



COLLEGE of
CHARLESTON

SCHOOL OF
PROFESSIONAL STUDIES

CENTER FOR CREATIVE RETIREMENT

FALL/WINTER 2015

Oh, Hanna, I'm Trying to Write a Restaurant Review!

Submitted by Judy Murdoch

Hanna Raskin, Food Writer and Lead Critic for the Post & Courier, encouraged us to write local restaurant reviews for websites such as Yelp. She gave us hints for better food writing. At the end of her talk, Hanna graciously answered questions from the audience. My question? What three off the beaten path restaurants would she suggest we try? Her answer was, "Workman's Café, Luz's Café and Spero."

What I love about Hanna's writing is she writes in a way I can picture myself in the setting and can almost taste the dishes and flavors she describes. Was I up to the task of even being able to approach such? I decided to humbly try with a visit to Spero, located at the Meeting Street exit off the Ravenel Bridge in what used to be Hello BBQ. Spero has a simpler exterior of white stucco and blue. Inside was a simple, welcoming room with a small bar to the front. Simple table and chairs. No tablecloths. Colorful artwork along the walls. It felt welcoming and comfortable.

The menu began with a bread and butter flight and moved on to "Little of This Little of That" small plates. Next were "Sammiches" followed by "Big Shares." The beverage list, so varied it is difficult to describe, included a long list of beers of different styles, a list of wines both domestic and imported, and a list of ciders. So where to begin? I explained to the server that the restaurant had been recommended to CCR and I was going to write an article for our newsletter. What might I try that would be most reflective of the menu which I understood changed frequently and seasonally? My choices? The bread and butter flight (\$6.60) and a curried squash soup (\$5.50) along with a glass of Berger Gruner Veltliner white wine from Austria (\$10.00). Why this wine? Because I spent a summer in Austria and love their whites.

Oh, that flight of bread! The first was a square beef tallow biscuit served with a horseradish crème to the side. The top and bottom were brown and crusty but the center was moist and light. There was no butter in the biscuit but the beef tallow for shortening gave it a wonderful aroma and a rich flavor. The horseradish sauce was perfect with the beef flavor.

The cornbread square, a light color that suggested it might be baked with white cornmeal, was served with a burnt honey miso butter. While the texture was cake like, the bread was not too salty or sweet. The butter, honey, miso flavorings were subtle but a perfect complement to the bread.

The sourdough pretzel bread came with a ham and mustard butter. Here the salt on the pretzel along with the flavors of ham and mustard made for the perfect third.

One of the owner chefs, Rob Laudicina explained the restaurant's philosophy. While Charleston has many good restaurants with good food, often it is too expensive for the average person. His goal is to serve great food at a good price point, in a relaxed atmosphere so diners have a good time. How to do that? He explained that they waste nothing. Bones, the beef tallow in the biscuits, everything is used in the food preparation. In addition, they are canners. As he said, "I don't want to have to go out and buy peaches off season at a high price. I can them so I have them when I need them."

Rob and other chef-owner, R.J. Moody want the restaurant to be a place where neighbors come and customers repeat their visits. When I was there that was evident as two of the groups eating were neighborhood repeat customers. Another group of four women had made a special trip to the restaurant. I will be a repeat customer. I can still smell and taste those biscuits and can only look forward to whatever innovative offerings the menu will offer on my next visit.

P.S. Why name it Spero? The name Spero comes from the Great Seal of SC. Spero the goddess of hope. The motto on the seal, "While I breathe I have hope." August 1 the Feast of Spes or Spero. Ok guys, how about a special celebration each August 1 for hope and willingness to give it your best as you are doing?



Spero Restaurant
616 Meeting Street
Charleston, SC



Judy Murdoch: Editor

Remembering Ken Burger

Submitted by Judy Murdoch

(CCR has been honored to have many Post & Courier staff members and column writers as speakers. Ken Burger was a frequent speaker and a member of CCR.)

Ken Burger was to be our speaker on October 12, 2015. Sadly, he was unable to be with us and died on October 20. Diagnosed with prostate cancer in 2007, Ken encouraged other men to get checkups. The Ken Burger Prostrate Cancer Challenge Golf Tournament raised over \$400,000 to provide patient support at the Roper St. Francis Foundation and Cancer Center.

For two decades, Ken was the Executive Sports Editor and Sports Columnist for the Post and Courier newspaper in Charleston, SC. When retirement neared he began to become known as Ken Burger, author.

Ken's first three books are a trilogy of South Carolina state stories. Swallow Savannah, tells of a rural 1950's community at the dawning of the reality of civil rights. Sister Santee, depicts both a natural storm and the storm of changing times and racial realities. Salkehatchie Soup is a fictional account of the real

issue of 50 years of nuclear waste stored underground in South Carolina.

Two other books are compilations of his newspaper work. Baptized in Sweet Tea, contains articles that celebrates the Southern identity and culture. A Sporting Life, focuses on his sports columns.

In his own words, Burger frequently said (as he did at his CCR talks) that he, "graduated dead-last in his class at the University of Georgia, was married five times, is a gratefully recovering alcoholic, cancer survivor, and a happy man." In reality, he shared much of his understandings and own experiences with life with many. A Sporting Life is a good title not only for a book focused on his sports' columns- but on his own life.



Remembering Our Friends

Submitted by Catherine Langlois

As we look forward to the 2016 lectures and gatherings for CCR, we also want to remember our friends who died this past year.

