

# STAYING CONNECTED NEWSLETTER

## LCE present at Hispanic Seafair

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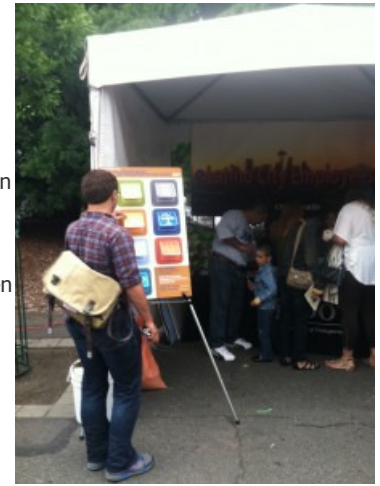
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On Sunday, July 31, LCE Sonia Palma, Haydee Ruiz, and Jacque Larrainzar staffed the SDOT table at Hispanic Seafair. Bi-lingual staff and volunteers had an opportunity to interact with the community and share information about the department and other City services.

There were information booths, vendors, music and regional cuisines. In spite of the weather, hundreds of people from the Seattle area and across Washington State visited the festivals on Sunday.

Hispanic Seafair 2011 is the annual Hispanic community festival of music, food and art, and took place at the Mural Amphitheater in Seattle Center.

The Hispanic Seafair Organization provides college scholarships to qualifying young women, is dedicated to the advancement and education of Hispanic women and representing the Hispanic community during Seattle's Seafair celebration and throughout the year.



*The purpose of the Latino City Employees organization is to promote education and outreach within the Latino Community*

## Call for Nominations - Latino Heritage Award

Nominations are now being accepted for the 7th Annual Latino Heritage Award.

This award recognizes an individual who has made significant contributions to the Seattle Latino community by displaying leadership, innovation, creativity, and dedication. Through their contributions, award recipients inspire others to be involved in the Latino community and make a difference.

The award will be delivered by Mayor Mike McGinn on Saturday, October 15, at 7:30 p.m. at Club

SUR in Seattle's SODO district.

Submit a one-page narrative describing how the nominee meets the award criteria by September 15. Please note, self-nominations will not be considered. Send form and narrative to:

City of Seattle Latino City Employees—Latino Heritage Award

c/o Sonia Palma

SDOT

P.O. Box 34996

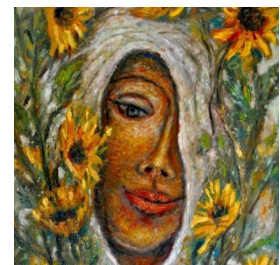
Seattle, WA 98124-4996

Sonia.palma@seattle.gov

Nominations will be reviewed by the award committee. The

award recipient will be notified by September 26.

For more information go to: <http://www.seattle.gov/latinoheritage/>



"Mirada de Amor" by Cristian Damian

## Quetzalcoatl Gallery - Promoting Latino Art

Seattle photographer Almendra Sandoval opened Quetzalcoatl Gallery on Beacon Hill this past June.

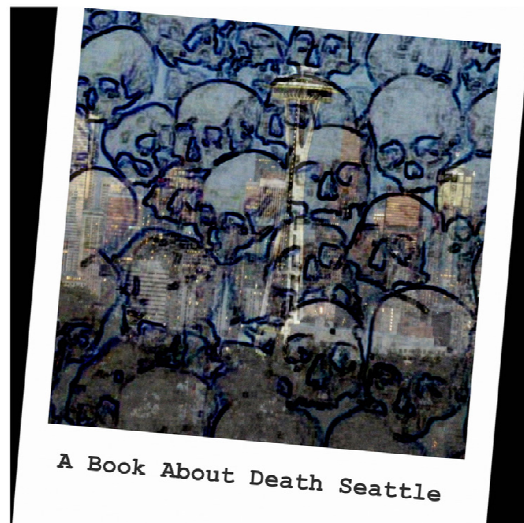
Ms. Sandoval anticipates exhibiting and promoting emerging and established Latina/Latino artists in the area with thematic exhibits throughout the year.

On November 10, the gallery will be exhibiting "A Book About Death," a collaborative project conceived by collage artist Matthey Rose for the Emily Harvey Foundation in New York City where the original exhibition took place from September 10-22, 2009. Over 500 artists contributed 500 postcards each created from artworks made especially to create an unbound book about memory and death.

The exhibition has become a global phenomenon, as well as becoming part of the permanent collections of the Museum of Modern Art and the LA County Museum of Art Research Library.

The art call for the Pacific Northwest exhibition closes October 31.

For art call information go to <http://abadseatle.blogspot.com/>



A Book About Death Seattle

**LCE now has 97  
"likes" in  
Facebook!  
Our goal is to get  
to 100 in 2011.  
Go 'like' us:  
Latino City  
Employees**

## Recipe Corner— Arroz con Gandules



Arroz con gandules is a combination of rice, pigeon peas, and pork, cooked in the same pot with Puerto Rican-style sofrito. This is the signature dish of Puerto Rican culture and also has become very popular throughout Latin America and the Caribbean.

### Ingredients:

- 1/4 cup onion, chopped
- 1 oz. of achiote oil
- 3 oz. sofrito (a combination of garlic, green and red peppers, and onions blended together)
- 2 1/2 cups water
- 2 cups of fresh or canned pigeon peas

- 4 oz. tomato sauce
- 2 cups white rice
- 15 green olives
- 1/4 teaspoon garlic powder
- 1/2 teaspoon onion powder
- pinch of black pepper
- pinch of oregano
- 2 beef bouillon cubes
- 1oz. unsmoked salty back bacon (tocino or pancetta)

### How to prepare:

Over medium heat, bring the the achiote oil and the salted fatback to a simmer in a medium-sized saucepan until golden.

