

# Food for Thought

CHARLESTOWN'S DINING SERVICES NEWSLETTER

## DIRECTOR'S CORNER

### INSIDE THIS ISSUE:

|                   |   |
|-------------------|---|
| Welcome Aboard!   | 2 |
| What's in Store!  | 2 |
| Refectory Closing | 3 |
| Credit Cards      | 3 |
| Chef's Corner     | 4 |
| Market Report     | 4 |
| RG Dining         | 5 |
| Catering Corner   | 5 |
| Fun Food Fact     | 5 |
| Dining Comments   | 6 |
| Restaurant Hours  | 6 |

Please let me start by saying thank you for the warm and open arm welcome to Charlestown. Everywhere I have been through out campus I have been met with "Hi, you're the new guy; Welcome to Charlestown". Many of you have said how much I will like it here and you could not have been more truthful. I have had the opportunity to start my work with The Dining Service's Resident Committee and look forward to partnering with them to continue the enhancements made with this committee's lead over the past years.

As mentioned previously the time has come for the Refectory to get its face lift. As of October 3<sup>rd</sup>, the Refectory will be closing its doors for a short time to enhance the dining room and some of it components to continue to create an enriching experience to all who dine there. During this temporary closure of the Refectory, The Terrace Room will begin to offer dinner for those of you who wish to continue to dine

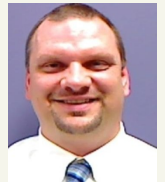
in a buffet fashion. (Also see pg#3 for temp dining hours) The Terrace Room will continue to be open for Breakfast, Lunch and Fresh Hot Carryout dinner and provide the outstanding service you have come to expect throughout the day. We will post signs and communication boards throughout the campus to update everyone on the progress of the Refectory's face lift and when the grand reopening of this great dining venue will occur. Thanks for your patience as we work to provide a better tomorrow.

Now that the wonderful fall and winter months are right around the corner, I am excited to hear your feedback on our enhancements to our Charlestown Menus lead by our very own Executive Chef Seykoski and her outstanding group of professional CDC's throughout the campus. Along with a great new menu, we will be launching a new way for all to see what is being offered in each dining room throughout campus, as well as, what

are the nutritional facts that make up those offerings, this coming November. The web based program is called MyNutriton ([mynutrition.erickson.com](http://mynutrition.erickson.com)) Charlestown will be providing this nutritional and ingredient information for its menu items for those who want to make more informed decisions about their menu choices. I encourage you to check out the link and click on Charlestown and go through the slide show. It will be great to offer this kind of information to everyone to help you manage your nutritional needs.

Lastly, thank you again for the warm welcome. I know that with the residents, the team in Dining Services and staff throughout Charlestown I will continue to love what I do; and where and for whom I do it.

Larry Snowberger



## UPCOMING EVENTS - FALL / WINTER 2011

**Please Note!! Our Holiday Hours are as follows :** See Resident Handbook for list of holidays

**Holiday Dine-In Service:**  
Atrium, Chesapeake & Fireside Dining Rooms:  
11am-1:30pm  
**Refectory Dining Room:**  
10:30am-1:30pm  
**Shortline:**  
11:30am-1:30pm

**Holiday Carry-Out Service:**  
**Shortline & Atrium:**  
10:00am-11:00am  
**Terrace Room:**  
11:30am-1:00pm

**Evening with the Chef:**  
**French Bistro**

- Wednesday, October 19th (story on page 4)
- Tickets will be available as of Monday, October 3<sup>rd</sup>. Contact Brittany Stirn at

ext. 8938 for reservations.

**Evening with the Chef:**  
**Holiday Celebration in Spain**

- Wednesday, December 7th (story on page 4)
- Tickets will be available as of Monday, November 14th. Contact Brittany Stirn at ext. 8938 for reservations.

