

Ethnic Heritage Council

APRIL 2012

EHC & Friends Honor Outstanding Community Members

March 2, 2012, we honored two members of our local ethnic communities - leaders and role models who have given their time to their own community and the community at large - and introduced the 2012-2013 Board of Directors.



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. This year we honor **Swil Kanim**.

The **Aspasia Pouthrides Pulakis Memorial Award** is given annually to an individual who has contributed significantly to a Northwest ethnic community. This year we honor **Mary Sherhart**.

Thank you for joining us in honoring extraordinary members of our community at the Nordic Heritage Museum.

Photos by Jal Schrof:
www.pbase.com/jal/annualawards2012



EHC 2012-2013 Board & Staff



Photos by Jal Schrof

Northwest Heritage Tours

Information submitted by Northwest Heritage Resources Executive Director, Jill Linzee and gathered from www.washingtonfolkarts.com

Since the first people journeyed forth, looking for education, adventure, or pure enjoyment, travelers have sought to renew and enlighten themselves through exploring the natural beauty, history, and culture of new and different landscapes. Washington's scenic highways pave the way to these encounters.

The **Heritage Tour series** offers narrated audio guides, including traditional music and stories from local residents along various routes through Washington state. The tours point out spectacular natural sites and places of historic interest, and introduce you to the people along the route and their rich array of traditional expressions of our culture.

NEW TOURS:

Cascade Loop Heritage Tour - West - Whidbey Island
www.washingtonfolkarts.com/Tour9n/index.html

Cascade Loop Heritage Tour - North - Anacortes via North Cascades National Park to Chelan
www.washingtonfolkarts.com/Tour10n/index.html

The *Cascade Loop Heritage Tour - North* is 212 miles of the north and eastern end of the Cascade Loop Scenic Highway. The tour begins on the shores of Puget Sound and travels east through Skagit Valley farmlands, dense forests, along the Skagit River, climbs into some of the most spectacular mountain scenery of the Pacific Northwest, and then arrives in the wide open range-

Continued on page 2, Heritage Tours

SAVE THE DATE

June 1 - Friday

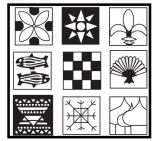
Ethnic SpringFest

Honoring

Patrinell Wright

@ House of Hong

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EHC Member Organization - ASWC - American Slavic Women's Club—Who We Are - What We Are About

Article submitted by ASWC Secretary, Eleanor Kremenich.

The ASWC, established in 1971, is comprised of women whose ethnicity can be traced to the former Yugoslavia. Our purpose is to promote harmony among women of Slavic heritages, support community services, create an atmosphere of women helping women and to promote our Slavic culture. Our purpose is achieved through our outreach activities and programs.

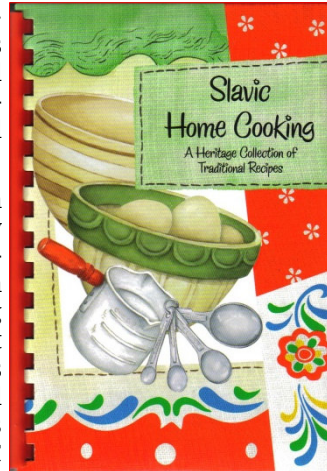
Some of our short and long term goals are to promote communication, interaction and good relationships among the many Slavic organizations, and to broaden our membership by attracting new members.

We have monthly meetings at which we enjoy a sit-down brunch. We also sponsor two major annual social events: Our Mother's Day Luncheon which takes place in May, this year on May 5, 2012, at Maplewood Greens (Golf Course) in Renton, WA (see Calendar of Ethnic Events in this Newsletter for more information); and our Christmas Luncheon, scheduled in December. Enjoyable entertainment and/or programs are featured in addition to our lively raffles. Both

events are well attended by members and their friends and families, where friendships are renewed and camaraderie abounds.

One activity of which we are especially proud is our scholarship program wherein annually, two young women who have met certain requirements and standards, and have family members who are current ASWC members are selected as scholarship recipients. The scholarships are generally presented at our Mother's Day Luncheon.

