

CHRONICLE MAN

with Colm Ward

Combine style with substance in the new year

So, you've had a couple of days to recover from your strenuous new year's eve partying. It's time to get down to the serious business and start the second decade of the 21st century as you mean to continue - with style and, more importantly, substance.

Chances are you've made a few new year's resolutions - and probably already broken some of them. Learn Chinese, lose weight, gain a sixpack, drink less (or more), get flying lessons, get your career sorted - finally. But there's one resolution that we could all do with making in 2010 - and that's to look and feel better.

Here are a ten resolutions that can help make 2010 a year to look back on with pride:

Men's Style resolutions for the new year

1. I shall invest in one perfectly-fitting suit and I shall wear it with pride at every opportunity.

2. I will confine my tracksuit to use in sporting occasions only. However, I will endeavour to participate in more sporting activity and spend less time watching it from the couch/barstool.

3. I will find my own style and not slavishly follow the trends imposed on me by high street clothing stores. However, I will remember that my instincts are not always spot on (see track-suit reference, above) and, if in doubt will seek expert advice (girlfriend, wife or other female friend, knowledgeable shop assistant)

4. I am a man and will dress accordingly. Henceforth, excessively baggy jeans, oversized t-shirts and baseball caps will be left to the teenagers.



#5. Get up off that couch and get some exercise

5. I will take care of my health. I will watch less television and exercise more. I will reduce my intake of booze and takeaways. I will go to the doctor to get checked myself checked out if I have ANY concerns. I will talk more about my problems.

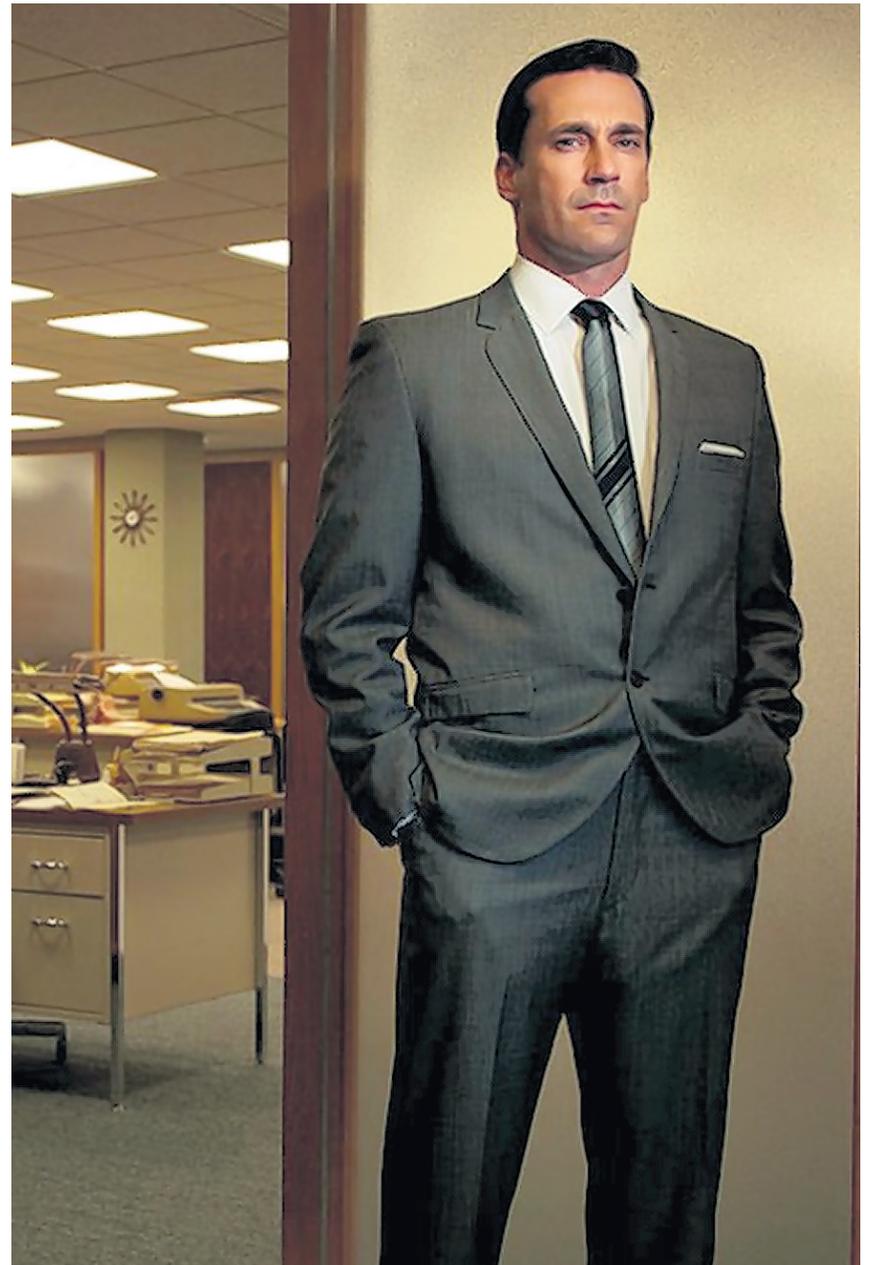
6. I will take responsibility. No more blaming others for my problems. If I am miserable, frustrated, angry, I will recognise that I am the only one that can sort myself out.

