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THURSDAY, FEBRUARY 21, 2013 | FINAL EDITION

Impact of resource development 'unknown'

Forest Practices Board warns of unmanaged land use in B.C.

GORDON HAMILTON
VANCOUVER SUN

When Forest Practices Board auditors visited a cutblock near Chetwynd to check on seedlings replanted by logging company Canfor, instead of a healthy

young forest, they found a gravel pit.

A mining company was operating the gravel pit. And the seedlings, of course, were gone.

The gravel operation was situated within a tree-farm licence, but Canfor had not been told of the change in land use, which

according to a bulletin the independent forests watchdog issued this week, is only one example of a long list of competing activities within that single tree farm licence.

The board auditors found everything from wind farms, mines and natural gas wells, to

pipelines, power lines and mineral exploration. Roads de-activated by the forest company had been re-activated in an improvised manner to explore for coal. Drill sites had been built on existing cutblocks, permanently removing the forest cover.

It's a problem that is occurring

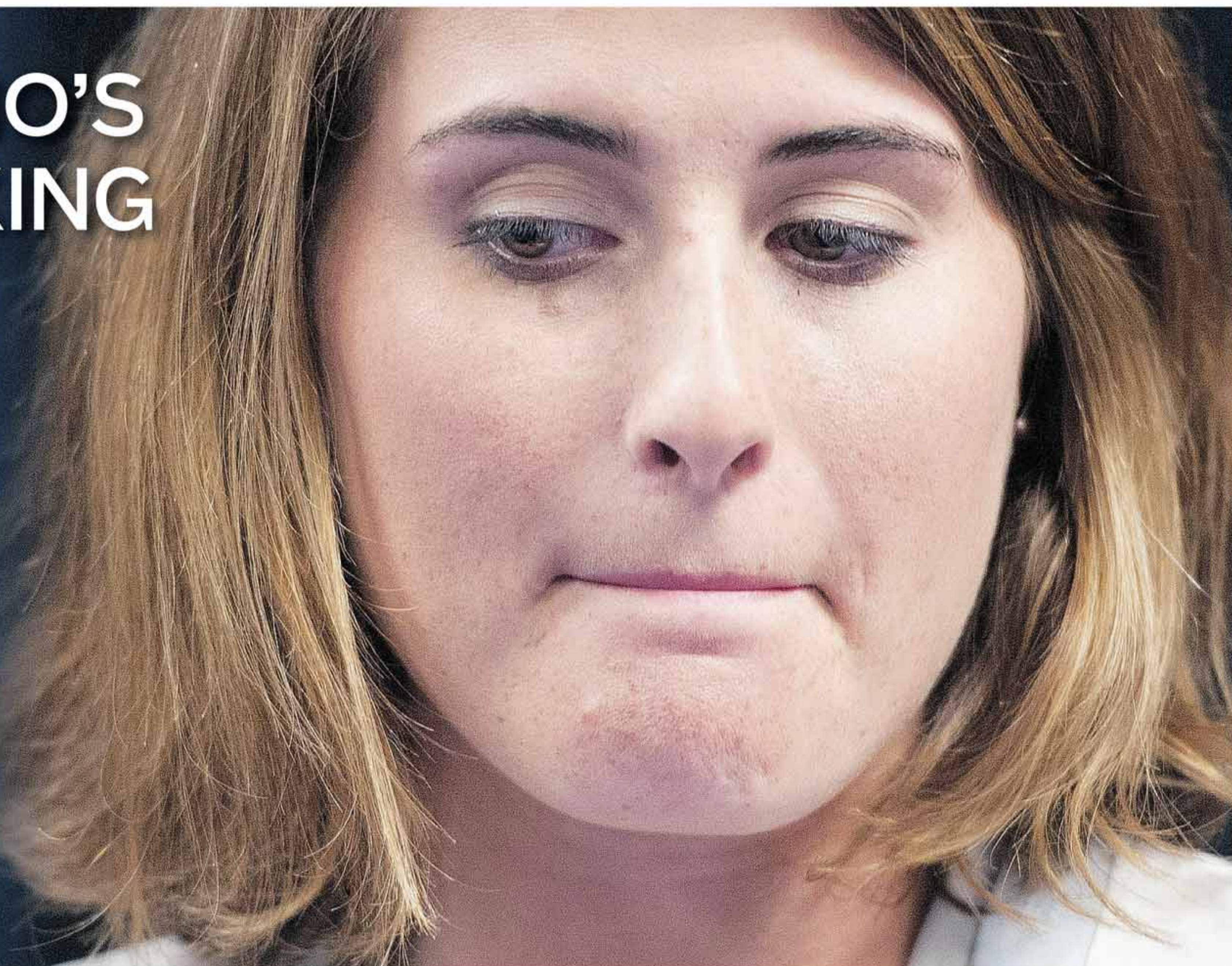
time after time on forest land throughout the province as global demand grows for B.C. resources and the province issues more and more resource development permits on lands that used to be dedicated primarily to forestry.