During each Christmas season, we make a donation to a deserving recipient, either an individual or an organization, in an effort to cover a shortfall in financial needs or to contribute to an ongoing project. Last December we assisted a Montenegrin student in need of funds to complete her post-graduate education; she plans to return to her homeland after completing her studies and implement what she has learned in an ef-



fort to raise the standards and expectations of her fellow Montenegrins.

We presently are marketing two products which have been sold throughout the U.S. and Canada: (1) Our 223 page *Slavic Home Cooking* cookbook, a compilation of authentic Slavic family recipes representing many areas of the former Yugoslavia - a real treasure chest of Slavic recipes; it sells for \$20.00 + postage/handling; and (2) our black fully zippered ethnic tote bags featuring six women wearing authentic national dress representing all six provinces of the former Yugoslavia, which is not only functional as to size, but attractive as well; it sells for \$22.00 + postage/handling.

To receive more information about ASWC or to join us at our meetings, please contact ASWC President, Karen Rancich Demmert, at 425-742-8591. To purchase either of our two products, contact ASWC Secretary, Eleanor Kremenich, at 253-445-6503.

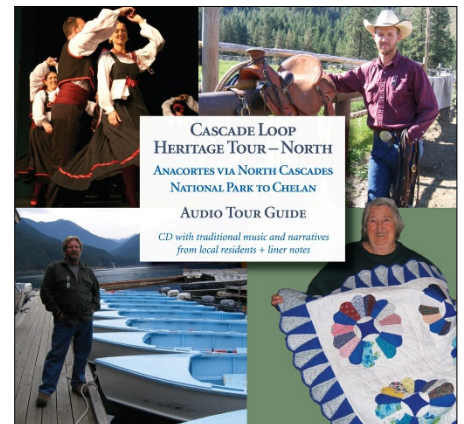
Heritage Tours, Continued from page 1

lands of the Methow Valley, fruit orchards, the Columbia River valley, vineyards, and the 50-mile fjord-like Lake Chelan.

The focus of the northern section of the Cascade Loop audio tour guide is on the cultural heritage and traditional art forms that you'll find along the way. We have attempted to provide an introduction to the various ethnic community traditions such as: Native American, Croatian, Dutch, German, Hispanic, Japanese, Scandinavian, and Anglo-American; and occupational traditions such as fishing, boat building, crop and livestock farming, National Park and Forest Service work, logging, mountain guiding, horse packing, fruit growing and wine making.

Our intention has been to capture

some of the local narratives and music, and to give listeners a sense of the culture of the region - past and present. Some of the people we recorded for this project come from families who have lived for up to five generations along the Cascade Loop, some who have lived here for all or most of their adult life, and others who are relative newcomers. The audio tour begins in Anacortes and travels east along SR 20 through the Skagit Valley. You will pass under Interstate 5 and continue east on SR 20 over the North Cascades Highway to the Methow Valley, and then head south to the towns of Winthrop and Twisp. At the south end of Twisp, you will continue south on SR 153 to Pateros, where you will connect with U.S. Route 97. At this junction U.S. 97 travels south along the shores of the Columbia River and then east to the



town of Chelan.

The *Cascade Loop Heritage Tour - North* audio tour is 2 CDs accompanied by a 28 page booklet of liner notes (they include a map of the tour).

Continued on page 3, Heritage Tours



FanJAZZtic—A Dinner Auction Like No Other!

A Dinner Auction Like No Other! Live music, games, one-of-a-kind items. 206-473-9416; demierojazzfest.org

The reason for this letter is two-fold: first to thank you for your past support of Friends of Frank DeMiero events, and second to encourage your involvement in the **2nd Annual FanJAZZtic Dinner Auction, April 29, 4:00pm**, at Mill Creek Country Club.

We'd love it if you could not only join us but also consider filling a table for ten. Invite your friends and family to enjoy live music, good food and lots of fun! We'd also appreciate a donation of an item or service - either for the live portion or for the silent auction portion. A few fabulous items in the silent auction include: *Trips to Bali and Tuscany, electric guitars personally autographed by Bruce Springsteen and Tom Petty, a poster by renowned artist Jacob Lawrence, a private dinner with a surprise guest artist, and more!* If you have a fabulous item to donate, contact: 425-771-0824; email: Frank@SMPJazz.com.

