

Les Dames d'Escoffier International *Quarterly*

Conference Issue

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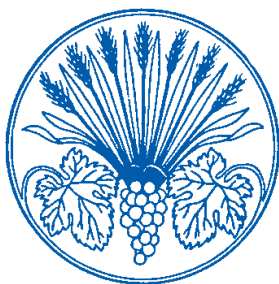
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Member Milestones



Adelaide, Australia • Atlanta • Austin • Boston • British Columbia • Chicago
Colorado • Dallas • Honolulu • Houston • Kansas City • Le Donne del Vino, Italy
Los Angeles • Miami • Minneapolis/St. Paul • New York • Palm Springs • Philadelphia
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Winter 2003



President's Message

I have vivid memories of a 1976 article in the New York Times, which introduced Les Dames d'Escoffier to me. It was describing the fabulous event at the French Consulate where Les Dames New York was born. At the time, women were just beginning to gain recognition in an industry still dominated by men. The goal of LDE/NY, therefore, was to raise the image, as well as the presence of women in food, wine and hospitality and to help them get the training necessary to qualify as equals to men in the industry. I knew then that I wanted to be a member of this group. It took many years and a return to Seattle before I attained my goal and became one of the founding members of our Seattle chapter in 1989.

So much has transpired since 1976. Our goals have not changed. Our Mission is still: "Leading the way to excellence in food, beverage and hospitality." Women have made great inroads into our industry but there is a long way to go. Les Dames is now Les Dames d'Escoffier International with 23 chapters and over 1000 members. LDEI's strength, unlike so many other organizations, is in our chapters. We're a bottom-up organization. Our fund raising and philanthropies are all at the chapter levels. We pay our dues to the local chapters.

We have always been an all-volunteer organization. Two years ago, the Council of Delegates voted to approve some major changes in the way we operate. These include:

- Contracting for the services of a professional executive director,
- Adding three new Directors at Large, each to be an active liaison between the chapters and the Board, and
- Enhancing our Web site to improve our international online image and to help us to share content more effectively among members.

These improvements increased our operating cost by \$46,000. When the total operating cost for LDEI is spread across the membership, each member's share is \$99. Currently, \$50 of that cost comes from dues. The Council of Delegates voted to increase dues to LDEI by an additional \$25, effective September 2004.

Our other source of revenue is through sponsorships. The main duty of the first vice president has been fund raising. It is a difficult task to say the least. My goal for last year was \$60,000 and I was only able to generate

\$35,000 with a great deal of help from CiCi. We have set up a committee, working on our message...we are women who influence... we just have to get that message across to a potential sponsor. We have also hired a professional fundraiser. We know we are walking a fine line. We need their dollars, but we don't want our conference or organization to be dominated by sponsors.

We have just completed a wonderful 2003 Conference in Seattle, as you will see in this Quarterly. Thirty-seven of our Seattle Dames were actively involved in the planning and implementation of the meeting. They are an extraordinary group.

Last but not least...a big thank you to CiCi WILLIAMSON for her tireless efforts on behalf of Les Dames d' Escoffier. She has one more year as Immediate Past President on the Board. You're not out to pasture yet CiCi! ♪

—Gretchen Mathers

Photo by Linda Joyce Forristal

On the Cover: Seattle Chapter, Hosts of 2003 Annual Conference.

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Seattle Conference's Opening Reception

By Doris Koplin, Atlanta Chapter

What a beautiful way to launch a conference! On Thursday evening, Dames and guests walked across the driveway from our hotel to Seattle's World Trade Center right next door! The WTC, as it is known locally, houses offices of 30 not-for-profit organizations. Up the elevator we soared and into the Boeing Room, an exquisite circular room, all glassed in with a magnificent view of Puget Sound. There we could see Seattle's sports arenas, homes to the Seahawks and the Mariners; across the bay to West Seattle, the area where the city was first settled; and as far as the scenic islands suburbs.

The cocktail hour provided time to renew friendships and review the year since we last met in San Antonio. A bountiful buffet table offered Chicken with Bourbon Sauce on Apple Fritters, Beef *Carpaccio* with Fried Caper *Gremolata*, and a sumptuous carved cheese and vegetable platter - all this while House-cured Salmon on Belgian Endive with Chive Cream Cheese was passed among more than 135 Dames and guests.

Frei Brothers Wines were featured; a 2001 Reserve Chardonnay, Russian River Valley, and a 2001 Reserve Pinot Noir, Russian River Valley. The hour zoomed by and then we were escorted by Seattle Dames to waiting buses to take us to the homes of six local Dames for an evening of dining and warm hospitality.

...And I (from Atlanta) thought that Southerners were hospitable. Wow! Seattle Dames, you're awesome, and we thank you! ♪



Jill Van Cleave (Chicago), Jerilyn Brusseau (Seattle), World Trade Center executive chef Jonathan Litvack; John Oppenheimer, president of Columbia Hospitality, Charlotte Ann Albertson and Michelle Ann Albertson (Philadelphia).

Dames Dine Around in Seattle Homes

By Carole Bloom, San Diego Chapter

Our conference started out the way it should: wining and dining with fun food people. Following the opening reception, Dames boarded buses that corresponded to the Seattle symbols on our nametags (I was a coffee cup). We were taken to the homes of six Seattle Dames **GRETCHEN MATHERS**, **LINDA AUGUSTINE**, **HANNE DITLER**, **NANCY LAZARA**, **PATRICE BENSON** and **ROSE ANN FINKEL** who extended hospitality to us. Knowing a great meal was to come, the anticipation was high.

But as my group approached Gretchen's home, we became aware that there were no street lights — or any other lights — in any of the surrounding homes. Suspense mounted, but we soon found out it was an old-fashioned power outage. This was not a problem. As a matter of fact it made the atmosphere in Gretchen's home more festive because it was illuminated with a plethora of candles in Glassybaby votives. These delightful candle-holders are made by a local Seattle glass artist and are available in a huge assortment of colors. They were available for sale during the conference and seeing them in action, I'm sure increased the sales. Even though the electricity was restored partway through the evening we opted to stay with the candlelight.

Upon arrival we were served wine and appetizers of Dungeness crab cakes with fresh herb *remoulade* sauce. Before dinner there was plenty of time to chat and to admire Gretchen's beautiful home and kitchen. For dinner we were seated family style at the long dining table where more beautiful locally

made glass candle sticks provided an intimate atmosphere.

Menus at all six homes were the same. Gretchen generously allowed Seattle Dames **LINDA AUGUSTINE**, **CHRISTINA ORCHID** and **CATHY CONNER** to prepare all the food in her Shoebox commissary kitchen, and then **LESLIE MACKIE** of Macrina Bakery provided two vans and drivers to deliver all the food to the six host homes. It was quite an operation!

We dined on Niman ranch braised pork with *chanterelles*, *basmati* rice pilaf, braised root vegetables, organic greens with Bartlett pears and dry aged Quillisacut cheese with orange thyme *vinaigrette*, and a selection of breads by Grand Central Bakery owned by **GWEN BAsETTI**. Dessert was a delectable fudge tart with brandied cherries made by Macrina bakery chef/owner **LESLIE MACKIE**. Absolutely everything was delicious.

Washington State wines accompanied the dinner. At each Dame's home were two women winemakers who talked with us about wine and shared their vintages. The winemakers at Gretchen's were **KAY SIMON**, Chinook Wines, and Carolyn Lakewold, Donedei wines. Kay poured *Cabernet Franc Rose*, *Sauvignon Blanc*, *Chardonnay*, *Cabernet Franc*, *Merlot* and *Cabernet*; Carolyn poured a *Cabernet* and *Merlot*.

After dinner each had the opportunity to introduce ourselves to the whole group and explain what we do in the culinary field. We certainly have a lot of very talented Dames. Too soon it was time to board the buses and



Sally McArthur and Cathy Conner prepare food in Gretchen's kitchen. Photo by Carole Bloom.



Dames dine at Gretchen Mather's house by candlelight during the power outage. Photo by Carole Bloom.

head back to the hotel. As we left Gretchen's home and warm hospitality, we received a gift bag of Vietnamese peppercorns provided by **JERILYN BRUSSEAU** and a copy of the evening's menu. As a first time attendee to a LDEI conference, the evening was a warm and comfortable introduction and I made many new friends. ♪



Speechless in Seattle!

By Jean Bayrock, New York Chapter

Maria Brandon, our keynote speaker, left us speechless! With a great sense of humor, and yet an intensity, she shared her deep sense of commitment to education, her compassion for young girls who have been discouraged from taking up math, the sciences, technology and other subjects frequently labeled “for the young male pupil.”

For over 20 years Marja Brandon has dedicated herself to teaching and working with young people and their families. Since graduating from Wellesley College, [then Harvard University Graduate School of Education], she has worn many “educational hats.” She has been a teacher, administrator and a consultant. Now she is beginning her third year as the head of the Seattle Girls School.

When the founders of the Seattle Girls School began their search for a head of school, they were looking for a unique educator — an experienced leader, an innovator, an entrepreneur — someone who valued a diverse learning environment. Besides bringing all of those skills to the Seattle Girls School, Marja brought an extremely successful track record of developing world-class faculties and writing original curricula placing strong emphasis on respecting students and valuing the powerful connection between student-centered learning, high expectations, and self-esteem.

Undaunted by the lack of land, building, faculty, absence of students and no curriculum, she opened the school in the heart of the Central District, with 31 sixth grade girls (50% of whom are of color). An exceptional faculty, who with Marja, have developed an original, integrated curriculum using the latest brain-based research.

Appealing to venture capitalists, a large group of professionals from many fields, and hundreds of like-minded volunteers, the Seattle Girls’ School enrollment has more than doubled and is expected to grow even more in the future. Community partnerships and volunteerism have also more than doubled!



Left to right: Jean Bayrock, Marja Brandon, Joan Carris and Christina Orchid. Photo by CiCi.

Talking about “expanding the boundaries of school curriculum”, of “bias in the classroom” (and the Power of Bias that girls face), her aim, Marja told us, is to create critical thinkers, to change the way educators look at young female students. As she put it, “We learn by doing, not by rote, not by excessive homework!” To the great satisfaction of the assembled Dames, she said, “Cooking is a great curricular tool. Think math, think science, language, following a recipe, developing the skills of tasting, blending, and artistic arrangement. All are involved in culinary endeavors!”

Marja left us speechless by her insight, commitment, empathy, and understanding of education needs. As a Quaker, she is guided by principals that highly value social justice and diversity. We were privileged to have Marja Brandon as our keynote speaker. ♪

Consulting Basics

By Mary Pfeifer, Kansas City Chapter

As a first time LDEI conference attendee I was interested in hearing about how the “pros” handle the consulting process, how they charge for sharing their expertise, and what a consultant actually does.

The Consulting Basics panelists were **KATHY CASEY**, Seattle’s chef diva; Steve Kirsch, manager of on-board food and beverage for Holland America Cruise Lines; and Karen Bonaudi of the Washington State Potato Commission.

Kirsch began the discussion with why Holland America uses consultants. “It’s because we don’t have all the answers,” said Steve, who has been in the hospitality industry for over 30 years. He looks for a consultant with a diversified background, someone who sees and understands a product, and is aggressive.

Kathy Casey, an executive chef since 1988, consults for a variety of clients from retail, Unilever for example, on recipe development for restaurants who might be interested in creating a signature cocktail. She also consults and develops items for quick-serve restaurants and frozen foods.

On the subject of billing, Kathy advocates a flat rate for most projects. “Itemize everything it will be picked apart,” she advised Her rates are non-negotiable. She provides a fast turnaround and says follow-up is key. There are three types of billing that she uses: by project, hourly, or retainer basis (banking hours against work done).

Karen Bonaudi with the Washington State Potato Commission for four years, said, “In a nutshell, you hire consultants because you don’t have the time or the expertise.”

Karen said that four qualities of a good employee and those of a good consultant are the same: 1. Get the job done. 2. Keep you informed. 3. Come in ahead of deadline. 4. Take on extra projects. The last point generated a comment from the audience about over-servicing and not getting compensated. Kathy’s response was she always does something “a little over and above to sweeten the pot.”

The issue of proposals was raised. It was suggested that they could be expected “for free” and then that intellectual property stolen; or information garnered by “picking brains.” Even

material with a copyright doesn’t seem to garner respect it was noted. Kathy said she doesn’t provide proposals because they can be used without her involvement or given to competitors.

When asked about the current climate for consultants, Steve Kirsch answered from the client perspective saying Holland America has 20 active consultants as they rely on experts for designing websites, projects, etc.

As a consultant, Kathy is busy. When companies downsize, she revealed, they hire consultants to fill in the gaps. The benefit to the company is not having to pay benefits etc. for work-for-hire arrangements.

The three panelists agreed that it’s important to be clear about your expectations. If you have an established relationship, the retainer billing process is best.

