

# CHoW Line

Culinary Historians of Washington, D.C.

April 2007

Volume XI, Number 8

**Don't Miss CHoW's Extra Special  
Field Trip to Mount Vernon!**

**May 6, 2007. See pages 6 & 7 for details.**

## Articles for CHoW Line

The newsletter editor will be pleased to receive contributions to the newsletter from members and subscribers, although we regret we cannot pay for articles.

## APRIL MEETING

### “Outwitting the Brainless Microbes: The Story of Food Preservation”

By Dr. Robert L. Wolke

2:30-4:30 pm

Soon after their discovery of fire, our ancestors realized that cooked meat remained edible for a longer time. Fire and smoke were the first food preservatives. Ever since then, humans have sought ways to keep foods from “going bad” between times of plenty and times of scarcity. Professor Wolke will trace the history of food preservation from fire to freezing, from smoke to sulfites, while explaining how they all work.

**Robert L. Wolke**, “Food 101” Columnist for *The Washington Post*, holds a B.S. in Chemistry, Polytechnic Institute of Brooklyn, and a Ph.D. (Nuclear Chemistry) from Cornell University. He lives in Pittsburgh with his wife Marlene Parrish, a well-known food writer. The American Chemical Society selected Dr. Wolke for the 2005 Grady-Stack Award for interpreting chemistry for the public. As an educator and lecturer, he enjoys a national reputation for his ability to make science understandable and enjoyable. [www.professorscience.com](http://www.professorscience.com). Dr. Wolke has won the James (continued on page 2)



## Calendar of CHoW Meetings

- |                |  |
|----------------|--|
| September 10   | Psyche Williams-Forson, “African American Women, Food Service and the Railroad”  |
| October 8      | Deborah Warner, “How Sweet It Is: Sugar, Science and the State”  |
| November 12    | Paul Lukacs, author, <i>American Vintage: The Rise of American Wine</i> .  |
| December 10    | “A Festival of Frugality” panel.   |
| January 14     | Cooperative Supper in Alexandria   |
| February 11    | Sandy Oliver, “Lessons My New Book Taught Me: Insights Gained from <i>Food in Colonial and Federal America</i> .”  |
| March 11       | Warren Belasco, “Meals to Come: A History of the Future of Food”   |
| <b>April 1</b> | <b>Robert Wolke</b> , “Food 101” columnist in <i>The Washington Post</i> Food section. “Outwitting the Brainless Microbes: The Story of Food Preservation.”                            |
| <b>May 6</b>   | <b>Field Trip to Mount Vernon</b> , VA. George Washington’s reconstructed Distillery & Gristmill with a talk by <b>Esther White</b> , Director of Archeology at Historic Mount Vernon. |

Culinary Historians of Washington, D.C. (CHoW/DC)

founded in 1996, is an informal, nonprofit, educational organization dedicated to the study of the history of foodstuffs, cuisines, and culinary customs, both historical and contemporary, from all parts of the world.

[www.chowdc.org](http://www.chowdc.org)

Dues to: Katherine Livingston  
1835 Phelps Pl. N.W., #42  
Washington, D.C. 20008

# What Happened at the March 11 Meeting?

## Speaker: Warren Belasco

CHoW Vice President **Laura Gilliam** introduced Warren Belasco, our speaker. He has published several books and his talk today is based on his newest: ***Meals to Come: A History of the Future of Food***. Warren lavishly and informatively illustrated his talk with transparencies.

Warren said that his main topic is: “what people have predicted about the future of food, vs what really happened.” He took as his sources materials from think tanks, science fiction stories both utopian and dystopian, and “capitalistic things” such as futuristic displays of foods, restaurant designs, advertisements, and marketing efforts.