All of the FanJAZZtic proceeds will go to help fund the annual DeMiero Jazz Fest!

This year's March 2012 DeMiero Jazz Fest was exciting. Some 75 groups convened in Edmonds, Washington, March 1-3 to perform in daytime performances, workshops and clinics (free and open to the public) before guest artists Dee Daniels—this year's Festival Artistic Director—Greta Mattassa, and the fabulous New York Voices. Evening performances (with the Kennelly Keys All-Star Big Band and the wonderful Randy Porter Trio) by the professionals on the stage of Edmonds Center for the Arts provided an inspiring glimpse of where the young students' talents and hard work may one day lead.

Friends of Frank DeMiero

FANJAZZTIC

A DINNER AUCTION LIKE NO OTHER
Live Music, Games, Fabulous One-of-a-Kind Items
Sunday, April 29, 4 p.m.
Mill Creek Country Club
15500 Country Club Drive, Mill Creek
850 includes dinner. All proceeds go to:

- * Produce the annual DeMiero Jazz Fest featuring Artistic Director Dee Daniels and other major jazz headliners.
- * Fund our JazzReach program which specializes in creating opportunities for students and ensembles of all ages to work with artists and clinicians to enhance the music education component.

For more information call 206-473-9416 or visit demierojazzfest.org

FRIENDS OF FRANK DEMIERO • P.O. BOX 1442 • EDMONDS, WA 98021 • 501(c)(3) NON-PROFIT ORGANIZATION

How can you help? The Friends of Frank DeMiero would like to expand our JazzReach program beyond that single weekend in March.

Students and school music directors alike find the critique clinic sessions "an unforgettable experience" they would welcome during the rest of the school year. In addition to the festival, our hope is that one day soon we will be able to fund a program to regularly schedule guest artists' visits to local school music classrooms. For many young music students, the DeMiero Jazz Fest program is a life-changing experience.

There are several sponsorship levels you may want to consider, but at least become a "Friend" of our 501 (c)3 nonprofit organization for as little as \$50 a year, which helps defray festival costs, such as guest artists' fees, venue, transportation, and accommodations, plus you will receive our quarterly newsletter. Visit: www.demierojazzfest.org

We hope you agree that music provides lifelong joy to everyone—from the tiniest baby listening to a lullaby or to a musical toy, to the concert-goer enamored with a favorite genre. Your support, at any level, is greatly appreciated.

Warm regards—*Frank DeMiero*

Heritage Tours, Continued from page 2

The Cascade Loop Scenic Highway is a 440-mile self-guided driving tour that encompasses a wide diversity of natural and cultural landscapes. The Loop travels from the saltwater beaches of Puget Sound through the fertile farmlands of the Skagit and Snohomish River Valleys, over three Cascade Mountain passes east to the orchard and vineyard-laden Columbia River Valley, glacier-fed Lake Chelan, and the open ranges and western frontier territory of the Methow Valley. The scenery of the Cascade Loop Highway is truly spectacular, from the high mountain peaks of the North Cascades Highway to the beauty of Tumwater Canyon; from the open, arid landscape of the Columbia River Valley to the shores of Whidbey Island. The tour follows historic Pacific Northwest transportation routes, and passes through national and state parks, national forests, historic towns and sites, and other natural and recreational areas.

SPECIAL DISCOUNT
for Members and Friends of the
Ethnic Heritage Council
& **50% of all sales go to support EHC!**
For Discount, Contact:
info@northwestheritageresources.org
IMPORTANT: On-line sales are not eligible for the special discount.

SPECIAL DISCOUNT for Members and Friends of the Ethnic Heritage Council + 50% of all sales go to support EHC! *Northwest Heritage Resources*, a partner of the *Ethnic Heritage Council*, is offering all 9 (nine) of our **cultural heritage audio tour guides of Washington state** to members of EHC at a significant discount rate.

Tour guides #4-8 retail for \$17.95/each. They would be available at a discount of \$10/each to EHC members. *\$5/for each guide purchased would go to support EHC.*

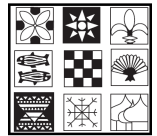
Tour guides #2 & 3, and 9 & 10 retail for \$10/each. They would be available at a discount of \$5/each to EHC members. *\$2.50/for each one purchased would go to support EHC.*

To learn more about NW Heritage Resources cultural heritage audio tour guides, go to: www.washingtonfolkarts.com.

