Rhythm & Roots: It all Begins with a Song

The Tennessee women of country music sing countless songs about female empowerment. Remember Trisha Yearwood’s hit, “XXX’s and OOO’s (An American Girl),” co-written by Nashville Dame Alice Randall? Who could forget firecracker Dolly Parton’s iconic song, “9 to 5,” or Sarah Evan’s “Born to Fly.”

Another group of spirited women with major girl power—the Nashville Chapter—generates its own unique brand of rhythm while staying in tempo with the values and practices of LDEI. On October 24-27, they hosted an exceptional international Conference led by Co-Chairs Anne Byrn and Mindy Merrell who, symbolically, walked in the footsteps of the first Tennesseans—leaders in volunteerism—who inspired Tennessee’s nickname, “The Volunteer State.”

Dames were united through heritage tours, educational seminars, inspiring keynote speeches, award presentations, networking opportunities, exchanges of ideas, and gathering around communal tables. You can read about all of these activities within this issue.

Music hit a “high note” at Conference. Tennessee country music encompasses many styles including world-class fiddling from the 1700s, traveling minstrels, “hillbilly” music, “shaped-note” gospel songs, bluegrass, and folk blues. The genres all come together at the Grand Ole Opry. Like the branches of a tree, each one is unique and grows in a different direction, but they all stay attached to their roots.

Dames enjoyed performances from several celebrated performers and songwriters—Nashville’s “unsung heroes.” The city became officially known as the “Music City” in the 1950s, but when Queen Victoria was entertained by the world-renowned Fisk Jubilee Singers in the late 19th century, she commented that they must have come from “a city of music.” The spirit of these talented singers put Nashville on the map.

Special thanks to all the Dame-writers who contributed a report to this issue. They “painted” vivid “word pictures” that, along with the photos, showcase the Conference highlights. You’ll meet the key speakers and award winners, pick up leadership tips and new ideas, and discover many valuable resources. Thanks to Nick Vacarro and the many Dames who shared photos for this issue, including CiCi Williamson and Hayley Matson-Mathes. And thank you to Joni Keith, LDEI’s talented designer, who helped bring this issue to life.

—Susan Fuller Slack, (Charleston), Winter Quarterly
This is one of those issues of our Quarterly that you’ll pick up and read multiple times…in the morning while sipping a strong cup of coffee and in the evening while sipping your Kentucky Bourbon. Page after page, it’s filled with information and inspiration.

The pages overflow with the joyful “Rhythm & Roots” that Co-Chairs Anne Byrn and Mindy Merrell and a Nashville Chapter filled with pride showcased for us.

From the Preconference tours to the celebration of Grande Dame Nora Pouillon to the Post-Conference Kentucky Bourbon Tour, it was hard to say “goodbye for now.”

As Beth Davis-Noragon (Cleveland) tells our chapter’s membership after each Conference: “I hope more of you can attend next year, because once you go to Conference you get it. You feel inspired, you network and begin to fully understand what LDEI is all about.”

On behalf of all of us (a record number of us!) who attended our Annual LDEI Conference in Nashville, “Rhythm & Roots,” we are so appreciative of all the countless hours that went into such an inspiring event. Thank you, Nashville Dames.

Your chance to once again feel inspired, network with other Dames, and begin to fully understand what LDEI is all about... before we know it…so mark those calendars now for New York’s “Culinary Melting Pot,” October 15-18, 2020.

The stories and photographs in this issue illustrate the many layers of connections made at conference. However, there’s much more than the Nashville Conference recap in this issue. We continue with our LDEI Trends Report, this year thanks to Danielle Weckslar (Charleston) and Gina Burchenal (Austin). Their hours (and I mean hours) of gathering reveal some fascinating trends…and they have pulled together a report that once again highlights who we are— influences in food, fine beverage, and hospitality.

It’s an honor to serve as LDEI President, and through our upcoming Strategic Plan and other initiatives I look to continuing to move this organization forward. A very special “we love you” to our Grandest Dame Carol Brock (New York) for her vision in founding this organization.

One of the first to greet me after giving my acceptance speech at Conference was Jackie Ehert-Mercer (New York). We spoke briefly of how meaningful gratitude was to each of us and shares her comments with us:

“Bev Shaffer’s inaugural presidential message on gratitude was delivered at the perfect place and time. By the end of the Conference, I felt immensely grateful for the talented women who I interacted with and had the opportunity to meet. The message continues to resonate as I reflect daily on the good things, gifts, and benefits I am grateful for in my life. These affirmations help us internalize the magnitude of all that is good in our lives thus allowing us to contextualize our problems. When we are grateful, we begin to realize that so much of what we are grateful for is outside ourselves and involves others who helped us achieve a gladdened heart.

If gratitude is not part of your daily practice, consider the benefits that go well beyond the immediate satisfaction of having a joyful heart. Gratitude is also good for our mind, body, and soul. Scientists have found those who are grateful have stronger immune systems, feel more refreshed, are more alert, alive and awake, and are more optimistic, happy, helpful, generous, and compassionate as well as more forgiving.

Let’s start sharing what we are grateful for with other Dames. #ideigratitude”

Bev
Thank You

On behalf of the Nashville Dames, we would like to thank everyone who traveled to the Music City to attend this year’s LDEI Conference. We would also like to thank donors, volunteers, speakers, tour leaders, chefs, Ann Stratte and the LDEI Board, Greg and his crew, plus the staff of the Loew’s Vanderbilt Plaza Hotel for making this Conference one of substance and memories. It was an honor for us to host and share our own Rhythm & Roots! We know that keynote speaker Maneet Chauhan’s “nothing ventured, nothing gained” is the best way to approach new challenges such as hosting a conference! And for that—and for all of you—we are grateful. Cheers to a new year, and we can’t wait to see how the New York Dames will welcome us to the Big Apple!

With gratitude,
Anne Byrn and Mindy Merrell
Nashville Conference Co-Chairs

NASHVILLE CONFERENCE COVERAGE

“Attending Conference is very inspiring… meeting such wonderful women in the same industry and sharing our ups and downs, concerns, and joys is a great feeling!”

Carly Paume (Charleston) First-Time Attendee

NASHVILLE
Rhythm & Roots

2019-2020 LDEI BOARD OF DIRECTORS Seated (L-R): Second Vice President Danielle Wecksler (Charleston), Treasurer Barbara Hanley (New England), LDEI President Bev Shaffer (Cleveland/ Northeast Ohio). Standing (L-R): Third Vice President Beth Pav (Austin), Past President Ann Stratte (Washington, D.C.), Secretary Jennifer Goldman (San Antonio), and Stephanie Jaeger (British Columbia). Not pictured are 1st Vice President Judy Hollis-Jones (Kentucky); and CBLs Ingrid Gangestad, (Minnesota) and Bonnie Tandy Leblang (New York).
When Carla Hall spoke to a full house during a special session at the LDEI Conference in Nashville, owning your own power was the overriding theme. This has indeed been her hard-earned guiding principal since her debut on Top Chef in 2008.

During her October 26 talk, "A Conversation with Carla Hall, Reinventing and Recovering from Adversity," her childhood theater training was very much evident.

Carla’s mom enrolled her in an acting class to help her overcome her intense shyness. Yep. Carla was a shy child. Even with all of her subsequent success, she still has moments when she struggles to deal with an “imposter syndrome.”

When she returned to compete in “Top Chef: All Stars” in 2010, there was a challenge to cook for a group of athletes in the U.S. Open. Her fellow chefs were aghast when she said she wanted to make ground nut stew. They told her, “It’s vegetarian! Do you even know what the U.S. Open is? It’s supposed to be fancy!” She said that made her think, “I’m 44 and just a caterer. They’re young chefs in restaurants. What do they know about me that I don’t?” But she also thought “I’m going to make it because it would be a great dish for athletes and it’s delicious.” So she pushed away her fear and self-doubt and made the food she wanted to eat.

Even when she cut her finger badly during her prep, she bandaged it up, put a glove over it and powered through. And she won the challenge. “Perhaps the win is in you, even though you don’t realize it,” she told the audience.

In 2011, Carla was tapped to co-host ABC’s The Chew, along with veteran TV personality Clinton Kelly and chefs Mario Batali and Michael Symon, who were both seasoned Food Network stars. It was a difficult transition for her. They taped two shows a day, and all the while, she wrestled with her desire to be authentic on camera and find her true voice.

But, she said, “You don’t know what you don’t know.” The producers arranged that she get three sessions of media training. Carla, however, decided it was in her best interest to do more. So she worked for an additional year with her trainer on her teleprompter skills and becoming more natural on air. “It helped,” she said.

During season three, she was assigned to host a game. She read the script and went through the rehearsal only to be told that the game would go to another host. That was confidence crushing because she was adrift about how she was being perceived. Her trainer told her that it was an experience she had to go through. From that, Carla learned that she had to hear why adversity was coming to her and decide what to do about it. So she kept working on her performance skills. Then, for the last show in season five, she was finally given a game. It went well. That gave her confidence for an interview that was really important to her.

Carla’s dream guest was legendary comedienne Carol Burnett. At first, Carla was not slated to interview Carol despite years of telling the producers what a fan she was and how much she wanted Carol on the show. So, Carla decided it was time to schedule a meeting with the producers and advocate for herself. As a result, the executive producer reversed her decision. Carla interviewed Carol and cooked with her. (Carla said she didn’t act like a fan girl; she got her questions out and she didn’t cry.) She recalled that this episode taught her to be strategic about the moment to advocate for herself.

Carla reflected that, sometimes when faced with adversity, we give our power away. She shared with the group that she wrote her third book, Carla Hall’s Soul Food: Everyday and Celebration, from her heart. So, she had more than a vested interest in its success and hired a high-powered book publicist to handle her baby. Yet, after some interactions, she realized the publicist wasn’t a good fit, bit the bullet and found someone who was more familiar with her target markets. The book did well. Making the change was not comfortable but, as in so many other turning points in her life, Carla realized that she had to learn to be “comfortable with the uncomfortable” and remain confident in her decisions. She had to own her own power and know that the discomfort was only temporary. She would grow from the adversity.
Tour 1

The Heart of Tennessee
Jack Daniel’s Country

BY MARGARET HAPPEL PERRY (NEW YORK)

On a sparkling fall morning, Nashville Dames Mindy Merrell and Lynne Tolley led an enthusiastic group of LDEI members and friends to Lynchburg, the home of the Jack Daniel Distillery. Fortified with a superb ham biscuit breakfast, we heard Lynne Tolley tell of Jack Daniel’s distinguished history. Who better than Lynne to tell this story? She is related both to Jack Daniel, the founder, and to Lem Motlow—the nephew, inheritor, and co-partner of the original distillery founded in 1866.

Lynchburg—a town of 600 souls—hosted both busloads of visitors as well as the participants in the 31st annual Jack Daniel World Championship Invitational Barbecue. Ninety teams from 37 countries, plus visitors to the distillery, experienced genuine Southern hospitality and demonstrated to the international appeal of good Tennessee whiskey.

Jed Lirette guided LDEI’s tour of the immaculate distillery, which is the heart of the brand’s incredible reach and global impact. Almost 70 percent is sold abroad, and he underscored that high quality and perfect consistency are the keys to success. The singular magic of Tennessee whiskey lies in a sour mash made of mostly corn with a little rye and barley blended with the iron-free water from the limestone hollow. Fermented and distilled, the whiskey is slowly dripped into vats through a 10-foot “chimney” filled with crushed, sugar maple charcoal, and then it is aged and mellowed in new, charred, white oak barrels.

Master distiller, Jeff Arnett, led a five-whiskey tasting explaining the complex characteristics in each produced by unique barrel aging and storage. Color, aroma, taste, and lingering finish on the palate are the criteria for appeal. Of special interest: The first, new Jack Daniel’s whiskey since 1866 based on a rye mash. An apple-brewed whiskey is also being strategically introduced. Both are designed to appeal to younger tastes.

Since 1903, mid-day dinner at Miss Mary Bobo’s boarding house is a Lynchburg tradition. Hearty country fare is served by students from Motlow State Community College to earn their tuition. A hostess sits at the head of each long table to explain the menu—always two meat and six vegetable dishes, with a dessert and a traditional glass of ice tea. LDEI’s feast was mouth-watering pork roast and fried chicken, corn muffins, cabbage, deep-fried cornmeal-coated okra—a crispy crunch of heaven, pinto beans and red pepper relish, Lynchburg candied apples, plus chess pie with whipped cream. Miss Mary Bobo lived to be 102 years on this down-home food, but whiskey was forbidden since she was a teetotaler. Today, the candied apples contained a little classic Black Label Jack Daniel, and the cream on the pie was laced with Jack Daniel’s Tennessee Apple Whiskey. In this part of Tennessee, the progressive 21st century blends happily with 19th century traditions.

