



Rotary Club of Centennial Colorado

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Centennial, Colorado

August 27, 2019

ROTARY MINUTE



Eric Hauff gave the Rotary Minute and talked about what it means to be a Rotarian. Mayor Pico's son, an engineering student, tried to get an internship with Sierra Nevada and was

unable to get it on the first try. He tried a second time with success and made such an impression he is going to be hired full time. This was the result of Eric getting involved and helping.

GUEST SPEAKER



Jessica Rickert from CCIRA was our guest speaker. She spoke on advancing literacy. CCIRA is the Colorado Council of Internal Reading Associations. The parent organization no longer exists but CCIRA, the Colorado organization, is continuing to operate.

The organization encourages and supports literacy in Colorado. Their mission is to collaboratively encourage, support, and advance literacy through research-based instructional practices to increase literacy access to all. Their vision is:

- To promote the improvement of literacy instruction at all levels with diverse populations,
- To encourage lifelong habits in literacy and an appreciation of the value of reading and writing,
- To support local councils and individual members in promoting and advancing literacy,
- To recognize and honor significant contributions to and achievements in literacy,
- To be a respected and viable voice in literacy conversations and decisions, and
- To advocate for policies and practices that support the best for all learners.

BUSINESS MINUTE



Anne West gave the business minute and talked about cruises. The Love Boat is going to have a special cruise on Feb 9, 2020 where individuals can renew their marriage vows. The cruise will be in the

western Caribbean.

INDUCTION



Rob Johnston was inducted as our newest member. He is a previous Rotarian that was in the Evergreen club. Welcome aboard.

2018-2019 Club Officers

President—Samantha Johnston
President Elect-Diana Whye
Past President –Tim Eunice
Secretary—Angie Osili
Treasurer—Barbara Medina
Sergeant at Arms—Jon Bellum

Directors

Technology—John Peterson
Membership Growth & Enrichment—Trip Butler
Millennial Satellite Club-Andrea Tagtow

UPCOMING EVENTS

Aug 27-Jessica Rickert, CCIRA, Advancing Literacy
Sept 3-The C.E.L.L. Preventing terrorism
Sept 10-Curt Harris, District Governor
Sept 17-Chris Chavez, United Launch Alliance
Sept 24-TBD
Oct 1-International Music Day, Gordon Close at his store
Oct 8-Club Assembly



The above map shows where there are local councils in Colorado.

In the last year, CCIRA handed out \$29,900 in grants to organizations in Colorado. They also gave \$7,504 in award in Colorado.

CLUB BUSINESS

- Peach pick-up will be Saturday from 9:30 to 11:30 in the parking lot at the Embassy Suites. The truck will arrive between 8:30 and 9:00.
- Ken Hope's Kiddie Underwear drive will continue for another 2 weeks.
- John Peterson announces that 5 club members will be going to Puerto Rico Sept 7-16 for the WaterRico project.
- Mary Alice passed around a sign up sheet for the pot luck at her house on Sept 7.
- Debra Jessop asked if there would be any interest of our club be Salvation Army bell ringers at the King Soopers at Parker and Arapahoe Rds.

TRAVEL GIFTS

For the second week in a row, there were no travel gifts.

BLUE MARBLE



Debra Jessop could not find the elusive blue marble.

THIS DAY IN HISTORY

1886 Krakatoa Explodes

The most powerful volcanic eruption in recorded history occurs on Krakatoa (also called Krakatau), a small, uninhabited volcanic island located west of Sumatra in Indonesia, on August 27, 1883. Heard 3,000 miles away, the explosions threw five cubic miles of earth 50 miles into the air, created 120-foot tsunamis and killed 36,000 people.

Krakatoa exhibited its first stirrings in more than 200 years on May 20, 1883. A German warship passing by reported a seven-mile high cloud of ash and dust over Krakatoa. For the next two months, similar explosions would be witnessed by commercial liners and natives on nearby Java and Sumatra. With little to no idea of the impending catastrophe, the local inhabitants greeted the volcanic activity with festive excitement.

