



Alliance Française-Lansing

dimanche	lundi	mardi	mercredi	jeudi	vendredi	samedi
septembre/September 2020						
		1 Conversation entre amis via Zoom 15H00	2	3 Conversation Café via Zoom 15H00- 16H20♥	4	5
6	7 US holiday (jour ferier) Labor Day	8	9	10 Conversation Café via Zoom 15H00- 16H20♥	11	12
13	14	15 Conversation entre amis via Zoom 15H00	16	17 Conversation Café via Zoom 15H00- 16H20♥	18	19 AF Virtual Soirée
20	21	22	23	24 Conversation Café via Zoom 15H00- 16H20♥	25	26
27	28	29	30			

- Conversation Café is coordinated by Amie Kovitvongsa amiekovit@gmail.com

Alliance Française-Lansing Virtual Soirée

In view of the complications created by the coronavirus, the Alliance Française-Lansing Board of Directors discussed ways to provide an alternative to member-hosted in-person soirées. The alternative the Board is proposing is a video-based gathering that will use Zoom technology.

Members can join the Zoom session at about 7:00 pm. Once in the Zoom meeting, members can choose whether they want to chat in English or in French.

Each member will receive an Evite for the gathering. Each participating member will RSVP to the invitation and click on "view message from host" to find the link to the Zoom session and the password. These details will also be posted in the AF newsletter.

You do not need an account to join a Zoom meeting. However, you will be prompted to download the software when you join your very first session. There are easy tutorials online for using Zoom.

You may also contact Darcy Greene at 3m.darcy@gmail.com if you would like help setting up Zoom and trying out its features before the gathering. Then join us for a Zoom discussion and virtual soirée at 7:00. (*Excerpted from Darcy Greene's article in the July newsletter*)

Saturday September 19th from 7-8pm
Meeting ID: 971 3844 4724,
password: soiree
<https://msu.zoom.us/j/97138444724>

News from the Alliance Française-Lansing Board of Directors

The Board of Directors of Alliance Française-Lansing voted unanimously to adopt a proposal to waive membership dues for 2021. The board recognizes that the Covid 19 pandemic has had a negative impact on AF-Lansing activities this year but hopes that activities will return to normal in 2021.

Election season is in the air...including at AF-Lansing!!!

Our local AF-Lansing group is managed by a voluntary Board of Directors. According to our by-laws, each board member shall serve for a 2-year term. The following board positions will be vacant and up for appointment in December of this year:

- President: The President performs all duties normally associated with the office of President and such other duties as prescribed by the Board
- Secretary: The Secretary keeps the minutes of the meetings of the Board of Directors, the Annual Meeting and any special meetings of the membership. The Secretary also keeps a register of the members and sends out all notices, and makes reports of the activities of the corporation, as required.
- Member at Large: the member at large performs duties as prescribed by the Board

We would like to thank Yasmina Bouraoui and Gaëlle Cassin-Ross, who served as Co-Presidents; Nancy Kelly who served as Secretary; and Amy Sheppard and Caroline Bruce who served as Members at Large during these past 2 years.

The board positions of Vice-President (Josie Wojtowicz), Treasurer (Brian Kelly), and Member at Large (Darcy Greene) have terms that will continue through 2021.

Are YOU willing to serve? We need some of our wonderful members to step up and serve our small but mighty organization.

Please e-mail president@aflansing.org if you have interest in serving in one of these elected roles, or if you wish to serve on the nominating committee that will be appointed by the Co-presidents before September 30. The election will take place the first week of December, 2020.

French Classes

Enroll now for the 13 week all-new, all virtual Aux Petits Soins Fall session which starts on September 7.

APS *Explorers* enrollment is throughout the year. APS *Travel Bugs* or *World Citizens* enrollment is at the beginning of the school year.

For more information, go to apsfrenchclass.com or contact Gaëlle at: gaelle@apsfrenchclass.com

Join the Virtual Conversation Entre Amis with Zoom!

Use the camera on your phone or computer to log into the website below at the time of the meeting. Click to join the meeting and we can meet from the comfort of our couches!

Nancy Kelly is host.

