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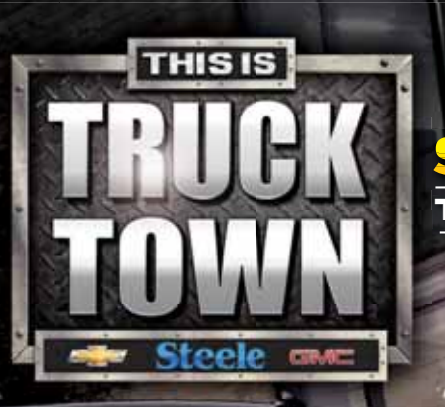
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DUGGERS

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ROSS'S NOTEBOOK



Moving into autumn I have to say
it's been a great year thanks
to our great customers,
great staff, and some
seriously cool clothing.

I look outside our store and I see our city growing, thriving with new development, young talent, and old-school hard work.

Inside Duggers we never stop changing with the times, striving to deliver the best, most knowledgeable service anyone could ever want.

This year marks a unique partnership with Hugo Boss and an exciting, brand new Boss Black label section in-store. It's one of only three across Canada, delivering an exclusive experience when shopping the new Boss collection.

D2's casual collections and our fall shoe line-up have never been sleeker or more streamlined. And by being an independent retailer, every item you see has been hand-picked by our buyers and staff, reflecting the wonderfully diverse customers we see in our store every day.

Family owned and operated for more than 40 years, it's the people and the constant dedication to quality and service that makes us who we are.

Spring Garden Road is looking great again, rejuvenated by our stunning new library and other developments, and we couldn't be more excited to be a part of the action.

I hope you enjoy some of our select customer profiles in the following pages — it's been great fun creating them!

Thank you for your continued patronage and I can't wait to see you soon.



Ross McNeil
Owner, Duggers



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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.

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PROFILE

Life in Charleston

Halifax businessman Gregg Keating finds a home away from home in this historic South Carolina city



By Kelly Taylor

Photos by Mic Smith

Halifax is never far from his heart, even when Gregg Keating is hunting game in the woods of South Carolina 2,700 kilometres away.

“You can take the boy out of Halifax, but you can’t take Halifax out of the boy,” he said.

Keating, chairman of The Keating Group of Companies, lives a blessed life and no one knows it more than he does. In 2008, he and his wife, Ginger, set down roots in historic Charleston.

“I just feel blessed to be able to enjoy this kind of climate year-round,” he said. “Halifax is, was and

always will be my home, but just as life progresses things change when you have a partner . . . my wife Ginger happens to be from here.

“We enjoy it. It’s a semi-retired lifestyle and it allows me to enjoy some of the things I really like to do . . . being in the woods, spending time with Ginger, those kinds of things.”

Charleston’s social scene is also a big draw. “Oh, it’s happenin’. Restaurants, nightclubs, it seems there’s a festival every weekend of some sort.

“There are lots of tourists, so it’s great for the



founding predates the United States of America. Founded in 1670 as Charles Town in honour of King Charles II, it changed to its present name in 1783. It's the oldest and second-largest city in the state but it hasn't always been in the same location. In 1680, it moved to Oyster Point and became America's first comprehensively planned city.

"Generally, they all start on the first turn."

At home in Halifax is another truck and a Maserati Gran Turismo.

The Keating Group is one of Nova Scotia's leading employers, holding interests as varied as AltiMax Courier, Landmark Development, AltiMax Network Service Ltd. and Glamour Services Ltd.

"Halifax is, was and always will be my home, but just as life progresses things change when you have a partner . . . my wife Ginger happens to be from here."

Its history is rich, with war as a common theme. It was frequently attacked by the French and Spanish by sea, and was a focal point of British aggression during the American Revolution between 1776 and 1783. In 1780, it was the scene of America's worst defeat in the revolutionary war.

The American Civil War started here, too, when South Carolinian Gen. Pierre Beauregard opened fire on the union-held Fort Sumter on April 12, 1861. The loss of the fort would be the north's first defeat in the war.

Today, its history serves as both a monument to the founding of America and a poignant reminder of its dark history as a major slave-trading centre in the South. Much of the city's historic colonial architecture remains, and visitors can get a glimpse of the reality of the slave trade at a nearby plantation, preserved as both a museum and a message — never again.

For Keating, the history has left behind a charming, vibrant city, full of the best seafood, golf, hunting and roads you can imagine.

On those roads, he has a choice from quite the collection of vehicles, including a 2016 Mercedes-Benz S63, an SLR McLaren and his prized 2014 Ferrari 458 Italia. His daily driver, however, is a 2012 Chevrolet Silverado 2500, a "big truck with a seven-inch lift kit.

"It's so much fun to drive."

In hurricane alley, a lifted truck has been handy, and he's no stranger to getting wet and dirty when the weather turns sour.

"In October (2015), we had tremendous flooding, with billions of dollars in damage. I drove all through downtown getting sandbags for myself and my neighbours."

To an extent, he doesn't store his cars, he babysits them. They're in a controlled environment, with liquids checked regularly and a trickle charger on each of their batteries.

The Keating story goes back to a grocery store in Porters Lake. Gregg's father, Charles, who died in 2005, and his uncles opened an IGA in the area in the early 1960s, and it grew to include a shopping mall and other retail interests that provided the capital to launch Charles' business career. Charles' obituary credited the store and mall for opening up the Eastern Shore and driving development.



economy here. Where we live, almost everything is within walking distance for us, or we take a pedi-cab, which is a bike with a seat for two at the back.

"It's the biggest little city I've ever seen."

The parallels to home are too great to ignore. "It's a port city, with a container pier, big bridge and a harbour . . . except it's usually 30 degrees warmer and there's no snow or ice," he said with a laugh.

Like many cities in the U.S., Charleston's



Today, Gregg is leading a dream life. Freedom 53, you might call it (his 53rd birthday was on Sept. 3). He travels back to Halifax often for business, as well as to board meetings for Shaw Communications, of which he's a director. But most of the time, after clearing up some work online most mornings, his days are his own.

His favourite pastime is hunting, both in the Carolinas and in Atlantic Canada. He remains careful about which animals he harvests, however.

"I don't kill anything I don't eat. Wild boar, deer, alligator and some predators, coyotes and bobcats, but only if they're threatening me or my game," he said. "In Canada, mostly in New Brunswick, I hunt black bear."

When it's pointed out the key to hunting any bear is making sure not to miss, Keating laughs

"You can take the boy out of Halifax, but you can't take Halifax out of the boy."

and adds modestly: "I generally don't, either. I practise a lot, so I'm pretty fortunate."

All this has paved the way to another pastime, cooking. "I enjoy it a lot: how to prepare wild game, preparation, butchering and learning how to cook it.

"The meat is pretty gamey tasting, so the trick is to marinate it. I usually use pineapple, which

softens it up and makes it great for the grill."

Keating maintains ties to home, with his Mercedes purchased from O'Regan's in Halifax and shipped to Charleston, and an ongoing relationship with Duggers.

"One of my friends is Ross at Duggers," he said. "I miss it, having a beer at the counter, buying too many clothes."

Keating credits his staff for his ability to run the company from his adopted home.

"I'm very much in contact on a day-to-day basis, but I have very good people I trust wholeheartedly.

"You have to give them autonomy, and can't be breathing down their necks all the time. At the same time, they know what their job is and how to execute it." ■

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PROFILE



Made to measure

Duggers' tailor Emily Dogan has a hand-sewn passion for her job

By Emily Sollows | Photos by Paul Darrow



Meet Emily Dogan, master tailor at Duggers.

Growing up in Turkey, Dogan learned how to sew at a young age from her older sister. It was before the age of sewing machines and every stitch was hand-sewn.

"I would sit there, the thread would get knotted and I would get so mad and upset. Eventually, with practice, I became better," says Dogan. "I now teach the same way to my grandchildren."

Dogan came to Canada 35 years ago with her husband at the time, settling in Toronto.

"I was a home-stayed mom in Turkey and I had two young ones," says Dogan.

They came across an ad in the newspaper looking for engineers to move to Toronto. A year after they applied, they received their acceptance. They sold their properties and belongings and hopped on a plane to Toronto with just two bags of luggage.

When her husband's work moved them to Nova Scotia, Dogan decided Halifax was going to be home.

"My children were young back then and we chose to stay here. They grew up here and Halifax became our hometown," says Dogan. She's been at Duggers for six years now.

The Halifax Public Gardens became a favourite



“I didn’t do my masters or PhD so I’m not titled to do any therapy, but it helps me better understand the customer’s needs and stresses. If they are feeling stressed, I try to help them ease the pressure just by the way I talk to them.”

local landmark for Dogan — she often escapes there on her breaks.

“I love it there. It’s beautiful, so relaxing and close by of course,” says Dogan. “It is believed by everyone who works in this environment that breaks are necessary because you have to separate yourself for a little bit from the project. Whatever you are doing, have the break and come back refreshed.”

Dogan believes her psychology degree from Saint Mary’s University helps her in her role as master tailor at Duggers.

“I didn’t do my Masters or PhD so I’m not titled to do any therapy, but it helps me better understand the customer’s needs and stresses. If they are feeling stressed, I try to help them ease the pressure just by the way I talk to them,” says Dogan. “Turning it into a positive is important so they can leave from here happy and relaxed.”

The friendly, familial environment at the store makes her job easier when times are busy.

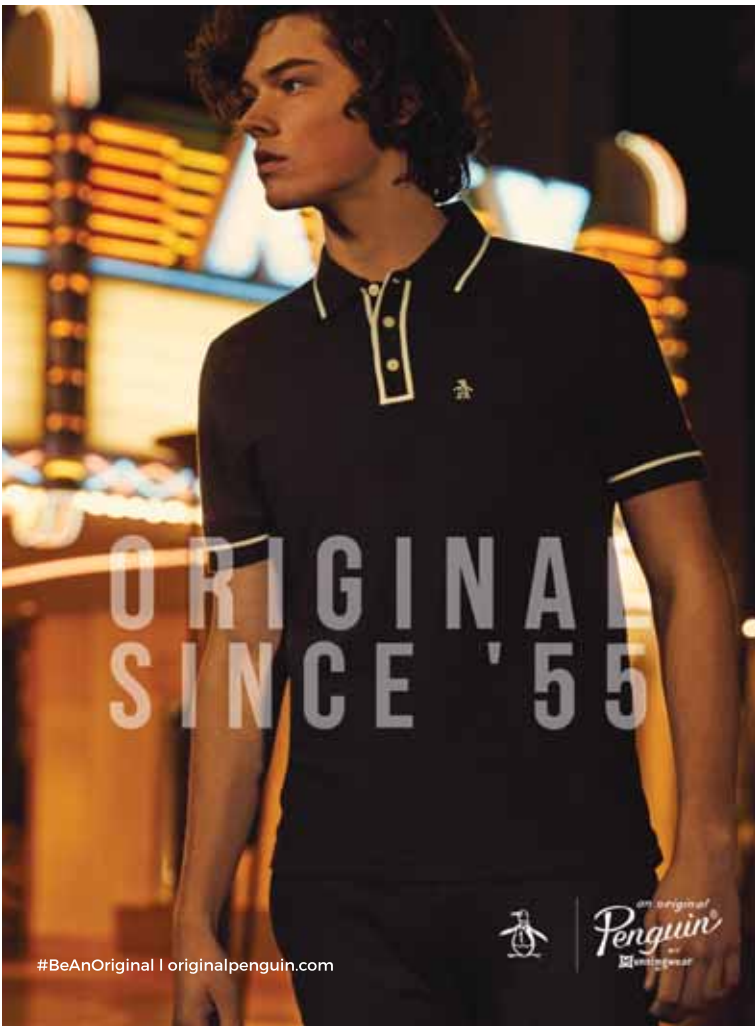
“The customers and the staff all know each other. We treat them well and they treat us

nicely in return,” says Dogan. “Even though from time to time it is stressful because of the work load, I know whose garment I’m working on so it takes away the stress.”

Dogan’s favourite part of her job is being able to express her creativity.

“I have a very creative mind. I consider myself artistic. To do these alterations, you have to have a creative mind, otherwise it wouldn’t work.”

She has to come up with practical and attractive ideas to make each garment perfectly



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“I have a very creative mind. I consider myself artistic. To do these alterations, you have to have a creative mind, otherwise it wouldn’t work.”

fitted to the customer while keeping it sleek and stylish.

“That is the part I mostly like because sometimes, the truth is, I can’t wait to see the result. I get excited about it,” she says with a delighted laugh.

“If you input love to your job like that, there’s no doubt that it’ll be loved by the person who is going to wear it.” ■





BRAX
FEEL GOOD

Rejecting uber-casual

Men with ties mean business



By Gary Wollenhaupt
Photos by Paul Darrow



Fashion trend stories to the contrary, ties are here to stay. Ties are a signal that you take things at least a little bit seriously, even if you're wearing a loosened tie with a button down and a pair of jeans.

No matter if you're suiting up for the office or pulling together a look for the evening, a tie is the accessory that blends the disparate elements of your wardrobe with a touch of texture or complementary colour.

Here's a look at some of the trends in neckties, buoyed by celebrity trends and a rejection of uber-casual style everywhere.

Bow ties

While bow ties have always been an option, they'll probably never be totally mainstream for daily business wear.

"There are some people who like to wear bow ties, but I wouldn't call it a fashion trend; it's more of an individual statement," says Ross McNeil, owner of Duggers. "We have some lawyers that like to wear them; the bow ties really seem to suit the lawyers."

Save the untied bow tie look for your big night — winning a major award, your child's wedding, or any event in which you are also wearing a tux.

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Here's the skinny

Tie widths have been steady for the past several years, at around seven centimetres. Even with the onslaught of casual dress in the office, Duggers' tie sales never sagged, McNeil noted.

But today's buyers want unique ties, something special to make it worth wearing a strip of cloth knotted around the neck all day.

