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# INDULGE

Drinks & Nightlife Magazine

February 2013  
IndulgeMag.com

## TOAST OF THE TOWN

The Lightning's  
DeAnthony Bowden  
Expects the Best

### NOTEWORTHY WINE BUYS

Wine Agency Tells  
Its Story Through  
Flavour & Aroma

### SHEEPDOGS' RYAN GULLEN

Enjoying Craft Beer  
Cans with Fans

### BARTENDING WITH FLAIR

Jean Freire Juggles  
Bottles with School



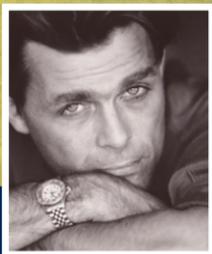
The Grand  
Theatre

# YANKEE TAVERN

BY STEVEN DIETZ

FEB 12 - MAR 2

Every bar has its regulars and Yankee Tavern has Ray. Ray keeps things lively with his tall tales, strange encounters and surprisingly gripping conspiracy theories.



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"Ted", a movie about a mischievously profane teddy bear released in June 2012, grossed over \$515 million worldwide (12th highest film for 2012). Producer Seth MacFarlane has confirmed a sequel.



## PHOTO OF THE MONTH

*What's making us smile*

Ted attends the Critics' Choice Movie Awards 2013 with Champagne Nicolas Feuillatte at Barkar Hangar on January 10, 2013 in Santa Monica, California. (Photo by Tiffany Rose/WireImage)

# INDULGE

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Share one of your great bar moments with us! Email your photo to [editor@indulgemag.com](mailto:editor@indulgemag.com)

## FROM THE EDITOR



Our cover photo of DeAnthony Bowden is by Dani Anthony Buragina, shot on location at Bertoldi's Restaurant on Richmond Row

Our event launch at the London Wine & Food Show could not have gone better. There are few occasions when members of the drink community all gather in one place, so it was exciting to be part of the conversation.

*Indulge Magazine* is the voice for drink culture and nightlife in “the Forest City”. Not only writing about people to see, drinks to try and places to go, we enhance your experience with regular tastings and tours to bring the pages to life.

Sign up at our site for your free print subscription, but also check out our line-up of experiences and join the conversation.

Cheers,  
A. PAUL MITCHELL

Follow Paul on Twitter: @apaulmitchell

## Contributors



### KATHY RUMLESKI

Enjoys wine, any colour, beef, any cut, and a night of great friends and good music.



### MICHELLE GRACE

Journalism grad and lover of stout beer, the darker the better!



### KRISTEN DUEVER

Has written for several magazines; enjoys ballroom dancing and wine appreciation.



### STEPHANIE SARGENT

Likes meeting new people, tasting whiskeys and enjoying London nightlife with friends.

# INDULGE

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### OUR THANKS

Dana James; Jim Evans; Steve Mara & Peter Calvert for lunch

### SUBSCRIPTIONS

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### MARKETING & EVENTS

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Contact our office for pricing.

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[indulgemag.com](http://indulgemag.com)

Indulge Magazine, Business Registration #220995989, is published nine times a year.

### February 2013, Issue #002

CANADA POST: Send delivery changes to address above. Publisher Agreement PM42520024

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## APERITIFS

Tasty News Bites To Whet Your Appetite

Islay Spirited  
Soaps in  
Scotland makes  
hand-crafted  
transparent  
whisky soaps  
allowing you  
to bathe in the  
“waters of life”

Milos' Beer Emporium has installed a vintage cigarette machine that sells beer-scented soaps. Ranging from \$6 to \$12, the hand-made soaps from local designer Weezi can be purchased to help cleanse away all but the memories from the night before. [www.weezi.com](http://www.weezi.com)



Crafted to enhance the enjoyment of single malts whiskies and aged blends, the Glencairn Scotch glass has a tapered mouth to allow for ease of drinking and to concentrate the all-important bouquet. Available at Hendrix Restaurant Supply for \$9.99. [www.hendrixequip.com](http://www.hendrixequip.com)



### Oops, We Made Two Mistooks!

In our January issue, we misidentified DJ FDJT's real name which should have read as Jesse Figuerido. We apologize and regret this unfortunate error. FDJT's photograph was provided courtesy of Shawn Tron.

Highland Park Single Malt Whisky is product of the Orkney Islands in Scotland, the most northern distillery in the country.

**Clarification:** UpFront at the Market is located in London while UpFront Cafe is in Strathroy.

Although expectations for this year's Icewine grape harvest are quite low due to warm conditions, the Niagara Icewine Festival (Jan. 11-27) attracted

Made in Vermont from natural soapstone, Teroforma's Whisky Stones are flavourless, non-porous cubes that chill your drink without watering it down.

Store in the freezer for a minimum of four hours, then rinse and air dry after each use, \$24.99. [www.chapters.indigo.ca](http://www.chapters.indigo.ca)



Quickly aerate young red wines to bring out their full flavour and aroma. Vinturi's Wine Tower model has an elegant design and can decant individual glasses. Hendrix Restaurant Supply, \$79.99. [www.hendrixequip.com](http://www.hendrixequip.com)

## Wine Council Builds Advocacy Website to Support Privatization

The Wine Council of Ontario has created the [mywineshop.ca](http://mywineshop.ca) site to support its call for private wine stores in the province. It is proposing that the government license independent private wine stores as a compliment to the LCBO. The Wine Council recommends that these independent wine stores would be able to sell both imported and domestic wine including selections not carried by the LCBO. This would differ from the 300 private retail stores which are owned principally by two companies and are limited to exclusively stocking their own products. Currently six other Canadian provinces allow independent wine stores.

