

# Feast with Friends

a weekly Sunday Suppers newsletter

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The Sunday Suppers newsletter Updates has a new name—Feast With Friends. Residents weighed in on several options and selected this new title as the best reflection of the dual themes of food and community.

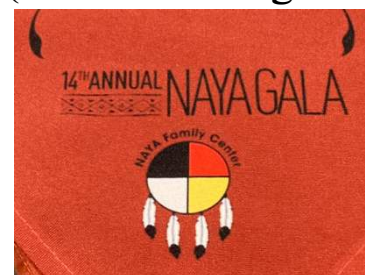
Each week, a new edition of Feast with Friends will be posted on the Sunday Suppers page on RVillagers.org and on the RVChat Sunday Suppers subgroup website. Newsletters from 2024 and 2023 are also posted. Entries are listed with the most recent update first.

## October 13th - Native First Foods

The October 13<sup>th</sup> Sunday Supper was a celebration of local First Foods in acknowledgement of Indigenous Peoples Day (October 14<sup>th</sup>). As Head Chef Diana Stallard shared in the Opening Circle, Native First Foods are now difficult to find so the menu was crafted to “give a nod” to First Foods. The salmon was dip-netted Chinook salmon from Native fishers. The dinner also included roasted potato and Jerusalem artichoke (a “nod” to wapato), caramelized onions (a “nod” to camas), green beans (a “nod” to fiddlehead ferns), and berry crisp of blackberries and huckleberry with a topping of acorn flour and hazelnuts (a “nod” to the wealth of berries and nuts of our region). The huckleberries were actually harvested on the Rose Villa campus.



The table set-up featured linens with fall colors, fresh flowers, nuts (from a morning walk) and a table runner from Nayagala, an organization serving urban Natives.



Don Mickey prepared the salmon (after performing a thorough temperature check of the Rec Room oven). He then poured a glass of wine that he assured us was for the salmon (hmmmm...the twinkle in his eye gave him away.)

After a poem by Stephanie, diners enjoyed the meal, the conversation, and the décor (including sampling some of the grape juice made the day before).



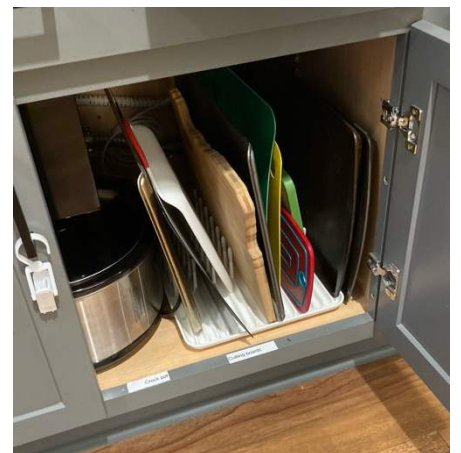
And then there was dessert, which was intentionally a bit tart (with the option of adding ice cream for a sweet accent).



## Kitchen Updates



A new rack for storing our amazing wooden cutting board has been installed by Mark Kealey. The rack across the bottom keeps the board off the (soggy) counter and the bracket at the top keeps the board from toppling off the rack. “Use and Care” instructions for the board are posted above the board.



Metal baking sheets have migrated from various spots to the cupboard underneath the stovetop burners. They are happily nestled in with the small cutting boards on a simple rack with pegs.

A trip to a Treasure House moving sale yielded much-needed additions for the Rec Room kitchen. More stemmed wine glasses are now on the second shelf in the glasses cupboard.

A second knife block with a set of Chicago Cutlery knives now sits next to the first knife block. The knives were sharpened by Bob Lease, our resident knife sharpener.



## November Sunday Supper Schedule

Veteran Head Chefs are returning to dazzle diners at three meals in November. Sign-ups go “live” on October 20<sup>th</sup> when the schedule comes out.

November 3<sup>rd</sup> – Carol Verga

Chili (made with Beyond Beef vegetable “meat”; recipe evolved by Carol et al over the years), Crackers, Corn Salad (red bell pepper and onion), Cornbread, and Ice Cream plus Appetizers (Chips with Salsa and Guacamole). Carol schedules time for socializing/nibbling, followed by dinner.

November 10 - Linda Burk and Susie Petterson

Polenta topped with Ratatouille, Colorful Cabbage and Fruit Salad, Pumpkin Custard with Pecans and Whipped Cream.

November 17 – Lynn Thomas

Tuscan Ribollita Soup, Wheat or Gluten-Free Rolls, Green Salad, Ice Cream Cones.

November 24 – Community Potluck. Hosts are residents with November birthdays. Co-Point-People Shirley Smalley and Cathy Schar are planning some special features

## October 6th - Sweet 'N Sour Chicken & Veggies

The Sunday Supper motto “No Leftovers Left Behind” was put to the test—with garden veggies.

Two Rose Villa gardeners (Dave D. and Marti) shared their end-of-season red/yellow/green bounty. Set-up Volunteer Gilah “decorated” each place setting with a colorful veggie and all veggies went home with diners!



Zoe joined the cooking crew for the first time and showed off her cutlery skills.

Lots of precision chopping yielded this colorful cabbage and parsley salad, tossed very lightly with a delicate red wine vinegar dressing and accented with capers.



Chicken/veggies and a sweet 'n sour sauce filled four pans. Halfway through baking, fresh tomatoes (courtesy of Dave D.) and green peppers were added. The convection oven setting was used and seemed to work well with multiple pans.



Our Zojirushi Rice Cooker (donated by Suzanne) played a tune at the beginning and end of the cooking cycle and also managed to produce beautiful white fluffy rice.

As usual, Mother Nature put together a colorful palette.



New residents Dick and Sue enjoyed their first Sunday Supper, as did not-so-new resident Linda, who filled in for a last-minute cancellation.



Joan matched leftovers, leftover containers, and residents in the much-anticipated launch of the new Leftovers Wrangler role.

Hints of the November Sunday Supper schedule were shared. There will be three Sunday Suppers (plus the potluck) in November. Head Chefs Carol, Lynn, and Linda will dazzle diners the first three weeks of the month. Thanksgiving is on November 28<sup>th</sup>, so the Community Potluck on the four Sunday (November 24<sup>th</sup>) is NOT on a holiday weekend.

## September 29th - Community Potluck



Residents with September birthdays hosted the September Community Potluck. Margi and Charlotte served as Co Point People, adding a special September flair to the festivities.

Charlotte brought asters--the September flower. According to the internet, asters "represent not only the arrival of autumn but also love, patience, and elegance."

At the Opening Circle, Margi shared the names of our lovely, patient, and elegant neighbors with September birthdays. It was a LONG list, which led to speculation about what the fortuitous timing of the holiday season NINE months before all these birthdays.



Birthday folks were serenaded with a round of the traditional Happy Birthday song. Jeannie came up with a non-traditional (but Covid-friendly) method of blowing out the single candle—fanning it with a plate!



Darlene and Ricky came after Vespers to enjoy the potluck and Minor took Darlene for a spin down the two-sided serving line.



Diners shared their responses to “table topics” so we could learn fascinating tidbits about our neighbors (hmmm--this sounds like the “Did You Know?” feature stories on Rvillagers.org).



# September 22nd - Sweet and Spicy Roast Chicken



Don Mickey recruited long-time friend and fellow chef Sherry Nolte for a flavorful meal. They conspired on the menu via Zoom as Sherry lives in Hawaii. She booked her visit to span a weekend so she could take part in the Sunday Supper experience. Sherry repeatedly shared her delight in having a clean-up crew!!!



While the chicken finished cooking in the oven, diners enjoyed a wide selection of wines (finishing off some leftovers from a previous Sunday Supper).



At the Opening Circle, diners introduced themselves and welcomed new resident Gilah Tenenbaum. Stephanie Feeney, Don Mickey, Sherry Nolte, and Ginger Fink shared their decades-long connections around Hawaii and child development. Other diners shared their past/current/future Hawaii connections (Dianna and Leanne are headed there in a few days and Gilah is hosting a visitor from Hawaii!).



Stephanie did a last-minute flavor check on the arugula and fennel salad. The sweet and spicy roast chicken was garnished with toppings and the couscous was prepped.



Diners loaded up plates at the buffet line. This picture perfect plate should be the cover on a cookbook!



A peach crisp served with ice cream topped off the meal.

Giving away the leftovers was easy...which leads to the next topic.

## **New Volunteer Role--Leftovers Wrangler**

Starting in October, a new role will be added to Sunday Suppers. The **Leftovers Wrangler** will help diners take home leftovers and route dirty serving dishes to the clean-up crew.

Why add this role?

With the motto “No Leftovers Left Behind”, the focus has been on not wasting food (one of the highest priorities from the survey used to launch Sunday Suppers in January 2023). However, the actual process was a bit uneven. Also, the clean-up slots are the last to fill for each meal, and there is a desire to make the role easier so crews are done earlier.

The addition of a Leftovers Wrangler enables the leftovers to quickly and easily find their way home with diners and for the clean-up crew to quickly handle all dirty dishes.

Here's the basic job description (now posted on RVillagers.org).

## **Sunday Suppers Leftovers Wrangler**

Mask wearing is optional.

1. Toward end of meal, put out trays of containers for leftovers (3 trays are in tall cupboard to the left of the kitchen window).
2. Invite diners to take leftover items. There may also be some extra ingredients from food preparation to give away. Some diners would like a "head start" in order to take specific items that meet their dietary needs.
3. Package remaining leftovers and shamelessly lobby people to take items home. The Sunday Supper motto is —"No Leftovers Left Behind."
4. Empty all serving bowls and deliver to clean-up crew.
5. Clear off the dining table(s), put remaining items in bins at busing station and put linens in laundry basket.
6. Put trays of containers for leftovers back in tall cupboard by kitchen window.

## September 15th - Shepherd's Pie

The cooking crew topped the Shepherd's Pie (a bounty of veggies and beans) with mashed potatoes, added a sprinkling of paprika and tucked the casserole into the oven.



While the pie got bubbly hot in the oven, diners enjoyed appetizers (supplemented with several bottles of wine). Our collection of wine glasses has diminished, so more donations would be welcome.



Diners shared Rose Villa histories and tales of their previous/current passions. We have several ARTISTS in our midst!



Diners lined up for supper. Head Chef Kathy Mitchell served ample portions of Shepherd's Pie and diners added toppings for a colorful salad.



Kathy grew the cherry tomatoes and eagerly shared the leftovers as her plant is overflowing with delicious orange orbs.



Kathy also added a bouquet of fresh flowers, her signature accent at Sunday Suppers.





Kathy got an assist in mixing the blueberry squares from husband Joe. Later, he was enjoying the conversation so much, he was slower to eat his dessert, so it was possible to get a photo!



## Addition to the Kitchen

Some residents who are less than ten feet tall have very politely expressed very mild frustration at the very great difficulty in reaching essential items stored about the refrigerator (large bowls and bath towels). Marti Franc has now delivered a solution—a one-step stool! The stool is stored under the low kitchen counter, under the laundry basket (not shown in this photo as it was at Gloria’s house enjoying a field trip with the dirty laundry).

Please use it CAREFULLY or ask a taller neighbor to retrieve items stored in taller spots.



## October Sunday Suppers Schedule out on September 20th

The October schedule includes “replays” of two popular meals (sweet ‘n sour chicken and squash soup) and a special new menu featuring salmon that is “native first foods inspired.” The October community potluck on the last Sunday will be hosted by residents with October birthdays (Norma Martin and Kathrine Klein are co-point people).

