

What's Cookin'? August 2008



"WE FEED THE BEARS!"

UNC DINING SERVICES IS COMMITTED TO PROVIDING QUALITY FOOD AND SERVICE IN A PROFESSIONAL MANNER TO THE UNC CAMPUS COMMUNITY AND GUESTS. WE SUPPORT THE MISSION OF THE UNIVERSITY BY PROMOTING NUTRITIONAL AWARENESS AND MEETING DIVERSE CULINARY NEEDS WHILE EMPHASIZING VALUE FOR ALL CUSTOMERS.

CONGRATULATIONS!

Congratulations to Paul Hilton, Unit Chef at Tobey-Kendel, who passed his Practical Cooking Exam as part of the Certification process through the American Culinary Federation.

Paul is currently applying for designation as a CCC (Certified Chef de Cuisine). ACF requires that to be certified, applicants must complete a 30 hour course and testing each on Sanitation, Nutrition, and Management, as well as a professional written exam, practical cooking exam. They must also have at least three years of experience as a Sous Chef. The Practical Cooking Examination that Paul just passed is usually the most intimidating for applicants as it requires an actual test of your skills and abilities to cook. Applicants cook for judges who then provide critique of their work and determine if the applicant is capable of the designation applied for.

Congratulations to Paul for completing this part of the Certification process!
We wish you the best of luck on your remaining steps towards ACF Certification!

What is ACF Certification?

With thousands of chefs competing in the job market, it is essential to prove your culinary competency. Certification through the American Culinary Federation demonstrates skill, knowledge and professionalism to the food service industry. It demonstrates that your skills and culinary expertise have reached a set benchmark, you are well versed in culinary nutrition and food safety and sanitation, you understand the responsibilities of culinary supervisory management, you recognize the importance of high standards for food preparation, and you take charge of your professional development and career.



Welcome & Congrats!

A warm welcome to the following new employees:

Sharon Eberhard, Cash Ops Production Manager

Alex Junge, DSI at Holmes

Melodie Kammerzell, Account Technician at the UC

Miranda Lopez, DSI at TK

Patricia Olson, DSI at TK

Also, congratulations to:

Paul Hilton, who was promoted from Lead Cook at Holmes to the Unit Chef position at TK

Scott Permer, who moved up to a DSII position at TK



August Birthdays!

Lu Lozano	August 1st
Luz Ruiz	August 1st
Mike O'Hare	August 4th
Angelita Roel	August 7th
Skip Piel	August 8th
Melody Stout	August 9th
JoAnn Doherty	August 11th
Scott Permer	August 11th
Will Warren	August 15th
Chad Marsh	August 18th
Alain Begin	August 19th
Zuleika Santos	August 27th

Green tip: drink tap water

Did you know that if you replace just two store-bought bottles of water each week with tap water from the faucet, you can make a difference? The use of two less bottles each week means 500 less pounds of CO₂ emissions in a year. Water from the tap is usually just as safe as bottled water, not to mention cheaper and more convenient!

(from [Conserve Your Energy](#) - 2008 Reader's Digest)

Did we miss your birthday? Do you have comments, questions or ideas? Feel free to call the Dining Services Office at 351-2652 or email diningservices@unco.edu.

MARK YOUR CALENDARS!

FALL WELCOME WEEK

Refreshments will be provided for students and parents at the Residence Life information tents and in the Dining Rooms on Thursday and Friday, August 21st and 22nd. Because so many students will be moving in to the Residence Halls on these dates, please plan to park further away from your building or off campus on these dates as these are student move-in dates.

Fall 2008 meal plans become active at dinner on Thursday, August 21st!

The Welcome BBQ is Friday, August 22nd on the Turner Green on West Campus! Your manager will inform you of your duties.

Classes begin on Monday, August 25th. Our fall hours have changed; more information is coming soon!

Dining Services' student employees will be arriving on campus Monday, August 18th to begin training.

COMING NEXT MONTH . . .

Labor Day is Monday, September 1st. Holmes & TK will be open for brunch rather than breakfast & lunch. The UC Food Court and both Gourmet to Go locations will be closed.

Family & Friends Weekend is Saturday and Sunday, September 20th and 21st. A special brunch will be served at Holmes & TK.

Wednesday, September 24th is National Food Service Employee Day!



HR Fast Facts

Medical Insurance Supplement

For more info, call Human Resources at 351-2718 or visit the HR website at <http://www.unco.edu/hr>.

In 2007, Governor Ritter signed HB07-1335, a bill passed by the Colorado legislature designed to address the cost of medical insurance for low-income state employees with children. This bill will be implemented in the current FY09 Plan Year (July 1, 2008 – June 30, 2009) and a supplement for reducing the cost of medical insurance will be available to some qualified low-income state employees with dependent children. Not everyone who is eligible will receive the supplement. The supplement probably will not completely cover the cost of medical insurance premiums, but should pay a portion of those premiums.

Who's Eligible? (must meet these minimum qualifications as a state employee)

1. Have been hired prior to July 1, 2008
2. Be eligible for state medical insurance options
3. Have a dependent child eligible for state medical coverage.
4. Have a 2007 household income of 300% or less of the Federal Poverty Level
5. Have filed federal income tax returns for 2007
6. Employee and dependent children (and spouse if desired) must be enrolled in or willing to enroll in one of the State's medical insurance options for the 08-09 year.

Important Information

Application period: July 28 – August 15, 2008. For on-line access or application assistance call Cheryle Enriques at UNC Human Resources @ 351-2325.

Featured Employee of the Month

Featured Employees are picked at random every month and displayed in each dining room so both you and our customers can learn more about our wonderful employees! The Featured Employee of the Month for August is:

Skip Piel (UC)



Captain Gravity's

SAFETY TIP OF THE MONTH: AVOID LIFTING INJURIES

COURTESY OF
PINNACOL
ASSURANCE

Lifting is one of the most common causes of workplace injuries. Whether the item you're lifting is heavy or light, you can hurt yourself unless you follow a few simple rules:

- L**ift slowly and in a controlled manner.
- I**nspect your path of travel before the lift and remove any hazards.
- F**ocus on keeping the load close to you. Keep fingers from edges to avoid pinches.
- T**est the load prior to the lift. Get help or use equipment for heavy loads.

- S**tep out of the way if you're attempting to lift a heavy load and it begins to fall; never attempt to catch it.
- A**void twisting, bending, or reaching during a lift.
- F**eet should be shoulder width apart or wider.
- E**liminate heavy lifting above shoulder height.
- L**et your legs do the lifting; don't use your back.
- Y**OU are the key. Always adhere to proper lifting guidelines.

