



1,000 Years

You may have noticed the new artwork in the hallway between Café 600 and the Atrium Café. The piece, "1,000 Years" by artist Evelyn Rydz, is an intricate pencil drawing of rope found along the East Coast, which has been arranged to trace the route of the "global conveyor belt."

What is the Global Conveyor Belt?

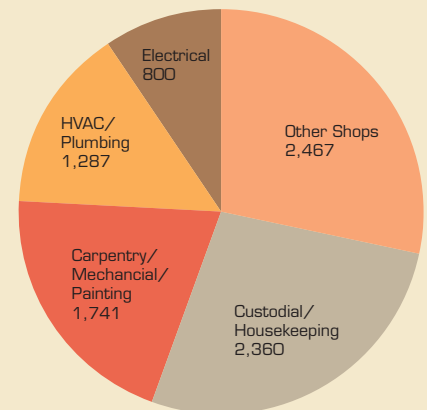
Thousands of meters below the ocean's surface, deep currents continuously circulate water around the world, a "conveyor belt" driven by water density, temperature, and saline content. When sea ice forms in the polar waters, it leaves salt in the water. Cold, salty water is dense and sinks to the bottom of the ocean; less dense, warmer water rises. A current is created when the dense water sinks and pulls the warmer water along the surface to replace it. In the Norwegian Sea, warm Gulf Stream water loses its heat, grows denser and sinks, but the Gulf Stream waters are continually pulled northward, and the cold bottom water continues to flow south, creating the conveyor belt sequence.

The drawing's title refers to the 1,000 years it takes the system to complete one full cycle.

Be sure to check out the other new artwork in the Café 600 seating area.

At your service...

In addition to their regular care and maintenance of the building our shop personnel responded to over 8,655 service requests.



Return of the Big Green Box

Mark your calendar for the Federal Reserve Plaza Energy Fair on **April 17**. More details to come...





We said farewell to some of our Sodexo family last year and are pleased to have welcomed three extraordinary new team members.



Café 600 has a new look and a new attitude. We've brightened up the entrance and lightened up inside in order to showcase our new mindful living campaign, and Sodexo is making more information available to you than ever before, with item content info and the online app My Fitness Pal. • Mindful living is making healthy choices. It's not about saying "no" - it's about understanding how to balance the food that fuels us best with those things we just love and have to have. • Mindful living is also about balancing work and relaxation, about understanding how important it is to take a break and refresh in the midst of your busy day. So we invite you to chill, enjoy, relax, refresh, and connect in Café 600 and the Atrium Café. • Watch for Lunch & Learns and other special events this year to help you live mindfully. Life is good - live every minute.





Caitlin Lawton
 New Conference Services Manager Caitlin Lawton previously managed events at the Conference Center at Bentley University. Her own education combined applied nutrition and business—the perfect match for our healthy approach to food and mindful living.



Chef Ryan Murphy
 New Harborview Dining Room chef Ryan Murphy has a cutting-edge sensibility to food after 15 years in a number of well-known restaurants and banquet facilities. He likes to be ahead of the trend, so expect interesting additions to the HDR's seasonal menus.

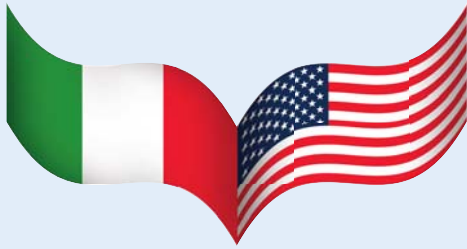
Chef John Ebersole
 John didn't have much time for golf at The Country Club—he was too busy cooking. Now he takes on a range of a different sort—the variety of “mini-restaurants” in Café 600. John's creative vision and extensive culinary training (plus a stint as a Marine) are leading to new, enticing combinations of our favorite foods, plus more vegan and vegetarian options, and a focus on healthy eating.



**THE
 CAMPUS
 KITCHENS
 PROJECTSM**

Federal Reserve Plaza and Sodexo have partnered this year with the Campus Kitchens Project (CKP), to put our excess food products to good use feeding local families. CKP is a national leader in community service and a successful model of hunger relief. CKP student volunteers collect, prepare and distribute food each week from their UMass Boston location. Working with the Dorchester Boys and Girls Club and the Catholic Charities Youth Center, they provide an average of 200 meals each week. The students serve as gardeners, menu planners, cooks, drivers, and even teachers, participating with local schools in nutritional education. Massachusetts coordinator Liz Moniz, shown at left with Sodexo General Manager Mike Berry and Chef John Ebersole, sends a team each week to pick up food items from our kitchens that have been prepared but not served. Our very first pickup resulted in 125 meals, and so far we have donated more than 225 pounds of food.

Did you know...?



2013 ANNO DELLA CULTURA ITALIANA YEAR OF ITALIAN CULTURE

...that 2013 has been declared the *Year of Italian Culture in the United States*? A broad range of activities are on offer throughout the year celebrating Italian arts and culture, from lectures on Modigliani to concerts celebrating Verdi. Our neighbor Consul General Guiseppe Pastorelli invites you to join in the celebration! Upcoming events at www.consbooston.esteri.it/Consolato_Boston

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Kudos to... Harvard Management Company

for achieving LEED-Gold certification for Commercial Interiors for their extensive renovations on T13-16. Innovations in design, green-smart purchasing of recycled and renewable products and materials, and creative reuse—the oak floor in the reception area was milled from the beams of a 100 year old barn in Wisconsin—resulted in significant consumption reductions and startlingly beautiful space. For more on the project, visit www.hmc.harvard.edu.



How much does it cost to print \$1?

Whose portrait is on the \$500 note?

What do the balancing scales represent in the Treasury Department seal?



You can test your knowledge of U.S. currency with more than 100 questions now available on the new **Fed Trivia: Currency** app for iOS, available on iTunes. Answer questions, score points, collect coins, buy hints, earn bonuses, and learn everything you ever wanted to know about your money. The app will be available for Android devices soon. More details: visit www.boston-fed.org/education/online/fed-trivia.



Printed on recycled paper.

Don't forget the HDR invites you to celebrate your birthday with a free lunch on your special day. Make a reservation for you and your friends at 617.973.3596.

