

# This souffle-like loaf is perfect as a side or cut into savory bites



Kalamata Olive Loaf

Photos Susie Iventosch

## By Susie Iventosch

This savory olive dish resembles a loaf of bread, but is really more like a combination

of bread and quiche. The consistency is kind of like a fallen soufflé, but it slices like bread. While it's a little hard to describe, it's super easy to eat (a lot) of the delicious and savory

### INGREDIENTS

4 tablespoons flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
4 large eggs, beaten  
9 ounces milk (I use 2%)  
3 ounces freshly grated cheese (Parmesan, Pecorino Romano or Gruyere)  
3 ounces Kalamata olives, pitted and cut in half lengthwise (or other Greek olive)  
1 tablespoon extra-virgin olive oil

### DIRECTIONS

Grease or spray a 9x6 inch loaf pan. Preheat the oven to 425 F. (Reduce temp to 400 F if using a glass loaf pan.)

Combine flour, baking powder and salt in a large mixing bowl. Slowly add eggs, whisking to incorporate. Then whisk in the milk to blend. Stir in olives, cheese and olive oil.

Pour the batter into the prepared pan. Bake until firm to the touch and golden brown on top, approximately 30 minutes. Remove from oven and cool to room temperature. To serve as an appetizer, cut the loaf into bite-sized cubes, or cut into slices to serve as a side dish.



Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://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. Or visit <https://treksandbites.com>



## Family Focus

# Improving family relationships by getting agreements

## By Margie Ryerson, MFT

In my work with couples and families, I often see situations where people have been beating their heads against the wall. This is because we all develop patterns of thought and behavior that cause us to repeat ourselves, despite the realization that it is getting us nowhere. Couples nag and criticize each other about the same old issues. Parents repeat themselves with their

children, hoping maybe one day their children will finally put away their toys or do their homework or clean up their rooms without needing to be reminded. Teens often just turn off to their parents rather than participating in arguments that never get resolved.

Sometimes there are deep-seated issues than can only be addressed with ongoing therapy, but often it is possible to handle these impasses within the family. When you are locked into these

sorts of battles, it's time to step back and work on forming an agreement. It's a problem-solving approach that involves compromise, but in a way where no one has to lose.

For example, Denise and Scott were highly frustrated with their son, Chris, age 12. Chris had begun to neglect his homework, his room, and his younger brothers. Instead, he spent most of his time in his room either listening to music or on his iPad. Both parents tried asking, encouraging, complaining, and finally ordering Chris to comply with their requests. Nothing seemed to make a difference. Chris became increasingly defiant and resentful.

Denise and Scott decided to regroup and try a different strategy, a more solution-based approach. They asked Chris when a good time would be for them to talk with him. When they met, both parents talked to Chris about what they appreciated about him and what they missed in their relationship with him. They asked Chris to tell them what he thought they could do or say differently, promising no recriminations. They didn't repeat their complaints. The objective was to promote understanding and good will, not to continue criticizing.

At age 12, Chris didn't want to feel controlled by his parents. When they continually prodded, criticized and complained, Chris only became increasingly alienated. But when his parents sat down with him and treated him with respect by wanting to listen and find a solution together, he responded much better to this approach.

Depending on the level of distrust and resentment a child has developed, this process may need to be repeated several times before he or she is ready to cooperate. Then it is time to hammer out terms of an agreement. One benefit of an agreement is that each party can reference it as a reminder and also avoid going back to square one with anger and recriminations. If the agreement hits a snag, all parties can meet again to determine how they can get back on track. Trying to promote understanding and then forming agreements is a continual work in progress. Children's needs and wishes change as they age, as do parents' expectations.

Forming an agreement is a highly useful tool for couples as well. When there are continuous disagreements on issues such as finances or parenting approaches or in-laws, couples can try to figure out anything that is mutually agreeable and proceed from there. Sometimes having a commitment and agreed-upon approach can provide encouragement and help diffuse anger and resentments.

A couple I worked with, Peter and Natalie, argued often about money issues. They had two young children and both worked full-time. Peter enjoyed being able to spend money on golf, restaurant meals and his valuable coin collection. He acknowledged that he

didn't care as much about saving money as Natalie did, and that his goal was to enjoy life. Natalie, on the other hand, worried about finances and wanted to have enough money saved to feel secure.

Natalie felt that Peter wasn't considering her needs when he made independent decisions about spending without consulting her. The more he spent on what Natalie termed indulgences, the more resentful she became. One reason money issues are the number one area of conflict for couples is that we need to make so many decisions related to money. And money can represent various things to each of us – power, control, providing for others, security, excitement, and more.

