



# Bean Soup

## Entertainment & Stuff

50<sup>th</sup> Issue!

Volume 13 Number 1

January 2009 - March 2009

Free\*

### New Gluten-Free Choices

We have been doing research and experimenting with gluten-free products over the last few years. We have tried several recipes in gluten-free baking. We are now ready to let all the people on gluten-free diets know that we have some alternative menu items for them to try. Any of our sandwiches can be ordered on one of our brown rice wraps. Also we have a gluten-free French roll that can be used in place of a bun or bread for a hamburger or egg sandwich. We are currently making black bean brownies that many people who are not on a gluten-free diets prefer to our regular brownies. Our almond joyful macaroons are a gluten-free dessert that we have been serving for over two years now. Let us know if you have suggestions or know of a product we might investigate.

*"Kids: they dance before they learn there is anything that isn't music."*  
- William Stafford

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### On-Line Reviews

If you enjoy your experience at the Bean, take a moment to write a review at one of the on-line sites like Google, Yahoo, Zagat, Roadfood, or Trip Advisor. If you have an unsatisfactory experience, please don't write a negative review at one of these sites! Instead, talk to us. We have been in business since 1989 and we are making most customers happy. If you are not happy for any reason, let us know. We are in the hospitality business and we work hard to create satisfied customers on a daily basis. If for any reason we have not fulfilled on our offer of all around quality, then ask for Brian or Barry. You may be able to help us identify a problem that we can fix. And, we may be able to convert you to a satisfied customer. We appreciate your business, thank you for your continued patronage and look forward to reading your positive reviews!



### Cocoa Bean for Kids



We are continuing our acoustic music series just for young people here at The Vanilla Bean Café. Each month we host a musician who performs a children's show encouraging participation and movement. The shows are always on Sunday at 4:00 PM. See the calendar listings on the last page for the specific dates and hosts for this quarter. We serve complimentary hot chocolate and/or chocolate milk to every guest. Get the kids and yourself out of the house and come to the next Cocoa Bean for Kids!

**Kids Eat Free\* WINTER**  
See our website for details!

### find us on facebook

The Vanilla Bean Café is now on Facebook. Log in, look at our profile and become a fan. Take a picture of yourself or a group of friends at the Bean, inside, outside, by the sign, anywhere you like, and upload it to the site. You can write reviews and leave comments. Use Facebook to recommend us to all your friends. Let's see how many



new fans we can generate by the end of the March 2009.

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## The Vanilla Bean Café

Things we would like you to know...

The Vanilla Bean Café opened in 1989 with 16 seats.

The Café is owned by the Jessurun Family.

The Café is open 361 days each year - we close on:  
Easter Sunday, Fourth of July,  
Thanksgiving, Christmas Day

### Business Hours:

Mon - Tue	- 7:00 am - 3:00 pm
Wed - Thur	- 7:00 am - 8:00 pm
Friday	- 7:00 am - 9:00 pm*
Saturday	- 8:00 am - 9:00 pm*†
Sunday	- 8:00 am - 8:00 pm

\*We may close early during colder months.

†Entertainment night - serving dessert, beer & wine until 10:00 pm.

Stella, the English Mastiff you may occasionally see around the café, is very social and great with children.

Web site: [www.TheVanillaBeanCafe.com](http://www.TheVanillaBeanCafe.com)

E-mail: [ask@thevanillabeancafe.com](mailto:ask@thevanillabeancafe.com)

Address: **Corners of Routes 44, 169 & 97  
Pomfret, Connecticut**

Phone: **860-928-1562**

Music booking: **Maria Sangiolo**  
[maria@thevanillabeancafe.com](mailto:maria@thevanillabeancafe.com)

Art booking: **Randy Markes**  
[randy@thevanillabeancafe.com](mailto:randy@thevanillabeancafe.com)

Bean Soup ads: **Barry Jessurun**  
[barry@thevanillabeancafe.com](mailto:barry@thevanillabeancafe.com)

**Bean Soup** is an information and entertainment newsletter published by The Vanilla Bean Café.

Compiled and written by:

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Mary Murtha Dudley

Layout & Design - Barry Jessurun



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The Vanilla Bean Café Pomfret Connecticut 06258

## Accolades and Awards

### The New York Times

"The food...is freshly made, well seasoned and extremely tasty."

### The Boston Globe

"...great food - homemade soups, sandwiches, burgers, and the best fish cakes around - in a relaxed atmosphere."