Skinny ties have been making their way onto the scene and are out in full force. But the trendsetters who pick this style aren't just sticking to solid colours; they're wearing plaid, too, which really makes a bold statement.

Narrower ties work well with more contemporary styled suits and jackets. A bigger guy should opt for a wider tie to maintain a balanced proportion.

New age

While you may have heard that more and more workplaces are moving away from business attire and thus fewer younger men are wearing ties, there has actually been a revival in neckwear among the younger crowd who want to create a sophisticated look.

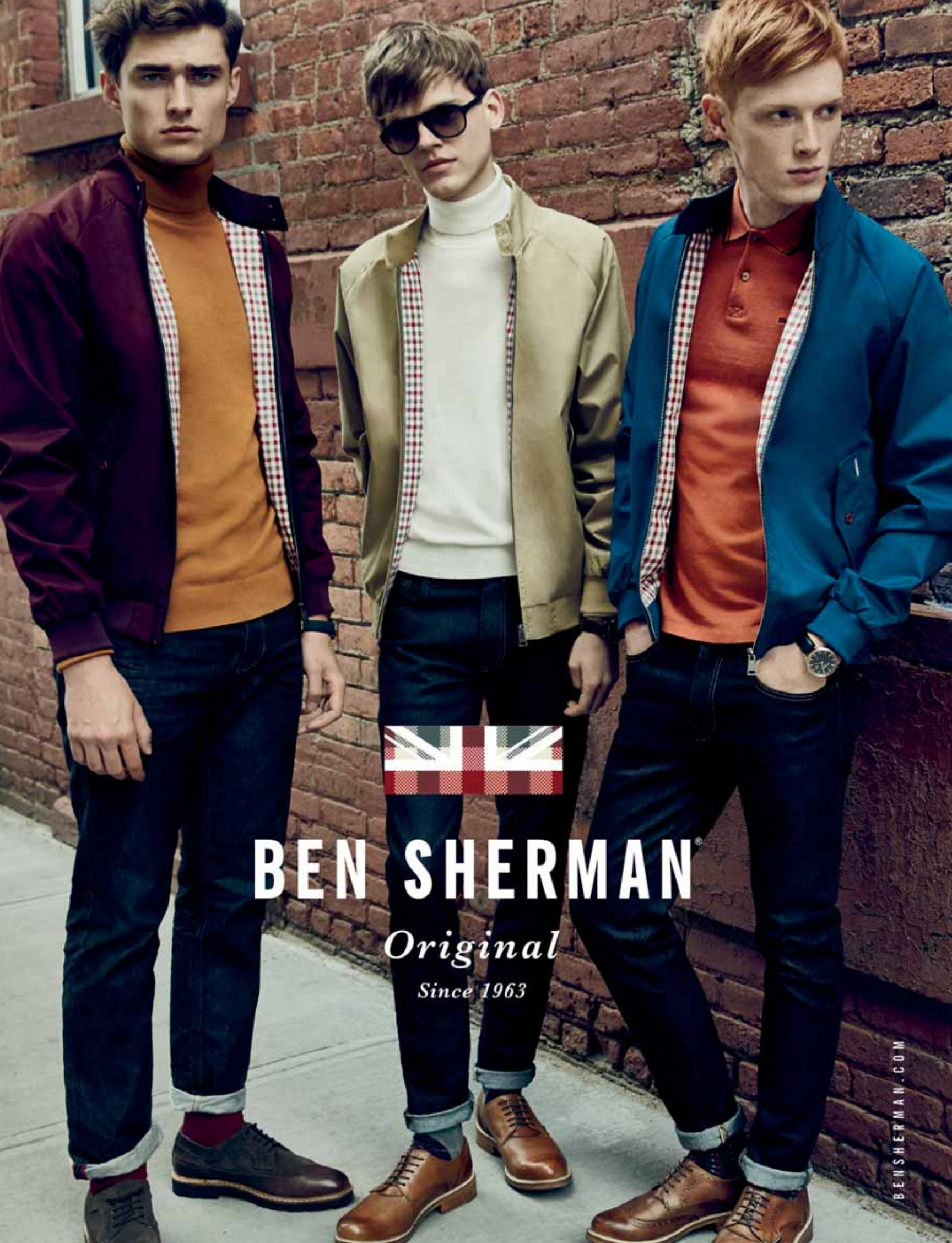
Length matters

No matter your height, the tip of the tie should hit right at your beltline. Not below it. Not above it. Unless you're going for the short-suit Euro look, then a shorter tie will pass muster.

Male pattern boldness

It's OK to break some styles by mixing patterns and colours in the tie, shirt and jacket. But it helps to know the rules first, so work with the professionals at Duggers to avoid a faux pas.

"You may want to do a striped tie on a check shirt, but patterns take a trained eye," McNeil says. "You have to be careful because if you don't do it right it can look terrible. There's a certain knack for that and people like us who know what they're doing can make it work." ■



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PROFILE



Dr. William Stanish

A builder in sports medicine, passionate supporter of Special Olympics Nova Scotia

By Adam St.Pierre | Photos by Paul Darrow



Photo: Sebastian Kaulitzki / 123RF.com

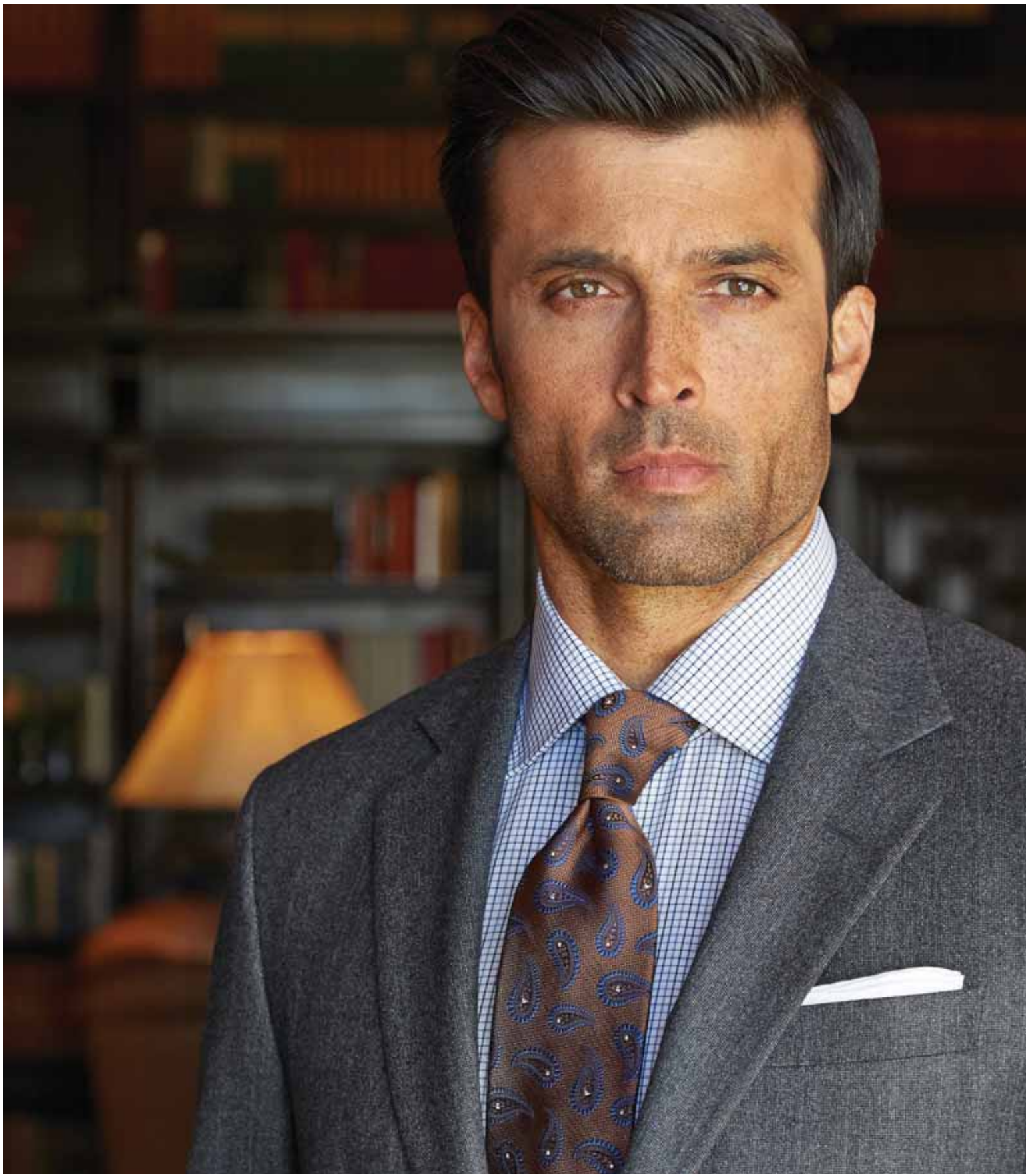
In the world of sports medicine and joint pathology, Dr. Stanish is a household name. His long career spans more than fifty years of duteous research, consulting and medical practice. His work has broken ground for new methods that are applied the world over.

But for all his awards and accolades, patient praise and community appreciation, you will not find any Wikipedia page for Dr. William Stanish. Not that it concerns him.

“It’s never been part of my need nor vocabulary,” he says about Wikipedia and social media in general.

“I get so busy that I’m pretty consistent in terms of things I trust and I move in those directions. And I haven’t really given it much thought why there’s no footprint in other domains.”

‘Busy’ is a humble way to describe his career. Dr. Stanish was born and raised in Toronto but came to the Maritimes to pursue his post-secondary education. He began at Prince of Wales College in Charlottetown (now the University of Prince Edward Island) in 1961 and graduated from Dalhousie University with his medical degree in 1970. He would go on to do a residency at Stoke Mandeville Hospital



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“I always fostered the idea that I wanted to be a doctor. I knew, for me, what was going to make me gratified and fulfilled, if I became a specialist ... the bone and joint interest was a perfect fit for me.”



in England and Fellowship training at Harvard.

Dr. Stanish’s many titles over the years evoke the trust and prestige he’s garnered — president, chief medical officer, deputy editor. He has more than 200 publications and has literally written the book on sports medicine — the Oxford Textbook on Sports Medicine to be precise.

“I always fostered the idea that I wanted to be a doctor,” Dr. Stanish says. “I knew, for me, what was going to make me gratified and fulfilled, if I became a specialist . . . the bone and joint interest was a perfect fit for me.”

Athletics is where his work finds harmony with his own pursuits. Outside of his academic achievements, Dr. Stanish was a fierce player in both football and hockey, racking up more penalty minutes than most.

“I was a little bit of a pugnacious player. I’m not the biggest guy in the world,” he says. “I wasn’t an angry young man, it’s just when you’re mixing it up with somebody that’s double your size in front of the net, you had to make him pay attention.”

Thanks to his passion and skill, he held leadership positions with both teams and was awarded Dalhousie’s Most Outstanding Male Athlete award in 1965. He chalks up his ability to juggle both intensive medical school study and fierce, on-the-ice/field play to the benefits of staying active and being forced to manage his time.

“I found when I was involved in athletic

programs and maintained athletics, I studied better. I could budget my time better. And when I sat down to study on Sundays, I found that for the eight to 10 hours I put in, I was very focused.”

Today, his passions find him helping to organize and fundraise with his local Special Olympics chapter.

“I’ve always had a deep interest in persons with disabilities.”

He says this interest came out of Stoke Mandeville Hospital which specializes in spinal cord injuries and it was where wheelchair sport first got its start after the Second World War. When he came back to Halifax, he got involved with the Flying Wheels, a local wheelchair sport club which only furthered his appreciation for disabled sports.

His secret weapon in giving back is the Dr. William Stanish & Friends Charity Luncheon, a now annual event that brings in tens of thousands of dollars for Special Olympics Nova Scotia. Last November’s luncheon saw weightlifting champion Jackie Barrett speak to a crowd about his experience as a Special Olympian. Dr. Stanish described the event as a major success.

“When you see a community respond like that, it’s very heart-warming.”

He speaks highly of Michael Greek, president and CEO of Special Olympics Nova Scotia, and describes the Nova Scotia branch as ‘lean and mean’ when it came to fundraising and where

the funds are used.

“For me, any charity event I get involved in, whether it’s the Nova Scotia Sport Hall of Fame or the Canada Games Centre, I want to see the monies stay here. And I want them to be used effectively for those that need it most.”

He was also chosen to sit on the advisory board for the Canadian Special Olympics Summer Games, to be hosted in Antigonish in 2018. Though a change of pace from his past duties spanning a number of Olympics, such as Los Angeles in 1984 and Seoul in 1988, Dr. Stanish says he likes the idea of moving on.

“When you’ve done that, and I think I was the first person to repeat as the chief medical officer, that’s enough. You know, then you move upstairs to the high-performance committee. You want to pass the baton on to other people, so they have a chance.”

He hung his surgery cap up a year and a half ago, and since then has taken on more teaching, research and consulting work. His current research into regenerative stemcell tissue especially excites him and he’s looking forward to his new role as president of the College of Physicians and Surgeons.

After forty-three years of practice, Dr. Stanish says he’s more than happy to settle down with the administrative side of medical work.

“I like that,” he says with a chuckle. “I’ve been in the trenches too long.” ■

STYLE



Brown is the new black

Yes, you can judge a man by his shoes . . . and his belt

By Emily Sollows | Photos by Paul Darrow



Shoes and belts can make or break an outfit.

Too shiny and they may draw too much attention; too distressed and they might come off as too casual. Here's what you should do to accessorize this fall.

It's an ongoing battle in every man's wardrobe; an age-old question while getting ready for a night out — black or brown? So what should you fill your shoe rack with this season? You can't go wrong with an array of browns.

"Black is always going to be sleek but it's also quite stark," says Karl van Allen, wardrobe consultant and shoe specialist at Duggers. "Because of this we've

seen brown shoes . . . everything from deep chocolates to walnuts and tans. We've seen a big resurgence over the last couple of years."