**Channel 972 Live Call-In Show :**

- Wednesday, October 19, 2011 at 10:00am.
- Wednesday, November 16, 2011 at 10:00am
- Wednesday, December 21, 2011 at 10:00am

## W E L C O M E A B O A R D !



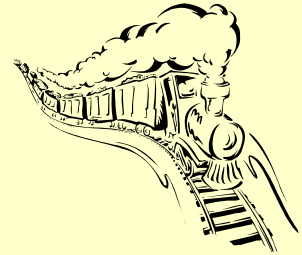
Mariah Miller  
Service Manager,  
Shortline

Congratulations to Mariah Miller for her promotion to Service Manager at the Shortline Café. Mariah started working for Charlestown in 2005 as a restaurant assistant in Renaissance Gardens where she worked for 2 years before being promoted in 2007 as a Service

Coach. For the past 4 years Mariah has been working as a Supervisor in Renaissance Gardens where she has been able to gain valuable experience in working with the residents and staff.

Mariah is excited about her new opportunity and enjoys making everyone happy.

Please join us in welcoming her to our team.



Isreal Miller  
Supervisor, Terrace  
Room Café

It's my pleasure to announce the promotion of Isreal Miller to Supervisor at the Terrace Room Café.

Since 2005 Isreal has been working in the Chesapeake Dining Room where she has developed her interest in the hospitality management field. Isreal was able to utilize her experience here to help her achieve her High School Diploma

from Western Technology and environmental Science with a focus in Culinary Arts and an Associates Degree from Anne Arundel Community College in Hospitality Management.

Isreal is excited for the opportunity to utilize her skills to help keep the residents happy and to help with the efficiency of service in the Terrace Room Café.

Please join us in welcoming her in her new position at the Terrace Room Café.

## W H A T ' S I N S T O R E !

The Holiday Season is fast approaching. Take a stroll down to the stores and see what we are offering. Some exciting specials await that will surely enhance your shopping experience.

Our gift items will be arriving soon, so be watching for them!

You might be thinking to your self it's to early to think about the holidays,

but the will be there before you can say.....Old St. Nick!

We will also be offering the following specials during the holiday seasons...

- October 10<sup>th</sup> - 15<sup>th</sup>  
10% discount on Russell Stover Fall candy
- December 12<sup>th</sup> - 16<sup>th</sup>  
10% discount on Otterbein's cookies
- December 5<sup>th</sup> - 9<sup>th</sup>

10% discount when using credit card for purchases over \$25.00



Judy Straughn  
Store Manager

## REFECTORY CLOSING!

Here's some important information for you regarding the upcoming Refectory renovation project:

**Modified Dining Room Hours**- the Fireside, Atrium & Cross Creek dining venues will open for dinner service at 3:30 pm, Monday thru Saturday. Additionally, we'll be offering a buffet lunch in the Chesapeake from 11-1:30 pm, Monday thru Friday.

**Sunday Dining Room Hours**- the Chesapeake Dining Room & Short Line Café will be open for brunch service from 11 am to 2:30 pm. The Atrium Dining Room will be open for dinner service from 3:30 to 6:30 pm **only** during this time frame. The Fireside will be open for Sunday brunch from 11 to 2:30 pm, too.

**Terrace Room**- will still be open for carryout during our renovations, and we'll begin serving at 4 pm. Additionally, we'll be offering a dinner buffet service from 5 to 6:30 pm, as well.

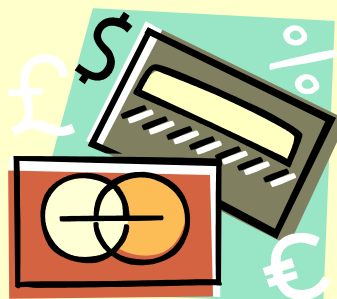
Refectory patrons will be asked to complete a small survey in the coming weeks, and we're looking to see where you might be most interested in dining during the renovation project. As soon as we have a project start date, we'll be sure to share that information with you, too!

## CREDIT CARDS NOW ACCEPTED!

As part of Charlestown's partnership with Bank of America, we are now accepting Visa, MasterCard & Discover in several of our locations on campus. The Shortline, Terrace Room & Fireside Dining Room, along with all three community stores, are capable of processing these cards for payment. Additionally, you may also pay for Catering events with your credit cards.