## Canadian Whisky Brings Home the Gold

Canadian whisky maker, John K. Hall makes the best whisky in Canada. That's the verdict of whisky experts who awarded him the coveted Canadian Whisky of the Year Award at the Canadian Whisky Awards. The annual blind tasting competition results were announced at the Victoria Whisky Festival in Victoria, B.C.

Forty Creek Port Wood Reserve, a three-time winner, was also named Connoisseur Whisky of the Year along with winning a gold medal.

Other winners included Gibson's Finest Rare 18 year old, and Canadian Rockies 21 year old.



John Hall, Davin de Kergommeaux (CNW Group/ Canadian Whisky Awards)

# Mixing Drinks with Flair

**Fanshawe Student Tosses New Style into His Bartending**

*Conderge Services*  
Fanshawe College

Article by  
**Michelle Grace**

Photographs by  
**A. Paul Mitchell**

Jean Carlos Freire recently demonstrated his talents at the 2013 London Wine & Food Show

Proclaimed bartending legend Jerry Thomas' "Blue Blazer" whiskey drink was famous in the mid-1800s for having a little more oomph than other ordinary drinks one would order at the bar.

What was so different about his concoction? Let us just say he added a little more 'flair'.

Thomas poured flaming scotch and water from mug to mug in a long, fiery stream, which had everyone gasping and talking.

Fun, innovative and perseverant – how 24-year-old Jean Freire describes himself – just happen to be the three key attributes for modern flair bartending.

"My father suggested I take a bartending course," he explains. "I didn't know that the school where I went taught flair methods as well."

The young aspiring bartender Freire took a six-month course at a school in his home town of Guayaquil, Ecuador which happened to be part of the FBA (the industry's professional Flair Bartending Association). He currently attends Fanshawe College where a mixology course is included in his Hotel Management program.

"They taught me the basics of flair, but not only that. We have to focus a lot on every type of alcohol, liquor and beer," Freire says. "They make sure we as bartenders know our product and are taught how to identify it and know how to correctly mix it with another alcohol to get the perfect balance."

Flair bartending in North America began in the mid-1980s but became popular at bars, parties and weddings over the ●●

following 10 years after gaining initial notoriety from the 1988 movie “Cocktail” with Tom Cruise. The FBA continues to hold 14 professional flair competitions each year.

The craft requires great hand-eye coordination that can only be gained through patient hours of learning and repetition. Juggling, flipping, balancing throwing and catching bottles entails having fast hands and concentration in the midst of other bartending requirements while taking orders, pouring and mixing a huge variety of cocktails.

“Flair is so attractive, it adds the extra percent of fun to the bar. Flair bartending is a visual way to engage, surprise and entertain customers to make sure they have a good time,” Freire says.

In London, Jack Astor’s on Richmond has held two nights of competitive flair bartending in June and November, and a team called Liquid Entertainment has showcased their talents at bars such as Thorny Devil and Burlesque at Richmond and York as well as at other special events.

Freire adamantly states that there is a lot of craft behind the skill, and practice is most important if someone is wanting to venture into the world of flair bartending.

“Start with the basics, don’t give up at the beginning. It looks harder than what it is,” Freire says. “First get the feel of the basic moves, then just keep learning new ones and add them to you routines. Never forget to persevere.” ●●



***“Flair is a visual way to make sure customers have a good time.”***



# Drop the Beat

**DJ Mike Garratt owns the booth at Moxie's on Thursdays**



Article by  
**Stephanie Sargent**

**T**he dance floor is packed, the music is thumping so who is that up in the DJ booth? Good question. It is London's Mike Garratt.

Garratt got interested in DJ'ing while attending Fanshawe College. He was working at The Outback Shack, the school pub, and every Tuesday and Thursday afternoon a DJ would come in and play.

"When it wasn't busy, I would sneak up and he would teach me some of the basics," he says. "I picked up on it fairly quickly and it wasn't long before he took me to some of his other gigs and let me play a 15-20 min set here and there. I loved it so much that I practiced hard and stuck with it and here I am."

Garratt started to DJ on his own in 2009 once he had finally saved

up enough money to buy his first set of equipment.

"Once I had it all [the equipment], I heard about an opening at Jim Bob Ray's for a Thursday night spot. So I went to the manager and asked if I could come in early one night and play an hour set for him. The next thing I knew, I had my very first weekly spot downtown."

Garratt's experiences with London crowds vary based on what time of year it is and at which bar he is scheduled to play.

"I find that when Western and Fanshawe students are here, they prefer a lot of up-tempo house music because they like to dance and jump and sing. The summertime crowd prefers a healthy mix between the up-tempo music with breaks of hip hop and reggae/dancehall ●●

Garratt performs at Moxie's downtown every Thursday night

You can also see him at The Barking Frog, Music Hall, and Jim Bob Ray's

because it's hot out and most prefer to be sitting on the patio relaxing as opposed to being on a dance floor all night."

Garratt's favorite part of being a DJ is being able to control the party. "When you drop that right song at the right moment and everybody goes nuts and starts jumping to the point where your DJ booth is shaking, you can't top that feeling!"

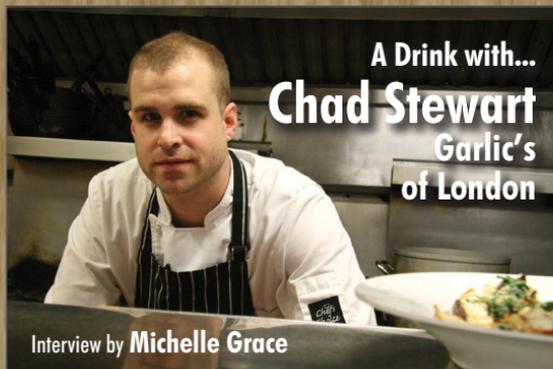
As for requests, Garratt says, "I don't mind [them]. It's just hard when someone requests a song of a totally different genre than the set you are currently playing and gets upset when it won't be the very next track. I always do my best to play the requested track at some point in the night when the transition to it flows better."



