



President's Letter:

A Message from Pam Mazzola

Dear Dames,

Welcome to our inaugural newsletter!

Spring is in the air and our chapter is bursting with exciting events, calls for new members and nominees for our fellowship and scholarship grants. Fellowship and scholarship constitute our primary mission, which is to foster and support new and diverse leaders in food, beverage and hospitality. Please take the opportunity to encourage eligible women to [apply for membership](#), or scholarship or submit a writer candidate for our Karola Saekel Craib [annual fellowship](#) by contacting Dame [Roberta Klugman](#). Please note there are several changes to membership guidelines, the most significant of which is that an individual can now self-nominate. These new guidelines and further information are on the [LDEI-SF website](#).

Kimberly Belle and Amy Guittard, our Events Committee chairs, have put together a roster of exciting events. We have put on two wellness events to start off the year, and our third event which is a [Sound Healing workshop](#) on April 30, which ends with champagne and conversation at Prospect, attendance is limited so sign up while you can! Plus, I'm happy to announce our Fellowship fundraiser at Foreign Cinema on May 24, with details to come. Our hard-working Events Committee has many more activities planned, but it's your presence and participation that makes our events engaging, informative and fun!

A big shout out to Communications Committee chair, Kimberly Noelle Charles for spearheading this newsletter to keep us all connected and informed in our chapter. Please don't hesitate to reach out to [committee chairs](#) to volunteer to help with our great works.

I hope to see you soon!

Warmly,  
Pam  
Chapter President LDEI-SF

*Events*

## New Wellness Event Series

A new series of wellness events for LDEI-SF members and friends kicked off on Feb. 28 with **Breathwork Tips for Busy Women in Food and Wine**.

The interactive webinar, presented by meditation practitioner and entrepreneur [Cathy Huyghe](#) of the online wellness community, [A Balanced Glass](#), covered ten impactful exercises to calm, connect and energize mind and body.

Life coaching was the topic of the March 31 webinar, **Reduce Stress, Increase Energy, Improve Relationships with Coaching**, with Certified Life Coaches Dame [Nancy Light](#) and Jeanne Sullivan Billeci, [The Soulmate Coach](#).

The coaches shared strategies and tools to optimize personal and professional performance, attain greater fulfillment in life and relationships and achieve dreams. Free coaching sessions were awarded to two lucky attendees.

Our final event on April 30th, which is a [Sound Healing Workshop](#) still has space available. Capacity is limited to 30 attendees so sign up soon!



## Membership committee

**It's time to nominate new Dames  
for the 2022-2023 year!**

Nationally, we have made a sea change in how we receive new member applications and have widened the circle to include self-nominations and an easier path to apply.

We have detailed the new criteria below.

In 2022, we had a record number of new members, and we look forward to inducting up to 10 women for this nomination period. Each nominee will be required to complete an application and must include a letter of recommendation from an existing chapter member. Women interested in joining the chapter can self-nominate.

**We hope you will submit a nomination!**

Please [share this link](#) with candidates you recommend.

**In your nominations please consider:**

- Women who are industry professionals
- Diversity within our membership
- Consider the pool of women who have received fellowship awards over the last several years

In general, nominees must:

- Have 5 years in their professional food and/or wine field
- Be considered leaders in their field
- Have a commitment and/or involvement in community service



Photo credit: Dame Kimberly Charles

## *Communications committee*

**We recently held our Table Talks event and publicized it nationally.** Read more about our [chapter's compelling program here](#).

We have a due date of May 1st for any updates on Membership Milestones and Chapter Programs for the LDEI Quarterly, so please contact Dame [Jodie Chase](#) with any news you have to share, she will submit to national as long as you make the deadline!

Finally, we are seeking to have a few more Dames join our committee for projects related to member profiles and social media, please contact Dame [Kimberly Noelle Charles](#) if you are interested in joining the committee.

## *Treasurer's report*

It is my privilege to serve as your Treasurer; I took over from Mary Gassen in March 2020. I'm happy to report that our chapter is financially stable, and your board is discussing ways in which we can raise more funds to support future philanthropic activities.

We have a small cushion in our operations (checking) account, and both our Scholarship and Fellowship accounts are healthy as we prepare to award stipends later this year. Our financial reports are updated every month and I would be happy to forward them to any interested member.

Please contact Dame [Nancy Ash](#) with any questions.

## *In memoriam*



**In July, we lost a dear chapter member, Rosemary O'Connell.**

Rosemary (Rick) O'Connell born July 30, 1933-October 14,2021

Rick was born in Greenwich, Connecticut and was trained in New York City as a nurse. She married and raised her children, Joanna, TJ and Nancy all the while pursuing her two loves—food and art. She began giving cooking classes in her home in European and Chinese cuisines and worked in food, wine and catering creating a reputation among the food community in San Francisco.

Rick became the buyer for Oakville Grocery SF. While working at Oakville she was asked to participate as a support chef for the visiting chefs who were invited to Mondavi's Great Chefs of France program. This experience further expanded her culinary talents as well as her reputation.

Rick was instrumental in advancing the presence of women in the renown San Francisco restaurant community of the 1980s becoming the Executive Chef at Raf and Rosalie's restaurants. Rick went on to become Director of Cafes at the Fine Arts Museums, a post that endured for 17 years. Rick's last position was as General Manager at City Club in San Francisco.

In addition to Rick's love of cuisine, she pursued her avocation as an artist. She considered her time in Japan as a once in a lifetime experience to pursue her love of art. She was a life-long learner and attended many classes ranging from politics to music and art. She earned her certification in botanical watercolors and pursued this passion in her retirement. Consequently, Rick's artwork hangs in many homes across the United States.

In her last days she was surrounded by her children and grandchildren who remained her priority throughout her very full and rewarding life.

Sunday MAY 22, 2-5 there will be a celebration of Rick's life at Mary Risely's home, 1734 Broderick St, San Francisco.

RSVP to Joanna OConnell at [aconjoanna@zoho.com](mailto:aconjoanna@zoho.com)

If you have any announcements relevant to our chapter, please submit them to [Kimberly Charles](#) or [Jennifer Cass](#).

We will be sending out a weekly communique on goings on relevant to the chapter.



Email: [lesdamessf@gmail.com](mailto:lesdamessf@gmail.com)

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