

ELDER WISDOM ACADEMY

ancient practice - new understanding

WHAT'S INSIDE THIS ISSUE:

Conversation Circle
2/9/23 @ 4:00PM
JCC Mercaz Room

Ties that Bind
Angela Miller

Rev. Elaine Strawn
Conversation Circle
Recorded Resource

Nancy Gardner is a certified instructor of Tai Chi and Qigong, a state-licensed massage therapist and a Polarity Therapy practitioner. She has been training in Qigong and martial arts since 1985, teaching professionally since 1994. Combining these disciplines with stress-management techniques and energy exercises, Nancy creates individualized programs for various organizations, tailored to their goals. She has presented locally, regionally and internationally.



Conversation Circle with Nancy Gardner

ENERGIZE YOUR DAY

February 9th @ 4:00 PM

JCC - Front Entrance

750 White Pond Dr.

Akron, OH 44320

Come to Area 1

Dress in comfortable clothes



Ties that Bind

Angela Miller

Food traditions passed down through families connect us to a heritage that is part of our personal story. Likewise, enjoying the cuisine of other cultures can provide a portal to a deeper connection.

This month, Yes Magazine author Valerie Segrest shared a recipe from her ancestors, the tribes of the Northwest Pacific Coast.



The article: Stir it Up: Bone Broth From the Earth, explained that the ancient Coast Salish made hearty meals by placing fire-heated rocks in a cedar box filled with water and local ingredients.

My favorite recipe, Chicken Dumpling Soup, came to me through my Tennessee grandmother. The after-church special was served piping hot, with scratch biscuits, pie for dessert, and a generous helping of family lore.

Leaving the South in 1982, I wanted to expand my horizons. A friend invited me to visit Akron, and the first stop was Lou & Hy's Deli in Fairlawn. Warmth enveloped me when I stepped into the space. It bustled with an energy unlike the slower-paced diners back home, and I felt a little displaced. But when the comforting aroma of chicken broth reached me, I relaxed and sat down to look at the menu.

Matzo Ball Soup was thicker than expected—bright gold and swirling with flavors. But my attention was riveted on the fluffy ball in the center, unlike any other dumpling I'd ever encountered. The texture was light yet meaty, with a subtle taste that I found remarkably satisfying.

"Sorry, grandma," I whispered and dug in.

When Lou & Hy's closed in 1998, I discovered that not all matzo balls are created equal—some are too dense, and others fall apart, the missing ingredient, a mystery. Over the years, I tried many versions, but only a few measured up.

This year, a friend gifted me "The Book of Schmaltz: Love Song to a Forgotten Fat" by Cleveland Chef Michael Ruhlman. The publication serves as a primer, providing the history and instructions for rendering this staple of Jewish cooking. Along with several recipes, it includes Classic Chicken Soup with Matzo Balls (aka Mr. Fluffies).

Ruhlman concludes, "Schmaltz is like a thread that runs through a great tapestry." If Appalachian cooking has a common thread, it is pork—my grandmother used lard or bacon grease to make almost everything, from soups to pastries. Fats have properties that bind ingredients together, just as the recipes that call for them can connect generations.

What common thread runs through your food heritage? Feel free to share a story to include in a future issue! Email to: amiller@thelippmanschool.org

Food is our common ground,
a universal experience.

James Beard



Listen to Rev Elaine Strawn's
presentation at January's
Conversation Circle
"Sharing our Mentoring Experiences"

<https://thenucleus3.org/events-resources-22-23/>



Elder Wisdom Academy