Kathy’s advice is to “follow your gut if you don’t have a good feeling about a client or a consultant.” She added, “The purpose of a consultant is to keep your business fresh. A consultant works with you to generate ideas which may or may not lead to change in your company.” ♪

International Culinary Expo = Sponsors' Appreciation Luncheon

By Pat Mozersky, San Antonio Chapter

The Grand Pacific Room at the spanking new **Seattle Marriott Waterfront Hotel** was transformed into a pan-Asian paradise as LDEI Conference attendees enjoyed this year's International Culinary Expo "From the Pacific Rim". Seattle's **LISA DUPAR** headed up the Sponsor Appreciation Luncheon, and **Chef Grover Ramsey** of **Lisa Dupar Catering** did Japan proud with his sensational *Chidashi* rolls with product donated by **Melissa's Produce** and his own homemade white soy sauce and fresh wasabi.

Dames were treated to the bounty of the surrounding waters, including Ramsey's Geoduck Sushi with *Nori & Tobiko*, made with the astonishingly - large geoduck (pronounced GOO-ee-duck) clams donated by **Bill Taylor** of Taylor Shellfish. An oyster bar boasted an array of oysters from **Taylor Shellfish Farms of Puget Sound**, shucked before our appreciative eyes by Jon Rowley, **CINDY SUND** and Austin Doctor. The 115-year-old shellfish farm was founded by the family's great grandfather, J. Waldrop, who reportedly "ran with Wyatt Earp".

The room itself sported a stunning centerpiece. Two traditionally-garbed Thai women from **Typhoon!** Restaurant sat carving vegetables into intricate, wondrous shapes with their collection of carving knives. Thai dishes included Mango Pickled Carrot Rice Paper rolls with *Ponzu* sauce and tender Thai Marinated Mediterranean Mussels, also donated by Taylor Shellfish. **McCormick & Co.** corporate chef Steve Logan's Spicy Lemongrass Prawns with Cool Soba Noodles, prepared by Lisa Dupar Catering.

Tables were swathed in black tablecloths overlaid with burgundy silk, courtesy of **Choice Linens**. The centerpieces were dazzling. Fortune cookies, both giant (made by Lisa Dupar Catering) and standard-sized, tiny paper umbrellas, bright red menus and chopsticks tied with raffia festooned the elegant tables. The Chinese theme was carried out in **JUDY LEW's** yummy Cognac Sesame Ginger-Beef Romaine Lettuce Wraps, featuring beef donated by the **Washington State Beef Commission**. Judy also prepared the sensational Manila Clams in Black Bean Sauce.

Bell & Evans proved how versatile a product chicken can be, with a display of five enticing dishes including Chicken Nuggets with Black Cherry Sauce, Orange Sesame Chicken, Coconut Chicken Tenders with Tropical Rum Sauce, Asian Meatballs and Breaded Chicken Breast Nuggets.

The Sugar Association presented magnificent Mango Tarts with *Crème Fraiche*, a recipe created by **SUSAN HOLT**, and once again, **Lisa Dupar Catering** prepared the recipe. A beautiful assortment of cookies and pastries, donated by **GRETCHEN MATHERS**, rounded out the sweet ending to the lunch.

Nor were we Dames to go thirsty. Selections from four wine stations - **Washington Wine Commission**, **Stimson Lane Winery**, **MacMurray Ranch**, and **Frei Brothers** and Rich Amber Ale from **Red Hook Brewery** helped slake our collective thirst.

The day was young, and there was much more to come in the remaining hours, but our members were well fortified. Such a remarkable spread would not be possible without the generosity and support of our sponsors. We sincerely thank them all. ♪



Dianne Hogerty and Mary Pfeifer hold one of the giant fortune cookies decorating the tables.



Carole Bloom and Bonnie Klein, Marketing Manager for Frei Brothers Reserve.



Gretchen Mathers with MacMurray Ranch marketing manager Amy Hoopes.



Scott Sechler, president of Bell & Evans, serves his chicken to Cate Simpson.

Snoqualmie Winery representatives Valerie Fayette, Dame Linda Chauncey and Jan Barnes.



Thai carvers from Typhoon! Restaurant sculpted Melissa's Produce into a spectacular presentation.



Photos by CiCi Williamson

Sugar Before Dessert

By Carol Cutler, Washington, D.C. Chapter



Chefs Susan Holt and Regis Bernard, and Evelyn Brewster, Director of Public Relations The Sugar Association.
(Photo by CiCi Williamson)

Main-dish recipes seldom direct you to the sugar canister. Say “sweet-and-sour” and Oriental cuisines immediately pop into mind. But an intriguing seminar showed how “Sugar Stars in Savory Dishes — More Than Just Desserts.” **SUSAN HOLT**, chef/spokesperson for The Sugar Association demonstrated the technique and adaptability of *gastrique* sauces.

Rarely does one think of sugar in classic French cuisines. But consider that old-time favorite *Canard a l’Orange*. In the introduction to its recipe in *Mastering the Art of French Cooking*, Julia Child, Simone Beck, and Louisette Bertholle state, “Its most important element is its sauce....darkened with caramel, flavored with wine....” The instructions call for 3 tablespoons sugar caramelized with 1/4 cup red wine vinegar.

This invigorating combination appears in fine Italian cooking, too. Marcella Hazan’s authoritative *Essentials of Classic Italian Cooking* sings the praises of “delectable” Sweet and Sour Onions. French cooks call this caramelization *gastrique* (“gas-TREEK”). The venerable *Larousse Gastronomique* defines the term as “A reduced mixture of vinegar and sugar used in the preparation of hot sauces....”

Susan, an instructor at Washington’s *L’Academie de Cuisine*, has worked as sous-chef in several of the Capital’s finest restaurants. Her expertise and whiz-bang organization made it possible for her to calmly juggle three totally different main-course dishes incorporating *gastrique* sauces at the same time.

The air quickly filled with the aromas of Pan-Seared Salmon with Red Cabbage, Bacon and Carrots in a *Pinot Noir Gastrique*, Pork Tenderloin with Sherry Vinegar *Gastrique* and Mango Salsa, and Whole Roasted *Foie Gras* with Lavender Honey/Cider Vinegar *Gastrique*. The whole roasted *foie gras* was demonstrated first, Susan making the point that it may seem extravagant for a dinner party but the richness of the duck liver allows for smaller portions. The technique is simple: boil the honey, sugar and water until it darkens to a golden caramel then dissolve it with the vinegar. One, two, three and it’s done, but what a difference that bit of finesse makes in the final taste.

The follow-up sugar-pulling demonstration was presented by Regis Bernard, pastry chef/instructor at the Seattle Culinary Academy. As with so many French chefs, his career began his apprenticeship at age 14, earned his first diploma at 17. Then he came to the United States in 1983 and first worked for the Four Seasons Hotels garnering many awards in culinary competitions.

Regis sang the praises of a new sugar imported by Albert Uster. Isomalt sugar guarantees success in sugar pulling he declared as he pulled and stretched one thin strip each of black and orange cooked and cooled sugar quickly transforming them into a two-inch wide ribbon of four and five stripes of the two colors. Deftly that ribbon was looped and twirled into a fanciful garnish for his presentation centerpiece.

Can one say that it was a sweetheart of a seminar? ♪

Northwest Beverage Seminar

By Lila Gault, New York Chapter

The sophisticated art of making world class wines, microbrewery beers and even European-style cider has developed dramatically in the Pacific Northwest in the last ten years, as a panel of industry experts confirmed at the Northwest Beverage Seminar.

Led by moderator **KAY SIMON**, a veteran of the Washington (state) wine industry and an owner and the winemaker at Chinook Vineyards, the panel offered a “show, tell and sip” snapshot of the alcohol beverage industry in Washington. The panel included experts in winemaking, beer brewing and viticulture.

Susan Anderson and husband Richard who have revived the art of European cider-making by planting an orchard of 16 “cider only” apples on their San Juan Island farm. They grind and press the fruit, then ferment the juice slowly for two months. Their Westcott Bay Orchards Vintage Cider is distinguished by a dry, fruity flavor and a wonderful apple aroma, made possible by blending juices from different varieties. It’s available on restaurant wine lists and at retail in the Northwest.

PAMELA HINCKLEY, marketing director at Redhook Brewery, who introduced the audience to hops, pointing out that Washington’s Yakima Valley is one of the few sources of hops grown in America. Attendees were introduced to a freshly harvested hop vine and learned that hops are the primary source of bitterness and aroma in beer. Beer flavors are rated with a scale of International Bitterness Units (IBU); the lesson was made sensory, when samples of Redhook’s Blond Ale (20 IBU) and IPA (40 IBU) were served.

Dr. Sarah Spayd, extension researcher at Washington State University, who has been studying winegrape growing in Washington for 20 years. She gave a lively presentation on how educated Washington fruit growers have become about winegrape growing practices and the significant improvement in quality of fruit.

Standard industry practice today maintains as much careful control as possible with sunlight, temperature and water. Irrigation that augments annual rainfall of six to eight inches a year has been reduced from 30 inches to 10 inches to promote intensity of fruit flavor. Nitrogen fertilizer levels are now limited to discourage excessive foliage, and crops are thinned significantly to increase fruit quality. Widespread use of vertical trellises provides maximum access to sunlight.

Following panel discussions, laboratory wine samples from old and new vineyard practices were poured and, as with the beer, the points presented in the discussion were made evident on our palates. ♪

Grande Dame Duo Feted at Banquet

By Teresa Farney, Colorado Chapter

It may have been a rainy, blustery evening outside, but spirits were high inside at the LDEI Grande Dame Gala at the 2003 conference. *Cuvee Brut* Domaine St. Michelle bubbly was flowing as members poised for chapter photos. It was smiles all around and why not with a fabulous program and delicious meal awaiting in the ballroom?

To kick off the meal, mistress of ceremonies **CHERYL SESNON** introduced **JEAN BAYROCK**, *The English Epicure*, who eloquently raised a toast (see box). Wines were generously provided by the sponsors of the Grande Dame Gala: Stimson Lane Vineyards & Estates' **LINDA CHAUNCEY**, and Snoqualmie Vineyards' winemaker Joy Anderson. Vintages included Snoqualmie's Columbia Valley *Sauvignon Blanc* 2002, *Chenin Blanc* 2001, *Chardonnay* 2001, *Reserve Merlot* 2000 and Winemaker's Select *Riesling*.

The appetizer was an artful presentation of grilled squid with polenta, pistachio pesto and *confit* of tomato. This course was followed by a salad of Bibb lettuce, diced Washington apples and Oregon blue cheese drizzled with hazelnut vinaigrette. There were two entrees offered — one for the seafood lover: halibut with dungeness crab vinaigrette was nestled along side potato gratin and braised broccoli rabe. The other was a vegetarian's dream-come-true: Wild mushroom crepe with toasted black barley risotto.

The pinnacle of the evening was honoring this year's Grande Dames, or as **RENIE STEVES** and **PAT MOZERSKY** said, "Doubling your pleasure and doubling your fun," of this year's two outstanding recipients. **ABIGAIL KIRSCH** (New York) and **ROSEMARY KOWALSKI** (San Antonio). Introducing Kirsch, Renie spoke of "how Abigail's influence and common sense approach has impacted our industry by setting a stage for the mentoring of women." Pat told how "All across the great state of Texas, mention the name Rosemary, and we all think hospitality." LDEI president **CiCi WILLIAMSON** presented each Grande Dame with an inscribed glass piece and a certificate. Both responded with eloquent remarks and were greeted with standing ovations. To read more about the duo, see the Autumn 2003 *Quarterly*.

Dessert was a test of the senses. "I'll show you why we are in the same business," said speaker Dr. Pepper Schwartz, an expert on sociology and sensuality. Before dessert plates were served everyone was given a mask-like blindfold. "You are going to eat your dessert with the use of your eyes," she said. "When you are deprived of one sense it intensifies another sense. Without the sense of sight the sense of smell will be intensified." Whether blindfolded or not the dessert collection of chocolates and cookies created by Seattle Waterfront Marriott hotel's pastry chef Valerie Mudry were finger-licking good. ♣



Clockwise from top:

Left to right, CiCi Williamson, Abigail Kirsch, Rosemary Kowalski, Pat Mozersky and Renie Steves.

Left, Rosemary Kowalski and right, Abigail Kirsch.

Dr. Pepper Schwartz.

A Toast for the Grande Dame Dinner

Madam President, honored guests, members of Les Dames d'Escoffier, and our friends, I would ask that you charge your glasses, be upstanding, and drink a toast to all women who labor in the field of hospitality. Whether we are feeding multitudes in schools, nursing homes, on cruise ships and resorts; working in laboratories or teaching; raising organic fruits and vegetables; creating edible works of art; baking quality breads; making artisanal cheeses; writing cookbooks and histories on food cultures around the globe; and developing recipes, we are all providing a very important service.

We are the nurturers, the educators, the trustees of the food supplies that ensure good health and longevity and our passion is evident at the table, in the wine cellars, and wherever people gather to break bread.