## September 8th - Tomato Herb Soup

Future residents Linda Gonzales and Ray Teasley joined the cooking crew and exchanged lots of stories about life in cohousing with former cohouser Head Chef Susan Hyne. Sunday Suppers were inspired by the “common meals” served in cohousing communities (intergenerational intentional neighborhoods). Linda and Ray are exploring options at Rose Villa to enjoy a slightly different “flavor” of community. They were able to come a bit early and see some of the units on the Middle District Home Tour.



Ray sliced lots of colorful veggies for the Roasted Sesame Winter Slaw (cabbage x 2, kale, carrots, parsley, scallions, and sesame seeds). The salad was topped with a tahini orange dressing. The recipe encouraged diners to drizzle the dressing on their salad so some bites were with/without dressing.



Linda made the Tomato Herb Soup using fresh herbs provided by Suzanne Townsen. The tomato-herb scent was very appetizing.

At the beginning of the buffet line, she served the soup....



...and diners added slaw/dressing, onion crackers (baked for 24 hours in a dehydrator) and orange slices.



Plums from Marilyn Gottschall's tree in the community garden were harvested, sliced, frozen, and thawed (slightly), then topped with cashew cream. Diners wondered how the cashew cream would taste on fresh blueberries.... Rose Villans may get to find out soon as our blueberry farmer has extra berries and we are exploring offering one more bulk blueberry sale at RV.



# Recipe Archive on RVillagers.org

The new Sunday Suppers page on RVillagers.org is well stocked with information and inspiration.

Several diners at the last Sunday meal asked for the cashew cream recipe. When Head Chefs plan their meals, they submit recipes (or ingredient lists) for posting on RVillagers. Our talented website designers have set up an amazing Recipe Archive. Users can search for a particular recipe or ingredient in the Search bar (see below) or scroll down further and check out recipes/ingredients by month.

## Sunday Suppers Recipe Archive



Since its launch in January 2023, the Sunday Supper group has amassed an impressive collection of recipes. You can search the archive by head chef, date, dish, or recipe ingredients.

**Search the Recipe Archive [PDFs]**

Check out the Recipe Archive and all of the other tantalizing tidbits on the Sunday Suppers page (from Home page, select Groups, then select the Sunday Suppers icon).

## September 1st - Falafel Feast

An energetic crew orchestrated a flavorful feast featuring lots of garlic and lemon and garden-fresh fruits/veggies.

Nadine squeezed/zested lemons and peeled/chopped garlic for the falafel, zucchini humus, and tahini lemon dressing.

Diana toasted whole spices and ground them. The kitchen started to smell very very good!



Then Diana teamed up with Emily to put the soaked (NOT canned) chickpeas through an old-fashioned meat grinder. Emily thinks it may have been “purchased” with green stamps years ago!



Norma kept busy making blueberry soup in the Vitamix, then switched to a tahini lemon dressing.



After chilling in the fridge, the falafel balls were shaped and baked in the oven.

Diners went through the buffet line and built unique masterpieces starting with salad fixings (greens, tomatoes, cucumbers, green pepper, alfalfa sprouts, and olives) topped with Mozzarella cheese balls (made from coconut yogurt and cashews), falafel and dressing.



At the table, diners added pita bread (grilled on cast iron pans) and zucchini hummus served with carrot sticks and green beans.

Jane topped off the meal with apple cake and apple scones (plus ice cream). She used apples harvested from a Rose Villa apple tree with a long history (Norma, who used to care for this particular apple tree, shared more of the history).



Diners also got to nibble on dehydrated zucchini (lightly seasoned with olive oil and salt). ONE (yes, just one) zucchini was sliced, placed on six trays and dehydrated until semi-crispy. Dehydrator recipes say to “dry until dry” so the timing is somewhat unpredictable (depending on humidity, thickness of slices, drying temperature, number of drying trays, etc.).



## **Leftover Wrangler**

In puzzling over how to lighten the load for the clean-up crew, an idea for a new role has surfaced. A Leftover Wrangler would package up leftovers and encourage diners to “grab and go” with food left over from the meal. They would also clear off the dining tables of any leftover dishes, linens, etc. With this boost, dirty dishes would quickly be delivered to the clean-up crew so they could focus on cleaning the dining/cooking/serving dishes and wrapping up their chores in an hour. Please share your input. Tentative plan is to add this role to Sunday Suppers starting in October.

# August 25<sup>th</sup> - Community Potluck



Residents with August birthdays hosted the August community potluck. Kathy Mitchell served as Point Person, with special help from her twin, Kitty (who, for some mysterious reason, has the SAME birthday as Kathy!). Notice the same gestures with the hands....



Late summer is clearly the peak of harvest season and it showed at this potluck. The tables were “decorated” with beautiful flowers plus colorful veggies and fruits (like jumbo watermelon).





Applesauce was made in a solar cooker with fresh apples from the RV garden. One batch was peeled and the other had the skins on.



No sugar was needed for these luscious apples from Donna Burrell and Jane Eggerstedt!

And it's tomato season! Two unique tomato pies showcased these red beauties...



The garden's most abundant veggie also made an appearance. George Converse reported that there were THREE cups of zucchini in this Chocolate Zucchini cake. George and Donna made this family favorite for their daughter's wedding. A slice of cake was cut, adorned with a candle, and serenaded by residents with a rendition of the NEW birthday song in honor of all the August birthdays.



Check out a cake cutting video and a birthday serenade video on R Villagers.org Sunday Suppers page:

<https://rvillagers.org/category/groups/sunday-suppers/sunday-suppers-videos/>

## September Sunday Suppers - Openings in Several Meals

The September schedule includes a potluck on the last Sunday (hosted by September birthdays) and FOUR full Sunday Suppers.

There are spaces in the....

September 8<sup>th</sup> meal (want to try the “cashew cream” topping for fruit that got rave reviews atop strawberries at a June Sunday Supper?) and the September 15<sup>th</sup> meal (ready for more blueberries? How about some tasty blueberry squares?).

The September 1<sup>st</sup> meal and the 22<sup>nd</sup> meal are full. If you'd like to join the waiting lists, contact Susan Hyne at x3057. When “life happens” and a diner drops out, YOU could be the lucky substitute!

# August 18<sup>th</sup> - Shrimp Louie Buffet

Cathy Schar teamed up with long-time friend Luanne Bye (future resident) to dazzle neighbors with a colorful and delicious meal.



At the Opening Circle, another newcomer was welcomed—new resident Jan Reed (who reported that her escape artist kitty had returned home).



One mystery was how this cooking crew managed to prepare a lovely meal without leaving ANY dirty dishes in the kitchen (the clean-up crew was VERY impressed!). Another mystery was the origin of these “Old People for Harris/Walz” stickers.



The pool table was transformed into a two-sided buffet line featuring greens, veggies, and toppings. Diners each got their own glass jar filled with shrimp.

Chef Luanne tried many recipes for the Shrimp Louie dressing before settling on her favorite (it will be posted on the Sunday Suppers page on RVillagers.org).



A rustic whole grain bread completed the main course.



And then there was dessert!

Chef Luanne made homemade raspberry ice cream. Diners added toasted pecans and chocolate sauce.



To celebrate the 555<sup>th</sup> plate of food at 2024 Sunday Suppers, Chef Luanne made #5 cookies. By the end of the evening, several diners exclaimed— Why doesn't Luanne live here at Rose Villa NOW???

## **SignUp.com**

The free version of SignUp.com is used for Sunday Suppers.

You can use this link to sign up (or call Susan Hyne at x3057 to sign you up):

<https://signup.com/go/usWqPSD>

Did you know....

- You can also use this link to see who has signed up for a meal.
- Two summary reports are generated each week. An alphabetical list of all diners and volunteers is given to the Money Handler. A list by duties (cooking crew, clean-up crew, etc.) is sent to the Head Chef.
- When you sign up for a volunteer role, you are automatically signed up as a diner (so no need to sign up twice).
- You can check a box to sign up multiple people (but only for the same "role"). If you are signing up two people for two different roles (one is a Diner and one is on Clean-Up Crew), the most straightforward way is to sign them up separately.
- SignUp.com sends a confirmation email when you sign up and a reminder email two days before the Sunday Supper.

## **Knives/Scissors Sharpened**

The Rec Room knives and kitchen scissors have been sharpened by neighbor Bob Lease as part of a woodshop project. Bob is available for knife sharpening one more week—August 26<sup>th</sup> from 10 to noon at his unit (#3030, across from the Pavilion).

## **September Sunday Suppers - Schedule out August 20th**

The September schedule includes a potluck on the last Sunday and FOUR full Sunday Suppers. Check out the gluten-free and dairy-free options on September 1<sup>st</sup> and 8<sup>th</sup>. Be ready to feast on blueberries on September 1<sup>st</sup> and 15<sup>th</sup>. Greet visiting chef Sherry Nolte from Hawaii on September 22<sup>nd</sup>.

## **Zucchini Chocolate Cake**

Donna Converse has agreed to make zucchini chocolate cake as the hosts' contribution for the August 25<sup>th</sup> community potluck. Evidently she is willing to search far and wide to find some zucchini somewhere to share this delicious treat (served at her recent Sunday Supper) with more and more neighbors.

## August 11<sup>th</sup>

In addition to the amazing fragrance wafting throughout Schroeder Lofts, the center of attention at this Sunday Supper was this



Cinderella pumpkin grown by Donna Converse, Head Chef. Diners took turns hefting this beauty to estimate her weight. She comes in at 26.6 pounds, making Alberto the lucky guesser with his estimate of 27 pounds. Perhaps we will see this pumpkin return as pumpkin pie at a future Sunday Supper.



The Cooking Crew assembled a much-anticipated dinner of Red Cooked Chicken, Brown Baked Rice (baked in the oven), Apricot Sauce, Asian Side Salad, and Chocolate Zucchini Cake. The meal was much-anticipated because of the menu and because it had been rescheduled from July 7<sup>th</sup> due to the heat wave.



Donna shared two revisions to the original menu. Canned plums were not to be found (despite trips to several stores), so apricots were substituted. The sauce was a tasty accompaniment to the chicken and rice.

Donna's zucchini plant produced lots of output, so the Moo Less Chocolate Pie was replaced by Chocolate Zucchini Cake (with just the right touch of sweetness). Diners heartily approved of both substitutions.





Check out the video section of the Sunday Suppers page on the new RVillagers.org website for three fascinating videos from this meal:

- Shannon removing baked rice from oven
- Shannon fluffing baked rice
- Diners doing “The Wave” at the Opening Circle

In a few days, the videos will be posted at:

<https://rvillagers.org/category/groups/sunday-suppers/sunday-suppers-videos/>

## August 4, 2024



Penny Flenniken and her cooking/set-up crew graciously hosted a meal for 18 hungry diners.



At the Opening Circle, residents shared summer memories of sand castles, summer camp, staying up very very LATE, root beer floats at the drive-in, boating adventures, fireflies, special meals, vacations with family, water play, visits to grandparents, and more.

One of Penny's summer memories featured taffy, so she shared some as part of the table decorations. The LARGE sunflowers were amazing!





Diners filled their plates with coconut-flavored rice, honey and soy-glazed chicken and added green salad plus green beans with dill, chives, and olives.



The cherry cobbler (topped with ice cream) got a “thumbs up” for having just the right amount of sweetness.



First-time Sunday Supper diner Kay Schmerber was happy to lick her bowl (and even share the evidence for a photo).

Overall, the meal was a wonderful episode which will be added to residents' list of pleasant summer memories.



## July 28, 2024 July Community Potluck

“It was a good crowd...” with lots of salads AND desserts.

With the August potluck, we are switching to the “birthday system” to recruit potluck hosts. Residents with August birthdays are invited to host the August potluck, residents with September birthdays are invited to host the September potluck, and so on.... Once a year, enjoy a brief teamwork episode on the set-up or clean-up crew. Kathy Mitchell (August birthday) is the Point Person. To sign up as an August volunteer, call Susan Hyne (x3057) or use this link: <https://signup.com/go/usWqPSD> Kathy Mitchell (August birthday person) is the Potluck Point Person (PPP).