### Yankee Magazine's Travel Guide to New England

"Editors' Pick" 1997, 2003 & 2004

"One of the outstanding reasons to visit New England."

### Connecticut Magazine Readers' Poll

Windham County - Various years

Best Family Dining - Best Sandwiches

Best Desserts - Best Business Lunch

Best Vegetarian - Best Outdoor Dining

### Norwich Bulletin - Dining Guide

Food: ★★★★★

Atmosphere: ★★★★★

### The Hartford Courant

"This is a place that serves excellent food and brings in some of the better performers on the New England coffee house circuit..."

"The Vanilla Bean Café in Pomfret is one of those rare places that truly has something for everyone... Oh, yes - the food is truly delicious, too."

### The New London Day

★★★

"The soups are homemade and delicious, the sandwiches unusual and served on breads that are positively delicious..."

### www.VisitingNewEngland.com

"the Vanilla Bean Cafe is one of those places you simply don't want to leave."

### www.HiddenBoston.com

"This impossibly funky Connecticut restaurant is full of character (and characters), and is truly in a class by itself."

### Recipient University of Connecticut's Nozko Family Business Leadership Award

*Check the hallway by the restrooms - our Hall of Fame- for more articles, letters and awards.*



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*"Ultimately the people who win, who achieve victory in Life are the people who are committed to it. They outlast everybody else. Because quite frankly all success in business, all success in relationships, all success in life comes at the end of the road of commitment!" - Chris Widener*

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*"Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation might be, you can survive it."*

*- Bill Cosby*

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- Denis Waitley



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### Connecticut Magazine Readers' Choice Awards

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Windham County
- \*Best Desserts\*  
Windham County
- \*Best Outdoor  
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- \*Best Vegetarian\*  
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## January Entertainment

### Friday - 2 - Open Mic



Host - Bonnie Lee Panda - Feature - Curtis Brand

### Saturday - 3 - Paul Geremia

**Paul Geremia** has built a reputation as a first rate bluesman, songwriter, a "scholar" of early jazz and blues, and one of the best country blues finger-pickers ever with his tools - six and twelve-string guitars, harmonica, piano and a husky soulful voice - and with an innate sense of the humour as well as the drama of the music. He keeps traditional blues fresh and alive with his performances.



### Thursday - 8 - Songwriter Sessions

Songwriter Sessions is a monthly music series dedicated to the craft of songwriting. This month Boston based **Chris Wilhelm** and **John Gerard** and VT songwriter **Dan Weintraub** - Hosted by **Lisa Martin**.

### Saturday - 10 -

### Notorious with Larry Unger

**Notorious** musicians **Eden MacAdam-Somer** and **Larry Unger** bring together traditional and contemporary acoustic music from around the world, creating a dynamic, swinging sound that is sure to get you on your feet. Their show is always new and exciting, presenting everything from traditional American and Celtic fiddle tunes to jazz, blues, and the group's originals.



### Sunday - 11 - Cocoa Bean for Kids

**Ellis Paul - 4:00 PM Show**

\$5.00 per child - Free Hot Chocolate

### Sunday - 11 - Ellis Paul

**Ellis Paul** is one of the leading voices in American songwriting. He was a principle leader in the wave of singer/songwriters that emerged from the Boston folk scene, creating a movement that revitalized the national acoustic circuit with an urban, literate, folk pop style that helped renew interest in the genre in the 1990's. His charismatic, personally authentic performance style has influenced a generation of artists away from the artifice of pop, and closer towards the realness of folk. Though he remains among the most pop-friendly of today's singer-songwriters - his songs regularly appear in hit movie and TV sound tracks - he has bridged the gulf between the modern folk sound and the populist traditions of Woody Guthrie and Pete Seeger more successfully than perhaps any of his songwriting peers.



## January Entertainment

### Saturday - 17 - Don White



If you laugh and cry within the same ten minutes, you either need a vacation or you are sitting in the audience at a **Don White** show. This working class family man from Lynn, MA has emerged as the thoughtful songwriter of the decade whose relevance to our lives is evidenced by the powerful reaction he evokes at every concert. Radio audiences get it too says Valerie Adams of WNCN Radio, VT, "I've never seen anything like it. Every time I play I Know What Love Is the phones light up like a Christmas tree." Don White illuminates the human experience through his writing and performing. Whether he is singing, speaking, or setting up the sneakiest punch line of the night, Don has the hearts of his audience.