To paraphrase President Lincoln, "We are the recipients of the choicest bounties of heaven." We have much to be grateful for, "and so I would ask you to join me in a toast to all our members, and especially the two Grande Dames we honor here tonight. May we continue to pursue our noble mission!" ♣

—Jean Bayrock, *The English Epicure*

IslandWood Adventure

By Cynthia Glover, Washington, D.C. Chapter

The rain cleared and slivers of blue sky peeked through the clouds as LDEI conferees boarded the ferry for a visit to Islandwood on Seattle's Bainbridge Island. Shoe Box Express lunches provided by new LDEI president **GRETCHEN MATHERS**, spicy Bloody Marys and uproarious conversation made the time fly.

Once on the island, we boarded yellow school buses, just like the schoolchildren who arrive here each week to participate in environmental programs at Islandwood. Once at the center, we were greeted by **JERILYN BRUSSEAU**, and Debbi Brainerd, who founded the facility in 1998 with her husband Paul.

Today's Islandwood is a 255-acre educational center that provides outdoor and environmental experiences for 4th and 5th graders from the Puget Sound area. "This is adventure-based learning," said Brainerd during her welcoming remarks to Dames gathered around a roaring fire in the Friendship Circle. "We invite kids to do outdoor things that they would traditionally only read about."

The facility was designed by local architecture and landscape design students at the University of Washington after discussions with hundreds of children, teachers and scientists. "Even the architecture has lessons to teach," said Brainerd, pointing out the combination of natural elements like cedar wood and volcanic rock with technology, such as the photovoltaic cells that heat water for the kitchen and baths.

Each week 100 children, many of whom receive scholarships, arrive to spend four days exploring the world around them. Graduate students specializing in environmental education lead the way, teaching the children how to observe and interact with natural eco-systems such as Islandwood's extensive marshlands, bog, second-growth forest and waterways. They learn team skills, observe animal habitats, think about where their food comes from, and discover how power is generated and where wastewater goes, all in an effort to understand the ecological footprint of their own lives.

For Dames on this particular day, similar education came in two forms. First we entered the great hall, with its massive wooden beams and stone hearth to hear two panels of speakers, moderated by Seattle conference co-chair **DIANA DILLARD**. The first consisted of local chef Greg Atkinson, oyster farmer **CINDY SUND** and fisherman Bruce Gore. Of his fellow panelists, Atkinson said, "I feel like these people are secret treasures in our community that have been assembled for this conference."

After hearing them speak, Dames felt the same way. Sund, a fourth-generation oyster grower on Hood Canal, told how she built on oyster beds originally seeded by her grandfather to create a small, commercial business. She sees it, she says, "as a way to honor my grandparents."

Gore, who has been fishing in Alaska since he was 12, is a pioneer of flash-frozen hook-and-line-caught fish. His frozen-at-sea sashimi-grade salmon is renowned for its excellence. "People don't realize that wild salmon are not endangered," he said. "They represent a more responsible dining choice, environmentally, than farm-raised salmon."

A second panel then took the stage. It included **PATRICE BENSON**, former president of the Puget Sound Mycological Society; **SHARON KRAMIS**, a journalist and specialist on Northwest berries; Beverly Phillips, founder of Port Madison Goat Cheese on Bainbridge Island; and Betsy Wittick, owner of Laughing Crow Farm. Each told of the path that led to their current lives and provided insight into the wealth and quality of culinary ingredients available around the Puget Sound.



Gretchen Mathers' red Shoe Box Express truck brought the box lunches for the cruise to Bainbridge Island.

Photo by Linda Joyce Forristal.



Islandwood entrance.

Photo by Linda Joyce Forristal.



Jerilyn Brusseau greets attendees.

Photo by Cynthia Glover.



Friendship Circle.

Photo by Cynthia Glover.



From left: Betty Wittick, Sharon Kramis, Beverly Phillips and Patrice Benson.

Photo by Cynthia Glover.

We were invited to tour the grounds, stopping at food and wine stations along the way. We marveled at the giant ferns that grow in this forest, the maple trees just beginning to take on autumnal color and the spicy sweet fragrance of the air. Much laughter accompanied the bounce and sway of Dames tromping over a long suspension bridge high above the forest floor. Wine and hors d'oeuvre waited on the other side — always good inspiration for trekking.

The group then repaired to the dining room for a Northwest feast prepared by Seattle Dames **MONIQUE BARBEAU**, **DANIELLE CUSTER**, **NANCY DONIER** and **SUE MCGOWEN**, together with scholarship recipient Ellen King and the Islandwood kitchen staff. MacMurray Ranch provided fabulous wines for a “rustic” four-course dinner served family style. Featured were a pumpkin-*Quillisacut* cheese flan, Bruce Gore’s wild salmon slow-baked on cedar, Port Madison goat *Brie* and fresh *chevre* with Octopus Garden firewood honey, and cinnamon spice bread pudding with wild huckleberries. Of the wines, MacMurray Ranch’s 2001 Russian River Valley *Pinot Noir* in particular, its nose rich with berries and hints of spice, seemed to capture the essence of Seattle’s culinary style.

Following a serenade by local cabaret singer Deborah Cheadle, we hopped from bus to ferry, venturing back across Puget Sound and enjoying Seattle’s fabulous skyline, glittering with lights against the night sky. Tired but inspired by all that we had seen, the group meandered back to the hotel. ♪

Appetizers and wine were served at stations along the trail.

Photo by Linda Joyce Forristal.



IslandWood dining room.

Photo by Cynthia Glover.



A Unique Journey — The Second Half of Life

By Renie Steves, Dallas Chapter

Alene Moris, a recognized authority on career and business transitions, certainly knows how to gear her talk to an audience. Alene co-founded the Northwest Women’s Institute to continue the education of women and men on the need for women in leadership positions. In Seattle by demonstrating the connection of body, mind, and spirit, she brought laughter and a recognition by each of us to what the second half of our lives could mean.

She began by explaining that endings and new beginnings occur approximately every seven to ten years of our lifetime. Options change and there is a shift in your own reality. Around 50 there is a sense that you need to get a new script. A person may find herself getting depressed for no reason. Or you just feel ‘blah’ and don’t enjoy what you used to enjoy. Some people feel less focused like they are at sea.

But often while the old self is dying, the new self is being born. We may fight that, wanting to hang on and not change. There is chaos. Alene says a magical thing happens like adding water and flour to yeast. It doesn’t look like much is happening, but a lot is. Several years may pass while you get a sense of what could be.

Analyze choices, specialized knowledge, and requisite skills, while making your contacts high priority. Stir well and add what you love to the mixture. Be flexible and resilient. The baseline for most people is security, but be willing to take a risk....to make a difference in the world.

Alene ended with an exercise involving the audience to demonstrate that everything is energy, even words and thoughts. As we left, attendees seemed to feel as I did — wanting to center my positive strength and get connected to my dreams at all levels. These new tools will help through transition moments and turning points during the second half of our life. ♪

The Mystery of the Big Apples

By Cynthia Nims, Seattle Chapter

Among the mementos with which Dames returned home from the Seattle conference, surely one was a lingering wonder about the oversized apples in registration bags. They came freshly picked from the Eastern Washington orchard of **GWEN BASSETTI**, founder and president of Grand Central Bakery. For lack of another name, they are known as Bassetti apples, since the true roots of the fruit is a mystery.

Gwen’s husband, architect Fred Bassetti, grew up near Seattle and the family backyard featured a tree with these same apples—which, even then, didn’t have a name. Over the years, friends asked for cuttings to graft onto their own backyard trees. In 1992, the Bassettis took cuttings from those “foster trees” to establish their own small orchard at their Glendale home. Their orchard now numbers about 100 trees.

Most of the crisp, sweet apples (which weigh in at a pound or more each) end up in the hands of family and friends. “We’ve also used some of them for ‘apple fests’ at Grand Central Bakery,” Gwen told me. The apple variety has stumped specialists at Washington State University, but Gwen plans to send some samples to Cornell University for more help in identifying these giant *pommes*. ♪

Exploring Pacific Rim Flavors

By CiCi Williamson, Washington D.C. Chapter

“The currently huge Pan-Asian food trend intersects the three mega-trends on the U.S. consumer food scene today: (1) Convenience; (2) Health; and (3) Pleasure.

“Via Asian cuisine, consumers can prepare meals quickly, feel good, and have fun eating it,” said Steve Logan, corporate chef for McCormick & Co., a two-year partner of LDEI. McCormick began tracking the Asian trend in 1995 when numerous callers to the consumer hotline requested various curry powders and Asian seasonings.

Steve began the seminar — attended by a full house of 60 Dames — with a PowerPoint projection of scenes from his Asian flavor journey including Thailand, China, The Philippines and Indonesia. From his visit to Thailand, (home of *Kaffir* lime, lemon grass and *pomelo*), he showed pictures of “waterfall beef,” so named because the beef dripping onto coals makes the sound of water.

Other Asian scenes included pictures of street fryers, steamed corn, sticky rice with black beans wrapped in banana leaves, steaming coconut custard, food on sticks, *calamansi* juice, and Thai food dubbed “on the run.” It is pre-packaged, cooked rice and curry in a bag to take home. In China, Steve tasted stir fried bees, snake, turtles and water bugs coaxed down with sea dragons (dried sea creatures), live scorpions, fish gills and dried flies. He showed durian fruit, “the Limberger cheese of the produce market.”

To explore the flavors that comprise Pan-Asian cuisine, Dames sniffed or felt 36 items from the Asian pantry. The items — from black vinegar to green curry — were arranged in three trays of a dozen covered *soufflé* cups each. Assembling the trays the previous day took four people more than two hours. The “Serial Fillers” were Steve, McCormick’s **CONNIE JONES** (a new Dame in the Washington, D.C. Chapter), LDEI executive director Greg Jewell, and my husband John Kelly.

Leading off were the “Yang” ingredients of the Asian pantry. First we tasted “Salty/Savory” ingredients, learning that *tamari* is soy sauce made with more beans that regular soy sauce. Many particularly liked the mushroom soy sauce soy sauce infused with *shiitakes*. Steve said the word “ketchup” came from *Kecap Manis*, an Indonesian-Malaysian soy sauce thickened and sweetened with palm sugar and lightly seasoned with star anise and garlic. Another of the flavor samples was *Char Sui*, a tangy sweet Chinese-style barbecue sauce made from fermented soy beans, tomato paste, a sweetener, vinegar and five spice. The complex *tonkatsu* sauce has flavor hints of one of its ingredients, Worcestershire sauce, along with apples, prunes, carrots, onion, tamarind, cloves and cinnamon. Vietnamese fish sauce and a rather strong shrimp paste rounded out the first dozen in the tasting.



Left: Connie Jones fills sample cups. Helping her is John Kelly.

Right: Steve Logan and Connie Jones of McCormick & Co. Inc.

The second tray included sour, wine, spicy and sweet ingredients. Black vinegar, sweet chili sauce, banana sauce, curry pastes, fresh *wasabi* (horseradish grown in Washington), and palm sugar. In a culture clash, the banana sauce — also known as “banana ketchup,” is eaten with French fries in a country where the tomato isn’t ubiquitous. Fresh *wasabi*, costly when purchased fresh, should be added at the end of cooking or used as a sauce because the flavor is heat sensitive. McCormick’s new powdered *wasabi* spice is reconstituted by mixing 50-50 with water.

The final tray illustrated the “Yin” of Asian food philosophy with its “cooling, moist, soft and delicate fresh vegetables and herbs.” Here were grouped the green onions, lemon grass, *Kaffir* lime leaves (used like a bay leaf), cilantro, basil and mint. Steve mentioned that spring onions and fresh herbs such as basil should be added at the end of cooking “because they lose their integrity when cooked” and that “fresh mint should be used sparingly because too much gives a bitter note.”

At the end of the phenomenal flavor journey, Connie offered us *lychee* and fresh ginger candies to pacify our multi-tested tongues. ♪

Note: An article about the Asian Flavors Panel will appear in the spring *Quarterly*.



Photo by Linda Joyce Forristal

Creating Teamwork for a Satisfying Life

By Linda Joyce Forristal, Washington, D.C. Chapter

How are your teamwork skills? Do you excel in teamwork skills at work, but find it hard to get cooperation and help at home? Then Dame **LYNN FREDERICKS** has some ideas for you.

“Women are not born with multiple sets of arms, a genetic code for martyrdom, superhuman patience, clairvoyance, or rechargeable batteries,” says Fredericks, who thinks the only viable solution to making things work smoothly at home is employing teamwork.

That may sound easier than done, but Frederick thinks teamwork is a great way to get things done around the home—and a sound way for women to reclaim their sanity. Frederick thinks that in the last few decades, women have taken on too much of the parenting burden. Women cannot effectively handle both the nurturing and disciplining role in the family, and Frederick calls for men to take a more active role in disciplining. While parents need to form a united front when it comes to setting parameters, they also need to inspire teamwork around the home to get things done. Getting kids involved through teamwork at home can recharge parents’ batteries—through giving both mom and dad a much-needed break.

