

# BOARD OF SELECTMEN

Clifford J. Hurgin Municipal Center, 1 School Street  
Bethel, Connecticut 06801 Telephone: (203) 794-8501

*Robert Burke, First Selectman  
Paul Szatkowski, Selectman  
Patrick T. Wild, Selectman*

**RECEIVED**

AUG 08 2007

TOWN OF BETHEL  
TOWN CLERK

## **MINUTES OF REGULAR MEETING**

Tuesday, August 7, 2007

7:30 p.m.

CJH Municipal Center – Meeting Room “A”

**PRESENT:** First Selectman Burke, Selectman Szatkowski and Selectman Wild.  
Also in attendance was William Hagan, Town Attorney.

**CALL TO ORDER/PLEDGE OF ALLEGIANCE:** First Selectman Burke called the  
Regular Meeting to order at 7:30 p.m.

First Selectman Burke made a motion, which was seconded by Selectman  
Szatkowski, to add to tonight's agenda, under New Business, # 5 – Additional  
Resolutions Associated with Bethpage Waterline Project.

**PUBLIC COMMENTS:** Geraldine Mills spoke.

**CORRESPONDENCE:** None that was not already on tonight's agenda.

**MINUTES OF JUNE 19, 2007:** Selectman Szatkowski made a motion, which  
was seconded by Selectman Wild, to approve the minutes of June 19, 2007 as  
presented. Vote, all in favor, motion unanimously approved.

**MINUTES OF JULY 3, 2007:** Selectman Szatkowski made a motion, which was  
seconded by Selectman Wild, to approve the minutes of July 3, 2007 as  
presented. Vote, all in favor, motion unanimously approved.

**MINUTES OF JULY 9, 2007:** Selectman Szatkowski made a motion, which was  
seconded by Selectman Wild, to approve the minutes of July 9, 2007 as  
presented. Vote, all in favor, motion unanimously approved.

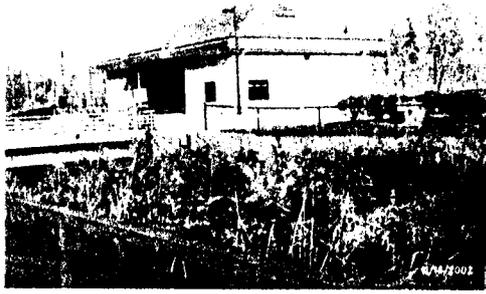


Proposal for retail tenancy:  
Bethel Train Station (Metro North)

**A NEW CONVENIENCE FOR BETHEL COMMUTERS**

prepared by: Chef Robin Grubard, owner, Chef Robin Personal Chef Service  
2 Farnam Hill, Bethel, CT 06801 • 203.313.4935

JULY 19, 2007



## A New Convenience for Bethel's Commuters

It's a fact of modern life. Workdays are getting longer, schedules are busier, and commutes are stretching to greater distances. The last thing that a tired commuter wants to deal with after arriving home is preparing a meal from scratch. Instead, many busy families are resorting to pre-processed fast foods or unbalanced "quick meals" thrown together out of necessity. Sadly, the "family dinner time" has all but disappeared.

We have a solution.

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Our business brings together two successful local personal chefs with a solid existing client base and an excellent potential to expand through retail sales to commuters. We aim to provide customers with an ever-changing daily selection of delicious meals - customizable to personal tastes - available on-the-go without the hassle of an additional stop on the way home.

When they arrive in the morning, customers will find treats like fresh baked goods (most baked on premises), exquisite locally-roasted coffees, teas, juices, and other homemade and readymade treats. These would be sold from the time the store opens until the last morning rush trains depart for points south. At the same time, customers will be able to select that night's meal from a daily menu of at least five different entrees and side dishes.

At 9 am, we switch over to kitchen production of the meals that customers ordered that day. We'll also prepare and freeze extra portions for the next day's walk-in retail business.

Upon their return in the evening, customers will find a prepared gourmet meal made with the freshest ingredients and tailored to their personal tastes, packaged in a reusable oven-ready container with quick and easy reheating instructions.

In addition to a built-in audience of commuters, we are especially interested in this location due to its proximity to the Bishop Curtis homes. Many customers of our existing businesses have food allergies and dietary restrictions (low cholesterol, diabetic, hypoglycemic, vegetarian, low sodium, etc.), and we expect the same is true in this housing development. We see the potential to extend our services to provide prepared meals tailored to these unique needs.

Given our existing client base (to whom we will continue to provide delivery service), we are assured that this effort would be profitable from day one, and would only grow over time.

