



July 4th, Continued from page 1.

first time.

Each year, the Ethnic Heritage Council honors a naturalized citizen who has made outstanding contribution to his or her adopted country, the U.S.A., while maintaining his or her ethnic heritage. Congressman Jim McDermott will present the 2011 "Spirit of Liberty Award" to Helen M. Szablya, of the Hungarian-American community and Honorary Consul of Hungary.

27th Annual Naturalization Ceremony is produced by the *Ethnic Heritage Council*, a non-profit organization formed in 1980, *Seattle Center* and *United States Department of Homeland Security*.

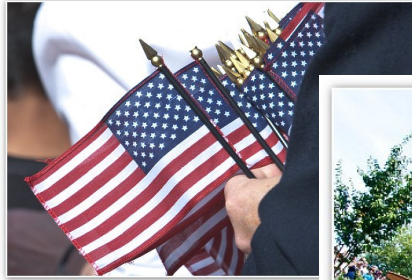


Photo by Jal Schrof © EHC

NHM Presents — 17 Swedish Designers

The Nordic Heritage Museum is pleased to announce an exciting new exhibition: *17 Swedish Designers*, which opens Friday, June 3 and runs through Sunday, August 21, 2011.

17 Swedish Designers features the recent work of young, progressive women working in contemporary industrial and interior design. More than 60 examples of high design in the form of furniture, textiles, glass, and ceramics represent innovative development of objects for everyday use.

"This is a great opportunity to see cutting edge Swedish design: furniture, textiles and household objects as unique and extraordinary as the women who designed them," said Eric Nelson, CEO of the Nordic Heritage Museum. "If you know Scandinavian design," he commented, "you'll want to see this exhibit. If you don't know Scandinavian design, you need to see it."

Since the 1950s, Scandinavian design has been celebrated throughout the world for pioneering functionalism, streamlined aesthetics, and relative affordability. Historically, Swedish design has been a largely male-dominated realm; with an increasing number of women choosing the design profession in recent years, however, greater diversity in the field has emerged. Early in their careers, all seventeen participating designers

exhibited at Gallery Pascale, Stockholm's first gallery devoted exclusively to design. The exhibition—based on gallery founder Pascale Cotard-Olsson's book, *17 Swedish Designers* (released in Stockholm on Women's Day, March 8, 2007)—displays the designers' recent work. Talented women of the same generation (all born between 1960 -1970), the designers share a common worldview, displaying an impressive versatility, a fearless desire to experiment, as well as determination and dedication in turning visions into reality.

Participating designers include Pia Amsell, Carina Seth-Andersson, Lena Bergström, Camilla Diedrich, Monica Förster, Front, Anki Gneib, Nina Jobs, Anna Kraitz, Lotta Köhlhorn, Anna Lerinder, Ulrika Mårtensson, Anna von Schewen, Eva Schildt, Sara Szyber, Pia Törnell, and Barbro Wesslander. Participating companies from Sweden include Gärsnäs, Design House Stockholm, Källemo, IKEA, Ofecct, Orrefors, Nola, Swedese, Rörstrand, and Materia.

The U.S. tour has traveled to San Diego, Las Vegas, Washington, D.C., New York, and Chicago, among other cities. "If there was one exhibition I longed to see last year, it was *17 Swedish Designers*." . . . Miyoko Ohtake, Editor, *Dwell Magazine*."

On Friday, June 3 at 10:30 am, the Nordic Heritage Museum will present

a special "Meet the Designer" event with Swedish graphic designer and illustrator Lotta Köhlhorn. Köhlhorn, one of the designers featured in the *17 Swedish Designers* exhibition, is best known for her bold and colorful illustrations and patterns for textiles, home furnishings, and book covers. In addition to her own line of home furnishings for Koloni Stockholm, Köhlhorn designs numerous book covers every year for some of Sweden's largest publishers, and has created a line of textiles for IKEA. She is currently working on an illustrated book about her patterns. Participants will have the opportunity to enjoy coffee and Scandinavian treats as Köhlhorn discusses her work. After the presentation she will take the group through the exhibition. The cost for the event is \$5 for NHM members, \$7 for non-members. This exhibition was produced by Svensk Form, the Swedish Society of Crafts and Design, in collaboration with the Swedish Embassy and the Barbro Osher Pro Suecia Foundation.

