



Metropolitan Muse

Sigma Alpha Iota

New York Alumnae Chapter

Phi B Province

President's Letter

Dear Sisters,

I am so excited for this year with you all. If I haven't met you yet, my name is Grace Lazos and I am your President for 2018-19. My alma mater chapter is Alpha Mu at Carnegie Mellon, and I joined NYAC last year when I moved to Brooklyn to become a Music and Theater teacher.

But enough about me, let's talk about our chapter. Here is your Executive Board:

Michelle Ammirati- Vice President - Membership

Erica Koehring- Vice President - Ritual

Deanna Roberts- Treasurer

Lynne Schreur- Recording Secretary

Caroline Fjeldheim- Corresponding Secretary

Nicole Davidson- Editor

We met at the end of August to discuss our Chapter Goals and how we were going to work to meet the National Objectives for 2018-21. There are a lot of great ideas brewing, which we will roll out at our first meeting, but primarily we are looking to have two service events a semester and one Fundraising event a semester. Deanna Roberts is also working to allocate some of our Fundraising earnings to subsidize sisters' participation in Social Events, so we will keep you posted there!

Deanna and I were able to attend Officer Training at The Hartt School on September 15th. We collaborated with some collegiate officers as well as a delegate from the Boston Alumnae Chapter to brainstorm ideas to bridge collegiate and alumnae relations. If you also have ideas for social or service activities, please bring them to our first meeting!

Thank you to all of you who came to our Welcome Luncheon, I am so excited to see you at all of our future events!

Love and Roses,

Grace Lazos

Fall 2018

Nicole Davidson, Editor



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Welcome Back!

On September 22, we had our annual Welcome Luncheon at Stout NYC. We loved seeing many smiling faces, old and new, and are looking forward to a wonderful year of sisterhood!



Happy Birthday!

Wishing a very happy birthday to:

Michelle Werner (October 1)

Nicole Davidson (October 1)

Lynne Schreur (October 21)

Sara Bong (November 6)

Leah Hawkins (November 6)

Kamala Sloss (November 11)

Do YOU want your big day published? Don't forget to fill out your membership form!

Upcoming Events

October 20 – Formal Meeting, Affiliation Ceremony, and Memorial Ceremony

(Hostess: Michelle Ammirati)

Join NYAC for an affiliation ceremony for new members as well as a memorial ceremony for Member Laureate Katherine Hoover who passed away.

November 11 – Informal Meeting

Hostess: Grace Lazos

Come give thanks with SAI!

December 15 – Holiday Potluck and Musicale

Hostess: Lynne Schreur

Share your holiday spirit and musical talent at our annual potluck event!



SAIs Take Arizona

Submitted by: Angela Zurlo

Someone once described the heat as opening a hot oven, so dry that it sucks the moisture from your skin. This was precisely my experience when exiting Sky Harbor Airport, the discomfort of which I quickly forgot: for I was greeted by a group of new, friendly SAI faces as I boarded the shuttle to the 49th National Convention.

I didn't believe it at the time, but you do grow accustomed to the weather - especially when roaming the convention center, grinning at fellow sisters (who you'd never met before) and squealing as you run to those you haven't seen in eons. When I think back on those five days, it seems impossible all that we fit into that time: daily general sessions; sisterhood-wide rituals; multiple concerts and meals together; and, naturally, shopping for any SAI gear you can imagine at Phlea Phlam.

We also spent an afternoon at the Musical Instrument Museum, where a mere afternoon is *not* enough for it all! They have instruments owned by pro musicians, and organized by country, and some made from recycled materials. I was partial to the cello constructed from an old oil drum.

Most of all, convention revives you for the years ahead. I met sisters who affiliated two months prior, and sisters who were members for seventy-five years. I hung out with the NEB and with fellow non-delegates. We're all sisters. And after five long, tiring days, we still stand outside in the 105-degree weather waiting for our airport shuttle, and say, "Do I really have to leave?"

(The answer, truly, is no: for even after I'd arrived home at Newark Airport, I bumped into someone I'd met in Phoenix who'd been on my flight the entire time!)



General Session begins!



