

Ethnic Heritage Council

FEBRUARY 2011

Gordon Ekvall Tracie Memorial Award Recipient—Omar Batiste

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.



In 2011 we honor **Omar Batiste**. Omar received an astonishing number of nominations for the 2011 Tracie Award, showing his immense popularity in the Pacific Northwest!

Omar's personal objective: To improve personal contributions to positive human expression through Dance, Art, Music, Literature, Languages and socioeconomic endeavors that aid global balance and compatibility.

Omar's introduction to Greek Dance began in 1964 while employed at the Athens Café, the first Greek restaurant in Seattle.

Acquiring Greek dance skills and popularity with his patrons, Omar was soon promoted to Dance Waiter, Dance Instructor and Maitr'd. His skill was such that he was often requested to perform a very popular dance called the "Tsamako." Requests increased for Omar's dancing and teaching skills, and established him as a singularly talented Greek Dancer and Instructor in the Pacific Northwest.

Omar toured with Koleda Balkan Dance Ensemble in the summer of 1968 for an extraordinary 81 days through the U.S., Canada, Switzerland, Netherlands, Mace-

Continued on page 2, Tracie Award



Celebrate!
February is Black History Month
Patrinell Wright, Director, & The Total Experience Gospel Choir

Photo by Jal Schrof © EHC

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Insert: Day of the Accordion

Aspasia Phoutrides Pulakis Memorial Award 2011

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

In 2011 we honor two extraordinary members of our communities: **Lora Chiorah Dye** and **Bettie Sing Luke**.



"Lora Chiorah Dye, a native of Zimbabwe, is a friend, a fellow dancer and a wonderful person. She has worked with most of the African Cultural bands in the Northwest. Lora has helped launch many ca-

reers in this field and when she works with you, she gives 100% of her time and energy." *Nominated by Amma Anang.*

Lora Chiorah-Dye was raised first in a traditional home and then at a mission in Zimbabwe. She first came to the United States in the 1970's to join her then husband, Dumisani Maraire.

Teaching her three children the marimba and mbira music of Zimbabwe, Lora began to create the nucleus of a musical ensemble. In 1980 she formed the Sukutai Marimba and Dance Ensemble to celebrate the heritage of Zimbabwe's Shona people and to provide an opportunity for teaching music and dance to Americans. With sixteen performers ranging in age from 12 to 50, they perform a variety of music. Lora and Sukutai are noted both for their performance ability and their dynamic stage shows, but most importantly for the work Lora does in training young people. Sukutai is one of the region's oldest Afri-

Raffle & Silent Auction
February 26, 2011

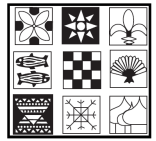
Do you have an item for our annual raffle/silent auction? A special item from your worldly travels you can donate? Gift Certificate? New books? Lessons?

Call: 206-443-1410

can music ensembles. Its members have performed widely to critical acclaim, including several tours of Europe, Asia and the Americas.

She has been captivating American audiences with her cultural presentations which include songs, storytelling, music and dance from her

Continued on page 2, Pulakis Award



February is Black History Month

February has been officially designated as Black History Month by each United States President since 1976.

According to The History Channel, the celebratory month, which is also referred to as African American History Month, was started by Carter G. Woodson in 1926 as Negro History Week. The purpose of the celebration was to educate people about the rich cultural history of African Americans.

Woodson famously stated, "We should emphasize not Negro History, but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race hate, and religious prejudice."

Several quotes endure from leaders of the civil rights movement, authors who invited the understanding of a nation through the truth of their ex-

periences, and African Americans from all walks of life who have earned their place in this country's legacy and history.

Education is an essential goal of Black History Month.

Maya Angelou said, "It is time for parents to teach young people early on that, in diversity, there is beauty, and there is strength. We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value, no matter their color."

The Huffington Post also quoted Maya Angelou's optimistic proclamation, "Bringing the gifts that my ancestors gave, I am the dream and the hope of the slave. I rise. I rise. I rise."

Zora Neale Hurston, one of the most

acclaimed authors of the 20th century, wrote in "How It Feels to Be Colored Me" in 1928, "I am not tragically colored. There is no great sorrow damned up in my soul, nor lurking behind my eyes. Even in the helter-skelter skirmish that is my life. I have seen that the world is to the strong regardless of a little pigmentation more or less. No, I do not weep at the world."