For more information, visit www.nordicmuseum.org or phone (206) 789-5707. *Museum hours: Tues -Sat 10 am to 4 pm; Sun 12 noon to 4 pm; Mon closed. Admission: \$6 general; \$5 seniors & college students; \$4 children over 5 years; FREE for children under 5 and Museum members*



Puget Sound Welsh Association Members Receive Award

By Ellis Jones

Since 1987, the National Welsh-American Foundation has presented a Heritage Medallion to recognize an individual or individuals of Welsh ancestry for services to the Welsh American community. On Friday, September 2, at the North American Festival of Wales in Cleveland, Ohio, the 2011 NWAFA Heritage Medallion will be presented to Alan and Gretta Upshall, Kenmore, Washington, in recognition of and appreciation for their lifelong commitment to excellence and particularly the North American Welsh community.

Alan and Gretta were born and raised in the Rhondda Valley of South Wales and moved to Kenmore in 1984 when Alan took up a position as senior scientist at the Seattle biotechnology company ZymoGenetics.

Within a short time they became very active in the Welsh community of the Pacific Northwest. They joined the Seattle Welsh Choir during which Alan became involved with the Puget Sound Welsh Association (PSWA) eventually becoming President in 1994. During his time, he and Gretta, coordinated, compiled and organized a published oral history of the Welsh in Puget Sound.

Alan was instrumental in organizing and serving as first president of the Pacific Northwest Gymanfa Ganu Association which brought together and coordinated all the regional Welsh societies. The Association was responsible for organizing a number of Pacific Northwest Welsh weekend festivals in Idaho, Oregon, Washington and British Columbia.

As president of PSWA, he chaired the Planning Committee for the highly successful 1994 Welsh National Gymanfa Ganu in Bellevue, Washington, with Gretta as secretary. It was the first time in history that a 'National' had been held in the state of Washington. As a part of the 1994 National, he was instrumental in introducing the first WNGGA Eisteddfod, a cultural competition, which is now a regular part of the event as it moves around the Country.

In that same year Alan was elected to the Board of Trustees of the Welsh National Gymanfa Ganu Association. In 1998 he was elected National Vice President and, in 2000, National President of the organization. As National President he introduced the concept of renaming the annual event to be known as the North American Festival of Wales (NAFOW).

It was approved by the WNGGA Board of Trustees and continues with that designation.

He provided substantial assistance in the planning of the 2001 NAFOW held in San Jose, California, and in 2003 was Chair of the Festival held in Richmond, British Columbia. They were also early members of the North American Welsh Choir with Alan serving as its first president and Gretta providing substantial support.

Over the years he has made a presentation on Welsh influence to the Washington State Ethnic Heritage Conference and he and Gretta have organized along with other members of the Puget Sound Welsh Association many visits to the Pacific Northwest by Welsh choirs and artists.

They are very proud of their family with a daughter and two grandchildren living in Singapore and a son and a grandson living in Redmond. Alan and Gretta have contributed substantially to helping develop a deeper understanding and appreciation of the Welsh culture to the Welsh communities in the United States and Canada. They are most deserving to be presented with the 2011 Heritage Medallion by the National Welsh-American Foundation.

READ THIS NEWSLETTER

ON LINE! VISIT:

www.ethnicheritagecouncil.org

~ JUNE 2011 ~

Seattle International Film Festival—The Seattle International Film Festival is now celebrating its 37th year. SIFF showcases more than 400 films from more than 60 countries to an audience of 150,000 film lovers a year. *Through June 12.* McCaw Hall. www.siff.net.