Tour 2  Exploring 20 Countries on One Road by Bus

BY SUZANNE BROWN (ATLANTA)

From Somalia to Latin America, adventurous Dames boarded the bus on a tour of “20 Countries on One Road.” Wondering how we could cover so many countries in a half day tour, we soon had our answer. As we pulled into the hectic Nashville traffic, we headed toward the “one

continued ON NEXT PAGE
By Teresa Farney, owner of Walk Eat Nashville, led a group of Dames on a tour of four Dame-owned restaurants of what Fortune magazine calls Nashville, “A city of culinary trend-setters.”

- **Margot McCormack**, owner of Margot Café and Bar, served up flaky biscuits with apple butter followed by quiche. Time magazine said she was “the Alice Waters of Nashville.”
- We walked around the corner to visit **Laura Wilson** of Citizen Kitchens, an incubation kitchen that can accommodate 250 small food business owners who can use the space to prep, cook, and operate their businesses. We enjoyed a milkshake from the bar at the Grilled Cheeserie, a restaurant operating in the facility.
- **Deb Paquette**, owner of Etch, an upscale eatery in downtown Nashville, served an amazing salad featuring crunch on the outside and velvety on the inside—fried oyster mushrooms. She was the first female executive chef in the state of Tennessee.
- **Julia Sullivan** is the chef and co-owner of Henrietta Red and a 2018 Food & Wine Best New Chef, is known for big flavors and regionally sourced oysters, clams and fish. We tasted three oysters: Saucy Lady Shells from Apalachicola, Florida; Murder Point from Irvington, Alabama; and Cape Hatteras from North Carolina.
Behind the Scenes at Nashville’s Hallmark Hotels

By Patty Erd (Chicago)

Our behind-the-scenes tour featured Irwin Fisher and Sheila Thomas as our hostesses. They did a marvelous job of pepperling our morning with interesting lore of Nashville. We began at the Iconic Hermitage Hotel, where Dee Patel is the managing director and Woman Hotelier of the Year. The Hermitage, opened in 1904, is certainly a Grande Dame hotel, and it is drenched in the history of the suffragist movement, serving as the headquarters of the 1914 NAWSA national convention. The hotel’s historian, Tom Vickstrom, spoke of events surrounding the 1920 successful ratification of the 19th amendment, when the diplomatic hotel hosted both the Suffrage Party and the anti-suffragists. While it is difficult to believe now, there were also plenty of influential women against the vote. In Tennessee, their “war of the roses” refers to the yellow roses and fashions worn by the suffragette members, while red roses identified an anti-suffragist. Our tour finished with some historic photos and a delicious treat of smoked Jack Daniels pastrami brisket sandwich with quail egg and tomato jam, along with a spicy Bloody Mary served at a table beautifully decorated with yellow roses, naturally! We also paid a visit to the hotel’s famous men’s room; its art deco styling has won “Restroom of the Year” on several occasions. Our group photo taken there might be the only men’s room photo of LDEI members!

Then, onto an area which serves as home to several new boutique hotels, our next stop was Noelle Nashville, one of Travel + Leisure magazine’s “Top 100 New Hotels in the World.” GM Ben Olin was an excellent spokesman for the hotel, emphasizing the amount of purposeful thought that went into creating all aspects of the hotel, which features a different artist on each floor. He advised staying longer than a night to fully absorb all the incredible details of this property. We toured a suite where Ben noted the blue heron motif along with the woodblock cut of Ella Sheppard. The hidden speakeasy bar in the basement was spectacular.

Our final stop was the Gaylord Opryland Resort, the exact opposite of our boutique hotel visit. This mammoth property boasts 2,888 rooms and 700,000 square feet of meeting space, and there is nothing they cannot pull off for incredible banquets! We were hosted by Executive Chef Matt Foreman along with a multitude of chefs from different culinary departments as we toured the back of the house maze. They taught us their method of making cinnamon rolls, along with a macaron demonstration. We enjoyed a moveable feast beginning with a gin mocktail, then onto brisket and pork butt smoked for 36 hours and accompanied by 5 types of sauces. There was an incredible ramen dish, a bread buffet, Nashville hot chicken, and macarons. So many good reasons to return for another stay in Nashville!

Tour 5

Nashville—Rooted in Civil Rights History

“Sit down to take a stand!”

By Belinda Smith-Sullivan (Charleston)

The year was 1960, and the Civil Rights movement was in full swing. But sound bites we received every night on the news led us to believe that these events were only happening in Alabama and Mississippi. What we did not know was that on the campus of Fisk University in Nashville, Tennessee, students were organizing lunch counter sit-ins at downtown “five-and-dimes.” Following the nonviolence teachings of Reverend James Lawson and the philosophy of Mahatma Gandhi, hundreds of students—black and white—from several Nashville colleges and universities answered the call.

Dr. Ernest “Rip” Patton, a Tennessee A&I student at the time—and eventually a Civil Rights Freedom Rider—transported us back in time and shared his experience as a participant in this momentous period of our country’s history. Thanks to the contribution of Dr. Patton, and others such as U.S. Representative John Lewis from Alabama, the South would eventually rethink its segregationist practices. Dr. Patton brought to life for us the painstaking indignities these students suffered—humiliation, beatings, incarceration, and finally being expelled from their respective colleges—all in the pursuit of having the right to sit on a public restaurant stool and order a cup of coffee. While blacks were allowed to shop in these establishments, they were not allowed to try on garments or shoes; once purchased, they were not allowed to return items that did not fit.

With narratives delivered by Dr. Patton, Nashville Dame Alice Randall and her husband, historian David Ewing, our mesmerizing history lesson would take us to Tennessee State University, Fisk University—continued ON NEXT PAGE
Jubilee Hall at Fisk University, a designated National Historic Landmark, was the first permanent structure erected in the South for the education of African Americans. The building funds were raised by the Fisk Jubilee Singers in 1873 during their first European tour. A portrait of the original singers hangs in the building; a gift from Queen Victoria. Bottom photos: Belinda Smith-Sullivan

By Olga Boikess (Washington, D.C.)

Welcome by Nashville natives Emily Frith and Beth Sachan, we began our tour of iconic sights, sweets and eats at the Ryman Auditorium—the Mother Church of Country Music. We learned its history to the rousing sounds of fabled music and fascinating videos. Then, following the footsteps of legendary musicians down a honkytonk alley, we found ourselves at the Goo-Goo Shop & Dessert Bar. This 108-year-old candy-maker is famed for its Goo Goo Cluster—a sweet combo of marshmallow nougat, caramel, roasted peanuts, and chocolate. Sampling widely, we crafted our own premium Goo Goo Cluster creations.

The Hatch Show Print shop, founded in 1879, still turns out striking posters using woodblocks and letterpress techniques that date back to the Middle Ages. Our tour of this icon culminated in the chance to print our own mini-poster.

Happily, we didn’t have to make difficult choices among the luscious Southern specialties at family-owned and run Arnold’s Country Kitchen, a James Beard award-winning restaurant that is a Nashville institution. Here, diners can enjoy the Southern-style “meat and three”—an entrée with three vegetables. The servers made sure that our plates were heaped with everything from the buffet of farm fresh vegetables, home-style mains, hot breads, and pies. We waddled happily to the bus.

Dames create their own Goo Goo Clusters. “Nutty buddies”—Dames visit the Goo Goo Cluster Shop. The Ryman Auditorium. Photos: CiCi Williamson

Iconic Nashville—A Grand Tour

TOUR 5 continued

City’s Jubilee Hall, the former Carnegie Library building, and the Van Vechten Art Gallery. Along the way we were treated to glimpses of some of Nashville’s landmark historical sites and the civil rights movement, which included the site of the bombing of the Z. Alexander Looby house—a pivotal event that resulted in 3,000 people marching in protest, that same day, to City Hall in total silence. Early on that morning of April 19, 1960, a bundle of dynamite was detonated on the Looby property, damaging not only the house but several neighborhood homes and parts of Meharry Medical College. Mr. Looby was a Nashville councilman and civil rights attorney; fortunately, he and his wife survived the bombing. The concrete steps leading up to the property are all that remain today—an emotional reminder of black Americans struggle during the quest to exercise their constitutionally guaranteed rights.

One of the final stops on our tour was a visit to the Civil Rights Room in the downtown Nashville Public Library. Here we were able to see a collection of photos, memorabilia, and videos from the news media that captured the day to day struggle of the movement. It was here that Dr. Patton helped us understand how the nonviolence training the students received was instrumental in buffering the confrontations that could have had much more serious effects.

Our tour ended with Dr. Patton accompanying the Dames to lunch back at the very lunch counter restaurant where it all started—F.W. Woolworth on 5th Avenue in downtown Nashville!
Opening Reception

“I really enjoyed the Conference meals where I would sit down with a table full of strangers and during conversation learn about everyone’s work and careers. What a fascinating group of ladies with charm and knowledge. Proud to be a member.”

Lynne Tolley, (Nashville)
First-Time Attendee
“Attending my first LDEI Conference gave me the opportunity to renew acquaintances… as well as make new ones. The panel of local, women farmers was one of my favorites…the variety of experiences, size of farms, financial challenges, and growth plans shared were outstanding.”

Martha Johnston
(Birmingham)

“I was blown away by the breadth of talent in LDEI and, as a newbie, by how welcoming and unpretentious all those culinary greats were. I’m a writer, so I was looking for story ideas, and I got so many great leads.”

Helen Mitternight
(Charleston)
First-Time Attendee

“Both Peggy Smith, my business partner, and I graduated from the University of Tennessee in Knoxville, so we were thrilled to attend Conference in Nashville. My favorite parts were discovering the food history of Middle Tennessee, and the delicious immigrant influences on the cuisine. Thanks for an enlightening weekend.”

Sue Conley
(San Francisco)
First-Time Attendee
Denim and Diamonds—Supper and Songwriters-in-the-Round

By Toria Emas (Chicago)

Supper and Songwriters-in-the-Round was the optional Thursday night event that benefited Les Dames Nashville Scholarship Fund and for the visiting Dames and guests, decked out in their “denim & diamonds,” it was an introduction to a Southern Tradition that harkened back to the Appalachian Irish immigrants—“Eat supper and then sing and play music.”

Nashville past president, Sylvia Ganier, opened up her 350 acre USDA certified, organic farm Green Door Gourmet “Grand Barn” to host this year’s fund raiser. Upon arrival, the Dames could smell the tantalizing aromas of smoked chicken, brisket, and pork. The bountiful buffet included an array of sides—slaw, collard greens, new red potatoes, roasted vegetables, and baked beans. To top off the supper, Autumn Apple Crisp was served from cast iron skillets at each table.

Throughout the evening, guests could purchase raffle tickets for unique Tennessee items. There was some strange magic going on—or was it that the Atlanta Chapter loved the special champagne bar! Whether it was the spirits or true generosity, three Atlanta Dames won prizes and most likely will be strutting around in their fancy boots and jeans when the 2021 Conference convenes in San Antonio, or maybe they’ll be appropriate for Atlanta’s Afternoon in the Country. Additional funds were raised by selling “cowgirl” hats with Les Dames logos and fabric flowers made by Stephanie Dauenhauer, a friend of Sylvia Ganier.

The quote of the evening came from WSM’s Devon O’Day: “It’s okay to wear your eatin’ pants.” WSM, home to the Grand Ole Opry, is the best known country music station in the world. Devon is a career broadcaster, songwriter, and author. Her songs have been recorded by Hank Williams, Jr., Pam Tillis, Dolly Parton, and George Strait, and she authored My Southern Food. She has been the voice of choice to narrate specials for artists such as Garth Brooks, The Dixie Chicks, and Trisha Yearwood. Devon’s sister is successful TV/film actress Faith Ford.

The songwriter/singers explained their role, the inspiration for their songs, and that singers are the delivery system. James Slater moved from North Carolina to Nashville but spent his early years in Central America. His songs have been featured on Reba McEntire’s 2009 album. He released the “Mexicoma” album with title song sung by Tim McGraw, and he gave a shout out to the LDEI Mexico Chapter. “High cost of Living,” a song originally sung by Jamey Johnson and co-written by James Slater, speaks to the country music themes of whiskey, addiction, and cowboys. He sang his hit song, “In My Daughter’s Eyes,” which was recorded by Martina McBride.

Tony Lane hails from Comanche, Texas, and his hits include “I Need You,” a duet written for Tim McGraw and Faith Hill. He wrote “Little Past Little Rock,” for Lee Ann Womack, and “You Go Your Way” for Alan Jackson. Kat Higgins, transplanted from Vancouver, showcased her Irish roots in her songs and partnered with James Slater on a few numbers. She collaborated on Carrie Underwood’s Storyteller Album, and her songs have appeared on American Idol and The Voice.

The Supper and Songwriters-in-the-Round was the perfect introduction to Nashville, The Music City, and the background for many of the Conference plenary and breakout sessions. Thanks to Sylvia Ganier, her Green Door Gourmet staff, the songwriters, Nashville Dames, friends and volunteers who made this lyrical event possible.


Photos by Susan F. Slack unless otherwise noted.
Dames were in for a visual and tasty treat at the Nashville Conference Opening Breakfast. Nashville Dame Maneet Chauhan, a celebrity chef, author, and restaurateur, was the featured speaker to a packed house of Conference goers. She gave a passionate talk about her culinary journey, which began in her homeland of India.

