

Briefs

Free trees for anyone who joins Arbor Day Foundation

Anyone who joins the National Arbor Day Foundation during August will receive 10 free Colorado blue spruce trees.

The free trees are part of the nonprofit foundation's Trees for America campaign.

Trees will be shipped postpaid at the right time for planting, between Oct. 15 and Dec. 10. Planting instructions will be enclosed with the 6- to 12-inch trees.

The trees are guaranteed to grow.

Members also receive a subscription to the foundation's bimonthly publication and a copy of "The Tree Book," which contains information about tree planting and care.

To receive the trees, send a \$10 membership contribution to Ten Blue Spruces, National Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by Aug. 31 or join on the Internet at www.arborday.org.

SouthCrest to offer childhood obesity class

The SouthCrest Wellness and Sports Medicine Center will offer a free class titled "When Little Johnny Is Fat ... Heart Risk, Diabetes, Etc.," at 7 p.m. Sept. 26 at the Union Multipurpose Activity Center, 68th Street and Mingo Road.

Brent Wakefield, M.D., will lead the class, which will cover the prevalence of childhood obesity and its effects a child's health.

Overweight or obese children have more problems with heart disease, hypertension, liver disease, certain cancers, and diabetes plus orthopedic problems, poor mental health and sleep apnea, a media release states.

In addition to the health concerns, obese children tend to miss more school and have more problems academically, the release states.

Call 294-3627 to register for the class.

Volunteers sought by the American Red Cross

The Tulsa Area Chapter of the American Red Cross is seeking volunteers for the Armed Forces Emergency Services program.

Volunteers will relay verified emergency messages between local family members and military personnel stationed overseas. Volunteers answer the 24-hour AFES phone line and initiate the verified emergency message process.

Messages involve confidential information, such as the birth of a baby, death of a family member or pending surgery.

Volunteers can work at chapter headquarters, 10151 E. 11th St., or by computer from their homes. AFES volunteers also are trained to help families process emergency military loans.

For more information or to volunteer, call Carrie Kelly at 831-1266.

Bixby Area Neighbors seeking local donations

The Bixby Area Neighbors are in need of food and financial donations.

The BAN has been helping many families over the past few months and it has caused a shortage of items.

For donations of food items or financial assistance call Kelley Maricle at 366-9226 to schedule a time to drop off the items.

Bixby Area Neighbors is located at 10 E. Dawes Ave.

TULSA WORLD

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Community Focus

Magnificent meals

Montereau at Warren Woods offers fine dining for its residents

By NORA K. FROESCHLE

World Staff Writer

Residents at Montereau in Warren Woods dine at fine restaurants every day without ever leaving home.

Three restaurants, Renoir's, Café Soufflé and The Rendezvous, operate at the retirement facility, which is home to more than 300 people.

"This is a lot like working at a country club — actually, better than that," said Cathy Audley, director of community relations for Montereau.

Montereau has 232 apartments, 17 cottages and a health center, where close to 90 residents live. Residents who live in the health center receive more assistance and medical care.

Some 400 meals are served daily, both in the three restaurants and at the health center.

Audley said residents of Montereau are given a \$300 food allowance included in their monthly living cost. Servers take orders and bring around tickets to be signed at the table after the meal, just like any sit-down restaurant.

Residents said what might be different than most restaurants is the service; it's nothing if not attentive.

"They work hard to get to know us," said resident Emily Barchfeld. She is pleased to have maintained her weight since moving to Montereau.

"I haven't lost a pound," she said. Everything is made fresh each day and by hand, said Alex Majed, director of food and beverage at Montereau.

Like a maitre d' at a posh eatery, Majed makes his rounds to each table, greeting "customers" he sees daily.

"My favorite part of the day is when I walk around...tell them jokes," he said. "If I miss one table, they take offense."

Servers wearing neat, black and white ensembles also make a point to ask people how they like the food while refilling beverage glasses and removing plates.