In addition to his many inspiring speeches and enduring words of wisdom, Martin Luther King, Jr. leaves a legacy of rights won through work, patience, and peace. He called out for peaceful protests and summed it up eloquently, "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

Sourced from MyFoxBoston.com

Pulakis Award, Continued from page 1

native culture, the Shona People. Ms. Chiorah-Dye has been an artist-in-residence with the Washington State Arts in Education Program K-12 for the past 30 years. She is Artistic Director for Sukutai Cultural Performing Ensemble. Ms. Chiorah-Dye and her group have toured throughout USA & Canada. They entertained the US military in Iceland, Denmark, England, Scotland, Norway, Belgium, Holland, Germany, Hungary, and Bosnia. Ms. Chiorah-Dye was the Recreation Specialist at Langston Hughes Performing Arts Center and retired after 25 years. As a choreographer she has worked on the Children's Theater's production of "Follow the Drinking Gourd", Seattle Repertory Theater's '91 and '92 production of "Takunda" and Langston Hughes Summer Teens' production of "The Wiz". Ms. Chiorah-Dye has been teaching African Dance & Culture in Spectrum's Outreach Department and Summer Intensive Programs since 2004.

Join us in honoring **Lora Chiorah Dye**, who has truly give 100% to the community.



Bettie Sing Luke, Chinese American, born and raised in Seattle. Bettie has been an educational activist in diversity training and community organizing for three decades. As a professional educator and as a volunteer community activist, Bettie has supported social justice issues on behalf of many ethnic communities in the Northwest:

- Diversity training educator, for over 30 years in 36 different states, including for National Educators Association (NEA), Eugene Oregon school district, various corporations, and community;
- "Day of Remembrance" co-chair for art installation

commemorating WWII Japanese-American internment;

- Racial profiling: Initiated diversity training for Eugene Oregon police and obtained public apology after racial profiling incident;

- Organization of Chinese Americans of Greater Seattle (OCA-GS), civil rights group;

- Facilitator for Jewish and Japanese communities coming together to ban ethnic slurs;

- Volunteer for cultural and historic preservation in groups such as Ethnic Heritage Council, Seafair Pow Wow, Northwest African American Museum, Rainbow Bookfest, Chinese/Jewish Partnership, and Wing Luke Asian Museum on behalf of her activist brother;

- Writer: articles on diversity and co-author of two Chinese activity books for children;

- Organizer of Chinese Expulsion Remembrance, major February 2011 project marking 125th anniversary when Chinese were driven out of Seattle in 1886. To create memorial artwork and educational opportunities on current issues such as immigration.

To view several articles about or by Bettie, visit:
<http://www.nwasianweekly.com/tag/bettie-luke/>

Tracie Award, Continued from page 1

donia, Turkey and France.

Over the past 30 years Omar has been Ethnic Music & Dance Coordinator and or Consultant for festivals around the state, Northwest Folklife Festival, University District Street Fairs and the Arab Festival. He has taught at elementary schools and colleges throughout the State of Washington. He is founder and Artistic Director of *Abu Siraj* a Cultural Repository for Balkan and Near Eastern Dances, Folklore and Culture. He has also authored and published a book on Middle Eastern Culture entitled "The Source."



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: 5PM—Social Hour & Museum Tour; 6PM—International Cuisine Dinner by IKEA; *Following Dinner:* EHC Board Introductions; Awards Ceremony; Cultural Performances & Raffle.

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

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.

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

GORDON EKVALL TRACIE MEMORIAL AWARD

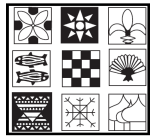
The **Gordon Ekvall Tracie Award** is given to an ethnic performing artist who has made significant contributions to the development and presentation of the traditional arts in our community.