### Saturday - 24 -

### Howie Burson & Friends Benefit for NE CT Food Bank



Join **Howie Burson** along with **Martin Grosswendt**, **John Bailey** and **Jeff Davis** for a great night of entertainment for a great cause. Howie always lines up some top-notch talent for this benefit evening. Joining him will be Jeff Davis playing fiddle and Martin Grosswendt, a blues guitarist, who cites John Bailey as one of his guitar heros. Howie is acclaimed as a true master of the frailed banjo, but his guitar playing is pretty cool too. And on top of that, he can sing! All proceeds will benefit the Northeast Connecticut Food Bank.

### Saturday - 31 -

### The Delta Generators



As their name implies, **The Delta Generators** combine the urgency and soulfulness of delta blues with the power and energy of early rock 'n' roll. While, in the broader sense, they could be classified as a blues band, there is room on that big blue canvas for brush strokes of Memphis soul, Louisiana funk, and classic rock 'n' roll. The combination of clever songwriting and inspired performances on their new CD "Devil in the Rhythm" shows why critics and audiences are calling them the best new blues band in New England. The Delta Generators won The 2008 Boston Blues Challenge. They will be heading to Memphis in February 2009 to represent Boston in The International Blues Challenge. The Delta Generators were named a finalist in the Blues Album Category for the record "Devil In The Rhythm" in the 8th annual Independent Music Awards program.

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*"Skillful speech not only means that we pay attention to the words we speak and to their tone but also requires that our words reflect compassion and concern for others and that they help and heal, rather than wound and destroy."*

- Bhante Henepola Gunaratana



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*A gem is not polished without rubbing, nor a man perfected without trials.*

- Chinese Proverb

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## February Entertainment

**Friday - 6 - Open Mic**



Host - Bonnie Lee Panda - Feature - Kala Farnham

**Saturday - 7 - Becky Chace**

**Becky Chace** believes that music should be used as a tool to bring people together. Like her idols, Dylan, Springsteen, and Lucinda Williams, she has always believed there is more than one way to get her message across. Whether by rocking the house playing rock and blues or by playing in an intimate setting with just an acoustic guitar and her voice to communicate her message, Chace proves genres and styles don't matter as long as the singer expresses herself with passion. Having sold over 8,000 plus copies of her independently released CDs, it is obvious that her fans believe this passion comes across on CD as well. Chosen Best Local Female Vocalist 5 times by the readers of the Providence Phoenix Best Music Poll, Becky has been said to have "the voice of an angel who just got her heart ripped out by the devil." - *The New Haven Advocate*



**Sunday - 8 - Cocoa Bean for Kids**  
**Maria Sangiolo - 4:00 PM Show**

\$5.00 per child - Free Hot Chocolate

**Thursday - 12 - Songwriter Sessions**

Songwriter Sessions is a monthly music series dedicated to the craft of songwriting. Three different local and regional songwriters will perform each month in-the-round with the series. This month Boston songwriter **Carlyn Hutchins**, RI troubadour **Ian Fitzgerald** and Western MA native **Robin O'Herin**. Hosted by **Lisa Martin**.

**Friday - 13 - Extreme Measures**

UConn's co-ed a cappella group

**Saturday - 14 - Sally Rogers**

**Sally Rogers** performs an evening of traditional, contemporary and original ballads and song, interwoven with stories taken from her life as a performer, a wife and a mother. Throughout her concerts, she accompanies herself on guitar and Appalachian dulcimer, or performs without accompaniment in a voice that needs no further enhancement. Reviewer's have described her voice in superlatives ranging from "remarkable" to "mesmerizing." Her performance includes compositions of her own, many of which are considered classics of the folk and popular genre. "She is one of our best traditional singers...her voice strong and gorgeous, her feet firmly planted in tradition, her vision urgent and clear." - *The Boston Globe*



"It is the enemy who can truly teach us to practice the virtues of compassion and tolerance." - *The Dalai Lama*

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## February Entertainment

### Saturday - 21 - Anders & Lars Vercelli Jazz Trio



**Anders & Lars Vercelli** with upright bassist extraordinaire **Blake Marquez** perform a live show consisting of a fabulous assortment of songs you will just love to hear! Come early and have dinner at The Bean



before the show! Anders Vercelli is a versatile jazz pianist who has been performing since 1996. He plays solo piano and performs with his jazz trio. Originally from CT, Anders has been living in Boston since Jan. 2003, when he began studying piano and songwriting at Berklee College of Music. A Dean's List student, Anders graduated from Berklee in December 2005 with a Bachelor of Music in Songwriting. Anders is the grandson of composer Leroy Anderson, who wrote the music to the Christmas song "Sleigh Ride."