The Dining Department is not alone in this transition period, as General Services is accepting credit cards for transportation, housekeeping and interior designs, to highlight a few items

If you have any questions, please do not hesitate to ask your Dining Services Management Team!



CHEF'S CORNER

Chef David Haskins will be hosting the next Evening with the Chef on Wednesday, October 19th. He will be featuring a menu from a French Bistro. Come and Join Chef David for a culinary trip to the City of Lights — Paris, France.



Tickets will go on sale

Monday, October 3rd. Call Brittany Stirn at ext. 8938 for reservations!

Chef Charles Nitsch will be hosting our Holiday Dinner with Chef celebration in Spain. Come and Taste the culinary delights of Spain on



Wednesday, December 7, 2011.

Tickets will go on sale Monday, November 14th. Call Brittany Stirn at ext. 8938 for reservations!

We hope to see you there!



Susan Seykoski  
Executive Chef

MARKET REPORT

YEAR IN REVIEW, HOLIDAY HIGHS & MOTHER NATURE'S WRATH

From Tsunami's, Oil Spills, Rain, and heat we have definitely had our share of catastrophic events that have affected our commercial markets throughout the year and we are still paying for into the holiday season. Relief really isn't even a word thrown around these days and we should all expect at least a minimal increase if not more in the upcoming month on all major markets.

The Meat industry was dealt its biggest blow with the high temperatures in Texas which forced early slaughters. This most likely will cause a substantial increase in meat pricing towards the end of the year.

The Produce Markets have also been affected by Mother Nature throughout the year. Just when you think it is leveling out another storm or heat wave emerges. Look for pricing increases, availability and quality issues to be major factors through

the end of the year especially during the holiday times.

The Seafood Industry rebounded quite nicely from the Oil spill disaster in the Gulf. Prices have been a little bit higher than usual and should stay that way till the end of the year, barring hurricane season which is in full swing can be gentle.

With the uncertainties of our economic stability there are many unanswered question to where we will be in 2012. Until our economy can begin to level out, there is not much choice then to weather the storm so to speak. Pricing will inevitably stay high, as well as, quality and availability of product will play there prominent roles on all major markets.

The holiday time is for cheer and family to share good food and good company. Not only will we be paying more to get to where we need to go, our wallets will also be

taking a hit when it comes to putting the food on the table.

I want to wish everyone a safe and happy holiday season and wish everyone only the best.

Chris Myers  
Chef, Chesapeake & Shortline



**R G D I N I N G**

**GREETINGS FROM R G D I N I N G SERVICE!**



Dennis Dawson  
Restaurant Manager  
Renaissance Gardens

Renaissance Gardens Dining Services is pleased to announce some exciting events we have planned for the residents, families and staff.

In October and November, residents will be invited to attend a Crab Feast in the Meeting Hall and RGT dining room. Also in October will be a Halloween Theme Luncheon with pumpkins, hot apple cider, treats,

and cup cakes.

In November, the Traditional Thanksgiving Day Feast will be held midday with all the trimmings.

In December, we will host our annual Holiday Open House, Traditional Christmas Dinner and New Year's Eve Celebration.



**CATERING CORNER**

Greeting and Salutations to the Charlestown Family! Our Catering department is gearing up for the community events we are hosting and involved in.

Our Fabulous Forty Gala is on October 1. We are so excited to be apart of the giving back to the Benevolent Care Fund. Please join us in a night of fun, great food and tantalizing drinks.

It is about that time of year to prepare for family visits and cross town holiday excursion.

To assist with the holiday get together we launched our desserts

to go sale as we calibrated with our on campus stores. We will start taking orders October 17 and we will not stop until December 20. All desserts will be made fresh and delivered to your nearest Dining Facility for convenient pick-up.

As we do every year we encourage our Charlestown family to utilize the Catering Department as an added amenity. During the holidays we provide catered service in your apartments along with food delivery. Please contact Catering to inquire

about the options we provide for this service.

As always Catering is here to serve you.



