

A detailed photograph of a coffee-themed still life. In the upper left, a white ceramic cup filled with frothy coffee sits on a matching saucer, with three cinnamon sticks resting beside it. Steam rises from the cup. The background and foreground are covered with a large quantity of dark brown, roasted coffee beans. Two small, open burlap sacks are also filled with these beans. In the lower left, two vibrant green coffee leaves are visible. The entire scene is set on a rustic wooden surface.

the stew

ISSUE 8.07 | JULY 2017 | **FREE**

the
coffee issue

Featuring
Isaac Steward
Pages 6 & 7

we speak

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On the Cover:

Sit back with your favourite beverage and read all about what's brewing in this caffeinated issue of The Stew Magazine.

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Coffee adventures

BY CRAIG SMITH

This month I decided to create my entire article without actually typing into a keyboard as I sit drinking my first coffee of the day. The software I use to write when I'm being lazy is called Dragon Speak and it's 10 times easier and faster for me, as I'm a hunt-and-peck kind of guy. Years ago, I bought the first version of this software. I was excited about heading into the Star Trek kind of future where we talk to our computers rather than having to type, but it was so glitchy that you spent as much, if not more time correcting all the mistakes it made. A couple months ago, I decided that I would give it a shot again and this time I felt like it was pretty close to perfect. Going back to school in a couple months, I was excited that it might help me immensely to complete the numerous papers I will have to write over the next two years. However, after reading my article, my editor threatened my life if I use it again and submit my article without proofreading first.

My addiction to coffee actually began with me not liking this beverage very much. Coffee in the military isn't even close to the exceptional beverage I enjoy today. Other than water and the odd juice, coffee was the main drink that was offered. If you were on a Base it was dispensed out of these huge stainless-steel boxes in line at the mess hall. When you were in the field, you either got your coffee from an olive drab metal container for hot meals, or if you were eating combat rations your coffee was an instant packet. Neither of these options were premium coffee, but it did the trick. When I entered

civilian life as a truck driver, I went through pot after pot of restaurant-grade coffee with all my buddies and co-workers at coffee shops.

I didn't really know what good coffee was until about 10 years ago. I can't remember the name of the restaurant, but it was fancier than the ones I was used to. At the end of the meal, I asked for a coffee and it was just amazing. This first coffee started me on an adventure that has lasted 13 years.

Since that day, I have tried coffee from all over the world. I have bought numerous machines and I've gone through phases where I was hooked on one type or style. At one time, there were three coffee machines on my counter and that's not counting the French press and drip coffee maker in the cupboard. Depending on my mood that day and how much time I had, I would use one or the other. If it was a lazy Sunday, I would take out my gourmet coffee beans, grind them, and almost religiously create my coffee using a French press. This is one of my favourite ways of making my morning beverage, but it does take a lot of time. If I am in a rush, depending on the type and style I want, I either use my Tassimo or my Keurig. If I want to be environmentally conscious I will use my SunCafé machine with its compostable container. If we are entertaining and more than one person wants coffee, then I use the drip coffee maker. When I'm feeling especially adventurous, I bring out my old school cappuccino machine.

One of my favourite coffee adventures is being able to sample coffee from other countries, while in those countries. I love to travel,



and I make a point of trying coffee in every country that I travel to. A few years ago when my wife and I got married, we travelled throughout the Mediterranean and I tasted different coffees in 9 countries.

My first real Italian cappuccino was in Venice and I discovered that Italians have a different way of enjoying coffee. I find that in North America, it's more of a social event. Most of the coffee shops I visited in Italy didn't have chairs. The whole idea was to get your cappuccino or your espresso, add your cream or sugar, and drink it quickly like it was a shot of alcohol. There is no sipping, and no carrying it around in a disposable or to-go cup; just a two-second drink and then you're off.

In Turkey, you have coffee before you do business, and in relationships, the men and women have a coffee ceremony to see if they're compatible. I had Turkish coffee a couple times while we were there, and it's very much an acquired taste; very strong, very sweet, and quite thick.

Throughout our trip, I also tried espresso at just about every stop – it was slightly different each time, but the experience was the same;

get in line, get your espresso, get your sugar, drink the shot and get out in the space of three or four minutes. I did think long and hard about whether this style of coffee drinking would catch on here so I could create a business from it, but I don't think Canada is ready for that type of coffee drinking.

Our most recent trip was to mainland China and unfortunately they really do have the worst coffee in the world. You've heard the expression, "all the tea in China," and there's a reason it's not "all the coffee in China." The coffee is all imported, and in my opinion, they really don't know how to brew it. I gave it an honest try, but I'd rather drink tea in China.

My adventure in coffee is nowhere near complete – sometime in the next few years I'm going to try the world's most expensive coffee, 'Kopi Luwak.' I first heard about it was in a movie called *The Bucket List*, and then again during a church service; the minister described the process this coffee goes through, as it translates to our lives. If you want to know about how this coffee is made, Google it for yourself. Maybe you'd like to join me in a cup... or not.



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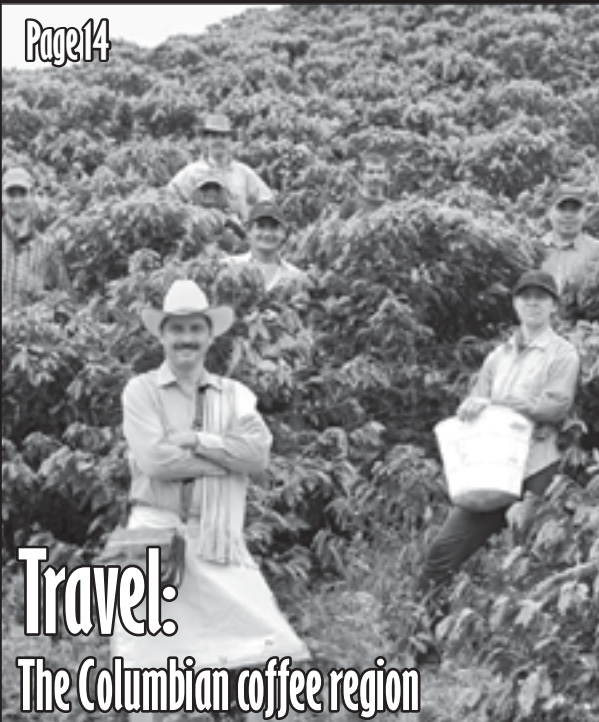


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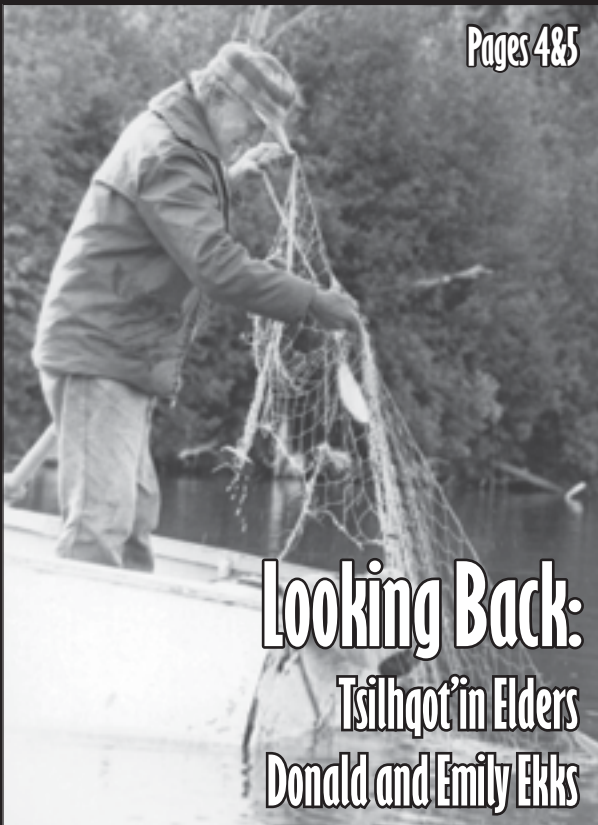
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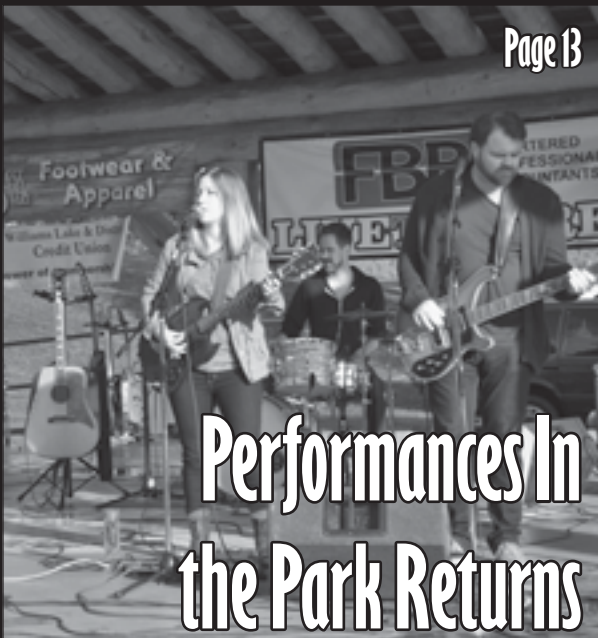
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Tsilhqot'in Elders Donald and Emily Ekks



Looking Back
By Sage Birchwater

Donald Lulua walked with a limp. I met him in Williams Lake in 1975 when I got a job as a street worker at the Cariboo Friendship Centre. Donald was a frequent visitor there. He said he injured his leg when he got dragged by a horse as a kid. His foot got caught in the stirrup and there was no doctor or medical help to set his broken bones, so his leg never healed properly.

I was trying to make enough money to put a grubstake together so I could move to the Chilcotin. A friend and I bought a trapline near Tatla Lake and it took me a couple of years to collect the tools, clothing, bulk food and bit of knowhow to survive in the bush.

Every once in a while Donald would disappear. He'd say he had to go west into the Chilcotin to help his mother cut some firewood and he'd be gone from the rigors of city life for several weeks

at a time. This intrigued me.

I knew very little about the Chilcotin in those days. The high plateau west of the Fraser River had an aura of mystery about it. Once you crossed the Fraser River at Sheep Creek Bridge a sense of freedom exuded from the landscape. It was a step back in time, a forgotten place linked together by a winding gravel road that eventually made its way through the mountains to the Central Coast at Bella Coola.

In the summer of 1977 I made my great escape and got settled on my trapline in the mountains south of Tatla Lake. A short time later I ran into Donald Lulua at Nimpo Lake.

There was a big funeral for a Tsilhqot'in elder at Fish Trap, and Donald



hailed me when I stopped by and introduced me to his family and friends. He made me feel at home even though I was a stranger.

I was unfamiliar with the funeral customs of the Indigenous people of the Chilcotin Plateau, where everything stopped for a week or ten days while people migrated from the furthest reaches of the country to attend the wake and comfort the grieving family. Many Tsilhqot'in and Dakelh people travelled by horseback and wagons through the back country in those days, and some had to come several hundred kilometres. So time had to be given for people to assemble.

Donald's family came from Big Eagle Lake country between Tatla Lake and Nemiah Valley,

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hear

"What on Earth could be more luxurious than a sofa, a book, and a cup of coffee." ~Anthony Trollope



► Ekks cabin



1989 ► Donald Ekks



1989 ► Emily Ekks

...continued from page 4

and it was there at the funeral for Sam Sulin at Fish Trap at the outflow of Nimpo Lake that I met Donald's mother Emily and her husband Donald Ekks.

Donald Lulua showed me a whole new world that day. The whole Ulkatcho community which is made up Dakelh and Tsilhqot'in speakers, pitched in to feed and accommodate the people as they showed up from across the region. I witnessed a spectacle I never before imagined. There was a combination of revelry and stoic intent. A vigil fire was kept burning around the clock in front of the house where the family of the deceased man lived.

People stopped by to console the family members. Lahal and poker games were played throughout the night. An endless supply of food was prepared for the hundreds of guests who kept arriving over the three days I was there.

I saw in the casual atmosphere of celebration, tears and laughter how broken hearts were touched and spirits were mended. I witnessed the innate closeness of that far-flung community that stretched from the Fraser River to Bella Coola, and from the South Chilcotin mountains to the Nechako River. There was an intimacy between people and a cultural bond that took precedence over the work-away world.

For Donald Lulua and his parents, attending a funeral was a cultural odyssey they didn't question. It was the grist that cemented the Indigenous community across this

vast and sparsely populated land.

I too lived in isolation sixty kilometres south of Tatla Lake. I gradually came to realize that Donald and Emily Ekks were among my nearest neighbours.

Donald and Emily lived the old time way. Nobody questioned that their several cabins and camping spots they occupied throughout the year were not designated "Indian" reserves nor fee-simple alienated land. They were free spirits living on unceded Tsilhqot'in territory the way their ancestors had done for millennia, and nobody, even government minions contested this right.

They had a cabin beside a spring three or four kilometres from Tatla Lake along the old Tatlayoko Road. This was their winter quarters which they shared with their son David.