# July 21, 2024



At the Opening Circle First-Time Head Chef Louise Williams recounted tales of her family's Italian feasts (which interestingly did NOT include lasagna). The lasagna roll-ups featured in this meal were Louise's own creation.



There was peeking and more peeking to check if the lasagna was bubbling hot. Both the Rec Room wall oven and Marti's oven (aka the Rec Room kitchen annex) were used. The verdict—YES. While the lasagnas "rested" residents started on the salad course.

The cooking crew set out a big bowl of greens and lots of toppings.





Two diners celebrated their good fortune in filling cancellations by sharing beverages...

Other neighbors shared beautiful blossoms...



And another neighbor appeared with some fresh whipped cream, which was added to top off the panna cotta and blueberries.



Diners paused for a brief moment for the photographer to capture the sweetness.

## August Sunday Supper Schedule

The August monthly schedule is out and there are spots in the August 4<sup>th</sup> and August 18<sup>th</sup> meals (the August 11<sup>th</sup> meal was postponed from July 7<sup>th</sup> due to the heat wave and so it was already full). There are also lots of options for those residents with August birthdays to help host the August 25<sup>th</sup> community potluck. Rose Villa handles table/chair set-up and most residents bring their own plates, etc. so set-up and clean-up are pretty easy. And Kathy Mitchell is the Potluck Point Person so the head honcho spot is filled.

To sign up, use this link or call Susan Hyne (x3057).

<https://signup.com/go/usWqPSD>

## July 14, 2024

At the Opening Circle, clean-up crew member Jean Coberly got a much-appreciated neck massage from Head Chef Norma Martin and Rose Villans got to meet future neighbor Martha Blake. Martha and Joel had gone to school together a few decades ago and Martha knew of Rose Villa through her job with Kaiser.



Joel and Martha teamed up for a chopping/julienning marathon to prep a colorful salad with green cabbage, white jicama, orange oranges, red & green peppers and red onions (with green cilantro on the side).



The cooking crew took a quick break to pose for a photo.

The Chile Verde was birthed the day before and mellowed in the fridge overnight. All four stovetop burners were in use (to reheat the Chile Verde, cook pinto beans, and make fresh corn tortillas). The rice cooker was also put to use.

Diners were served the hot items in large bowls, added a serving of salad, then added fresh tortillas at the table.



Mexican ice cream bars and cinnamon cookies completed the meal.

HAPPY diners took home lots of leftovers. An innocent bystander (aka a Schroeder resident) was even snagged on her way into the building and treated to some leftovers.

## **NEW Newsletter Name**

Thanks to the 40+ neighbors who responded to the survey to select a new name for the weekly Sunday Suppers newsletter (currently called "Updates"). The clear favorite (with 47.4% YES votes) is:

# **FEAST WITH FRIENDS**

Look for the new newsletter name PLUS colorful easy-to-use features on the NEW Sunday Suppers page on RVillagers.org (coming August 1<sup>st</sup>).

## **August Sunday Supper Schedule**

The August monthly schedule flyer will be sent on July 19<sup>th</sup> so residents can be ready to sign up on the 20<sup>th</sup>.

The July 7<sup>th</sup> meal was switched to August 11<sup>th</sup> because of the heat wave, so that meal is already full.

Join first-time Head Chef Penny Flenniken on August 4<sup>th</sup> for Honey and Soy-Glazed Chicken, Rice, Green Beans, Green Salad, and Cherry Cobbler with Vanilla Ice Cream. Penny's meal will start with an Opening Circle at 5:30pm when residents are invited to share a favorite summer memory. Dinner will be served at 6pm.

And join returning Head Chef Cathy Schar on August 18<sup>th</sup> at 5pm for Shrimp Louie Salad Buffet, Rustic Whole Grain Bread/Butter, and Hot Fudge Sundae with Homemade Raspberry Ice Cream.

The August 25<sup>th</sup> community potluck will be hosted by residents with August birthdays. Kathy Mitchell is the Potluck Point Person. To volunteer, use this link or call Susan Hyne (x3057):

<https://signup.com/go/usWqPSD>

## **July 7, 2024**

Due to hot weather, the July 7<sup>th</sup> Sunday Supper has been rescheduled to August 11<sup>th</sup>.

### **Revised Sunday Supper Page on RVillagers.org**

A talented crew is doing a site-wide refresh of the resident-generated RVillagers.org website. The Sunday Suppers page will be icon-based and includes some nifty features (including a “flip book”).

As part of that refresh, the title of the Sunday Supper weekly newsletter is also being revised. The goal is to better capture the dual themes of “food” and “community.” To share your input, click on the link below to take a quick survey. Please complete by July 10<sup>th</sup>. Thanks!

<https://forms.gle/VmKvs3xoZgugc36r7>

## June 30, 2024

North District neighbors teamed up to host the June community potluck. Leanne launched the Opening Circle, giving essential instructions on how to line up for dinner. Sheila led the group in a brief Tai Chi greeting to mark the beginning of our time together.



Every potluck has an amazing array of food. With the beginning of berry season, diners were treated to several dishes made with fruit picked that day.



A bowl of fresh-picked raspberries decorated the dessert table.



Volunteers prepared plates of luscious grapes and two dozen deviled eggs to share with potluckers.



The view from the beginning of the line...



and the end of the line...

showed 45 happy diners.



And yes, that is CORN ON THE COB!!!



Neighbors enjoyed the best appetizer of all—good conversation with new friends.

Gayish and Grayish will host the July potluck and then we'll switch to the new process of potlucks being hosted by birthdays of the month.

# June 23, 2024

A brisk breeze, an amazing river view, the aroma of the barbecue grill, and a few glimmers of sunshine greeted 20 diners at the June 23<sup>rd</sup> Sunday Supper on the Schroeder Lofts rooftop deck.



Head Chef Carol Verga designed a leisurely evening, with the Opening Circle at 5pm and dinner at 5:30pm. Diners had ample time to visit and enjoy the rooftop views. Future residents Char McKay and Jim Stevens (shown visiting with Jean Coberly) have been on the waiting list for a few years, and visit RV to meet residents, work out, and enjoy walks in the area. They pitched in on the clean-up crew so got to see “behind-the-scenes” at Sunday Suppers.



Joel's barbecue was moved to the deck and Carol kept it loaded with beef and veggie burgers and brioche buns plus a lone hot dog, which Nancy is proudly displaying before it was whisked off to a resident who was getting a take-out plate.



Diners added toppings to their burgers plus potato salad, coleslaw, and red red red watermelon. Gelato fruit bars (raspberry, strawberry, lemon, and chocolate) topped off the meal.

**Hint to future deck visitors**—bring a jacket as the deck seems to come with its own breeze....

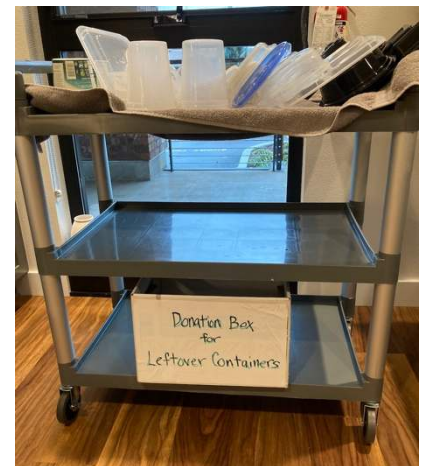
## Openings for July 14<sup>th</sup> Sunday Supper

Are you a fan of Chili Verde Stew, Tortillas, Jicama Orange Salad, (Un)refried Pinto Beans, Sorbet and Cookies? Join Head Chef Norma Martin and 10 other diners on July 14<sup>th</sup>. Bring your own beverage.

<https://rvillagers.org/community-wide/sunday-suppers/>

## Leftover Containers Needed

Diners are faithfully honoring the Sunday Supper mantra (**No Leftovers Left Behind!**) and taking home leftovers and extra ingredients after every meal. The 3 shelves in the pantry and the 6 shelves in the living room that store leftover containers are getting a little bare. If you have surplus containers to share (clean and with a lid), please bring them to the Rec Room and put in the box labeled "Donation Box for Leftover Containers" on the bottom of the 3-shelf rolling cart. They will be sanitized and tucked away for future meals.



## June 30<sup>th</sup> Potluck – 5pm

The North District is hosting Sunday's potluck **open to ALL residents**. Bring a homemade dish **OR** a store-bought item to serve 8 to 10 people, **OR** donate \$3-5 at the potluck toward a fruit platter. Bring your own beverage and plate/bowl/glass/silverware (some extras available).

## June 16<sup>th</sup>, 2024– Grandma’s Chicken and Polenta



Stephanie McBride (in blue), RV's massage therapist, was recruited to head up a Sunday Supper and she recruited a childhood friend, Terri Welch (blue apron) to take the lead. In this shot of the cooking crew, you can see the steam rising from a BIG pot on the stove.

Terri left behind 109 degree weather in Phoenix to come and cook for us. With a possible move to Portland coming up next year, we are VERY hopeful she will return for more Sunday Suppers. You may have seen a 30-second video of Terri on the June 17<sup>th</sup> Activities Calendar talking about her family's flavorful dish—Grandma's Chicken and Polenta. Sunday's meal for 16 diners was the biggest crowd that has been blessed with Grandma's dish (her prior max was 10).

Terri shared that Grandpa used to stir the polenta NON-STOP for 45 minutes, but she opted for an easier method—baking the polenta in the oven and bringing it out a few times for a quick stir.



Note how Kate Dins coordinated her outfit with the oven mitts for a truly first-class red-and-white-striped ensemble.



While the chicken, sauce and seasonings were simmering on the stove....



Stephanie tempted diners with an assortment of meats, cheeses, and veggies.

The gorgeous greens for the jumbo salad were provided by Sue McGraw from her Rose Villa garden plot. Three kinds of lettuce plus spinach filled the bowl, topped off with red onions, tomatoes, and chickpeas.

Diners served themselves a plate of salad, then returned for a bowl of chicken and polenta served by Terri to get just the right combo of chicken, sauce, polenta, and olives for each person (with a sprinkle of herbs on top).



Four flavors of ice cream sandwiches capped off the meal.

Music and dancing followed the meal. Although there is photo and video evidence, it shall remain forever hidden.

## **July Sunday Supper Schedule – Out on June 20<sup>th</sup>**

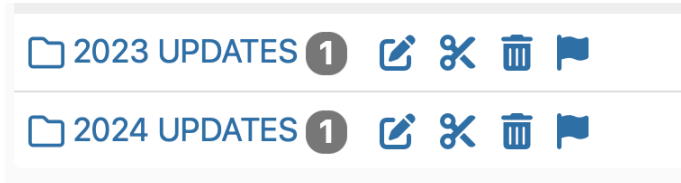
Sign-ups go “live” on the 20<sup>th</sup> of each month when the new monthly schedule is released. Look for 3 Sunday Suppers and a potluck in July. The sign-up link is always posted on RVillagers.com:

**<https://rvillagers.org/community-wide/sunday-suppers/>**

## RVChat Sunday Suppers Subgroup – Files Stored

The RVChat Sunday Suppers Subgroup was created in 2023. It is not necessary to subscribe to take part in Sunday Suppers.

Files are stored on the RVChat Sunday Suppers Subgroup website. To access the files, go to <https://rvchat.groups.io/g/SundaySuppers>, enter username and password (or select the prompt if you need to reset password), then click on the Files option on the left side of the screen.



