Christmas 2017

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My Dear Friends,

The older I get, the faster time goes. It seems as if we just had Christmas, and yet, here we are again.

It has been a good year for me. I was getting quite used to being at home, sleeping later, doing my chores, spending so much time with my family and our dogs and cats and generally, just enjoying myself.

Then, in September, I met some new agents who said they would like to represent me. I thought they were so terrific and enthusiastic, so, having nothing to lose, I agreed and signed on with them, which turned out to be a very lucky move for me.

In the middle of November, we were up at our house in Vermont when I got an email from them asking me to audition for a guest star role on a new FOX medical drama, entitled, The Resident. The script was so good and the role so interesting that I immediately, with GREAT help from our son Michael, who happened to be with us, and my wonderful husband, Brian, taped the audition scenes and Michael sent them off to my agents. The next day, I got a call that I had been chosen to play the part and had to be ready to fly to Atlanta, Georgia the next Monday.

Needless to say, my whole life turned upside down ... but in a really good way. I spent 10 days in Atlanta and finished shooting just before the 3 inch snowstorm hit that shut down the city and the airport. But I was safely home by then.

I had a wonderful experience learning a whole new way of shooting television. It was quite different from the way we used to shoot OLTL. In Daytime TV, we had to put out 5, one hour shows a week, so there was very little time for anything. We taped each scene, hopefully in one go, and immediately moved on the next one. Nighttime TV is completely different, because they spend so much time on lighting and camera work and shooting each scene from so many different angles. And the end result is a product of the time put in.

So now I am in work mode again. If there is more to come, I will be delighted, but, if there isn't then I am very grateful for having had this opportunity.

I am in episode 9 of the series which begins airing on Jan 21st on FOX, with the second episode airing the next day, Jan 22nd. So assuming there are no preemptions or – God forbid – disasters, my episode should air on March 12th. As the day approaches, we will give you an update on the airdate, in case you want to watch. Or you can watch the series from the start on Jan 21st. I think it's a very good show with a wonderful cast. The cast and crew were delightful and so friendly and professional, and I thoroughly enjoyed myself.

The world has become so much more difficult to navigate and I am so grateful for my family who after all, are the most important people in my life. The fact that I can always come home and they are there for me makes each day a blessing.

As requested, I have included a recipe for a delicious and so-easy-to-make hors d'oeuvre, in case anyone wants to try it. Keep it in the freezer and use as needed.

Once again, my sincerest thanks and gratitude go out to Kit, AJ and of course to Walter for their continued work on the newsletters and for the fan club. Lord knows how many years it has been (Walter knows) and I am indeed so thankful. I want to wish every one of you a wonderful holiday and a very Happy and Healthy New Year.

With love and all good wishes,

Frika



- · ½ cup butter, softened
- · 3 oz sharp cheddar cheese, grated
- \cdot 1½ to 1½ cups flour (start with 1½ cups flour, add more as needed to thicken)
- · ½ tsp red pepper
- · ¼ tsp salt

. 1 egg yolk

caraway seeds (optional)

Prepare: Cream butter and cheese together. You can do this with a fork or pastry blender or by hand.

Then mix well with the rest of the ingredients with a hand held pastry blender or by hand. Do not use a mixer!

Turn the mixture out onto a very lightly floured board and roll into a log shape, about $1 \frac{1}{2}$ inches in diameter.

Wrap tightly in tin foil and place in the freezer. (This will keep for months.)

Bake: When you are ready to serve, pre-heat oven to 350 degrees.

Remove the roll from the freezer and let it sit for about 10-15 minutes.

Using a sharp knife, slice the roll into 1/8 inch slices, place on an unlined cookie sheet and brush top of each slice with beaten egg yolk. If you choose, you can sprinkle some caraway seeds across the tops.

Bake in the 350 degree oven for 15 minutes.

Remove from oven, slide a spatula under the slices to make sure they don't stick and let cool.