Robert Biller died in February 2015. Robert served in the U. S. Coast Guard for 28 years, retired with the rank of Captain in 1980, and then taught physics at Stockton State College in New Jersey for 20 years. He and Barbara moved to Charleston in 2010.

Mary LaBoone died in May 2015. She was a "charter" member of CCR, being active when the Elderhostel connection was transitioned to the College of Charleston Center. Mary is remembered with a lovely smile and as impeccably dressed.

Delores Dyer died in June 2015. She was very active in Charleston all of her life, as cheerleader in high school, student at College of Charleston, and in later years as a volunteer at Roper Hospital, Girl Scout leader, teacher and supporter of Spoleto Festival.

Frank DiFiglio died in July 2015. A proud Navy veteran of WW II, Frank remained active in his church, Red Cross, and

Veterans service organizations. Remembered for always wearing his Veteran cap, Frank gathered travel size toiletries and put together kits for needy veterans. A special memory is last spring when Frank jumped into one of the classic Model A Fords on display, saying it was just as he remembered as a kid.

Myrtle Brown died in August 2015. From New York City, Myrtle was proud of her years there as a court clerk. Myrtle was a member of CCR for over 18 years with a special friendship with member Janet Meaburn. Myrtle had a wicked sense of humor, loved dressing well, was a Red Hat Lady, and, above all, always spoke well of others with strong belief that race, color or creed makes no difference in friendships and enjoyments of life.

We are fortunate to have known them all and will miss their presence.



Hearty Welcome to New Members

Submitted by Deirdre Goldbogen

A hearty welcome to all CCR members! Our Fall speakers, workshops and outings are off to a great start. Attendance at many meetings has been a full house, thanks to the efforts of our two amazing volunteers, Stan and Karen, at the registration table and to others in the college support office, Our Fall membership numbers are in and are very encouraging. Our total membership roster stands at 170. This fall 47 new members have joined –about a 30% increase in membership! Of the 47 new members about 59% are women and 41% are men-pretty good gender balance-but ladies rule! (Statisticians please forgive the use of “about” %!) It is especially encouraging to know that our members and their member fees help in part to support college faculty and student scholarships. I count myself blessed to be part of such a vibrant community.

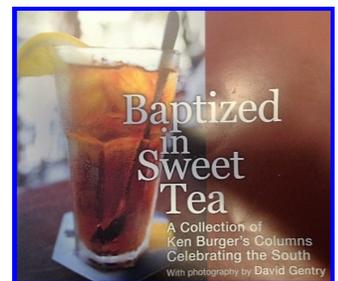


Post & Courier Speakers for the Center for Creative Retirement

Submitted by Del Sisson



- 2000 9/12 **Ken and Ann Burger**, “Editors in Love”
- 2004 3/2 Robert Behre, feature writer, “New Construction in the Historic District”
- 2005 1/25 Elsa McDowell, public editor, “Post & Courier in the Community”
- 2005 9/13 William Hawkins, executive editor, “Future of the Post and Courier”
- 2006 1/24 Herb Frasier, features writer, “Journey of 3 Women Back to Africa”
- 2007 2/20 Natalie Dupree, foods writer, “Easy Entertaining”
- 2009 3/10 **Ken Burger**, “Swallow Savannah”
- 2011 2/1 Marcus Amaker, “Putting Together the Charleston Scene”
- 2011 10/11 Robert Behre, features writer, “2011-12 Politics in CHS: Mayoral & Presidential”
- 2011 12/6 **Ken Burger**, “Sister Santee and Baptized in Sweet Tea”
- 2012 4/17 David Slade, “Money Matters”
- 2012 4/3 Herb Frasier, “Behind God’s Back”
- 2013 3/5 Brian Hicks, “The Political Scene”
- 2014 1/28 William Hawkins, ret’d executive editor/publisher, “The Future of Print Media”
- 2014 4/14 Brian Hicks, “Our Political Climate”
- 2014 4/22 Tom Spain, photo editor, “Taking Better Pictures”
- 2015 10/20 Hanna Raskin, food writer and lead critic, “The Art of Food Writing”



COLLEGE of CHARLESTON

THE CENTER FOR CREATIVE RETIREMENT

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For information on the web:

Cofc.edu/academics/
specialopportunities/senior-
citizen-programs/
centercreativeretirement

Meetings held from September to
May
Tuesdays at 1:00 pm
College Charleston North

President's Letter from Fred Rosenberg

This semester's programs have been better than ever, kicking off in September with our own Charleston mayoral forum. This is remarkable in the face of the number of challenges we had to meet. Several scheduled speakers had to cancel, some of them at the last moment, including Dean Antonio Tillis who had to respond to flooding in some of his buildings after the record rains. What's remarkable is how well our curriculum committee has been able to find such excellent backups, sometimes at the last moment. Who would have thought that snapping shrimp could be so interesting?

Our membership and attendance is greater than ever, no doubt because of our excellent programs, attractive facility and the hard work of our communications and publicity committees. Keep telling your friends about CCR. We can still roll in more chairs as needed!

CCR depends upon its volunteers. Please volunteer in any way you can. If you think that there is something else that we could be doing, please let me know. We have money available in our budget to develop and sustain new programs if you are interested in developing such a program.



FALL TRIPS WITH DAVE CLARK

Waccamau Outdoors



Charleston Spirit Line Cruise

