley and gingham check scarves with a direct line to cowboy bandanas give an Old West flair.

Burberry offers a line of umbrellas to beat the rain, both traditional folding and collapsible form factors. Choices range from traditional black to nautical-inspired stripes to animal prints to, of course, Burberry's signature tartan.

A wise man once said, "Accessories make the man." Take advice from this wise guy. Update and upgrade your look with a few special pieces that will become your signature.

BASLER MARC CAIN STUART WEITZMAN L'OCCITANE EN PROVENCE COOKIE JOHNSON JEANS MICHAEL MICHAEL KORS **ARMANI COLLEZIONI** MAX MARA STUDIO **JUDITH & CHARLES** BCBGMAXAZRIA MARLIES DEKKERS **CINZIA ROCCA EDWARD BESS** PAIGE DENIM L.K. BENNETT HUGO BOSS RUDSAK CHANEL UGG

A star is reborn

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Mills

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STYLE

Sole searching

Put the right foot forward with sleek, modern and classic footwear looks for the fall season

Mezlan

Siro in black/red - \$438 Handmade in Spain, this exquisite artisan plain toe oxford is made with rich Italian calfskin with contrast piping & laces.

Boss Red Label

Plassio in black - \$368

leather tongue.

Whimsical lace-up shoe from HUGO

in smooth leather with an oval toe.

The five-hole lacing gives the shoe

its clean look, which is stylishly broken up by the contrasting

This gorgeous artisan wing-tip monkstrap loafer is offered in

Cleto in brown/blue - \$398

Mezlan

monkstrap loafer is offered in hand-rubbed calfskin with a two-tone perforated trim.

Allen Edmonds Larchmont in walnut - \$398

A five-eyelet blucher with all the traditional brogueing elements, this modern squared-off toe design highlights the unmatched finish on the leather.



Lennox Hill split ox in British tan - \$228

These leather oxfords do things a bit differently, with a high shine and a variety of versatile colour options.

Cole Haan

Great Jones Wingtip in fatigue - \$228 In a range of shades, this debonair, wing-tipped pair has the right attitude for work or play.

Mezian Rosate in black - \$438 Handmade and burnished in Spain

using top quality leathers, secure a spot with the elite when you dress in the prominent Mezlan Rosate.

Windsor in cocoa - \$298

Ecco

A classic leather shoe with a city look. The Ecco Windsor features a removable, leather-covered inlay sole with Comfort Fibre System to increase air circulation for the perfect inner climate.

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PROUD SUPPORTER OF



STYLE



Hugh Boss Leather Strap Chronograph in Brown and Silver \$338

Hugh Boss Analogue with Quartz Movement \$258



Product Photos: Adrien Veczan

Timing is everything

Hugh Boss Leather Strap Chronograph in Brown and Gold \$258

A watch does more than just tell time; it's an accessory that speaks to your style

By Gary Wollenhaupt

The value of a watch is far beyond the function of displaying the time. After all, you can buy a watch for \$9.99 at a discount store. A quality watch brings far more to one's life than simply knowing the time.

Style experts — and watchmakers — say that a man should have three watches that reflect the three main phases of daily life.

First, a man should have a watch for work. A discrete, elegant timepiece can tie an ensemble together with a corporate design.

Android's Vertigo line offers a stainless steel band and a 24-jewel movement. There's a screwdown crown to fully waterproof the watch, just in case you are, in fact, a secret agent who wears a tux underneath your wetsuit. It has a simple face with simple appliqué for the numbers, except for the Roman numeral "12," and boasts a discrete date function. It's simple yet refined, like a modernist sculpture. Chunky diver-style watches simply look odd with a suit. You wouldn't wear your golf shoes to the office — why wear your golf watch?

Second, a man should have a more formal watch for formal occasions. This is the watch to wear when you don the tuxedo or your best suit and tie. Discretion is the better part of valor here, when the watch is most truly a piece of jewelry for a man, secondary to its timekeeping function.

Dressy watches typically have a clasp rather than a buckle, like a belt. The clasp band creates a more finished, sculptural appearance as it requires greater craftsmanship. On some watches, like the Rolex Oyster Perpetual Day-Date, the clasp is a discrete logo on the band, basically invisible to the casual observer.

Third is the watch for play. If you drive, fly, dive, hike or golf regularly, a watch can serve many useful functions, as well as set the tone of leisure for your activities.

Typically, the more formal the watch the fewer the functions, or complications, it has. A timepiece that pairs well with a Hugo Boss tuxedo will most likely have a leather band and a precious metal case such as gold or platinum.

Depending on the dress code and your position in the workplace, the work watch may straddle the line between formal and play. If you have casual days at the office or perhaps have an off-site retreat, it makes sense to wear a watch that's appropriate for the mood.



Available at DUGGERS 5476 Spring Garden Road, Halifax 902 425 2525 The play watch is often a chronograph, which combines a stopwatch with a display watch. At the most basic level, a chronograph has a sweep second hand.

Do not confuse a chronograph with a chronometer. A chronograph is simply a watch that incorporates a stopwatch as well as time display functions. On the other hand, a chronometer is a watch whose mechanical movement has been certified by *Contrôle Officiel Suisse des Chronomètres*, the Official Swiss Chronometer Testing Institute, which is responsible for certifying the accuracy of watches made in Switzerland.

Today's sport watches typically have multiple chronographs for tracking lap times or scuba diving intervals and other functions. A chronograph may show phases of the moon or tides for sailing, or multiple time zones. A rotating outer bezel with numbers to track duration of events was first used by divers to monitor their time under the sea. It's found on many timepieces to measure the length of important events.

The Mega Chief collection from Diesel is made from ion-plated steel and big 51-mm case so it's easy to see while moving. The black dial features high-visibility baton hour markers and

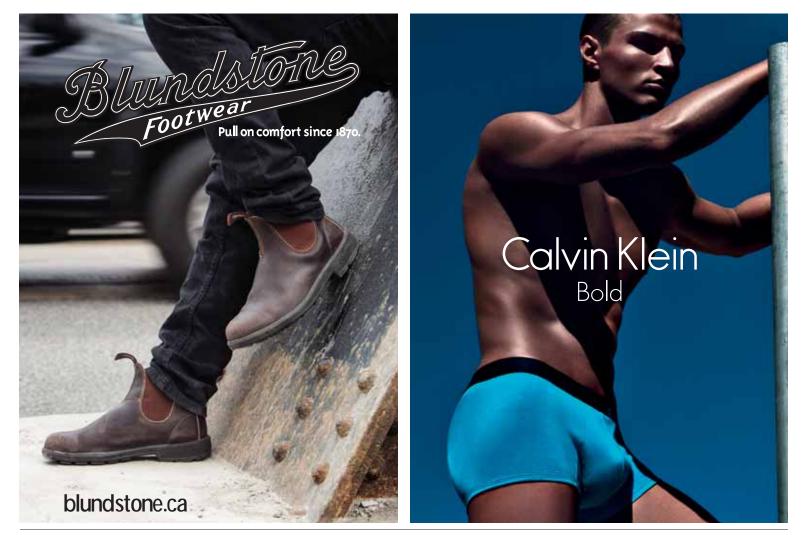
Hugh Boss Chronograph with Silicon Logo Strap \$398

hands. It also features date function, chronograph and is water resistant to 100 metres. It fastens with a black metal bracelet to make sure it stays in place during any activity.

A watch is like a man's signature. Look at

Hugh Boss Stainless Steel Watch \$698

the watch and you immediately know who is standing in front of you. It's the first thing you put on in the morning, and the last thing you take off at night. Make your signature count with the right watch for the job.











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STYLE



Casual wear is just a step away

Two generations of the Otto family find brands they love at D2

By Denise Surette

Duggers is known for immaculate suits and personalized service and tucked away just downstairs, D2 shares the same knowledgeable staff, for those looking for a more casual look.



Phil Otto and his son Riley

Phil Otto, a long time Duggers and D2 patron,

says he wanders down the stairs to D2 as often as he lingers on the main floor at Duggers. For him, it's a destination shopping experience where he finds clothing for his everyday life. As do his sons, Riley and Alex, aged 21 and 13 respectively.

The father of four and CEO of Revolve, an awardwinning brand and advertising agency, says his industry allows him a more casual and fashionable look than most corporate environments.

"Brand is a reflection of who you are, and Duggers' and D2 brands let me express who I am. I wear jeans almost every day to work and D2 has a great selection of jeans, like John Varvatos, Seven for all Mankind and Diesel."

Over the 20-plus years he's been shopping at Duggers, his oldest son Riley has accompanied him. He's developed his own style and taste in clothing and finds D2 is the best spot to accommodate his look.