A “Bollywood” breakfast featured an array of Indian-style dishes and colorful table settings. A sassy female impersonator, paying homage to 2019 President Ann Stratte, sashayed around the room several times to the delight of the attendees.

Seemingly born with a ladle in her hand, Maneet began her culinary “journey” as a small child in India, and it continues to be greatly influenced by her Indian culinary heritage. She majored in hospitality and graduated at the top of her class at the Welcomgroup Graduate School of Hotel Administration in Manipal, India’s top culinary and hotel management school. After interning at India’s finest hotels and kitchens, including names like the Taj Group, Oberoi Hotels, and Le Meridien, it was off to the U.S., where she attended The Culinary Institute of America. Graduating with high honors and sweeping all the awards in her class, Maneet was a recipient of the James Beard Award for Excellence.

In New York, Maneet was the only Indian female ever to compete on “Iron Chef America.” After that, she was asked to be a full-time celebrity judge on Chopped, where—for seven years—she has evaluated chefs’ dishes in a melodious Indian-accented English, an inheritance of her birthplace in Ludhiana, Punjab, India.

Maneet previously worked in New York and Chicago before relocating to Nashville where she is the owner of several restaurants and breweries. She shared four words that have greatly affected her life and success—“nothing ventured, nothing gained.” She explained that in order to have success you have to believe in yourself, your family, and have a great support team. There may be failures in your journey, but it’s part of the risk, and you can always learn from failure.

Maneet spoke about a work/life balance and the importance of family and friends. She believes in spreading the word among students that hospitality and culinary arts as a career is a great choice as long as you follow your passion. Attributing her success to university training and the CIA, Maneet is a big supporter of culinary education, and she mentors high school grads in hospitality and culinary arts.

A very dynamic and colorful speaker, Maneet shared her fascinating career story, which has been reinforced by her personal, motivational mantra—“nothing ventured, nothing gained.”

Photos by LDEI, Janet Burgess, and Susan Slack.
**Session 1**

**In a Pickle—Fermentation Techniques**

**By Julie Chernoff (Chicago)**

It's 2019, and in the food industry, everything old is new again. Case in point: all methods of fermentation—certainly one of the oldest techniques for preserving food—have never been bigger. And since my palate always favors sour and bitter over sweet, attending the fermentation panel moderated by Nashville Dame **Bailey Spaulding**, owner of Jackalope Brewing Company, was an absolute must.

Bailey welcomed fellow Nashvillians (and “fermentation nerds”) Karl Worley, founder of Biscuit Love and the artisanal pizzeria ‘za; Byron Stithem, owner/distiller of Proper Saké Co.; and Jessica Benefield, chef of The Green Pheasant and Two Ten Jack. “We know why you’re here,” Bailey teased. “This is clearly the snack-and-booze-in-the-morning panel.”

They kicked off the session by reviewing the tastes they were sharing with us: Jackalope’s Bearwalker Maple Brown Ale, which is conditioned with Vermont maple syrup in deference to Bailey’s background and brewed with chocolate malts; Jessica Benefield’s *tsukemono* pickles (“Explanation to the health department why you have such a large amount of rice bran mold in your kitchen can be a situation.”); Byron Stithem’s “The Diplomat” saké, cultured from lactobacillus; and Karl Worley’s freshly baked sourdough pizza crust, made with a combination of Anson Mills Red Fife and Abruzzi rye from Italy, served with house-made whipped ricotta and honey.

As the audience of Dames munched happily on the fermented treats, the talk of the panel turned to history. We learned from Jessica that foods like kimchi evolved in the fifth century B.C. because people had no refrigeration and needed a method for preserving food, so they turned to salt to help them enjoy vegetables through the cold winter, burying them in containers underground.

Bailey explained that Cleopatra funded her war with Rome through a tax on beer, and that before the advent of transportation and refrigeration—which helped foster a controlled environment and greater consistency—most brewers were women. Dependent on wild fermentation, beer before the 19th century differed from batch to batch.

Byron shared information about Sandor Katz, the “granddaddy of modern fermentation,” who inspired him on his saké journey, and on koji, the “miracle fermenter and preserver” that is the cornerstone of the saké process and helps deconstruct the natural protein of the rice.

After reviewing the various methods of fermentation and food preservation with which they were working, each of the panelists then discussed the “aha!” moment that sent them on their chosen career path. For Jessica, it was seeing how much produce goes to waste, which led her to actively research preservation methods to use up fruits and vegetables that farmers were producing in abundance.

Bailey was a law student at Vanderbilt (with a background in evolutionary psychology) when she fell for the science behind brewing, opening Nashville’s second craft brewery in 2011. Biscuits were everything to Karl until a trip to Italy and a quest for the perfect pizza “led him down the fermentation rabbit hole” and he fell in love with naturally fermented and leavened bread. All four panelists agreed that they learned more from failures than successes. “Failures remind me that I’m not in charge of 10 billion yeast cells,” Karl commented. “You just have to respect them and hope they do what you want.”

“Birthplace of County Music.”

passed a resolution recognizing Bristol as the Family. In 1998, the United States Congress music, which launched the legendary Carter
1927 Bristol (recording) Sessions in East Tennessee as the “big bang” of modern country
announced the return of a weekly Grand Ole Opry radio show has been broadcasting
nearly 95 years. The new Circle Network has
music capital of the world. The Grand Ole Opry
Graceland, Elvis Presley’s home.

famous for “barbecue and blues;” the Beale
is a mecca for farming and food innovation;
Overton, and James Winchester. Memphis
WINTER QUARTERLY 2020

there is a disruption in the supply chain
that we can taste. Already, she says that
food supply. Climate change is something
mate change is through its impact on the
warmer winters, and early frosts have cre-
substantial food movement are working to-
ness, as well many people who were in the
stantial food movement are working to-
together developing new, high-tech systems

She admits that the problem of feed-

Food Songs”—Jean Haskell connected all the
dots between Southern Appalachian foodways
and mountain music, then whet our appetites
about old English and Scottish ballads of Ap-
ballad, “Stirrin’ Apple Butter” and old favor-
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reviewing folk ballads that highlight food.
Appalachians use foods at hand: ramps, dried
apples for stack cake, sorghum, shuck beans,

Fiddler, songwriter Susi Séguret (North
north Carolina) “fiddled” participants into the ses-
ion as they arrived. She gave a lively musical
forcement playing and singing her original
ballad, “Stirrin’ Apple Butter” and old favor-
such as, “You Can’t Hurt Ham,” by Ricky
Skaggs and Gordon Kennedy. Her narrative
about old English and Scottish ballads of Ap-
alachia’s folk music entwined their relation-
ship with food and life.

During the presentation—“Singing Tennessee’s
Food Songs”—Jean Haskell connected all the
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The Fate of Food: An Irony of Hunger and Waste

BY ANTOINETTE BENJAMIN
(ANN ARBOR)

Dame Tallu Quinn, founder of The Nashville Food Project, introduced speaker Amanda Little, an award-winning environmental journalism professor from Vanderbilt University, for thought-
provoking insight into the problems of food production in an overpopulated
world, advancements in technology, and hopeful solutions from her new book
The Fate of Food: What We Will Eat In A Bigger, Hotter, Smaller World.

Professor Little explained that the
impact of drought, heat, super storms,
warmer winters, and early frosts have cre-
ated various challenges for food produc-
ers. What we grow and what we eat are
going to change radically over the next
few decades she predicts. The primary
way the population will experience cli-
imate change is through its impact on the
food supply. Climate change is something
that we can taste. Already, she says that
there is a disruption in the supply chain
for avocados, almonds, peaches, citrus
fruits, hops, coffee, wine, and olive oil
production. The amount of the world’s
arable land continues to decrease. Seventy
percent of our planet’s fresh water sup-
plies goes to farms and one-third of our
grain production goes to feed livestock.
Food production accounts for one-fifth
of the total greenhouse gas emissions
annually, which means that agriculture
contributes more than any other sector—
including energy and transportation—to
climate change. The problem is not just
to feed a more populous world, but can
we do it sustainably and equitably?

She admits that the problem of feed-
ing an ever-growing world population is
daunting, but at the same time she remains
optimistic. Tech startups, big agribusi-
ness, as well many people who were in the
substantial food movement are working to-
gether developing new, high-tech systems
to grow vegetables because they realize
that not enough food could be produced
sustainably at an affordable price. She
provided an example of one of these new
hi-tech farming systems—indoor vertical
farming. Leafy greens and other kinds of
high-nutrient foods are grown on trellis
structures with trays 35 feet high. The
plants are not grown in soil, rather they’re
grown into fabric with roots dangling
down into a nutrient mist that con-
stantly provides nourishment. This kind
of aeroponic, indoor production has the
advantage of growing plants with ninety
percent less water than in soil lettuce or
crop production. Blue and red spectrum
lights combined with extra oxygen pumps
are able to radiate down to the plants
when needed. If these production facilities
locate themselves near a wind farm or a
hydroelectric facility, she says that they can
use energy from these sources.

Around thirty-three to forty percent of
all food is wasted. This is a complicated
problem to solve she acknowledges. Much
more work needs to be done to find solu-
tions to better government controls, food
labeling and large serving portions. She
ended her talk with humor by saying that
there has never been a reported case of
food borne illness related to eating some-
thing that was past its sell-by date!
Session 4  Suffrage: The Woman’s Hour

BY STACY ZEIGLER (ATLANTA)

Somewhat, suffrage was never given its due in our American history classes. Lucky for us, we were treated to an amazing lesson by Elaine Weiss, author of The Woman’s Hour, The Great Fight to Win the Vote, and Dee Patel, managing director, The Hermitage Hotel. This more than filled in any holes in our knowledge.

It was even more appropriate that this session was held in Nashville. We needed a 75 percent majority to ratify the 19th amendment, and with 35 of the 48 states already on board, we were waiting on just one more. Tennessee became the most likely state to vote yes.

People on both sides set up camp at The Hermitage Hotel and that’s where all the shenanigans went down. This was also the time of prohibition, so you may think alcohol was not part of the equation…well, you would be wrong. Jack Daniel Distillery had a nice suite at the Hermitage and was entertaining many of the voters. It seems like there was more than just tea in the teacups in that suite. Jack Daniel was against allowing women to vote.

Women were mostly aligned with the temperament movement. Domestic violence was a problem and alcohol seemed to escalate domestic violence. Women had no recourse against this abuse, so they felt their best option was to remove alcohol from the mix. The thought was if women were allowed to vote, we may never be allowed to drink legally again. Luckily that wasn’t the case!

The yellow rose and red rose became the signs of how you would vote. A yellow rose on your lapel meant you were in support of the amendment and a red rose meant you were not. Harry T. Burn, a 24-year-old state legislator, became the deciding vote, and the word on the street was his mother was the one that encouraged him to do the right thing. Moms are always right!

We also learned the difference between the title suffragist and suffragette. Suffragist is a derogatory term used to make fun of these little ladies who should be home cooking and taking care of the family. Suffragette is the appropriate term we should be using.

After a lot of hard work, Tennessee became the 36th state to ratify, and 27 million women were now allowed to vote. But only one in three women exercised their right to vote in that first election. Even though it was legal, there was still great pressure from husbands, families, and churches who felt that women belonged at home and not out voting.

We should all say a word of thanks as we near the 100th anniversary of the day the 19th amendment was entered into the constitution—August 18th, 2020. The most important thing we can do now to honor these courageous women is to exercise our right to vote!

Session 5  Tennessee Spirits: A Tasting & Storytelling

BY MINDY MERRELL (NASHVILLE)

Dames attending the Tennessee Spirits panel were treated to a lively tasting and discussion among three of the new generation of distillers in Nashville. Just ten years ago, none of this would have been possible because at the end of the state’s prohibition in 1939, Tennessee only allowed three counties to produce distilled spirits: Lincoln, Moore, and Coffee. Moore County is particularly well known as the home of the famous Jack Daniel Distillery, which is the largest whiskey producer in the world and home to the Lincoln County process of charcoal mellowing distinctive to sour mash Tennessee whiskey. Fast forward to 2009 and a boom that occurred across the state with 41 counties approving the production of distilled spirits. Our panel showcased three young leaders in the new movement.

Andy Nelson, the co-founder and head distiller of Nelson’s Green Brier Distillery, poured his newly released only-available-in-Nashville aged Tennessee Whiskey. Andy and his brother are fifth generation Tennesseans reviving Nelson’s Green Brier Distillery which pre-prohibition was one of the largest producers of whiskey in the U.S. He also gave the Dames a taste of Louisiana’s Liqueur named in honor of the brothers’ great-great-grandmother who ran the company for many years after her husband’s death.

