



Celebrating Food, Art & Culture

# Women of Inspiration

Celebrating Women's Heritage



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## Women Mentoring Women

In the world of mentoring, women are changing the rules by establishing new types of mentoring organizations that provide the relationships members need to grow personally *and* professionally. One of the most prominent is Catalyst, a nonprofit research advisory organization dedicated specifically to the advancement of women in business.



*Sheila Wellington,  
Former President  
Catalyst*

Appointed in 1993, former President Sheila Wellington expanded Catalyst's offerings following the core value that "reliable information is the beginning of change". She elevated Catalyst to new heights by creating innovative ways to address the growth and diversity of women in business, and her dedication has shed valuable light on the status of women in the workplace and the benefits of mentorship. Ms. Wellington currently serves as a professor at New York University's Leonard N. Stern School of Business.

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## Daughters of Today, Women of Tomorrow

It's been more than 10 years since the Ms. Foundation launched Take Our Daughters To Work® Day. The program was created to boost self-confidence among 8 to 12 year old girls and show them the variety of career opportunities that exist for women.

As the program grew in popularity, it ignited a national discussion about the difficulties of balancing work and family. As a result, the contemporary workplace has become more sensitive to these issues, and the program now includes all children. Take Our Daughters And Sons To Work® Day takes place annually on the fourth Thursday in April.



*Courtesy of the Ms. Foundation*

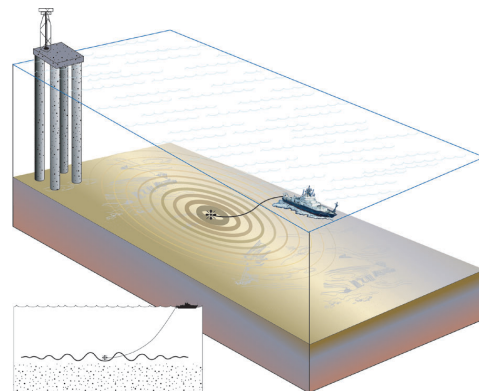
## Surfing the Waves of Technology



*Jo Griffith,  
Technical Illustrator  
Scripps Institution*

Jo Griffith is a perfect example of what can happen when creative and technical abilities are combined. As Technical Illustrator for Scripps Institution of Oceanography, she uses the latest computers, software, and printers, coupled with her collective experience in art, science, and math, to transform numerical data and concepts into easy to read graphics and illustrations.

Jo has the ability to visualize finished projects before sitting down at the computer. Her innate sense of color, size, and scale allow her to quickly and accurately complete her tasks, saving Scripps Institution both time and money.



*Griffith's Illustration of an Ocean Derrick*



*Christine Boskoff,  
Owner and Director of  
Mountain Madness*

## Moving Mountains, One Step at a Time

Fourteen mountain peaks stand five miles above sea level or higher. They are known as the 8000 meter peaks, and climbing any one of them is a lifetime achievement. Christine Boskoff has climbed six of them, more than any woman alive. She has summited the highest peak in four of the seven continents, and will be part of an expedition to Mount Everest in the spring of 2004. This will be her second time to Earth's highest peak, which stands 29,028 feet above sea level (8848 meters).

Christine Boskoff is one of the greatest mountaineers of all time, and she has turned her passion for climbing into a thriving, internationally acclaimed business. She owns and directs the operations of Seattle-based Mountain Madness, one of the largest adventure guiding operations in the country. Since buying the business in 1997 from the estate of Scott Fischer, she has doubled the company's sales, placed the company on solid financial footing, and is making steady profits. The company's motto, "Make it Happen", is not just a tagline. It is the value that drives Christine to the top.



## Did You Know ...

- Women's History Month was established with the leadership of The National Women's History Project (NWHF), a non-profit organization that celebrates and documents the diverse and historic accomplishments of women. The NWHF has chosen the theme "Women Inspiring Hope and Possibility" for 2004 and is honoring eight special women, each living their lives as an example of this theme.
- You can register your vote for "Woman of the Year" at the Thompson Hospitality website, [www.thompsonhospitality.com](http://www.thompsonhospitality.com). There you will find bios and pictures of the eight women being honored by the National Women's History Project. Just click on the link located on the home page.