"Riley has been shopping at D2 for the last four or five years for brands like Penguin, True Religion, Fred Perry and John Varvatos. He's not a preppy kid — he's an athlete — but he's with the times and has a great fashion sense."

Now following suit, 13-year-old Alex recently had

his initiation into men's fashion. A student at Kings-Edgehill School in Windsor, Nova Scotia, Alex picked out most of his school uniform pieces at Duggers.

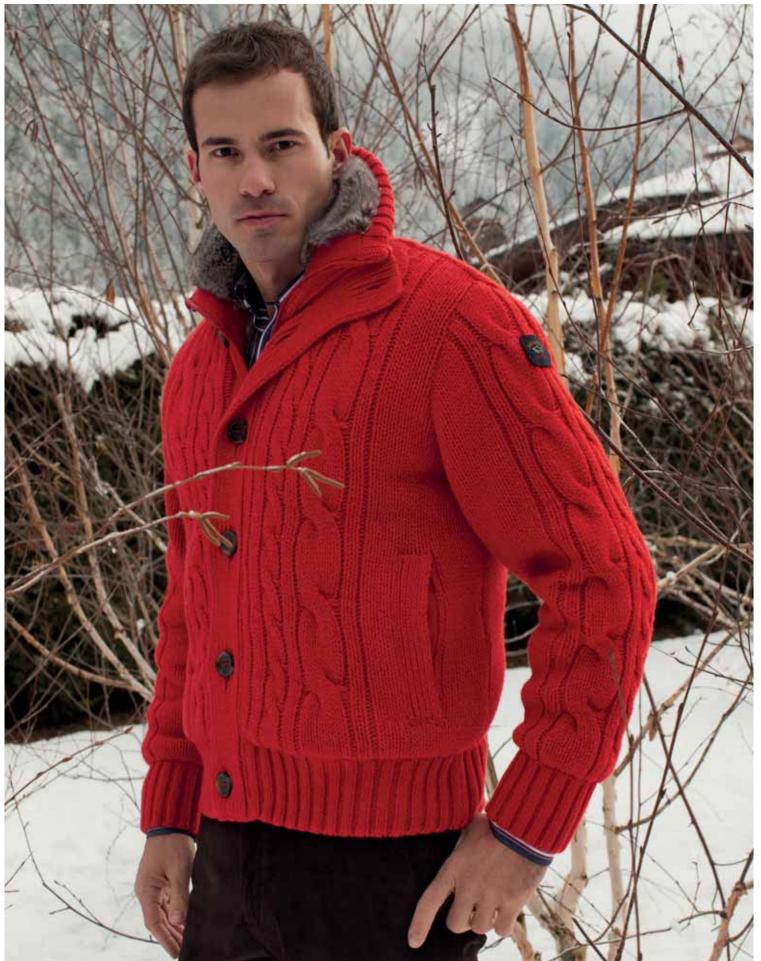
"I have a navy Hugo Boss blazer that Alex loves, and he wanted the same one for his school blazer."

Otto says shopping at Duggers is an experience — nothing like the drudgery of a visit to the mall, business park or big-box store.

"Walking into Duggers and getting served by people who know your name, who know your size, who know your style — is a very different experience than anywhere else in our region."

Gift shopping for his son is also a smooth operation. The staff there know he and Riley well enough that for birthdays and Christmas they put aside a few things they know Riley will love.

"Most of the staff know me, but I'm not special. As a locally owned independent who treat their staff well, they have little turnover, so they know all of their regular customers and give a very personalized shopping experience based on taste and style. They will bring in something in my size, and they will only bring in one or two because they know part of the draw is that not everybody in the city will be walking around in the same Robert Graham shirt or the same Boss jacket."



PAUL & SHARK

The Moorings Cast away in your own chartered boat for a relaxing vacation

Imagine basking in the sun, slipping into the turquoise sea to snorkel, and then taking off for your next destination all in the comfort of a private yacht.

TRAVEL



By Heather Laura Clarke

It sounds like a vacation only a celebrity would take, but chartering a boat is becoming a popular option for many Atlantic Canadians.

"We have a lot of boaters here. You can't boat here in the winter — so this is a pretty fantastic vacation if that's what you enjoy doing," says Deanna Skinner, vice president of marketing with Maritime Travel.

"It's a very relaxing type of holiday, and you do everything on your own schedule."

There are a number of different destinations all around the world where you can easily charter boats. Skinner says the Virgin Islands are a popular spot, because the water is so clear you can see all the way to the bottom — making it very easy to navigate, even with minimal boating experience. Italy, Belize, and the Baja California peninsula are also highly-requested spots.

Skinner describes boat-chartering vacations as "fairly easy" and inexpensive, because you're just arranging for the boat itself — there's no need to book hotels, rental cars, or make restaurant reservations.

"...You're paying to charter the boat, but your provisions are just groceries," says Skinner. "You can also eat out on some of the islands, but they're usually simple restaurants. It's all part of the local flavour."

Before you set sail, Skinner says you'll be asked some important questions about your sailing abilities to ensure you can handle whatever the seas may hold.

"You wouldn't charter a boat unless you were quite comfortable with boating. We always ask if you own a boat, and how long you've been boating, because there's a fair bit of liability involved if you don't know what you're doing."

Photos courtesy: The Moorings / Rama Knight, Randy Lincks & Gary Felton

And if you love the idea of sailing, but don't want to mess around with jibs and spars, you can always hire a crew.

"You can hire a captain, a mate, and a cook, and it's great — they organize everything, they know where they're going, and they handle all of the cooking. You can just relax and enjoy your vacation. It's definitely a 'pinch me!' moment when you're lying on the deck, watching them do all of the work."

The price varies depending on the age and size of the boat, as well as the time of year for the charter expect to pay more during peak times when good weather is expected. Skinner says people often charter a boat with a few other couples to share the costs. If two couples want to charter a boat together, they'd choose one with two staterooms — each with its own "head" (bathroom).

"You can also put together a group and then rent a catamaran or a monohull, so everyone has a little more space. You just have to make sure you like the people you're travelling with, because the quarters are more confined than a traditional vacation!"

But Skinner and her husband usually just "crew it together," and she says that's their favourite way to spend a week or two.

"If you enjoy boating, it's just a natural thing to want to do on your vacation. It's very relaxing to sail for a few hours, then anchor and go swimming and snorkelling.

"It's quite amazing."

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TRAVEL



Pottery by Paula MacDonald





Art and ocean

The picturesque village of Chester attracts artists from around the world

By Denise Surette

With seaside estates and cottages, rolling waves crashing against a picturesque shoreline, and sailboats littering the Bay — Chester, Nova Scotia is the epitome of a timeless seascape painting. It's no wonder artists from around the world have flocked to the East Coast village for more than a century. As local potter Paula MacDonald puts it so eloquently: "Everywhere you look, there's a picture."

Settled in 1759, the village was a hot spot for tourists by 1850, and the village grew to accommodate more visitors, but has always remained a quaint village one where most people know each other.

Over the years, artists have visited the area, painting the noble seascapes one would expect from Chester, and as a result the village has attracted artists to become permanent residents. The arts community in Chester has flourished, rivaling some of Canada's larger towns for its depth of culture.

One of the newest developments in the arts scene, relatively speaking compared to its long history, is the Chester Arts Centre (CAC). Its inception in 2006 was given life by summer resident Christopher Ondaatje, philanthropist, art collector and patron to all things cultural in Chester. The CAC is a hub of activity for local and visiting artists, which grew out of the annual arts festival held in the village. Karen Hooper, executive director of the CAC, says its mission is to support the artists in the community, and to provide education for anyone who is interested in visiting. She says the area has always been a magnet for artists.

Photo: Scott Munn, Nova Scotia Tourism Agency

"It's a very beautiful place to live; it attracts artists to move here as well as to come and create here. We have a lot of artists that come just in the summertime. They live in other parts of the world — in England, New York, and Washington, DC. They come up, whether they are painters or photographers. They like being here. They may come for a month and make the most of it. It has that attraction."

Hooper keeps busy with the centre, which she calls "a labour of love." Classes taught by visiting artists are so popular amongst artists and novices alike, that often there is a waiting list. She says the arts community has grown over time, and aged well.

"Historically, we had some amazing artists come through this area. One example, William Glackens came up to Chester and painted in 1910. He was a very well-known American impressionist. There are several other artists that have come up here. Some of them have stayed and made it their home — Donald Curley, who unfortunately died a few years ago, lived in Chester for many years, over 20 at least. He's one of



our well known artists; his work is in collections on an international scale."