Rachael Sykes of Nashville Craft Distillery is one of the growing cadre of women distillers. Her company’s point of difference is scientific taste innovation. She poured two spirits made from locally sourced ingredients, the Golden Biscuit Sorghum Spirits, distilled with Tennessee sorghum with the toasty character of a dark rum and the Nashville Honey Spiced Honey Liqueur, fermented and distilled local wildflower honey then infused with cinnamon, lemon peel, cardamom, and ginger.

Jeff Pennington, co-founder of Pennington Distilling Co., who grew up in a well-known Nashville restaurant family, poured his new Davidson Reserve Tennessee Straight Sour Mash Whiskey and Davidson Reserve Tennessee Straight Rye Whiskey. Both adhere to whiskey tradition.

All three distillers spoke of the excitement and difficulties of starting a new distillery particularly with making and marketing dependent on years of aging and brand development. Hence many rely on revenue generated by producing unaged spirits. They also explained the importance of boom in tourism and growth in Nashville and across the state as great for business. They all expertly employ stylish tasting rooms, tours, merchandise, social media, special events, cocktail culture, and the newly created Tennessee Whiskey Trail as important marketing tools for their brands. Clearly, a new generation of Tennessee spirits is off and running as the whiskey comfortably ages.
Session 6  Women on the Farm:
Creativity & Agritourism

By Joan Donatelle
(Minnesota)

Dame Sylvia Ganier, owner, Green Door Gourmet
Kia Jarmon, Nashville-based agriculture and marketing consultant
Caroline McDonald, first-generation farmer, owner, Sounding Stone Farm
Peggy Marchetti, third generation farmer, owner Madison Creek Farms

Did you know that a farmer is more trusted than a teacher, a doctor, or a minister? Why? Because we just expect an honest answer from a farmer. From the beginning, farmers have been the underdog; they never know what nature will do. They are both gamblers and optimists at the same time.

On the farm, each day is a new day that brings different challenges. The average farmer in America is a 59 year-old male. That being said, one-third of all farmers are women and traditionally, they raise chickens, grow herbs and flowers, and take care of the kitchen gardens. They just don’t call themselves farmers. They may not be the large commodity farmer, but farmers they are. Women farmers are invested in legacy, collaboration, innovation, education, and building community.

What challenges do women farmers face? The panelists agree that like many other businesses, fast growth and the need to scale up without adequate, financial support can present problems. Other challenges include managing employees, finding markets to sell products, and wearing so many hats that there isn’t time to do the things you love that got you into farming in the first place. Often, it is just the volume of work. Sylvia Ganier shared that last year, Green Door Gourmet had over 80,000 visitors and catered over 100 weddings. Farmers are not always the best communicators. Marketing consultant Kia Jarmon stressed the importance of telling your own unique story.

Too often, women minimize what they are doing. Don’t say “Oh, I just grow herbs.” Rethink how to tell your story. Don’t apologize, but begin with the words, “I am…I am a farmer…I grow beautiful herbs.” Be authentic, and bring a consistent, interesting message.

Do eggs grow on trees? How will Bugs Bunny find the carrots if they grow underground? Really, potatoes grow underground? These are a few of the questions our panel of farmers have heard from kids. Agritourism or agrainment (farm-based entertainment) is the link that brings the majority of the population back to the farm and makes AG cool again.

The panelists said women are more often in the “experience business” and sharing the farm experience can build relationships. Growing unusual crops and selling them in a CSA Farm Box (Community Supported Agriculture) or directly to chefs can create buzz and interest. Bring people to the farm any way you can. Provide tours to school children at early age or bring culinary students to the farm to work for two weeks. Teach classes on making pies or wreaths.

There’s a real concern that we don’t have enough young farmers going into farming. What can we do to support the young farmers? First of all, engage with them—ask what you can do to help.

In this enlightening session, we learned that many issues that face farmers are similar to other food businesses. The panelists advise that getting to know your local farmers and supporting them will contribute to your own healthy, sustainable lifestyle.
**Session 8  Doing Digital Right**

By Jill Weber (Philadelphia)

Social media and digital spaces are time-consuming, ever-evolving, and can be daunting. They are also necessary to the growth and evolution of personal brands and businesses. So what is a hard-working Dame to do?

Dame Jennifer Justus moderated a panel of digital experts—Dames Beth Sachan, Tabitha Tune, and Crystal De Luna-Bogan—to help us figure that out.

The panel focused largely on Instagram and Instagram Stories (Insta Stories), because these were deemed the most valuable by the panel—far more so than Facebook or Twitter. While email was not a focus, it was noted that one “should” still be collecting emails and engaging through dedicated mailings. These are most likely to be actual customers, and direct mailings to them will still generate the greatest ROI (return on investment).

As for the main topic, social media is one of the biggest takeaways and pretty basic: don’t just sell. Social media and digital presence are about creating place and a sense of belonging for your audience. Beth Sachan notes that digital stories are “never about the product...they are about the people.” So, invite your audience into your real life and into your world. Show personalities and get behind the scenes. Most importantly, all of the panelists stressed that being genuine is a significant component for your social presence.

Time commitment was a big concern for the audience, and the panelists suggested several ways this could be addressed.

Insta-stories, which disappear after 24 hours, can be your space for ad hoc posts, experimental content, and simply unplanned vignettes. These require less planning and are more spur-of-the-moment.

Your Instagram “grid,” the collection of photos that appear on your profile page, functions as the narrative of you, your brand, and your business. Spend the time to plan how it will look. Intersperse your beautiful photos with behind-the-scenes shots, images for upcoming events, staff personality, your cat, etc. If it is part of your narrative, it should be part of your grid and your digital presence.

An App, such as Planoly, can be helpful to visualize your grid, organize and schedule posts. An entire week’s worth (or even month) of posts can be planned at one time, which reduces stress and eliminates the daily demand for content.

In that grid, remember that the number of “likes” on your posts may not be the best indicator of effectiveness. Tabitha Tune wants us to know that ROI is measured with quality likes; response from loyal customers can be far more valuable than that of more-generic fans—many of whom may not even be local to your business, brand, or offerings. They will tell you if you are being true to your narrative.

Finally, being genuine means that “perfect” pictures and pristine grids are losing popularity. Include the occasional flaw! Tabitha suggests that the roughest photos can also be the best, and she and Beth have even stopped following many of the perfect profiles. Hallelujah to that!

**Session 9 [LEADERSHIP]  A Chapter’s Guide to Intellectual Property**

By CiCi Williamson (Washington, D.C.)

Have you placed a copyright symbol on your websites, social media sites, logos, PowerPoint presentations, booklets, and brochures? Although copyright exists automatically in an original work of authorship once it is published, the mark is used as a warning that the owner of the trademark will defend against unauthorized use. Copyright provides the creator of an original work with exclusive rights to it. Copyrights are just one of several ways you and your chapter can protect your intellectual property, as explained by Jackie Henson, Esq., a lawyer who specializes in non-profit law at Baker Donelson in Washington, D.C. Here are four ways.

You can place the copyright symbol on any original piece of work you have created. The normal format is to include alongside the copyright symbol the year of first publication and the name of the copyright holder, for example, “© 2019 LDEI.”

In the past, some added the words, “All Rights Reserved,” but these are no longer needed since 172 of the approximately 190 countries in the world have signed the Berne Convention, which grants automatic copyright. For more information: www.copyright.gov/ Trademark symbols are primarily used on products (i.e. goods). There is a presumption that the owner of a federal trademark registration is the owner of the mark. Generally the right to use is owned by the first party to use a mark in commerce. As TM is for trade-marks that represent goods, SM stands for “service marks” that represent services. An example of a service mark used or displayed in sales or advertising is Pizza Delivery SM. You are not allowed to use the “Registered” (circled R) mark before you file for a registered trademark and receive the approved registration from the U.S. Patent and Trademark Office www.uspto.gov/trademark. The basic filing fee costs around $225 to $400, and it takes four to eight months after the filing date to receive a ruling. You do not have to pay a lawyer to file a trademark, but you might want to hire a licensed attorney who specializes in trademark law to guide you through the registration process. The term of a federal trademark registration is 10 years, with 10-year renewal terms.

Example: Riviana Rice’s product, Mahatma®

Jackie Henson answered many questions from attendees, and her PowerPoint, “Intellectual Property” © 2019 Baker, Donelson, Bearman, Caldwell & Berkowitz, will be posted on the LDEI Website.

Above: (L-R): CiCi Williamson with speaker Jackie Henson.
Chapter Leadership Forum

By Stephanie Jaeger
(British Columbia)

Every year at the LDEI Annual Conference, the Chapter Board Liaisons (CBLs) host a 2-1/2 hour session for chapter presidents or anyone who might be interested. This year’s event was hosted by CBLs Drew Faulkner (Washington, D.C.), Gina Burchenal (Austin), and Stephanie Jaeger (British Columbia). This informative event is intended to inspire, engage, and to encourage current and incoming chapter presidents.

This year, the session started with Natasha Cary from Atlanta who explained the basics of putting on a good fundraiser. She says to get organized and have a goal and a budget. Make sure the ticket price will cover your costs—you don’t want to be stuck with an overcharge at the end of the day. No matter what, plan early, at least 6 months ahead. You might pull it together in one month, of course, but it will be better to have more planning time. Make certain you create a brand, create a name for your event, and talk about what you are promoting. Your sponsors are a major contributor and can help generate profit. Recognize and promote your sponsors, as well. And finally, be certain to follow up. Thank your sponsors and your guests, and remind them that the next event is just around the corner.

Our second speaker was Stacy Franklin from Austin talking about the chapter’s newest event, “You Grill Girl.” The event was a revamp...a new look. Stacy approached her board with a refreshed idea to involve the community and do something new that was less dependent on her members. She wanted to bring woman to the forefront of a male-led industry by having only woman grilling. With her board’s approval, she set out to create a committee that was organized and focused. Each person had their own jobs, and they stayed on task with Google docs that could be updated instantly. Stacy also focused on her sponsors. The new fundraiser brought in over $50,000, most of which came from those sponsors.

The third speaker of the afternoon was Ann Evans from Sacramento. “The Village Feast,” an event in conjunction with Davis Farm to School, is based on the annual Provençal Grande Aioli, bringing people to the table. Hosted at the local farmers’ market, a long table, with over 300 people, is set with white linens and local flowers. Guests bring their own table settings—plates, silverware, glasses, and napkins (no paper). Food arrives family style, starting with olives, nuts, and light wine followed by local vegetables and grilled lamb. This is a zero-waste event, suppliers are paid, guests take out what they bring in, and the entire community benefits.

Between each speaker, a four- to five-minute PowerPoint video was presented of different events that chapters put on, from farm-to-table to culinary bazaar.

After a short stretch, everyone broke up into small groups to discuss chapter issues. These breakout groups enabled lively discussions emeritus members, bylaws, standing rules, diversity, and more. We look forward to continuing the discussion on the CBL calls during the year.

The packed session ended with a presentation by Danielle Wecksler on the LDEI Trends Report. Although it was a ton of work, it was very informative and visionary for Dames and the public.

Chapter Presidents or anyone interested can learn more about the session by contacting the LDEI Chapter President (LDEI President)
Celebrating our Partnerships

By Susan F. Slack (Charleston)

The annual Partners' Showcase Luncheon is a highlight each year for Conference attendees. Dames came together in Nashville for a unique, two-hour grazing meal sponsored by 11 of LDEI’s Partners. We had the opportunity to network, discovering many of their extraordinary foods, recipes, beverages, products, and ideas. Visit the websites of all 21 of our valued Partners for the latest product news and information.

I am reminded of President Bev Shaffer’s mention of “connections” in her president’s letter (page 3). One important “layer of connection” is with our partnerships. As you read the issue, you will realize that their support spelled SUCCESS for LDEI in 2019 and for the Nashville Conference. LDEI is a premier leadership organization for women in wine, food, and hospitality. Our dedicated Partners support us, and they are committed to the leadership development, advancement, and diversity of our members as valued contributors to society.