# From One Expression, the Voice of Many

## The Women's Museum Presents **Annie Leibovitz: Women**

The lives of more than 3,000 American women and their historical contributions are chronicled and celebrated at the Women's Museum: An Institute for the Future, located in Dallas, Texas. This state-of-the-art museum compares women's lives across time and challenges visitors to become inspired through dozens of interactive, high-tech exhibits. It is the nation's first comprehensive women's history museum and an affiliate of the Smithsonian Institute.

In 2003, the Women's Museum acquired the compelling photographs found in the book - *Annie Leibovitz: Women*. Uncensored and dynamic, the collection presents an uncompromising diversity of life among women, featuring coal miners, first ladies, artists, and astronauts. On a deeper level, and as Susan Sontag writes in the book's introduction, the images document the arrival and reality of something once suppressed by women, but now celebrated and treated with respect: *ambition*. The images will be shown throughout 2004.



Eudora Welty, Writer  
© Annie Leibovitz, 2000  
Courtesy of the Women's Museum

## **Miracle**

Millions of people worldwide have been thrilled and deeply touched by the soaring vocals of Celine Dion and the stunning photographic images celebrating birth and life taken by Anne Geddes. In a unique collaboration, these two artists have combined their gifts to create an exceptional combination of music and images called the *Miracle* project, due for release in October, 2004. The songs and images will honor the moving, tender, and unbreakable bond of love that exists between a mother and her baby.



Anne Geddes and Celine Dion,  
© Greg Gorman



The Vietnam Memorial Wall,  
Washington, D.C., designed by Maya Lin

## **Maya Lin**

The Vietnam Veterans Memorial Wall tells a story simply by listing the names of those lost in the Vietnam War. There are more than 58,000 names in all, some belonging to the brave women who served in that conflict. The Wall has touched the lives of millions since its completion in 1982, and has won countless design awards.

The Wall is the creation of Maya Lin, who was a Yale undergrad when she submitted the winning design. Her art reflects a desire for harmony among people and the natural landscape.



Tony Holding Georgia,  
© 1999 Anne Geddes

"Long before I became a mother, I admired and appreciated the beautiful way she (Geddes) photographs babies. It's wonderful to be able to work with her on this very special project which celebrates children." - Celine Dion

"Each new life is truly a miracle. I photograph babies to portray and promote the absolute promise of a newborn, the powerful potential of a child to be an extraordinary human being. It is both a pleasure and a privilege to create the *Miracle* project with Celine, whose vocal artistry completely captures our shared love for children. Together we are creating a truly unique and special concept."  
- Anne Geddes.



Synthia SAINT JAMES,  
Artist

## **Synthia SAINT JAMES: Bridging the Arts**

Treat your soul to an uplifting experience. Take a peek into the creative and stimulating world of visual artist, author, songwriter Synthia SAINT JAMES. Recipient of numerous awards, this self-taught visual artist's command of color and form, intertwined with history and tradition, have brought her international recognition. She is best known for her vibrant illustrations that grace the covers of more than 50 books and the creation of the 1997 Kwanzaa stamp for the US Postal Service. The author of children's books, poetry, prose, and a multi-cultural cookbook, Synthia SAINT JAMES inspires the world through her extraordinary talents. On *Unity's* cover, left, center: *Grandmother Spirit*, by Synthia SAINT JAMES.

## **Did You Know**

- Annie Leibovitz took the last living photo of John Lennon and was the chief photographer for *Rolling Stone* magazine in the early 70's. She has worked for numerous best selling magazines and won countless awards for both her portraiture and advertising work. She is the photographer who captured stars with white mustaches in the infamous "Got Milk?" campaign, which won an Advertising Age Campaign of the Decade Award.
- Last year Oprah Winfrey, who serves as an inspiration to millions, created a cyber boutique featuring a new line of clothing, with all profits going to the Angel Network. Since its inception in 1997, the Angel Network has raised \$12 million from television viewers, sponsors, and celebrities. It has used the money to provide more than 150 scholarships, fund over 200 homes with Habitat for Humanity, and build 34 schools in 10 countries.