To take advantage of the **Special Discount** rate, contact: info@northwestheritageresources.org and let us know which tour guides you would like to purchase with the discount. All orders will include a \$3.00 postage & handling fee.

On-line sales are not eligible for the special discount.

Washington Folk Arts - A project of Northwest Heritage Resources www.NorthwestHeritageResource.org



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

www.ethnicheritagecouncil.org

March 31: NFDI fundraiser to benefit NW Folklife! It's a music and dance-packed evening of delights, potluck refreshments, and dress up if you like. *Allspice* will play for International and Scandinavian dancing and Hank, Laurie Andres and Cathie Whitesides will play for a few English country dances, contra dances, and Greek dances! Share in the fun and help raise funds for NW Folklife. The entire evening is donated by hall, sound, bands, everyone! 7:30-11pm, Cedar Valley Grange. Call: 425-485-1638; Visit: www.scn.org/arts/nfdi/

~ APRIL 2012 ~

Around the Bend & Over the Edge: Seattle Ceramics 1964-1977. Henry Art Gallery. *Through May 6.* Call: 206-543-2280; www.henryart.org

April 1

The American Croatian Club of Anacortes Bake Sale—Featuring Easter Bread, Hrstule, and assorted cookies. 12noon- 4 pm, American Croatian Club of Anacortes. croatianclub@frontier.com; www.anacortescroatianclub.com/

April 3

Rodrigo y Gabriela & C.U.B.A.—The Paramount. Call: 877-784-4849; www.stgprepresents.org

April 5

Nordic Stories—Fifth year of Nordic Stories, geared toward preschool aged children and their grown-ups. Held the first Thursday of each month this program features children's stories from the Nordic countries, along with fun craft projects. FREE program, no reservations needed. Please note: This program is not intended for large groups. *Gracie & Grandma & the Itsy, Bitsy Seed*, a story by Norwegian author Iben Sandemose. 10-11am, Nordic Heritage Museum. Call: 206-789-5707; www.nordicmuseum.org.

April 6

Liszt & the 20th Century—In celebration of Franz Liszt's 200th birthday, pianist Mark Salman will perform a concert series. 7:30pm, University Christian Church. Call: 206-285-8062; www.marksalman.net

Seattle Balkan Dancers—Jana Rickel teaches, followed by social dance until 11pm. Russian Comm. Center, Seattle. 7:30-8:30pm. Call: 425-883-0332.

Skandia Family Dance—6pm, family dance; 8-11pm regular dance, Cedar Valley Grange, Lynnwood. Call: 206-784-7470; skandiafolkdance.org

Sakura-Con—The NW's Premier Anime Convention—All ages, all volunteer for the fans, by the fans. Round-the-clock anime & gaming. **April 6-8.** WA State Convention Center. www.sakuracon.org

April 7

Balkanarama from Seattle—7:30-10:30pm, Fairhaven Public Library, Bellingham, WA. Call: 360-733-1815.

Buds & Blooms—Make magical paper flowers, Ikebana style. 1:30pm, Kids Flick: *Princes & Princesses.* www.seattleartmuseum.org

The Honey Dewdrops—7:30pm, Phinney Neighborhood Center. They have appeared on Prairie Home Companion. Call: 206-528-8523; seafolklore.org

Sno-King International Folkdancers—7pm, request dancing; At 7:30 Bob Ingalls teaches Tesselation & Lizzie followed by a program of international folk dances & requests. 9:45 pm, Potluck snacks. 7-10pm. Cedar Valley Grange, Lynnwood. **April 14 & 28.** Call: 425-385-2088; Sno-King.org

April 8

Mark Haim Audition—Dance This 2012 Auditions. 4-6pm. Sign in at 3:30pm. Velocity Dance Center. www.stgprepresents.org/education

April 10

Explosions in the Sky—Special guest: Zammuto—The Moore. Call: 877-784-4849; www.stgprepresents.org

