

The Culinary Academy



The Culinary Academy has been going full swing. We have three groups attend one class per week. We are learning to make main dishes, salads, deserts, breads, and different ways to prepare vegetables. Each group has a different recipe to prepare. Some are variations of the same recipe with different skill sets. Every participant of the Culinary Academy is given a copy of all the recipes for the week.

We try to focus not only on fresh ingredients from our garden, but on something they can make at home as well. We also experiment and create our own variations on a recipe. The recipe below was created by the members of the Culinary Academy. It is a Zucchini Muffin with a light taste of chocolate.



Activity Center Chocolate Zucchini Muffins

- 1 cup oil
- 4 eggs
- 1 cup milk
- 2 cups sugar
- ¾ cups unsweetened cocoa powder
- 2 Tablespoons vanilla
- 1 teaspoon baking powder
- 2 teaspoon baking soda
- 3 cups shredded zucchini
- 4 cups all-purpose flour

Directions

Mix oil, eggs, sugar in mixer until blended. Add milk, cocoa powder, baking powder, baking soda and vanilla. Mix well. Add this mixture to shredded zucchini and mix. Slowly mix in flour.

When thoroughly blended, put in muffin tins. Bake 350 degrees for 20 minutes.

Please feel free to add chocolate chips to the recipe if you would like more chocolate.



Culinary Academy participants
Lisa Davies & Linda Robertson



Craig's Corner

Well, the summer's over and now we're headed full steam into what's always been the busiest time of the year!

With the string of upcoming holidays - Halloween, Thanksgiving, Christmas and New Year's Day all in rapid succession, the excitement levels are beginning to rise! The Activity Center has plans set to present a variety of activities centering on these holidays.

We'll be having our annual Halloween party and costume contest, prepare a grand Thanksgiving lunch,

make centerpieces for the Consumer Holiday Party in early December, and review the past year and make resolutions for the New Year!

Our summer garden was a great success and now we've been transitioning to planting winter crops. Our three Culinary Academies are looking forward to preparing the expected kale, potatoes, onions, beets and more to come out of the garden over the coming months.

Our two adjunct Community Day Programs continue to do fine work at Friedman Brothers and Shades

Unlimited work sites. This program affords Activity Center participants an opportunity to substitute when there are absences, giving more folks real-life work experiences. It's a real win-win for all involved!

So, as we gear up for the times ahead, we want to wish you and yours a "Happy Run to the End of the Year" Have fun!! You can be sure we will!



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NORTH BAY INDUSTRIES

The Enterprise
Our voice, our thoughts, our choice...

All interviews, opinions and ideas brought directly to you by NBI Activity Center & Community Day Program Participants.

What have we been up to?

This year we brought back our summer interns. Caitlyn Young (senior at Ole Miss) and Morgan Gates who continues to substitute in the AC/CDP Programs. The consumers enjoyed the time spent with these young ladies and staff appreciate their creative insights into our program.

We continue theme based activities based on consumer input. Activities include; food related days such as National Pancake day, Popcorn Day, Nacho Day and Zucchini Day. We also enjoyed celebrating events in food history with Julia Child's Birthday.

We learned about the ozone layer, women's equality, comet Hale-Bopp, as well as many different president's birthdays, Admission Day, Patriot Day to the introduction of many states such as Wyoming entering the union. We celebrated the birthdays of many famous individuals such as Leif Erikson, Neil Armstrong, Michelangelo, Elvis, Walt Disney, Jim Henson, Meriwether Lewis and M. C Escher.

We also learned about technology, Farm Animals, the solar system, and the world of reading by celebrating National Book Lover's Day and National Library Day. We have enjoyed read along novels written by Rick Riordan, Kathy Reichs and Ridley Pearson.

We have ongoing production from True Leaf, Hydrofarms and Savoir Faire supervised by Phyllis Armstrong.

Many of our creative art projects were entered into the Sonoma County Fair.

Welcome New Friends



New consumers: Jason Peters & Brittany Piper
(Josh Patton not pictured)

New participants to the Activity Center are Jason Peters, Josh Patton and Brittany Piper.

