

Ethnic Heritage Council

JANUARY 2011

30th Annual Dinner & Awards Ceremony—February 26, 2011

Please join us for our 30th Annual Awards Dinner, Saturday, February 26, 2011, Celebrated at Nordic Heritage Museum, 3014 NW 67th St., Seattle, WA 98117. Tickets: \$40. Pre-Paid Reservations Only. Reservation Deadline: Friday, February 18, 2011. Reservation form: www.ethnicheritagecouncil.org or call: 206-443-1410 to make your reservation.

Evening Events: Social Hour & Museum Tour; International Cuisine Dinner by IKEA; Following Dinner: EHC Board Introductions; Awards Ceremony; Cultural Performances & Raffle.

In 2011 we will honor 2 members of our local ethnic communities—leaders and role models who have given their time to their own community and the community at large.

Dr. Martin Luther King Jr. Holiday Celebration—January 15, 2011

1pm-3pm, Seattle Center House

FREE! The Seattle Center Dr. Martin Luther King Jr. Holiday Celebration celebrates the dream of Dr. King by promoting the principles of peace, unity and equality, providing an opportunity for Seattle citizens to remember the dream and vision of MLK, and honoring citizens who are energizing the MLK dream in their communities.

Re-Envision the Dream Program Highlights:

- 1:00 Human Harmony Children's Choir - US National Anthem & Black National Anthem
- 1:10 Welcome by Robert Nellams
- 1:15 Mayor McGinn Welcome & Introduction of the Dr. Martin Luther King, Jr. Peace Awards Peace Award Presentation
- 1:40 Dr. King Speech "Beyond Vietnam" by CD Forum
- 2:15 A Tribute to Billie Holiday featuring Stacie Calkins; Music Coordi-

The Gordon Ekvall Tracie Memorial Award is given to an ethnic performing artist who has made significant contributions to the development and presentation of the traditional arts in our community.

The Aspasia Phoutrides Pulakis Memorial Award is given annually to an individual who has contributed significantly to a Northwest ethnic community.

Nominations due January 24th. See insert page in this newsletter.

Join us in honoring extraordinary members of our community, February 26, 2011, at Nordic Heritage Museum.

Do you have an item for our annual raffle/silent auction? A special item from your worldly travels you can donate? Give us a call!

nator - David Duvall

The Dr. Martin Luther King, Jr. Peace Award recognizes and celebrates outstanding young people and youth organizations that promote community, peace, leadership, justice and civil rights in the spirit of the teachings of Dr. Martin Luther King, Jr.

This year Seattle Center invited the Seattle Youth Violence Prevention Initiative to be a partner in the Dr. Martin Luther King, Jr. Peace Awards. Through this partnership the MLK Seattle Youth Violence Prevention Awards were created to recognize the efforts of youth and youth-serving organizations to reduce and prevent youth violence in Seattle. For more information about the Seattle Youth Violence Prevention Initiative, visit: <http://youthinitiative.seattle.gov/>.



~ HAPPY NEW YEAR ~

Photo by Jal Schrof © EHC
Filipiniana Dance Company
11th Annual Winter Worldfest—2010

INSIDE THIS ISSUE:

30th Annual Dinner & Awards	1
Martin Luther King Jr.	
KCLS Activities & Lessons	2
Award Recipients 1983-2010	3
Calendar of Ethnic Events	4-5
Winter Recipes	6
Join Us!	7
Meet the EHC Board & Staff	
2011 EHC Annual Dinner	8
Insert: Awards Nomination Form	

Remember Dr. Martin Luther King, Jr. this January 17, 2011.

Martin Luther King, Jr., (January 15, 1929-April 4, 1968) was born Michael Luther King, Jr., but later had his name changed to Martin. His grandfather began the family's long tenure as pastors of the Ebenezer Baptist Church in Atlanta, serving from 1914 to 1931; his father has served from then until the present, and from 1960 until his death Martin Luther acted as co-pastor. Martin Luther attended segregated public schools in Georgia, graduating from high school at the age of fifteen; he received the B. A. degree in 1948 from Morehouse College, a distinguished Negro institution of Atlanta from which both his father and grandfather had graduated. After

Continued on page 2, King Jr.



King County Library Systems Activities & Classes

www.kcls.org for more information.

