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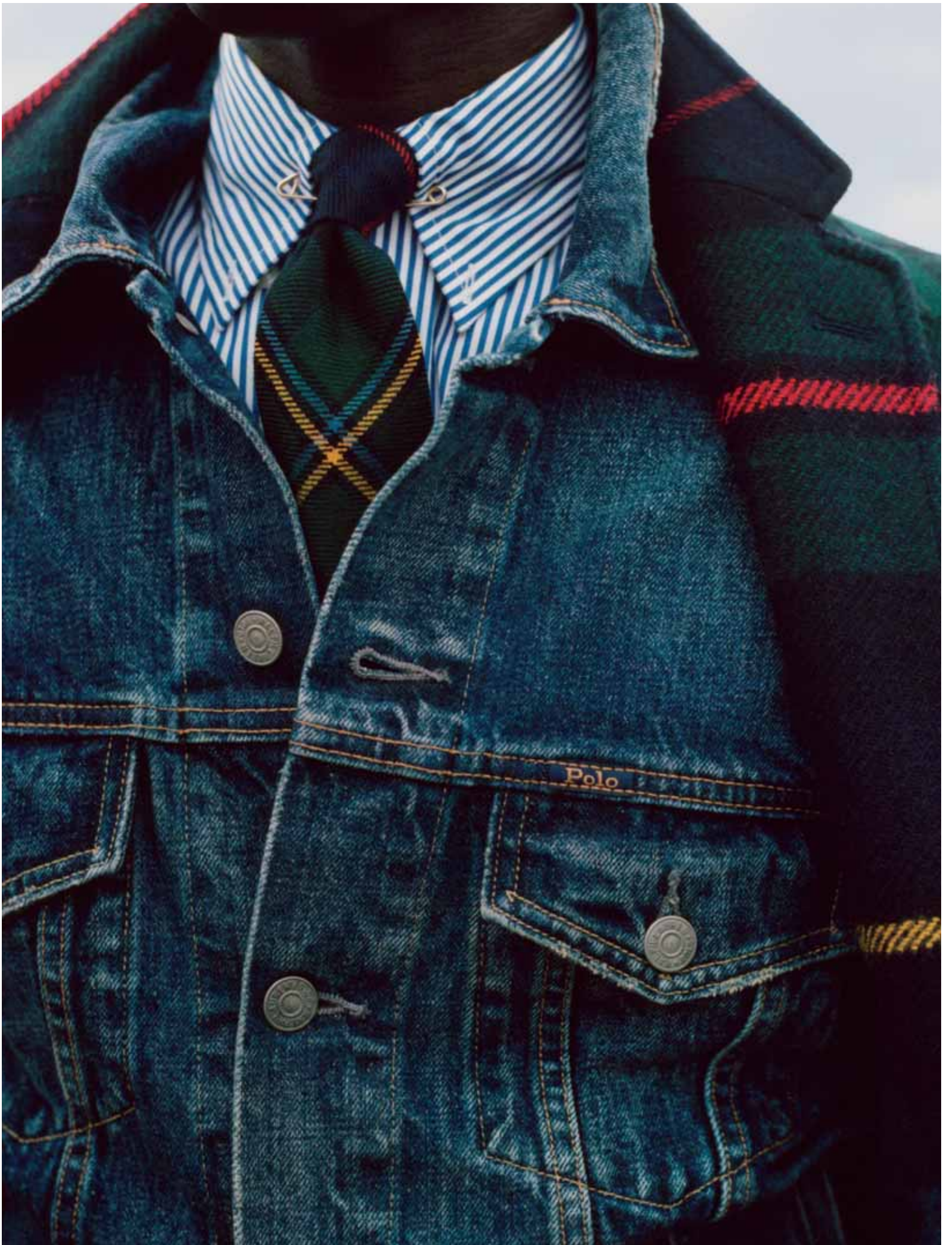
Automakers are offering more style and tech to drive you though the winter





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ROSS'S NOTEBOOK

Change is good Moving on up ... the street

Welcome to the latest edition of Duggers magazine and our final edition to be produced from our current location. We're thrilled to announce that we'll be opening a new store just down the street, on the corner of Spring Garden Road and Brunswick Street, in spring 2020 and we hope to see you all there for all of your menswear needs.

While working on the story that details our next chapter, I took a stroll down memory lane. It's truly amazing to see both the transitions our business has made over the years and the evolution of fashion over countless seasons.

It has inspired me to share a few must-have items for your 2019 fall wardrobe:

1. Men buy 1/10 the amount of shoes that women do. Although it may be argued that many women buy too many, most men buy too few. For fall, a well-dressed man's wardrobe requires three styles: a dress boot and two casual pairs in the form of a conventional shoe and a sneaker-style pair. All three can be worn with suits, sport coats and even denim.
2. A casual/dress sport coat is a must. I'm asked all the time if we sell a lot of suits. The answer is yes, of course, but the sport coat business is increasing. You should have one that's both appropriate for work and can easily transition to a night out.
3. A light-weight, zip-neck knit is perfect for fall. This style is on the rise because of its versatility. It's easy to top with a silk or ceramic lapel pin - try it and be ready for compliments!
4. Even if your suit and winter coat look fine, you should remember that fashion changes more rapidly than ever. Looks-fitting, longer suit and top coat styles don't cut it anymore. The current style is definitely more trim and shorter and makes a big difference in your look. Don't rule out leather - it's back, too!
5. At Duggers we think lifestyle is so important. If cigars are your thing, come in and try one of our Paul Stulac cigars. We have a great selection in the humidor in the back of the store.



Thank you to all of our loyal customers, for your continued support, to our staff who continuously learn and grow in this ever-changing world and maintain the high level of integrity and service that my father started more than 48 years ago, and to our vendors for the quality goods that they continue to provide us.

Ross McNeil
Owner, Duggers

A man with dark, wavy hair and a light beard is the central figure. He is wearing a light grey, textured blazer over a dark green turtleneck sweater. He is holding a dark grey, textured jacket draped over his left arm. He is standing against a rough, light-colored stone wall. The text 'L.B.M. 1911' is printed in a typewriter font on the right side of the image.

L.B.M. 1911

EVENTS >>

COPPLEY MADE-TO-MEASURE TRUNK SALE

October 4-5, 2019

Join Mike Moroz from Coppoley and the sartorial specialists at Duggers October 4 to 5, for a custom suit fitting and save 20% on a custom suit, sport coat or trousers. Perfect fit, perfect style — because everyone has a reason to be their best.

ANNUAL SHOPPING UNDER THE STARS

November 22, 2019 [5 to 10 p.m.]

Come take part in this annual Spring Garden Road shopping event with us and we'll even pick up the tax! Get an early start on the holiday season!

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The Parkhill wedding party celebrates in Duggers attire.

SERVICES

On-site tailor

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

Appointments

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

Not from the area? We can ship gifts or altered items across Canada, on our dime.

Wardrobe consultation

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

Kids' room

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

STORE POLICIES

Return policy

If you're not completely satisfied with your purchase, feel free to return it. We're happy to offer you a repair, replacement or refund. Duggers will do what it takes to keep you satisfied.

Gift cards

The perfect gift is the one that always fits. Duggers gift cards can be for as little or as much as you would like and they will never expire. Gift cards are available for purchase online.

Giving you the inside scoop

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

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Hours:

- Monday, Tuesday, & Wednesday 9:30 a.m. to 6 p.m.
- Thursday, Friday 9:30 a.m. to 8 p.m.
- Saturday 9:30 a.m. to 5:30 p.m.
- Sunday: Closed
- Open any time by appointment

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ETON

PROFILE

New spot, same

It's a bolder space, but the same style that Duggers menswear is known and loved for



“I hope they will be very impressed and maybe even a little surprised that this level of store is in Halifax.”

— Ross McNeil, Owner, Duggers

Illustration: Contributed

By Sara Ericsson

Among the first big moves McNeil made after taking over Duggers was to change its collection of ties from the average tie price of \$45 to selling a collection of more varied and expensive ties starting at \$75. It was among the changes McNeil says helped further define the store's mission of offering quality menswear pieces to its customers.

Ross McNeil felt convinced a move for Duggers could spell success when he saw its future building come to fruition across the road.

It's a store that will pay tribute to its eponymous founder and retired hockey player Douglas 'Dugger' McNeil and that will capture that legendary Duggers service within a swank and warm retail space spread across two floors.

The new building will mark the second move and third location for the store, which began its retail life at the Bayers Road Shopping Centre before moving to its present location on Spring Garden Road.

While the store's move a couple hundred yards down Spring Garden will add an edge to the store's retail floor, it won't change the Duggers style McNeil's father founded the store on — treating their clientele like gold.

“This business was built upon relationships my father established through the way he treated people and the way he was. His hard work gave me and our staff an opportunity to take what he achieved, and grow it even further, and that's we're doing again now,” says McNeil.

A new location

McNeil was presented with the possibility of a move as he was approached by Danny Chedrawe of Westwood Developments and Mickey MacDonald of MICCO Companies, who are friends and customers of McNeils who also own buildings on either side of the current Duggers store.

The two men approached McNeil about developing a mixed-use project at that Spring Garden location and about Duggers moving into the new Westwood-developed Doyle building across the street.

With the store still fitting well within its space and regular upgrades having steadily been made to it over its 25 years there, McNeil thought long and hard about the prospect of a new location.

“There’s an emotional attachment here, but at the same time, the more I looked at the brand new two-level store with an escalator and everything — it really piqued my interest,” says McNeil.

The store will be located on the corner of Spring Garden Road, Brunswick Street and Doyle Street and will be spread across two floors spanning the entire block. The current store will remain open with no interruptions until the new doors open in early spring 2020.

McNeil says it’s a store that could have come straight from New York City or Los Angeles but still has that down-home, Nova Scotia feel the business is known for.

“I just think it’s going to be a very cool store. I think this is the move to take the whole business to the next level,” says McNeil, who compares the store’s journey to that of the city’s former World Trade and Convention Centre, for which his father served as chairman and that was replaced by the Nova Centre.

“What a great contrast, that now we’re also moving for the same reason — to attract more people and give them an even better experience,” says McNeil.

Where it all began

The first Duggers store was located at the Bayers Road Shopping Centre. Finances were tough and both McNeil and his father chipped in and made the gamble to move, despite being advised not to.

It ended up being the decision that saved the store.

“In fact, the move was the thing that made us survive. We came down here, and started to grow right away,” says McNeil.

The store went from ties priced below \$50 to all starting at \$75 and dropped its iconic Tommy Hilfiger line, which McNeil says was available everywhere, to instead offer Halifax



Illustration: Contributed

something it had never had before.

“We were using brands we had always sold to survive. But we said, ‘if we’re going to be different, we’re going to drop our current lines and get newer ones like Hugo Boss,’” says McNeil.

“So I think with that we were starting to show that we were going to lead the market, rather than follow it.”

McNeil says getting through that rough patch to not only survive but thrive felt gratifying as his and his father’s investments paid off and allowed his parents to better enjoy their retired life.

This resurgence of the store was also part of the revival of the Spring Garden Road shopping district, which is now among the busiest pedestrian shopping districts in Atlantic Canada. McNeil says this business has had some small dips over the years and did take a hit over the last decade before new infrastructure projects like the Halifax Library and The

Doyle were undertaken.

Since then, things are looking sunny once again for the shopping district.

“Westwood is making this a high-end shopping area and it’s all in line with what we do,” says McNeil.

“I couldn’t imagine a better fit.”

Another level of service

The Duggers retail location inside The Doyle will also feature underground parking, barrier-free accessible entrances and a much-expanded space for shoes and private area for custom tailoring.

It will also house an upgraded coffee and social bar area — a feature the store is well-known for — along with a photo studio where they will photograph and post new arrivals online for customers to browse and order. The first floor will carry the store’s more casual clothing options, while the upstairs will be where suits and formal wear is sold.

“It’s another level to the same service we’ve been providing for almost 50 years,” says McNeil.

“I hope they will be very impressed and maybe even a little surprised that this level of store is in Halifax.”

The new store was designed by Paul Thibault of Thibault Design, who also conceived and had a hand in building the current Spring Garden location. Thibault’s father, Dennis, also designed and built the store’s Bayers Road location.

Thibault says his design has sought to stay true to the Duggers brand with a boutique approach to the floor design achieved through warm woods carried through the retail space.

Thibault grew up in Fairview alongside McNeil and says the pair were friends in school and have kept up ever since. He says staying involved for three decades adds a special layer to his work.

“It feels good. This store is a success story and it’s nice to be part of that legacy,” he says.

Making it last

Duggers is now one of a few remaining locally-owned menswear stores in Halifax. It’s become an institution in the city as longtime customers who’d bring their children to the store are now bringing a third generation along with them.

