

# NEW CLEVELANDERS NEWSLETTER - JANUARY 2021

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## PRESIDENT'S LETTER

Happy New Year everyone! Wishing for a healthy, active year...

The newsletter continues to be the focal point of what we can offer at this time. Read through it for any updates we might have.

Our newest section "Two Truths and a Lie" has been very well received. So much so that we will be including two people next month. This month we focus on Veda Penick, a long-standing member of New Clevelanders. Try to guess which is the lie and look to next month's newsletter for the answers.

Kathy Esterle has had some interesting experiences! I am not sure I know of anyone else who has been on both a helicopter and a submarine on the same vacation! But she has. Unfortunately, she did not enjoy the beach at La Pelosa, Sardinia, Italy!!

As soon as we can, we will start up our activities again. So once the vaccine is readily available, we will be able to get together. In the meantime, please join some of our virtual experiences.

Read (or not) our book club selection and join in the discussion, or just join and say hi. Book club is an easy way to see people and connect a little bit. The books suggested in the activities section here are well worth your time. Get reading and join us!!! Any questions? Susan Cheshire is the activity chair for book club.

Stay safe, warm, and happy.  
Until we meet again, Happy New Year!!

Jan Kolb  
President, New Clevelanders

# NEW CLEVELANDERS NEWSLETTER

## NEW MEMBER SPOTLIGHT

No new members this month.

## NEW MEMBER COFFEE

*No January Coffee*

## JANUARY BIRTHDAYS

1/8	Betty Todman
1/12	Kathryn DeMerit
1/13	Sharlene Bartolomeo
1/14	Janis Lyons
1/14	Monica Turk
1/15	Missy Pelletier
1/15	Sue Hutchison
1/20	Linda Bachman
1/21	Helen Toves
1/28	Margo Hotaling

## BOARD MEETING

Date: Monday, January 4th

Time: 10:00 AM

Place: Virtual meeting hosted by Jan Kolb.

## Throwback Photo: Excursions May 2017 - Lolly the Trolley



Left to Right:

Denise Mullins, Roya Sarkari-Kian, Susan Cheshire, Amy Squyres, Debbie Homola, Jean Spangenberg, Debra Van Scoik, Vickie Hoskins, Debbie Riedy, Julia Ravenscroft, and Veda Penick

## Member Spotlight: Two Truths and a Lie

Can you guess which of these statements about Veda Penick are not true? The February newsletter will have the answer!

- 1) I was in a nationally televised Chevrolet ad.
- 2) I used to show horses, and owned a grandson of Seabiscuit.
- 3) I was a foreign exchange student in France and speak French fluently.



## New Clevelander Cookbook Project

Since so many New Clevelander activities involve food, we thought it would be fun to publish a cookbook of dishes from New Clevelander gatherings over the years as well other tried and true recipes you would like to share with the group. After all food is one of the many things we do right! To get started, we are asking that you submit your recipe(s) to [newclevelanderscookbook@gmail.com](mailto:newclevelanderscookbook@gmail.com) by January 31<sup>st</sup> (**EXTENDED DEADLINE**). You can send multiple recipes if you like. Please email them as attached Word documents (versus embedding them in the email) and make sure the following information is included for each one:

- List of ingredients
- Step-by-step cooking instructions with any special tips (e.g., "cake may look underdone at first but will firm up as it sits"; "you don't have to thaw the peas first"; etc.)
- How many people the dish serves
- Roughly how long the dish takes to make: prep time and cook time

Also, please feel free to preface your recipe with a short story of its origin or when or how you served it. You can also include captions, such as "Gets rave reviews from everyone," or "Great for a ladies' luncheon."

We are hoping this is an activity we can all participate in either by submitting recipes or helping to assemble and publish the cookbook. We are putting together a group to work on this project, so if you would like to be part of that group, please let Debra Navratil know. So far, Meredith Cores and Kelley Niven have volunteered. More information will be forthcoming as the project gets underway.

## Unusual January Holidays

January 3	Fruitcake Toss Day
January 4	National Spaghetti Day
January 5	National Bird Day
January 10	Houseplant Appreciation Day
January 13	National Rubber Duckie Day
January 14	Dress Up Your Pet Day
January 15	National Bagel Day
January 19	National Popcorn Day
January 20	Penguin Awareness Day
January 21	Squirrel Appreciation Day
January 23	National Pie Day
January 24	Compliment Day
January 27	Chocolate Cake Day
January 28	National Kazoo Day
January 29	National Puzzle Day
January 31	Inspire Your Heart with Art Day

Source: [www.holidayinsights.com](http://www.holidayinsights.com)

### WHAT TO READ NEXT by Meredith Cores

There are so many good and easy ways to get ideas of what to read next. One of the easiest is celebrity book clubs. Jenna Bush Hager, Reese Witherspoon and Oprah Winfrey put out choices monthly and you can participate in virtual discussions. The New York Times Book Review and Good Reads are both an obvious choice. Book Page is a great resource. You can usually find a free hard copy at your local library or bookstore, and there is an online resource as well. One of my favorite places to get ideas is People Magazine, Real Simple and Entertainment Weekly. When I see a suggestion that intrigues me, I immediately put a request in for it via the Cuyahoga and Geauga County Public Library websites. Speaking of libraries, most have an option that will recommend books for you based on your interests and past reads. On the Cuyahoga Library page, it is called Read Intuit. I also receive emails from a source called Read It Forward. Suggestions are given based on what mood you might be in.