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
Omar Batiste	2011

ASPASIA PHOUTRIDES 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	Bernard "Bernie" Whitebear	1998
Ali San	1984	Joan Rudd	1999
John Kovtunovich	1985	Sue Isely	2000
Esther Mumford	1986	Sharon McBride Ritelis	2001
Sirkka Wilson	1987	Afifi Durr	2002
Yuki Nakamura	1988	Richard L. Major	2003
Rosanne Gostovich Royer	1989	Norman Westerberg	2004
Ralph Hayes	1990	Eduardo Mendonça	2005
Ingeborg Hansen	1991	Kathy Bruni	2006
Lucy Fueresz	1992	Flori Montante	2007
Maria Medina	1993	Leo Utter	2008
Lennie Meder	1994	Peter Pawluskiwicz & Martha Brice	2009
John Keane	1995	Kristine Leander	2010
Schobha Raman	1996	Lora Chiorah Dye & Bettie Sing Luke	2011
The Families of Jose & Norma Gomez and Juan & Marcolina Sosa	1997		



**READ THIS NEWSLETTER
ON LINE! VISIT:**

www.ethnicheritagecouncil.org

~ February 2011 ~

Thursday 3

Vadim Repin—Violinist Vadim Repin will join the Seattle Symphony for three performances of Edouard Laio's dazzling showpiece *Symphonie Espagnole*, Op. 21. **February 3-6**. Benaroya Hall. Call: 206-215-4728; www.seattlesymphony.org.

Lunar New Year Celebrations for "Year of the Rabbit"—Celebrate the Lunar New Year with crafts and special Lion Dance performance. 10am-5pm, Wing Luke Museum. www.wingluke.org.

Group Corpo—See a choreography that combines solid classical technique with the light-hearted and sensual elements of Brazilian popular dance. **February 3-5**. 8pm, Meany Hall. Call: 206-543-4880; www.uworldseries.org.

Friday 4

Dark City—Come see this double feature of Dark City presented by the Seattle International Film Festival. 7:30pm. Call: 206-633-7157; www.siff.net.

Cinderella—The Pacific Northwest Ballet presents the timeless classic of Cinderella. **February 4-13**. McCaw Hall. Call: 206-441-2424; www.pnb.org.

Vanities: A New Musical—A funny and poignant look at three women who discover that, even in 30 years of rapidly changing times, the one thing they can rely on is each other. **February 4 - May 1**. ACT Theatre. Call: 206-292-7676; www.acttheatre.org.

Saturday 5

Sixth Biennial Black History Conference - "Black History at Home and Abroad: Uncovering the Past". Speakers from Mexico, Italy, Croatia and around the U.S. to share valuable contributions by black people in U.S. and abroad. Honorary Chair King County Commissioner Larry Gossett, keynote by Tacoma Mayor Marilyn Strickland. Check website for details. Arrive by 7am if not pre-registered. <http://www.aaahrp.org/>

Calling all LEGO enthusiasts! Are you crazy for this classic Danish building toy? Then don't miss out on a fun morning of LEGO building with Dan Parker, local Certified LEGO® Professional—back for a second year! Participants can spend time creating on their own with the large supply of LEGO pieces, or join one of Dan's break-out classes on LEGO tricks and techniques.

Explore various aspects of LEGO design along with other LEGO fans! 9am-12noon, Nordic Heritage Museum. Register: 206.789.5707 x19 or alisonc@nordicmuseum.org. www.nordicmuseum.org

Alice Stuart, Mary Flower and Anne Weiss—Join these women in their quest to preserve and foster awareness and appreciation of folk and traditional arts in the Seattle Area. 7:30pm, Phinney Neighborhood Center. Call: 206-528-8523; www.seafolklore.org.

Crab Dinner—Join the Grand Lodge of the NW for their crab dinner fundraiser. 7pm, Holy Family Church in Auburn. Call: 206-243-7215.

Historic Paramount Theatre Tour—The Seattle Theatre Group offers free tours of the historic Paramount Theatre on the first Saturday of every month. This performance, staged specifically for the Paramount Theatre, will be performed by Cornish College of the Arts. 10am, Paramount Theatre. www.stgpresents.org; www.cornish.edu.

Live Music and Dance with Balkanarama—Come for an evening full of music and dance from the Balkan region including Albania, Macedonia and Greece and belly dancing featuring Dinah Kinney. 7pm, Georgias Greek Restaurant. Call: 206-783-1228; www.georgiasgreekrestaurant.com.

Bainbridge Scandinavian Dance—Come for the Bainbridge Scandinavian Dance and potluck dinner. 6pm, Island Center Hall. Call: 206-780-8036.

First Friday Dance—Join the Skandia Folkdance Society for their monthly First Friday Dance with big band power from Martha and the Seattle Skandia Spelmanslag. 8pm, Cedar Valley Grange. Call: 206-784-7470; www.skandia-folkdance.org.

