

Sunday Suppers Updates

Sunday Suppers Updates are posted on the Sunday Suppers page on RVillagers.org and on the RVChat Sunday Suppers subgroup website. Entries are listed with the most recent update first.

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 5th meal (Breakfast for Supper), May 12th meal (Curry Buffet) and May 19th 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.

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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 21st 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 28th 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 28th Community Potluck

A resident asked—“Is the April 28th 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.



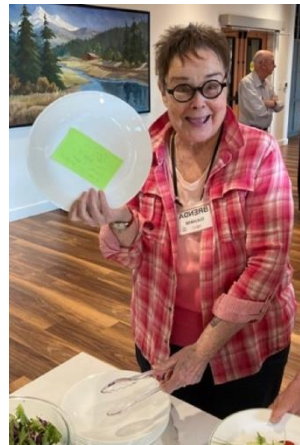
The carrot coconut soup was served to diners by Chef Val (with the new nickname "Super Healer" per her knee surgeon).



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.



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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 21st 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 21st. 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. Erica (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.



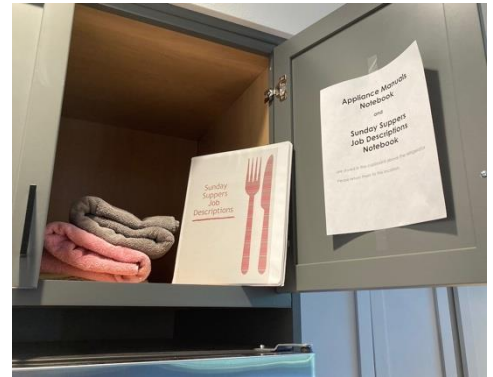
The Opening Circle hovered around the kitchen for the final step (chicken back on top with lids on the pans for last-minute cooking).

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



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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 21st Gathering for Past, Current, and Future Sunday Supper Head Chefs and Cooking Crews

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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).

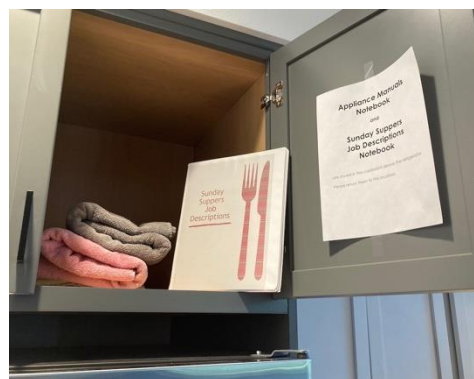
April Meals

There are openings for diners in the April 7th and 14th meals. There is a waiting list for the April 21st meal. For the April 28th 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.

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Money Handler



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

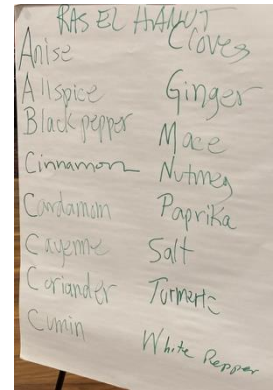
Money Handlers come to the meal about 15 minutes ahead of meal time. They are given a Money Handler notebook with supplies—a meal roster, change, forms, plus a nifty sign to wear (if they are so inclined).

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 ^{high} 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 20th 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 20th 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.





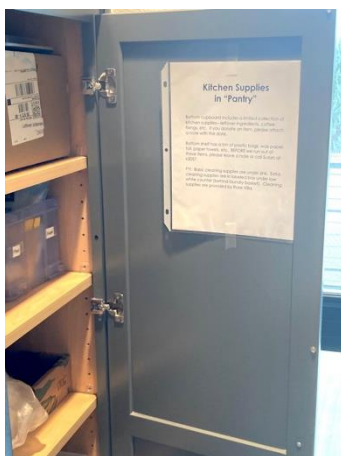
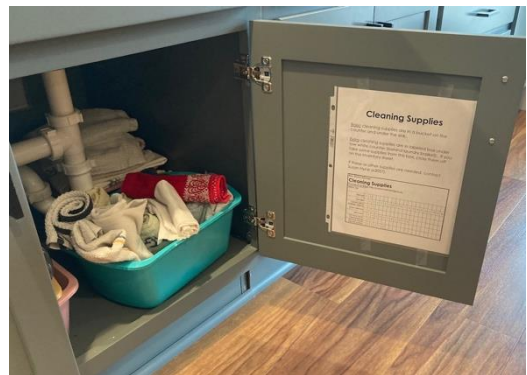
Plastic tablecloths have been added to the “rectangular tablecloth” cupboard.

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.

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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 10th, but sign-ups are full for Norma Martin's March 17th St. Patrick's Day feast, and a Moroccan menu on March 24th. The April schedule is firming up and the flyer will go out on March 20th.

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 28th – Middle District

May 26th – South District

June 30th – 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.

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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).

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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 3rd: 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 10th: 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 17th: Wear green and celebrate St. Patrick's Day with corned beef and cabbage plus Irish Soda Bread and more.

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

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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 20th 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.



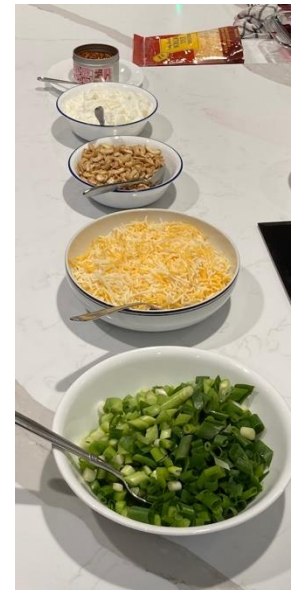
And now we have the answer to the question of the ages—how many Rose Villans does it take to transport a pot of chili to the Rec Room? The answer—THREE, two to hold the pot and one to open doors....

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.



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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 11th, 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 R Villagers.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.

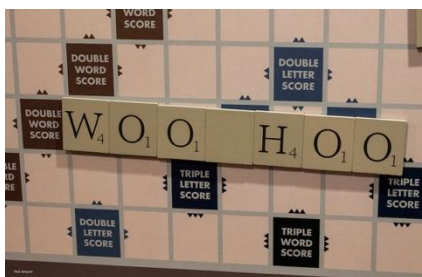
The appetizers, salads and extras filled out a third table.

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 25th 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 4th and February 18th meals are “sold out” and there is no Sunday Supper on February 11th 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 14th** was rescheduled to February 4th 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 20th. There is no meal on February 11th so the Rec Room can be used for a Super Bowl gathering. The February 18th 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.