Bev also wrote about gratitude, which we extend to our Partners. Continue to reach out to them and to their reps in appreciation throughout the year. We should invite them to connect with our chapters on a local level, write stories about their products, set up media opportunities, and promote the importance of their role on social media outlets. The support of our Partners helps LDEI to maintain the mission and reach goals, and for that—we are unquestionably grateful.
FAIRYTALE BROWNIES
Fairytale Brownies is a booming gourmet brownie business that began in the brains of two childhood best friends on a playground. Now they’re running a gourmet-treat empire. Co-founder Eileen Joy Spitalny (San Francisco) treated each Dame and guest who attended the luncheon to a charming gift box of her individually wrapped, Belgian chocolate, nut-filled brownies. They are indeed, as the package promises, “The greatest brownies in all fairyland!”
www.brownies.com

KERRYGOLD
Ornua Foods North America, Inc. is Ireland’s largest exporter of Irish dairy products. Ornua, from the Irish Ór Nua, means “new gold.” The Kerrygold brand reflects the rich quality of Irish milk. Throughout Conference, we savored creamy Kerrygold butter and array of tempting cheeses, which included Kerrygold Cashel Blue, Dubliner with Stout, Aged Cheddar with Whiskey, Reserve Cheddar Wedge, and Skellig Wedge. Marketing Executive Alexandra Vinci was on hand, as well as Lisa Miller, Vice President Sales and Marketing (not shown).
www.oruna.com
www.kerrygoldusa.com

LE CREUSET
The first piece of Le Creuset was a flame-colored, enameled cast iron cocotte made in 1925. What was once merely a functional cast iron skillet became a beautifully refined kitchen pan with even more functionality than before. The iconic cookware is the choice of discerning chefs and home cooks and appreciated for its quality performance, durability, and style. Products are also available in stainless steel, enamel on steel, with nonstick finishes, and in stoneware. Cast iron and stainless Le Creuset were displayed during the Conference and given as raffle prizes.
www.lecreuset.com

MAHATMA RICE
Mahatma, the number-one selling rice brand in the U.S., offers a variety of types of rice including long-grain white rice, whole-grain brown rice, and parboiled, flavored mixes. Debbie Wheeler (Houston) served Coconut & Raisin Pies featuring Mahatma Jasmine Rice and Jasmine Rice & Quinoa Meatball Sliders. Mahatma® Jasmine Rice with Quinoa is a new premium rice blend. Click the links below for these recipes and others, plus videos and a Recipe Club with coupons and promotions.
www.mahatmarice.com
https://mahatmarice.com/recipes/jasmine-rice-quinoa-meatball-sliders-recipe/

ROLAND FOODS
Roland Foods is a New York-based specialty foods company founded in 1934, that operates as a platform to connect food producers and consumers globally. Creating and sustaining relationships with producers around the world, Roland believes that community is built around the table. A “one-stop shop” for common and hard-to-find ingredients, Roland sources a catalog of 1,600 packaged food products. Sandy Cohen presented a bountiful offering of Za’atar Couscous, Fall Farro, and Gochujang-Glazed Brussels.
www.rolandfood.com

SUNNYLAND FARMS
Sunnyland Farms is a 1,760-acre farm nestled in the heart of Pecan Country (Albany, Georgia). Since 1948, the company has been the premier provider of Gourmet Georgia Pecans, Nut Mixes, Fine Chocolates, Dried Fruits, Homemade Candies, and Specialty Edible Gifts for all occasions. Omega 3 healthy fats contribute to the superior flavor of pecans and make them a heart-healthy snack. Staci Willson of Sunnyland Farms provided a variety of pecans products for Dames to enjoy, including Goat Cheese-Pecan Quickbread with a Spicy Pecan Streusel.
www.sunnylandfarms.com
TITO’S HANDMADE VODKA

Tito’s Handmade Vodka is America’s Original Craft Vodka. In 1997, Bert “Tito” Beveridge, now a 50-something geophysicist, obtained the first legal permit to distill in Texas and created Tito’s Handmade Vodka. Tito’s distills its naturally gluten-free, corn-based vodka using old-fashioned pot stills; every batch is taste-tested before bottling. Tito’s Handmade Vodka is distilled and bottled in Austin, Texas, by Fifth Generation Inc. During lunch, Dames were served refreshing Spiced Cider Mules with Tito’s, Apple Cider, and Ginger Beer.

www.titosvodka.com
www.titosvodka.com/recipes/vodka-drinks/titos-hot-spiced-cider/

WÜSTHOF-TRIDENT OF AMERICA, INC.

PASSION-DILIGENCE-PERFECTION are the core values reflected in the trident logo of Wüsthof, a seventh-generation, family business. Each hand-wrought blade is a perfectly balanced cutting tool. Dames held the display knives to experience how beautifully they conform to a chef’s hand. Marketing coordinator Anglea Balduyck was on hand to assist the Dames.

A Classic 7-inch Hollow Edge Santoku Knife is designed with a thinner blade than the traditional chef’s knife and allows effortless prepping for a wide variety of produce. The Dames were served a Build-Your-Own-Salad Bar and Flatbreads with Grilled Vegetables, Prosciutto, Goat Cheese, and Heirloom Tomatoes.

www.wusthof.com
LDEI’s valued Partners also include:

**AMERICAN EGG BOARD (AEB)**
Eggs are one of nature’s most perfect foods. Home of The Incredible Egg and The Egg Nutrition Center, the American Egg Board (AEB) is the national marketing organization of America’s egg farmers. AEB provided tasty hors d’oeuvres during receptions at the Nashville Conference.
www.aeb.org

**BEAUTIFUL BRINY SEA**
The artisan dry goods company creates small-batch, specialty salt and sugar blends. They are sourced and handmade with integrity, sustainability, and a whole lot of love! The line, which has 14 salt blends and 6 sugar blends, celebrates partnerships and collaborations throughout the country.
www.beautifulbrinysea.com

**COWGIRL CREAMERY**
Co-founders Sue Conley and Peggy Smith were among the first American cheesemakers inducted into the prestigious Guilde des Fromagers. Graduating from the University of Tennessee, they partnered in opening Cowgirl Creamery near San Francisco in 1997. It’s now a nationally distributed, artisan brand that produces award-winning, organic cheeses.
www.cowgirlcreamery.com

**CYPRESS GROVE CHEESE**
One of the premier producers of American goat cheese, this California company was started in 1983 by Mary Keehn, creator of the award-winning Humboldt Fog®—“The Original American Original.” Cypress Grove crafts cheeses across three product lines: fresh, soft-ripened, and aged.
www.cypressgrovecheese.com

**EMILE HENRY**
Emile Henry’s Oven Ceramic bakeware and tableware has been made in the Burgundy region of France since 1850 from high-fired Burgundy clay using a proprietary, state-of-the-art process. Each Conference attendee received an Emile Henry stoneware “pie dish” with a ruffled-edged design inspired by vintage French bakeware.
www.eh-usa.com

**NIMAN RANCH**
Niman Ranch is the largest farmer and rancher network in the Western Hemisphere to be 100 percent third-party-certified under the Certified Humane® program. They adhere to some of the strictest animal welfare protocols in the industry, with no antibiotics or hormones—ever, to produce the finest-tasting beef, pork, and lamb available.
www.nimanranch.com

**PLATE**
Plate magazine engages chefs in all segments at the highest level and inspires them to explore their creativity. Driven by an insatiable curiosity and passion for food, Plate loves the challenge and excitement of taking food further and uncovers the most interesting food and drink ideas in the most interesting kitchens in the country.
www.plateonline.com

**SHY BROTHERS FARM**
Shy Brothers Farm, in Westport, MA, produces artisan cheese handmade by the Santos brothers—two sets of fraternal twins and third generation dairy farmers. Their cheeses have been awarded a host of prestigious prizes. Co-owner Barbara Hanley provided soft-ripened Charlotty cheese for the Charcuterie Boards at the Conference Legacy Awards Luncheon.
www.shybrothersfarm.com

**STEELITE INTERNATIONAL U.S.A., INC.**
Steelite International, which began in 1875 in Staffordshire, U.K., is a leading world manufacturer and supplier of award-winning tabletop and buffet solutions for the hospitality industry. “TabletopStyle” provides chefs with a canvas to create innovative, unique food presentations. Steelite won a 2019 green Apple award for Environmental Best Practice.
www.us.steelite.com
www.us.steelite.com/showroom/

**ZINGERMAN’S BAKEHOUSE**
Zingerman’s Bakehouse is an artisanal bakery and baking school that started in 1992 in Ann Arbor, Michigan. Artisan bakers produce the finest breads, pastries, cakes, and cookies. Baked goods can be shipped to your door, and there are classes for home bakers. Zingerman’s provided a remarkable assortment of irresistible rugelach cookies during Conference.
www.zingermansbakehouse.com
www.zingermansbakehouse.com/product/65/
Thistles grow in difficult places such as roadides and back alleys. We share similarities with thistles, which are prickly with deep tap roots—just like survivors. More than noxious weeds; they have a beautiful center... exactly like us.

Becca Stevens shared these notions to explain her choice of name for Thistle Farms, an enterprise that helps women who have survived trafficking, prostitution, and addiction have a second chance at life. Becca—an Episcopal priest, social entrepreneur, and CNN Hero—is the founder and president of Thistle Farms. The two-year residential program is based in Nashville and provides housing, food, healthcare, therapy, counseling, and education without charging the residents. “When you offer women the time and space... love heals,” she affirmed.

Currently, Thistle Farms can house up to 28 residents. The women help make natural bath, body, and home products to sell. After they graduate from the program, many continue working in Thistle Farms’ social programs. Some move into full-time and supervisory positions. Others take their newly acquired skills and find work in the community.

Becca feels that hospitality plays a bigger part in our society than we realize. She encourages everyone to practice radical hospitality to bring each other along believing, “Hospitality is the highest ideal, the best practice. Rolling out the welcome mat gives us strength and confidence.”

She remarked, Coming around a table helps bring ideas and dreams to help care for the world. It is how to build a community. When women come together, they organize.” Becca shared examples of women coming together: at a refugee camp organizing buses to take their children to the doctor or organizing for a move—plotting destinations and packing clothes and spices for meals.

“You’ve heard it said,” Becca added, “Feed a woman a fish for a day, you feed her a lifetime. Sometimes there are bad holes [in the nets]. Sometimes there is no access to the lake or distribution system or even a marketplace to move the fish globally. Get woman together— we remind each other what good fisherwomen we are.”

Becca spoke about how five women at a refugee camp started a social enterprise of weaving welcome mats, selling them, and showing other women how to weave. A business bought the mats and then hired the women to continue weaving mats for them. She counseled, “We can start small and intentional. Love is in the details.”

Becca later started The Café at Thistle Farms centered around tea because it is an ancient cultivator. The cornerstones of the café are “hospitality, story, and healing.” She says everyone coming to the table has a story, and it could be a story of shame, a story of courage, or even a story of hope. “People come to the table and become cultivated. We want to cultivate a palate of justice and love of women... love of women who have been rejected. One cup of tea at a time, we can take care of the world,” she explains.

Before Becca spoke to the attendees, her husband Marcus Hummon sang several hit songs he wrote for vocal artists, including “Bless the Broken Road,” recorded by Rascal Flatts. The Grammy-winning singer/songwriter had been inducted into the Nashville Songwriters Hall of Fame two weeks earlier.

Later, a music video played of their son Levi singing “Love Heals,” a song he wrote with his father and recorded with artist Alison Krauss. It was inspired by his mother’s work and the women of Thistle Farms. There were no dry eyes at the Green Table breakfast after hearing this emotional ballad.

Posting on social media about and purchasing the Thistle Farms products www.thistlefarms.org will help more of these women. Becca concluded, “We can love people better. Love is the most powerful force in the world.”
The Legacy Awards Luncheon has become one of the highlights of our Annual Conference since the awards inception in 2009. This year was no exception. Seven professional women were chosen as this year’s recipients of a one-week apprenticeship working with host Dames: five in the U.S., one in the U.K., and one in British Columbia. Legacy Committee Chair Barbara Hanley (New England) and Vice-Chair Julie Chernoff (Chicago) introduced the following award winners:

Jan Herczeg (Philadelphia), Founder/CEO of the Philly Food Collaborative and Director of Business Development for Edible Philly magazine received the Culinary Award from Zingerman’s Family of Businesses in Ann Arbor, MI.

Katherine Elder (Valley Center, KS), Owner/Executive Chef of Elderslie Farm received the Culinary Award from Welbeck Abbey School of Artisan Food in Nottinghamshire, U.K.

Robin Epperson-McCarthy (Riverhead, NY), Owner/Winemaker of Saltbird Cellars received the Beverage & Hospitality Award from Wente Family Estates in Livermore, CA.

Mara Hanneson (Victoria, British Columbia), French Wine Scholar and Certified Sommelier received the Beverage & Hospitality Award from Wente Family Estates in Livermore, CA.

Stephanie Schrankel (Seattle, WA), Certified Sommelier, Seastar Restaurant received the Wine Award from Okanagan Wineries in British Columbia, Canada.

Kaley Brammer (Bothell, WA), Youth Development and Educational Manager of Carnation Farms, received the Farm to Sea to Table and Page Award from New England Food System in New England.

Each awardee submitted a video presentation of the highlights of her experiences. To learn more about the winners, read their complete profiles in the upcoming spring Quarterly.

LDEI is extremely grateful to the Julia Child Foundation for Gastronomy and the Culinary Arts for their generous support of The Legacy Awards. It is a fitting tribute to Julia Child who served as a mentor to so many in our industry.

A big Thank You! goes out to Wente Family Estates, sponsors of the delicious luncheon. Aly Wente, fifth generation Winemaker and Senior Brand Manager, introduced the three wines that were poured: Wente Vineyards 2018 Riva Ranch Vineyard Chardonnay, Wente Vineyards 2017 Riva Ranch Pinot Noir, and Wente Vineyards 2017 Wetmore Vineyard Cabernet Sauvignon.