McNeil says the store has also become popular with high school and university students — international ones in particular — who are now making the store their own.

“We haven’t gotten old with the business. We stay current and are always travelling and buying the latest products to bring back and offer to our customers,” he says.

McNeil says the best thing to ever happen to the store was the hiring of key staff members who brought with them talent and vision that would elevate the store to a height it had never before reached. Many of the store’s current staff members have worked there for more than a decade, including longtime employee Jeff Piccott, who’s worked at Duggers for more than 30 years and is now its general manager. Piccott is someone McNeil says has been an integral part of changes at the store over his three decades of work there.

McNeil says it’s this diverse staff that care about their customers that is why the store continues to thrive and who continue to approach their job just like Dugger approached his business by ensuring their customers are well-looked after.

McNeil says the store’s continued success is due to the work of his parents, Dugger and Marion, in the store’s beginning and the continued dedication of its staff.

McNeil has taken this foundation of hard work and dedication and built upon it, bringing the store to the brink of a successful new venture.

“We live and breathe it. How many stores are left like that?” says McNeil. ■

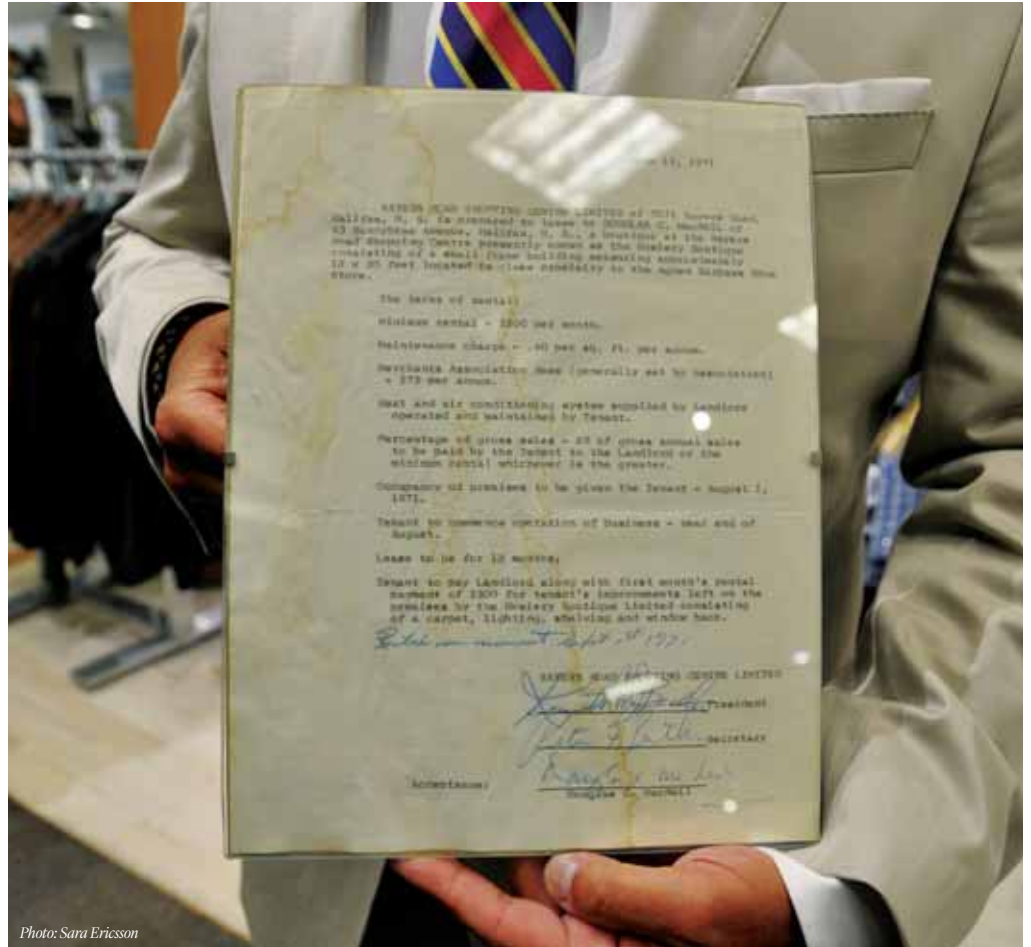


Photo: Sara Ericsson

The original 1971 rental lease from the first Duggers store at Bayers Road Shopping Centre, where it was housed until its move to Spring Garden. The original monthly rent was \$200 per month.



Photo: Dave Grandy

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BUSINESS PROFILE



A house that feels like home

Hatfield House chef and owner is bringing new food to the historic property

By Sara Ericsson
Photos Contributed

The combination of old and new is what charms at Hatfield House.

Cory McLaughlin is chef and owner at the historic estate, which sits on the east bank of the Tusket River and dates back to 1793. Its stately New England charm and lush grounds greet guests who come by for a stay, for food or to wander through history.

It was after one such wander that McLaughlin himself was charmed into buying the storied house. He's since transformed its dining experience into a combination of staple dishes and bold new flavours with the help of his not-so-secret weapon up his sleeve in his fellow Hatfield House manager, Amie Hatfield, whose last name correctly hints at a relation to the house's former owners.

It's this story he wants guests to experience for themselves as they make the house their own during their stay.

"I love the history of the house. Growing up, I always thought I'd love to own a small B&B of some sort. I took a walk through this house and absolutely fell in love with it," says McLaughlin.

A fateful fluke

It was a fluke that first connected McLaughlin with Hatfield House when he met a friend of its then-owner while working in catering after his return from culinary school in Boston.

He was looking to learn more about Nova Scotian flavours and incorporate products from the province into his catering when he learned the house's owner was thinking of selling.

McLaughlin says it took no more than a walk around the premises and a look at the kitchen before he said yes and leaped at the opportunity to take over ownership in early 2017.

"It was the combination of a rural lifestyle, gardening on the five-acre property and the fact that the business was running for three years beforehand that showed me a foundation was already set and that it was a great opportunity for me to put my own knowledge into the business and develop it furthermore," says McLaughlin.

He's retained its whole staff, including head chef Michael Hawrys and Hatfield, who is the business' general manager.

The house was first built for Ms. Abigail Price, a freed slave from New England. It is among the



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“People feel at home here. They walk through the door and feel they’re going to their family’s house. Every want every person coming through that door to feel a part of the family and we treat them all as such.”

— Amie Hatfield, Manager, Hatfield House

oldest houses in Tusket and just three doors down from the oldest courthouse and gallow in Canada.

This history is tangible and is what McLaughlin says makes the property feel like it embraces each visitor.

“It feels honourable to be able to highlight and bring people back into this home. People feel a presence on the property and in the building — something that tells them the house is their own,” says McLaughlin.

“It’s a house that likes to be full.”

Bringing a food scene to fruition

Food at the Hatfield House has evolved over the past two years, with the first year focusing on staying consistent with the same menu and the second year devoted to combining consistency with divergence as new dishes were added.

“We wanted to push the envelope a little further, so we took gradual steps. And now we’ve started to see other restaurants do the same,” says McLaughlin.

“We as a community are starting to broaden our horizons and the scene here has blossomed into newer demographics [because of it].”

The balance they’ve struck is keeping up with culinary trends while paying homage to Nova Scotian ingredients like seafood, which dishes are built around.

Hatfield says the restaurant only serves the freshest ingredients — steaks are cut daily and fish delivered fresh — as they craft a selection of food enjoyed by both tourists and locals.

The lack of a Yarmouth ferry meant a slower start to this season, but even with that lull the restaurant has started extending its season to accommodate increasing demand, which means it’s not just a hit with visitors, but local crowds too.

“The first few seasons seemed more tourist-based, but that has been proven wrong as guests come in weekly. We’ve expanded our season to a March opening, just because we can now. People want to come, and we want to be here for them,” says Hatfield.

The restaurant has brought back its Dinner for Two meal that includes a shared appetizer, two fish fillets, two choices of seafood and a starch or salad and is looking to expand its



McLaughlin and house manager Amie Hatfield, who’s great aunt and uncle formerly owned the house, say the restaurant has become a destination for area residents and has helped craft a food scene along the South Shore with dishes such as their ‘Dinner for Two.’



The site is also a destination for weddings and offers the use of its grounds for photos and its restaurant area for the reception.

Photo (page 16): The Hatfield House is a restaurant and bed and breakfast nestled inside a historic New England house located in Tusket. The property is owned and operated by Cory McLaughlin, who also works as its head chef. The historic house sits along the banks of the Tusket River and dates back to 1793.

hours of operation — all to give its customers more options on what they eat and when.

“We’re looking to give them an experience when they’re going outside of home of basically not having to do dishes at the end of the night,” laughs McLaughlin.

“We want them to kick back and relax.”

The house and restaurant are also available as a wedding destination and will waive its buyout fee to open it up as a budget-friendly option.

“If you’re looking to get married and are ok coming in on a Sunday, you bring the people and we’ll make the food,” says McLaughlin.

A house to feel at home in

Hatfield says it was also a fluke that brought her back to the house once owned by her family when she saw a job posting advertising a house turned B&B that looked remarkably familiar.

“It was kind of weird. I was finishing my maternity leave and dreading a return to the nine to five work routine when I saw a posting and recognized the house. I went in to speak with the owner and she offered me a job,” says Hatfield, who has worked at the house since it first opened in 2014.

As she oversees the day-to-day operations of the house, she recalls her childhood summers spent at the home with her family, including cousins who’d travel there from the United States. She recalls playing outside during the summer and returning sometimes for Christmas, when her family would gather on the house’s grand staircase for a group photo each year.

She feels those memories at her fingertips when she walks by that staircase sees guests climbing those same stairs and walking through those same grounds, which retain their old-world allure despite evolving over time.

And she says she and McLaughlin feel happy seeing their guests making their own memories within its walls as they would in their own homes.

“People feel at home here. They walk through the door and feel they’re going to their family’s house. Every want every person coming through that door to feel a part of the family and we treat them all as such,” she says. ■

PROFILE



Brokering a closet

Dressing daily in Duggers, mortgage broker Scott Bentley uses his smarts and style to impress clients



By Allison Lawlor | Photos Contributed

Sitting in the quiet living room of his stylish west Bedford home, Scott Bentley pays little attention to his cell phone sitting beside him on the white leather couch. He knows the minute he checks it there will be a new text from a prospective buyer interested in a house near Halifax's Point Pleasant Park that he owns and is in the finishing stages of renovating.

Bentley may be one of Halifax's top mortgage

brokers, but he's also a sizeable landlord. Between him and his wife, Kristy Burchell, a realtor with Royal LePage, they have seven properties throughout the municipality.

"I love construction," said Bentley, who joined Premiere Mortgage Centre in 2009 and formed the Bentley Group, a small, award-winning team. "I love the excitement of a construction site, cranes in the air, sawdust blowing around."

“I love construction. I love the excitement of a construction site, cranes in the air, sawdust blowing around.”

— Scott Bentley, Mortgage Broker, Premiere Mortgage Centre

Bentley is surrounded by new condominiums and houses whether at his office on Dresden Row in downtown Halifax or at his new modern home he and his wife designed. Filled with lots of pot lights and glass, their house isn't far from Larry Uteck Boulevard, one of the city's development hotbeds. Bentley's excitement is understandable. It's a good time to be a mortgage broker and to have your finger on the pulse of the local real estate market.

“We are really at a bit of a cusp,” he said. “It is really Halifax's time.”

Thanks to historic low interest rates, immigration and a short supply, neighbourhoods like downtown Dartmouth and Halifax's north end are seeing year after year growth and even experiencing bidding wars — something more common in Toronto and Vancouver. One hot residential property in Dartmouth recently had 17 offers on it and sold for close to \$64,000 over the asking price.

“We are in a market that is short on supply for the demand,” he said. “The past year and where we're heading this year — there is an up-tick in demand and a decrease in market supply,” he added.

The city's rental properties are at record low levels, hovering at around 1.5 per cent. And if Bentley had to predict, he expects very low interest rates into the near-term future.

Halifax is growing. Last year, just over 5,400 immigrants and 2,500 new young residents between the ages of 20 to 29 came to the city, according to Halifax Index 2019, an annual report on economic and community progress. Over the past three years, the city's population has grown by more than 22,000 people.

Not only are Maritimers who went out west to work making their way back home, but immigrants are choosing Halifax over some of the country's bigger cities where housing prices are much higher, said Bentley. New Canadians are a particularly busy part of Bentley's business. So much so that he has someone who speaks Mandarin on his team.



Bentley understands the desire to want to live in Halifax. Having been raised in the city, where his father was a banker with Royal Bank of Canada and studying commerce at Saint Mary's University, he couldn't wait to come home after working with a developer in Sydney, Australia and at IBM in Columbus, Ohio.