There are many areas where kids can help, such as laundry and caring for pets, but Frederick sees an obvious advantage (especially for Dames) in using mealtime to get the teamwork ball rolling. “Everybody has to eat and why not make the meal a time for teamwork,” she says. Frederick suggests that the whole process should be collaborative: let the kids suggest menus and favorite dishes, help set the table, light the candles, and last, but not least, wash the dishes.

It may sound simple, but overcoming inertia in this area may be harder than you think. Frederick suggests starting slow, perhaps by just adding one more sit-down meal to the family schedule each week; but thinking big, because your kids may surprise the heck out of you.

Frederick is making plans to offer her teamwork seminars to corporations. ♪

Chocolate Tasting Produces Smiles

By Heidemarie Vukovic, Houston Chapter

I always say chocolate can put a smile on your face. And, so it did among the Dames who attended **FRAN BIGELOW**’s Friday afternoon program on chocolate. Fran has been named the best *chocolatier* in America by numerous food publications in America. She is the owner of the famous Fran’s Chocolates (shop) in Seattle.

Fran presented a brief history of chocolates and spoke of the variety cocoa beans used in the making, of which the *Criollo* bean is the most flavorful. She said the *Forastero* is a cocoa bean that is easier to grow however, not as flavorful. The third variety mentioned is *Trinitario*, which is a cross-blend and used more often.

We tasted four different chocolates. Fran pointed out that we taste with our mouth as well as our nose. Each of the chocolates was distinctly different from others in aroma, texture, mouth-feel, chocolate flavor and other flavors discussed during the tasting. Yet all the chocolate beans were from Venezuela. This, we were told, depends on a manufacturer’s process of making the chocolate. The last chocolate we tasted had a dull, powdery texture and was not as fruity as others. Fran pointed out that this chocolate was not fermented as long as the other varieties we tasted. This made clear the different technique used by the chocolate manufacturer. Questions about tempering and storage of chocolate were discussed.

We were each treated to a wonderful chocolate truffle made by Fran. For me, another trip to Seattle is a must, and Fran’s chocolate shop is on the top of my list. ♪

[Editors note: The Asian Flavors Panel will be featured in the next Quarterly.]

Hope in a Bottle

By Connie Hay, Washington, D.C. Chapter

If you attended the LDEI Conference in Seattle in October, you may remember drinking Athena brand bottled water. Its pink banner proclaims “100 percent net profits to find a cure.” Trish May, a former Microsoft marketing executive, founded the company and named it Athena for the Greek goddess of wisdom. She selected a healthy product that everyone consumes every day. Her goal is to help fund research to stamp out women’s cancers.

May was still grieving for her mother, who had survived breast cancer, but succumbed to ovarian cancer when she discovered she, too, had breast cancer. Now a ten-year survivor, the 49-year old May wanted to found a company that would make a difference for women. She will donate 100 percent of the net profits to Northwest cancer research initiatives. ♪

Pike Place Market Exceeds Expectations

By Eileen Talanian, Philadelphia Chapter

My expectations had been simple: a walking tour of the Pike Place Market, highlighting some of its most renowned vendors, and maybe a bit of folklore tossed in for local color. What we received was so much more.



About 20 Dames were packed cozily into a second floor vintage conference room known as “the Library,” along with two Pike Place Market experts, **CYNTHIA NIMS** and Andrew Krueger, and a half dozen local food writers and chefs serving as our tour guides. Cindy and Andy provided a rich and engaging history of the market, which was founded in 1907 by local farmers who were being squeezed by their distributors.

The farmers, knowing they had to take action to save their livelihoods, started the market as a simple, open-air affair. It now encompasses several city blocks, employs more than 90

employees, and is visited by more than nine million people each year. But it was not a smooth ride for them along the way. Real estate on which the market exists was almost handed over to developers in 1971, and had it not been for the formation of Friends of the Market, would today be the location of condos and office buildings. A public initiative vote took place as a result of the Friends’ work, and the market was saved.



At the end of the presentations, we were divided into small groups, given \$30 per group, and instructed to go into the market and bring interesting food items back to the Library. My charming tour guide was our own **SHARON KRAMIS**, who shared her obvious and profound love of the market while taking us to some very fine stalls. At Dish D’Lish we were treated to fresh lemonade fruit drinks courtesy of **KATHY CASEY**. All through the tour Sharon provided amusing anecdotes that brought the market to life for all.

Then, all groups gathered at the Pike and Western Wine Shop, where we tasted luscious wines from the Chinook Winery, owned by **KAY SIMON**, and we returned to the Library with our market treasures. And what treasures they were! We laid our finds out on the long conference table, and passed them around so all could taste. There were freshly made doughnuts (Sharon’s favorite!), spotted prawns, *peppadeus*, amazing local cheeses, unusual and stunning-looking fruits and vegetables, pastries, spreads, crisp breads, honey, and many more mouth-watering items than we have space here to name. What an amazing feast!

We left the Market that day filled with delicious food and interesting facts. My expectations for this tour may have been simple, but what I learned at this event raised my expectations for the entire conference. ♣

Napa North

By Carole Kotkin, Miami Chapter

Less than an hour’s drive east of Seattle, we found a little slice of the Napa Valley, with vineyards producing world-renowned wines, and an abundance of farm-fresh fruits, vegetables and wild berries. Our first stop was at the famed Herbfarm Restaurant. When Lola and Bill Zimmerman parked an old wheelbarrow full of potted plants in front of their house and posted a sign advertising “Herb Plants for Sale,” they had no idea that almost 30 years later, The Herbfarm would evolve into one of the best restaurants in the country.

Lola’s herbs sold so well that Bill converted an old barn on the property into a shop. The entire family got involved in the enterprise and in 1986 their son Ron and his wife Carrie Van Dyck started a mail order catalog, and The Herbfarm Restaurant. The restaurant moved into larger quarters in Woodinville adjacent to the luxurious Willows Lodge. Chef Jerry Traunfeld, who has been at the Herbfarm for 14 years (a 1996 James Beard Best American Chef Award nominee), uses only ingredients raised, grown or gathered in the Pacific Northwest.

Traunfeld described the varieties of mushrooms foraged for the “Mycologist’s Dream” dinner that night, as he served us piping-hot berry-filled mini-doughnuts accompanied by herb infused hot chocolate and hot apple cider. “This is a unique position, a small and lovely restaurant practically in the middle of the gardens where we can prepare food the way it used to be—totally from scratch with extraordinary raw materials. I have complete control over every dish—from the planting of the seeds to the last garnish. It is a chef’s dream,” he said.

The next stop was Washington State’s number one winery, *Chateau Ste. Michelle*. Washington ranks second nationally in wine production after California. The Columbia Valley has just the right combination of soils and micro-climates for producing truly significant vintages. *Chateau Ste. Michelle* has spent over 40 years growing fine grape varieties here. After a tour of the winery, **LINDA CHAUNCEY**, director of wine education for Stimson Lane, enthusiastically explained the terroir of this dramatic valley that occupies the same northerly latitudes as the great wine-growing regions of Bordeaux and Burgundy. Warm, sunny days and extra-long daylight hours during the growing season ensure sweet, fully ripened fruit, while cool nights preserve the crisp acids in the wines. The flavors of the Pacific Northwest came alive with a delicious and creative brunch buffet prepared by *Chateau Ste. Michelle’s* chefs who carefully selected their award-winning *Riesling, Sauvignon Blanc, Chardonnay and Syrah* wines to accompany the meal. ♣

Behind the Scenes at Caffe Vita

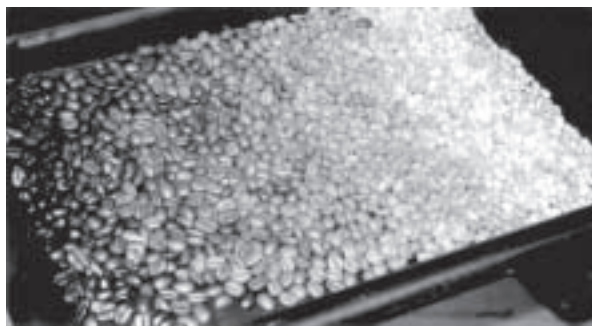
By Brenda McDowell, Chicago Chapter

In Seattle, a city known worldwide for its mammoth coffee industry, what is Caffe Vita's secret to success? Start with great beans, roasted perfectly and brewed just right. Caffe Vita operates three local retail locations and wholesales throughout the United States. A tour of this bustling small-batch coffee roaster during the LDEI conference was a lesson in coffee excellence from beans to brew.

Caffe Vita buys only the highest quality green beans. There are different grades of green coffee beans, and this is a situation where you get what you pay for. You can't make the best coffee if you don't begin with the best beans. During our tour we saw bags and bags of beans stored under moisture and temperature-controlled conditions, just waiting for the roaster.

Determining Quality

There are two ways Caffe Vita knows if the beans they buy are of high quality. One way is by scooping up a sample of beans, breathing into them, and sniffing. Another way is cupping, an experience that our group experienced firsthand.



Coffee beans in various stages of the roasting process.
Photo by Brenda McDowell.

Cupping is essentially a test to make sure the coffee beans are meeting the expected standards by roasting a small sample of beans and tasting the coffee - before buying the beans in lots. After hot water is poured over the roasted ground beans, a "crust" forms over the coffee. Break through the crust (with a spoon) and check the aroma. Finally, the "creamy" layer is removed from the top and the coffee is sampled by "slurping" a spoonful to judge the flavor. Each taster moves around the table to sample all of the coffees being evaluated.

Small Batch Roasting

No large automated roasting systems at Caffe Vita. Small batch, hands-on roasting delivers an even and consistent roast every time. As our group watched the roasting process from start to finish, we were able to view the beans each step of the way, beginning with the green coffee beans, ending with a beautifully browned aromatic bean. Samples of beans from each roasting step were passed around for us to sniff and touch, to firsthand experience the birth of a perfectly roasted bean.

Perfect Brewing

The journey to a perfect cup doesn't end with the perfectly roasted bean. Caffe Vita's owners credit much of their success to their in-depth approach to training, both on the retail and wholesale side of their business. Training includes proper grinding, brewing and extraction, and milk steaming. The coffee is ground to order, the milk steamed for each cup. Baristas in training may work up to six months with a more experienced barista before he or she is allowed to work a shift without supervision.

The rules that make Caffe Vita such a success? No grinding in advance—the beans can dry out. No heating milk in advance; it loses quality when reheated. A 22 to 26 second extraction time is ideal. And, oh yes, packing the portafilter properly and applying 30 pounds of pressure twice is a must!

For more information about Caffe Vita, or to purchase one of their eight blends, log on to www.caffevita.com. ☪



John Kelly (left) and Lynn Buono watch the coffee cupping process.
Photo by Brenda McDowell.



Sue McGowen (left), pastry chef at the W Hotel, listens to the Caffe Vita spokesperson.
Photo by Brenda McDowell.





Atlanta



San Francisco



San Antonio

Les Dames d'Escoffier International



Houston



Seattle, Conference Hosts



Washington, D.C.



British Columbia



Palm Springs



San Diego



Los Angeles



Philadelphia



Minneapolis



Phoenix



Kansas City

2003 Annual Conference, Seattle



2003 LDEI Board of Directors

Photos by Cathy Bassetti.



Miami



New York



Boston



Dallas



Colorado



Chicago

NORTH TO VANCOUVER

By Mary Evans, Minneapolis Chapter

Not quite satiated by our amazing conference experience, twelve dames and conference sponsor Evelyn Brewster of The Sugar Association decided to prolong the networking, learning, and general great eating by heading north to Vancouver for a tour arranged by **BECKY PARIS TURNER**. We boarded the bus early Sunday morning and started things off properly with a delectable boxed breakfast of muffins, minted fruit and yogurt provided by **GRETCHEN MATHERS**. Driving past the Space Needle on our way out of Seattle, we headed toward the border on fall-colored highways still lovely even though viewed through sheets of rain.



Ten Ren Tea Shop.

Arriving in Vancouver, we discovered British Columbia Dames had arranged for everything, including clearing skies. **WENDY TAYLOR**, **NANCY WONG**, and **STEPHANIE YUEN** met our group in Chinatown, an appropriate place to begin given Vancouver's large Asian population. We immediately headed to *Ten Ren*, a landmark for over 18 years, for a tasting of *Oolong* green tea in both medium and top grades. From there we visited a number of shops, including an herbal store and a local bakery where we tried Chinese doughnuts and other specialties.

Along the way, we sampled several things street-side including a fruit tasting featuring *pomelos* and the notoriously stinky fruit, *durian*. Soaking up culture, we learned about old and new styles of architecture and visited the largest garden outside China. By now it was lunch time. Once at Sun Sui Wah Restaurant, we consumed plate after plate of dumplings, pot stickers, duck feet, and egg tarts with delighted hearts—the meaning of the dim sum we shared.

