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**THORBURN ASSOCIATES INC.**  
**Technology and Acoustical Consultants**  
**Designing Quality Environments**  
**eNewsletter**

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**June 2009**

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**Greetings!**

Following our annual summer tradition, we are taking a break from our normal technical content to share some favorite recipes.

At InfoComm/NSCA (June 14-19, in Orlando), TA's seven educational sessions will cover pertinent, real-world issues in acoustics, facility design and systems integration. There is still time to register online at [www.InfoCommShow.org](http://www.InfoCommShow.org).

- **How to Issue an RFQ/RFP to Hire AV Designers and Contractors** (Session #IS10) Presented by Lisa Thorburn, Wed. June 17, 8-10 am
- **AV System Integration Issues for Owners and Facility Managers** (Session #IS09) Presented by Steve Thorburn, Wed. June 17, 8-10 am
- **Introduction to Acoustics in Architecture** (Session #IW2) Presented by Steve Thorburn, Wed. June 17, 12:30-4:30 pm
- **Presentation Facility Design and Integration** (Session #IW9) Presented by Derek Meares, Wed. June 17, 12:30-4:30 pm
- **Advanced Acoustics in Architecture** (Session #IW4) Presented by Steve Thorburn, Thurs. June 18, 8 am-noon
- **Building the Perfect Teaching Station** (Session #IS72) Presented by Jim Horn, Thurs. June 18, 10:30 am-noon
- **Space Planning for Videoconferencing Systems – Designing a Total Environment** (Session # IW6) Presented by Lance Sturdevant, Fri. June 19, 8 am-noon

You are also welcome to visit us at the following events:

- **GSA Expo** – June 9-11, 2009 in San Antonio, Texas, Booth #2654.
- **AIA Tennessee Convention and Expo** – Knoxville July 29-Aug. 1, 2009.



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As always, it is our goal to make sure that Thorburn Associates is your single point of contact for all your Technology and Acoustical Design services. If you have an idea, question or suggestions, please drop us a note at [enews@ta-inc.com](mailto:enews@ta-inc.com).

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### **Focus on Food: Summer All-Stars**

We are pleased to share some of our favorite summer recipes that have withstood the test of picnics, ballgames, barbecues and outdoor concerts.

#### **Orzo Salad – Jessica Newton**

A great complement to barbecue dishes. Makes about 8 servings.

3 cups orzo, hot cooked (rice-shaped pasta, about 1 ½ cups uncooked)  
1 cup frozen peas, thawed (or cooked fresh peas if available)  
¾ cup (3 ounces) crumbled feta cheese  
¼ cup chopped parsley  
3 tablespoons balsamic vinegar  
2 tablespoons extra-virgin olive oil  
½ teaspoon salt  
¼ teaspoon black pepper  
1 garlic clove, minced

Combine all the ingredients in a large bowl and toss well to coat. Cover the bowl and chill. May be served cold or at room temperature (recommended). Toss again before serving.

Jessica notes: "With fresh peas this is even tastier. Normally, if I'm using frozen peas, I just add the peas while they are still frozen and the pasta is hot. Then I let the pasta cool quite a bit so that the cheese stays chunky and doesn't melt away into the dressing. I always add a little extra cheese and garlic because they are so yummy."

#### **Quinoa Salad – Kathy Palmer**

Quinoa (keen-wah) is a grain from South America. Since quinoa includes all nine essential amino acids, it is considered a complete protein. It is also gluten free.