Another internationally renowned artist and good friend of the late Curley, José Antonio Valverde-Alcalde, lives and paints in Chester. His home and gallery are just steps from the core of the village. He reminisces about lively art conversations at Julia's café in Chester, with his late friend, at their usual corner table — one that Curley feverishly protected for their morning discussions.

"Donald was very obsessive about this place because nobody could sit there except for himself, and myself. We would be there around 11 a.m. — I would look from the studio, I could see him going across the street. We would have wonderful discussions, and sometimes have wonderful fights, because he was a very good realist."

Known for his colourful seascapes, cityscapes and collage work, Valverde-Alcalde has collections all around the world. He and his wife Doreen moved to Nova Scotia more than 30 years ago for him to take a position as a professor at Acadia University. The native of Madrid loves the sea, and soon he and Doreen discovered Chester, and have lived there for 30 years. They set up his gallery 11 years ago on the main floor of their home.

"We discovered the South Shore and immediately fell in love with it, and in spite of the commuting, we decided to live in Chester. I was showing at Studio 21 in Halifax with Ineke Graham — I was there 20 years. I had a very good relationship with the person who ran the gallery. After that we thought 'why don't we do our own little gallery?"

Valverde-Alcalde says the area is a natural attraction for artists: "I think it is beautiful, and that attracts artists who are sensitive to beauty. There are quite a lot of them."

Another well-known artist and playwright, Malcolm Callaway, has made his home in Chester for more than 30 years as well. Making his way to Nova Scotia from British Columbia with a former girlfriend, who wanted to try her hand at farming, Callaway found himself painting instead.

"We just drove out here on spec and apparently we can't farm — we were useless. Our relationship failed and I stayed. A friend of mine brought me down here to Chester and said 'you'll like this place.' I got here and said, 'Oh this is great!' It is very unique. I started working here in a bar to support my painting habit. And then I started doing it full time."

Callaway is best known for his seascape paintings, fulfilling the needs of local sailing enthusiasts. But on the side, he keeps busy working on paintings with a little less water and a little more edge, and has been known to throw Elvis into a canvas scene. He says there are a few factors that make Chester a place where people come to create.



"Rounding the Chester Mark" – By Jose Antonio Valverde



"Interlude" – By Jose Antonio Valverde



"Miquita" – By Malcolm Callaway



"A Day at the Beach" - By Malcolm Callaway

"I think it's the location — you've got this great bay out here, 365 islands, lots of sailing. A lot of artists have gone through here. You get a lot of movies and TV shows shot here, artists get to work on those. It's very conducive to the arts. We are patronized, in the right kind of way, and they support us. Basically, I do marine painting. That's my bread and butter. You know what this place is called? — 'a drinking town with a sailing problem.'"

Paula MacDonald, local potter and Boston native, came to Chester 25 years ago. Both her parents were originally from Chester, and she now lives in what was her grandparent's family home, and has a studio and gallery on the main strip called Amicus Gallery. She says the beauty is what attracts artists to the area, but a sense of community and support is what makes them stay.

"There are a lot of artists here. They have a community. In the wintertime we used to have our Christmas party in February, and we would call it the staff party for people without staff. It would end up being a potter's pot luck. Malcolm (Callaway) would be there, a lot of the artists from the area, so we all know each other. It's a good opportunity to talk about our work and how business is going, and commiserate.

"But the other side of the community aspect is people like these guys," MacDonald says gestering towards a couple, summer residents she has come to know over the years, who stopped by her gallery for a look at what's new. "They are tremendous patrons of the arts."

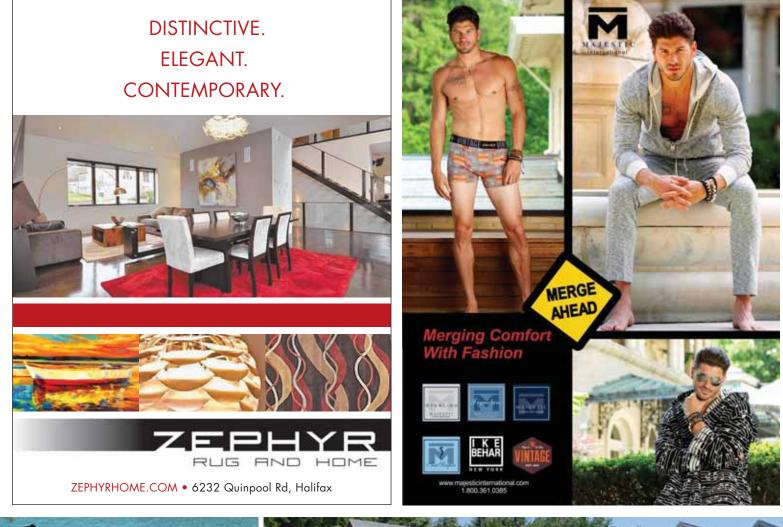
MacDonald smiles at her loyal customers and says, "a lot of people in this area support the arts, whether they need another painting or not, right?"

They laugh and say: "Yes exactly. Our problem is we don't have enough walls."

MacDonald says her customers are mainly summer residents, people visiting the summer residents, and tourists who come for shorter periods of time. But she says the arts culture in Chester thrives because of support from a community that cherishes its landscape and the artists that bring it to life.

"My sister is visiting from Arizona right now and she just said to me 'you know this town is quite incredible with the amount of philanthropy.' We have a lot of wealthy people in Chester, and they always give. They support any project that's going on. It's not a huge community, so it's the same people donating to everything. It's an amazing support group and I don't think every community has that."

Although Chester is synonymous with sailing and summer, the arts community continues to thrive and is making itself known as a mecca for artists. As long as the wind blows and the sun shines on the Chester Bay, artists will remain entranced with recreating the beauty of the land and sea.





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scent for eve

GROOMING

Find a scent that speaks to your personality and style





By Gary Wollenhaupt

A scent is one of the most powerful ways to create and recall memory. That means vour cologne is really a sensory scrapbook. Each element reminds you of some aspect of your journey through life. Don't worry so much about how it affects other people. Choose your cologne because it's what you want to smell like.

Colognes are a complex blend of natural and artificial chemicals that deliver a scent and then change over time. Like a fine wine, a perfume has initial notes and then delivers a subtle finish that creates a lingering effect.

Like wines, men's scents carry an invigorating array of sensory notes. For instance, Zegna's Intenso fragrance delivers radiant, fresh light notes of green mandarin, and Italian lemon with a subtle touch of cardamom and pink peppercorn, that fluctuate with the deep sensual oriental dark note. This is perfect for a more formal occasion or when a sense of gravitas is appropriate. Consider it the equivalent of a robust Cabernet Sauvignon. By contrast, Burberry's Classic Summer evokes the reserved joy of a British summer. The citrus,

Photo: Dmitrijs Gerciks/123RF

aqueous, woody fragrance opens with fresh, green top notes of crushed mint, juniper berries, mandarin and yuzu leaves. Aqueous heart notes are smooth driftwood, thyme and gorse flowers. The scent is rounded out with a sensual base of soft white musk, amyris wood, warm cedar wood and amber. Spritz this for more casual outings when the goal is recreation, not business. It may be the equivalent of a young Riesling with an effervescent light body and a light, mellow flavour.

It's common for menswear makers to extend their lifestyle philosophy with a fragrance line. Just look at Zegna, Burberry, Polo, Hugo Boss and many others. Famed neckwear designer Tino Cosma took the same leap in 1991 with the launch of a cologne under the famed brand.

With a harmony of masculine and spicy aromas, the perfect balance of fragrance was created by the world famous nose of Francis Camail in Grasse, Provence, the "Perfume Capital of the World."

After more than 20 years, Tino Cosma cologne preserves the secret scent and the olfactory personality that have made it a favourite. Expect an initial fragrance of Bergamot and Calabrian citrus that mingle with lavender for an impression that is immediately vibrant. As the fragrance seasons on the body, aromatic spices round out the accord with depth, complexity and warmth.

Finally, the soul of the fragrance is sensual, lush and richly provocative with warm, exotic floral and woody notes that blend eloquently to give the fragrance its timeless quality with notes of Galbanum, Virginian cedar, Indian sandalwood and musk. Wear this when you're feeling bold — not that the scent is overwhelmingly strong. It's subtle and clear, sure of itself — as you will be when you wear it. Think of this as a hearty red Barolo,

full-bodied with a complex mixture of tastes and textures.