Jason Peters came from Sonoma County Office of Education as a recent graduate in December.

Josh Patton came from AIM in Solano County. He recently returned to the area and joined us at NBI.

Brittany Piper is also a recent graduate from SCOE. She lives in Rohnert Park with her family. She likes coming to NBI. "I like to visit with Vernon, color and watch movies." Her favorite activity is music.

Day Program closure dates

- November 11th for Veteran's Day
- November 27th & 28th for Thanksgiving
- December 24th, 25th, & 26th for Christmas
- January 1, 2015 for New Years Day.

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High Fives

This year the Activity Center and CDP started a new program called the High Five! Consumers who do something nice or positive for someone else in the program are given a slip of paper by their supervisor with their name and an explanation of what they did. These slips of paper are placed in our high five jar and three lucky names are pulled out each month. The winners receive a gift card. Past winners have received cards from Target or Starbucks.



Pictured Left:
Charles Brunton, Liz Sutton and Morgan Gates



Pictured Right:
Patricia Martin, Liz Sutton and Kathy Romano

Picking the winners.....



Consumer Art:
left by Brandon St. John & right by Ellen Marsello



And the winner is... Kathy!

Program Fun



Activity Center make-up class with Supervisor Morgan Gates

Some of the most favorite activities include the Holiday Barbeques. The AC/CDP celebrates Memorial Day, Fourth of July, and Labor Day with their traditional barbeques of hamburgers and hot dogs. Roger Korth stated, "They are fun and taste good!" It is a time honored tradition and enjoyed by all.

This year, AC participants were shown makeup application by an esthetician and substitute supervisor, Morgan Gates. They spent the morning working in small groups and learning the essentials. Fun was had by all.



Pictured to the right: Supervisors Brian and Craig
Supervisors Ann, Amy, Phyllis & Marissa

Harvest Time



Zucchini anyone?

This year the garden produced and produced. We had loads of fresh produce.

The consumers helped harvest the crops and were able to enjoy the bounty. The members of the Culinary Academy spent many hours grating zucchini for different recipes. Michael James, "Had fun putting the zucchini in the food processor and grating it."

Pictured right: Drew Jensen, Christine Thompson and Richard Robertson. **Below:** Lisa Davies, Patty Martin, Richard Robertson



Creative Arts & Crafts at the Sonoma County Fair

This year there were 42 individuals from the Activity Center that entered their arts and crafts at the Sonoma County Fair. We had a great showing from painted place mats and puzzle frames, as well as, knitted items, sticker art, bookmarks & cards. As a group we were awarded 32 first places and 28 second places. Congratulations to all that participated!



Christine Thompson was pleased with her project and was happy to see it displayed at the Sonoma County Fair. "I like going to the fair because I can see my art stuff." She also enjoys the night time and the concerts at the fair.

Michele Hettick was proud to take her parents to see her placemat displayed at the fair. "I like the fair food." She also enjoyed people watching.

M. C. Escher inspires the Activity Center



Pictured Left: Tony Giacomelli, Megan Hamilton & Emily Woon

The king of tessellations, M. C. Escher, one of our many themes for daily activities, inspired the consumers at the Activity Center to create one large art project of lizards using the design created by Escher.

The consumers have spent many hours coloring. It is one of the projects that everyone at the A.C. has worked on. Diane Martin enjoys coloring the lizards that are joined together to create one large piece.

Whenever the consumers have free time, they color another lizard. What started as a poster size project has turned into the backdrop for our computer area.



Garden News



This year our garden kept the culinary academy in a bounty of vegetables. We learned about plants and how they grow as well as about their leaf structure.

Some of us worked in the garden helping to pick the vegetables as well as getting the land ready to plant. Our garden produced string beans, tomatoes, tomatillos, eggplant and

pounds and pounds of zucchini. Everyone at the activity center was able to enjoy zucchini bread & muffins.

We are in the process of getting our winter garden ready. We spent a day of pulling plants and harvesting the last of the crops.