1 cup uncooked quinoa, rinsed  
2 cups chicken broth or vegetable broth  
½ cup chopped and seeded tomatoes  
½ cup chopped scallions  
1 cup chopped cucumber  
3 tablespoons chopped fresh mint  
¼ cup olive oil  
¼ cup balsamic vinegar  
Juice of half lemon  
1 teaspoon chopped garlic  
Salt, pepper and garlic salt to taste

Optional:

Goat or feta cheese  
Chopped black olives

Thoroughly rinse the quinoa. Bring the quinoa and the stock to a boil and cover. Simmer on low heat for 20 minutes. Let cool to room temperature and transfer to a bowl and fluff with



a fork. Add the tomatoes, scallions, cucumber and mint to the quinoa and combine. Make the dressing with the olive oil, balsamic vinegar, lemon juice and garlic. Add salt, pepper and garlic salt. Mix well. Pour dressing over the quinoa and toss. Refrigerate until ready to serve.

### **Marinated Vegetable Salad - Jim Horn**

Tastes great especially when served cold. Make it a day ahead to let it soak in all the flavors.

8 oz can of midget butter beans  
 8 oz can of white shoe peg corn  
 8 oz can of English peas  
 ½ cup of chopped celery  
 ½ cup of chopped onion  
 Chopped small green bell pepper  
 ½ cup white vinegar  
 ½ cup of corn oil or salad oil  
 ¾ cup sugar  
 ½ teaspoon pepper  
 ½ teaspoon salt

Mix vinegar, oil, sugar, pepper and salt in pan and bring to boil on stove for just a couple of minutes. Allow to cool on stove. Mix all other ingredients in bowl (remove water from cans of vegetables). Pour vinegar mixture over vegetables and cool in refrigerator overnight.

### **Black Bean and Couscous Salad - Meg Barham**

A vibrant mix of Mediterranean and Southern flavors also makes a hearty and healthy lunch.

1 cup couscous, uncooked  
 1 1/4 cups chicken broth  
 3 tablespoons extra virgin olive oil  
 2 tablespoons fresh lime juice  
 1 teaspoon red wine vinegar  
 1/2 teaspoon ground cumin  
 8 green onions, chopped  
 1 red bell pepper, seeded and chopped  
 1/4 cup chopped fresh cilantro  
 1 cup frozen corn kernels, thawed (may substitute fresh or canned)  
 2 (15 ounce) cans black beans, drained  
 Salt and pepper to taste

Bring chicken broth to a boil in a two-quart or larger saucepan and stir in the couscous. Cover the pot and remove from heat. Let stand for 5 minutes.

In a large bowl, whisk together the olive oil, lime juice, vinegar and cumin. Add green onions, red pepper, cilantro, corn and beans and toss to coat.

Fluff the couscous well, breaking up any chunks. Add to the bowl with the vegetables and mix well. Season with salt and pepper to taste and serve at once or refrigerate until ready to serve.

### **BBQ /Braised Short Ribs with Vietnamese Sweet Glaze – Steve Thorburn**

Steve adapted this tasty ribs dish from a recipe in Fine Cooking magazine.



Makes 4 servings.

Marinate 4 pounds of beef short ribs in the refrigerator in the following mixture, in a 1 gallon heavy reseal-able plastic bag or suitable container:

- 1 tablespoon Hungarian paprika
- 1 tablespoon Five Spice powder
- 2 tablespoons brown sugar
- 1 tablespoon garlic powder
- 1 teaspoon red pepper – adjust heat as needed for the tastes in your household
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper

In an oven-proof 6- to 8-quart pan with a cover combine the following:

- 2 tablespoons peanut oil
- 2 cups chopped yellow onion
- 1 tablespoon chopped garlic
- 2 teaspoon minced fresh ginger
- 3 cups lower-salt chicken broth
- 1/2 cup rice vinegar
- 3 tablespoon dark brown sugar
- 2 tablespoon oyster sauce
- 1 tablespoon soy sauce
- 1 teaspoon anise

Take the ribs out to take the chill off them while the grill is heating up. Brown the ribs for 1 to 2 minutes each side. When browned move the ribs to a braising pan. Over the next two hours or so, with the braising pan on the grill on low heat, watch the ribs until tender. When the meat is almost falling off the bone, pull the ribs out and reserve the braising liquid. Keep ribs warm as you strain the braising liquid and then separate the fat. Return the remaining liquid to the pan, add 4 tablespoons of brown sugar and 2 tablespoons of rice vinegar and reduce down about a third. Return ribs to the grill and glaze with the reduced liquid. Remove from the grill and enjoy.

