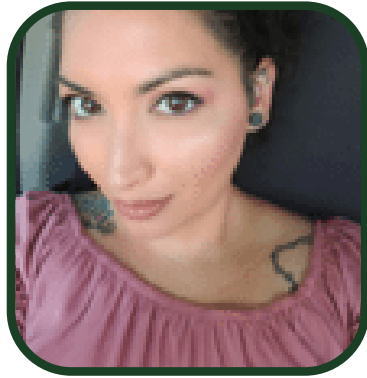




THE SCOOP!

THE PUERTO RICAN UNION OF MUTUAL AID



MESSAGE FROM THE PRESIDENT -Monique

Can you believe that June is just about over and what a busy month it has been! With San Francisco's 2022 Carnaval, Father's Day and Western Region Puerto Rican Council's 42nd "El Dia de San Juan" Festival and PRIDE Month, a lot has taken place. I want to take a moment to thank all those that helped and participated in Carnaval and "El Dia de San Juan" festivals, they were both big successes and we all had so much fun that attributed to their success.

It's clear to see that PRUMA is raising from the ashes and you can feel the vibrations and renewed spirit of the club! I would really like to acknowledge Joann & Laura for spear heading the El Dia de San Juan festival and for all of the new members and rejoining members who stepped up and made it all possible. Our line was nonstop. Next month we will post in the newsletter the results of our labor.

We are so excited about the new members and plans for the future. With that said I want to welcome our newest members Al Jaimies, Maria Ramirez, Allen Eberley and Pete Ramos. We want to continue to encourage you to come out and participate in the club and invite friends and family to join. Our monthly meeting will be held next Sunday the 26th at 1:00pm at the PRUMA Center and immediately following the board will be hosting a finger food luncheon. We are excited to be reestablishing our potluck luncheons after our general meetings. We hope you stay and mingle with your friends and family. In closing I want to wish you all a safe Independence Day and thank you all for your continued encouragement and participation!

SUNSHINE

Please keep Doris Melendez in your thoughts and prayers. She is in the hospital and had surgery.

Long time member Marie Pagan needs your prayers. Marie fell and broke her humorous and has been in the hospital. She was transferred home from a skilled nursing facility and is recovering peacefully with her family caring for her as it will take 6 weeks to heal.

Mr. Julio Rodrigues from Makaha, Hawaii passed away. Mr. Rodrigues was the guest musician for PRUMA's Jibaro Festival in 2019. He was well known throughout the islands and was the oldest Cuatro player in Hawaii that also traveled to Puerto Rico to share his love of the Cuatro. May his family find comfort in the wonderful memories and music he made.

NEW BOARD MEMBERS

Veronica Nunez has graciously accepted a position on the board of trustees. She will be handling the instagram account among other activities. Michelle Escoto has accepted the position of Treasurer. Thank you both for stepping into these positions. If anyone is interested in being a board member, contact Monique Gonzalez-Jaimies.

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El Dia de San Juan Festival & Carnival 2022



PRUMA sold raffle tickets \$1.00 ea in advance and 2 for \$5 at the venue at the 2022 El "dia de San Juan" festival in an effort to earn money for hall repairs. All three winners bought their ticket from a PRUMA ticket seller. Thank you Glenn Hernandez who sold 1,000 tickets. I think that is a new record in ticket sales. Way to go PRUMA! More information in regards to how much money we made in next newsletter.

It was unanimous, PRUMA had the best food at dia de San Juan. With Jojo Carvalho leading the troops, her second in command, Laura Valdivia making 18 pots of gandule rice at the park. And all the men who followed directions from Jojo. To all the helpers, a big Thank You! We wouldn't have been so successful without these people. I will name everyone next month, I'd hate to forget someone. The line never stopped. Thank you to all the helpers who gave time to come to PRUMA and chop vegetables, wrap pasteles and spoons and forks in the napkins.

In regards to Carnaval, a BIG shout out to WRPRC Chairperson Carlos Feliciano, who provided his trailer to construct the float for the Puerto Rican Club's (CPRSF, PROUD and PRUMA) participation in Carnaval. The PRUMA members who was involved in helping with decorating the float were Monique Gonzales-Jaime's, Daniel Jaimes and Anita Valteau. They also walked the parade route from beginning to end with Baby Jaime's adding the cuteness factor styling her Puerto Rican dress...WEPA!

TENTATIVE GENERAL MEETING SCHEDULE

All meetings are scheduled on a Sunday at 1:00 pm

- June 26, 2022
- July 17, 2022
- August 21, 2022
- September 18, 2022
- October 16, 2022
- November 20, 2022
- December 18, 2022

After each meeting, we plan on having a potluck. We need to spend the time to get to know other members of PRUMA. June's meeting treats will be supplied by the board.



