



COLOURFUL HAPPENINGS

Community Newsletter ISU VIII Vol 9

September 2016

Thank You All

Hello to All,

We would like to extend a very sincere thank you to this wonderful community for giving us such a warm welcome on our return to Carolina Colours! We are happy to be back with dear friends and look forward to making new ones. We are truly blessed!

Fondly,

Jean & Dave Stoll



Save the Date!

Our new Assistant City Manager, Ms. Krissy Culler, speak to Carolina Colours on Friday, Sept. 16, at 4:30 PM.



2	Roseanne	Humphrey
4	Tom	Black
9	John	Filipow
9	Yvonne	Woolley
11	Teresa	Montesano
14	Nevada	Brannon
17	Roland	Hargett
18	Suzanne	Gifford
24	Jim	Babich
25	Terry	Blythe
25	Paul	Miranda
26	Jo Anne	Marino
29	Linda	Meister
30	Bill	Dorsey

HAPPY HOUR IN THE NEIGHBORHOOD

DATE	HOST	ADDRESS	NEIGHBORHOOD
Sept 7	Robinson	3716 Cerise Circle	Cerise
Sept 14	Social Committee	Pool	Activity Campus
Sept 21	Dorsey	4502 Celedon Lane	Celedon
Sept 28	Sheets	4326 Periwinkle Place	Periwinkle Place

A Day of Fishing - Dan Leister

On August 30, 2016 Roger Brown, Ed Kearney, Tom Trimmer and Dan Leister took a half day fishing charter three miles off shore and caught Albacore, Spanish mackerel, Blue fish and Shark. Although there was a tropical storm bearing down on us we had calm seas and fair winds for a great day of fishing.



Enrichment program returns to CCC - contribute article

By [Jennifer Cannon](#)
Staff Writer, New Bern Sun Journal

Craven Community College leaders have reinstated a program that hasn't been in effect since 2011.

Starting in September, CCC will again offer Adult Enrichment Program classes designed to challenge, teach and enhance the lives of Craven County residents.

Susan Moffat-Thomas, former Swiss Bear Downtown Development executive director, has been tapped to coordinate the relaunched program.

"When this was presented to the board to see if they approved of the request by (CCC president) Dr. (Ray) Staats, I thought that is something that I would love to do," she said.

Moffat-Thomas applied for the position and landed the job.

"I was thrilled that I got the job and I have just been enjoying it immensely ever since," she said. "I am particularly pleased at the response of the community."

Many classes offered through the program are taught by local retirees, enthusiasts and hobbyists.

"It is a program that was quite active in past years," Moffat-Thomas said. "Dr. Staats, who's been with the college about a year, talked with the members of the Craven County Foundation Board who agreed to provide grant funding for this program to restart."

The two-year grant will help get the program off the ground, but it is designed to be self-sustaining with fee-based, short-term classes.

"Anyone can attend the classes and we encourage anyone who's interested in anything offered to do exactly that," Moffat-Thomas said.

Those interested in enrolling in any of the offered classes can register online, in person or over the phone.

"We have about 30 different classes that are being offered in this fall season, beginning in mid-September and going up to November," Moffat-Thomas said.

Favorite classes from the past that have returned include Conversational French, Cake Decorating and a variety of art classes.

"We actually have a man who's going to teach people, if they're interested, in building a model 18th century longboat," Moffat-Thomas said. "We even have four individuals who've actually built their own boats and they will use their boats to demonstrate and discuss the process and see if people would find it's something they'd like to do or maybe they would prefer after realizing all the work that goes into it, to just buy a boat."

Course offerings are designed around teachers' schedules. Moffat-Thomas said individuals who would like to share their talents are welcome to contact her.

"We live in a community where there are so many retirees, many that have moved here have had successful careers, many that live here, they have a wealth of information and are willing to share and I would appreciate anybody contacting me at the college and we could talk it through," she said. "Education is important on every level, from growing up and growing old."

