

The Communiqué



Les Dames d'Escoffier®

INTERNATIONAL

San Francisco Bay Area Chapter

March 8, 2024

Dear Dames,

March means spring is around the corner and maybe rainy days will be behind us. But for the San Francisco chapter of Les Dames, it means it is time to open our doors to new potential members. Each year, beginning in March, we let you, our current members, and others who might be great new members, know it is time to complete and [submit an application](#) for consideration. Deadline for applications is May 31.

Following the last few years, applications are open to all women in the food, wine and hospitality industries who have 5 years working experience. (In the past, candidates had to be nominated by two current members.) Potential members can now self-nominate. In addition to the application form and accompanying documents which are all easily accessible on our website, applications must be accompanied by a letter of recommendation from a current member. If the applicant does not know anyone to write that letter, we will happily connect them with an appropriate member.

As women active in these fields, we may know the best potential candidates out there. Think about your co-workers, your colleagues, your industry friends who

might make a great addition to our chapter and let them know it is application season at Les Dames.

Who would be a great member? Women who show leadership in their fields, women who want to get actively involved in an organization that supports other women in these industries, women who may be younger and can grow with the organization, women who can help us achieve diversity, equity and inclusion in our membership.

Last year we implemented two new elements to our application process. We asked each new member what committees they would like to serve on to encourage immediate involvement in the organization. Like other aspects of our lives, the more involved we get, the more we benefit.

The other new element is associated with the letter of recommendation. We ask each member who writes a letter to serve as that new member's mentor for their first (or ongoing) year. What that mentorship looks like varies of course. Take the new member out for lunch or a drink. Accompany them to a Les Dames event. Introduce them to others in the organization.

So put your thinking caps on and spread the good word.

With Gratitude,
Pam Mazzola, Frankie Whitman
Co-Presidents LDEI-SF

Events

Registration Is Open: THE WEIGHT OF OZEMPIC: What happens when we no longer care about food?

The ramifications of new weight loss drugs on the pleasures of the table, the health and food industries, policies, and nutrition

Tuesday, March 26th, 9:30 am - 11:00 am PDT

The San Francisco LDEI chapter hosts a provocative and timely online Table Talk panel addressing the wide-ranging implications of GLP-1 agonists, such as Ozempic, Wegovy, and others. We'll discuss what happens when food is no longer a pleasure for the many people expected to be on these drugs in the future when they are more readily available and affordable; what happens to the deeper meanings of the shared meal, to treasured food traditions and cuisines; and how the food and health industries will adapt as these drugs rise in popularity.

Don't miss this compelling panel moderated by Dame Kara Nielsen and featuring Marion Nestle (molecular biologist, nutritionist, and public health advocate), Laura Reiley (former Washington Post business of food reporter), and Shaun Chavis (content manager at Found Health and an Ozempic user). Register now using this link: [Registration Link](#)



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THE WEIGHT OF OZEMPIC: WHAT HAPPENS WHEN WE NO LONGER CARE ABOUT FOOD?

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Virtual panel hosted by Les Dames d'Escoffier International
San Francisco Bay Area Chapter

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Marion Nestle
Molecular Biologist,
Nutritionist, and
Public Health Advocate



Laura Reiley
Former Washington
Post Business
of Food Reporter



Shaun Chavis
Content Manager
at Found Health &
an Ozempic User



Kara Nielsen
Food Trend Expert
Moderator

In addition to joining our table talk, be sure to check out some of the other amazing conversations [here](#). The remaining talks are:

March 12 – Create Your Own Culinary Journey – Tips for Savoring the World

March 13 – Nutrition Matters: Eat Well to Age Well

March 26 – The Weight of Ozempic

March 26 – Grant Writing How To's

Save the Date: A Celebration honoring the Karola Saekel Craib Excellence in Food Journalism Fellows! Sunday, May 19, 11:30-2:30, Wente Vineyards, Livermore

After our festive reception honoring our 2023 Etoile d'Escoffier Culinary Scholarship and Female Entrepreneur Grant & Mentorship winners at Prospect on February 9, we will have the exciting opportunity to gather and meet our 2023, Fellow Teresa Cotsirilos, and many past recipients while enjoying the wines of Wente Vineyards and its Chef Table buffet. Program details are in progress – watch for more information soon. This event is open to the public.