Born into Identity—Come see this exhibit currently on display, *Born Into Identity: The Asian Pacific American Adoptees Experience.* *Through June 19.* Wing Luke Museum. www.wingluke.org.

June 8

Young Sub Lee—Korean traditional musician Young Sub Lee will perform and discuss various forms of Korean music on the daegeum and other instruments as part of the Jack Straw Productions' Composer Spotlight. 7:30pm, Jack Straw Productions.

June 9

Old-Time Country Dance—Come for the Lake City Contra Old-Time Country Dance and enjoy introductory lessons at the "dance skills" workshop. 8pm, Lake City Community Center. Call: 206-525-0932; www.seattledance.org.

Omar Souleyman & Kinski—presented by Dead Nation. 8pm, Neumos. Tix available at Moe Bar & Etix.com

Earl Klugh—The Pacific Jazz Institute at Dimitriou's Jazz Alley presents Acoustic Contemporary Jazz Guitarist and Composer Earl Klugh. *June 9-12.* 7:30pm, Jazz Alley. Call: 206-441-9729; www.jazzalley.com.

Steve Earle and The Dukes—See special performances by Steve Earle and The Dukes featuring Allison Moorer. *June 9-12.* The Moore Theatre. www.stgprepresents.org.

June 10

Valley Vibes Jazz Series Premiere—The Valley Vibes Jazz Concert and Con-

versation Series opens with the Marc Seales Group and the Seattle JazzED Intermediate Ensemble. 7pm, Rainier Valley Cultural Center. www.seedseattle.org; www.seattlejazzed.org.

Balkan Dance—The Seattle Balkan Dancers invite you to join them for an evening of Balkan line dancing. 7:30pm, The Russian Center. Call: 425-883-0332; www.seattlebalkandancers.org.

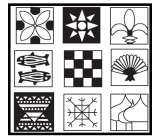
Café Oy Ve—Pacific NW Folklore Society Coffeehouse Concert. 7:30-9:30pm. FREE. Info: 436-2960 or www.pnwfolklore.org

Chantey Sing—8-10pm, NW Seaport. Call: 447-9800 or nwseaport.org

June 11

Spirit Walk—American Indian/Alaska Native Health Awareness. 8:30am-3pm, Mural Amphitheatre, Seattle Center - FREE. Call: 206-684-7200.

Continued on next page...



An Introduction to Oral History—Join MOHAI's Helen Divjak for an in-depth training in the practice of recording oral history interviews. Learn about ethical and legal considerations of interviewing as well as practices that will ensure you obtain the most successful interview. 9:30am-4:30pm, MOHAI. www.seattlehistory.org.

Kafana Republik—A new Balkan music group makes its debut and welcomes special guests Peter Lippman and Lizzy Pedersen. 8pm, Georgia's Greek Restaurant. Call: 206-783-1228; www.georgiasgreekrestaurant.com.

A Radio Broadcast—Join the Sno-King Chorale as they travel back to a time when the radio was King! Featuring old time radio favorites, a DJ, commercials, the Sno-King dancers and lots of surprises. 3:30 and 7:30pm, Edmonds Center for the Arts. Call: 425-673-1242; www.sno-kingchorale.org

Black Arts Fest—Festival Sundiata presents Black Arts Fest. Participate in African dance workshops, learn the rhythms of traditional drumming, explore the outdoor food vendors and experience the richness of black culture during a weekend filled with continuous live entertainment. **June 11-12**. Call: 206-329-8086; www.festivalsundiata.org.

