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# Keeping it simple this summer. Outside, and loving it...

Reading a story is a way to relax and escape into thought. It allows you to enjoy the moment around you in peace and calmness. Reading a story about whisky is even better. In this issue, our article on Moonshine Creek Distillery (page 10) gives the history behind the drink and the lengths some went to provide it. We learn the importance good water makes for good whisky on the Tennessee Whisky Trail (page 36), and the story behind the name Glenbow Single Malt (page 45) sheds light on how place meets inspiration. This summer it's all about sunshine, water and whisky!

Each year I find being close to water an incredibly, meditative, healing and regenerative experience in the summertime, both mentally and physically. Just don't run out of your

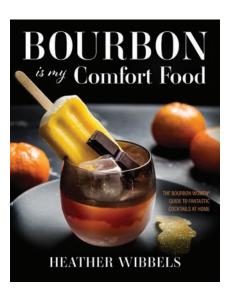
# **EDITOR'S THOUGHTS**

whisky. The exciting growth of spirits from Vancouver Island (page 16) speaks to this restorative quality of water. Surrounded by water and beauty, we read that it's the community spirit that drives their passion.

This summer we all need time to reflect and recharge. If, like many, Bourbons are your new favourite thing this year, then our list of summer sippers is a must read (page 28). Learn how to mix your own with the expert advice of Heather Wibbels (page 57) from Bourbon is my Comfort Food to please your summer crowds.

This summer I hope you have a chance to sample and share with some friends and relax in the moment. Enjoy your summer, enjoy your whisky.

Robert Windover Editor/Publisher



# Whisky

### MAGAZINE

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Publisher/Editor Robert Windover

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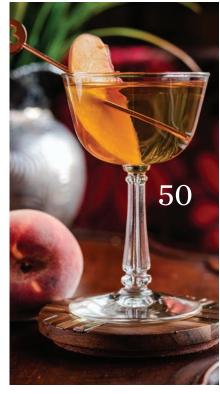
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Bourbon Cocktails with Heather Wibbels













he distillery's genesis began shortly after World War 2 when Henderson sustained injuries in the woods that left him paralyzed from the knees down. With ten kids at home, he re-taught himself how to drive, then embraced this adversity and flipped it into opportunity. At the time, provincial liquor stores were few and far between, if you lived outside of a major city, as Henderson did. The hours were also inconvenient, and the stores closed on Sundays. Henderson was one of the few in the community to own a car. "Instead of taxiing people to the liquor store, he began to bootleg himself," says Jeremiah. Henderson would drive to Maine, where alcohol taxes and restrictions were merciful, load up, then bring the contraband back into Canada.

"He'd even pick up orders for other bootleggers," explains Joshua Clark. "They couldn't drive and likely couldn't afford a car since they bootlegged to support their habits. My Grampy didn't drink, so he was reliable when making a buck off alcohol sales." Henderson developed a system where he'd rebottle American whiskey in Canadian bottles and then stash the booze with his customer's grocery deliveries. Always with charismatic respect.

While other bootleggers in the community got caught, Henderson did not. "My mother would tell us a story about when undercover police came and attempted to buy alcohol. My grandfather knew something was odd when an unknown fellow walked into the driveway with a red and black plaid jacket and jeans," says Clark. Henderson immediately noticed the stranger was clean-cut, and his boots were too shiny for walking about. "The unknown gentleman asked my grandfather if we would sell him some liquor. This gentleman didn't pass



the sniff test, so he denied having any alcohol to sell but offered him a cold beer and polite conversation. Not long into the conversation, a car pulled into the driveway with another gentleman who claimed to be with the first. The conversation continued, and before they left, my grandfather sold them some meat. My mother and my aunt helped load the boxes into the trunk of the unknown men's car."

# The Proprietor, The Gangster, The Soft Drink Maker

Marlen Henderson wasn't breaking new ground, but his gentleman's approach to bootlegging was nothing like New Brunswick's gangsters during Prohibition. Illicit stills filled the backwoods while hundreds of ordinary citizens supplemented their income by running brand name liquor, wine and



beer across the border. But it was the exploits of the famous bootleggers, such as Albenie Violette, who tarnished the trade.

One mobster was Maxime Albert, born just outside of Edmundston in Saint-Hilaire. He had his fingers in several local pies, from agriculture to the food and hotel industry, including the sale of soft drinks. These became perfect fronts for his smuggling business when the American Prohibition Act became law in 1920. Edmundston is conveniently located across the river from a sparsely populated area of Maine.

Like real estate, smuggling rings are all about location, location, location. And this was the perfect location for distributing homemade hooch to thirsty Americans. Albert got his stash of alcohol from Newfoundland, Ouebec and the French Islands of Sainte Pierre et Miquelon and set up pop-up warehouses in surrounding barns. He shipped his bounty by car and train under the name of the Canadian Drug Company, a convenient disguise in case the law seized a shipment.

Maxime also owned three ferries in the region. The houses on the Maine side of the border would turn on certain lights that functioned as traffic lights to signal if it were safe to ferry the alcohol

or if the police were waiting to ambush. Albert was fearless except for his fear of God. To moderate his fear, Albert bought his soul by financing the construction of churches in the area. And to thank Albert, the church declared that the act of smuggling was a low-grade sin way below the Ten Commandments.

So, as long as Albert refrained from coveting his neighbour's ox or getting into the graven image business, he had a clean record in the eyes of the Lord. As added insurance, Albert never sampled his product.

### Dead Lumberjacks Don't Wear Plaid

Alfred J. Lévesque did sample and early on chummed around with Albert. And just like Albert, he financed the building of churches in Saint-Hilaire. But his intention wasn't to buy his soul. He was a crafty bootlegger and moved liquor by hiding it in the church construction supplies. One legend had Levesque, masquerading as the Pope's delegate, escorting fake priests into the United States. A stunt pulled because he knew the border checkpoints wouldn't search a church convoy for alcohol. Eventually, Levesque and Albert drifted apart. Levesque moved just across the Quebec border to the township of Riviere-Bleue, where he set up shop, opening a hotel, general store, restaurant, barbershop and soft drink plant.

Then in 1924, news broke in the Chicago Daily Tribune, "Booze Runners Repel U.S. Police in 10 Day Battle - Many Wounded in Northern Maine". The story reported that guerrilla warfare broke out between prohibition enforcement officers and an army of lumber jacks under the leadership of Alfred Levesque. It began when Levesque moved a shipment of St. Pierre liquor and stashed it along the Maine border close to Edmundston. Teams started to move the

hooch across the rugged border using Mother Nature's natural disguise, but law enforcement sat waiting. Levesque was furious that his assistant, Johnny Pelletier, was captured, "Let it cost what it will. I am ready to spend \$100,000 to obtain the liberty of my lieutenant, Pelletier," snarled Levesque.

The smugglers who escaped, retreated into the Canadian woods. Levesque kept his word, returning to the battlefield shortly after with four hundred lumberjacks. These were tough muscle-bound men, feared by many, vet they themselves feared little. They used their fists for diplomacy. Let's put it this way, these loggers were on Santa's naughty list, but they still got Christmas stockings full of gifts. Santa knew not to mess with a lumberjack. The news didn't mention what happened next, but I assume the battle ended with a crosscut saw race and log rolling.

