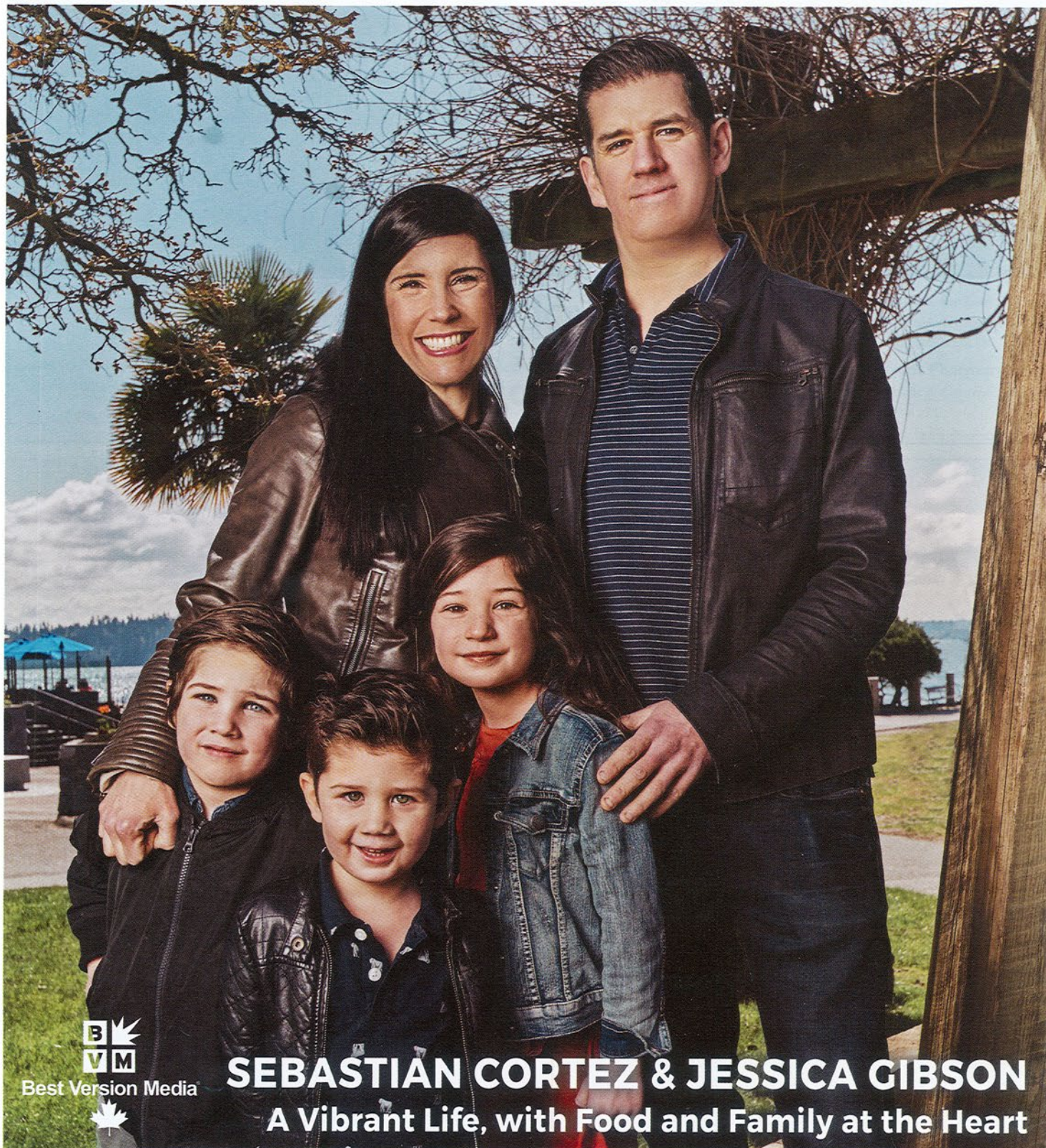


An exclusive magazine for the residents of Dundarave, Altamont, Westmount, West Bay and Bayridge

NEIGHBOURS OF DUNDARAVE



Best Version Media



SEBASTIAN CORTEZ & JESSICA GIBSON

A Vibrant Life, with Food and Family at the Heart



Sebastian Cortez & Jessica Gibson

A Vibrant Life, with Food and Family at the Heart

By Janine Tasaka

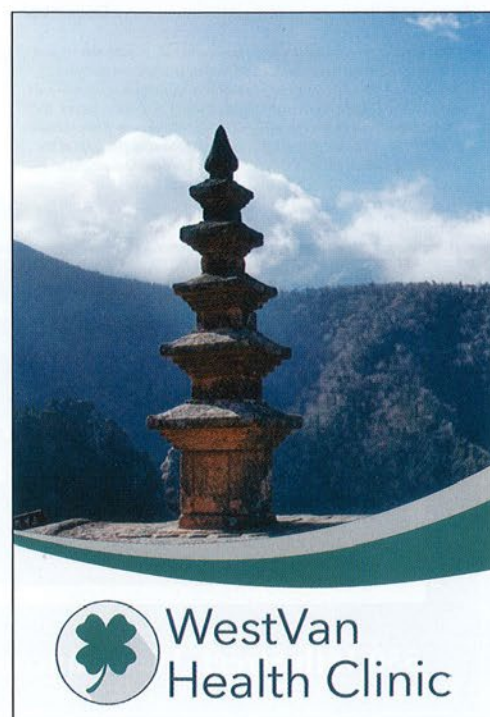
Asado is a traditional way of preparing food in South America and features big platters of meat and vegetables cooked over a large open fire, or a *quincho*. If you're spending time with the warm and welcoming Sebastian Cortez and Jessica Gibson, you may find yourself at an *asado* at their home – the gathering place - where friends and family come together to share beautiful food.