CONTINUED ON A10

MARINO'S BREAKING POINT

Vancouver's Rebecca Marino announced Wednesday she is stepping away from her career in professional tennis. The 22-year-old revealed she has been battling depression. » D7

GERRY KAHRMANN/PNG



PROVINCIAL POLITICS

Hydro, ICBC cash siphoned to balance budget: NDP

Crown corporations handed over \$471M, documents show

ROB SHAW
VICTORIA TIMES COLONIST

The B.C. government continues to siphon hundreds of millions of dollars out of BC Hydro and the Insurance Corp. of B.C., in a bid to balance its budget with profits that don't really exist, says the Opposition.

BC Hydro is providing the government with a \$245-million dividend payment, while ICBC will contribute \$226 million in 2013, according to Tuesday's provincial budget documents.

» PALMER: NDP HASN'T OFFERED CREDIBLE ALTERNATIVE BUDGET | A3

The money appears key to helping the government table a \$197-million surplus in the next year. The payments are just a small slice of the billions paid by both Crown corporations to government in recent years, while at the same time the cash-strapped organizations seek rate hikes from customers.

But they are particularly galling coming from BC Hydro, said the Opposition NDP, because the auditor general noted last year that the Crown corporation was deferring billions in debt into future years to try to paint a picture of annual profit.

CONTINUED ON A2

WELLNESS

Empowered Health kicks off second season

TV series offers fresh tips for healthy living, nutrition and fitness

A new season of Empowered Health kicks off today on CHEK-TV and in today's Vancouver Sun with tips for healthy living, fitness and nutrition.

The half-hour show is built around the idea that people can and should take control of their own health, according to producer Stu McNish of Oh Boy Productions.

"There are so many things you can do to not just prevent illness, but promote wellness and you need to be in charge

of that," he said. "Your doctor is one part of the health puzzle, but there are a lot of other practitioners out there you can use to create a life program that is centered around you and your unique individual needs."

Empowered Health — a co-production of The Vancouver Sun and Oh Boy — features experts on healthy eating, cooking and fitness, detailed features on complementary and alternative health practices, along with personal

stories from survivors, people who have overcome illness by taking informed control of their treatment.

