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Volume 17, Issue 9



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Dr. Henry Cardenas: Gentle Chiropractic Care

Henry Cardenas is a calm quiet gentleman who you might surmise is a doctor before you find that to be the case. His demeanor is soothing and comforting whether he is at a Kiwanis club meeting, chamber of commerce golf tournament or in his office adjusting a patient.



Henry Cardenas giving out words at a spelling bee .

Don Hull / Kiwanis Club of Brea © 2004

Henry did his undergraduate studies at UCI where he received two degrees; a Bachelor of Science in Biology and a Bachelor of Arts in Psychology. Dr. Cardenas has been a practicing Doctor of Chiropractic for fourteen years graduating in 1990 from the prestigious Los Angeles School of Chiropractic.

(continued on page 8)

Cheryl Ekstrom: Art on the path of the Warrior and Sage

Art is a difficult weapon. To consider wielding it an artist must have courage because she will be fighting enemies who know no law, enemies who are without mercy. Perhaps the most courageous artists are those who use their art to defend, not only themselves, but others. Cheryl Ekstrom is an artist with an abundance of courage. Like an aikido master Cheryl directs great forces and violence to create art which defends, nurtures and uplifts.



Red Geisha from Dentou
No Hokai

Cheryl creates public art as well as art for the collector. She has had a number of remarkable shows here in Southern California during the last seven years. Several are discussed below.

The Artist in a Canyon of Art - An artist in Laguna Canyon is not a rare thing, neither is it a cliché, because the canyon has long been the home to an active and high quality art colony as well as the Art Institute of Southern California. Yet Cheryl is unique as an artist even in this setting. Cheryl and her husband Dennis both had

(continued on page 15)

Thanksgiving :We Celebrate and Give Thanks for All That We Are

Despite the storms of nature and of man we are a people of great wealth, opportunity, freedom and abundance in every form. Therefore, it is right that we set aside one day each year where we as a people can collectively give thanks for what we have.

This celebration was unofficially begun in the very early years of our nation as a day of fasting and was more a religious holiday than it was a civic holiday. The early days of European colonization were days of privation and struggle. Many colonists did not survive, but those who did were full of thanks for their fresh start.

(Continued on Page 2)



We are Grateful for the Stunning Abundance We Enjoy



Orange Abundance



Natural Perfection in Brilliant Colors, Spicy Sweet and Soothing reasons to give thanks



Mini Crab Cakes with Tequila Lime Sauce and Sliced Cucumbers by Jeffery Fliegler for PBP.



California's Delicious Artisan Abundance

In 1863 Abraham Lincoln, in a time of our nation's greatest crisis saw the good in this country and the blessings despite the pain and declared "The Last Thursday in November" to be a national day of thanksgiving. It was around that time that the focus of giving thanks changed from pious fasting to jubilant celebration.

At Parties By Panache, we have helped thousands of American families give thanks with exquisitely made gourmet foods. "I like to spend Thanksgiving afternoon in the dining room with family and friends, not in the kitchen with pots and pans," says Hollis O'Brien, President of Parties By Panache, "Even though I love to cook, there are far too few occasions to spend a whole afternoon and evening with the important people in our lives."

"It seems somewhat unfair to lay the task of creating and serving and cleaning up this huge meal on one person or on the women in the family," says Ché, bass guitarist for the band 'No Reply.' While I enjoy cooking a turkey, preferably by a slow smoke method, using a mix of hickory and mesquite, after brining the bird, I have no desire or inclination, to make the rest of the meal or to clean up. My calluses are my livelihood and washing dishes could hurt my playing."

"For some people, particularly some in Southern California, the kitchen is a room primarily used for displaying beautiful kitchenware and a fine wine rack. Cooking a meal for twenty-five really grateful, but very hungry people, is not a process to which they want to subject their shrine to the culinary arts. I believe their thinking is right. Why cook when you can have a fully trained kitchen staff prepare remarkable food. And the heat, it is not good for the wine!" says Chef August "Petite Escoffier" O'Brien, correspondent to the Panache Experience.

Chef Phillip Hoffman says, "We prepare food like this all year round, our sources provide better produce, poultry, and dry goods than those that are available a week before Thanksgiving in your local market. We are constantly on the look out for novel but traditionally based foods for you to put on your table. Additionally, I have been to dinners where the stuffing and gravy are very slightly flavored with herbs and spices that are as old as my aunt Ida."

"This year Parties By Panache will be preparing a number of new dishes that I feel will help to make your celebration truly special," says Jerry O'Brien, "Here are items that I feel will merit becoming family traditions."

Mini Corn Cakes with Mango Salsa - This is not your typical hors d'oeuvre. We make a moist flavorful silver dollar sized corn cake filled with whole kernel corn, diced red and green bell peppers and cilantro. These cakes are more like a blini than a muffin and are a perfect platform for our mango salsa. The mango salsa takes on a whole new personality when served with a sweet corn cake instead of with a salty tortilla chip.

Cornbread Stuffing with Apricots and Pumpkin Seeds - This is a great spin on a traditional favorite. The apricots keep the cornbread stuffing slightly sweet and moist while the pumpkin seeds add crunch and a nutty flavor. Baked inside a roasted turkey this is food that comforts both the spirit and palette.

Stuffed Sweet Potatoes with Cranberries Pears and Pecans - These sweet potatoes are baked in their jackets, with some of the center scooped out and filled with dried cranberries, dried pears and pecans. The potatoes are baked until they are soft and creamy and the topping is spiced with a hint of ginger. These potatoes are so tasty

We Recall Our Successes and Give Thanks

that they could be dessert. They are easy enough to eat all by yourself but one potato will easily feed two people.

Spinach Salad with Oranges, Pomegranate Seeds and Goat Cheese - This is another elegant salad that is beautiful to behold and delicious to consume. It is exotic enough to be adventurous eating for the meat and potatoes people, and familiar enough that nobody will pass it up.

Roasted Pears in Pomegranate Glaze - These pears are gorgeous. They are a beautiful burgundy on the outside soft as butter and the color of a fresh ripe pear on the inside

Sweet Potato Tart with Marshmallow and Pecans - The name says it all, this sweet confection is brimming with tradition, especially if you come from the south east. The filling is smooth, light and very creamy, the topping of marshmallow and pecans is crunchy, sweet and sticky. Together they will more than adequately soothe the needs of your sweet tooth.