Levesque had a steady fleet of boats bringing liquor from Newfoundland and Saint-Pierre et Miquelon. And as demand started to cause supply shortages, he started distilling alcohol and distributing it using the labels of popular distilleries. Dozens of other locals distilled a moonshine called La Bagosse, made by fermenting and distilling a slurry of white sugar, chopped apples, potatoes and other







seasonal fruits. Bootleggers such as Albert and Levesque persuaded local farmers to hide this stash in barns, lobster traps, oyster cages and hay bales.

## The Bridge To A New Era

But making moonshine didn't go extinct with Prohibition's 1933 repeal. By then, provincial liquor boards had taken over the retail market and alcohol became heavily taxed and expensive. The flow of hooch from Canada into the States changed direction. The distilling skills

learned during Prohibition were passed down to the next generation, where homemade alcohol was common and made for entertaining family and friends, like making wine and beer today.

Back at Moonshine Creek, when drops of legal spirit first trickled from the still, the Clark brothers were already on a mission to preserve family and local history. Including making refined spirits with regional ingredients. Their Downriver Whisky is made with local organic rye and barley mashed, fermented and aged in a combination of

virgin charred and virgin toasted American Oak to balance out the beautiful rye spices with a sipping sweetness. And since New Brunswick is the world's third-largest maple syrup producer, the brothers proof the whisky with an innovative maple-centric concept. "We proof our whisky down with tree water," explains Clark. "The water is stripped away from maple sap during maple syrup's reverse osmosis process. The water is neutral, sugarless, and a sustainable water source for blending our spirits."

# Whisky



The distillery is located a stone's throw from the Harland Covered Bridge, a historical landmark, the image of which graces the whisky's label. The 391-metre bridge stretches across New Brunswick's Saint John River and is the longest covered bridge on the planet. Full circle, it's no doubt the bridge is acquainted with both the Clark brother's whisky and Marlen Henderson − saving old and new customers on the other side of the river from drinking homemade moonshine made in a tub, rub-a-dub-dub. ◆









Part of this small island's distilling strength is in its community power, which stems from the distillers themselves. In an industry that can sometimes get caught up in secrets, it's refreshing to watch this group practice transparency and support for one another, keenly aware that there is more than enough to go around. The old adage of high tides raising all boats is a belief they hold strong here.

Local whisky drinkers have made it their mission to support these distilleries and the bonds run deep on both ends. This spirit of community has filtered into the hospitality community as well, with restaurants and bars featuring a heavy measure of local spirits. With distilleries on Vancouver Island winning awards provincially, nationally, and internationally, ask any local what their favorite Vancouver Island whisky or spirit is and prepare yourself for a lengthy and exciting conversation.

Then there are the inspired creations of local bartenders. With a focus on local spirits, a multitude of innovative whisky options, and a thriving new

generation of bartenders, the cocktail scene in Victoria is bursting with leading-edge and exceptional options. Victoria-based bartender, Kate Chernoff, understands the power of being in a tourism city and representing local options when she is creating cocktails. "It's easy to be inspired to create unique cocktails when you have so many great local spirits to experiment with!" she says excitedly. Kate is just one of a thriving group of bartenders in Victoria who are taking the country by storm with their cocktail creations and competition wins.



A big part of the Vancouver Island vibe is an absolute obsession with farm-to-table, and this doesn't stop with just the food. To be categorized as craft, provincial regulations require distilleries to source all ingredients from British Columbia. These combine to create a microcosm of "local" - whisky, grains, and inspiration that visitors and residents alike benefit from. Consumers are more educated now

than perhaps ever before, and with this comes a thirst for more than just whisky – they want to know everything about it. Distilleries such as deVine, Stillhead, and Shelter Point, that lean into this, are finding growing success and massive followings as people join them on their journey. Social media bridges that gap even further, allowing us to see daily, just what our favorite distilleries are up to. Seeing the field where Shelter Point

grows the barley that makes their whisky is an exhilarating moment for any whisky lover, even if it is online.

### **Passion & Innovation**

The words passion and innovation get thrown around a lot when discussing whisky. So, let's take a moment to break down why they are such wonderful things. We're working with





and more than often barley), water, & yeast. Distillers have been making this incredible spirit since at least the 15th century, so you might wonder if all its potential has been tapped - the creativity found its limits. Instead, we find ourselves enjoying yet another Golden Age of whisky worldwide. This Golden Era has a stronghold in Vancouver Island, where distillers hone their craft as they follow in the creative steps of their predecessors. Blackberry wine barrels? Peated quarter casks? Ancient grains? You tasted it first on Vancouver Island. Now come west and experience the joy. In their pursuit of greatness, these distillers are using modern methods to breathe new life into traditional process-

three ingredients - cereal (often grain,

Take for example, Shelter
Point. In 2019, they procured casks from
an Islay distillery and then finished
some of their single malt in them for
three months. The result, which they
named Smoke Point, caused an upset felt
across the country! The smoky impact

es and practices.

on the whisky infused it with new levels of complexity. Tasting a whisky that you'd swear was peated when it hadn't touched the stuff is thrilling.

Back in the Fall of 2017, deVine Distillery released Ancient Grains, a young whisky, aged a mere 12 months in brand new American oak char #3 quarter casks. If pressed to play the age game, one would easily guess this dram was 3-5 years old. Kevin Titcomb, head distiller at deVine shares, "After starting our whisky program with a more traditional single malt, we wanted to do something unique and experimental. Inspired by the different grains being grown throughout BC, we chose a mash bill of barley, spelt, emmer, einkorn, and khorasan. These are some of the earliest known grains that have also purportedly remained relatively unmodified over time. We are now growing some of these grains on our own properties." Placing a heavy importance on sustainability and local terroir, deVine is not just talking the talk, 100% of the barley they use is grown and malted within a

few minutes of the distillery. Ancient Grains was recently awarded 2022 Canadian Spirit of the Year by the Canadian Artisan Spirits Competition. Their Glen Saanich single malt gets a lot of glory too, and as it should. It's incredible in traditional, cask strength, and wine finished editions.

One of the Island's more recent whisky releases comes from Stillhead Distillery in Duncan. Their use of casks not often seen in these parts, brings new flavour profiles to the palate. Owner & distiller Brennan Colebank likes to keep





his options open. You start to understand the long-term vision when you listen to him describe the moving parts. He is already becoming known as the "rye guy" with his master vision focusing almost entirely on said grain. "We have sourced 12 tons of rye grown right here on Vancouver Island and have committed to another 30-50 tons after this fall harvest. Rye is one of the grains that grows well on Vancouver Island, and by creating demand for the grain our farmer has more fields he will be planting this fall. We think consumers are looking for more transparency and traceability with

their whiskies, and by moving to single farm/single estate grain sourcing we can do that while gaining more terroir in our whiskies," Brennan adds, "We just loved the spirit we had developed from our 100% rye mashes, so we made the decision to focus almost exclusively on making 100% rye whisky." With this decision, and the eccentric mix of casks in his arsenal, Brennan has a path for success laid out neatly.