So, now you have some more ideas about where to find ideas of what to read. Here are three of my personal suggestions this month:

**Dear Edward** by Ann Napolitano- it is hard to imagine a book about a plane crash where a 12-year-old boy is the only survivor could be considered uplifting, but it really is! This was a great story that has stayed with me for a long time.

**The Wonder Boy of Whistle Stop** by Fannie Flagg- you may remember the movie “Fried Green Tomatoes” which was based on Flagg’s book “Fried Green Tomatoes at the Whistle Stop Café”. Even if it has been a long time since you read the book or saw the movie, do not let that hinder you from picking up this sweet sequel. The author does a good job of giving you enough information to jog your memory about the characters. It could certainly be standalone without reading the first book, but I remembered the characters so fondly, I might even go back and reread it.

**The Midnight Library** by Matt Haig- What if there was a library that told the story of your life- and every story if you had made a different choice. If you enjoyed the movie “Sliding Doors” this is the book for you.

Happy reading! Feel free to drop me a note at [Meredith.cores@gmail.com](mailto:Meredith.cores@gmail.com) to let me know what you are reading.

## ~~ CURRENT ACTIVITIES ~~

### BOOK CLUB

Date: Wednesday, January 6th

Time: 9:30 am

Place: Zoom Meeting

Chair: Susan Cheshire 203-526-7413  
[scheshire6113@earthlink.net](mailto:scheshire6113@earthlink.net)

Details: January Book: We did not have a book discussion in December. We will read December's book *Necessary Lies* by Diane Chamberlain in January. This book is about a small southern town fifty years ago. This book will make you question right from wrong.

February 3rd: *The Silent Patient* by Alex Michaelides. The instant #1 New York Times bestseller "An unforgettable—and Hollywood-bound—new thriller... A mix of Hitchcockian suspense, Agatha Christie plotting, and Greek tragedy." —Entertainment Weekly.

Please feel free to attend the Zoom meeting **even if you have not read the book.**

### CLUB GASTRONOMIQUE (Club G)

**Each group's head chef will determine the date, time, and place of the meetings.**

Chair: Kelley Niven 269-615-2288  
[dandkniven@sbcglobal.net](mailto:dandkniven@sbcglobal.net)

Details: Happy 2021!! What a relief it is to move forward. Hopefully, we will soon be doing it together!

My New Year's Resolution last year was to lose 10 pounds. I only have 15 to go! The quarantine was not good for my waistline, so I find myself wanting to change my eating habits and getting myself back in shape. Here is a few of my favorite recipes for doing just that!

#### **Thai Chicken and Brussel Sprouts**

- 1) 4 T Olive, or Coconut Oil, divided
- 2) 1 lb. Boneless, Skinless Chicken Breasts, cut into 1" cubes
- 3) 1/2 t Salt
- 4) 1 large bag Shaved Brussel Sprouts
- 5) 1 Cup Grated Carrots
- 6) 2 T Chopped Green Onions
- 7) 1/2 Cup Satay Sauce (see recipe below)

In a large skillet, heat 2T of your chosen oil over medium heat. Add chicken and stir fry for 3 minutes. Add remaining oil, Brussel sprouts, carrots, and green onions. Cook stirring occasionally until the Brussel sprouts are tender and lightly browned (about 8-10 minute). Add the satay sauce and heat through.



## **Satay Sauce**

- 1) 1/2 Cup Almond Butter, or reduced fat Peanut Butter
- 2) 2 T Soy Sauce, or Coconut Aminos
- 3) 1 T Lime Juice
- 4) 1 T Minced Ginger
- 5) 1 t Fish Sauce
- 6) 1 Clove garlic, minced

Combine all ingredients in a blender and process until smooth.

## **Apple Mustard Vinaigrette**

- |                            |                          |
|----------------------------|--------------------------|
| 1) 3 T Apple Cider Vinegar | 2) 2 T Apple Cider       |
| 3) 2 t Dijon Mustard       | 4) 1 Clove Minced Garlic |
| 5) 1 t Thyme               | 6) 1/2 t Salt            |
| 7) 1/4 t Pepper            | 8) 3/4 Cup Olive Oil     |

Whisk all ingredients together. Use immediately, or store in an airtight container in the fridge.