Black is classic, but a versatile brown can cover your bases on casual, dressy, and everything in between. Browns work with everything from navy suits to khakis to grey sweaters, and are more easily matchable with watch straps and belts.

"Browns offer warmer tones and richer depth once they're broken in," says van Allen. Black is black, but brown can range from tans and light browns to deeper chestnut or chocolate tones.

Belt it out

A nice belt will not go unnoticed. It may seem like a minor part of your outfit, but it can pull the whole thing together while having an important practical role.

“When it comes to pairing a belt with your shoes your best bet is always to keep it in the same colour family — black with black, dark brown with dark brown and so on,” says van Allen.

A general rule of thumb with belts is to keep it simple. There are, however, many different styles, textures and colours you can play around with while keeping it in the same colour family as your shoes. Whether you’re going formal or casual, a good belt is the finishing touch your outfit needs.

Express yourself

The number one rule right now in men’s fashion? Be yourself. Shoes, belts and accessories are a great way to express your personal style.

“As for decoration or cap toes versus wingtips, it really boils down to personal preference,” says van Allen. “We’ve seen such a relaxing of the traditional ‘rules’ associated with men’s fashion that these days it’s more about personal expression than anything else.”

If you’re keeping up with seasonal trends, it’s back to basics this year.

“For fall, men’s footwear is moving back in the direction of the classics,” says van Allen. “We’re not seeing as much in distressed leather, but clean profiles with sharp details.”

You can’t judge a book by its cover, but you can judge a man by his shoes. Have fun and play around with different leathers, textures and patterns that stand out to you.

Invest in a good pair of shoes — they’re likely the most-worn garment in your wardrobe, so don’t cheap out . . . and remember to take good care of them. ■





B BENCH CRAFT
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The image displays two belts. The top belt is made of smooth orange leather with a silver-toned buckle. The bottom belt is made of a blue and black braided material with a gold-toned buckle. The Bench Craft logo is centered between the two belts, and the text "Handcrafted in Canada" is at the bottom.

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A man wearing a white helmet and a white t-shirt is sitting on a Honda motorcycle. The motorcycle is parked on a rocky beach. A surfboard is leaning against the front of the bike. The background shows the ocean and a cloudy sky.

PROFILE



Fifty shades of success

Maurice Doucet reflects on 50 years running Maritime Beauty Supply

By Heather Laura Clarke | Photos by Paul Darrow

“It’s gratifying to see people do their job well, and I’m in the people business.”

When Maurice Doucet speaks at universities, he says they always ask the same question: “What was your plan?” Well, he explains, I didn’t have one — I just went to work.

After four years of stacking, packing and sorting in a beauty supply warehouse, Doucet had felt it was time to make a move. The year was 1966, and he and two partners had the opportunity to buy the company they were working for.

“With a loan from my father — and what my partners and I had — we made a deal,” recalls Doucet. “But then the owner sold it out from under

us to a local businessperson in Moncton.”

The trio decided they didn’t need to buy the company. Instead, they pooled their cash to launch their own full-service professional beauty supply distribution business — Maritime Beauty Supply.

“Because we were the ones out on the road selling to the salons, they all knew us and trusted us — and came with us,” says Doucet. “That — and being able to rub elbows and communicate with the best manufacturers in the industry, like Redken, Matrix and L’Oreal — led to our success.”

He and his partners would spend the week working



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on the road — visiting stylists and making sales — and go back to Moncton on the weekends to package and ship the products.

“All three of us did that. We were working all of the time, but we had fun,” says Doucet.

Everything changed in 1983 when Doucet attended a beauty symposium in New York. Experts insisted the future of the industry

was going to involve wholesale store operations, which was a brand-new concept at the time. So Doucet took a gamble and Maritime Beauty Supply became the first wholesale beauty supply store in Canada.

Financially, he says Maritime Beauty was often navigating a rough road. There were lean years and rough patches, and Doucet

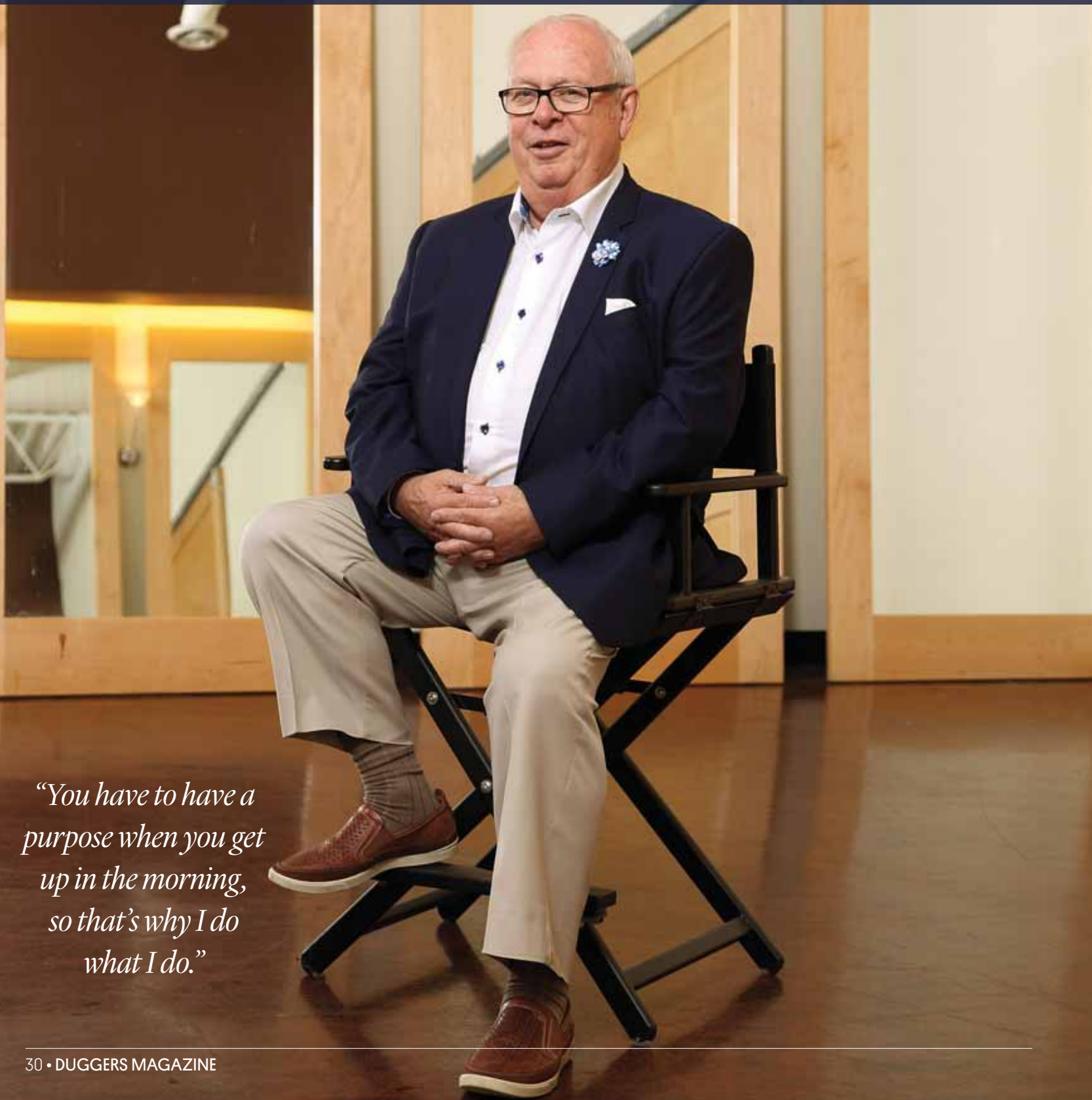
had to re-mortgage his home three times in order to get the capital he needed.

“Controlling receivables was hard back then. You did everything you could to get the order, and sometimes we carried people too far,” says Doucet. “They were all mom-and-pop operations and when they got in financial difficulties, we would take them by the

hand to the bank and do anything we could to help them.”

Managing inventory was an ongoing struggle, Doucet says, because manufacturers often wanted them to buy more than the business was able to sell.

“They would try to put pressure on us and try to control us, but we never let that happen,” says Doucet.



“You have to have a purpose when you get up in the morning, so that’s why I do what I do.”



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He grew Maritime Beauty Supply to become the largest professional beauty distributor in the Maritimes with 16 locations across Nova Scotia, New Brunswick and P.E.I. When his partners retired, he acquired all the shares in the company.

The employee roster kept on growing as they opened new locations. Fifty years in, Maritime Beauty Supply employs close to 165, and many of them have been with the company for 25, 30 and even 35 years.

Doucet admits he’s still always on the look-out for friendly faces that could be a fit for his stores. When he’s running errands or walking through the grocery store, he automatically takes notice of the employees and how they interact with their customers. Sometimes a chance encounter leads to him offering them a job.

“It’s gratifying to see people do their job well, and I’m in the people business,” says Doucet. “It’s all about sales and customer service, and some do it much better than others. We look for people who are natural about smiling and taking care of customers.”

While having the right people is critical, it’s not enough without the right policies. Doucet says it’s all about taking care of the customer.

“If somebody buys a \$1,200 pair of shears and they drop them on the floor and bring them back because they’re no longer working properly, we give them a new pair,” says Doucet. “It was very hard for me to convince our organization that this is part of our advertising budget.”

Yes, advertising. As Doucet goes on to explain, the customer is taken care of and provided with a new pair. They walk away happy and spread the word that Maritime Beauty lives up to its motto of “service that exceeds expectation.” As for those broken shears, they may be serviced and re-sold as a used pair.

“There’s nobody who has exchange programs like we do, and that’s a big part of our success.”

Education has also been key. Maritime Beauty partners with the industry’s biggest brands to provide more than 200 training and profes-

sional development courses each year. Their annual Carnival of Beauty in April was their biggest, most well-attended show to date, with Fashion Television’s Jeanne Beker hosting their Golden Anniversary Gala.

These days, Doucet comes into the office every day he is in town, but much of the day-to-day is overseen by his management team. He says their motto ‘Shaping Success Together’ — his team’s partnerships with manufacturers and salons — has been the key to our growth and penetration in the market in Atlantic Canada.

Doucet says he owes much of his success to his better half, Ann, a “very fashionable lady” who attends all of the conventions with him. They spend time in Florida every year and Doucet plays snooker around the world, holding the title of president of the International Snooker League.

He’s a devoted musician and drummer and goes on annual jazz cruises. This spring he spent two weeks in Dublin and recently took up golf, admitting he’s already “getting kind of addicted to it.”

Maritime Beauty Supply’s 50th anniversary was celebrated at The Cunard Centre with more than 1,500 in attendance to see the latest in fashions from the world’s best international stylists.

A dinner was held at Da Maurizio’s, as manufacturers and friends raised their glasses and toasted Doucet and Ann for half a century of hard work and success.

“It was emotional and gratifying to hear the accolades people have given us over the years,” says Doucet. “You’re just plowing through, day by day, and all of a sudden people are saying ‘Wow, look what you’ve done with this little business.’”

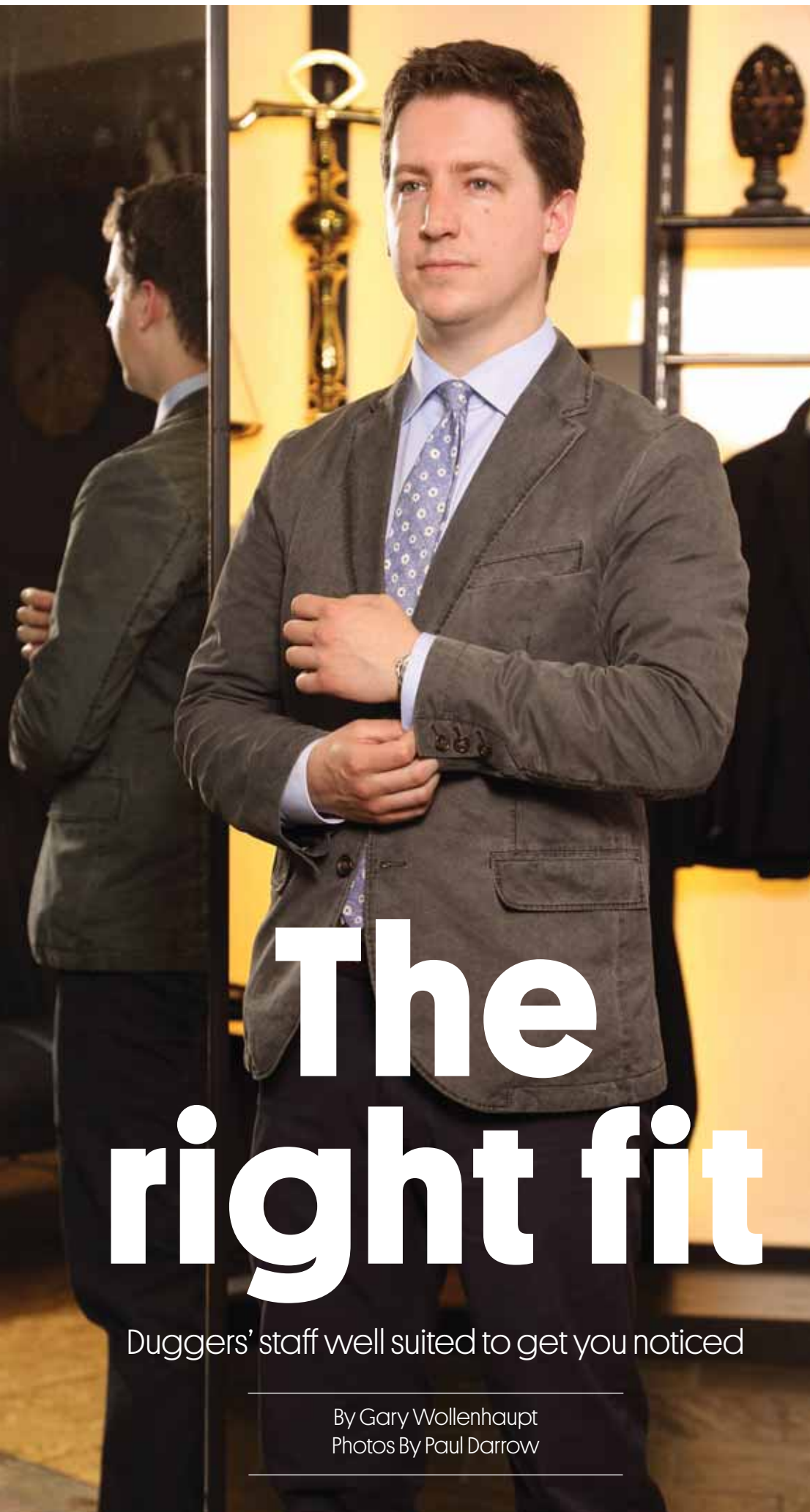
He says there are “always people banging on the doors” and he could have sold the company 20 years ago, but he feels lucky he didn’t. Fifty years in, he’s still full of ideas on where to go from here and how to grow the company even bigger.