Black and Orange Cookies - These cookies are known by many names, like princess cookies, or "black and whites." This is a nostalgic and delicious dessert made with a twist. Instead of having vanilla icing we have paired our delicious chocolate icing with an orange flavored icing that take a great cookie and make it even better.

I like the above new menu items so much that I just had to write a song about them. This is sung to the tune of the Beatles "Lucy in the Sky with Diamonds."

Dinner By Panache For Thanksgiving

Picture sweet potatoes with fruit in the middle,
With butter and nuts piled up to the sky,
Suddenly someone says pass those sweet taters,
You take one and do so, dig in with a sigh,
Bright yellow pancakes with peppers and corn
Hold mango salsa,
Look for the chef with a spoon in her hand
Now let's eat

Dinner By Panache for Thanksgiving
Follow her down to a fountain of chocolate
Where clever cooks make marshmallow pies
Everyone smiles as you pass them gravy
To cover their sliced turkey thighs.
Chimayo Cocktails appear on the table,
Waiting to take you away
Tip back your head and drink it all down
And your gone.

Dinner By Panache for Thanksgiving
Picture a tart topped with pecans and mallow,
Sweet spuds as light as whipped cream
Suddenly someone says hey let me taste that
The chef with the spoon in her hand.

By August "Petite Escoffier" O'Brien

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Annie Sellick:

People can't say enough good things about Annie Sellick and isn't just because she is an attractive down to earth Southern woman. It is because, in addition to being a charming person, she has a deliciously lush voice, possesses great stage presence and has, as described by Kevin Whitaker, at www.Sensored.com, "[a] benevolent devil-may-care delivery [that] brought fresh cool to some old standards..." In other words Annie sings like the best of the jazz divas. David Simons, a New England based music journalist said, "Sellick decided that what Nashville needed wasn't another Tammy Wynette, but a new Anita O'Day. ... Her instincts were right on the money."

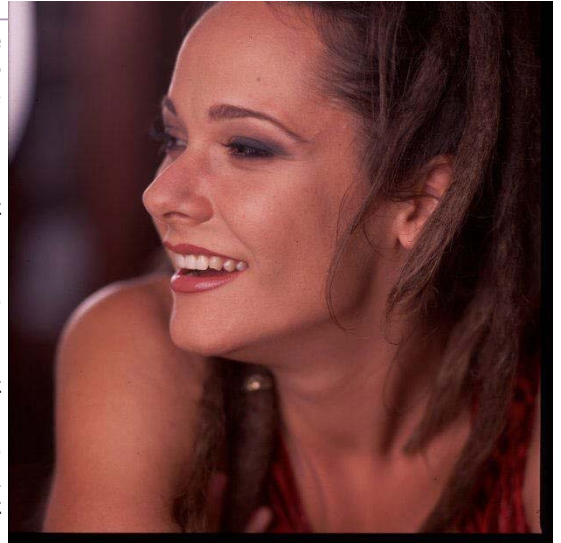
This is pretty heady stuff for a jazz singer of Annie's age. When I went to see Annie sing at Terrence Love's Steamers Jazz Club and Café, on Commonwealth Avenue, in Fullerton, the most common pre-performance comment was, "she is so young to be singing this music." After the set age was not an issue. The most common comment changed to "Wow!"

I was able to spend an hour talking with Annie at the end of July. Annie says she came to jazz late in life, while she was in college. Although she came from a family where music was important, and she has always liked to sing, jazz was not among the styles to which she listened. Annie is quoted by David Simons as saying that at the beginning of her jazz singing career she, "thought Billie Holiday was a man." That may be the case, but Annie is a fast learner and a deep musician. She sings like she has Bossa Nova genes and her mother tongue is Be Bop.

I was amazed to find out that Annie's formal training in music came only after she became a professional vocalist. She attended Nashville Jazz Workshop for about two years studying such subjects as jazz theory and chart writing. In 2003, when Annie moved to New York City, she began studying at the New School's Guitar Studies Center where she took jazz guitar, music theory and songwriting on a part time basis. This modest amount of formal education hasn't stopped Annie from cutting an album with Hammond B3 master Joey DeFrancesco, developing a solid fan base in Nashville and developed a jazz repertoire that includes over 200 jazz tunes. Annie also makes the most of any opportunity to develop her skills and has studied jazz concepts independently with Mike Longo, a pianist who used to play with Dizzy Gillespie. Annie also has a nuanced phrasing style that makes the most of her voice, which is to say she makes excellent use of a very fine instrument.

Annie, who has been a professional jazz vocalist for eight years, is working with the former owner of Sound Idea Studios, George Klabin, who has recorded or produced such notables as Deodado, Dee Dee Bridgewater, Chet Baker and Roger Kellaway during the last thirty five years. Respected within the music industry as a producer, engineer, and manager, George says, "Annie is going to be a big singer, and the Los Angeles area is a good place for her to be right now. She is in my opinion a better singer than Jane Monheit and could certainly be an artist of that stature." I have never seen Jane Monheit and her recorded music is good, but I agree with Mr. Klabin, Annie certainly has the talent and drive to be one of the most important jazz vocalists performing today.

I will most certainly be reporting more on Annie and her music, however in the meantime she is occasionally appearing at Steamers and has an excellent web site at www.AnnieSellick.com where you can purchase her albums and look for appearances.



Lori Bell: Jazz Flute from the Heart

Lori Bell can and does do it all. She sings through her flutes. Lori leads a band on her solo album. She plays flute as a member of a critically acclaimed trio known as "Interplay." Lori composes superbly layered music which Marco Pignataro of *Jazz Improv* says "really paint some beautiful landscapes." She teaches aspiring flutists how to play.

Lori Bell is a musician who remarkable musicians such as acoustic pianist Dave Mackay and guitarist Ron Satterfield enjoy collaborating with. She is also a very open person, willing to share her time and insight with people who are interested in the art of the flute.

Listen to "Playful," "Prayer for Peace," or "A Heart is But a Flower," and you will hear the passion, thought and heart

that is the hallmark of Lori's music.