“It wasn't for me, working in a cubicle,” he said.

In 2005, he returned to Halifax and found work as a mortgage broker. “I missed Halifax as a lot of Maritimers do,” he said.

Within the Bentley Group, the small team he leads with business partner Igor Geshelin, they follow the mantra: passionate, committed, driven.

“We share the same passion to fulfill a client need,” he said.

It's that passion and commitment that has put Bentley in the list of Top 75 Brokers in Canada for eight years running and placed Premiere Mortgage Centre in Profit 500's fastest growing companies and named mortgage brokerage of the year multiple times.

Bentley aims to work with clients, many of whom have multiple properties, not just one time but for years. By problem solving, keeping a constant pulse on the market and having a deep understanding of the available products and lenders, he manages to do that.

“I'm confident in saying to our business partners, ‘if we can't find a solution for it, I don't think it can be done’,” he said.

Having lived with a hearing impairment since he was a child, Bentley also learned to turn his hearing loss into an asset with clients.

“I have to pay extra close attention,” he said.

As an adult, he wears a hearing aid and can read lips, but as a child it was much harder. His parents thought he was a bad kid, he jokes. They didn't know then that he wasn't a poor listener, he just couldn't hear them most of the time.

Recently, Bentley became a partner in Premiere Capital Group, allowing him to compliment his mortgage business by offering his clients short-term private lending and insurance. He expects future growth in that area.

When he's not working, you might find him driving one of his three Porsches either on a city street or on the track at Atlantic Motorsport Park where he has clocked speeds of 175 km/h. His love of sports cars goes back a long way. At seven years old he bought his first car magazine and admired the three Porsches on the front cover. His love of clothes goes almost that far back too. For a time, he flirted with the idea of becoming a fashion designer. Dressing well now means showing respect for his clients who come to him seeking advice and wanting to borrow large sums of money.

“A little style never hurt anyone,” he said.

Inside the immaculate, walk-in closet he shares with his wife at home, hang close to 100 dress shirts of various colours and patterns. They're alongside tailored suits, racks of suede and leather shoes and drawers full of ties and cloths that he tucks into his blazer breast pockets to give a splash of colour and design. For more than a decade, he's been shopping at Duggers.

“David Slaunwhite has been my personal go-to for years,” he said, referring to one of the store's wardrobe consultants.

Bentley has found success in the business of helping people buy their dream homes in a city he proudly calls home. “Halifax is big enough that there is always something going on and it is small enough that you always see people you know,” he said.

“A lot of our close friends become our valued clients and a lot of our clients become close friends.” ■



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PROFILE

Making a game plan

Sports franchises betting big on Halifax



By Joey Fitzpatrick
Photos Contributed



JJ. Daigneault,
Halifax Mooseheads head coach

On the afternoon of Aug. 1, 1942 a baseball game at the Halifax Wanderers Grounds was interrupted for a special hitting demonstration.

Clad in street clothes, George Herman “Babe” Ruth stepped up to the plate, took a few of his patented swings, and then delighted fans by throwing some autographed baseballs into the crowd.

While the hitting itself was less than momentous — eyewitness accounts have him hitting a short fly ball to right field and then a few line drives, and in fairness, the Bambino was 47 years of age. But the occasion itself became the stuff of lore. It was the day a living legend came to town. But it also seemed to conform to Halifax’s image as a certain type of sports city: a great “event” destination, but not a city given to building long term, passionate loyalty to any one sports team.

Sure, there have been some brief, exciting flings that got hearts racing. The Halifax Junior Canadians had the old Halifax Forum rocking in the late 1960s. Then in the 1970s local fans got to see rising Habs

like Larry Robinson and Bob Gainey when the Nova Scotia Voyageurs served as the Montreal Canadiens’ American Hockey League farm team. But by the early 1990s the Halifax Citadels of the AHL were playing to mostly empty seats in a city indifferent to their presence.

It wasn’t until 1994 when the Halifax Mooseheads joined the Quebec Major Junior Hockey League, also known as the Q, that Halifax began its first serious long term relationship with a sports franchise. Now, a quarter century of Moose mania has helped cement the city’s image as a place where teams can not only survive, but thrive. The Mooseheads now share the spotlight with the Halifax Hurricanes of the National Basketball League of Canada, as well as two new entries, the Halifax Wanderers Football (also known as soccer) Club of the Canadian Premier League and the Halifax Thunderbirds in the National Lacrosse League. And at the same time a local business group is pushing hard for a new stadium and a Canadian Football League franchise.

John Moore was the Mooseheads' radio play-by-play man for 20 years, beginning in 1996. It was a fortuitous time to come on board. As expansion teams tend to do, the Mooseheads had struggled out of the gate, losing more frequently than winning in their first two seasons.

But as the 1996-97 season began, fans could immediately sense something different. Some shrewd management moves had produced a roster that boasted the likes of Jean-Sebastien Giguere, Alex Tanguay, Marc Chouinard, Francois Sasseville and perennial fan favourite, Jody Shelley. The Mooseheads posted their first winning season, made it to the third round of the playoffs, and came within one win of a trip to the Memorial Cup.

"The whole city fell in love with the Mooseheads that year," Moore recalls. "You could feel the passion in the stands. There was a real energy in the fan base, and you started to see bigger and bigger crowds."

In terms of fan support, the Halifax Mooseheads are regarded as one of the most successful major junior hockey franchises in the country, where some 60 franchises play in three leagues: Quebec, Ontario and Western Canada. The penultimate moment in franchise history occurred on May 26, 2013 when the Mooseheads captured the Memorial Cup in Saskatoon.

"It was Nathan MacKinnon who put it into the empty net to seal the win, and then he leapt into the bench," Moore recalls. "It was a euphoric scene."

After another winning season in 2018-19, the Mooseheads came within 20 minutes of capturing their second Memorial Cup last May, this time in front of a home town crowd at the Scotiabank Centre in Halifax.

It's this legacy of success that new head coach J.J. Daigneault will be looking to build upon as he takes the reins for the 2019/20 season.

"It's a franchise that demands excellence. Management and ownership do whatever is necessary to have a competitive team every year," Daigneault says. "We have some leaders returning, along with some young players, so fans can expect a highly competitive team."

With a Stanley Cup ring on his finger, Daigneault is no stranger to on-ice success. Growing up in Montreal, he clearly recalls the glory days of the Canadiens' dynasty that ran off four consecutive Stanley Cup championships from 1976 to 1979.

"I went to every one of those parades," he recalls. Born in 1965, he was a young teenager in those years. "School is important, but that day in early June, I think everybody would skip school to go to the parade."

Daigneault got to live the dream himself in 1993, as a defenceman on the Montreal Canadiens team that was the last Canadian franchise to capture the Stanley Cup. He understands how a successful team can inspire young players to pursue their own dreams.

"It's all about igniting the passion and the love for the game," he says. "The kids in novice, peewee and bantam are looking to the junior players as role models, and for inspiration."



Oxford, NS is well known for blueberries, but not so much for basketball. People may be surprised to learn that Oxford has for decades had a strong basketball program at the school level, says Halifax Hurricanes coach Mike Leslie, who grew up in the area.

"My journey was definitely not a traditional one," Leslie says. "I wasn't a great player, but I loved the game."

He began coaching at age 21 and kept coaching even when he was travelling the world opening international schools. But it was just outside Berwick, N.S., on the day after the Toronto Raptors had captured the NBA crown, that Leslie realized just how popular basketball had become across all of Nova Scotia. As he was gassing up his car a total stranger looked over and remarked: "Great game last night, eh?"

"Years ago you never would have had those conversations about basketball," Leslie says.

While the Raptors provide visibility for the sport, having local role models like the Hurricanes that kids can watch and meet in person is even more crucial for the development of basketball at the amateur level, Leslie says.

"The kids can see that this is realistic," he adds. "They see that they can play professional basketball in Canada, and in some cases in their home town. It's a huge boost for the sport."



Mike Leslie,
Halifax Hurricanes coach

Passion is a key ingredient in any sport.

If anyone doubts Curt Styres's passion for lacrosse, they should check out how he spent his summer. On July 11, the Halifax Thunderbirds owner began a canoe trip from his house in MacKenzie Creek, Ont. The destination for this paddling/cycling/portage: Halifax, N.S. The trek is to raise awareness for the sport of lacrosse, as Styres relocates the Rochester Knighthawks franchise to Nova Scotia's capital.

"Bringing the team to Halifax is going to build interest in lacrosse," says Thunderbirds head coach Mike Accursi. "We've seen in other



*Curt Styres,
Halifax
Thunderbirds
owner*

markets that the minor programs really benefit from having a professional team in the city.”

The Thunderbirds will play an 18 game schedule, plus playoffs. While new lacrosse fans won’t necessarily grasp all the rules and intricacies, the speed and excitement of the game will be immediately apparent.

“It’s fast-paced action for all four quarters,” Accursi says. “You’re going to see hard hitting every shift. Because we don’t play a 40 or 50 game schedule the intensity is there every single

night. You’re not going to see guys coasting.”

Growing up in Sarnia, Ont. Kyle Jackson, an offense player with the Thunderbirds, began playing lacrosse at age three, and eventually was offered a lacrosse scholarship at the University of Michigan. He remembers seeing his first professional game in Toronto at about the age of 10.

“I remember thinking: This is pretty cool. There’s so much happening all the time,” Jackson says. “That was when I got hooked. There’s no spectacle in the world like professional lacrosse.”

The Thunderbirds will conduct introductory programs for kids and others who are new to the sport, as well as more advanced clinics for players who are looking to improve their game.

Connecting with a community requires more than on-field or on-ice success. Players, coaches, management and staff all play a role in reaching out to the community and giving back.



“We can go into schools and talk about healthy living, or teach the game of lacrosse, or talk about life skills,” Jackson says. “We can show kids that they can aspire to be anything they want to be, whether that’s a professional athlete or anything else.”

Halifax has always had a thriving soccer scene at the grassroots level, with thousands of boys and girls playing the sport, from under-4 all the way up to the senior level. Now the top of the pyramid is complete, with the Halifax Wanderers competing at the professional level. The Wanderers played their home opener on May 4 in front of a sell-out crowd of 6,113 fans at the Wanderers Grounds.

“It was a fantastic crowd,” Wanderers head coach Stephen Hart recalls. “They were boisterous, loud and really supporting the team.”

Those crowds should continue to be large, as the Wanderers have reached an agreement with Soccer Nova Scotia that will prevent scheduling conflicts between Wanderers’ home games and sanctioned Nova Scotia Soccer League games.

“It’s important to have those kinds of relationships with the governing body of the sport,” Hart says.

A Saint Mary’s University alumni, Hart has coached the national men’s team for both Canada and Trinidad and Tobago. He has also served as technical director for Soccer Nova Scotia.

“I got into coaching while I was in Halifax, just to give something back to the game,” he recalls.

When teams link up with the governing bodies for their sports it creates opportunities for clinics and development programs for players and coaches.

“That’s great for us,” says Jamie Ferguson, CEO of Sport Nova Scotia. “Because a big part of our mission is getting more people of all ages interested and involved in sports.”

Studies have shown that participation in sports brings a range of benefits to people of every age: social development, academic performance, physical and mental health and longevity. The presence of professional teams helps to spread the good word, Ferguson adds.

“Our goal is to create more opportunities in sports, and awareness is part of that process.”



*Stephen Hart,
Wanderers head coach*

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TRAVEL

A roadtrip of Atlantic Canada's finest

Savour these top experiences located in your own backyard



Benjamin Bridge
Photo: Tourism Nova Scotia

By Ashley Gallant

Tourism in Atlantic Canada is booming.

Visitors flock to our neck of the woods in search of authentic culinary experiences and unique accommodations — and there's no shortage of these. Combine our countless high-end restaurants with the warm hospitality we are known for worldwide and you've got a recipe for success.

Our region's offerings are being enjoyed by millions of out-of-town tourists each year, but have you taken the time to explore what your own backyard has to offer? There are scores of exclusive adventures waiting and it's time to explore.

Mark DeWolf knows a thing or two about fancy food. DeWolf is President of the Canadian Association of Sommeliers and has worked with some of the country's top chefs. As The Chronicle Herald's Food and Drink Creative Director, he covers the regions most talked about destinations.

"There was a time when fancy food equated as much to the ambience of the restaurant as to what was on the

plate," says DeWolf. "But as North American and Atlantic Canadian palates and tastes mature, I find we are more often drawn to unique, quality-driven food and wine experiences."

To DeWolf, "fanciness" isn't about fine china or well-dressed servers, rather it's a drive for quality. Quality that he says can be found all over Atlantic Canada starting in his ancestral hometown of Wolfville, Nova Scotia.