### **My Sister-in-Law Sherrie's Fattening Taco Dip - Lance Sturdevant**

Lance swears that after a first dip, you will forget about the calories and dig in.

- 1 medium diced onion
- 1 package taco seasoning mix
- One 10 oz can bean dip
- 1 large cream cheese package at room temperature
- 8 oz sour cream
- 20 drops Tabasco sauce
- 10 oz Cheddar cheese (shredded)
- 10 oz Monterey Jack cheese (shredded)

Mix cheeses together in a bowl. Mix everything else in a separate bowl. In a square, 2" deep pan, make four layers ending with cheese on top. Bake at 350 degrees for 1/2 hour. Eat with taco chips while hot or still warm.

### **California Brunch - Jenny Zubiato**

Take it to the beach or enjoy with friends on the patio.



4 large eggs  
 1 tablespoon chopped fresh chives  
 1/4 teaspoon sea salt plus more for sprinkling  
 1 tablespoon butter  
 1/2 cup fresh ricotta cheese (available at specialty food stores and some supermarkets)  
 Four 1/3- to 1/2-inch-thick slices whole grain bread or 8 whole grain baguette slices, lightly toasted  
 1 avocado, halved and cut into slices  
 Whole chives (optional)  
 Tapatio hot sauce  
 A bottle of Chateau St. Jean Chardonnay or Chandon Brut Sparkling Wine

Whisk eggs, chopped chives, and 1/4 teaspoon sea salt in medium bowl until well blended. Melt butter in heavy medium nonstick skillet over medium heat. When foam subsides, add eggs and stir with heatproof silicone spatula until eggs are almost cooked but still runny in parts, tilting skillet and stirring with spatula to allow uncooked portion to flow underneath, about 2 minutes. Remove from heat. Add ricotta and stir just until incorporated but clumps of cheese are still visible.

Arrange 2 toasts or 4 baguette slices on each of 2 plates. Spoon scrambled eggs atop toasts. Add avocado slices and sprinkle with more sea salt and pepper. Garnish with whole chives or a dash of hot sauce, if desired. Serve with a chilled glass of California chardonnay or sparkling wine.

### **Mozzarella veggie pesto on pretzel bread - Karen Espenhahn**

This super-easy sandwich is delicious on bread fresh from the local bakery, and it's even better on home-made rolls.

Fresh Mozzarella cheese  
 Lettuce  
 Tomato  
 Pesto  
 Pretzel bread baguette

Slice Mozzarella cheese, tomatoes, and baguette. Spread pesto on each slice of bread; assemble sandwiches for a summer picnic favorite.

### **Avocado salad – Judy Rubin**

For the summer avocado addict. Serves 2 as main dish or 4-6 as side dish.

4 large or 6 medium avocados, ripe  
 1 can hearts of palm  
 1 can baby corn  
 1 handful washed and trimmed cilantro or parsley  
 3-4 small to medium pickling cucumbers  
 Red wine vinegar and virgin olive oil  
 Salt & pepper

Cut avocados in half and remove the seeds without bruising the fruit. Use a spoon to scoop out the meat in chunks. Drain and slice the hearts of palm and cut the baby corn into halves or thirds. Wash the cucumbers, then cut vertically into quarters and slice the quarters into

chunks. Chop the cilantro or parsley. Mix a tart vinaigrette with the olive oil and red wine vinegar and toss everything lightly together, seasoning with salt and pepper to taste.

### **Corn Mango Salsa – Karen Ballard**

Can be served with pork, fish, chicken, or just eaten alone with a few tortilla chips.