This is very important news for people whose events will require music of the very highest caliber. Lori Bell plays locally and is available for private events. Imagine having a multi - Grammy nominated musician at your party as a soloist, with a guitar, with a violin and cello or with a band that, as Don Heckman of the Los Angeles Times said, "[trips] musically through the tunes with the collective enthusiasm and musicality that defines the work of [a] superlative ensemble."

The charm of Lori's music is born of a combination of virtuoso playing, appropriate material choice and brilliant arrangements on both the pieces she interprets and on her original



Pair Flambé: Setting the Mood for a Moonlight Cocktail Party

Playing beautiful jazz standards, Guerin Barry and Jesse Bradley recall a romantic time-gone-by, dark and exciting, intimate and glamorous... The era of the jazz bistro.

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Menus of Food and Music

Music Selected by Guerin Barry and Jesse Bradley

Dinner Menu Selected by Jerry O'Brien

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Parmesan Shortbreads with: Cilantro Pesto and Goat Cheese; Roasted Tomatoes and Feta Cheese

Bruschettas: Dried Pear and Tarragon; Pesto Grilled Portobello Mushrooms

Joy Spring

Cocktail Corn Cakes With Mango Salsa

Mini Salmon Cakes With Sour Cream

Mini Herb Pancakes With Red Onion Confit

What is this thing called Love

Moon River

Mini Herb Pancakes With Red Onion Confit

Green Dolphin Street

Tostaditas with:

Roasted Corn Salsa

Citrus Shrimp

Polka Dots and Moonbeams

Spicy Sesame Noodles in Chinese Soup Spoons



Satin Doll

Pesto Tortellini Skewers with Basil and Roasted Tomatoes

Filo Tart Shells with: Asian Beef Salad; Sesame Chicken;

Smoked Salmon with Lime

Banana Enchiladas

Caramel wrapped tortillas, with a creamy cheesecake like filling with bananas,

served with minted strawberries and whipped cream

The Days of Wine and Roses

Chimayo Cocktails

Tequila, crème de cassis and apple juice

Body and Soul

Lori Bell: Jazz Flute from the Heart

compositions. Combined with excellent performance this is music to capture your attention and win your heart.

I had the opportunity to talk with Lori in August of this year. During our conversation I learned some interesting facts about this very fine musician. The first and most apparent is how friendly and responsive she is. (Are all the people who play jazz as pleasant to associate with as the musicians I have met?) She was genuinely interested in me because I was interested in her music.

Lori is a Brooklyn native who moved to San Diego at a young age and has spent most of her life living in Southern California. Lori has a day job which is teaching flute as an adjunct professor at San Diego State University. Lori and Interplay play at venues such as the Vic for Jazz in Santa Monica, Herb Alpert's Vibrato in Bellaire and Dizzy's in San Diego.

Chuck Perrin, is the founder and operator of Dizzy's. Chuck has had a long career in music as a performer and as the founder and head of Webster's Last Word Records (wlw). Interplay recorded on wlw in 1998 and I asked Chuck about the group. He replied, "INTERPLAY is one of the West Coast's most uniquely inventive jazz trios. They came together in 1991. Interplay consists of three technically brilliant musician/composers, Dave Mackay on piano, Lori Bell flute, and Ron Satterfield guitar, each a virtuoso. They combine to create a spontaneously interactive sound that explodes with exuberance. Critics have lauded the dynamic intensity and musical euphoria produced by a group that uses neither bass nor drums. Instead, the trio relies on empathic communication and the flawless taste of their arrangements to pull their audiences deep within the essence of the music itself. Dave Mackay's peerless technique and masterful use of harmonies has made him something of a legend among pianists and jazz lovers alike. He has created a sound and approach that constantly amazes, yet is uniquely his own, and considering the enormous wealth of keyboard talent in jazz history, perhaps there can be no greater complement. Flutist Lori Bell brings a flawless tone and brilliant sense of nuance to the ensemble, bridging the sonics of piano and guitar with a beckoning soulful vitality. And Ron Satterfield provides the rhythm and swing that drives INTERPLAY. Both with his punctuating vocalizations and ingenious bass-driven guitar voicings, he creates a pulse that pushes the group into passionate expanses. But it is the unique synergy of the sounds that these three extraordinary musicians fashion together that make the experience of seeing INTERPLAY perform so memorable.

Hollis's Cooking School: Teaching great people to make great food



This is a bacon lettuce and tomato salad with a balsamic glaze and crumbled blue cheese. It has real eye appeal, but the taste buds get the real treat. Delicious doesn't even begin to describe the flavor treat you are in for.



Hollis has come up with a selection of finger foods that are reason enough to have a party. In the top right hand corner, Spicy Sesame Noodles in Chinese Soup Spoons; Filo Tart Shells with Smoked Salmon and Lime; center Filo Tart Shells with Sesame Chicken



The students are very serious about getting their buffet set up. From the left Dorian, Sherry, Julie, Donna and a small piece of Michelle.

Parties by Panache has a terrific kitchen staff. The chef and his crew have combined experience in excess of fifty years. They can cook pretty much anything if the ingredients are available. Even if they are not, Chef Phillip Hoffman knows a satisfactory substitution. He not only saves but often improves recipes that way. Carlos, Reina, Dorian, Etelvina, Gerber and Wendell, can cook, bake, prepare or combine just about every item in the PBP opus with their eyes closed.

However when clients call they will not be talking to Chef Phil and his crew. When you are planning your party you are talking to our event planning and sales staff. This staff is also terrific.

When you ask a server about the ingredients in a certain dish, you can be assured that the person you talk to will not be the person who prepared it. Hollis being aware of this runs a fun but formal cooking school for her employees where she brings the necessary knowledge to her employees so that they will be able to serve you properly.

"When you work in a restaurant, the Chef or Maitre'd goes over the specials with the service staff everyday. The regular menu even in a very eclectic restaurant seldom has more than fifty or sixty items. Since our catering menus have hundreds of items, and distinctly different menus exist, the classes are the only way for us to train people who are not working with the food," says Elizabeth.