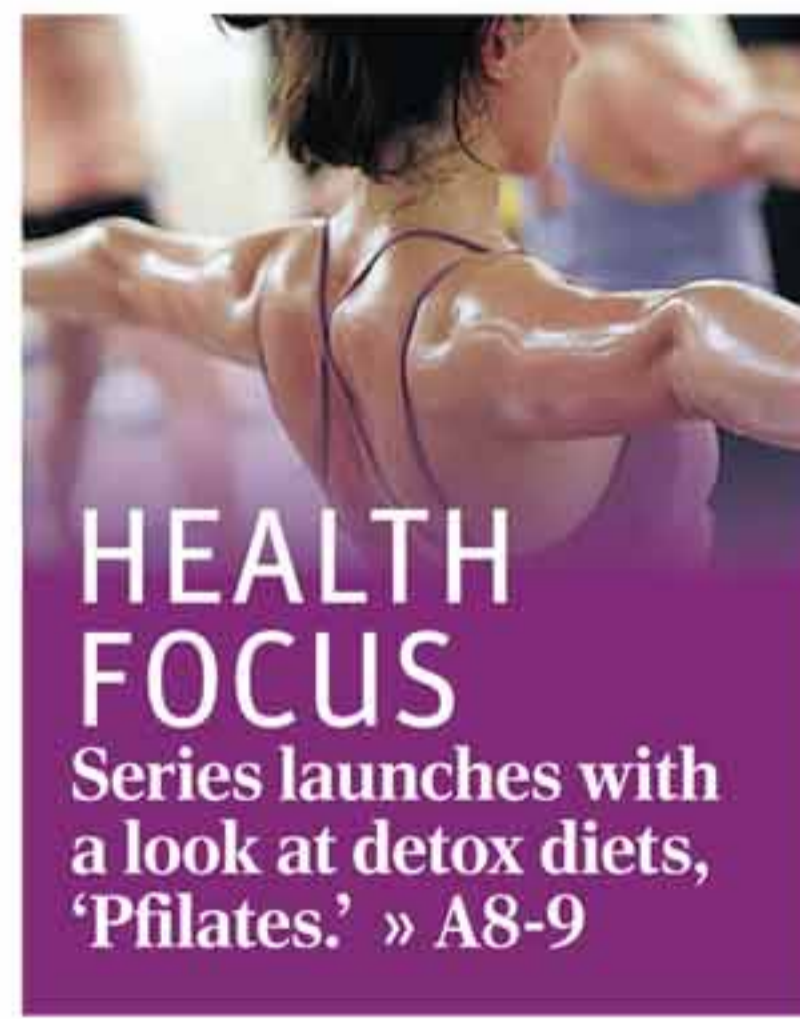
Special features this season include an in-depth look at the eyes not only how to keep them healthy, but what they can tell you about the health of the rest of your body.

Sun science reporter Randy Shore hosts a weekly segment dedicated to peeling away the hype around health care myths and Internet-based miracle cure stories. By examining the

scientific evidence, he reveals the truth about everything from magnetic bracelets and weight loss products to vitamin supplements and miracle foods.

The Sun will bring you features and stories that complement each week's episode every Thursday.

Or you can read health-related features and blogs or browse through video of individual features or view episodes online at vancouver.sun.com/empoweredhealth.



HEALTH FOCUS
Series launches with a look at detox diets, 'Pilates.' » A8-9

INSIDE TODAY'S PAPER

Bridge	B7	Editorials/Letters	A14	Obituaries	B10
Business	D1	Ferry Schedule	B7	Scene	C1
Classified	B8	Horoscope	C2	Sports	D6
Comics	C15	Issues/Ideas	A15	Sudoku	C15
Crosswords	B7, C2	Movie Listings	C14	TV	B6

COLUMNISTS

Craig McInnes	A4
Pete McMartin	A5
Ian Mulgrew	A13
Vaughn Palmer	A3
Malcolm Parry	D3

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SPIRITED ENTERPRISE

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FIDDLE RIDDLE

The return of enigmatic virtuoso Augustin Hadelich » C6

EAST OF MAIN

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OUR BEST SHOT

Espresso has struck a chord in Vancouver as the test of true coffee connoisseurship » C3, C4

Brian Turko's prize-winning espresso is served at his Milano Coffee Lounge on West 8th Avenue in Vancouver.

WARD PERRIN/PNG

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COVER STORY

Real coffee lovers drink espresso, neat

Local award-winning brewmasters share their secrets to a better cup

MIA STAINSBY
VANCOUVER SUN

If you play killer guitar, it's half the battle to becoming an espresso master. So it would seem.

Locally, two such individuals walked away with best espresso awards recently. By espresso, I mean that coffee magic, unadulterated by extra water, milk, soy milk or flavourings. It is coffee laid naked, wearing only a beret of perfect creamy crema. There is nothing to mask, smooth, firm, sweeten or dilute imperfections.

