

# GFS PTA NEWS

Learning Together | Working Together | Playing Together



## It's....The **RECIPE** Edition!

One thing I've learned over the years I've been at GFS is that we have a ton of really great cooks. In celebration of all of us and of all the various Winter Holidays, we give you a collection of recipes contributed by members of the community. Many thanks go out to **Sandrine Thompson**, of the Unity Tribe for helping collect these from you all!

And don't worry if you didn't participate this time....we can do it again.

Leslie Hogan

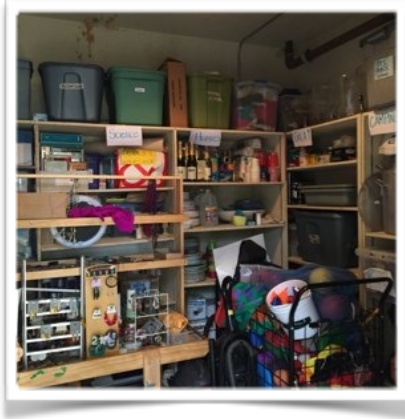
## Welcome Ursula Iturrino!

Ursula was born in Peru and came to this wonderful country at the age of 15 with her parents. She moved to Ojai, CA for her Junior and Senior year of high school. Ursula graduated with a BA in Political Science with an emphasis in Social work from UCSB. She continued her education at Antioch University, earning her Masters in Clinical Psychology with an emphasis in child development, then went on to fulfill her life long dream of becoming a teacher. Ursula has been in the education field for the last 7 years: 4 years as a preschool teacher (focusing on pre K), and 3 years as an elementary school teacher, serving in various capacities at Isla Vista School.



Ursula is married to Michael and they have 3 children: Michael-Anthony who is in 11th grade and an actor at DPHS, Alexandria, who loves to play the guitar and loves football, in 8th grade at GVJH, and Landon who is in 5th grade at Isla Vista School. Landon has a passion for sports, particularly Hockey. Ursula enjoys history, reading and has a huge passion for the arts, particularly acting. She also loves to ride horses, dancing, yoga, and cooking.

She is delighted to join the Goleta Family School community as the new K/1 teacher.



## Refrigerator Room

At the November PTA meeting, Teri shared with us that the Refrigerator Room had been called out by the Fire Marshall for various unsafe conditions. Shortly after Thanksgiving, an intrepid team of parents decluttered it and organized it.

**PLEASE!** Keep it that way. You will notice, in the picture above, that not only are the shelves organized, there are labels indicating where things go. That should make it pretty easy to keep tidy. If you're ever in doubt, ask a teacher or a fellow parent.

## Cultural Festival is Coming!

Get ready for the Cultural Festival on January 18.

We'll be kicking off the festival's art project the week before the holiday break. Our theme this year is "Cultural Heros".

More info to come...

## Appreciations

- From the Teachers, with Elizabeth's departure and Ursula's arrival: We appreciate the community's support through these changes.

Our interview panel, **Erik Bardakos**, **Beth Kanne-Casselmann** and **Sophie Spier**, was flexible, thoughtful and supportive. **Leslie Hogan** provided great leadership as a liaison between the community and the district. Our Principal, **Felicia Roggero** was particularly insightful to us teachers as we waded through the process. And Assistant Superintendent, Human Resources, **Donna Madrigal**, was patient and supportive to the entire team. Mrs. Madrigal's final comments during our discussions were up-lifting. She said that this process helped her better understand and fully appreciate the unique, and effective, educational philosophy GFS has developed.

- **Courtney Ewart**, **Adrienne Demboski**, **Christi Westerhouse**, and **Kashmira Gandhi**, for cleaning and organizing the refrigerator room.

- The **Treasure Tribe**, **Arts Tribe**, **Hospitality Tribe**, and **Homies Tribe** for making Winter Marketplace and Winter Sing a rousing success. A special shout out to **Sophie Spier** for the market lights!

- The Unity Tribe again wants to thank **all the families who made the Yogurtland fundraiser a success**. The GFS PTA earned \$98...every little bit helps!