Dante Taylor  
Catering Manager

**F U N F O O D F A C T !**

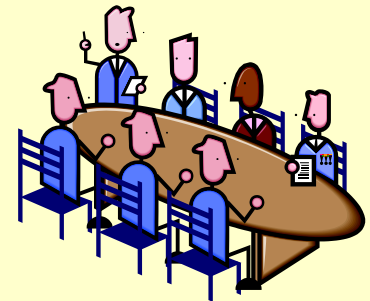
**KETCHUP:** Originally KE-TSIAP – a spicy pickled fish condiment popular in 17<sup>th</sup> century China – is said to be the origin of the Name “ketchup.” British seamen brought the ke-tsiap home and throughout the years the formula was changed to contain anything from nuts to mush-

rooms. It wasn't until the late 1700s that canny New Englanders added tomatoes to the blend and it became what we know today as ketchup. Also called catsup and catchup, this thick, spicy sauce is a traditional American accompaniment for French-fried potatoes, hamburgers and many other foods.

Ketchup usually has a tomato foundation, though gourmet markets often carry condiments with similar appellations that might have a base of anything from walnuts to mangoes to mushrooms. Vinegar gives its tang, shale sugar, salt and spices contribute to the blend.

## RESIDENT DINING SERVICES COMMITTEE COMMENTS

1. We would like to welcome all the new members that have joined this committee and take time to thank them for their participation in Dining Services and Thank all other members for their continued commitment to our Dining Services Team.
2. We now have a new chairman for the Dining Service Committee, Mr. Clyde King. Please address any concerns you may have with him or another member of the resident dining committee.
3. A special note: When dining, if issues arise that should need immediate attention please address those concerns with the Managers of those areas directly.



Just another food for thought before you get your day going. Please address any comments or concerns with the dining service management team as they arise. Although we love our comment card program, we would love even more for you to go home happy and not hungry. If there are concerns with your meals, please give us the opportunity to correct and resolve your issue at the time of service.

### RESTAURANT HOURS OF OPERATION

#### Atrium Dining Room:

Location: 1st floor, St. Charles  
Dinner: 4:00pm to 6:30pm  
Monday thru Saturday  
Brunch: 9:00am to 12:00pm  
on Sundays  
Carryout: 2:30pm to 3:30pm  
Monday thru Saturday  
Sunday 9:00am to 10:00am

#### Chesapeake Dining Room:

Location: Main level, Cross  
Creek Station  
Dinner: 4:00pm to 6:30pm  
Monday thru Saturday  
3:30pm to 6:30pm on Sunday

#### Short line Café:

Lunch: 11:00am to 1:30pm  
Monday thru Saturday  
Carryout: 2:30pm to 3:30pm  
Dinner: 4:30pm to 6:30pm  
Sunday thru Saturday

#### Fireside Dining Room:

Location: 2nd floor, technically  
4th floor, Charlestown Square  
Brunch: 10:30am to 1:30pm  
Sundays  
Lunch: 11:30am to 1:30pm  
Monday thru Friday  
Carryout: 3:00pm to 4:00pm  
Monday thru Saturday  
Dinner: 4:00pm to 6:30pm  
Monday thru Saturday

#### Terrace Room Café:

Location: Courtyard, Bldg 7  
Breakfast: 7:30am to 10:30 am  
Monday thru Friday  
8:30am to 10:30 on Saturdays  
Lunch: 11:00am to 2:00pm  
Monday thru Saturday  
Carryout: 4:30pm to 6:30pm  
Monday thru Saturday  
Sunday 11:30am to 1:30pm

#### Refectory Dining Room:

Location: 1st Floor, Bldg 4  
Dinner: 4:00pm to 6:30pm  
Monday thru Saturday  
Brunch: 10:30am to 1:30pm on  
Sundays

#### The Last Bite...



**Holiday Hours:** Atrium, Chesapeake & Fireside Dining Room - 11:00am to 1:30pm,  
Refectory - 10:30am to 1:30pm, Shortline & Terrace Room - 11:30am to 1:30pm