Live Music—Come hear former Balkan Cabaret musicians as they perform music from Bosnia, Macedonia, Bulgaria, Serbia and Croatia as well as belly dancing by Dinah Kinney. 8pm, Georgia's Greek Restaurant. Call: 206-783-1228; www.georgiasgreekrestaurant.com/

Sno-King International Folkdancers—Brian Goldade teaches Tamzara, a line dance from Armenia. 7:30pm, Cedar Valley Grange. Call: 425-385-2088 or 425-889-0541

The Machine—Classic Rock, 5pm; FULL HOUSE DJ Night, 10pm. www.muckleshootcasino.com

June 12

Season Encore Performance—The Pacific Northwest Ballet closes its thrilling season with a one-time-only Season Encore Performance that pays tribute to the brilliant PNB careers of the Company's departing dancers. 6:30pm, McCaw Hall. Call: 206-441-2424; www.pnb.org.

Bob Alek Band—Standards 2pm; Asian Entertainment (Vietnamese), 8pm. www.muckleshootcasino.com

Midsommar Celebration—Come for the VASA Lodge Midsommar Celebration and Potluck with live music provided by Skandia Kapell. 2-6pm, Mount Vernon. Call: 360-865-6165; pdix@cnw.com.

June 13

Seattle Jazz Singers—Jazz Alley. 206-441-9729, www.jazzalley.com

June 14

Sachal Vasandan—The Pacific Jazz Institute at Dimitriou's Jazz Alley presents dark cushy jazz vocalist Sachal Vasandani. 7:30pm, Jazz Alley. Call: 206-441-9729; www.jazzalley.com.

Movie Night—"Flags of our Father", 7pm, www.muckleshootcasino.com

June 15

Italian Heritage Night—See the Seattle Mariners vs. Los Angeles Angels and celebrate during the 5th annual **Seattle Mariners' Italian Heritage Night**. 7pm, Safeco Field. www.Mariners.com.

Unmasked Masquerade—Join us for an evening of lively entertainment, wine, hors d'oeuvres and amazing silent and live auction prizes at the Washington State Arts Alliance Foundation's 1st Annual Benefit Auction. 7pm, Teatro Zin-Zanni. Call: 206-448-1909.

June 16

Leavenworth International Accordion Celebration—Come and enjoy lively accordion concerts/competitions as well as introductory accordion lessons, vendor exhibitions, workshops and more. **June 16-19**. Downtown Leavenworth. Call: 206-622-4786; www.accordioncelebration.org.

Inter-Action—See a collection of short films by the Seattle Experimental Animation Team (SEAT). 7pm. Call: 800-838-3006; www.nwfilmforum.org.

The Sun Goddess Tour—The Pacific Jazz Institute at Dimitiou's Jazz Alley presents the Sun Goddess Tour Ft. Ramsey Lewis and his Electric Band. **June 16-19**. 7:30pm, Jazz Alley. Call: 206-441-9729; www.jazzalley.com.

June 17

Third Friday Dance—The Skandia Folkdance Society invites you to their monthly Third Friday Dance with dances taught by Tom Berglund and Bonnie Cook. 7:30pm, Cedar Valley Grange. Call: 206-784-7470; www.skandia-folkdance.org.

Jazz in the City—Jackson Street Music Program presents a new show in the Jazz in the City concert series. The featured artist, Kem, has proven his ap-

peal in three genres - Jazz, R&B, and Pop. 7:30pm, Benaroya Hall. Call: 206-215-4747; www.benaroyahall.org.

Annual Barbecue Meeting—Come for the Annual Barbecue Meeting and Scholarship Awards hosted by the Auburn Lodge #1955. Holy Family Church Hall, Auburn. Call: 253-208-5580.

Women Art Revolution—See a film exploring the evolution of the Feminist Art Movement in America. **June 17-23**. 9pm, Call: 800-838-3006; www.nwfilmforum.org.

Pilgrims Musa and Sheri in the New World—Come see this new play, *Pilgrims Musa & Sherri in the New World* by Yussef el Gundi. **June 17-July 17**. ACT Theatre. Call: 206-292-7676; www.acttheatre.org.

