

## COACH CHRISTINE HART ON DATING AND RELATING OVER DINNER



If you've ever been on the receiving end of the *it's not you, it's me* line there's a good chance it really is you. Maybe you're confused, clueless or just need a kick start in the field of dating. Enter date coach Christine Hart. The former casting-studio exec parlayed her penchant for dispensing relationship advice to friends and colleagues into a full-blown business two years ago when she started Your Date Coach. The personal trainer for your love life tells it like it is when first dates don't lead to a second. Doubters take note: business has been booming for Hart, who has dished out tips on dining and dating to more than 5,000 singles, including *Sverve's* Jaelyn Molyneux.

**J.M.** On the first date, should you ease in with coffee or cocktails or go all the way with dinner?

**C.H.** I think it is important *not* to have the success of the first date ride on the conversation. It's far too much pressure for people to say lets go out for dinner, because that means two people sitting down at a table and you don't know how well the conversation will flow. Little things like coffee or meeting after work for a drink is a good date. You need to have an element of distraction, anything that will raise the heart rate.

**J.M.** Coffee isn't too boring?

**C.H.** Go to place like Caffè Artigiano. Yes, it's coffee, but it's also artistic coffee. Order a Spanish latte and talk about European culture. Another coffee-based suggestion is a drink and a walk. Go to Good Earth in Eau Claire, grab a coffee and walk along the river.

**J.M.** Where are some other good places?

**C.H.** There's Laurier Lounge, which is great for a second date. It's fondue. It's in a house. It's romantic. You can talk about the fondue or French culture. There's really nice lighting and everyone looks better in candle-light. Currie Barracks is an excellent place to go for a daytime date. You can go to the Wild Rose Brewery, get a taster menu with a small glass of every kind of beer they brew and talk about what you like and don't like about each beer. You could also go to the Calgary Farmers' Market and get some picnic stuff, go to J.Webb for wine and have a picnic.

**J.M.** Should I order what I really want to eat or stick with salad?

**C.H.** Definitely order what you really want to eat. With that said, you want to stay away from linguine, spaghetti, ribs or soup with lots of noodles. They're not date friendly. Choose something you can cut and eat with proper table manners.

**J.M.** How important is how your date treats the wait staff?

**C.H.** It's absolutely paramount. It's indicative of how *you* can expect to be treated. You have to give a little leeway because your date might be so nervous he or she doesn't acknowledge the wait staff in the way they normally would, but if someone is rude, it could become embarrassing. **Your Date Coach, 289-6769, yourdatecoach.com**

### Special Events

**SATURDAY, JUNE 1-4 P.M.**

The **GALLERY CALORIE** self-guided tour takes you to restaurants and galleries along 17th Avenue, with each serving up sample-sized food and drinks. It wraps up at Tomkins Park with a silent auction, live entertainment and the third annual Art Race. \$40 (Art Race tickets \$150). **689-9098, gallerycalorie.com.**

**SATURDAY, JUNE 14, 10 A.M. TO 9 P.M.**

The Airdrie Food Bank hosts their second annual **EMPTY BOWLS ART FESTIVAL** with live entertainment and hands-on art activities. Beginning at 11 a.m. they will be selling soup and a bun for a suggested donation of \$20. The best part is you get to keep the bowl, handcrafted by local potters and celebs. **At Nose Creek Park, Airdrie, emptybowlsairdrie.com.**

**SUNDAY, JUNE 15, 9 OR 11:30 A.M.**

In addition to an all-you-can-eat feast, the **CALGARY ZOO'S FATHER'S DAY BRUNCH** includes a performance, a sneak peek into a gorilla troop and a scavenger hunt. Arrive early or stay late for Honen laureate Minsoo Sohn's performance of "The Carnival of the Animals," narrated by Sarah Smith (included with admission). Brunch tickets: Adults, \$32.95; seniors, \$30.95; children, \$21.95. **Register at 232-9300 or the Calgary Zoo Guest Relations Desk in the Karsten Discovery Centre, calgaryzoo.org.**

**SUNDAY, JUNE 15, 10:30 & 11 A.M., 12:30 AND 1 P.M.**

**FATHER'S DAY BRUNCH** at The Delta Bow Valley is infused with the flavours of a good barbecue. \$34.95. 209 4th Ave. S.E., 266-1980 ext. 4032.

**SATURDAY, JUNE 21, 6:30 P.M.**

Gail Norton from The Cookbook Company and Richard Harvey from Metrovino team up to present **LANGUEDOC FOOD & WINE**

featuring culinary treats from southern France. \$35 for Slow Food Company members; \$45 for non-members. **At The Cookbook Company 722 11th Ave. S.W., 265-6066.**

### Festivals

**FRIDAY, JUNE 20 TO SUNDAY, JUNE 22**

There's music and dancing, but the best part of the **GRAND FESTIVAL** is off to the right, where the hungry public lines up for plates full of souvlaki, spanakopita and ouzomades. **At Calgary Hellenic Society Community Hall, 1 Tamarac Cr., 246-4553, calgaryhellenic.com.**

### Tastings

**SUNDAY, JUNE 15, 3-5 P.M.**

**REGIONAL TASTES** requires spending the afternoon sampling traditional dishes and six wines from a specific region as you learn all about the significance of the location in the wine world. Next up is Spain. The series also includes Washington State/Oregon on June 29. \$50 per event. **At The Siding Café in Arden Central, 111, 100 7th Ave. S.W. Prepay and reserve at 870-9802, vineanddine.ca.**

**TUESDAY, JUNE 17, 7-9:30 P.M.**

CSN Wine & Spirits hosts a **BENJAMIN ROMEO TASTING** with six wines from the expert winemaker, including the perfectly rated Contador 2004. \$85. **At 1716 Centre St. N.E., 296-0240, csnwine.com.**

**FRIDAY, JUNE 20, 7 P.M.**

Calgary's newest retail destination, 100 wines by David Walker has a coat check, lounge and live music, but the most important thing is the wine, hand-selected by co-owner David Walker, formerly the Director of Wine

### EAT/DRINK LISTINGS GUIDELINES

Please e-mail information about your food- and drink-related events to [swervelistings@theherald.canwest.com](mailto:swervelistings@theherald.canwest.com), or fax them to 235-71