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## Principal Biographies

### **Chef Robin Grubard, principal**

Since 2001, Chef Robin Grubard has operated the acclaimed and successful Chef Robin Personal Chef Service, providing healthy meals for busy families by cooking several weeks worth of prepared, portion controlled dinners tailored to individual tastes, needs and preferences.

Prior to moving to Bethel, she taught and developed curriculum for her alma mater, the Baltimore International Culinary College. As the executive chef of Baltimore's One World Cafe, and previously at the prestigious Hampton's Harbor Court Hotel, her cuisine has garnered awards from Zagat's, Mobil Dining Guide and the culinary press. She continues to share her joy of teaching by mentoring other chefs through the U.S. Personal Chefs Association (USPCA) and by teaching regularly through Wilton Continuing Education. She has been a member of the Bethel Chamber of Commerce for five years.

Learn more about Chef Robin at [www.chefrobin.com](http://www.chefrobin.com)

### **Chef Karen Isaac, partner**

Karen Isaac, owner of Ridgefield's "Karen in Your Kitchen" personal chef service, is a life-long cooking enthusiast, putting her love of good food into action after years as a trade show producer and more recently, a stay-at-home mother of three. Karen hails from the San Francisco Bay Area, born and raised in Marin County. After receiving her degree in advertising from San Jose State University, Karen re-located to New York in 1993 and has lived in Ridgefield CT since 1995.

Trained through the Culinary Business Academy, Karen is always learning her craft, attending workshops in New York and the wine country of Sonoma. An active member of her community, Karen has been a volunteer with Ridgefield Meals on Wheels since 1999, as well as SCOR and the Discovery Center of Ridgefield

Learn more about Chef Karen Isaac at [www.kareninyourkitchen.com](http://www.kareninyourkitchen.com).

### **Rob Wallace, Communications Director**

Husband of Chef Robin, Rob is an award-winning marketing communications professional with nearly 20 years experience in promotions, advertising, graphic design, website development, and other disciplines for local and national clients. He is currently Vice President of Communications for national non-profit Keep America Beautiful, Inc. He will not be paid, but will provide professional consultation, development and production of marketing campaigns and publicity in local media.

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## **Critical reviews for Chef Robin Grubard (One World Cafe, Baltimore)**

**"BEST CAFE.and BEST VEGETARIAN-FRIENDLY RESTAURANT - The epitome of a good cafe. Addictive Black Bean Burritos" - Baltimore Magazine, 1997**

**"BEST COFFEE HOUSE. Fresh, innovative vegetarian cuisine" -Baltimore Magazine, 1998**

**"TOPS (in Baltimore) FOR LITE FARE" - USA Today**

**"#1 BEST BANG FOR THE BUCK" - Zagat's Washington/Baltimore Edition 1997 AND 1998!**

# WHAT IS A PERSONAL CHEF?

Your personal chef service is designed to cater to your specific likes, dislikes and dietary needs. Before your first service, Chef Robin consults with you and your family and develops a menu plan. Once a menu is set, she will prepare a week or more of meals including side dishes. All foods are prepared in the safety of your own kitchen, carefully sealed and frozen. All you have to do is follow the easy reheating instructions and voila! - you're eating a delicious meal surrounded by your family, in the comfort of your own home. Chef Robin:

- Shops for all the ingredients on the same day as your service;
- Supports local businesses, farms and farmers' markets whenever possible;
- Brings all equipment to your home;
- Includes easy reheating instructions; and
- Leaves your kitchen clean & full of wonderful aromas.

## IS THIS FOR ME?

Far too many people have lost touch with the joys of cooking or have become so busy in their lives that they sacrifice valuable family meal time in favor of pre-processed fast food or unbalanced "quick meals" thrown together out of necessity.

Personal chefs aren't just for millionaires anymore. Busy professionals, single parents, soccer moms, big families, and just plain kitchen klutzes are discovering the advantages of this affordable luxury:

Personal chef services are also popular with people who have special dietary needs. Food allergies, diabetes, vegan/vegetarian, organics, free range, special diets (South Beach, etc) are all no problem. Personal chef services are also great gifts for new moms, retirees, valentines and more. Gift certificates are available for all Chef Robin services. Call for more information.

## HOW MUCH WILL IT COST?

Pricing is simply based on the number of servings prepared for you and your family. No contracts, no obligations. In general, personal chef meals are priced about the same as eating out at a nice restaurant. Greater savings can be achieved by ordering a larger number of servings. Call for a free consultation and pricing based on your needs.

