



Dec. 5 was a good day for Bedford's Barb Stegemann. The CEO of the 7 Virtues Beauty Inc. was named one of Canada's 100 most powerful women by national women's networking organization WXN and she won a new Ford Fusion as the top Game Changer on the CBC TV show Dragons' Den. There are now four different 7 Virtues fragrances available at Bay stores across the country, in the Air Canada Duty Free boutique and at Lord & Taylor in New York. (RYAN TAPLIN / Staff)

## Stegemann has lots to celebrate

Fragrance purveyor, Dragons' Den winner, top Canadian female trendsetter

By **ANDREA NEMETZ**  
Entertainment Reporter

WHEN BARB STEGEMANN became the first woman from Atlantic Canada to sign a deal on the Dragons' Den TV show in February 2011, she made the Dragons cry.

Now they've returned the favour.

On Wednesday's holiday edition of the popular CBC reality show, the Bedford entrepreneur beat out 12 other pitchers from the past seven seasons to be named top Game Changer and win a 2013 Ford Fusion.

"They were looking for businesses that went above and beyond the standard call of busi-

ness," said Stegemann, the CEO of 7 Virtues Beauty Inc., who believes it is important that her business make a positive social and environmental impact.

"When (Dragon) Jim Treiving got out of the beautiful car . . . and I was given the keys to the car, I cried," she recalled of the segment taped in Halifax earlier this fall.

In fact, Wednesday was a very good day for Stegemann.

The 43-year-old mother of two teenagers was also named one of Canada's 100 most powerful women in the trailblazers and trendsetters category by the Women's Executive Network, a national networking and professional development organization with more than 18,000 members. She received the award at a

*'If you start doing something different, it's easy to get overwhelmed, but it's important to stay the course — with everything in life.'*

**BARB STEGEMANN**

gala dinner in Toronto with Laureen Harper and keynote speakers Bonnie Brooks, president and CEO of Hudson's Bay Co., and TV personality Jeanne Beker.

Earlier in the day, Stegemann was a keynote speaker at the organization's Top 100 Summit alongside Arlene Dickinson, one of the Dragons Stegemann made cry almost two years ago when she made a pitch for investment in the 7 Virtues Afghanistan

Orange Blossom Eau de Parfum.

Stegemann, named Ernst & Young's Emerging Entrepreneur (Atlantic) in October, has become something of a Dragons' Den regular.

She met her business partner and mentor W. Brett Wilson on her first appearance on the show. She returned last February for a followup, and she was filmed at 14 Wing Greenwood, where she is the base's honorary colonel, for her Game Changer segment that aired in September.

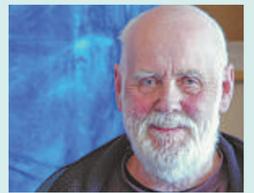
The 7 Virtues perfume was conceived after her friend Capt. Trevor Greene was severely injured in an attack in Afghanistan in 2006. Stegemann wanted to help people in Afghanistan

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### INSIDE



Jazz legend Brubeck dies on eve of 92nd birthday / **E2**



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### TATTLER



Singer-songwriter Dave Gunning's new album Penny Drive has raised more than \$6,000 for the IWK health Centre.

(ERIC WYNNE / Staff)

### Gunning's pennies add up for IWK donation

Dave Gunning's Penny Drive has raised \$6,287.66 for the IWK Health Centre.

With the release of his 10th album No More Pennies in September, the Pictou County singer-songwriter embarked on a Penny Drive, collecting pennies at his Atlantic Canadian shows to support the hospital.

The Scotiabank in New Glasgow offered to roll the pennies and match the funds, up to \$5,000. Gunning made the cheque presentation at the bank Tuesday.

He performs at the Chester Playhouse on Friday; Evergreen Theatre, Margaretsville, Saturday; Marigold Cultural Centre, Truro, Dec. 15; Pictou's deCoste Centre, Dec. 17; and Dragonfly Cafe, Antigonish, Dec. 21 and 22.

### Free online screening of doc Last Chance

Viewers have an opportunity to see Nova Scotia filmmaker Paul Emile d'Entremont's award-winning documentary Last Chance for free in advance of Human Rights Day on Dec. 10.

The National Film Board is offering free online viewing of this emotionally charged portrait of five asylum seekers fleeing homophobic violence in their home countries, from Friday to Sunday at nfb.ca/lastchance. After that, it will be available for both download-to-own (in standard and high definition) and video-on-demand.