Strange as it seems most of our office and service staff have no culinary education before joining our staff. Without training, they would be unaware of how our breads, cakes and sauces are made or the pedigree of our artisan cheeses. Elizabeth Taylor has a sales and marketing background coming to Parties by Panache from Deutsche Bank. Leslee Meyer owned an event planning and fund raising company called Luzzi, McPeake and Associates. Leslee's clients included the San Francisco 49er's, their alumni and the Shriner's Hospital of San Francisco. While Elizabeth and Leslee enjoy cooking they don't do it for groups of fifty nor do they have repertoires including hundreds. However, they do spend about forty plus hours a week discussing parties with clients.

Hollis had the idea about four months back that ongoing training of the PBP office and service staff in technique and recipe composition as it applies to Parties By Panache would deliver benefits to three groups of people. Hollis said, "First it saves me about ten hours per month that I would otherwise spend answering hundreds of food related questions. This saves the client time because they are not on hold while the planner gets me to answer her question. It saves the planner time because she doesn't have to find me, wait until I can answer the question and then relay it back to the client."

Someone who has prepared, cooked and eaten a dish remembers what goes into a particular dish or the method for cooking it better than someone who has just been told. It is also easier to recommend a dish when you have eaten it yourself. The classes are a lot of fun and also a great bonding experience for staff members who don't get to see each other very often.

"These classes are open to all of my staff, but mandatory for the people who answer phones and plan events with clients. However, most staff members stop in for at least one or two classes each year," says Hollis. I have even had my stepmother, Donna Fliegler, as a student.

The classes are planned and conducted in the same manner that I used when I ran my cooking school in Scarsdale. I think about what it is that I am trying to accomplish, whom I will be teaching and how they will be using what they learn at PBP. Then I select recipes that are typical of the class of food to be taught. A person who can make mayonnaise can make any mayonnaise based sauce.

Hollis's Cooking School: Teaching great people to make great food

The technique for making basil pesto is the same as making any variation. Once you learn one roux-based sauce you understand those types of sauces. I create a detailed packet of recipes. The recipes are lists of ingredients with detailed instructions as to the preparation. There is plenty of space for notes.

The classes starting in January will have a more structured curriculum than they have had in the past. I will cover subjects such as kitchen sanitation, food handling, basic knife skills and station set up. Then we will spend time on basic through fairly sophisticated food preparation techniques.

"PBP will hold the trainings once or twice a month from January to August, usually on a Wednesday afternoon," says Hollis. "These classes take as much planning as any other event. I have to coordinate with Chef Phil and our baker Reina to make certain that the kitchen can be free while not interfering with production; that at least ten members of the staff are able to attend the entire class, some times that means lining up baby sitters; that all my ingredients are available; that everyone has the tools and other equipment that they need and that I have the recipe packets printed. The results however are worth the work."

Hollis says, "These classes also serve as our "R and D department" for developing and testing new recipes. I will be using the July and June classes in 2005 to plan, test and taste all of next year's Holiday menus. I used August's classes this year to create and try out our new fall menu.

Kellie Van Leir, PBP property and transportation manager said, "On a class day, when the regular kitchen staff finishes their work for the day, we move in and we set up our training stations, according to Hollis's instructions. We use the same care to do this, that we use if we are setting up a dinner party at a client's home. Our goal is after all to learn about the food prepared the right way."

Regarding the second class in August Michelle Ross said, "At the salad station we prepared Spinach Salad with Roasted Corn, Roasted Tomatoes, Pine Nuts and Grilled Red Onions with Red Wine Vinaigrette. This salad allowed me to experience how PBP selects and handles fresh produce, how to clean and prepare the produce, how to make oven roasted tomatoes and roasted corn, how to slice and grill red onions and how to make red wine vinaigrette. I also learned how to arrange the prep so that everything was ready at the same time. That helps when you are planning an event. You can't make the kitchen work more involved than the client's location can handle."

At the dessert station we made Banana Enchiladas which are Caramel Wrapped Tortillas, with a Creamy Cheesecake like Filling with Bananas, Served with Minted Strawberries and Whipped Cream. Hollis said, "Dorian works in our kitchen and she took the lead on this recipe. The enchiladas were beautiful when finished, and tasted as good as they looked. I am recommending this dessert for many parties."

I have all of my students work a rotation through each station over the course of about two hours. Since most of the students will not be doing the preparation, but rather using their new knowledge to help our clients and their guests I want everyone to see everything we do and not become specialists. At the completion of the preparation part of our class we set the food up as a buffet, we use risers, fabrics and even greens, then we spend about an fifteen minutes going over the recipes, asking and answering questions and reviewing the results. Then we do what anyone would when confronted with all of this delicious food, we dig in and have a little party.

It takes a lot of time and resources to conduct these classes. But it is an investment that I am certain will provide a good return. Next semester I think we might add décor classes but we will always focus on the food."



Spicy Sesame Noodles in Chinese Spoons are a one or two bite delight



Michelle and Stephanie bonding in the kitchen after setting up several of the prepared dishes



Henry Cardenas

Henry spent six years of his career working with settled local practitioners before establishing his own practice in 1996. Henry's practice today is very busy and he possesses one of the most crowded referral thank you boards around. I link the quality of a practice to the number of client referrals, so its easy to tell that Henry's practice is high quality. Dr. Cardenas is assisted by Tammy and Donna as he works to keep all his patients' backs on the straight and narrow, through pain relieving spinal adjustments and practical health education.

A visit to Advantage Care Chiropractic starts with a brief wait during which you can watch one of Henry's many programs on health and the nervous system. Tammy then takes you back to one of the four therapy rooms where you are set up for an appropriate and relaxing therapy. Since this usually results in a nap, Tammy says good night even at 9:00am. Once you are relaxed Henry gently adjusts the spine. Adjustment begins with a search for subluxations, locations in the spine where due to misalignment a bone is pressing on a nerve. Henry then gently moves the bone off of the nerve and releases the subluxation. Release is followed by pain relief, which is followed by improved mobility. During the adjustment Henry will fill you in on why your back is in the condition it is in and how to improve that condition and preserve spinal health. Dr. Cardenas likes to say that without a healthy nervous system you have nothing at all.

