



Eta Mu Newsletter

California State Area XVII Eta Mu Chapter www.etamucaliforniadkg.org Volume LI, no. 5, March 2020
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Mission Statement

The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education

International Vision Statement

Key Women Educators Impacting Education Worldwide

DKG California Vision Statement

DKG California - Educational - Professional - Making an Impact

California Biennium Theme

Crossing Bridges Together



Presidents' Message

Dear Sisters,

What wonderful meetings we are having! If you weren't able to join us at Heather's house, this is what you missed: a delicious meal Debbie Mar and her team served us, along with an interesting "info-mercial" on the ease of using hot pots; an outstanding power point presentation created and delivered by our legislative chair, Heather; and finally, an inspiration delivered by Carol Wharton that literally put us on our feet!

We hate for any of you to miss out, so we're doing the next best thing. Further down in the newsletter, you will find the recipes that Debbie shared with us. The power point Heather shared is available on our Eta Mu website <https://www.etamucaliforniadkg.org/> (password - sisters@etamu) And finally, presented in its entirety, is Carol's uplifting inspiration.

Potato Fest/Bunco



When: Wednesday, March 11, 2019, 6 - 8 p.m.

Where: Janice Freeman's home
3909 St. Nicholas Dr., Modesto
209-484-3416

We have another great meeting coming up Wednesday, March 11, 6 pm at Janice Freeman's home, 3909 St. Nicholas Drive. It's our annual Potato Fest - one of our favorite gatherings and always with a St. Paddy's Day theme. So you'll be a-wearin' the green! After dinner, we'll have a brief business meeting to vote on the proposed slate of officers for the 2020-2022 biennium, and then on to Bunco. PLEASE don't worry if you've never played! It's super easy and a great socializing opportunity. Who knows??? Maybe the prizes will be pots o' gold at the end of the rainbow!!!!

Member Update

Kathleen Heinzinger and Janice Freeman took Janice's "therapy kitties" down to visit with Maureen Donovan recently. Everyone enjoyed the time together as we learned fascinating details about Maureen's teaching career. You can read all about it in her bio which will post soon on our Eta Mu website!



Save the Date

2020 DKG California Convention
May 1 - 3, 2020
Santa Clara Marriott Hotel
Exploring New Pathways
Speakers / Breakout Sessions
Professional / Personal Development
Fellowship and Fun



Did this pretty picture catch your eye? Good! This is the art work selected at the February meeting to create at Pinot's Palette on Wednesday, April 15th, 6 pm. If you haven't already let Lynn Lysko know you'll be attending, please call 324-0399, or email llysko@yahoo.com with your reservation information. The cost is \$35/person and you are encouraged to bring guests to enjoy the evening. Our deadline is Friday, April 3 for our "head" count. Lynn can take your payment by check or credit card! Now, pull out your berets and get your artist on!!!!



Birthdays

MARCH		
14	Lynn Lysko	
16	Heather Coons	
17	Anice Beary	
26	Valerie Spencer	
28	Betty Harrell	



From Carol Wharton

Celebration

Every day my life is filled with inspiration or special moments. I truly believe that if you just add color to your day in some way, you will feel better. A few days ago, when I stepped out into a morning low of 40 degrees, it felt so chilly. I had gone to meet a professional downtown at her office, but when I got to her establishment, the lights were off and the door was locked. This was most unusual. I began to worry and felt colder. But then, just a few yards away from me, I noticed a bright patch of golden sunlight hitting the pavement. In no time at all, I scurried into it. Ah, the warmth of it! I could feel the sun penetrating me from the top of my head to the tips of my toes. It was a very brief time, on a quiet street, just for me. I felt energized and refocused. I didn't have to give into cold heavy thoughts. It reminded me of an old song that I once sang called Stay on the Sunny Side of Life. When I was a little girl, my Sunday school teacher once told me that under the darkest clouds, the sun always shines.

As many of you know, I'm a dual member of Sweet Adelines International. That means, I'm a regular member of two choruses. I'm surrounded weekly by strong, powerful women. We are motivated and inspired. We encourage one another every week to do our best. In order to do this effectively, we practice breathing correctly, staying focused, and letting our bodies flow with the music. No one can produce a well rounded sound unless their posture is uplifted and their jaws are relaxed. Finding freedom in movement takes practice. In Sacramento, we begin each rehearsal with physical warm ups and a mantra. This is a statement or slogan repeated to aid in concentration. It's a way of uniting all of us before we start our serious work for the night. For me, it's a moment of empowerment, one of inspiration. So, I've created one for us to repeat together. Let's try it out!

The ETA Mu Mantra (please stand and join hands)

I am an Eta Mu Woman.....I am focused.....I am strong.....I have courage.....I am an Eta Mu Woman.....I am united in sisterhood. (raise hands together)

In closing, I have a few words of wisdom to share with you from the American Heart Association: Every day is another chance to get stronger, to eat better, to live healthier, and to be the best version of you. Second, it's never too early or too late to work towards being the healthiest you. And finally, do something today that your future self will thank you for.

It's time to celebrate!

