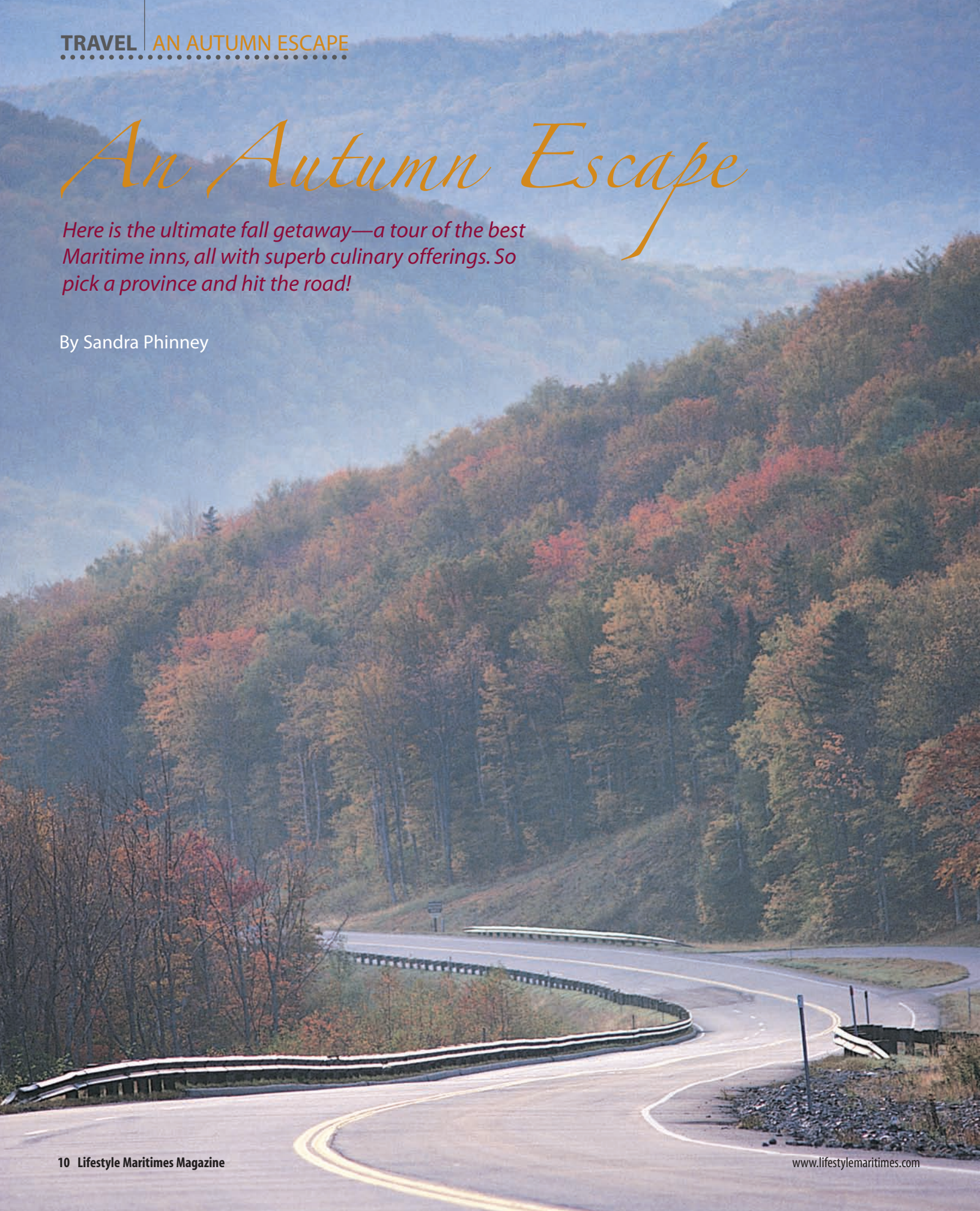


# An Autumn Escape

Here is the ultimate fall getaway—a tour of the best Maritime inns, all with superb culinary offerings. So pick a province and hit the road!

By Sandra Phinney



The Garrison House in Annapolis Royal has a chef who “wows” at every meal.