Abundant Charcuterie Boards were set out with Shy Brothers Charlotty cheese and Niman Ranch Genoa Salame, Capocollo, Soppressata, and Proscuitto. An Ancient Grains Salad with Crispy Chicken, Market Vegetables, and Tomato Vinaigrette followed. The meal was capped off with a luscious Chocolate Stack Cake with Jack Daniel’s Boiled Custard.

Please contact the 2020 Legacy Committee Chair Julie Chernoff or Vice Chair Stephanie Carter, New Orleans Chapter, if you would like to participate in the Legacy Awards going forward.
By Olga Boikess
(Washington, D.C.)

Rousing country music welcomed us to the Tennessee State Museum’s soaring rotunda where floor-to-ceiling windows framed the Nashville skyline and state capitol. As we entered, spirited cocktails featuring the state’s celebrated whiskey, along with a Dame-brewed ale (Jackalope Brewing Co.) were being poured at a circular bar. Inspired by Tennessee’s legendary women musicians, Nashville’s Dames celebrated the close connection between country and jazz music and down-home cooking in a fabulous, walk-around spread. Robin Dennis Burns and Margot McCormack co-chaired the event.

Staged throughout the lofty circular space, our hostesses offered 17 stations for appetizers, breads, mains, sides, and desserts—all based on recipes from notable women in Tennessee song. These women have a history of connecting with their fans through cookbooks and home cooking. Nashville Dames Nancy Vienneau, Jennifer Justus, Nicki Pendleton Wood, and Mindy Merrell spent days researching vintage cookbooks in the Country Music Museum archives and taking ‘deep dives’ into Google online.

As a result, their guests sampled delicious dishes with fascinating backstories like Lin Hardin Armstrong’s Rug-Cutter Roast. Who knew that Louis Armstrong’s second wife was a musician, singer, and band leader; that she fostered her husband’s career—or that she helmed a restaurant late in life. As interpreted by chef Deb Paquette, her tribute was a dish of perfectly braised beef with shaved carrots and fresh pea shoots.

Food and song are closely linked in Music City. Indeed, our multi-talented Nashville Dames include an award-winner songwriter Alice Randall (‘XXX’s and OOO’s—An American Girl’) who is also a best-selling novelist, cookbook author, and distinguished professor in Vanderbilt University’s African American and Diaspora Studies. Her Sweet Potato Kale Soup—a healthy version of a back-of-the-stove classic was prepared by Emily Firth.

Humble beginnings, common among country music stars, were reflected in many of the dishes. Loretta Lynn, married at age 13, would pluck, gut, and butcher any chickens she could afford to cook. Margot McCormack gave Loretta’s Chicken and Dressing dish an uptown twist. Growing up poor, Dolly Parton ate Banana Pudding (like Jessica Collins’ version)
The LDEI Council of Delegates (COD) meeting was held on Saturday, October 26, 2019 as part of the Nashville Conference. Over 100 delegates participated in the annual gathering. The COD has three main functions: approval of bylaws changes, approval of new chapter charters and approval of the LDEI budget. There were no new chapter charters to approve at the meeting.

President Ann Stratte (Washington, D.C.) introduced a bylaw change that would remove the limit on the number of Chapter Board Liaisons (CBLs) in the LDEI bylaws. The bylaws specify three positions, but the board wants to have the option to add CBLs to handle future chapter growth. The change was approved by the Council.

LDEI Treasurer Sharon Olson (Chicago) presented the proposed budget for 2020. The budget included:

- a $15 per member dues increase starting with the 2021 dues year, which starts on September 1, 2020.
- an increase in partnership underwriting funds.
- a new three-year contract for the management company, AEC Management Resources.
- funds for a strategic facilitator to assist with the development of a strategic plan.
- funds for a redesign of the LDEI website.

Delegates from several chapters volunteered to host the 2022 LDEI Annual Conference, with New York in 2020 and San Antonio in 2021. The LDEI Board will review all of the proposed locations, and they will visit the selected city to tour potential Conference venues and meet with the chapter for their face-to-face Board meeting in January 2020.

Each LDEI board member submitted a report of accomplishments for the year as part of the COD materials and briefly reviewed the information as part of the presentations.
Les Dames d’Escoffier honored the 2019 Grand Dame Award Winner, Nora Pouillon, during the Grande Dame Dinner at the Nashville Conference.

Nora became a member of the Washington, D.C. Chapter in 1991. The Dames in her chapter celebrated her many accomplishments, noting that to be nominated for a Grande Dame Award, she had to accomplish outstanding achievement in her field; have continuity in the dining and fine beverages profession; and consistently give back to her community. They pointed out that although Dame Nora has “a whole shelf of awards, she deeply deserves this award.”

In 2017, she received the James Beard Foundation 2017 Lifetime Achievement Award for opening America’s first certified-organic restaurant. In a video, Nora’s colleague, esteemed chef José Andrés, talked about her receiving the JBF Award. His first question when he met her was, “Where do you buy your vegetables?” Nora certainly had good sources. She helped start the farm-to-table movement in Washington, organizing chef tours to organic farms and a farmers’ market, FRESHFARM, DC, the first producers-only farmers’ market.

Chef Andrés said, “Part of her conspiracy was to clean up the food supply. She was an outspoken chef in Washington, D.C. She understood the power of the chefs to influence food beyond our restaurants.” Not looking a day of her 76 years, Nora took the stage and talked about her life experience. During her childhood in WW II, she spent 10 years on a farm. “It wasn’t The Sound of Music, she said, “It made me aware that we really have to appreciate food.” Here the seed was planted for her lifelong commitment to organically grown, environmentally conscious cuisine.

In 1965, at 22, Nora moved to America with her new French husband. Because of his job with Voice of America, she frequently entertained. She learned to cook through books and was especially inspired by James Beard’s cookbooks. She was shocked to discover overly processed, chemically laden food on supermarket shelves. She began to promote healthier eating. She say, “Either you pay more for your food now, or you pay the doctor later.”

By the 1970s, she owned a cooking school and a catering business. She developed a network of local organic farmers. In 1976 she opened a restaurant in the Old Tabard Inn near DuPont Circle, where she served organic haute cuisine. Nora adds, “Organic food was considered to be unappealing, and people referred to it as ‘hippie food.’ But she gained a following, and when she opened Restaurant Nora in 1979, she already had a devoted customer base. In 1999, Restaurant Nora became the first certified, organic restaurant in the U.S. Nora retired from Restaurant Nora in June 2017 after being the chef/owner for 38 years. She still advocates for wholesome food and a sustainable, health-focused lifestyle. She has taken part in part in public policy discussions, and actively participated in environmental campaigns. So future generations can also enjoy life on earth, her aim is “always to bring health—health to the people and health to the environment.”
Boot Scootin’ at the Wildhorse Saloon

By Rachel West (Birmingham)

The final, full night of the Conference ended with live music, dancing, drinks, and an array of snacks at the Wildhorse Saloon in downtown Nashville. Dames enjoyed the free line-dancing lessons on the largest dance floor in Tennessee as well as the views from our third-floor vantage point. That view included an up-close view of the horses stampeding across the ceiling, the 3D section of a three-part art installation that also included two paintings on either side of the building showing the horses’ progress. It was a fun venue that celebrated the end of a fantastic Conference.

HERE ARE A FEW FUN FACTS ABOUT THE WILDHORSE SALOON

• 3,000 gallons of barbecue sauce are used annually.
• 2+ million pickle slices are served annually, including their Nashville “hot chicken” pickle—the only one like it.
• The saloon opened June 1, 1994, with a country superstar—Reba McEntire—and a herd of live cattle stampeding through Nashville’s streets to the front doors.
• 4,000+ TV shows and tapings have taken place since opening with a galaxy of stars including Rascal Flatts, Ringo Starr, Darius Rucker, Lonestar, Lady Antebellum, Pat Benatar, and Gladys Knight.

Photos: Susan Slack.
Photo of Susan Slack and Carol Brock: Hayley Mathes.
Kentucky has a spirited recipe for success: Take nine bushels of corn plus three bushels of other grains and you get one barrel of bourbon. It's so successful that the Commonwealth currently has over nine million barrels aging. That's over two barrels for each person living in Kentucky. Bourbon now pours $8.6 billion each year into the state's economy—more than the combined value of all the agricultural crops and livestock produced yearly.

To show us a taste of this success, the Kentucky Chapter arranged a post-conference tour for two dozen Dames and guests that included customized V.I.P. tours with tastings at Buffalo Trace, Four Roses, and Woodford Reserve distilleries. We also savored memorable meals from Dames Sherry Hurley, Ouita Michel, and Kathy Cary.

Our tour began on Sunday, October 27, at 1:00 p.m. in Nashville when we hopped on a coach that traveled north 177 miles to Louisville. Our home for two days was the 21c Museum Hotel, located on historic Whiskey Row. Sunday evening's cocktail reception and dinner was in the hotel's galleries provided by Proof on Main, the hostelry's in-house restaurant. Choices included celeriac and pumpkin soups or a salad, and mains of cod, pork chop, or strip steak with accompaniments. The difficult dessert choices included bourbon pecan pie, a plum tart, or rhubarb cremeux.

After dinner, author and certified executive bourbon steward, Susan Reigler, led us through tastings in Glencairn glasses of bourbon from four distilleries. She said, "Part of the reason Kentucky is well-known for bourbon is the endless supply of water that flows over limestone rock, filtering out the iron that would turn the bourbon black." Susan explained that America's only native spirit must be made with a minimum of 51 percent corn, aged in charred new oak barrels, stored at no more than 125 proof, and bottled no less than 80 proof. All the color in bourbon and its caramel and vanilla flavors come from the charred oak barrel. The inside of a barrel is exposed to fire for 15 (level 1) to 55 seconds (level 4).

Monday's bus breakfast was prepared by Sherry Hurley of Farm to Fork Café, featuring flaky biscuits filled with country ham and pimiento cheese, egg and goat cheese, or apple sausage and cheddar that we ate during the one-hour drive through scenic horse country to Buffalo Trace. A National Historic Landmark, it's the oldest continuously-operating distillery in the U.S. having had permits to produce or bottle "medicinal" whiskey throughout prohibition. Jimmy Caudle guided us through the distilling process including the mash bill (corn, cereal grains, and water), fermenting with yeast, distilling in a column still, and aging in barrels.

Lunch in the distillery's club house was catered by Sherry Hurley, who prepared a delicious buffet of Harvest Salad with Judy Schad's goat cheese, pork tenderloin, seasonal vegetables with red curry miso tofu, cheddar grits, and a fruit crisp.

On to Four Roses Distillery 15 miles away where brand ambassador Al Young walked us through their facilities. At the end, master distiller Brent Elliot, did a tasting of their select small-batch bourbons and showed an educational PowerPoint including a variety of yeast strains.

At Woodford Reserve in Versailles ("vurr-SALES"), Chris Morris, master distiller, Elizabeth McCall, assistant master distiller, and Ouita Michel led us through a tasting based on the distillery's bourbon flavor wheel. Later, we arrived at Ouita's antebellum Holly Hill Inn for a wonderful dinner including a deconstructed Kentucky Burgoo.

After a buffet breakfast at the hotel on Tuesday, we had a tour of Vendome Copper & Brass Works where the vast majority of America's distilling equipment is made. Next we visited Evan Williams Bourbon Experience, a multimedia history of bourbon, tour, and tasting of this downtown Louisville distillery's parent company Heaven Hill's products. In its Speakeasy, we enjoyed box lunches prepared by Kathy Cary of Lilly's Kentucky Bistro. Then it was off to airports for our journeys home after a wonderful tour arranged by Kentucky Chapter President Judy Hollis-Jones, Susan Reigler, and Katie Payne. Thanks, also, to Stacey Yates with Louisville Tourism for that organization's support.

REAL Eggs for Snacking

Egg & Potato Snack Bites

With 20+ functional characteristics, REAL eggs are an irreplaceable ingredient that provide the ability to create gold standard products with outstanding taste, texture and appearance. No single ingredient can replace the multifunctional and synergistic properties provided by REAL eggs in food formulations.*

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90 POINTS WINEENTHUSIAST.
Recipe writers play an important role in helping people prepare safe meals at home, according to a 2016 study in the *Journal of Food Protection*.¹ Now, a new tool to convey that information is available to recipe developers, cookbook authors, bloggers, and food journalists.

The Safe Recipe Style Guide, created by the Partnership for Food Safety Education (PFSE) provides specific, concise recipe text to address four areas of food safety risks in the home: temperature, handwashing, cross contamination, and produce handling.

Research conducted by Sandria Godwin, PhD, RD of Tennessee State University found that home cooks respond best to safe food handling practices when they are written into the body of recipe text. The Style Guide provides evidence-based, precise language for recipes writers to use to convey that simple safe handling information.

“We were thrilled to observe that study participants who received recipes with food safety instructions demonstrated significantly improved food safety preparation behaviors compared to those who did not have instructions in the recipes,” Sandria said of the study. “This told us that the recipes themselves might be one of our best food safety tools.”

Crafted by PFSE under the guidance of food safety experts from government and the food industry, the wording in the Safe Recipe Style Guide was honed by leading food journalists. It is intended to supplement the food section of the AP Stylebook, the definitive resource on writing style for food journalists.