### Friday - 27 - Woodstock Academy Hill Singers

Lead by Amy Ranta, The **Hill Singers** are a small vocal ensemble which is considered to be the premier vocal performing group at the Academy. Participation in this group is by audition only. The group performs many additional festivals and concerts throughout the school year. Students who participate in the Hill Singers must attend regular rehearsals as well as meet individual work requirements. This is a Benefit Show.

### Saturday - 28 - Blackstone Valley Bluegrass

Together 10 years, **Blackstone Valley Bluegrass** features renown



banjo picker Dave Dick, his brother Bob Dick on guitar,

Dan Nowlan on mandolin and Ken Taylor on upright bass. Blackstone Valley plays great bluegrass music; the fast ones fast - and the slow ones with lots of feeling. Good friends all, they have the best time when they're on stage. With powerful three and four part harmonies and fast but tasteful picking, these musicians are blazing new ground throughout the Blackstone Valley and beyond. If you want to hear some great bluegrass music, and love a good time, you owe it to yourself to catch the Blackstone Valley Bluegrass Band live. You will not be disappointed! Their audiences always have a blast, guaranteed!

*Smooth seas do not make skillful sailors. - African Proverb*



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*"No one can teach you that which they have not done. Beware of who you choose to learn from." - Tom Hopkins*



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*"There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered."*

*- Nelson Mandela*

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## March Entertainment

**Sunday - 1 - Cocoa Bean for Kids**

The Nields - 4:00 PM Show

\$5.00 per child - Free Hot Chocolate

**Friday - 6 - Open Mic**



Host - Bonnie Lee Panda - Feature - Kelly Ravin

**Saturday - 7 - Mad Agnes**

**Mad Agnes** is not one person, but three, and they're mad in only the most inventive way. Margo Hennebach, Adrienne Jones and Mark Saunders stir up elements of classical and folk, cross singer/ songwriter poignancy with street-theatre smarts and infuse it all with courageous harmonies, complex counterpoint and rich storytelling in a powerful live performance. Their lyrics are intelligent, their delivery warm, and insightful. Not surprisingly, each has arrived at the trio from a long list of solo accomplishments. Their lyrics, vocal intricacies and instrument prowess make their music "music for thinking people." They've been called genre-bending - with classical, rock and old-world backgrounds they play everything from contemporary original to madrigals, to Celtic traditionals, to harmony-driven folk pop.



**Thursday - 12 - Songwriter Sessions**

Songwriter Sessions is a monthly music series dedicated to the craft of songwriting. Three different local and regional songwriters will perform each month in-the-round with the series. This month - Boston based **Terry Kitchen**, NYC songwriter **Gretchen Witt**. Hosted by **Lisa Martin**.

**Saturday - 14 - Cashel Rock**

**Cashel Rock**, named after the 4th century castle in County Tipperary, Ireland, is a fluid configuration of musicians and friends from Connecticut's Northeast corner who have been playing Celtic music together for a dozen years. Cashel Rock plays them all - from the sentimental sing-a-longs everyone loves plus traditional tunes - to more contemporary ballads like Ralph McTell's "From Clare to Here". Some of the instruments you will hear are concertina, mandolin, fiddle, guitar, penny whistle and the bodhran - the traditional Irish drum.



*He who pays the piper calls the tune. - Irish Proverb*

## March Entertainment

### Saturday - 21 - Gail Wade Band

A strong guitarist with a rich and soulful voice, **Gail Wade** brings forth fresh renditions of folk, blues, Bluegrass and swing favorites. Though steeped in the roots of American music, her diverse array of influences enable Gail to handle the transition from one musical genre to the next, with a fluidity that will foster a true appreciation of her talent. Her beautifully crafted original songs such as "Anna's Owl" and "Harder Every Day" are certain to touch your heart. Gail tours with her band, Turning Point, which includes some well-known acoustic musicians from CT. Turning Point has been raising a bit of a stir throughout New England for quite some time now. Comprised of some of CT's finest acoustic musicians, the band brings an eclectic sound to Gail's music.



