

Women Transcending Boundaries Monthly Newsletter



All information also available on our website wtb.org

May 2023



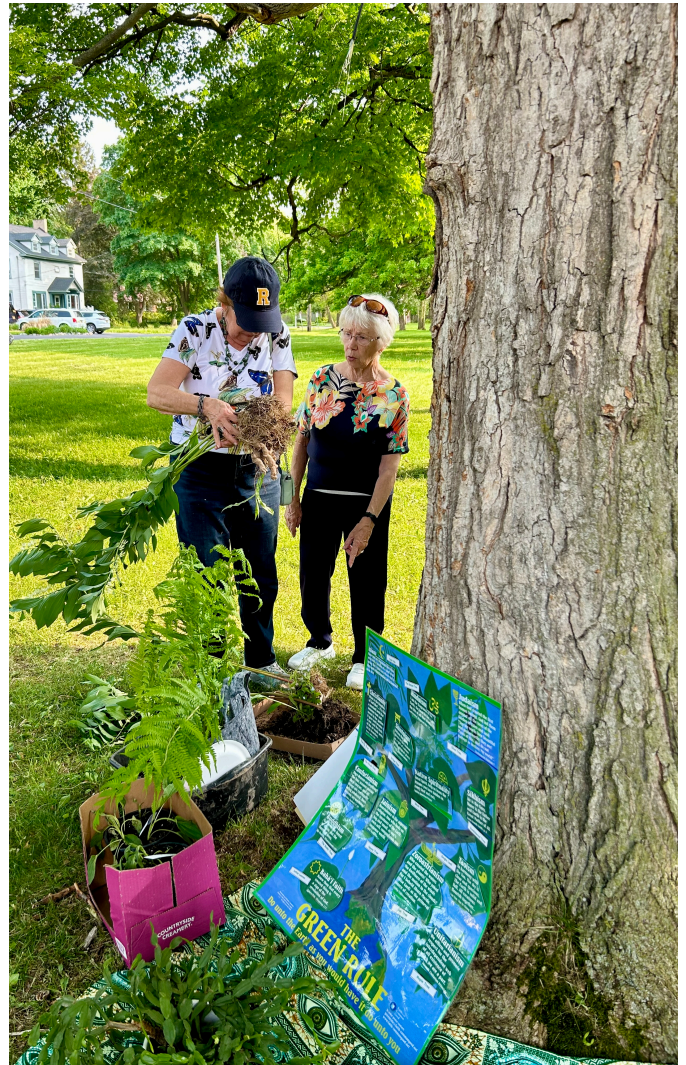
SPRING FLING!



SPRING FLING!

Tuesday, May 23, on a lovely cool evening, approximately 35 men and women gathered to appreciate this beautiful time of year and to share many ethnic dishes. Several members of the Zen Center joined WTB members and guests in the magnificent green area behind CNYRISE. We were graced by perfect and gentle weather while feasting on the delicious and incredible array of foods. Many brought plants to share and offered a memory or a little gardening advice! All of us came away feeling refreshed, rejuvenated and renewed in spirit.

PS a very special thank you to Mark from the Zen Center who was particularly helpful in setting up and taking down tables and chairs.



Rhubarb Crisp Recipe (submitted by Jishin Liz Coney) WTB picnic 23 May 2023

INGREDIENTS

CRUST

- 1 3/4 cups (c) (245 g) flour
(or all-purpose gluten-free flour blend w/ 1 tsp xanthan gum if not already in blend)
- 1/4 c (36 g) cornstarch
- 3/4 c (150 g) granulated sugar
- 1/4 teaspoon (tsp) kosher salt
- 12 tablespoons (Tbsp) (168 g) unsalted butter (or non-dairy “butter”) at room temp
- 1 (25 g) egg yolk at room temperature

TOPPING

- 1/3 cup almond flour
- 1/2 cup (109 g) packed brown sugar
- 1 tsp ground cinnamon
- 3 Tbsp (42 g) unsalted butter (or non-dairy “butter”) – softened or melted/cooled
- 2 tsp pure vanilla extract

FILLING

- 16 ounces rhubarb stalks cleaned and roughly chopped
- 2 Tbsp cornstarch
- 1/4 c sugar (amount to taste)

INSTRUCTIONS

1. Preheat your oven to 350°F.
2. Line an 8-inch square pan with crisscrossed sheets of unbleached parchment paper, each overhanging two opposite sides. Set the pan aside.