As pandemic fears of travel fade, it's time to put Vancouver Island on your destination bucket list. Here you can enjoy stunning scenery, from verdant gardens to wide open ocean beaches, restaurants touting farm-to-table menus, and distilleries producing some of the country's finest whiskies. An air of openness among the new distillers has created a feeling of being allowed to be wrong, and beyond that, a knowing that with time, all comes to balance.

This refreshingly zen attitude for the world of whisky is producing incredible spirit. Let this band of distillers take you on their journey and open your mind to new concepts. It will be a pilgrimage your taste buds won't ever forget. ◆









# It's an honor to be the first woman in company history to have her signature on a product.

95

ackie Zykan is the Master Taster for Old Forester, one of the oldest Bourbon brands in Kentucky.

Old Forester was started in 1870 by George Garvin Brown, whose family still runs the company today. The idea of consumer safety and quality was what initially set Old Forester apart from the rest; in those days Bourbon was sold by the barrel and consumers would refill jugs at their local grocer or tavern. The problem with that was you never really knew what the grocer or tavern keeper had put in there — maybe it was a little water to stretch the supply, or maybe it was some tobacco spit and prune juice because there wasn't a lot of actual whiskey left. George Garvin Brown, leveraging the new technology that had made glass bottles affordable, decided that consumers might appreciate knowing that what is in the bottle of whiskey is actually whiskey. He even took the additional step of getting a local doctor, Doctor Forrester, to lend his name to the product as an assurance of quality.

Today, Zykan is tasked with creating special releases of Old Forester, among many other duties. Her palate is legendary among locals, as she is rumored to have once correctly identified several vodka brands in a blind tasting. Her powerful palate has helped Old Forester skyrocket in popularity.

MK: For people who don't know your background, can you share a bit about how you came to be in the spirits business?

JZ: I bartended my way through college in St. Louis, MO studying biology and chemistry, however my career path changed once I relocated to Louisville for my partner. Once in Kentucky, I returned to bartending as a means of getting to know the good folks of Louisville. I worked my way up to a beverage director position with a multiconcept restaurant group based here, and I am always one to say yes to every opportunity that comes my way. I grew a name for myself among the Bourbon brands by picking up shaker-for-hire work as much as I could. The opportunity with Old Forester was one which combined the best of both worlds, both bar and science, and I had always respected the brand's authenticity.

MK: Your palate is legendary in the industry. How did you go about learning the art of tasting whiskey and other spirits?

JZ: My palate had always been sensitive, however the methodology of articulation was something that I was able to fine tune during my years as a buyer. One of my bosses was a master sommelier who really helped me get some structure around the process, and overseeing multiple bar programs for different concepts was imperative to establishing a sensory bank as it relates to beverage alcohol.

MK: Tell me about the 117 Series. What's behind the name and what is the philosophy behind what goes into each release?

offering from the Old Forester
Distillery, located at 117/119 West
Main Street (hence the name).
This series first debuted in March
2021 and is a playful line of classic,
straightforward innovation on a
small scale. So much intention goes
into every drop of every bottle of
Old Forester, and the 117 Series
serves to reveal the deconstruction
of the batches which make all of our
expressions unique.

MK: As the Master Taster for Old Forester, you recently became the first woman to have your name on a Brown-Forman product. What does that mean to you?

IZ: It's an honor to be the first woman in company history to have her signature on a product. There are so many incredible women in the whiskey industry, and I'm excited to see all the amazing things that are to come from them.

MK: What is your favorite expression of Old Forester that you have ever worked on and why?



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# I love the diversity and elements of surprise I discover every time I go out to identify new barrels

JZ: This is such a hard question! I have loved the projects which involve blending as the process, as it is truly a passion of mine. Bottlings such as Birthday Bourbon, 150th Anniversary, the 117 Series, etc. are all fantastic and I'm really pleased with how they have been received. That being said though, the work I continue to put into the single barrel program has been the most rewarding, as it inherently involves spending time in the warehouse, one on one, with the barrels. That exposure has given me so much insight into the flavor profiles and maturation processes with Old Forester, and I love the diversity and elements of surprise I discover every time I go out to identify new barrels.

# MK: What is your elevator pitch about Old Forester for people who have never tried it before?

JZ: Old Forester is a quintessential Kentucky straight Bourbon whiskey and the brand has endured for over 150 years because of what it stands for: unapologetic quality and consistency. In modern times we have

expanded our portfolio to really be able to offer as many unique expressions as possible, so that no matter what your palate prefers, there is an Old Forester expression for you.

"

# MK: Do you think it's important for whiskey fans to visit distilleries? What should an Old Forester fan expect to learn on a tour of the Old Forester Distillery?

JZ: Absolutely, if fans can visit a distillery, they should. Visiting a distillery and seeing the process of how their whiskey is made helps to bring things full circle, and fans can see all of the love and labor put into each bottle. When fans visit the Old Forester distillery, they will see our entire process firsthand. From fermentation, distillation, barrel making, maturation & bottling, the tour includes tasting of four unique expressions. It is important for any whiskey fan to visit a distillery so they can see the history behind their sips. Old Forester's history stems 150 years and is six generations long, so this tour is nothing but incredible.

MK: One of my favorite aspects of the Old Forester Distillery Tour is the cooperage, which is something not many people get to see. How does that add to a consumer's understanding of the Bourbonmaking process?

J2: The cooperage is not a usual part of a distillery tour, but that's what makes it even more special during a visit at Old Forester. As many know, the barrel is what gives whiskey its flavor profile and characteristics. Seeing the cooperage first-hand shows the calculated decisions we make for each barrel and how that in turn affects the outcome of the liquid. Seeing the entire process from start to finish, beginning with the barrel gives fans a better understanding of how their whiskey is created.

# MK: Is there anything new and exciting coming down the pipeline at Old Forester?

JZ: Old Forester definitely has some new and exciting things coming, but nothing that I can share at the moment. You can expect to see Old Forester at the Kentucky Derby in May showing off the Old Forester Mint Julep — the official drink of the Kentucky Derby — and the return of the Old Forester Turtle Derby!

# MK: Where do you see the Kentucky Bourbon industry in ten years?

JZ: Bourbon has been booming over the last several years, with more people starting to dip into whiskey and learning about it. Looking into the next 10 years, I hope to see more diverse faces within the industry, not just women but people of color as well.

# BOURBON TIME

Summer is here and we have whiskey for you to enjoy



### 1- Widow Jane 10-Year-Old Bourbon

In 2018, New York Senator Chuck Schumer made a bold statement that Widow Jane produces some of the best bourbons in the country as he handed a bottle to Kentucky Senator Mitch McConnell. His point was that you shouldn't judge a whiskey by its position on a map. The distillery values every ingredient in their Brooklyn, New York whiskey, from the limestone cave water to heirloom GMO-free corn strains. Winning the non-Kentucky category for World's Best Small Batch Bourbon at this year's World Whisky Awards, this whiskey continues to perform with a nose-to-tail experience of butterscotch, baking spices, citrus pith, nutty cocoa and loads of depth.