## A magical loop through Nova Scotia

Have you ever met a ghost? Please meet young Emily, an occasional visitor at The Garrison House in Annapolis Royal. She’s a wisp of a thing and reported to be rather mischievous. She’s also partial to one room, and according to innkeeper Patrick Redgrave, only women have felt her presence.

The Garrison House was built over 150 years ago as “The Temperance Hotel”, on land that at one time belonged to the Lieutenant-Governor when the capital of Nova Scotia was located in Annapolis. Redgrave bought it in 1980 and created a property that is a charming mix of old world and new, classy and common, sensible and decadent. And that doesn’t apply only to the rooms. Redgrave is an innovative chef who wows folks at every meal. Picture this: a pork-tenderloin grill with grapefruit-ginger chutney and basmati rice, with a side dish of fresh, locally grown vegetables. Bonus: the inn is across the street from Fort Anne National Historic site and its famous candlelight graveyard tours.

This property is just one of 24 inns that form part of the Nova Scotia Association of Unique Country Inns. They are all owner-operated, are historically valuable, and have a maximum of 20 rooms (each with private bathrooms). Aside from memorable breakfasts, the inns also serve dinner unless there are suitable dining facilities close by.

Another is The Braeside Country Inn in Pictou. Built back in 1938, it’s been totally refurbished and sits as handsome as can be on five acres of wooded hillside, smack in the centre of town. It’s close to many hotspots, including Hector Quay. In 1991, Princess Ann was on hand for the inauguration of the good ship *Hector*, and Braeside was her accommodation of choice.

One of the draws at this establishment is Chef Darrell Selig. He can do no wrong, although rumour has it that he once entered a baking contest but actually forgot to make the bread! When folks came by to pick up his entry, he asked them to return in one hour. Selig proceeded to produce an award-winning bread in 45 minutes!

In Cape Breton, you’ll want to spend time in Port Hood, a wee fishing village. If you can manage to be there during the spectacular Celtic

Colours Festival (Oct. 5–13), you’ll find an abundance of ceilidhs, concerts and square dances to capture your fancy. Haus Treuburg Country Inn and Cottages is the place to hunker down in Port Hood, and innkeepers Elvi and Georg Kargoll know how to spoil their guests. You’ll quickly discover why their German Sunday Morning Breakfast (available everyday) is so famous. Evening meals are an event. No wonder the restaurant was featured on “The Great Canadian Food Show”! So pack your taste buds and your appetite. And when you arrive, check out the unusual set of outdoor chess on the front lawn.

On the south shore of Nova Scotia, you’ll discover Oceanstone Inn and Cottages, another in the grouping of unique country inns. Here, you have a choice of rooms, suites or cottages and you can also plug into a full range of Healthself Therapeutics, an onsite massage therapy studio. In addition, Oceanstone partners with Sea Sun Kayak School and Adventures, Torpedo Rays Diving, and Four Winds Charters allowing visitors and locals alike a chance to discover the magic of St. Margaret’s Bay.

To top it off, Chef Paul MacInnis leads the culinary team at the inn’s famed restaurant, Rhubarb Grill and Café. He continuously outdoes himself so it’s not surprising that he has fans from far and wide.



Haus Treuburg Country Inn and Cottages



Oceanstone Inn



Hotel Paulin is a historical boutique-style inn situated on the Bay of Chaleur.

## New Brunswick beckons

Caraquet is famous for lobsters, oysters, artisans, festivals—and Hotel Paulin. A classic Victorian hotel built in 1891, it is now a historical boutique-styled hotel situated on the Bay of Chaleur. Still owned and operated by the Paulin family, it has been featured in so many magazines and travel books that it reads like the Who’s Who of special places. And rightly so. Innkeepers Gérard Paulin (Maitre d’hotel, professional bartender) and Karen Mersereau (professional food stylist and



*Little Shemogue is exquisite and you'll feel as if you are in a private intimate gallery*

www.lifestylemaritimes.com



At the Rossmount Inn, evening dining is a feast for the eyes and palate.