MAKE THE CRUST.

1. In a large bowl, place the flour blend, xanthan gum, cornstarch, granulated sugar, and salt, and whisk to combine well.
2. Add the 12 tablespoons room temperature butter and the egg yolk, and mix to combine, using the back of a mixing spoon to moisten the flours in the butter. The mixture should come together as a soft dough and hold together when pressed in your palm.

MAKE THE TOPPING.

1. Remove about 3/4 cup (150 g) of the crust dough and transfer it to a medium-size bowl.
2. Add the brown sugar, cinnamon, and the additional 1/4 cup (36 g) flour to the reserved dough.
3. Add the melted butter and vanilla and mix to combine. This is the crumble topping.
4. Press it down to compact it and place the bowl of crumble-topping in the freezer to chill until firm (about 15 minutes).

ASSEMBLE IN THE PAN

1. Scrape the remaining soft shortbread crust into the prepared square pan, and press into an even layer in the bottom of the pan. Use an offset spatula to smooth the top.
2. Scatter the chopped strawberries in an even layer on top of the raw dough in the pan.
3. Top with the chopped rhubarb, also in an even layer. Press down gently to help the fruit adhere.
4. Remove the crumble topping from the freezer, break it up into irregular clumps with a fork or with your fingers, and sprinkle it in an even layer on top of the fruit filling.

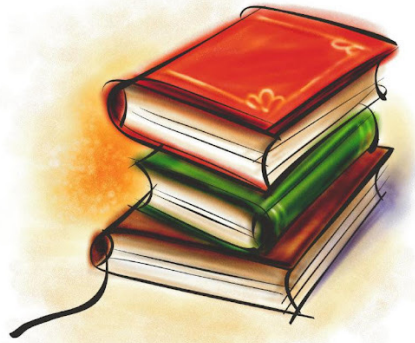
BAKE AND SERVE

1. Place the pan in the center of the preheated oven, and bake for 45 minutes, or until the top is light brown in color and seems set, and the filling is bubbling.
2. Remove the pan from the oven and cool. Serve warm if you're impatient!
3. Or, cool completely and carefully remove the bars from the pan with the overhung parchment paper. With a very sharp knife, slice into 9 equal pieces. The top half of the bars will be moist and will not set up rock hard because of the moisture in the fruit but will hold together when handled carefully.



Book Club

(June & July)



The Sum of Us: What Racism Costs Us and How We Can Prosper Together
by Heather McGhee

In unlikely places of worship and work, McGhee finds proof of what she calls the Solidarity Dividend: the benefits we gain when people come together across race to accomplish what we simply can't do on our own. *The Sum of Us* is not only a brilliant analysis of how we arrived here but also a heartfelt message, delivered with startling empathy, from a black woman to a multiracial America. (*Amazon*)

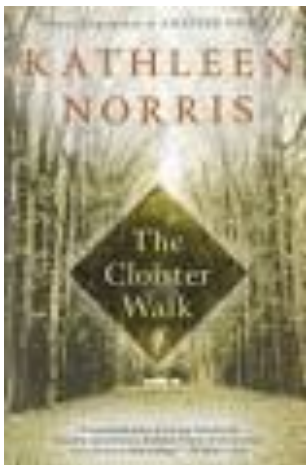
June 12
7-9 pm via zoom



July 10,
7-9 pm via zoom

The Cloister Walk by Kathleen Norris

Poet Kathleen Norris spent two extended residencies at St. John's Abbey in Minnesota.