In the Sunday Suppers Updates folder, the year-to-date files of all Updates newsletters are stored. They are also posted on the Sunday Suppers page of RVillagers. Subscribers to the RVChat Sunday Suppers subgroup receive weekly Update newsletters, but only the most recent week's issue.

## Change to Clean-Up Duties

Some simple changes are suggested to make the clean-up process quicker and easier.

A **larger bussing station** will be set up. Diners will:

- Pour extra liquids into pitcher
- Scrape off plates and bowls into compost container
- Put empty glass, plate, bowl in separate white bins
- Put silverware in bin with soapy water
- Toss linens in laundry basket

When the clean-up crew is ready, they will move bins over to the kitchen on the 3-wheeled cart. A longer dishwasher cycle will be used to clean the dishes.

In the kitchen, the **“dirty” zone** will be to the left and the **“clean” zone** will be to the right of the sinks. A second “clean” zone will be used to stage dried dishes until they are all put away.

Job descriptions will be updated (with photos) to reflect the changes.

## June 9<sup>th</sup> – Pork Loin



Joel Metzger and his traveling grill journeyed from the fourth floor to the first floor (thank goodness for that elevator!). Joel grilled the seasoned pork loin, adding soaked mesquite wood chips for special flavor.

In the meantime, Head Chef Kathy Mitchell and brand new resident Minor Matthews conspired on a big bowl of whipped cream. When it was time for dessert, a resident paused just long enough for a quick photograph.



Yes, these were HOOD berries, the Oregon favorite that are sold locally for just about three nanoseconds.

Kathy's unique shortcake featured hard-cooked egg yolks. Check out the recipe at [RVillagers.org](https://rvillagers.org) (all meal recipes are posted when the monthly schedule goes out)

<https://rvillagers.org/wp-content/uploads/2024/05/2024-06-recipes.pdf>



Minor and his wife Jeannie arrived at Rose Villa at 3:15pm and strolled into Sunday Supper at 4:45pm, accompanied by North Pocket neighbors Sheri Persion and Daveen Novak. They happily joined the serving line and visited with more new neighbors. We admire their resilience, especially after a 5:00am morning launch to their new home.

In addition to pork loin and strawberry shortcake with REAL whipped cream, diners enjoyed French potato salad and a green salad with lots of toppings.



Diners paused to read a series of strawberry poems supplied by our Head Chef, such as...  
*Every strawberry tells a tale,  
Of sunny days and dewy veil,  
In their sweetness, we ever fail,  
To find a story, fresh and hale.*

Kathy also shared beautiful roses from her front yard.





## Additions to the Rec Room Kitchen



Labels were added to the four utensil containers on the white counter. The easiest one for cooks and cleaners to find is Tongs (it's actually an ice bucket that found a new life as a Tongs bucket).

Several new tablecloths were picked up a recent Sneak Peek sale. The cloth rectangular tablecloths now overflow from the cupboard on the right to the bottom center drawer.

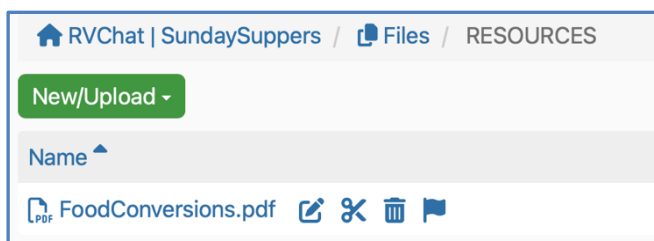


New round tablecloths have also been added.

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In the Resources folder, there is a very useful document for converting measures of food (pounds to cups, etc.) so Head Chefs know how much to buy.

## Farmers Market Feast – June 2nd

A color-coordinated smiling cooking crew prepared a colorful feast with fresh fruit and veggies from the Milwaukie Farmers Market.



Because the potatoes and the onions needed extra shelves in the oven and different temperature settings, the Rec Room Annex oven (aka Marti's stove across the hall) was put to good use.



The accordion-roasted Hasselback new potatoes were scrubbed, then carefully sliced partway through (the two wooden spoons guided the knife blade), and then the potatoes were basted several times with butter and garlic (the scent reportedly wafted into the Schroeder Lofts elevator).



While the potatoes were roasting in the Rec Room oven and the onions were roasting in a balsamic sauce across the hallway, the salad was prepped and LOTS of strawberries were sliced (later topped with cashew cream which lived up to the Head Chef's rave reviews).



Diners added hummus, peas, sprouts and a honey mustard salad dressing to create one-of-a-kind plates.



Fresh flowers from Marcia's garden were the centerpiece of a new table arrangement.

Diners lingered long after dinner for conversation and laughter. And they took home leftovers—yeah!!!



## Pantry

The kitchen cupboard by the window is dubbed the “pantry.” One shelf contains leftover ingredients that Head Chefs can use for their meals, such as olive oil, vinegars, and spices. Head Chefs are encouraged to check the shelf before shopping for their meals.

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In the Reports folder, there is a copy of the monthly report sent to the Resident Council. The report covers the number of meals and plates of food served plus any updates on the program overall.

 [Sunday Supper Monthly Report to Resident Council.pdf](#)

## June Sunday Suppers

All June meals are now “sold out” but you can be added to a waiting list. The free version of the Signup.com website used for Sunday Suppers doesn’t have a waiting list feature, so if you want to be added to a waiting list for a meal, contact Susan at x3057. Sometimes spots open up.

# Community Potluck – May 26<sup>th</sup>



Potluck diners enjoyed a very photogenic feast. Hopefully, some of these dishes will reappear at upcoming Sunday Suppers. One potluck host suggested that residents be nudged to add their names on their recipe cards in the future so appreciative diners could extend a personal thank you (and ask for the recipe).





At the Opening Circle, Carl welcomed residents who had moved to RV in the last year and a future resident, Bea Rector, who had recently joined the waiting list. She jumped right into the action and volunteered for the clean-up crew.

Diners lined up in the hallway and then made their way down a 2-sided serving line. In honor of the Sunday Supper motto “No Leftovers Left Behind” all the leftovers were happily sent home with residents.



Note the red/white/blue flowers and flags on the table. They were passed along to the July 7<sup>th</sup> Sunday Supper crew.

## Dining Options in June

The RVillagers website is being refreshed and Sunday Suppers will continue to have an informative page.

**<https://rvillagers.org/community-wide/sunday-suppers/>**

Use the sign-up link prominently featured on this page to sign up for openings on June 2<sup>nd</sup>, 9<sup>th</sup>, and 16<sup>th</sup>. The June 23<sup>rd</sup> barbecue sold out quickly. With the community potluck on June 30<sup>th</sup> (hosted by the North District) that makes five Sunday Supper episodes in one month.

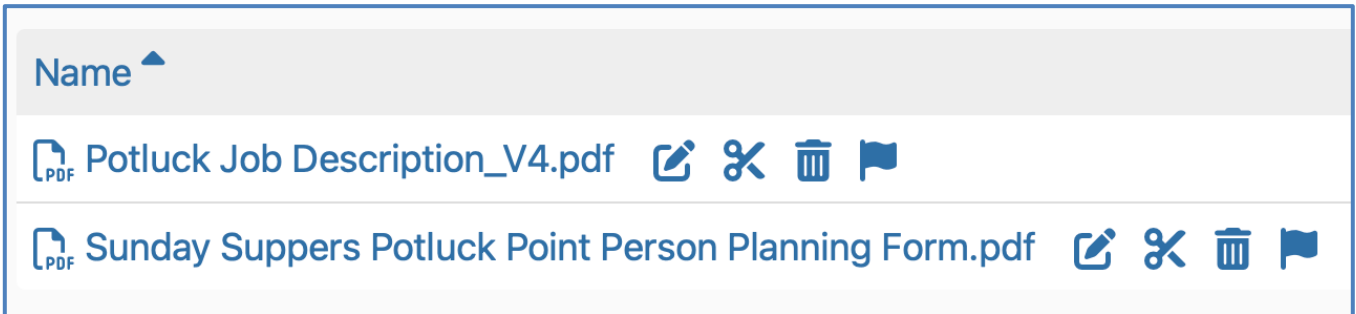
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In the Potlucks folder, there are two logistics files. Potluck volunteers receive the Potluck Job Description the week before the event. It includes step-by-step instructions for all volunteers plus a map of how the Rec Room is set up for potlucks.

Potluck Point Persons use the Planning Form to plan their potluck and supply info used in flyers.



## Posole – May 19<sup>th</sup>

Head Chefs Linda Burk and Lynn Thomas teamed up (again) to offer a very colorful and flavorful meal with sous chef Norma Martin.



At the Opening Circle, the clean-up crew bonded in anticipation of the task ahead. Luckily, there weren't many cooking dishes.

The first course was a salad with lots of toppings (olives, black beans, corn, red pepper, chips). Lynn used white balsamic vinegar in the dressing for a nice delicate flavor.



Lynn served bowls of posole (pork/hominy stew) and diners added toppings (radishes, cabbage, chiles, avocado, cilantro).







Dessert was a unique avocado lime cheesecake, topped with whipped cream and raspberries (watch Daily Activities for a short video of Linda putting the finishing touches on dessert; also look for a video of Norma slicing avocados).

## **In June, 56 Plates of Food Await Your Dining Pleasure at FOUR Sunday Suppers**

Sign-ups for June meals start today (May 20<sup>th</sup>). There are FOUR Sunday Suppers (plus the last-Sunday-of-the-month community potluck). There are two new Head Chefs (June 9<sup>th</sup>—Kathy Mitchell, famous for her Betty Crocker meatloaf and June 16<sup>th</sup>—Terri Welch, a lifelong friend of Stephanie McBride, our massage therapist, who will be making a family favorite recipe—chicken and polenta). Carol Verga is once again forecasting great weather for her barbecue on the deck of Schroeder Lofts on June 23<sup>rd</sup>. And Susan Hyne will raid the Milwaukie Farmer’s Market for fresh fresh fresh veggies and fruit on June 2<sup>nd</sup>.

## **RVChat Sunday Suppers Subgroup – Files Stored**

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Job Descriptions for all volunteer roles are posted on the website; printed copies are in a notebook in Rec Room kitchen in the cupboard above the fridge. On the Monday before a Sunday Supper, the Job Descriptions file is sent to the volunteers for the upcoming meal.

# Curry Buffet – May 12<sup>th</sup>

What's for supper?



Diners did a plate-less walk-through (while the last few hot items were cooking) to see all of the 20 options for this curry buffet.

Signs gave diners a preview and also helped the cooking crew get dishes out on the counter quickly in the “right” spot. The final item was a flavorful curry sauce (this time the recipe was tripled!).



Diners fashioned one-of-a-kind creations with unique combinations of grains, beans, veggies, proteins, and fruit.

Dessert was an array of cookies from the Green Team Bake Sale.



The cooking crew included two future residents (Pam and Linda) who learned about Sunday Suppers at the May 1<sup>st</sup> session with the new CEO. Both live within a few miles of campus so they can join RV activities easily.

## RVChat Sunday Suppers Subgroup – Files Stored

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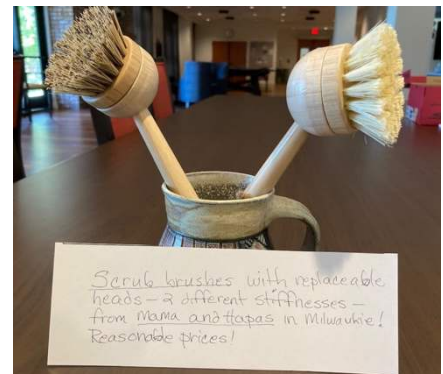
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Head Chefs complete paperwork to plan their meals. The planning form is sent to them via email and a copy is also stored on the website.