Garratt has played a few places around London such as The Barking Frog, Music Hall, Jim Bob Ray's and Moxie's. "Mostly you will catch me at Jim Bob Ray's and at Moxie's downtown every Thursday night." ●●

### TOP JANUARY SONGS

**Thrift Shop** - Macklemore  
**Toulouse** - Nicky Romeo  
**Spectrum** - Zedd ft. Matthew Koni  
**Say Nothing** - Example  
 (Hardwell & Dancic remix)  
**Walls** - Sultan and Ned Shepard



*What inspires your cooking style?*

**Seeing the joy in other people's faces when I cook. The Food Network, friends and family have also been a huge influence for me to strive for the best.**

*What is your favourite meal to cook?*

**I like to cook simple; nice AAA Steak, using some fresh cracked pepper and kosher salt, and some good olive oil.**

*What is the one spice you cannot live without?*

**Freshly cracked pepper and kosher salt.**

*What is your favourite food?*

**My Italian grandma makes the best lasagna in the world and that is my favorite thing to eat.**

*Describe your cooking style in just three words.*

**Simplicity, fresh and natural. I love supporting local farmers.**

*What is your favourite cooking utensil or kitchen tool?*

**A small offset spatula.**

*If someone was to look in your fridge at home, what would they be surprised to see?*

**Soy milk, no name cheese and 3 - 4L of chocolate milk at any given time.**

*Next to your place, where are your favourite places to eat in London?*

**The Keg and Abruzzi.**

*Person (living or dead) you would most like to have a drink with?*

**Mario Batali. He is a super star chef who has influenced me since I was a kid. I would like to enjoy a tall, cold beer with him.**



# Ryan Gullen

**Interviewing Saskatoon rock band The Sheepdogs is much like the whirlwind of the group's recent momentum**

Article by  
**Kathy Rumleski**

Interview &  
Photos by  
**A. Paul Mitchell**

The artist lounge where the interview is to take place has orange walls, makeshift black curtains as tapestries and a collection of well-worn leather chairs that hug the walls. Otherwise the room, tucked behind the stage area at London Music Hall is empty.

Occasionally the band's tour manager passes through; nobody else is around. Only amplifier hiss or a quick sound-check breaks the silence.

And then, like their rapid burst onto the international music scene, bass player Ryan Gullen is suddenly there.

Tall and slender in a brown hide jacket with curly brown hair tied back in a ponytail, Gullen exudes a relaxed, good-mannered Prairie charm.

After taking a seat in a chair in the corner, he immediately begins discussing beer.

Like most Canadians, Gullen and the band love their beer. They have been hosting meet-and-greet gatherings with select fans before each show that they call "Cans with Fans".

**"London is always a great place to play."**

After a few jokes at the start of the interview about possible Freudian slips, Gullen reveals his sense of humour: "We're going to switch to calling it 'Fans with Cans.'"

The interview is off to a good start.

"We wanted to do something creative," Gullen says of their catchy name to connect with fans. "We drink beer; we hang out. Bringing a few people into the mix isn't so bad."

Typical of his hospitable nature, Gullen is gracious to a gift of local craft beer (Waterloo's six-pack mixer) brought for the interview.

Part of the appeal of traveling throughout the U.S. and Canada for the three-time Juno-Award ●●

winning band is the opportunity to try micro brews.

"On our rider, we have specifically that we want local craft beers. We're big connoisseurs of beer."

His favourites include Traditional Ale from Big Rock Brewery and Flying Monkeys' Hoptical Illusion Almost Pale Ale.

And they have been able to try a lot of different brews as they are persistently on the road.

Saying The Sheepdogs are an overnight sensation belies the constant touring and three previous albums the band has done prior to accidentally entering a contest by *Rolling Stone* and Atlantic Records seeking the best unsigned band. The win changed the course of their career.

"About 1,200 bands submitted," Gullen says.

The win put them on the cover of *Rolling Stone* as well as on TV shows *Late Night with Jimmy Fallon* and *Project Runway*.

Gullen has been with the quartet since its inception and has played enough live shows here to prove their status as hardened rock veterans.

"We played in London a lot," he says, naming off clubs such as the Salt Lounge, Call the Office and Norma Jean's, as well as the John Labatt Centre (now Budweiser Gardens).

Their last gig, to introduce their latest album *The Sheepdogs* was at London Music Hall.

"London is always a great place to play."

Ironically, Gullen thanks Napster and piracy for opening up the world of music to him and his



## 5 QUICK QUESTIONS WITH THE SHEEPDOGS' RYAN GULLEN

1. Beer, Wine or Spirits? **Beer.**
2. Liquor on the rocks or in a cocktail? **On the rocks, but only one ice cube.**
3. Most memorable drink? **With his dad in Mexico on a party bus.**
4. Who what you like to have a drink with? **Paul McCartney.**
5. Who would you like to tour with? **The Black Keys or My Morning Jacket.**

band-mates on their disc players and then MP3 players when they were younger.

They listened to an eclectic mix including the Beatles, the Kinks, old funk, R&B and of course, in an apropos twist of fate, the Rolling Stones and Guess Who, back in the day.

"It was a lot of different music. Just kind of discovering it," Gullen says. "In some ways, the internet and piracy helped us to become greater music fans."

Now they are influencing up-and-coming groups through another internet sensation: social media.

