

Medicus September

Fine Coffee from Fremantle

One of the pleasures of studying at Notre Dame is the coffee. The ancient brew is everywhere. There is always time (or you make time anyway) to pick up a cup from the café next door, down the street, around the corner and the corner after that one. The many MSANDers who indulge in the daily ritual do so for more than the cheap caffeine trick that any old redbull or instant blend could manage – it gives an opportunity to debrief, to discuss, to catch-up or just to have a naughty natter. Topics range from the awesome Remote Kimberley Experience, the latest on GP *Super clinics* or unseemly things like the WAMSS vs MSAND football derby result – either way the best brew IS in Fremantle.

While waiting for my *macchiato grandé* I couldn't help but relate the whole coffee process (inevitably) to studying Medicine at Notre Dame.

To get a good brew you need to start from bean. Good quality beans hold the promise of fine flavour. Almost 4 years ago the experienced baristas at *Café ND Med* chose a wide variety of fine quality beans. Those beans were slowly roasted (with lectures) and like actual coffee beans when roasted – most decreased in size (not eating well) but gained volume (volumes of knowledge); thus becoming less dense. The clinical years served as the blunt blades of a coffee grinder - smashing the beans into a fine powder. 2008 has seen a patient brew – and those waiting in line for their *Café au Notre Dame* have been tempted with the sweet aromas from the young coffee house that resides at heart of Fremantle. The first batch of the brew is almost ready now – and it is fair to say all the ND beans are jumping in excited anticipation.

MED 400, our beloved pioneer colleagues are almost there. They will no doubt live up to the promise of flavour that was instilled in their selection. The impression that they will make on those lucky to sample the new brew will leave them coming back for more boutique coffee and biscotti from Fremantle. After all – we all know that although it takes longer, brewed coffee is incomparably better than cheap and nasty instant.

Kia Alizadeh

MSAND President