June 18

Moving Beyond Cancer to Wellness—The Moving Beyond Cancer to Wellness is an educational event for cancer survivors and caregivers hosted by the Fred Hutchinson Cancer Research Center Survivorship Program. 8:30am-3pm, Fred Hutchinson Cancer Research Center. Call: 206-667-5215; www.fhcrc.org.

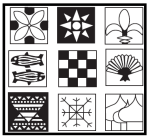
Bonaca—Come hear Bonaca perform music from Croatia and Italy as well as belly dancing my Lesley Rialto. 8pm, Georgia's Greek Restaurant. Call: 206-783-1228; www.georgiasgreekrestaurant.com/

A Renaissance of Color Fashion Show and Fundraiser—This fashion show and fundraiser will showcase the rich and colorful world of contemporary and traditional Arab fashions by esteemed Jordanian designer Intisar Khalifeh. 1:30pm, Bellevue Red Lion Hotel. Call: 425-747-4740; www.arabcenterwa.org.

Iranian Festival—Partake in an Iranian Tea House, sample traditional Persian food, join the Iranian community at an evening dance party and participate in Iranian children's play. This festival offers an array of new experiences and unites a multifaceted community. Seattle Center House. www.iaca-seattle.org.

Jazz of the Harlem Renaissance—The Seattle Repertory Jazz Orchestra is excited to team up again with the Seattle Art Museum to compare the art of Seattle and New York based painter Jacob Lawrence with some of the great jazz pieces composed between 1920-35. 7:30pm, Benaroya Hall. Call: 206-215-4747; www.benaroyahall.org.

Scandi Music Lessons—Join us for the last Scandi Music Session of the year - it's an Allspel rehearsal. 3pm, Luther



Memorial Church. Call: 206-784-7470;
www.skandia-folkdance.org

NW Coffee Festival—Fisher Pavilion,
Seattle Center. **June 18-19.**
www.seattlecenter.com

June 19

Darren Motamedy with Friends—Jazz,
2pm; Father's Day, Special Asian Enter-
tainment (Vietnamese), 8pm.
www.muckleshootcasino.com

June 20

Open House—The Seattle Theatre
Group invites area artists and arts or-
ganizations to an open house which
includes tours of the facility, booking
information, hors d'oeuvres and a cash
bar. 5pm, The Neptune Theatre. Call:
206-812-3315; www.stgprepresents.org.

June 21

Go Skateboarding Day—2-5pm. Seattle
Center Skatepark. FREE.

Maraca—The Pacific Jazz Institute at
Dimitiou's Jazz Alley presents the up-
beat, Grammy-winning Cuban Jazz
group Maraca. **June 21-22.** 7:30pm,
Jazz Alley. Call: 206-441-9729;
www.jazzalley.com.

June 22

Golf Tournament—Come for the 2011
Memorial Golf Tournament by the Seat-
tle Sephardic Brotherhood. 7am, Belle-
vue Municipal Golf Course. Call: 425-
452-7250.

June 23

Jonsokkveld—Celebrate Jonsokkveld,
or St. John's Eve, with a potluck picnic,
bonfire, singing and fellowship hosted
by Leikarringen of Leif Erikson Lodge.
5pm, Golden Gardens.

Hiromi—The Pacific Jazz Institute at
Dimitrou's Jazz Alley presents Hiromi:
The Trio Project featuring Anthony
Jackson and Steve Smith. **June 23-26.**
7:30pm, Jazz Alley. Call: 206-441-9729;
www.jazzalley.com.

June 24

Gala for the Arts Benefit—The Shore-
line-Lake Forest Park Arts Council pre-
sents its 13th annual Gala for the Arts
Benefit. 5:30pm, Shoreline Center. Call:
206-417-4645; www.shorelinearts.net.

Heartthrobs—Get ready to scream and
faint with excitement as Seattle Men's
Chorus thrills fans of all generations
with a musical look at America's sing-
ing heartthrobs - the boy bands! 8pm,
McCaw Hall.