- Appreciations to **all the GFS moms** who attended our Mom's Night Out event at the Goodland Hotel. It was a fun and relaxing evening and we look forward to more events in the spring.

- All of the families who have volunteered to take care of class pets over the winter break.

- Room parents **Noelle Gambill**, **Adrienne Demboski**, **Katie Joiner** and **Courtney Ewart** for working quietly behind the scenes to support the teachers.

- **Rebekah Bardakos** for assembling holiday gift bags for Foothill Administration and Staff members.

- **Natasha Heinrich**, **Johnny Linthicum**, **Camilla Scussat**, **Dianna Garner**, and **Natasha's mom** for keeping ice cream sales going on Fridays.

- **Lauré Brecher**, **Courtney Ewart**, and **Hendrik Fink** for coordinating taking Pepper, Room 19's surviving finch, to the vet for treatment.

## Reimbursement Form Now Available Online

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The Payment Authorization form for a reimbursement request is now a downloadable, fillable PDF on the Goleta Family School website! Please feel free to use this form to fill out and submit reimbursement requests, just be sure to continue to attach your receipt to the form when submitting it for reimbursement. The form can be found here:

<http://www.goletafamilyschool.com/parents/procedures-and-forms/>

## PTA Elections - Coming in March 2017

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The nominating placement committee has been formed and includes a fantastic group of parents! **Bill Quirk, Adrienne Demboski, Tanis Thust** and **Dina Clapinski** will be working together to fill the PTA officer positions for 2017-2018: President, Vice President, Secretary, and Treasurer. While individuals may serve for up to two years in the same office, they must be elected each year. Sophie and Adrienne are in their second year in their current roles, so the Secretary and Vice President positions **must** be taken on by new people for 2017-18. The nominating committee will also identify a Treasurer-in-training to shadow Rebekah next year (2017-18) and take on the responsibility in full for the 2018-2019 school year. Are YOU interested? Feel free to

contact any member of the committee. Elections will be held in March.

## Goodbye Asher, Kashmira, and Daniel!

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Every once in awhile, we have to say goodbye to someone in the GFS community. Asher's family will be moving to San Diego at the end of the month. Here's a little bit about Asher's dad, Daniel, and his new work opportunity.

"Daniel is currently working on his PhD in geography here at UCSB. His work focuses on Latino migrants, diet and health. He was awarded a predoctoral fellowship by The Center for U.S.-Mexican Studies at the School of Global Policy and Strategy at UC San Diego which will begin in January 2017. We are very excited about this new phase of our lives but very sad to be leaving GFS." - Kashmira (Asher's mom)

We wish Asher's family all the best in their new adventures!

## Hello, Lilly and Hanna!

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Lilly and Hanna McIntosh will join Room 19 after the Winter Break. Lilly is in 1st grade and Hanna is in kindergarten. Parents are Michelle and Jason. The family is very excited to join GFS.

## District Advisory Committee (DAC) Update, November and December

To find out more about DAC, DELAC, and LCAP, and what these acronyms mean, visit the GUSD website. Agendas and minutes are available to the public on the GUSD website and all meetings are open to the public.

The location of the DAC meeting on November 10, 2016 was Isla Vista School. After initial introductions, Dr. Margaret Saleh presented how the district meets the emotional, social, and behavioral needs of our students with ten school psychologists, eight MFT interns, a behavioral specialist, and two aides.

The next part of the meeting was devoted to a tour and presentation by Mary Kahn, the principal at Isla Vista School. She shared information about the population of the school and some of the unique programs and characteristics of the school.

Following this, Dr. Braney reviewed state testing and data compilation and introduced the ILSFACIS (Integrated Local, State, & Federal Accountability and Continuous Improvement System).

Superintendent Banning then recapped the timeline for the curriculum standards changes: Common Core, our piloting/adopting and the Next Generation Science standards.

The meeting on December 8, 2016 was a joint DAC/DELAC (District English Learners Advisory Committee) Meeting.