On August 26 and August 27, excitement turned to horror as Krakatoa literally blew itself apart, setting off a chain of natural disasters that would be felt around the world for years to come. An enormous blast on the afternoon of August 26 destroyed the northern two-thirds of the island; as it plunged into the Sunda Strait, between the Java Sea and Indian Ocean, the gushing mountain generated a series of pyroclastic flows (fast-moving fluid bodies of molten gas, ash and rock) and monstrous tsunamis that swept over nearby coastlines. Four more eruptions beginning at 5:30 a.m. the following day proved cataclysmic. The explosions could be heard as far as 3,000 miles away, and ash was propelled to a height of 50 miles. Fine dust from the explosion drifted around the earth, causing spectacular sunsets and forming an atmospheric veil that lowered temperatures worldwide by several degrees.

Of the estimated 36,000 deaths resulting from the eruption, at least 31,000 were caused by the tsunamis created when much of the island fell into the water. The greatest of these waves measured 120 feet high, and washed over nearby islands, stripping away vegetation and carrying people out to sea. Another 4,500 people were scorched to death from the pyroclastic flows.

FREEZING VEGETABLES

Wash fresh vegetables with cool tap water. Scrub firm vegetables with a produce brush.

VEGETABLE	PREP	FREEZING
BEANS (GREEN, ITALIAN, SNAP, OR WAX)	Allow 1½ to 2½ lb. per quart. Wash; remove ends and strings. Leave whole or cut into 1-inch pieces.	Blanch 3 minutes. Cool quickly by plunging into ice water; drain. Fill containers, leaving a ½-inch headspace.
CARROTS	Use 1- to 1½-inch-diameter carrots (larger carrots might be too fibrous). Allow 2 to 3 lb. per quart. Wash, trim, peel, and rinse. Leave tiny carrots whole; slice or dice the remainder.	Blanch cut-up carrots 2 minutes, tiny carrots 5 minutes. Plunge into ice water. Pack into containers, leaving a ½-inch headspace.
CORN	Allow 4 to 5 lb. per quart. Remove husks. Scrub with a vegetable brush to remove silks. Wash and drain.	Cover ears with boiling water. Boil 4 minutes. Cool quickly by plunging into ice water; drain. Cut corn from cobs at two-thirds depth of kernels; do not scrape. Fill containers, leaving a ½-inch headspace.
SWEET PEPPERS	Select firm sweet peppers; wash and cut in half lengthwise. Remove stems, seeds, and membranes. Bake, cut sides down, in a 425°F oven 25 minutes or until skins are bubbly. Wrap in foil; let stand 15 minutes or until cool. Pull the skin off using a small knife.	Quarter large pepper pieces or cut into strips. Fill containers, leaving a ½-inch headspace.



FRUIT PACK

UNSWEETENED PACK Simply pack fruit into freezer containers or jars without added sugar or liquid.

WATER-PACK Pack fruit into freezer containers and cover fruit with water. (Do not use glass jars for this method.) Maintain the recommended headspace.

SUGAR-PACK Place a small amount of fruit in a freezer container and sprinkle lightly with sugar; repeat layering. Cover; let stand 15 minutes. Seal.

SYRUP-PACK Fill freezer containers with fruit and make a sugar-water syrup (below) to cover the fruit. Opt for thin syrup for mild or sweet fruits and medium syrup with sour fruits.

THIN SYRUP
1½ cups sugar plus 4 cups water yields about 4½ cups syrup.

MEDIUM SYRUP
2¾ cups sugar plus 4 cups water yields about 4¾ cups syrup.

FREEZING FRUITS

Wash fresh fruits with cool tap water but do not soak them; drain.

FRUIT	PREP	FREEZING
APPLES AND PEARs	Allow 2 to 3 lb. per quart. For apples, select varieties that are crisp—not mealy in texture. Peel and core; halve, quarter, or slice. Dip into ascorbic acid color-keeper solution (tip, p. 51); drain.	Use a syrup-, sugar-, or unsweetened pack (tip, right), leaving the recommended headspace (tip, below).
PEACHES AND NECTARINES	Allow 2 to 3 lb. per quart. Dunk peaches in boiling water to loosen skins to peel. (It is not necessary to peel nectarines.) Halve and pit. Slice if desired. Treat with ascorbic acid color-keeper solution (tip, p. 51); drain.	Use a syrup-, sugar-, or water-pack (tip, right), leaving the recommended headspace (tip, below).
BERRIES	Allow 1 to 3 lb. per quart. If desired, slice or quarter strawberries.	Use a syrup-, sugar-, or unsweetened pack (tip, right), leaving the recommended headspace (tip, below).
CHERRIES	Allow 2 to 3 lb. per quart. If desired, treat with ascorbic acid color-keeper solution (tip, p. 51); drain. If unpitted, prick skin on opposite sides to prevent splitting.	Use a syrup-, sugar-, or unsweetened pack (tip, right), leaving the recommended headspace (tip, below).