There's a fragrance to match your mood and your personal style. Sample scents, and give them time to breathe on your flesh, to mix with your unique chemical signature. Like swirling wine in a glass to unleash the aromatic compounds, you will develop a better understanding of the scent if you let it linger past the initial burst of sensory overload. Give it time to settle. The right fragrance can help you create sensory memories that will be forever linked in your mind, available for recall any time you're in the mood.



Burberry Touch \$88



Pal Zileri \$78



\$78

Hugh Parsons Hugh Parsons King Road Traditional \$78



Zegna Colonia \$98



Zegna Intenso \$98



Farregamo

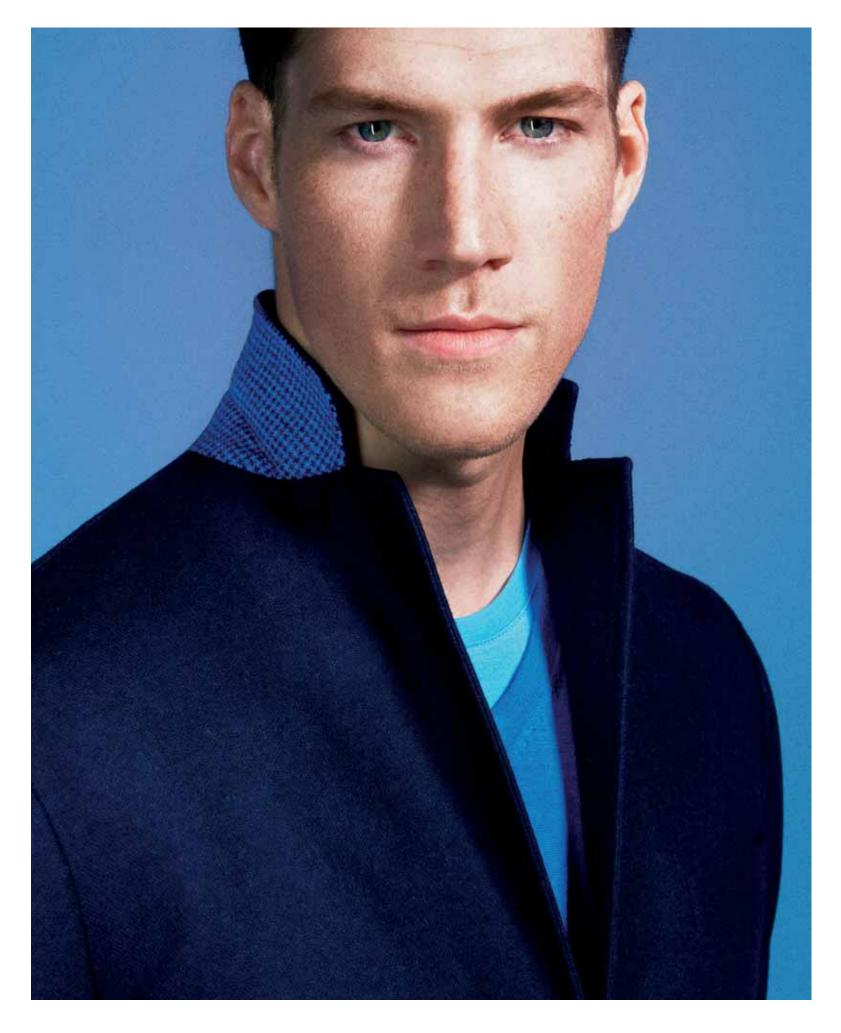
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\$88



Product Photos: Adrien Veczan

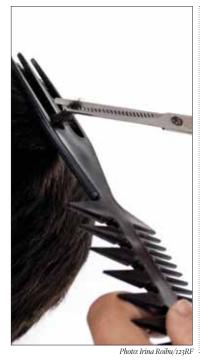
Tino Cosma Eau de **Toilette** \$98





GROOMING





Headlining your style

Define your look with a polished cut

By Denise Surette

Hair is important. It's our crowning glory, the first thing others notice. It has the ability to set the day as "good" or "bad," depending on the reflection in the mirror each morning. For men, it may not be as complicated as women's styling, but it is just as important.

Catherine Blackler, a veteran stylist at Thumper's in downtown Halifax, has worked her way into a niche as an expert men's stylist. Creating simple yet polished looks for men about town is her forté. With Thumper's being in a downtown setting, businessmen and students on the rise search her out for a look that works.

"I kind of fell into it — I think where we are in a business area, it started that way with businessmen coming in. We get a lot of students — med students and law students — that are going into a professional lifestyle and they want to have a good stylist and look," says Blackler.

Currently, the trend in men's styles has continued to show the short sides, but with a little length on top, adding the ability for men to style their hair in different ways.

"A lot of men will come in and they have had the same haircut for many years. But it started last year in a big way — having really short sides and a longer, swept over top. Whether it's textured or not depends on the individual, but it's very polished and clean around the edges. It's a very hip look on a businessman's cut."

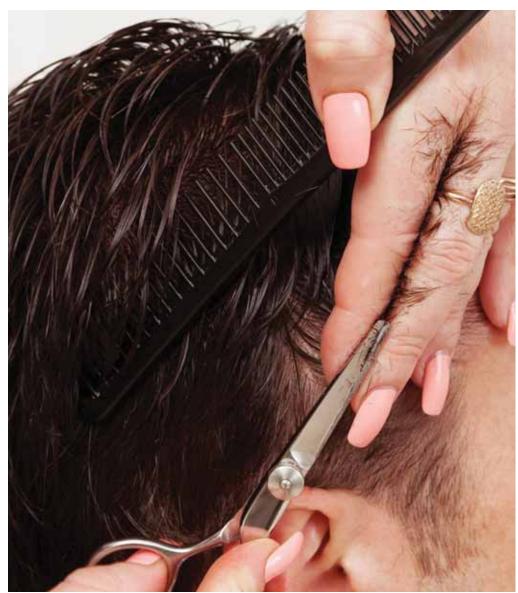
Blackler says the key tips to having great hair are working with what you have, using the right products and having a stylist you trust.

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strellson

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HOLY FASHION GROUP



"A common mistake men make with their hair is maybe not working with growth patterns that they have. If you have weird growth patterns, go with a messy look. Maybe you throw some product on your hair to make it a little more polished. Don't be afraid to ask how to style your hair so you can do it at home."

She says hair trends tend to take the lead from celebrities, and right now, longer hair is making a comeback. Although she said not all men would be open to letting their hair grow past their chin, she thinks those who choose a longer style can pull it off with little effort.

"I really believe men can look great with any length as long as the hair is well kept. I feel that long hair is coming back, really long hair like Brad Pitt. He has very long hair and he's a trend setter. If people want to have long hair, that's good, as long as it is well kept — still go in for your trims and keep it tidy."

Blackler says a lot of men stick with their regular barber or hair stylist and always ask for the same "#2" on the clipper. She says she Photo: Igor Terekhov/123RF

usually only uses scissors to get a cut that will grow in better, and is more tailored to each individual.

"I have converted a few of my male clientele, who would normally get clippers, into a scissor cut. I do my own version of a fade with the scissors. I can get down to a 1½ with my scissors and my comb. It takes a bit longer with the scissors than with the clippers, but I would much rather use scissors. I find a scissor cut grows out much better than a clipper cut. You can customize a cut with scissors more than with clippers. Having said that, I have seen some really great clipper work. It's just not my niche to bring out the clippers."

To keep your look fresh and tidy, Blackler recommends a cut every four to six weeks, with a neck trim in between. She also suggests, if you're thinking of colouring your hair to hide some grey, or completely changing your colour, having a professional do this for you, as they are trained to know exactly how the colour will turn out, with no surprises.

Products for men:



Sumotochy

For most men's styles

Oribe's Rough Luxury Soft and Bumble and Bumble's Sumo Tech



For a slick look Bumble and Bumble's gel



For a pomade Redken's Polish Up



For thinning hair Nioxin's shampoo, conditioner and treatment



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Put your best face forward

Luxury shave products keep you looking your best

By Denise Surette

It seems as though most skin-care products are geared towards women anti-aging, illuminating and pore-refining potions are advertised with youthful, glowing women. But lest we forget, it's men's faces that should get a fair share of pampering. Between shaving and sun-exposure, their faces can take a beating. **Most men shave almost every day.** Razor burn, irritation and breakouts are among the classic complaints men have, and they tend to bear those conditions without much guidance on how to fix the issue. But there are ways to treat your face, soothe your skin and put your best face forward — without getting into a complicated daily regimen.

Kerri Houweling, part owner of Vibe Salon Spa in Bedford and a master clinical skin therapist who has been working with skin and medical skin-care for more than 17 years, says the most important thing for men to do is identify what type of skin issues they are dealing with (usually irritation from daily shaving) and find the right products to use every day to treat them.