April 12

Chunky Move—8pm, Meany Hall, UW. **April 12-14.** Call: 206-543-4880; uw-worldseries.org

HELP—Rock with the music of The Beatles in this story about pursuing your dream. Presented by the Theatergroep Max. Seattle Children's Theatre. For 11+ ages. **April 12-May 13.** Call: 206-441-3322; www.sct.org

April 13

Seattle Cherry Blossom & Japanese Cultural Festival—Seattle Center. **April 13-15.** Call: 206-684-7200; www.seattlecenter.com

Balkanarama plays hot dance music for Seattle Balkan Dancers, Russian Community Center, Seattle. 8-11pm. Call: 425-883-0332; www.seattlebalkandancers.org

Apollo & Carmina Burana—PNB 40th Anniversary Season. McCaw Hall. **April 13-22.** Call: 206-441-2424; www.pnb.org; tickets@pnb.org

Lea Salongal—Broadway Legend, The Moore. Call: 877-784-4849; www.stgprepresents.com

Arlo Guthrie—"Everyone's Favorite Folksinger" 7:30pm, Edmonds Center for the Arts. Visit: Arlo.net

Il Girello—Presented by the Baroque Marionette Opera. NW Puppet Center. **April 13-22.** Call 206-523-2579; www.nwpuppet.org

April 14

Evening at the Oasis—Mas uda Middle Eastern Dancers Annual Benefit. 2012 Beneficiary - North Thurston Education Foundation. www.ntef.org 7pm, Olympia High School Performing Arts Center. Dance Workshops held **April 14-15.** www.mas-uda.com

South Pacific—McIntyre Hall, Mt. Vernon, WA. **April 14-22.** www.LyricLightOpera.org

Anacortes Spring Wine Festival. Call: 360-293-7911; www.anacortes.org

Folk Icon Peggy Seeger—7:30pm, Phinney Neighborhood Center. Call: 523-8523; seafolklore.org

The American Croatian Club of Anacortes April Dinner featuring a scrumptious menu. 6:30pm, American Croatian Club of Anacortes. croatianclub@frontier.com; www.anacortescroatianclub.com/

April 17

Emerson String Quartet. 8pm, Meany Hall, UW. Call: 543-4880; uwworldseries.org

Spaghetti Dinner—Mille Cugini Lodge #2659. 2-6:30pm, St. Mary's Church, Marysville. Call: 360-659-4321.

April 20

Pink Martini—With the Seattle Symphony. Call: 206-215-4747; www.seattlesymphony.org

Springdansen NW—Norwegian dance & music teachers from Telemark, Norway & Halsingland, Sweden. Seabeck, WA. **April 20-23.** Call: 206-789-2678; www.skandia-folkdance.org

April 21

Boston Camerata—Alexander the Great: Hero, Warrior & Lover. 7pm, Preconcert lecture; 8pm, Town Hall. Call: 321-7066; Visit: www.earlymusicguild.org



NEXT FIFTY - Opening Day! - Join us for a variety of opening activities starting at 10:30am. Greet The Next Fifty in a celebratory opening ceremony that includes John Keister and the cast of *Almost Live!*, Tom Skerritt, a host of choirs, bands and more. The afternoon offers a mobile food extravaganza, beer garden live music and entertainment, Skatepark demonstrations and a zip line. Many FREE, festive and fun family activities round out The Next Fifty opening day. Mural amphitheatre, The Armory/Center House, International Fountain Lawn. seattlecenter.com.

Sno-King International Folkdancers present Anamaria Dulama & John Lovric. 7pm, request dancing; At 7:30, instruction. 7-10pm. Cedar Valley Grange, Lynnwood. Call: 425-385-2088; Sno-King.org

Family Fun Day—Be inspired by Filipino cut paper traditions. FREE. Community Hall. 1:30pm, The Wing Luke. Also at 4pm, Book Reading: *Voices of the 2nd Wave: Chinese Americans in Seattle* by Dori Yang. FREE in Tateuchi Story Theatre at The Wing. www.wingluke.org/events

North by NW: Music of Seattle's Jazz Composers. 4/21, 7:30pm, Benaroya Hall & 4/22, 3pm, Kirkland Performance Center. **April 21-22.** Email: srjio-news@frontier.com

April 22

VASA 4th Sunday Dance—Live music by Folk Voice Band. 2-5pm, Mt. Vernon. Call: 360-856-6175.