Another fifteen kilometres along the Tatlayoko Road they had a second cabin on the shores of Cochin Lake. David built it for them out of small-diameter logs when he was 14 years old. This was their summer abode. Donald and Emily would set their net in the lake when they needed fish, and the rainbow trout and suckers they didn't eat fresh would be dried on racks over a smoky fire.

Emily's oldest son Ubil also had a cabin on Cochin Lake two hundred metres further down the lake from Donald and Emily's encampment. It was a more posh affair with finished doors and windows and large

enough to accommodate their family of several kids. Ubil and Julianna lived in Nemiah Valley some 80 kilometres away, but like his parents, Ubil occupied the whole of the landscape with a large fishing camp at Henry's Crossing to take advantage of the late summer sockeye run. Emily and Donald also camped there in sockeye season.

What grabbed my attention with Donald and Emily was how they managed to survive in the midst of the modern industrialized world swirling around them. They never owned a vehicle and neither of them had a driver's license, but that never slowed them down.

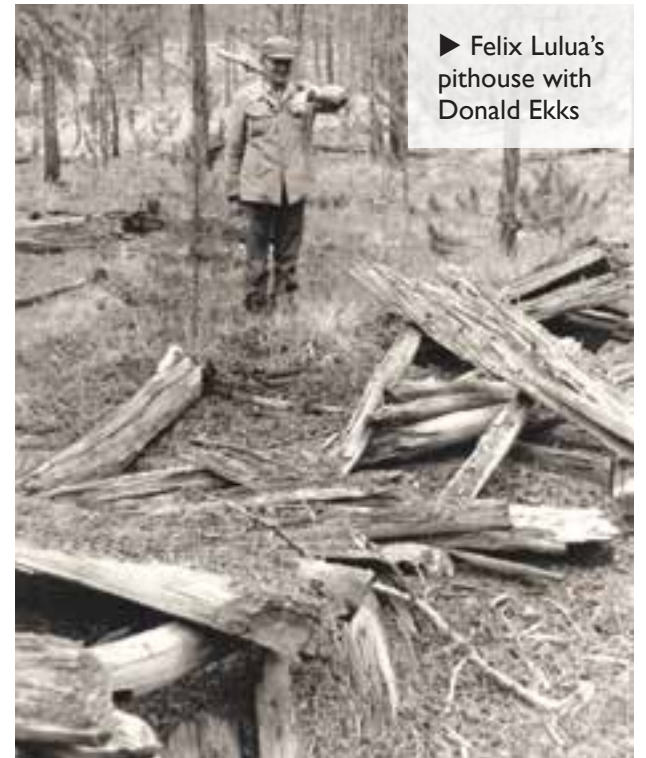
Sure, Emily's kids like Ubil, Minnie, Oggie, Raymond and occasionally David had vehicles, but they weren't always around. When they wanted to go somewhere, Donald and Emily simply walked out to the Tatlayoko Road and waited quietly by the roadside for somebody to come by. Most people in the community would stop and give them a lift. Similarly in downtown Tatla Lake Donald was unabashed approaching people having coffee in the Graham Inn or picking up their mail at the post office to see if they had room to give them a lift home, or perhaps in some different direction to Anahim Lake or Redstone, Williams Lake or Nemiah Valley. They also had a cabin on the reserve at Tsi Deldel (Redstone).

I owned a single-seat Chevy pickup in those days. Even with my partner and two kids we always managed to squeeze them in.

One day I got an invitation to visit Donald and Emily at Cochin Lake. Archaeologist David Friesen was going to be demonstrating flint-knapping with obsidian and for a culinary delicacy Donald had prepared some fat sucker fish stuffed with eggs he was roasting on sticks beside the fire.

Later in the evening after it got dark, Emily decided to set her net in the lake while Donald slowly rowed their boat. I paddled out there in my small canoe to take photographs. Despite the darkness I managed to capture one image in focus of Emily playing out her homemade net from the back of their boat. It remains one of my treasures. The next day I drove up to their camp and photographed Donald bringing in the bounty from the net.

There are many stories of these old-timers practicing their traditional Tsilhqot'in way of life in the predominately non-Indigenous Tatlayoko community. One day Donald took me to a pithouse constructed by Emily's brother Felix



► Felix Lulua's pithouse with Donald Ekks

for their grandfather Babstick on a small lake by the Chilko River. The wooden frame and roof were still intact.

In June of 1994 Emily's family decided to have a surprise 80th birthday party for her at Cochin Lake. They went all out constructing a band shell and stage. The only thing missing was the guest of honour.

Donald and Emily were up in Anahim Lake that day attending a funeral. I was surprised to

see them there.

"Aren't you supposed to be at Cochin Lake for Emily's birthday party?" I asked Donald.

"Suppose you give us ride," he replied.

And that's how I got to bring the guests of honour to this unique family celebration. Just another day in the life of Donald and Emily Ekks and part of the magic of a special relationship introduced to me many years earlier by friend Donald Lulua.



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CRAIG SMITH PHOTO
ALL IN THE FAMILY
► Isaac with his Stepson
and Master Roaster, Tristan
Michaud



flavour of the month



► Isaac and his Wife, Christy

Isaac Steward: more than coffee

BY CRAIG SMITH

This month's feature artist comes to Williams Lake by way of Prince George, Vernon and Armstrong. Isaac Steward and his wife Christy are the owners of Dancing Goat Coffee, a business they started in May, 2013. Isaac was looking for good coffee and couldn't find it here in Williams Lake. The year before Isaac started up his business, a friend who was obsessive about coffee showed him how to make a really good

cup. After that, Isaac did a ton of research online trying to re-create what his friend had showed him. He began by picking up some green coffee beans from Uncle Paul's Coffee, and roasted them in a hot air popcorn maker. Isaac was only roasting for a month before he decided to open up his own business. Over the next few years, he expanded his operation and at one point carried ten different varieties. Isaac found that so much variety was not financially sustainable, so

they narrowed it down to six plus one decaffeinated.

Except for one location in Redstone, Isaac's distribution is local. Isaac started out retailing his coffee at the weekly street market, but with the demands of his day job, he has scaled back to selling exclusively wholesale, and now distributes between 100 and 150 pounds of coffee per month to resellers. Isaac has passed along his roasting knowledge to his stepson Tristan, now the Master Roaster for Dancing Goat.

Isaac was born in Prince George and was homeschooled most of his school career. After graduation, he spent nine years in the insurance industry. He was looking for a change, and an opportunity presented itself with a job at Wyatt Marketing, selling building materials all over Canada and the USA.

Isaac began his music career as a drummer at the age of 10, playing on a practice kit and then a second hand drum kit for 10 years. At 13,

he decided to switch to guitar. His first one was a quarter size classical for 20 dollars, and later bought his first electric guitar. Isaac described the way his family handed down instruments – when he switched, his younger brother got the instrument he had just finished with, so by the time the brothers were older, all four played multiple instruments. Isaac and his three brothers – Jesse, Jacob and Seth – formed a Christian pop band called Wittenberg. They play primarily at their church and have the odd fundraising concert. All their music is original material.

In 2015, they changed the band name to The Timbers, and in 2017, they were featured in a Timber Kings episode. Isaac's three brothers worked at Pioneer Log Homes and held a benefit concert at the Calvary Church raising awareness for the crisis in South Sudan. During the episode, a new sign was created for the Bethel Church.

As for his future plans, Isaac will continue to write music, and together with his wife, will continue to grow their coffee business.



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Mortgage insurance from lenders

Have you qualified for the mortgage insurance on your mortgage? An exposé on mortgage insurance through your lender

Recently CBC Marketplace conducted an expose on mortgage insurance that lenders sell to consumers. I would strongly recommend that you go online to watch this in its entirety. It is quite interesting – simply key in CBC Mortgage Insurance on your computer – it is in your best interest to watch this.

Just a few facts regarding mortgage insurance that is purchased from a lending institution (an insurance company will provide

the mortgage insurance to you via your lender).

Your mortgage insurance from your lender may be what is called 'post underwriting'. Post underwriting means that the insurance company providing the lender with the insurance coverage does not spend any money investigating your qualification for the insurance prior to a claim. They may wait until one of the insured people dies and then they may review the application that you signed stating yes, you wanted



the mortgage insurance to review your medical records. If there is any discrepancy whatsoever between the comparison of these documents, there may be a chance that you did not qualify for the insurance when you agreed to take it. If that is the case, then your mortgage payout may be denied.

In this Marketplace expose, it stated that in the United States, they have changed how a lending institution may

sell mortgage insurance – they have now demanded that any lender employee must be licensed as an insurance agent in order to sell the mortgage insurance. There is only one province in Canada that has followed this line of protection for the consumer and that is Alberta. According to CBC Marketplace, no other province in Canada requires the lender employees to be licensed to sell the insurance products.

pany wants.

This is not to say that no lender ever pays out on a mortgage – they definitely do if the questions are answered correctly and your medical records match exactly what you have stated on the application.

This is simply for everyone to be aware of what the fine print in any contract for any purpose actually states. The onus of proof is always on the consumer to be educated and informed of what they are buying – whether it's insurance or any other product.

For more information, please go online to watch CBC Marketplace – Mortgage Insurance and contact the underwriter if you have any other questions regarding this or any other insurance or investment product – no obligation to purchase any product and no fees charged for any inquiries.

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Art Gecko

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JULY 2 UNTIL AUGUST 15
Featuring the pottery of Christy Richardson

Christy was drawn to artistic design through drawing, painting, and clay work while in high school and pursued a degree in art education at UBC. After a move from the Lower Mainland nearly 40 years ago, she knew the Cariboo was home. She taught high school for a number of years in Williams Lake and raised a family in Miocene. Now retired, Christy and her husband spend part of the year in Arizona. She has a studio there and at their Rose Lake home, where she makes both functional and sculptural work with stoneware clay.

Christy is an active participant in the Cariboo Potters' Guild and has attended a number of work-

shops locally, at Pearson College, and in Arizona. Artist Statement Christy's passion for clay takes her from sculptural hand-building, to the magic of glaze chemistry, to the quiet meditation of centring on the potters' wheel. She loves all of these pursuits. The versatile nature of clay with its plasticity and strength has seemingly endless possibilities that encourage a constant evolution of artistic style. It is the most dynamic and exciting creative medium. Sometimes pushing the limits makes opening the kiln disappointing, but never dull.

The work in this show is a contemplation and celebration of Christy's love of the ponds and lakes of the Cariboo and the intricate textures and patterns of nature in her garden and the surrounding woodland. She is exploring engobes or colour-stained clays as a painting and decorating medium. The platters are both decorative and functional, not meant to be left hanging on a wall.

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Coffice: A coffee shop one makes into an office where non-coffee shop work is performed.



SUBMITTED BY
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It is ever-present, that there is a growing popularity in mobile and telecommuting businesses. For some entrepreneur's, it is more budget friendly and business savvy to skip the formal office rental and not commit to a rental lease. Question is when you don't have a permanent working space/ office, where can you go to get a bit of business done? In the past I have written about home offices, co-working and short term office rentals spaces, today I am going to write about "Coffices".

While managing your small business in locations other than an appointed office space, such as a home office you may find yourself wanting or needing to get out of the house or on the flip side if you're a mobile business, you may want a location where you can hook into

some Wi-Fi and "set up shop" for a few hours. These working circumstances may often bring you into your local coffee shop, where you can grab a cup of Java; tuck yourself into a corner, plug into Wi-Fi and get down to business. This is the urban definition of a "coffice", a coffee shop office space.

While this is a great working space solution, you still should keep in mind that you are in someone else's place of business and there are some common courtesies for doing business at a business.

1. If you're going to be there for more than an hour, don't be cheap; make sure to purchase something each hour, grabbing a free glass of water from the cooler is not going to fly. Make sure to generously tip the staff, after all a tip is a lot cheaper than rent and it keeps the relationship between you and the staff on a positive note. If you're

not good to the staff you may end up seeking out another coffee shop location.

2. You may not be the only one needing to charge up your devices; so don't hog the power outlets. Be conscientious when using free WiFi, no downloading and streaming videos during peak times.

3. Plan to frequent the coffee shop during non-peak hours and set up in a small space preferably tucked away from the customer traffic. Do not grab the biggest table and spread yourself all over it. Keep your personal working space small and quiet! Loud and lengthy business calls are off limits. If you need to conduct a lengthy or private business call, take it outside. No one wants to hear your business transactions while they are trying to have a social visit.

4. Remember you want to still be labelled a "customer" not a "loiterer" or "freeloader".

Coffee shops are also a great place to host business meetings. Good coffee helps awaken or relax the spirit and promotes an open channel for conversations and new ideas but that topic is for another day and another cuppa Java.