## OTHER SERVICES

Want to learn to cook or refine your skills in the comfort of your own home? Chef Robin provides customized culinary lessons for individuals or small groups. Cooking lessons can also be a great fund raiser for your organization or a memorable special event for your business. Call for more information.

Chef Robin regularly teaches classes through the Wilton Continuing Education program. Visit [www.chefrobin.com](http://www.chefrobin.com) for schedule.



## MEET CHEF ROBIN



Chef Robin Grabard is a professionally trained chef and Certified Culinary Educator living in Bethel, Connecticut. She formed Chef Robin Personal Chef Service in 2001, providing delicious meals for dozens of local families. She is a member of the Bethel Chamber of Commerce and the United States Personal Chefs' Association. Her resume includes:

- Executive chef of One World Care (Baltimore, MD), consistently rated by Zagat's as #1 "Best Bang for the Buck" and "Best Vegetarian" in Washington, DC, and Baltimore.
- Instructor and curriculum developer for The Baltimore International Culinary College (her alma mater).
- Chef at Hamptons' Restaurant in Baltimore's acclaimed Harbor Court Hotel

*Personal references are encouraged and are upon request.*

## SAMPLE MENU

*Here are just a handful of sample entrees that you and your family can enjoy!*

### **Barbecued Chicken Potpie**

An interesting take on traditional pot pie – a filling of chicken breast, green pepper, green chilis and garlic are topped with cornbread and baked until golden.

### **Beef Wellington**

Individual servings of beef tenderloin covered with sautéed mushrooms and shallots and wrapped in puff pastry. Served with lightly creamed spinach.

### **Spaghetti Squash Gratin**

These individual casseroles are like little lasagnas with spaghetti squash replacing the traditional lasagna noodles. Served with roasted broccoli.

### **Pork Saltimbocca**

Sautéed pork tenderloin cutlets topped with Prosciutto and Provolone cheese and covered with a mushroom sage sauce. Served with orzo pilaf.

### **Crab and Shrimp Casserole**

Jumbo lump crab, large shrimp, long grain rice, bell peppers, mushrooms and onions are baked in a light cream sauce then garnished with a crisp crumb topping.

### **Carbonnade a la Flamande**

A classic Belgian dish, this stew features beef and onions in a beer laced broth. Served with asiago black pepper biscuits.

### **Potato Salmon Cakes**

Freshly steamed salmon is flaked then combined with cubed potatoes, Asian bread crumbs, minced fresh vegetables and herbs. Served with mashed potatoes.

### **Moroccan Lemon Chicken**

Boneless chicken breasts sautéed then simmered in a sauce of chicken broth, lemons, chick peas, cilantro, lemon zest and Moroccan spices. Served over couscous.

# Love to Eat... Just Can't Cook?

## You Can Afford a Personal Chef!



- Personal Chef Service
- Culinary Instruction

Bethel, CT

203.313.4935



robin@chefrobin.com  
www.chefrobin.com

Tuesday, July 10, 2007

Town of Bethel  
Mr. Robert E. Burke, First Selectman  
C..J. Hurgin Municipal Center  
1 School Street  
Bethel, CT 06801

**Re: Coffee Shop Operation at the Bethel Rail Station**

I am forwarding a bid to the Request for Proposal (RFP) announced in "The News Times" dated June 15th, a Friday in the year 2007 in the Town of Bethel, CT.

I would like to make a bid of an initial \$ 1,000.00 (One-Thousand Dollars, Zero cents for the fiscal year (date and time to be determined at the acceptance of the bid).

Upon the award of my bid, additional lease terms and increases of rental will need to be addressed at a later time.

Any additional terms and conditions will be addressed with all the parties concerned in this transaction. I am aware of all the necessary lease terms agreements but to discuss is premature.

**The parties involved in this bid will include:**

Mrs. Evelyn Vargas, Spouse  
Mr. Christopher Vargas, Son  
Ms. Bianca Vargas, Daughter

Additional personnel may be included if the bid is accepted. Any use of the facilities surrounding the leased premise and hours of operations are open for discussion.

Thank you,

  
Al Vargas

55 Reservoir St.  
Bethel, CT  
(203) 730-8956 - Home  
(203) 258-1397 - Mobile  
nyrichport@yahoo.com

**PS Please use all the following means of communication as well as a certified letter to my response.**

**Cc: Daniel O'Grady, Esq.      Robert Yammin, Esq.      Frank Scinto, Esq.**