



## OUR SUNDAY BEST

with Julia Piper

### VANCOUVER MARITIME MUSEUM: EXPLORE SUNDAY

#### Event

**Where:** 1905 Ogden Ave.  
**Why:** Tour areas of the RCMP schooner *St. Roch* that are not usually open to the public. Includes a guided tour of the engine room and main hold.  
**Info:** 12 to 4 p.m., 604-257-8300

### SINGALONG CONCERT

#### Vancouver Bach Choir: Singalong Messiah

**Where:** Orpheum Theatre  
**Why:** Join the Bach Choir and the Vancouver Symphony and sing along to the choruses of Handel's beloved oratorio.  
**Info:** 2:30 p.m., \$30 at Ticketmaster

### ROCKIN' CHRISTMAS

#### Christmas with Elvis

**Where:** Genesis Theatre, 5005 45th Ave., Ladner  
**Why:** Three Las Vegas Elvis impersonators come together with the Memphis Beats band.  
**Info:** 7 p.m., \$39.75, 604-507-6355

### CHRISTMAS LIGHTS

#### 2008 Festival of Lights

**Where:** VanDusen Gardens, 5251 Oak St.  
**Why:** Enjoy more than a million dazzling lights, listen to choirs singing seasonal favourites or have a visit with the big guy himself.  
**Info:** 4:30 to 9 p.m., \$6-\$11, 604-878-9274

### IF YOU HAVE KIDS . . .

#### Kitty Peek and Doggy Boo

**Where:** Presentation House Theatre, 333 Chesterfield Ave., North Vancouver  
**Why:** This puppet show sees Peek and Boo out and about on humorous everyday adventures.  
**Info:** 3 p.m., \$7.50, 604-990-3474

#### Festive Family Fun

**Where:** Inlet Theatre, 100 Newport Dr., Port Moody  
**Why:** Join beloved children's entertainers Bobs & Lolo in a concert of holiday favourites plus songs from their three CDs.  
**Info:** 3 p.m., \$11/\$9, 604-931-2008  
For more great things to do today, see Page B2.

Each week, we talk to a well-known B.C. personality to find out

# What do B.C. people like to do with their Sundays?



Lesley Stowe enjoys working in her kitchen on Sunday afternoons. NICK PROCAYLO — THE PROVINCE

BY CHERYL CHAN  
STAFF REPORTER

*December is all about entertaining with good food and good company — dual passions of Vancouver culinary icon Lesley Stowe, who has satisfied the city's ravenous appetite for gourmet goodies with a high-end deli and bestselling cookbook and satisfied Pierre Trudeau's sweet tooth with a signature Death by Chocolate raspberry creation.*

*This week, The Province checks in on Stowe to see what's bubbling.*

**What are the ingredients that make up your Sunday?**

Sundays usually start with lots of strong coffee and piles of newspapers. I go through the crosswords, catching up on what's happening in the art world and business world, summarizing the entire week in one sitting.

Then, I usually take my dogs for a walk on the beach and I go to the gym. Some-

times I try to get a bike ride in there if the weather is nice — go down by the beach to UBC and do a circuit so that we can indulge in yummy things for dinner later.

People always say, "How do you keep in shape?" Well, I have to because I love to eat!

**What's for dinner?**

I usually invite either family or friends for a super-casual dinner on Sunday night, so in the afternoon we'll go down to Granville Island or, if it's in season, the farmers' markets, and do something seasonal. When the weather gets a bit colder, do a braised short rib with parpadelle, or a big roast chicken with lots of roasted vegetables, and some kind of home-made dessert like caramelized apple bread pudding or sticky toffee pudding.

**How long does the meal preparation take?**

The entire afternoon, generally. It's switching between the Golf Channel, the Food Network and the Antique Roadshow and

puttering about in the kitchen. Then people come over and it's about enjoying their company and having a great homey kind of dinner.

**Clearly, you like to cook and entertain. What's the appeal?**

I'm in the food business. My background is actually in the cooking side as opposed to the administrative side, but now I don't get to cook as much because I'm running a different kind of business [Stowe traded in her successful catering company and gourmet foodie store for creating her own line of crackers called Raincoast Crisps]. But cooking's very therapeutic. I love doing it, I think I'm quite good at it, and people do appreciate it. But you need to have the time.

During the week, I'll do some cooking, but it's usually quick and simple and healthy. On the weekends, there's more time so I like doing things that may take some time to actually prepare and guests can enjoy.

## Catching up on the week, looking ahead to the next

Lynn Bradley of Vancouver writes:

What a treat to turn off the alarm the night before and waken to the light of Sunday instead of the urgency and darkness of a winter workday. Having lounged around and enjoyed the covers to their fullest, it's now time to answer the call of the coffee machine and the breadmaker, both preset for this Sunday morning's breakfast pleasure. The kitties are more than happy

## MY SUNDAY

to join me on the sofa with the newspaper which is mine, exclusively, for the next hour; to be savoured with coffee and toast and read from the headlines to the final Canucks page. Husband won't miss the recipe I just trimmed from the food section — I'll make it for dinner tonight. In the

meantime, my guy and I will head out for Deer Lake and the forest trail beyond — a good hike with uninterrupted time to catch up on the week gone by and the week approaching. Without fail, the park provides us with glimpses of wildlife or flora. If the weather holds and if it's not dark yet, there are the last fallen leaves to rake. Remind me to put some wood by the patio door for the fireplace tonight.



## What about you?

What do you like to do on a Sunday? A favourite walk, hike or bike ride, perhaps, or some other outdoor activity you think others would enjoy? Your Sunday wants to hear from you. Write us between 100 and 150 words and e-mail them to [unwind@theprovince.com](mailto:unwind@theprovince.com) or mail your ideas to Your Sunday, c/o Unwind Dept., The Province, 1-200 Granville St., Vancouver, B.C., V6C 3N3. We'll publish one of your submissions each Sunday and send a copy of the *Vancouver Book of Everything* to each successful author.