KCLS—Citizenship Classes. Get help preparing for the US Citizenship Exam. *Federal Way 320th Library*, 253.839.0257; *Monday, January 3, 10, 24 and 31, 6:30pm. Renton Library*, 425.226.6043; *Tuesday, January 4, 11, 18 and 25, 7pm. Issaquah Library*, 425.392.5430; *Wednesday, January 5, 12, 19 and 26, 3:30pm. Burien Library*, 206.243.3490; *Wednesday, January 5, 12, 19 and 26, 6:30pm.*

KCLS—Children & Families - Spanish Story Times. All ages welcome with adult. *Issaquah Library*, 425.392.5430;

Monday, January 3, 10, 24 and 31, 6pm. Snoqualmie Library, 425.888.1223; *Saturday, January 8, 10:30am.*

KCLS—Adults- English for Speakers of Other Languages (ESOL). A formal class to learn English grammar, reading, writing and conversation skills. *Auburn Library*, 253.931.3018; *Mondays and Wednesdays, 6pm, No class on January 17. Algona-Pacific Library*, 253.833.3554; *Tuesdays and Thursdays, 6pm. Burien Library*, 206.243.3490; *Tuesdays and Thursdays, 6pm. North Bend Library*,

425.888.0554; *Monday, January 10, 24 and 31, 6:30pm.*

KCLS—Talk Time. Improve your speaking and listening skills in this free English conversation group. *Issaquah Library*, 425.392.5430; *Monday, January 3, 10, 24 and 31, 1pm; Thursday, January 6, 13, 20 and 27, 6:30pm. Federal Way Library*, 253.838.3668; *Tuesday, January 4, 11, 18 and 25, 7pm. Renton Library*, 425.226.6043; *Wednesday, January 5, 12, 19 and 26, 6:30pm. Auburn Library*, 253.931.3018; *Thursday, January 6,*

Continued on page 5, KCLS

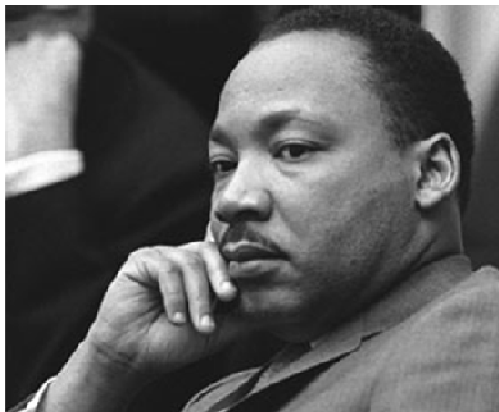
King Jr., Continued from page 1

three years of theological study at Crozer Theological Seminary in Pennsylvania where he was elected president of a predominantly white senior class, he was awarded the B.D. in 1951. With a fellowship won at Crozer, he enrolled in graduate studies at Boston University, completing his residence for the doctorate in 1953 and receiving the degree in 1955. In Boston he met and married Coretta Scott, a young woman of uncommon intellectual and artistic attainments. Two sons and two daughters were born into the family.

In 1954, Martin Luther King became pastor of the Dexter Avenue Baptist Church in Montgomery, Alabama.

Always a strong worker for civil rights for members of his race, King was, by this time, a member of the executive committee of the National Association for the Advancement of Colored People, the leading organization of its kind in the nation. He was ready, then, early in December, 1955, to accept the leadership of the first great Negro nonviolent demonstration of contemporary times in the United States, the bus boycott described by Gunnar Jahn in his presentation speech in honor of the laureate. The boycott lasted 382 days. On December 21, 1956, after the Supreme Court of the United States had declared unconstitutional the laws requiring segregation on buses, Negroes and whites rode the buses as equals. During these days of boycott, King was arrested, his home was bombed, he was subjected to personal abuse, but at the same time he emerged as a Negro leader of the first rank.

In 1957 he was elected president of the Southern Christian Leadership Conference, an organization formed to provide new leadership for the now burgeoning civil rights movement. The ideals for this organization he took from Christianity; its operational techniques from Gandhi. In the eleven-year period between 1957 and 1968, King traveled over six million miles and spoke over twenty-five hundred times, appearing wherever there was injustice, protest, and action; and meanwhile he wrote five books as well as numer-



Dr. Martin Luther King, Jr. had "a dream" that all people would someday be sisters and brothers in a world governed by equality, justice, and peace.

ous articles. In these years, he led a massive protest in Birmingham, Alabama, that caught the attention of the entire world, providing what he called a coalition of conscience. and inspiring his "Letter from a Birmingham Jail", a manifesto of the Negro revolution; he planned the drives in Alabama for the registration of Negroes as voters; he directed the peaceful march on Washington, D.C., of 250,000 people to whom he delivered his address, "I Have a Dream", he conferred with President John F. Kennedy and campaigned for President Lyndon B. Johnson; he was arrested upwards of twenty times and assaulted at least four times; he was awarded five honorary degrees; was named

Man of the Year by *Time* magazine in 1963; and became not only the symbolic leader of American blacks but also a world figure.