Seattle Balkan Dancers—7:30-8:30pm,
Teaching: 8:30-11pm, dance. Line
Dances. Russian Center. 425-883-0332
or pnwfolklore.org

**Leavenworth International Dance Festi-
val**—EHC member organizations par-
ticipate in two days of music and dance
performances! Plus - Do you love to
dance as well? If the answer is
yes...Then there's something special
for you. A special evening of dance at
the gazebo June 25th from 7-9 pm.
7pm, *Savoy Swing Club of Seattle* swing
lessons And if that wasn't enough Mem-
bers of the *Edelweiss Tanz Gruppe of
Leavenworth* will give some basic in-
structions in the waltz followed by a
change to try your new steps out. **June
25 & 26.** Visit: [http://
leavenworthinternationalfestival.com/
index.html](http://leavenworthinternationalfestival.com/index.html)

June 25

Wine & Food Festival—The Columbia
Cascade Wine Association and Icicle
Creek Music Center present the second
annual Great Leavenworth Wine and
Food Festival. Come sample some of
the region's finest wines and enjoy
come culinary treats, cooking demon-
strations and more. 11am-5pm, Down-
town Leavenworth.
www.eventbrite.com.

Diaspora—Enjoy Greek music by Yian-
nis Sahamis, Yiannis Novakis and Lakis
Kazakos as well as belly dancing by
Dinah Kinney. 8pm, Georgia's Greek
Restaurant. Call: 206-783-1228;
www.georgiasgreekrestaurant.com/

June 26

Skandia Midsommarsfest—Come par-
ticipate in Skandia's authentic ren-
dition of the summer solstice festival.
This day-long traditional Scandinavian
celebration features music and dance
performances, kid's activities, and
more. 11am-6pm, St. Edward State
Park. Call: 206-784-7470; [www.skandia-
folkdance.org](http://www.skandia-folkdance.org).

FanJAZZtic—Come for a dinner auction
like no other with live music, games,
and fabulous one-of-a-kind items. This
program features Artistic Director John
Pizzarelli and other major Jazz headlin-
ers. 3pm, Lynnwood Convention Cen-
ter. Call: 425-949-6722;
www.demierojazzfest.org.

Natasha Bedingfield—Come see ex-
traordinary female artist Natasha
Bedingfield perform. The Showbox.
www.showboxonline.com.

Bob Alek Band—1pm; Asian Entertain-
ment: Vietnamese. 8pm.
www.muckleshootcasino.com

June 27

Balkan Singing Workshop—Participate
in the Balkan Singing Workshop with
Mary Sherhart and Centrum Voice-

works. **June 27-July 3.** Port Townsend.
www.centrum.org/voiceworks.

June 28

Milton Nascimento—The Pacific Jazz
Institute at Dimitriou's Jazz Alley pre-
sents Brazilian Singer Milton Nasci-
mento. **June 28-29.** 7:30pm, Jazz Alley.
Call: 206-441-9729; www.jazzalley.com.

~ MORE ~

**Multicultural Events at KCLS Programs
for Children, Families and Adults.**
Early Literacy Parties in Spanish, ESL
Talk Time, Citizenship Classes, ESL
Classes, Family Law Resources, and
Computer Classes and more in many
languages: Spanish, Polish; Mandarin;
Chinese, Japanese, French, Russian,
Hindi, Korean and more! Visit:
www.kcls.org.

Has your EHC membership expired?

Check your mailing label to see if
your membership is expired:

Examples:

8/1/10 = expired August 2010

8/1/11 = continues to August 2011

Please renew & support the work of
the Ethnic Heritage Council.

**THANK YOU TO NEW
MEMBERSHIPS & RECENT RENEWALS!**

Skandia, Continued from page 1.

is the Hemslöjdsmarknad - an avenue
of traditional crafts where carefully
selected crafts people demonstrate
their skills and sell their wares. Tradi-
tional midsommar food and other
Scandinavian delicacies will be of-
fered. And a flower crown -- the clas-
sic midsommarkrans -- ready to deco-
rate to your own taste, will add the
finishing touch to your midsommar
celebration.