Thanks to Felicia for donating two scrub brushes from Mamas and Hapas Zero Waste Shop in Milwaukie. The heads are replaceable.

In the ongoing quest to find the best cleansing option for our dishwasher, we've switched to a dishwasher powder (also from Mamas and Hapas).



# May 5, 2024 Breakfast for Supper

Shirley Smalley offered “Breakfast for Supper” and residents reminisced about their own families’ dinner dining episodes featuring breakfast favorites (while inhaling familiar scents!).

Shirley and her team served up a pleasing array of egg dishes (velvety eggs and pizza frittata), toast, blueberry pancakes, and fruit.



A new table set-up was used for this meal. Diners assembled around one large brown table. The second table hosted the buffet (plus a toaster that was plugged into an outlet close by).





The pizza frittatas were started on the stove and then finished in the oven. Diana did double duty as the toaster of toast.



The velvety scrambled eggs started with cream in the frying pan, followed by the egg mixture and lots of slow, slow stirring and gentle cooking.



In the meantime, blueberry pancakes (tended by Felicia) were happily bubbling on the grill, ready to be paired up with a BIG jug of maple syrup.



## May 1<sup>st</sup> Future Residents Session

Future residents were invited to a meet and greet session with new CEO. Future residents are invited to attend Sunday Suppers and Susan Hyne was invited by Molly Watts to attend this session to provide more information. Photos of 2023-2024 Sunday Suppers were shown on the living room TV and Susan answered questions. Happily, several future residents will be attending May Sunday Suppers. A future resident shared that one reason she joined the waiting list was Sunday Suppers! She read about the program and decided that Rose Villa was her kind of community.



## RVChat Sunday Suppers Subgroup – Files Stored

The RVChat Sunday Suppers Subgroup was created in 2023 and is used primarily in two ways. It is not necessary to subscribe to take part in Sunday Suppers.

- 1 - The 40+ subscribers receive the **weekly Sunday Supper Updates** (newsletter) via email (FYI—the complete Updates file for the year is posted on the RVillagers.org Sunday Suppers page.)
- 2 - The RVChat Sunday Suppers Subgroup website is also used to **store files**. In the next several issues, the files stored on the website will be reviewed.

To access the files, go to <https://rvchat.groups.io/g/SundaySuppers>, enter username and password (or select the prompt if you need to reset password), then click on the Files option on the left side of the screen.

First up is a large folder of Appliance Manuals (there are also paper copies in a red binder in the cupboard above the refrigerator).



# April 28, 2024 Potluck



About 45 Rose Villans gathered for another festive potluck in the Rec Room. There was a colorful array of food (including TWO plates of deviled eggs!) and conversation. The Resident Council Middle District hosted the potluck, supplying talented volunteers for set-up and clean-up. The strategists in the crowd filled up first at the dessert table (aka the pool table).



## Sunday Supper Volunteer Job Descriptions

For each Sunday Supper, there are a variety of volunteer “jobs.” On the Monday before each Sunday Supper, job descriptions are sent to the volunteers. A copy is also in a notebook in the cupboard above the refrigerator.



## Clean-Up Crew

The Clean-Up Crew restores the kitchen to its pre-meal glory. A two-page instruction sheet is posted on the bulletin board. The job description sent to volunteers the week before includes the same info plus photos.



The dishwasher typically has a full load, plus there are cooking dishes to be washed by hand. One challenging part of the job is to decide where the clean items are put away (of course, the cooks also have a challenge trying to figure out where the clean-up crew put the dishes away). Ah, the joys of a community kitchen! Hopefully, the labels added to drawers and cupboards at the November work party help a bit.

## Laundry Volunteers

There is a second Clean-Up Crew that works “behind the scenes.” They do the laundry and put away the clean dishes the next day. These volunteers are recruited separately by Carol Baumann and they may or may not even be attending the meal they are supporting.

It takes a village to successfully stage a Sunday Supper program. Thankfully, we live in a robust village here at Rose Villa.

## May Sunday Suppers

There are openings in the May 5<sup>th</sup> meal (Breakfast for Supper), May 12<sup>th</sup> meal (Curry Buffet) and May 19<sup>th</sup> meal (Posole—Mexican Soup). To sign up, use this link <https://rvillagers.org/community-wide/sunday-suppers/> or call Susan Hyne at x3057.



**April 21, 2024**



Head Chef Walt Schaffer (wearing authentic cioppino attire) and Carol shared a “back-to-basics” meal of soup, bread, and wine.

(These two are so photogenic it was hard to pick out the BEST photo for this newsletter.)

The cioppino started with a veggie base and a “secret” ingredient (seafood broth instead of the standard chicken broth in many recipes). Walt tossed in so much seafood so fast our photographer could not keep up.





The result was delicious and fragrant (just ask anyone who opened the front door to Schroeder Lofts!).

Walt added “placemats” made from wallpaper, an inspired creation.



There's always room for ice cream wrapped in chocolate.



At the Opening Circle and into the dining hour, diners shared humorous tales. Pat is revealing the “hands on” way she and Al met at a square dance. Mac shared how he lost previous hats (#1 via a gust of wind off the Golden Gate Bridge and #2 off the Matterhorn at Disneyland); hat #3 was in attendance at the dinner, safely perched on a nearby table. Joan shared an adventurous first date with Mac (motorcycling, then flying in his plane), then explaining to her mom why she really didn't need to call the police to report a missing daughter.

## Sunday Supper Volunteer Job Descriptions

For each Sunday Supper, there are a variety of volunteer “jobs.” On the Monday before each Sunday Supper, job descriptions are sent to the volunteers. A copy is also in a notebook in the cupboard above the refrigerator.



## Cooking Crew

What does the Cooking Crew do? Basically whatever the Head Chef asks them to do. Some helpers tackle complete recipes, while others chop, mix, and blend as directed. A shift as a Cooking Crew member is a good way to preview the role of Head Chef.

## April 21<sup>st</sup> Gathering for Past, Current, and Future Sunday Supper Head Chefs and Cooking Crews

Current and future Head Chefs met to review the Sunday Supper program. First step was to view photos from the 2023-2024 Sunday Suppers (these photos will be shared at the April 28<sup>th</sup> community potluck). Then the basic steps in Sunday Supper planning, preparation, and follow-up were reviewed. Head Chefs are given lots of logistics and hands-on support so they can focus on FOOD.

**If you're interested in being a Head Chef, contact Susan Hyne at x3057.**

## April 28<sup>th</sup> Community Potluck

A resident asked—“Is the April 28<sup>th</sup> potluck hosted by the Middle District just for the Middle District?” The answer—NO. The monthly potlucks on the last Sunday of every month are **open to everyone**. Campus groups take turns hosting (which includes set-up and clean-up). The tables/chairs are set up by Rose Villa so the rest of set-up is easy. Diners do not need to sign up; volunteers who are part of the hosting group sign up on SignUp.com (<https://signup.com/go/usWqPSD>).

# April 14, 2024



Kate leads the Opening Circle.



A very congenial crowd gathered to share a colorful meal.



Diners started with the salad course spread out on the lower level of the kitchen counter. The order of the serving line was reversed from the typical flow and worked very well.



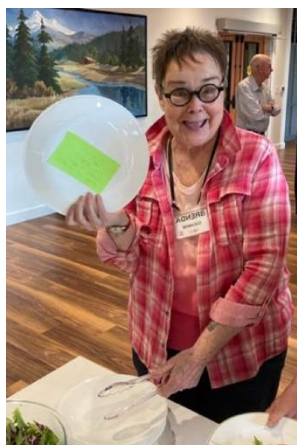
The carrot coconut soup was served to diners by Chef Val (with the new nickname "Super Healer" per her knee surgeon).



Bread and fresh fruit and cookies completed the feast.

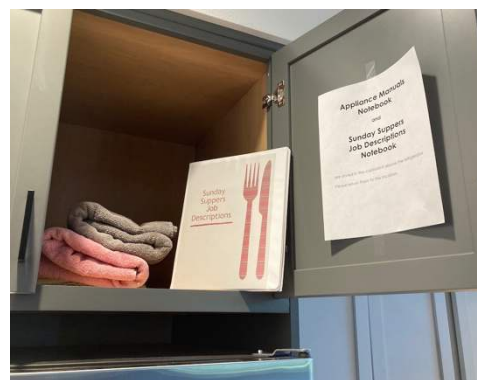


Brenda was the lucky diner who picked up the plate identifying her as Diner #222 of the 2024 Sunday Supper season. She granted an exclusive in-depth (one-minute) video interview.



## Sunday Supper Volunteer Job Descriptions

For each Sunday Supper, there are a variety of volunteer “jobs.” On the Monday before each Sunday Supper, job descriptions are sent to the volunteers. A copy is also in a notebook in the cupboard above the refrigerator.



## Head Chef

The Head Chef is the key decision-maker in Sunday Suppers. By design, they are given lots of logistics help and hands-on assistance so their primary focus is FOOD.

Head Chefs decide: date/time of meal, menu, number of diners, format (buffet, family style or combo), theme/entertainment, suggested \$\$\$ donation, and helpers needed (cooking crew, set-up, clean-up, money handler, shopper). They provide recipes for posting on RVillagers and sometimes recruit some of their crew members.

Head Chefs coordinate the cooking crew and begin the meal with an Opening Circle for introductions, announcements, and a preview of the menu. They are also encouraged to “Shamelessly lobby people to take items home” to honor the Sunday Supper motto—“No Leftovers Left Behind.” Their shopping receipts are turned into the Money Handler for reimbursement and their job is done! Bring on the Clean-Up Crew!!!

## **April 21<sup>st</sup> Gathering for Past, Current, and Future Sunday Supper Head Chefs and Cooking Crews**

The Sunday Suppers programs offers multiple opportunities for cooks and helpers to enjoy providing delicious meals for their neighbors. If you are a past, current, or FUTURE Head Chef and/or Cooking Crew member, join us to view 2023-2024 photos and share your ideas about what's next. We'll meet in the Rec Room at 1pm on Sunday, April 21<sup>st</sup>. No RSVP.

### **How to Be A Sunday Supper Volunteer**

A diner at Sunday's meal posed a basic question—how do I sign up for one of the volunteer spots with a Sunday Supper? The Sign-Up.com entry for each meal lists all of the volunteer roles plus a section for diners (who do not take on a volunteer task at that meal). When you sign up as a volunteer, you are automatically signed up as a diner (so you do NOT need to sign up twice). If you call Susan Hyne to sign up, she can review the open slots so you can make a decision.

There is another crew that supports Sunday Suppers by working “behind the scenes.” This crew is recruited each month by Carol Baumann. They do the laundry and also put away the clean dishes out of the dishwasher the following day. Their work lightens the load of the clean-up crew. If you'd like to take a laundry/dish shift, contact Carol at x3056.

Resident volunteers spruced up the kitchen at a work party last November (see [2023 Updates](#)—page 7 on RVillagers.org). If you're interested in other one-time or ongoing tasks, contact Susan Hyne at x3057.

## April 7, 2024

This was another meal of “**firsts**.”

This was the **first** Sunday Supper for new residents Wayne and Cynthia, who bravely pitched in and joined the clean-up crew. Zoe also joined as a **first**-time diner. This was Molly’s **first** shift as Money Handler. Erika (Betty Hill’s family and famous Nugget-wrangler) did set-up for the **first** time. Upon her departure, Sheila shared that this was the **first** Sunday Supper where she was a diner, not a volunteer. And Carol made these particular recipes for the **first** time.



While visiting prior to dining, Cynthia Ingebretson, Joyce Jensen, and Sheila Jakobsen (aka The Triplets) compared last names and discovered their ethnic connections and links to special locations.

Carol Verga’s meal was a beautifully orchestrated performance with many steps leading to an amazing array of colors and flavors.