At the age of thirty-five, Martin Luther King, Jr., was the youngest man to have received the Nobel Peace Prize. When notified of his selection, he announced that he would turn over the prize money of \$54,123 to the furtherance of the civil rights movement.

On the evening of April 4, 1968, while standing on the balcony of his motel room in Memphis, Tennessee, where he was to lead a protest march in sympathy with striking garbage workers of that city, he was assassinated.

He was posthumously awarded the Presidential Medal of Freedom in 1977 and Congressional Gold Medal in 2004; Martin Luther King, Jr. was established as a U.S. national holiday in 1986.

Information gathered from:

http://en.wikipedia.org/wiki/Martin_Luther_King,_Jr

http://nobelprize.org/nobel_prizes/peace/laureates/1964/king-bio.html

www.martinlutherking.org/

We are proud to reside in "Dr. Martin Luther KING, Jr. COUNTY".



2011 Award Winners will be announced **Saturday, February 26, 2011**, at EHC's 30th Annual Dinner and Awards Ceremony, at Nordic Heritage Museum. **2011 Nominations due Monday, January 24, 2011.**

GORDAN EKVALL TRACIE MEMORIAL AWARD

The **Gordon Ekvall Tracie Award** is given to an ethnic performing artist who has made significant contributions to the development and presentation of the traditional arts in our community.

Ruben Sierra	1990
Patrinell Wright	1991
Prabha Rustagi	1994
Ken Jackson – Grey Eagle	1995
Allan Swensson	1997
Kofi Anang	1998
Henry Louie	1999
Sara Contreras	2000
Bruce Miller “Subiyay”	2001
Mary Mariko Ohno	2002
Roger R. Del Rosario	2003
Jiyeon Cheh	2004
Arthur W. C. Nation	2005
Melody Wenying Xie	2006
Rubina Carmona	2007
Dr. Ratna Mukherjee Roy	2008
Mr. Nat V. Raman	2009
Luis Gramal	2010

ASPASIA PHOUIDRIDES PULAKIS MEMORIAL AWARD

The **Aspasia Phoutrides Pulakis Memorial Award** is given annually to an individual who has contributed significantly to a Northwest ethnic community.

Dorothy Cordova	1983	The Families of Jose & Norma Gomez	1997
Ali San	1984	and Juan & Marcolina Sosa	
John Kovtunovich	1985	Bernard “Bernie” Whitebear	1998
Esther Mumford	1986	Joan Rudd	1999
Sirkka Wilson	1987	Sue Isely	2000
Yuki Nakamura	1988	Sharon McBride Ritelis	2001
Rosanne Gostovich Royer	1989	Afifi Durr	2002
Ralph Hayes	1990	Richard L. Major	2003
Ingeborg Hansen	1991	Norman Westerberg	2004
Lucy Fueresz	1992	Eduardo Mendonça	2005
Maria Medina	1993	Kathy Bruni	2006
Lennie Meder	1994	Flori Montante	2007
John Keane	1995	Leo Utter	2008
Schobha Raman	1996	Peter Pawluskiewicz and Martha Brice	2009
		Kristine Leander	2010



READ THIS NEWSLETTER

ON LINE! VISIT:

www.ethnicheritagecouncil.org

~ January 2011 ~

Happy New Year!

Tuesday 4

Pearl Django—The Pacific Jazz Institute at Dimitriou's Jazz Alley presents Pearl Django with special guest Martin Taylor. **January 5-9**. 7:30pm, Jazz Alley. Call: 206-441-9729; www.jazzalley.com.

Friday 7

Nordic Lights Film Festival - Especially for grown ups! We are pleased to announce the second Nordic Lights Film Festival! A partnership with the Seattle International Film Festival (SIFF), the festival will feature contemporary, award-winning feature-length and short films from Denmark, Finland, Iceland, Norway, and Sweden, shown at SIFF Cinema at McCaw Hall. The line-up of films in the 2011 Festival includes the acclaimed Norwegian drama *Troubled Water* (2008); *Millennium, The Story*, a documentary portrait of Stieg Larsson, the late Swedish author behind the best-selling book trilogy that started with *The Girl With the Dragon Tattoo*; and *Future of Hope*, a film that demonstrates the increasing need to make real progress toward sustainable living and challenges the current media representation of Iceland. **January 5-7**. For detailed information, visit: www.siff.net; www.nordicmuseum.org; Call: 206-789-5707.