Vinterdansen Dance Workshop—Renowned dance ethnographer and instructor Roo Lester will teach traditional dances with great music. 10am, Cedar Valley Grange. Call: 206-784-7470; www.skandia-folkdance.org.

Sunday 6

Greek Music Live—Come for an evening of Greek food, drinks and music by Yannis Novakis & Cathie Whitesides. 7pm, Kafe Neo. Call: 425-672-3476.

Monday 7

Fela! Fela is a new musical directed and choreographed by Tony Award winner Bill T. Jones. See this extravagant, decadent and rebellious world of Afrobeat legend Fela Kuti. 7:30pm, McCaw Hall. Call: 206-633-7151; www.siff.net.

Tribute Band—The Pacific Jazz Institute at Dimitriou's Jazz alley present The Tony Williams Tribute Band. **February 7-8**. 7:30pm, Jazz Alley. Call: 206-441-9729; www.jazzalley.com.

Tuesday 8

Chiara String Quartet—Come see the Chiara String Quartet perform international chamber music as part of the UW World Series. 8pm, Meany Hall. Call: 206-685-2819; www.uworldseries.org.

Thursday 10

Flamenco: Dance of Diversity—Students are invited to join this cultural enrichment dance program. This is a great opportunity for teens to learn while having fun and creating an understanding between different cultural groups. Meadowbrook Community Center. Call: 206-684-7522; www.flamencocogitana.com.

Friday 11

Tiny Tots Series Presents A Safari Valentine - Kids will move and sing in a wonderful Valentine's Day musical treat, A Safari Valentine. This Tiny Tots series concert featuring Let Your Music Shine with Lisa & Linda™ also includes a trio of local instrumentalists. Tiny Tots is designed for children from birth to age 5 and has been carefully planned for young patrons—from the length of the concerts to their interactive and age-specific content. Performances will take place on *Friday, February 11*, at 9:30, 10:30 and 11:30 a.m., and *Saturday, February 12*, at 9:30, 10:30, 11:30 a.m. and 1 p.m., Illsley Ball Nordstrom Recital Hall, Benaroya Hall. Call: 206-215-4747; www.seattlesymphony.org.

Saturday 12

Seattle Symphony Choral—Northwest's Premier Classical Choir Seeks Experienced Choristers. Qualified candidates will be invited to the auditions, led by Seattle Symphony Associate Conductor for Choral Activities Joseph Crnko. The Seattle Symphony Choral was founded as the Seattle Choral in 1953 by Leonard Moore and has established itself as the premier classical choir in the Northwest. The Choral began its formal affiliation as the official chorus of Seattle Symphony in 1976. The 120 volunteer singers are chosen by annual audition and perform several times a year with Seattle Symphony. Call: Anna Brodie, Choral Coordinator, 206-215-4728; www.seattlesymphonychorale.org click on Auditions.

Sno-King Sweetheart Dance—Come for the Sno-King Sweetheart Dance and honor members who met in Sno-King



and are married. 7:30-10:30pm, Cedar Valley Grange. Call: 206-780-8036.

Greek Music Live—Come for an evening of Greek food, drinks and music by Yannis Novakis and Cathie Whitesides. 7pm, Georgia's Greek Restaurant. Call: 206-783-1228.

Heart Strings—The Shoreline-Lake Forest Park Arts Council invites you to a concert which features the Seattle Chinese Orchestra with the Zhang-Xiang Fei Violin Studio and vocalists Roland Ken Sabalza and Chelsea Belle Baker. 7:30pm, Shorecrest Performing Arts Center. Call: 206-417-4645; www.shorelinearts.net.

Wine and Chocolate Tour—Kick it up a notch for a chocolate and wine experience thanks to the Bainbridge Island winemakers. Tour includes chocolate paired with wines at each winery. **February 12-13.** www.visitkitsap.com.

Scandinavian Dance—Bring friends and family to the Nordic Dancers Northwest Scandinavian Dance. 2-5pm, Norway Hall Bellingham. Call: 360-734-2516; www.nordicdancersnow.org

Sunday 13

You Really Got A Hold On Me—Hear selected writings on Love by African Americans as part of the Hansberry Project. Act Theatre. Call: 206-292-7676; www.acttheatre.org.