“You have to have a purpose when you get up in the morning, so that’s why I do what I do.” ■



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STYLE

The right fit

Duggers' staff well suited to get you noticed

By Gary Wollenhaupt
Photos By Paul Darrow

There's nothing worse than an ill-fitting suit to spoil an impression. Rumpled shoulders, puffy shirts, buttons stretched to the breaking point, or a shirt collar that you could pull on without unbuttoning it undermine the value of high-quality pieces.

The specialists at Duggers know how hard it is to find the best fit for your body. They've rounded up some of the most common questions and answered them here.

What are some of the trends in suits now?

Right now, the trends are for shorter pant legs, shorter jackets and sleeve lengths, a much more European look, but of course traditional suits are still a popular option.

I'm a big guy, how can I look good in a suit?

If you're a 48 regular, the Euro look is probably not the best style for you, says Ross McNeil, owner of Duggers.

"While it's very trendy, the Euro style is not what a bigger guy will want to wear," he says. "We pay attention to the size of a guy and the style he needs."

How much shirtsleeve should show from a suit jacket?

With your hands by your sides, about a quarter inch or a bit over six millimetres of the shirt should extend past the jacket sleeve. Most jackets are sold with long sleeves so there's enough for the tailor to hem.

The sleeve should be long enough to cover the seam where the cuff is sewn to the shirt-sleeve. If the jacket sleeve is too short, make sure there's enough fabric available for the tailor to let out.

Why are my dress shirts puffy?

You don't want a muffin top when the shirt is tucked in. That puffy gathering of cloth around the beltline is a strong sign the shirt doesn't fit well. You may need to go down a size, or try a slim cut in the same or different line of shirts. If you're a tall person, also try extra-long undershirts. They help a long shirt stay in place during the day.



PAUL & SHARK



Are pant cuffs still in style?

McNeil is putting cuffs on a new linen suit for himself. Cuffs work best on pants with a narrow silhouette, not baggy in the knees or seat.

How can I make my suit uniquely stylish?

“For someone looking for either a slim-fit suit or something a little more classic, we have a variety of body cuts with natural, classic and roped shoulders,” says Duggers’ Zac Barkhouse, an experienced custom suit specialist.

Duggers offers a variety of wool, cashmere and cotton fabrics for two-piece, three-piece and double-breasted suits, sport coats, trousers, tuxedos and even top-coats, as well as classic notch lapel, peak lapel and even shawl for something a little more formal.

To customize the suit, you choose from a variety of pockets, like welts, flap, ticket and patch.

“My personal favourite finishing details for a custom suit are options like elbow patches, surgeon cuffs, custom buttons and linings and, for a perfect finishing detail, don’t forget the personalized label,” Barkhouse says. ■

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PROFILE



A passion to succeed

Larry and Patricia Gibson had three constants in the 30 years they've grown their business: customer service, great products and Duggers' fashion

By J.L. Hochman | Photos by Paul Darrow

“As long as you keep focused and stay true to who you are, good things will happen and the big steps will come.”

In 1988, Larry and Patricia Gibson were faced with a life-altering decision. The national flooring company they were working for was closing, and they needed to figure out where their careers would go next. The options were simple: find another company to work for . . . or go create your own.

“We went looking at different areas around us, and we realized there was very little opportunity for work without having to move a long distance,” said Larry.

“We had two young children and we liked where we were at, so we decided we didn’t want to move.”

They talked to their advisers, banks, contractors and acquaintances within the industry, and they came to the conclusion that if there was no business to go work for, they would create their own — and Install-A-Flor was born.

For the Gibsons, starting their own business had its fair share of challenges.

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“We learned a lot of life lessons, just like a child starting off in life,” said Larry. “You put your fingers on the stove, you’ll find out it’s hot. We trusted a lot of people — basically everybody — from the start, and we got stung. But we learned from those mistakes, and for the first five years we basically just put our heads down . . . and never looked up.”

That hard work has paid off, as nearly three decades later, Install-A-Flor — now titled Floors Plus — currently has seven retail locations in the Maritimes. The couple opened a specialty product import/export company, Dantra, which goes beyond the flooring products that made Floors Plus the giant it is today, and that was followed by Style 52, a 7,000-square-foot retail space offering contemporary lighting and furniture.

One of the guiding principles for the Gibson’s — from the day they opened right through to today — was an emphasis on top-rated customer service. Having a personal connection and offering unique and high-quality products were

paramount to establishing (and expanding) their business as an industry leader.

“From day one we’ve always put the customer first, and that has stayed as the business environment, mainly how people now make purchases, has evolved,” said Larry. “Even with the Internet, there is a real personal bond and a great feeling that comes from dealing with people on a personal level. We believe that our reputation in the industry — and a good report — is the bottom line.”

While that customer service has stayed with the Gibsons for decades, another thing has been a constant in their lives — their clothing has come from the McNeil family.

Larry’s relationship with Dugger’s goes back to when he was 14. He would shop at the retail outlet which Dugger McNeil worked at (before Dugger’s was opened), and that began his interest in high-end fashion.

“I remember when I was a kid, mom would give me money, and I’d take off to Halifax Shopping Centre to go get a new pair of Levi’s

Jeans,” said Larry. “There was lots of competition around — Eatons, Sears, etc. — but Dugger always took care of me and that continues to this day with his son. I’ve been a customer of that family for a long time . . . because I felt comfortable that I was getting something special.”

When Dugger opened his own store, and subsequently his son Ross took over the business, the Gibsons never relented in their loyalty. Larry and Patricia have grown into stalwarts in the flooring/furniture/interior decorating industry in the Maritimes, and the supplemental aspects of their lives — clothing included — need to complement the standard that they’ve set.

“It’s all about leaving an impression . . . and Ross is a risk taker,” says Larry. “He takes it to the point where he continues to be a leader — not a follower — and he searches all over the world to find products that keep him in that position. The end result is his customers have the option to locally purchase fashions that run on the world circuit.

“Ross set himself up as a retailer for fellow industry leaders, and that’s what he is recognized as.”

Aside from the unique clothing patterns and world-renowned labels, what truly keeps the Gibsons’ bond with Duggers strong is (notice a trend here?) excellent customer service. Larry believes that when a customer feels the professionalism of a sales agent, they feel good in their purchase . . . but they also feel good in the ambiance they’re shopping in.

“I mean, honestly, who likes to be in a position where they feel uncomfortable making a purchase,” says Larry. “To me, Dugger’s provides the ultimate level of comfort during your experience.

“Dugger’s, like us, thrives by providing exceptional customer service, and we benefit from customers still looking for that personal interaction . . . if everyone did all their shopping from behind a computer, can you imagine how boring life would be?”

A calling card of all Maritimers is an unparalleled humility that we carry, no matter how successful we become or where we start from. Whether it’s the Gibsons, who grew their business into an Atlantic Canada institution, yet are still as hands-on as the day they opened, or Ross McNeil, who still agonizes over helping you find that one item that truly brings out your character and spirit, remembering who you are and sticking to your values will almost assuredly lead to success.

“When you start off, you’re hoping that you’re going to take your business to the limit, but the reality is you need to go one day at a time,” says Larry. “In dealing with the day-to-day, it’s not one big piece, but rather knocking down a series of small challenges — such as finances, finding solid work crews . . . and getting great clothes.

“As long as you keep focused and stay true to who you are, good things will happen and the big steps will come.” ■



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Meet Halifax's new-gen somms

They're sophisticated, well-travelled
and really know their @#\$\$!

By Mark DeWolf
Photos By Paul Darrow

A new generation of sommelier is changing the perception of Halifax's wine scene from pompous geriatrics sipping on Bordeaux to younger, fashionable and hipper wine enthusiasts not afraid to try something different.

And the 'somms' making the purchasing decisions and guiding us along the way are increasingly smart, well-educated, well-travelled women willing to challenge the stereotypical description of the wine aficionado.

*"The occupation on
the whole is exploding."*

—Lesley Quinn, sommelier,
Barrington Street Steakhouse
& Oyster Bar





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Lesley Quinn, sommelier, Barrington Street Steakhouse & Oyster Bar

Lesley Quinn is the sommelier at the newly-minted Barrington Street Steakhouse & Oyster Bar. The new restaurant (May, 2016), is part of the westward expansion of P.E.I.'s Murphy Group, who have a near monopoly of the Island's restaurant landscape.

The doll-eyed Quinn is petite in stature but her resume is tall with stints working as a sommelier at The Ritz Carleton in the Grand Cayman Islands, Willow Park in Calgary, as well as positions in Vancouver and her home province, Prince Edward Island, where she worked as the sommelier at Simms Steakhouse.

Quinn isn't the classic front person of a steakhouse. But then again, the sommelier position is changing.

"The occupation on the whole is exploding," say Quinn. "There is such interest in the topic among my generation (Quinn is barely 30). Traditionally, I think people just wanted to drink wine for the prestige and say what I am drinking or have in my collection. That's all changing with new wine drinkers. Of course, I do get the odd person that tries to throw down the gauntlet of wine knowledge when I come to the table try to see if I can pick it up. It doesn't

bother me. Of course, if someone wants to brag and tell me about their collection, I do the appropriate oohs and awes. But thanks to the Barrington's cellar I also get to brag about my own."

When asked what she is currently selling at the steakhouse, Quinn says: "Currently a lot from California," as she rolls her eyes, "it's not like I have anything against California wines but I would like guests to be a bit more adventurous. I am really happy with my list so far. I've been really surprised by the options available in this market. If it were up to me, every night I would sell a range of wines from around the world.

"Personally, I am drinking a lot of Spanish. I love that you have the modern and traditionalist in Rioja; you can still get the heavy American oak style, and then others introducing French barrique to the region. I love that the majority of Rioja come already aged. They are great values. But my love of Spanish isn't limited there; I also enjoy the wines of the Priorat (bold wines made from Garnacha and Carignano from grapes grown on treacherously steep slopes) and Mencia from Bierzo (a northwestern Spanish wine region). At the end of a shift I love having a Sherry. It's not that easy to find good examples here and I know Sherry isn't for everyone, but anyone, like me, that drinks it, loves it. I love how salty they can be. It's unfortunate the style is under a cloak of miscommunication. Most people think it was what my grandma drank, which was sweet. The good ones aren't."

As for the future, Quinn says she is "ninety-five per cent confident of staying in Halifax, but you never know where the wine world will take you."

"I am definitely seeing more young people that are more engaged, and more formally educated on the subject."

— Glenda Williams, Wine Team Lead, NSLC



Glenda Williams, sommelier and team lead, wine buying team, NSLC

Glenda Williams' striking appearance commands attention but so does her confident demeanour. As the team lead, wine buying team, at the Nova Scotia Liquor Corporation, she manages a portfolio that accounts for nearly 140 million in annual sales. It's a long way from "my years of feet on the street, but I wouldn't give up that experience for anything," says Williams. "I worked my tail off and am proud of it."

Over her years in the business, since taking over a maternity leave working as a licensee representative for Gallo, followed by a stint with global spirits giant Diageo, Williams has seen a lot of changes, not least of which is the changing demographic of wine consumers.

"I am definitely seeing more young people that are more engaged, and more formally educated on the subject. It's been amazing to witness the change with the opening of The Port (the NSLC's new high-end store on Clyde Street in Halifax). At the old Port of Wines store, our average consumer was in their late 40s. At The Port it's people in their 20s. And they are really adventurous and knowledgeable. They are willing to try new wines as long as they have some accolades. When I watch them at events such as our Festival of Wines, they taste then check out information about the wine on their iPhone. They definitely have a different formula than before. Drink less but drink better. As a buyer, this is very exciting. It allows me to look at introducing new, smaller-production, more premium wines we've found on one of our wine-buying trips."



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(Shown in Annapolis, \$98)

NovaScotian Crystal's Single Malt Scotch glasses are designed to enhance the already divine. A wide bowl lets the aroma escape, a narrow neck channels the bouquet and a flared tip directs the precious liquid to just the right place on the tongue. The perfect vessel to enhance a refined Single Malt Scotch Whisky such as Auchentoshan Three Wood.



DOUBLE BARREL TUMBLER
(Shown in Luna, \$84)

Hard to resist once you've wrapped your hand around it, NovaScotian Crystal's Barrel Tumblers bring a touch of elegance to any beverage. And the Double Barrel, well, there's just more to love. Its generous shape makes it the perfect vessel to hold a bold Bourbon based cocktail such as an Old-Fashioned or Manhattan.



BARREL TUMBLER
(Shown in Margaree, \$74)

NovaScotian Crystal's Barrel Tumbler will add heft and beauty to any occasion. Its large bowl will enhance the deep, dark aromas of a full-bodied Islay Single Malt or enhance the flavour a bold whisky cocktail such as those one made with LaPhroaig.