However, Henry is not all work, he is also a family man and dedicated father. Henry is married to Corrine, a school teacher who at present holds the position of full time mom. Henry and Corrine have two children, a girl and a boy who make Henry very proud. Henry gives to the community through his involvement with Kiwanis, the Chamber of Commerce, his participation in many health fairs and by speaking about Chiropractic and health. Hollis O'Brien of PBP says that she shares Henry's philosophy of giving to the community of her knowledge and helping out with numerous charitable and educational causes.



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Starbucks Hits a Homerun at Imperial & Harbor

Starbucks opened a new drive-through in Fullerton at 147 E. Imperial Highway at Harbor Blvd. and it is a beauty. This place is going to become one of my new hang outs. There is plenty of seating, inside and out. This store is staffed by many of our favorite baristas, including manager Angela Kang and Carol, Mark, David, Brianna, Fallon, Christie and Katie.

On the afternoon and evening of Wednesday September 29, 2004 Angela Kang hosted an invitation or just drop in opening for many of her and her staff's favorite caffeine-aholics. Angela estimates that about 200 guests arrived over the course of four hours. There was also a big Parties By Panache turn out, Hollis, Jerry, Henry, Kellie, Ashley, Kate, Julie, et, Betty Taylor, among others were in attendance.

One of the early arrivals at the party was Brea II regular Jim Worth. While he cleared out before I arrived he told me that he sees this place becoming one of his new hangouts. You may remember from an earlier issue that Jim hangs out at Starbucks for a purpose which is writing, compelling mystery novels. Clint and Kay McKenzie, also regulars at Brea II were seen enjoying the jazz and hot beverages.

Starbucks provided extraordinary jazz from a pick up trio, consisting of electric keyboard, standup bass and drums. The drummer Nate Waren is a partner at the Starbucks on St. College and Chapman in Fullerton. The music was very good. My son who is himself a bass player remarked that both the bass and drums were exciting to hear and watch. He particularly relished the bass solos.

Many Starbucks dignitaries came to the event including district manager Kellie Caires and seven store managers. I also saw many Brea II partners including Ken, Tina and Royden. Royden Vigilance, one of our favorite baristas attended the fete and I learned that he is moving to Whittier to manage a store. Truly our loss.

I asked Angela, how she felt about her new store. She said, "I'm really excited we are committed to delivering the classic Starbucks' experience and sharing coffee with all our new regulars."



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The views expressed here are Jerry O'Brien's and reflect only his point of view.

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Google: Orange County Anniversary Caterer PBP #6; Orange County Bat Mitzvah Caterer #1

Meet our Crack Culinary Team

Phillip Hoffman

Chef Phillip Hoffman has been with PBP now for over seven years. He is a Chicago native who moved to California in the early 1990s. Phil began his career in cooking while he was in a Chicago high school devoted to training chefs. After finishing his course of study Chef Phil went to work as a cook for Amtrak. Phil toured the nation preparing food for guests in elegant dining cars. Phil also spent time in the navy where he cooked on the aircraft carrier USS Forestall. It was here that Phil developed the skill to cook good food for thousands of men and women at the same time. Phil said the food had to be good because you would be serving the same clientele three meals a day for months.

After leaving the Navy Phil held various jobs as chef around the country, however, when Phil came to sunny Southern California he became the Chef at El Toro Marine Base Officers Club. When the base at El Toro closed Phil decided to try catering. He cooked for a top flight South County caterer but was dissatisfied. His sister Linda, was our baker at that time and she introduced Phil to Hollis. Phil was a perfect fit and an immediate hit with Hollis, the PBP staff and clients alike.

Phil now has close to 30 years experience and is well versed in every discipline necessary to serve great varieties and quantities of delicious high quality food.

Carlos Tapia

Almost any day you can see Carlos Tapia sautéing vegetables, grilling chickens, making smoked fish platters or crab cakes. When he is not managing deliveries, organizing refrigerators and caring for our perishable stock., he is taking care of equipment or helping to keep the Parties By Panache kitchen clean, neat and organized. As a professional culinarian Carlos has boundless enthusiasm for what he does and it really shows. Carlos began his career in the food business a mere seven years ago. Carlos explains his zeal for cooking as follows, "There are many things I like about cooking, but my drive comes from learning different things about foods and the freedom that I am given to be creative and use what I have learned. I started my career as a part time cook working at a very busy KFC store. I did this for about two years and I enjoyed it, but knew that I wanted to learn more. About 5 years ago I came to Parties By Panache, where my passion for cooking really took off.

I like cooking everything, but my favorite food to cook is Italian food. Here at Panache I get to do that and I also get to do much more. Since I often feed the staff I get to do a lot of experimenting not only with Italian, but also with many other styles of cooking.

Carlos now works at Parties By Panache with his wife Dorian. They have come to be a highly valued part of the PBP family.

Reina Rodriguez

Reina came to Parties By Panache as a dishwasher, but she quickly moved up to baking trainee and after several years became our lead baker. Reina is a perfectionist, but differs from most perfectionists in one way: She produces, and her baked goods are very close to her ideal. Reina's Panache bar cookies are all hand made and they are all identical in size, shape, texture and taste. So are her pistachio linzer thumbprint cookies, lemon bars, pecan bars, and chocolate almond clusters. Most people would settle for similar or request that the cutting be done by a machine, but not Reina.

As for her yeasted breads, they are spectacular. I have even been told by one of the servers that her breads are much better than mine. I can't say that I disagree with this former employee.

However, Reina was not able to settle down to just making great cookies, bars and breads, she also makes terrific pies, cakes, wedding cakes, fruit breads and sugar decorations.

Reina works with her assistant Etelvina whom she is training in the bakery arts. Reina will often say when the week begins and she has to make thousands of pieces of baked goods that she would like her dishwashing job back, but the superior quality of her work shows she is only teasing. "Reina is one of those rare finds in baking, she understands intuitively if something will work and then she builds on that knowledge, we are so glad to have her as part of our staff," says Hollis.



Chef Phillip Hoffman is a hands on chef and runs a tight kitchen. Here he is working offsite with a staff of 7 cooks to feed a party of 180 guests.



Carlos stopped in for a photo at my request, and despite the clean whites he has already finished his shift and is on his way home.