CHECKING HEADSPACE

Headspace provides enough room for food to expand as it freezes. When using an unsweetened pack or dry-pack, leave a ½-inch headspace unless otherwise directed. When using a water-, sugar-, or syrup-pack in freezer containers with wide tops, leave a ½-inch headspace for pints and a 1-inch headspace for quarts. For narrow-top containers, don't fill above the "shoulders."

SAGE-PEACH JAM

PREP 35 minutes
PROCESS 10 minutes

- 1 0.75-oz. pkg. fresh sage
7 cups sugar
4 cups finely chopped,
peeled ripe peaches (tip,
below) (about 3 lb.)^{*}
1/4 cup lemon juice
1 tsp. butter
1/2 of a 6-oz. pkg. (1 foil
pouch) liquid fruit pectin
(tip, p. 93)

1. Using 100-percent-cotton string, tie sage into a bundle.
2. In a 6- to 8-qt. heavy pot combine sage bundle, sugar, peaches, lemon juice, and butter. Bring to boiling over medium-high, stirring to dissolve sugar. Quickly stir in pectin. Bring to a full rolling boil, stirring constantly. Boil hard 1 minute, stirring constantly. Remove from heat. Quickly skim off foam with a metal spoon. Remove and discard sage bundle.
3. Ladle hot jam into hot, clean half-pint canning jars, leaving a 1/4-inch headspace. Process in a boiling-water canner 10 minutes (tips, p. 6-9). Makes 7 half-pints.

*TIP To chop peaches in a food processor, process small batches of cut-up, peeled peaches with on/off pulses until finely chopped.

PER TBSP. 59 cal., 0 g fat, 0 mg chol., 0 mg sodium, 15 g carb., 0 g fiber, 15 g sugars, 0 g pro.

Peeling Stone Fruits

To peel peaches, nectarines, and plums, place the fruit in a large pot of boiling water 30 to 60 seconds or until the skins begin to split. Using a slotted spoon, transfer the fruit to a bowl of ice water. Once cool, use a paring knife to peel away the skin.



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lly. Add onion; cook 2 to 3 minutes more or until chicken is no longer pink. Add chicken mixture, beets, walnuts, and basil to pasta. In a small bowl, mix vinegar and oil. Toss over pasta mixture; toss well.

Makes 8 servings (1 salad each).

To toast nuts, spread them on a shallow baking pan.

Put pan in a 350°F oven 5 to 7 minutes or until light brown. Remove pan once or twice.

PER SERVING 323 cal., 15 g fat (8 g sat. fat), 41 mg chol., 102 mg sodium, 29 g carb., 2 g fiber, 6 g sugars, 18 g pro.

NECTARINE, CHICKEN, AND GOAT CHEESE SALAD

PREP 20 minutes

1/2 pkg. fresh baby beets, 1 inch
1/2 pkg. refrigerated whole baby beets, quartered
1/2 nectarines, cut into wedges
1/2 shredded cooked chicken

1 3.5-oz. container crumbled soft goat cheese (chèvre)
1/4 cup balsamic vinaigrette salad dressing
Salt and freshly ground black pepper

1. Place spinach in a serving bowl. Top with beets, nectarines, chicken, and cheese. Drizzle with vinaigrette; sprinkle with salt and pepper.
Makes 4 servings (1 salad each).

MAKE IT VEGAN Substitute one 15-oz. can chickpeas, rinsed and drained, for the chicken and swap chopped toasted walnuts for the cheese.
PER SERVING 266 cal., 13 g fat (5 g sat. fat), 43 mg chol., 519 mg sodium, 22 g carb., 5 g fiber, 17 g sugars, 18 g pro.

3. PEACHES AND CREAM TART

PREP 25 minutes
BAKE 15 minutes at 400°F
COOL 30 minutes

2 to 3 medium peaches or plums, halved, pitted, and thinly sliced
1 large lime

4 Tbsp. sugar
1/2 of a 17.3-oz. pkg. frozen puff pastry sheets (1 sheet), thawed
Heavy cream
3 oz. cream cheese, softened
3 Tbsp. sour cream
1/2 cup heavy cream

1. Place peach slices in a shallow dish. Remove 1 tsp. zest and squeeze 1 Tbsp. juice from lime; set zest aside. Drizzle peaches with lime juice; sprinkle with 2 Tbsp. of the sugar. Chill, covered, until ready to serve, up to 2 hours.