DeWolf compares Wolfville to great wine regions such as Sonoma and Niagara-on-the-Lake. When asked where he'd start an Atlantic Canada bucket list road trip, he says the first stop would be a visit to Benjamin Bridge.

"If you want the best, sign up for a master class, complete with their top cuvees and lunch prepared by the superlative Chef Jason Lynch," says DeWolf.

A short jaunt from Wolfville, the next stop is on the Bay of Fundy at Burntcoat Head Park for an evening like no other. Chef Chris Velden and his team from



Fogo Island Inn
Photo: Tourism Newfoundland and Labrador

Flying Apron Inn & Cookery host an unforgettable and world-renowned experience: Dining on the Ocean Floor. If you're interested in this rare treat, be sure to plan well in advance as it's only offered a couple times of year and always sells out quickly.

From there, take a drive to New Brunswick where you can enjoy one of the best salmon-fishing rivers in the world, the Miramichi. After you've spent the day on the water, head back to one of the many fishing resorts to cook up your catch in what DeWolf describes as an example of "Atlantic-style fancy."

A visit to Prince Edward Island is next on DeWolf's travel list and the stop includes dinner at the Table Culinary Studio in New London. Here, family style menus are prepared and served in a beautifully restored church. DeWolf says the \$75 price tag certainly won't drain your back account but it will fill you with a sense of lavish rural dining and indulgent hospitality.

Spend the night at the luxurious Inn at Bay Fortune, where the seaside setting features first-class comfort and another world-class culinary experience. Chef Michael Smith and

his wife Chastity are the inn's owners and with their commitment to local ingredients and charm, you'll be in for a true island treat.

The journey continues across the Northumberland Strait to Cape Breton. DeWolf recommends a stop for golf at the world famous, Cabot Links. "Many of its holes are iconic, but one of its best is the 19th hole — the Cabot Bar," he says.

The Cabot Bar boasts one of the finest whisky selections anywhere in the country with an ounce of 1971 Macallan setting you back just under \$1,000. If wine is more your taste, they've got that too. DeWolf crafted their original wine list, ensuring a few gems were available for those willing to spend for them, like a bottle of Petrus for a few thousand dollars which he says is a steal compared to world prices.

The last province on the road trip is Newfoundland, Atlantic Canada's current culinary hotbed, according to DeWolf, where a visit to Raymonds in St. John's is a must.

"The culinary and vinous talents of co-owners Jeremy Charles and Jeremy Bonia are undeniable. There's no where else I'd rather pull up a seat, either in the restaurant or at the bar,"

comments DeWolf who has always found the service to exude refined Newfoundland charm.

DeWolf's bucket list road trip wraps up with an unforgettable night at Fogo Island Inn. He says the accommodation and dining here is all about experience and while Fogo describes itself as the edge of the world, DeWolf recalls that his experience was in fact, out of this world.

"It's the pure awe of the surrounding landscape and utterly sublime terroir-driven food of Chef Johnathan Gushue," recounts DeWolf who also tips his hat to sommelier Brie Dema. "She has crafted a wine list that tells a story of Canada, Newfoundlands' Iberian influenced past, with unique selections from Portugal and Spain rounding out the list."

These destinations are just the highlights of a region rich in both hidden gems and famous hot spots. The next time you're thinking of planning a unique and lavish experience, be sure to consider what awaits you in your own backyard.

"As Atlantic Canadians, our humble nature often has us praising those around us, but in terms of authentic culinary experiences, there are few better places in the world," says DeWolf. ■



Cabot Links
Photo: Tourism Nova Scotia/Photographer: Hecktie Travels



Dining on the Ocean Floor
Photo: Tourism Nova Scotia



Table Culinary Studio
Photo: www.thetablepei.ca



Chef Michael Smith and his wife Chastity, owners of Inn at Bay Fortune
Photo: Brady McClosky



An investment to last a lifetime

How to choose a suitable suit for your life stage

By Ashley Gallant
Photos by Dave Grandy

The Duggers tagline is “Generations of the styled man” and with a wide variety of suits for all ages and stages of life, the store certainly lives up to this promise. Whether a student, a professional or a retiree, Duggers offers a large inventory of high-quality suits to ensure everyone who walks through their doors can leave looking and feeling their best.

Karl van Allen says different suits for different stages of life are an evolution of an individual’s style and developments in the world of fashion. “While classics will always look good and have their niche, we pride ourselves for staying ahead of the curve for those who want to ensure their look is contemporary,” says van Allen.

With nearly a decade of Duggers experience, van Allen is one of the store’s buyers and says what he loves most about his work are the people he meets every day. “We see individuals from every walk of life and I love the challenge of seeing them leave with their heads held high, wearing excellent quality garments that will have them looking their best for years to come.”

According to van Allen, there are typically three stages of life he sees among Duggers clientele and with each stage, there are different suit styles to fit. Finding the proper suit for your stage in life will ensure you get the most out of your investment.



Stage 1 – The student

While purchasing a perfect suit may not be top of mind for most students, van Allen encourages students to consider investing in a suit in the early years of their schooling, so they get the most out of their purchase.

“The day-to-day of a student doesn’t involve needing tailored clothing, but for formal events and particularly graduation, a well-cut suit is invaluable,” says van Allen.

Students will also find their suit to be useful when it comes time for work placements and job interviews — and we all know the importance of first impressions. For this stage of life, van Allen suggests a relatively conservative pattern and that the suit be tailored to appear as though it were made for them.

Duggers carries a broad range of suits that fit this category, including an off-the-rack Paul Betenley with prices starting at \$598.

Stage 2 – The professional

Entering the workforce means there are more occasions to wear a suit and look your best. When van Allen’s professional clients want to make the most out of their wardrobe, he recommends

“While classics will always look good and have their niche, we pride ourselves for staying ahead of the curve for those who want to ensure their look is contemporary.”

– Karl van Allen

they have a selection of classic navy and grey suits with little to no pattern. This versatility will allow for their investment to go further.

This is the stage in life where van Allen pegs himself and he practices what he preaches when it comes to the importance of professionals having classic choices. “Having become thoroughly versed and experienced in custom garments, I keep a lean selection of classic suits so there’s no occasion I’m not prepared for,” he says.

van Allen says this is also the stage he begins to see clients become curious about custom-made suiting and for someone in this stage, he recommends a Canadian made garment with prices beginning at \$1,198. “With fabrics sourced from some of the finest mills in the world, its benefits only begin with a great fit,” says van Allen.

After Duggers has an individual’s measurements, there’s no need to try on multiple garments off-the-rack. Clients can easily select another fabric, choose the details they’d like and order the suit. van Allen knows this convenience is appreciated in this stage of life for professionals who have busy work schedules and understand how valuable time truly is.



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Stage 3 – The retiree

Retirement is synonymous with freedom and this is how van Allen describes this stage of life as well. After years of wearing suits to the office and formal functions, retirees often find themselves moving from formal attire to leisure wear. Duggers has options for this stage too, however, as van Allen points out, there will always be occasions that require a suit, even in retirement, including weddings, funerals, formal gatherings or professional reunions.

“At this point the individual who has become well-versed in quality often wants something very finely crafted and that will last years,” says van Allen. It is at this stage of life that he’ll be

more likely to suggest Italian brands such as Canali or Armani, both known for exceptional craftsmanship and value.

van Allen says that no matter where his clients are in life, there is a suit that will fit both their needs and individual style. Whether that suit be a classic or contemporary design, Duggers strives to stay ahead of the curve and deliver quality products. That commitment to quality is why van Allen sees the benefit of an investment to last a lifetime.

“We want to see our clients looking their best and feeling their best because that’s what builds long-term relationships. It’s the foundation our business was built on.” ■



A man with dark hair and light eyes is looking off to the side. He is wearing a blue ribbed zip-up sweater over a colorful patterned shirt. He is holding a teal folder or portfolio. A camera lens is visible on the right side of the frame. The brand name 'Robert Graham' is written in white cursive across the middle of the image.

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Winter is the time to improve your golf game



Photo: 123RF, Soonthorn Wongsaita

By Joey Fitzpatrick



Photo: 123RF, epicstockmedia

Winter may not be the ideal time of year to be golfing in Nova Scotia. But for those who are serious about improving their game, the cold season is the perfect time to do just that.

“We’ve found that making swing changes is actually a lot easier for people over the winter,” says Jeff MacDonald, Director of Instruction at Ashburn. “They can focus on the skill that they’re developing, without having the pressure of playing in front of their buddies later that same week.”

With summer lessons, by contrast, the tendency is for golfers to learn a new skill, but then fall back into old habits if they are back out on the course the following day.

In his ninth season at Ashburn, MacDonald, along with Lead Instructor Kyle Scott, runs programs year-round to help golfers improve their game.

“We run both juniors and adults through eight and 12 week programs to get them ready for the season,” MacDonald says. “We do an evaluation of your swing, come up with a plan, and stick to it.”

Ashburn has four hitting bays, with TrackMan technology that tracks ball flight, as well as a short game area for chipping and putting. There is a

competitive element to improving your game at Ashburn. From January through August members can sign up for indoor lessons during winter, followed by outdoor lessons plus playing lessons over the summer months.

“It’s a contest to see who can reduce their handicap by the highest percentage,” MacDonald explains.

Instruction is tailored to the individual. MacDonald doesn’t believe in generalized, one-size-fits-all tips for improving a golfer’s swing. One area, though, where all golfers should focus on is the set up, also known as addressing the ball. The fundamentals of the set up — grip, alignment, posture and ball position — are universal, as opposed to the swing, which is unique to each golfer.

“We always start with the set up, and check all the boxes. Once you get beyond that, then it becomes very individualized.”

Another area worthy of attention, especially for golfers who have been playing long enough to have established their swing pattern, is having the correct club fit.

“When you’re just starting it’s not as crucial, because your swing is not consistent,” MacDonald

34 Heritage



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explains. "But it really does become a huge factor once you've established your swing. We're lucky to have Kyle Scott, as he is the best club fitter in Atlantic Canada."

While a golfer's height, and the distance between the hands and the ground play a role, the most essential element in club fitting is the swing.

"It's not really about your stature. It's more about how you swing the club."

One of the biggest mistakes MacDonald sees golfers make is trying to deliberately lift the ball into the air, rather than relying on the natural loft built into the club.

"Any time someone tries to scoop the ball, or pick the ball up, they tend to hit the top of it, because they're falling backwards."

While the old adage "keep your eye on the ball" certainly applies in golf, simply keeping your head down and eyes on the ball is not, in and of itself, going to lead to better results, he adds.

"It's a fundamental thing that you have to do, obviously, but it's not necessarily going to make you better," he says. "What we're trying to do is create a more athletic motion, where you're generating speed in an efficient way. As instructors, we want them to hit the ball further, because we know that brings a lot of joy."

Staying in shape over the winter months is also key to improving performance. MacDonald will refer golfers to a fitness specialist, Dr. Emily Wiggins, a Dartmouth-based Naturopathic Doctor.

"She will do an evaluation of the golfer's functional movement, and then create a customized workout program for them to follow over the winter."

Formed as the Halifax Golf and Country Club in 1922, and located just minutes from downtown, the course known as "Old" Ashburn was crafted under the watchful eye of the legendary Stanley Thompson, Canada's world-renowned

golf course architect.

Thompson designed many of this country's iconic golf courses including Banff Springs Hotel Golf Course in Alberta, Fundy National Park Golf Course in N.B., Green Gables in P.E.I. and Highland Links in Ingonish, N.S. Private courses designed by Thompson include Ashburn, Capilano in West Vancouver, St. George's Golf and Country Club in Toronto and Niakwa Country Club in Winnipeg. The Stanley Thompson Society has a list of 178 courses that Thompson has either laid out, had constructed or remodelled, including courses in the US, Brazil, Colombia and Jamaica.

Many luminaries have played rounds at Ashburn over the years, including sports legends Gordie Howe and Babe Ruth, and Canadian golfing greats George Knudson and Moe Norman. In 1995, then Prime Minister Jean Chretien and then U.S. President Bill Clinton played a round under the watchful eye of

the Secret Service.

In 1970, the New Ashburn course was opened near Kinsac Lake in Windsor Junction. The course has since hosted many national and provincial championships, as well as two Web.com tour events, and two world class golf exhibitions featuring the likes of Matt Kuchar, Tom Watson, Graham DeLaet and Mike Weir.

One of the great things about having an Ashburn membership is having full access to both courses.

"We've done a lot of work in recent years on the old course," MacDonald adds. This includes nine new greens, a new hitting area and a short game practice area with target greens. Being so close to the city allows members to stop in for an hour or so of practice on their way to work, or do the same in the evening on their way home.