It was held at the district office. Following welcome and introductions and approval of the last minutes, principal Sarah Bautista gave a school report about El Camino. She shared information about the population of the school and some of the unique programs and characteristics of the school.

The remainder of the session was spent with Dr. Banning sharing an update and discussion on LCAP Goal progress for 2016 -17.

During both DAC meetings there was no time for School Council and PTA Reports. Hopefully we will

be able to update to the group about individual school happenings when we meet next at the District Office on January 19, 2017.

If you would like more details about any of this, please visit the GUSD website, come to our meeting on Jan. 19th, 9:15-11:30 a.m., or feel free to contact me anytime with questions or concerns.

Respectfully submitted by

Beth Kanne-Casselmann, your GFS Representative on DAC.





## Upcoming Events, December 19 - January 31

*December 19 - Monday, January 2, 2017*

**Winter Recess**

*January 3, 2017*

**Classes Resume**

*January 9, 2017*

**Sixth grade students tour La Colina Junior High School**

*January 9, 2017*

**PTA Meeting, 6:30 - 8:30 PM, location TBD**

*January 12, 2017*

**All School Restoration Site Day - Teri's Birthday**

*January 16, 2017*

**NO SCHOOL - MLK Day**

*January 18, 2017*

**Cultural Festival, 5:30 PM**

*January 23, 2017*

**Parent Appreciation Breakfast, 7:30 AM**

*January 26, 2017*

**Minimum Day. All students dismissed at 12:00 PM.**



# Cookies

## Cut-Out Cookies

*Our favorite recipe for making Hanukkah and Christmas cookies to decorate - Beth Kanne-Casselman*

Preheat oven to 400°

### Sift:

3 cups flour

3 teaspoons baking powder

1/2 teaspoon salt

1 cup sugar

### Cut in:

1 cup butter

### Add:

1 slightly beaten egg

3 tablespoons of cream

1 teaspoon of vanilla

Blend thoroughly. Dough may be chilled.

Roll out on floured surface to 1/8 inch thick. Cut into shapes and decorate with sprinkles or sugar and cinnamon. Place on un-greased sheets and bake 5-8 minutes.

If desired, may be decorated with frosting & decorations when cool.

## Hazelnut Chewies (submitted by Sandrine Thompson) - makes about 36

3 cups all-purpose flour

2 teaspoons baking powder

½ teaspoon salt

1 ¼ cups Nutella spread

4 Tablespoons unsalted butter, softened

1-1/3 cups granulated sugar

1 teaspoon vanilla extract

1 teaspoon instant espresso powder

2 large eggs

1/3 cup milk

1-1/2 cups hazelnuts, toasted and chopped fine

1 cup confectioner's sugar

1. Heat oven to 375 degrees.

Combine flour, baking powder and salt in a bowl. With an electric mixer, beat Nutella, butter and granulated sugar until light and fluffy about 2 minutes. Add vanilla, espresso and eggs and mix until incorporated. Reduce speed to low and add in flour mixture and milk. Mix until combined. Fold in ½ cups hazelnuts and refrigerate dough until firm.

2. Place remaining hazelnuts in bowl. Add confectioner's sugar to another bowl. One at a time roll dough into 1-inch balls, rolls in hazelnuts and then roll in sugar. Place 2 inches apart on a baking sheet. Bake until set, about 8 minutes. Cool 5 minutes on sheets and then transfer to wire racks to cool completely. Repeat with remaining dough.

## Peanut butter balls

*My grandma used to make these by the hundreds. They are a popular treat at Christmas among our family.*

*- Wenda Pagliaro*

1 stick butter (melted)

Big heaping teaspoon peanut butter (about 1/3 cup)

1 cup powdered sugar

1 12 ounce package milk or semi-sweet chocolate chips

Mix butter and peanut butter, then add powdered sugar. Stir all ingredients.

Place in refrigerator until hard enough to roll into balls. Roll 1/2"-1" balls, place on wax paper on a cookie sheet over night.