"My first thought around men and shaving, is men, in particular, don't have a skin regimen. They don't take care of their skin as well as a woman does. What they have to realize is, skin is skin — whether they are male or female — they have skin issues and sensitivities. And on top of that they have to shave almost every day, which is sensitizing."

She says run-of-the-mill shaving creams and high-alcohol aftershaves are two of the worst culprits in skin-irritation for men. Avoiding shave creams or foams, and aftershaves with a high fragrance and alcohol content, is a great way to start repairing your skin and keeping it fresh.

"The biggest mistake men make is using typical aftershave — it is pure alcohol and fragrance. There is nothing worse to put on skin that has been so freshly exfoliated, which is what shaving does, and it causes a lot of irritation, and enhances razor burn. They

- 1. Edwin Jagaer Moisturizing Aftershave Lotion \$38
- 2. Edwin Jagger Hydrating **Pre Shave Lotion** \$22
- 3. & 4. Edwin Jagger Soft Soaps Premium Shavina Cream \$24
- 5. Edwin Jagger Traditional Shaving Soap \$9
- 6. Edwin Jagger Traditional Stand \$68
- 7. Jagger Best Badger Brush \$58
- 8. Edwin Jagger Safety Razor \$38
- 9. Edwin Jagger Classic Razor \$58
- 10. Edwin Jagger Porcelain Cup \$42



should use 'post' products after shaving to calm and soothe the skin, to return the skin to that healthier state."

To find the right products for your skin type, Houweling recommends consulting with a skin therapist for extra guidance.

"I'd like for men to drop the whole idea the spa environment is not for them - skin therapists can greatly help get them on the right track using a great shaving line that is appropriate for their skin."

Starting with products to calm and soothe the skin is the best way to begin to help your skin get back to a smooth and youthful, blemish-free canvas. Houweling also recommends not only a great shave foam or cream and a post-shaving product to soothe the skin, but to make sure you have an SPF moisturizer on your face to seal in moisture and protect your skin from the damaging effects of the sun.

Best in skin: Skin care has come a long way since Aqua Velva was king of the vanity. Now products specifically made for men are better than ever and don't just give you a close shave. They give you great skin.



Dermalogica Shave

The three-step regimen includes simple, fragrance-free products. A hydrating shave cream, a post-shave balm to soothe the skin and a daily moisturizer with an SPF of 15.

Anthony Logistics for Men

Focusing on not just shave products, but skin care for men as a whole, this line has specialty items to treat even the most problematic skin. Anthony's Ingrown Hair Treatment helps fight bacteria and frees trapped hair from under the skin.





The Art of Shaving

This is a full-range line of award-winning shave products made from natural ingredients so you still get a pleasing scent, without the chemicals. Ocean Kelp Shave Cream and Lotion were voted top-notch by Details Magazine.



Billy Jealousy

Esquire Magazine's winner for Best Shave product is Hydroplane, a super-slick shave cream without fragrance or irritating ingredients.



Edwin Jaaaer

Providing top-of-the-line razors, brushes and wet-shave products, Edwin Jagger uses natural ingredients for a soothing shave with a range of creams, soaps and lotions. Many of the products include derivatives from organic plants such as aloe vera and sea buckthorn, both known for their healing qualities.

FOOD & DRINK



Photo: Wawri/123RF



The misunderstood spirit

By J. L. Hochman



With such a long tradition and new followers, the world of whisky is opening up to new connoisseurs.

Whisky has been ingrained in the fabric of Canadian culture for as long as the sweet grain alcohol has been put in a glass.

Whether we were shipping Canadian Club south to the United States during the prohibition era, or we were bringing in every fine scotch available, you could always count on whisky being just an arm's reach away.

Despite the long-running history whisky has as an underground rough and tough spirit that's known best for burning down to your tummy, the reality today is that whisky is far more complex than you may think. "It's like wine — there's so many variations," says Wally Fraser, a Halifax-based sommelier and whisky enthusiast. "So much to learn about it and so many 'roads less travelled' in the whisky world that it adds more than just 'having a drink."

Fraser has been a sommelier for more than a decade, and has been doing whisky tastings across the province in that time as well...but his love of whisky started when he was young.

"The father of a dear friend of mine, an Englishman who has since passed away, many years ago in my early 20s, would have friends from England come over, who would bring him various bottles of whisky," says Fraser. "And he would teach his sons, and his son's good friends, about whisky and how to drink whisky. We fell in love with whisky, in my friend's

Continued on page 56









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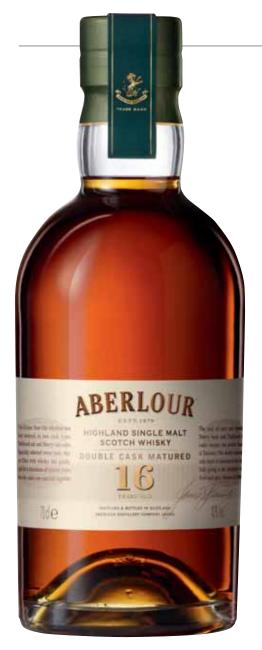
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You can never have enough whisky

As a whisky enthusiast, Wally Fraser has quite a few whiskies in his bar. His current favourite is called Aberlour, a 16-year-old Scotch whisky from the Speyside region, but it's not his only open bottle.

"I probably have 18 to 20 single malts open at the bar at home," says Fraser. "It sounds excessive, but at least half (if not most) of them will be there next year — because it's a glass with my wife, a glass over a toast or a birthday; you'll have one or two, and if there's guests, maybe each person has a different one, depending on their choices.

"It's not like opening a bottle of rum; you open a bottle of whisky, have some and then you open another bottle and have some of that too. Then sooner or later you have a whole pile of them open."

Fraser explains that one of whisky's great virtues is it will last after you open it. While it's common to open a few bottles of wine with a dinner — it's common to have wine with every course — you can't leave four or five bottles of wine open; they don't last very long. Whisky, on the other hand, lasts forever.



FOOD & DRINK

Continued from page 54

back yard, listening to the ocean ... and drinking whisky."

Like any spirit, there are a plethora of mixes and methods to consuming whisky, but Fraser sticks to a simple, traditional method of drinking his whisky — "slowly."

"Whisky is a drink that's...enjoyed. There's a whisky to warm your tummy on a cold, wet winter's night, there's a whisky to celebrate a fire on a leather couch with a big cigar.

"It's a drink to bring history to life; it's a drink to do all sorts of things...but it's just a lovely, warming, tasteful, elegant thing to drink."

Sales numbers will back up Fraser's claim of the elegance of whisky, as in Nova Scotia whiskies account for 20 per cent of all spirit sales — a three per cent increase from last year, according to Mike Maloney, communications representative for the Nova Scotia Liquor Commission.

Maloney says Canadian whisky accounts for about 68 per cent of the whisky sales, but Irish and American-made whiskeys (they carry an "e" in their name) have increased by 10 per cent. The trend of more whisky consumption is something Maloney attributes to pop culture.

"I think a big reason for an increase in the category is the Mad Men effect. People see it being drank on the show, and they want to drink it too...it's similar to the effect that the rise of the martini culture had on vodka."

But the question is: how do you harness that lovely, warming, elegance that whisky can provide? The key is to understand when to drink a certain whisky, which, according to Fraser, isn't as difficult as you'd think.

"It depends on the crowd, it depends on the people, it depends on the mood you're in and it depends on what you're looking for in a whisky — Glenlivet 12-year-old is the second-largest selling single malt in the world, it's like honey; it's sweet and it's an easy whisky to learn on and to drink and to try. Then there's the Ardbegs; the great peated, salted, monsters of Islay that are big, full and round — and you have those on a big, full, round occasion. And then there's things that are like dessert in a glass, such as the Auchentoshan Three Wood which is — it's Christmas."

No matter what route you take, be it Canadian or American, Irish or Scottish, whisky or whiskey, the most important thing to remember about this complex spirit is it was created for you to enjoy.

"Whisky is a great thing," says Fraser. "It's a great thing for toasts, a great thing for hurrahs, a great thing for people to get together...and it's interesting."