# 2-Three Chord Strange **Collaboration Kentucky** Straight Bourbon Whiskey

Musician Neil Geraldo knows a thing or two about building classic hits from three chords. His songbook is filled with tonal flavours and hooks, including chart-busters with Pat Benatar. With distiller Ari Sussman, they have collaborated on a bourbon finished in French Oak pinot noir casks that naturally sing, "We belong together." Depth - Grace - Angelic sweetness. The duo uses a proprietary method to finish the whisky rooting out a melody of classic bourbon flavours amplified with caramel, vanilla, cloves and sweet cherry.

### 3- Leopold Bros Straight **Bourbon Whiskey** 5-Year-Old

The Leopold Bros make this five-year-old whiskey first, by floor malting locally grown grains, then, open fermenting their sour mash to allow access to the yeast hovering in Colorado's natural air. The mash of 64% corn, 21% malted barley, and 15% rye provides an all-you-caneat buffet for this wild yeast and their cultured house strain. Their process creates a bourbon with elegant cereal notes, butterscotch, oak shavings, and dry grasses to wilder notes that accent a punch of sweetness with crackling spices. Hot cinnamon hearts and slightly nutty accents lead to a bone-dry oak finish with spice flares and freshly cooked cereals. Enjoyable and distinctive.





# **4-Cooperstown Select** Straight Bourbon Whisky 3-Year-Old

This hall of fame contender is made from a mashbill of four grains - all grown close to the New York State distillery. Balanced and rich, the caramel and vanilla-laced lumber notes on the nose melt beautifully into a bases-loaded mix of delicate spices such as clove, herbal green tea and licorice. Traditional baking spices and grain step up to the hot palate with dark earthy layers, charred caramel and dark chocolate. Those New York grassy grain tones start spreading the news into a finish longer than a seventh-inning stretch.

# 5-Spirits Of French Lick Lee Sinclair 4 Grain **Bottled In Bond Bourbon**

This double-pot stilled bourbon features a mash bill of 60% corn. 17% wheat. 13% oats and 10% caramel malt. At 100 proof, let this whiskey breathe for a minute before letting it lick your olfactory senses with sipping goodness. Honey and bold nutmeg forward spice flares dress the bourbon's jumbo caramel notes. Spicy ginger and more nutmeg spice accent the creamy palate adding layers to this bourbon aged in New American Oak that's toasted then charred.

### **6-Neeley Family Distillery Kentucky Single Barrel** Bourbon

Eleventh-generation lead distiller Royce Neeley upholds his family's whiskey traditions in their single barrel bourbon. Past generations distilled illegally, but now they have nothing to hide. Each bottle of their single barrel bourbon lists a collection of facts, including the yeast strain, barreling date, and date they decided to bottle it. This batch comes from a barrel named "Caramel Delight." It is made from a mash of 67% corn, 25% rye and 8% malted barley, then aged for 26 months in a 30-gallon char #3 oak barrel. Sweet cherry, black pepper, corn cobs and a medley of caramel flavours transition from the nose to a palate rich with barrel spices, vanilla, charred wood and baked cinnamon apples. A delight it is.





# Q BAR

AT FAIRMONT EMPRESS

Home to inspired cocktails, artisan beers, locally crafted Empress 1908 Gin and the best BC Martini on the coast. Q Bar is the place to see and be seen in Victoria.





# 8- FEW Straight **Bourbon Whiskey**

FEW is a grain-to-glass distillery located in the Chicago suburb of Evanston, Illinois. In 1893, the Chicago World's Fair celebrated the 400th anniversary of Christopher Columbus's arrival to the Americas. FEW's labels illustrate historical images from this fair, including this bourbon, which portrays the Statue of the Republic nicknamed The Golden Lady. Step right up to a roller coaster ride of spicy flavours from a three-grain bourbon aged in charred oak. Hot ginger, black pepper, cardamom and cloves swarm the palate while herbal savoury notes, fresh oak shavings and evergreen flavours adding dimension to this invigorating bourbon. •





Good Water-Good Whiskey

By Codie Gentry

t's common knowledge that everything we consume, is made up, to some degree, of water. Whiskey is no exception. Did you know that a standard bottle of whiskey contains up to 60% of water? It makes sense, then, that whatever water is used to make a bottle of whiskey, greatly impacts our experience of the whiskey we're drinking. Many distillers will tell you that what makes TN Whiskey so special, is the water from which it was derived.



The ground beneath much of Tennessee, Kentucky and Georgia is made of limestone. As rain falls it feeds rivers, soaks into the ground and replenishes the aquifers below. Because the water in our area is exposed to so much limestone underground, when we pull water from the aquifers in these areas, it is naturally calcium rich. It is also said that the calcium rich water is conducive to good yeast interaction during the fermentation process,

naturally giving distillers in these areas an upper hand in producing a quality whiskey. Scientifically proven? By most standards, no. However, it's what you'll hear in every distillery tour this side of the Mason - Dixon line, so I choose to believe it as fact.

If you tour one of the many distilleries in our area, you'll likely be close to some sort of water source. Is it by chance? Absolutely not. Most distilleries pull from

whatever water is near them to provide the base for their whiskey, and lucky for us, there's a lot of "watering holes" to choose from.

It's summer, and here in Tennessee, that means it is hot-really hot. Since we've got more daylight than we know what to do with, cool off with us as we journey through East TN sampling the best waterways and whiskeys the rolling hills have to offer. Be sure to bring those passports along for the stamping!

#### These Adventures Run On TN Whiskey

Knoxville

Distilleries: Post Modern Distillery, Knox Whiskey Works Swim and Paddle: Mead Quarry, Augusta Quarry Paddle: The TN River with Knox Adventure Collective

Knoxville is known as a nature loving, adventure seeking, artsy kind of town and when I tell you they nailed their catch phrase...THEY NAILED IT. Who knew Knoxville had so much to offer in the way of history, outdoor adventures, art and food? If you're missing the southern charm in an ever growing big city, there's no shortage of it here. Knoxvillians will welcome you with open arms, invite you to have a drink on their porch and talk to you all about what makes their city an awesome stop along The TN Whiskey Trail!

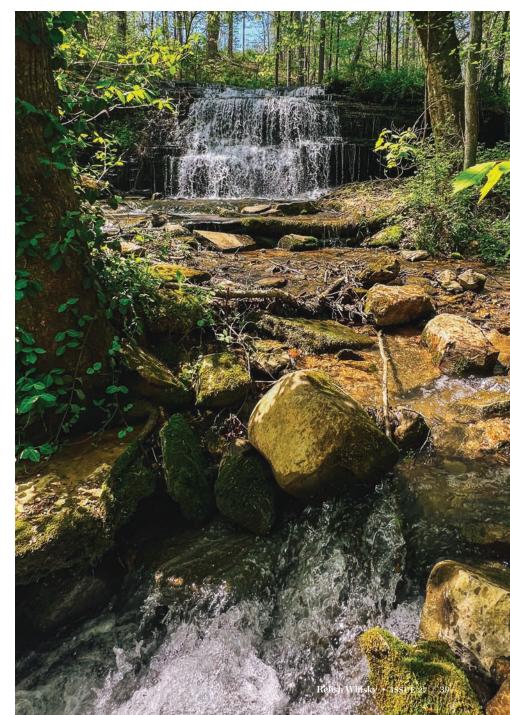
Stamp your passport: Knoxville is home to not one but two distilleries and even though they are located close to each other, Knox Whiskey Works and Post Modern Spirits couldn't be more different. Knox Whiskey Works is a small batch craft distillery located in the heart of the city. They work with local farmers and artisans to create unique spirits representative of East Tennessee. Post Modern Spirits, where artistry and chemistry intersect - the mad scientists at Post Modern are always brewing something new with things like elderberry and the root of an iris! There's no shortage of creativity and fresh takes on liquor here, they are truly offering up something different to the world of spirits.

