



A delicious sandwich

## Discover your inner sandwich artist

SEAVIEW, WASH. — Join Tommy Habetz, of Portland's Bunk Sandwiches and Pizza Jerk, for sandwich philosophy, sandwich construction and sandwich eating 10 a.m. to 2 p.m., Saturday, Feb. 3, at the Sou'wester Lodge in Seaview (3728 J Place).

Working in one of the Sou'wester kitchens with both fresh local ingredients and the sorts of things anyone might have handy in their own kitchen, we'll learn how to make one Bunk classic, and also develop and write the recipe for a brand new sandwich of our own.

Hailing from the kitchens of Mario Batali and Bobby Flay, Habetz joined forces with Nick Wood in 2008 to start Bunk Sandwiches.

Made with high-quality ingredients, Bunk sandwiches are creative and comforting, satisfying and delicious. Its signature sandwiches — such as the Pork Belly Cubano, the Meatball Parmigiano Hero and the Pulled Pork with Apple Cabbage Slaw — have garnered national media attention from the likes of The Food Network, Food & Wine Magazine and Travel + Leisure.

Bunk has since expanded to five locations in Portland (as well as outposts in the Moda Center and Providence Park). In November 2015, Habetz also opened Pizza Jerk, a New Haven-style pizza joint in the Cully neighborhood of Portland. Pizza Jerk was named one of Bon Appetit's "Best New Restaurants of 2016."

The cost of the workshop is \$45, which includes lunch (and you'll be making it!).



Tommy Habetz

Bring a beverage or favorite bag of chips, and a potential sandwich ingredient if you're so inclined. Hot tea and coffee are provided.

All workshops are open to the public. This one will allow a maximum of eight students. RSVP via [souwesterfrontdesk@gmail.com](mailto:souwesterfrontdesk@gmail.com), or call 360-642-2542.

This class is part of the fall/winter 2017-18 Workshop Series at The Sou'wester. Visit [souwesterlodge.com/calendar](http://souwesterlodge.com/calendar) to see the entire schedule of more than 28 artist-led workshops.

## Food for thought at Sou'wester workshop

SEAVIEW, WASH. — Geena Barker and Ingrid Abbate will teach a workshop, "The Gut-Brain Connection: How to Maintain Mental Health from a Nutritional and Herbal Perspective," 10 a.m. to 2 p.m. Sunday, Feb. 4, at the Sou'wester Lodge in Seaview (3728 J Place).

This workshop will include details on what nutrients our brains and bodies need to be happy and healthy and how to acquire those nutrients. There will be information on addressing mental health through diet, as well as herbal remedies. We will address topics ranging from general mood management to schizophrenia and autism. There will be a lecture portion and hands-on activities, including making a take-home herbal concoction.

The goal is for people to walk away with a better understanding of how their brains and bodies function so they can have a fuller image of mental health and its intricacies and apply that knowledge to practicing holistic self-care with themselves and their loved ones.

Barker is a certified Nutritional Therapy Practitioner through the Nutritional Therapy Association.

Abbate is an herbalist and licensed massage therapist in Olympia, Washington. She has studied and practiced herbalism for more than 10 years and has been dedicated to community herbalism, herbal healthcare accessibility and herbal education throughout her career.

The cost of the workshop is \$30, plus a \$5 material fee (paid directly to the instructors).

Bring note-taking materials and a sack lunch and/or snack. Hot tea and coffee are provided.

All workshops are open to the public, though this one is geared toward adults. RSVP via [souwesterfrontdesk@gmail.com](mailto:souwesterfrontdesk@gmail.com), or call 360-642-2542.

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Geena Barker

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Ingrid Abbate