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The approved wording in the Safe Recipe Style Guide reads as follows:

**TEMPERATURE**

Cook until internal temperature reaches XX (fill in the blank and include chart with specific foods) on food thermometer.

**HAND WASHING**

Wash hands with soap and water. (Include this at beginning of recipe and after each touch of raw meats, poultry, seafood, or eggs).

**CROSS CONTAMINATION**

Wash (insert cutting board, counter, utensil, serving plate) after touching raw meats, poultry, seafood, or eggs). Do not reuse marinades used on raw foods. Do not rinse raw poultry or meat.

**PRODUCE**

Gently rub produce under cold running water. Scrub firm produce with a clean vegetable brush under running water.

**Tips on Using the Safe Recipe Style Guide:**

- Become familiar with the guidelines. Which instructions apply to the recipes that you are writing? If you are writing a recipe that features fresh produce as an ingredient, add the instruction that calls for rubbing produce under cold running water, or to scrub with a clean vegetable brush under running water. If your recipe uses raw meat, poultry, or seafood, include the instructions to limit cross contamination between raw and cooked foods.
- Some instructions should appear in the recipe ingredients list; others may better fit into the body of the recipe directions. Use your professional judgment as to how best to convey the food safety information. However, it is recommended to use the specific wording in the Guide.
- All recipes should start with instructions to wash hands with soap and water. Studies show that a large majority of people do not wash their hands properly—or at all—when handling food.

To educate the media and food industry about the guidelines and the potential public health benefits of their use, PFSE is conducting a year-long roll-out of the Safe Recipe Style Guide.

“Members of Les Dames d’Escoffier, especially those involved in the creation and publication of recipes for consumer use, are an important audience for us,” said Shelley Feist, executive director of PFSE. “We appreciate the opportunity to work with organizations like Les Dames to spread the word about the new Style Guide, and to encourage its use by all food journalists.”

The Partnership for Food Safety Education (PFSE), has led the charge on educating consumers about safe food handling practices—Clean, Separate, Cook, Chill—for more than 20 years. PFSE is comprised of 35 partner organizations including consumer groups, food industry associations, individual companies, commodity groups, and professional associations in health and the sciences, as well as Federal liaisons with the USDA, FDA, and CDC. The funder of the Style Guide, the Food Marketing Institute Foundation, operates for charitable, educational, and scientific purposes.

For more details about the Safe Recipe Style Guide, including graphics and specific instructions for its use, and a sample recipe, visit www.saferecipeguide.org. Consumer food safety information is available at fightbac.org.

CHAPTER PROGRAMS  Nichole Bendele (San Antonio)

ANN ARBOR | ATLANTA | AUSTIN | BIRMINGHAM | BOSTON | BRITISH COLUMBIA | CHARLESTON | CHARLOTTE & THE WESTERN CAROLINAS | CHICAGO | CLEVELAND | COLORADO | DALLAS | GREATER DES MOINES | HAWAII | HOUSTON | KANSAS CITY | KENTUCKY | LONDON | LOS ANGELES/ORANGE COUNTY | MEXICO | MIAMI | MINNESOTA | MONTEREY BAY | NASHVILLE | NEW ORLEANS | NEW ENGLAND | NEW YORK | ONTARIO | PALM SPRINGS | PARIS, FRANCE | PHILADELPHIA | PHOENIX | PORTLAND | SACRAMENTO | SAN ANTONIO | SAN DIEGO | SAN FRANCISCO | SAVANNAH/COASTAL GEORGIA | SEATTLE | SOUTH FLORIDA | ST. LOUIS | WASHINGTON, D.C.

ATLANTA  Natasha Cary

Our 19th annual Afternoon in the Country welcomed 1,900 event attendees, 45 sponsors, and participants from 75 restaurants, 39 farms, and 53 fine wine and spirits producers. Thank you to: Karen Bremer, Holly Beach, Lisa Bonet, Krista Slater, Mandy Landefeld, Nema Etheridge, Denise Poole, Mary Moore, Kathleen Perry, Shelley Sweet, Debi Loftis, Sheila Bennett, Amanda Egido, Gina Christman, Delia Champion, Woodie Wisebram, Dale DeSena, Melissa Bunnen Jernigan, Ellen Hartman, Stacy Zeigler, Laurie Moore, Tracy Stuckrath, Jennifer Booker, Angie Mosier, M.L. Dujols, Naomi Green, Keio Gayden, Andrea Case, Gayle Skelton, Asata Reid, Debbie Peterson, Kelsey Williams, Carolyn Fludd, Alice Rolls, Debbie Cannon, Marsha Archer, Christy Simo, Melissa Libby, Nathalie Cary, Toby Bloomberg, Tamie Cook, Lynne Sawicki, Gloria Smiley, Natalie Kent, Wendy Bohannon, Beverly Seckinger, Ashley Mitchell, Tiffanie Barier, Jodi Bursum, Eileen Dubose, Savannah Sasser, Hilary White, Deborah Van Trece, Holly Chute, Shirley Hughes, Mary Reynolds, Kathleen McDaniel, Cathy Conway, Barb Pires, and Judith Winfrey.

Atlanta Dames host the Afternoon in the Country fundraiser.

AUSTIN  Denise Clarke

The Austin Chapter hosted “You Grill Girl!” a first-ever grilling event featuring women chefs and grilling masters at Franklin Barbecue. The group raised a record $50,000 to support its 2020 scholarship and grants programs. Beekeeping 101 and Brewery Tour: Austin Dames toured Vista Brewing and learned the basics about beekeeping. As part of our Global Culinary Initiative, the Austin Chapter sponsored a table at the 10th anniversary celebration of the Multicultural Refugee Center on October 6. Austin Dames held a fall meeting on November 3 and awarded $20,000 in scholarships, stipends, and grants, including sponsoring the Austin Food and Wine Alliance’s new “Austin Dames Supporting Women in Business Grant.”

(L) Refugee Tabatha Stephens and Austin Dame Amy March. Austin Scholarship winners.

BIRMINGHAM  Martha Johnston

In September we welcomed 15 new members at Kathy G’s Gardens Café. President Susan Swagler introduced each new Dame, and we all toasted to our bright future. Southern Soiree 2019, our annual fundraiser held October 13, exceeded all our expectations in spite of having to change the venue, a long holiday weekend, and the first rain and chill of the season. Our guests seemed to be having a great time. Attendance and sponsorship support were up from last year. The silent auction tables were filled with Dame-led experiences, themed restaurant events, wine tastings, products for tailgating and fall social events, art pieces by Victor Bokas, a year supply of bagels, and a holiday tablescape to be designed in the winner’s home. Kathy G Mezrano, Kathy G & Co., and Kay Bruno Reed, Iz Weddings & Events, lead the planning and execution of the event. Birmingham Dames prepared all the food for the event.

CHARLESTON  Susan Slack

The trademark phrase of Sophia from The Golden Girls TV series is “picture it!” Picture this: Balm weather and a beautiful party venue filled to capacity with Dames and friends who are celebrating the holidays and paying tribute to Nathalie Dupree, our own golden girl who turned 80 two days before Christmas. The Dames brought a fabulous array of potluck dishes, and Carly Paume surprised Nathalie with a birthday croquembouche from Christophe Artisan Chocolatier-Pâtissier, a business owned by Carly with her husband, a French-trained chocolatier and a brevet de maîtrise (master in pastry).

Life is golden at 80, but retirement isn’t a word in Nathalie’s vocabulary. With two new cookbooks recently published (Mastering the Art of Southern Cooking (with Cynthia Graubard) and Nathalie Dupree’s Favorite Stories & Recipes commemorating her 80th birthday), she is constantly on the go. Nathalie stays busy pursuing her life’s passion and supporting worthy causes. She invests in the future by taking women protégés under her wing (She calls them her “chickens.”) and encourages their professional and personal growth. “Eighty and fabulous, indeed!” Charleston Dames who attended the Nashville Conference were Nathalie Dupree, Danielle Weckslser, Susan Slack, Belinda Smith-Sullivan, Jen Kulick, Helen Mitternight, and Carly Paume.

GREATER DES MOINES  Nancy Byal

Food and fun was enjoyed at Dame Jean Groben’s farm. Jean’s husband grilled hamburgers and brats. Dames shared appetizers, sides, and desserts. Kids loved corralling whipped cream-covered gummy candies and eating hanging donuts with no hands. According to estimates, 30 to 40 percent of the U.S. food supply is wasted. Food Flick Fundraiser focused how we can reduce...
food waste and raised more than $3,000 for scholarships. Dames and guests viewed Just Eat It: A Food Waste Story, where a Vancouver couple documented their six-month experiences. A Bake Walk, Wine Pull, and 15-minute Compost School added to the event held at Jean Groben’s Jasper Winery. Cherry Madole’s Tangerine Food Company prepared leftovers from her catering business. Restaurateur Sara Hill welcomed everyone for brunch at her new restaurant The Hare and a tour of the restored building in historic downtown Earlham. Savory favorites included wood-fired breakfast pizza and huevos rancheros.

NEW YORK Patricia Clough and Lisa Mendelson
On September 23, we hosted an elegant dinner and ceremony to welcome 12 new Dames at Tocqueville restaurant in Union Square. Along with their sponsors and special guests, we kicked off the evening with Bisol ‘Jeio’ Prosecco. Attendees enjoyed a three-course formal dinner including a chilled, greenmarket corn soup with pecky-toe crab and a steamed, wild, black sea bass with a jalapeño emulsion from Executive Chef Marco Moreira and his team. These were paired with Grgich Hills Estate Chardonnay and Sardinian Cannonau red by Mora e Memo. The diverse group includes chefs, publishing/broadcast/communication, and wine professionals. Members were presented with Tiffany charms engraved with the LDNY logo, in the signature robin’s egg blue packaging. We were honored to have notable Dames join us for the evening including LDEI founder Carol Brock, Grande Dame Lidia Bastianich, and Dedie Leahy, who traveled from the Dallas Chapter to support a new Dame.

ONTARIO Liz Palmer
Les Dames d’Escoffier Ontario held their first annual Holiday Dinner and Fine Wine Auction last month, which was a huge success to a sold-out crowd of Dames and supporters.

PHILADELPHIA Deanna Segrave-Daly
Restaurateur Ellen Yin was honored with the 2019 “Outstanding in Her Field” award at our Fourth Annual Heritage Farm Dinner at Bartram’s Garden. The meal was prepared by local chefs and producers and supported scholarship program money. At the Notorious RBG exhibit (Inspired by the book, Notorious RBG: The Life and Times of Ruth Bader Ginsburg) we hosted a guided tour and lunch with Valerie Zweig, owner of Prescription Chicken, and Tova du Plessis of Essen Bakery. The Annual Meeting inducted 26 new members and introduced the new 2019-2021 Board. We honored three scholarship and continuing education grant award winners. Eight members enjoyed the LDEI Nashville Conference. Dames and Walnut Hill College co-hosted “What Julia Ate”—a recreation of the Moroccan dinner Esther McManus held for Grande Dame Julia Child. The menu was prepared by Chef Todd Briley’s students, Kate Honeyman, and Marie Stecher. Saida Davis added additional dishes from her restaurant, Maroko. Esther shared stories along with the chefs who attended the original meal.

SAN ANTONIO Karen Haram
Lone Star Whiskeys—A Dame Good Afternoon at River Rock Event Center was our chapter’s successful fall fundraiser. Chaired by JoAnn Boone, Debbie Gonzalez, and Cindy Siegel, the event featured Texas whiskeys, silent and live auctions, and a hot biscuit bar with toppings ranging from pimento cheese and bacon jam to honey butter and chocolate gravy. There were Southern Crab Salad Canapés, Hush Puppy Cones, lobster macaroni and cheese, pork tenderloins smothered in onion gravy, filet mignon, grits with shrimp and sausage and much more. Dames prepared the food as well as the crowning touch—a Lone Star Mile of Pies of every variety. San Antonio Dames enjoyed a private pre-auction viewing of the Anthony Bourdain Estate Collection at Lark Mason Associates in New Braunfels. Items belonging to the celebrity chef, author, and travel documentarian were then auctioned online. The majority of auction proceeds benefitted the Anthony Bourdain Scholarship at the Culinary Institute of America.

SOUTH FLORIDA Irene Moore
In September, Les Dames d’Escoffier South Florida held their first fundraising event of the 2019-20 season. Dames kicked off fall with Les Vendages en Provence, a delicious 5-course Provençal harvest dinner, paired with the famous rosés of Provence at Domaine Souviou Wine Bar in South Miami. Autumn in Provence is a celebration of the age-old French tradition of Les Vendages—the wine harvest! Domaine Souviou Wine Bar is the U.S. outpost for the beautiful Domaine Souviou Wine Estate in Provence, France, and features wines and products from that area. Our menu was the same as the sumptuous harvest menu served at the Domaine de Souviou Estate in France, paired with wines shipped over directly from the estate. In October, the chapter hosted their Annual Meeting and Harvest Lunch to introduce new members for the 2019-20 year. Our lovely hostess, Denise Courshon Weisberg, invited us to her beautiful home! What a feast! The Dames brought their special dishes to create an amazing potluck luncheon. The food was delicious, the table was gorgeous, and the camaraderie was wonderful! Thanks to all the South Florida Dames who came to support the event and our LDEI Chapter.