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*I'm not addicted to coffee, we're just
in a committed relationship.*

Must-read books for coffee lovers



God in a Cup: The Obsessive Quest for the Perfect Coffee, by Michael Weissman (2008)

Can a cup of coffee reveal the face of God? Can it become the holy grail of modern-day knights errant who brave hardship and peril in a relentless quest for perfection? Can it change the world? These questions are not rhetorical. When highly prized coffee beans sell at auction for \$50, \$100, or \$150 a pound wholesale (and potentially twice that at retail), anything can happen. In *God in a Cup*, journalist and late-blooming adventurer Michael Weissman treks into an exotic and paradoxical realm of specialty coffee where the successful traveler must be part passionate coffee connoisseur, part ambitious entrepreneur, part activist, and part Indiana Jones.

Her guides on the journey are the nation's most heralded coffee business hotshots-Counter Culture's Peter Giuliano, Intelligentsia's Geoff Watts, and Stump-town's Duane Sorenson. With their obsessive standards and fiercely competitive baristas, these roasters are creating a new culture of coffee connoisseurship in America-a culture in which \$10 lattes are both a purist's pleasure and a way to improve the lives of third-world farmers. If you love a good cup of coffee-or a great adventure story-you'll love this unprecedented look up close at the people and passions behind today's best beans.



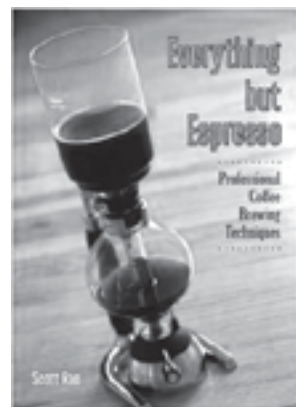
The Professional Barista's Handbook: An Expert's Guide to Preparing Espresso, Coffee, and Tea, by Scott Rao (2008)
Considered by many



to be the definitive guide to learning basics around espresso, coffee and tea preparation, Scott Rao's handbook is a comprehensive primer that teaches everything from the theory behind extraction to best practices behind the barista counter.

While some of its focus is on the skills one might need to work as a successful professional barista, it also has a ton of great information that will help you understand how to make a better cup of coffee at home – no matter your tool set!

Everything but Espresso, by Scott Rao
Scott Rao takes on all other forms of coffee

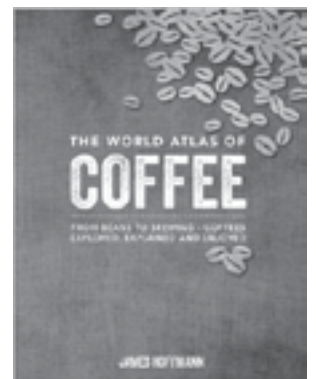


brewing and gives them their day in the sun. Broken up into three main parts, and supported by a thorough reference bibliography for folks that want to read more, *Everything but Espresso* covers the following: Part One: Coffee extraction, measurement and methods on improving

flavor by changing the brewing parameters Part Two: How to achieve optimal flavor via different brew methods (such as drip, pour over, press pot, steeping and vacuum pot) Part Three: Proper water chemistry and bean storage If you're either an espresso aficionado who wants to spread their wings or someone who cherishes their old press pot, this book is the definitive guide to making the best possible brew at home.

The World Atlas of Coffee, by James Hoffmann (2014)

Professionals and enthusiasts alike will love this beautiful book by



James Hoffmann. From overviews of the world's most vibrant coffee-growing regions, to step-by-step brewing tutorials, the content is educational, thought-provoking, and substantial. I've already recommended this book to Barista Magazine readers countless times.
~Sarah Allen, Editor

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*Depresso: the feeling you get
when you've run out of coffee.*

Inclusive gaming community

BY RICHARD
BUTTERS,
ADVENTURE GAMES

I recently had the pleasure of travelling to Las Vegas to attend one of the world's biggest gaming tournaments, and it really highlighted how traditional games can be so much more than just a game. The tournament I attended was Grand Prix Las Vegas, a five-day Magic: The Gathering tournament attended by well over 3000 people. It's the largest non-invitational tournament, and anyone can register to participate.

I've talked before about how Magic can be a social event, not just a competitive event, and the Grand Prix was a perfect example of both scenarios. I talked to many people that don't normally come to massive events like these, but the common love of Magic brought them out to play. Lots of people suffer from social anxiety that can prevent them from coming, making it fantastic to see so many people out to play. At the same time, these events are full of professional players, and have a competitive ceiling far above anything we experience in our little town. Our team didn't have exceptional results during the tournament, but we all had a blast playing and hanging out with a lot of new friends.

Community inclusion is one of our biggest goals – joining a gaming group can be one of the best ways to try to be more outgoing, and we're always welcoming new players. Get out and join a group in your area, you'll be glad you did! Learn something new, then enjoy a coffee with your new friends and recount your battles!



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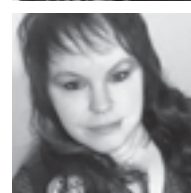
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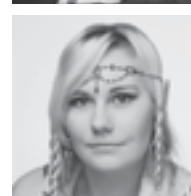
Gina Mawson
You, Me and We



Sage Birchwater
Looking Back



Paige Knights-Smith
Tasty Tidbits



Jazmyn Douillard
Pint Sized

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do

Performances in the Park returns



BY ANGELA SOMMER,
PIP EVENT
COORDINATOR

Another great summer of entertainment is coming to Williams Lake in July 2017.

Performances in the Park will start up on July 6, 2017. Come on out on Thursday nights and be entertained! From 6 to 8 pm a Children's Art Corner will entertain the little ones, food vendors, face painting and the recycling cart will make sure there is

lots to do, all while fantastic music is playing at the Gwen Ringwood Theatre in Boitano Park. You just have to come out and see who is going to be there!

Don't miss this year's Busker Fest downtown Williams Lake every Thursday afternoon, prior to Performances in the Park, hosted by the WLCBIA, and with the support of the Cariboo Regional District and City of Williams Lake via the Central Cariboo Arts and Culture Society.



July 6 is opening night.

Our own Hattie Ann will be the first performer of the series, followed by The Burying Ground who play authentically delivered, rustic old-timey, country-blues, and swing-jazz, jazz flecked folk music.

Colin Easthope's original music followed by Kim Gouchie who calls herself a warrior for the light will

entertain on **July 13**.

July 20 features Laura Kelsey, who will delight with strong vocals and original words followed by Twin Peaks with sweet and smoky roots music.

July 27 brings local favorites Bernadette Ducharme and Alan Giddens and friends to the stage.

Food is available from Taylor Made Cakes and

Sweets and Cody's Bannock at the performances.

Taylor Made offers sandwiches and pizza as well as cup cakes and sweets and Cody will fry up mouth-watering bannock. Hattie and Amos Entertainment is setting up to do face-painting and the recycling cart will be on site with great education and games.

Angela Sommer, the

event coordinator and the CCACS with the support of the Cariboo Regional District and City of Williams Lake are thankful to all our sponsors, supporters, vendors and faithful audiences who are making this event special every summer in Williams Lake. Stay tuned for next month's performance line-up in the August Stew Magazine.



Performances in the Park

is a summer-long concert series presented by the **Central Cariboo Arts & Culture Society** & funded by the **Cariboo Regional District** & the **City of Williams Lake**.

Music starts every **Thursday at 6pm**, at the **Gwen Ringwood Theatre in Boitano Park**, Williams Lake.

Taylor Made Cakes & Sweets, Cody's Bannock, Hattie and Amos Entertainment, the Recycling Cart and Art In The Park will be in attendance.

Watch for the upcoming **Buskers Fest**, **12 to 4pm every Thursday in August**, in Downtown Williams Lake.

2017 Performance Schedule

July 6 The Burying Ground *with* Hattie Ann

July 13 Kym Gouchie *with* Colin Easthope

July 20 Twin Peaks *with* Laura Kelsey

July 27 Alan Giddens and Friends *with* Bernadette Ducharme

Aug 3 This Way North *with* Nice Verdes

Aug 10 Aerialists *with* Lowell Friesen

Aug 17 RK Collective *with* Jenny Robert

Aug 24 Rachel Walker *with* Those Guys and Red Monkey Black King

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do

"But as I bought some Java, Instead she brought me a cup of chicory, I got those Java blues, Coffee's got me."

~Nazareth (Java Blues)

The Colombian coffee region



If you are like me, the first drink you reach for after waking up in the morning is that great cup of coffee. Yes, it has to be the best coffee of the day. There is something about the first "cup of brew" that fills the senses and pores that wakes me up with total and complete enjoyment – ahhh the smell of the extra bold, dark roast cuppa.

Yes, I have often wondered about the coffee

beans – what part of the world they came from, the people working with the coffee beans, the kind of tree they grow on, how the coffee beans are processed to get the best flavour; all sorts of things. Just try having a "get together" with one or two people, a conference, a party without the mention of serving coffee? After some research I found that some of the very best coffee beans grow on the

plantations of Columbia in South America. Therefore, I decided to write about these plantations for our coffee connoisseurs.

Columbia is a country full of contrasts; not only in climate, geography but also in cultural differences (the traditional and the modern). Coffee producers appear to have their own culture. Their passion and dedication toward producing the finest 100 percent Colombian coffee make a great impact on their specific beliefs – that the harder and longer they work the better the coffee beans. There is a great pride in knowing that their product is the best. I have often wondered whether the coffee on the plantations tastes the same as it does at Starbucks. Brewing coffee on the plantations may take on a rustic and ritualistic process. One such process is heating water in a coffee pot to just below boiling; then stirring in the coffee grounds into the water;

letting the mixture sit for five minutes; then pouring the coffee through a sieve into warm coffee cups taking care not to "shock" the liquid coffee. I can almost taste the rich, smoothness of this coffee without any bitterness.

The picture that I get of the Colombian Coffee Plantation is the commercial where we see Juan Valdez, a local plantation worker standing by his donkey promoting his Colombian Coffee. What makes the Colombian coffee some of the best in the world? It is the location and the climate. Columbia is located in the northwest of South America bordered by Panama, Venezuela and Brazil to the east and Ecuador and Peru to the south. The territory includes the Amazon rainforest, tropical grassland with Caribbean and Pacific coastlines. Believe or not, Columbia is part of the "Ring of Fire" part of the world that is subject to earthquakes and

volcanic eruptions. The mountain ranges are the Andes with its high altitude, the Cordilleras with its three branches – the Cordillera Occidental running adjacent to the Pacific Coast with the city of Cali, the Cordillera Central with the cities of Medellin, Manizales, Pereira and Armenia; and the Cordillera Oriental which houses the cities of Bogota, Bucaramanga and Cucuta. There are many rivers in Columbia which could be one of the reasons for the wonderful coffee beans produced. The rich red volcanic earth make the growth of the trees ripe for the production of coffee beans fuelled by the climatic rain and sun. The major rivers are the Magdalena, Cauca, Guaviare, Atrato, Meta, Putumayo and the Caqueta. The natural drainage systems as well help to aid the production namely the Pacific, Caribbean, the Orinoco and the Amazon. This sounds so perfect to me. It makes me think that this area (the coffee region) is incredibly beautiful with its prolific sights and smells.

The climate is very pleasant, and the landscape is made up of lush green valleys and spectacular snow-capped mountains. Exploring the coffee plantations, hiking in the Andes make up some of the outdoor activities of the coffee region. On cloudy days the region takes on a misty aura giving it a magnificent, almost eerie sense of foreboding. One can zipline or take a cable cars to explore the plantations.

Most coffee growers live in small farms (about 5 acres) on average. This allows more sustainability for more people on the plantations. Collectively, these farmers develop a spirit of community and collaborative actions to maintain their cherished values and economic sustenance. In essence to continue the production of the best coffee beans they prefer to stay small and independent. Basically it is the values of honest hard work, their permanent effort and dedication, their interactions between fam-

ily values and the modern world which make up the dynamism of their trade. The coffee culture is passed on from generation to generation. Young people are apprenticed at an early age to make sure the coffee industry stays the best.

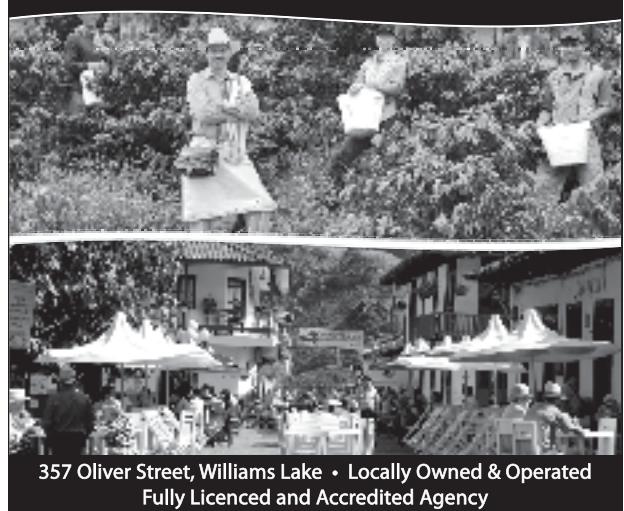
In the 1990's, coffee on the commodity markets had fallen severely causing many of the small Colombian farmers to be pushed into poverty. As a result of this disaster, many farms were sold to large corporations which in the end helped maintain a stable market for coffee but was not so great for the individual farmers.