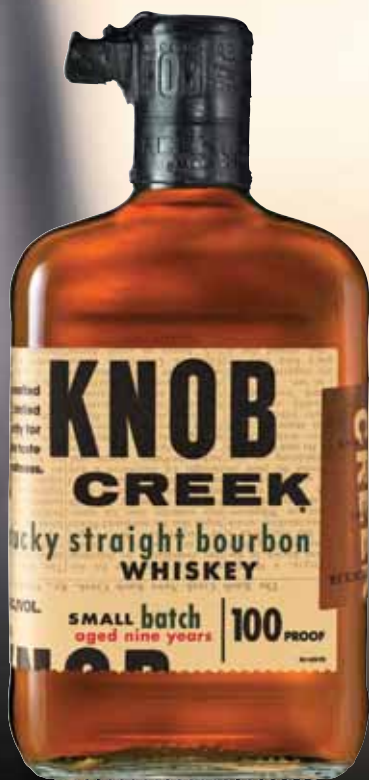


BARREL TUMBLER
(Shown in Windsor, \$74)

NovaScotian Crystal's Barrel Tumbler's substantial weight and large bowl will accentuate the deep, dark aromas of a bold whisky such as Bowmore, a robust Islay Single Malt. It will also enhance the flavour of any classic whisky

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BOURBON
(NSLC, \$45.99)

This authentic Bourbon is crafted in the style and to the standard of pre-prohibition Bourbon. The result is an undeniably big, full flavour that strikes your senses with maple sugar aroma, distinctive sweetness and a rich woody, caramel flavour with a long, smooth finish.



LAPHROAIG 10 YEARS OLD
SINGLE MALT WHISKY
(NSLC, \$83.99)

The original Laphroaig, distilled the same way today as when Ian Hunter invented it over 75 years ago. The smoke from Islay peat gives Laphroaig its particularly rich flavour. You will first notice the bold, smoky taste, followed by a hint of seaweed and a surprising sweetness. This full-bodied variant is the foundation of all Laphroaig expressions and comes with a long finish.



BOWMORE
12 YEARS OLD
SINGLE MALT WHISKY
(NSLC, \$57.99)

A complex yet perfectly balance 12 Years Old which reflects the raw essence of Bowmore – thrashing waves, windswept landscapes and generations of tradition. Bowmore 12 Years Old has received much critical acclaim. Think of it as vanilla ice cream at a beach bonfire.



AUCHENTOSHAN
THREE WOOD SINGLE MALT
WHISKY
(NSLC, \$73.98)

This unique Auchentoshan Lowland Single Malt Whisky has been matured in three different cask types. Moving from American Bourbon to Spanish Oloroso Sherry – and finally Pedro Ximenez Sherry casks. Three wood is a rich, complex whisky with incredible toffee and sherry oak flavours.

The change in consumer patterns has meant Williams has to be willing to challenge old business models.

“As a corporation, we used to be more conservative but now the gloves are off. We know our consumers want to try new things. We have a lot of pressure to satiate consumer demands for unique products but have to balance that with our fiscal responsibilities. In order to react to this changing market we no longer wait for suppliers to approach us. We are the ones looking for wines and sourcing them out. When I began at the NSLC we had a little over a thousand wines but now we carry 2000.”

Williams is particularly proud of the selection at The Port.

“We’ve really broadened the Italian and French sections. We’ve had visiting suppliers from Italy stop in and they have been amazed by our impressive selection of Italian wines. The offerings could be intimidating, but thanks to our well-trained staff, who are amazing at matching a wine to a consumer’s taste profile, the experience at the store is incredibly welcoming.”

As far as the next wine trend, Williams says “I’m not sure. I do know our customers are no longer satisfied with just wanting Chardonnay, Pinot Grigio, Cabernet and Shiraz. The exciting thing is I do know I have to be on my toes every day to react to the changes.”



Melissa Carey, sommelier and manager, CUT and SHUCK

Industry insiders know the long legged, raven-haired sommelier simply as ‘Mel.’ The Moncton native moved to Nova Scotia in 1996 to complete a Bachelor of Science degree at Dalhousie. But post degree, as she says “I honestly didn’t want to move away from Halifax. I had started working at RCR in 2000. I had a good friend that worked at Pier 22 that got me a job there. He then threatened me to always be on time and well dressed. I took that to heart. In 2004, I opened Onyx, which was one of *Where’s* 10 Best New Restaurants and a 4-Diamond/AAA restaurant. In 2006, I became director of beverages for RCR and then in 2007 I opened CUT & The Grill at CUT as the manager.

“We introduced the white tablecloth steakhouse experience to Halifax. There’s no restaurant in Halifax with the quality and richness of selections of our wine list. We tend to purchase large volumes, for instance, when there is an exceptional year in Bordeaux. We try to have both Right and Left Bank selections



ranging from smaller affordable, yet impressive chateaux, to first growths. Over the years we’ve built a collection with multiple vintages of the likes of Chateau Lafite Rothschild, Haut-Brion and Cheval Blanc, among others.”

And what do people order at CUT? According to Carey: “Caymus from California is the easiest sell. It’s right in our sweet spot between \$90 and \$120 but, surprisingly, customers also want older vintages of Burgundy. Currently, I am loving white Burgundy, Rieslings from Finger Lakes and good-aged German versions of that grape as well as Australian Semillon. With the opening of SHUCK Seafood & Raw Bar (which replaces the Grill at CUT), we have incorporated a lot of fresher whites wines to complement the cuisine, including some off-the-beaten-path white wine selections like Marsanne, Verdicchio and some Nova Scotia white wines at a non-intimidating price point. We do carry Pinot Grigio and Chardonnay for the comfort level of some of our guests, but I also want people feel at ease to branch out.”

“Currently, I am loving white Burgundy, Rieslings from Finger Lakes and good-aged German versions of that grape as well as Australian Semillon.”

– Melissa Carey, sommelier and manager, CUT and SHUCK



JACK VICTOR

“We can proudly say that we are an integral part of the Nova Scotia wine industry and a major contributor to the province’s economy.”

– Adelle Lyon, sommelier and Atlantic sales manager, Andrew Peller Limited



Adelle Lyon, sommelier and Atlantic sales manager, Andrew Peller Limited

Adelle Lyon commands presence. The fiery-haired and spirited sales manager of Andrew Peller Limited’s Atlantic division manages a big chunk of the wines sales in Nova Scotia. In fact, her portfolio accounted for more than twenty per cent of the wine sales in the province last year.

Lyon was one of the first crop of sommeliers in Nova Scotia. In fact, when she graduated in 2001, she was barely in her 20s. At the time, there were less than 15 in Atlantic Canada. But Lyon is used to accomplishing things early in life. In her early teen years she was a competitive swimmer training for the Barcelona Olympics

before eventually withdrawing from the national swim team program prior to the games. By 19 she had graduated from the London School of Economics with a Masters in Economics.

With Andrew Peller, she manages more than a half million cases a year of annual wine sales. Last year, Andrew Peller produced and sold more than two million litres of wine in Nova Scotia alone.

“Our strength is our history,” Lyon says. “We’ve been invested in Nova Scotia for more than half a century. Our sales in Nova Scotia reflect our commitment to this province. Andreas Peller landed in Halifax, at Pier 21, as an immigrant in 1927 with \$5 in his pocket. He opened our Truro winery in 1965. More than 50 years later, we can proudly say that we are an integral part of the Nova Scotia wine industry and a major contributor to the province’s economy. Someone buys one of our wines in Nova Scotia every five seconds.”

The company’s biggest brand, French Cross, is a household wine, but Lyon isn’t relying solely on the legacy brands for her success.

“Our business is built on our loyal consumer base and strong brands. We provide quality products, such as French Cross, to a loyal

customer base. But as we grow, we also recognize there are changes in the market. Last year we introduced Vivo, a line of premium box wine from Chile that are enjoying remarkable success in this province and we recently launched Andrew Peller Imports. We now represent a number of high-quality, best-in-class, international brands. We are only interested in working with companies that share our ethos of being the best. Companies such as Wagner Family of Wine (Caymus) from California, Babich Wines (New Zealand) and Aberdeen Wine Company, producers of Angus the Bull Cabernet from Australia, are companies that we are proud to represent.”

Lyon is also excited about their commitment to using more local ingredients. In the spring they launched No Boats on Sunday Cider, made from 100 per cent Nova-Scotia-grown apples. After less than a month, they had sold more than what they originally forecasted to sell for the year.

What’s next? According to Lyon “we’ll continue to focus and invest in our core brands but our consumers should also expect to see some exciting innovations in our local offerings.”

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PROFILE



The art of love and seduction

Lily's Lingerie keeping home fires burning for more than three decades

Photos by Paul Darrow



Lily's Lingerie has been in business for more than 35 years, giving women the support and comfort they need in their day-to-day lives. However, the lingerie isn't just well made, it's incredibly sexy.

Lily's story goes back years, to a hat shop she proudly owned for five years. "I fell in love, and there wasn't any store in Halifax to buy decent lingerie," says Dunn. "I wanted to look sexy and you couldn't get that with a flannel nighty." This is how Lily's Lingerie was born.

Now, 35 years in, Lily Dunn still owns the gorgeous lingerie store in the heart of downtown Halifax. Men and women can walk in looking for something special. The staff at Lily's are helpful and professional. They ensure that the shopping experience is a pleasant and memorable one, and that you leave with a

product that suits your needs while at the same time fulfills your desires.

The hot pink sign, luxurious lingerie and the store itself speaks to those with a discerning taste but, at times, it's men who are the end customers. People often come in to the store reluctant and shy to open up about their wants or needs, therefore, Lily teaches the art of love and seduction. "It's so important to love yourself, but to also love what you're wearing and own it . . . a customer once came in nervous and shy asking if I could show her how to put the lingerie on but, most importantly, how to take it off." Teaching women how to wear lingerie properly and feel good about themselves is exactly why Lily loves what she does.

"We have the most fun when a woman comes in to the store and says 'I met someone and I



need all new lingerie!’ Among all the fun and laughter, the staff are always happy to join in on the fun and help. It’s essential that the customer feels comfortable and the staff ensure just that. I’ll never forget the time a 92-year-old woman came in with her walker. She was going on a cruise with a new man and she wanted to look sexy and needed everything. She left without her walker. It just goes to show that magic really does exist at Lily’s.”

Dunn is also sensitive to men who are looking to spoil their partner with something beautiful and sexy. Garters, bustiers, silk and lace can add excitement to any relationship, which is an engaging way to spice it up and keep things interesting. Men often need a helping hand and a push in the right direction and that’s what the staff are there for. A pink Lily’s bag will brighten up anyone’s day. It’s inevitable that what’s inside that bag will be very, very special.

Ultimately, Lily’s Lingerie caters to the needs, wants and desires of men and women. When you walk into Lily’s you are surrounded by European lingerie, Canadian-made swimwear and silk, hosiery and more. Lily’s lingerie is a place where you feel at ease knowing Lily is there for you every step of the way. Change your look; change your life at Lily’s. ■



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Shaped by the sea

Caldera whisky sails to worldly acclaim



By Adam St.Pierre
Photos From Herald File



Jarret Stuart can recall where his love for whisky began.

“One of my best friends was born and raised in Belfast. In our late teens he got me hooked on whisky and scotch and I never looked back.”

His most memorable bottle? A Glenfiddich 15-year-old solera.

“One night we both got paid and, instead of drinking the small stuff, it was time to start moving up in the world,” Stuart said. “That was our first big purchase. We split that bottle, and I remember tasting it, like, ‘Oh my god what a difference! It’s so good.’”

Since then, Stuart went on to found and operate what would become the twentieth largest solar developer

at the time, generating 35 megawatts of solar energy for Southern Ontario.

But after selling the company and losing interest in another venture, Stuart felt he had to go in a new direction. After moving to River John, Nova Scotia, and falling in love with the small, coastal town, he set his sights toward his liquid passion.

“I thought, well, I’d like to get into this and make a business and really go for it, and if it doesn’t work, I can drink my inventory.”

He took on courses with the International Centre for Brewing & Distilling, based out of Edinburgh, Scotland. Combined with his experience in engineering and management, he soon founded Caldera

*When trying something new,
scepticism is never suitable.*

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Distilling on the shores of the Northumberland Strait. And after five years of long, hard work, Stuart's efforts are finally paying off.

Through his education, Stuart has a few tricks up his sleeve that he believes sets Caldera apart from other Maritime distilleries. One is his grain-to-glass model, which sees the distillery growing all their own grains right on site.

"Right now, we have about one hundred and fifty acres planted. And then we have access to about six hundred acres," he said.

The additional land comes from the donations by local farmers, who have offered up their older, unused fields to be a part of the Caldera story. Stuart also worked with experts from Perennia, a local bio-resource company, to determine the best kinds of grains to grow and when to grow and harvest them.

Stuart sees this as an important trend worth taking on. He believes, for distilling, the old ways of buying ingredients en masse without knowing where they come from is fading away.

"I can guarantee there is no pesticides on the grain, or that it was treated with anything that I wouldn't eat myself personally," he said.

"That's just important for me, and I kind of boil it down to the Italian cooking model — 'the better the ingredients, the better the whisky.'"

Stuart also employs a slower, cooler fermentation process to ensure excellent flavour.

"This stuff is going to age for three to five, in some cases ten years. There's no point in rushing any step of it. If it goes too hot and too fast, you can get a lot of off flavours that you can't really pull out when you do the distillation."

The distillery also uses a low-till, no-spray, low-impact farming method that brings a classic, rustic nature to the soil.

These traditional methods come out of Stuart's appreciation for the local history and culture of River John, an appreciation which

*"I thought, well,
I'd like to get into this
and make a business
and really go for it,
and if it doesn't work,
I can drink
my inventory."*

— Jarret Stuart,
Owner, Caldera Distilling

drives the distillery's brand. Their Hurricane 5 whisky is named for a fierce storm that devastated the area in 1939. The date was etched into the wood of one of their distilling barns when they purchased it.