Add onion and cook until soft and translucent.

Add sofrito and simmer until mixture starts to thicken, about 5 minutes.

Add water and remaining ingredients and stir for a bit to keep rice from sticking on bottom.

Bring to boil over medium high heat then turn heat to low, cover, and allow to simmer for 20 minutes.

Uncover, remove from heat and gently stir mixture.

Cover and put back over heat and cook for 20 more minutes or until done.



## My Saturday with SPD

By Sonia Palma

The Seattle Police Department (SPD) held their One Day Community Police Academy on July 16. I attended this session with other members of the community. The One Day Academy is a condensed version of the ten-week Community Police Academy, and is offered quarterly.

As described in SPD's website: **The Community Police Academy Program** is designed to educate the public in the operations of the Seattle Police Department, while also giving the Department a chance to obtain valuable feedback from the community. The purpose of the Community Police Academy is to increase understanding between the Seattle Police Department and the community members of Seattle through education and interaction.

We heard presentations about constitutional law, patrol operations and procedures and information about the Seattle Police Officer's Guild. In the afternoon, we went to the SPD Range, where we received a presentation about the Arson/

Bomb Squad team, met "Dennis" the bomb squad dog, and participated in "shoot/don't shoot" scenarios in the Prism Firearms Simulator. Dennis is trained to find the scent of gunpowder and both commercial and military explosives.

The session was very informative and gave attendees an opportunity to get a brief "behind-the-scenes" look into police units and procedures. I enjoyed the day and found the officers and detectives we met to be very approachable.

The ten-week academy is offered twice a year in the spring and in the fall. The program is free. The next course starts on September 15, 2011 (and I am signed up for it!). You can find more information here: <http://www.seattle.gov/police/programs/policeacademy/default.htm>



Sonia wearing a 90 lbs. bomb suit

*The next  
Community  
Police Academy  
starts on  
September 15.  
This program is  
free.*

## Upcoming events

### Spanish Speaking Lunch

Learning Spanish: Tuesdays  
Conversational Spanish: Thursdays  
Noon—1:00 p.m.  
2nd floor, Columbia Tower  
(tables outside where the Complete Office Solutions store used to be)

### Native Workforce Service Program Open House

September 9, 1:00 p.m.  
9010 13th Avenue NW, Seattle

### Ethnic Art Gallery

Latinas 2gether Exhibit  
Exhibit reception/Meet the artists  
October 5, 11:30 a.m.—1:00 p.m.  
Seattle Municipal Tower— 3rd Floor

### Latino Heritage Award

Nominations being accepted now  
Nominations due: September 15  
Award notification: September 26

### 7th Annual Latino Heritage Award Celebration

October 15, 7:30 p.m.—2:00 a.m.  
Club SUR, 2901 First Avenue South, Seattle  
(located in SODO, entrance on S. Forest St.)  
Purchase tickets:  
<http://www.brownpapertickets.com/event/193851>

### A Book about Death

Opening November 10, 6:00 p.m.—9:00 p.m.  
Quetzalcoatl Gallery  
3209 Beacon Ave. S.

### LCE Quarterly Membership Meeting

December 1, Noon—1:00 p.m.  
SMT 2750

For additional information on all LCE events, visit our website:

On the inWeb:  
[http://inweb.ci.seattle.wa.us/LCE/LCE\\_Events.htm](http://inweb.ci.seattle.wa.us/LCE/LCE_Events.htm)

On Seattle.gov:

<http://www.seattle.gov/latinoheritage/>

Like us on Facebook: Latino City Employees





# 7th Annual Latino Heritage Award Celebration

The 7th Annual Latino Heritage Award Celebration is LCE's annual educational and cultural event. Mayor McGinn will be presenting this year's award.



Dr. Luis R. Fraga, PhD will be our keynote speaker on "Latinos and the reshaping of American politics." Dr. Fraga is the Director of the

Diversity Research Institute and professor of Political Science at the University of Washington.

The evening will feature several performances:

### Bailadores de Bronce:



The group's mission is to promote the beauty and richness of Mexican traditions through music and dance in the Pacific Northwest. They seek to encourage a bridge of understanding among all people by sharing culture, preserving traditions, and instilling pride in our

youth. To learn more about the group go to:

<http://www.bailadoresdebronce.org/>

**Jacque Larrainzar** will be singing traditional and original Mexican music. From 1999 to 2001 Jacque performed with the only Cuban Charanga Orchestra in the NW: Yerba Buena. She has performed with Lalo Guerrero, Pete Sieger, Richard

Egues, and many other internationally known musicians. Her music is part of the Smithsonian's "Woodie Guthrie: Music of Protest in the Americas Collection," FolkLife, and EMP.

**Susan Harper Conspiracy** will be exploring a mix of jazz, ballad and folk music. When she moved to Seattle in 1992, Susan started writing her own songs and



performing them at countless venues from outdoor festivals to intimate settings, all the while sharing the stage with some of Seattle's finest musicians. Listen to some of Susan's songs at:

<http://www.susanharper.com/>

The group **Sonora La Rebelion** will be closing the evening. Sonora la Rebelion has a variety of musicians from different countries like: Japan, Venezuela, Mexico,



Colombia, Peru, Puerto Rico, Philippines & others. This orchestra really enjoys seeing their audience dancing each of the successes of his versatile repertoire full of classic salsa, merengue, and cumbia.

<http://www.sonoralarebelion.com/>

Join us to celebrate our Latino diversity on October 15, 2011 from 7:30 p.m. at Club SUR, 2901 First Ave S., Seattle, WA.

**2010 Census**

Between the 2000 and the 2010 Census, the Latino population of Seattle grew by 36%. This compares to a 6% increase in the non-Latino population in the same time period

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