

**Know of an upcoming opportunity to serve? Let us know and we'll pass it on!**

## **Board Briefs**

January 9, 2014

The following items were discussed at the January Board meeting:



- Show pride in your LDIAA membership — wear your pin, proudly and frequently. You lost yours? Replacement pins are available for a mere \$3.00. Affordable enough to keep a pin at your desk, in your car, on your dresser, and in your handbag/wallet (how about one on every suit lapel?) ... so you're never without! Mail your check (payable to LDIAA) to LDIAA, PO Box 468, Harrisburg PA 17108.
- Do you live life in high gear? What does that mean to you? Join the book club as it kicks off the new year reviewing *Women in High Gear* — with author Anne Deeter Gallaher in attendance — on January 16. See full details in this issue.
- Mark your calendar for Thursday, February 13, for the first-of-the-year Lunch & Learn session, to be held at Harrisburg University's Auditorium (adjacent to Strawberry Square). See full details in this issue – just keep scrolling.
- Have you ever enjoyed a four-course meal? Join us for a demonstration (and eating and shopping event) at the cooking school The Kitchen Shoppe on Tuesday, February 25. See full details in this issue.
- Want to be an active LDIAA participant? Lots of opportunities are open to you. Contact Membership Chair Ken Senft to let him know you're interested. Education Chair Beth Gardner and Publicity Chair Kathryn Sophy would welcome volunteers to these committees, and Treasurer Dot Krazek-Lehman would appreciate an assistant treasurer. What's your interest? Act on it, now, while you're thinking about it.



## **DISHIN' WITH DEBBIE!** **FOOD FOR HIGH ACHIEVING INDIVIDUALS**

## **HAPPY NEW YEAR 2014!**

I wish you all a new year filled with good health, good finances, good humor and a voracious appetite for new cooking adventures!

I LOVE this quote about the new year from Neil Gaiman. He is an author who writes some very interesting- albeit a bit bizarre - books. I am in the midst of reading **Good Omens** right now. Check him out!



"I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're **Doing Something**.

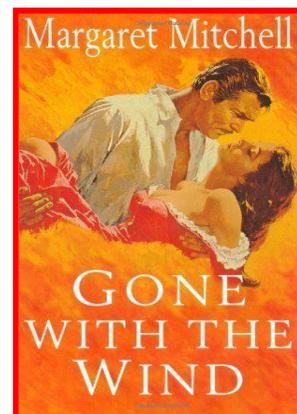
So that's my wish for you, and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life.

Whatever it is you're scared of doing, **Do It**. Make your mistakes, next year and forever."

— [Neil Gaiman](#)

Now I am not one who is big on New Year's resolutions, but I would love for you all to make one for ME. Make this the year you send me **lots** of recipes. Melanie Percha, who is a Highway Design Manager and Senior Design Project Manager in PennDOT's District 10 (Indiana) did. Bless you, Melanie!

We are pursuing a literary theme for 2014 for our recipes and January's theme is **Gone with the Wind**. I saw the movie with my favorite aunt as a teenager and it made a big impression on me. I could see myself in both of the main female characters, Scarlett and Melanie, who were both very strong, but in different ways. In fact, there have been many times in my life when I have called on my inner Scarlett and thought, "As God is my witness, I will (or will not!) .....And many friends have also been the beneficiary of my amazing Butterfly McQueen impersonation, "I don't know nothin' about birthin' no babies..." ;)



I later read the book and it was a fascinating picture of life in the south. Unfortunately, it was also very much the "Disney version" of life at that time and glossed over the horrors of slavery and other unsavory aspects of the time.

In honor of southern historical cuisine, here's Melanie's recipe for Southern Pecan Rolls. They sound delish!

