

# Women Transcending Boundaries Monthly Newsletter



All information also available on our website [wtb.org](http://wtb.org)

**January 2023**



Next Monthly Meeting will be on February 12 (3-5pm)



### **WTB's "Pancakes of the World" – Delicious and Fun!**

WTB's Dec 4<sup>th</sup> program at CNYRISE Center garnered positive reviews! A variety of pancakes from different cultures were offered—some sweet, some savory. A "topping table" overflowed with options--shredded veggies and chutney to fresh berries, honey, syrups, cottage cheese, and Nutella!

Profound thanks go to our wonderful chefs! Carol Lipson brought light crepes and Liz Spence offered rich Scottish Scones. Others brought the ingredients and equipment to prepare pancakes right before us—a la the Food Channel! Gay Montague made Vietnamese pancakes (rice flour) and Indian pancakes (chickpea flour). Lorraine Markley cooked Czech/German Potato Pancakes; Sue Savion prepared two varieties of Swiss Pancakes (both with egg batters). We watched the chefs prepare and explain their recipes, and got to sample their pancakes griddle-hot. It was lovely to share conversations about recipes, similar foods from our own traditions, and personal memories revolving around pancakes.

Women moved about the room--tasting pancakes, chatting with others, and wrapping presents for WTB's Holiday basket. All in all, a delicious and delightful afternoon!

--Barb



**Indian Pancakes** : These are gluten and dairy free!

Mix equal parts chickpea flour and water.

Add very finely chopped green onion and red pepper to batter.

Add spices- turmeric, cayenne and cumin and salt.

Fry in hot oil and flip making sure they are browned on both sides.

Serve HOT with an assortment of veggies and chutney.

Gay Montague

### **German/Czech potato pancakes**

16 oz finely grated russet potatoes (I used a food processor) - drained

1 large grated onion

2 beaten eggs

1 tsp salt

2-3 T flour

Mix well. Scoop and flatten out a small amount of mix onto a medium-griddle or frying pan using a little oil.

Grill can't be too hot. They need to cook slowly so potatoes cook through with the onion.

Served with hot meat gravy (usually pork).

Lorraine Markley

## Scottish Scones

1 lemon  
3 Cups flour  
1/3 C sugar  
1 1/2 tsp baking powder  
1 1/2 tsp baking soda  
1/3 tsp salt  
3/4 cup cold butter  
9 Tbsp milk  
2 1/2 tsp lemon zest  
1 1/2 tsp vinegar

### GLAZE:

2 cups confectioner's sugar  
1/3 cup melted butter  
2 1/2 tbsp lemon juice  
1/2 tsp vanilla extract  
2 tbsp water as needed

1. Preheat the oven to 350 degrees
2. Whisk flour, sugar, baking powder, baking soda and salt together in a large bowl. Cut in cold butter with 2 knives or a pastry blender into coarse crumbs. Whisk milk, lemon juice lemon zest and vinegar together in a small bowl. Stir into flour mixture until dough is moistened.
3. Turn dough out onto a lightly floured surface. Knead briefly.....5 or 6 turns Pat or roll dough out into a 1 inch thick round into 10 wedge shaped pieces. Arrange 1 inch apart on a baking sheet.
4. Bake in pre-heated oven until bottom edges are golden brown (about 12 - 15 minutes.) .....Cool on wire rack for 15 inches.

### GLAZE

Stir confectioner' sugar, melted butter, lemon juice, vanilla together until smooth Stir water into mixture one Tablespoon at a time to make glaze. Drizzle over the warm scones.

Liz Spence

## Recipe for Crepes

1 cup all-purpose flour  
1 tbsp granulated sugar  
¼ tsp kosher salt  
2 large eggs  
1 and a half cups whole milk  
1 tbsp unsalted butter

1. Whisk the flour, sugar, and salt to combine. Add eggs and milk. Whisk to incorporate dry ingredients. Let stand 15 minutes.
2. In a small skillet over medium heat, melt the butter. Drop about ¼ cup of batter into the pan, then swirl the pan to coat the bottom in a thin, even layer.
3. Cook until top is set, about 2 minutes. Then flip and continue to cook until second side is golden brown – about 1 minute more. Repeat with remaining batter.
4. Serve with fruit, Nutella, etc.

Carol Lipson



# InterFaith Works HOLIDAY GIFT BASKET



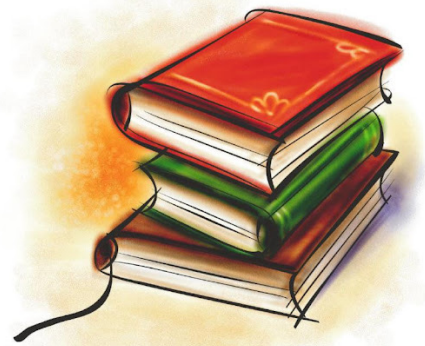
Thank you to everyone who generously donated to our Holiday Basket. We also appreciate those who wrapped and assembled the gifts at our December 4th meeting. Gifts for our Syrian family of six included cozy blankets, an assortment of jams, jellies and teas, TOPs gift cards, fuzzy pajamas, stuffed animals, games and toys for teenagers and children - even a soccer ball. WTB President Melek Yavuz delivered our gifts to InterFaith Works on Dec. 5th.