HELP—Seattle Children's Theatre. Rock with the music of The Beatles in this inspirational story about pursuing your dream. Presented by Holland-based Theatergroep Max. **April 22-May 13.** Call: 206-441-3322; www.sct.org

April 23

STG presents Celtic Woman - Believe Celebrating an enchanting new studio album, the awe-inspiring vocalists and mesmerizing Celtic violinist embark on the US tour. 7:30pm, The Paramount Theatre. Call: 877-784-4849; visit: www.stgpresents.org

April 24

Esperanza Spalding—As seen on the Oscars! 8pm, Paramount Theatre. Call: 877-784-4849; visit: www.stgpresents.org

April 25

Finlandia Foundation, Seattle Chapter Annual Meeting & 2012-1013

Board Elections—6:30pm, Swedish Cultural Center. Email: FFSC@finns.org

April 26

Kenny G—Performs at Jazz Alley! Seattle's Own Grammy-Winning Contemporary Saxophonist. Rare Club Appearance! **April 26-29.** Call: 206-441-9729; www.jazzalley.com

Wenatchee Apple Blossom Festival—“Walking on Sunshine” **April 26-May 6.** Call: 509-662-3616; www.appleblossom.org/

April 27

Claudia Schmidt—7:30pm, Shafer Bailey Mansion on Capitol Hill. Call: 206-523-8523; seafolklore.org

Seattle Scandinavian Folkdance—7:30-8pm, Hambo dance lesson; 8-10:30pm, Dance. *Sparida Ut* with nyckelharpa, fiddle & guitar will play. Swedish Cultural Center. Email: pat@folk dancing.com

April 28

A Spring Fling—presented by Sno-King International Dancers. Enjoy and evening of dance with Folk Voice Band. Wear spring colors! 7:30-10pm, Cedar Valley Grange. Visit: Sno-king.org

26th Annual Norwegian Heritage Festival—11am, Pacific Lutheran University, University Center-Main Floor. www.plu.edu/scancntr

Vivaldi: Gloria—Seattle Baroque Orchestra & Tudor Choir. 7pm, Preconcert lecture-8pm performance-Town Hall. Call: 206-325-7066; www.earlymusicguild.org

Cedric Watson & Bijou Creole—World Music. 8pm, Meany Hall, UW. Call: 206-543-2280; uworldseries.org

Valse Café Orchestra—7:30pm, Leif Erickson Ballroom, Ballard. Call: 206-781-1238; info@nwdance.net

Tacoma Mountaineers 4th Saturday Scandinavian Dance—Last dance of the season! Music by Nordic Exposure. 7pm, Dessert social; 7:30pm, Dance. Call: 253-759-3731; karen-goetting@gmail.com

April 29

2nd Annual FanJAZZtic Dinner Auction—A Dinner Auction Like No Other! Live music, games, one-of-a-kind items. 4pm, Mill Creek Country Club. Call: 206-473-9416; Visit: demiero-jazzfest.org

May 2012

May 3: The Very Hungry Caterpillar & other Eric Carle favorites. Seattle Children's Theatre. For 2-8 ages. **May 3-June 3.** Call: 206-441-3322 or www.sct.org

May 4: Kafana Klub—A wonderful band from Portland. 8:30-11:30pm-Russian Community Center, Capitol Hill. Call: 425-883-0332; www.seattlebalkandancers.org

Encore - the complete Transcendental Etudes. Concert Series to Celebrate Franz Liszt. 7:30pm, University Christian Church. Call: 206-285-8062 or concerts@marksalman.net

May 5: American Slavic Women's Club Mother's Day Luncheon - Ladies - Save This Date for a truly enjoyable afternoon. Maplewood Greens (Golf Course) 4050 Maple Valley Highway. Call: Julia Demmert, 206-953-0686.