### Southern Pecan Rolls

#### Ingredients:

##### Syrup:

- 2 Tablespoons Butter
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{4}$  cup molasses
- $1 \frac{1}{2}$  cup pecans

##### Rolls:

- 1 1/4 oz. yeast package
- $\frac{1}{4}$  cup warm water
- 1 cup scalded milk, cooled to lukewarm
- $\frac{1}{4}$  cup sugar
- 1 teaspoon salt
- 1 egg, beaten
- $3 \frac{1}{2}$  cup flour, divided
- $\frac{1}{4}$  cup margarine, melted (Editor's note: you know how I am- I would use butter!)
- Butter and cinnamon



#### Directions:

##### Syrup:

1. Heat butter, sugar, molasses until sugar is dissolved.
2. Stir in nuts. Pour into two 9 x 13 pans. Set aside.

##### Rolls:

1. Dissolve yeast in warm water.
2. Stir in milk, sugar and salt.
3. Add beaten egg,  $1 \frac{3}{4}$  cup flour and melted margarine.
4. Mix well.
5. Stir in remaining flour.
6. Knead dough until it is of a smooth and satiny consistency.
7. Let rise in a warm place until it is double in size.
8. Roll dough out on a floured surface until it is  $\frac{3}{4}$  " thick.

9. Spread with lots of butter and sprinkle cinnamon.
10. Roll up starting with the long edge.
11. Cut into 18 rolls.
12. Place the rolls on top of the syrup in the prepared pans.
13. Let rise for two hours.
14. Bake at 375 degrees for 25-30 minutes.
15. Remove from oven and invert over a cookie sheet, allowing the topping to drizzle over the rolls.

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Here's one from our own rabid football fan, Linda Avetta. She writes, "Ok, so the Saints had a bad game day yesterday ... and I hate to admit this but the outcome could have changed with Marcus Colston ... first he recovered the on-side kick - WHEWHOO! Then he caught a pass with 9 seconds left in the game and, instead of stepping out of bounds, he attempted a lateral pass but it ended up being a forward pass resulting in end of game. OUCH! Such a great day for Marcus in completions until that final and fateful play. As usual, I was cheering for Marcus who is a really nice, quiet hometown (Susquehanna Township) kid who grew into an accomplished and still kind of quiet, fine gentleman. If you ever watch him on the field, you'll note he always helps the other guy up; even after he takes a nasty knock-down. He continues to give testament to his family and upbringing ... he's a nice guy on and off the field. His uncle, Otis Martin, a friend (first a co-worker) and now neighbor of mine, makes awesome jambalaya. I think, in tribute to southern cooking and to help cover up Colston's error on the field, I should share this wonderful dish for the Gone With the Wind food column for Dishin' with Debbie. (Editor's note: THANKS, Linda! May the new year's resolution fairies smile upon you!)"

This recipe comes from Otis' cookbook "Pirate's Pantry" from the Junior League of Lake Charles, Louisiana. It is labeled as a *typical South Louisiana dish*. Otis' handwritten note next to the recipe, in capital letters, simply states: GOOD. I can attest to having this hot out of his crock pot in 1993 and thinking it was a LOT more than just GOOD!

### Creole Jambalaya (Serves 8)

#### Ingredients:

- 1 Tablespoon shortening
- 2 Tablespoon flour
- 1 pound pure pork sausage, smoked, or loose uncased sausage, cut into bite sized pieces
- 1/2 cup bell pepper, chopped
- 3 cups raw shrimp, peeled, deveined and chopped
- 5 cups tomatoes, peeled and diced
- 2 1/2 cups water
- 1 large onion, chopped
- 1 clove garlic, chopped
- 2 Tablespoons parsley, chopped
- 2 cups raw rice
- 2 Tablespoons Worcestershire sauce
- 1 1/4 teaspoons salt
- 1/2 teaspoons thyme
- 1/4 teaspoons red pepper



#### Directions:

- 1.) Melt shortening in large heavy Dutch oven.
- 2.) Add flour and stir until blended.
- 3.) Add sausage and bell pepper. Cook 5 minutes.
- 4.) Add shrimp, tomatoes, water, onions, garlic and parsley.
- 5.) Bring to a boil and add rice.
- 6.) Stir in Worcestershire sauce, salt, thyme and red pepper.
- 7.) Cover and simmer for 30 minutes or until rice is tender- stirring occasionally.

8.) Sprinkle with additional parsley.

Notes:

- This does not freeze well.
- Can be made with 1 cup of diced ham instead of sausage.