Grease—Take a trip to a simpler time of poodle skirts, drive-ins, and T-Birds and see one of America's all-time favorite musicals, *Grease*. **January 7-9**. Paramount Theatre. Call: 877-784-4849; www.stgppresents.org.

A Baroque Christmas in Russia and the Ukraine—Cappella Romana's Voices of Byzantium present A Baroque Christmas in Russia and the Ukraine. **January 7-8**. 8pm, St. Demetrios Greek Orthodox Church. Call: 502-236-8202; www.cappellaromana.org.

Saturday 8

Bellingham Nordic Dancers NW 2nd Saturday Scandinavian Dance, 2-5pm, Norway Hall. FREE. Call: 360-734-2516; www.nordicdancersnw.org.

Sunday 9

Festa Tri Kralja—Come to a Croatian Christmas Celebration in honor of the Three Kings sponsored by the Croatian Fraternal Union Lodge #239. 11:30am, Holy Rosary Catholic Church. Call: 206-282-1424.

Monday 10

Sugar Blue—Grammy-winning, harmonica virtuoso. Jazz Alley. Call: 206-441-9729; www.jazzalley.com

Tuesday 11

Ain't Misbehavin' - Tony-Award winning Musical. Jazz Alley. **January 11-16**. Call: 206-441-9729, or www.jazzalley.com

Wednesday 12

Simone Dinnerstein—Come see Simone Dinnerstein as part of the UW World Series. 8pm, Meany Hall. Call: 206-543-4880; www.uworldseries.org.

A History of the Japanese Community in Washington Exhibit. 10:30am, Tacoma Art Museum. Visit: www.tacomaartmuseum.org

Thursday 13

Cultural Confluence: "Urban People & Native American Heritages." 5:30-7pm, Wing Luke Asian Museum. (RSVP Req'd); 7-8pm, open to the public, Free admission. 206-623-5124, Ext. 119; visit: www.wingluke.org

Friday 14

Celebrate Asia—Celebrate the musical traditions of China, Japan, Korea and India together with those of the West in this spectacular, one-night only event. This year's performance by the Seattle Symphony features world-renowned Korean soprano Sumi Jo as well as noted Japanese koto player Masayo Ishigure. Benaroya Hall. Call: 206-215-4758; www.seattlesymphony.org.

Installation of officers from Leif Erikson Lodge 2-001, Cascade Lodge 2-087, and Edmonds Lodge 2-130. No host beer and wine bar with live music. Catered meal of Champagne chicken, potatoes, vegetables, salad, dessert, and coffee. 7:15pm entertainment by The Bressler Trio from Idaho who performed at the Sons of Norway International Convention; 8pm brief business meeting and installation of officers by Past International President Ted Fosberg (also a Cascade Lodge member). After installation, music by the Harold Nygaard group for your listening and dancing enjoyment. 5:15pm, Leif Erikson Hall. Reservations are required! LELodge members call 206-783.1274 by Monday, January 10, 2011. Cascade and Edmonds members make reservations with your own social director. All others call LEL Hall office.

Saturday 15

Robert Burns Scottish Evening—Come to the 20th Annual Robert Burns Scottish Evening. Mt. Vernon. www.celticarts.org.

Monday 17

Shoreline Community College coordinates 2nd Annual SCC King Day of Service Food Drive - Shoreline Community College students, faculty and staff will join millions of others around the country to pay tribute to Dr. Martin Luther King, Jr. with a day of service. A food drive coordinated by the college's Center for Service Learning will be held at six local grocery stores with donations going to three local food banks (North Helpline, VOA Greenwood and Hopelink). The participating stores are: **QFC stores:** 9999 Holman Rd NW; 1531 NE 145th; 3020 NE 127th Street; **Safeway stores:** 8704 Greenwood Avenue North; 15332 Aurora Avenue Ave; **Fred Meyer stores:** 18325 Aurora Avenue North; 13000 Lake City Way NE; **Greenwood Market:** 8500 3rd Avenue NW; **Central Market:** 15505 Westminster Way N.; **Metropolitan Market:** 5250 40th Avenue NE. "Last year more than 26,000 pounds of food were donated and even though we were, and remain amazed by the generosity of our neighbors, we hope to raise even more this year," Amber Skidmore, an AmeriCorps* VISTA service learning coordinator at the college said. Lists of the most needed items will be available at each participating store. Questions? Or to volunteer: askidmore@shoreline.edu. Call: 206-533-6690.