Topic: Conversation Entre Amis

Time: Tuesday, September 1 and Tuesday, September 15, 2020 **15H00** EDT

Join Zoom Meeting

<https://msu.zoom.us/j/6464662370> Password: soiree

The Food Section:

If you have a French recipe that you would like to share with members, please send it to me: marcsullivan@orange.fr

Caponata Recipe [Suzy Karadsheh](#) *This is technically a Sicilian recipe. It has been called the Sicilian version of ratatouille and is an excellent recipe for using up some of your summer vegetables.*

Sicilian caponata is a tasty salad or relish made of eggplant with onions, celery, and tomatoes and augmented with tangy olives and capers. It's best the next day, so try to make it ahead and store it in the fridge in a tight-lid mason jar. Bring it to room temperature before serving.

PREP TIME 20 mins

COOK TIME 45 mins

COURSE: Appetizer, Entree, Salad

CUISINE: Italian

SERVINGS: 6 people

CALORIES: 91.3 kcal

EQUIPMENT

- Sheet Pan
- Braising pan or large skillet

INGREDIENTS

- 1 large eggplant 1 ¼ lb or so, cut into 1-inch cubes
- Kosher salt
- EVOO
- 1 yellow onion chopped
- 1 red bell pepper cored and chopped
- 2 small celery stalks thinly sliced
- Black pepper
- 1 cup crushed tomatoes
- 2 tbsp capers
- ¼ cup pitted green olives roughly chopped
- ¼ cup raisins
- 2 teaspoons honey more to your liking
- 1 bay leaf
- ¼ tsp to ½ tsp crushed red pepper flakes
- ¼ cup red wine vinegar
- ¼ cup dry white wine
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped fresh mint

INSTRUCTIONS

1. Heat the oven to 400 degrees F. Season the eggplant cubes with salt (if you have the time, set it aside in a colander to sweat out its bitterness for about 20 or 30 minutes, while you prepare the remaining ingredients. Pat dry with paper towel).
2. Place the seasoned eggplant cubes on a sheet pan, add a generous drizzle of extra virgin olive oil (about 3 tablespoons or so) and toss to coat. Roast the eggplant in the heated oven for 25 to 30 minutes or until browned.
3. Heat 2 tablespoons of extra virgin olive oil in a large skillet. Add the onions, bell pepper, and celery. Season with a pinch of kosher salt and black pepper. Cook for about 5 to 7 minutes, tossing regularly until softened.
4. Add the tomatoes, capers, olives, raisins, honey, bay leaf and crushed pepper flakes. Pour in the vinegar and white wine. Stir to combine. Simmer on medium-low heat for 10 minutes.
5. Stir in the roasted eggplant and cook for another 2 to 3 minutes in the sauce. Finish with fresh parsley and mint.

NOTES

- **Cook's Tip:** Salting the eggplant and allowing it to sit for a few minutes helps it "sweat out" any bitterness and improves its spongy texture. If you have the time, leave the salted eggplant in a colander for 20 minutes or so while you prepare the rest of the ingredients.

- **For best flavor:** Let the caponata sit at room temperature for 1 hour before serving, or store in the fridge overnight and serve cold or at room temperature. I like to serve it with toasted Italian bread such as ciabatta.
- **If serving with toasted ciabatta:** Slice the bread and brush each slice with a bit of evoo on both sides. Arrange on a sheet pan and toast in your heated oven for about 10 minutes until golden brown (I do this while the eggplant is roasting).

NUTRITION

Calories: 91.3kcal Carbohydrates: 15g Protein: 2.2g Fat: 1.3g Saturated Fat: 0.2g Sodium: 228.9mg Potassium: 435.4mg Fiber: 4.7g Sugar: 8.2g Vitamin A: 955.2IU Vitamin C: 34.7mg Calcium: 35.3mg Iron: 1.2mg

Vocabulary lesson

Word of the day: *décevant (e)* (Underwhelming as in the sentence “The response to the Covid-19 Humor Contest was underwhelming.”) *La réponse au concours d’humour était **décevante**.*

Stay safe, stay healthy, wear a mask.