Last Chance was named the best medium- or feature-length Acadian film at the Festival international du cinema francophone en Acadie, while its soundtrack, by composer Claude Fournier, was named best original score at the 2012 Atlantic Film Festival.

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## Symphony, union talks break down

Dispute mainly over money

By **BILL SPURR**  
Features Writer

Even before the overture, performances by Symphony Nova Scotia this holiday season will have an added, if less joyous, element: labour strife.

Unionized musicians, dressed in their black uniforms, will be handing out leaflets before performances of The Nutcracker and Handel's Messiah until the end of the Christmas season on Dec. 22.

Conciliator-led negotiating sessions between the musicians and symphony management have failed to reach an agreement.

"We're just informing the public about our circumstance, that's all," musician Kirsty Money said about the decision to hand out leaflets. "It's a pretty normal thing that happens in the orchestral world with labour disputes."

"We are still, technically, negotiating. We have another meeting on Jan. 14 scheduled, before the 14-day cool-off period, as they call it, will be finished."

Erika Beatty, chief executive officer of Symphony Nova Scotia, could not be reached for comment.

The last contract between the musicians, represented by the Canadian chapter of the American Federation of

See **SYMPHONY / E2**



At the Hideaway Pub and Grille, one of the specialties is pan-fried haddock served with slices of sauteed banana and slivered almonds. (BILL SPURR)

## Hideaway shows off tasty, offbeat dishes

### BOURGEOIS GOURMET



**BILL SPURR**

John Mihelcic, owner of the Hideaway Pub and Grille, and his partner moved to Halifax from Bermuda, presumably attracted by our climate and our relaxed attitude toward socks.

Actually, it was a visit to his daughter at Dalhousie that originally brought him to the city. He's taken over the space formerly occupied by the Cellar, and then Wang's, which should be a great location, with its proximity to moneyed condo owners.

The restaurant, below street level and divided into two distinct dining areas, is gently lit and features dark wood and exposed brick. There's a gas

fireplace and music playing low, and it's cozy on a cool night.

Monday was quiet, with just a couple of tables and my group of four. Mihelcic entertained a few friends at the bar, which bisects the two dining rooms.

Three Sleeman's offerings are on tap, there's quite an extensive list of mixed drinks and Jost and Benjamin Bridge wines are on the medium-sized list.

There are 10 starters, standbys like steamed mussels and chicken wings, but also a few items a bit off the beaten path, like fish tacos and flambeed shrimp. We chose fried brie and pub pastries, just pastry filled with ground beef and fried, but the "Caribbean" spices in the beef give the pastries a bit of heat, and if you spoon on some sauce on the side, they're good and hot.

The brie comes in six bite-sized pieces, with a dish of raspberry coulis, and is easier to eat than baked brie that you have to smear on bread.

### HIDEAWAY PUB & GRILLE

**WHERE:** 5677 Brenton Place  
**PHONE:** 431-4433  
**WEB:** www.thehideawaypubandgrille.ca

Kath had the chopped salad with creamy herbed dressing, which was a nice salad of greens, cheese, veggies and roasted chicken, but wasn't chopped and was dressed with a kiwi balsamic vinaigrette, not a creamy dressing. The club sandwich is a departure from the norm, served on a baguette instead of triple-decker style, and with cheddar added, and lacked structural integrity. Hand-cut, crisp fries were excellent.

No complaints about a special of pesto chicken on penne. The chicken and penne were cooked perfectly, and the generous portion of pesto was delicious.

Also enjoyable was an intriguing dish, pan-fried haddock with bananas and almonds. From reading the menu, I'd assumed the fish would have a coating that incorporated the bananas and almonds, but the haddock is pan-fried and topped with slices of sauteed bananas and slivered almonds. I wouldn't have thought fish and bananas could work so well.

We ran out of time to have dessert, but took home a dish called Back of Town to BJ, which consists of curry-flavoured chicken over rice, with salad and pappadam. The menu describes the spice level as medium, and that's accurate.

Supper for five, including one beer, tax and tip, was \$131.