Making room to celebrate our philanthropy

We can't encourage you enough to save this date and plan to attend this exceptional program. Les Dames d'Escoffier is a philanthropic organization first and foremost. Our fellow Dames on all of our philanthropic committees dedicate many hours to running each of our three programs. By attending, you are showing your appreciation for their commitment and hard work. You also benefit in meeting these stellar award winners and fellows. These gatherings unite so many aspects of our mission: creating community, meeting and supporting new members to our industries, learning about noteworthy businesses, and hearing from influential food writers. Plus, delicious food and drink, not to mention showing support for our generous event sponsors.

Please make room in your schedule and budget to attend and support this Fellowship celebration and our future philanthropic programs. They are the cornerstones of our event year and represent the very good works of our chapter and members.



Save the Date: Thursday, July 11, 4-5 pm on Zoom

Dames Talk: How to Make Food Sound Good...Literally

A conversation with NPR's Resident Chef Kathy Gunst and SF Dame Linda Carucci

Enter the fascinating world of Kathy Gunst, Resident Chef for 20-plus years of NPR's Here and Now program, broadcast on more than 550 public radio stations nationwide. Kathy travels around the country in search of compelling stories for the show's 5.5 million listeners, reporting on seasonal foods, culinary trends, and gardening topics—all without the benefit of a single visual image. A James Beard award-winning food journalist, Kathy is the author of 16 books including *Rage Baking: The Transformative Power of Flour, Fury, and Women's Voices*. She divides her time between a small town in Maine and Los Angeles and is presently working on a memoir. Kathy teaches food writing classes in Italy, which is where SF Dame Linda Carucci met her last fall. You won't want to miss what's sure to be a lively conversation.

Sweet Home Chicago Dames 5 day/4 night trip June 12-16

The Chicago chapter of Les Dames is organizing a getaway to Chicago for a gastronomic and culinary immersion in this vibrant city. Organized for a group of 20-24, you will stay at the Chicago Athletic Association Hotel by Hyatt on Michigan Avenue with a view of the Navy Pier. A sample itinerary includes:

- Private lunch at Virtue, Chef Erick Williams' James Beard award-winning restaurant serving elevated soul and Southern food
- Choose either a pizza tour with America's foremost pizza expert, Steve Dolinsky, or a food tour of Chicago's most colorful Mexican neighborhood, Pilsen
- Awe-inspiring architecture cruise along the Chicago River
- Private guided tour of the Art Institute of Chicago, highlighting the portrayal of food in art
- A hands-on craft cocktail class at The Violet Hour, named one of America's best bars by Food & Wine magazine
- And so much more!

Pricing and further details are [here](#). Cost includes hotel, eight meals and the tour. For more details contact Claudia Rayston at crayston@globalgourmands.com.



Trip to Greece September 25- October 6, 2024 with Dame Lisa Stavropoulos

There are still a few spots remaining for a trip organized by Dame Lisa Stavropoulos of the Sonoma chapter to join fellow Northern California dames for an immersive culinary wine and food tour of Greece this fall. A full itinerary is [here](#), along with details on the travel and pricing. A portion of each ticket cost will benefit the chapter from which the Dame who travels, originates. For more information, contact Lisa at lisa@greekgrapewinetours.com or 415-412-4524.

Save the date - 2024 National LDEI Conference, October 17-20 at beautiful Wigwam Resort Hosted by the Phoenix LDEI Chapter

The Wigwam Resort first opened its doors in 1929 as a guest ranch. Today the original building still stands and this property still has a very intimate atmosphere with up to date amenities such as fitness center, pools, golf, tennis, pickleball and bike rentals.

Conference begins Thursday with optional activities such as an Arizona Wine seminar or lunch and learn about cooking with indigenous ingredients. Oakland's own Chef Crystal Wahpepah will be a keynote speaker at Friday mornings

breakfast. She is a James Beard Award finalist, has received the Indigenous Artist Activist Award and she was the first Native American Chef to compete in the Food Network's show, Chopped. Conference workshop topics include Foraging in the Desert, Making History: Women in Beer, Giving Back led by Chef Charlene Badman, award winning James Beard Best Chef Southwest talking about Blue Watermelon Project, Farming in the Southwest.

The Phoenix Chapter Annual Fundraiser will take place under the full moon at the Phoenician raising funds for C-CAP and food stations with culinary students paired with chefs. This is a not to be missed night! Other additional offerings include a morning tethered hot air balloon ride and champagne breakfast or a jeep tour to Sedona with winery tastings.

Feel free to reach out to San Francisco Dame Eileen Spitalny as she is originally from Phoenix. She will be moderating a workshop with other Phoenix Dames titled Building a Brand that Lasts. Her contact is eileen@brownies.com



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Fellowship

Dame Robert Klugman reports: This winter, the Karola Saekel Craib Excellence in Food Journalism Fellowship received another generous donation from Karola's daughter, Anne Craib, which was matched by her employer, Visa. We'd like to extend our sincere gratitude to Anne for her continued support of the program. Because of her efforts, as well as the generosity of our membership and others, the Fellowship has a balance of over \$20,000. We will once again award \$5,000 to this year's recipient.