"It's a huge asset for the club," MacDonald adds. "It's been really well received by the membership." ■

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FOOD & DRINK

Very vegan

How vegan options and support for the lifestyle are growing across Halifax and across Nova Scotia



By Sara Ericsson
Photos by Dave Grandy



If the alternative looks the same and tastes even better than the original, which do you choose?

This is the question posed at Real Fake Meats, where whole foods are used to create plant-based meat alternatives that chef and owner Lauren Marshall says are maybe even a little bit better than the foods they imitate.

The shop is one of many vegan-friendly options that have taken over Halifax, which has become a haven for vegans looking not only for food availability, but variety.

She and other vegan chefs, including the Sydney-based vegan meal-prepper and chef Amy Lane, are leading the way in the plant-based lifestyle movement that seems to be growing in Nova Scotia.

The trend has come and gone from Halifax and other centres in the province in years past, but Marshall feels it's now here to stay.

"There have been ebbs and flows with these options. There were times that it was more of a trend and places opened only to shut down. But it feels like things have changed and that it's now here to stay," says Marshall.

A growing scene in Halifax

Marshall began studying cooking at 17 and soon began travelling to learn to cook with different tastes and cuisines. She eventually found the Canadian School of Natural Nutrition and was struck when studying the benefits of a plant-based diet and the positive health spinoffs it often resulted in. This



BRAX
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subject captivated her most strongly as it coincided with a family health crisis — her mother suffered a series of mini strokes caused in part by smoking, an unhealthy diet and a lack of exercise.

“It showed me that the other things I had learned about were what people should not be eating. I’m a huge proponent of ‘treat yourself,’ but I just had that in the back of my head and felt I needed to do something,” says Marshall.

This realization eventually led her to work as a chef at enVie and later to establish Real Fake Meats. The plant-based butcher shop is now one of many vegan and vegan-friendly food venues in Halifax that include the Wild Leek, Heartwood, the Wooden Monkey and countless other casual and fine-dining eateries that offer vegan options.

Most of the food made at Real Fake Meats falls into the comfort food category, with dishes like donairs being among their most popular. The store is also a supplier to many restaurants in and around Halifax. Marshall says they are not the full answer, but rather an option, for full-time vegans and people looking to cut down on their meat or dairy consumption.

“I think my role in the plant-based community is more providing that comfort that you grew up on because people have been missing it,” Marshall says.

Marshall’s butcher-shop-styled eatery and kitchen is designed as such because it offers much the same services as a traditional butcher’s, where conversation is plenty, questions are welcomed and people connect over food.

The only difference is Marshall uses only plant-based, non-pasteurized foods to do so.

“It’s why we have an open kitchen — I don’t have a factory back there. I’m a chef with a couple of my other chefs, and we’re cooking and connecting and talking to our customers,” says Marshall.

Growing outside of Halifax

Halifax is not the only spot in Nova Scotia that’s seen a rise in the amount of vegan options available.

Nourish Plant Plates owner and meal prepper Amy Lane works seasonally at the Nova Scotia Community College and always wanted to run her own business. After she went vegan one year ago, she began researching tasty and varied vegan options to satisfy her own picky taste buds that yearned for delicious food.

She began crafting her own recipes and wondered whether a demand existed for tasty vegan options in the Westmount and Sydney areas and soon found there was — she began her meal-prepping business with 20 clients and now has nearly 70 after less than one year.

She has been part of a growing movement in Sydney that has seen food businesses like Selkie’s Neighbourhood Diner, the Black Spoon and Flavour restaurants offer more vegan options in Sydney — something she believes must shock the rest of the province.

“There is a boom happening. It’s very exciting to go out especially when you’re really busy and



to not worry — you know you have options that all serve vegan food,” says Lane.

“People are noticing how much business is driven by having vegan options — if you have one friend who is vegan and then everyone can do there.”

The attraction to veganism

The vegan lifestyle is one that looks to some as a magical solution to tackling unhealthy lifestyles and saving the environment, but Marshall cautions that no one solution will solve it all.

“Nothing is ever perfect. I would never say going vegan would solve everything, because mass-producing anything can be a problem. If it’s not meat, it could become something else,” she says.

But still, reducing meat consumption in favour of a more plant-based diet is gaining traction in many places, including the latest edition of Canada’s Food Guide.

“It’s recognizing that eating less meat seems

pretty beneficial, so that’s a big sign,” says Lane.

“Big fast food chains are also cashing in on plant-based options, which shows it’s something they see as profitable.”

Marshall says Halifax and the province feel like a vegan haven now as a massive shift over the last year has seen a rise in the number of vegan options for consumers combined with a spike in the number of consumers seeking out such products.

She’s also seen a growing movement among what appears to be a younger customer demographic who visit Real Fake Meats and educate their older family members on why they feel the lifestyle has merit.

“When all of this info is out there in a way it wasn’t before, people are listening and empathizing, and social media has helped to spread that too,” says Marshall.

“And we’re going to play into that. We’re a place that’s going to have a chat with you and tell you everything you can do with it.” ■



A man with short, dark hair and a light beard is shown in profile, looking towards the right. He is wearing a dark, possibly black or dark brown, leather motorcycle jacket with silver zippers and blue-tinted snap buttons. Underneath, he wears a white t-shirt with thin, horizontal black stripes. He is standing with his hands on his hips. The background is a soft, hazy landscape at sunset or sunrise, with a warm orange and yellow glow on the horizon and distant mountains. The overall mood is contemplative and stylish.

john varvatos



Fall fashion trends

Duggers' buyer
Karl van Allen
shares tips for a
well-dressed
season

By Karl van Allen
Photos by Dave Grandy

Just as the air cools and the autumn leaves change colour, so too does the modern man's wardrobe. Desires and needs evolve as the seasons change. The modern man's knowledge of quality, value and style has never been more thorough thanks to the internet and social media.

But with more information comes more noise. Luckily, our buyers at Duggers have already sought and sourced the world's most coveted brands, bringing to our store an assortment of styles unlike anything you might find elsewhere. Our highly experienced sales staff is ready to distill those elements of style most suitable to your lifestyle, saving you the hassle of filtering out the noise.

Our goal is simple: help make your life easier and ensure you look and feel your best. One of the biggest changes we've seen in men's wear is the rise of sophisticated casual/professional dressing. Today, many workplaces are opting for sport coats and smart trousers or dark denim in place of more traditional suits. That's not to say suits are out; they've simply become more event or job specific. And unlike the casual movement of the 1990s, this one is decidedly more tailored. As a result, a return to more suits is unlikely. And like our customers, our business continues to evolve as well.

Sport coats from nearly every brand have moved to lighter construction, embracing performance fabrics with stretch components.





Want a sport coat you can pack into a suitcase and not have to worry about? We've got it covered. We're also seeing a shift in shirting. Fewer men are wearing ties, which has led to a greater variety of prints and patterns designed to work with a necktie or without.

While Goodyear welt construction has been a hallmark of exceptionally made dress shoes since 1869, the sophisticated casual movement has the well-dressed man looking for more comfortable, appropriate options. More stylish sneakers or boots have begun to eclipse the black or brown cap toe in many instances. From Goodman's sleek sneakers, Johnston & Murphy's immensely comfortable comfort insoles, to Loake's more traditional dress shoes and boots, one would be hard pressed to find a better selection of quality footwear in Atlantic Canada.

Whether you're the professional who appreciates a perfectly cut suit or one of the many embracing a more elevated casual approach, we will always have your needs covered.

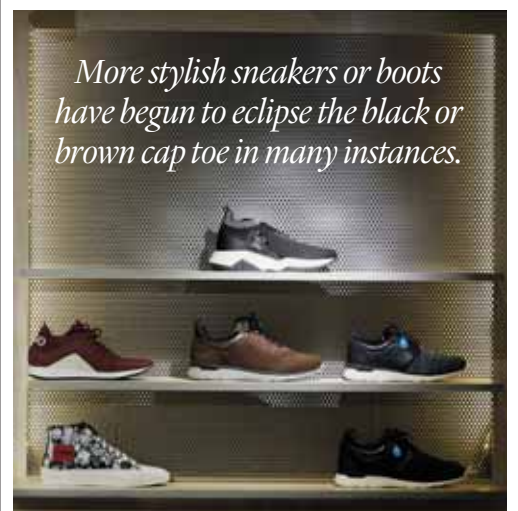
Suits, while ever evolving, also cannot be overlooked when discussing fall trends. Checks and micro patterns continue to be strong moving

forward, and the custom made business couldn't be stronger. Those who wear suits regularly recognize not only the value in a properly made and tailored off-the-rack garment, but also the benefit of being able to have cloth cut to your personal specs and finished with details like premium linings, buttons and thread colours, truly accenting one's style. Copley suits and sport coats are still all proudly made in Canada, having been one of the country's top clothiers since 1883. For sleek and stylish ready-to-wear suits we also carry a broad selection of Hugo Boss, Canali, Armani and Jack Victor (among others).

Outerwear has also seen a continued evolution into more performance based fabrics and construction. Nobis, founded by Robin Yates (former VP of Canada Goose), prides itself on its coats being breathable, windproof and waterproof. In turn, Canada Goose continues to refine its selection with each passing season and Moose Knuckles ups the ante with its top quality finishings and transitional styles.

Gone are the days when many men would reluctantly admit their interest in fashion. Today, we recognize how important it is to develop and refine our personal style. After all, we only get one first impression.

What will yours be? ■



More stylish sneakers or boots have begun to eclipse the black or brown cap toe in many instances.



Photo: 123RF/gstockstudio

Many, many risks

How too much screen time can have negative impacts on physical, social and emotional health

By Sara Ericsson

It is actually possible that a person could die from spending too much time using screens.

It may sound extreme, but it's something Dr. Simon Sherry says is absolutely among the potential side effects from excessive screen time.

Sherry is a professor in the department of psychology and neuroscience at Dalhousie University in Halifax and a practicing clinical psychologist. He says because screens and screen time — time spent using smartphones, computers, tablets, playing video games or watching media on screens — promote a sedentary lifestyle, extreme cases can result in mortality, while more regular risks include depression, obesity, poor sleep quality and even cancer.

All of these arrive because of how these devices change a person's lifestyle and behaviour and thus their health.

"You've got this behavior that disrupts physical activity that promotes sitting and disturbs sleep. It's a major risk factor," says Sherry.

Young minds most at risk

Children are among those most vulnerable to risks associated with excessive screen time according to Michael Ungar, a Dalhousie University social work professor and Canada research chair for child, family and community resilience.

Ungar has found that even half an hour of screen time per day can be harmful for children, especially when it is passive — something they've already seen or cannot understand that then poses a risk because it's not stimulating their brains.

"Unless it's educational, you're not getting much from that in terms of development," he says.

Ungar says this issue is one past generations didn't much contend with, when educational programming like Sesame Street engaged young viewers with hour-long episodes. He says current TV programming — whether child-relevant or not — is available on demand and on repeat which means children can watch them over and over.

These findings are supported by the "Screen Sense: What the Research Says About the Impact of Media on Children Aged 0-3 Years Old" journal published by global non-profit, Zero to Three, which found children under the age of three are exposed to an average of 5.5 hours of background television per day — 40 per cent of their waking life — that they often don't understand and that leads to a disruption of cognitive processing.

Excessive screen time has also been found to impact children's attention span. The 2019 Canadian Healthy Infant Longitudinal Devel-

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Quick Tips

TOP TIPS FOR FAMILIES

from Michael Ungar:

- 1. Self-regulation** — encourage children to limit, as opposed to setting arbitrary, external limits
- 2. Offer alternatives** and expect children to join fully in those other activities like going for a walk or doing a chore
- 3. Less is better**, especially for kids — the younger the child, the less amount possible
- 4. Get active**, make sure this happens too

THREE GOLDEN RULES FOR THE WORKPLACE

from Tanya Sieliakus:

- 1. Rotate the tasks and do something else.** You cannot sit and look at computer all day long or you're going to get injured. There's no way around it.
- 2. Everything has a specific place.** Ensure they are comfortable and know where their eyes, feet, hips, legs, shoulders and arms should be.
- 3. Ensure the symptoms are known** and early reporting happens. Too often the damage is done before the issue is reported.

opment (CHILD) study found that children exposed to more than two hours of screen time per day were five times more likely to display inattention behaviours and seven times more likely to meet criteria for attention deficit hyperactivity disorder (ADHD) than those exposed to less than 30 minutes daily.

“Now there are five, six hours of reruns of the same show all in a row — that didn't happen two generations ago,” says Ungar.

A workplace hazard

Excessive screen time also poses a serious risk for those who use computers in the workplace, according to HR pros inc. managing partner and safety training facilitator Tanya Sieliakus, who has studied and taught workplace safety awareness for more than two decades.