ABC Project Annual Spring Tea/Imagination Library



On Saturday, April 25th, the ABC Project will host its 11th Annual Fundraising Spring Tea to benefit the Turlock affiliate of the Dolly Parton Imagination Library. This event includes tables decorated around children's books, with light refreshments, silent auction and raffle items. It will be held in the Gemperle Gallery of the Carnegie Arts Center in Turlock from 1:30-3:00. Individual tickets are \$18, tables of 8 are available for \$135 (as a table host you are responsible for the table decorations). If you would like to come or donate a silent auction or raffle item, please contact Susan Neufeld for additional information at sneufeld@csustan.edu or abcproject@att.net.

The ABC Project is also excited to be part of a select group to host a nationwide screening of a new documentary entitled *The Library that Dolly Built* which highlights the development and growth of the Imagination Library. Narrated by Danica McKellar, participants from around the country are interviewed, including Dolly herself, about the program and its impact. This event will be a 50/50 split of monies from the ticket sales, half to the theater, half back to the local organization. Final arrangements are being made and will be announced on Wednesday, March 4th, when confirmed location, time, and ticket prices will be available. I will send out all of that information when the national press releases are made public.

Thank you in advance for considering your support of the ABC Project and the Imagination library and the literacy development for our youngest readers.

Susan Neufeld
Director, ABC Project
Turlock affiliate, Imagination Library

Amy and Jacky's Black Bean Sauce Pork and Rice

1 lb. pork steaks, cut into pieces

- 1 tablespoon (15ml) oil
- 1½ cup (345g) Jasmine rice , rinsed
- 1½ cup (375ml) cold water

Black Bean Marinade

- 2 tablespoons (22.5g) **black bean sauce**
- 1 tablespoon (15ml) **regular soy sauce**
- 1 tsp. (15g) ginger , grated(opt.)
- 1 large garlic clove or 3 small cloves , minced
- 1 teaspoon (5ml) **sesame oil**
- 1 Tb. packed brown sugar
- ¼ tsp. **white pepper**
- 1 Tb. **oyster sauce**
- 1 Tb. **squeezed fresh lemon juice**
- 1 teaspoon (5ml) **fish sauce** (optional)
- 1 tsp. mushroom seasoning

Garnish

- Green onions , finely sliced
- 1 Thai chili , finely chopped (Optional)

Instructions:

Marinate Spare Ribs: In a mixing bowl, marinate spare ribs with the marinade above for at least 30 minutes and up to overnight in the fridge.

1. **Pressure Cook Spare Ribs and Rice:** Mix marinated ribs with 1 tbsp (15ml) oil, then place in Instant Pot. Try to fill the whole Instant Pot bottom with a single layer of spare ribs. Then, layer 1 1/2 cups (345g) Jasmine rice on the spare ribs. Add 1 1/2 cups canned chicken broth. If the rice is rinsed, drain well and use 1 1/4 cup (310ml) canned chicken broth instead. Ensure all the rice are submerged in liquid. Pressure cook at High Pressure for 15 minutes, then 10 minutes Natural Release.

***Pro Tip:** Ensure spare ribs are at the bottom, then rice on top. **Season and Serve Instant Pot Spare Ribs and Rice:** Fluff and gently mix the spare ribs and rice. Taste and season with more salt or soy sauce if necessary. Garnish with finely sliced green onion. Add Thai chili to spice it up! Serve immediately. 😊

Instant Pot Sausage Rice

Ingredients:

3 pcs. Boneless, skinless chicken thighs cut up into chunks. Put into a Ziploc bag with 3/4 cup teriyaki sauce (like Lee Kum Kee, Yoshida's or Kikoman's). Add the following to the teriyaki sauce (opt.):

1 tsp. fish sauce

1 tsp. soy sauce

1 Tb oyster sauce

1 large clove of fresh garlic, minced

1/2 tsp. mushroom seasoning

1 tsp. sesame oil

A 1" wedge of fresh lemon, squeezed

Marinate at least 30 min. or overnight.

2 cups uncooked sweet rice and 1 cup long grain rice

2 1/2 cups chicken broth

1 large sausage link like Evergood Pineapple Sausage from Costco, sliced.

4-5 dried Shitake mushrooms, soak until soft, about 1 hour or overnight. Slice or leave whole. Save a 1/2 cup of the soaking liquid.

1/2 cup sliced water chestnuts

2 green onions, sliced thinly for garnish.

Mix the two types of rice together and rinse with cold water using a colander.

Transfer this drained rice into a bowl and add 2 1/2 cups canned chicken broth and 1/2 cup Shitake mushroom soaking liquid. Add 1 tsp. Mushroom Seasoning, 1/4 tsp. white pepper and 1/2 tsp. salt. Set aside.

Instructions:

Spread out the marinated chicken along with the marinade, sausages, mushrooms and water chestnuts on the bottom of the Instant Pot. Now add the rice and liquid, making sure the rice is submerged in the liquid before you close the lid.

Cover the IP and seal the valve. Set on "Manual" at high pressure for 25 min. Wait for Natural Release (the button will drop). Fluff the rice and garnish with green onions.