Must try: An Elder Gin Fizz: Elderberry Gin Liqueur, Giniferous Gin, Rosemary Syrup, Lime Juice, Soda Water

Go on an adventure: Knoxville has no shortages of adventures. Literally, the "Urban Wilderness" can be found less than five miles outside of the city in every direction. Hike, bike, climb, paddle, or just wander in the woods with over 1K designated natural, green acreage.

We filled our time exploring from one end of the city to the other here's what filled our itinerary...

Fort Dickerson Park is a hidden gem for explorers. The area boasts tons of mountain bike and hiking trails along the sides of the beautiful Augusta Quarry. The surface of the water reflects the clouds and trees that hover above and the path leads you down to an inviting shoreline. Here you can paddle, swim and freedive





in the old limestone quarry where it reaches depths of almost 300 feet!

Just across town, you'll find Knoxville's very own wildlife sanctuary, **Ijams Nature Center**. It's filled with 10 parks, 40 miles of multi-use trails, four civil war sites, incredible views and Mead's Quarry Lake where you can rent kayaks and swim in designated areas.

One of the highlights of our trip was the time we spent with **The Knox Adventure** Collective. It's the perfect hub for those just visiting the city without gear. They have it all! From mountain bikes and street bikes, to kayaks and paddle boards – The Knox Adventure Collective offers rentals, guided tours and classes just for you or your entire family. We opted to take the kayaks

out along the Tennessee River. There's just something about paddling along the river, taking in the city by way of the water. A MUST for your TN Whiskey Trail adventure.

#### **Townsend**

Distillery: Company Distilling Fish, Swim, Float: The Little River Hike: Spruce Flat Falls (Easy/2 miles roundtrip), Laurel Falls (Moderate/2.6 miles) Abrams Falls (Hard/5 miles roundtrip)

On the second stop of our East TN, Tennessee Whiskey Trail adventure, we headed to The Peaceful Side of The Smokies and into the small town of Townsend, Tennessee. Townsend was a welcomed breath of fresh air and a far cry from what we've come to know of The Smokies and the touristy likes of Gatlinburg and Pigeon Forge. If you are finding yourself craving a tranquil retreat from the hustle and bustle, I couldn't recommend a trip to The Peaceful Side of The Smokies more!

#### Stamp your passport: Company

Distilling features a 4,000 square foot tasting room along the Little River at the base of The Smokies. More than a tasting room, have a sip and stay awhile! The 13.5+ acre property offers access to cycling, running and nearby mountain biking and hiking trails.

Go on an adventure: Where do we even start? The Little River in Townsend is quite popular for its fishing and in the summer, the waterways will be lined with folks splashing around and tubing in the crystal clear cold waters. Just on the border of the small town lies Great Smoky Mountain National Park and the ever so scenic Cades Cove historic settlement.

Waterfalls: SMNP is home to over 200 waterfalls, many of which can be seen on the scenic drive winding through the mountains. One especially scenic stop was Spruce Flat Falls. If you find yourself in the area, I highly recommend this easy, 2 mile roundtrip hike! Longer hikes, just a short drive from Townsend will take you to Laurel and Abrams Falls.

Get the most out of your trip: Grab a map or book about the falls of the Smokies before heading into the park, as the cell service is terrible and they aren't really labeled.

#### Sevierville

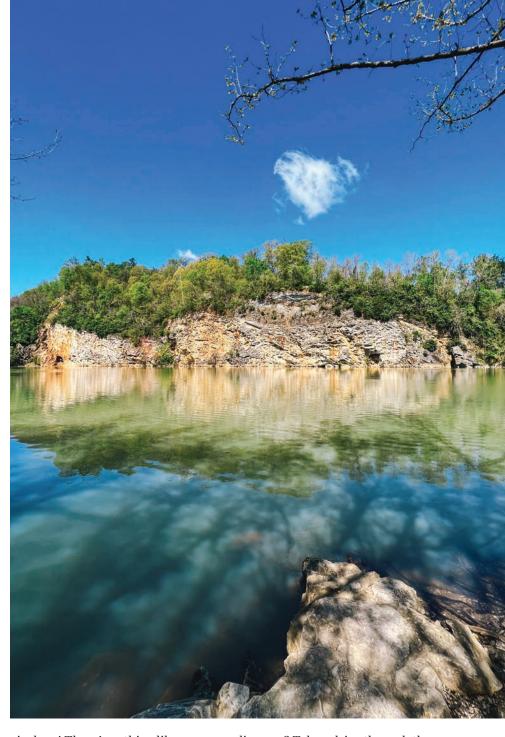
**Distilleries:** TN Legend Distillery and Old Tennessee Distilling Fish, Swim and Boat: Douglas Lake, Little Pigeon River *Hike:* Cataract Falls (Easy/.5 miles roundtrip), Laurel Falls (Moderate/2.6 miles) Rainbow Falls (Hard/5.5 miles roundtrip)

South of Smoky Mountain National Park lies the city of Sevierville, located just outside of the Gatlinburg/Pigeon Forge area. The Gateway to the Smokies is just that, and a nice reprieve from the big, bright, flashy touristy areas just down the way. Here you'll find more locals who are full of southern charm and a community of people who are trying to bring back that feeling of yesteryear. You know, before the roller coasters and competing water parks.

**Stamp your passport:** Our first stop in Sevierville was for whiskey. I mean, we are on the Whiskey Trail, right? Chatting with the folks at Old Tennessee Distilling was like catching up with old friends. We would highly recommend doing a tasting and trying a little bit of everything - which includes an array of flavored moonshines, whiskey, rum, vodka, gin and infused fruits.

Go on an adventure: from waterfalls and flying high to relaxing lakeside, Sevierville is a short drive from a world of adventures.

Sky High Tours: Can you say you've ever been in a 1927 Waco Biplane? Well I can, and let me tell you it was quite the adventure. See the Smoky Mountains like you've never seen them before, by open cockpit and



airplane! There's nothing like climbing into this piece of history feeling the wind on your face as you experience open air flight. Sky High Air Tours is operated by Marc who has been flying this plane for over two decades!

*Waterfalls:* Just a quick trip to the south side of Smoky Mountain National Park is an easy half mile hike to the cascading, Cataract Falls. Looking for more falls to

discover? Take a drive through the park where over 200 waterfalls have been mapped, many of which are located road side. Looking for longer waterfall hikes in the area? Try Rainbow or Laurel Falls!