Columbia's southwest region is the best known tourist track in the coffee region. It is supported by luxury haciendas and lodges. It is here that you get the best plantation tours. However, it is the Sierra Nevada that provides the best authentic tours into the past. The remote highlands give you a glimpse of the Kogi and Arhuaco indigenous tribes who lead the way in organic coffee production. They have developed sustainable farming techniques that combines spiritual beliefs with modern knowledge to give you the true organic farming. These farms embrace traditional generations-old techniques and tools to produce the world's sought after organic blends with many coffee beans being "triple certified" as organic, fair-trade and rainforest friendly. This is amazing to me.

Three main cities, Pereira, Manizales and Armenia (all in the coffee region) are good bases to explore the coffee plantations. Each city has an airport connecting flights from major cities of Bogota, Cartagena and Medellin. Of course, tourism has been discouraged in Columbia because of the drug wars. To me that is tragic because this country of Columbia would be an awesome place to visit and tour. However, if one is careful and would like to tour the coffee plantations we could certainly help you get there. Call us anytime and speak to one of our Agents.

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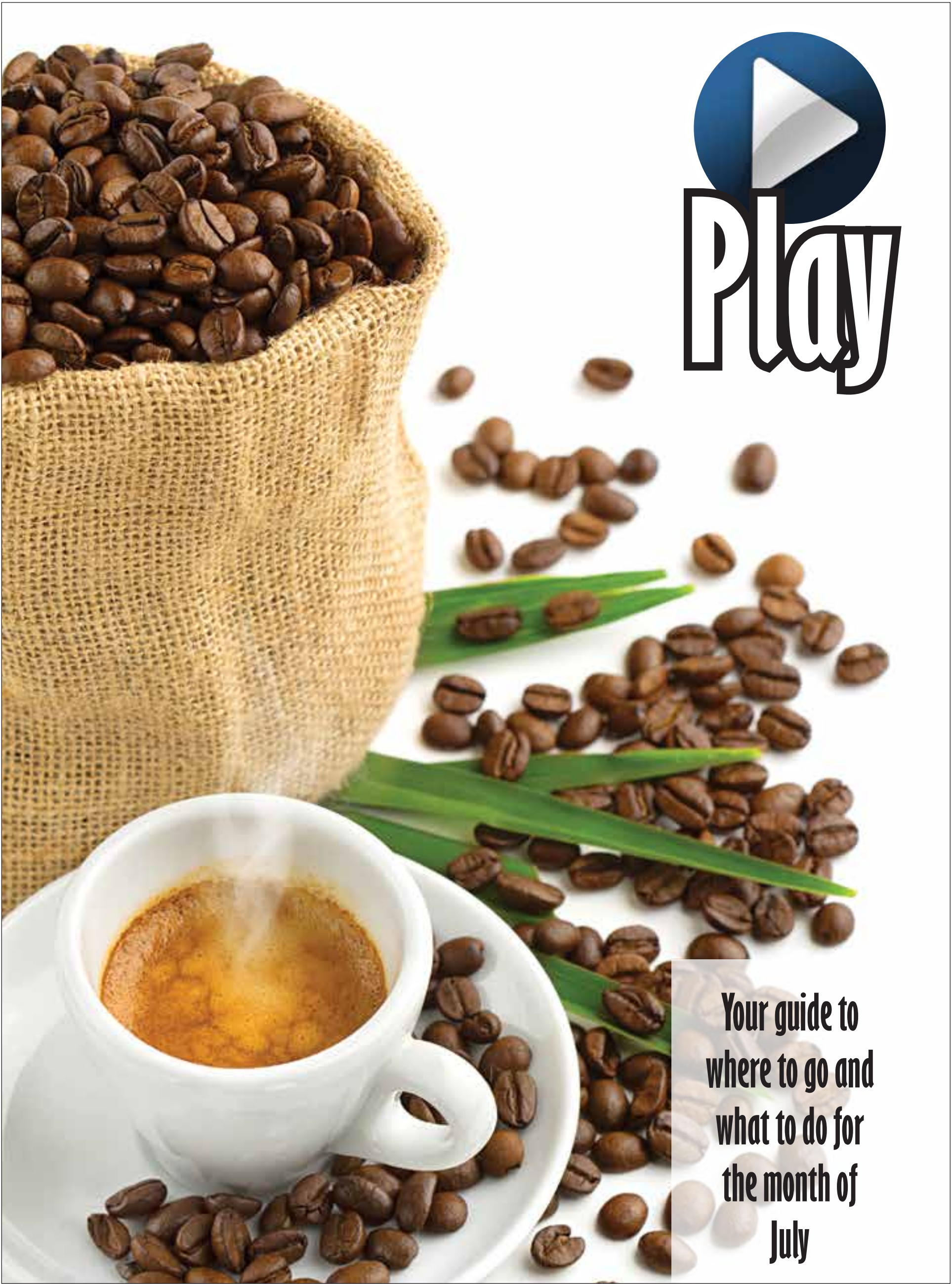
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**Your guide to
where to go and
what to do for
the month of
July**

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WILLIAMS LAKE & AREA

July 1-2 31st Annual Bella Coola Rodeo, info: www.bellacoola.ca/portfolio/annual-bella-coola-rodeo

July 1-2 Knights of Columbus Pancake Breakfast, Save On Foods parking lot 7-11:30am

July 1-2 Royal Canadian Legion Indoor Stampede Breakfast 7-11am, 385 Barnard St

July 1-3 38th Annual Stampede Rugby Tournament, games Sat/Sun, social Mon, 711 Ottoman Dr

July 1-3 WL Rotary Stampede Breakfast 7-11am, old Lake City Ford back lot

July 1 Daybreak Rotary's Stampede Parade, Downtown 10am

July 1 4Directions Festival, vendors, activities, food,

beer garden, mural making, performance stages, kidzone etc, Downtown 12-9pm

July 1 Makers Market, locally handmade goods Downtown 12-5pm

July 1-2 Stampede weekend, Sat-Mon rodeo events trade fair and kids carnival at stampede grounds (Sun. is "tough enough to wear pink"), Sat night Let 'er Buck Saloon at stampede grounds, info: williamslakestampede.com

July 1 Canada Day 150th Birthday celebrations, activities, concert, Boitanio Park 11am-1pm

July 1 Canada Day at the Discovery Centre, cupcakes, flag displays, games & entertainment, 1-6pm

July 1 Stampede Racing, All-Class Invitational & Tri-City Street Stock, Thunder Mountain Speedway, qualifying 5pm, racing 6pm

July 1 Mural Walking Tour, Downtown, self-guided, booklets available at Discovery Ctr, Library & Bean Counter

July 1-August 26 Station House Gallery presents; *Expectations of Character: Dorothy, Alice and Anne*, costumer/artist Korene Kidd fills both galleries with her costumes from Lucy Maud Montgomery's classic tale, accompanied by invited artists, Mon-Sat 10am-5pm, free

July 4,6,11,13,18,20,25,27 Play Group in the Park, Kiwanis Park 10am-noon

July 4,11,18,25 Fitness in the Park, free, Boitanio Park 6-7pm

July 4,11,18,25 Duplicate Bridge Club, everyone welcome, Seniors Activity Centre side door 7pm

July 4,11,18,25 Wander-

ers Trail Walk, Memorial Complex, 8:45am-noon

July 5,12,19,26 Wanderers Bike/Kayak, Memorial Complex 8:45am

July 5,12,19,26 Royal Canadian Army Cadet Corps (Rocky Mountain Rangers), offers youth 12-18 the chance to gain new skills and meet new friends, Legion lower hall 6:15-9pm, info: www.3064rmrangcadets.org

July 5,12,19,26 Preschool Skate, Memorial Complex 9-11:30am

July 5,12,19,26 Adult Skate, Cariboo Memorial Complex noon-1pm

July 5,12,19,26 Drop In Hulahoop Workshop, Arts Centre 7pm

July 6 Garden Club meeting, walking tour with keynote speaker Wanetta Fehr head gardener for the City, Arts Centre 7pm

July 6,13,20,27 Performances in the Park, concert series, Boitanio Park

July 7,14,21,28 Farmers' Market, local food & artisans, new vendors welcome, Boitanio Park 9am-2pm

July 8-9 Hour of Devastation Magic Pre-Release, Sat 5pm, Sun 10am, Adventure Games

July 8-10 Annual Puntzi Lake Fishing Derby, weigh-in 1pm Sun. at Woodland Fishing Resort

July 9-10 Annual Anahim Lake Stampede, Fri 1pm gymkhana, Sat 11am parade, Sun 9pm dance, BBQ dinner nightly, pancake breakfast Sat & Sun

July 10 FREE Seniors Bingo & Refreshments, upper level Boitanio Mall 1pm

July 12 Gibraltar Mine Tour, info: 250-392-5025

July 14-15 Arts on the Fly, kid zone, workshops, vendors, live music & beer gardens, Horsefly, info: www.artsonthefly.com

July 16 Bikers Against Child Abuse (B.A.C.A.) meeting, public welcome, Big Brothers Big Sisters 200-369 Oliver St. 1pm, info: 778-412-9323

July 16 Horsefly Garage Sale

July 17 Good Food Box distribution day, Elks Hall 1-3pm, purchase your box prior to distribution day every 3rd Monday of the month: \$15/large box 250-392-4118

July 20 WL Writers' Group meets Third Thursday of the month 6pm, Art Centre, info: levpur@shaw.ca

July 22 Playerunknown's Battlegrounds Tournament, 5pm, Adventure Games

July 22 Horsefly VFD ATV Poker Ride

July 22 Dairy Queen Christmas in July & Fan Appreciation Invitational, street stocks, bone stocks and prominis, Thunder Mountain Speedway, qualifying 5pm, racing 6pm

July 22-23 Esket Rodeo, Alkali Lake, performances 1pm, Sat 6pm slack, info: www.rodeobc.com/rodeo/wireabcra-esket-rodeo-alkali-lake-bc

July 22-23 Bella Coola Music Festival, info: www.bellacoolamusic.org

July 23 Eagle View Equestrian Gymkhana, 11am

July 25-27 Xatsull Heritage Village Save the Salmon Pow-Wow, Fri 7pm warm up, Sat 12&7pm grand entries, Sun 11am

July 26 Gibraltar Mine Tour, info: 250-392-5025

July 27 Chamber of Commerce meeting 11:30am-1pm

QUESNEL & AREA

July 1 Dominion Day Celebrations, events & fireworks, Barkerville 8am-6pm

July 1 Farmers' Market

Canada 150 Celebrations, Helen Dixon Ctr 8:30-1pm

July 1 Canada Day Celebrations, entertainment, kid activities, community art project, LeBourdais Park 11am-6pm

July 3 Live music, fiddler, singer & step dancer April Verch, Occidental 7-10pm

July 3,10,17,24,31 Karaoke with DJ KC, Occidental, Mondays 7pm

July 4,11,18,25 Open Mic Night, Judge Begbies, Tuesdays 7-11pm

July 5 Live music, Shred Kelly, Occidental

July 7 A Summer Garden opening reception, interactive community art project, Art Gallery 7-9pm, showing until Aug 26

July 8,15,22,29 Farmers' Market, Helen Dixon Ctr 8:30-1pm

July 13 Bob Wilson Crash to Pass, Race Track

July 13-16 Billy Barker Days, midway, contests, events, live music, vendors, fireworks, Downtown & Lebourdais Park, info: billybarkerdays.ca

July 13-16 Gold Dust Mall, street market of vendors & crafters, live music, Reid St 10am-9pm (Sun. ends at 4pm)

July 13 Lebourdais Park Headliner Stage: Ashlynnne Vince 7:30pm

July 14 Lebourdais Park Headliner Stage: Big River Johnny Cash tribute 7:30-9pm

July 14-15 Bareback Bonanza, not your traditional Billy Barker Days show: hurdy gurdy girls, gunslingers, can can, Foxxie Follies live burlesque, 9:30-11pm, tickets Occidental, info 250-255-1171

July 14-16 Rodeo, Alex Fraser Park, info: www.rodeobc.com/rodeo/quesnel-rodeo



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July 15 Rotary Pancake Breakfast, Safeway parking lot, 7-10am

July 15-16 Legion Pancake Breakfast, Legion Hall, Sat 7-11am, Sun 9-11am

July 15 Parade, North Quesnel (Shepard, Kinchant, McNaughton, Reid, St. Laurent, McLean, Barlow, Kinchant, St. Laurent to Callanan) 10am

July 15 Lebourdais Park Headliner Stage: Ettinger 7:30-9pm

July 15 4th Annual Barkerville Aboriginal Celebration, 8:30am-8pm

July 15 Gold Rush Rumble, 3 team roller derby tournament, Arena 2, 6-10pm

July 16 Fireworks, best viewing at Ceal Tingley Park, 10:20pm

July 22 1st Annual Food Fest, food trucks from all over BC & local restaurants, LeBourdais Park