Majed said many of the staff emigrated from other countries, and an informal cultural exchange is taking place at mealtime.

"It gives (residents) more to talk about; they say, 'Where you from?'" Majed said.

The menu for a recent lunchtime at Café Soufflé included tacos, guacamole salad, and chicken tortilla soup as the day's specials, but burgers, sandwiches, grilled salmon, a selection of entrée salads, side dishes such as chips or fries, and many dessert selections are always available.

Majed said nutrition for older people is especially important, and the food is prepared with lower amounts of sodium and sugar. A sugar-free dessert, such as pumpkin pie or cheesecake, is available daily.

Audley said her parents, who now live at Montereau, were reluctant to consider a retirement home, but the restaurant-quality food and service won them over.

"I brought them for dinner, and Alex was here, and I never could get them to leave," she said.

Seventy-nine full- and part-time work-



Photos by NORA K. FROESCHLE / Tulsa World

Filet mignon and crab-stuffed avocados are on the menu at Montereau in Warren Woods. Residents at the retirement center may choose to eat at one of three different restaurants that operate on the premises.



Executive Chef Scott Sherrill (left), with director of food and beverage Alex Majed, said the food served meets a high standard, which is more difficult when 400 meals are being served a day.

ers staff the restaurants, two of which, Renoir's and The Rendezvous, are only open for dinner.

Menu items at Renoir's include entrees such as pan-seared grouper with jicama slaw and brown rice; grilled eggplant with tomato and garlic sauce on fettuccine pasta; and roasted chicken, mushroom and spinach crepes.



Harold Ebeling (left), and his wife Anne, are greeted by Montereau's Director of Food and Beverage, Alex Majed, during a recent lunchtime at Café Soufflé. The couple said having good food to choose from is an important quality-of-life issue.

Majed has the enviable task of tasting most all the day's offerings to make sure they meet with his approval. After a lifetime spent in the restaurant business, Majed knows food and how to serve it. His customers agree.

Residents Anne and Harold Ebeling, both in their 80s, moved to Montereau in 2003, and they say the food definitely helped with the adjustment.

Harold rates food as No. 2 in his quality-of-life items; his bed's No. 1, he said. "I love their shrimp bisque," Anne said.

Harold loves the baby back ribs. "If there's something they love, they'll get it," Audley said.

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Events to watch

Board Meetings

Bixby City Council Meeting The Bixby City Council will meet at 7 p.m. Monday at Bixby City Hall, 116 W. Needles St. Call 366-4430 for more information.

Community/Civic Meetings

Jenks Chamber Meeting The Jenks Chamber of Commerce will meet at noon Wednesday at Jenks City Hall, 211 N. Elm St. Call 299-5005 to learn more.

Southwest Tulsa Chamber Meeting The Southwest Tulsa Chamber of Commerce will meet at 7:30 a.m. Thursday at Olle's Station Restaurant, 4070 Southwest Blvd. For more details, call 446-7010.

Jenks Kiwanis Club Meeting The Jenks Kiwanis Club will meet at 7 a.m. Tuesday at Camille's Sidewalk Café, 9637 Riverside Drive. To learn more, call 299-5425.

Miscellaneous

Portrait Demonstration The Gallery at KingsPointe, 6026 S. Yale Ave., will feature Evelyn Petroski at 2 p.m. Wednesday. Petroski will conduct a free portrait demonstration. For more details, call 488-0050.

Franchise Seminar The Entrepreneur Authority monthly free "Invest In Yourself" Franchise seminar will be held from 6:30 to 8:30 p.m. Thursday at Hardesty Regional Library, 8316 E. 93rd St. Register by calling 459-4555 or by e-mail at bhaefner@eauth.com.

Learn To Compute A basic computer class will be offered from 1 to 3 p.m. Friday

at the Hardesty Regional Library, 8316 E. 93rd St. For adults and teens. No registration is required. To learn more, call 250-7307.