Oh Dam: Douglas Lake and Dam can be found in Sevierville, located at the foothills of The Smoky Mountains. The lake offers a variety of activities such as boating, paddling, fishing, camping and swimming, but for us it



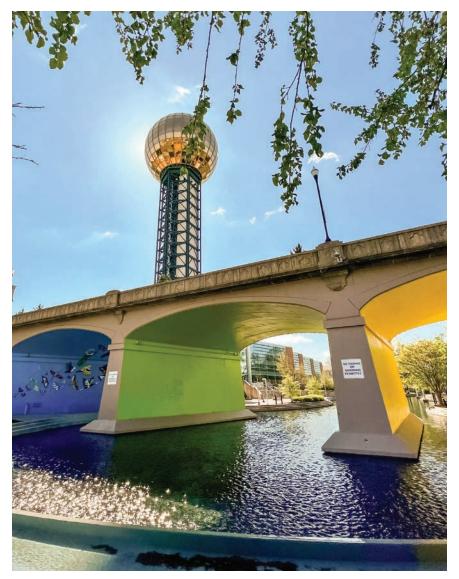
## ADVENTURES RUN ON TENNESSEE WHISKEY

Discover timeless craft secrets, immerse yourself in the local culture, learn more about Tennessee's storied history and traditions, meet some iconic distillers, and taste where legendary spirits came from on the Tennessee Whiskey Trail.

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was a perfect spot to soak in the scenery and have a nice lunch far away from other people.

#### Cookeville

**Distillery:** TN Legend Distillery Fish, Swim and Boat: Center Hill Lake

**Paddle:** Canoe the Caney River *Hike:* City Lake & Falls (Easy/.5 miles roundtrip), Burgess Falls (Easy/1.5 miles roundtrip), Window Cliff Falls (Moderate/5.3 miles roundtrip), Cummins Falls (permit required, Challenging/3 miles roundtrip)

In East Tennessee, you see bears everywhere, but in Cookeville, just

an hour east of Nashville and an hour west of Gatlinburg, they want you to be the bear. Roam, explore, get dirty, be free.

Cookeville Tennessee is located on the Cumberland Plateau and with area hills, trails, caves, lakes, rivers and waterfalls - it's the perfect place to seek adventure along the TN Whiskey Trail!

Stamp your passport: Grab that passport and head into town. There you'll find Tennessee Legend Distillery at Maddux Place. Sip on several offerings with a tasting of flavored moonshines, whiskeys and

rums and while you are there, sit back and enjoy a libation at their newly opened Cocktail bar!

Go on an adventure: With no shortages of adventures to be found in Cookeville we really had to narrow down our list of to do's in town. We stopped by the highly recommended Dogwood Park and stumbled onto the lesser known City Lake and Falls Trail. After a short walk along a stream we were greeted by a wall of lightly flowing waterfalls. This hidden gem is a MUST SEE on your stop in Cookeville. It's a perfect place to have lunch, bring the pup and splash around!

#### Looking for a longer hike?

We highly recommend checking out other falls on The Cumberland Plateau such as Burgess, Cummins, Window Cliff or Rock Island!

#### What is the TN Whiskey Trail? The

Whiskey Trail is comprised of 28 distilleries throughout Tennessee! We've laid them all out for you on an old school map that you can get at any participating distillery or sign up for our mobile version at www.tnwhiskeytrail. com.

Who: YOU! Must be 21+ to adventure throughout the trail and you must love whiskey! That's it!

When: Start now! Set a goal or go at it weekend trip by weekend trip! We'll be here and we'd love to see you. Plan an adventure with your friends, make it a date night or take all of your vacation time from the past three years and embark on your whiskey journey! We don't care when and who you start with as long as you get going! How do I participate? Collect stamps and/ or poker chips at all participating distilleries by taking the different tours throughout the trail. Once you've visited all participating distilleries, you can submit your completed passport bymail or email. AND once your trips have been verified, we'll send you a commemorative poker chip set! ♦



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#### Three Chord Founder Three Chord designates a portion of all proceeds to assist musicians through a variety of exceptional charities.

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## Glenbow Single Malt Whisky

#### What's In A Name?

By Gary Jame





lenbow was a town...once.
Now it's an open field
with beautiful pathways
located in a picturesque
valley beside the railway tracks and
the Bow River. The old town site
is within what is now the Glenbow
Provincial Park stretching along the
river between Cochrane and Calgary.

It is a location Jacques Tremblay and Daniel Plenzik, owners of Bridgeland Distillery, know well since they both reside in the northwest end of Calgary, very close to Glenbow.

"In southern Alberta, anything with a Scottish flavour in the name is fairly common, as many of the Europeans first to set up ranches in the area were Scottish immigrants. This of course is something near and dear to our hearts considering Bridgeland was historically one of the early neighbourhoods in Calgary known for it's multi-culturalism.

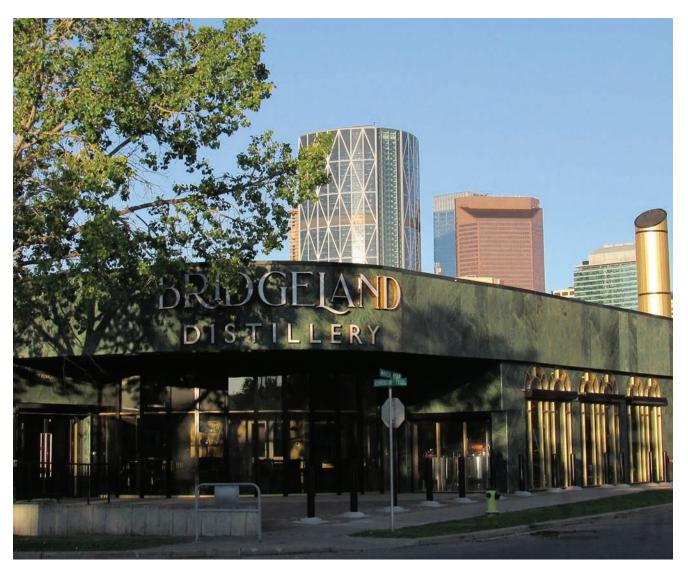
But there is no Glenbow in Scotland, nor is it a family name," reveals Tremblay. Bridgeland Distillery decided to name their single malt whisky, "Glenbow Whisky". Plenzik explains, "Naming the distillery's Single Malt Whisky after it, is reflective of an urban energy and the rural landscape of our lives in Southern Alberta and remembering where we came from."

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#### But where did the ghost town of Glenbow get its name?

It's in a glen, on the Bow. Glen – is a Gaelic word for a narrow valley. And Bow, obviously from the mighty river coming from the Bow Glacier.

A Canadian Pacific Railway station, post office and town were established there around 1907, until about 1920. Overshadowed by the much larger Calgary to the east, and Cochrane to the west, Glenbow was a small dot on the CPR line. The town owed its existence to the Paskapoo sandstone quarry on the hillsides above it. Here, quality building blocks were excavated and used for various elegant structures in the province. Calgary historic City Hall and the Legislative Building in Edmonton being notable examples still standing today!

After an initial boom, the quarry ended up closing in 1912 for lack of the cutting area high on the hillside, blocks were transported down an incline railway to a CPR platform below.

After the quarry shut down, a small brick factory was operated for a few years. Located near the store/post office, the clay material came from the field immediately beside the operation. At its height, some hundred and fifty people called Glenbow home.

This whisky is one of the very first spirits that was distilled when Bridgeland Distillery started production back in the spring of 2019. The sourcing of the malt was done carefully with qualifiers of premium and local terroir at the top of the list.