Espresso is starting to be taken seriously as the test of a true coffee lover. Instead of barista championships judging latte art, the focus is shifting to the quality of the quaff.

Last October, Vancouver's Brian Turko, of Milano Coffee Lounge and Turk's Coffee Lounge, took gold at an international competition at the godhead of espresso — Italy. His adoration of espresso began as an East Van musician who drank copious amounts of cappuccinos on Commercial Drive in the 1980s to save himself from booze and drugs, the ruin of many a musician friend. "I went clean and sober and stayed away from that. I was a bad boy," he admits. "I began running up to Commercial Drive to meet people over a cappuccino in the Italian coffee bars. I wasn't particularly welcome, but I pioneered that crossover. Friends would ask what I was doing, saying they were old people's hangouts."

Singing the praises of coffee

Turko recently wrote a song about coffee as an enchanting seductress. He's planning to record with friend John Faye, drummer for the Tragically Hip. During an interview at Milano Coffee Lounge, which he operates with wife Linda, Turko, a pressure chamber of energy, strapped on an acoustic guitar, braced himself against bags of coffee beans and belted out the bluesy homage to coffee called *Dolce La Miscela*. He's like a shot of espresso himself, he admits: "I'm short, fast and intense." Check, check and CHECK.

Roasting and blending coffee, he says, is like music. It comes down to composition and balance.

At about the same time last fall, Gino Rutigliano, of Bowen Island Coffee Roasters and Cafe, a killer bass guitarist won third place at America's Best Espresso competition for western North America.

"I was a professional musician for 17 years. My biggest claim to fame is playing with Frank Soda and cutting five records. But then I wanted to have a family and moved to Bowen Island," he says. "I was always super-passionate about food. My mum always served espresso and as a kid, I remember she'd put a shot of espresso with sugar in my glass of milk."

The day before the espresso competition in Seattle, he practised on the machines, pulling 30 shots and tasting them. "I was bouncing off the walls. I really was sleepless in Seattle."

Rutigliano's winning espresso blend is old school with a small percentage of robusta beans added to high-quality arabica beans.

In today's coffee world (referred to as Third Wave), robusta is synonymous with cheap and cruddy, but there are premium robustas which he uses.

"It's taboo in some people's minds but Italians have been doing it for a hundred years," he says. "At the competition, I went the Italian way. I've experimented with and without robusta and had success with both. If used in the right proportion, it's



Espresso champion Brian Turko, shown with wife Linda, has written a song about coffee as an enchanting seductress. Turko serves his brews at Milano Coffee Lounge and Turk's Coffee Lounge. Behind the pair is a photograph of the brewmaster and his mentor Francesco Curatolo.

fantastic. That's my opinion. For me, it's like seasoning, like salt on a steak. Anyone who's done research knows if you use robusta as seasoning, it's fantastic. It's kinda like a touch of wine."

Strong coffee and opinions

Espresso is kind of like wine in another way — strong opinions on taste and methods abound when it comes to espresso.

Reg James, of Espressotec, an espresso equipment company, is a fierce defender of old-school blending with a small dose of robusta. "Of course, it's a taste thing but to say robusta is a cost-saving device is a red herring.

High quality robusta often costs more than similar arabica. Agreed, roasting can manipulate acidity a small amount, but robusta does it naturally with the benefit of adding crema and more caramelly and chocolate notes which is what I think most people prefer in their espresso when given the choice. But they never are. Local roasters have no robusta blends to offer. Most roasters design their espresso to 'stand up' in milk-based drinks because that's where 90 to 95 per cent of the espresso ends up."

Mark Prince (coffee geek supreme, world barista championship judge,



Gino Rutigliano, shown with wife Victoria, runs the Bowen Island Coffee Roasters and Cafe.

coffee lecturer, and the man behind coffeegeek.com) has, of course, strong opinions. The robusta debate is over as far as he's concerned. "In the end, the overwhelming consensus was no, robusta adds nothing beneficial to the cup, while adding too many detriments," he says.