Amy did precision cutting on the lemons and more.

Carol added a “secret ingredient” to the Greek salad (made with zucchini “ribbons” rather than greens).

The main dish required four large cast iron skillets. Chicken was browned in the skillets, then baked in the oven (and expertly timed by Shirley who had a very melodic timer on her phone).



Potatoes and mushrooms were added to the pans and browned. Lemons came next and green beans. Then broth and a sauce.



The Opening Circle hovered around the kitchen for the final step (chicken back on top with lids on the pans for last-minute cooking).

At two large tables, 16 diners ate family style, sharing the bounty. The meal was topped off with ice cream bars.





# Sunday Supper Volunteer Job Descriptions

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## Set-Up Volunteer

In August 2023, the Set-Up Volunteer role was created from duties originally covered by the Cooking Crew and Clean-Up Crews. Cooking Crews had taken time from their culinary duties to setup tables/chairs, linens, fill water pitchers, etc. Clean-up crews had been responsible for setting up a busing station with bins of soapy water for dirty plates, etc.

It made sense to combine those duties into a new role to free up time for the Cooking and Clean-Up Crews and provide an outlet for our creative neighbors who have a flair for decorating.

Since then, there have been a wide variety of innovative table designs.

Shirley (aka the “Rock Whisperer”) chose natural elements to decorate the table, while Corinna added flowers and a unique set-up for 12 diners.



The Set-Up Volunteer checks in with the Head Chef about their needs/timing and serving options (buffet vs. family style). The Set-Up Job Description is also posted on the bulletin board for easy reference.

## March 31, 2024 Meal Updates

### April 21<sup>st</sup> Gathering for Past, Current, and Future Sunday Supper Head Chefs and Cooking Crews

The Sunday Suppers programs offers multiple opportunities for cooks and helpers to enjoy providing delicious meals for their neighbors. If you are a past, current, or FUTURE Head Chef and/or Cooking Crew member, join us to view 2023-2024 photos and share your ideas about what's next. We'll meet in the Rec Room at 1pm on Sunday, April 21<sup>st</sup>.

### Community Potlucks

After an Easter break in March, community potlucks are resuming in April. The three Resident Council districts are hosting the next three potlucks. If your group would like to host in July, August or beyond, contact Susan Hyne (x3057).

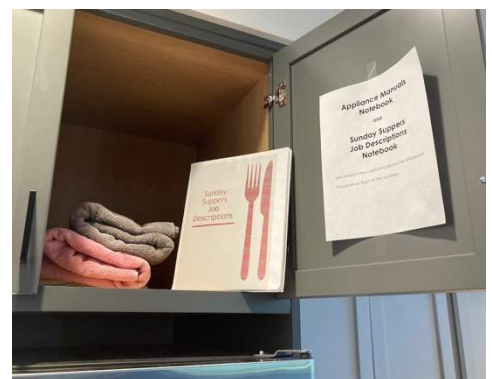
### April Meals

There are openings for diners in the April 7<sup>th</sup> and 14<sup>th</sup> meals. There is a waiting list for the April 21<sup>st</sup> meal. For the April 28<sup>th</sup> community potluck, there is **no sign-up for diners** (volunteers do sign up).

Here's the link to sign up for meals: <https://signup.com/go/usWqPSD>  
Another option is to contact Susan Hyne (x3057) to sign up.

### Sunday Supper Volunteer Job Descriptions

For each Sunday Supper, there are a variety of volunteer "jobs." On the Monday before each Sunday Supper, job descriptions are sent to the volunteers. A copy is also in a notebook in the cupboard above the refrigerator.



## Money Handler



Money Handler is a good role for newer residents as every person at the meal checks in with the Money Handler.

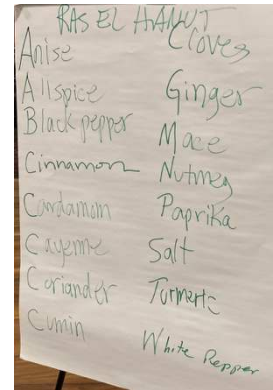
Money Handlers come to the meal about 15 minutes ahead of meal time. They are given a Money Handler notebook with supplies—a meal roster, change, forms, plus a nifty sign to wear (if they are so inclined).

They collect donations from everyone (based on a range suggested by the Head Chef, typically \$5 to \$10). The donations are tallied on a Cash Count slip.

The Money Handler also collects receipts from Head Chefs and/or Shoppers.

All paperwork and contributions are tucked inside an official Rose Villa zippered pouch and given to Susan Hyne after the meal for processing on Mondays. She drops off the deposit with the business office and submits paperwork for reimbursement checks with the Resident Council Treasurer.

## March 24, 2024



Sunday Supper diners enjoyed some special extras with Sunday's Moroccan meal. Marilyn Gottschall shared several types of Moroccan music from soothing to exuberant. Using special tea glasses, Marilyn served the traditional spearmint tea (note the amazing pouring technique with the teapot <sup>high</sup> above the glasses). The tagine (vegetable stew) included Ras El Hanut, a blend of spices (according to Google, the number may range from 10 to 100). Prompted by the first letter of spices, diners filled in the list. The hardest one to puzzle out was Mace.



The meal featured tagine—a vegetable stew (with assorted toppings—almonds, olives, cilantro, parsley, red onion), brown rice, couscous, marinated beets and cucumbers, and oranges with orange blossom water (plus a dusting of powdered sugar and a sprinkle of cinnamon) and almond cookies.



14



Set-up volunteer Sheila Jakobsen dazzled diners with a lovely bouquet (shared after Friday's Remembrance Ceremony), flowers she liberated from the garden, and authentic linens, loaned by Marilyn.

Diners dwelled on a fascinating Google-fueled discussion of the distinction between "masticate" and "macerate." You had to be there....

The Cooking Crew did lots of prep and chopping on Saturday and filled two crockpots early Sunday morning. Carol was "hands on" with the beets.



Linda tackled both the couscous and the brown rice (using our fabulous rice cooker for the first time).

The jubilant Cooking Crew was happy to turn over the kitchen to the clean-up crew.



**Q&A:** The back side of each Sunday Supper flyer includes a Questions & Answers section. Q&A topics will be covered in Updates for the next few weeks.

***How can I learn more about Sunday Suppers?***

*Watch for flyers on the 20<sup>th</sup> of each month. Check RVillagers for weekly updates and photos or join the Sunday Suppers subgroup on RVChat.*

When the flyers come out on the 20<sup>th</sup> of each month, the sign-ups “go live” so residents can sign up to eat and volunteer for specific meals.

The weekly Updates are posted on RVillagers.org, posted on the RVChat Sunday Suppers subgroup website, and also sent to subscribers to the subgroup (you do NOT need to subscribe to the subgroup to take part in Sunday Suppers). The collection of 2023 Updates is also posted on RVillagers.org so you can review past meals and past announcements about fascinating topics like the location of pots and pans in the kitchen.

## **Where oh Where???**

Items in the living room cupboards have been shuffled to make space for paperback shelving.



The back-up supply of leftover containers is set up on cardboard trays for easy transport to the kitchen pantry cupboard.

The warming trays are under the Potluck Supplies box.





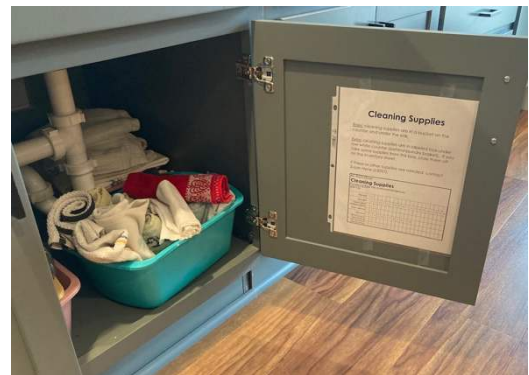
Plastic tablecloths have been added to the “rectangular tablecloth” cupboard.

The box of cleaning supplies is now under the lower counter (access it by lifting the curtain on the dining room side).

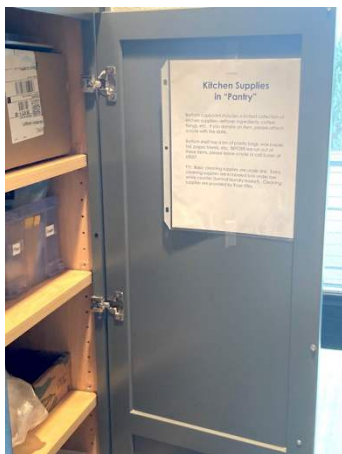


Remember to check off items taken on the yellow inventory sheet.

An updated sheet is taped to inside of sink cupboard. Locations of cleaning supplies are listed.



Plus there is an updated info sheet on the inside of the “pantry cupboard” (the cupboard by the window).



# March 17, 2024

Back for an encore holiday performance, Head Chef Norma Martin and her energetic kitchen crew shared their culinary talents to help residents celebrate St. Patrick's Day.



From the green décor (featuring green linens and live Shamrock plants) to the menu to resident's attire, it was clear this is a spirited holiday at Rose Villa.



Preparations started Saturday as Norma baked two beautiful loaves of Irish Soda Bread (it's a "quick" bread, but rises very high due to soda plus buttermilk).





Norma peeked into the oven to check the bread and the corned beef (which had simmered slowly in a crockpot all day), plus the cabbage on the stovetop before assembling the Opening Circle. She shared the menu plus some of her family's secret tips (mustard, HOT fresh horseradish plus a splash of vinegar added to the cabbage at the table).



The results were delectable and diners were VERY happy they went home with leftovers.



Another totally authentic bona fide "real-deal" genuine Irish dessert (mango and raspberry sorbet) topped off the meal. The cooking crew is expertly double-scooping frozen treats into petite mugs.

**Q&A:** The back side of each Sunday Supper flyer includes a Questions & Answers section. Q&A topics will be covered in Updates for the next few weeks.

**What are the Covid precautions at Sunday Suppers?**

- *If you are ill or have been exposed to Covid, stay home*
- *Keep vaccinations/boosters up to date*
- *Wash/sanitize hands*
- *Wear masks if desired*

Covid precautions have changed over time. When Sunday Suppers began in January 2023, residents were masking (except when eating), and spreading out in the dining room, sitting at more tables with fewer people. Now, masking is optional and the typical table set-up puts 12+ residents dining at one large table (actually two tables pushed together).

The general precautions about vaccinations/boosters and hand washing have stayed the same. Following the advice to stay home when ill or exposed to Covid, residents now have the option to have their Sunday Supper delivered to their door.

**Gathering for Past, Current, and Future Head Chefs**

What topics would you like to see covered in a gathering for past, current, and future Sunday Supper Head Chefs? Send ideas for topics, and dates/times to Susan Hyne (x3057).

## Meal Updates

There was not a Sunday Supper on March 10<sup>th</sup>, but sign-ups are full for Norma Martin's March 17<sup>th</sup> St. Patrick's Day feast, and a Moroccan menu on March 24<sup>th</sup>. The April schedule is firming up and the flyer will go out on March 20<sup>th</sup>.

**Community potlucks** were held the last Sundays in January and February (we are skipping March because it is Easter). Approximately 50 residents attended each gathering.



Resident groups act as hosts to provide set-up and clean-up. The Sunday Suppers program handles publicity, room set-up coordination with RV, and other logistics.

The three Resident Council districts will be hosting three community potlucks this spring/summer:

April 28<sup>th</sup> – Middle District

May 26<sup>th</sup> – South District

June 30<sup>th</sup> – North District

If your group would like to **host a future community potluck**, contact Susan Hyne at x3057.

The **Sunday Supper job descriptions** have been revised slightly and photos have been added to the clean-up section. Future issues of this Updates newsletter will review the Sunday Supper volunteer roles.