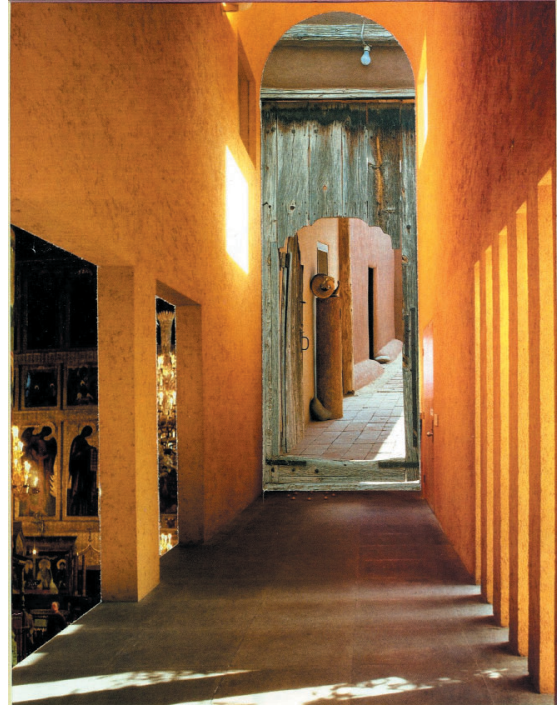
# Expressions On Life

A collection of fine art works by women who visually communicate their feelings on the simple, yet powerful and profound realities of everyday life.



*Transillumination*  
17"x 23", collage

A journey through passageways and time.



*Positive II*

21"x 30", oil

This composition portrays the positive and negative of reality, which in some cases is hard to tell apart.

*Ladies at Work*

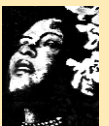
23" x 17", watercolor

Ladies going about their daily work with their young ones on their backs.



## Gwendolyn E. Redfern

Gwendolyn E. Redfern, a native of Raleigh, North Carolina, is a multi-talented artist expressing her talents through pottery, painting, and mixed media collages. Gwendolyn remembers painting as always being a part of her life; however, she discovered pottery while completing her Bachelor of Fine Arts at East Carolina University in Greenville, North Carolina. Gwendolyn's oils and watercolors are vivid journeys to other dimensions. She forces her audiences to consider self and spirit and to question the influences of powers greater than our own.



To learn more about cultural fine art, visit [www.picture-that.com](http://www.picture-that.com).



*Arrangement in Gold*

11" x 14", watercolor

"I've always appreciated the visual gifts that life presents, even if they only last for a moment."



*Parrot Tulips*

11" x 14", watercolor

"I love to seize something as fleeting as these great tulips in my work. Seeing the detail grow out of the white paper is forever thrilling".



*Snap Dragons & Purple Delphineums*

18" x 24", watercolor

The rich, intense color in the flowers contrasted with the cold, reflective qualities of the teapot create a combination of softness and strength.



## Kimberly Meuse

Born and raised in the Midwest, Kimberly won her first major art competition at the age of nine. After studying art at the Des Moines Art Center and Iowa State University, she moved to New England where her work earned Best of Show in the 1990 Connecticut Classic Arts show. Since then, Kimberly has received numerous awards, including the Grumbacher Gold Award in 2002. Her work is displayed in galleries across the United States.



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*Do You Wanna Hear Me Do Something*  
15" x 20", pastel

A contemporary impressionist, Parker uses color, light, and strokes to create the texture she feels.



*Song of the Sun and Moon*  
15" x 20", pastel

"My artwork evolves. The inspiration and influence for the images are Life itself."

*Really, Daddy?*  
24" x 18", pastel

"By sharing my art with the world, I celebrate God's presence in me.

It is through sharing my gift that I find contentment and peace."



## Johnice I. Parker

Johnice I. Parker currently resides in Dallas, Texas and specializes in visual and graphic arts. Johnice received her Bachelor of Fine Arts from The Memphis Academy of Arts in Tennessee and a Certificate in Art History from the University of Madrid in Spain. Her choice of medium, pastels, adds to her originality and uniqueness. Johnice has commissioned works for McDonald's, Burger King, the HBO Black Film Festival, Waiting to Exhale Movie Set, The Cosby Show and several others. Her work is shown on a national level and is also available from major retailers including Michael's Arts and Craft stores.