To learn more about the class offerings, visit cravencc.edu/aep/

Contact Jennifer Cannon at 252-635-5671. Follow her on Twitter at [JCammonNBSJ](#).

KATHERINE's KORNER - Chef Katherine

This is a bit more complicated than usual but totally worth it. As always, make it your own! You could replace the meat sauce with pumpkin, sliced butternut squash, and mozzarella replaced with sharp cheddar cheese! Possibilities are endless and maybe for next month's recipe! ;) Happy eating!

LASAGNA~A~LA~CHEF:

MEAT SAUCE:

- 2lbs ground beef (80/20 is best)
- 8oz. HOT sausage
- 3 carrots, roughly chopped
- 3 celery stalks, roughly chopped
- 1 large white onion, roughly chopped
- 2 large garlic cloves
- 1 bunch parsley, roughly chopped
- 1 small can tomato paste
- 16-22 oz tomato puree or tomato sauce

Process carrots, celery, onion, garlic, & parsley in food processor until finely chopped. Depending on the size of your processor, you may need to do this in stages. In a large pot, place beef, sausage, and processed vegetables. Cook over medium-high heat until browned, about 10-15 minutes. While the meat-veggie mixture is cooking, use a potato masher to break the meat apart. After the mixture has browned, add the tomato paste and stir all together, cooking for another few minutes. Then add the tomato sauce and a pinch of salt & pepper to taste. Turn off heat and set aside to cool slightly.

BÉCHAMEL SAUCE:

- 4 cups whole milk (do not use 2% or skim)
- ½ stick butter
- ¼ cup all purpose flour
- Pinch of kosher salt & nutmeg

In a medium sauce pan, melt butter over medium high heat. Once butter has melted add flour and whisk together to form a roux. Continue cooking for about 5 minutes, stirring constantly to keep from burning. Add the milk about 1 cup at a time, whisking constantly. The first cup you add will bubble and thicken very quickly! You want to keep whisking until all the lumps have disappeared. Slowly add milk until it is fully incorporated into the roux. Add a pinch of salt & nutmeg. Continue to whisk, until it comes to a boil. Turn heat to medium and continue to cook until it has thickened. It needs to coat the back of a spoon like a thick glaze. Remove from heat and set aside.

RICOTTA FILLING:

16oz whole milk ricotta cheese
½ cup grated parmesan cheese
1 package chopped spinach (I like a lot of spinach so I buy the large bag)
Pinch of nutmeg & black pepper
1 teaspoon lemon pepper
½ teaspoon garlic powder

Combine all together and set aside until ready to assemble lasagna.

ASSEMBLY TIME!

1 box oven ready lasagna noodles (not cooked)
1 bunch basil for garnish

Extra tomato sauce for serving if desired.

2lbs shredded mozzarella

Preheat oven to 325 F. Grease a 9"x13" pan and set aside.

And now it begins!

Place a ladle full of béchamel sauce of the bottom of the pan (just enough to cover). Place 4-5 noodles down, spacing them slightly (They will expand as they cook). Top with another ladle of béchamel. Don't expect this to completely cover the noodles, you really just need to drizzle some on each noodle. Sprinkle with 2-3 Tbsp. parmesan & ½ cup mozzarella. Add another layer of noodles, this time turn them the opposite direction of the first layer. Cover with half of the meat sauce and another sprinkle of parmesan cheese. Add another layer of noodles, this time facing the same direction as the first layer. Top with two ladles of béchamel sauce, ricotta/spinach mixture, and sprinkle of mozzarella. Drizzle one ladle béchamel. Finally, last layer of noodles! Top with remaining meat sauce. Spread sauce evenly to the edge of the pan. Now top with remaining béchamel, parmesan, and mozzarella cheese.

Place pan on a rimmed baking sheet. Cover pan with Saran Wrap and then aluminum foil. Place in preheated oven and bake, covered for 1 hour. Uncover pan and bake another 15-20 minutes to brown the top. Remove from oven and allow to rest at least 20 minutes. Using a serrated knife slice into squares and top with fresh basil.

ENJOY!!!