Melt chocolate chips in a double boiler. Dip peanut butter balls in chocolate, put on wax paper and place in refrigerator until hard. Enjoy!

## Breakfast Treats

### Cinnamon Monkey Bread

*We make this on Christmas morning....another Grandma tradition. - Wenda Pagliaro*

1 pkg Bridgford Frozen Parkerhouse Rolls Dough, thawed or

1½ loaves Bridgford Frozen Ready-Dough®, thawed

½ cup melted butter or margarine

1 cup granulated sugar

½ cup chopped walnuts or pecans (optional)

2 tsp cinnamon

Note: You can add non-instant vanilla or butterscotch pudding to the sugar mixture.

Lightly grease a 10-12 cup fluted tube pan. If using loaves of dough, divide whole loaf of Bridgford Frozen Bread Dough into 16 equal pieces and half loaf into 8 equal pieces for a total of 24 pieces of dough. If using rolls, there is no need to divide dough. In a small bowl, combine sugar, nuts and cinnamon. Set aside. Dip each piece of dough in melted butter and roll in sugar mixture. Make sure that the dough is coated generously with sugar mixture. Place each piece of dough evenly in pan. Let the dough rise until double in size or until the dough has risen to just under the top rim of the pan. Bake in a preheated 350° oven for 30-40 minutes. The bread should be well-browned and sound hollow when tapped on top. Remove from oven and turn out of pan immediately. <http://www.bridgford.com/bread/recipes/cinnamon-monkey-bread/>

## GRANNY'S MONKEY BREAD

*I make this for my family every Christmas morning. It's a huge hit and you can add any extras to make it even more divine. - Sophie Spier*

PREP TIME: 5 mins    COOK TIME: 30 mins    TOTAL TIME: 35 mins

Granny's Monkey Bread is a sweet, gooey, sinful treat that will be loved by young and old alike. Be careful, its dangerously addictive.

Author: Krissy Allori

### INGREDIENTS

3 (8 ounce) packages of buttermilk biscuit tubes	1 cup butter (2 sticks)
1 cup sugar	1/2 cup packed brown sugar
2 teaspoons cinnamon	

### INSTRUCTIONS

Prepare Bundt pan by heavily greasing with butter. Preheat oven to 350 degrees F.

Cut each biscuit into four equal sized pieces.

Combine 1 cup sugar and 2 teaspoons cinnamon in a bowl or plastic bag. Drop roll the pieces of dough in the sugar cinnamon mixture and gently arrange them into the prepared Bundt pan.

In a small sauce pan, combine 1/2 cup of the remaining sugar cinnamon mixture with 1/2 cup brown sugar and 1 cup butter. Bring mixture just to a boil and then immediately remove from heat. Carefully drizzle the mixture over the rolled dough balls in the Bundt pan.

Bake in preheated oven for 30 minutes.

Allow pan to rest for about 5 minutes, then cover with a large plate and invert bread. To eat, pull desired amount off with your fingers and enjoy the gooey sweet sinful treat.

**NOTES:** To prepare the night before, follow all steps except the baking part. Cover and refrigerate. Bake as directed in the morning (may need a few extra minutes if its cold).



## Soups

### Chicken Tortilla Soup

*This is a go to for us when it is cold outside. It's the girls favorite. - Adrienne Demboski*

4 boneless chicken breasts  
 2 cans chicken broth  
 1 can diced tomatoes  
 1 small can tomato sauce  
 1 pkg Taco seasoning  
 1/2 onion chopped  
 1/2 tsp minced garlic  
 1 T butter  
 1T Worcestershire sauce  
 1 cup chopped cilantro  
 2 handfuls crushed tortilla chips ( more to make it thicker)  
 1 pkg frozen corn  
 1 small can green chilies  
 salt and pepper to taste

Put all ingredients in a crock pot and cook on high for 5-6 hours. Shred chicken in pot with a fork. Top with shredded cheese, cilantro, crushed tortilla chips, avocado, sour cream or whatever you like