Bill Spurr is a features writer at The Chronicle Herald. (bspurr@herald.ca)

## 12 DAYS OF COOKIES



Cardamom chocolate macadamia cookies take half an hour to make and bake. (AP)

# Chocolate, macadamia cookies spiked with cardamom

By ALISON LADMAN  
The Associated Press

The classic combination of chocolate and macadamia nuts gets a holiday overhaul with the addition of cardamom, one of the most overlooked and underappreciated of the holiday spices. And if baking up a batch of these cookies gets you hooked on cardamom, try it in applesauce, cranberry sauce and rice pudding, too.

This cookie recipe also is incredibly versatile. Mix in any other nuts — or even chopped dried fruit — that appeal to you. Dried apricots and white chocolate chips would be great, as would cranberries and pistachios or raisins, walnuts and milk chocolate chips.

### CARDAMOM CHOCOLATE MACADAMIA COOKIES

1/2 cup (1 stick) unsalted butter, room temperature  
1/2 cup vegetable or canola oil  
1 1/2 cups packed brown sugar  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon ground cardamom  
2 eggs  
2 3/4 cups all-purpose flour  
10-oz package mini chocolate chips  
2 cups chopped toasted macadamia nuts  
Heat oven to 350 F. Line 2 baking sheets with parchment paper.

In medium bowl, use an electric mixer to beat together butter, oil, brown sugar, baking soda, salt and cardamom. Add eggs, one at a time, beating between additions.

Stir in flour, then chocolate chips and macadamia nuts. Scoop dough by tablespoonful onto prepared baking sheets, leaving 2 inches between cookies. Bake for 10 to 12 minutes, or until light golden brown around edges. Makes 40 cookies.

Let cool on the pan for 10 minutes, then transfer to a rack to finish cooling. Store in an airtight container at room temperature for up to a week.

*Per cookie: 190 calories; 110 calories from fat (58 per cent of total calories); 13 g fat (4 g saturated; 0 g trans fats); 15 mg cholesterol; 20 g carbohydrate; 1 g fibre; 12 g sugar; 2 g protein; 45 mg sodium.*

# Brubeck, 91, master of jazz measure

## Groundbreaking composer, pianist put his imprint on musical style

By The Associated Press

HARTFORD, Conn. — Jazz composer and pianist Dave Brubeck, whose pioneering style in pieces such as *Take Five* caught listeners' ears with exotic, challenging rhythms, has died. He was 91.

Brubeck died Wednesday morning at Norwalk Hospital of heart failure after being stricken while on his way to a cardiology appointment with his son Darius, said his manager Russell Gloyd. Brubeck would have turned 92 today.

Brubeck had a career that spanned almost all American jazz since the Second World War. He formed The Dave Brubeck Quartet in 1951 and was the first modern jazz musician to be pictured on the cover of *Time* magazine — on Nov. 8, 1954 — and he helped define the swinging, smoky rhythms of 1950s and '60s club jazz.

The seminal album *Time Out*, released by the quartet in 1959, was the first ever million-selling jazz LP, and is still among the bestselling jazz albums of all time. It opens with *Blue Rondo a la Turk* in 9/8 time — nine beats to the measure instead of the customary two, three or four beats.

A piano-and-saxophone whirlwind based loosely on a Mozart piece, *Blue Rondo* eventually intercuts between Brubeck's piano and a more traditional 4/4 jazz rhythm.

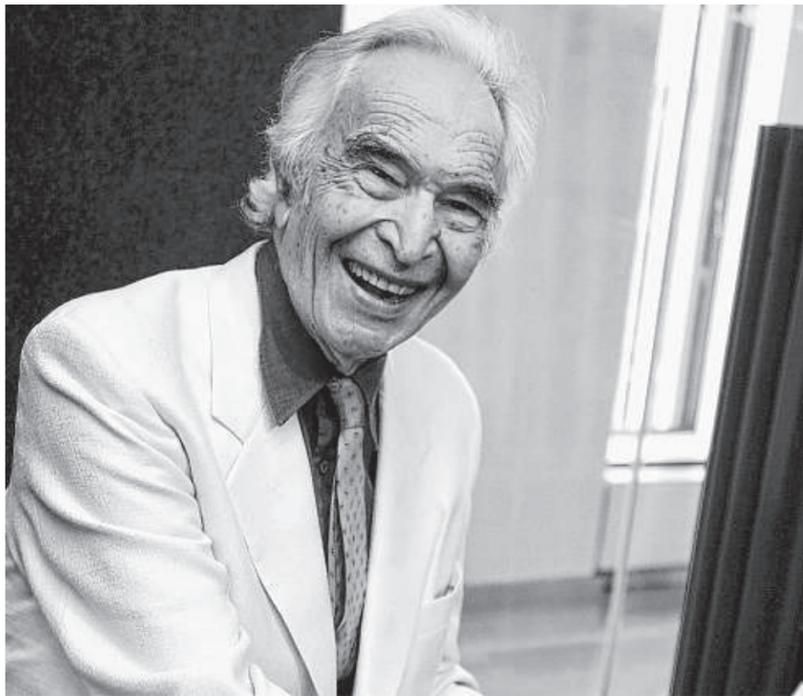
The album also features *Take Five* — in 5/4 time — which became the Quartet's signature theme and even made the *Billboard* singles chart in 1961. It was composed by Brubeck's longtime saxophonist, Paul Desmond.