From there, we took a city tour of Vancouver on our comfortable bus and saw first hand the dynamic city of Vancouver, guided throughout by Vancouver associate member Betti Port. We stopped for a customized tour at the University of British Columbia's Museum of Anthropology, focusing on the First Nations People, Canada's term for the indigenous tribes we call Native Americans. By now the skies were completely clear and we toured the grounds, stopping to admire artistic representations of welcome figures and house posts. After exploring a recreation of a *Haida village*, we went inside the museum and learned about the custom of potlatch, a celebration containing much feasting—a topic befitting our group. We saw huge, ornate serving vessels and discovered the diet of the time reflected what could be gathered, including salmon, shellfish, berries and nuts. By now, our diet plan indicated we hadn't eaten in several hours so it was time to move along to our final destination.

Entering Barbara-Jo's Books to Cooks, **BARBARA-JO MACINTOSH** welcomed us to her beautiful, well-stocked cookbook store with glasses of *Prosecco* and *hors d'oeuvres* provided by **LESLEY STOWE** (Lesley Stowe Fine Foods) and Culinary Capers Catering's **MARGARET CHISHOLM** and **DEBRA LYKKEMARK** (Debra, by the way, is president of the International Catering Association). After sampling artisan cheeses from the area and regional wines while mingling and connecting with B.C. Dames members, it was time to board our bus for the trip home. In case we grew hungry, we left armed with luscious boxed dinners featuring salmon and a colorful rice and vegetable salad provided by Culinary Capers Catering. Back once again in Seattle, we knew our extra day provided a superlative conclusion to our time in the Pacific Northwest. ♪



House post at the Museum.



University of British Columbia's Museum of Anthropology



Learning about the stinky Durian fruit.

Photos by Mary Evans.

Meet Your 2004 LDEI Board of Directors

President

GRETCHEN MATHERS (Seattle) is co-founder of her chapter and served as president. She oversees more than 250 employees in her bakery and box lunch businesses but still finds time to share valuable counsel to others in the food business and was instrumental in many phases of the LDEI Seattle Conference. She was the first woman to be elected president of the Washington State Restaurant Association. Gretchen says, "I welcome the opportunity to continue LDEI's path to a well-managed professional organization so we can move our focus to communications and networking for members. LDEI is the best group I have ever joined. I treasure the friendships and associations."

First vice president (president elect)

DIANNE HOGERTY (Kansas City) has worked 29 years in her food public relations syndicate. She was president of her chapter from 1998-2000 and has served three years on the LDEI Board, two of those as treasurer. Dianne says, "We wanted to unify our membership by enhancing communications so telephone forums, the Web site and public relations campaigns were put in place by your hard-working Board of Directors. This year, the Board produced a strategic plan that will sharpen our focus for the immediate future. This plan will help point us in the right direction for a strong and healthy future. I am gratified to be one of the members of the Board of Directors making that happen."

Second vice president

CONNIE HAY (Washington, D.C.) was appointed by the Board of Directors to fill the office resigned by June W. Hayes (San Antonio), whose business partner fell seriously ill to cancer. As an Air Force wife, Connie has lived in several countries, is a food and travel writer and has written several books. She was the newsletter editor for the chapter two years and is looking forward to being the editor of the LDEI Quarterly.



Bottom row (left to right): Gretchen Mathers, Gloria Kohnen, Elizabeth Adams, Sandra Hu and Dianne Hogerty. Top row: Toria Emas, Louisa Hargrave, Sally McArthur and CiCi Williamson.

Third vice president

SANDRA HU (San Francisco) has more than 25 years of experience in food public relations and communications. She is currently senior vice president and associate director of Ketchum's global food and nutrition practice. In this role, she provides senior counsel and strategic direction for food clients at one of the world's top-ten largest public relations agencies. She also is director of the Ketchum Food Center, the agency's national culinary center. Sandy says, "With global interest in cuisine at an all-time high, and so many professional culinary organizations competing for attention, it is essential that LDEI and its member chapters continue to play a strong leadership role in the local and global food community as the premier culinary organization."

Secretary

LOUISA THOMAS HARGRAVE (New York) has been a member of LDE almost since its inception and has served on the New York chapter board. She is a professional winemaker, a consultant for the wine industry, a published author and a columnist. "I think that my communication skills would be particularly useful to the organization," Louisa says. "Our outspoken sharing of ideas and the demonstrable competence of our members will help other women to become successful entrepreneurs. I personally feel that the joyous nature of food and wine should not be overlooked as we allocate our time for charitable pursuits."

Treasurer

GLORIA KOHNEN (Houston) has been elected for her second term as treasurer. Gloria is the manager of publicity and test kitchen for Riviana Foods, a large rice-centered food corporation. Gloria says, "The past year has been a great experience in learning more about LDEI. As the treasurer, one begins to understand how an organization works. Personally, my career in management has been a real asset in performing a treasurer's function. Producing, managing and projecting budgets has been a major part of all of my career positions; and I am glad I had those experiences because I have certainly needed them as treasurer. Helping our board keep LDEI solvent is my present and future goal as treasurer."

Directors-at-Large

ELIZABETH ADAMS (Miami) owns and operates five retail food and wine stores in the Miami area doing approximately \$17 million annually and employing 170 people, directly supervising eight managers, involved in products, training, promotions and events, and fiscal health. Elizabeth is a charter member of the Miami Chapter and was its president for three years. She says, "As founder of a chapter, I am intimately familiar with what is required and the process that a new chapter goes through. This is good knowledge to have represented on our LDEI Board of Directors."



Board of Directors

continued from page 17.

TORIA O. EMAS (Chicago) is on the senior staff of the Chicago Bar Association and oversees the food service department, facilities, library and staff. Toria says, "Assisting new and current chapters would be a worthwhile challenge and privilege. I believe in fostering women to achieve and succeed in leadership positions in our industry." This former chapter president would like to maintain and increase the visibility of LDEI's leadership role in the food, fine beverage and hospitality industries and help foster a high performance board that bridges the gap between the newer chapters and LDEI history, resources and practices.

SALLY McARTHUR (Seattle), chef and owner of France Through the Kitchen Door, has held several offices in the Seattle Chapter including president. "I received my culinary training in France with two master chefs and have always felt a tremendous gratitude for the lessons we have learned from the French model showcasing local sustainable cuisine," says Sally. LDEI is one international organization I know is making a difference. I will support all efforts to enhance the strength of local chapters and I would like to see the revival of the chapter exchange program.

Past President

CiCi WILLIAMSON (Washington, D.C.) has already been working very hard on expansion chapters. She has visited groups of interested women in Cleveland and Portland, and is working with other Dames to stimulate the growth of chapters in foreign countries. To back up her statement that "Chapters are the strength of LDEI," CiCi visited nearly all the chapters during her recent two years on the board. In addition to serving as LDEI president, the food and travel writer has written a new book "The Best of Virginia Farms" and is the host of a PBS-TV series based on this book. ♣

2003 Epicurean Auction & Raffle a Big Success

*By Lee Wooding, New York Chapter
LDEI Auction Co-Chair*

Thanks to all the Dames who bid on auction items, and to all the Dames who procured and/or donated items, the 2003 Epicurean Auction was a great success!



Ann Steiner

The auction itself raised over \$13,900 and the raffle raised over \$600, with the grand total being just over \$14,500.00! (Although impressive, let's aim to better it next year.) With a total value of nearly \$25,000, 94 items were offered for auction. All items were bid on and won! The raffle for a 14K Gold LDEI logo pendant/charm was also a great success and added to the fun.

Due to last moment notification that BenefitEvents online auction service was no longer available due to the illness and hospitalization of its owner, the auction venue was changed to a more traditional silent auction. Bid lists with descriptions and pictures were posted on rolling bulletin boards. Dames at the conference could increase their bids for two days and during the Grande Dame Awards Event. Proxy bids were also accepted "on-line" from Dames who were unable to attend, adding a little excitement and competition.



Lee Wooding

All items donated were wonderful, and while there are too many to mention, here is a tease for those who could not join in the bidding fun: Travel destination donations included trips to Telluride, Cakebread Cellars, a tour of New York's "other China Town in Flushing," Canada and Caribbean resorts, a cooking weekend in Albuquerque; and a stay in Historic Charleston courtesy of NATHALIE DUPREE. ANNE WILLAN's Paris Apartment for a week generated great interest and competition. The winning overbidbid was by Grande Dame ROSEMARY KOWALSKI.

Restaurants visits from Chipotle to Blue Mesa were up for bids. Atlanta and Chicago Chapters put together gift baskets of books, and restaurant gift certificates. There were 22 books (mostly written by Dames), a beautiful baby blanket (everyone wanted the baby in the picture!), and so many other wonderful items - including cookware, kitchen appliances, original artwork, food, and professional consultations.

Thanks go to co-chair ANN STEINER, who spent many, many hours getting the categories and descriptions set up, notifying donors and bidders, and to CiCi WILLIAMSON who put the bid book together and provided the computer savvy. Thanks also to EILEEN TALANIAN and MARILYN COOPER who were a great help in getting to get the physical side of the auction set up and assisted at the conference, and to BECKY TURNER who helped sell raffle tickets. ♣

Where Do Your LDEI Dues Go?

Dues cover only \$50 of the \$99 per member costs. Here's how the money is spent.

Directory updating, printing and mailing	\$11.70
Quarterly layout, printing and mailing (4 issues)	\$13.00
Executive Director salary, travel and office expenses	\$31.25
Board of Directors printing, mailing and long distance phone	\$4.90
One Board of Directors meeting for 10 officers + Conference	\$21.20
Web site hosting and updating	\$6.75
Financial (CPA, audit for IRS and bank fees)	\$1.92
MFK Fisher travel for recipient of award	\$1.50
Officers and chapter presidents teleconferences	\$0.40
LDEI brochures, printing and costs to solicit sponsorship	\$4.00
Costs for LDEI receptions and chapter expansion	\$2.45
TOTAL per member	\$99.07

Thousands of volunteer hours by the Board of Directors

PRICELESS!!!



Chapter News

ADELAIDE

Adelaide “Tastes the Magic” at Tasting Australia.

By Vale Pedersen, Adelaide Chapter

Adelaidians welcomed a host of overseas and national food and drink professionals to the unique must-do event on the world’s gastronomic calendar. Now firmly implanted on the calendar of South Australia’s major events is the biennial festival **Tasting Australia** was held October 3-12 2003. The theme for this year’s event was “Taste the Magic,” and magic was surely discovered by those attending as South Australia revealed some of the secrets: wonderful wines, clean-green food and just amazing scenery and destinations.

As guests grazed and sipped their way around the selected venues some of the Adelaide Dames worked to coordinate a range of events. One such event was held at the Adelaide Railway Station concourse, “The Australian Women’s Weekly Great *Risotto* Challenge” was the brainchild of Chris Stephan of The Food Studio, Pty Ltd. A national competition was created to find the best risotto in Australia. Seven finalists were selected, brought to Adelaide, and matched with a high profile chef to cook their risotto recipe, viewed by a huge crowd at the Railway Station.

Risotto recipes were to include sponsors ingredients, those being *Tatachilla* Wines, Campbell’s Stocks and Australian Mushrooms. Thousands of entries were received and the selected seven finalists produced very different results with the addition of some interesting ingredients, Italian sausage, caramelised onions, vine leaves and currants. The winning recipe, created by the New South Wales contestant, Stefania Montesano- “*Risotto* with Treviso Radicchio, Sausage and Mushrooms....*Bellissimo!*”

CAROL RITCHIE (Dallas) took part as a mentor for this event, enjoying the morning, and relaxing and assisting the finalist. The Adelaide chapter welcomed **RENIE STEVES** (Dallas) and Carol for dinner at **ROSA MATTO**’s Cookery School. Rosa presented her regional food at Taste the Market- Adelaide Central Market and the 2003 Jacob’s Creek World Food Media Awards.

An invitation is extended to Les Dames members to visit Adelaide for Tasting Australia 2005, a warm and friendly greeting is assured. For further information, see: www.tasting-australia.com.au and www.thefoodstudio.com.au. ♪



Bottom row (left to right): Rosa Matto, Margaret Kirkwood, Rosie Hill, Renie Steves and Belinda Hanson-Kenny. Top row: Jacqueline Bowden, Heather Hristovski, Carol Ritchie, Jan Darling, Jill Stone and Vale Pederson.



Carol Ritchie (center) assists chef in risotto cooking contest.

ATLANTA

Atlanta Raises Funds

By Gloria Smiley

A very successful fundraiser was held in October. It was our third annual Dinner on the Grounds at Serenbe. We had 25 area chefs participating, a silent auction and a cake raffle. Our co-chairs of the event, **MARY MOORE**, **MARY REYNOLDS** and **VICKY MURPHY** did an outstanding job in putting on this event. **ANGIE MOSIER**, the “inventor” of this event, was on hand to not only work, but her husband, Johnny, is a musician, and **Angie** is a great singer! **SHELLEY SAWYER** and **SHELLEY PEDERSEN** put on the silent auction - and all of this was done on the **ONLY** day in October that it rained in Atlanta - the only thing the rain did not dampen was our spirit, which was out in full force on that day. At the Seattle conference, we met **KATHY GOTTSACKER**, a San Antonio Dame who now lives in Chattanooga, Tennessee, about 90 miles from Atlanta. She and her husband attended our event, and we hope to get her involved with the Atlanta Dames.