### Alma's Lentils

(serves 3-4 as a main dish, more as a side dish)

*Alma was Clara's (and Eliza's) daycare provider and a wonderful cook. Clara loved her lentils so much that I got the recipe. It is still a family favorite. - Leslie Hogan*

1 cup lentils  
 1/4 cup chopped onion  
 2 T. oil (I use olive oil)  
 2 cloves of garlic, minced fine  
 1 carrot, chopped fine  
 2 stalks celery, chopped fine  
 1/4 cup tomato sauce  
 4-5 cups chicken stock  
 1-2 bay leaves (optional)  
 salt and pepper to taste

Cover lentils with water, bring to a boil, and boil for five minutes. Drain and rinse. While the lentils are boiling, sauté onion in oil; add garlic, carrot and celery and cook until soft. Add tomato sauce, lentils, bay leaf, and chicken stock. Cook for 25 minutes, or until tender. Salt and pepper to taste.

# Vegetables and Side Dishes

## WARM ROASTED WINTER VEGETABLE SALAD from Spices of Life by Nina Simonds

*This has been a favorite for a while, and it's out of the only cookbook I've bought and actually loved. ~ Lauré*

### Ingredients

1 large acorn squash  
 2 medium fennel bulbs, rinsed and trimmed, leaving 1/8" of root base to hold fennel together  
 2 sweet potatoes  
 2 medium red onions, peeled

### Flavorings (mixed together)

1/2 cup e.v. olive oil  
 1/2 cup balsamic vinegar  
 3T minced fresh garlic

### Dressing (mixed together until sugar dissolves)

3T soy sauce  
 5T water  
 1T minced garlic  
 2t sugar

**\*\*While this recipe calls for olive oil, I tend to use an oil with a higher smoking point due to the high temperature - like grapeseed oil. It's not as nice and viscous, but works fine.**

**FIRST** Preheat the oven to 425 degrees. Cut squash in half and scoop out the seeds with a spoon. Cut each half into 3 or 4 wedges and put into a large bowl.

**SECOND** Cut each fennel bulb in half lengthwise, then cut the fennel into slices about 1/4" thick and 2" long. Put into the bowl with the squash.

**THIRD** Peel the sweet potatoes and cut each in half. Cut each half into 3 or 4 wedges and put into the bowl. Cut the red onions in half, then cut each half lengthwise into 1/4" thick slices. Add to bowl.

**FOURTH** Pour in the mixed flavorings and toss lightly to coat. Brush or spray a cookie sheet liberally with oil. Arrange the vegetables on the sheet. Bake about 45-50 minutes, flipping the vegetables over after 30 minutes. Vegetables should be tender when pierced with a knife, and tops should be brown and slightly crisp at the edges.

**FIFTH** Arrange vegetables randomly on plates, in a serving bowl, or on a platter. Spoon the dressing on top. Serve warm or at room temperature.

Serve with rice, couscous, or another staple as a main dish, or as a vegetable side dish.

## Classic potato latkes (makes about 12)

*For Hanukkah, we love to make homemade Potato Latkes. Potato Latkes are potato pancakes that remind us of the miracle of Hanukkah and the eight days of light that was provided by the very small amount oil that kept the menorah burning... - Beth Kanne-Casselman*

1 small onion  
3 russet potatoes  
3 tablespoons all purpose flour  
2 eggs beaten  
1/4 to 1/2 teaspoon salt  
a dash of pepper  
1/2 to 1 cup vegetable oil for frying

Coarsely grate the onion into a large bowl. Peel the potatoes and coarsely grate them into the onions. Stir in the flour, egg, salt, and pepper.

Heat about 1/2 cup oil in a large skillet over medium to high heat until very hot. Drop heaping tablespoons of the mixture into the oil and flatten with the back of the spoon. Fry, flipping once or twice, until crisp and brown on both sides. Drain on paper towels. Repeat until all the latkes are fried, adding more oil as needed.