Reina makes not only the most delicious Challah you will ever eat but she also makes some of the biggest and most beautiful. This one is over 7 lbs.

Taxonomy

"I am aware of danger in naming, in misidentification, in imposing the distinctions of a taxonomic language onto the things themselves.

"Arthur Sze, "Mushroom Hunting in the Jemez Mountains."

Hunting chanterelles for the very first time
I, too, learned the risk of naming,
imposing the attributes of a taxonomy
onto the thing itself.

The mushroom fit the description in my
Vera Evenson guide:
golden orange, budding under conifers
above 8,000 feet. Its fruiting bodies were growing,
as the guidebook said, "gregoriously."

Their convex tops—
yes, slightly sunken in the center—
glittered through the dark of damp pine needles
like edible, earthbound constellations.

The odor mild, ripe apricot-sweet;
the flesh creamy; a six-centimeter stalk.
Surely, I had hit the fungus jackpot,
the mushroom bonanza, the dinner zone.

I'd thought chanterelles had finer ribs,
more delicate, feminine lines,
but, I reasoned, it had rained a lot.
Perhaps these were waterlogged—
that explained it.

With my sharp knife for cutting
and an old toothbrush for cleaning,
I harvested my mushroom loot
and half-filled a small brown paper bag.

Before I rushed home
to the butter and frying pan,
I stopped by my office
to share this bounty with a friend.

"These are not chanterelles,"
Duffy asserted with a vigorous blonde shake.
"Orange clubs," she pronounced.
Dropped them back in the bag.

There they were in my guidebook,
just one page past chanterelles:
Clavariadelphus truncatus, variation *lovejoyae*,
edibility unknown.

I've misidentified things before—
mistakenly waved to strangers on the street,
found friends who weren't friends,
true loves who weren't true,

but I'd thought that using a book,
a Latin nomenclature, a scientific classification system,
I would be foolproof
in identifying the name of a 'shroom.

Turns out they were edible, said my *Fungophile* guide:
dredge in flour and fry, or eat them raw for dessert.
Though I hit the dinner zone, I still felt the fool.
Assigning a name to a thing is a dangerous thing to do.

By Rosemerry Wahtola Trommer

David Feela recommended a poet to share her poetry with The Panache Experience. Her name is Rosemerry Wahtola Trommer and her poetry is superb.

Rosemerry has an excellent and enjoyable website which explains all that she does in depth and very well. You can purchase her poetry, CDs of Rosemerry reading her poetry (she has reading samples on the site which are a delight to hear), find out about the classes she teaches, places where she will appear, read new poems or articles on the great outdoors, and much more. Visit www.Word-woman.com, you will be able to spend an hour or two very pleasantly.



Rosemerry Wahtola Trommer teaching poetry

Honey Bees in Orange County are Still

I am of the opinion that bees are charming and beautiful animals. But, like so many creatures that are charming and beautiful they can be quite to the point in defending their personal space, family and homes. Recently, these creators of sweetness and lazy summer music have suffered a public relations nightmare. No longer seen merely as temperamental and self-protective females, they have been characterized in the popular media as “killers.” Shades of Sharon Stone, could this be true? The simple answer is no, but the simple answer won't do.

I spoke with etymologist and beekeeper, Willie Solomon, at the Parties By Panache offices and at Bob's Bee Products at the Brea Farmer's Market. Willie has been studying bees since her college days and working as a bee keeper for the last eight years. Willie told me, “The feral bees in Orange County have been largely Africanized, but the interbreeding of the Africanized and European bees has resulted in toning down of the Africanized bee's aggression and our domestic bees are now only slightly more aggressive. Both need to be treated with respect and if handled, it must be with care. The domesticated bees are controlled by regular replacement of the queen bee for queen that the bee keeper is certain is of European stock. So bees while not harmless, are not a threat to people who treat them with respect.”

Willie, who you can meet at farmers' markets all over Orange County, where she sells delicious local honeys, continued. “The real danger from Africanized feral bees comes from stumbling onto their hive. These bees are not in obvious white bee boxes. They colonize any convenient spot including rotted logs, holes in walls, backyard sheds, etc. The Africanized bees are the same as the European bees in terms of physiology, they differ only in behavior. Their venom is no more toxic and they can only sting once just like their European counter part. However, Africanized bees swarm more often, swarm in smaller numbers, will chase intruders with greater numbers of stinging workers and will give chase for a much longer distance. It is reported that they have chased people and animals for up to a mile.”

I also met with Willie at the Brea' farmer's market where she was selling and generously passing out samples of local honey. Willie told me, “The local feral bees are not “killer bees” anymore now, than they were before. European bees will sting you if you intrude on their space, just like the Africanized bees. You simply need to be careful; don't swat at bees that fly by. If you are going to be in an area where encountering bees is a likelihood, don't wear cologne, perfume or other scented products. Don't wear dark clothes and be alert. Listen and watch for bees so you can avoid them and they will leave you alone.”

Willie and her business partner Bob Melinzak keep about 70 white box hives throughout Orange County, with a number in La Habra. The bee hives are portable because bees need to be brought to the crops that they are going to fertilize. Therefore, Bob and Willie have to move their bees from time to time as the crops require. Willie said, “Our bees produce honey from the blossoms of citrus, stone fruit, avocado and macadamia nuts. Honey from each crop will have differently nuanced flavors. Bees that are fertilizing sage will make honey with a distinctive sage flavor; fertilize oranges and you get orange blossom honey. The honey that Willie and Bob produce is always raw, because that way its intense flavor isn't damaged. Willie told me, “The primary reason for heating honey is to make packaging it easier. Honey is a natural anti-bacterial so it doesn't need to be cooked to kill any harmful bacteria, they simply are not there.”

In addition to honey, bees produce a number useful and healthful products which include bee pollen, royal jelly, bee propolis, and bee's wax. The honey, pollen and royal jelly are excellent foods packed with vitamins, minerals, proteins and amino acids. Bee propolis is a natural antibiotic, antiviral, antifungal, antioxidant and anti-inflammatory. Many of us who grew up on white sugar as a sweetener in our coffee and tea may have first tasted honey when nursing a sore throat. We were given tea laced with honey to sooth the pain which it did.