## **Indian Butter Chicken**

*Mix together and set aside:*

- 1) 1 1/2 lb. boneless, skinless chicken thighs cut into 1" pieces
- 2) 1 T Garam Masala
- 3) 1/2 t salt
- 4) 1/8 t cayenne pepper

*In a large skillet add:*

- |                           |                           |
|---------------------------|---------------------------|
| 1) 2 T butter             | 2) 1 medium chopped onion |
| 3) 3 cloves minced garlic | 4) 1 T minced ginger      |

Cook until the onion is soft and translucent. Add the chicken mixture and cook until the chicken is browned.

*Stir in:*

- 1) 1 14 oz can diced tomatoes
- 2) 1 14 oz can coconut milk (this will be both runny and thick, use the whole can)
- 3) 1 T garam masala
- 4) 1 t salt

Allow mixture to bubble, then reduce heat and simmer for 10 minutes. Serve with Sweet Potato Cauliflower Rice (see recipe below)

## **Sweet Potato Cauliflower Rice**

Wrap one Sweet Potato in foil and bake @ 400 for 1 hour, or until soft. Remove from oven, cool slightly. Peel away skin and discard. Dice into 1/4" cubes. Set aside.

Heat 1 large bag (or 2 small bags) Cauliflower Rice in the Microwave according to the package directions.

In a large skillet melt 2 T butter or Coconut Oil. Add Steamed Cauliflower Rice and stir fry for about 2 minutes. Add 2 T Chopped fresh Parsley, or 1 T dried Parsley and the diced sweet potato. Toss to combine.



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## KNITTING

Date: No January Dates

Time: N/A

Place: N/A

Chair: Veda Penick 216-470-5092  
[vedapenick@gmail.com](mailto:vedapenick@gmail.com)

Details: Knitters can meet at the home of Veda Penick (just a few people at a time). If you are comfortable meeting, Veda can show you how to knit and/or go over pattern ideas. Contact Veda if you want to be on the mailing list.

## MAH JONGG

Date: 2<sup>nd</sup> and 4<sup>th</sup> Mondays, 1 pm, online

Time: N/A

Place: N/A

Chair: Jean Spangenberg 216-533-5940  
[Jqpspangenberg@gmail.com](mailto:Jqpspangenberg@gmail.com)

Details: We have successfully tried playing online with Zoom and it has been a lot of fun. It has also been surprisingly easy. Come join us anytime by contacting me and letting me know if you would like to be on the list of people who said they would like to play, and you will receive bimonthly reminder emails so you can let me know if you are joining us that week.

## ~~ACTIVITIES ON HOLD THIS MONTH~~

### BENEFIT BEAT

Chairs: Debra Van Scoik 717-830-3180  
[dgvanscoik@gmail.com](mailto:dgvanscoik@gmail.com)

Linda Kresnye 440-903-1007  
[lkresnye@sbcglobal.net](mailto:lkresnye@sbcglobal.net)

### BUNKO

Chairs: Michelle Daunch 216-469-0613  
[mdaunch@yahoo.com](mailto:mdaunch@yahoo.com)

Monika Hellstern 203-217-1971  
[mkhellstern@yahoo.com](mailto:mkhellstern@yahoo.com)

### CANASTA

Chairs: Cherie Arnold 440-247-6104  
[cherie\\_arnold@yahoo.com](mailto:cherie_arnold@yahoo.com)

### EXCURSIONS

Chair: Jamie Wolf 847-602-7043  
[wolffamily5@hotmail.com](mailto:wolffamily5@hotmail.com)

### FOOD AND WINE SOCIETY

Chair: Susan Cheshire 203-526-7413  
[scheshire6113@earthlink.net](mailto:scheshire6113@earthlink.net)

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## **GOLF**

Chair: Nancy Lykins 330-995-6045  
[nllykins@aol.com](mailto:nllykins@aol.com)

## **LADIES MIXER**

Chair: Laura Regelski 585-747-2160  
[lregelski@gmail.com](mailto:lregelski@gmail.com)

## **LUNCH BUNCH**

Chair: Heather Rawlings 812-374-7654  
[heather.rawlings@comcast.net](mailto:heather.rawlings@comcast.net)

## **PICKLEBALL**

Chair: Karen Lee 216-926-9637  
[kslee27@gmail.com](mailto:kslee27@gmail.com)

## **TRAVEL TALK**

Chair: Kathy DeMerit 408-656-7163  
[kdemerit@yahoo.com](mailto:kdemerit@yahoo.com)

## **WALKING CLUB**

Chair: Kathy DeMerit 408-656-7163  
[kdemerit@yahoo.com](mailto:kdemerit@yahoo.com)