### Sunday - 22 - Chris Smither

Some artists continually reinvent themselves; others identify their muse early on and spend their careers single-mindedly pursuing it, remaining recognizably themselves through a career-long process of refinement, growth and discovery. **Chris Smither** belongs to the latter group. Leave the Light On, Smither's masterful twelfth album, the first he's released on his own Mighty Albert label, stands as the quintessence of his life's work while throwing in some new wrinkles that reflect where he's been and what he's encountered since the last time around. Smither's central theme as he enters his 60's is clearer than ever. "Smither is an American original, a product of the musical melting pot, and one of the absolute best singer-songwriters in the world." - *Assoc. Press*



### Friday - 27 - PCS Chorus

Sally Rogers and the **Pomfret Community School Morning Chorus**. Show time 7:30 pm - Benefit Show.

### Saturday - 28 - Dan Stevens

Termed "Connecticut's hardest working bluesman" by the *New York Times* in 2002, **Dan Stevens** plays over 200 engagements a year, including concerts, clubs, festivals, coffeehouses, community and private events and educational programs. He has appeared at Long Island's Riverhead Blues Festival, the Berlin Blues Festival in CT and was the closer in the acoustic section of the Fleet Blues Festival in Albany, NY. Dan won the 2004 Connecticut Acoustic Blues Challenge and represented the state at the International Blues Challenge on Beale Street in Memphis TN in 2005. He lives in Old Lyme, CT with his wife Gail and daughter, Haley.



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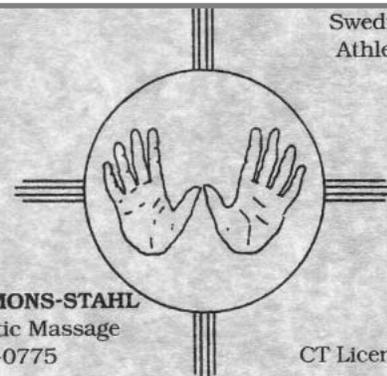
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## Weekend Breakfast

A full breakfast menu is served Saturday and Sunday from 8:00 am - 12:00 noon. We offer a variety of specials including Brie Benedict, Ham and Jalapeño Burrito, and Pumpkin Cranberry Pancakes. We use only 100% maple syrup and top-quality bacon. ☺

## Dinner at The Bean

We are open for dinner Wednesday - Sunday nights. Each night we run four or five dinner specials. Recent items include: Sweet & Sour Beef Skewers, Shepherd's Pie, Baked Eggplant, and Maple Glazed Scallops. We offer a truly quality dinner at a great price, in a warm and friendly atmosphere. If you haven't tried us for dinner yet, it's time you did. ☺

## The Artwork Gallery

The Café displays artwork by local artists year round. The shows are one or two months in duration. Some shows have openings and some do not. Most of the artwork is for sale and often prices are listed with the piece or on a list located in the room.

**One hundred percent of the sale price goes to the artist.**

**January - Charlene Cloutier**

**February - Barbara Lussier**

**March - Dan Roy** ☺

## Entertainment

The Café is on the National Folk Music Circuit and attracts talent from all over the United States, drawing mainly New England performers. The majority of the shows are on Saturday night and start at 8:00 pm. The Open Mic night is the first Friday of each month. During the shows we separate our listening room from the tiled dining room and the kitchen with a theatre curtain. This helps keep the music in and the kitchen noise out. ☺

## On-Site WiFi

We provide complimentary wireless internet service. Bring your lap top to the Café, search for available networks and log on to the VBC. Get a little work done or check your mail while you eat lunch! ☺

Gilly's Art

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## Our Pricing Practices

**1. Sales Tax Included** - Our prices include the 6% Connecticut Sales Tax. The prices listed on the menu are exactly what you pay. Our prices may seem to be inflated; however, a \$8.50 menu item is actually \$8.02 + \$.48 sales tax. Furthermore, this practice makes it easier for the customer, especially if that customer is a child who has exact change for a cookie. What you see is exactly what you pay - what could be simpler?

**2. Not Market Standard Pricing** - We are not trying to fool the customer into thinking that \$7.95 is less expensive than \$8.00. We find this type of pricing insulting to our customers. However, the reason it is used so extensively around the nation is that it works effectively. We don't like that practice, and we also like to believe that our clientele is not so easily fooled.