"You can connect with people and share things - what you're doing at that very moment." ●●



# Would You Buy Wine From This Man?

## Why you should...

Article by **Jared MacAdam**  
 Photos by **A. Paul Mitchell**

## London's Noteworthy Wine Agency is Noteworthy Indeed

London Restaurants carrying Noteworthy Wines include Abruzzi Bungalow Idlewyld London Club

Wine can be viewed as the most diverse of all beverages with its overwhelming variety of flavours and styles. The sheer number of wines available can be dizzying, so restaurants, like most other consumers, look for reliable sources to find that captivating bottle.

With their young agency Noteworthy Wines, Bill and Lisa Wittur strive to help make choosing the best wine easier. Their mission is to help expand on the range of quality

products available for both restaurants and collectors in the Ontario marketplace.

Based in London, the Witturs hope is to bring the joys and excitement of discovering wine to more people in the region, especially through bigger events and local restaurants. His intention is to become a personal wine guide of sorts. "Discovery of new products," Bill says, "is a ●○





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fun path to follow and we're hoping to get others to join on this trek."



The main focus for Noteworthy Wine is to simply source out new and interesting wines overlooked by other agencies. "We support many facets of the wine trade with buyers, whether it's helping planners select wine for weddings or donating product for fund-raising events. People can call on us to share ideas about creating food-friendly wine menus or have a fun evening of tasting with their friends."

While the new agency has only recently started public

demonstrations in August, Bill explains that this did not mean the business has not been a long time coming. "There were several years of behind-the-scenes prep, including training and learning about the LCBO system." But the busy days are not behind Bill either, as he fills them with meetings, sampling, traveling, brainstorming and the ever dreadful, paperwork.

The real fun is in the wine itself. Quickly it becomes apparent how Bill and his wife enjoy working in a job that would make any wine enthusiast envious.

**Wine tells us its story through flavour, aroma and colour.**

"Who doesn't enjoy talking about and tasting wine, or traveling to the destinations where it's made? The history, food and overall experience with wine make it a great way to fill your day."

Wittur indicates that wine can be a strange liquid: "Wine is very flexible and forgiving. It rewards you when you're patient; it rewards you when you're impatient." He closes by saying that each wine has its own history, its own story and it tells us this story through its flavour, aroma, colour and all the things that make wine, well, wine. ●●

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# Toast of the Town

**The London Lightning Work Hard & Play Hard, Making a Home for Themselves in the Forest City**



While members of the London Lightning are careful not to earn the wrath of their coach, Micheal Ray Richardson, and overindulge, they do raise a glass or two at their favourite restaurants and night clubs around town.

"We can party. We definitely have fun," admits DeAnthony Bowden, a veteran guard for the Lightning, who play in the National Basketball League of Canada and have taken the city by storm.

It has been a long time since London has embraced a new sports franchise the way it has with the Lightning.

But that may be because the

players have embraced the city in return and make sure they serve up entertaining and quality basketball for Londoners at Budweiser Gardens and keep up a presence off the basketball court, going to schools and into public facilities to train. Of course, it is hard to miss the players, especially DeAndre Thomas, a six-foot-eight, 300-pound centre. In his first season with the Lightning, he has come to love his new city.

"People here are wonderful. I can go anywhere in the world and I'd come back to London," says Thomas, who also played basketball in Thailand.

A native of Chicago, Thomas likes London's size, even though it is, "real small compared to home."

Yet it often seems a lot bigger. "It feels like a huge city with the love (everywhere) in the city," he says. Thomas likes to go different places in London. He says he is on a diet, but he can still put it away and loves to do so at popular spots such as Jack Astor's and Joe Kool's.



Article by  
**Kathy Rumleski**

Photographs by  
**Dani Anthony Buragina**  
on location at Bertoldi's

He enjoys a dish of pasta with Alfredo sauce and salmon and shrimp and his beverage of choice is vodka and ginger-ale. Thomas keeps curfew in mind whenever he is out, of course.

But when there is not a game, well, there's no curfew. The players can let loose a bit more and some do.

Bowden said going out together as a team aids in the necessary bonding. "It helps with the team chemistry if everybody goes." He says he is family-oriented and prefers to be low key. (But check out the YouTube video of him dancing to "Teach Me How to Dougie".)

When his family comes to town from Indiana, Bowden

always takes them out for a nice dinner. He has two children, ages 6 and 5, and a girlfriend. His favourite restaurants in London are Moxie's, The Keg and Milestones.

"It's good surroundings, nice places, nice menus and the food is good."

What does he usually order? "Everybody knows I'm real big on Alfredo chicken." But he's also known to ask for the New York strip with shrimp.

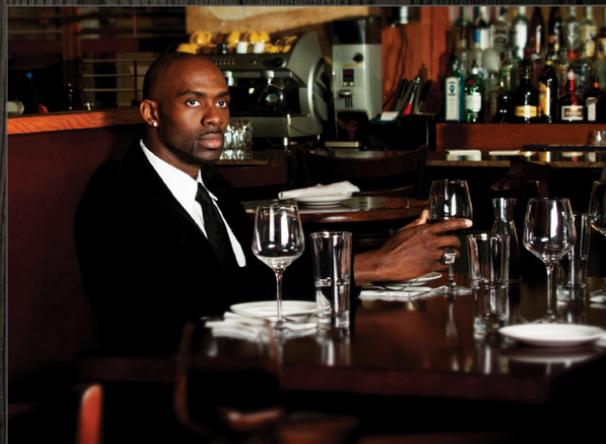
When Bowden is at The Keg, having their bread is a must, and at Moxie's, the dry ribs.

"Oh my gosh, you're making me hungry now," he says with a laugh.

When he is out for a drink, Bowden enjoys Rickard's white and Grey Goose vodka and cranberry juice. And he has come to have an appreciation for Molson Canadian and Alexander Keith's white since living in Canada.