July 23-27 Jam Camp North, all-ages & skill levels, family music camp, Cottonwood House Historic Site, info: www.jamcamp.org

July 29 Children's Activity Day, Museum 10am-noon, pre-register: 250-992-9580

August 4-7 Arts Wells, info: www.artswells.com

100 MILE HOUSE & AREA

July 1 Interlakes Canada Day, family fun, live music 7pm, food, Interlakes Service Ctr 2-8:30pm

July 1-22 Parkside Art Gallery presents Jemma Van Osch & Trish Chung "Works in Glass & Felt"

July 1,8,15,22,29 Interlakes Farmers' Market, Service Ctr 10am-2pm

July 1,8,15,22,29 108 Mile Heritage Site Farmers' Flea Market 10am-3pm

July 2,9,16,23,30 Alcoholics Anonymous, Sundays 7:30pm, Health Ctr (hospital rear entrance), 250-791-5286

July 3,10,17,24,31 Bingo, Mondays, doors 6pm, starts 7pm, super star 8:30pm, Hall

July 3,10,17,24,31 Alanon, Mondays 7pm Health Centre (hospital rear entrance) info: 250-395-2532

July 3,10,17,24,31 Women's Drop-In Volleyball, Lone Butte Hall 9:30am

July 4 Cariboo Club-House Day Camps, \$30, 8am-5pm, pre-register & info: 250-983-CLUB

July 4,11,18,25 HUGS help us get slim, Tuesdays 6:30pm, 6300 N. Green Lake Rd, info: Charlotte 250-456-7504

July 4,11,18,25 Carpet Bowling Club, Tuesdays 1-4pm, Interlakes Hall, info: 250-593-4780

July 4,11,18,25 Co-Ed Drop-In Volleyball, Tuesdays 7-9pm, Peter Skene Ogden gym, info: 250-395-1353

July 4,18 Photo Group, 1st & 3rd Tuesday of month, Bridge Lake School, info: 250-593-4362

July 5,12,19,26 Bingo, g-ball, loonie ball & progressive, Wednesdays doors 5:45pm, starts 7pm, Lac la Hache Hall

July 6,13,20,27 TOPS Club, take off pounds sensibly, Thursdays 6:30pm, United Church, info: 250-395-3344

July 6,13,20,27 Royal Canadian Army Cadets, Thursdays 18:30-22:30, 5530 Horse Lk Rd, info: 250-395-1181

July 6,13,20,27 Alcoholics Anonymous, Thursdays 7:30pm, 108 Community Centre

July 7,14,21,28 Crib Night, Forest Grove Legion 8pm

July 8 Paranormal Investigation Adventure, 3hr haunting hunt, 108 Historical Museum, 9pm-midnight, tickets \$20, reservations: heritagessite108@gmail.com or at the Museum office

July 8 Horseshoe Tournament, public, family friendly, Forest Grove Legion 9am, \$40 team includes meal, register: 250-489-9380 gordburns@cyberlink.ca

July 8,15,22,29 Music @ The Lakes, Saturdays until Aug 26, 7-8:30pm Interlakes Service Ctr

July 8,15,22,29 Meat Draw, Forest Grove Legion Saturdays 4:30-6pm

July 12 Compassionate Friends, bereaved parents support group, 2nd Wednesday of the month, BJ's Donuts 7:15pm, 250-395-4417

July 14-16 Hot July Nights, car/bike show & shine, Fri meet/greet & rod run, Sat poker run, Sun Centennial Park show/live music/vendors, info: www.hotjulynights.ca

July 27-Sept9 Cariboo Artists' Guild 37th Annual Art Show & Sale, reception July 27, 5-7pm, Parkside Art Gallery

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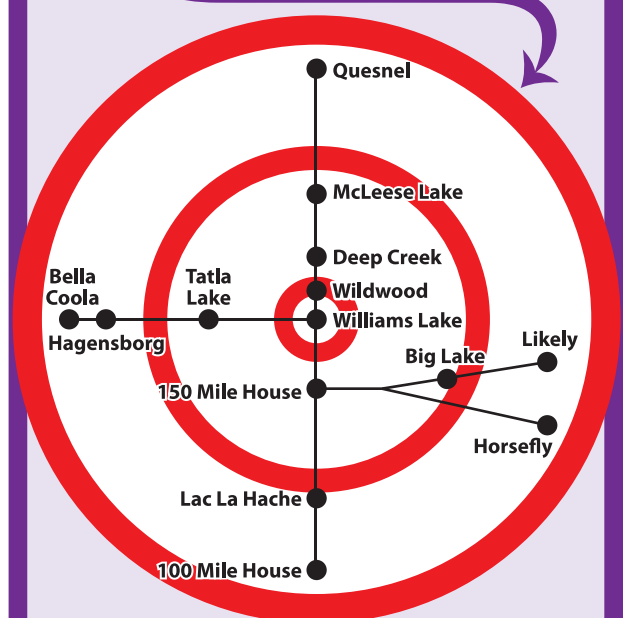
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"Coffee should be black as hell, strong as death and sweet as love." ~Turkish proverb



to sell for more than the market will reward. A Realtor, through comparative market analysis of that data, a bit of mathematical wizardry, and a huge dollop of experience, can more accurately price a home to facilitate a speedier and more profitable sale. Doing it FSBO can result in losing money or wasting time.

When I finish explaining my two points, my friend gets quiet and takes a long sip of his coffee. I'm not sure my explanation has shifted his attitude. Our topic changes to something less serious. I never like to press an issue like that, but perhaps the next time he and I meet he'll be keen to hear the other 9 reasons why employing a Realtor is wiser than selling FSBO. For now, he's got food for thought; and he and I have some delicious coffee to savor.

The other nine reasons

BY MICHAEL JONES,
REALTOR

So I'm sitting with a friend over coffee. The two of us have just switched topics from the fruity aromas of our coffee to that of Real Estate. As a Realtor, I assure you such a switch is a frequent occurrence. Few topics engage people the way real estate, property, and home sales do. My friend asks me about the growth of my business. He asks me if I've had any sales yet. We banter back and forth until things turn serious. In a grave tone, he looks me straight in the eye and says, "I've decided to sell my home, but I've decided to do it myself. Doing it FSBO

(pronounced fizbo) makes more sense," he explains. "No offense, but using a Realtor costs too much money." Shocked, I scramble quickly to stop myself from spitting my coffee all over the place. I let the rushing reaction thoughts zoom and tumble inside my coffee-buzzed brain. I inhale slow and deliberate. Then, like a super zen ninja monk, I find my Buddha calm center. As my thoughts settle from popcorn popping to a tranquil pond of delicious butter coffee, I ask, "Are you sure you've thought that through? To be honest, selling a home FSBO (for sale by owner) isn't always the best way to go." "Why's that?" my friend

inquires. "Well, there are many good reasons, but there are two big ones that you definitely need to be aware of." Intrigued, my friend asks me to clarify. And so I do...

One big reason has to do with market exposure. Statistics tell us that 90% of home buyers prefer to use a Realtor when searching for a home. Buyer's Realtors tend to show only those properties that are represented by other Realtors in the market. FSBO's, if they are ever shown by a Realtor, tend to be last on the list. That means that FSBO's, if lucky, receive the eyes of only 10% of available buyers. Such a small supply of available buyers noticing or

expressing interest in a FSBO results in much less demand. Less demand results in lower priced sales. More exposure equals more demand.

Speaking of prices, a Realtor has access to current market information.

FSBO's don't. The owner of a FSBO's feelings and thoughts about their home leads to overestimating or grossly underestimating the home's true value. The result: the home either sells for less than it's worth or attempts

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Java Jack

BY EVA NAVROT, EARLY YEARS OUTREACH WORKER, WOMENS CONTACT SOCIETY

The coffee issue – I was born to drink coffee – I’ve been stewing, brewing and percolating about this issue and what to write, for some time now.

I am the Early Years Outreach worker at Women’s Contact Society – this article needs to be somewhat child focused, so when thinking about the topic and the lens that I’m writing through I came up with...hmmm... well coffee was a staple in my house for all of my child rearing years, little or

no sleep, teething babies, early mornings, late nights, somehow a good cup of coffee made it that much easier, even though I knew that it might keep me up. Something was going to keep me up so coffee just added to the enjoyment. I come from a European background so coffee at our house was always a big deal, my Mom had a manual coffee grinder and I was allowed to grind the beans on certain occasions. On a recent trip to Seattle I found a similar coffee grinder and purchased it, now my grandson begs to grind the beans! It is kind of fun and the smell, well

it is indescribable.

I once didn’t drink coffee for three months, just because I like to experiment...well I was hardly awake the whole time and when I started up again it was oh so awesome.

I did look up some stats and facts about coffee/ caffeine and children and found this article from the mayo clinic.

Is Coffee Bad for Kids? “While caffeine does not stunt children’s growth, too much caffeine can cause symptoms like hyperactivity, insomnia, nervousness, nausea, irritability, headaches, anxiety, and even muscle tremors or irregular heartbeat.

So how much is too much? The Mayo Clinic recommends no more

than 200 to 300 milligrams per day for adults, but the U.S. doesn’t suggest an official maximum daily amount of caffeine for kids. Health Canada recommends no more than 45 milligrams a day for kids aged 4 to 6, 62.5 milligrams for kids age 7 to 9, 85 milligrams for kids age 10 to 12, and no more than 2.5 milligrams per kilogram (2.2 pounds) of body weight for adolescents 13 and up -- which means that a 110 pound adolescent should not have more than 125 milligrams of caffeine a day. Many coffee beverages contain more than that: a 16-ounce Starbucks Vanilla Latte contains 150 milligrams of caffeine [source: The Mayo Clinic].”

So having said all that, and quoted some of it, I stand strong by my original statement; I was born to drink coffee. There is something indescribably satisfying about drinking a cup of coffee early in the morning with my coffee buddy, we pick different coffee shops around the community, we are the ones that are up at 5.00 – working out by 6.00 and drinking coffee by 7.00, by the time I’m at work I’ve already had numerous caffeine induced brainstorms that I’m more than happy to share with anyone that will listen!

So in conclusion I will

quote one of my favorite folk singers Valdy “I can hardly wait to taste that cup of coffee in the morning, that keeps me going strong ‘til noon”. I think

the name of the song is Java Jack, but I couldn’t tell you for sure. I hope to see you one of these mornings at a coffee shop near you and me.

Chamber Bites

Business Excellence Awards announcement!

On **Saturday, October 14, 2017** the Williams Lake & District Chamber of Commerce will be celebrating and hosting the 22nd Annual Business Excellence Awards. The Business Excellence Awards were created to inspire businesses and individuals to strive for excellence and achievement in every area of their operations including customer service.

The Awards night is a one of a kind event in Williams Lake with over 8 award presentations as well as the Business of the Year Award which is sponsored by Community Futures. Dinner, entertainment and a silent auction are included in the evening. This year we have changed and added different categories for nominations. Nomination forms have been available for the past month and we are happy to see some of the nominations.

To nominate an individual, business or group please nominate from our website at williamslakechamber.com, we can also email you a copy of the form or just call us for more information. **Deadline for us to receive your nomination is August 18, 2017.**

We are inviting you to participate in the awards evening in a few ways; through nominating, serving on the committee, sponsorship and or auction donation.

For more information contact Claudia or Jaylyn at the Williams Lake & District Chamber of Commerce 250-392-5025 or email visitors@telus.net.

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By Jazmyn
Douillard



I'm No Baker But...

When I was a kid my favourite dessert ever was from Earl's on Top; their Ice Cream Coffee Cake.

I've never been one for over-sweet but it had a dreamy richness to it and silky ice cream that helped us beat the summer heatwave.

But here's the kicker – my mom always thought that “coffee cake” meant it would just have the usual cinnamon and sugar that you see in regular coffee cakes.

Only to Earl's, it was literal.

There was coffee in the cookie crust, there was coffee in the ice cream, coffee in the chocolate drizzle. There was java everywhere, and to a ten-year-old it was like jet fuel. “Look out world! Here I run!”

As an adult, I've never found anything exactly like that coffee cake. I don't tend to have too many desserts around me because, well, I can't bake to save my life. Seriously, ask to see photos of my hermit cookies that turned into “pancake

sheet sticky cookie”.

But the beautiful thing about ice cream cakes is they require little to no baking, and are a heaven-sent blessing during the summer when you really don't want to turn the oven on anyway.

So without further ado, here is my (slightly more kid-friendly, less rocket-fuelly) **Mock Ice Cream Coffee Cake**:

For the double-thick cookie crumb base, pre-heat the oven to 300 degrees F and grease a 9 or 10 inch spring-form pan.

- 2 ½ cups Oreo Cookie Crumbs (Use actual cookies, not the pre-crushed crumbs. 1 ½ cups fine crumbs, 1 cup roughly cut, large chunks of cookie)
- 2/3 cup melted butter
- 3 tbsp sugar
- 1 tsp vanilla extract

Mix the above ingredients until combined and press into the bottom of the pan.