Executive Chef) both know the meaning of excellence. It oozes out of every room, every meal, and every encounter. No wonder Hotel Paulin was selected as “the” spot for a visit by the Governor General. And no wonder that Karen’s gourmet recipes are featured in the *Innkeeper’s Magazine*. Tap into Gérard’s quiet passion and Karen’s electric enthusiasm for the region and you’ll have no trouble finding off-the-beaten track things to do. (Hint: oyster eco museum, Cormorant bird colony, a cheese-maker par excellence—and more.)

Now, zoom over and down toward the Bay of Fundy to St. Andrews and the world-famous seaside resort area. But watch closely—a few kilometres before the town, you’ll see a stately three-storey home situated on 87 acres at the base of Chamcook Mountain. Welcome to Rossmount Inn. Innkeepers Chris and Graziella Aerni bought the property in 2001 and have injected a love and energy for this historic property that is palpable.

At first, however, they ignored the small mountain. (After all, when you’ve grown up in Switzerland, a mountain that’s a mere 600 feet is hardly something to get excited about.) But when Chris later ventured to the top, he was mesmerized with the view which spans Passamaquoddy Bay and Minister’s Island. It’s the perfect spot for a picnic and he will eagerly prepare a gourmet lunch to tuck along. Evening dining is a feast for the eyes and palate. Many vegetables are plucked from the garden within hours (or minutes) of appearing on your plate and the Vanilla Poached “Naked” Lobster is as sensational as it sounds.

Slipping over to Port Elgin, on the other side of the province, you’ll find a treasure called Little Shemogue (pronounced “shim-o-GWEE”)



Succulent Seafood Linguini from Hotel Paulin.

Country Inn. This is old world charm at its best. Innkeepers Petra and Klaus Sudbrack are known far and wide for their grace and hospitality. Expect a million-dollar service—without a million-dollar price tag.

Dining is a magical event and reservations, even by house guests, are a must. You can also expect candlelight breakfasts, accompanied by soft classical music. The artwork throughout Little Shemogue is exquisite and you’ll feel as if you are in a private, intimate gallery. In this idyllic setting (not a neighbour in sight) you can canoe, kayak, or simply relax in an enclosed hot tub in front of the marsh and watch nature at its best. Yet you are only a short drive away from some major attractions like Le Pays de la Sagouine, golf courses, the border to Nova Scotia and the Confederation Bridge to Prince Edward Island.

### *Fantasy and reality in Anne’s land*

Prince Edward Island has its own claims to fame, such as Lucy Maud Montgomery and the Fathers of Confederation. It also has more beaches per square foot than any other province in Canada and more golf courses per square mile than any other province in Canada. It comes as no surprise then that it also has some of the best inns in Canada.

To wit: Dalvay By The Sea, built on the western end of the province in 1865 by a wealthy businessman as a summer home. The estate had a billiards room, a separate bowling alley, stables, and a number of horses and carriages. Power to the house was provided by windmills. Although

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Dalvey By The Sea has kept its unique personality for more than 140 years.

Dalvey By The Sea has withstood a number of owners and changes, it has kept its unique personality for over 140 years.

Innkeepers Michelle and David Thompson have overseen some major expansions including a spectacular new dining facility that curves off the main house with a view of Dalvey Lake from every table. Executive Chef Andrew Morrison performs wonders and the dining room has achieved the prestigious AAA-CAA Four Diamond Restaurant Award three years running.

Crossing over to the other side of the island, you'll find Inn at Bay Fortune. You may recall the famous play, "Johnny Belinda", written by Elmer Harris. The Inn was built as a summer retreat for the author back in 1910. In later years, Canadian actress Colleen Dewhurst (a.k.a. Marilla in "Anne of Green Gables") frequently ended up here to get away from it all.

Fast forward to 1989. Alas, the property was in a sorry state, but innkeeper David Wilmer fell in love with the place and decided to restore the inn to its original splendour. Committed not only to providing a tasteful place for visitors to be, David wanted to ensure that travelers (and locals) would have a tasty culinary experience and he has spared no time or energy fulfilling his dream.



The Inn at Bay Fortune has one of Canada's best dining rooms.

Main fare comes from island producers and the bounty of the sea, and many fruits and vegetables are grown on site. Chef Warren Barr is tops in his field, and the dining room is one of Canada's best. It features contemporary creative cuisine with an intense regional cooking style. Nutshell: a distinctive PEI slant that makes for happy taste buds. It's sophisticated but not pretentious—and mighty good.