Midsommarfest activities, including
music, dancing, food and crafts, all
begin a 11:00 a.m. The grand parade
and raising of the majstång (garlanded
midsommar pole) are at 2:30 p.m.
Spectators are invited to help hoist the
45-foot pole with their muscles or
cheers, and then to join in the rousing
långdans (serpentine running dance)
around the pole, accompanied by the
stirring music of massed musicians.
Participation dancing follows on the
main stage while entertainment, food,
crafts activities and good times con-
tinue throughout the park grounds.

FREE Entry & Parking!



~ **WORLD Recipes** ~

Armenian - Ararat Home Kadayif Dessert

2 lb Kadayif dough (Shredded Filo)
1 1/2 cup Butter, melted
1 qt Half and half cream
1 qt Heavy cream
3/4 cup Cornstarch
3/4 cup Milk
4 cup Sugar
3 cup Water
Few drop fresh Lemon Juice

Cut and fluff 1 lb of Kadayif dough in bowl with hands. Add half melted butter and mix until strands are evenly coated. Spread evenly in lightly buttered 17x13-inch baking pan.

Combine half and half and heavy cream in large saucepan. Bring to slow boil over low heat.

Combine cornstarch and milk, stirring until cornstarch is dissolved. Slowly add to cream mixture, stirring constantly, until mixture returns to slow boil. Spread hot cream filling over kadayif in pan.

Cut and fluff remaining 1 lb. of kadayif in bowl. Add remaining melted butter and mix with hands until strands are evenly coated. Spread over top of cream layer, pressing down firmly to form an even surface. Place on lowest oven rack and bake at 450 degrees F. until golden brown, about 20-25 minutes. If not golden, move pan to top rack and bake 5 to 10 minutes longer.

Meanwhile, prepare syrup. Combine sugar and water in saucepan and boil 5 to 10 minutes. Add lemon juice. Cool. Pour cold syrup evenly over kadayif as soon as it is removed from the oven. Cut into squares to serve.

Greek - Mousakas Patates Ke Kima - Moussaka Potatoes

Serves 6

3 lbs. Potatoes
Butter/oil for frying
1 1/2 lbs. Chopped meat
1 each Onion, med. -- chopped
3 Tbls. Butter
1 1/4 lbs. Tomatoes, peeled -- strained OR
1 Tbls. Tomato paste diluted with:
1 cup Water
1 Recipe Béchamel sauce
Salt & pepper to taste
1 Tbls. Parsley -- chopped

1 cup Parmesan cheese -- grated
Bread crumbs -- toasted

Clean and peel potatoes. Cut into thin slices and fry in butter. Brown chopped meat and onions in 3 Tbls. of butter, stirring to break up the meat. Add tomatoes (or paste w/water), salt, pepper, and parsley. Cover, and simmer until all the liquids have been absorbed. Remove from the heat. Add one-third of the cheese and 3 to 4 tbs. bread crumbs; mix well.

Butter a baking pan; sprinkle with bread crumbs. Spread half the potatoes into the pan and sprinkle with cheese. Spread the chopped mat evenly over it. Layer the remaining potatoes on top and sprinkle with more cheese. Cover with béchamel sauce, sprinkle with the rest of the cheese and then with bread crumbs. Drizzle melted butter on top. Bake in a preheated 350 F. oven 30 to 40 min., or until golden.