The Karola Saekel Craib Excellence in Food Journalism Fellowship is awarded to a promising Bay Area woman food journalist (not a Les Dames member) each year. We are actively seeking confidential nominations.

Please visit <https://lesdamesf.org/Fellowship> for the criteria, bios of our past recipients, and background information.

Send any nominations to Fellowship Co-chairs Roberta Klugman rklugman@robertaklugman.com and Jennifer Newens jennifernewens@sbcglobal.net.

Also, ICYMI, you can enjoy listening to fellowship recipient Lisa Morehouse's produced segments for California Foodways on KQED, all listed [here](#) for your reference.

Business Grant

Support our Grant Winners!

There is no better way to support our 2023 LDEI-SF Female Entrepreneur Grant and Mentorship Winners than to buy their products!

[Socola's Easter Collection is Now Available](#) - Easter comes early this year (March 31), and Socola's Easter Collection is available NOW to help you fill those baskets with sweet joy!

Check out [De La Creamery's](#) upcoming pop ups and have some fantastic ice cream as the warmer weather finally starts appearing!

This is where you can buy Stephanie De La Cruz's ice cream from De La Creamery:

Pints at [Tahona Mercado](#) in San Francisco

On the dessert menu at [Donaji](#) in San Francisco

And pop ups returning soon at [Tacos Oscar](#) in Oakland

Please follow us on Instagram for updates @delacreamery. There will be more as the weather warms up!



Photo Credit: @socolachocs / @delacreamery on Instagram

National News

Applications are Open for the 2024 Legacy Awards & Experiences

The Legacy Awards, generously supported by The Julia Child Foundation for Gastronomy and the Culinary Arts, was established in 2009 by Les Dames

d'Escoffier International with one goal in mind: to provide targeted mentorship opportunities for professional women in the food, beverage, and hospitality industries. Each Legacy Award winner earns an experience of approximately one week working alongside accomplished LDEI members. The awards are open to professional women from the U.S., Mexico, the U.K., Canada, France and Italy, who are not current or past members of LDEI, but have a minimum of four years' experience working in their industry. Please share the [application link](#) with qualified women from your community and encourage them to apply! The application deadline is March 18, 2024 with winners being announced April 2.

The LDEI Online Auction: March 11

Many of our chapters have seen success with their own online and in-person auctions, so International is giving it a go—and what an incredible auction this is shaping up to be! A trip to Puerto Vallarta? How about a getaway to Boston's Historic Beacon Hill? Or a retreat to Napa's wine country? In addition to excursions, there is a plethora of cookbook sets, jewelry, wine and food clubs, classes, and more. The LDEI Auction is slated to go live on March 11. Please be on the lookout for more information as we get closer.

Member News

M.F. K. Fisher Last House Needs Books

We heard recently from our friends at the Bouverie Preserve in Sonoma, home to M.F.K. Fisher's Last House. Program Coordinator and Events Manager Susie Allen shares, "Attention cookbook, wine and gardening authors, please send us a signed copy of your book, any M.F.K. Fisher books you've been holding onto, any other culinary books, organic gardening books, anything else you can think of that seems a fit. I think we should include somewhere in the book who is donating each specific book, whether it's a personal bookplate or just a note that I can secure in the book."

These can be mailed to Susie's home address at:

84 Woodworth Lane
Sonoma, CA 95476

Also, she is happy to see any of our members in Sonoma if you wanted to bring a few boxes in person. Please note that donated books become property of Audubon Canyon Ranch.



Shelves at Last House awaiting LDE-SF authored books

LDEI Quarterly

The most [recent issue](#) of the Quarterly is online [here](#). We still await 2024 deadlines for the LDEI Quarterly. For any updates on Membership Milestones

and Chapter Programs, please contact Dame Jodie Chase at jodie@chase-ink.com. She will submit it to National.



We welcome you to submit any items for our monthly communiqué to AnneMarie Austin at lesdamessf@gmail.com by 12:00 pm on the Tuesday before the first Friday of the month for our monthly publication. Please consider the categories of Events, Announcements, or Opportunities for Networking and Volunteering. Also, note that it is rare we would publicize fundraising events outside our own needs, but if a major, national, or significant event is happening with several Bay Area Dames, we want to know about it!



Email: lesdamessf@gmail.com

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