## Homemade apple sauce to accompany the latkes (4 cups)

2 pounds of apples  
1/2 cup apple juice or water  
2 to 3 tablespoons sugar  
juice of one lemon, or to taste

Peel the apples if preferred, and cut them into quarters. Place in a heavy pot and add half a cup of apple juice or water and the sugar and lemon to taste. Cover the pot and simmer over low heat, stirring often. If the apples begin to stick, add a little more liquid. Cook until the apples are soft.

Let cool a tad. Mash the apples into sauce using a potato masher or run through a food mill . Serve warm, or refrigerate until they are ready to serve with your latkes.

## Main Dishes

### Chicken Enchiladas - submitted by Katherine Quirk

Makes 36 enchiladas

Preheat oven to 375 degrees F

#### Ingredients:

3 whole, fresh, boneless/skinless chicken breasts	2 large cans Las Palmas GREEN Enchilada Sauce
1/2 large onion, coarsely chopped. Save the other half.	** 2 pounds jack cheese cut into long, thin strips
1 cup salsa	** 1 can black olives, drained and chopped
3 garlic cloves or 1 tsp. garlic powder	** 1/2 - 3/4 cup finely chopped onion.
1 tsp. salt	** 2 cups grated cheese
1/4 tsp. pepper	36 corn tortillas
1/2 tsp cumin	Oil for quick frying tortillas

Put first 7 ingredients into a heavy 4-6 quart pot with 2-3 quarts water (enough water to cover chicken). Bring to a boil, then reduce heat and simmer 45 minutes - 1 hour, or until chicken breaks easily apart with a fork. Refrigerate with enough liquid to cover until ready to shred. Keep extra liquid for an incredible soup base.

\*\*While chicken is cooking, prepare the cheese, olives, finely chopped onion and grated cheese.

When cool enough to handle, shred chicken, drain remaining liquid, and then add a cup of enchilada sauce and mix. I also add a bit more salt and pepper. Put back into refrigerator.

Heat about 3/4" oil in small frying pan until it is almost smoking. Dip tortillas into oil for a few seconds on each side. The oil needs to stay hot. The tortillas will start to firm up, but don't let them get crisp. Stack between paper towels.

To assemble the enchiladas, place about 2 T. chicken, a pinch of onions, 1 tsp. chopped olives and 3 strips of jack cheese down the middle of each tortilla. Fold over and place seam side down in a baking dish. Repeat with the remaining tortillas and filling. Cover completely, but lightly, with sauce and sprinkle with grated cheese. There will be extra sauce. Bake immediately for 12-15 minutes or until the cheese on top is melted. If you are making them ahead of time, hold sauce and grated cheese until ready to bake.

## Cashew Chicken Lettuce Wraps - submitted by Katherine Quirk

Prep time: 10 min Cook time: 15 min Total time: 25 mins

serves 4

source: <http://wellnessmama.com/12813/cashew-chicken-lettuce-wraps/>

### Ingredients

1 pound of chicken breast or thighs, cut into bite size pieces

¼ cup butter or coconut oil

1 teaspoon of garlic powder or 2 cloves of minced garlic

1 teaspoon natural salt (or less, to taste)

1 teaspoon pepper

1 teaspoon dried basil (optional)

3 tablespoons (or more to taste) Coconut Aminos or naturally fermented soy sauce

3 tablespoons (or more to taste) maple syrup

½ cup toasted cashews

Sliced red onions for garnish (optional)

Bibb lettuce leaves for serving

### Instructions

Melt the butter in a large skillet and add the chicken (already cut in to bite sized pieces)

Sprinkle with the garlic, salt, pepper, and basil (if using) and sauté until chicken is almost completely cooked and is no longer translucent.

Add the coconut aminos and continue to stir until the liquid from the coconut aminos starts to evaporate off.

Add the maple syrup and continue to stir for another 2-3 minutes or until maple syrup and coconut aminos have cooked down and there is very little liquid left in the pan.

Add cashews and stir until heated.

Let cool slightly and serve in lettuce leaves, topped with thinly sliced red onions (optional).