**3. No Pennies, Dimes or Nickels** - Because our prices include tax and we do not price in the standard way, we do not have to use pennies, dimes or nickels. This is a service to both the customer and to us. We don't give you lots of change, and we only have to use quarters and fifty-cent pieces. This also helps our staff to be more efficient performing transactions, which saves time and money. An added bonus is that we don't have to count change at the end of the business day. ☺

*"Recognition of the problem is half the solution." - J. Farmer*

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*"Nothing in the world is permanent, and we're foolish when we ask anything to last, but surely we're still more foolish not to take delight in it while we have it. If change is of the essence of existence one would have thought it only sensible to make it the premise of our philosophy."*

- W. Somerset Maugham

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**Did you know...**

We have been open for over 19 years. We serve breakfast on Saturday & Sunday. The Bean offers a variety of vegetarian specials. You can view our Daily Specials on our website. All of our menu prices include 6% CT Sales Tax.

**Kids Eat Free\* WINTER**  
See our website for details!



"To Bean or not to Bean...?"  
...is it really a question?

P O Box 206  
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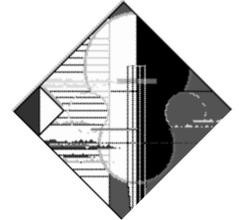


**Bean Soup**

WiFi available in Dining Room

<p>Live at the Bean Benefit CD for Hospice Makes a Great Gift \$20.00</p>	
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2009... What's Happening at The Bean ... 2009  
January, February, March 2009 Calendar listings  
\*Sunday, March 22<sup>nd</sup> - Chris Smither \*



**What's Happening at "The Bean" ...**

All shows start at 8:00 PM unless otherwise noted

- **Friday January 2nd** *Show Time 7:45PM* - \$5.00  
Open Mic - Curtis Brand
- **Saturday January 3rd** - \$20.00  
Paul Geremia
- **Thursday January 8th** *Show Time 7:00PM* - \$5.00  
Songwriter Sessions
- **Saturday January 10th** - \$12.00  
Notorious with Larry Unger
- **Sunday January 11th** *Show Time 4:00PM* - \$5.00  
Cocoa Bean for Kids - Ellis Paul
- **Sunday January 11th** *Show Time 7:00PM* - \$15.00  
Ellis Paul
- **Saturday January 17th** - \$15.00  
Don White
- **Saturday January 24th** - \$20.00  
Howie Bursen & Friends  
Benefit for NE CT Food Bank
- **Saturday January 31st** - \$10.00  
The Delta Generators
- **Friday February 6th** *Show Time 7:45PM* - \$5.00  
Open Mic - Kala Farnham
- **Saturday February 7th** - \$12.00  
Becky Chace
- **Sunday February 8th** *Show Time 4:00PM* - \$5.00  
Cocoa Bean for Kids - Maria Sangiolo
- **Thursday February 12th** *Show Time 7:00PM* - \$5.00  
Songwriter Sessions

Call ahead, shows are subject to change

- **Friday February 13th** - \$5 Students/\$10.00  
Extreme Measures
- **Saturday February 14th** - \$15.00  
Sally Rogers
- **Saturday February 21st** - \$10.00  
Anders & Lars Vercelli Jazz Trio
- **Friday February 27th** - \$5.00  
Woodstock Academy Hill Singers
- **Saturday February 28th** - \$12.00  
Blackstone Valley Bluegrass
- **Sunday March 1st** *Show Time 4:00PM* - \$5.00  
Cocoa Bean for Kids - The Nields
- **Friday March 6th** *Show Time 7:45PM* - \$5.00  
Open Mic - Kelly Ravin
- **Saturday March 7th** - \$15.00  
Mad Agnes
- **Thursday March 12th** *Show Time 7:00PM* - \$5.00  
Songwriter Sessions
- **Saturday March 14th** - \$10.00  
Cashel Rock
- **Saturday March 21st** - \$12.00  
Gail Wade Band
- **Sunday March 22nd** *Show Time 7:00PM* - \$25.00  
Chris Smither
- **Friday March 27th** *Show Time 7:30PM* - \$5.00  
PCS Morning Chorus
- **Saturday March 28th** - \$12.00  
Dan Stevens

Checkout our Webcam - [www.TheVanillaBeanCafe.com](http://www.TheVanillaBeanCafe.com)