A new member reception was held at Joel, a fabulous Atlanta restaurant. **PHILIPPA KINGSLEY** organized the event, and we honored eight new members, **LISA ALLEN**, **SANDRA BANK**, **CATHY CONWAY**, **KAREN HILLIARD**, **DEBI LOFTIS**, **SILVIA RIEDEL**, **MALIKA ROBINS**, and **VIRGINIA WILLIS**. Each new member was presented with an LDEI pin. ♪

Chapter News

AUSTIN

Austin Chapter Visits Fredericksburg

By Joan Wood

Austin, Texas was voted in as the 23rd chapter of Les Dames d'Escoffier at the recent Seattle conference. There are 26 charter members with five Dames in good standing from other chapters making up its board of directors.

We toasted the new chapter at a garden party hosted by LUCINDA HUTSON in her Austin garden, which was in full bloom! An outing to Fredericksburg followed, with a stop at Rebeca Rather's "Rather Sweet Bakery", with some dames continuing on to the Food & Wine Festival in San Antonio. Our first annual dinner was held at the Crimson Restaurant in November. ♪



Top row (left to right): Edna Lyn Porter, Lucinda Hutson, Cara Anam, Cathy Cochran-Lewis, Madelyn Naber, Jane King
Bottom row from left, Diane Tucker, Paula Biehler, Pat Sharpe



Top row (left to right): Mary Margaret Pack, Susan Auler, Johanna Brown, Maureen Hearn, Joan Wood, Michele Haram, Pamela Nevarez
Bottom row: Abigail Donovan, Jill Lewis, Diane Tucker

BOSTON

Boston Attends Escoffier Dinner

By Terry Golson

The Boston Chapter held its annual meeting. In October. Usually held at a hotel, this year the tables were set at SIMONE WILLIAMSON's place of business, "Be Our Guest". Simone supplies unusual and high end table settings and linens to caterers and event planners. Dames had scrumptious finger foods to eat while doing business and, once the meeting concluded, had an elaborate dessert table to enjoy. Culinary Design Group provided the feast. Our new board is energized and planning events and a major fundraiser. Board meetings are held on the first Tuesday of each month and all are welcome.

One of the chapter's scholarship partners is Endicott College, which has an International *Programme* for Hospitality Studies. Once a year, as part of their curriculum, they prepare and present a classic "Escoffier Dinner" for Dames at *LaChanterelle*, a restaurant run by the students. In October more than 40 Dames and their guests dined in the elegant Tupper Hall, a mansion built in 1909 and now part of the College. From the *Mousse de canard truffe avec un salpicon de poivrons et une vinaigrette aux airelles* to the *prune au four glacee au vinaigre de Balsame Traditionale* the food was outstanding and the service gracious.

A graduate of Endicott and past recipient of a Boston Dames scholarship helped in the kitchen and reported to the diners about her current work in a pastry shop. Two current students, one local and one from Chile, announced each course and accompanying wines. ♪

CHICAGO

Chicago Chapter's Coffee/Dessert Connection

By Carol Haddix

Like wine, coffee can be complex. But it is much more complex than wine, according to Mike Ebert, the executive vice president of Coffee Masters, a Spring Grove, Ill., roaster of coffee for the trade. "Coffee has more than 200 flavor characteristics," Ebert explained, passing out small steaming cups of his Haitian Bleu coffee to an appreciative audience of 25 Les Dames members and friends who attended an October program on matching coffees with desserts at the French Pastry School. The evening was graciously put together by program chair JOAN SALTZMAN.

After an introduction by Atlanta Dame and public relations pro SUZANNE BROWN, Ebert went on to explore the intricate ins-and-outs of coffee flavors, brewing methods and grinds, in between demonstrations by master pastry chef Jacquy Pfeiffer, co-owner of the pastry school.

Pfeiffer, with an impish grin hovering on his face and the occasional joke, whipped through two decadent desserts, a warm-roasted pineapple with mango sorbet and mango chips and a pear financier with thyme ice cream. Along the way, he talked about flavor transference (between the pineapple and vanilla), how to "peel" a pear (with a new plastic backed sponge) and how to caramelize nuts (using the "sanding" method with crystallized sugar).

The light notes of the Haitian Blue coffee matched the pineapple dessert well. And Ebert chose a surprisingly good decaf Costa Rican coffee to team with the pear cake: "It's good acidity and fruity/floral flavors balance with the fruit and the cake," he said. "Judge a coffee as it cools. Ask, how well does it hold its flavor?"

Ebert noted that many of the South American coffees match with lighter fruit desserts. Indonesian coffees are full-bodied and more suited to custards and heavier desserts. Dark-roasted coffees go well with chocolate. Fruit pies or ice cream? Try Kenya or Java, he said.

After the two demonstrations, the Pfeiffer/Ebert team still was not done. A tour of the school's kitchen followed with even more delicious desserts and two more coffees to sample. High on caffeine, sugar and lots of good information, Les Dames members had to agree. Coffee IS complex. And delicious. ♪

Chapter News

COLORADO Colorado Chapter Visits Culinary Schools

By Teresa Farney

The Colorado Chapter got off to a great start in July after being voted into existence. Program committee chair, **HOLLY ARNOLD KINNEY** organized the first of a series of monthly gathering we are calling socials. These events provide a venue for us to invite prospective members to learn about LDEI and, in turn, for us to meet them. Our first social was held in August at Cook Street School of Fine Cooking in the historic district of Denver.



Left to right: Dina Berta, Sally Cookson, Dame Kit Williams, Dame Marlys Connor, Dame Kristen Browning Blas, Claire Walter, Joan Brewster, Dame Mary Jo Plutt, Suzie Roser (in front), Irene Rawlings (in back), Dame Holly Arnold-Kinney, Kristen Reisinger, and Dame Teresa Farney. Not pictured, but attending the board meeting were Dames Ellen Sweets and Wendy Aiello.

Prior to the social, a board meeting was held. A goal of board meetings is to have them at various cooking schools and/or community outreach culinary programs geared to women. This is an effort to learn about organizations that could possibly be on our scholarship list, receive donations, or other culinary support. Cook Street is a culinary school that offers consumer as well as professional classes. Executive Chef Michael Comstedt, his staff and students prepared a lavish buffet of seasonal Colorado foods for us. Prospective member, Sally Cookson, of The Holly Cross Abbey Winery poured wines.

The September board meeting was held at the Denver campus of Johnson & Wales University. Prospective member, Lindsay Morgan, director of community events, hosted a working luncheon. Johnson & Wales will be the site of our chapter's first major fund-raiser in November 2004.

An October working/lunch was held at Work Options for Women, a non-profit training program that assists low-income women to gain skills for restaurant employment. In 16 weeks students learn basic cooking, sanitation and safety in the kitchen and how to look for a job. Jennifer Johnson, development director of WOW, hosted our board meeting and students prepared a delicious Mexican buffet. Johnson gave us an overview of the program and one of the students spoke of her experience, and her eagerness to find a restaurant job. ♪

SAN FRANCISCO San Francisco Reaches Community Colleges

By Susie Biehler

We continue to work on an outreach program in four Bay Area community colleges supporting our chapter objectives of outreach and mentoring.

At its October meeting in Napa Valley, hosted by Chef Kerry Heferman at *Pinot Blanc*, the board voted to begin hosting "culinary salons." Each would focus on issue-driven topics and present speakers that would appeal to both members and the public, thus providing fund-raising events for the chapter. Spring will be the first salon.

Socially, the chapter enjoyed a lovely Bay Cruise, hosted by **GIG OWEN** and her musically multi-talented husband, Mel. **GIG, BEVERLY BARBOUR-SOULES, DAWNINE DYER, FRANCES LOW, JERRY DI'VECCHIO, LINDA ANUSASANANAN, ROBERTA KLUGMAN, SALLY BERNSTEIN, SARA WILSON, SUSIE BIEHLER** and guests dined on the luxurious "Pat Pending" and boated across the San Francisco Bay on an extraordinary fall Sunday in October.



Dames gathered in early November to wish **DAPHNE DERVEN** best wishes as she departs to New York to be Director of Program and Development at Stone Barns Center for Food and Agriculture. **TONI ALLEGRA** arranged a wonderful lunch at Meadowood in Napa Valley to celebrate her new life journey, and to acknowledge her past contributions to the culinary world.

Three members attended the Seattle conference, **SARA WILSON, DOLORES CAKEBREAD** and **SUSIE BIEHLER**. Much information and inspiration was gathered, in addition to witnessing various other chapters Web sites with the intention of starting the San Francisco Chapter Web sites. Seattle's was a model for what could be done.

The chapter is expanding its newsletter to twice yearly. **JULIE JENANYNAN** is in charge of the publication. The main goal is to educate members, and it will include profiles on speakers, happenings, educational information and most important, keep members aware of chapter goals and events. ♪



Chapter News

KANSAS CITY

KC Dames Gather at “The Little Vineyard on the Prairie”

By Judith Fertig



Dame Cindy Reynolds harvests Chancellor grapes at Somerset Ridge.



Dame Sara Cox, prunes in hand, gets those grapes low on the trellis.

With its innovative approach to growing grapes and use of natural agricultural methods, one Kansas vineyard and winery is taking Kansas agriculture another step forward. Somerset Ridge is owned by Heart of America **CINDY REYNOLDS** and her husband Dennis.

Late in August, we gathered at the prairie vineyard for a reception and a debut tasting of Somerset Ridge wines. Included were the slightly oakey 2001 Somerset Ridge Kansas Chardonnay; Kansas Ruby Red wine, a blend of American hybrid Chancellor (with a peppery character) and three different types of French grapes—*Cabernet*, *Cabernet franc*, and *Cabernet sauvignon*; and Ambrosia Late Harvest *Traminette*, a fruity and sugar-crisp dessert wine with a hint of apricot. Somerset Ridge also produces Kansas Ruby Red Port, their Ruby Red wine fortified with brandy.

Dames brought their favorite dishes for a fabulous potluck at the antique-filled home of **DONNA COOK**, of Rabbit Creek Products fame, in nearby Louisburg, Kansas. Dames also helped pick grapes from the 3500 vines at Somerset Ridge, starting on Labor Day weekend.

“We want to bring economic opportunity back to this area, while at the same time, make the wines that we love,” said Cindy. Adds **KAREN ADLER**, “And we love their wines!” ♪

LOS ANGELES

Los Angeles Chapter Brainstorms

By Peggy Rahn

This has been a year of strategic planning for the Los Angeles Chapter. LDEI President **CiCi WILLIAMSON** came and led a very productive meeting with us in the February. It was followed up with a board brainstorming in July. We had a meeting in old Chinatown in September to network and plan an October membership tea which



was held at **KAREN BERK**'s lovely home. The art, the garden, tea table and her generous hospitality made for a wonderful Sunday afternoon. ♪

Los Angeles board members.

MINNEAPOLIS/ST. PAUL

“Local Treasures” Fundraiser Sets Standard

By Joyce Hendley and Barb Strand

“Local Treasures: Minnesota Food and Flowers,” held in September, was the chapter’s most ambitious and rewarding fundraising effort yet. More than 200 guests spent the afternoon with us in the landmark Grain Belt Brewhouse building, tasting and learning from more than 40 talented chefs, farmers, artisanal food producers, horticulture experts and other talented people — including our own local treasures, chefs **COLLEEN MINER**, **KRISTIN KLEMETSrud** and **ARLENE COCO!** There was also stiff bidding competition at the silent auction, with more than 80 items available.



The buzz on the floors, from both guests and presenters, was that this

was truly a one-of-a-kind gathering — a real boost for the community that put our local chapter “on the map.” Profits from the event are estimated at \$12,000, which means we can increase our contribution to our chief benefactor, the East Side Children’s Garden Project — and to start the seeds of a scholarship program for helping women pursue food industry careers. We also generated membership interest from some of our exhibitors and attendees, another benefit of a great fundraiser.

This year for the first time we solicited sponsorships from local companies. We had a generous response, with donations of over \$5,000, as well as many in-kind contributions. These generous donations kept our expenses to a bare minimum, making the final balance a positive one. Considering that we were down in membership and that the economy has been sour, our achievement is even more gratifying.

We are so grateful for each and every Dame who worked so hard to make this event happen. This annual event is our most important function as a charitable organization, and thanks to everyone’s participation and hard work, we’ve helped make a lot of good things possible.