With his diet, Thomas says he often cooks for himself, but Bowden eats out at least once-a-day. "It's just simpler," he acknowledges.

Elvin Mims, who hails from Florida, says during the cold winter days he mostly hunkers down at home. "I just go out to practice and back to the house and stay around the house."



When he does go out to eat it's to The Keg for a steak or to Boston Pizza. He cannot resist the latter's cactus dip and potato skins.

And Mims has come to enjoy our own Canada Dry ginger-ale.

•••



**(London Lightning, con't from Page 17)**

Is that it?

Well, Mims does admit to an occasional vodka, but do not tell his coach.

The players have also made friends in London. Bowden goes to dinner parties around the city.

"There are so many good people in London. It's just real easy to become a part of this community. It's not where you're from, it's where you're at."

He says wherever the players go, people recognize them, come over to talk and he enjoys that.

The team's hangout is Up on Carling, a downtown club. The Lightning are there after every Thursday night home game, along with their dancers.

"It feels like home," Thomas says.

The team is expected to look put-together wherever they go. But Bowden takes it to the next level. It is always a suit and tie for him.

"That's one thing they'll tell you about me, I like looking professional. I take a lot of pride in some

of the clothes I wear."

He says he approaches everything with a professional attitude that helps win games.

Bowden predicts good things again for the defending NBL champions.

"London has a history of being a winning city," he says.

He expects another title. And what a party that would be. ●●●



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# Surviving Dragons

Engineer Turned Vodka-Maker John Vellinga Has a Charitable Side



Article by  
Kristen  
Duever

Entrepreneur John Vellinga is an engineer who produces and sells vodka, but who also keeps charity close to his heart. He has created 'The Vodka Experience', a unique and interactive learning

demonstrate the nuances of its flavour. Last year, the events, designed to promote his Slava Ultra-Premium Vodka and Zirkova Premium Imported Vodka, raised over \$20,000 for various charities. And it all started right here in London.



In 2008, six years after he started Multiculture Bevco (Slava's Oakville-based parent company), CEO Vellinga was approached by a good friend and Ivey School of Business graduate who asked him to provide the entertainment for an Alumni event by hosting a vodka tasting.

"It was something I had never done and never really even heard of," says Vellinga. "I had heard of scotch tastings and wine tastings but never vodka tastings. Nevertheless, the event turned out to be quite a big success. ●○

event that describes the history and the manufacturing of the drink, along with tastings to

There were about 70 people and I kept getting question after question and the questions were still coming 45 minutes after my allotted time.”

So how does an engineering graduate, get into the vodka business? That story starts in 1997, when Vellinga’s wife, Katherine convinced him to move to her homeland of Ukraine. There, Vellinga started a consulting firm, securing the Ukraine’s largest brewery as a important client.

When the Vellingas moved back home five years later, the brewery asked for help in getting Lvivske (pronounced Le-vees-ka) beer into the Canadian market.

“After that, we wanted to bring in our own brand of vodkas,” says Vellinga. “We wanted to make a vodka that was very smooth and drinkable.” The result was Zirkova Premium Vodka and Slava Ultra-Premium Vodka.

Slava gained a big boost in recognition in 2009 after Vellinga’s appearance on CBC’s Dragon’s Den.

Although Vellinga did not receive any ‘dragon dollars’ from his appearance on the show, he did gain exposure. “We’d do tastings at LCBOs, and people would say, ‘Hey, is that the vodka

from Dragon’s Den? I’d like to try that.”

One year later, Vellinga won Dragon’s Den’s Viewers’ Choice Award consisting of \$25,000 worth of KPMG consulting.

The main factors in creating a great vodka, according to Vellinga, are what it is made from: the source water, the distillation process, and filtration.

While many people think that vodka is made from potatoes – and some is – some of the higher-end vodkas – Slava and Zirkova included – are made from rye and wheat.

Water is another important factor, Vellinga says. He draws emphasis to it in the distillation and filtration process of his vodka making. Slava and Zirkova use only the “centre cut” – meaning literally the spirits from the centre of each vat, thereby eliminating the

light and heavy alcohols that give off a medicinal smell or leave a mouth-burn. The final step in the process is a slow filtration process.

Says Vellinga, “We are making craft vodka.”

Slava and Zirkova retail for \$32.95 and \$22.95 respectively. Most LCBO stores carry one or the other – but seldom both. “We are the little guy,” he says, “so I tell customers to look for us on the bottom shelf behind the pole – but we are worth looking for.”



An advertisement for Milos' Craft Beer Emporium. On the left is a circular logo with a white beer glass containing a dark beer with a white head of foam, with the word 'Milos' written in white cursive on the glass. Below the glass is a gold banner with the words 'CRAFT BEER EMPORIUM'. To the right of the logo, the text reads 'HOME OF FRESH CRAFT LOCAL BEER &amp; FOOD' in a stylized font. Below this, the address '420 Talbot St. N (corner of Talbot &amp; Carling)', phone number '519 601-4447', and website 'www.pubmilos.com' are listed. The background of the ad has a blue and white sunburst pattern.

# Beers to Try

## What We Are Drinking



### Wellington Brewery Special Pale Ale

Guelph (4.5%, \$6.25/16 oz.)

On tap at the Blackshire Pub, this classic English pale ale has a nice balance of malt and hops. Its mild almond-nuttiness flavour, good bitterness and easy-drinking, creamy body make it easy to see why it is the brewery's most popular draught.



### Kronenbourg Blanc 1664 Wheat Beer

France (5.0%, \$7.50/20 oz.)

A different type of wheat beer, it is fresh and fruity dominated by lemon citrus and lots of melon. Coates of Arms features this amazingly refreshing and easy-sipping beer on tap. Less tart, acidic and yeasty than others, it is light and lively to the finish.