2. Preheat oven to 400°F. Unfold pastry onto floured parchment paper. Roll pastry into an 11x9-inch rectangle. Using a paring knife, score a 1/2-inch border around the edge. (This helps the edge puff more than the center, creating a rim for the tart.) Prick pastry with a fork. Slide pastry onto parchment onto a baking sheet. Brush pastry lightly with heavy cream; sprinkle with 1 Tbsp. of the sugar.
3. Bake 15 minutes or until puffed and golden brown. Remove to a wire rack; cool

completely. (Pastry can be made a few hours ahead.)

4. In a medium bowl beat cream cheese, sour cream, and remaining 1 Tbsp. sugar with a mixer on medium until combined. Add the 1/2 cup heavy cream; beat until thickened. Spread cream cheese mixture over center of tart. Arrange fruit on top, drizzling with any accumulated juice in dish. Sprinkle with lime zest. Serve within 20 minutes.
Makes 9 servings.

PER SERVING 277 cal., 20 g fat (8 g sat. fat), 33 mg chol., 110 mg sodium, 22 g carb., 1 g fiber, 9 g sugars, 3 g pro.



GO FOR THE GRID

Reynolds Kitchens Parchment Paper with SmartGrid makes rolling the pastry into a perfect 11x9-inch rectangle super easy.



