

Issue 3, 2009

A newsletter for the tenants of Federal Reserve Plaza

Building Contacts

Service Request Line
617.973.3255

Tenant Client Services Liaison
Janice Kimsey
617.973.3651

Conference Services
Jenna LaBissoniere
David Buck
617.973.3458

Catering Services
Ryan Goodwin
617.973.3596

Main Lobby
617.973.3606

FRB Police Control Center
617.973.3602

More than a Menu - Sodexo Online

everyday flavor, Sodexo's new online source for information on products and services, is more than a handy catering tool. Not surprisingly, the most popular pages are the weekly, seasonal and specialty menus for Café Six Hundred, the Harborview Dining Room, and Catering Services, where vegetarian and vegan options are now noted, and nutritional info for each item on the menu pops up with a simple slide of your mouse. The Monthly Café Highlights page showcases seasonal specialties, such as featured sandwiches and pizarritos, as well as a Your Health Your Way topic of the month and new item announcements like the expanded Simply-To-Go line of take-away.

There's also an easy Feedback link. Says Mike Berry, Sodexo General Manager, "We'd love to get regular feedback from everyone. You can offer your own ideas for new menu items, comment on our existing menus, and give us any other suggestions. You could always call the Food Services Hotline at 617.973.2900, but now you have the online option, too. Just click the Feedback link."

You'll find contact links for our Food Services staff, and even the Atrium Vendor calendar. But there's more to Sodexo Online than menu information and calendars, so here's a quick tour of some of the hidden gems of the site.

How many calories do I burn mowing my lawn?

From the homepage, click on **Your Health Your Way. The Nutrition Calculator** not only shows you the nutrition facts for your menu items, it will calculate for you your total nutritional intake for the day. So you can count calories or carbs or cholesterol, without a calculator – your daily totals are indeed right at your fingertips. There's a **Body Mass Index** calculator to ascertain your healthiest weight. In **Nutrition and Health Tips**, you'll find timely and interesting ideas on keeping active and reducing stress. Currently there's a report on gardening – and how many calories you can burn by mowing, pruning, and watering.

What's a pyrus malus?

Food Facts brings you the truth about foods, nutrients, supplements and more, as well as fun facts about everyday foods. For example, the first pyrus malus (apple) orchard was planted in the early 1600's on Beacon Hill.

"Have you tried the Asian Noodles?"

You'll also find healthful recipes of all sorts, from apple pie, to grilled fish tacos, egg and cheese burritos, summer peach salad, and Yellow Fin Tuna with whole wheat pasta. The recipes use lean proteins, energy-packed complex carbohydrates, unsaturated fats and flavorful herbs and spices. There's also a page for **Healthy Resources**, where you can find

links to other sites that offer health, wellness and nutrition insight.

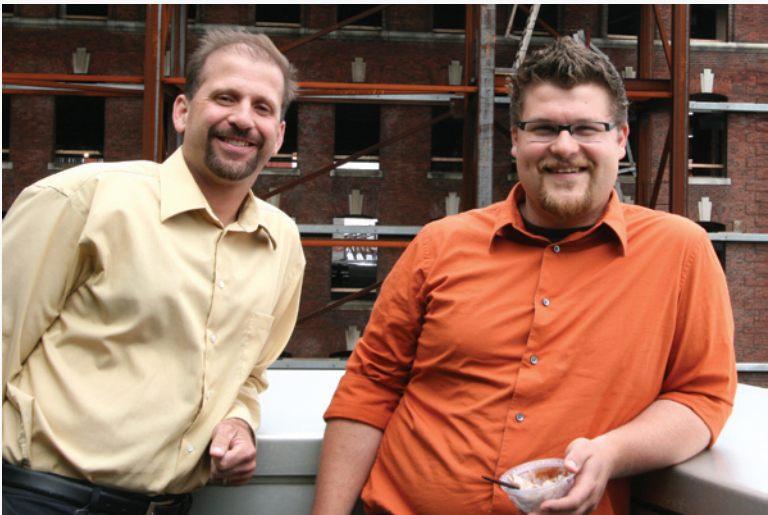
Whatever your health and nutrition needs, Sodexo Online is the place to start – it's a click away at www.frboston.catertrax.com



Tall Ships Ice Cream Social

A cloudy day did not keep Bank and tenant staff from enjoying this year's Summer Kickoff, celebrating the visit of the Tall Ships to Boston Harbor. The line at the Make-Your-Own Sundae Bar "smoothie'd" along on an ocean of hot fudge sauce and strawberries, for a cool summertime start.





Tenant Spotlight

"Buon giorno," is what you will hear as you exit the elevator at the 17th floor and turn left. In the spotlight this quarter: the Italian Consulate.

The Consolato Generale d'Italia in Boston has been a part of the Federal Reserve Plaza community since 2006. In addition to the Consul General and the Deputy Consul, the consulate staff comprises a mix of 12 Italians and Americans, whose work supports Italian citizens, Italian-Americans, businesses, and lovers of



Consolato Generale d'Italia

Italian culture from Massachusetts, Maine, New Hampshire, Rhode Island and Vermont. They process visa and passport applications, and, more broadly, promote economic, commercial, cultural and scientific relations between our two countries.

Consul General Liborio Stellino hosts frequent art exhibits in the Consulate offices, and sponsors other cultural and educational projects. In conjunction with the Italian Trade Commission, he recently brought together Italian textile manufacturers, 33 students from the Massachusetts College of Art and Design, and retailer Neiman Marcus in a design project, with the finished collection presented to fashion experts and the media and displayed in the store windows of Neiman Marcus Copley Place.

Each June 2, the Consulate hosts a grand reception in the Harborview Dining Room and Lounge in celebration of Italian National Day. This year the event featured a renowned chef, authentic gelato, and specialty Italian coffees, and included Consular recognition of several prominent Italians and Italian Americans from the local area.

Find out more about the Italian Consulate. Link to their website at www.FederalReservePlaza.com under Contacts/Tenant Listing.



DID YOU KNOW?

... that the certification process for Leadership in Energy and Environmental Design (LEED) examines hundreds of building processes and systems that run the gamut from major systems to the use of indigenous plants in landscaping? In surveying the trees in the interior and exterior landscape, we discovered we already have a great record: 120 out of 150 species of trees that we have planted are native to our area.

Boston Celebrates Summer

- The Rose Kennedy Greenway brought us back the Public Market Tuesdays and Thursdays 11:30am – 6:30pm and now they bring us . . . Yo-chi. Wednesdays 8-8:45am, between High and India Streets, through the summer. Combining yoga and qi-gong, it's free, and beginners are welcome. Or try:
- Sunrise Yoga on the Waterfront. At the Intercontinental Hotel Saturdays 7:30 – 8:30am.
- Art Fridays at Downtown Crossing - Fridays 11 am – 6pm
- Jazz in July Wednesdays and Fridays 12 – 2pm www.jazzinjulyboston.com
- Harborwalk Sounds at the Institute of Contemporary Art – free outdoor concerts on the plaza every Thursday 6 – 8:30pm
- The Harbor Hotel's free "Summer Soul" concerts on Tuesdays, Wednesday's "Summer Swing" and Thursdays "Blues Barge." Rowes Wharf 6 – 9pm.
- Boston Harbor Sunset Cruises www.bostonharborcruises.com
- The New England Aquarium's special shows this summer: Dolphins & Whales; Under the Sea 3D; Wild Ocean 3D; Van Gogh; and for music lovers: U2 in 3D



Visit www.FederalReservePlaza.com