Tuesday 18

Philharmonia Quartett Berlin—Come see the Philharmonia Quartett Berlin as part of the UW World Series. 8pm, Meany Hall. Call: 206-543-4880; www.uworldseries.org.

The Jacky Terrasson Trio—Jazz Alley. **January 18-19**. Call: 206-441-9729 or www.jazzalley.com

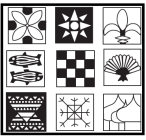
Wednesday 19

Families from Around the World—Come see this new exhibit featuring art about families from around the world. **January 19-June 17**. Seattle Art Museum. Call: 206-625-8900; www.seattleartmuseum.org.

African Art in Motion—Come see this new exhibit featuring African Art. **January 19-17**. Seattle Art Museum. Call: 206-625-8900; www.seattleartmuseum.org.

Thursday 20

A Night in Japan—The Tacoma Art Museum presents a *Night in Japan* with honored guests from the Consulate General of Japan. 5pm, Tacoma Art Museum. Call: 253-272-4258; www.tacomaartmuseum.org.

**Saturday 22**

Dinner Dance—The Sno-king Lodge #261 invites you to their dinner dance. St. Alphonsus Family Center. Call: 206-706-8074.

Brothers from Different Mothers—The Shoreline-Lake Forest Park Arts Council's starts off the new year with the laughter and crazy antics of *Brothers from Different Mothers*. 11:30am, Shorecrest Performing Arts Center. Call: 206-417-4645; www.shorelinearts.net.

Jazz it Up! The Arts' Council invites you to Jazz it Up! With special guests Vern Sielert and Bill Anshell. 7:30pm, Shorecrest Performing Arts Center. Call: 206-417-4645; www.shorelinearts.net.

Crab Feed & Silent Dessert Auction for fund supporting District 2 Youth Camp Counselor/Instructor and other Leif Erikson Lodge scholarships. *Victoria and the Sometimes*, a young jazz/rock/pop/blues band following the auctions. Victoria Mjolsnes who is of Norwegian descent, is the lead singer. A recent graduate of the Cornish College of the Arts, she is an accomplished performer and will add much to the festivities. Dungeness Crab or Cornish Game Hen, baked potato, coleslaw, garlic bread, beverage, and dessert auction. No host bar. The event is sponsored by Leif Erikson Lodge 2-001 Educational Foundation. Get your tickets at: The Leif Erikson Hall Office, 206-783-1274, from 10am-3pm, Monday thru Friday. Tickets are \$25 for adults and \$12 for students and children 12 and under. Make your checks payable to the LEL Scholarship Fund. After Tuesday, January 18, 2011, tickets will be \$30. *Bring your own picks and crab crackers!* You can also send a self addressed stamped envelope with a check made out to the Leif Erikson Lodge 2-001 Scholarship Fund indicating meal preference: Crab Feed Dinner, Leif Erikson Hall, 2245 NW 57th, Seattle, WA 98107. 6pm, Leif Erikson Hall. Call: 206-783-1274; www.leiferiksonlodge.com.

Tacoma Mountaineers Folkdance—8pm, Normanna Hall. Live music by Folk Voice Band. Call: 253-566-6965.

Over-the-Water Hurdy-Gurdy Festival benefit potluck & dance—7pm, potluck; 8pm, dance. Driving instructions: pat@folkdancing.com

Sunday 23

VASA Lodge 4th Sunday Dance—2-5pm, VASA Lodge. Live music provided by Gammel Dansk. Call: 360-856-6175.

Monday 24

Clara—The Shoreline-Lake Forest Park Arts Council's Reader's Theatre series will be ringing in the new year with Clara by Leonard Goodisman, a behind-the-scenes look at the lives of composer Robert Schumann and his wife Clara. 7pm, Shoreline Center. Call: 206-417-4645; www.shorelinearts.net.

Wednesday 26

Letters to Father Jacob—Films from Finland Series presents Letters to Father Jacob (Postia Pappi Jaakobille). 7:30pm, Swedish Cultural Center. Call: 206-283-1090.

Thursday 27

War—The Pacific Jazz Institute at Dimitriou's Jazz Alley presents the Funk Band War. **January 27-30**. 7:30pm, Jazz Alley. Call: 206-441-9729; www.jazzalley.com.