Upon visiting Red Shed Malting in Penhold AB, it became very clear that they would be the partners of choice for providing the high kiln malted barley that is a key element to this truly unique whisky!

The two owners and distillers are excited on how this product will be received by consumers. The use of new and old American oak barrels produced flavours and aromas of dark dried fruits, vanilla and spices. This product showcases an elegance rarely seen in young whisky. Not unlike the enjoyable view you get at this scenic glen on the Bow.

"We are quite proud of this product and although we've been waiting for 3 years, we can't wait to share it with everyone in July, when it's released!" concludes Plenzik. •

## Test Your Whisky Wisdom See how well you know the

whiskey world











#### **Marianne Eaves Master Blender**

Q1-How many bourbon making regions are there in the US? Q2-When determining a recipe for the barrel that a distiller will age their bourbon in, is toast or char the most important?

#### Lisa Wicker **Head Distiller** Widow Jane Distillery

Q1-What products did Kentucky distilleries produce during WWII to support the war effort? Q2-Who wrote "My own experience has been that the tools I need for my trade are paper, tobacco, food, and a little whisky."?

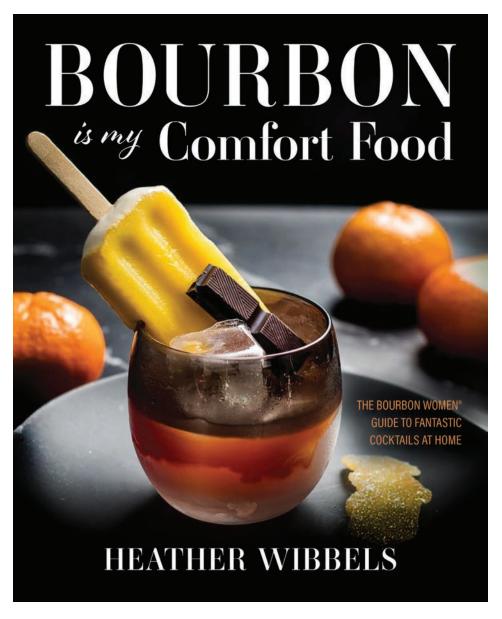
#### Shayna Kaufman Southeast Ambassador Woodinville Whiskey

Q1- In order for American whiskey to be called a bourbon you can only distill up to what proof and put in the barrel at what proof? Q2- What does it mean when a bourbon is labeled "Bottled in Bond"?

#### **Michael Myers Owner and Founding** Distiller 291 Colorado Whiskey

Q1-This grain to glass distillery doesn't use any ink on the front labels of their signature bottles: Q2-What is the origin of the name 291 Colorado Whiskey? Aka "Why is 291, 291?"

Find the answers on page 59 ♦



## Bourbon Is My Comfort Food

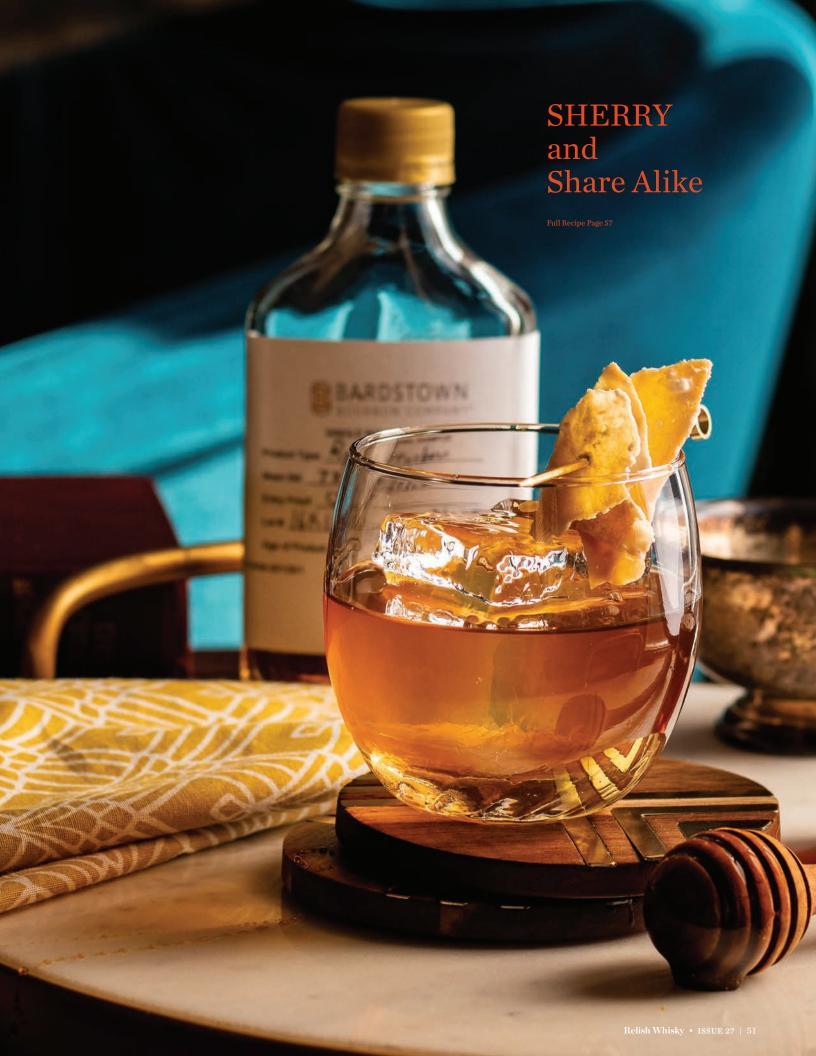
ourbon Is My Comfort Food reveals the delicious beauty of bourbon cocktails and the joy of creating them. Whether readers are new to bourbon or steeped in its history and myriad uses, they will gain the knowledge to make

great bourbon cocktails, share them with friends and family, and expand their whiskey horizons-because the only thing better than bourbon is sharing it with a friend.

From building your home bar to basics on cocktail technique, Heather Wibbels showcases classic bourbon cocktails—like the Old Fashioned, the Manhattan, Whiskey Sours, Highballs, Juleps and morein approachable ways. The book also features several Cocktail Labs, which invite readers to explore classic cocktail elements and experiment with flavours, textures, infusions, syrups, and garnishes. With over 140 recipes, this book is more than a cocktail recipe book it's a primer on manipulating flavours and balance in whiskey cocktails. But more than that, Bourbon Is My Comfort Food is a celebration of ten years of bourbon education and cocktails by Bourbon Women, the first group dedicated to women and their love of the spirit. Wibbels celebrates with cocktails from the Bourbon Women leadership team, branches across the nation, and winners from the group's annual Not Your Pink Drink contest. Get out your cocktail shaker and explore the wide

world of bourbon cocktails with Heather Wibbels and Bourbon Women!

Heather Wibbels is an awardwinning mixologist, chair of the Bourbon Women Board of Directors, photographer, and digital content creator. Wibbels works with brands and companies to develop cocktails and deliver cocktail education for both the home mixologist and cocktail enthusiast, turning cocktail lovers into whiskey drinkers one drink at a time. *She develops, writes, and photographs* content for her own website as well: www.CocktailContessa.com.