Willie Solomon is very active in the Beekeepers Association of Southern California (BASC). Willie introduced me to Mark Hoppe, president of the association, whom I met when he received a honey spinner that was donated to the BASC by Beverley and Don Durbin. Beverley was our office manager before she and Don retired to Arizona. Mark has experience working with bees on a very large commercial scale. Members of the BASC share their experience, knowledge and insight on beekeeping with each other, novice beekeepers and the public at their monthly meetings. If you are interested in visiting these meetings you can call Willie at (562) 494 8311 for information. Willie is also a very good source for raw local honey and superior bee products.



Industry and beauty are hallmarks of these small hard working animals.



Thanksgiving 2004

Hors d'oeuvre

Sundried Tomato & Roasted Garlic Torta	\$25.00
Mini Crab cakes with Kiwi Lime Sauce	\$24.00/doz.
Brie & Cranberry Chutney Bouchées	\$15.00/doz.
Parmesan Cheese Straws	\$15.00/doz.
Mini Corn cakes with Mango Salsa	\$15.00/doz.

Soups

Spiced Pumpkin Soup	\$12.50/qt.
Wild Rice & Smoked Turkey Chowder	\$12.50/qt.
Butternut Squash & Roasted Garlic Soup	\$12.50/qt.

stuffings

Traditional Bread Stuffing with Onions & Sage	\$8.50/qt.
Cornbread Stuffing with Apricots & Pumpkin Seeds	\$13.50/qt.
Bread Stuffing with Apples & Sausage	\$13.50/qt.

Approx. 1 qt. stuffing for 10 lbs. of turkey (serves 6-8)

vegetables & Salads

*Per 1qt./3qts.

Stuffed Sweet Potatoes with Cranberries, Pears & Pecans	\$3.95 each
Garlic Mashed Red Potatoes with Skins	\$12.00/\$30.00
Sweet Potato Casserole with Pecan Topping	\$15.00/\$37.50
Spiced Winter Squash with Fennel	\$15.00/\$37.50
Green Beans with Lemon & Garlic	\$12.00/\$30.00
Corn, Zucchini & Chili Sauté	\$12.00/\$30.00
Waldorf Salad with Cranberries & Pecans	\$12.50/\$32.00
Spinach Salad with Oranges, Pomegranate Seeds And Goat Cheese	\$35.00/(svs. 8-10) \$65.00/(svs. 15-20)

*1 qt. serves 5-6 3 qts. serves 12-15

Parties By Panache 2808 E. Imperial Highway, Brea CA 92821

714 - 572-2190

www.partiesbypanache.com

Breads and Condiments

Dinner Rolls	\$7.50/doz.
Cranberry-Walnut Braided	\$8.00/loaf
Pumpkin Bread	\$10.00/loaf
Confetti Corn Muffin	\$15.00/doz.
Panache Cranberry Sauce	\$6.50/pint
Tequila Apple & Cranberry Chutney	\$7.50/pint

Desserts

Rustic Apple Tart with Cheddar Crust	\$27.50
Sweet Potato Tart with Marshmallows & Pecans	\$25.00
Caramelized Pistachio, Walnut & Almond Tart	\$27.50
Gingerbread Cake with Cream Cheese Frosting & Candied Pistachios	\$32.50
Caramel Apple Trifle (in a glass trifle bowl)	\$50.00
Pumpkin Brulée Tartlets	\$3.95 each
Roasted Pears with Pomegranate Glaze	\$3.95 each
Cranberry Turtle Bars	\$2.95 each
Black & Orange Cookies	\$9.00/doz.
Hand Decorated Turkey Cookies	\$2.00 each
Mini Dessert Platters	\$25.00 (12" 25 pcs.) \$50.00 (16" 50 pcs.)

Birds

Raw Turkey, Cleaned, Seasoned and Ready to Roast	\$2.50/lb.
Roasted Turkey with Gravy	\$3.95/lb.
<u>Turkey</u> Sm. 12 to 15 lbs	Lg. 18 to 22 lbs

Gravies

Giblet Gravy	\$7.50/qt.
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Complete Thanksgiving Dinner Package

choice of 2 appetizers or a soup, a whole roasted turkey with choice of stuffing, gravy,
choice of one potato dish and one vegetable dish, cranberry sauce or chutney,
dinner rolls or bread, choice of 2 desserts.

\$32.50 per adult and \$16.25 per child (up to 13 years old.)

Minimum order \$200.00

Pick-up until 6:00pm Wednesday and until 1:00pm Thursday

Cranberry—Pistachio Biscotti

1 ³ / ₄ cups Flour	1 cup Sugar
½ teaspoons Baking Soda	2 large Eggs
½ teaspoons Baking Powder	1 teaspoon Orange Zest
1 ¹ / ₈ teaspoon Salt	1 ¹ / ₂ teaspoons Vanilla Extract
½ cup Butter	³ / ₄ cup Pistachios
	³ / ₄ cup Dried Cranberries

1. Using a large mixer, cream the butter and sugar until light and fluffy.
2. Add the eggs, beating one in at a time. Add the orange zest and the vanilla extract.
3. Fold in the dry ingredients and nuts, being careful not to over mix.
4. Shape the dough on a greased baking sheet in two long logs. Use all the batter.
5. Bake for approximately 20 minutes at 350 degrees. Remove from the oven and let cool.
6. Using a serrated knife, cut the logs crosswise into ³/₄" pieces.
7. Lay the cookies, cut-side down, and bake again for 7 minutes. Remove from the oven and let cool.

Stuffing: My Mother's Bread Stuffing

This year an American man and woman won a Nobel Prize in Physiology or Medicine for their discoveries of odorant receptors and the organization of the olfactory system. That is to say they were recognized for answering the question of how mammals organize and remember over 10,000 odorants or smells. I began watching Dr. Linda B. Buck's lecture on her discovery and I was soon out of my depth, but I agree that although I can't recall many things from my childhood, I certainly can remember the smells of Thanksgiving.