## BOOK CLUB

January 9 7-9 pm

I Must Betray You  
By Rita Sepetys  
Via Zoom



### I Must Betray You by Rita Sepetys

**Romania, 1989** Seventeen-year-old Cristian Florescu dreams of becoming a writer, but Romanians aren't free to dream. Amidst the tyrannical dictatorship of Nicolae Ceaușescu, Cristian is blackmailed by the secret police to become an informer. He's left with only two choices: betray everyone and everything he loves—or use his position to creatively undermine the most notoriously evil dictator in Eastern Europe. But what is the cost of freedom? Goodreads

The WTB book club is an egalitarian community of women from many faith and cultural traditions. We seek to nurture mutual respect and understanding by reading about diverse beliefs, customs, and practices. We choose books - fiction, non-fiction, and memoir - that reflect diversity of faith and culture, either internationally or within our own country. Whenever possible, we prefer to choose books written by women or featuring female characters. If you would like to join the book club either in person or on Zoom, please call or text Jennifer at 315-345-9217

Book club members are currently voting on the recommended list of books. Jennifer will tabulate the results then share and discuss at the January 9, so we can decide how many to choose and what order to read them. Results will be available in the February newsletter.

**February 13 Halfway Home: Race, Punishment, and the Afterlife of Mass Incarceration by Reuben Jonathan Miller**

# January Schmai

Thursday, January 19  
11:00 - 1:00 pm



## Café at 407

[407 Tulip Street](#)

Liverpool, NY 13088

315 451-5855

The mission is simple: serve delicious, seasonal, locally-produced and handmade-with-love food. Food that nourishes the body, feeds the soul and builds community around it. We buy local, change our menu with the season, and all of our proceeds go to support Ophelia's Place.

In 2009, Café at 407 opened its doors in Syracuse, NY as a place to provide community, while also supporting the work of *Ophelia's Place: a nonprofit dedicated to providing support and facilitating healing for anyone impacted by eating disorders, diet culture and body oppression*. We are here as a community, and we embrace all who come through the doors for support, for treatment, for community, for coffee.

The café erases the line in the sand that divides the mental health community, and reduces the shame and stigma without minimizing the struggle of those who suffer.

We serve delicious, seasonal, locally-sourced and handmade-with-love food. food that nourishes the body, feeds the soul and builds community around it. We proudly source our ingredients from local farmers and makers. From our coffee to our bacon, it's important to us that our menu reflect and support our community.

Together these commitments say that we are here as a community, and we embrace all who come through the doors for support, for treatment, for coffee.

The café is a place where all belong ... a place where we are not alone.

Come join us to try new foods and have fun conversation.

**Attention all WTB members:**

We would love any suggestions for restaurants to add to our Schmai list.

Criteria: Family owned, reasonably priced, we are open to different ethnic cuisines.

We usually have between 6-10 people and ask for separate checks.

Contact: Cindy Rahrle [crahrle@gmail.com](mailto:crahrle@gmail.com)