For the double-thick cookie crumb base, pre-heat the oven to 300 degrees F and grease a 9 or 10 inch spring-form pan.



Bake for 8 to 10 minutes, remove and let cool to room temperature. There! The baking portion is done.

For the ice-cream amazingness:

1 container of softened vanilla bean ice cream

1 container of softened java-flavoured ice cream, or caramel, or pretty much any flavour you'd like that goes well with coffee. Rocky Road is great for texture!

½ cup leftover cold coffee (I make it extra strong – use a tea bag or strainer to let some extra grounds steep in there while you're making the crust)

½ cup Sundae chocolate fudge sauce (the thicker the better, I like Smuckers')

Mix softened ice creams together with the strong java. Gently stir in the fudge sauce so it doesn't incorporate too much into the ice cream. Shuffle the mixture into your cooled pan and freeze for 2 to 3 hours, or until it feels solid.

Serve with whipped cream and chocolate-fudge sauce.

Eat until your face is frozen from the ice cream, then thaw yourself out in the sun.

Heh, who am I kidding? Spend the next three hours running after the kids as they wear off the sugar rush and slight café buzz. You can tell yourself you deserve another slice after all that anyway.

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"Without my morning coffee I'm just like a dried up piece of roast goat." ~Johann Sebastian Bach



Peas in a pod at the Seniors Centre

BY ERIN DOMENKO

In the past months that I have been employed at the Seniors Activity Centre, I have met some fantastic people. There is a couple who volunteer here

regularly that I would like to shine a spotlight on.

Moe and Penny have been volunteering at the Seniors Activity Centre for over 10 years. They help out any way they can. Penny makes delicious pies

every week for the kitchen, Moe helps her peel the fruit. If there is something that needs "tinkering" Moe will do his best to fix the issue so we don't have to make a service call. Penny and Moe also volunteer their time every Thursday in the kitchen, doing whatever is needed. They volunteer on the same days together, always smiling and still very much in love.

When I first met them, Moe tried pulling my leg by telling me that his last name was Joe, so he was "Moe Joe". His wife Penny chuckled and shook her

head saying "he is always doing that, you have to watch him"

Getting married in Burnaby over 50 years ago (June 18th anniversary), the couple moved to Williams Lake in 1973. Moe worked at the mill and Penny worked in the grocery store. Together they raised 2 children who are raising 4 of their grandchildren.

I asked them why they volunteer, and they were both quick to say "the people, we love helping" and they do. They love the people they volunteer with

as much as they love the people they are volunteering to help.

Being together for nearly 51 years, they are like two peas in a pod. I asked them what their secret to a happy marriage was, quick wit from Moe was "lots of fighting and, a lot of making up" with a sparkle in his eye! It was how he said it that meant everything, he was serious although there was laughter at the table.

It's incredible that they can make it work so well that they still want to spend all of their time to-

gether. It is very clear that they are best friends and truly enjoy each other's company. Asking people around the centre that volunteer with them or are friends of theirs, there is nothing but kind words from everyone. Moe and Penny are loved, respected, appreciated, admired and cherished for all the countless hours they have dedicated to the Senior Activity Centre, for all the patience and kindness they show everyone, and for simply being themselves. We are forever grateful. I would like to invite everyone to stop in the Centre and give these two a pat on the back, and maybe have a cup of coffee.

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What's up, coffee cup?



Oh, that early morning cup of coffee! Warm, inviting, satisfying! Bittersweet, it's rich brown colour pours life into the sipper, steals sleep from the sleeper, and transforms drowsy dopey-ness into sunny bursts of activity. And if that first cup in the morning isn't enough, every wide spot in the road offers to relieve the jitters that come from running out! I'd stop in just for the aroma!

Old YouTube coffee commercials are delightful, even if the service tends to go just one way, gentle-

men . . . but underneath it all, perhaps what we really crave are the peaceful, understanding moments when relationships are intact and we relax in the company of those most important to us. Friends and coffee. Family and coffee. People and coffee. Coffee reflects the warmth of our hearts, and warms our insides and our hands -- as we begin to wind up for the day.

Sarah Vowell declares that in coffee we "gulp down the entire history of the New World". Its

chronicle fans out from Ethiopia and the Middle East through Europe to America in timeless memories. A tiny golden cup of strong Turkish brew in Ephesus, a hastily-grabbed cup with black bread in a German railway station, and an accompanying silky bit of French pastry in a cafe overlooking the Seine.

Sweet, warm, delicious times -- over coffee. There is other great stuff, but no substitute. Coffee is like a permanent marker that underlines the good times! Hot, cold, plain, decorated, or shot through with other flavours, it is still the beverage of choice -- our highly preferred addiction. It seems the only thing that can make coffee undesirable is a lukewarm temperature.

So many benefits are claimed by proponents that if we were to believe them all, there would be no



more diabetes, Parkinson's, dementia, baldness, cancer or stroke on the planet. But when most claims are investigated, it's a bit of a mixed bag. For example, coffee is a diuretic, yes, but that can leave a person dehydrated. Coffee risks do seem less hazardous than those of ganja, meth, or the big H, but still there are quite a few of them.

Effects include insomnia, stomachache, a racing heart, headache, cysts, irritability, chromosomal abnormalities, and cancer. OK, so what happens if we indulge only in decaf? If we avoid the shakes, is

there still a down side? Coffee is acidic, and when that is coupled with the fact that it tends to relax the top sphincter (valve) in the stomach, it can cause a great deal of acid reflux, heartburn, or whatever we choose to call it. Is that really a good trade-off for what is mostly water?

Of course, there is the ever-present temptation to load that mug with sugary, creamy add-ons that erase any potential benefit and contribute to the ill-health we want to avoid. King 'Joe' ascended the throne long before there was a Tim Horton's or Starbucks,

so perhaps instead of a regular necessity, could he still reign as an occasional delectable dessert? Ahh-hhh!

Actually, I wish I was more like coffee. Easily sweetened, warm, energizing, friendly -- someone folks would enjoy sharing a 'cuppa' with. It's time to hold out our empty cups, and percolate for ourselves close, love-generated moments -- with or without the coffee. Cozy, connected, nourishing relationships -- available cost-free and risk-free, especially for people like me, who don't drink coffee.



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A taste of coffee

A SHORT STORY BY
ANNE MOUTRAY,
WL WRITERS' GROUP

The year was 1953 and my three companions and I were hitch-hiking

around the Continent of Europe. Actually we had started out on bikes but decided we could cover more territory by thumb so we stashed our bikes in Paris and off we went.

Now, here we were on top of this alp, heading for St. Moritz.

As it would take two days to reach St. Moritz, we decided to do something that we rarely did; split up and hitch in pairs. As it was arranged that Marg and I were to

get the first chance at a ride, the other two went on around the corner, out of sight. They really hated to let Marg and me go off together as they never knew what we were going to get up to. We never knew what we were going to do until we did it.

This day we waited and waited and waited. No one stopped for us so we walked around the corner to see how the others were doing. They weren't there; some car must have passed us by and picked them up; the nerve.

Somewhat chagrined, I watched a big car approach, going in the opposite direction to which we wanted to go. I don't know why I did it but I am quite likely to do things impulsively without knowing why. I stuck out my thumb out

Writers' Showcase

Short Stories by
the Williams Lake
Writer's Group

in the opposite direction and wouldn't you know it the big car stopped so we really had to thank the driver and get in. Now we were zooming off in the opposite direction to which we should be going and heading for Italy.

The man who kindly stopped for us was obviously a businessman and very proud of his driving ability so he gave us a ride the like of which I sincerely hope I never encounter again. Here we were, at the top of an alp and to get down it was necessary to negotiate many switchback zigzags. Well, didn't the Mr. in his powerful car, whiz toward the point of turn, slam on his brakes, creep around the sharp corner and then whiz toward the next switchback; and that's the way it went, whiz, slam, whiz, slam all the way down that alp. I was thinking,

"Well his brakes held this time but on the next turn they are sure to give and we are going to shoot over the side and fall down the mountain." By some miracle the brakes held.

"Oh my shat-

tered nerves, we made it. We're down".

We who were supposed to be heading for St. Moritz were now in Italy. Our next ride was with two young Italians.

"Would you like a cup of coffee?" they asked us.

"Oh, yes please," I answered. Nothing like a nice cup of coffee to calm my shattered nerves that were still fluttering around inside my head.

In we trooped to this little coffee shop. It seemed to be full of men drinking a very dark brew out of very small cups. I took a sip of the black liquid and screwed up my face in horror as I swallowed the foul-tasting stuff. I knew right away what was happening, I was being drugged.

However, I wasn't being drugged: I was just being introduced to espresso coffee. There, on the outskirts of some Italian city I drank my first and last cup of espresso coffee. That was over fifty years ago and I have almost got the taste of that coffee out of my mouth.



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"Coffee is the common man's gold, and like gold, it brings to every person the feeling of luxury and nobility." ~Sheik-Abd-al-Kadir

That first sip

A SHORT STORY BY
LEIGH SANDERSON,
WL WRITERS' GROUP

I felt slightly relieved when I heard a rooster crow. Firstly because that would indicate land was close and secondly because it would mean dawn was approaching.

The night had been terrifying with the crunching sound of the boat hitting the reef and the heavy waves crashing against the hull, causing it to lean further and further on its side until the fibreglass shell scraped along the coral until it was lying on its side. Anything that was battened down inside went crashing out of its nest. The 15 foot mast was stretched out; still intact. At the first sign of danger, flares were shot into the sky. The storm continued through the night, waves pounding over the boat. Who knew if the flares were seen. We felt not, given that there seemed to be no response. The dinghy was packed in case the boat broke apart and abandoning the ship was the next step.

As the sky got lighter, we could hear voices. It was reassuring that the emergency flares had been spotted. The storm seemed to be over.

There were five of them. Sandals tied to their feet and only dressed in sarongs. Seems the rest of the vil-

lage were standing on the shore hundreds of feet away looking on with anticipation. One man wore a white cotton shirt giving us the impression he was the leader.

"Ahoy" by father shouted as they stepped carefully over the coral reef. The waves had calmed and there was a different smell in the air – land.

"Kamusta" the one with the shirt hollered back, waving his hand. He was the first to arrive. He glanced around to see the damage of the boat and how far the boat was driven from the edge of the reef. He scratched his head. A younger man approached. They spoke for a few minutes, then the younger man looked at my father, who was carefully exiting the boat, sure not to slip and fall on the coral, which could be harmful.

They stood staring. Heads were shaking. The young man seemed to be the translator. Hands were pointing to the boat and out to the sea. Three of them started back to shore, later returning with chains.

My father invited the older man, finding he was the Captain of the Barrio, to get a closer look at the inside of the yacht. Difficult to get a grasp of it while lying high and dry on the reef.

Chains were carefully hooked on parts of the



boat with the hopes that man power could move it closer to the edge of the reef and back into the sea. The grunting, groaning and straining beyond normal was disheartening. A chain broke!!! It snapped and hit one of the men square in the middle of his back, causing him to yell out and fall onto his knees! Two men rushed to his aid and carried him back to shore. This wasn't going to work.

The Captain of the Barrio decided that it was best we come ashore and leave a 'guard' on the boat. The walk across the reef was slow, each step careful in order not to trip and fall. Coral is extremely sharp and particles could embed in the skin and cause infection quickly.

The villagers welcomed us, children reaching out

and touching their first white people. We were invited into the Barrio Captains home where a woman poured hot water from a huge black kettle into cracked and chipped cups. The beverage offered was instant coffee. I had never had coffee but

pretended that I had. I scooped a huge teaspoon of the instant coffee into the cup and stirred. I noticed them watching me. I noticed the Captain putting about a quarter of the coffee into his mug. Oops too late. I took a sip and almost brought it

back up. I added white powered stuff (supposedly milk) and a huge amount of sugar. While stirring the coffee I heard the men trying to solve the boat issue. I was gagging on every sip.

They eventually sat back in their rickety chairs and drank their coffee. It was settled, they would call upon the Philippine Navy to pull us off. I gathered there were no other boats large enough to do the job. Man power certainly wasn't enough.

They finished their coffee and stood up. They saw that mine was barely touched, sat down again and waited until I finished. I smiled as it went down my throat.

I'm not certain when I discovered real coffee, but I eventually found that coffee tasted better without cream or sugar. Now I find there is nothing better than a good cup of coffee – who would have known.