So dear traveler, at the end of the day, what you really want is a comfortable bed and good food. Tuck in caring, attentive hosts and a place that's a sight for sore eyes and you have a winning combination. This is why *Lifestyle Maritimes* selected these inns. They are simply the cream of the crop. Now isn't it time you made some reservations? •

# REACH FOR THE STARS

A Maritime soccer pro teams up with David Beckham on Los Angeles' Galaxy soccer team

Growing up in Bedford, Nova Scotia, Ante Jazic was not unlike most active young Canadians. In the winter he played hockey. In the summer he played soccer. Fortunate enough to be talented in both sports, he eventually had a choice to make as commitment levels became more demanding. Hockey or soccer?

"To be honest I preferred the hockey," admits Jazic. "But in the end I chose to focus on my soccer—mostly because of finances."

As his parents likely welcomed the lesser financial burden, it was a decision that Jazic himself would never regret. The talented defender never dreamt of where his career might take him—let alone the players he would one day play with.

At first, his aspirations in the game were quite simple. "I would have been happy to just play at university and hopefully get a degree out of it," he recalls.

After a brief spell with local amateur team, Halifax King of Donair, and a one-year stint playing for Dalhousie University, Jazic's uncle set him up with a successful trial at Croatian club NK Hrvatski Dragovoljac during a visit to his family's homeland in 1997.



Photo courtesy of www.robertferrone.com

Beckham, who he calls "just a great, humble guy."

When they aren't honing their skills on the training ground, Jazic says the team's social life has been under the microscope of the media far more than ever before, enjoying a greater awareness in their hometown.

"Nowadays we can make a reservation at a restaurant for a team dinner or



*"It's a totally surreal experience to see Beckham, who has played at the highest level of the game, sitting there in your dressing room," Jazic says.*

It was his break in the professional game. Since then, the Maritimer has scarcely looked back with spells at Croatian side Hajduk Split, Austrian club Rapid Vienna and FC Kuban Krasnodar in Russia. A crowd favourite wherever he has played, Jazic has been an integral member of each team he has represented.

But it is with his latest club that Jazic, who has also played 22 times at international level for Canada, has enjoyed the highest profile to his career. Mid-way through the 2006 season, Jazic joined former Canadian head coach Frank Yallop at Major League Soccer's Los Angeles Galaxy.

"It was a gamble I was willing to take at that stage of my career," says Jazic, now 31. "And it's really paid off for me."

Although the team was blessed with many stars when Jazic joined, including U.S. co-all-time leading goal-scorer Landon Donovan, it is their latest addition who has sky-rocketed him and his teammates to the front pages—not just sports pages—of most international newspapers.

Yes, Jazic is now teammates with one of soccer's most iconic players, David Beckham.

"It's a totally surreal experience to see Beckham, who has played at the highest level of the game, sitting there in your dressing room," Jazic says.

Not that he has been fazed by the global status of his new colleague. In fact, Jazic reveals that he has already struck up a great friendship with

in a club and just have to drop the name Galaxy," Jazic laughs. "Instantly, people know who we are, whereas even six months ago, it wouldn't have been that way."

"It's a totally different experience to before. Everywhere we go, in hotels or restaurants, the fans are everywhere just to see Beckham," Jazic says, offering some insight into his first-hand experience of the media circus surrounding his team and their prized asset.

Despite the media attention to his teammate, Jazic says he doesn't see himself any differently as a soccer player.

"Obviously we're under the microscope a lot more," he says. "But for me it's not that big a change. I just prepare for each game the same way I've always done."

During the off-season—the MLS runs April through November—Jazic says he likes to get home to the Maritimes at least once a year. He spends every Christmas with family and friends in Bedford, Nova Scotia, enjoying his trips home to the place he is proud to have grown up in.

But having just bought a home in Los Angeles, Jazic says he is settled in a city that he has come to love. As Beckham-mania grips the North American soccer scene, Jazic says he hopes to stay with his new teammate for as long as he can.

But as he can already attest, you never know where your career might take you. •

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