

CORNERSTONE 2021 RESOURCE

Coffee, Camp, and Community *Start Your Day*

AUTHOR(S):	Mara Berde
TOPIC (S)	Community Building
SUMMARY	We will gather to start our days with a cup of coffee, share our morning coffee rituals, get to know each other, and explore some of the historical and cultural roots of coffee traditions in Judaism and from around the world.
GOALS:	Participants will... <ul style="list-style-type: none"> • get to know each other and form a bond over a shared love of coffee • have a greater appreciation for their coffee and where it came from (history of the popularity of coffee and who grows/produces coffee beans today) • learn about different techniques for brewing coffee
AUDIENCE:	Audience should be adults, since children probably don't drink coffee and have yet to develop a real passion or appreciation for it. Size of the group can vary, but a minimum of 3 people is ideal, and if there's a larger group then breakout rooms (smaller groups) should be utilized so that people can get to know each other). Ideal breakout group size is 5 people.
TIMING:	This session is 30 minutes though could be expanded into a longer program
APPENDICES:	Yes, see Google Doc here .
MATERIALS NEEDED:	For a virtual program, no materials are needed except the appendix above and a cup of coffee. For an in-person program, additional supplies would be needed so that you could demonstrate a few different methods of brewing coffee (e.g. pour over, Chemex, AeroPress, French Press, Moka pot (Bialetti), copper Turkish coffee pot, Finjan, etc.)
SET-UP DETAILS:	For an in-person program, set up would require a table to display the various coffee making methods, boiling water (electric kettle would work for most, except Bialetti and Turkish Coffee, which would require a small burner (camping stove would work, or electric table-top burner). Chairs or couches would be nice for everyone to sit on while drinking coffee and getting to know each other. Depending on the location, the facilitator could choose the particular set up.

SESSION TIMELINE:

00:00-00:10 - Introductions
00:10-00:17 - History, Culture, and Fair Trade
00:17-00:25 - Show + Tell
00:25-00:30 - Coffee @ Camp

SESSION OUTLINE

00:00-00:10 - Introductions

Since one of the goals of this program is to get to know each other, participants will share their name, pronouns, camp, favorite coffee brewing method, most memorable place they've enjoyed a coffee drink. (Depending on the size of the group, this could take less than 10 minutes, which is OK and would allow for more time on the following topics.)

00:10-00:17 - History, Culture, and Fair Trade

History and origins of coffee:

Brief history of coffee, starting in Ethiopia, then Yemen, moving through the Arab world, into Turkey, then Europe, and then to Americas. Coffee house culture. (Overview of coffee history [here](#).)

Coffee klatch:

Coming from the German "kaffeeklatsch" which translates to coffee (kaffee) and gossip (klatsch). See article [here](#). "Klatsch" became "klatch" or "clatch" over the years. Coffee klatches were popular in the 1950s when it was common for women to be at home rather than working; while society has evolved and more women are working, the term still exists and even though many people don't call it that any more, the idea of going to coffee to chat with friends is extremely common.

"A coffee klatch was a group of Jewish women (or not only Jewish but mostly) who would gather semi-regularly for schmoozing, and coffee of course. It brings back memories of my mother." - Steve Berde

Fair Trade:

Explain that coffee is the leading commodity behind oil and is the primary source of income in the developing world. Transition to talking about Fair Trade - what is it and why is it important? Share Jewish texts and resources about Fair Trade so that participants can further explore the ideas and possibly use at camp.

00:17-00:25 - Show + Tell of Brewing Methods

Based on what brewing methods people share during the session, we will spotlight a few participants so they can show us their brewing method and give a very short overview of how it works and why they like it. (Examples include: pour over, aeropress, Turkish coffee, Bialetti, Chemex, espresso, etc.)

If no participants show a copper Turkish coffee maker (sometimes called a *jezwa* in Hebrew or a *finjan*, both from Arabic), the facilitator will demonstrate and share a resource on how to make Turkish coffee. (See Turkish coffee guide [here](#).)

00:25-00:30 - Coffee @ Camp

We will close our session with a discussion about coffee rituals at camp, bringing it back to camp, and using your morning coffee as a self-care practice.

Considering the limited free time for staff at camp, how can we create a coffee ritual for ourselves at camp? Can we find a way to elevate coffee drinking from a mere necessity (caffeine) to something special like a ritual? Can drinking coffee be a self-care practice at camp?

The idea of this session was not so that you can replicate this program (though if you want to, that's OK too), but to get participants to think more about what's in their cup, and how to make drinking coffee into a more special ritual experience.

BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

As mentioned above, this session was intended more for the participants to start their day with a morning coffee ritual, rather than participating in a program that they will then replicate at camp. (Though if they want to do that, that's great.)

I think this would be a better in-person program than virtual, though it will take more set-up and would be better for a 45 or 60 minute block of time (rather than 30 minutes.) In person there would be an opportunity to demonstrate various coffee brewing methods, particularly Turkish coffee, and do a taste-test of various methods. It would also allow more opportunity to dive into the idea of Fair Trade, and why Jewish organizations should be prioritizing it.

The idea of a "coffee klatch" at camp could consist of a series of small "coffee chats" on particular topics or perhaps a chance for various staff members to connect with camp leadership in an intimate forum, like a roundtable discussion with the director, but with a more fun name!