

# Soul Food

If you're looking to satisfy a hunger—be it for food, friendship, or fun—you'll want to stop in to San Luis Obispo's newest cooking studio. **Sustenance** is a private facility that combines cooking classes and demonstrations, a café, live music, and an art gallery in a family-style setting. The studio's owner, Seamus Chandler, opened the facility in August with the intention of creating a place for people to gather and experience exceptional food in a welcoming environment.

"The best parties are around food—family dinners, weddings, birthdays," Chandler explains, "and we've created a space here that feels like home: warm and inviting."

Although Sustenance is a membership-based establishment, visitors and guests are also invited to experience the studio's exclusive offerings. Individuals looking to socialize while brushing up on their culinary skills can learn how to make healthy meals using fresh local produce in one of Chandler's cooking seminars, which often includes a special appearance

from a prominent guest chef. Also, the café provides an opportunity for members and nonmembers to get a taste of Sustenance's seasonal menu featuring organic cuisine. And for those who are looking to shop for fresh produce without a lot of hustle and bustle, Chandler is working with Dan Melton (owner of the Community Supported Agriculture program "SLO Veg") to create his own farmer's market on Tuesday nights for Sustenance members.

But more nourishing than the healthy fare found at Sustenance, Chandler insists, is bringing people together in a shared appreciation of food and family and replenishing the spirit. "It's about sharing and being with one another," he says. "Sustenance is not a coffee house. It is not a restaurant or a wine bar ... It's a community."

To view upcoming menus and events, become a member, or reserve Sustenance for your holiday party, visit [www.sustenance-studio.com/blog](http://www.sustenance-studio.com/blog) or call Chandler at (805) 234-1691.



Sustenance Chef Dan Berkeland

## A Wish Come True



In our April 2008 issue, CCM recognized local Santa Ynez resident Blake Colvin (pictured third right) for starting her nonprofit organization **Cupcakes for Cancer**. This year, we were happy to hear that the ambitious 14-year-old was recently honored by the Make-a-Wish foundation as the youngest person in the nation to receive the Chris Greicius Society of Joy award for raising \$28,000 (enough to grant three wishes to three kids).

Colvin's baking brigade has been cooking for the cure since September of 2007 when a fellow eighth-grader, Kevin Krzyston, was diagnosed with Leukemia. As a cancer survivor herself, Colvin went to work making cupcakes, which she sold for \$1 at her school and local events, and raised \$5,000

in just six weeks. Now Colvin is expanding her vision for the nonprofit and asking others to join her cupcake crew with a new national campaign: Frosting Hope Across America. Upon request, individuals or groups interested in supporting Cupcakes for Cancer can order a Cake Box Starter Kit that contains everything needed to host a bake sale. Any funds raised benefit Cure Search (a national organization that raises private funds for the Children's Oncology Group, the world's largest cooperative cancer research organization). Currently, Colvin has enlisted the help of nine out-of-state "Cupcake Angels" and over 20 in California.

If you'd like to get involved or donate, visit [www.myspace.com/cupcakesforcancer](http://www.myspace.com/cupcakesforcancer).