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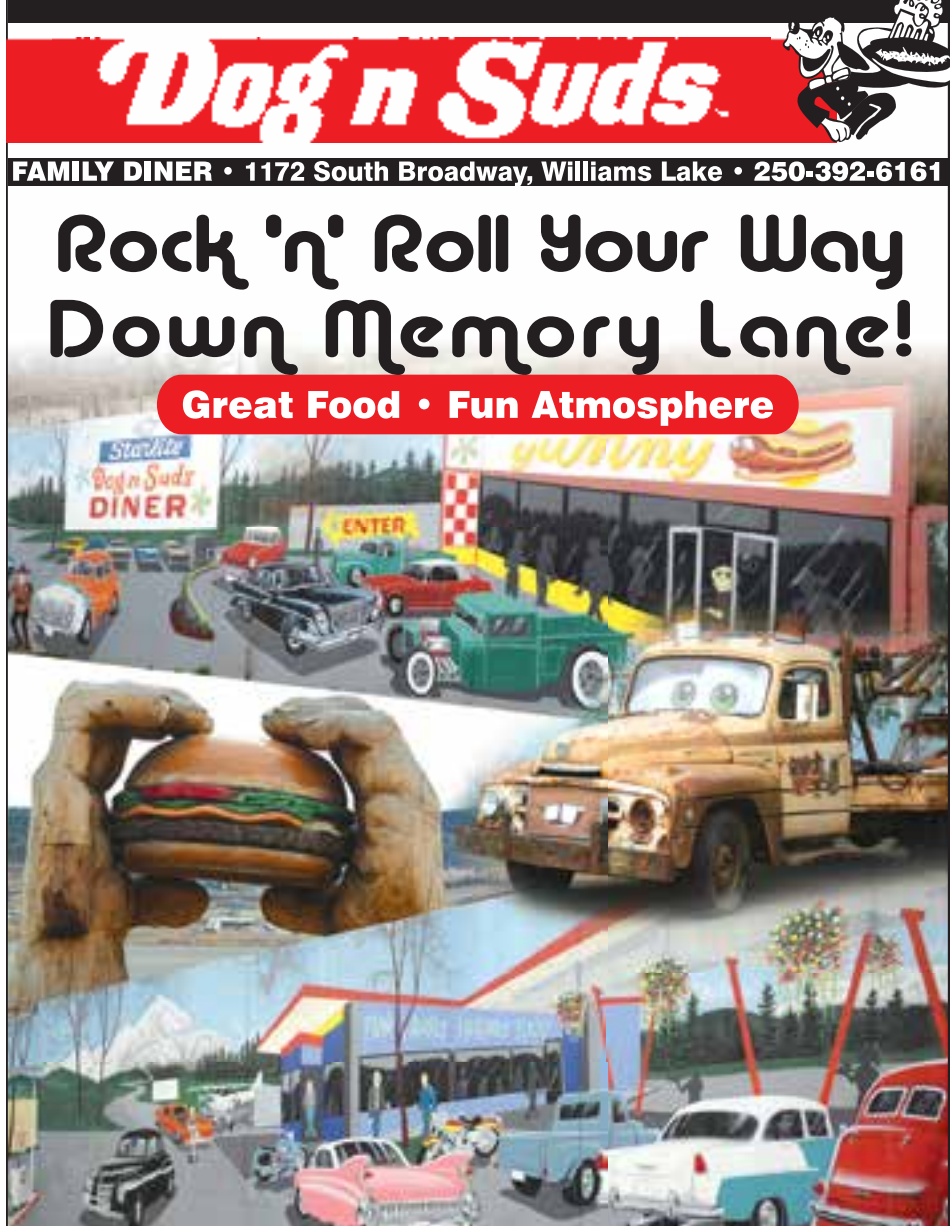
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THE STEW MAGAZINE'S Monthly MIX



HOLIDAYS OF THE MONTH

- July 1 Canada Day/Dominion Day, Creative Ice Cream Flavors Day, Intl. Joke Day
- July 2 Build A Scarecrow Day, I Forgot Day, World UFO Day
- July 3 Stay out of the Sun Day
- July 4 Natl. Country Music Day
- July 5 Natl. Bikini Day, Work-a-holics Day
- July 6 Intl. Kissing Day
- July 7 Natl. Strawberry Sundae Day
- July 8 Natl. Blueberry Day, Video Game Day
- July 9 Natl. Sugar Cookie Day
- July 10 Teddy Bear Picnic Day
- July 11 World Population Day
- July 12 Different Colored Eyes Day
- July 13 Embrace Your Geekness Day
- July 14 Bastille Day, Natl. Nude Day
- July 15 Tapioca Pudding Day
- July 16 Fresh Spinach Day, Natl. Ice Cream Day
- July 17 Global Hug Your Kids Day
- July 18 Natl. Caviar Day
- July 19 Natl. Raspberry Cake Day
- July 20 Natl. Lollipop Day, Ugly Truck Day
- July 21 Natl. Junk Food Day
- July 22 Hammock Day, Ratcatcher's Day
- July 23 Natl. Hot Dog Day, Parent's Day
- July 24 Amelia Earhart Day, Cousins Day
- July 25 Culinaricians Day, Threading Needle Day
- July 26 All or Nothing Day, Aunt/Uncle Day
- July 27 Take Your Pants for a Walk Day
- July 28 National Milk Chocolate Day
- July 29 National Lasagna Day
- July 30 National Cheesecake Day, Father-in-Law Day, International Day of Friendship,
- July 31 Mutt's Day

do

Red eye gravy and the value of good coffee

Having spent most of my adult life in a job that requires standing up and performing heroic feats at blinding speed for many hours, I became dependent on the abilities that caffeine lends. For those of us who are daily coffee drinkers, coffee is what rocks our world. Every morning, it's caffeine or spend the day in misery. Years ago, I was at a job that I really wasn't happy to be at and was suffering the outrageous slings and arrows of mediocre coffee. Some of it left in a pot, on burner for hours and then served to customers. Enough said. I saw an ad for a cook at a place called New World Coffee & Tea House. I immediately thought, "I bet their coffee is amazing... and FREE." I sent my resume the same day and eight years later I still enjoy the best coffee the globe can offer for free. The food industry actually revolves around coffee. Today the coffee industry and the restaurant industry are joined hand in hand. What does your favorite waitress say as she greets you in the morning? "Coffee today?" It's so ingrained in our traditions that a food establishment without coffee would seem bizarre. That's not to say that all eateries have

"good" coffee. Having worked at New World for the past eight years and being exposed to some of the best coffees in the world, qualifies me to offer my expertise on a "good" coffee. Firstly, make sure your coffee is "fair trade". Fair trade is a social movement to help producers in developing countries achieve better trading conditions and to promote sustainable farming. Members of the movement advocate the payment of higher prices to exporters, as well as improved social and environmental standards. It also prevents child and slave labour which has been rampant in this industry. Next is the "organic" status. Now I'm not an exclusive organic proponent by any means. But in this case, we only serve organic coffee. Why? First, it's better for your health. Organic coffees are produced without the aid of potentially harmful chemicals. And yes folks, a lot of the coffee on the market today is loaded with chemicals from the farming & production process. And since most of us drink it every day, this is something to think about. Organic also has a lower impact on the environment because they don't use those chemicals that can deplete the envi-



Out of
the Fridge

By Brice O'Neill

ronment and harm the people who live on and tend to the coffee farms. If you think about the 12 billion pounds of coffee that are produced each year, if even half of that coffee was produced organically, the reduction in agricultural chemical use would be astounding — not to mention the health benefits to humans that drink coffee and those who are employed in the industry. When you eat at most restaurants, you will probably not have access to the good stuff. Most likely, it arrived in a can, pre-ground and has sat on a shelf in some warehouse for the past year or so. Me? I pass on it and order a beer. If I'm travelling and on the hunt for a cup, I do my best to find a smaller establishment that has chosen their coffee specifically for us coffee snobs. If the establishment has taken the time and effort to source a really good coffee, they will definitely advertise it. It's harder to find, but worth every sip. How about a coffee

recipe.

Red Eye Gravy

Melt ¼ cup butter in a large saucepan over medium heat; add 1½ slices thick sliced bacon diced and cook, stirring occasionally, 5 to 7 minutes or until done. Add ½ cup chopped smoked ham, small diced onion, 2 minced garlic cloves, a dash of sage and sauté 3 to 4 minutes or until onion is translucent. Reduce heat to medium-low. Add 2 tablespoons of flour. Cook, stirring constantly, 3 to 5 minutes or until golden brown. Slowly whisk in 1 cup of milk, 1 cup of beef broth and ¾ cups of brewed coffee. You can also exchange the coffee with a shot of espresso & water if you have one available. Bring to a boil over high heat, stirring occasionally. Reduce heat to low. Simmer, stirring often, 14 to 18 minutes or until thickened. Remove from heat. Stir in 1 tbsp fresh chopped chives or green onion and 1 tsp cracked pepper. Easy eh?



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do



"I was taken by the power that savouring a simple cup of coffee can have to connect people and create community." ~Howard Schultz

Creative fuel



BY STACEY POIRIER,
WL STUDIO THEATRE

If it wasn't for coffee, I'd have no identifiable personality whatsoever." – David Letterman

Everything in the world requires fuel of some form or another. Cars use gasoline, plants need water, parents consume alcohol to stay sane, etc. In the world of the theatre, 98% of the population runs almost exclusively on Coffee.

For the most part, any WLSTS Member walking into our beloved home away from home will already have an oversized cup of Joe from the local shop or have visited the drive-thru on route to the theatre. These coffees will either be contained in the business' signature cup or in a colourful and unique Travel Mug. The plethora of personalities that grace our lovely little group is further individualized

in the abundant array of Coffee choices; Hot, Cold, Whipped, Pressed, Cream, Sugar, Blended, Extra Shot, Flavoured, Honey, Milk, Stand a Spoon Straight Up in it Black, and the list goes on.

That being said, the first thing that is set to work before anything else as soon as the theatre is opened is the coffee pot. After all, refueling is a definite must as the morning turns into afternoon, afternoon into evening, and evening into night. The tricky part of having a coffee pot in a communal room is that there are brew masters and brew disasters because the strength of the Coffee is placed solely in the hands of the one that holds the coffee grounds. A finished pot has the potential to contain an old sock like in an old Western movie and make your face twist up into all sorts of fun



expressions with your first sip. On the other hand, you could find yourself drinking some strange form of barely-coloured hot water. Luckily though with so many avid Coffee drinkers in the midst, the end result is a much needed hit of caffeinated wonderment to power the Eighteenth wind that one must generate mid rehearsal or show.

After that pot is brewing, it is time to do the collection round so that there will be something to hold that liquid gold. Cups, mugs, glasses, and basically any form of liquid holding device from

the previous rehearsal or show will be found stowed in any and every nook and cranny, feeling much like an Easter Egg hunt but without the chocolatey surprise. The search takes you on quite the adventure; one must scale shelving, look under couches and seats, rummage through the tech booth, check any stair wells, and accost the Director's Chairs. What you are left with is an armload of treasure ready to be washed and dried and prepped for the next round.

Depending on the size and caffeine requirement

of the cast and crew, a single pot of coffee may be sufficient for the duration of the time spent at the theatre. However, most shows find that little coffee pot working tirelessly to provide pot after pot to an appreciative group of sleep deprived individuals. A short reprieve for this constant soldier can be found in the much anticipated coffee run. A brave individual will take it upon themselves to record the various requests and wait patiently for the wavering to just make a decision already. With the list in hand, the hero of the hour will venture

to the nearest coffee shop and hastily return to the mob with the trays of heavenly goodness ready to be dispersed and consumed.

Coffee is more than a mere beverage in the world of a thespian. It is the fuel that molds brilliance and activates genius. It is the catalyst that aids in the transformation of the monotonous routine of the everyday into the world one creates in the Theatre. Coffee is the question and the answer.

"Even bad coffee is better than no coffee at all."
–David Lynch

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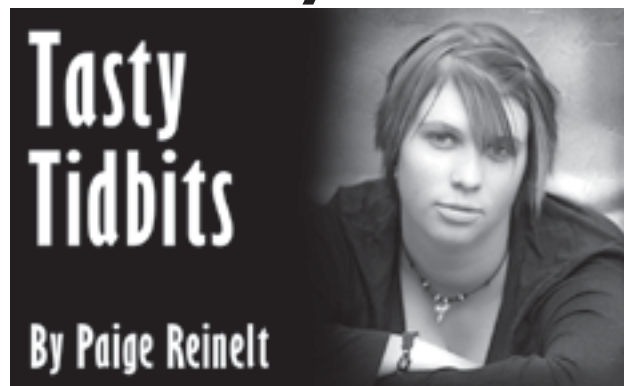
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read

Procaffinating: The tendency to not start anything until you've had a cup of coffee.

The key



...Continued from
June's Stew Magazine

We wander down the beach, taking in all the other campers and seeing if there were any cute guys around.

Kayla nudges me about a cute guy who is heading right for us.

His smile is infectious as he approaches us, "Hello ladies, my name is Chris, how's it going?"

I awake with a start. Jumping out of bed as I feel the sweat pouring down the side of my cheek.

"Lucy?" Jayleen's voice comes from the other side of the door. "What is going on in there? Are you alright?"

I wipe the sweat off with the corner of my bedsheet and remind myself that I must do my laundry later.

"Lucy?" Jayleen calls again.

I look down at myself to make sure that I'm dressed and answer, "Yeah Jayleen, come on in."

Her blonde head peeks into my room, a concerned look on her face. "Are you alright?" She repeats her question.

I shake my head, "I have no idea what is going on with me." I tell her.