2 ears fresh sweet corn  
 1 medium mango  
 1 red sweet pepper  
 1 medium sweet onion  
 Fresh lemon juice  
 2 tablespoons cooking oil  
 2 tablespoons fresh mint (optional)  
 1 tablespoon Fresh cilantro  
 ¼ tsp. salt

Husk corn and brush with olive oil on all sides. Grill over medium heat, turning often. When kernels begin to brown, remove from grill and let cool. Cut off kernels from cob. Seed, peel and finely chop mango. Seed and finely chop pepper. Peel and chop onion. Combine all ingredients in bowl and toss gently.

### **Salmon with Basil Cream Sauce - Justin Meyer**

Fresh herbs bring a summer twist to this year-round favorite. Borrowed from "The Gourmet Gazelle Cookbook," by Ellen Brown. Makes 6 servings.

2 lb salmon fillets  
 1-1/2 tablespoons unsalted butter  
 3 shallots, peeled and minced  
 1 garlic clove, peeled and minced  
 1-1/2 cups chopped fresh basil  
 1/4 cup chopped fresh parsley  
 3/4 cup dry white wine  
 1/2 cup light cream  
 1 tablespoon freshly squeezed lemon juice  
 1/4 teaspoon freshly ground white pepper  
 1/4 teaspoon salt, or to taste

Cut salmon into 6 equal serving pieces, wash, and pat dry on paper towels. Melt butter in a large skillet over medium-high heat. Sear salmon on each side for 2-3 minutes, keeping the center slightly rare since the fish will continue to cook after taken from the pan. Remove fish from pan with a slotted spatula and keep warm. Reduce heat to low and add the shallots and garlic to the pan. Sauté, stirring frequently, for 5 minutes. Add basil, parsley, wine, cream, lemon juice, pepper and salt to the pan and cook over medium heat, stirring frequently, until the mixture is reduced by half. Taste for seasoning, adding pepper and salt as needed. To serve, reheat gently in the sauce.

Note: The fish can be prepared up to three hours in advance. Reheat the fish in the sauce over low heat, uncovered, for 10 minutes.



## **Project News**

### **National Guard Joint Forces Headquarters**

One of the top challenges at the new 237,000 sq. ft. North Carolina National Guard headquarters was to create infrastructure that would facilitate the real-time efforts of multiple agencies housed in the building – supporting their everyday work as well as when providing rapid response to emergency situations. Thorburn Associates was brought onto the design team by O'Brien/Atkins Associates, the architect for the project, to address acoustical and audiovisual design issues. The project is receiving statewide attention because it is being funded primarily through federal economic stimulus funds as noted by Governor Beverly Perdue and US House Member David Price in attendance at the ground breaking on May 26, 2009.

Originally, TA's project scope was the National Guard headquarters and the state Division of Emergency Management. Late during the design phase the owner decided to add a department of transportation traffic management center and a highway patrol communications center to the building. This required TA to revise AV functionality of existing spaces and incorporate additional technology areas to support these groups and foster their ability to work closely with the Division of Emergency Management.

The Emergency Management area design incorporates a central briefing room with a large rear projected video wall for agency briefings. It is surrounded by smaller agency work areas where information is gathered and projected for review. The central briefing room can display a number of high resolution computer and video sources so that participants can view real-time storm tracks, network and cable TV news feeds, or other relevant information to the emergency at hand. A separate public briefing room is geared to media briefings by state officials and includes a rear platform for news media cameras with connections to their satellite news gathering trucks.

For the traffic management center it was a challenge to create a space that will allow at least five groups to monitor regional and state-wide traffic cameras, so they can provide a coordinated response. Working with O'Brien/Atkins Associates, TA designed an expandable video wall that allows traffic management staff to view a large number of camera feeds, and to enlarge and focus in on particular cameras.

Final design and installation of audiovisual systems for the building will occur over the next two years. The facility will be a great asset for the people of North Carolina.

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