Annual Fishermen's Night Spring Dinner & Dance—Featuring live music and an incredible meal. American Croatian Club of Anacortes. croatianclub@frontier.com; www.anacortescroatianclub.com/

Wonderful Wardrobe—Explore the exhibition Colors of the Oasis: Central Asian Ikats & design your own wearable art. 1:30pm, Kids Flick: *Little Women*. www.seattleartmuseum.org

Madama Butterfly—Seattle Opera. **May 5-20.** Call: 206-389-7676; www.seattleopera.org

Kafana Klub from Portland, 7:30-10:30pm, Fairhaven Public Library, Beltingham. Call: 360-733-1815.

Skandia Jam Session—Enjoy a cup of coffee, tea and a scone or muffin and then have fun jamming. 9:30am-12pm. Call: 206-784-7470; visit: www.sipandship.com

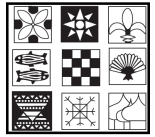
May 6: Asian-Pacific Islander Heritage Month Celebration Call: 206-684-7200; Visit: www.seattlecenter.com

Sonia Dawkins-Dance This 2012 Audition. 4-6pm, Velocity Dance Center. 3:30, Sign in. www.stgpresents.org/education

The Beatles by Seattle Rock Orchestra. **May 12 & 13.** Call: 877-784-4849; www.stgpresents.org

EXTRA

KCLS—Multi-Cultural Programs at the King County Library System during April 2012. For more information visit: www.kcls.org



~ WORLD Recipes ~

Seattle Cherry Blossom & Japanese Cultural Festival—April 13-15 at Seattle Center.

Japanese Noodle, Shrimp & Cucumber Salad
Serves 12

Dressing:

- 2/3 cup Rice wine vinegar
- ¼ cup Soy sauce
- ¼ cup Vegetable oil
- 3 Tbls. Sugar
- 1 tsp. Dry mustard
- 1 pinch Cayenne pepper

Salad:

- 1 lb. Fresh bean sprouts
- 14 oz. Dried chuka soba noodles
- ¼ cup Oriental sesame oil
- 1 lb. Cooked bay shrimp
- 3 large Cucumbers, peeled, halved, thinly sliced
- 6 green onions, sliced
- Red cabbage leaves

Dressing: Whisk together vinegar, soy sauce, oil, sugar and mustard in small bowl. Season with cayenne pepper. (Can be prepared 1 day ahead. Cover and leave at room temperature).

Salad: Blanch bean sprouts in boiling water 30 seconds. Drain and refresh in cold water. Drain. Bring large pot of salted water to boil. Add noodles and boil until tender, stirring occasionally, about 3 minutes. Drain noodles. Refresh in cold water. Drain and place in large bowl. Add sesame oil and toss to coat. (Can be prepared up to 6 hours ahead.) Cover and refrigerate.

To Serve: Add bean sprouts, shrimp, cucumbers and onions to noodles. Drizzle with dressing. Toss gently to combine. Line platter with cabbage leaves and mound salad in center.

Eggplant Miso Soup

1 serving

- 2 Tbls. Miso
- 2 Scallions; chopped
- 1 Quart Hot water
- ½ cup Tofu; cubed
- 1 Carrot; chopped
- 1 cup Eggplant; julienned

Add miso to boiling water. Mash to dissolve. Add carrots, scallions, tofu and eggplant. Cook until veggies are tender.

Chicken Teriyaki Dinner

Serves 6

- ¼ cup Lite soy sauce
 - 3 Tbls. Prepared spicy brown mustard
 - 1 Tbls. Firmly packed brown sugar
 - ½ tsp. Ground ginger
 - 1 Tbls. Sesame seeds
 - 1 Sliced thin medium onion
 - 1 Clove garlic, cut in half
 - 2 Tbls. Vegetable oil
 - 4 Skinned boned chicken breast - halves each about 4 oz
- Spinach and pepper sauté - see recipe.*

In medium bowl, whisk together soy sauce, mustard, sugar and ginger; set aside. In large, nonstick skillet, over high heat, toast sesame seeds until golden brown, about 4 minutes; remove from pan and set aside. In same skillet, saute onion and garlic in oil until soft, about 5 minutes, if desired, discard garlic clove halves. Add chicken and soy sauce mixture to skillet. Cover and simmer, turning chicken over once, until chicken is cooked through. Meanwhile, prepare spinach and pepper saute.