She says while computers have made life easier, they've also made office life harder and are responsible for the highest-ever numbers of workplace injury claims for eye strain, nerve damage and carpal tunnel — issues she says may seem to last a minute, but that can have lifelong consequences.

According to the Workers' Compensation Board of Nova Scotia 2017 annual report, musculoskeletal injuries (MSIs) accounted for 3,715 lost time claims in Nova Scotia in 2016 and 3,824 in 2017 — around 65 per cent of both years' total claims number. Sieliakus says such injuries often stem from employees who remain at their desks, completing repetitive tasks as they stare at a computer screen.

“Safety is often an afterthought, and screens are the afterthought to this afterthought. People don't think about what can happen to your eyes, your neck, your back and your nerves in relation to screen time. But these injuries are real and are becoming significant,” she says.

Data from the 1989 General Social Survey (GSS) found one third of workers used computers an average of 16 hours per week. Comparatively, Statistics Canada data from 2017 shows nearly all Canadians under 45, working or not, use the internet every day.

Sieliakus says this shift means the workplace must grapple with and learn how to manage this new set of risks.

“Welders know when they close their eyes and they get bursts of lights. A mechanic knows when he's got a sore shoulder. But people in offices aren't well-educated on what they need to know,” she says.

Emotional and social risks

The risks associated with excessive screen time are not just physical.

Ungar says increased exposure to screens has been found to decrease children's opportunities for social interaction “because of one fundamental fact — it is not real,” he says.

Sherry says this is also a risk adults face due

to the displacement of normal behaviours that occurs because of excessive screen time.

“The idea [is] that if you're spending lots of time on a screen, it displaces other behaviours in your life like social interaction,” he says.

Another potential problem Sherry says can occur from too much screen time is called upward social comparison — when screen users compare themselves to the unrealistic images they are bombarded by on social media and otherwise.

“Screens can have a corrosive impact on mental health. It's a vicious cycle especially if prior to picking up the screen, you are already in a low or depressed mood and thus seek out content that matches that mood,” he says.

“The content you encounter strengthens that mood.”

Sherry also points to another displacement factor he calls “narrowing,” when the number of relationships carried out in an online place limits real-time social life and “shallowing,” when most of these online social relations conducted through screens may become shallow.

“[These both] cause people to experience a deep sense of loneliness and isolation because they lack the depth and support of a real-time social interaction,” he says.

Some positives

Ungar says screen time that actively engages young minds is something he is optimistic about, as it shows them how to gather information and interact with others.

But he still cautions young children would never use devices this way because they are too young to know how.

“It can expand learning and gives kids a global reach they had never had access to. So it's good — it's definitely a tool they need to master — it's just not the only tool. It shouldn't come as a consequence to other areas children need to learn,” he says.

Sherry agrees that to throw screen time entirely under the bus is wrong, because screens, whether we like it or not, are something children must learn to interact with.

Like Ungar, he says the quality of the screen time is what determines whether it is beneficial or not.

“You want to look at the nature of screen time — like if a parent and child are watching a movie together and then had a meaningful discussion about it. Content and context both count,” he says.

But he cautions that parents still need to think of ways to restrict screen time and that no amount of good screen time can ever trump the benefits of switching it off and getting active.

“It's not necessarily the screen — it's the low physical activity, sedentariness and time spent sitting. Screen time is ubiquitous, so parents and people must find a way to learn how to limit it,” he says. ■



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LIFESTYLE



Photo: Orangetheory Fitness

What's in a workout?

How Halifax is charging, tracking and texting people into better health

By Heather Laura Clarke | Photos Contributed

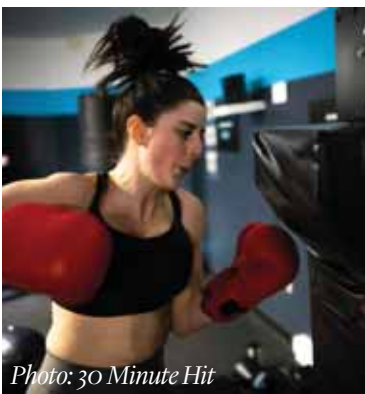


Photo: 30 Minute Hit

Ask just about anyone and you'll hear about a time they quit a gym.

Maybe they got stuck in a rut, choosing the same old treadmill and zoning out in front of a TV — or checking out the butt of the person on the treadmill in front of them — until they started going less and less.

Maybe they were unsure of which exercises to do but didn't want to shell out hundreds on personal training sessions, so they quietly cancelled their membership and planned to find another gym but never did.

Maybe they found it harder and harder to get there at all and the membership fee being yanked from their account each month filled them with frustration until they exploded and begged to be released from their contract.

It's almost 2020 and standard gyms just aren't cutting it anymore.

From accountability coaches and charges for missed classes to science-backed training methods and unique alternatives to exercise bikes, here are



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10 ways fitness organizations across Halifax are getting more people motivated to stay active and take care of their bodies ...

1. They're tracking your heart rate

Mark Dacey owns Orangetheory Fitness on Young Street in Halifax and he's opening a Bedford location this fall. Orangetheory workouts centre around the physiological effect of excess post-exercise oxygen consumption (EPOC).

"Everything we do is coach led, science backed and technology tracked," says Dacey. "When you use interval training to spike your heart rate, you get a metabolic charge from that and everything becomes enhanced."

When a person spends 12-20 minutes in what's called the "orange zone" — having a heart rate that's elevated but not dangerously high — Dacey says they're able to burn more calories, burn more fat and gain more muscle.

"People need to know how intensively they need their heart to beat before it's super effective, because some people only elevate their heart rate when they're scared or excited," says Dacey. "Just going for a walk is fine for burning off your lunch, but it's not going to increase your metabolism or extend your life in any way."

2. They're studying your body

When a new member registers at Blended Athletics on Wright Avenue in Dartmouth, they're not just stepping on a scale.

Owner Dave Rafuse says they use an InBody scanner to collect data on a person's muscle mass, fat mass and basal metabolic rate. From there, the Blended Athletics team can set the person's baseline and put together a plan for them to reach their health and fitness goals.

"Everyone who walks in here has tried something before either to lose weight or build muscle, but it hasn't worked," says Rafuse. "The feedback we always hear is that now they have found something that's working for them."

Blended Athletics members use MyZone heart rate monitors to track their data during each workout, and receive a new InBody scan every three months before meeting with a coach to discuss how they're progressing with their goals.

3. They're using TVs in a different way

If you're used to half watching the news and talk shows when you're at the gym, it's a bit different at Orangetheory Fitness.

Members wear special heart rate monitors either across their chest (The Core), on their bicep (The Flex) or on their wrist (The Burn). The devices can be rented or purchased and they work anywhere with any Bluetooth device — but they do something special when you're working out at Orangetheory.

"Each person has a square on the TV screen, identified by your first name, last initial and what day of the month you're born," says Dacey. "You find your square on the screen and during your workout you'll see it change colour depending on how fast your heart is beating."

4. They're rewarding you with points

At Blended Athletics, members receive post-workout emails that outline how many calories they burned, tells them their average heart rate and max heart rate and rewards them with MyZone Effort Points (MEPs).

"It measures your effort and you can compare your effort with your friends at the gym. It's not based on age or gender or anything — just on how hard you worked," says Rafuse. "Our members love it."

Dacey says Orangetheory Fitness has also "gamified" their heart rate tracking. For every minute you spend in the orange or red zone, the system awards you with a "splat point" — named for the company's splatter-like logo that's designed to look like a fat cell exploding. The goal for each workout is to earn 12-20 splat points by spending 12-20 minutes with your

heart rate in the orange (or red) zone.

"You won't believe how hard people will work for those splat points," says Dacey. "They're like 'aww, yeah! I got 25 splat points today!' It really motivates you."

Dacey says a person's heart rate responds to their current fitness level, so whether you're a couch potato who needs to lose 40 pounds or you're someone who exercises daily — you're not going to have an advantage over anyone else.

"In the beginning, it might just take power-walking on an inclined treadmill to get your heart rate into the orange zone — and a trained athlete would need to jog to get their heart rate to the same point," says Dacey. "It evens the playing field and allows us to have all ages and fitness levels together."

5. They're getting you in and out quickly

For busy women who don't have a lot of time to devote to exercise, Jodie Peck is offering a high-energy workout that takes just 30 minutes from start to finish.

Peck is the owner of 30 Minute Hit — a women-only boxing and kickboxing space with locations in Halifax, Dartmouth and Bedford.

"We're really focused on ladies with a busy lifestyle, whether they want to come in after they drop their kids at school, on their lunch hour, after supper — whatever works for their schedule," says Peck.

She recommends coming to 30 Minute Hit three times a week — which is only an hour and a half total — to build the habit of exercising regularly.

There aren't any set class times at 30 Minute Hit. Members show up and start the circuit at any point, and Peck says there's always a trainer on the floor to make sure they're using the proper techniques and "make sure they're kicking those bags with as much power as possible."

"We want people to leave glowing and smiling after their 30-minute workout," says Peck. "We



PAUL & SHARK

yachting

Photo: 30 Minute Hit



want them to focus on being healthy and feeling great, not on what they weigh.”

Peck says 30 Minute Hit has become a community where everyone succeeds and are always pushes themselves a little harder. With music pumping through the speakers and smiling faces all around, Peck says boxing and kick boxing are high-energy ways to tone up and lean up.

It’s also good for stress relief, she laughs, explaining that members “sometimes pretend their punching bag is Donald Trump.”

6. They’re charging you for missed classes

At a typical gym, you can plan on showing up for a 7 p.m. class but it doesn’t matter if you end up bailing. But at Orangetheory Fitness, members use an app to schedule their classes up to 45 days in advance — and anyone who skips a reservation is charged a penalty.

“It’s no different than a hotel room or a hair appointment. It forces you to show up or you’re going to pay,” says Dacey. “If you know you’re going to pay whether or not you show up, it makes you more accountable — and more likely to stick to your commitment.”

7. They’re encouraging you to play

Nicole Carlson is the sport operations manager with Halifax Sport & Social Club (HSSC) — the largest provider of co-ed sports in Nova Scotia, with about 10,000 players each year.

HSSC organizes three sessions — fall, winter and “sprummer” — that are each 12 to 16 weeks long. Players can sign up individually or with a group of friends they want to play with and choose from sports like volleyball, floor hockey, basketball, handball, soccer and flag football.

Carlson says many of their players aren’t the traditional gym-goers — they’re people who want to be active a few nights a week, but would rather play a game of soccer than sweat it out at

the gym. Most players are between 19 and 50 years old, but she says it’s great to see people in their ’60s and ’70s joining in.

“We’re big on the social side of things. A lot of opportunities for adults to play sports are at a highly competitive level, but this is an opportunity to get active, get outside and play at a lower skill level,” says Carlson. “It’s all about being active and having fun.”

8. They’re telling you what to do

Blended Athletics is divided into three spaces: an open gym space, the Loft (classes dedicated to burning calories) and Ground Zero (classes dedicated to building muscle).

In the Loft, all of the equipment in the room is powered by the people themselves, like Air Runners instead of treadmills and Air Bikes instead of spin bikes. Each hour-long class is led by a coach, and there are eight classes each day.

In Ground Zero, there are another eight daily classes led by a coach — except these ones are designed to build strength and put on muscle.

Rafuse says there’s no chance of anybody just wandering around, unsure of what to do. They simply show up for a class and the coach leads them through every step of their workout for the day.

At Orangetheory Fitness, each day provides a brand new full-body workout that focuses on endurance, strength or power — or a combination of all three.

“We never repeat the same workout twice, but they’re always a combination of treadmill, water rowing and floor training,” says Dacey. “Every station has all of the equipment you need, like TRX straps and BOSU balls and there are hundreds of different exercises.”

Each hour-long class has room for up to 24 people. Half the participants warm up on the water rowing machines while the other half starts on treadmills, then the rowers start on

floor exercises. Halfway through the class, the groups switch places — with the treadmill users moving to the floor — and then the class wraps up with a cool down.

9. They’re not going to let you ghost them

While some gyms will happily take your monthly membership fee without really caring if you show up or not, that’s not the case at Blended Athletics.

“We’re not in the fitness industry — we’re in the accountability business,” says Rafuse. “We have dedicated accountability coaches who run reports on how often our members are coming in. If someone comes in less than 10 times in 30 days, our accountability coaches will email, text or call them to check in.”

10. They’re not making you sign a contract

Unlike gyms that require you to lock into a contract, Rafuse says Blended Athletics’ membership is month-to-month and can be cancelled at any time.

“We believe that if we do a good enough job, people won’t want to leave,” says Rafuse. “Holding someone in a contract doesn’t make any sense and it certainly doesn’t help us become any better.”

