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 baclava 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)
Out and About With the RWC Social Club!

**Thursday, August 2nd**

*DINNER AT THE Boulders Theatre*

Leaves RWC at 4:45 pm

Cost is $10.00

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

**Thursday, August 9th**

*LEGO RADO*

Leaves RWC at 1:00 pm

Cost is $1.00

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

**Thursday, August 16th**

*Bowling in Longmont*

Leaves RWC at 3:00 pm

$1 for 1st game

$2 each additional game

*Sign up starts Wednesday, 8/8!*

**Saturday, August 25th**

*Hike and Lunch at Caribou Ranch*

Leaves RWC at 10:30 am

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

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Referral and orientation required to go on Social Club outings

For more info, contact Cameron Smith (casmith@mhpcolorado.org)
### August 2018 Chinook Cafe

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<td>Stuffed Pork Chops</td>
<td>Salmon w/Soba Noodle Salad</td>
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<td>Hawaiian Kabobs</td>
<td>Loaded Beef Taco Pasta Salad</td>
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<td>Sausage and Peppers</td>
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<td>Steak and Potatoes</td>
<td>Enchilada Casserole</td>
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<td>Pesto Pasta Flank Steak</td>
<td>Beef Burger</td>
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### 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

### Safe Harbor

**Nondenominational Spirituality Group**

Monday, August 6th at 10:45 am

### Benefits Open Hours

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

More info: 303-247-8750
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)

May The Breeze be always at your back!