"Want some coffee and talk about it?" She walks into my room holding two giant cups of coffee. "I put lots of sugar in it, just the way you like it."

I smile, and sit back down on my bed. I can feel my heart still racing in my chest and I worry that she could see it pounding.

Jayleen hands me the cup, and I slowly take a sip. The bitterness of the

coffee is masked by the overpowering taste of sugar.

"Okay, so tell me what is going on," Jayleen says, sitting down at the end of my bed.

"I don't really know what is going on, honestly." I tell her, taking another sip of bad coffee and put the cup on my nightstand. "I started having these really weird dreams ever since I started my new job."

"Hmm," Jayleen looks at me and takes a giant sip of her own coffee. "Some anxiety about your new job?"

I look at the ceiling, trying not to make eye contact. It makes me extremely uncomfortable, yet Jayleen was doing her best to stare me down. I take a deep breath and look at her.

"I'm not sure that it's the job itself that's given me anxiety," I tell her honestly. "It's the skeleton key necklace that she gave me. It has given me really weird dreams."

Jayleen raises her eyebrow at me.

"Seriously," I tell her. "And these dreams feel so real. It's like I am really there."

The look on Jayleen's face begins to make me nervous, should I tell her more?

"I'm not crazy," I say, quickly. "I know that it sounds like I am."

"Some people believe that their dreams are real," she says skeptically.

I sigh heavily, "I know that people believe in their dreams Jay, but I am saying that I am physically there. I'm in another world. Transferred there in my sleep or some-



thing."

Jayleen began to look around the room, trying to find the words to say. My eyes leave her and look down at my hands. I look over at the coffee cup that she brought me. I can almost see my reflection in its black surface.

"So what exactly are these dreams about?" She asks me.

"Mostly, I'm on a beach, feeling the sand in between my toes, or walking along the water." I start.

"That doesn't seem so bad."

I smile at her, "Lately, I have been talking to a guy."

Jayleen crosses her legs on my bed, and with both hands on her coffee mug, she takes a deep gulp.

"I didn't recognize him at first," I tell her, grabbing the coffee mug from my nightstand. "But last night I had a dream, or well, maybe it was a memory. But I kind of remember him."

Jayleen remains silent except for the sipping of her coffee.

"I think that his name is Chris, and I met him when I went camping one year with my grandparents." Taking a sip of the coffee, another mouthful of bitter sugar and continued. "But I don't

know if I'm remembering him right from the dream world, or my memory from when I was a kid."

"Yeah," she nods in agreement. "That is a weird one. I wish I knew what to tell you."

"I wish I could get answers too," I agree.

"Why don't I try the necklace?" Jayleen suggests. "I could wear it when I go to bed tonight and see if I get the same dreams that you do?"

My fingers immediately grab the key around my neck, feeling the contours. It isn't a bad idea, but I am unsure if I am willing to give it up. I reach for the clasp and undo it,

letting the key fall into my open palm. It is warm in my grip.

Jayleen reaches her hand forward, and I become even more reluctant to give it up.

"I promise I won't wreck it," She tells me, smiling.

I nod, and hand over the necklace. I hope that she goes through the same thing, so that I can stop feeling like I'm crazy, but at the same time I want to hold onto this alternate world that seems my own.

Continued in next month's Stew Magazine...

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"If it wasn't for the coffee, I'd have no identifiable personality whatsoever." ~David Letterman

Caffinated movie selections



Coffee is a mainstay of movies, as it is of movie-making – just about every scriptwriter's desk and every movie set are likely to be littered with styrofoam cups with a cold inch of undrunk coffee that has acquired the color and the strength of iron. Coffee has had many a movie made, and kept many a scene on the boil. May I suggest you too sip a cup of coffee while enjoying these key bean-related moments.



Heat, Micheal Mann (1995), rated 8.2/10

Tough cop Dave Bannion takes on a politically powerful crime syndicate. The police detective (Al Pacino) decides to have a chat with the criminal he suspects is planning a major heist (Robert De Niro). He tracks down De Niro's car to pull him over and says, "What do you say I buy you a cup of coffee?" And somehow that makes the far-fetched scene that follows seem as reasonable or casual as it is entertaining. Pacino and De Niro spar with each other about their jobs, their prospects, their honor and their manliness – it's a load of high-toned actorly posing, but the coffee covers it. Coffee is a grim, unsweetened

philosophy in the steady



discourse of law and disorder.

The Big Heat, Fritz Lang (1953), rated 8.0/10

For those who treasure *The Big Heat*, the scene conjured up by the title occurs when Vince (Lee Marvin), a nasty hoodlum and mobster, is so suspicious of his girlfriend, Debbie (Gloria Grahame), that he throws a pot of scalding coffee in her face. In 1953, that was startling violence, and it left Debbie so horribly scarred that she had a bandage all over one half of her face, with the wounded cheek dipping down into her fur coat. In that drastic new form, she helped Glenn Ford destroy the underworld conspiracy. Of course, she took her revenge, and finally Vince got his own coffee closeup and proved what a wretched, sniveling coward he was.

Mississippi Mermaid, Francois Truffaut (1969), rated 7.2/10

A wealthy plantation owner is captivated by a mysterious woman with a shady past. Coffee can help give the game away, or it can be a move in the game. Jean-Paul Belmon-



do is a tobacco-planter on the island of Réunion (just off Madagascar). He finds himself a mail-order bride and goes down to the docks to meet her boat. He has a photograph of the woman, a modestly appealing young lady, but when she arrives she turns out to be Catherine Deneuve. Well, he's not going to complain at his good luck, and he accepts her feeble excuse that she sent him a photograph of another woman, because ... well, I forget the exact because, but the audience wants Deneuve as much as Belmondo does. Then a sinister hint appears when she takes coffee for breakfast, even though in her letters she had told him she was a tea-drinker. A femme fatale is going to drink a rare brew.



Notorious, Alfred Hitchcock (1946), rated 8.0/10

A woman is asked to spy on a group of Nazi friends in South America. How far will she have to go to ingratiate herself with them? For decades, coffee has been a pungent cover for insidious extras. Claude Rains and his mother are introducing a



little unkind sweetener to Ingrid Bergman's after-dinner coffee. Hitchcock films the cups as looming objects in her diminishing life. If only Ingrid could see the movie we're seeing, she'd know why she feels sickly and lethargic.

You've Got Mail, Nora Ephron (1998)

Two business rivals who despise each other in real life unwittingly fall in love over the Internet. Times have changed: coffee now is on every corner and at every desert filling station. It's become what Tom Hanks talks about as a lively journalist for food and drink: "The whole purpose of places like Starbucks is for people with no decision-making ability whatsoever to make six decisions just to buy one cup of coffee. Short, tall, light, dark, caf, decaf, low-fat, non-fat etc. So people who don't know what the hell they're doing or who on earth they are can, for only \$2.95, get not just a cup of coffee, but an absolutely defining sense of self: Tall. Decaf. Cappuccino."



Coffee and Cigarettes, Jim Jarmusch (2003), rated 7.1/10

Woefully pledged to



the principle that a hot drink and a smoke actually make up the greater part of existence.

Woman of the Year (1942), rated 7.3/10

Rival reporters Sam and Tess fall in love and get married, only to find their relationship strained when Sam comes to resent Tess' hectic lifestyle.

The Superwoman status of the Katharine Hepburn character is neatly and amusingly offset when we discover that she can't actually make a decent cup of coffee for her guy, Spencer Tracy. Thus, under the threatening onslaught of feminism, male prowess and superiority were vindicated.



2 or 3 Things I Know About Her, Jean-Luc Godard (1967), rated 7.0/10

A kind of dramatised documentary, illustrating and exaggerating the emotionless lives of characters in the new Paris of the 60s, where commercialism mocks families getting by on small incomes, where prostitution is a money-spinning option, and where people are coldly resigned and immune to the human nightmares of Vietnam, and impending Atomic war.

A cup of coffee, as seen from above, nearly fills the CinemaScope frame. We see the ripples from stirring and the short life of bubbles on the surface. We scrutinise the range of colours glimpsed in a cup of black coffee. We feel it as an ocean on which we are engaged in a single-handed voyage. And all the time, Godard's professorial voiceover is instructing us on the lessons in coffee. But don't take too long in intellectual percolation. Every cup of coffee has an ideal drinking moment, and if you make too many metaphors and philosophies out of it, it may turn cold before you've had the pleasure.

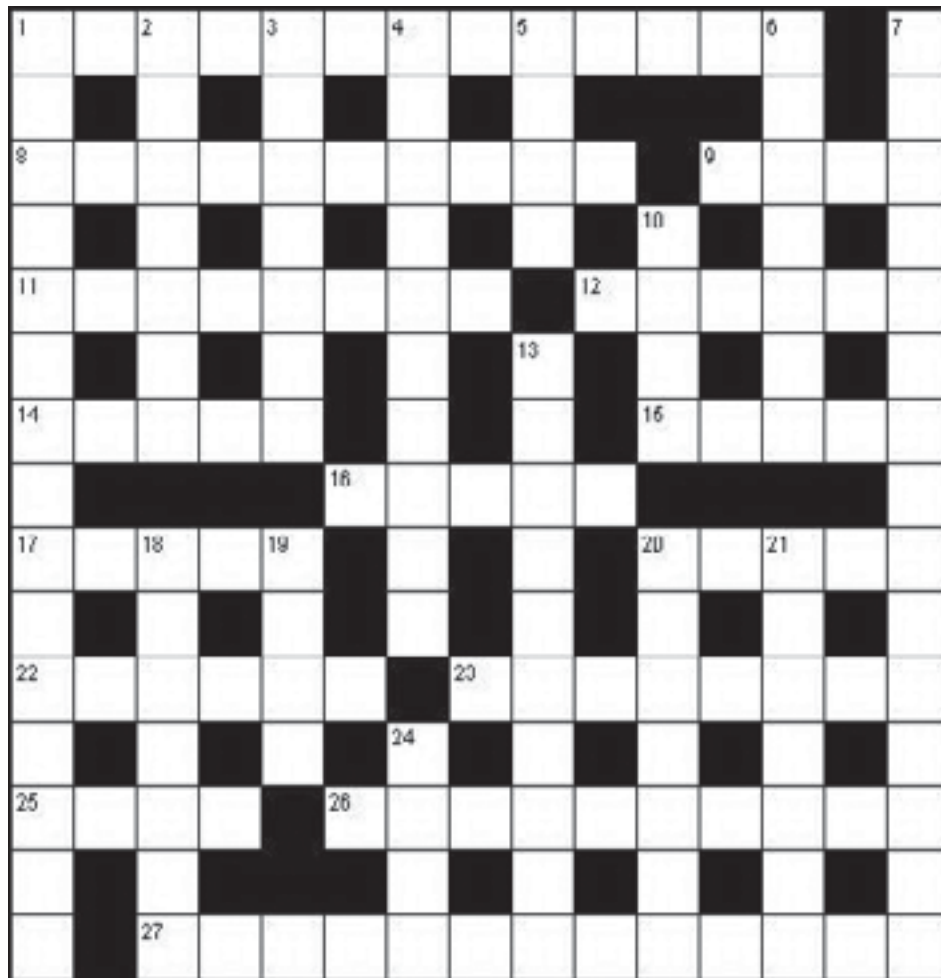
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This month's crossword is brought to you by the fine people at Bob Paterson Homes.

X-Word Puzzle

ACROSS

- 1 See 7
 8 Marxist speaking of modern fruit (10)
 9 Something of Shane Warne's encore (4)
 11 See 7
 12 Funny business with McBain in my grasp (6)
 14 Material Chaney linked to the Five Boroughs (5)
 15 Race comically needing a starter that's majestic (5)
 16 Muscle-woman's replaced by one intellectual (5)
 17 Blessed 16 with vowel shift (5)
 20 Sailor against wear-



ing spectacles from the beginning (2,3)

22 See 7

23 Cater for Germany

entering with fifty minutes of the hour

gone (6,2)

25 Amanda's Shakespearean 15 (4)

26 Hoeness's quiet scheme when entering races – some bloomer! (5,5)

27 "Who shall have a fishie on -----" (Miles away, I let Delia Smith loose!) (1,6,6)

DOWN

1 Oddly got on Ribble bus twice, tragically wrecking airy ambitions? (8,7)

2 US government supporter supplied another 25 (7)

3 Alumni gathering for holy matrimony 9? (7)

4 Dress up twice in Western Australia (5,5)

5 Stubbs's student splitting bone (4)

6 The St Petersburg Palace: unknown and cold (7)

7,13,21,24,1ac,10,

11,22 Tut-tut, thus a no joy era, OK? Or, "A sad world here." "Gorblimey! Why be sad?" (The Life of 17) (6,4,2,3,6,4,2,5,4,6,3,4,4,8,6)

10 See 7

13 See 7

18 Eisenhower's veto on a Tokyo flower arrangement (7)

19 Number Ten abbreviated memo (4)

20 Terence's brothers maybe lead one behind the tavern (7)

21 See 7

24 See 7



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