**Q&A:** The back side of each Sunday Supper flyer includes a Questions & Answers section. Q&A topics will be covered in Updates for the next few weeks.

***How do I learn about recipes/ingredients?***

Go to <https://rvillagers.org/community-wide/sunday-suppers/>

Recipes and/or ingredients for Sunday Suppers are listed on RVillagers before the monthly flyer goes out so prospective diners can check out what is offered and happy diners can get recipes they liked at their meals. There are several sections on RVillagers with information about current and previous meals. In 2024, there is one file per month rather than one file per meal.

Click this link to see recipes/ingredients for future meals —>

[February's Ingredients and Recipes](#)

[March's Ingredients and Recipes](#)

Click this link to see recipes/ingredients for previous meals —>

[Previous Sunday Suppers](#)

**Feedback on Dishwasher Tablets**

To troubleshoot problems with dishwasher performance, we started a trial period of using dishwasher tablets (compressed powder).



At least once, a tablet made it out of the little compartment, but perched undissolved at the bottom of the dishwasher (did it get ejected at the end of the cycle???) Sometimes dishes (especially plastic leftover containers) have had streaks. If you have any feedback to share, please contact Susan Hyne at x3057.

## March 3, 2024 – Betty Crocker Buffet

This meal had an extended design phase as more and more suggestions were offered for menu options. Perhaps a second Betty Crocker meal is warranted (months and months later when the sugar high wears off).

A team of cooks conspired to make this memorable feast. Some parts of the menu required lots of assembly and others took advantage of boxed/canned items.



Long carrots made very long carrot curls. They nestled in ice water for several hours along with celery fans. Pigs-in-a-blanket rounded out the appetizer course. Who knew that New Seasons stocked Pillsbury crescent rolls?

The meatloaves were expertly mixed, layered, and rolled by Kathy Mitchell. Marti Franc (who lives across the hall and does not even charge for the use of her oven) tended the meatloaves.



The scalloped potatoes filled three pans and yielded many “yummmms” from the crowd. They paired beautifully with the pinwheel meatloaves and steamed broccoli.

Andrea Drury delighted diners with TWO gelatin molded salads. New resident John Flenniken shared his expertise in “unmolding” the salads onto beds of lettuce. Unfortunately, our photographer (alias Head Chef) pushed the wrong buttons and failed to get a video of this transformative performance.



On the easier end of preparation, Dave Dobak donned a disguise and snuck into Fred Meyer to buy a Betty Crocker boxed cake mix, plus frosting in a can. Then he daringly bought boxes of butterscotch pudding. He provided “certificates of authenticity” (box labels) to verify we were eating the REAL DEAL.

Amazingly, we discovered a can of whipped cream in the Rec Room fridge and were able to add more sugar and fluff on top of our desserts.



Diners did NOT complain about having two desserts (even when slices of cake flipped and landed frosting first on their plates).

## **Sunday Supper Video**

A new Sunday Supper video is posted on RVillagers. A videographer crew made two visits lasting about two hours to make this clip, which is less than two minutes long.

Follow this link to the Sunday Suppers page on RVillagers.  
<https://rvillagers.org/community-wide/sunday-suppers/>

Then click on the video (Living in Community, Susan).

**Q&A:** The back side of each Sunday Supper flyer includes a Questions & Answers section. Q&A topics will be covered in Updates for the next few weeks.

### **How much do meals cost?**

*Suggested donations are set by each Head Chef based on the menu. Diners pay cash or check at the meal on a sliding scale based on their appetite and budget. Our Motto is "No Leftovers Left Behind!" so diners will take home extra food. Donations pay for ingredients; surplus is used to fund kitchen items. Sunday Suppers are NOT included in our \$130/month meal account or billed to monthly fees.*

All participants in a Sunday Supper are asked to make a donation to cover food costs. The Head Chef typically gives a range for the suggested donation (like \$5 to \$10). Contributions are flexible, based on your appetite and budget.

There are usually leftovers so folks can go home with extras for another meal. Diners are pretty good about honoring the Sunday Supper motto "No Leftovers Left Behind." There is an ample supply of leftover containers in the kitchen plus a huge back-up supply in the living room.

## February 25, 2024

The **second community potluck** of 2024 was hosted by Weaving Rose Villa.

At the opening circle, Weavers greeted about 45 diners and gave a quick overview of their weekly drop-in group (supplemented by information cards at each place setting). Weavers sat at each table to answer questions.



Photos of community events and projects were shown on the living room TV.

Two gift bags with books, cookies and weavings were given away in a drawing.



In the space of about 15 minutes, the main serving line went from “open for business” to a “full house.” Desserts and beverages filled the pool table.





With the new serving set-up, diners went out the north doors of the Rec Room, back down the hallway, through the double doors at the front of the Rec Room, and down the two-sided serving line.



The two-sided serving line was a “tweak” after the January potluck. What will be changed after the February potluck?????

**No potluck in March....** The last Sunday of the month is Easter, so residents are encouraged to enjoy the day with family and friends. In April, the Middle District of the Resident Council will host the potluck.

### **Openings in all FOUR March Sunday Suppers!**

March 3<sup>rd</sup>: Enter the “way back” machine and enjoy those yummy home-cooked dishes from your favorite Betty Crocker cookbook (meatloaf roll, scalloped potatoes, gelatin salads, cake and pudding PLUS carrot curls and pigs in a blanket).

March 10<sup>th</sup>: Sweet ‘n Sour chicken and veggies over rice will warm your tummy and tease your tastebuds; this meal also features the low, low suggested donation of \$3 to \$5.



March 17<sup>th</sup>: Wear green and celebrate St. Patrick's Day with corned beef and cabbage plus Irish Soda Bread and more.

March 24<sup>th</sup>: Veggies and spices galore simmer all day in a crockpot for Moroccan Vegetable Tagine, all for only \$3 to \$5.

**Q&A:** The back side of each Sunday Supper flyer includes a Questions & Answers section. Q&A topics will be covered in Updates for the next few weeks.

**How do I sign up to eat and/or volunteer?** Use link at <https://rvillagers.org/community-wide/sunday-suppers/> or call Susan Hyne at x3057 by the Friday before each Sunday meal. Volunteers sign up for ONE slot; all volunteers are automatically signed up to eat. Volunteer slots: Head Chef, Cooking Crew, Set-Up, Clean-up Crew, and Money Handler. SignUp.com sends a confirmation email at sign-up and a reminder email before the meal.

The sign-up link is posted on RVillagers.org so you can easily find it without needing to track down a Sunday Suppers flyer. If you sign up for a volunteer slot, you are automatically signed up to eat (no need to sign up under two categories).

When you sign up, you can indicate the number of people in your party (and they don't need to sign up separately). One Rose Villa resident sometimes signs up for two spots, and then later recruits a friend to join her for the meal.

The volunteer duties and time slots should always be double-checked with the Head Chef. Generic information is entered in order to create the sign-up info for each meal, and the Head Chef may make changes based on the needs of the meal (for example, meal prep for a crockpot meal would be earlier in the day).

When residents sign up, SignUp.com sends a confirmation email. There will also be a reminder email two days before the supper.

You can also sign up by calling Susan Hyne. The only caution is that you may not reach her in a timely fashion and some meals fill up fast.

One more tip about sign-ups.... The meal sign-ups go "live" on the 20<sup>th</sup> of the month when the new monthly schedule appears. This timeline is highlighted on the Sunday Suppers page on RVillagers.org.

To be on the waiting list for a meal, contact Susan Hyne (x3057).

## February 18, 2024

A new team of Head Chefs made their cooking debut at Sunday Suppers. Lynn Thomas and Linda Burk paired up to offer two variations of chili (vegetarian and turkey), along with cornbread, chips, salad, and a berry crisp.

A third cook was unable to take part so two diners stepped in and made two batches of cornbread.



And now we have the answer to the question of the ages—how many Rose Villans does it take to transport a pot of chili to the Rec Room? The answer—THREE, two to hold the pot and one to open doors....

Head Chef Lynn Thomas revealed a secret technique for countering the bitterness of radicchio—soak it in ice water for several hours.



The chili chefs served straight from the pots and diners added toppings, including some red pepper flakes.

Linda dished up dessert...



...and 14 diners enjoyed a colorful, flavorful meal on a community table decorated with a "treasure bouquet" that came from...you guessed it—the Treasure House.



**Q&A:** The back side of each Sunday Supper flyer includes a Questions & Answers section. Q&A topics will be covered in Updates for the next few weeks.

**Who can attend?**

*Current/future residents and their guests are welcome to attend once, occasionally, or often. As a welcome to Rose Villa, new residents are treated to a free Sunday Supper meal after they move in. All meals start with an Opening Circle to introduce ourselves, preview the menu, and share announcements.*

Sunday Suppers are open to current AND future residents AND their guests. One future resident joined in the conga line at a May Sunday Supper; perhaps she now thinks we dance and dine weekly!

In 2023, a total of 12 new residents were treated to a free Sunday Supper (paid for by our Resident Council). The casual atmosphere, good food, and community spirit at Sunday Suppers offer a nice introduction to life at Rose Villa.

There are now TWO dinner bells used to round up diners for the Opening Circle. Brief introductions are followed by descriptions of the menu/dishes and special tips.

## February 11, 2024

On February 11<sup>th</sup>, the Rec Room was transformed into a sports bar with a BIG screen for **Super Bowl** fans so there was no Sunday Supper....just lots of cheering fans, a table filled with snacks, and a very exciting game that went into overtime.

In last week's issue of Updates, readers were asked about this multi-tiered object. Pam Duren replied—a lunchbox. Jean Coberly added—tiffin. Per Wikipedia, "**tiffin carriers or dabbas are a kind of lunch box** used widely in Asia and the Caribbean. Normally these containers come with two or three tiers, although more elaborate versions can have four. The bottom tier, sometimes larger than the others, is the one usually used for rice. Tiffin carriers are opened by unlocking a small catch on either side of the handle. Tiffin carriers are generally made out of steel and sometimes of aluminum, but enamel and plastic versions have been made by European companies."



In early February, your input was requested on **Dishwasher Detergent Options for Rec Room Dishwasher** (plastic pods vs tablets vs gel/liquid vs powder).

Here's a quick recap....

**The Problems**—Users flagged ongoing problems that result in having to wash a load of dishes a second time (detergent compartment not opening, pods not being dispensed from detergent compartment, pods not dissolving).

### **The Criteria for dishwasher detergent—**

- Has low impact on environment (microplastics from plastic pods, chemicals in detergents, et.)
- Works well with our dishwasher (detergent is dispensed, dishes are clean, etc.)
- Is easy to use (multiple Clean-Up Crews)
- Is reasonably priced

**Here's what residents had to say....**

Option	Pros	Cons
Liquid/gel	Works well (jug is recyclable) Use with dispenser door open Good compromise between pods and powders Even if dispenser door doesn't open, some gel can dribble out during cycle	
Pods	Tidy Doesn't take additional instructions, so good for multiple users Never had any trouble (has Bosch dishwasher)	Microplastic concerns Do not dissolve completely Sticks to your wet fingers
Powder	Generally gets dishes clean	More likely to scratch items like glasses Glassware may need an extra rinse

**Extra tips for dishwasher:**

Pre-rinse dishes or soak overnight in soapy water.  
Keep dispenser hopper and door clean and dry.  
Use longer wash setting or extra rinse.

**Next steps...**

On a trial basis, we are going to try “none of the above.” Clean-up crews will use “Dishwasher Tablets” from Mama & Hapa's Zero Waste Shop. Feedback will be requested when we finish the bag of 28 tablets.