Their Cambri rum takes its name from a River John ship that saw service in the First World War and traded Nova Scotian cod for rum and sugar cane from the West Indies. Even the name Caldera was inspired by the largest ship to be built in River John, first launched in 1884.

"The people that were building these ships, they went big right off the bat, and that really impressed me. The Caldera, for example, once

that boat was finished, its first trade mission was around the world. Here you have this boat, no fooling around, it's built, away we go, we're off around the world. You hear snippets of it going to Chile and England, and down to Africa."

This idea of a small town having a global reach has driven Stuart to create the best products he can and to explore wide-ranging markets.

"It's like if they can do it then, then we can do it now. And that kind of stuck out for me, and that's when I really fell in love with the place and said lets do this."

He believes that Nova Scotia has a number of qualities that sets its whisky apart from other global players.

"I don't know if you'd call it terroir, like the wine, but these grains really are shaped by the sea."

So far, Stuart says Caldera products are in about a third of liquor stores in Nova Scotia, priced at \$33.99, with more being added each month. They've also recently started selling in Alberta, with plans to expand to British Columbia and the rest of the provinces after.

The Canadian whisky has also been receiving international attention, winning a silver medal at the International Spirits Challenge 2016 in the UK, and it is the only Canadian whisky featured at Canada House in London.

But no matter how far and wide the Caldera brand goes, for Stuart, the real sense of accomplishment comes from close to home.

"Since moving here, there's a real sense of community that I really appreciate," he says. "Family members that are in the area, they get stopped in the streets like, 'Hey I heard about your success with the whisky out in London or whatnot. Great job!' A lot of pride, but in a humble way. It's a nice environment to be in, and it's a great place to grow a family and a business." ■



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PROFILE



The BIG snip

Urologist Dr. David Bell offers calming advice for men seeking a vasectomy

By Kelly Taylor | Photos By Paul Darrow



“Typical patients include the family man who has decided four — or however many — is enough, or it’s the newly divorced guy back on the market, perhaps with a younger new squeeze, who decides 55 or 60 is too old to be a new dad.”

— Dr. David Bell, Halifax urologist

Especially when you know what’s coming next: the doctor is about to inject some local anesthetic into your scrotum, snip open a tiny incision, fish out the tubes leading from your boys and sever you from future fatherhood.

It sounds far worse than it is. The techniques have advanced to the point where the procedure is fast and painless, healing is quick and complications are rare. The failure rate is minuscule.

Here’s how it goes down: the doctor will start by examining your scrotal area, making sure both vasa deferentia — the tubes that carry your baby-makers up to your prostate — can be felt. Then, some local anesthetic is injected into the skin on the forward part of the scrotum. Once it takes effect, the doctor pokes open a tiny incision.

The doctor then fishes out each vas deferens — “It’s like feeling for a piece of spaghetti in a bowl of jello,” Bell said — and typically installs a number of titanium clips to occlude the vessels and then separates them. The cut ends are typically cauterized, also. Usually, a length of each vas deferens is removed.

Rarely, the separated tubules can reconnect — recanalize, as Bell puts it — defeating the vasectomy. So, “typically, one thing isn’t enough,” Bell said. “We use clips, we burn the cut edges and we usually send a length of the vas to the lab for pathology, to make sure it was a vas, and not a blood vessel.”

Failure of a vasectomy is extremely rare. More likely, the patient fails to follow instructions.

Bell said patients are told to continue with an alternative form of birth control for eight to 10 ejaculations after the procedure. “It’s usually enough to flush out the pipes,” downstream from the vasectomy. Also, unprotected sex should wait until after at least one post-procedure semen analyses confirm the absence of sperm.

In one of the more memorable scenes from *Seinfeld*, Jerry’s girlfriend stumbles in on a naked George Costanza. “I’m sorry. I thought this was the baby’s room.”

Then, looking at George’s little man, she can’t quite stifle a giggle. “I’m really sorry. REALLY sorry.”

“I was in the pool! I WAS IN THE POOL!” George stammers in his usual Costanza-esque way. We bring this up because it’s not uncommon

for a guy to have a Costanza moment right when he’s about to have the big snip, when he takes the leap from sperm-spewing baby-maker to sterile stud.

“A common occurrence is like Costanza’s ‘shrinkage,’ when cold causes that scrotum muscle to contract,” said Dr. David Bell, a Halifax urologist. “You can see it, a guy’s on a table, with anxiety, in a cold room; that muscle action can be hard to overcome.”



“Men often find an increased libido, once you take away that major consequence of intercourse.”

Most failures occur when a patient has had unprotected sex before those eight to 10 ejaculations, or has failed to have a semen analysis confirm sterility.

Typical patients include the family man who has decided four — or however many — is enough, or it’s the newly divorced guy back on the market, perhaps with a younger new squeeze, who decides 55 or 60 is too old to be a new dad, Bell said.

Demand in Nova Scotia is high, to the point waiting lists are long. To that end, the province’s urology community is encouraging general practitioners to begin performing the procedure, which can be done in a doctor’s office, Bell said.

It is a simple procedure, but should be considered your Rubicon: once you cross over, there’s no going back.

A vasectomy reversal, called a vasovasostomy, is only really viable in the first couple of years after the procedure, and even then is not guaranteed. Too far out, and not only are the odds of successfully recanalizing the vasa deferentia remote, your boys have shut down.

“Basically, your testes are a sperm factory. When you lock the doors, the factory fills up and the factory stops production. Your testicles go into shutdown mode,” Bell said. “You really have to consider a vasectomy as permanent. It’s not a temporary form of birth control.”

As far as losing contact with your inner stud . . . not going to happen, he said. Absent the fear of pregnancy, and not requiring more intrusive forms of contraception, most patients and their partners find greater sexual freedom in their post-vasectomy eras. “Men often find an increased libido, once you take away that major consequence of intercourse.

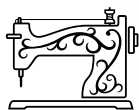
“The vas do not play any role in testosterone production, so there’s no decreased level of testosterone.”

To get back in the saddle, both literally and figuratively, doctors recommend waiting a week for anything overly physical, from horse riding to sex. “The usual question is ‘How soon can I play hockey?’ I say wait a week,” Bell said. Only in Canada would hockey double as a euphemism for scoring.

A vasectomy is both quick and cheap. Nova Scotia covers vasectomies, with the province typically billed \$100 for each procedure. Bell said in jurisdictions without coverage, he’s seen surgical fees around the \$500 mark. Reversals, which cost \$3,000, are not covered.

The complications, which are rare, include pain or swelling — ibuprofen or an ice pack on your sack are prescribed — and sometimes, chronic, long-term pain, which Bell counsels patients to treat like arthritis. Though it happens in only one per cent of patients, it typically doesn’t go away.

And as for that shrinkage? A warm towel is usually enough to put some slack in your sack and let the procedure begin. ■



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FOOD & DRINK



Photo: Contributed

Nova Scotia's darn cheesy

Locally-crafted cheeses offer palate-pleasing flavours

By Mark DeWolf



Photo: Contributed

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Holmestead Feta

Nova Scotia's largest independent cheese maker is also one of its least known. Holmestead Feta Cheese is a Mediterranean-style cheese, widely available at supermarkets across the country. It's tangy, saline flavour, and crumbly nature makes it a great topping to crunchy salads.

Pairing: Benjamin Bridge Vero

Finding a partner for Feta is all about embracing its salty tang with a mineral-edged wine. Vero, derived from Latin Veritas, meaning truth, is all about expressing Nova Scotia's coastal terroir through its linear framework and mineral, almost saline-like acidity.




Ran-Cher Acres Chevre

Although Ran-Cher Acres produces a number of dairy products including yogurt and pasteurized milk, they are best known for making Chevre, a goat's milk cheese produced from their purebred Saanen dairy goats. Their classic Chevre makes a light adding to a cheese plate.

Pairing: Avondale Sky Tidal Bay

The classic pairing for Chevre is Sancerre — a Sauvignon Blanc based wine from France's Loire Valley. I've always found Avondale Sky's Tidal Bay to have a Sauvignon Blanc like character. It's fresh, citrusy and vibrant. A lovely wine.




Knoydart Double Gloucester

Knoydart is on the road less taken, quite literally. The organic farm is located in Arisaig on an old highway that follows the Northumberland Strait toward Antigonish. The farm has carved a niche in the local cheese industry by making English style cheddars. Their Double Gloucester — it's called Knoydart as the term Gloucester is protected — style is a sharp, tangy.

Pairing: Lockett Black Cab

With this style of cheese, I avoid tannic reds. Thankfully, Nova Scotia doesn't make that style. Opt for something bold and fruity such as Lockett Vineyards Black Cab.




Wandering Sheppard

Cape Breton's lone artisanal cheesemaker produces Coara Caise — Gaelic for sheep cheese. It's an ethereal, nutty, creamy style that makes for a welcome departure from Gouda and Havarti.

Pairing: Lightfoot & Wolfville Ancienne Chardonnay

The slightly earthy, nutty nature of this cheese screams for White Burgundy. The closest — and it's really close — wine we have in Nova Scotia are the Chardonnay produced by Lightfoot & Wolfville, an organic winery near Wolfville that is set to become one of this country's next viticultural stars.




Blue Harbour

Blue Harbour is Halifax's micro cheese maker. The artisanal cheese house which occupies the basement of a modest building in the city's North End is owned and operated by Lyndell Findlay, a retired UN Refugee Agency worker, whose love of cheese and a desire to return to Halifax all added up to the right ingredients to open an urban cheese making facility. Her Urban Blue is a Gorgonzola-style blue cheese that is creamier and less piquant than most blue cheeses.

Pairing: L'Acadie Vineyards Passito

Classically Gorgonzola gets paired with a robust red such as Amarone or sweet wine styles. While I think Icewine would overpower this wine, you can try a wine made using much of the same processes as Italian Amarone. L'Acadie Vineyards Passito is made from dried Marechal Foch grapes, which lends the wine ripe and dried fruit flavours.




Foxhill Farm

Richard Rand is a sixth-generation dairy farmer turned cheesemaker. His farm, located in a bucolic setting near Port Williams, in the Annapolis Valley, has been churning out cheese, gelato, yogurt and milk since 2004. While they produce a broad range of cheeses, one of their most popular and unique is a Fennugreek Havarti. The cheese which acquires an almost maple-like nutty character from the Indian spice is a fine pairing to a sweet wine or barrel aged spirit.

Pairing: Glynnevan Double Barrel Rye Whisky

I'm a big fan of this highly drinkable whisky. It's a bit sweet edged with ample toffee, caramel and vanilla flavours which makes it a great partner to the sweet, spicy flavours of this cheese. I'll drink this whisky neat but it also makes a great Manhattan.




That Dutchman

Economy's That Dutchman is the province's most celebrated cheese maker, and its most celebrated cheese is its Dragon's Breath blue cheese. This aptly named cheese is a little bit fiery but there's much more to Dragon's Breath than its catchy name. This surface ripened blue cheese, which comes in a distinctive wax casing, is made by Maja and Willem van den Hoek (That Dutchman's Farm). Beyond its pungent aroma and flavour there is a welcome tang and slight saltiness to this cheese that keeps the flavours in balance and keeps the flavour of the cheese in your mouth for minutes after tasting it. Since its launch in 2002 this cheese has gone from being a local legend to national superstar as cheese enthusiasts across the country will go to any lengths to get it.

Pairing: Domaine de Grand Pré Vidal Icewine

The big bold flavours of Dragon's Breath demands a lot of flavour from its accompanying wine. While classic European blue cheeses such as Roquefort or Stilton are matched with Sauternes and Port, this legendary Nova Scotia cheese deserves the best of Nova Scotia dessert wines, such as Domaine de Grand Pré Vidal Icewine. ■



A fashion advertisement featuring a male model with long, slicked-back hair, looking down and to the left. He is wearing a dark, textured suit jacket over a patterned shirt. His hands are clasped in front of him. The background is dark. At the bottom, the name 'PATRICK ASSARAF' is printed in blue capital letters.

PATRICK ASSARAF

FOOD & DRINK



Jeff Van Horne, independent restaurant and spirits consultant

Photo: Paul Darrow

A cocktail tale

The architects of Halifax's craft cocktail culture pouring passion into their trade

By Mark DeWolf



Photo: Paul Darrow

The craft cocktail age may have just reached the shores of Halifax Harbour, but our city has a long history of spirit culture; just not in its present form. In many ways the history of Halifax and its residents are defined by our connection to spirits.

Halifax was founded as a naval town, and with it came a love of rum. Thomas H. Raddall once wrote in reference to 18th-century Halifax: "... here are 1,000 houses in the town. We have upwards of 100 licensed (drinking) houses and perhaps as many without license, so the business of one half the town is to sell rum and the other half to drink it."

Over the centuries Halifax never lost its love of rum, and the modern architects of Halifax's craft cocktail

scene are quick to reference our city's long love of spirits as the foundation of the local drinks scene.

"We are an old port city. We were literally built off spirits... rum running and rum is part of our culture. Cocktails are just part of our history," says Shane Beehan of Halifax's Lot 6, a popular bar named after the plot of land the original building was constructed on, and one of the current faces of the cocktail scene.

It's a sentiment shared by Cooper Tardivel, who at not even 40 years old, is considered a pioneer in terms Halifax's modern cocktail culture.

"Halifax has an extensive history of drinking and spirit culture," says Tardivel. "It played a huge role in the rum running that happened during Prohibition



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Photo: Brent Hofacker/123RF

and earlier in the mid-19th century. Bartending, serving drinks, is truly part of who we are. What the bartenders are doing now in Halifax is part of our natural evolution.”

The modern trend of cocktail culture started in the mid and late '90s, when the likes of The Fireside (and its earlier incarnation, Thackeray's), and later The Bitter End and The Velvet Olive emerged on the scene. While The Fireside and Bitter End have remarkably lasted the test of time, The Velvet Olive poured its last drink in 2004.