Trollhaugen Ski/Dance Weekend—Annual trip to the Trollhaugen Lodge near Snoqualmie Pass. **January 27-30**. Call: Nancy Morrison, 206-362-8947.

Friday 28

Scandinavian Dance—8-10pm. Swedish Cultural Center. 7:30-8pm, Free Dance Lesson Music by Sprida Ut. Info: pat@folkdancing.com

Letters to Father Jacob—Films from Finland Series presents Letters to Father Jacob (Postia Pappi Jaakobille). 3pm, Swedish Cultural Center. Call: 206-283-1090.

On A Cold Winter's Night—Come for an Italian-style dinner & gathering. Yakima Lodge #2732. Call: 509-697-5692.

DWS Tango a monthly eastside dance event - 4th Friday. "Touch of Tango" at DanceWorks Studio, 16641 Redmond Way. All welcome @ "Touch of Tango" Milonga w/ambiance, refreshments, sweet music, great floor Same hours/pricing as DanceWorks Studio's popular weekly Friday night mixed music social dance **Patty & James** teach the pre dance lesson 4th Fridays (Tango, Milonga, Vals) - all welcome:-) 8:15 pre dance lesson - 9-12ish open dances - \$10 lesson+dance - \$8 dance only. 425.869.7595. www.mstango.com.

Saturday 29

Mark O'Connor—Come see Mark O'Connor as part of the UW World Series. 8pm, Meany Hall. Call: 206-543-4880; www.uworldseries.org.

History Lecture in Hungarian—Visit: www.hungarianamerican.org

Tet Festival—Vietnamese Lunar New Year Celebration. Come to the Vietnamese Lunar Celebration of the New Year. **January 29-30**. Seattle Center, Center House. Call: 206-684-7200; www.seattlecenter.com.

2011 Seattle Travel Show—Seattle Center Exhibition Hall, Seattle Center. **January 29-30**. Tickets at the door. Call: 206-684-7200.

Celtic Arts Winter School Instructional Programs—Seabeck, WA. **January 29-February 9**. www.celticarts.org



KCLS, Continued from page 2

13, 20 and 27, 6:30pm. Federal Way 320th Library, 253.839.0257; Thursday, January 6, 13, 20 and 27, 7pm. Lake Hills Library, 425.747.3350; Thursday, January 6, 13, 20 and 27, 7pm.

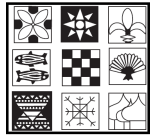
KCLS—Spanish Story Times - All ages welcome with adult. *Tuesday, January 4, 11, 18 and 25, 6pm. Woodinville Library, 425.788.0733. Wednesday, January 19 and 26, 10:30am, Carnation Library, 425.333.4398.*

KCLS—Talk Time for Adults. Improve your English conversation skills by practicing in a small group. *Thursday, January 6, 13, 20 and 27, 7pm. Woodinville Library, 425.788.0733.*

KCLS—Early Literacy Parties in Spanish. For Spanish-speaking families with children newborn to age 5. Series of FREE workshops for families to learn about Early Literacy and how to prepare their children for Kindergarten. *Tuesday, January 11, 18, 25, February 1, 8, 15, 22 and March 1, 6:30pm. Boulevard Park Library. Call: 206.242.8662.*

KCLS - Computer Class: Internet Levels 1 & 2 Taught in Spanish. *Lake Hills Library, 425.747.3350; Tuesday, January 11, 1pm. Library Connection @ Crossroads, 425.644.6203; Friday, January 21, 4pm.*

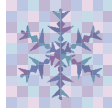
KCLS—Chinese Book Discussion. Please ask at the library for this month's title. *Lake Hills Library, 425.747.3350, 10:30am. January 15. www.kcls.org.*



~Winter Recipes~

Winter Cabbage Salad - Polish Style

- 2 Large Heads of Cabbage
- 3 Red Bell Peppers
- 3 Yellow Bell Peppers
- 4 Orange Bell Peppers
- 2 Large Hot Red Banana Peppers
- 2 Large Hot Yellow Banana Peppers
- 10 Large Cooking Onions
- 2 Large Carrots



- Brine:
- 2 1/2 Cups of Water
 - 2 1/2 Cups of Pickling Vinegar
 - 2 Cups of Corn Oil
 - 1/2 Cup of Sugar
 - 1 teaspoon Turmeric

From the submitter: This is my Polish Grandma's old country recipe and it is probably the best salad I have ever eaten. It's kind of hard to describe exactly how it tastes because it's a combination of flavors but it certainly is delicious. Great as a side dish for Christmas Dinner or Easter but I eat it all the time. I guess you could describe it as a combination of spicy sauerkraut with the texture of coleslaw.