New to the shelves

The popularity of whisky is continually growing, with the following specialty whiskies hitting the NSLC shelves over the past few months:

Crown Royal Maple [Canadian whisky, \$34.99, 750ml] Jim Beam Devils Cut [American whiskey, \$34.99, 750ml] Jameson Select Reserve [Irish whiskey, \$54.99, 750ml] Wiser's Spiced Vanilla [Canadian whisky, \$29.99, 750ml] Wiser's Legacy [Canadian whisky, \$49.98, 750ml] Canadian Club Dock 57 [Canadian whisky, \$28.98, 750ml]



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The Underdog

Photo: Vadim Boris Ryzhkov/123RF

Spice it up Step up your cocktail game with the help of some spice

BY J. L. Hochman

For the longest time, when you had to make a cocktail for your friends, a rum and Coke, gin and tonic or, if you were really fancy, a Singapore Sling was the result.

When you're hosting a party, with an immaculate house lined with modern art, an impeccable suit in the latest style – both designed to draw attention – don't fall flat when putting libations in your guest's hands.

Add a little life (and new-found flavours) to your cocktails by adding a little spice to your drinks.

It sounds daunting; the possibilities are endless and you don't want to risk ruining good alcohol, but the key to using spice in drinks is to think of spice in food.

"When you start using spices, if you have a background in cooking it will makes things a lot easier certain spices will enhance other fruits," says Jeff Van Horne, a mixologist at The Bicycle Thief restaurant in Halifax. "If you want to add spices to a cocktail, think about obvious flavours, such as raisins and cloves. You don't want to go too over the top, or create some magical concoction; just keep them simple."

Rohit Ponnaiya, a server and mixologist at CUT Steakhouse + Urban Grill, says you can also look at making your drinks spicy; adding a little heat can open new flavour profiles.

"I find people often try to get sweet, sour and savoury, but spice and that little bit of heat is often underutilized," says Ponnaiya. "It's a matter of people being scared – people have this perception that cocktails with a bit of spice will be overpowering, too hot, and they won't enjoy the flavours in it. If you use it in a subtle way - not to overpower the drink, but to complement the other flavours - you'll get a finished product that's actually quite nice and refreshing."

Both Ponnaiya and Van Horne note that you shouldn't worry about pairing the spirit with a spice focus on the other ingredients.

"When I'm trying to figure out what I would like to work with as a base liquor, I look at what kind of fruit, what kind of juices complement a liquor, and then see what kinds of herbs and spices complement those juices or fruit," says Ponnaiya.

Ponnaiya notes that pears go very nicely with tequila, and cardamom enhances pears, while whisky is often paired with orange peel and oranges, which is commonly paired with chipotle peppers. Van Horne adds that cinnamon or ginger enhance apples quite well, and black pepper adds a nice kick to pineapples, strawberries or any fresh fruits.

If you're struggling to come up with tried-and-true pairings, Van Horne suggests consulting The Flavour Bible, or pairing websites to provide inspiration.

Because at the end of the day, it's all about having fun, trying new things ... and having another excuse to have a drink!

Rohit Ponnaiya This drink plays on one of my

favourite combinations - whisky, orange and chipotle. The smokiness of the chipotle pairs well with the citrus flavour, and enhances the whisky's flavour.

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Stir in a lowball glass with ice and top with a splash of Crodino, an Italian non-alcoholic bitter.

*To make the simple syrup, bring 2 cups of water to a boil and add a whole fresh chipotle pepper and an entire peel from one large orange. Let simmer for 20 minutes then add 1 cup sugar and stir until sugar is completely dissolved. Remove from heat, strain the mixture and allow it to cool.

Fresh Hot Toddy Jeff Van Horne

A classic warm drink, the hot toddy traditionally involves whisky, hot water, sugar and spices, but adding some more fresh flavours only improves the overall taste.

| 2 oz | whisky | |
|---------|-------------------------------|--|
| 4 oz | warm apple cider | |
| 1oz | fresh lemon juice | |
| Top wit | op with fresh-grated cinnamon | |

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FOOD & DRINK

Fine food

Serving sustainable and sumptuous seafood, McKelvie's downtown restaurant gives foodies what they are looking for

By Nadine Fownes

It used to be that all a seafood restaurant had to do to be successful in this town was develop a reputation for serving a consistently fresh and delicious array of chowders, fish and shellfish.

These days, in order to stay at the top of their game, seafood restaurants must not only serve the freshest fish in the city, but the fish must also be sustainably caught and

wait staff must be able to tell diners where the seafood came from.

"Sustainability and traceability are big issues right now. People want to know where their food comes from," says Robert McKelvie, owner of the seafood restaurant, McKelvie's Restaurant and Grill in downtown Halifax.

McKelvie says sourcing fresh seafood has always been a





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challenge in the restaurant business, but now, with the oceans in such a precarious state, knowing that it was harvested responsibly is more important than ever before.

"Almost all the products we serve are local — mussels, smoked salmon, haddock, halibut, scallops and lobsters," he says. "But in order to do that, we spend a lot of time on the phone. It starts early in the morning and lasts all day."

The result of that effort, he says, is the satisfaction of knowing that he has obtained the very best fish on the market while also playing a part in keeping our region's coastal communities alive.

"For instance, all of our halibut is line-caught and it comes with a tag. We know the captain's name, the boat he was fishing from, where he caught the fish, when and what time," McKelvie explains.

So while his customers are hungrily devouring his chefs' specialities such as crunchy haddock, blackened salmon, bacon-wrapped scallops or a special occasion platter of steamed lobster, McKelvie's mind is always thinking 10 steps ahead.

"I need to know when that fish comes into our kitchen exactly where it came from and how long it has been out of the water."

McKelvie says those efforts have paid dividends over the years.

His restaurant, a can't-miss-it Lower Water Street landmark wrapped on two sides by banks of huge arched windows, has been operating in the same location since McKelvie and partner Brendan Morrissey set up shop here more than 30 years ago. (Morrissey, incidentally, now operates Salty's on the Waterfront, another of Halifax's most popular seafood restaurants.)

"The visitor market is a huge part of our business," McKelvie says.

"A lot of our customers are business people and tourists, as well as local people who are bringing their guests and family members from away, whether that be Europe or other parts of Canada and the United States. People know when they come here, the quality of the food is going to be high and the service is going to be top-notch," he says, pointing out that many of his key people on staff have been at McKelvie's for more than 25 years.

It isn't lost on McKelvie that nearly every bit of marketing that Nova Scotia does to promote itself as a food and drink destination features some sort of gorgeous looking sea creature as its posterchild, from buckets overflowing with fresh mussels to shiny red lobsters spilling off a platter.

For some visitors to Canada, a meal at McKelvie's might be their first and only opportunity to have a traditional seafood dinner. And with seafood, as we locals know so well, first impressions matter. Nova Scotia's reputation as a tourism destination has a lot riding on that, he says.

"People come to Halifax expecting the perfect seafood meal and I feel a sense of responsibility for making that experience a positive one."

Nadine Fownes is a food writer for *The Chronicle Herald*. She can be reached by email nfownes@ herald.ca, Twitter @lobstahchowdah or on her Facebook page Nadine Fownes Comfort Food.



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Photo: Kai Chiang/123RF

Hot eats in Halifax

Downtown Halifax has so many great places to eat, it can be hard to choose

By Nadine Fownes

Where should we eat tonight?

We're a bit spoiled for choice in Halifax, which can be a good thing or bad thing, depending on your ability to make a decision. Sure, there's a lot of great seafood in our little port city. But we also have some pretty awesome brew-pubs, burger joints and barbecue spots, not to mention a United Nations of cultures represented in the restaurants scattered throughout our region. Here are four suggestions that, depending on your mood and the occasion, will definitely hit all the right notes.

Occasion:

Thursday night drinks and a movie downtown

Where to Eat?

La Frasca, 5650 Spring Garden Rd.

It's date night. The babysitter is booked and it's time to squeeze a little couple time into the work week with a nice dinner and maybe a movie afterwards. Or the other way around.

La Frasca is the latest creation from veteran Halifax restaurateurs Maurizio and Stephanie Bertossi.

Casual and romantic, La Frasca is meant to remind us of the traditional roadside stops in Maurizio Bertossi's native Friuli in northern Italy, where you could pop in and relax over a delicious glass of wine and a homey meal of polenta, fresh fish or pasta.

The Bertossis have taken that concept and given it their own glamorous spin. The result, as we have come to expect from this duo, is a hip and hopping dining room dressed to the nines in exposed bricks and distressed leather, and alive with laughter and the aroma of Maurizio's expertly made Italian cuisine.

Linger for the evening over wines from their impressive selection and graze on gorgeous appetizers such as salumi piatto, a Friuli-inspired charcuterie of prosciutto-wrapped breadsticks, mortadella and cheese, spicy soppressata, asparagus and sweet cipollini onions; fresh tuna carpaccio, or lumache, an intensely aromatic dish of snails with bacon, garlic, onions, mushrooms and polenta.