# February 4, 2024

A talented cooking and set-up crew staged a festive and aromatic meal (mmmmm—curry!). George and Donna Converse had lived in Malaysia for two years and fell in love with the cuisine. Fortunately for us, they shared some amazing dishes at a Sunday Supper.



The dining tables were decorated with Donna's linens, which looked beautiful against the dark wood of our large tables.



Diners went through a buffet line and piled plates with a delectable combo of chicken and tofu satay, yellow rice (variant of Indian Biryani), and marinated cucumber salad.





Chicken satay is traditionally cooked on skewers and served with peanut sauce. George and Donna opted to bypass the skewers and quickly bake the chicken and tofu in the oven.



One diner said it was the best tofu she had ever eaten and vowed to check out the recipe (posted in the Sunday Suppers section of RVillagers.org).



Almond cookies and almond float (sweet milk gelatin with mandarin oranges) completed the meal.

An interesting device appeared on the coffee table. Send your guesses—what is it and what is it used for???? Answer will appear in the next issue of Updates.



Sometimes life intervenes and your plans to attend a Sunday Supper are disrupted at the last minute by illness. Never fear! Dinner can be delivered to your door. Contact Susan Hyne (x3057) to make arrangements.

## January 28, 2024



The first **Rose Villa community potluck** in many years was held the last Sunday of January. About 50+ residents attended the potluck, filling the Rec Room with delicious food and laughter.

Residents had three options—make a dish or buy a dish or contribute \$2-3 toward a shared fruit plate.



A different resident group hosts the potluck each month—the Water Volleyball Team stepped up to start the year off with a splash! (love that water humor....) Note all those black/red water volleyball jerseys in the Opening Circle.



Slides and videos on the Rec Room TV featured entertaining volleyball action (including footage from the annual match with the staff). The team used to play with a very LARGE beachball and switched to a smaller, faster white/black ball after a match with Willamette View (we liked their ball so much they gave us one as a gift and we bought more and more and more—got to have extras for when we hit balls into the hot tub).

The pool table (with plastic tablecloths on top) was home to the desserts. One enterprising resident made that his first stop—no waiting in line.



The main/hot dishes were on the kitchen counter. The oven and the stovetop were used to keep some dishes warm.

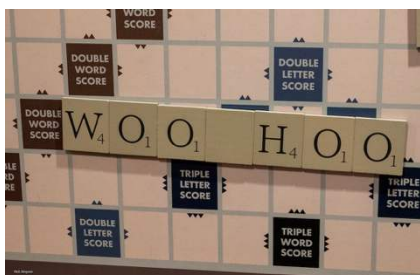
The appetizers, salads and extras filled out a third table.

Although there were lots of leftover containers so diners could take home food (in keeping with the Sunday Supper motto of “No leftovers left behind”), there were very few leftovers! Diners had big appetites.

In debriefing the potluck, it was noted that the flow of the serving line needed to be tweaked and signage needed to be larger (and two-sided). The layout of tables/chairs in the room will also be revised.



Join us on February 25<sup>th</sup> to see the “new and improved” potluck process. Hosts will be members of Weaving Rose Villa, a new(er) campus group.



P.S. See link for more of Rick Simpson's potluck photos  
<https://ricksimpson.smugmug.com/Rose-Villa/2024/01-28-First-Potluck-Supper>

### Upcoming meals....

The February 4<sup>th</sup> and February 18<sup>th</sup> meals are “sold out” and there is no Sunday Supper on February 11<sup>th</sup> so the Rec Room can be used for a Super Bowl watch party. The March Sunday Supper schedule is being finalized. Look for an English High Tea, a St. Patrick's Day celebration, and a Betty Crocker buffet, and one more meal (TBD). The last Friday of March is EASTER, so there will NOT be a potluck that Sunday.

## January 21, 2024

A **veggie-intensive meal** greeted residents after a week of winter-weather isolation. A corn chowder with a hint of curry and coconut was served at the dinner table. Before shopping, the Head Chef decided to triple the recipe. This proved to be a sound choice as diners had seconds and took soup home.



A cabbage salad featured raw grated butternut squash plus lots of flavorful additions (jalapenos, cilantro, green onions, shallots, tamari, sesame oil and more). For the second salad, sprouted lentils were combined with grated carrots, walnuts and a lemon dressing.



A Kalamata olive spread added a bit of zing to buckwheat and sweet potato tortillas, made fresh with a tortilla press. Diners were asked to guess the ingredients in the olive spread (tapenade)—kalamata olives, red onion, capers, lemon juice, mustard, garlic, thyme, oregano, olive oil and salt/pepper.

Two types of biscotti arrived before dinner, courtesy of Schroeder baking queen Jane Eggerstedt. Delicious!

The cooking crew did lots and lots of chopping and Cuisinarting. Carol stepped in an hour before dinner to press tortillas and keep two frying pans going at the same time so the crew could finish up the rest of the meal.



The [\*\*RVillagers website has a Sunday Suppers page\*\*](#) with lots of information on meals. The page was recently revised to make it easier to use. At the top is the link to sign up to dine and/or volunteer. You can also find links to the monthly flyer, a Q&A document, recipes from future and previous meals, and the weekly Updates newsletter (for 2023 and 2024). While you are at RVillagers, wander around the site. It is a fascinating source of information about individual neighbors and our community overall.

**A crew of “laundry volunteers”** supports the Sunday Supper program by doing the kitchen laundry and putting away the clean dishes the next day. These chores were originally part of the clean-up crew duties. Carol Baumann has taken on the coordination of the laundry volunteers. She recruits volunteers and schedules them on a monthly basis. All of these volunteers are generously offering extra time to support our meals, even though they may not be attending the meal they are assigned to. A big THANK YOU to these neighborly neighbors.

Another volunteer has stepped up to clean out the dishwasher drain on a monthly basis. It truly takes a village!

## January 14, 2024

The **Indonesian meal planned for January 14<sup>th</sup>** was rescheduled to February 4<sup>th</sup> due to the snow/ice storm. Unfortunately, two residents who had signed up were unable to make the switch, but fortunately their spots were taken by two residents on the waiting list. First-time Head Chefs Donna and George Converse attended a few Sunday Suppers and raised their hands to head up a meal.

The **February Sunday Supper schedule** will be coming out on January 20<sup>th</sup>. There is no meal on February 11<sup>th</sup> so the Rec Room can be used for a Super Bowl gathering. The February 18<sup>th</sup> Sunday Supper features another new team of cooks—Lynn Thomas and Linda Burk.

Starting in January 2024 the **last Sunday of each month is a community potluck**, open to all residents with **NO SIGN-UP** needed.

Jean Coberly, RV's acquisitive archivist, shared a flyer from a 2012 potluck. This session was held in the "old" dining room followed by a movie in the "old" lobby.

In the past, potlucks were also held in the Rec Hall and in the Heirloom.



Potlucks will now be held in the Rec Room so we can take advantage of the large space and the well-equipped kitchen. Residents will be able to use the microwave, oven, and stove-top burners if desired.

Residents are asked to bring...

- A homemade dish **OR** a store-bought item to serve 6 to 8 people
- **OR** donate \$2-3 at the potluck toward a shared fresh fruit/veggie platter
- Plate/bowl/glass/silverware (some extras available from the Rec Room kitchen)
- Beverage of their choice

The Sunday Supper motto is “no leftovers left behind!” Take-out containers will be provided so leftovers can be easily shared with neighbors.

The potlucks are designed so that a different group serves as “host” each month. Hosting means providing a point person and six helpers for set-up and clean-up plus volunteers for any special features offered by the hosting group. If desired, the hosts can add their own twist to the potluck—music, videos or slideshows on the TV, games, themes (family recipes, etc.), costumes, whatever....

The hosts will be supported with easy-to-follow information sheets and I will be on-site to assist. Set-up and clean-up volunteers would put in an hour or so of help on the day of the potluck. FYI—a separate group of Sunday Supper volunteers coordinated by Carol Baumann handles the laundry and puts away dishes the next day.

We will learn what works best after the January potluck. Here's hoping for good weather!

If your group would like to host a future potluck, please contact me. (I swear I can already “hear” the choir nudging us to “sing for our supper.”)

P.S. If you need a **quick clean-up** in the kitchen, there is an ample supply of rags (small/large) in the cupboard below the sink (all clearly marked as RAGS) and a new supply of paper towels (stored in several spots).

# January 7, 2024

Shirley Smalley served as Head Chef for the first Sunday Supper in 2023 **AND** 2024. On January 7, 2024, she dazzled diners with an amazing homemade sauce, plus meatballs, spaghetti, salad, and gelato. The secret ingredient in the sauce (cinnamon) fooled neighbors who popped into the Rec Room on Saturday after Shirley's sauce was cooling in the fridge and left convinced that someone had been baking cookies.



At the Opening Circle, Shirley shared tales of how she learned authentic Italian cooking from Italian neighbors (in exchange, she gave them lessons in baking bread).

Diners started on a salad course while the pasta was cooking.

Is the pasta done???

Shirley popped a noodle in her mouth and proclaimed—not yet!







Diners lined up to scoop meatballs and sauce over pasta. Note the nifty ladle that has a hook at the end so it can't fall into the pot! Add some toasted garlic bread and the second course was underway. Gelato (four flavors) completed the meal.

A diner paused before diving in to allow a quick photo of the main course.

What a great menu for a cold winter's night.



Several first-timers and a guest came to their first Sunday Supper, including our two newest residents, Penny and John Flenniken (unit 335). Our Resident Council gives new residents a FREE Sunday Supper. Plus two diners who were ill had their meals delivered so they also got to enjoy the meal.

All diners were pleased that there was lots of meatballs and sauce to take home. There was even some gelato left over which mysteriously disappeared very quickly.

### **2023 Year-End Tallies**

Year One of Sunday Suppers was a great success!!! The numbers tell (part of) the story:

- 39 meals
- 556 plates of food
- 159 different residents (including 12 new neighbors who received a FREE Sunday Supper funded by the Resident Council)

According to SignUp.com (the website used to schedule diners and volunteers), we were in the top 10% of sign-up organizers.

The numbers show a high level of participation in the program, but the greater benefit is the community spirit and connections that were sparked as a result of sharing meals (and chores). May we continue to enjoy our time TOGETHER....

## NEW Rice Cooker

Thanks to Suzanne Townsen, the Rec Room kitchen now has a NEW Rice Cooker. This unit has a Keep Warm setting that will hold rice at a safe temperature for hours. Our rice cooker is stored under the stovetop burners. Check the cupboard door for a 2-sided sheet with cooking instructions and cleaning instructions. Take the sheet out of the pocket and return after use.



## Dish Soap

At the November work party, labels were added to several key items in the kitchen. The hand soap is now clearly labeled. Dish soap was transferred from a larger bottle which was hard for arthritic hands to



manage to a smaller squeeze bottle (also clearly labeled). When it's time for a refill, please refill this smaller bottle. Extra cleaning supplies are stored under the sink and in the living room cupboard; please check items off on the inventory sheet (in the supply box in the cupboard) so it's easy to replenish when needed. Or, you can just leave a note on the counter about what is needed.

## “No Leftovers Left Behind”

The Sunday Supper motto is **“No Leftovers Left Behind”** so there is an ample supply of leftover containers for residents to take home extra food. When you drop off donations, please put them in the box labeled **“Donation Box for Leftover Containers.”** The box can (usually) be found on the bottom shelf of the 3-shelf cart.

Leftover containers are sanitized in the dishwasher, then matched with lids and stored on trays/boxes. There are three trays in the pantry cupboard next to the window. There are six more trays/boxes in the living room cupboards. Thanks to the work party crew for labeling the boxes and to residents for donating containers. Hopefully many containers will be used at upcoming potlucks so we can extend the fun of sampling lots of different food.