Greek Music Live—Come for an evening of Greek food, drinks and music by Yannis Novakis and Cathie Whitesides. 7pm, Kafe Neo. Call: 425-672-3476.

Monday 14

Minde Abair's—The Pacific Jazz Institute at Dimitriou's Jazz Alley presents Minde Abair's Valentine Celebration. 7:30pm, Jazz Alley. Call: 206-441-9729; www.jazzalley.com.

Wednesday 16

Simon Trpceski—See pianist Simon Trpceski perform in the President's Piano Series. 8pm, Meany Hall. Call: 206-685-2819; www.uworldseries.org.

Thursday 17

Jazz Night Out—Come with friends and family for a great night out on the town with live jazz music. 7-9pm, North City Bistro. Call: 206-365-4447; www.northcitybistro.com

Friday 18

Kef Balkan Night—Bring friends and family to an evening full of Balkan culture. 8:30pm, Russian Center. Call: 425-883-0332.

Mother in Another Language—When a Bengali expatriate and an American decide to get married, they know

they're in for some cultural difficulties. This comedy explores the challenges and joys of coming together in love. **February 18 - March 6.** Call: 206-292-7676; www.acttheatre.org.

Saturday 19

Family Fun Day—Come with your family for a day at the museum. 1pm, Wing Luke Museum. www.wingluke.org.

Live Music and Dance—Come for an evening of music and dancing featuring Balkan music from KEF and belly dancing with Dinah Kinney. 7pm, Georgias Greek Restaurant. Call: 206-783-1228; www.georgiasgreekrestaurant.com.

4th Annual Sean-nos Northwest Festival—Come for crafts, music, dancing and more at the 4th Annual Sean-nos Festival. **February 19-20.** Evergreen State College. www.seannos.org; www.seannosnw.eventbrite.com.

Third Friday Dance—Join the Skandia Folkdance Society for their monthly Third Friday Dance featuring Nordic Exposure, the fine Norwegian gammeldans band from Olympia. 7:30pm, Cedar Valley Grange. Call: 206-784-7470; www.skandia-folkdance.org.

Sunday 20

Gung Haggis Fat Choy—Come for a benefit for the NW Junior Pipe Band and other youth groups at a Chinese-Scottish cross-cultural event featuring Scottish and Chinese entertainment and food. 5pm, China Harbor Restaurant. Call: 206-364-6025; www.caledonians.com.

Annual President Day Dinner—Join the Tacoma Lodge #1175 for their annual Presidents Day Dinner. 2-6pm, St. Charles Borromeo Parish. Call: 253-988-1238.

Tuesday 22

The Chieftans—Come see the Chieftans with Seattle Symphony Orchestra performing classical, world and celtic music. 7:30pm, Benaroya Hall. Call: 206-215-4747.

Wednesday 23

Northwest Garden Show—If you love gardening, you'll love the Northwest Flower and Garden show. Featuring hundreds of local and national companies. **February 23-27.** Washington State Convention Center. www.gardenshow.com.

Friday 25

25th Anniversary Tour Smucker's Stars on Ice. 7:30pm, Key Arena. Call: 253-839-4204.

Scandinavian Dance at the Swedish Cultural Center, 1920 Dexter N. Waltz

lesson, 7:30-8:15pm. We start from the very beginning—no experience needed. Scandinavian folk dance, 8:15-10:30, with delightful live music by the Skandia Spelmanslag, the big fiddling team. Swedish Cultural Center. Email: pat@folk dancing.com.

Saturday 26

Scandi Music Sessions—This session features the rhythmic Roros Pols from Norway. Local fiddler Bill Boyd will share his knowledge about these wonderful tunes. 3pm, Greenwood Lutheran Church. www.skandia-folkdance.org.

30th Annual Dinner and Award Ceremony—Join the Ethnic Heritage Council for their 30th Annual Dinner and Award Ceremony honoring extraordinary members of the community. 5pm, Nordic Heritage Museum. Call: 206-443-1410; www.ethnicheritagecouncil.org.

Sunday 27

The House We Live In—The Phinney Neighborhood Association presents a movie screening and discussion on "The House We Live In" from the PBS series *Race: The Power of an Illusion as part of their Cultural Engagement Film Series*. 3pm, Phinney Center. Call: 206-783-2244; www.phinneycenter.org.

