

# The Breeze

## Someone's In the Kitchen!

*It takes a group effort to operate the Ryan Wellness Center's Chinook Café. Meet some of the folks who make the magic happen . . .*



### **Erin Boyle - Chef Instructor**

*Erin came to the Chinook Café "1 year, 2 months, 1 week, 20 hours, and 33 minutes" ago. Her previous experience includes fine dining restaurants, boutique hotels, and culinary schools. She loves watching people in the Food Service Training Program learn and flourish. For fun, Erin enjoys working out, gardening, and "anything on the water". Per Erin, "I have a child-sized head. Please keep that in mind if you're buying me a hat."*



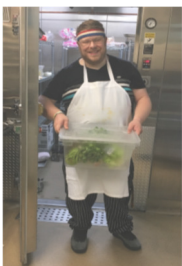
### **Mike Engle - Assistant Chef**

*Mike, a graduate of the Chinook Food Service Training Program, has been with the Café three years, having previously worked in biotech/software development. His favorite dish to cook is falafel burgers with tzatziki sauce. Mike is a dedicated father who loves to hike and backpack with his 15-year-old son. Mike thrives on interacting with clients and learning new skills.*



### **Peg M. - Kitchen Volunteer**

*Volunteer extraordinaire since circa 2001, Peg was an administrative assistant, receptionist, cosmetologist, and homemaker. She speaks fondly of making baklava with former Chef Ezra, and of how much she enjoys working with Chef Erin and all the other folks preparing healthy, delicious food for MHP's clients. A mother of four with nine grandchildren, Peg loves going to the movies and gardening.*



### **Teddy M. - Food Service Trainee**

*Teddy first started helping in the kitchen back in 2006 at the Chinook Clubhouse on the Hill. With experience as a baker, cheese maker and chef, Teddy is known to cook up a mean pot of chicken soup. States Teddy, who loves music and is an avid concertgoer and drummer, "I like art. And I have catlike speed and reflexes!"*

*For more info on the Chinook Café, Chinook Cooks! Catering, or the Food Service Training Program, contact Erin Boyle ([eboyle@mhpcolorado.org](mailto:eboyle@mhpcolorado.org))*

## Out and About With the RWC Social Club!



**Thursday, August 2nd**



**Leaves RWC at 4:45pm**

*Cost is \$10.00*

*Sign-up starts Wednesday, 7/25!*



HISTORY *Colorado*

**Thursday, August 9th**

**LEGO-RADO**

**Leaves RWC at 1:00 pm**

*Cost is  
\$1.00*



*Sign-up starts Wednesday, 8/1!*

### Bowling in Longmont

**Thursday, August 16th**

**Leaves RWC  
at 3:00 pm**



**\$1 for 1st game  
\$2 each additional game**

*Sign up starts Wednesday, 8/8!*

### Hike and Lunch at Caribou Ranch

**Saturday, August 25th**



**Leaves RWC at 10:30 am**

*Sign-up starts Wednesday, 8/15!*

**Referral and orientation required to go on Social Club outings  
For more info, contact Cameron Smith ([casmith@mhpcolorado.org](mailto:casmith@mhpcolorado.org))**

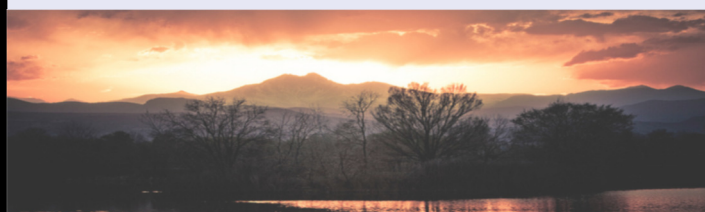
August 2018



Chinook Cafe

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Lunch Served 11:30 am— 1:00 pm	Vegetarian Options Available	1 Breakfast for Lunch	2 Grilled Tuna Steak	3 French Dip	4
5	6 Chef Salad	7 Tamale Burrito Bowl	8 Pizza	9 Greek Tzatziki Pita Sandwich	10 Beef Burger	11
12	13 Stuffed Pork Chops	14 Salmon w/Soba Noodle Salad	15 Pizza	16 Summer Quinoa Bowl	17 Beef Burger	18
19	20 Hawaiian Kabobs	21 Loaded Beef Taco Pasta Salad	22 Pizza	23 Sausage and Peppers	24 Buffalo Chicken Sandwich	25
26	27 Steak and Potatoes	28 Enchilada Casserole	29 Pizza	30 Pesto Pasta Flank Steak	31 Beef Burger	

## Safe Harbor



*Nondenominational Spirituality Group*

**Monday, August 6th at 10:45 am**

*September*

*Social Event  
Planning*

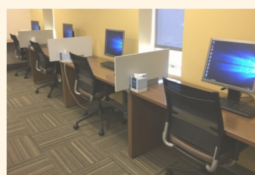
**Wednesday  
August 15th  
1:00 pm  
in the  
Computer  
Lab**

*Help us choose the Social Events for September!*

## RWC Computer Lab

- Twelve computers available for your use
- Computer support and instruction
- Print, copy, fax, and scanning services

**Open Monday - Friday  
8:30 am - 4:00 pm  
RWC 1st Floor East**



## Benefits Open Hours

**Tuesdays: 9-11:30 am & 1-4 pm  
Thursdays: 9-11:00 am & 2-4 pm**

**More info: 303-247-8750**

Mental Health Partners  
Ryan Wellness Center  
1000 Alpine Ave.  
Boulder, CO. 80304  
Phone: 303-545-0834  
[www.mhpcolorado.org](http://www.mhpcolorado.org)



NON PROFIT ORG  
US POSTAGE PAID  
BOULDER, CO  
PERMIT NO. 697

*Address Service Requested*

***The Breeze*** is a publication for clients, staff and friends of the Ryan Wellness Center,  
and is designed and printed at the RWC Computer Lab.  
For more info, contact Bruce Levy at 303-545-0835 ([blevy@mhpcolorado.org](mailto:blevy@mhpcolorado.org))

May ***The Breeze*** be always at your back!