Clean and prepare all the vegetable for the food processor, you can do this with a hand shredder but I wouldn't want to, too much work. Shred all the vegetables in a food processor and throw into a 5 gallon pot, mix thoroughly and cover with 1/2 cup pickling salt. Leave on the counter overnight to ferment (very important step). The next day, you will need another 5 gallon pot or empty the ingredients into a canning pot, clean the 5 gallon pot and add brine.

Bring the brine ingredients to a boil, stirring occasionally to mix well, when they begin to boil well add the cabbage mixture and bring back to a boil. Cook for 15 minutes.

While you are waiting for the cabbage to boil, prepare 15 jars for canning - the traditional way of boiling them for 5 minutes.

When the cabbage mixture has boiled for 15 minutes shut it off and pack the mixture in the hot jars, fill with the brine and use the end of a wooden spoon to get the air bubbles out and seal. No further processing is needed as the food is cooked,

leave jars on a dry dishcloth on the counter top to cool, you will hear them pop, which means they are sealed. Store them in a cold dark place such as a cold cellar until ready to use.

When you are ready to serve, put a jar in the refrigerator the night before you want to use it as it is best served chilled.

Winter Greens - Italian Puttanesca

- 6 servings
- 2 Roasted bell peppers
 - 1 cup pitted imported Olives
 - 6 cup Tender fresh spinach or arugula, washed with tough-stems removed
 - 1 large Garlic clove, finely minced
 - Freshly ground black pepper,-to taste
 - 1 can Anchovies, drained (2 oz)
 - 1/3 cup Extra-virgin olive oil
 - 8 oz Rigatoni or other wide-tube-pasta
 - Coarsely grated Parmesan-cheese

When buying cheese for grating, get the best quality Parmigiano Reggiano. A wedge will keep for a long time in your refrigerator if it's very well wrapped in plastic. As it may be expensive, consider that you've made a worthwhile investment.

Cut roasted peppers lengthwise into 1/4" strips. Coarsely chop the olives. Place the spinach or arugula in a large bowl. Sprinkle with minced garlic and season generously with black pepper. Add the pepper strips and chopped olives. Toss ingredients together well.

Cut anchovies in half crosswise and add to spinach mixture. Toss the mixture with olive oil.

Cut roasted peppers lengthwise into 1/4" strips. Coarsely chop the olives. Place the spinach or arugula in a large bowl. Sprinkle with minced garlic and season generously with black pepper. Add the pepper strips and chopped olives. Toss ingredients together well.



Wild Rice-Stuffed Winter Squash

4 Servings

- 1 large Butternut squash
- 1 Tbls. Sunflower oil
- 4 oz. Mushrooms, sliced, preferably a wild variety such as crimini, shiitake, morel or oyster mushrooms
- 2 Garlic cloves, pressed or minced
- 3/4 tsp. Dill seed, coarsely ground
- 5 Green onions, finely sliced
- 3 cups Wild rice, cooked
- 1/2 cup Hazelnuts* or walnuts, lightly toasted, chopped
- 2 Tbls. Parsley, minced
- Salt & Pepper to taste

Cut squash in half lengthwise and place cut side down in a lightly greased baking dish. Bake at 350 degrees until just tender. Scoop out seeds and set aside.

Heat oil in a skillet over medium heat. Add mushrooms, garlic and dill seed and saute 1 to 2 minutes, until mushrooms appear moist. Stir in green onions, wild rice, 1/3 cup nuts and parsley. Season with pepper and salt to taste. Cool slightly.

Spoon stuffing mixture into squash halves and press with back of spoon to fill cavity completely. Arrange in a lightly greased baking dish. Sprinkle reserved nuts on top. Cover and bake at 350 degrees about 30 minutes, until squash is steaming when you lift lid. Remove cover and bake about 10 minutes longer, until top of filling is crisp.

** Hazelnuts have a better flavor if skins are removed. Bake shelled nuts in a preheated 325-degree oven for about 10 minutes, then wrap them in a kitchen towel and rub off as much of the skins as possible.*

Sweet Baked Winter Squash

2 Servings

- 1 medium Butternut squash
- 1 Tbls. Applesauce
- 1 Tbls. Maple syrup
- 1 Tbls. Molasses
- 2 Tbls. Orange juice
- 1/8 tsp. Ginger, ground
- 1 tsp. Cinnamon, ground

Peel squash. Cut squash into slices about 1/2-inch thick. Lay in baking dish. Mix remaining ingredients. Pour over squash. Bake at 350 degrees for 60 minutes, covered.