It's guaranteed that you'll be enjoying succulent meats grilled over the open fire from Sebastian & Co. Fine Meats. Sebastian is the owner of this exceptional butcher shop, located in the heart of Dunderave, which opened in 2007 to rave reviews.

Sebastian studied Environmental Engineering at the University of Viña Del Mar in Chile before moving to Canada and

pursuing his passion for all things culinary. When he immigrated from Chile to Toronto, Sebastian trained as a professional chef and then wanted to broaden his knowledge about food so he decided to study the art of butchery. It was here in Toronto where Sebastian met Jessica.

Jessica grew up in West Vancouver, attended West Van High and then went on to pursue her undergrad at the University of Western Ontario. After university, Jessica moved to London, England - where she was born and holds citizenship - to jump start her career. This astute business woman held management positions in various companies in Vancouver, Toronto, and Dublin, Ireland, before joining her father full-time in the family business. Jessica was managing her company's Toronto market research office when she met Sebastian. After a few years in Toronto, they decided to move west and



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In addition to handling Sebastian & Co's marketing, Jessica works as a pharmaceutical market researcher, helping companies like Bayer, Pfizer and Roche position, launch and market their new medications. This business, CRC Research, is also a family-run company, with over 80 employees and 5 offices across Canada and was started by Jessica's father, Ed Gibson. Jessica says, "My father and I are a great team and have worked closely together for years. We consider ourselves lucky to have traveled near and far together on many interesting projects."

Sebastian and Jessica are blessed with three happy and healthy kids - Chloé age 7, Oliver who is 5 and Maxwell, the youngest, is 4.

Oliver and Chloé are in the French Immersion program at Pauline Johnson Elementary School, while Max attends

preschool at the Cedardale Child Learning Centre. The children are active and love skiing, biking and swimming. Oliver plays soccer with the West Van Soccer Club and Chloe plays field hockey with the West Van Field hockey Club. Lately, the kids can be found downstairs, playing with Gracie, an adorable Labradoodle puppy. Jessica's Aunt - who lives in their home's separate basement suite - recently brought the puppy home, to the absolute delight of the children.

When asked about Dundarave as a community, Jessica says, "We absolutely love our neighbourhood, with many wonderful friends, restaurants and shopping within walking distance. The children play and go to school with friends who live just across the lane, so it very much feels like growing up in simpler times when children would play freely with other kids in the neighbourhood."

Continued on next page...

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Sebastian and Jessica bought their home in 2007 and have lived in the home ever since. Living in Dundarave, in close proximity to their butcher shop and the children's schools, brings them such happiness. Jessica's father also lives a few blocks away, which the children love, because they are very attached to him.

"We are blessed to have extremely lovely neighbours, and our children especially love to tour the beautifully-tended-to garden of our next door neighbour," says Jessica. "The kids always come back with a freshly-cut, exotic flower each which they put in glasses of water and keep by their bedsides until the petals all fall off and the whole thing withers away."

The couple both love working out at Innovative Fitness on Dundarave Lane, owned by close friend, Keith Sharman. Jessica also spends her free time running and enjoying trail races like the Iron Knee, a 25 km trail race from Cleveland Park to Deep Cove. Sebastian is an avid music-lover who plays electric guitar and mixes electronic music. He often has studio-quality, after-hour jam sessions

at the shop with Tess, their head butcher, on keyboard. Other friends will show up with their instrument of choice – drum, base etc. – and before you know it, the neighbours of Dundarave are treated to these spontaneous jam sessions. Other friends will start to arrive at the shop, just to watch the show and enjoy the music. Sebastian has also been known to DJ private parties at neighbouring restaurant, Feast.

Speaking of Feast, it's one of their Dundarave favourites, owned by friends Yasmine and Geoffroy. "Everything at Feast is fantastic," says Jessica. "There's something new to try every time we go. Sometimes we bring meat from our butcher shop over and the chefs will cook it up, serving it with a big platter of roasted veggies and pasta. It truly is a neighbourhood Feast!" They also cite La Sorella as another family favourite. "At La Sorella, we can't get enough of the Diavolo pizza. And the kids love the Margherita pizza," says Jessica. They also love Temper Chocolate & Pastry, another neighbourhood favourite. Sebastian's weakness is the Charlie Bite (a delicious pastry made from scraps of croissant

dough, re-laminated and cut it into squares, rolled in brown sugar and cinnamon and baked. What's not to love?). Jessica loves the turmeric almond milk latte, which is a beautiful, warming beverage and very rare to find on most menus.

Now let's circle back to the Asado. Jessica says, "As much as we enjoy eating out, our favourite thing of all is when we host big backyard barbecues for all our friends and their children."

Sebastian loves to recreate the South American style of social interaction through food. Family and friends all gather together as Sebastian and head-butcher Tess – who is considered part of the family – tend to the grill, chatting and sipping on drinks as they cook. Guests enjoy platters of grilled meats and veggies straight from the quincho, slathered with freshly-made chimichurri and salsas. The children run around, laughing and playing. Jessica says, "There is always lots of lively conversation and interaction



with the cooking process as the quincho is at the heart of the gathering. Nobody ever leaves hungry!" The icing on the asado cake is when Steve and Lara, the owners of Temper Pastry, show up with dessert. Does it get any better than that?


Sebastian and Jessica certainly know how to throw a party that checks all the boxes: the sharing of good food and drink, laughter, music, friends and family. And most importantly? Love. And an appreciation of all things important in life. You certainly can feel the love in this family – and the joy they bring to the people around them.

Do you know a neighbour who has a story to share? Nominate your neighbour to be featured in one of our upcoming issues! Contact us at jtasaka@bestversionmedia.com.

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