It was a sincere pleasure working with all of our “Local Les Dames Treasures.” We are looking forward to continued success and fantastic future events! ♪

Chapter News

NEW YORK

New York Chapter Holds Harvest Festival

By Lila Gault

The September evening was billed as "A Harvest Festival from Farm to Table." It turned out to be a series of passionate dialogues offered by concerned speakers to a standing room only group of Dames and their guests. Our host, chef/restauranteur Peter Hoffman, president of Chefs Collaborative, presented a seasonal menu. In an opening statement, he stressed that his leading edge Savoy Restaurant, located in the SoHo district of New York City, is not an "organic restaurant", but a lot of the food he presents to a concerned clientele, is organically grown.

Leslie Hoffman (no relation to our host), executive director of Earth Pledge, spoke passionately about "Green Roofs" a program which offers a beneficial environmental effect making the city cooler and cleaner thus improving the overall quality of life. (A study on that is now in progress.) Hoffman's degree in architecture and design has led her along an interesting path, which includes From Farm to Table, a project that enables her to connect consumers to local farmers and food professionals.

PAULETTE SATUR, founder of Satur Farms, gave us a glimpse of her life farming on the North Fork of Long Island, growing organic herbs and vegetables, many of which graced our dinner table. Demand for Satur Farms extraordinary produce far outstrips the supply wanted by New York's top restaurants.

Peter Baker of the Cape Cod Commercial Hook Fishermen's Association (He is the last commercial hook and line fisherman in New England!) explained the dilemma caused by the demand for more fish to feed a hungry planet, resulting in too many boats chasing too few fish! The problems are many we learned: loss of habitat, nutrient and chemical pollution, non-native farmed species that can escape and spread disease and threaten native local varieties, and the use of hatcheries which may interfere with the wild populations by interbreeding thus altering their genetics and prove disastrous to their survival.

Thanks to the many speakers and sponsors: to BETTY FUSSELL and CLAIRE CRISCUOLO and their committee, to JOANNE LAMB HAYES for bringing copies of her latest autographed book *Recipes from America's Small Farms*, proceeds of which she donated to the LDE Scholarship Fund. And to JANE KETTLEWELL and ANITA MIZNER for introducing Vincent Boulard. Also, to LOUISA HARGRAVE who offered wines of Long Island. ♪

PALM SPRINGS

Palm Springs "Guesses the Gadgets"

By Shan Jacobsen

September kicks off our new season and what a great kick off we had. SUE RAPPAPORT invited us to her beautiful home for desserts galore and we had a special guest speaker from "Kitchen Kitchen" Jan Boydsten. Jan has been featured on a local TV show, "Home Matters" and frequently is featured at restaurant cooking demonstrations. She demonstrated great tools used in the kitchen by playing the "Guess the Gadget" game. Each Dame had to guess what kitchen gadgets performed what function. Everyone walked away with a gadget in hand.

In November, ANITA MANCHICK hosted us at her home for a special segment on tips and tricks in the kitchen. Anita is known for her great cooking and fabulous displays. She has a knack for making roses out of fruits and vegetables and cakes look like masterpieces. Anita has won a local cooking demonstration for "Best Looking" dessert.

December starts off with our very popular holiday party. Morton's of Chicago in Palm Desert will be the site for this event. We all love getting dressed up and always have a 90% show factor for this festive event....good food, good wine and good friends, so cliché, but so true!!!!

January marks the time for us to buckle down and get to work, with a chocolate event just 6 weeks away. Once a week we get together organizing and planning for our famous *L'Affaire Chocolat* on February 8th. Don't get me wrong, chairwomen ZOLA NICHOLS and BONNIE WOODS have been pre-planning this for the last few months and will continue to do so up until the 8th, but January is when we will get the whole group involved with their, time, work and donations.

We are honored this year to be hosting our chocolate event during the time LDEI past presidents meet in Palm Springs. We are looking forward to spending time with them while they are in the area and hopefully some of them will attend our event. ♪

DALLAS

Dallas Chapter Grazes and Raises

By Dolores Snyder

The Dallas Chapter disbursed \$14,500 in scholarships and grants from their annual Raiser Grazer to Communities Foundation of Texas, The University of Texas at Austin, the Conrad N. Hilton College of Hotel and Restaurant Management, the Kramer Community Garden, the Dallas Public Library, AIWF Days of Taste and the M.E.K. Fisher Endowment of LDE International. Twelve scholarships were awarded at five Texas colleges for the sum of \$20,919, bringing the 2003 philanthropy total to \$35,419. Since 1985 the Dallas Chapter has distributed over \$685,419, in endowments and scholarships to qualified women who are furthering their education in the food, wine or hospitality area.

LDEI President CiCi WILLIAMSON, was a guest at the September board meeting held at LIZ BARON's Blue Mesa Grill. She spoke to the chapter about raising public awareness of LDEI and the upcoming Seattle conference. Liz hosted a dinner after the meeting.

Four new members were inducted in November. They are food writer KIM



Left to right: Sharon Van Meter, Kim Harwell, President Chris Carbone, Tina Danze, Michele Axley

HARWELL, chef SHARON VAN DEMETER, food writer MICHEL AXLEY, and TINA DANZE, food stylist and writer. A champagne reception and hors d'oeuvre, compliments of Vino & Basso, followed. the induction ceremony.

A Culinary Scavenger Hunt was held September with four teams of Dames participating in the hunt for items such as a broken whisk, a tea bag, 3 coffee beans, a useless *sauté* pan, etc. Prizes were awarded at the conclusion followed by wine and munchies at The Food Company, courtesy of SHELLEY BARSOTTI and ANDREA HAGAR.

The Dallas chapter had an informative and highly enjoyable exploration of coffee and tea production at BONNIE ITZIG's Cavallini Coffee & Tea Company. While the Dames munched on fruit and cheese they were shown how coffee was roasted and how hand tied teas unfolded into flowers when steeped in the cup. Bubble teas combined with assorted liquors were savored with some delicious pastries created by Sharon Van Meter. All who attended had a wonderful time. ♪



Houston and Dallas Dames: Taking Care of Business

By CiCi Williamson, LDEI Past President

Cooking schools, restaurants and shops comprise the workplaces of eight Dames I toured in September visiting two Texas chapters. Returning to Houston, the birthplace of two of my sons, I was graciously hosted by longtime business partner **ANN STEINER**.



Knowing of my penchant for Tex-Mex food, incoming chapter president **MARIAN TINDALL** planned the first stop of the day with **PEG LEE** at Central Market. Chapter president **GINA LIUZZA** joined us for a Texas breakfast buffet at the voluminous super-market where Peg is the director of the cooking school. Peg joined Houston's Central Market (prototype for stores in Dallas, Fort Worth and Plano) when it opened in 2000. She orchestrates seven to ten cooking classes a week — 14 in summer, and oversees a staff

of five full-time and five part-time culinarians.

Avocational classes range from 10 to 48 students, many taught by exemplary visiting culinary experts. Often, bridal showers are held there and corporations sometimes send employees to her classes to see how well they interact with each other. A cookware store adjoins the school on the second floor overlooking the mammoth store that stocks 700 cheeses, among hundreds of thousands of items. Central Market was a Platinum Sponsor of LDEI's San Antonio annual conference in 2002.



Then it was off to the Culinary Institute Alain instead of... Marie LeNôtre of where students work toward professional chef certification and avocational cooks take individual classes. **MARIE LENÔTRE** is the school's director and spokesperson. Her husband Alain is the son of Gaston LeNôtre, the famous French chef. They started the Culinary Institute in 1982. We observed Dominique Bocquier, their executive pastry chef, doing chocolate sculpting.



After saying a fond *adieu* to Marie, we drove to Riviana Foods where **GLORIA KOHNEN** is the manager of publicity and test kitchen. In a modern skyscraper with a view of the Houston downtown skyline, Gloria showed us the test kitchen she remodeled, and where she creates about 20 new recipes using Riviana's various rice products that are taste-tested by Riviana's brand manager and the vice president and director of sales. Her job involves a lot of travel to visit media in 30 major rice markets.



Then Ann, Gina and I met Marian and **LISA COX** for lunch at Mark's Restaurant, named for Lisa's husband. Situated in a historic 1920s church on Westheimer Road, she manages the business end of the restaurant and participated in the redesign of the edifice's interior. We had a delicious lunch built on Mark's sig-

nature cuisine — American regional ingredients with ethnic accents. To celebrate Marian's birthday, the restaurant brought out a dessert bearing a lit candle.

Ann and I then toured Gina's *Meli-Melo* tabletop store specializing in Quimper Faïence French pottery. Artfully arranged in a house near Rice University are thousands of pottery pieces, fine linens and *santons*. The name of her 10-year old store means "A little of this, a little of that," and she had just returned from buying such in Provence.



Evening brought a chapter board meeting and dinner program held at the venerable Coronado Club where new member **MARY EATON** is the banquet director.

Attending the dinner was **MARY NELL RECK** who had been battling cancer and died on November 14, 2003. A scholarship fund has been established in her name to be managed by the Houston Chapter. I did a talk and slide show about food history for the 30 attendees.

The next day, I flew to Dallas and attended the chapter's first board meeting of the fall at the invitation of President **CHRIS CARBONE**. They were busy planning their annual Raiser Grazer fundraiser. Dinner followed at **LIZ BARON's** Blue Mesa Grill in Addison, one of six in the DFW area. Liz generously treated the officers and me to a wonderful Southwestern dinner complete with the restaurant's signature "Top Shelf" margaritas served in hand shakers with fresh lime.

DOLORES SNYDER was my hostess for the night at her lovely home in Irving, Texas, near the Dallas Cowboys' Texas Stadium, and I enjoyed seeing her collection of 80 antique cheese keepers, mostly British, German and French. The oldest in her collection is a British George Jones 1867 Majolica. Dodie also showed me some of the artwork in her forthcoming tea book.



Before leaving for DFW airport, Dodie's husband dropped me off at **PAULA LAMBERT's** Mozzarella Company where I watched production of her fabulous handmade cheeses. Initially a first-grade teacher, Paula went to Italy to learn about cheesemaking and started her company at age 39. The Mozzarella Company is located in a funky part of downtown called "Deep Ellum" (Elm St.) next door to a little hotel that once was a "house of ill-repute" that's now a trendy restaurant. With delicious cheeses in my carry-on bag, reluctantly I bid farewell to my home state and a wonderful visit with two Texas Chapters. ♪



Photos by CiCi Williamson.

Member Milestones

By Jerry DiVecchio, San Francisco Chapter

Boston

LORA BRODY is just back from teaching at *La Combe* in Perigord, France. Her next class is September 2004. For more information check www.lacombe-perigord.com. Lora's newest book *The Cape Cod Table*, as well as Leslie Revsin's *Come For Dinner*, is reviewed on The Global Gourmet: www.globalgourmet.com/food. Lora's upcoming April 2004 book *Chocolate American Style* will be published by Clarkson, Potter.

LISA EKUS SAFFER was honored by the Human Service Forum of Western Massachusetts as Board Member of the Year. Lisa served on the Board of Directors for the Food Bank of Western Massachusetts for eight years, as well as being either chair or co-chair of their Development Committee for the past six years.

Chicago

BARBARA GLUNZ DONOVAN and **MADELAINE BULLWINKEL** jointly led another successful tour to *Provence* visiting markets, wineries, and gardens in the early fall. Their private tours allowed participants to experience life in *Provence* in an unusually intimate and personal way. On two occasions the hosts said, "We're so happy to welcome Americans!"

CANDACE BAROCCI WARNER reports that her Convito Italiano restaurant was on TV Channel 7's "190 North" show on September 28 and October 5. The segment focused on "finding a good meal and wine in 45 minutes or less." Convito was chosen for its wine selection.

GALE GAND appeared on CBS TV October 31, doing Ghoulish Halloween Baking.

INA PINKNEY, in anticipation of flu season, made chicken soup on TV Channel 7 on October 26. ABC 7 Chicago Morning Show is doing a JOB SWAP segment to run during sweeps month. Tracy Butler, the weatherwoman, will be filmed waitressing at INA's. When shown during the 3rd week of November, Ina will do that day's weather segment.

JOYCE LOFFSTROM attended the International Conference of the Public Relations Society of America (PRSA) in New Orleans in October, and was a member of a panel of association public relations professionals who spoke on "Effective On-Site Media Relations for Your Association's Annual Event."

JUDITH DUNBAR HINES spent a week in Thailand sampling and learning about local foods, meeting with some of the King's advisors about setting up a Thai Cultural Center in Chicago, and enjoying touring and shopping. Arun Sampanthavivat, chef of the acclaimed Arun's restaurant guided her.

MADELAINE BULLWINKEL, chair of the AIWF's Days of Taste, held two after school "tasting" workshops at the McCormack Boys and Girl's Club on Chicago's north side. She worked with Chicago Chapter chairman **MARY ABBOTT HESS** on this nationwide project that introduces school children to the principles of healthy eating.