JOIN US!

Become a member of the Ethnic Heritage Council. Join us in our 31st year of celebrating community. Your annual membership helps support the events, programs and services of the Council. Any additional contribution you give is greatly appreciated. Thank you for your support!

Name _____			Organization _____	
Address _____			Area Code _____	Phone Number _____
City _____	State _____	Zip _____	E-mail Address _____	

EHC Members receive: Subscription to EHC Newsletter; Advance notice of up-coming events; Event consultation. *Organizations may register two addresses.*

Heritage Circle Members receive: Same benefits as EHC Members. Plus: Free advertising - newsletter/website; Event/meeting location, as available at Seattle Center.

- | | |
|--|---|
| <input type="checkbox"/> \$35 Individual/Student | Payment Method: |
| <input type="checkbox"/> \$55 Organization | <input type="checkbox"/> Check (payable to EHC) |
| <input type="checkbox"/> \$150 Patron | <input type="checkbox"/> Visa |
| <input type="checkbox"/> \$500 Heritage Circle | <input type="checkbox"/> Mastercard |

- | | |
|--|--------------|
| <input type="checkbox"/> I wish to make a contribution of \$ _____ | _____ |
| <input type="checkbox"/> Please contact me about volunteer work | Acct # _____ |

TOTAL ENCLOSED \$ _____ Exp. Date _____

Signature _____

The Ethnic Heritage Council is a non-profit, 501(c)(3) organization, registered in the state of Washington. Donations are tax deductible to the extent permitted by law. Your employer may offer a matching funds program to maximize your donation. Please check with your Human Resources Department. **Thank You**



The Canonicus Fund



The Boeing Company



Member of Liberty Mutual Group



WHO WE ARE...

2010-2011

Officers and Executive Board

- JoAnne Lee, *President*
 Sam Kaplan, *Vice President*
 Mark Vohr, *Secretary*
 Jim Williams, *Treasurer*



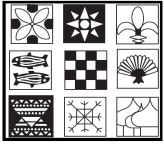
2010-2011 Board of Directors

- | | |
|------------------|----------------------------|
| Mary L. Hsu | Jagdish Sharma |
| Sam Kaplan | Nancy Spieker |
| JoAnne Lee | Mitsu Sundvall |
| Janet McCully | Mark Vohr |
| Hezekiah Orji | Jim Williams |
| Son Michael Pham | <i>Emeritus Directors:</i> |
| Natasha Savage | Burton Bard |
| Natacha Sesko | Sue McNab |

Staff

- Alma Plancich, *Executive Director*
 Maria Kesovija, *Assistant Director, Newsletter Editor*
 Sally Rutledge, *Projects Support, Newsletter/Calendar Assistant*
 Jessica Segur, *Calendar Assistant*

The Ethnic Heritage Council is dedicated to preserving the unique mix of cultural traditions that enrich our Northwest communities. Annually, the Council produces several ethnic festivals, and a public naturalization ceremony on July 4th. EHC publishes CONTACT: A Directory of Ethnic and Cultural Resources in Washington State, and operates a referral service for the community. The Newsletter is a publication of the Ethnic Heritage Council of the Pacific Northwest. Submission deadline for the February 2011 edition is January 20th. Please send submission materials, to the EHC office via mail, fax: 206-443-1408; or email text items as attached word document: ehc@seattle.gov. Contact EHC with any questions at: 206-443-1410. Visit our website at: www.ethnicheritagecouncil.org.



Ethnic Heritage Council
305 Harrison Street, Suite 304
Seattle, WA 98109
206-443-1410
ehc@seattle.gov

NON-PROFIT ORG.
U.S. POSTAGE
PAID
SEATTLE, WA
PERMIT 2213

*The Ethnic Heritage Council is dedicated to
preserving the unique mix of cultural traditions
that enrich our Northwest communities.*

Ethnic Heritage Council 30th Annual Dinner & Awards Ceremony

Saturday, February 26, 2011
at Nordic Heritage Museum

Nominations open for the following awards:

The **Gordon Ekvall Tracie Award** is given to an ethnic performing artist who has made significant contributions to the development and presentation of the traditional arts in our community.

The **Aspasia Phoutrides Pulakis Memorial Award** is given annually to an individual who has contributed significantly to a Northwest ethnic community.

