

The Local Yokel

Volume #6

By April Cappel

Business makes the world go 'round! Most of us are well aware of that fact. But how many of us really know where some of the world's most important decisions are *actually* made? Not in high powered board rooms, superior courts, or even, I dare say, in the House of Commons. No, most important decisions that are made which affect our every day lives happen right under our noses! They can be found transpiring in restaurants, spa's and the most common place of all..... Coffee Shops!

Coffee. Now there is a ritual in itself! We start the morning with it, wait in horrific traffic lines to get it, and take numerous breaks throughout the day to have it! Even if we prefer a different type of beverage, the phrase "Coffee Break" is still typically used.

Those of us who are genuine coffee addicts, typically have a favorite "haunt". For some of us, this might be the daily "Timmy's" fix, that we will patiently wait in drive through line ups for while we look for spare change that has fallen into the cracks and crevices of our vehicles while we slowly make our way to the counter to get that morning "Kick Start".

Well, over the past few weeks, I have been traveling around the County meeting business owners, hanging posters and talking about "Buy Local". I have been amazed to find that there is a substantial number of incredible Coffee Shops in each and every town.

Deep River has "The Bean Post". Renfrew has the "Taste Emporium". Arnprior has "Bonnie Jane's Scones". Wilno has the "Red Canoe Café". Cobden has "17 West". Burnstown, "The Blackbird Café", and the list goes on!

However, at present, I have been frequenting two locations that I am becoming increasingly fond of.

Café Ole is situated in downtown Pembroke, just after the bridge, on Pembroke St. W. Walking into this charming place for the first time, I wasn't sure what to expect. I had heard it was a good place to stop. What I found would give any Starbucks or Second Cup a run for their money! Funky music, a relaxed atmosphere, albums on the wall (large number of 80's, instantly appealing!), and then there, on the counter *two Gibson Guitars on display!!*

My eyes quickly ran to the menu, and, not only could I have a Latte, or Cappuccino made with soy milk, but, I also could have a Chai Latte! Heavenly! As a vegetarian, I have learned to expect limitation when looking at a smaller menu, but I was pleasantly surprised to find I had a number of choices for lunch as well. I can't begin to describe that melty chocolate, sinful thing I had for desert! My Word!

I had an opportunity to talk with Christine Tomka, the owner of Café Ole. She quickly pointed out the local products she had available on her shelves. One of these products was a local honey from "Round Lake Honey Centre", which Christine also uses in her preparations.

I was also excited to learn of her plan to bring in local musicians on Friday evenings. Christine is hoping the idea will catch on, and perhaps turn into a partnership with other Café's across the County that might be interested in developing a "Music Circle" of sorts.

The second location I have been enjoying is the "Recess Café" in Renfrew.

The Recess Café is located at 210 Lochiel St. right across from the Renfrew Wellness Center. Owned by Ruth Goodfellow, who is a phenomenal cook by the way, the Café has been growing yearly, and developing into quite an interesting place to stop in!

If you are a fan of the Renfrew Artists Guild, this is a great place to browse through their work too. And, if you are feeling a little artistic yourself, I am sure you will enjoy, like I

do, the chalk board table tops beside the fireplace, where you can doodle 'til your hearts content!

Ruth also has a great menu selection that varies day to day. However, her coffee and baking are worth a quick stop by!

If you would like more information on Café Ole, please call Christine at 613.732.2137.

If you would like more information on the Recess Café, please call Ruth at 613.432.4222.

If you have any comments or questions for your “Local Yokel”, please email me at [buy\\_local@nrtco.net](mailto:buy_local@nrtco.net) !