Lynne and Michelle in their accidentally color-coordinated fashion!



Recycled instruments at the Musical Instrument Museum!

Congratulations to NYAC...

For receiving the Phi B and Region
VIII Alumnae Chapter Achievement
Award!



*(Pictured: sisters Angela Zurlo (left) and
Michelle Ammirati (right) with Province
Officer Michelle Werner (center))*

Montclair Gamer Symphony Orchestra

Submitted by: Angela Zurlo

The Montclair Gamer Symphony Orchestra returns for their third SMASHING year! With the release of Super Smash Bros. Ultimate on Nintendo Switch, the MGSO will premier a medley of Smash themes over the years - from its humble beginnings on the Nintendo 64 to now, with Ultimate slated for release the day before the concert. How's that for timing?

The MGSO features several NYAC sisters, including Alyssa Menes (founder/conductor, Friend of the Arts), Chris Erickson (clarinet, Patroness), and Angela Zurlo (flute, Friend of NYAC).

Our next concert is:
Saturday, December 2, 2018
2:00 p.m.
Little Falls Methodist Church
139 Main St.
Little Falls, NJ
More details can be found at:
montclairgso.com

Making Macarons!

Submitted by: Michelle Ammirati

Ingredients for macarons:

- 1 cup of almond flour
- 2 cups of powdered
- 3 egg whites at room temperature
- 1/4 tsp cream of tartar
- 1/4 cup granulated sugar
- 1 tsp vanilla extract
- Pinch of salt
- Red gel food coloring (not liquid – must be gel!)

Ingredients for filling

- 1 stick of unsalted butter softened
- 1 1/2 cups of powdered sugar
- 2 tbsp heavy cream or whole milk
- 1/2 tsp vanilla extract
- Preserves, jam or jelly of choice (I used cherry preserves)

To make the macarons:

- 1) Preheat an oven to 275 degrees
- 2) Sift powdered sugar and almond flour together.
- 3) Beat egg whites, cream of tartar and salt on high until foamy. Slowly add the granulated sugar and continue mixing until soft peaks form.
- 4) Add vanilla and gel food coloring.
- 5) Continuing mixing until stiff peaks
- 6) Pour the almond mixture over the egg whites slowly and fold together. When the batter reaches ribbon stage, it is ready.
- 7) Prepare pans with parchment paper. Using a decorating bag and tip, pipe 1 inch circles of batter spaced at least 1 inch apart.
- 8) Bang pans on the counter a few times and let sit for 30 minutes to form a skin.
- 9) Bake for 18-20 minutes.

Prepare buttercream:

- 1) While the macarons are cooling, beat the butter on medium until smooth.
- 2) Add the powdered sugar and mix for 1-2 minutes.
- 3) Add the heavy cream or milk and vanilla. Add more if needed until you achieve the desired consistency.

Assembly:

- 1) Once the macarons are completely cool, pipe a ring of buttercream leaving a space in the middle for the preserves.
- 2) Fill a plastic bag with preserves, cut of the tip and pipe into the center of the macaron.
- 3) Pipe a small bit of buttercream of the preserves and sandwich macaron with another cookie.



Melodia Women's Choir

Submitted by: Michelle Ammirati

Where Shadow Chases Light

Fall 2018 Melodia Concert

This group features three sisters:
Michelle Ammirati, Caroline
Fjeldheim and Jenny Clarke.

**Saturday, November 17 at 7:30,
Holy Apostles Church**

**Sunday, November 18, at 3:00 pm,
West End Collegiate Church**

Featuring the world premiere of
commissioned work by award-
winning Anglo-Armenian composer
Cevanne Horrocks-Hopiyian. This
dynamic work explores the life and
writings of Zitkala-sa, one of the most
influential Native American activists
of the twentieth century.

Plus... the New York premiere of
Deanna Witkowski's *Where Shadow
Chases Light*, and works by Gustav
Holst, Eric Whitacre, Elena Kats
Chernin, and Gyorgy Orban.



Do you want YOUR upcoming performance
highlighted? Send your stories in to be published in
the next edition of the Metropolitan Muse! Contact
Nicole (nicole davidson18@gmail.com)