7. I will dress for the occasion, whatever it may be...

8. ...however, I will take convention as a starting - not an end - point.

9. I will learn a new language.

10. I will aim to look in the mirror every morning - and evening - with pride



#4. Take inspiration from Mad Men's Don Draper and start dressing like a man - not an oversized teenager

The top five items you should nab during the sales

MOST guys hate the sales. It's bad enough shopping at the best of times, but having to contend with big crowds, chaotic shops and near hysterical females vying for that last cut-price pair of designer shoes makes it almost unbearable.

Still, if you know what you're looking for and get in there early, the sales can be a great opportunity to refurbish your wardrobe for the coming year. The important thing to remember is go for classic looks and good quality that will last for a while. Avoid anything too faddy as it's probably going to be completely out of date in a couple of months anyway - that's why it's on sale. Here are some of the key pieces every man should look out for if he braves the sales.

■ **A good overcoat.** Go on guys - it's an investment. Spend what you have to get a great overcoat. Take care of it and it will serve you faithfully for years to come.

■ **Shoes for the rain and cold.** Leave the canvas sneakers in the wardrobe until late Spring. Invest in a decent pair of leather brogues. Wingtips have been a staple of mens fashions for generations and this season there are some fantastic designs to choose from.

■ **Headwear.** A minefield this. Most Irish guys tend to go for the tried and tested woollen beanie when they need some coverage on top. But why not trying to push the boat out a bit this winter. The traditional flat cap, like your grandfather wore, has undergone something of a makeover in recent years and there are some great designs to choose from out there. Check out Debenhams or River Island for some ideas.

■ **A thick neck.** A good scarf is a staple in any man's wardrobe. And it's one of the few items of menswear that you can get away with being a little flamboyant. If you have a sober overcoat, a colourful scarf can help beat those winter blues. If you really want to push the boat out, snoods are hot this season (though approach with caution). River Island have a good selection.

■ **Woolly sweater.** For those of us brought up on rough, ill-fitting wool sweaters, the idea of spending a wedge of cash on a woolly jumper might be seen as a step too far. But the humble jumper has undergone a revamp of late and there are some great designs out here in quality wool. And remember, there's nothing like a jumper keep you warm and toasty, no matter how Baltic it gets.



Stock up: some of the stuff you should watch out for in the sales, clockwise from top left, a good overcoat, scarves and a shawl-neck sweater

Trend watch

Going Grey



Apparently we'll all be going grey this spring/summer, if the fashion overlords have their way.

All the big fashion houses have been showcasing menswear designs in various shades of grey, ranging from charcoal to to dove. Prada in particular has impressed with their collection of surprisingly wearable clothes. Although the plunging v-neck on the jumper combined with the leather hat may be a step too far for most Irish men