Don't fill up too much on the starters because the main courses include such specialties as buttermilk-soaked fried quail with figs and polenta fries and Guazzetto, a Nova Scotiameets-Italy stew of lobster, scallops, scampi, mussels and king crab simmered in tomato, cognac, garlic and herbs, which, by the way, are grown on La Frasca's own roof-top garden.

After an evening like this, you can probably forget the movie. Let's just go home.

Occasion: Just because Where to Eat? The Bicycle Thief 1475 Lower Water St. in Bishops Landina

Ask just about any Haligonian for their recommendations on where to get a good meal in this city and The Bicycle Thief is usually at the top of the list. And with good reason.

This waterfront restaurant is another venture of Stephanie and Maurizio Bertossi, who have been training our palates in the art of fine Italian dining since the early 1980s. The Bicycle Thief is the couple's most upmarket dining room in the city. It's sleek and sophisticated, but casual and relaxed at the same time.

Stephanie Bertossi says their restaurants' styles mirror how she and her husband have evolved over the years: "We used to throw these elaborate, fancy dinner parties at home. Now we just place platters of food in the centre of the table and invite everyone to help themselves."

The Bicycle Thief reflects that same makeyourself-at-home attitude. Here you will see diners show up in everything from stunning sequined cocktail dresses to jeans and hipster t-shirts. Somehow, in this setting of mirrors, metal, wood and water, it all works.

"Our customers provide the vibe," Bertossi says modestly. "We just provide the backdrop of good wines and good food...made by hand and with love."

Some must-haves from their menu are the tuna tartare and the lobster ravioli. The steaks are pretty amazing here as well, presented beautifully on wooden slabs that seem to turn heads every time they are carried out of the kitchen.

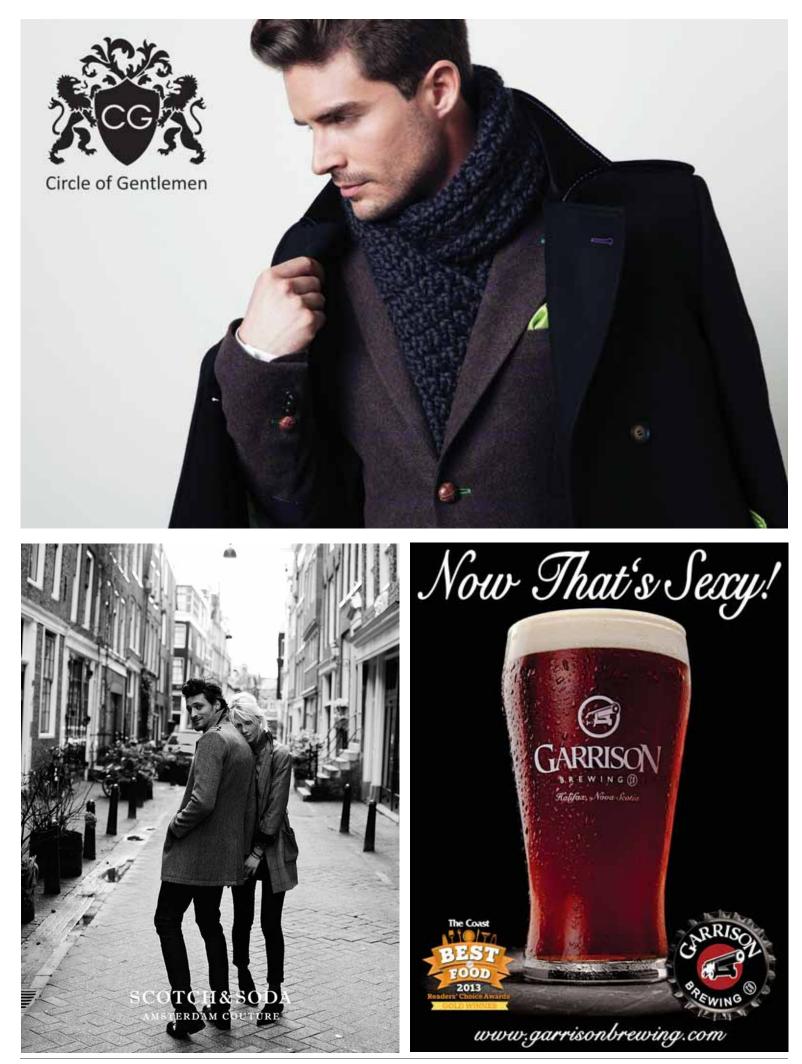




Photo: Boris Ryzhkov/123RF

Occasion:

Stay-cation day with out-of-town friends & family

Where to Eat? Murphy's Cable Wharf

1751 Lower Water Street

One of your best friends from university is coming this weekend for a bit of an East Coast holiday. And he's bringing his wife and kids who have never really spent much time near the ocean before.

It's up to you to show them the ropes.

Situated in a century-old cable ship terminal, Murphy's restaurant and patio juts out into Halifax Harbour with views of this working waterfront from all sides. While you catch up over drinks, watch the traffic float by, from cargo ships to tall-masted schooners and sleek pleasure yachts, and to the delight of the kids, maybe even the happy face of Theodore Tugboat.

On the menu are all the traditional Nova Scotia crowd-pleasers, from mussels to lobster rolls, chowder and fried haddock. Be sure to sample the Green Lane Farm Seafood Chowder, winner of the Best Seafood Chowder in Nova Scotia competition.

Occasion: Game night at the Halifax Metro Centre Where to Eat?

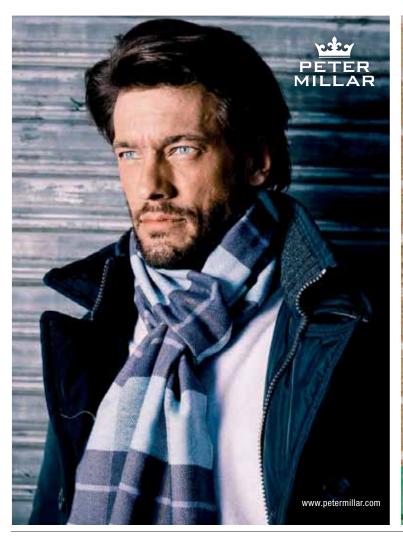
Q Smokehouse & Southern BBQ 1580 Argyle Street

Cheering on the Quebec Major Junior Hockey League's Halifax Mooseheads is thirsty work, and it works up a pretty mean appetite as well.

Keep the night going with a feed of ribs at Q, a short walk away from the Metro Centre, home to the Moose.

Q has its own smokehouse where they cook their pork, beef and chicken low and slow until it's so tender it just about melts off the bone. A selection of sauces is available to suit everyone's taste, from sweet to heat.

With 48 hours notice and a party of at least 16 people, you can even go whole hog here. Q will seat you around their 200-year-old farmhouse table, carve up a whole suckling pig and lay on all the fixings of traditional southern BBQ: freshly baked corn bread, baked beans and corn on the cob.





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GADGETS Keeping you organized, in-style and entertained in the 21st century

By Tom Mason

The 21st century is a complex place and being a modern man can be fraught with confusion. Thankfully, there's an app for that. Actually, there are many of them. Here are 10 apps that every man needs on his smart phone or tablet device.



Epicurious By Condé Nast Digital

What are you planning for your next dinner party? How about melon and prosciutto risotto? Or lobster thermidor? The Epicurious app puts hundreds of gourmet recipes at your fingertips, sorted in more than two dozen categories including grilled mains, healthy breakfasts, decadent desserts, "I cook like a pro," and "I can barely cook." You can store your favourites in your own personalized cookbook.

Available for: iPhone, iPad, Android, B&N Nook Colour, Windows Phone, Kindle Fire

Price: Free



SAS Survival Guide By Trellisys.net

What man hasn't dreamed of tagging along with the great explorers like Shackleton or Hillary on their epic journeys? Frostbite, delirium, eating your own dogs; it all sounds so romantic. The SAS Survival Guide can help you survive the worst expedition-gone-wrong scenario. Modelled after the best-selling book of the same name, the guide even comes with a working compass.

Available for: iPhone, iPad, Android Price: \$5.99



The Mustache App By iCandy Games

Ever wonder how a fu manchu or a handlebar stash would look on you? With the Mustache App, you simply select the style of mustache you're thinking about growing and hold the phone up to your face. The movable screen mouth even synchs to your actual voice.

Available for: iPhone, iPad Price: Free



Occasions By Hand Carved Code, LLC

Let's face it. Every guy forgets an important anniversary or birthday once in a while. Occasions uses push notifications to remind you of upcoming events that you just can't afford to overlook.