"When you start out with goals — mine were to play polytonally and polyrhythmically — you never exhaust that," Brubeck told The Associated Press in 1995. "I started doing that in the 1940s. It's still a challenge to discover what can be done with just those two elements."

After service in the Second World War and study at Mills College in Oakland, Calif., Brubeck formed an octet including Desmond on alto sax and Dave van Kreidt on tenor, Cal Tjader on drums and Bill Smith on clarinet. The group played Brubeck originals and standards by other composers, including some early experimentation in unusual time signatures. Their groundbreaking album *Dave Brubeck Octet* was recorded in 1946.

The group evolved into the Quartet, which played colleges and universities. The Quartet's first album, *Jazz at Oberlin*, was recorded live at Oberlin College in Ohio in 1953.

Ten years later, Joe Morello on drums and Eugene Wright on bass joined with



Dave Brubeck, a pioneering jazz composer and pianist, died Wednesday of heart failure. He would have turned 92 today. (RICHARD DREW / AP)

*'That's the beauty of music. You can take a theme from a Bach sacred chorale and improvise. It doesn't make any difference where the theme comes from; the treatment of it can be jazz.'*

DAVE BRUBECK  
Jazz legend

Brubeck and Desmond to produce *Time Out*. In later years Brubeck composed music for operas, ballet, even a contemporary Mass.

In 1988, he played for Mikhail Gorbachev, at a dinner in Moscow that then-President Ronald Reagan hosted for the Soviet leader. "I can't understand Russian, but I can understand body language," said Brubeck, after seeing the general secretary tapping his foot.

In the late 1980s, Brubeck contributed music for one episode of an eight-part series of television specials, *This Is America*, Charlie Brown.

His music was for an episode involving NASA and the space station. He worked with three of his sons — Chris on bass trombone and electric bass, Dan on drums

and Matthew on cello — and included excerpts from his *Mass To Hope! A Celebration*, his oratorio *A Light in the Wilderness*, and a piece he had composed but never recorded, *Quiet As the Moon*.

"That's the beauty of music," he told the AP in 1992. "You can take a theme from a Bach sacred chorale and improvise. It doesn't make any difference where the theme comes from; the treatment of it can be jazz."

At the age of 88, in 2009, Brubeck was still touring, and that June he was playing in Chicago, where the *Tribune* critic wrote that "Brubeck was coaxing from the piano a high lyricism more typically encountered in the music of Chopin."

Brubeck and his wife, Lola, had five sons and a daughter. Four of his sons — Chris on trombone and electric bass, Dan on drums, Darius on keyboards and Matthew on cello — played with the London Symphony Orchestra in a birthday tribute to Brubeck in December 2000.

"We never had a rift," Chris Brubeck once said of living and playing with his father. "I think music has always been a good communication tool, so we didn't have a rift. We've always had music in common."

## Stegemann

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become economically self-sufficient by growing orange blossoms, the source of the essential oil from which she would make perfume.

Stegemann bought \$2,000 worth of oils on her credit card for the first batch of perfume. She launched it March 8, 2010, International Women's Day. It and her other three scents are in 90 Bay stores across the country.

Since October, they have been sold in Air Canada Duty Free On Board Boutiques. Stegemann, who was a flight attendant for nine years before earning a journalism degree from the University of King's College in Halifax, enjoyed working with the flight attendants who would be selling her scents.