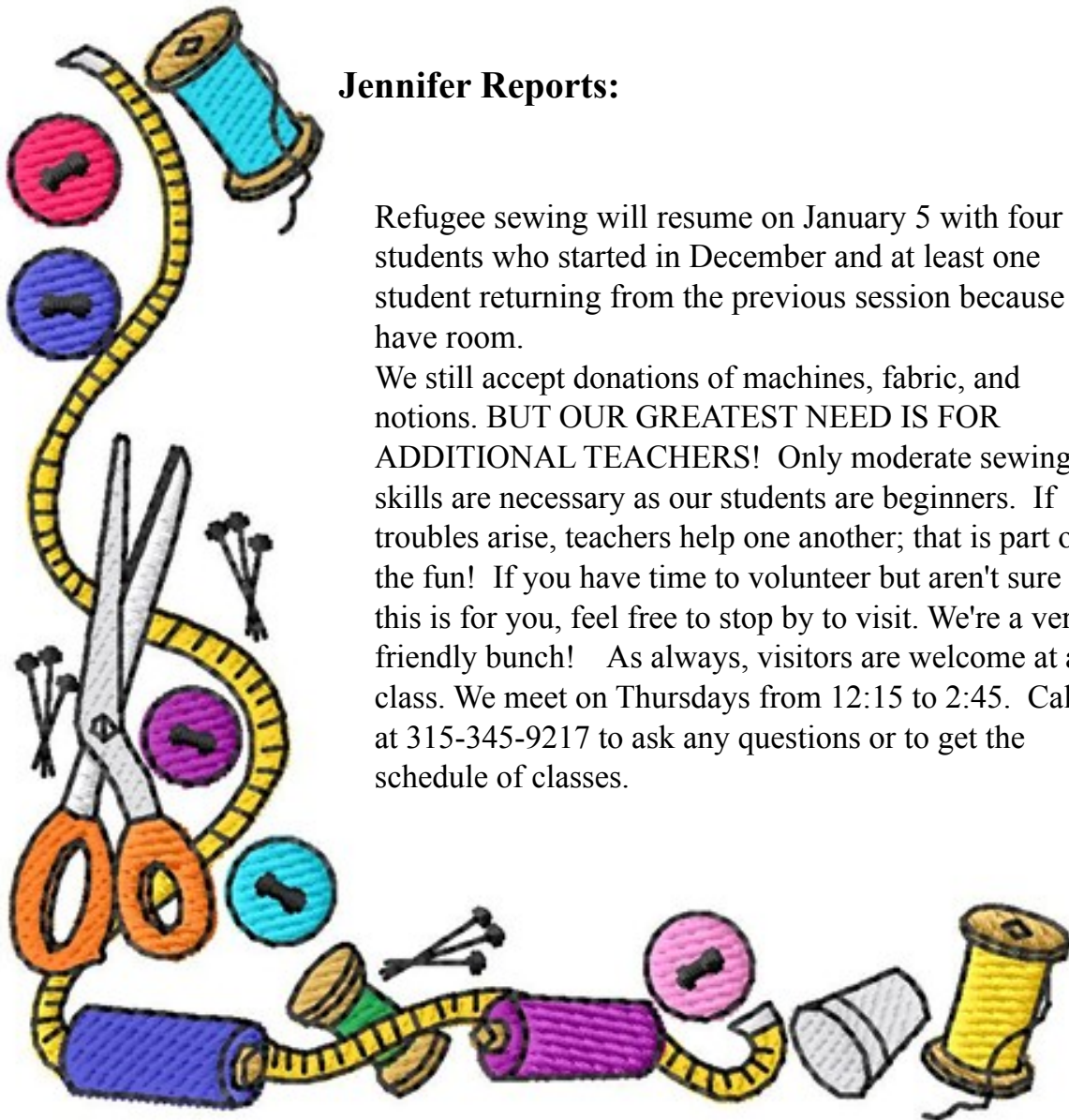
## REFUGEE SEWING:



### Jennifer Reports:

Refugee sewing will resume on January 5 with four students who started in December and at least one student returning from the previous session because we have room.

We still accept donations of machines, fabric, and notions. **BUT OUR GREATEST NEED IS FOR ADDITIONAL TEACHERS!** Only moderate sewing skills are necessary as our students are beginners. If troubles arise, teachers help one another; that is part of the fun! If you have time to volunteer but aren't sure if this is for you, feel free to stop by to visit. We're a very friendly bunch! As always, visitors are welcome at any class. We meet on Thursdays from 12:15 to 2:45. Call me at 315-345-9217 to ask any questions or to get the schedule of classes.



“The breeze at Dawn has secrets to tell.  
Do NOT go back to sleep”. Rumi



Photo by Gay Montague



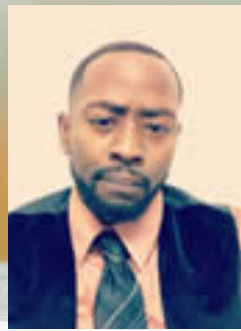
# COFFEE NIGHT



CNY RISE Center and Onondaga County Commission on Human Rights

Presents

## Human Rights Violations in Turkey Panel Discussion



### PANELISTS

*Nodesia Hernandez - Christopher Gilkes - Kamerşah Çetintaş Arlı - Agnes McCray - Bishop H. Bernard Ale*



Thursday - January 19 - 6 pm

275 W. Seneca Turnpike Syracuse NY 13207

Free Admission - Please RSVP to [cnyrise@gmail.com](mailto:cnyrise@gmail.com)



## 38th Annual Rev. Dr. Martin Luther King Jr. Celebration—Dinner and Program



Reverend Phil Turner of Bethany Baptist Church in Syracuse will serve as featured speaker at the 38th Annual Rev. Dr. Martin Luther King Jr. Celebration on **Sunday, Jan. 22, 2023**, in the JMA Wireless Dome at Syracuse University.

This year's theme is: "Civil Rights and the City of Syracuse." Every year at the MLK Celebration, a group of Unsung Heroes is honored by Syracuse University for their selfless dedication to their community and for embodying the vision of Dr. King.