Commanders Breakfast Sons of the American Legion will host a commanders breakfast from 8 to 11 a.m. Saturday at the American Legion Post No. 1, 1120 E. Eighth St. Cost is \$5. Everyone is welcome. Proceeds will benefit children's and veterans' activities. For more information, call 583-4650.

Introduction To Excel Hardesty Regional Library, 8316 E. 93rd St., will offer a class on MS Excel from 9:30 to 11:30 a.m. Tuesday for adults and teens. For more details, call 250-7307.

Dance

Scout A Boot The Bixby Community Center, 211 N. Cabaniss St., will host a country western dance from 7 to 10 p.m. Saturday. Bob Fjeldstead and the Roundup Boys will perform. Bring a covered dish to share, dinner begins at 6:30 p.m. Cost for the dance is \$5 per person. Call 366-4841 for more information.

Health/Exercise

Weight Watching in Jenks Weight Watchers will meet at noon Wednesdays at River Oaks Christian Church, 300 N. Elm St. Call (800)651-6000 to learn more.

TOPS Meet The TOPS Group will meet at 9 to 11 a.m., 5 to 7 p.m. Thursdays at the Bixby Community Center, 211 N. Cabaniss St. For more information, call 366-4841.

Challenge Classes Curves For Women, 13161 S. Memorial Drive, will offer weight loss classes at 6 p.m. Thursday; noon Monday; and 7 p.m. Tuesday. For more details, call 249-1050.

Walk The Park The Tulsa Walking Club will host a free walk from 7 to 11 a.m. Saturday at Mohawk Park, 5701 E. 36th St. North. This is a 10k and 5k Volkswalk event. To learn more, call 446-7924 or 251-7605.

Weight Watchers Meet Weight Watchers in Bixby will meet at 6 p.m. Tuesday at Riverview Baptist Church, 13201 S. Memorial Drive. For more information, call (800)651-6000.

Support Groups

Fourth Dimension Group of AA Meet Alcoholics Anonymous meeting at 6 p.m. Wednesdays at the Family Life Enrichment Center, 8735 S. Memorial Drive. For details, call 249-5920.

DivorceCare Meeting Central Church of the Nazarene, 7291 E. 81st St., will offer DivorceCare at 7 p.m. Wednesday. Call 252-5483 to learn more.

Garnett Divorce Support Group Meeting Garnett Church of Christ, 12000 E. 31st St. room 604, hosts a divorce support group at 7 p.m. Wednesdays. Call 299-3250 or 663-3000 to learn more.

Grief Support Grace Hospice, 6400 S. Lewis Ave., No. 1000, will offer a professionally led bereavement group at 4 p.m. Thursday. Participants will understand loss and build community with others dealing with the same. Classes are free. For more details, call

744-7223.

Spirit of Recovery Group Spirit of Recovery Group Narcotics Anonymous will meet at 6:30 p.m. Thursday at 118th Street and Elwood Avenue, Jenks. Call 747-0017 for more information.

Divorce Recovery and Divorce Rebuilding Asbury United Methodist Church, 6767 S. Mingo Road, will hold classes at 7 p.m. Thursday and Tuesday. Divorce Recovery, held on Tuesday, is for people in the very early, emotional stages of divorce. Divorce Rebuilding, on Thursday, is for people who are ready to begin rebuilding themselves to a healthy state of mind. Learn more by calling 492-1771.

Anger Management Support Group Joann D. Mee will offer group training on anger management skills from 5:30-6:30 p.m. Mondays at 8596-I E. 101st St. Cost is \$10 per person and includes materials and refreshments. For more information, call 630-4398.

Exhibits

Cluckville Gallery 107, 107 N. Main St., Sand Springs, will host the Cluckville: An Interactive Show by Steve Cluck now through Friday. Steve Cluck is a painter/printmaker whose work focuses on women, advertisements, and more. For more exhibit information and hours, call 245-7107.

Calendar items should be submitted by 5 p.m. Thursday for the following Wednesday's publication.