Jazz Night Out—Come with friends and family for a great night out on the town with live jazz music. 7-9pm, Tula's Jazz Nightclub. www.tulas.com.

The Day of the Accordion—Come and enjoy lively accordion entertainment by some of the area's finest accordion players sponsored by the NW Accordion Society. **Main floor:** bands featuring the accordion, vendor exhibitions, and dancing to live music **Upstairs:** Accordion concerts, FREE introductory accordion lessons. 11:30am-4:30pm, Seattle Center House. Call: 206-622-4786; www.nwasnews.com; or 206-684-7200.

Greek Music Live—Come for an evening of Greek food, drinks and music by Yannis Novakis & Cathie Whitesides. 7pm, Kafe Neo. Call: 425-672-3476.

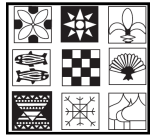
VASA Lodge Fourth Sunday Dance—Dance to recorded music; \$3. Skandia members and guests welcome. 2-5pm, VASA Lodge, Mt. Vernon. Call: 360-856-6175; pdix@cnw.com.

Monday 28

King Lear—See a representation of Shakespeare's King Lear. 7:30pm, McCaw Hall. Call: 206-633-7151; www.siff.net.

~ MORE ~

Multicultural Events at KCLS Programs for Children, Families and Adults. Visit: www.kcls.org.



~ WORLD Recipes ~

Zimbabwe Greens

Serves 4

1 bunch Collard greens*, washed
1 cup Water
1 Large Tomato, cored, chopped
5 Green onions, sliced (green and white part)
3 Tbls. Natural smooth peanut butter
Salt to taste

*The greens used in his homeland aren't available here, but collard greens an excellent substitute.

Finely shred the greens, discarding tough stems. Place in a saucepan with the water. Bring to boil and cook, stirring occasionally, just until greens are crunchy-tender (don't overcook). Drain greens, reserving liquid. Return greens to medium heat; add tomato and onions. Heat through, stirring frequently.

Thin peanut butter with 3/4 cup of the reserved cooking liquid, then add to vegetables. Heat, stirring constantly, until greens have a creamy consistency, adding more reserved liquid if mixture seems too thick. Add salt if needed.

Mihshi Malfuf Bi Zayt—Lebanese Meatless Cabbage Rolls

Serves 6

Rice and Chickpea Stuffing

1 ½ cups Chopped spring onions
¼ cup Olive oil
1 cup Long grain rice
1 cup Canned chickpeas -- drained
½ cup Finely chopped parsley
1 cup Chopped, peeled tomatoes
½ tsp. Ground allspice
Salt
Freshly ground black pepper
24 Cabbage leaves
3 Garlic cloves
1 tsp. Salt
1 tsp. Dried mint
¼ cup Lemon juice
½ cup Olive oil

Gently fry spring onion in 1/4 cup olive oil for 2-3 minutes. Turn into a bowl and add remaining stuffing ingredients, add salt & pepper to taste.

Remove leaves from cabbage carefully so as not to tear them, counting larger leaves as 2. Par-boil cabbage leaves in boiling water until limp enough to handle, cooking leaves in 2 to 3 pots. Drain in a colander.

Cut out larger part of centre rib in each leaf and cut larger leaves in half down centre. Line base of a deep pan with ribs and any torn leaves. Place a generous tablespoon stuffing on base of each leaf, roll up once and tuck in sides to contain filling. Roll to end of leaf. Repeat with remaining ingredients.

Crush garlic with salt and blend in crumbled, crushed mint and lemon juice.

Pack rolls flap side down in lined pan, sprinkling some of the garlic-lemon mixture and olive oil between layers of rolls. Invert a plate on top of the rolls to keep them intact during cooking. Add enough cold water to just cover rolls and put lid on firmly.

Bring to a boil on medium heat, reduce to low and simmer gently for 45 minutes. Remove from heat and leave aside for 30 minutes. Serve lukewarm or cold.