Last month, she launched her fra-

grances at Lord & Taylor in New York during hurricane Sandy. The scents are also available at the upscale department store's website and the7virtues.com.

"We've made 36,000 bottles and we have about 16,000 left," Stegemann said, noting she's spent \$100,000 on essential oils for Afghanistan Orange Blossom ("the classic"), Noble Rose of Afghanistan ("for Champagne tastes"), Vetiver of Haiti ("a unisex scent, strong, musky and sexy") that won the *Chatelaine* 2012 Beauty 100 Award, and her latest, Middle East Peace.

Launched Sept. 21, Middle East Peace is made of sweetie grapefruit from Israel and lime and basil from Iran.

"It's really taken off; it appeals to everyone."

Stegemann, who grew up outside Antigonish, has all kind of ideas how to build her brand, which started with her 2008 book, *The 7 Virtues of a Philosopher Queen: A Woman's Guide to Living and Leading in an Illogical World*. The self-published book is in its fourth printing.

Stegemann lives off her speaking fees

and the revenue from the book while putting money from the fragrances back into the company.

While the scents are now made by a supplier in Toronto, she would like to build a factory in Nova Scotia.

She appeared on the Canadian Shopping Channel and has had interest from a similar channel in the United States, where she would like to expand. She's been featured in magazines in Germany and is hoping to get her products into stores in Germany and France.

She'll be the keynote speaker at a U.K.-Canada Chamber of Commerce meeting in London on Jan. 29. And she envisions a scent from North and South Korea as her next fragrance.

Mostly, she would like to be an example to others. "If you start doing something different, it's easy to get overwhelmed, but it's important to stay the course — with everything in life."

(anemetz@herald.ca)

## MOVIE TIMES

### BAYERS LAKE

190 Chain Lake Dr., 876-4800  
**Argo** 14A 12:30 3:25 6:55 9:30  
**Wreck-it Ralph** 1:20 3:50 3D 12:50 3:20 7:10 9:40  
**Red Dawn** 1:10 3:35 7:25 10:10  
**Skyfall** 14A 12:25 1:30 4 4:35 8 9  
**The Sessions** 7:35 10:00  
**Silver Linings Playbook** 2:00 4:45 7:40 10:25  
**Rise of the Guardians** 1:50 4:20 3D 12:15 3:00 6:30 9:10  
**Life of Pi** 7:00 10:05 3D 12:10 3:05 6:45 9:35  
**Killing Them Softly** 1:40 4:10 7:50 10:15  
**Twilight Saga: Breaking Dawn Part 2** 1 3:30 4:05 7:05 7:30 9:45 10:15  
**Flight** 1:55 6:50 9:55  
**Pitch Perfect** PG 1:45 4:25 7:45 10:20  
**Talaash** 1:35 6:35 9:35

### EMPIRE IMAX THEATRE

190 Chain Lake Dr., 876-4800  
**Skyfall** 14A 12 3:10 6:40 9:50

### DARTMOUTH CROSSING

145 Shubie Dr., 481-3251  
**Wreck-it Ralph** 12:55 3D 3:30 6:30 9:20  
**Argo** 14A 9:10  
**Flight** 12:30 3:45 6:55 9:55

**Skyfall** 14A 12:50 4:00 7:10 9:15  
**Twilight Saga: Breaking Dawn Part 2** 1 1:20 1:40 3:50 4:20 4:30 7:15 7:30 9:25 10 10:15  
**Red Dawn** 1:40 4:15 6:50 10:20  
**Rise of the Guardians** 12:35 1:15 3:05 6:45 3D 3:40 6:15 8:50  
**Life of Pi** 1:00 3D 4:10 7:00 9:45  
**Skyfall** 14A 12:20 3:15 6:25 9:35  
**Killing Them Softly** 1:30 4:25 7:40 10:10

### LOWER SACKVILLE

760 Sackville Dr., 869-2022  
**Rise of the Guardians** 6:15 3D 9:30  
**Killing Them Softly** 7:00 9:25  
**Life of Pi** 6:20 3D 9:15  
**Skyfall** 14A 6:30 9:00  
**Red Dawn** 7:05 9:20  
**Twilight Saga: Breaking Dawn Part 2** 6:45 8:50  
**Wreck-it Ralph** 6:35 9:35