WTB is reserving a table at the MLK dinner January 22. The tickets for our table of 10 have already been donated by a generous WTB sister. The event begins at 5:00 with a dinner and ends at 9:00 pm. Click here for details on the meal and speakers: [SU MLK 2023](#)

Please let Danya know if you would like to go as she has to get the names into the ticket people by the 15th. Right now there are 6 people going. We could always get two tables if we get a big response. Please email at [wellmond@msn.com](mailto:wellmond@msn.com)

Hi Betsy,

Thanks for hosting a tea party to meet me. It is always a pleasure to come and enjoy your love and warmth in your beautiful welcoming home. Meeting all our sisters and those hugs, stories shared, food everybody brought has created a different kind of energy in me. Love is contiguous and so is our work.

I will reach Hyderabad, India with lots of love and energy to take over any new project. If each one of us pulls another up this world will be different.

Love you and love to all sisters for making the time to come and meet me. It means a lot to me. See you all again next time when I come to Syracuse.  
Love and peace, Smita



## **WINTER MORNING**

by James Crews

**When I can no longer say thank you  
for this new day and the waking into it,  
for the cold scrape of the kitchen chair  
and the ticking of the space heater glowing  
orange as it warms the floor near my feet,  
I know it is because I've been fooled again  
by the selfish, unruly man who lives in me  
and believes he deserves only safety  
and comfort. But if I pause as I do now,  
and watch the streetlights outside winking  
off one by one like old men closing their  
cloudy eyes, if I listen to my tired neighbors  
slamming car doors hard against the morning  
and see the steaming coffee in their mugs  
kissing their chapped lips as they sip and  
exhale each of their worries white into  
the icy air around their faces -then I can  
remember this one life is a gift each of us  
was handed and told to open: Untie the bow  
and tear off the paper, look inside  
and be grateful for whatever you find  
even if it is only the scent of a tangerine  
that lingers on the fingers long after  
you've finished eating it.**



Have you been meaning to become a 2023 Member of WTB?

Please consider becoming a new or renewing member of Women Transcending Boundaries for 2023. We are an egalitarian group of women whose mission is to nurture mutual respect and understanding among women of different faiths and backgrounds. We seek to learn about and honor our diverse beliefs, customs and practices while we come together to address our common concerns.

It is easy to become a member! Fill out the attached membership form; then mail it to WTB, PO Box 6847, Syracuse, NY 13217, or email it to [dietisyen@gmail.com](mailto:dietisyen@gmail.com). Membership lets us know that you support our mission and might want to participate in our programs, projects and planning. While annual dues help support our programs, dues are not required for membership.

When you become a part of this unique group of women, you will add to the dynamic with your own perspective and gifts. We welcome all women to join our current activities as well as to propose new ones...and hope you will become as actively involved as you would like to be!

Please contact me if you would like further information or literature about WTB. We are a 501(c)(3) not-for-profit organization.

We do hope you will join WTB this year!



Melek Yavuz,

President of Women Transcending Boundaries, Inc.



# Women Transcending Boundaries, Inc.

*A Metro Syracuse Women's Group Founded After 9/11/01*

P.O. Box 6847, Syracuse, NY 13217

www.wtb.org

## 2023 MEMBERSHIP FORM

New Member \_\_\_\_\_

Renewing Member \_\_\_\_\_

*PLEASE PRINT ALL INFORMATION CLEARLY*

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phones: (home) \_\_\_\_\_ (work) \_\_\_\_\_ (cell) \_\_\_\_\_

E-mail: \_\_\_\_\_ Occupation: \_\_\_\_\_

Religion (optional): \_\_\_\_\_ Native Country: \_\_\_\_\_

How did you first learn about WTB? \_\_\_\_\_

Do you have special interests that bring you to WTB? \_\_\_\_\_

Would you like to receive more information about specific needs and volunteer opportunities ...  
within WTB?  in the greater Central New York community?

**Dues** (\$25 per year) \$ \_\_\_\_\_

***Note:** Dues are appreciated but not mandatory for membership. However, you must fill out and submit this form in order to be a WTB member.*

**Donation:** \$ \_\_\_\_\_

*Your additional donation will help fund WTB projects, activities and scholarships. Thank you!*

**Total** paid on \_\_\_\_ / \_\_\_\_ / \_\_\_\_ by cash \_\_\_\_ or check \_\_\_\_ \$ \_\_\_\_\_

*Women Transcending Boundaries, Inc.  
is a not-for-profit 501(c)(3) charitable corporation.  
All dues and donations are tax deductible.*

**Please submit this completed form at any WTB meeting or by mail to the address at the top of this form.**

### *WTB Mission Statement:*

*We are an egalitarian community of women coming together to respect and learn more about each other's various spiritual beliefs, cultures, and common concerns. It is our intent to share our experiences with the wider community, to educate, and to serve.*