### Rogue Brutal India Pale Ale

Oregon (6.0%, \$6.00/16 oz.)

Available on tap at the Church Key Pub, the initial sight of its cloudy orange-tangerine colour hints at what awaits. Strong hoppy aromas enhance a very bitter (59 IBU) yet refreshing exotic taste complete with lemon, orange and lots of yeast notes.



### Denison's Brewing Dark Lager Dunkel

Toronto (4.9%, \$6.25/16 oz.)

Authentic bottom-fermented dark beer in the Munich style that is available on tap at the Blackshire Pub. It is characteristically sweet and smooth at the start, followed by a good malty character and a long, complex finish. A nice light session beer.

Wheat beer is brewed with a large proportion of wheat in addition to malted barley. Top-fermented, the main varieties are weissbier, witbier, and the sour lambic, Berliner Weisse and gose varieties.



# Wines to Try

What We Are Drinking



## R8 Wines Cabernet Sauvignon 2011

California (13.0%, \$12.50/gls, \$46.00/bot)

Toronto-born winemaker Michael Lancaster creates a medium-to-full bodied red from

Sonoma that is big to the nose with strawberry, currant, and red licorice. Not as bold when tasted, it is a great young wine (short finish) for spicy food that will get better with age. Best deal by bottle at Gusto Wine Bar.

Sonoma is one of California's largest and most important wine regions, rivalling neighboring Napa in both fame and quality



## Brownstone Cabernet Sauvignon 2009

California (13.5%, \$8.00/gls, \$35.00/bot)

Aromatic black pepper, burnt plum and strong alcohol define the nose of this Lodi region red. Available by the glass or bottle at the Tasting Room, black cherry, currant and high tannin help make it better-suited paired with a Porcini-rubbed Filet Mignon.



## LaBaron Ranch Chardonnay 2009

California (13.3%, \$15.00/gls, \$58.00/bot)

Attractively clean golden-lime colour along with an herbal, lemon, tart pear bouquet is welcoming. This Sonoma white from Gusto Wine Bar has creamy, buttery oak flavours with a slight funky ginger-herb hint ideal for Mac n' Cheese Lollipops.

# Irish Whiskey Review




**W**hile Scotland has over 150 distilleries, Ireland's share has dwindled to three major centres owned by large multi-national companies: New Midleton; Bushmills; and, Cooley.

Independently-owned Irish whiskey brands, such as

Tullamore Dew, and new upstarts, like Dingle, Writers' Tears and Hot Irishman, are helping to drive a resurgence in the popularity of Irish whiskeys, especially in Asia.

Similar to Scotch whisky which has seen annual growth of 15% to 20% in recent years, Ireland's producers are also seeing increases in demand. Ireland's 2% share of the world whisky market is experiencing huge potential for growth.



## GREEN SPOT

Single Pot Still  
(Mitchell & Son)  
40%, 700 mL  
bottle, \$84.95  
LCBO 699827  
Limited Quantity  
Triple Distilled



## GREENORE

8 Yr. Single  
Grain (Beam,  
Cooley)  
40%, 700 mL  
bottle, \$58.95  
LCBO 27953  
Limited Quantity



## TULLAMORE DEW

Blended  
(Grant & Sons)  
40%, 750 mL  
bottle, \$30.55  
LCBO 71746



## WRITERS' TEARS

Pot Still Blend  
(Writers' Tears)  
40%, 700 mL  
bottle, \$47.95  
LCBO 271106  
Limited Quantity



## BUSHMILLS MALT 10 YR

10 Yr. Single  
Malt (Diageo,  
Old Bushmills)  
40%, 750 mL  
bottle, \$39.95  
LCBO 131870

Jameson remains the best-selling Irish whiskey in the world with Bushmills being the other most recognizable name in Canada.

Most Irish pot still whiskey is distilled three times, while most (but not all) Scotch whisky, is distilled twice. Peat is rarely used in the malting process, so that Irish whiskey has a smoother finish as opposed to the smoky, earthy overtones common to notably Islay area scotches. There is a notable exception in Connemara Peated Irish Malt (double distilled) whiskey from the Cooley Distillery.

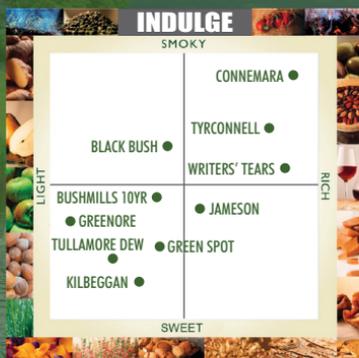
Key regulations defining Irish whiskey and its production, established by the Irish Whiskey Act of 1980, are relatively simple compared to those for Scotch and Bourbon:

- Must be distilled and aged in Ireland.
- Must be distilled to an alcohol-by-volume level of less than 94.8% from a yeast-fermented mash of cereal grains in such a way that the distillate has an aroma and flavour derived from the materials used.
- The product must be aged for at least three years in wooden casks.
- If the spirits comprise a blend of two or more such distillates, the product is referred to as a "blended" Irish whiskey.

As with other whiskies, the distilled product is initially clear and only attains its golden colour

after being aged in one of a variety of wooden barrels (such as bourbon, sherry or port). The longer the aging, typically the darker the colour gets.

