

Quick, easy ... and thoroughly sloppy!



Turkey Sloppy Joes

Photo Susie Iventosch

By Susie Iventosch

Sloppy Joes are one of my favorite quick meals. They are like a burger with all the fixings, but all mixed together from the get-go. And they are super easy to make. You sauté the meat (I like to use ground turkey) along with mustard, ketchup, caramelized onions

and a little soy sauce for good measure. The problem I have is that my husband doesn't like the sweet taste once the ketchup is added, so he won't go near them. But that all changed with this last batch, when I added medium salsa in place of the ketchup. It was a winner, and I may have even convinced myself to

make them this way from now on. Although, I do love the original version, so I've included both here for you! Also note, that you can use whatever ground meat you like in this recipe from ground chicken to turkey, bison, beef, venison or elk.



Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.

Sloppy Joes

(Makes 4 Sandwiches)

INGREDIENTS

4 hamburger buns or large biscuits
1 pound ground turkey
2 tablespoons canola oil or olive oil
1 large yellow onion, coarsely chopped
1 clove garlic, minced
1 teaspoon dried oregano
1 teaspoon sugar (optional)
2 tablespoons yellow mustard (can use Dijon)
1 tablespoon soy sauce
3/4 cup ketchup (or medium salsa)
1 teaspoon fresh squeezed lemon juice
1/2 teaspoon salt
1/2 teaspoon ground pepper
1/4 cup water (more or less as needed for consistency)
Garnish: 1/2 cup grated sharp cheddar cheese

DIRECTIONS

Heat oil in large skillet. Add onions and sauté over medium-low heat until browned and beginning to caramelize. Add minced garlic, oregano and ground turkey, and continue cooking until the meat is thoroughly cooked, breaking up the meat with a meat chopper or wooden spoon as you go. Then, mix in mustard, soy sauce, ketchup (or salsa), lemon juice, and season to taste with salt and pepper. Heat for about 5-10 minutes over low heat to allow all flavors to meld. Add water if and as needed for consistency. Can be made ahead and frozen or refrigerated for several days. Reheat meat mixture before serving.

When ready to serve, heat Sloppy Joe mixture and spoon over toasted bun or biscuit. Sprinkle grated cheese on top of meat before closing the sandwich.

The Saclan Indians – Lamorinda's first residents



Photo courtesy Moraga Historical Society

Various Saclan artifacts on display at Historical Center

By Vera Kochan

Over 200 years ago, the Saclan Indians thrived within the area now known as Lamorinda. With tribal borders as far north as Highway 24, south to the Alameda County line, east through Burton Valley and west to Canyon, the Saclans belonged to the East Bay Miwok tribes (a branch of the larger Miwoks).

There is documentation of the Miwok peoples dating back to 1579, by a priest who was on a ship commanded by explorer Sir Francis Drake. Specific ref-

erences to the Bay Miwoks appear in California Mission records dating back to 1794.

The Saclans were believed to have been called "Saclanes" by the Spaniards and have also gone by the spelling of "Saklans."

As noted in an article by Maria Forester, "Bay Miwok of Contra Costa County," several villages were scattered throughout the Lamorinda area with a population of 70-200 people in each. The villages were built next to streams or creeks for the fish and water supplies. Tribal dwellings con-

sisted of dome-shaped structures called tule houses. Tules are large bulrushes that grow along shorelines of freshwater wetlands. Their seeds were edible and the reeds were used to make baskets, cord, clothing and sandals.

The Saclan men hunted for meat, fish and birds. Often the menu included such animals as ducks, deer, rabbits and even rodents, caught with hunting tools fashioned from bones or wood. These implements consisted of spears, arrows, knives, clubs and nets. The women gathered food from the earth, collecting and preparing herbs, nuts, and greens. Forester stated that acorns were an important and plentiful source of nourishment, adding that the tribe was grateful for anything that nature provided and believed that every living thing had a spiritual power. With this doctrine in mind, nothing was ever wasted, and the Saclans only took what they needed from the land.

While typically preferring to wear barely any clothing, animal skins and grasses provided some protection during the colder months of the year. According to Moraga Historical Society President Susan Sperry, "They also used to take mud and smear it on their bodies to protect against the cold." By contrast, jewelry was always worn and came in the form of

shells, bones and wood. Tatoos were also a popular choice of adornment. Saclans typically wore their hair long and only cut it short as a sign of mourning. That being said, they were known to enjoy a good party and loved to dance, often incorporating it into their various ceremonies.

Forester explained that each village had its own leader who was a problem solver and tribal judge. The title was inherited and passed down from father to son. The offspring of Saclan tribal leaders were expected to marry members from another village. This philosophy was simple. With so many relatives in various tribes there was a good chance of keeping peace throughout the region. With this goodwill, came open trading of goods that extended to all of the Bay Miwok tribes beyond the Lamorinda area.

While it may seem that the Saclans lived a harmonious and bucolic lifestyle, when push came to shove, they were known to defend themselves against Spanish influence, often raiding local missions to "kidnap" fellow tribesmen who had voluntarily chosen to enter a Christian existence.

It is this contact with the Spaniards and the eventual exposure to foreign diseases that became the beginning of the end for the Saclan population. Many of today's descendants

have intermarried with the larger Chochenyo Ohlone community.