Part record of her time among the Benedictines, part meditation on various aspects of monastic life, *The Cloister Walk* demonstrates, from the rare perspective of someone who is both an insider and outsider, how immersion in the cloistered world-- its liturgy, its ritual, its sense of community-- can impart meaning to everyday events and deepen our secular lives. In this stirring and lyrical work, the monastery, often considered archaic or otherworldly, becomes immediate, accessible, and relevant to us, no matter what our faith may be. *Amazon*

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

August 14 *Behold the Dreamers: a Novel* by Yara Zgheib

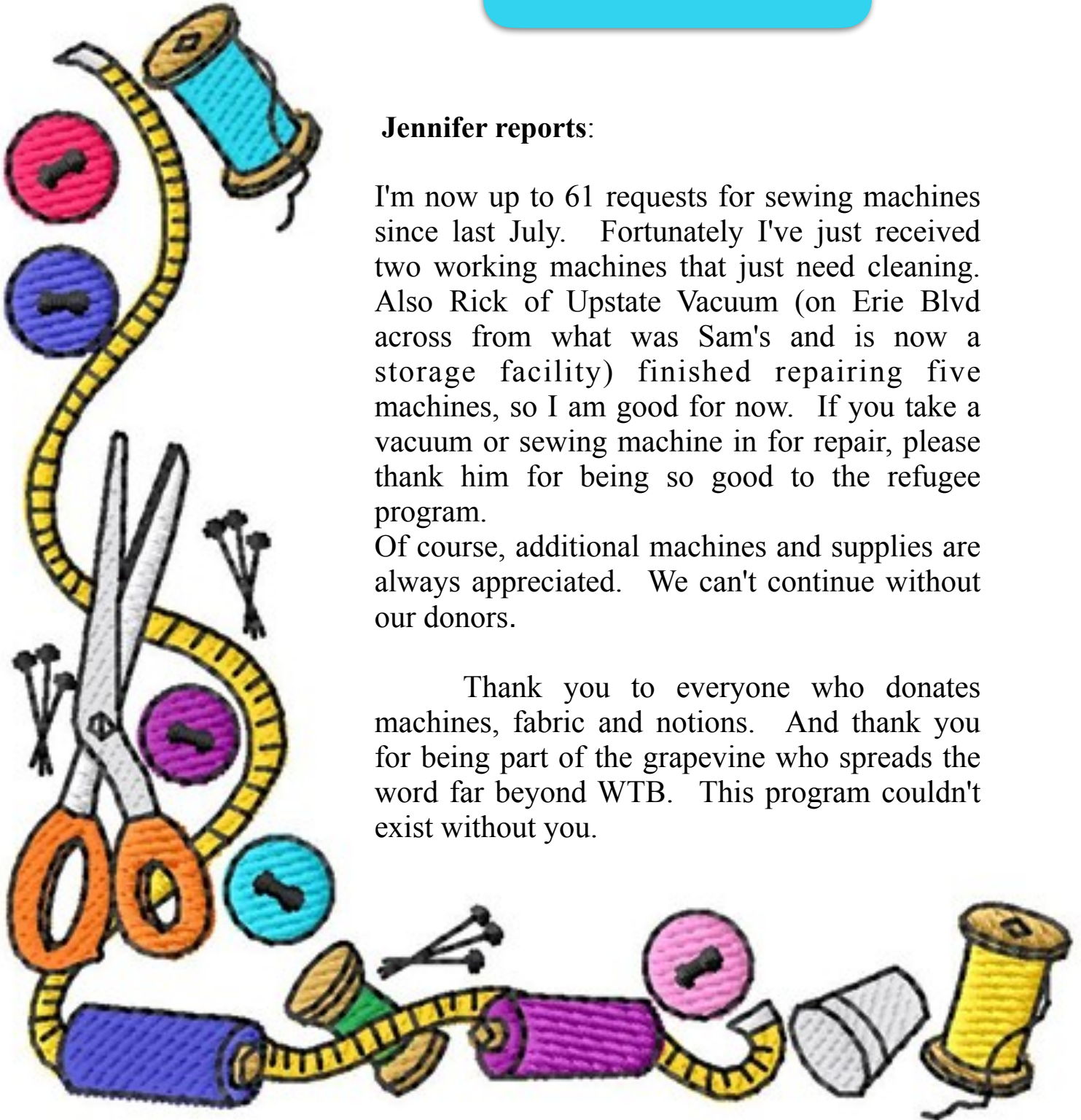
REFUGEE SEWING

Jennifer reports:

I'm now up to 61 requests for sewing machines since last July. Fortunately I've just received two working machines that just need cleaning. Also Rick of Upstate Vacuum (on Erie Blvd across from what was Sam's and is now a storage facility) finished repairing five machines, so I am good for now. If you take a vacuum or sewing machine in for repair, please thank him for being so good to the refugee program.