MARLENE PARRISH won third place for feature writing in the Awards Competition 2003, Association of Food Journalists (AFJ), at the annual Boston meeting in October. She wrote about Heritage Turkeys and a dinner sponsored by Slow Food Pittsburgh. These awards recognize excellence in reporting, writing, and photography, and newspaper food section design and content.

MARY ABBOTT HESS savored *La Combe* in Perigord in September, exploring the cultural and culinary riches of southwest France. Guest chef was **PAULA LAMBERT** (Dallas) who made sure that every dinner had an extensive cheese course. *Mary's Essentials of Healthful Cooking* will be published by Williams-Sonoma in January, 2004.

WENDY PASHMAN and **INA PINKNEY** participated in the Starlight Foundation "Piece of the Pie" promotion for Thanksgiving. Wendy Pashman made a few thousand of her brownie pies; Ina donated 35 Pumpkin pies.

MARY MCMAHON, **PRISCILA SATKOFF**, **CARRIE NAHABEDIAN**, **GALE GAND**, and **JUDY CONTINO** participated in Trio Restaurant's 10th Anniversary celebration October 12 with a champagne birthday party benefiting the James Beard Foundation.

Dallas

CAROLINE ROSE HUNT and her Lady Primrose's Thatched Cottage Pantry are featured in the November issue of *The Elegant Texan Magazine*. Grande Dame Caroline, the co-owner and president of Lady Primrose's at the Crescent in Dallas, was also honored with The Trailblazer Award by The Family Lace on October 23.

PAULA LAMBERT was elected to NASFT board, the organization that presents the Fancy Food Show. At the American Cheese Society meeting in San Francisco, The Mozzarella Company was awarded five ribbons for excellent cheeses, and Paula moderated a Blue Cheese panel. In August and September, Paula took two groups of students to France at *La Combe* in Perigord for culinary excursions and cooking classes.

Los Angeles

CHERYL FORBERG's book *Stop The Clock Cooking* was released by Avery Publishers last spring. *Sherry Yard: The Secrets of Baking*, Houghton Mifflin Publishers, is just out. It will be a candidate in both the James Beard and IACP cookbook awards.

SUZANNE DUNAWAY: *Rome, At Home, la cucina romana* cookbook, Broadway Books, was a Book of the Month Club cookbook selection, and it will have an excerpt in *Gourmet Magazine's* April 2004 issue. The book is illustrated by Suzanne, a long time illustrator for *Gourmet*. She sold her successful *A La Forchette* Bread Company and spent the last six months in Europe.

YVONNE KOPINA recently opened New Vintage Cuisine in Long Beach offering classes related to the enjoyment and appreciation of food and wine. Classes include cooking (demonstration and hands-on), food and wine pairing, and professional table service. The enterprise also caters small parties designed around the four seasons.



Member Milestones

New York

KIMBERLY A. TRYBA joined *Better Homes and Gardens* May 2003 to help develop, among other things, the magazine's multi-platform marketing programs. Her last post was director of marketing for *IN New York* magazine. Her new address is Senior Creative Services Manager, Better Homes and Gardens, 125 Park Avenue, New York, NY 10017. Phone 212/455-1435.

Philadelphia

CHARLOTTE ANN ALBERTSON judged *Jeunes Chefs* International Competition in Capetown, South Africa. Chefs, 19 to 25 from 18 countries, were chosen by their national *Chaine des Rotisseurs*. Women chefs represented Australia, Canada, and Finland. Filmed highlights were shown to 165 attending the Prize Awards Dinner; a competition recap will be on the Food Network this fall.

Phoenix

BARBARA POOL FENZL's Les Gourmettes Cooking School is celebrating its 20th Anniversary. Barbara also hosted a 3-hour live television show called "Q is for Quick and Easy" on the local PBS channel. She previously hosted "A is for Appetizers" and "D is for Desserts."

DONNA NORDIN is quoted in *Gourmet Magazine* and *The New York Times*, in stories about her Tucson Originals, a group of independent restaurant owners who have joined forces to effectively market and compete against chain restaurants. "Kids Dine Out," developed by the Originals, invites children to dinner at participation restaurants.

EILEEN SPITALNY was featured in *Ladies Home Journal's* September issue in its Life Stories: Making It section. It depicts her rise from baking brownies in a friend's catering kitchen to building Fairytale Brownies with annual earnings of nearly \$5 million in Chandler, AZ.

EUGENIA THEODOSPOULOS' Essence Catering Company was named 2003 Small Business Partner of the Year by the Business Volunteers for the Arts. Eugenia was recognized for mentoring at-risk kids through cooking programs.

GWEN ASHLEY WALTERS' newest volume *Par Fork! The Golf Resort Cookbook* was awarded Best Cookbook by an Arizona Publisher by the Arizona Book Publishing Association. Gwen was also invited to be a guest chef at Powderhorn Guest Ranch near Gunnison, CO.

JANIS D'AMICO-NORMOYLE and a partner opened a home-based cooking school in Mesa called Cooking for Pleasure.

San Francisco

LINDA CARUCCI announces her new website at www.LCKitchen.com. Included are her cooking class schedules, tips for remodeling your kitchen, monthly Food Finds, and an article she wrote following her internship last fall at New York Dame Lidia Bastianich's Felidia restaurant. Linda is working on her first cookbook for Chronicle Books.

JERRY DI VECCHIO is retired but busy with clients. Produced a year of "Adventures in Cooking" columns for *Sunset Magazine*; published regularly in *Safeway Select Magazine*; and expecting publication of a winter feature in *EatingWell Magazine*. Grande Dame Jerry also traveled to Holland, Spain, France, and Disneyland researching food and wine.

ALICE MEDRICH is on tour with *Bittersweet: Recipes and Tales from a Life in Chocolate* just published by Artisan. The book has earned a red star review from Publishers Weekly, and per Alice, it helps readers deal successfully with the various high percentage chocolates and the newest and best chocolate in both new and tried and true recipes!

JOANNE WEIR's third television series, "Weir Cooking in the City," airs in spring 2004. The show's companion cookbook also will be published then. Joanne traveled with food and wine students to the Veneto in Italy and to Napa Valley. In November, she's off to France with Gary Danko and Madeleine Kamman to celebrate Madeleine's birthday!

Washington D.C.

SUSAN BELSINGER is presenting two programs for Williamsburg Christmas on December 8 to 10. She'll offer "winter herbs for robust flavor" using seasonal produce, herbs, and essential oils to create natural, fragrant gifts. With Don Haynie, she's co-presenting "herbal magic for the holidays" demonstrating cooking and table decorating for holiday entertaining. Learn more at www.colonialwilliamsburg.org

BEVERLY BROCKUS, longtime PR director for Clyde's Restaurant Group, has formed Brockus Public Relations, specializing in the food, restaurant, hospitality and travel industries. Other services include event planning and food writing. Clients include the boutique Hotel George and Les Liaisons Delicieuses, owned by **PATTI RAVENSCROFT**. Beverly, the original third VP of LDEI, wrote the first LDEI PR Handbook, and helped revise it recently.

DOLORES KOSTELNI was the guest chef on **CiCi WILLIAMSON's** PBS-TV show "The Best of Virginia Farms." Dolores prepared her Apple Crumb Cake recipe that appears in CiCi's book. The segment will air March 2004.

CELESTE MCCALL, LISA YOCKELSON and **CiCi WILLIAMSON** were panelists for the Women's National Book Association's program "A Cornucopia of Food Authors."



CAROLE PALMER, owner of Good Taste Marketing Services, a Bethesda-based sales and marketing firm specializing in artisanal foods, was elected to the American Cheese Society Board at its annual conference in San Francisco in August. Good Taste marketing clients include award-winning Vermont Butter & Cheese Company and Grafton Village Cheese Company.

PATTI RAVENSCROFT, owner of *Les Liaisons Delicieuses* is now planning 2004 weekend trips to Quebec at the Relais et Chateau properties *a l'Eau a la Bouche* and Auberge Hatley in addition to the French and Moroccan gastronomic expeditions she has led these past nine years.

CiCi WILLIAMSON has just completed the holiday and spring 2004 filming of her PBS-TV show "The Best of Virginia Farms." Holiday shows will air on Virginia PBS stations in early December. CiCi drove more than 4,000 miles to locations across the state, including the Williamsburg Inn, the Hotel Roanoke, Barboursville Winery, a bison farm, an apple orchard and a Christmas tree farm. ♪

Trio of Dames Wins Food Writing Awards

Winners were announced Nov. 1, 2003, in Awards Competition 2003, sponsored by the Association of Food Journalists (AFJ), during its annual meeting in Boston, Mass. These awards recognize excellence in reporting, writing, and photography in all media, and newspaper food section design and content. The following three Dames won awards.

- First prize (Food Columns: Under 150,000 Circulation) went to **TERESA J. FARNEY**, president of the Colorado Chapter, *The Gazette*, Colorado Springs, CO (\$300 award).
- Second prize (Best Section over 350,001 Circulation) was awarded to the *Chicago Tribune*, **CAROL HADDIX** (Chicago Chapter), Food Editor
- Third prize (Food Feature Writing: 150,001 - 350,000 Circulation) went to **MARLENE PARRISH**, (Chicago Chapter) Pittsburgh Post-Gazette, Pittsburgh, PA (\$100 award).

Sixteen Dames who are members of AFJ attended the conference: **TONI ALLEGRA** (San Francisco); **NANCY BAGGETT**, **MARIAN BURROS**, **CONNIE HAY**, and **CiCi WILLIAMSON** (all Washington, D.C.); **PATRICIA MACK**, **JANE MILZA**, and **MERYLE EVANS** (all New York); **CAROL HADDIX** (Chicago); **KAREN HARAM** (San Antonio); **CATHY BARBER** (Dallas); **KRISTEN BROWNING-BLAS** (Colorado); **SUSAN NICHOLSON** (Atlanta); **NANCY BYAL** (Kansas City); and **KITTY CRIDER** of our new Austin Chapter. ♪



Left to right: Kristen Browning-Blas (Colorado), Susan Nicholson (Atlanta), Carol Haddix (Chicago), Pat Mack (New York), Connie Hay and CiCi Williamson (both Washington, D.C.).



Left to right: Susan Nicholson (Atlanta), Nancy Baggett (Washington, D.C.), Karen Haram (San Antonio), Connie Hay (Washington, D.C.) and Cathy Barber (Dallas).

LDEI Wishes to Thank Our Corporate Partners For Their Generous Support of the 2003 Conference

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Washington Potato Commission



The Spring 2004 Quarterly will feature "Dames in the Hotel Business"

IMPORTANT FOR SUBMISSIONS. PLEASE READ

SPRING 2004 FEATURE: Dames in the Hotel Business

In a continuing series profiling Dames and their professions, LDEI is seeking articles about members who are employed at, or own, small inns and hotels and who are managers, catering and public relations directors, or hold other hostelry Jobs. If your profession fits into this category, please e-mail **CONNIE HAY**, Quarterly Editor, at hayentr@bellatlantic.net. She will need to approve your inclusion in the spring issue. When selected, you may submit 250 words about your background and experiences, or if you do not wish to write, Connie will have another Dame interview you. Photographs are desired.

PHOTOGRAPHS:

Digital photographs

PLEASE make sure your digital photographs are scanned at 300dpi.

Photos should be sent in either JPEG, TIFF or EPS format. No other formats are acceptable. Include your name in the file title.

Include identification of individuals in photograph from left to right in the message of your e-mail.

Please e-mail the photo and caption to **CONNIE HAY**, Quarterly Editor, at: hayentr@bellatlantic.net.

Glossy photographs

Please mail glossy photographs to:
Greg Jewell, Executive Director, LDEI
PO Box 4961
Louisville, KY. 40204

Please write the identifying information on the back of the photograph so we can give proper credit and return them to you. We advise that you not write in marker or gel pen. These can bleed onto other photographs.

CRITERIA FOR MEMBER MILESTONES:

Include Dames Name and Chapter

Describe what exciting, fun, interesting or important business-related activity you have accomplished...written/published a book, article or for a website, appeared on TV or radio, taught a class, created a new product, been interviewed or received an award.

Write 50 words or less in publishable prose, as you would like to see it appear.

You are welcome to send a photograph to accompany your milestone.

Please e-mail Member Milestones to **JERRY DiVECCHIO** at jdivecchio@aol.com.

Please do not send notes, bullet points or a press release.

CHAPTER NEWS SUBMISSIONS

We encourage chapters to submit reports of their activities. Please write 300 to 500 words in prose as you would like to see in print and send to **KAREN LEVIN, KALE23@aol.com**. Please include the writer's byline. We also welcome photographs to accompany the article. All photographs should be e-mailed to Greg Jewell at LDEI headquarters. (see instructions for photograph submissions) The deadline for chapter reports is January 30.

Deadline for Spring Quarterly is January 30, 2004

LDEI Headquarters, Greg Jewell, Executive Director
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LDEI Quarterly compiled and edited by CiCi Williamson, reviewed by Jane Mengershauser, image-set by Jason McKnight



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