### PARK LANE

5657 Spring Garden Rd., 423-4860  
**Rise of the Guardians** 3:55 3D 6:55 9:10  
**Flight** 3:15 6:20 9:25  
**Killing Them Softly** 3:50 7 9:30  
**Skyfall** 14A 3:20 6:40 9:45  
**Twilight Saga: Breaking Dawn Part 2** 3:45 7:10 9:55  
**Red Dawn** 4:00 7:15 9:35  
**Anna Karenina** 3:35 6:30 9:20  
**Life of Pi** 3:30 6:50 3D 9:40

### OXFORD

6408 Quinpool Rd., 423-7488  
**Lincoln** 6:30 9:40

### AMHERST

47 Church St., 667-7791  
**Twilight Saga: Breaking Dawn Part 2** 8:00  
**Rise of the Guardians** 7:30  
**Life of Pi** 7:00

### ANTIGONISH

291 Main St., 863-4646  
**Skyfall** 14A 7:00

### BRIDGEWATER

349 Lahave St., 527-4020  
**Skyfall** 14A 7:00  
**Twilight Saga: Breaking Dawn Part 2** 7:15  
**Rise of the Guardians** 3D 7:25  
**Life of Pi** 3D 7:35  
**Red Dawn** 7:45  
**Killing Them Softly** 7:40

### NEW GLASGOW

610 E. River Rd., 928-0550  
**Skyfall** 14A 6:30 9:25  
**Twilight Saga: Breaking Dawn Part 2** 7:00 9:05  
**Rise of the Guardians** 9:45 3D 6:25  
**Life of Pi** 9:40 3D 6:30  
**Red Dawn** 9:35  
**Wreck-it Ralph** 6:15 8:55  
**Killing Them Softly** 6:45 9:10

### NEW MINAS

8944 Commercial Sq., 681-8080  
**Rise of the Guardians** 3D 6:45 9:05  
**Life of Pi** 9:20 3D 6:30  
**Flight** 7:15  
**Killing Them Softly** 7:05 9:25

**Skyfall** 14A 6:20 8:55

**Twilight Saga: Breaking Dawn Part 2** 6:55 9:35  
**Red Dawn** 6:40 9:30

### SYDNEY

325 Prince St., 539-9050  
**Rise of the Guardians** 3D 6:30 8:55  
**Skyfall** 14A 6:45 9:20 9:40  
**Killing Them Softly** 7:10 9:30  
**Lincoln** 6:40 9:50  
**Wreck-it Ralph** 3D 6:50 9:15  
**Red Dawn** 6:25 9:00  
**Flight** 6:20 9:35  
**Life of Pi** 3D 7:05 10:00  
**Twilight Saga: Breaking Dawn Part 2** 7:00 9:45

### TRURO

20 Treaty Trail, 895-8020  
**Flight** 6:35 9:20  
**Skyfall** 14A 6:30 9:15  
**Twilight Saga: Breaking Dawn Part 2** 6:45 9:25  
**Rise of the Guardians** 3D 6:50 9:10  
**Red Dawn** 6:55 9:35  
**Life of Pi** 6:40 3D 9:30  
**Killing Them Softly** 7:00 9:40

### YARMOUTH

136 Starrs Rd., 742-7819  
**Skyfall** 14A 6:00 8:50  
**Twilight Saga: Breaking Dawn Part 2** 6:20 9:00  
**Flight** 6:10 8:55  
**Life of Pi** 3D 6:05 8:45  
**Rise of the Guardians** 3D 6:30 9:05

## Symphony

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Musicians, and the symphony expired in August. The dispute is mainly over money.

"The base salary is \$28,126, and that's just under half the orchestra," said Money, a violinist. "Then there are leadership positions, and they make slightly more."

"There are some additional items, which we call the flexibility items in our contract. They are tied to the money, though."

Tickets to attend a Symphony Nova Scotia performance range from \$19 to \$54.

The orchestra is a non-profit organization and has 37 full-time musicians who work a 33-week season.

"That's working 40 hours a week," said Money. "The schedule varies from week to week; sometimes we're quite busy, sometimes we're not busy."

"It's up to our management to fill those weeks with work, that's not the musician's job. The musician's job is to play their instrument to the best of their ability."

"All of the musicians in the orchestra have to go through serious training. We're what we call the small-muscle athletes of the musical world. That training takes about 15 years, minimum, of practising, competitions, going to school, participating in symposiums, all for honing your craft."

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