There are several types of whiskey common to Ireland, including those referred to as single pot still, single malt, single grain, and blended. The Irish Whiskey Act of 1980 does not actually contain a definition of the terms "single malt Irish whiskey" or "single grain" so the exact definitions between these terms may vary substantially between producers. ••



### BLACK BUSH

Blended  
(Diageo, Old Bushmills)  
40%, 750 mL bottle, \$36.95  
LCBO 61374

### JAMESON

Blended  
(Pernod-Ricard, Irish Distillers)  
40%, 750 mL bottle, \$32.45  
LCBO 10157  
Triple Distilled

### KILBEGGAN

Blended  
(Beam, Cooley)  
40%, 700 mL bottle, \$34.40  
LCBO 657247

### The TYRCONNELL

Single Malt  
(Beam, Cooley)  
40%, Not Available

### CONNEMARA

Cask Strength Peated Single Malt (Beam, Cooley)  
57.9%, 700 mL bottle, \$99.95  
LCBO 913400  
Limited Quantity

Other Irish Whiskies Not Available at Indulge Tasting:

**REDBREAST** - 12 Yr. Pot Still (Pernod-Ricard, Irish Distillers), 40%, 750 mL bottle, \$84.95, LCBO 636845

**LOCKE'S** - 8 Yr. Pot Still Single Malt (Beam, Cooley), 40%, 700 mL bottle, \$54.95, LCBO 913475

Indulge Magazine objectively reviews London-area restaurants with a critical eye to location, decor, service and quality of food. Visits are done anonymously and meals are paid-in-full to ensure our scores are fair, objective and unbiased.

## Exotic & Unwieldy Menu Offers Choice

Blu Doby's concept is to offer an eclectic menu of the exotic and expected in order to attract busy downtown guests. Despite a convenient location and beautiful decor, by offering something for everyone, the eatery loses focus.

The modern layout purposely creates different social areas. Contemporary dark wood and black accent treatments, and earth-tone palates are offset by brightly coloured paintings. A secluded front room overlooking Dundas is separated by a central bar from the majority of the 126-person seating along the long, narrow brick-walled dining area.

The menu offers a rotating selection of 22 appetizers and 14 mains. My Moules-Frites (\$12) with white wine, fennel and thyme are wholesome and delicious but



need bread to soak up the broth. My guest's Lobster Mac n' Cheese (\$15) is soupy with bland pasta and overpowered by truffle oil.

Blu Doby is sophisticated with a menu designed to please groups but not necessarily tight budgets.

### Blu Doby Remarkable Dining

32 Covent Market Place (downtown)  
519-433-1414 | [www.bludoby.com](http://www.bludoby.com)

**Rating:** ★★★½ (3.5) | **Pricing:** \$\$\$

Price range (mains): \$15.00 - \$27.00  
Reservations: No | Licensed: Yes



### Avenue Dining at Idlewyld Inn

36 Grand Avenue  
[www.idlewyldinn.com](http://www.idlewyldinn.com)  
519-433-2891 | **Rating:** ★★★★★ (4.0)

Modern menus and plating design are balanced with old-time craftsmanship of inlaid wood trim and linen-covered table service. Food is elegant yet hearty bistro fair. Tantalizing fowl and seafood dishes, pan-fried Skate Wing (\$23) and Polenta Roulade & Scallops (\$13), are luxurious at unexpectedly reasonable prices.



### Porcino Restaurant

1700 Hyde Park Road  
[www.porcino.ca](http://www.porcino.ca)  
519-641-7777 | **Rating:** ★★★½ (3.5)

Not your typical Italian eatery with its modern design and polished concrete minimalist decor. The menu pays tribute to classic dishes at reasonable prices. Stone-oven pizzas and paninis such as Chicken Parm (\$13) are a highlight along with tasty apps like Veal & Pork Meatballs (\$7). Pastas are modestly-decent but uninspired.

## TOP DISH

### APPETIZER

#### Domo Sushi

11 Baseline East  
No website

**Gyoza** (6), Deep-fried beef dumplings; crispy on the outside and soft, amply-meaty filling inside, \$4.95

Suggested Pairing:  
Jasmine Tea, \$3.95

### MAIN COURSE

#### Pollos Micky

590 Dundas Street  
[www.pollosmicky.com](http://www.pollosmicky.com)

**Quarter Chicken**, slow-roasted rotisserie chicken, seasoned with spices of Peru, \$9.99

Suggested Pairing:  
**Chicha Morada**  
\$10/jug, \$2.50/gal



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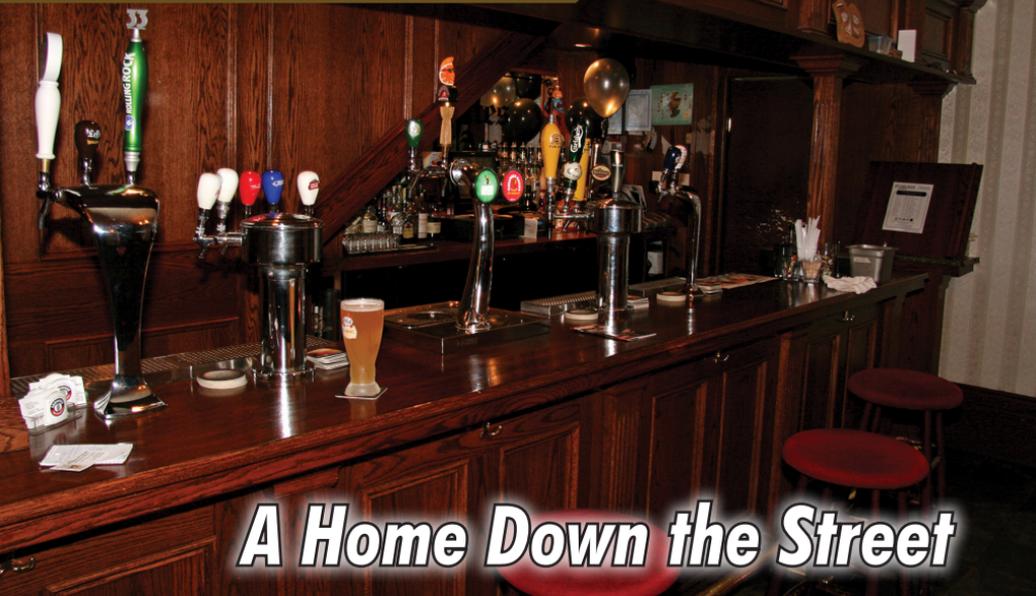
[skinnygirlcocktails.com](http://skinnygirlcocktails.com)  