Hawaiian - Chicken Salad

Serves 6

3 Whole chicken breasts - skinned and boned
1 1/2 cup Sour cream
1/2 cup Chutney, finely chopped
1 Tbls. Curry powder (more to taste)
1/4 tsp. Ground ginger
1/4 cup Toasted shredded coconut
3 Cantaloupes
Or 3 Small honeydew melons
or 3 Large papayas
4 cups Shredded lettuce (optional)

Place chicken on steamer rack over 1 cup boiling water. Cover and steam 15 minutes or until cooked through, but still moist. Dice or shred meat. Combine sour cream, chutney, curry powder and ginger until mixed. Mix dressing with chicken and coconut. Chill. Cut cantaloupes, honeydew melons or papayas in halves, remove seeds and fill cavities with chicken salad. Or, spoon chicken salad on shredded lettuce and garnish with slices of fruit.

Swedish - Kardemummakrans

Dessert Bread

1 package Active dry yeast
1/4 cup Warm water
2 1/2 cup Warm milk
3/4 cup Butter -- melted and cooled
1 large Egg
1/2 tsp. Salt
1 cup Sugar
1 1/2 tsp. Cardamom -- ground
8 cups All purpose flour (approx.)

Red or green candied cherries -- halved (optional)

Lemon Icing-

2 cups Powdered sugar
1/4 cup Milk
1 tsp. Lemon extract

In a large bowl, sprinkle yeast over warm water and let stand for about 5 minutes to soften. Stir in milk, butter, egg, salt, sugar, and cardamom until blended.

With spoon, stir in 7 cups of the flour or enough to form a stiff dough. Knead about 10 minutes until smooth and elastic, adding more flour as needed to prevent sticking. Place dough in greased bowl, grease top, cover and let rise in a warm place until almost doubled (1-1/2 to 2 hours).

Punch dough down and knead briefly on floured board to release air. Divide into 6 equal portions; pull each into a rope about 24 inches long. Place 3 ropes on a greased baking sheet, pinch tops together, and braid loosely. Form braid into a ring, pinching ends together. Repeat to make a second braided wreath. Cover and let rise until almost doubled (about 40 minutes). Bake in a 350 oven until loaves are medium brown (35 to 40 minutes). Transfer loaves to a rack and let cool for 10 minutes, then serve warm. Or, if made ahead, let cool completely, then wrap airtight and freeze. Thaw unwrapped. To re-heat, wrap in foil and heat in a 350 degree oven for about 20 minutes.

To serve, spoon half the Lemon Icing around top of each wreath, letting it drizzle down sides. Decorate with cherries, if desired.



Would you like to receive the EHC monthly newsletter quicker?

We will send the monthly newsletter and calendar of ethnic events as a pdf to you via email!

Let us know! Thanks! - EHC staff



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**



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WHO WE ARE...

2011-2012

Officers and Executive Board

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Mary Hsu, *Vice President*

Mark Vohr, *Secretary*

Jim Williams, *Treasurer*

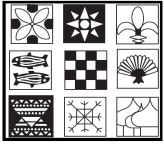
2011-2012 Board of Directors

- | | |
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| Mary L. Hsu | Nanci Spieker |
| Sam Kaplan | Mitsu Sundvall |
| Janet McCully | Mark Vohr |
| Hezekiah Orji | Jim Williams |
| Son Michael Pham | <i>Emeritus Directors:</i> |
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| Natacha Sesko | Lee, Sue McNab |

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- 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 July 2011 edition is June 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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The Ethnic Heritage Council is dedicated to preserving the unique mix of cultural traditions that enrich our Northwest communities.

Look for EHC's July 4th Issue coming soon!



Looking Ahead....



**27th Annual
 Naturalization Ceremony
 July 4, 2011**

Leavenworth International Dance Festival
 Leavenworth, Washington



June 25 & 26, 2011
A Celebration of Dance from Around the World

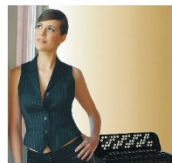
Leavenworth International Accordion Celebration



16 - 19 June 2011



Performances By:



Jelena Milojevic
Victoria, BC



Mario Pedone
Sugarland, TX



Steve Albini
Novato, CA

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