Mixing flavours

Turko's award-winning blend, La Futura, has 10 different arabica

beans. All of the eight espresso blends on offer at any given time contain eight to 11 different varietals. "It took 1,500 combinations and around 20,000 tastings and five years to balance," he says of La Futura. "Like they say in music, if you have what it takes, you'll bring it out."

At Milano Coffee Lounge (the Eighth Avenue and Powell Street locations), you can pick a "sampler" of three espressos for \$6. Their Commercial Drive store, Turk's, will soon have a sampler, too.

Prince weighs in on blends with so many varietals. "Italian roasters take great pride in saying their espresso blends contain 10, 11 or more different coffees. But we've learned over time that this just homogenizes espresso, makes it difficult to distinguish specific flavours or origins. We've come to find that a simple two, three or maybe four-bean blend, where you take one coffee with a very identifiable taste component and another coffee or two with equally identifiable taste components and blend them, you can create a complex beverage where you can still identify things like blueberries or red apple, or sweet tobacco or caramel."

It's beginning to sound a lot like the oenophile world. New World versus Old World. French style versus California. Tastes and opinions butt against one another.

“North American espresso is not Italian espresso any more than a pair of vinyl shoes are leather shoes.”

BRIAN TURKO
COFFEE EXPERT

For the average consumer, it's all good. As Grady Buhler, quality control leader for JJ Bean, says: "It's a little of the Old World versus New World style. I wouldn't be quick to pass judgment on which is better. We're firmly in the New World West Coast style. Our philosophy is, everything by taste. If we came across a really good robusta, we might be open to trying it," he says.

If you are like me, you headed toward espresso starting with *caffè latte*s, moved on to *cappuccinos* and *Americanos* and got caught up by the Third Wave (artisanal coffees, fair trade, single origin, shade-grown, etc. etc.). But North Americans, unlike Italians, were not and still are not avid espresso fans. I like them occasionally but like most, I prefer for my coffee to last longer than a couple of minutes, lingering over a conversation or at my desk.

Besides, says Turko, North American espresso evolved in a different way.

"North American espresso is not Italian espresso any more than a pair of vinyl shoes are leather shoes," says Turko. "Espresso is 95 per cent acidity and 1.5 per cent water. Drip coffee is the reverse. The whole West Coast coffee taste came from dark roasts and *Americanos*."

As better tasting espressos become available, we're beginning to develop a hankering for straight-up espresso. At some of Turko's coffee bars, about 20 per cent of coffee sales are for espresso.

During the interview, I sipped his award-winning espresso, *La Futura*. It was, in a word, gorgeous. Milano Coffee has eight different grinders suited to different blends and effects. Another espresso, to which he added some sugar (no sacrilege, he says), is, he says, like *crème brûlée*. It really was a creamy, smooth dessert.

Turko frequently invokes the name, Francesco Curatolo, the founder of Milano Coffee, who, as a friend, mentored him. A photograph of the two of them hangs prominently at the coffee bar on Eighth, where Turko still roasts in the back, like his mentor did. "He was a retired professor with a big IQ. He was a genius and a lot of people underestimated him because of his broken English."

Starbucks offered Curatolo "a lot of money" to buy him out, but he refused. He was committed to making espresso his way: the right way, says Turko, who eventually bought Milano and all the "intellectual property" in 2003 when Curatolo decided to move back to Italy. "I bought it because it is the real deal," says Turko.

Under Curatolo's tutelage, Turko opened his first coffee bar, Turk's, on Commercial Drive, in 1997. He says before that, there was an "older coffee mafia," he says. "Guys who tried got Molotov cocktails and rocks thrown through windows."

In the roasting room at Milano's, Turko's working on a signature line called *Divine Cup*. "I believe it's possible to make everybody happy whether their taste is rockabilly, ballads, classical or jazz."

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Vancouver's best coffee bars, tasting tips C4

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