



Hello Food Hospitality Community

Chefs, servers, owners, suppliers, farmers, writers, students, industry vets.

CHOW is about 'us helping us.'

If that means quitting something, it's quitting self-destruction, all that we're driven to do more than other persons: drink or drug, work or worry, depress or die.

If that means starting something,... it's starting to take back our lives.

This group is a safe place to come share, to find support, to hear new ideas,
to create a community.

We work in a dangerous profession;

there aren't too many like it (perhaps firefighting and rock 'n' rolling come close).

It can suck out every ounce of your soul.

We generally don't do neutral. It's either full throttle forward or full throttle reverse.

Our list is less 'to-do' than just "DO!"

Sure, we cook great meals or make contented tables

- but it's often "More, more, more! Now, now, now!"

This group can help each of us slow that down, take a pause, reconsider what matters.

Welcome, we're glad you're here.



Rare

- Joy
- Happiness
- Confidence
- Excited
- Curious
- Encouraged

Medium Rare

- Content
- Proud
- Relaxed
- Hopeful
- Calm
- Thankful
- Satisfied

Medium

- Glad
- Amused
- Patient
- Concerned
- Grumpy
- Present

Medium Well

- Irritated
- Frustrated
- Tired
- Lonely
- Disappointed
- Discouraged

Well

- Destructive
- Furious
- Scared
- Stressed
- Sick
- Unloved
- Shamed



Thank you for being with us today. Our presence is our gift to each other. Remember that what we've shared here, we've shared in confidence. But, also, let's pass onto others what we have received: calm, strength, new ways forward. See you again soon.