Rafuse is upfront about the fact that Blended Athletics is expensive — \$149 per month — but says their members are willing to pay a premium to invest in their own health.

Orangetheory Fitness doesn’t do contracts either. Dacey says all of their memberships run on a month-to-month basis, with three different tiers depending on how many classes you plan to attend.

“We know we have an amazing product that’s changing people’s lives,” says Dacey. “This isn’t a gym where people are coming in to build muscle on top of muscle — it’s a community of people working to live longer, healthier lives.” ■



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An aerial photograph of a coastline, showing a mix of deep blue and turquoise water, sandy beaches, and some greenery. The water is the dominant feature, with varying shades of blue and green. The text is overlaid on the water.

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Self-care for everyone

Salt and self-care

By Ashley Gallant | Photos Contributed



Self-care is a buzz word these days. We all seem to be searching for ways to reduce stress, achieve a work-life balance and just be happy. In today's fast paced environment and in an era dependant on technology, it's getting harder to make time for simple pleasures.

The definition of self-care will differ slightly for everyone, for some it may be waking up ten minutes earlier to read the paper and have their coffee. For others, it may be carving out time to spend with their partner each week.

For Lindsay MacPhee, self-care is about examining the hard things in her life — things that she'd rather turn a blind eye to. "For me, personally that is finances. I had \$80,000 in student loans from my engineering degree that I'm still paying off. When I succeed and contribute to that, I celebrate. That to me is self-care. It's about the celebration I do after I've done the hard

stuff so that I have a positive association. That can be as simple as a dance party," she says.

Another important self-care routine that MacPhee makes a priority, is to take herself off technology completely. That's a task that is tricky for most people these days, but it is especially tough for MacPhee, who is an entrepreneur and owner of the Floatation Centre in Halifax.

The Floatation Centre opened in 2015 after MacPhee was going through a rough time in her life and was doing some self-reflection. She had floated while living in British Columbia and decided to book a float here in Halifax to relax and rejuvenate.

"I went online, and the closest place for a float was in Montreal. There was an obvious opportunity there. It was one of those 'oh my gosh' moments. When I started looking more into the benefits of floatation therapy it just clicked, all the things I wanted to do

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Quick Tips

Five simple tips for self-care

1. Take your breaks at work. Get up from your desk and head outside.
2. Go to bed earlier and get a good night's sleep. Who wouldn't benefit from this tip?
3. Schedule time for your own self-care, whatever that may be. Just as you'd schedule a meeting, schedule 'me time.'
4. De-clutter. An organized desk and an organized home can help organize your mind.
5. Volunteer. There are plenty of studies that show giving back improves your overall well-being.

with my life could be done by floating, sharing my love of meditation and serving my community. It all came together," recalls MacPhee.

The Floatation Centre has three float tanks and each is about the size of a small car, measuring 8.5 feet long and 4.5 feet wide. There are 1,000 pounds of pharmaceutical grade Epsom salts dissolved in 11 inches of water. The result is a float like no other.

"While the experience may be 75 minutes of floating in a tank, the effects can last for a much longer period of time. For some folks it can be up to 10 or 14 days of pain relief and most people have an incredible sleep after the first time they float. It's amazing," says MacPhee.

The benefits of floating include relief from

chronic pain, increased circulation, enhanced meditation practices and complete relaxation. A one-hour float session is roughly the equivalent to four to six hours of deep sleep, another incredible benefit.

"A lot of people will often say, I don't think I fell asleep, I think I may have meditated. Then they explain their experience and yes, they slipped into that state. That's a big thing for me, sharing my love of meditation," says MacPhee. "Even if they may never come back, if they've taken away the importance of meditation, that's perfect."

While MacPhee floats about once a week to improve her own mental state, she says once a month is all most people need to disconnect.

"A lot of people find floating resets their baseline, almost as if you have a bunch of tabs open on your browser and you just need to refresh them all. That's what floating is," says MacPhee.

Another local self-care hot spot, The Salt Room, also relies on the benefits of the mineral, sodium chloride. The healing powers of salt have been around for centuries, when European monks realized their patients got better faster when their respiratory ailments were treated in natural salt caverns.

Susan Terry is co-partner of The Salt Room, where for the last five years, clients have been breathing the benefits of salt therapy, also known as halotherapy.

"The thousands of pounds of Dead Sea salt on our walls and floor make the cave-like room a natural anti-bacterial, anti-fungal and anti-pathogenic environment," says Terry.

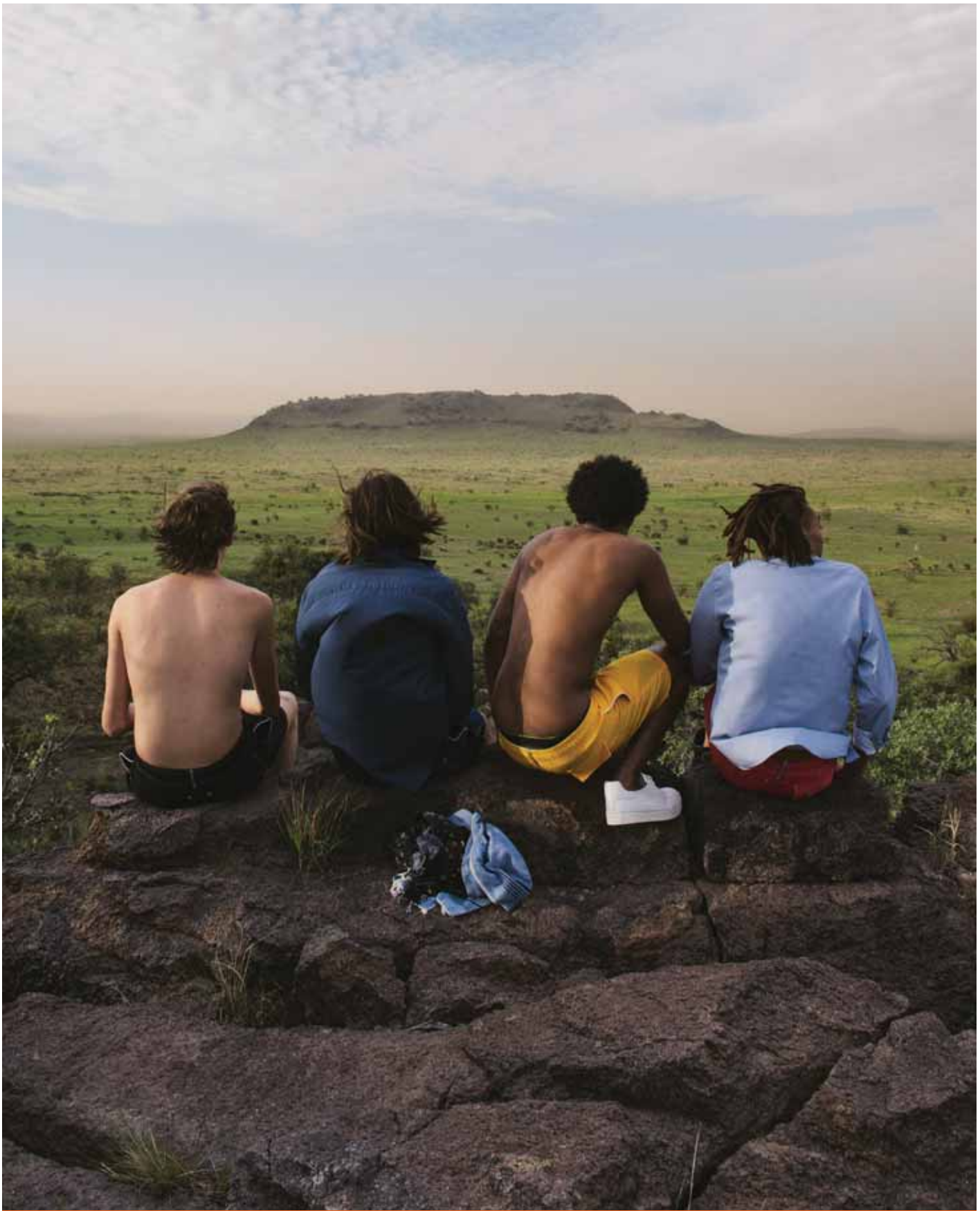
In addition to treating many respiratory and skin conditions, Terry says halotherapy promotes an overall sense of well-being.

"By inhaling the salt particles, the negative ions, which are viewed as a good energy, speed up the delivery of oxygen throughout the body. This increases the performance of our cells, while providing an energized, uplifting feeling," explains Terry.

Each session at The Salt Room is 30 minutes. Half an hour spent in a tranquil and soothing atmosphere while the salty air administers its natural healing powers, according to Terry. She recommends those who are using halotherapy for chronic conditions come in a couple times a week and says those who come for stress relief and relaxation simply come when they feel the need.

"The feedback we've received has consistently been nothing short of phenomenal," says Terry. "It is very gratifying to know that we have, quite literally, changed peoples lives for the better."

Whether you're sitting back in a recliner and breathing in the benefits of the dry salt air, or reaching a meditative state in a float tank, it's important you've taken the time to focus on you. As both MacPhee and Terry can testify, a little time for self-care can go a long way. ■



BUGATCHI



Photo: Le Mont-Saint-Michel

Travel like a king

A roundup of castle-like buildings from around the globe sure to take your breath away

By Sara Ericsson | Photos by 123RF

The attraction to castles is different for everyone. Maybe they remind you of fairytales and princesses awaiting their princes, or make you think of how they stood tall against enemies or how the nobility used to rule over peasants. Or maybe you see them as big, beautiful abodes you wish you called home.

Luxury Travel and Adventures owner and operator Shari Tucker says Castles are either romantic or foreboding in her experience, but never cease to draw people in thanks to the stories they carry within their walls.

“People are drawn to learn about the past — how far we’ve come and all of the strange, dark and unusual stories that come from castles that don’t have fairy-tale endings,” she says.

Whatever your fancy, there are castles and castle-like buildings around the world to satisfy every kind of traveller’s wants, from pretty and polished to empty and crumbling. Every castle has its charms and is worth exploring — so let’s find one that calls to you.

EUROPE

Le Mont-Saint-Michel

Where: Normandy, France

What: Monastery

When: 709

Go get lost inside the sprawling streets leading up to a village of religious buildings at this fairy-tale island that have stood since its first abbey was built in 709.

Wind your way up steep cobblestone streets through a literal layout of a feudal system — fishermen and farmers outside the island’s fortified gates, then through shops and houses, then up through great meeting halls and final to the religious buildings that grace its peak.

The site is dedicated to St. Michel and saw construction on the still-standing Benedictine

abbey begin in the eleventh century. The abbey was built in Romanesque architectural style, with the Gothic refectory and cloister later added in the 1100s.

The island was first populated by a mix of secular and religious residents and remains home to a small community of monks and nuns. It was later used as a prison under Napoleon I.

The stone buildings with their dim corridors and ribbed vaulting captivate many visitors, but it’s not just about the architecture and history here. The island is surrounded by a vast surrealist landscape ruled by 45-foot tides that regularly reshape its sand and salt marsh meadows. Although some venture for a stroll on the sand floor, it’s recommended people refrain from doing so without an experienced guide.

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The Gravensteen

Where: Ghent, Belgium

What: Castle

When: 1180

This castle may be surrounded by a moat, but it's no fairy-tale.

Tucker visited the site in Ghent on a dreary winter day in 2016 and was struck as she stepped inside with how its formidably thick rock walls and stark interior felt better-suited to Dracula than to a princess — a fitting description, as the castle was later made into a prison in the 1700s.

The site was first fortified around 1000 and the current castle dates to 1180 when it housed the Counts of Flanders until 1353. Tucker says

she was most struck by the castle's wooden gate and large moat, which made her wonder whose footsteps she followed while walking its halls. Its more foreboding elements were its small slit windows, dark rooms and weapons collection.

"I remember feeling small... I wandered through the large, stark, open rooms in awe of the sheer size of each room and the amount of strength it must have taken to lift the large stones into place," she says.

Though small, Tucker says the windows showed a beautiful view of the medieval city below, where a town square with short buildings original to the Middle Ages will wow all visitors.



Pena Palace

Where: Sintra, Portugal

What: Castle

When: 1854

Among the most colourful castles in the world is the Pena Palace in Sintra, Portugal, where it sits atop a cliff surrounded by a lush forest and a storybook park.

The castle was commissioned by Queen Maria II and King Ferdinand and constructed from 1842 to 1854. The castle features Neo-Gothic, Neo-Manueline, Neo-Islamic and Neo-Renaissance styles architecture and was a royal residence for half a century. It was where the country's last monarch, Queen Amélia,

stayed before Portugal for exile in France.