To learn more about cultural fine art, visit [www.picture-that.com](http://www.picture-that.com).



*Chef Stephanie Falk*

## Chef Steph Has Gone to the Mountain

...Stone Mountain, Georgia, that is.

Stephanie Falk, owner and Executive Chef of the Sycamore Grill, opened her doors for business in 1998 in historic, downtown Stone Mountain, Georgia. The 150 year old sycamore tree, for which the establishment is named, blankets the restaurant's veranda and has seen this building through many changes over the years.

From the moment you enter the doors of this popular gathering spot, the architecture instantly transports you back in time, however, there is just enough of today's modern decor to make you feel right at home.

The menu and the recipes are influenced by generations of cooking from the heart of the south. Every item on the menu is a visual and tasty masterpiece. By the time you're seated, your stomach is rumbling as the scents of the Sycamore Grill introduce themselves to your senses.

## Fresh Lump Blue Crab Cakes with Spicy Rémoulade Sauce

2 lbs. lump crabmeat  
1/4 cup minced red bell pepper  
1/4 cup minced green bell pepper  
1/4 cup yellow onion  
1 tbsp. Worcestershire Sauce  
2 eggs  
1/2 cup mayonnaise  
1/4 cup whole grain mustard  
2 tsp. hot sauce  
1/2 cup Panko bread crumbs  
(Japanese bread crumbs)



Cook the crabmeat in slightly salted water just until it comes to a boil. Rinse and squeeze out excess water.

Combine the bell peppers and onions with all remaining ingredients except for the Panko bread crumbs. Gently mix in the crabmeat. To make cakes: tightly pack a 1/2 cup measuring cup with crab mixture and turn upside down to release the crab cake. When all the cakes have been made, lightly coat each with the bread crumbs. Sauté the crab cakes in clarified butter and serve with rémoulade sauce.

### Clarified Butter

Gently heat 1/2 stick of butter until the oil separates from the milk. Pour the clear yellow liquid off into a separate pan, creating the clarified butter used to sauté the crab cakes.

### Rémoulade Sauce

1 3/4 cups mayonnaise  
1/4 whole grain mustard  
1/4 tsp. cayenne pepper  
1/4 cup chopped dill pickle  
1/2 tbsp. paprika  
1/4 tsp. hot sauce  
1 ounce fresh lemon juice  
2 tbsp. capers

Purée ingredients with a food processor and serve with crab cakes.

(Novice cooks can save time by using canned rémoulade.)

## Sycamore Angel Food Pound Cake



12 eggs  
1 lb. butter (room temperature)  
2 cups sugar  
3 cups all purpose flour  
1 tbsp. vanilla  
2 cups sweetened condensed milk

Separate egg whites from 10 eggs (save yolks). Whip the egg whites until stiff and put to the side.

In a different bowl, cream the butter, sugar and 2 whole eggs. Add the flour and the 10 remaining egg yolks to the creamed mixture. (Alternate egg yolks and flour until all are incorporated into the creamed butter mixture.) Add the vanilla and the sweetened condensed milk. Mix well then fold in the whipped egg whites. Scoop batter into individual angel food cake pans or muffin tins and top with sugar. Makes 12 individual cakes. Bake at 325 degrees until toothpick comes out clean, about 20 minutes.

### Blackberry Coulis

1 bag frozen blackberries  
2 cups sugar  
Dash of vanilla  
1/2 cup water

Place all ingredients into a medium sauce pan and simmer until the blackberries are soft and the sugar is dissolved, about 15 minutes. Using a blender, puree until smooth. Strain mixture through a fine sieve to remove the seeds.

### Peach Coulis

Same as above but substitute peaches for the blackberries, (omit the straining step).



