

# MINNIBARAKI

## Our Forty-third Year

*Minneapolis Ibaraki Sister City Association*



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## MISCA Trip to Ibaraki City

MISCA will be sending a delegation to Ibaraki City this year to celebrate the delayed 40th anniversary of the founding of IIN (delayed due to the covid pandemic).

Following is a tentative itinerary:

	Morning	Lunch	Afternoon	Evening
Wed, Nov 13				
Thurs, Nov 14	IIN 40 <sup>th</sup> Celebration	Lunch with IIN	City Tour	Free Time
Fri, Nov 15	Reserved for Free Time			
Sat, Nov 16	One-day bus tour to Awaji Island			
Sun, Nov 17	Reserved for Free Time			
Mon, Nov 18	Minneapolis-Ibaraki Sister City Day	Reserved for Free Time		
Tues, Nov 19	Reserved for Free Time			IIN 40 <sup>th</sup> Anniversary Party
Wed, Nov 20	Departing Ibaraki			

If you would like to join us during this trip, please email us at [misca.info@gmail.com](mailto:misca.info@gmail.com) by September 20, 2024. Members are responsible for arranging their own flights to and from Ibaraki City. MISCA/IIN will reserve rooms for those joining us at the Ibaraki Central Hotel. Room rates range from 59,880 yen for a single room to 97,790 yen for a double room for two from 11/13 – 11/20. Questions – email us at [misca.info@gmail.com](mailto:misca.info@gmail.com).

## **Friends of the Bell of Two Friends**

### **Diamond Friends**

*Bill Deef  
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Helane Monsour  
Doug & Addona Rivord  
James & Norma Solstad  
Claire & Paul Spilseth  
Richard & Carol Stahl  
Vernon Wettternach*

## **It's About Time – Karen Kersting**

Recently I have spent hours, entire days actually, cleaning out and sorting through boxes, discarding many former treasures. Through tears and smiles I've re-evaluated the contents of numerous containers which held relics celebrating each of my nearly 70 years of existence. These consist of photos, handwritten letters and cards (some in childish scrawls, written as they sound, paying no heed to the rules of the English language), envelopes carrying stamps from faraway places, trinkets, airline tickets, photos, concert stubs, more photos, dried flowers, and other memory holders. Each has found a place in my heart.

It has taken time, much more than I could have imagined, energy, both physical and mental, and a willingness to open myself to all the sorrows and joys that most surely would confront me as I dug deep to the very bottom of each box.

I see now it was a necessary journey into yesterday so that I can more fully appreciate today. I am richer even now. Somehow, I feel lighter as well. Clearing the excess clutter has also cleared the cobwebs in my brain. There is a freshness in my space that allows me to dream as I turn the pages of a favorite book. Caressing a beautiful shell in my hands I can actually hear the sound of waves pounding the shoreline and calling me to rest and refresh. I am grateful.

## **Spring is Here – Creamy Asparagus and Pea Soup**

### **Karen Kersting**

**Prep time: 5 minutes**

**Cook time: 25 minutes**

**Serves: 4**

**Keeps for 3 -4 days**

#### **Ingredients**

2 tablespoons (15 ml) of olive or avocado oil  
12 ounces (340 grams) of asparagus (trimmed)  
10 ounces (283 grams) of fresh or frozen peas  
4 garlic cloves (minced)  
1 medium shallot (thinly sliced)  
1 ½ cups (354 ml) unsweetened almond milk  
Salt and pepper  
1 ½ cup (354 ml) vegetable broth  
\*optional (for brightness) ½ medium lemon (juiced)

#### **Instructions**

1. Preheat the oven to 400° F (204° C) and spread asparagus on a bare baking sheet. Drizzle with oil and season lightly with salt and pepper. Toast to coat.
2. Roast for 15 minutes and set aside.
3. Heat a large saucepan or pot to medium heat 300° - 400°F (149° - 204°C). Once hot, add 2 tablespoons (15 ml) oil, shallot and garlic. Season lightly with salt and pepper and stir to coat. Cook 2 -3 minutes or until fragrant and translucent. Reduce heat if garlic begins browning.
4. Add peas, vegetable broth and milk. Salt and pepper lightly once more.
5. Transfer soup to a blender along with asparagus. Reserve some asparagus for garnish if desired. Blend soup until creamy and smooth. Transfer back to pot and bring to medium heat and simmer until warmed thoroughly.
  - a. \*\* Blender should be safe for blending hot liquids and should have a lid that allows steam to escape.
6. Remove from heat and add lemon juice.
7. Enjoy with croutons, a touch of black pepper and parmesan cheese if desired.

### **Recipe for Gazpacho** from Helane Monsour

Gazpacho originated in Seville, Spain. It is a refreshing and healthy drink to make in late summer in Minnesota when the tomatoes are red, ripe, and delicious, and the weather is hot. Once a week I go to the Farmers' Market to buy tomatoes.

#### **Ingredients:**

- 15 tomatoes about the size of baseballs
- 1 cucumber
- 1 shallot, cut into pieces
- 3 garlic cloves
- 85 milliliters of extra virgin olive oil
- 1 small chili pepper, medium heat
- 4 tablespoons sherry wine vinegar

Directions: Score the tomatoes with a sharp knife, and drop them in boiling water for 2 minutes. Then transfer the tomatoes to a cold bowl of water to cool. Remove the skins, and discard. Cut the tomatoes into quarters.

Remove the skin from the cucumber, cut in half, and remove the seeds, then cut into smaller pieces.

Put all the ingredients into a blender.  
Blend until everything is completely smooth.  
Taste, and adjust seasonings.

Pour into a pitcher, and keep it cold in the refrigerator.

Enjoy!

*The MINNIBARAKI newsletter is published quarterly (February, May, August and November) by the Minneapolis-Ibaraki Sister City Association.*

## MINNEAPOLIS IBARAKI SISTER CITY ASSOCIATION

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## More Information

Website: [misca.us](http://misca.us)

Facebook: Search for MISCA

Email: [misca.info@gmail.com](mailto:misca.info@gmail.com)

Postal address:

MISCA  
c/o Meet Minneapolis  
801 Marquette Ave S. Suite 100  
Minneapolis, MN 55402

## MINNEAPOLIS- IBARAKI SISTER CITY ASSOCIATION

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Upcoming Board Meetings:

Thursday, August 22, 2024

Board meetings are held vis Zoom

If you would like to participate,  
please email Karl Reinhard at:

[misca.info@gmail.com](mailto:misca.info@gmail.com)

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## Upcoming Events

Haiku Contest  
Announcement

Around Mid-October, 2024

MISCA Trip to Ibaraki

Nov 13 – Nov 20

Please check out or  
Facebook page for other  
events and information.