The late '90s and early 2000s were the era of The Martini List — a loosely-used term to describe anything served in a cocktail glass. And while the new crew of bartenders are quick to point out that a Martini is a classic drink made with vermouth and gin, garnished with a lemon twist or olive, and not a genre, they also don't dismiss the importance establishments such as The Bitter End and The Velvet, and their frontmen, in the evolution of Halifax cocktail culture.

While The Velvet Olive was only open five years, its ownership and staff have subsequently also helped shape Toronto's cocktail scene.

Olive owner Brad Denton subsequently opened Toronto's Czehoski; bartender Gord Hannah is now a senior bartender at Toronto's The Drake Hotel; and bartender Dave Mitton is the co-owner of Toronto's popular The Harbord Room and is Corby/Pernod-Ricard's Global Canadian Whisky Ambassador.

“The Bitter End and The Olive were the first bars not to be taverns. They actually served drinks in Martini glasses and used liqueurs and spirits together in a fun way. In many ways, they broke the ice for the rest of us as they got guests to think about drinks,” says Tardivel, who sprung onto the cocktail scene in 2006 at Mosaic Social Club, although he had previously tended bar at former Halifax favourites The Thirsty Duck and Rogue's Roost in the 1990s and early 2000s.

“(At the time) I felt like a Trojan a horse of the cocktail culture reinvention. I really didn't think it would last as there was nothing familiar to Haligonians about the concept. It (Mosaic) proved everyone wrong,” says Tardivel of his time at the nightclub/cocktail club which opened on Argyle Street (in the space that is presently Bistro Le Coq) as a

partnership between legendary Halifax restaurateurs Stephanie and Maurizio Bertossi (former owners of The Bertossi Group which includes The Bicycle Thief, Amano, La Frasca and Il Mercato), Costa Elles (Ela!) and Chris Tzanateas (The Argyle Grill & Bar) before the partnership dissolved and the business eventually was owned by Halifax's Benigno family.

According to Tardivel, the major turning point for himself and Mosaic moving forward on their cocktail revolution was the addition of Brad MacDonald as general manager. MacDonald, a native of Dartmouth (Tardivel and MacDonald had attended high school together) who now teaches hospitality at NSCC, previously worked at The Bitter End and Seven (a fine dining bar and restaurant located on Granville Street) and ran the bars at Toronto's The Drake Hotel for years before returning to Halifax.

“The reputation of success that he brought from The Drake enabled us to move freely with our decisions regarding the navigation of our cocktail program. Essentially, Brad said to me one day ‘make the cocktails you want and I'll make sure the owners leave you alone.’ It was a match made in heaven.”

Of the time, MacDonald says “my passion lied in making classic cocktails using the best ingredients available. Cooper wasn't given the right tools to do what he needed to do. When I arrived, we looked at his list and looked at the products being used to make the drinks. We went about revising the program, to do it the right way. We started making our own bitters, syrups etcetera . . . we were able to have our own creative control and that's where we branched off and everything launched from there.”

Tardivel, who now heads up the bar at Vancouver's prestigious Hawkesworth Restaurant, has a committed approach to crafting classic cocktails using traditional methods and fresh ingredients. He inspired a new generation of bartenders, including Jeff Van Horne and Beehan. Van Horne, who has led the bar programs of Lot 6 and The Bicycle Thief and was the original drinks consultant for the North End of Halifax's revolutionary Field Guide, was part of the opening team at The Carleton (Argyle Street) in 2008 before moving to Taboo, part of the Grafton Connor Group's Dome, a collection of bars occupying much of the block encircled by Carmichael, Prince, Grafton and Argyle Streets in the downtown core.

“That's when I met Cooper. At the time he was the best bartender in the city. He was the guy we all looked up to. I was always peppering him with questions and tried to get him to make cocktails I had read about. Eventually, we became friends because of our shared passion. But the reason I went to Taboo was that there were two Aussie bartenders there, both of whom really cared about making cocktails with fresh ingredients. They taught me a lot,” says Van Horne.



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Despite the presence of Tardivel — who in 2008 won a national cocktail contest sponsored by Bols, and later finished third in the international version of the contest — there wasn't a rich and developed craft cocktail culture in Halifax at the time. Most of the upcoming bartenders of the era relied on books and travel.

"I wasn't learning from anybody, I was reading it from a book. I was hoping for best and staying true to what I was reading. Input from others was limited at the time," Tardivel says.

"Chris Leonardo (one of the Aussie bartenders, and now operations manager of The Grafton Connor Group) gave me my first cocktail book, *Imbibe!* by David Wandrich, which was about Jerry Thomas, one of the original celebrity bartenders," says Van Horne. "The book was about simple, classically-created drinks, all of which had a story behind them. It inspired me to keep learning. The more I learned the more I was hooked."

It was a similar story for Beehan, who says "the thing about me and the others was we were all, for the most part, self-taught. Pretty much all of us were on the East Coast. Cooper inspired Jeff (Jeff Van Horne). Jeff and Jenner (Jenner Cormier) inspired by me, but we've all been forced to learn on our own, since there wasn't a developed cocktail culture here at the time."

At that time, Beehan had dropped out of Memorial University of Newfoundland, where he was working toward a Masters in Literature.

"I was in my school mode then, so I studied and researched about everything to do with bartending," Beehan says. "Before I knew it, I loved bartending more than school."

Beehan's first exposure to cocktails was while working at *The Bitter End* as a dishwasher in 2008.

"I was going to university and doing my thing. I wanted to work in a kitchen and learn a skill and maybe get a free meal now and again. This was the height of Martini Mondays. It (*The Bitter End*) was always packed. It blew me away. At the time, I only knew Cooper as the sharp looking guy smoking cigarettes outside *Mosaic*. My introduction to craft cocktails came at *The Drawing Room*, located on the top floor of *The Henry House*."

Beehan started in the kitchen of *The Henry House* before eventually moving upstairs to *The Drawing Room*.

"When Jenner started, he was worked as a server and bartender, pouring drinks downstairs. When they opened *The Drawing Room*, Jenner moved up there. I watched him go from just a guy I had known from growing up in *Cole Harbour* — coincidentally Jenner, Jeff and myself all grew up with a few kilometres of each other — to this new style of bartender."

While Cormier, whose striking appearance has been described as John Hamm-like (the actor that played Don Draper on *Mad Men*) is quick to deflect any praise for the development of cocktail culture in Halifax. Cormier has unquestionably been one of the city's most prominent figures behind the bar over the last decade.

Cormier first began crafting cocktails at the *Drawing Room* before moving to Barrington Street's *The Middle Spoon*, which would later usher in *Noble* — a secretive underground bar.

Halifax's bar scene hasn't looked back since. Of his time at *Noble* and *The Middle Spoon*, Cormier says "I had a lot of support from owners (Lacey and Cairan Doherty). Our focus was to keep things fresh and approachable in a time and in an industry that isn't the most



Photo: 123RF

approachable at times. I think *The Middle Spoon* still does a great job and outperforms many of the more popular bars. They have done a good job of staying memorable and consistent over last few years."

And while Cormier is hesitant to take any personal credit for changes in the local cocktail scene, or say he has groomed anyone, he does point to *The Middle Spoon* bartender Anne-Marie Bungay-LaRose as someone that he is happy to see grow over the years.

Cormier, like Tardivel before him, left Halifax shortly after coming to national prominence as the winner of the inaugural *Diageo World-Class Canada Bartender of the Year* in 2013. In Toronto, he worked originally for *Diageo* before moving to *Bar Raval*, one of the city's most celebrated drinking establishments. As for his career in bartending, "I learned originally on my own but a lot of my success was being fortunate enough to travel to larger cities and see what is going on out there."

"The hard thing about living in Atlantic Canada is that a lot of competitions are focused on the large markets in Central and Western Canada. When *Made with Love* (a national cocktail contest held annually in cities across Canada) came here, it gave us opportunity to compete nationally and for some of us to get out of city and see what's current and what's happening."

Cormier has since returned to Halifax with plans on opening his own bar next year, and Tardivel has hinted of a planned return, but the need to be involved on the national and international scene via competitions and working at international events such as *Tales of the Cocktail* has been important to all the bartenders.

According to Cormier "... as Shane and Jeff can attest, going outside and participating in larger regional and national competitions is really important as it allows you to meet people that are working on new things, all the time. You need that inspiration."

While Tardivel, Cormier, Van Horne and Beehan learned their craft on their own, there is a new crew that are starting to take advantage of their expertise. Bartenders such as Matt Boyle, who won two local *Made with Love* Competitions before moving to Ottawa to run his bar program, along with Ceilidh Sutherland and Dan Vorstermans who opened *Field Guide* and later *The Highwayman* are among those that have benefitted from the likes of Cormier, Van Horne and Beehan (Beehan was hand selected by Van Horne to front *Field Guide* in its early days). And there is a long and ever growing number of new bartenders that are adding to the foundations they established.

One of the new faces making his way to the upper echelon of the cocktail scene is *The Bicycle Thief's* Mark Bradbury. The soft spoken 6-foot 3-inch Bradbury shares the ethos that great bartending equates to being hospitable as much as making great drinks. As the city develops and the list of accomplished bartenders grows longer, Bradbury says "it is becoming more experimental with each bartender creating new drinks and combining ingredients in their own style. I think my personal style tends to be finding creative ways to find balance. It's about trying to find the perfect combination of sweet, sour, bitter or salt to make an amazing cocktail, which sometimes means using non-traditional ingredients to bring out these flavours while still making an appealing drink."

Halifax's thriving cocktail scene can thank Tardivel, Cormier, MacDonald, Van Horne, Beehan and those that came before them as the architects but may have been destiny for the city. As Van Horne says "unlike other cities where there can be a huge amount of pretentiousness that comes with cocktail culture, we've never had that here in Halifax. Great cocktail bartenders don't have to be serious all the time."

"All bartenders should treat guests like they are being welcomed into their own home. Our job is to make sure people have a great time and want to come back. It just comes to us naturally ... it's that East Coast experience that sets us apart from everywhere else."

So if you happen to sit at one of their bars and order a *Corona* or rum and coke; don't worry, you'll be treated with the same hospitality as you would ordering a classic cocktail.



Big 'n' tall, Duggers suits 'em all

Ordering custom-made clothing isn't a tall order anymore

By Emily Sollows

Photo by Paul Darrow

With lower prices and quicker arrival times, custom-ordered clothing has become more attainable than ever — a perfect solution to anyone who can't shop off-the-shelf.

It's not easy being tall. Ceilings are often too low, beds are too short and everyone asks how the weather is 'up there' or if you play basketball.

But, by far, the worst struggle of all is the dreaded, anxiety-inducing clothes shopping. Sleeve and pant hemlines never quite fall where they should and finding a perfect fit is virtually impossible.

Standing at six-foot-eight, Colin Jamieson, general manager at Steele Chevrolet, Buick, GMC, Cadillac in Dartmouth had this problem.

He used to shop at stores in Toronto and other big cities, then have his clothes tailored in Halifax. He also tried online shopping but still couldn't find the right fit.

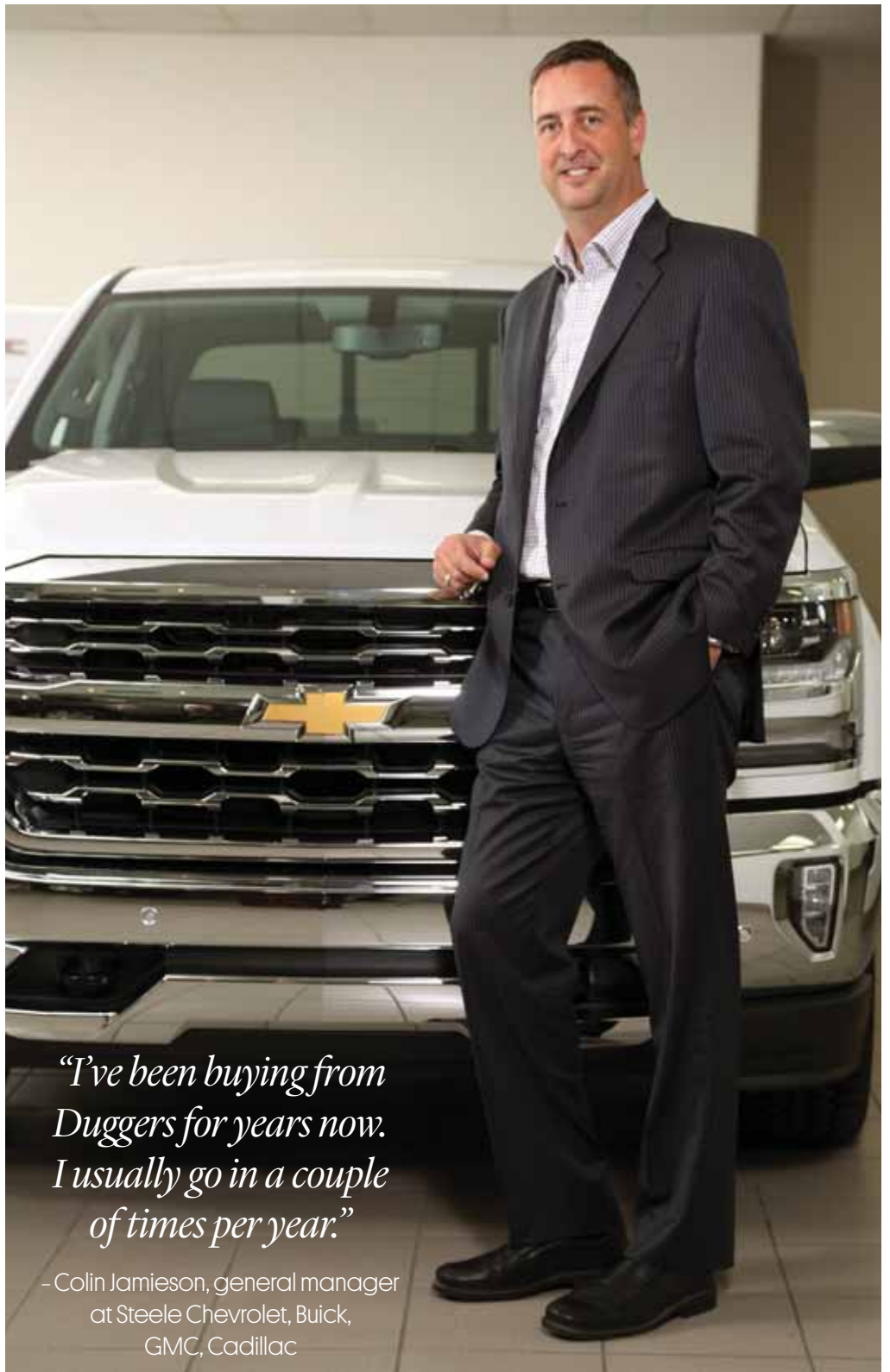
"There are not many places you can go for someone my size, I'm not an off-the-shelf kind of guy," says Jamieson.