*The Sycamore Grill*

## Did You Know ...

- In 2002, Georgia designated grits as the official state prepared food. Today, the term 'grits' commonly refers to 'hominy grits', but actually 'grits' is a term for any coarsely ground grain, like rice, oats, corn, etc. Hominy grits are coarsely ground corn (larger particles than corn meal). Grits are boiled and usually served as a breakfast food. Often, they are served with butter, gravy, or topped with cheese.
- The annual World Grits Festival is held in April at St. George, South Carolina. The town claims to be the 'Grits Capital of the World', eating more pounds of grits per capita than any place else in the world.



*Diane Heavin,  
Co-Founder of  
Curves International*

## A Better Life for 2 Million Women

In 1992, Diane Heavin left her advertising career to open a single fitness club in Harlingen, Texas. It would be dedicated to improving the lives of women through better health and proper fitness. Today that club is known as Curves International, and it has over 2 million members and 7000 worldwide locations. It is one of the largest and fastest growing franchises in history.

Curves brings together a diverse group of women united by their desire to live a healthy life. Members range in age from 8 to 80, *and beyond*, and are offered a customized workout that can be completed in just 30 minutes. Workout routines include warm ups, cardio and strength training, a cool down period, and stretching. Members are encouraged to eat sensible diets that are high in protein and low in carbohydrates.

These days Ms. Heavin travels five continents promoting the Curves program, adding franchises, and directing the company's advertising.



*In 2001 New York City was voted #1 for the Top Ten Walks followed by Washington, DC and Boston.*

## Walk this Way

The American Volkspport Association has over 1100 self-guided, walking trails located in National Parks, forests, rural neighborhoods, and cities.

Walking is the most natural exercise in which women can engage and offers tremendous benefits. An hour per day of brisk walking decreases breast cancer risk by 20% and reduces the risk of diabetes by 50%. As little as 30 minutes of moderate exercise per day is also associated with decreased risk of heart disease.

You can create your own Walking Trail at your favorite mall, park, or scenic area in your town. Just strap on those walking shoes and start walking!



## The Motor Maids

The requirements to join this group of women are simple. You must be a woman, legally own and ride your own motorcycle (or a motorcycle belonging to an immediate family member), and ride your bike to all Motor Maid National Conventions, no trailering! The Motor Maids organization unites women of all ages who share a passion for riding and is the nation's oldest organization for women motorcyclists. You can find a chapter near you by clicking the Motor Maids link on the Thompson Hospitality web site.

## Be up on OPP!!!

OPP stands for Osteoporosis Prevention Program. Osteoporosis is a disease which causes bones to become brittle. It is affecting increasing numbers of women, ages 45-55, but it can easily be prevented. Good nutrition and plenty of exercise will keep your bones strong for a lifetime.

Here are a few OPP strategies:

- Stop smoking.
- Maintain an ideal body weight.
- Exercise regularly. Exercise doesn't have to be a drag. You can walk, jog — dancing counts, too!
- Eat calcium-rich foods as part of a balanced diet.

Good nutrition doesn't have to mean a strict, tasteless diet. Broccoli, salmon, grapes, peanuts, almonds, salsa and tortillas, turnip greens, collard greens and sweet potatoes are all rich in calcium. Who knew that OPP could taste so delicious?



*Almonds and Brazil nuts are good sources of calcium, especially for those who are lactose intolerant.*

## OPP for Lactose Intolerance

Lactose intolerance refers to the inability of some people to digest dairy products. A large percentage of Asian, African, Native American and Mediterranean people are lactose intolerant, and they must get their daily caloric intake of calcium from non-dairy products.

Non-dairy sources of calcium are peas, beans, leafy green vegetables, tortillas made with limestone, tofu, nuts, and foods where bones are consumed such as sardines and salmon. If you are lactose intolerant but crave dairy products, try yogurt with live cultures, aged cheeses, or lactose-reduced milk.

## Send Us Your Stories

Diversity is a core value of Thompson Hospitality and Compass Group. In order to serve you better, visit us at [www.thompsonhospitality.com](http://www.thompsonhospitality.com) to give us your comments and suggestions for future stories.

Visit [www.thompsonhospitality.com](http://www.thompsonhospitality.com) for information on our many diversity initiatives.

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