To serve, place chicken on platter, pour sauce and vegetables over chicken and sprinkle with sesame seeds. Place sauteed mixture on platter. Garnish with scallion fan.

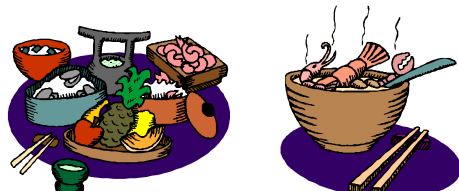
Sauteed Spinach and Red Peppers

Serves 8

- 1 Tbls. Olive oil
- 2 medium Red bell peppers *
- 2 Garlic cloves, sliced
- 1 pinch Crushed red pepper flakes
- 8 cups Steamed rinsed spinach **
- ¼ tsp. Salt

* Seed bell peppers and cut into strips. ** Do not dry spinach.

In large skillet, heat oil. Add bell peppers, garlic, and pepper flakes. Cook stirring frequently for 3-4 minutes. Add spinach, with water still clinging to the leaves to the skillet. Sprinkle with salt. Increase heat to medium-high and cook, stirring occasionally, 3 minutes or until vegetables are tender.



Amazu Shoga (Pickled Pink Ginger)

- 1/3 lb. Ginger, Fresh Young, Large Pieces with pinkish skin, Scraped
- 1/3 cup Rice Vinegar
- ¼ cup Sugar
- ¼ tsp. Salt

Using a sharp knife or a beriner cutter, shave the ginger into paper-thin slices. In a small, airtight container, combine the vinegar, sugar and salt. Blanch the ginger for 30 seconds in boiling water. Drain ginger; cool. If desired, reserve the liquid for cooking purposes.

Add the cooled ginger to the vinegar mixture; mix well. Store marinated ginger in the refrigerator. pickled ginger can be eaten after 24 hours of marinating. It will keep several weeks. Good with either sushi or noodles. Add marinade to salads or sauces.

Japanese Fruit Pie

1 Pie

- ½ cup butter, melted & cooled
- 2 eggs, beaten
- 1 tsp. Vanilla extract
- ½ cup Coconut, flaked
- 1 9" Unbaked pie shell
- 1 cup Sugar
- ½ tsp. Vinegar
- ½ cup Chopped nuts (suggested: pecans or walnuts)

Combine butter, sugar, eggs, vinegar and vanilla in bowl. Mix well. Stir in coconut and nuts. Pour into pie shell. Bake in 325 degree oven for 45 to 50 minutes or until brown.



Has your EHC membership expired?

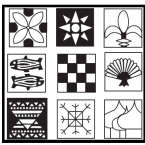
Please call the office or check your mailing label.

Examples:

- 12/1/11 = expired Dec. 2011
- 12/1/12 = continues to Dec. 2012

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

THANK YOU TO NEW MEMBERSHIPS & RECENT RENEWALS!



JOIN US!

Become a member of the Ethnic Heritage Council. Join us in our 32nd 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"/> American Express |
| <input type="checkbox"/> \$500 Heritage Circle | <input type="checkbox"/> Mastercard |

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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 _____ CVV _____

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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The Canonicus Fund



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WHO WE ARE...

2011-2012

Officers and Executive Board

Jagdish Sharma, *President*

Mary Hsu, *Vice President*

Mark Vohr, *Secretary*

Jim Williams, *Treasurer*

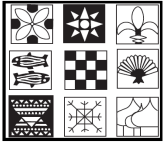
2012-2013 Board of Directors

- | | |
|------------------|----------------------------|
| Nilki Benitez | Nanci Spieker |
| Mary L. Hsu | Mitsu Sundvall |
| Sam Kaplan | Mark Vohr |
| Janet McCully | Jim Williams |
| Son Michael Pham | <i>Emeritus Directors:</i> |
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| Natacha Sesko | JoAnne Lee |
| Jagdish Sharma | 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 May 2012 edition is April 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.*

SAVE THE DATE!

Friday - June 1, 2012

Ethnic SpringFest

Honoring A “Cultural Treasure”

Reverend Patrinell Wright

At House of Hong with entertainment by

“Wheedles Groove”



Photo by Jal Schrof