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AVAILABLE AT: Blu Doby | Bungalow | Church Key Pub  
Crossings Pub | Joe Kool's | The Springs | The Tasting Room



## A Home Down the Street

***Most guys dream of owning their own pub, the Coates cousins made it their happy reality***

Article by  
**Brittany Dakins**

Check the line-up of events at [coatesofarms.ca](http://coatesofarms.ca) for weekly specials, trivia nights and scotch tastings

In any good pub, there is a community of both strangers and friends. At the Coates of Arms on Talbot Street at Albert, the welcome is the same for both.

Inside the Victorian-styled bar, the atmosphere emulates a historic British pub with its wood-burning fireplace, carpeted flooring, wallpapered décor and a combination of soft padded chairs and wooden stools. It seems as though it has been a part of the London pub scene for centuries even though cousins Rob and Jon Coates did not take over the 150-year-old building until 2010.

“We want people to feel like they’re having a drink in their

own living room,” says Rob, whose background is in finance and management. “The only difference is you have someone bringing you your orders.” ●○



(Left to Right) Jon Coates, Jared Lahaie and Rob Coates

He and Jon share a balanced partnership, with Jon coming in from the restaurant industry and Rob having the business perspective. Together, they have built a strong customer base of mainly people in their late 20s to early 40s. Their game nights every Tuesday and Wednesday (poker and trivia, respectively) have made the Coates of Arms a weekly hot spot for get-togethers.

“Since we’re away from Richmond, our atmosphere brings in people who are here to socialize and not get too rowdy,” says Rob. “There’s a big sense of satisfaction in being able to get to know our regulars and provide service you can’t get elsewhere.”

And with 17 beers of tap and a full menu of acclaimed pub foods, there is no shortage of options. The Coates offer a traditional 20 oz. pint of imported draft for \$8.00 and also have 30-plus brands of scotch available at the bar. On the last Thursday of every month, customers can taste three of those scotches, a pint of beer and a three-course dinner for just \$60.00 with tax.

Beer cocktails are also a big attraction, with mixtures ranging from a Guinness and Black (stout mixed with blackcurrant cordial) to a Black and Tan (stout mixed with a pale ale) starting at \$8.00. Kronenbourg Blanc is a favourite beer among the ladies, says Rob, while his preference is Black Velvet, a mix of cider and Guinness.

On the weekends, local rock bands set up in the 65-person

capacity space, giving everyone an intimate live music experience. Rob and Jon hope to open the second floor of the bar for private parties in the next couple years, but until then, the cousins’ aspirations are right on track.



“Historically, the pub was always ‘down street,’” says Rob. “You didn’t drive to the pub, you walked. And that’s the kind of atmosphere we have, where everyone can come and socialize.” ●●

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Not too long ago, a group of Londoners and I decided to embark on an alternative 'cultural tour' of the Forest City. While many people make fun of 'dive bars' for their decor, location, clientele or their choice of beer/food, they provide an fascinating perspective on the people and history that make up our city. While perhaps intimidating, low-budget bars are full of interesting stories, cold beer and decent food.



**Town & Country Bar & Grill** - Located in Old East Village, this bar has \$2.00 breakfasts on Sundays with the purchase of a beverage. The breakfast is a good quality 'greasy spoon' style. Next time, I might bring my dirty clothes as there is an on-site (and licensed) laundry mat.

**St. Regis Tavern** - I suspect that this is one of the oldest bars in the city. The decor isn't as rough as expected and the service is fantastic. The two women working on our visit are the nicest employees we met all day.

**Clicks** - I really enjoy our trip to Clicks. Looking past the lack of food choices (none), this place has potential. The beer is the coldest we have all day, the room is clean, cosy and it seems like it could become popular with a few changes. Not sure I'd go back without a group though.

**East Side Bar & Grill** - Having grown up in the East End, I knew this bar existed but never patronized it. From the outside it doesn't look like much but the inside is very different. Decent live music, good service and amazing ribs. I wouldn't actually classify this as a 'dive bar' after visiting it. It is the sort of place I could see going to for dinner and a beer once in a while if I lived in the area.

**Playtime Cafe** - Visiting Playtime is like you have unexpectedly stepped into someone else's living room; when we come in, everyone else goes outside. The decor is exceedingly interesting and they have \$1.00 hotdogs available.

**Nick à Trax Bar & Grill** - This place is small. It has an interesting meat/cheese/pickle plate (not platter) with really fresh bread, very cold beer and an espresso machine that seems out-of-place. We don't spend too much time here as, for some reason, I feel fearful for my life.

**Victoria Tavern** - We finish up our tour at the Victoria Tavern, apparently once known as 'The Bucket of Blood'. Aside from the grumpy server, the lack of food choices and a deck of cards with clearly more aces than it should, it is a great little place. The food isn't bad and they serve Iron Spike beer - a nice treat to round off the tour. I'd head back here for sure.

Obviously there are many other venues in London that can be classified as 'dive bars' but we only have so much time and money to explore. It is true that some of these establishments wouldn't be the most welcoming at night, yet I am surprised by many of the establishments. See you next time you are enjoying a cheap draught!

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17TH

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\$2 after 12:30

22ND

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23RD

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wsg/  
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