Both Natalie and Peter worked hard and each wanted a say in how their income would be handled. They had a financial advisor and an accountant, but their disagreements over money took a toll and adversely affected their relationship. It was important for this couple to form some agreements regarding their finances so each of them could have their emotional needs met. Peter wanted more fun and excitement, and Natalie wanted more reassurance and financial security. As we worked together, they were able to designate certain amounts of money each month for each of them to handle the way they would like. If either wanted to exceed this amount, they agreed to check with each other first.

As Natalie saw Peter rein in his expenditures for her sake, she felt much more cared for and understood. She was even willing to put some of her share of the monthly amount toward a family vacation fund, and at times to let Peter have a greater amount to spend. For his part, Peter showed that he was willing to limit his spending in order to please Natalie.

Sometimes very simple agreements can promote good will and a closer connection among family members. The idea that each party is willing to make an effort to cooperate is often as important as the actual terms of an agreement. So, if you're feeling stuck in a persistent pattern of conflict, try to find something to agree upon to turn around the negativity and keep building from there.



Margie Ryerson, MFT, is a local marriage and family therapist. Contact her at 925-376-9323 or [margierye@yahoo.com](mailto:margierye@yahoo.com). Her latest book, "Family Focus: A Therapist's Tips for Happier Families," is available from Orinda Books and Amazon.com.

## In Memory

### William D. Wright

1942- 2022

Loving husband, father, grandfather, great-grandfather, brother, friend, and colleague.



William Dale Wright took his final flight home on Dec. 9, 2022, after a sudden and short battle with a complex staph infection.

He is survived by his beloved wife Marilyn (Simpson) and his six children: Jeffrey (Maureen) of Eagle River, Alaska, Jennifer (Don) Charney of Coeur d' Alene, Idaho, Stephanie (Lorenz) Marti, of San Rafael, Calif., Christopher (Julie) of Saratoga Springs, Utah, Catharine (Roman) McNaughton of University Place, Wash., and Michael (Stephanie) of Sandy, Utah. He is also survived by the love of 21 grandchildren and three great grandsons.

William D. Wright (Bill) was born on Aug. 10, 1942, in Eugene, Ore., the third child of Harry N. and Anna Mildred Wright. With siblings Ann (Frank) Johansen, Craig (Tommie Sue) Wright, and

Christine (Roger) Bacon, Bill lived on a ranch with horses and other animals until the age of 14. Later the family moved to a home that backed onto a golf course and this was the beginning of Bill's love for golf.

Bill graduated from Eugene High School in 1960 and went on to attend Brigham Young University in accounting and economics. He met his wife, Carol (Tanner) while at BYU and they were married Nov. 27, 1965. Carol passed away of cancer February 2007.

After graduating from high school, Bill served a three-year Spanish speaking mission on the Texas/Mexico border for the Church of Jesus Christ of Latter-Day Saints. This set the stage for a deep reciprocal love affair with Latin Americans, resulting in a 55+ year business career and the focus of much of his church related service.

After graduating from BYU, Bill accepted a position as an investment banker with Bank of America, International Division-Latin America in the San Francisco office. Two years later, Bill was relocated by B of A to Mexico City, Mexico. Bill continued his international banking career for the next 20 years serving in various senior executive positions with Bank of America, CITI Bank, and Wells Fargo with focus primarily on Latin America. As Bill's career grew and expanded, so did his family. Bill and Carol had six children and during his 20-year banking career, they moved to several different countries, adding to a rich and adventurous family life.

In the 1980s Bill made the decision to establish his own registered investment management company and established William Wright and Associates (WWAL) and made his home in Moraga, Calif. Over the past 40 years WWAL has expanded in order to deliver essential services to its valued clients.

In 2007, Bill was introduced to Marilyn Simpson (a clinical psychologist) and she and "Mr. Wright" were married June 7, 2008 in the LDS temple in Los Angeles. Bill and Marilyn have been blessed with a healthy, happy, and actively engaged 15 years together.

Life for Bill was to be lived to the fullest. He worked hard but also played hard with his zest that made any activity he pursued fun for everyone that was involved. He loved all water sports, flying, skiing, motorcycling, golf, hiking, biking; anything that was outdoors and with those he loved. Bill and Marilyn moved from the East Bay (Calif.) to the South Reno/Tahoe area (Nev.) in 2020 where they have actively pursued their many interests together (family, travel, work, golf, church activities).

Services will be held on Saturday, Jan. 7, at noon.

The Church of Jesus Christ of Latter-Day Saints, 3776 Via Granada, Moraga, California.