#### THE C.E.S.



#### Jazz Concerts at RCA January 10-11

The Music Department at Cooperative Educational Services' (CES) Regional Center for the Arts (RCA) invites you to attend two nights of jazz – on Wednesday, January 10, and Thursday, January 11. Both performances begin at 7:00pm in the RCA Main Theater located at 23 Oakview Drive in Trumbull. Admission is \$10 for adults and \$5 for students, children, and seniors, at the door, general seating.

All proceeds support RCA programs. Both performances will feature students from Bridgeport, Easton, Fairfield, Monroe, Newtown, Redding, Shelton, Stratford, and Trumbull, performing musical selections made famous by Duke Ellington, Harry Belafonte, Laufey, Bill Evans, Antonio Carlos Jobim, Paul McCartney, Carla Bley, Abbey Lincoln, Taylor Swift, and many other renowned artists.

"RCA students are accustomed to giving 110% on stage," states alumna Julia Aubrey. "The passion that every student and teacher has for music is remarkably evident in every performance. This intense spirit always envelops the audience and makes for an amazing experience for both the patrons and the performers." Written by Dr. Anthony DeQuattro



#### Legislative Breakfast on December 8th!

On December 8, 2023, CES organized a meeting, inviting superintendents, state representatives, and Board of Education members to discuss pressing issues affecting our education system. The attendees engaged in a productive conversation, covering topics such as students' mental health and school climate, the Teacher Certification and Recruitment program CES has, teacher evolution and Professional Development and Evaluation Committee (PDEC), social media education, and special education. All of these topics were followed with resources CES provides and new ideas on how to further these conversations.



#### **Holiday Celebrations here at C.E.S.!**

#### **PLC Holiday Sing - Along**





**TDP Cookie Day** 





**C.E.S. Holiday Card Contest Winners** 





#### **Holiday Celebrations here at C.E.S.!**

#### TLC Sounds of the season!





**TDP Paint and Snack** 





**40 Lindeman Lunch-in** 





#### Visits from Santa here at C.E.S.!



#### RCA Pulls off Four Shows in Two Weeks

RCA students were working extra hard this winter season to pull off four shows over two weeks! A reading of A Christmas Carol, Dance Demo the dance departments showcase, an all female version of lord of the flies and a musical theatre showcase featuring numbers from Into the Woods, Shrek the Musical, and Beauty and the Beast. All of the students did an incredible iob and we cannot wait to see what they do next semester!









### C.E.S. COOKS WITH IVY GUZMAN





#### **DOMINICAN SANCOCHO**

- 1 Lb. of beef chuck, cubed
- 1 Lb. Chicken (drumsticks)
- 1 Lb. Smoked pork chops or pork neck bones
- 1/2 lbs. yucca (cassava) peeled, washed, and diced
- 1/2 lbs. yautia (tarot root) peeled, washed, and diced
- 1/2 lbs. potatoes, peeled, washed, and diced
- 3 green plantains, peeled and cut into round pieces
- 1/2 cup of butternut squash, cubed
- 3 whole corns, cut into 3 or 4 pieces
- 2 large carrots, peeled, washed, and diced
- 2 stalks of celery, diced
- 1 large onion, diced
- 4 garlic cloves, mashed
- 1 green pepper, diced
- 3/4 teaspoon dry oregano
- 1/2 cup cilantro leaves
- 3 tablespoons of Beef or Chicken Bouillon
- 3 tablespoons of canola oil
- salt to taste

- In a large bowl season, all the meats with the dry oregano, lime juice, and salt. Let it marinate in the fridge for at least 30 minutes.
- Over medium-low heat, cook the meat in a large pot until tender. Remove the meat from the pot and set aside.
- In the same pot, heat the 3
   tablespoons of canola oil; add the
   onions, green peppers, celery, garlic,
   and chicken or beef bouillon. Let it
   cook for about 2 minutes.
- Add the peeled vegetables (except for the cilantro) and cooked meat, stir, and cover with water (about 3/4 of the pot). Bring to a boil.
- Add the cilantro, lower the heat, and let the sancocho simmer until all vegetables are tender. Taste for salt and add more if necessary.

Serve with white rice





#### **FOLLOW US ON SOCIAL MEDIA!**

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<u>@c.e.s.5536</u> New podcasts every month!

<u>@cooperativeeducationalservices</u>



# SAVE THE DATE FOR THE CES FOUNDATION GALA!



# GO CHECK OUT A SPECIAL VIDEO ON THE CES SOCIAL MEDIA!



# C.E.S. 2023 ROUNDUP



OLIVIA MARYANNE FINAN BORN AUGUST 24TH MEGAN FINAN - TDP





## MICHAEL MCGRATH'S PODCAST IS OUT NOW!



THE C.E.S.



RELEASE DATES PODCAST - MIKE MCGRATH WATCH NOW
JANUARY 28 - IVY GUZMAN
FEBUARY 23 - SUZANNE CLEMENT
NEWSLETTER - FIRST OF EVERY MONTH