Of course, additional machines and supplies are always appreciated. We can't continue without our donors.

Thank you to everyone who donates machines, fabric and notions. And thank you for being part of the grapevine who spreads the word far beyond WTB. This program couldn't exist without you.







OBERLANDER CUP

Thursday May 11th **Women Transcending Boundaries** received the 2023 **Oberlander Cup** for its project “Refugee Sewing Class.” Syracuse Federation of Women’s Clubs (SFWC) awards the Oberlander Cup to a member club in recognition of its civic contributions. The Cup has been awarded annually since 1948 in memory of Anna Williams Oberlander, who served as SFWC president for 25 years.

Jennifer Roberts Crittenden, project founder and leader, and **Karen Grimm**, longtime volunteer teacher, accepted the award on behalf of WTB. For a dozen years, this project has offered refugees free eight-week sewing classes, taught 1:1 so language barriers can be worked around; it helps refugees develop sewing skills and English proficiency while fostering friendships. WTB provides machines, materials and encouragement and gives refurbished machines, supplies, fabric and notions to graduates.





*Never
give up
on the
things
that
make you
smile.*

Big World. Many Beliefs. One Prayer. Peace.



Only when the Power of Love overcomes the Love of Power will there be True Peace

Handcrafted 925 Sterling Silver



BEAUTIFUL INTERFAITH BRACELETS

This lovely bracelet celebrates the commonalities all faiths share!

Created by Jill Felts of Compelling Creations, each high-quality bracelet consists of 9 silver medallions – each with a symbol of a different world faith.

THE GOLDEN RULE



Islam: Not one of you truly believes until you wish for others what you wish for yourself.



Taoism: Regard your neighbor's gain as your own gain and your neighbor's loss as your own loss.



Christianity: In everything, do to others as you would have them do to you.



Shinto: Do not do to others what you do not want done to yourself.



Dove of Peace



Primal Religions: The entire universe is alive and interconnected. One should treat all creatures in the world as one would want to be treated.



Buddhism: Treat not others in ways that you yourself would find hurtful.



Judaism: What is hateful to you, do not do to your neighbor. This is the whole Torah, all the rest is commentary.



Hinduism: This is the sum of duty: do not do to others what would cause pain if done to you.

BEAUTIFUL INTERFAITH BRACELETS OFFERED

This lovely bracelet celebrates the commonalities all faiths share!

Price of the bracelet will vary depending upon the price of silver. At present the cost of these bracelets is \$76.00 each. The net proceeds will be donated to support the programs and mission of Women Transcending Boundaries.

Silver Interfaith Bracelet Order Form

Name _____

Address _____

Phone number _____

Email _____

I would like to purchase _____ Interfaith Bracelets

Number of bracelets _____ at \$76.00 each

Total _____

Make checks out to Betsy Wiggins and mail to 305 Carlton Dr., Dewitt, NY 13214.

Jewelry will be delivered to you!



“Souls love. That’s what souls do.
Egos don’t, but souls do. Become a soul,
look around, and you’ll be amazed—
all the beings around you are souls.

When many people have
this heart connection, then
we will know that we are all one,
we human beings all over the planet.

We will be one. One love.
And don’t leave out the animals,
and trees, and clouds, and galaxies—
it’s all one. It’s one energy.”

- *Ram Dass* -



World Refugee Day

Where: **Grant Middle School**

When: **Saturday June 17th**

Time: **12:00PM - 4:00PM**

Entry is FREE

World Refugee Day Family Fun
Come for games, food, and fun!

Grant Middle School
2400 Grant Blvd.
Syracuse, NY 13208

Soccer Tournaments
Registration 7am - 7:45am
Games 8am - 4 pm

Festival
12pm - 4pm

Organized by The New American Forum (NAF)
For Information Call Ali Adan (315)560-6932



Let us know if you have any concerns, suggestions or comments. We'd love to hear from you. You can reach us at: wtbcny@gmail.com

It's time to renew your WTB membership!!

WTB Membership runs from January 1st – December 31 each year. It is time to renew for **2023!**

We hope you will become an official member of WTB for 2023. If you fill out the short online form, that is all that is necessary.

Here is a link to the online membership form:

<https://forms.gle/Yig1KGo4tbSqvByn6>





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.