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I went to graduate school in Richmond, Virginia and that was my first taste of the "South". Even though it's not really all that far south of here, some Richmonders acted like they were from a different planet! And if you should visit Richmond and encounter a bunch of young southern gentlemen in pick-up trucks with gun racks cruising about and they yell at you, "The South will do it again", do NOT yell back, "What? Lose?" ;)

I worked as a waitress in a semi-fine dining restaurant that featured a kind of upscale southern cuisine. Their spoon bread was absolutely out of this world. What is spoon bread, you may be asking? It is a slightly sweet combination of corn bread and custard. Served with a big pat of melted butter- heavenly! I have been trying to recreate their recipe since. Here's the closest that I have come (so far...)

### Spoon Bread

**Ingredients:**

- 3 cups milk
- 4 eggs, beaten
- 1 3/4 teaspoons baking powder
- 1 1/4 cups cornmeal
- 1/2 cup sugar
- 1/2 cup butter
- 1 teaspoon salt



**Directions:**

- 1.) Grease a two quart casserole dish.
- 2.) Stir cornmeal and sugar into rapidly boiling milk.
- 3.) Cook until very thick, stirring constantly.
- 4.) Remove from heat and stir in butter
- 5.) Let cool for 15 minutes
- 6.) With a wooden spoon, beat in the eggs, salt and baking powder until smooth.
- 7.) Pour into casserole dish.
- 8.) Bake at 375 degrees for 45 minutes.

That's all for this month. Get to work on that resolution, ya'all!

- ***February- Chocolat- Joanne Harris***
- **March- Where the Wild Things Are- Maurice Sendak**
- **April - Harry Potter (any one of the series)- J. K. Rowling**
- **May-To Kill a Mockingbird- Harper Lee**
- **June- Little Women (or Little Men) -Louisa May Alcott**
- **July- The Da Vinci Code- Dan Brown**
- **August -The Life of Pi - Yann Martell**
- **September - The Book Thief - Markus Zusak**
- **October - It- Stephen King**
- **November - The Hunger Games - Suzanne Collins**
- **December - Water for Elephants, Sara Gruen**

**Send me those recipes as soon as you can! I will be forever grateful to you to not have to come up with them all on my own.**



Please send recipes to [dereihart@pa.gov](mailto:dereihart@pa.gov). Hurry up and do it now so you  
Debbie

## UNTIL NEXT MONTH- KEEP ON DISHIN'!

### Getting To Know: You

This Newsflash column highlights the Board and the LDIAA membership – and it will be back next issue to spotlight another LDIAA-er...

... it might be our chance to get to know... **YOU!!!**

### Alumni Updates!

**Jan Warnick**, class of 2004, was recently elected to the PAEP (Pennsylvania Association of Environmental Professionals) Board of Directors. Janet currently serves the DEP as Regional Manager for the Office of Pollution Prevention and Energy Assistance. Congratulations, Jan!!

**Karen Moury**, class of 2004 and my former boss, has left the Public Utility Commission after dedicating more than 30 years to state service. Karen had served as the Director of Regulatory Operations for the PUC, where she oversaw the day-to-day operations and led various working groups in implementing legislation or resolving complex public utility issues through a collaborative approach. She was the voice of the PUC in striving to improve competitive retail markets for electricity and natural gas supply. Karen served as liaison to other state agencies and participated in numerous international delegations. She is a frequent lecturer at the Pennsylvania Bar Institute and multiple industry associations throughout the country. Karen has joined the Energy Section of Buchanan Ingersoll & Rooney's Harrisburg office. Congratulations, Karen!!



### **ALUMNI ASSOCIATION BIRTHDAYS!!!!**

February birthdays include:

Name		LDI Class	Agency	Birthday	
Tina	Long	1999	DPW	2/7	Twins
Brenda	Verner	2009	Fish/Boat	2/7	
Patricia	Landis	2011	PDE	2/10	
Heather	Stafford	2010	Health	2/11	
H Virginia	Fiegles-Kaar	2004	DOT	2/13	Twins
Melody	(Henry) Alleman	2007	Retired - PHMC	2/13	
Lynne	Ruby	2004	DCED	2/18	Twins
Nancy	Richwine	1994	Agriculture	2/18	
Heidi	Mertz	2003	DOT	2/19	
Nancy	Davenport	2011	PGCB	2/21	
Christa	Newmaster	2012	DOT	2/23	
Suzanne	Leighton	2005	Revenue	2/29	

If you see one of these fine graduates in your travels this month... **wish her a HAPPY BIRTHDAY!!!**