I was one of seven children and the girls helped cook while the boys were outside making snowballs and snow forts and generally acting like boys. It was very difficult to stay out of the house and away from the smells of turkey, stuffing, sweet potatoes with marshmallows, stuffing, cranberry sauce, stuffing, apple pie, stuffing. Oh, that bread stuffing aroma - the sautéed onions and celery in butter, with sage and thyme. I went back into the house often just to smell those wonderful Thanksgiving smells. And, of course, my favorite part of the meal was the bread stuffing with giblet gravy. There are many versions of bread stuffing with apples and chestnuts and oysters.

We offer our version of a traditional bread stuffing, which is as close to my mother's as my olfactory senses remember.

Mom's Traditional Bread Stuffing

1/4 lb. butter
 4 Tablespoons finely chopped onion
 4 Tablespoons finely chopped celery
 4 Cups dry bread cubes (made from stale white bread)
 1 teaspoon each Dried Sage, Thyme, Parsley.

Salt and pepper to taste

Melt the butter in a sauté pan and stir in the onion and celery. Cook over low heat until the onion is soft. Add this mixture to the bread crumbs and season to taste. (You can add a little chicken broth to moisten)

Cheryl Ekstrom: A Sage and Artist in Laguna Canyon *(continued from page 1)*

successful careers; Dennis operated an industrial pigment business and Cheryl operated an active sportswear business before retiring to work fulltime as artists. Dennis is now a renowned painter and Cheryl a successful sculptor. Her success can be measured by her commissions; her innovative creativity and vision as well as the fact that her work is eagerly sought by private collectors.

Cheryl Ekstrom creates sculpture using many media, from dipping working chandeliers in plaster, to melting stainless steel to create teddy bears. When the only medium that would solve a particular problem was automotive "bondo" Cheryl went out and learned how to use it. Cheryl welds, bends metal, makes plaster, molds clay, makes molds to pour hot bronze into, and works in stone. The sheer breath of the materials she is capable of working with is astounding.

Cheryl works in a high well lit studio that rests against Laguna Canyon's hilly walls. The studio is full of projects that are in progress, in restoration and complete. The space is made to appear small by the sheer volume of art and taking it all in, in a single day is a formidable task. However, as Cheryl guided me through each project, what she was creating, explaining or attempting to capture became evident, apparent and clear.

Art is all around - Cheryl sees art in the everyday as well as in raw materials specifically obtained for her sculpture. Cheryl has used mangos, drift wood, car jacks, pump junctions and abalone shells. If the object's form or texture has expressive potential it is saved until the appropriate project presents itself for the object's inclusion.

Extreme Unction: Warriors Against Angst - I spoke with Cheryl for an article on "Breaking Down The Orange Curtain," a public art piece that she created and which is now installed on Brea Boulevard. That was when I discovered the "Warriors." Cheryl has the original figures in her studio. When I told her I wanted to see them she invited me down. Cheryl explained that "Extreme Unction" was installed in the hills at Moulton Meadows Park in Laguna Beach. The show attracted over 1,000 people when it opened in 1997. People came who were in need of healing, people from oncology wards, people in wheelchairs, people carried on litters, many of whom stayed in the park from sunset until daybreak to be in the protective presence of the warriors. The warriors are an army of twenty larger than life armless beings equipped with shields and towering steel lances. Each figure is different. One is humanoid with the skull of an eagle, another has a cervid antlered head and yet another is a female headed figure with a large patrician headdress created from two enormous seashells. Silhouetted against the canyon sky and city lights multi-media figures are protectors, standing against misfortunes, such as disease, accident and despair. In earth centered spiritual traditions the Warriors would be totems, repositories of spiritual power that guard over those who have no earthly refuge. They are awe inspiring. This is abstract art at its very finest. While the installation and the figures of which it is comprised are subject to the viewer's interpretation, they also ground and center the viewer.

Metamorphosis - Cheryl's second show was playfully harrowing, featuring creatures in varying proportions, human and insect. Cheryl came up with the idea for a magnificent woman/spider when she saw a very oddly posed high fashion model. "The model's body was tipped back at an extreme angle," said Cheryl. "It was easy in this odd pose to imagine eight thin metal legs emerging from the model's torso. I experienced the metamorphosis." Cheryl set about creating spiders, wasps and flying women/insects.

The morphing woman/spider which is made of stainless steel is imposing and some people were actually quite frightened by it. "I had regular clients who would not come to the studio while the spider was here," said Cheryl. "At one point I put the spider on the roof where it was visible from the street. Rooftop security lights projected a huge spider-like shadow on the hill. I was told that this badly unnerved certain people and they began avoiding the studio vicinity at night.

"Dentou No Hokai" - Breaking Down Tradition In this show Cheryl explored the role of woman in one of the world's most refined and highly developed societies. The societal position of the Geisha is unique. She is an iconic being in Japanese and now world culture. While symbolizing on one hand sophisticated hedonism and ethereal elegance, she is on the other hand a virtual slave. The Geisha with all of her training in music, rhetoric and protocol is not to be discarded but Cheryl will certainly not leave this institution unchanged. Cheryl created life size and hauntingly life-like figures in magnificently colored robes. She then shattered the figures into pieces and put them back together again.

The Journeyman This will be Cheryl's next show. These figures are depictions of philosophers made out of an enormous variety of materials including everything from the branches of trees, sea shells and stone to burlap, velvet, and tin foil. Some of the Journeyman are even cast in bronze. Like human thought the journeyman encompass a multitude of colors, shapes, textures, and attitudes. While vaguely shaped they beckon contemplation, not dismissal. Like human philosophers the Journeyman cause us to think. In a typical Cheryl Ekstrom manner, the Journeyman do not suggest the content of thought; they suggest only the action. **The Journeyman will be shown at the studio of Dennis Ekstrom located 2135 1/2 Laguna Canyon Road beginning December 2, 2004. Check the "Events of Note" page at www.partiesbypanache.com for more information.**



The Warriors Against Angst: Over 1,000 people visited the installation in Laguna Canyon in 1997.



Viewed in the daylight the warriors become ghostly



Cheryl shows a coyote skull that she keeps in her supply cabinet, just behind a group of warriors.



A bronze from the Journeyman Series.

Celebrate Life With Your Family, in the Dining Room, Not All Alone in the Kitchen



*Support Breast
Cancer Research*



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