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[food & drink](#)[SHOP](#)[family](#)[Outside](#)[TOWN](#)[ENTERTAINMENT](#)[SPORTS](#)[Green City](#)[EVENTS](#)[VANCOUVERITES](#)[DEALS](#)[INSIDER](#)[PHOTO ESSAYS](#)[VIDEOBLOG](#)[RSS](#)[Facebook](#)[About](#)[Contact](#)[Home](#)

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THIS WEEK'S FEATURED VANCOUVERITE: CAROLYN WILLIAMS

by [EHREN SEELAND](#) in [VANCOUVERITES](#) on March 8, 2011



Hometown:

I grew up in Walnut Creek, CA which is just outside of San Francisco. I lived a majority of my life in Walnut Creek and then in San Francisco, so I consider both my home.

How long have you been a Vancouverite? I moved to Vancouver in July of 2008.

Occupation:

I am the owner of the [Bar Method Vancouver](#), and I also teach at the studio.

Favourite place in the city:

Along [Locarno](#) and [Spanish Banks](#) beach, I love walking the dogs along the beach while looking at the skyline of the city—it's a pretty incredible place.

Best way to spend a Saturday in the city:

Starting the day with taking a Bar Method class of course, followed by brunch at [Cafe Medina](#) and enjoying the delicious waffles and lavender lattes. Vancouver has so much natural beauty so enjoy walks through/around [Stanley Park](#) and then spending the evening in [Gastown](#) eating at one of the many great restaurants in the area.

Favourite Vancouver restaurant:

[Nook](#) on Denman—the food is outstanding, everyone there is so friendly, and burrata cheese is delicious.



VIDEOBLOG: VANCOUVER IN A DAY

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