SPICED PEACH JAM

PREP 25 minutes

STAND 30 minutes

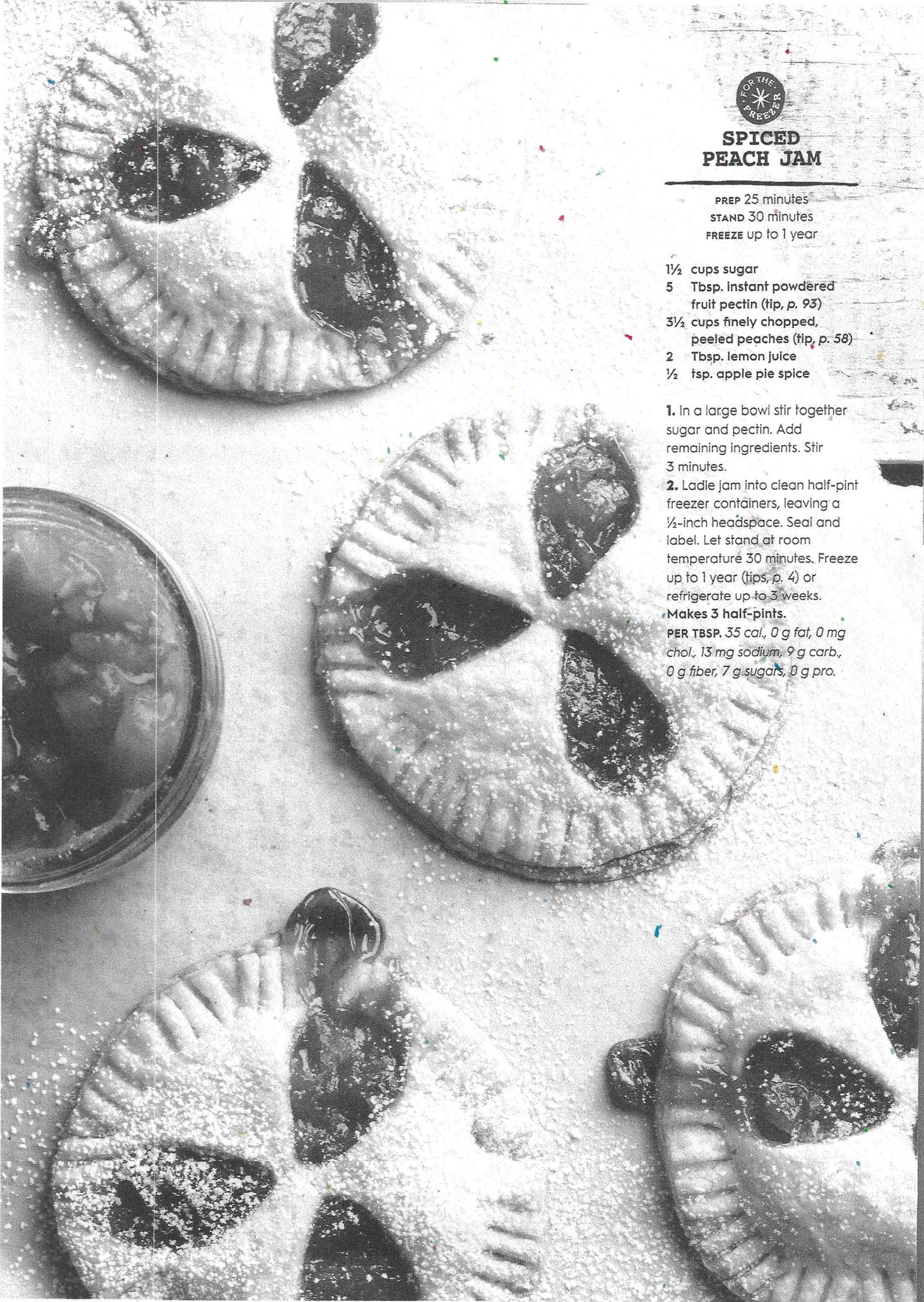
FREEZE up to 1 year

1½ cups sugar
5 Tbsp. instant powdered fruit pectin (tip, p. 93)
3½ cups finely chopped, peeled peaches (tip, p. 58)
2 Tbsp. lemon juice
½ tsp. apple pie spice

1. In a large bowl stir together sugar and pectin. Add remaining ingredients. Stir 3 minutes.
2. Ladle jam into clean half-pint freezer containers, leaving a ½-inch headspace. Seal and label. Let stand at room temperature 30 minutes. Freeze up to 1 year (tips, p. 4) or refrigerate up to 3 weeks.

Makes 3 half-pints.

PER TBSP. 35 cal., 0 g fat, 0 mg chol., 13 mg sodium, 9 g carb., 0 g fiber, 7 g sugars, 0 g pro.



Spicy Peach BBQ Sauce Recipe

Ingredients

- 2 cups Muir Glen tomato sauce
- 1/2 cup apple cider vinegar
- 1/2 cup packed brown sugar
- 1/2 cup honey
- 4 tablespoons Worcestershire sauce
- teaspoon onion powder
- teaspoon garlic powder
- teaspoon kosher salt
- teaspoon dry mustard
- teaspoon liquid smoke
- teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 4 fresh peaches peeled and chopped
- Optional: shot of bourbon

Instructions

Combine all ingredients in a large pot. Bring to a low boil and then cook until thick and coats the back of a spoon, about 10 minutes.

Serve immediately or store in an airtight container in the freezer.

Bourbon Peach Cobbler

8 peaches, peeled and sliced (6 to 8 cups)

1/4 cup bourbon

3/4 cup Stevia, baking blend, plus more for sprinkling

2 tablespoons cornstarch

1 teaspoon ground cinnamon, plus more for sprinkling

1 1/2 cups all-purpose flour

2 teaspoons baking powder

1/2 teaspoon kosher salt

2 sticks cold unsalted butter

3/4 cup heavy cream, plus more for brushing

1 quart vanilla-bean ice cream, for serving

Preheat the oven to 375 degrees F.

Combine the peaches, bourbon, 1/4 cup sugar, the cornstarch and cinnamon in a large bowl and toss to coat. Sift the flour, the remaining 1/2 cup sugar, the baking powder and salt into a bowl.

Cut 1 1/2 sticks of the butter into small pieces; add to the flour mixture and cut it in with a pastry blender or your hands until the mixture looks like coarse crumbs.

Pour in the cream and mix just until the dough comes together. Don't overwork; the dough should be slightly sticky but manageable.

Melt the remaining 1/2 stick butter in a 3 quart pot over medium low heat. Add the peach mixture and cook gently until heated through, about 5 minutes.

Transfer the mixture to a 2-quart baking dish. Drop the dough by tablespoonsful over the warm peaches. (There can be gaps because the dough will puff up and spread as it bakes.) Brush the top with some heavy cream and sprinkle with sugar and a little extra cinnamon. Bake in the oven on a baking sheet (to catch any drips) until the cobbler is browned and the fruit is bubbling, 40 to 45 minutes.

Serve warm with the ice cream.