A friend referred him to Duggers for custom-made clothing.

"At a lot of places where they do the big and tall, if you're six-foot-eight they think you're 400 pounds, so it's nice to be able to get something that actually fits you properly," says Jamieson. "The nice thing with this is you can go in and pick out and touch the fabric and feel what the weight of it is, so you can actually see what the clothes will look like."

Jamieson has his sport coats, dress shirts, dress pants, suits and casual wear all custom-made through Duggers.

Jamieson admits he is not a tie-wearer. He says you can still look polished and professional in a sport coat, dress shirt or blazer, even for the most important business meetings. He selects every part of his custom-made clothing from



"I've been buying from Duggers for years now. I usually go in a couple of times per year."

- Colin Jamieson, general manager at Steele Chevrolet, Buick, GMC, Cadillac

the fabric to the lining to the buttons. The staff take his measurements in-store and when the custom piece arrives in two to three weeks, they do another fitting with any minor tailoring that needs to be done.

Aside from a perfect fit, custom-made clothing also ensures you'll never have an embarrassing run-in with someone a party wearing the same shirt as you. In a small city like Halifax, it's very possible if you're buying off-the-shelf.

For Jamieson, the most beneficial part of custom ordering his clothing is the time it saves him.

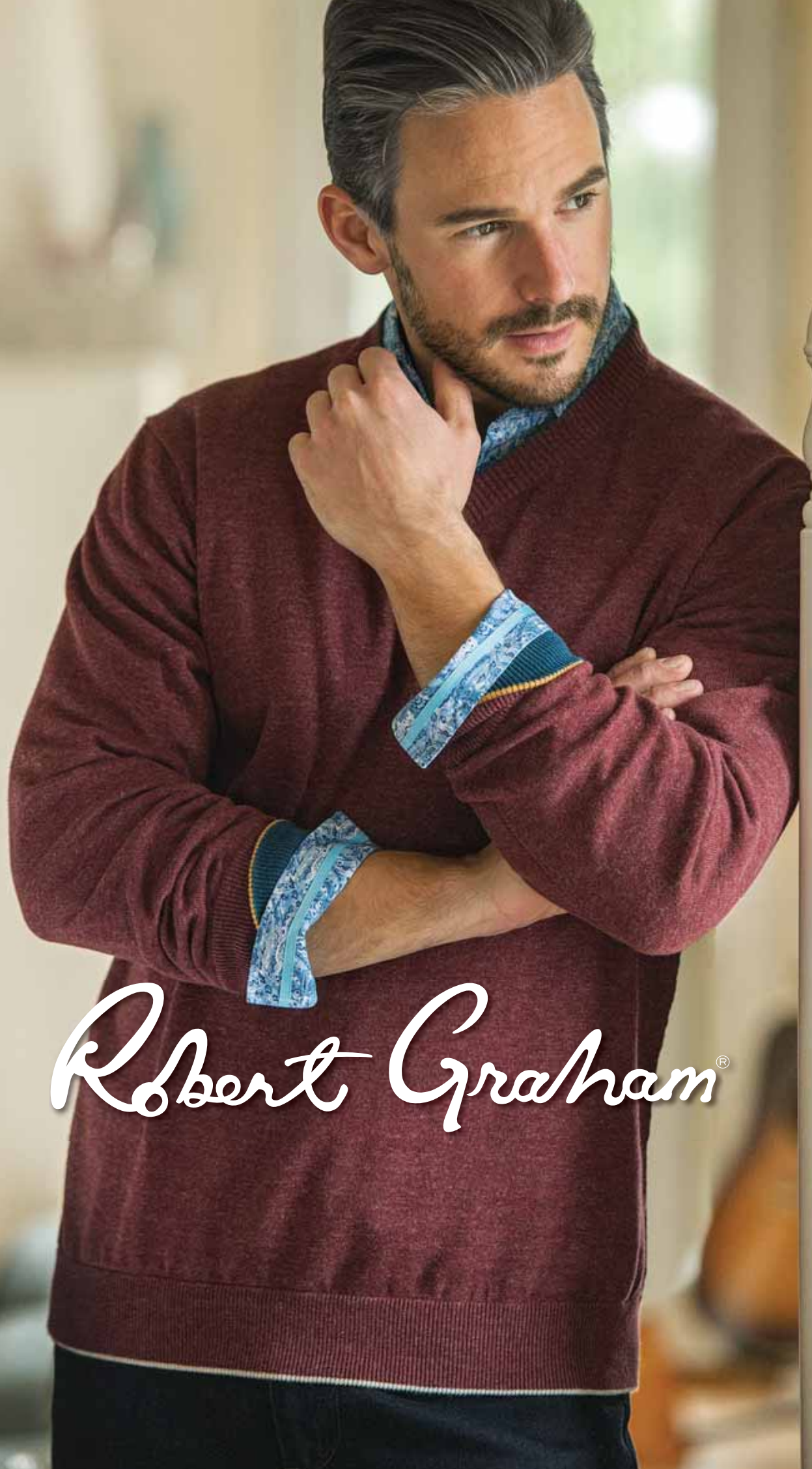
"I've been buying from Duggers for years now. I usually go in a couple of times per year to

see David to make sure I haven't gotten any fatter," he laughs.

David Slaunwhite is a wardrobe consultant and salesman at Duggers who, during a busy time at Steele Chev, even popped in to the dealership to take Jamieson's measurements. They let him know when they get new arrivals and make sure he maintains his sleek, professional style.

As the general manager of the largest GM dealer in Eastern Canada, Jamieson says his polished, professional look is important.

"I've got a lot of staff and employees, a lot of people looking towards me for direction. You've got to look the part."



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From Porsche's 911 GT3 RS to Jeep's Wrangler Unlimited Rubicon, we present the ultimate dream garage





Photo: Porsche Canada

By Kelly Taylor

Any car guy worth his motor oil can admit to dreaming of the ultimate garage, with his favourite rides carefully kept in a controlled-climate space and showcased for his friends to enjoy. Or, perhaps, envy.

With that in mind, we present one vision of what the ultimate dream garage might look like. We throw budget concerns out the window but, with one exception, you can buy and service all of them in Nova Scotia. There's the daily driver, the family getaway, the track queen, couple's getaway, classic collectible and gone fishing. There's also our vision of the ultimate space.

Hold on to your wallet, it's about to get bumpy.

Track queen

2016 Porsche 911 GT3 RS

First thing you'll notice might be the car's torque, which is almost 200 foot-pounds fewer than the M5's. But don't let that deter you, because there's this little thing called power-to-weight ratio, and the GT3 is 911 on a diet, with a featherweight 1,420 kilograms of weight that means even with less torque, it sheds an entire second off the M5's 0-100 time. Its top track speed of 310 km/h will make the track surroundings a blur and your taillights a common sight for others on the course. Don't worry about its on-road comportment: towing this to and from the track is partially what the Benz GLS 550 on page 80 is about.

Engine: 4.0-litre horizontally opposed six-cylinder
Power: 500 hp @ 8,250 r.p.m.
Torque: 338 lb-ft @ 6,250 r.p.m.
Transmission: seven-speed dual-clutch (PDK)
Price: \$200,700



Photo: Porsche Canada

The daily driver

2017 BMW M5

Just because you're going to work doesn't mean the ride has to be boring. And with a twin-turbo V-8 delivering 500 pound-feet of torque — available almost at idle — it won't be. It's a rear-driver, naturally, so it will deliver all the happy tail-swinging you desire, will kick you back into your seat like a jet airplane and will get you instant cred among the BMW illuminati.

Best of all, it doesn't leave out the three-pedal fanatics, with a choice of a six-speed manual or a seven-speed dual-clutch transmission. And while it might be tempting to load up on the competition pack, your kidneys will pay the price on regular roads. Besides, that's what the next car is for.

Engine: 4.4-litre, twin-turbo, 32-valve V-8
Power: 560 hp @ 6,000 r.p.m.
Torque: 500 lb-ft @ 1,500 r.p.m.
Transmission: six-speed manual, seven-speed dual-clutch automated manual
Price: \$103,500



Photo: BMW Canada



Photo: BMW Canada

The couple's getaway

2017 BMW M6 Cabrio

Look, I know we've already spent more on three cars than most people will spend on housing in their lifetimes, but this is a dream, and by definition is unfettered by reality. So, why not go all out?

And besides, you might as well have some panache when it's just you and your spouse pulling up to Fox Harb'r Resort for the weekend, right? What better way than some top-down fun in one of the most powerful convertibles on the market? And, you'll feel right at home sliding over from your M5 Sedan.

Your spouse's kidneys are even more important than your own, so despite the available boost to 600 hp, let's leave the competition package at the dealer again, shall we?



Photo: BMW Canada



Photo: BMW Canada

Engine:	4.4-litre, twin-turbo, 32-valve V-8	Transmission:	six-speed manual, seven-speed dual-clutch automated manual (opt.)
Power:	560 hp @ 6,000 r.p.m.	Price:	\$130,500
Torque:	500 lb-ft @ 1,500 r.p.m.		

harder than
you *think*



DIESEL

The family getaway

2016 Mercedes-Benz GLS 550 4Matic

When its 3,500-kilogram towing capacity isn't pulling your GT3 RS to the track, the GLS makes an outstanding family-getaway vehicle. While there is the more powerful GLS 63 AMG on the table, I'm suggesting the 550 for a touch more road comfort and for its additional 98 kilograms of towing, just in case.

Yet, its 516 pound-feet of torque won't leave you feeling unfulfilled. Your family will love the luxurious interior appointments; from gentle ambient lighting to the available second-row heated seats, the question will go from "Are we there yet?" to "Can we keep going?"

Engine: 4.7-litre V-8
Power: 449 hp @ 5,250-5,500 r.p.m.
Torque: 516 lb-ft @ 1,800-4,000 r.p.m.
Transmission: 9G-Tronic nine-speed automatic
Price: \$104,300



Photo: Daimler AG - Global Communications Mercedes-Benz Cars



Photo: Daimler AG - Global Communications Mercedes-Benz Cars



Photo: A. J. Mueller

Gone fishin'

2016 Jeep Wrangler

Sure, you say, so far you've dropped \$21.7 million (after converting the Ferrari price, on page 81, to Canadian) and now you're suggesting something as modest as a Jeep? And sure, at this point, you've probably got the money to trade in a Mercedes G63 AMG after every little scratch, but isn't true luxury the absence of worry? So, who cares if you scrape a rocker panel or dent a skid plate?

The Wrangler will get you everywhere you need to be, and if it can't get you there, the fishing isn't good anyway. We're not going to settle for a plain Jane version, however. Let's go right to the top and get the Unlimited Rubicon. The part-time 4x4 and solid Dana front axle give this the ultimate go-anywhere ability.

Engine: 3.6-litre Pentastar V-6
Power: 285 hp @ 6,350 r.p.m.
Torque: 260 lb-ft @ 4,200 r.p.m.
Transmission: six-speed manual
Price: \$44,295



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Photos: 123RF

Classic collectible

1961 Ferrari GT California Spyder

Thirty years ago, the world was reintroduced to this classic as it went, literally, flying through the streets of Chicago and, eventually, crashing through the back window of a garage and landing on a ravine floor 30 feet below.

And, sure, the actual car in Ferris Bueller's Day Off was a gawdawful replicar that, in the version that did a half-gainer off the garage floor, didn't even run, but the real Ferrari remains one of Enzo's most glorious achievements.

Only 50 were produced, so if you land one, it's a rare one.

Cue Yello: Oh, yeah!

Engine: 3.0-litre V-12
Power: 288 hp
Transmission: four-speed manual
Price: US\$17.6 million
 (last reported auction)



The garage

So with just less than \$22 million in automobilia, only a showroom-quality garage will do. We're going to assume you have another space for anything messy you might need to do, so this is all about creating the ultimate man-cave.

There are six cars here, but you'll also need space for the leather sectional, big-screen TV, wet bar, video games and shuffleboard and pool table. You'll also want your friends to see all your cars from one spot, so let's plan a half-circle, with six bays equally spread out around a centre area for relaxation.

The leather sectional will cluster around the 60-inch flat-screen and a fireplace, with the wet

bar also along the one wall. We'll use wall- and ceiling-mounted speakers for the surround-sound system. Maybe some neon, if you find something cool.

The Ferrari should get an elevated platform, and lighting should be carefully planned to showcase each car. Since you will need to drive on it, I'd suggest only concrete for the floor, but to be comfy, install heating pipes when pouring.

For unobstructed views, I'd suggest large timber trusses for the roof support. Posters of your favourite automotive movies — some of which won't be cheap — will complete the look.

Bullitt, Gumball Rally, Rush (a true story that's an outstanding movie even if you don't like Formula 1) and The Car would be my top picks.

Engine: ½ horsepower electric, one on each door
Power: 240-volt two-phase AC, split into 120-volt single-phase where needed
Torque: 5 kg/m of head-turning ability
Price: \$1,500,000



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