Available for: iPhone, iPad **Price:** \$0.99



TSN Mobile By Bell Media, Inc.

What's every man's worst nightmare? That's right. It's being out with the guys and having no idea who's playing in this year's Super Bowl. With the TSN Mobile app, even the most sports challenged man can be up on the latest scores, streaks and big events.

Available for: iPhone, Android Price: Free



Stanley Level By Stanley Black & Decker, Inc.

Men need good tools. Just ask duct tape guru Red Green. The Stanley Level app is so realistic and accurate you'll quickly forget that you're not holding a tube of fluid with a bubble in it in your hand.

Available for: iPhone, iPad, Android Price: Free



Tie a Tie Deluxe By AppsCode

tie without calling dad. Available for: iPhone, iPad

Price: \$0.99

For a lot of men, the full Windsor knot remains one of life's great mysteries. And don't even think about a bow tie knot. Tie a Tie Deluxe allows you to tie the perfect

Men's Health Workouts By Rodale, Inc.

Photo: Vadim Georgiev/123RF

Men's Health Workouts makes it easy to plan a daily workout schedule. The app allows you to design programs based on your exercise goals, log workouts, even track your body weight. It shows you the correct way to perform dozens of exercises with easy-to-follow photos, and it's discreet. Everyone at the gym will think you're just obsessively checking your email.

Available for: iPhone Price: \$1.99



NASA App By NASA Ames Research Center

A great app for the nerd that lives inside every man. With the NASA app, you can see the latest images from the Hubble Space Telescope and the Cassini mission to Saturn, follow breaking NASA news or keep track of exactly when the International Space Station will be flying overhead.

Available for: iPhone, iPad, Android Price: Free



MixologyTM By Cocktail Recipes LLC

If the hit television show Mad Men has taught us anything about men, it's that they better know how to make a great cocktail. With Mixology you can search for drinks based on ingredients you have on hand, exchange ratings and comments with other users and even find a liquor store in a strange town.

Available for: iPhone. Android Price: Free

GADGETS

Gadgets galore

Living life in the fast lane

By Tom Mason



It's a rite of passage. At some point in every man's life, the toy store morphs into the electronics shop, the sporting goods outlet or the hobby store. But whether you call them gadgets, tools or electronic lifestyle enhancements, boys never really outgrow their toys. Here are a few of the latest available around town.

Apogee JAM Guitar Input [Mac Store]

What man doesn't have a few rock star dreams tucked away in his closet? There might even be an old Stratocaster or Les Paul in there. With the Apogee JAM Guitar Input, every guy can dust off those rock-star dreams and start working on his own epic recording. The Apogee allows you to connect any electric guitar to a Mac, an iPad or even an iPhone, to record musical ideas using a variety of software or apps.



BIOS Eyewear Actioncam 720p HD Wearable Camcorder [Future Shop, Best Buy]

Why wait for Google glasses? With the BIOS Eyewear Actioncam you can capture exciting

point-of-view video footage of your latest sporting exploits and make a fashion statement at the same time. Full colour, crisp resolution, one-touch recording and up to two-and-a-half hours of recording time.

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Skycaddie SGX GPS Rangefinder

[Sportchek, Golf Town]

The Skycaddie SGX looks like a smartphone, but it's actually a precision golf course rangefinder. This handy gadget will tell you how close your ball is to the hole so you can choose the right club every time. Skycaddie has thousands of preloaded golf course maps with updates every month; maps that show distances to hazards, green widths and other information with an accuracy of less than one yard.

Breville Café Roma Espresso Machine [Cucina Moderna]

You don't have to take out a second mortgage to make the perfect cup of espresso at home. The Breville Café Roma Espresso Machine delivers café espresso taste on a limited budget. With a sharp stainless steel design, a 15 bar pump, froth enhancer and Thermoblock heating system, the Breville will recreate the taste of Italy every time.

Wacky Paws Sport Travel Harness [Petsmart, Pets Unlimited]

Turn your best friend into your most indispensable travel gadget with the Wacky Paws Sport Travel Harness. The comfortable, easy-touse harness comes with detachable side saddle pouches to allow Fido to carry water, dog treats, keys, money and other essential items when you're out on your next walk together. It comes in a variety of sizes and colours with reflective piping for added safety.



Propel Sky Writer Scrolling Message Helicopter (The Source)

What could be more fun than a remote controlled helicopter? How about a UFOshaped chopper that blinks out actual messages as it hovers? The Propel Sky Writer can display up to 15 preprogramed words and phrases to amaze friends at your next barbecue, deliver a sweet anniversary message or scare your pesky next-door neighbour.

Brunton Restore Solar-Powered Electronics Charger

[Mountain Equipment Co-op]

This rugged and compact gadget will recharge your smartphone a couple of times or keep your MP3 player going for about 70 hours on a single charge. And after it has done its job, the Brunton Restore can been recharged from a wall socket, a computer USB port or by unfolding solar panels at a campsite.

UP by Jawbone (Future Shop)

At first glance UP looks like the latest version of the Livestrong wristband, but its low-tech appearance hides one of the most unique training systems available. UP keeps track of your lifestyle: the number of hours you sleep, the quality of your sleep, your intake of proteins, sodium, sugar and carbs, how far you run or walk every day, and how many calories you burn. The data is fed into an accompanying app that offers analysis, insights and tips to help you reach your lifestyle goals.



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By Kelly Taylor

There is — if you ignore for a moment the stunning SLS — one car in the Mercedes-Benz lineup that truly stands out.

This car has a roofline unmatched by such cars as the C-Class, E-Class or even S-Class. It's the CLS, and, for lack of a better term, it's called a four-door coupe (or coupé, as the Germans like to say). The roofline rises from the rear edge of the hood and swoops back to the trunk as if it was stretched out of a single piece of metal.

It's gorgeous. It also starts at \$88,500.

If that's enough to make you stop in your tracks, don't. It's about to get a baby sibling, a smaller package with the same stunning style and equally jaw-dropping price. It's the CLA, which hits the market soon with a starting price of \$33,900.

But the model expected to turn heads and excite drivers also promises to be the lowestpriced AMG model on the planet, the CLA 45 AMG. Pricing on the CLA 45 AMG is a few months away from being decided, but considering the least expensive AMG model, the C63 AMG, starts at \$67,700, an educated guess puts the CLA 45 AMG somewhere in the mid-to-high 40s.

Both cars get a 2.0-litre turbocharged fourcylinder engine, but the CLA 45 ramps up the power from 208 horsepower in the CLA to 355 horsepower and 332 pound-feet of torque in the CLA 45. It is, according to Mercedes, the most powerful four banger in the business. It uses a twin-scroll turbocharger with a maximum boost pressure of 26 psi and direct injection with spray-guided combustion and piezo injectors.

> Photo: Daimler AG - Global Communications Mercedes-Benz Cars







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All that torque translates into a 0-100 km/h time of 4.6 seconds.

As with all AMG engines, the CLA 45 AMG mills are hand-built by elves in the Bavarian forest. OK, the elves aren't real, but the handbuilt part is. Each engine is signed by the lone technician who built it.

Both cars are also equipped with seven-speed dual-clutch transmissions — essentially a manual transmission that operates automatically — but the AMG gets the AMG Speedshift transmission. These transmissions shift conventional gears (as opposed to the fluid-based systems of automatic transmissions) by using two clutches.

One clutch is on the odd-numbered gears and one is on the even numbered gears. The gears are changed by nearly instantly swapping between clutches. When you shift from 1 to 2, gear 3 is set up on the odd-numbered clutch. From 2 to 3, the even-numbered clutch sets up gear 4. The process happens in reverse going down in gears, too.

On the AMG Speedshift model, however, carbon-fibre synchronizer rings speed up reaction time for manually-actuated shifts, an automatic double-declutch function smooths downshifts and a temporary ignition interruption function adds an emotionally charged sound to upshifts.

The AMG also comes standard with AMG cooling and high-performance braking systems, AMG sports exhaust, AMG steering and AMG suspension. The wheels are upgraded to 18-inch alloy wheels with five twin spokes, and the exterior look gets the AMG exterior styling treatment, bi-xenon headlights and red brake calipers.

Also standard on the AMG is 4MATIC all-wheel drive.



Other noteworthy standard equipment includes collision-prevention assist, adaptive brake with hold function and three-stage electronic stability control with dynamic cornering assist, which adds little touches of braking to the appropriate wheels to aid in cornering.

With its powerful engine and elevated level of standard equipment, the CLA 45 AMG promises to raise the bar in compact performance sedans.



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