SACRAMENTO Debbie Arrington
More than $34,000 was raised by our chapter and Davis Farm to School during the annual Village Feast, an outdoor celebration of the region’s bounty. Held September 28 at Davis Central Park, the event was part of the region’s September Farm-to-Fork month and was a showcase for local food. In the spirit of a French Le Grand Aioli, more than 350 guests, including International LDEI President Ann Stratte, dined under massive sycamore trees. The menu of locally produced ingredients included grilled lamb to fresh pear tart (from Liz Mishler’s Bella Bru Bakery), accompanied by local wines, beers, and ciders. The proceeds were split between Davis Farm to School, which provides fresh, locally grown food to area school cafeterias, and Sacramento LDEI’s scholarship fund for women in food, beverage, and agriculture. The event was chaired by Rachael Levine and Elise Bauer. The 2020 Village Feast will be held September 12.
MEMBER MILESTONES

**Dottie Koteski (Philadelphia)**

**ATLANTA**

Angie Mosier, food photographer, exhibited Dishpit Panorama at the Gammill Gallery on the campus of the University of Mississippi. The exhibit was commissioned by the Southern Foodways Alliance which opened in October during its annual symposium with a theme of "Food as Work." Angie’s work highlighted dishwashers in various Atlanta restaurants. www.angiemosier.com

**AUSTIN**

Kendall Antonelli and her family participated in a border service trip over Columbus/Indigenous People’s Day weekend and provided dinner for more than 900 migrants and refugees. In addition, the group made six walking expeditions to deliver supplies.

Carol Huntsberger’s Quality Seafood Market was a finalist for the 2019 Greater Austin Chamber of Commerce “Most Uniquely Austin” Award. It was also nominated by the Austin American Statesman as “Best of the Best” seafood restaurant.

Jackie Letelier launched a new charcuterie and cheese board delivery business called Casero. www.caseroaustin.com

**BIRMINGHAM**

Leigh Sloss-Corra, executive director of Pepper Place Market, joined the City of Birmingham, The Birmingham Jefferson County Transit Authority, and ADECA to create a new farmers’ market at the Birmingham Intermodal Station. This is the first of its kind in Alabama serving lower-income city residents, transit riders, and downtown workers. www.pepperplacemarket.com

Andrea Mallon Griffith has accepted a position as Vice President of Opera-

**CHICAGO**

Mary Aregoni, co-owner of Chicago’s beloved Vietnamese restaurant Saigon Sisters, was thrilled to see her restaurant named one of the “Chicago’s 10 Essential Vietnamese Restaurants” by Eater Chicago. www.saigonsisters.com/

Liz Barrett was invited to speak on a panel at the Wine Media Conference in the Hunter Valley region of Australia. Liz, a communications professional and wine writer, addressed expectations of wine writers by brands and how brands and media outlets can work together with wine writers to achieve mutual goals. www.whatsinthatbottle.com

**GREATER DES MOINES**

Nichole Aksamit was selected for the 2019-2020 Community Leadership Program of the Greater Des Moines Leadership Institute. The 50 members represent private, public, and nonprofit organizations. Leadership participants worked through a nine-month curriculum intended to heighten their awareness of current conditions and challenges while enhancing their leadership skills.

Julie Hale and Nichole Aksamit, Mere-dith Corporate food professionals, won the...
2019 Meredith Excellence Award for Service Journalism. Their feature, published in the June/July 2018 issue of Allrecipes magazine was titled, “Cocktail Confidential.” The editorial judges said the piece “makes you feel like having a drink” and “makes you laugh and learn at the same time.”

Lisa LaValle, chef and owner of Trellis Café, is among the first women to be named to the 40 Women to Watch by the Iowa Restaurant Association. Lisa is known for artistically creating healthy, locally sourced dishes and menus and as a food ambassador and judge at international food competitions.

PHILADELPHIA
Deanna Segrave-Daly and her business partner, Serena Ball, received the Academy of Nutrition and Dietetics’ Outstanding Social Media Award at the organization’s October 2019 conference in Philadelphia. The award recognizes creative, innovative, and effective engagement with the public through social media platforms and blogs. One of their creations is Facebook Live cooking and nutrition segments. TeaspoonofSpice.com

SACRAMENTO
Jody Bogle’s family-owned and -operated Bogle Vineyards in Clarksburg was named Wine Enthusiast’s American Winery of the Year, one of the industry’s top, national honors. The Bogle family sustainably farms 1,900 acres of wine grapes in the greater Sacramento region. www.boglewinery.com

Amina Harris, co-owner of Z Specialty Food, celebrated her honey company’s 40th anniversary by breaking ground on a new $4 million, 25,000-square-foot facility in Woodland. The three-acre site also will be home to a pollinator garden and public events space. www.zspecialtyfood.com

SAN ANTONIO
Elizabeth Johnson and Blanca Aldaco were chosen to represent San Antonio, which is one of only two U.S. cities designated a UNESCO Creative City of Gastronomy at the 2nd International Gastronomy Festival held in September in Gaziantep, Turkey. The chefs learned about the culinary heritage of the region including the ancient art of making baklava.

Lucille Hooker’s Jacala Mexican Restaurant celebrated its 70th year in business on November 1. The restaurant rolled back the price of its popular enchilada plate to its 1949 price of $1.70. Jacala was started by Lucille’s parents, the late Rudolph and Adel Quinones.

SOUTH FLORIDA
Julia Johnston helped found the Coral Gables Tour of Kitchens and continues in her 11th year on its committee. The Kitchen Tour in February includes innovative new kitchens and looks into the City’s village-styled kitchens; the money raised provides for culinary scholarships. gablesfoundation.org

Jamie Knee sat for the Certified Specialist of Wine and Wine Spirits Education Trust, Levels II and III. She was invited to California’s Paso Robles region to write about the wineries and was hosted by CIVB (Bordeaux) and Wines of Germany in their regions to write about women in wine. petitewinetraveler.wordpress.com/

Carole Kotkin, manager of the cooking school at Carysfort Kitchen at the Ocean Reef Club in Key Largo, is thrilled to present the school’s 21st season. The 2020 program features Sara Moulton, Grace Young, Patty Ruiz, Shelby Confer, Andrea Van Willigan, and 10 James Beard Award winners and nominees. ckotkin@oceanreef.com www.oceanreef.com

Patty Morrell-Ruiz, a culinary class instructor, private chef, and food stylist, hosted Sara Moulton (NY Chapter) for a cooking class for South Florida Dames on February 15 at her culinary school, The Mad Table, located in her home. themadtable.com

Lisa LaValle
Deanna Segrave-Daly
Jamie Knee
Carole Kotkin
Patty Morrell-Ruiz

Some say, “I love you.” Some bake cake.

Made in Ireland with milk from grass-fed cows, it’s a taste that says a thousand words.
Les Dames d’Escoffier International

2020 Top Trends in Food

International Food Concepts
WHAT WILL BE ON MENUS
Piri Piri - Africa/Portugal chili pepper used to make a spicy sauce
Baharat - Middle Eastern spice blend
Manakish - Lebanese flatbread dough similar to pizza

Superfoods
WHAT WILL WE BE EATING?
Seaweed
Mushrooms
Fermented Foods
Moringa

Emerging Beverages
WHAT WILL WE BE DRINKING?
CBD Infused Beverages
Lesser Known Wine Varietals & Regions
Low Alcohol Cocktails & Mocktails

Flavor of the Year
WHAT WILL 2020 TASTE LIKE?
Sour - Citrus, Tamarind, Pomegranate
Earthy - Mushrooms, Sesame, Cinnamon
Familiar - Berries, Chocolate, Caramel
Exotic - Za’atar, Elderflower, Yuzu

LDEI 2020 Trends Report Now Available!

The Board was excited to launch the LDEI 2020 Trends Report at Conference, and followed that up with a big media and social launch campaign to promote the report in early December. The response has been overwhelmingly positive to this important board initiative! The report has been picked up and shared by numerous industry outlets and social channels, such as Food Management and Perishable News. We have also been asked to moderate a trends panel discussion once again at the ACF conference in summer 2020.

As a reminder, the goal of the Trends Report is to showcase the expertise and leadership of our Dames and continue to elevate the LDEI brand. We want the media and influencers to think of Dames as THE trend setters in our industry and look to us for “expert” opinions!

Here are just a few highlights from the findings to give you a taste of what is included in the report. If you’re hungry for more, be sure to download and peruse the full report that is available in the Members section of the LDEI.org website. Also feel free to share it with your local media outlets too! The more exposure we can get for the report will only help amplify and ensure maximum impact for our brand and messaging.

Hungry for more! Get the complete LDEI 2020 Trends Report by contacting info@ldei.org or visit LDEI.org.
ADDITIONAL CONFERENCE PHOTOS


SUBMISSION GUIDELINES

DEADLINES

SUMMER ISSUE— APRIL 10, 2020

FALL ISSUE— AUGUST 9, 2020

MEMBER MILESTONES (Editor, Dottie Koteski) To submit your milestone, go to this link: http://link.ldei.org/ldei-member-milestones

For any questions or issues, email the editor at MemberMilestones@ldei.org.

Include:

• CHAPTER
• DAME’S NAME
• Maximum 50 words for each Dame about personal honors or accomplishments, but not about new product introductions or other promotions.

Please include a website URL, if applicable. Press releases and cookbook covers are NOT accepted.

PHOTO: You may submit a high resolution quality headshot to accompany your news (see below), and agree to the photo permissions questions for the photo.

Note: Due to space constraints, only two Member Milestones will be published per Dame per year.

CHAPTER PROGRAMS (Editor, Nichole Bendele) To submit your chapter program, go to this link: http://link.ldei.org/ldei-chapter-programs

Up to 200 words about chapter events that have already occurred. For any questions or issues, email the editor at ChapterPrograms@ldei.org.

Include:

• CHAPTER
• SUBMITTER’S NAME
• Maximum 200 words for each chapter.
• Captions for all photos submitted. Photos without captions will not be used.

Submissions that exceed 200 words will be edited to comply.

Press releases are not accepted. We regret we don’t have space to print full menus but menu items can be included in the copy.

Note: “Chapter Programs” and “Member Milestones” may be dispersed through LDEI social-media channels, as well as in print and online.

PHOTOGRAPHY/IMAGES

• Electronic images must be properly focused and in color with a minimum resolution of 300 dpi (TIFF or JPEG).

• Cell phone photos are acceptable if they meet requirements.

• Do not send photos taken off the Internet or embedded with text in Word files or PDF files.

• Include photo credits, if required.

• A photo permissions form must be submitted.

• A maximum of three photos can be submitted per chapter.

• ALL PHOTOGRAPHS MUST BE ACCOMPANIED BY CAPTIONS OR THEY WILL NOT BE PUBLISHED.

LDEI regrets that we cannot include lengthy profiles of individual Dames due to space limitations. Dames’ accomplishments should be submitted to “Member Milestones” or to LDEI’s Closed Group on Facebook at https://www.facebook.com/groups/218435184886471/

E-NEWS To submit your e-news, go to this link: http://link.ldei.org/ldei-enews

(Not for the Quarterly) This bimonthly email newsletter reports upcoming events in other chapters. Include title, date, time, cost, a one-sentence description, and an email contact for your chapter’s events. For any questions or issues, email the editor at ENews@ldei.org.

UPCOMING in the spring issue

Dames with TV Cooking Shows | Legacy Winners’ Reports | LDEI Winter Board Report
The New York Dames are gearing up for a full-speed-ahead Conference. We love New York, and after four fabulous days of education, adventure, and entertainment, we are sure that you will, too. Mark your calendars and prepare to be wowed, as the red carpet is rolled out for an unforgettable Conference experience. You will be hosted at the beautifully renovated Intercontinental Barclay Hotel in mid-Manhattan, just steps away from iconic Grand Central Station, Central Park, and Madison and Fifth Avenues, where you’ll find the best shopping in the world. Our Conference theme, New York—Culinary Melting Pot, reflects the fertile, urban environment of diversity and immigrant contributions upon which this city was built and continues to enrich our marketplace of global foods and cutting-edge hospitality. This Conference has enormous significance for our chapter, as Les Dames d’Escoffier was established in the early 1970s by our beloved founder Carol Brock as the very first organization for professional culinary women. The rich Conference program will include Preconference tours uptown, downtown, and out of town and seminars that are a diverse mix of education and empowerment. The Conference send-off will be a rousing Harlem Gospel Brunch and tour of the Apollo Theater! So plan on packing your “little black dress and pearls” and join Conference Co-Chairs Joan Brower, Deborah Mintcheff, and Marsha Palanci in the city that never sleeps.