Tucker says the 'fairytale city' of Sintra and its castle are worth the steep walk, which is often a foggy one thanks to the wispy clouds that come with high altitudes.

"The fog rolls in around the colourful castle painted in pink and yellow, interspersed with blue tile and delicately carved monsters," she says.

The castle's grounds that make up the site's park area are full of romanticist-styled buildings, ruins and art and are worth exploring alongside the castle. And be sure to look away from the castle, too — that vantage point means a spectacular view of Sintra down below.



Stirling Castle

Where: Stirling, Scotland

What: Castle

When: 1490

Veteran travel writer Shelley Cameron-McCarron says Stirling Castle is her chief must-see castle in Scotland thanks to its stormy history and rugged surroundings.

The site dates back to 1100 but the current buildings were built from 1490 to 1600. The site is the country's most besieged castle thanks to its strategic location at the gateway to the Scottish Highlands.

"One half of Scotland, the Lowlands, is before you. One half of Scotland, the Highlands, is behind you. Stirling Bridge was the only way you went into the Highlands — so if you held the castle and the bridge, you basically held Scotland," says Cameron-McCarron.

The castle's great hall also hosted Mary Queen of Scots during the baptism of her son, the future James VI, in a lavish celebration that lasted for three days — something Cameron-McCarron says felt vivid as she traced the doomed queen's steps through the building.

"Expect to fall captive to Scottish lore," she says.



ASIA

Umaid Bhawan Palace

Where: Jodhpur, Rajasthan, India

What: Palace

When: 1943

This palace is among the world's largest private residences and counts nearly 350 rooms within its walls. It was commissioned by Maharaja Umaid Singh and is where the former Jodhpur royal family lives.

The massive project was commissioned by Maharaja Umaid Singh to help farmers gain employment after years of drought and resulting famine in the 1920s. The project employed

several thousand labourers and was built over 14 years so the workers were able to remain securely employed.

The palace is constructed of dun-coloured sandstone that was sourced from a distant quarry and transported to the build site by a train built specially for the project. It is built in Western and Indian architectural styles and is considered the best example of what is known as Indo-deco.

This palace is one to not only visit, but stay at — the site also includes a museum and a luxury hotel, called the Taj Umaid Bhawan Palace Jodhpur hotel, which was named the best hotel in the world by TripAdvisor's Travellers' Choice Awards in 2016.



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Uçhisar

Where: Cappadocia, Turkey
What: Castle-mountain
When: unknown

This rock-castle formation stands alone on top of a hill, surrounded by a community of cave houses.

“At one time, all homes were carved into the rocks and people lived in the inner caves, which stayed almost the same temperature year round,” says Tucker.

The other-worldly structure is the region’s highest point and is its best vantage point for the view of the Cappadocia Valley below that features the region’s famous fairy chimneys and

hot air balloons.

But despite being surrounded by fairy chimneys, Tucker says this castle does not feel like a fairytale.

“Its rooms are literally carved out from a huge rock formation. You walk through the inner maze under natural, bare, rock walls, under stone archways and peer out of asymmetrical windows of every size to look at views in every direction,” she says.

She says the castle can feel claustrophobic as you duck your head to navigate some stairways, but is worth persisting through for those who are able to climb the stairs and be rewarded with that promised view of the valley below.



AFRICA

Ait Ben-Haddou

Where: Ounila Valley, Morocco
What: Ksar
When: 1600s

This eclectic site is both widely known and largely forgotten about. It has been used as a filming location for dozens of TV and film productions including *Gladiator* and *Game of Thrones* and is a common sit-in for Jerusalem.

This layered grouping of buildings in southern Morocco is called a ksar, which is a group of dwellings built behind a heavily-fortified wall with towers and a gate. It dates back to the 1600s

and was constructed using earth and wood and is the region’s most famous ksar.

The site is not the oldest such site in existence, but uses the same ancient style of building distinct to the region. It was among the most important trade posts along the route from Sudan to Marrakech and contains a collection of small huts and castle-like buildings with their own towers and gates. Its communal areas include a mosque, a public square, a granary where people would thresh grain together and two cemeteries — one Jewish and one Muslim.

The site still houses around five families, with the majority of area residents having settled in a village across the river.



SOUTH AMERICA

Las Lajas Sanctuary

Where: Ipiales, Colombia
What: Basilica church
When: 1949

This gothic revival style church is not a castle, but still looks more epic than many buildings that are.

It is named for the *lajas*, or slabs of rock, that surround it in along the canyon above the Guaitara River. The church sits at the site of a purported miracle that occurred in 1754 when an indigenous woman named Maria Meneses de Quñones and her daughter Rosa, who was

both deaf and mute, became caught in a severe storm. The pair looked for shelter along the *laja* when Rosa suddenly exclaimed that a silhouette of the Virgin Mary appeared before her and made her able to see and speak.

The site soon became a popular pilgrimage destination — religious or not, it is not hard to see why. A shrine was later built around a mural painted to mark the spot where Mary appeared. The mural’s origins are not known, but it still exists today.

The current church was built starting in 1916 and completed in 1949. The site is dedicated to Our Lady of Las Lajas Ipiales and remains a popular tourist and pilgrimage destination.



San Carlos Borromeo Castle

Where: Pampatar, Margarita Island, Venezuela
What: Fortress and castle
When: 1684

This castle is Pirates of the Caribbean come-to-life — it was built for the express purpose of fending off repeated attacks from pirates.

The castle and its fortress are located on Venezuela’s Margarita Island, where the city of Pampatar was founded and first fortified in 1536 by Spain. The first defensive structure was built to defend against frequent pirate attacks, but was soon destroyed by Dutch pirates.

The construction of the current fortress was overseen by Captain Carlos Navarrom and was

attacked and destroyed by pirates before completion.

It is built in typical contemporary military coastal architecture style and has a four-pointed star-shape base, with observational towers at each point. Its walls hold cannons that were used during defenses against — you guessed it — pirate attacks. It also has a moat, but it was never filled with water.

The castle and fortress were once again witness to conflict during the Venezuelan War of Independence in 1816, when revolutionary hero Luisa Cáceres de Arismendi was held as a prisoner. The site is now a museum that houses items including de Arismendi’s personal possessions. ■



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AUTO

Luxury meets utility

Automakers are offering more style and tech to drive you through the winter



Photo: Porsche Macan

By Justin Pritchard
Photos Contributed

Winter is fast approaching — and if you'll soon be visiting the market in search of a new luxury SUV or crossover to help tackle it, you're in luck. Today, automakers are throwing everything they've got into the highly-competitive premium utility segment, giving shoppers more for their luxury dollar than ever before.

Next, we'll look at a selection of models that are ready to tackle winter driving with style, comfort, and confidence to spare.

Cadillac XT6

Launching for model-year 2020 as a smaller three-row alternative to the larger Cadillac Escalade, the all-new Cadillac XT6's angular design and muscular proportions help set it apart. A distinctive face and classic Cadillac grille help seal the deal. Look for a 310-horsepower V6 engine, three seating rows, built-in Wi-fi, and a powerful premium lighting system. Shoppers can expect excellent ride quality on virtually any surface, as well as a fast-acting and intelligent AWD system for maximum control on snow and ice.

BMW X5

Selection and luxury abound in the latest version of BMW's long-lived luxury crossover superstar. Look for six or eight-cylinder power, all-LED exterior lighting, and that oh-so-distinctive BMW fascia — which convey classiness and pedigree. The latest V8 engine is twin turbocharged for thrilling performance, and shoppers can specify high-end features like a cabin air freshener system, massage seats, and augmented-reality assisted parking. It's all wrapped up in a body that conveys BMW's prestigious and refined styling from a mere glance.

Porsche Macan

With selection and highly-configurable options to spare, Porsche's elegant Macan crossover is one of the sportiest choices in the segment. Styling is clean and pure, but unquestionably upscale. Various engine options give shoppers access to 400 horsepower and beyond. With a wide range of paint and interior colour schemes, wheel options, and various add-ons, Macan can be easily configured to your specific stylistic tastes. If the Macan will be your choice, you'll find yourself at the helm of a crossover that's every-day friendly, and thrilling, to drive in all conditions.



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RELATIONSHIPS

We're here for you throughout your time as a mortgage holder. Whenever your lifestyle changes - and it will - we can help adapt your mortgage to your needs and keep you on track to becoming mortgage-free as quickly as possible.



Photo: Volvo XC60

Volvo XC60

From Swedish automaker Volvo, the XC60 represents some of the most unique styling in the segment today. Outside, the look flies under the radar — it’s quietly upscale and athletic, but free of gawdy add-ons. Distinctive lighting elements and a poised stance turn heads. The cabin is another unique piece of design work that puts the focus on shapes, colors and materials — not interfaces and gadgets. Various engine options, including a high-performing Plug-In Hybrid (PHEV) are available. If you haven’t heard, Volvo makes some of the best winter-driving machines on the planet, too.

Mercedes GLC

The GLC is one of Mercedes-Benz’s latest crossover SUV’s, and one of the market’s most easy to spot. Smooth and swooping lines and a flowing fascia draw attention, and the look of a future styling classic is conveyed. All must-have luxury features are standard, as is a punchy turbocharged engine. Various equipment packages and trim grades leave plenty of room for customization, too. Things get even better inside — thanks to an array of advanced interfaces, and little short of the market’s very best luxury touches.

Infiniti QX50

Luxury crossovers don’t get much more well-rounded than the Infiniti QX50. A high-efficiency variable-compression ratio turbo engine serves up pleasing power, with pleasing mileage. Advanced safety systems abound — and each is easy to use, and trust. There’s room for four adults and their things, no shortage of high-end features and technologies, and the cabin feels high end and nicely finished, but not overdone. The styling might be QX50’s best asset: it’s instantly recognizable because of its shape, stance and flowing, smooth lines — not because of a monster grille and excessive ornamentation. The QX50 is a worthy test drive by anyone after a luxurious, high-efficiency, and quietly-upscale looking crossover.

Lexus RX

Lexus’s long-popular RX is one of the most distinctively-styled crossovers on the road today. Chiseled, poised and highly angular, it proudly flaunts the latest Lexus styling direction, with a nearly concept-vehicle look. Standard and extended-wheelbase models are available, as is an enhanced F SPORT model, which adds numerous athletic styling touches inside and out. A 295-horsepower V6 is standard, and a hybrid is available with even more power and a reduced fuel bill. Look for impeccable interior build quality, and take confidence in Lexus’s long-held reputation for building some of the most highly sought-after luxury vehicles on the road.



Photo: Jaguar I-PACE

Audi e-tron

Audi’s fresh new e-tron crossover might be the most futuristic vehicle in this list. With styling typically seen in concept crossovers on the auto-show floor, this winter-ready luxury utility turns heads with ease. The all-electric powerplant requires no gasoline whatsoever — and with available quick-charging and up to 329-kilometres of all-electric driving, this Quattro-equipped crossover is winter-ready, while allowing drivers to say goodbye to the gas station. All-digital on-board instrumentation and a speed-sensitive air suspension work to create a cabin that’s both comfortable, and cutting-edge.

Jaguar I-PACE

Jaguar has entered the all-electric crossover game, too—by way of their brand-new I-PACE. This all-electric, AWD-equipped crossover features distinguished Jaguar styling elements, a unique shape and stance, and a cabin that’s styled and assembled to wow occupants for years to come. Don’t miss the pop-out door-handles, which enhance aerodynamics. Incredible electric AWD performance and a heated windshield help make quick work of winter driving, and with over 360 kilometres of electric range and fast-charge capability, you can wave a teary-eyed goodbye to your favorite gas station attendant. Just plug in at home, and you’re greeted to a fully-charged battery, every morning. (Level 2 Charger required).

Bentley Bentayga

When money is no object, few crossovers on four wheels make as strong a styling statement as the Bentley Bentayga. With a variety of available engines and packages backed by extreme levels of customization, Bentayga was designed to be the world’s most luxurious SUV, and totally looks the part. On board, shoppers can even specify numerous high-luxury timepieces from Breitling to accent the centre of the dash. With all-terrain capability and 600 available horsepower, the most stylish and comfortable SUV on the scene is also one of the fastest — and most capable.

Lamborghini Urus

You might be surprised to see a Lamborghini in this list, the Italian poster-car builder does have its roots in farm tractors. The Urus is the first crossover SUV from Lambo, and it’s the perfect pick for the shopper who wants to drive nothing less than the most outrageous-looking SUV on the road. Signature Lamborghini styling elements are upsized and applied in full, for a look with unmatched visual firepower. That’s matched mechanically — thanks to the 650-horsepower V8 engine under the hood. Hop on board, for a seat in the lap of Italian super-SUV luxury. ■



Photo: Infiniti QX50



Photo: BMW X5



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