Photos by Doll Rivera



Photos by Doll Rivera



Photos by Doll Rivera



- Camille Lopez 6/13
- Carlos Feliciano 6/16
- Nicole Rodrigues 6/19



RECIPE OF THE MONTH

<https://latinamommeals.com>

BACALAITOS

@reallygreatsite

Bacalaitos is known as one of the best Spanish appetizers. Seafood meets pancake in this savory appetizer that is the perfect appetizer recipe for a crowd in the warmer months.

If you're Puerto Rican or had the pleasure of visiting the Island or even a community with a deep Puerto Rican heritage, you've most likely have been served bacalaitos Goya at some point. They're flavorful and convenient to make. But homemade bacalaitos will always win. Am I right, or am I right?

The flavor profile of bacalaitos is fresh and bold. The key to ensuring you have the best bacalaitos recipe is to soak the codfish overnight in water. This ensures you do not have a "too salty" bacalaitos batch. Once you've drained the codfish resoak it for another hour or two. You do want some natural salt, but the salted pollock is highly concentrated in salt. Two separate soaks does the trick.

When making fresh bacalaitos, fresh ingredients is key. Add finely chopped onions, red pepper, cilantro, and some oregano (this can be dried). Bacalaitos has the convenience of being a hand holding appetizer just like empanadas, but it's like a savory pancake. Light and fluffy, and the flavor is seriously out of this world with boldness! You can easily make a ketchup mayo sauce or even a garlic aioli to take it up another notch.

First, it starts with choosing your fish. I'm choosing these boneless and skinless salted Pollock Chunks. The main thing is making sure it is salted (and in my case, boneless and skinless). This fish is the go to for an authentic Puerto Rican bacalaitos recipe.

I highly suggest you let the fish take a water bath for a few hours. Which looks like first rinsing the fish, then putting it into a bowl with fresh water, and changing the water every three hours. Have the fish refrigerated for this water bath. Do this for a total of 6 hours.

Next, you're going to put your fish into a pan with 3 cups of water and a teaspoon of white vinegar. Over medium high, let it come to a boil and simmer for five minutes. Then remove pan from heat and let it cool enough to touch. While the fish is cooling, you'll work on your batter.

Take two cups of white all purpose flour, and add in fresh chopped parsley, fresh chopped cilantro, fresh chopped onions, fresh chopped red bell pepper, some oregano, ¼ packet of sazón or Bijol for coloring, black pepper, and 1 ½ teaspoons of baking soda. I also add a little homemade sofrito, but that's optional. Mix it and wait.

Baking soda helps it fluff up while cooking.

Now that the fish has cooled, you're going to break it up as finely as desired. But reserve the water! So this looks like pouring the fish into a separate bowl using a colander and saving 1 cup of the salt water. This helps preserve the taste of the fish for the bacalaitos.

Add in 1 cup of the bacalaitos water into the flour mixture and mix. Next add in 1 to 1 ½ cups of fresh water into the mix. The thinner the batter, the crispier the bacalaitos. Mix it all to form a pancake like batter and fold in the fish.

I suggest letting it sit for about 5-10 minutes before frying it. When you fry it, add in about a ¼ cup and don't just dump it in like a pancake, try to make it into a line. Fry it until the edges are golden colored before flipping it over. About 2 minutes per side. Now that's how you make codfish fritters!

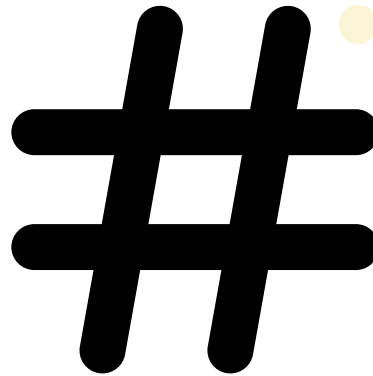
IN THE SPOTLIGHT

Carmelo Anthony



Known as “Melo”, NBA star Carmelo Anthony currently plays for the New York Knicks, after starting his career with the Denver Nuggets, who drafted him. Not only has he had success in professional basketball, Anthony has also won 3 Olympic gold medals as part of Team USA in 2008, 2012, and 2016, and one bronze in 2004. The son of a Puerto Rican, he regularly helps out with community projects in Puerto Rico, where he fixes sporting facilities for communities in need.

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HASHTAG OF THE MONTH

#THINGSMYPUERTORICANABUELASAYS

Tweet your favorite, meaningful or hilarious thing that your abuela says. Get ready, it’s a long one! Use #thingsmypuertoricanabuelasays and your hashtag might be featured in our next PRUMA newsletter. Spread the word and let’s make this fun!

SOCIAL MEDIA

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