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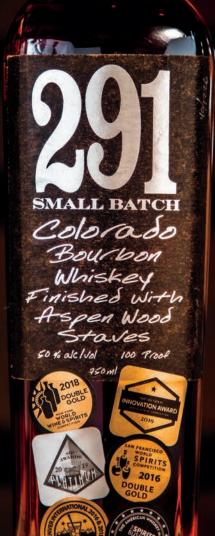
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#### Bourbon Is My Comfort Food Recipes By Heather Wibbels

#### **Sunset Sour**

In this gorgeous Boston-type sour, from Bourbon Is My Comfort Food: The Bourbon Women Guide to Fantastic Cocktails at Home, a touch of blackberry liqueur supports the blackberry cobbler notes from the simple syrup.

1½ ounces 100-proof bourbon ½ ounce blackberry liqueur ¾ ounce lemon juice ¾ ounce blackberry simple syrup (recipe follows) ¾ ounce egg whites or aquafaba (optional) 2 dashes Fee Brothers black walnut bitters

Garnish: fresh or frozen blackberries and lemon slice

Combine ingredients in a cocktail shaker and fill with ice. Shake vigorously for 10–12 seconds. Strain into a chilled coupe glass or, if you used the egg whites or aquafaba, strain into another shaker and use a handheld latte whisk for 20 seconds. Pour into a chilled coupe glass and garnish.

Blackberry Simple Syrup 2 cups frozen blackberries ½ cup water 1 cup sugar Combine ingredients in a small saucepan and cook until the blackberries are thawed, soft, and very juicy. Once the blackberries have cooked down a bit, press on them to release the juice. Stir until the sugar is dissolved and the blackberries have turned purple. Cool and strain out the pulp. Store the syrup in the fridge and save the strained blackberries to eat on ice cream.

#### Peach Manhattan

Stonefruit notes soar in some bourbons and whiskies. Let's take advantage of those notes in this Peach Manhattan riff to create a delicious cocktail for any season.

1 oz peach whiskey or liqueur 1 oz wheated bourbon 1 oz dry vermouth 1 dash Hella Bitters Apple Blossom bitters, Old Forester Smoked Cinnamon bitters or Bittermens Tiki bitters

Garnish with a peach slice or cocktail cherry

Add ingredients to a mixing glass and fill with ice. Stir for 30 seconds, or until well-chilled. Strain into a chilled coupe or martini glass. If you prefer a sweeter Manhattan use 1/2 oz dry vermouth and 1/2 oz sweet vermouth.

#### **Smoke and Mirrors**

Passionfruit makes a stellar combination with blanco tequila and lime in a sour – and with a dash of spicy, smoky bitters, it's a refreshing summer tipple.

1½ oz blanco tequila ¼-½ oz mezcal (no higher than 100 proof) 1 oz Real Cocktail Ingredients passionfruit syrup ¾ oz lime juice 2 dashes Hella Bitters smoked chili bitters

Garnish: lime wheel, garnish, tajin rim

Prepare glass with tajin rim. Add ingredients to cocktail shaker and fill with ice. Shake for 10-12 seconds. Strain into prepared glass and garnish with a fancy flower if you like.

#### Sherry and Share Alike

Summer's no time to abandon whiskey cocktails! Mix in a little sherry for a great, layered cocktail to quench your summer whiskey cravings.

2 oz 100 proof bourbon 1/4 oz honey syrup infused with cardamom 1/4 oz Fino sherry 2 dashes Old Forester Smoked Cinnamon Bitters

Garnish: candied ginger

Combine ingredients in a mixing glass and fill with ice. Stir for 20-30 seconds, or until well-chilled. Strain into a chilled rocks glass with one large cube. Garnish. ◆

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#### **Test Your Whisky Wisdom**

Answers from page 49

#### Marianne Eaves Master Blender

Q1-How many bourbon making regions are there in the US?

Al-America is separated in 9 climate regions. As I continue to develop curated blends from across the country for EAVES BLIND, I intend to meaningfully tie producers in these regions together to change the narrative of Bourbon. It's no longer "KY distillers and the OTHERS." As I showed people in the inaugural release, show stopping bourbon is being made from Florida to New York, Colorado to Oregon to Texas and beyond.

Q2-When determining a recipe for the barrel that a distiller will age their bourbon in, is toast or char the most important?

A2-This is kind of a trick question. They are both important, and they contribute VERY different things to the maturation process. Toast adds flavor to the bourbon. Char can add some flavor, but mostly filters the bourbon and smooths it as it ages. My opinion is that the recipe should be thoughtful based on the recipe you create, and at the same time toast should never be overlooked!

#### Shayna Kaufman Southeast Ambassador Woodinville Whiskey

Q1-In order for American whiskey to be called a bourbon you can only distill up to what proof and put in the barrel at what proof?

A1-You can distill to no more than 160 and barrel at no more than 125.

Q2- What does it mean when a bourbon is labeled "Bottled in Bond"?

A2-It must be aged in a federally bonded warehouse for at least 4 years and bottled at 100 proof. It also must come from one distillation season (6 month period).

#### Lisa Wicker Head Distiller Widow Jane Distillery

Q1-What products did Kentucky distilleries produce during WWII to support the war effort?

A1-Penicillin...mold and sugar were placed in fermentation tanks to produce the pharmaceutical on a large scale for injured troops.

They also produced fuel alcohol and industrial alcohol.

Q2-Who wrote "My own experience has been that the tools I need for my trade are paper, tobacco, food, and a little whisky."?

A2-William Faulkner

#### Michael Myers Owner and Founding Distiller 291

Q1-This grain to glass distillery doesn't use any ink on the front labels of their signature bottles:

A1-291 Colorado Whiskey labels are "printed" on a 1930's letterpress. Using gold and silver foil, each label is pressed and cut and numbered by hand. These unique labels can don't work in a labeling machine, so each one is placed by hand and the signature cage is

added over the natural cork to finish the whiskey art.

Q2-What is the origin of the name 291 Colorado Whiskey? Aka "Why is 291, 291?"

A2-People often ask us, why 291? The number 291 is meaningful for a few reasons-growing up, 291 Colorado Whiskey founder & CEO Michael Myers, only ever wanted to be a photographer. He chose to major in Fine Art Photography and Art History at The Savannah College of Art and Design. In his 1st year studies, he learned that the first gallery that represented photography as "high art" was named 291, founded by Alfred Stieglitz. The exhibitions helped bring art photography to the same stature in America as painting and sculpture. And by some twist of numerical fate. the dorm room that Myers was living in when he read about this important photo gallery, also 291. It was a sign for Michael that he was in the right place at the right time. He was aimed in the right direction to make his dreams of a career in photography a reality. After 9/11 changed the course of Myers' life, rerouting his photography career to distilling, his Colorado Whiskey needed a name. Once Myers built his distillery and taught himself the distillation process (one that reminds him of all those hours in the darkroom), none of the names he'd contemplated felt quite right. Myers came back to his past, photography and 291...one magic number connecting his past with his future in whiskey. 291 Colorado Whiskey, always Rugged, Refined, Rebellious. ♦

### WHEN IT COMES TO

# SMOOTHNESS WE DOUBLED DOWN



MAKE IT COUNT