Saclan artifacts and burial sites have been discovered throughout the Lamorinda area. "We have several artifacts such as jewelry, arrowheads and sewing utensils at the Historical Center that have been authenticated by the Smithsonian Institute," said Sperry. "We invite people to visit us and see them." Skeletons, mortars, pestles and arrowheads have been found at Saint Mary's College. Also unearthed was a skeleton near Mt. Diablo Boulevard and Lafayette Circle; skeletons and artifacts at McDonnell Nursery on Moraga Way; mortars at the Moraga Adobe, San Leandro Creek in Canyon, Las Trampas Creek in Bollinger Canyon and Moraga Creek near the country club area. Arrowheads have been found in caves above Rheem Shopping Center. Spearheads, arrowheads and shell jewelry turned up near Redwood Inn in Canyon.

The Saclans may have disappeared from the area long ago, but they have inadvertently left behind the bits and pieces of a culture that lived off the land and revered it for all of its life-giving sustenance and joy – treasures for Lamorindans to continue to discover and learn from for years to come.

Some emotional side effects from sheltering in place

By Margie Ryerson, MFT

By the time you read this, we all will have spent over two months sheltering in place, experiencing many real and potential consequences from this pandemic. It is a time of great worry and upheaval for just about everyone.

As a therapist (using remote methods of communication now), I've been aware of certain emotional responses to our current need to isolate and the toll it takes personally and on our relationships. In addition, financial hardship and uncertainty for many, school closings, childcare worries, and the threat of exposure to COVID-19 all make for a difficult mix of emotions.

Some side effects of our recent frustrations, worries and fears may include:

- 1) Having less patience and tolerance with other people. When we feel stressed, we can easily discharge our stress onto others if we're not careful. The psychological term is displacement, and its function is to release our negative feelings in order to avoid having them swirl within. People rarely do this consciously, but it is a common means of finding some relief, an unhealthy coping mechanism that comes at the expense of others. One way to combat this is to be highly aware of our underlying feelings, especially frus-

tration, worry and anger, and deal with them in more constructive ways than lashing out at others.

- 2) Having less patience and tolerance for frustration. When our world has suddenly shrunk, little things that wouldn't bother us as much in the past are more magnified. We all have heard about some people's reactions when stores have run out of certain supplies. Sometimes the problem is with a computer or a washing machine or food deliveries. Certainly, people demonstrating with guns to push for earlier reopening of society fall into this category. Many feel less control in their lives, and distress that life has become more difficult and unpredictable. When we're already saturated with frustration, fear or worry, it can be hard to accommodate one more thing.

- 3) Not taking good care of ourselves, physically and emotionally. During this difficult time, we need to have patience with ourselves. We have many more challenges now and it isn't easy to always do our best. This is a time to relax some of our standards for ourselves, whether it's getting things done, having a clean house, eating only healthy food, or being the best partner, parent or adult child. In other words, when there are already so many external pressures, it helps to relax our internal

ones. When we feel positive about ourselves, we can plan and execute more effectively and make good choices.

One client, whom I'll call "Denise," is a single mother who has been sheltering in place with her two children under the age of 9. Her ex-husband lives three hours away and has a young child with his new wife. Denise works part-time, from home now, and has had to add in the role of caretaker and teacher to her children who would usually be in school while she worked. Denise suffers from long-term depression and anxiety, and the current situation has heightened her feelings of worry and despair. At the same time, she tries to constantly present a good face to her children to help them feel safe and secure.

Denise has added to her current burden by continually questioning her ability to be a good mom and an adequate teacher for her kids. She says she has a feeling that others are doing a much better job than she is. With no available childcare relief right now, she also feels isolated, out of shape physically, and out of sync with the world. Unfortunately, her current coping mechanisms have involved excess food and alcohol.

There isn't much that Denise can do about the hardships she's facing due to the pandemic, but she does have

the ability to revise her image of herself. This is the time when we need to focus on our strengths and not on our weaknesses. Denise needs to be proud of all she's done to help her children through this exceptional time. She has managed to keep up with her work as well. She assists two of her elderly neighbors by ordering food for them along with her food orders. Denise needs to realize that everyone is struggling in one way or another, and to stop comparing herself to an imaginary ideal.

In addition, Denise is putting unneeded pressure on herself to present a positive image to her children at all times. Children are capable of witnessing their parents' sadness and frustration as long as they feel secure. Allowing our children to have a small window into our reality, while being careful to shield them from too much of our distress, gives them more understanding of life's challenges. If they see us facing problems and trying to deal with them effectively, they will be better equipped when it's time to manage their own problems.

This is also a time where we need to allow ourselves to lean on others emotionally. Sharing our sadness about what we miss in life and our worries and frustrations helps us unburden ourselves. Having enough support through this time of potential emo-

tional depletion will help fill us up. Denise was stuffing down her feelings with food and alcohol and becoming more depressed in the process. We need to find ways to help release our anxieties. Talking, exercising, meditating, doing yoga, playing music, cooking, playing games, and doing crafts are just some of the many options we can turn to.

Some people had significant struggles getting along with partners, children, and others before sheltering in place, and now the situation has become exacerbated. It is very important for those who are in difficult relationships right now to reach out to professionals for help. And, of course, if there is abuse present it is essential to get help. The 24-hour Contra Costa Crisis Hotline phone number is: 1-800-833-2900.



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