Kjoftinja - Macedonian Meatballs

Makes 20 kjoftinja

1kg Beef, minced
250g Pork, minced
1 Medium white onion, grated (use hands to squeeze out excess liquid)
1 Small potato, grated (use hands to squeeze out excess liquid)
1 medium carrot, grated
1 celery stick, grated
1 egg
1 Tbls. Flour
2 tsp. dried chili flakes
1 tsp. mild paprika
1/3 cup coarsely chopped mint (replace with 2 teaspoons of dried mint if fresh is unavailable)
2 Tbls. Olive oil
1 tsp. salt
2 tsp. dried vegetable stock e.g. Vegeta/Massel
Freshly ground black pepper to taste

Put all the ingredients in a large bowl, scrunch with your hands and knead until everything is well combined (3 minutes). Run your hands under cold water (do this every so often) and roll a handful of the mix into a round ball, then press to flatten slightly with the palm of your hand and add a divot in the centre with your thumb (a small indent the size of a 10 cent piece to help the meat cook evenly). Set aside on a tray, cover and refrigerate until firm (30 minutes), or put into the freezer if freezing.

Heat a nonstick pan or barbeque flat-plate (medium heat), add a small amount of olive oil. Cook for 4-5 minutes on each side or until browned and cooked through.

Serve while warm with bread and salad or ajvar (eggplant spread) or on a burger. *Tip: Before forming each kjoftje test the seasoning by making a mini ball and frying in a little oil.*

Serve while warm with bread and salad or ajvar (eggplant spread) or on a burger. *Tip: Before forming each kjoftje test the seasoning by making a mini ball and frying in a little oil.*

Chinese Style Steamed Salmon With Black Bean Sauce

Serves 2

2 each Salmon, fillets, 4 oz. each, skin removed
1 Red Bell Pepper
1 Green Bell Pepper
2 Tbls. Bamboo shoots, shredded
2 tsp. Black Beans, fermented
12 each Ginger, slivered, match-stick-thin
4 tsp. Scallion, white only, shredded
2 Tbls. Soy Sauce
1 Tbls. Chicken Stock
1 pinch Pepper, white, ground
Vegetable Oil
Sesame Oil

If fillets are thicker than 1/2 to 5/8 inch, carefully cut in half horizontally (as you would an English muffin). Trim each into a neat 4-inch square.

Cut off tops and bottoms of peppers to leave a band about 2 inches wide; remove seeds and ribs. Cut two 4-inch long rectangular pieces from each. Cut into 1/8-inch julienne, leaving pieces grouped in a neat rectangle. Place salmon on an oiled steamer tray or plate. Use a cleaver or knife blade to transfer pepper rectangles to fish, completely covering each fillet.

Scatter bamboo shoots over the fish, then sprinkle with black beans, ginger and scallions. In small bowl, stir together soy sauce, chicken stock, white pepper, vegetable oil and sesame oil. Pour mixture over.

Steam in covered steamer (making sure that water boils steadily but does not boil away) until just cooked through and opaque, 5 to 8 minutes (timing varies according to thickness of fish). Transfer to serving plate, spoon sauce around & serve immediately.



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 _____
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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.

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| <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 |
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- | | |
|--|--------------|
| <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



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WHO WE ARE...

2010-2011

Officers and Executive Board

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



SAM'S CLUB



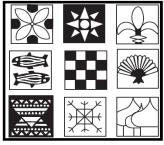
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| Janet McCully | Mark Vohr |
| Hezekiah Orji | Jim Williams |
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 Maria Kesovija, *Assistant Director, Newsletter Editor*
 Sally Rutledge, *Projects Support, Newsletter/Calendar Assistant*
 Jessica 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 March 2011 edition is February 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.



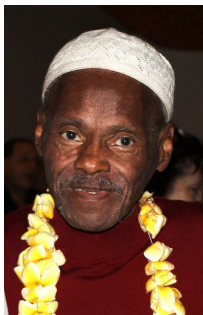
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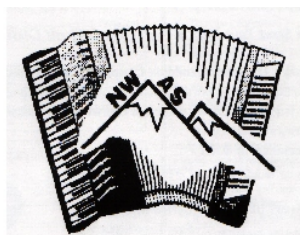
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*The Ethnic Heritage Council is dedicated to
preserving the unique mix of cultural traditions
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Ethnic Heritage Council 30th Annual Dinner & Awards Ceremony

Saturday, February 26, 2011
at Nordic Heritage Museum





The Northwest Accordion Society presents

The Day of the Accordion



Sunday, February 27, 2011

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Great Accordion Performances by
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Leavenworth International Accordion Celebration

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website: www.accordioncelebration.org