We learned that people have always been concerned about the future of food, especially if it is going to be sufficiently abundant, and how to ensure against famine. To organize his talk and our thinking, Warren offered three baseline positions. There is Malthus (1766-1834), who argued that there were too many people for the available food so we need to control population; Condorcet, who argued that we can ensure a sufficiency by applying science to food production; and William Godwin, who said that there is sufficient food, but it is unequally distributed, hence, we need to ensure equitable distribution. Common to the arguments that have built upon these three positions are that a) they are mainly offered by famous white males (“laureates”), b) there is frequently a missionary or urgent quality to these

---

### Dr. Robert Wolke (continued from page 1)

Beard Foundation’s award for the best newspaper column; the International Association of Culinary Professionals’ (IACP) Bert Greene Award for the best newspaper food writing; and the Association of Food Journalists (AFJ) Award for his columns. Called by the *Pittsburgh Press Gazette* “The sci-FRY answer guy,” Professor Wolke’s “FOOD 101” column, appears on alternate Wednesdays in the Food Section of *The Washington Post* and is nationally syndicated weekly by the United Feature Syndicate. In addition to his dozens of scientific research papers, Dr. Wolke is the author of *Impact: Science on Society* and *Chemistry Explained*. He is well known for his series of “Einstein” books:

- *What Einstein Told His Cook: Kitchen Science Explained* (2002) was nominated by both the James Beard Foundation and the IACP as the best technical or reference book of the year.
- *What Einstein Didn’t Know: Scientific Answers to Everyday Questions* (2000)
- *What Einstein Told His Barber: More Scientific Answers to Everyday Questions* (2000)
- *What Einstein Told His Cook 2, The Sequel: Further Adventures in Kitchen Science* (2005)

arguments, c) they are often bolstered by “statistical avalanches” (and we know how statistics can be manipulated...), d) they often reference the past, and e) they often rely on distressing metaphors—insects gulping down “our” food, or “frankenfoods” or ethnic competitions (Us vs the Other).

His book focuses on the US, which inherited the British emphasis on meat, especially beef. Frances Moore Lappé, in urging vegetarianism, showed how inefficient it is to produce meat. This point has been made many times, right back to Socrates, yet, people don’t know what to do because they like beef, meat is nutritious, and it has high social status in most societies.

At this point Warren illustrated each of the baseline positions with examples. The Malthusian future images tend to focus on carrying capacity issues and on fear: the “Asian menace”, famine, and imagined futures such as *Soylent Green*, in which people eat an industrial substance constructed out of waste products, including dead humans. Fast food palaces such as McDonalds are frightening to Malthusian thinkers because of the question, “how are we to feed all those cows and ourselves as well?” Today, surrounded by images of well-fed Chinese, the old image of famine is modified: “to feed the Chinese even *one* hamburger a day would take all the grain the entire world produces!” Interestingly, the industrial cornucopia image supported by Condorcet would see the same issue in a different light. “Look how successful we’ve been at feeding the world: the Chinese are no longer hungry!”

Warren noted that he is most interested in the third, or egalitarian, argument that dates to Godwin. In recent times this has taken the form of saying that we don’t need industrial food, but we can feed the world by decentralization (“eat local”), by empowering women, by creating cooperatives, local community gardens, and so on.

Nevertheless, Warren argues, the default position in the US is the cornucopia position—“better meals for less” achieved by industrializing agriculture, which is in turn supported by the government. He noted that Americans feel entitled to *low cost* food, a position not necessarily shared in the rest of the world. He has distinguished three versions of the abundance position, which differ considerably.

The “classical” abundance position harks back to Imperial Rome for its imagery, and argues that the road to abundance is by conquering more land by expanding into colonies, or by opening up new land/options to agriculture at home. Imperial power is illustrated by comparing “civilization” and “moving forward” to “the way we were as primitives.” The World’s Fairs of 1893 and the early 20<sup>th</sup> century illustrated this position with imagery including agricultural buildings built in Roman style.

The imperial position was largely supplanted by “modernism” by the 1930s. Here the task was to *break* with the past, to create a new scientific future of sanitary,

standardized foodstuffs, efficient, integrated farm-to-market schemes, and kitchens like laboratories. It is well illustrated in the World's Fairs of 1939 through 1965, by the Jetsons cartoon family, and by Disney's Tomorrowland. Modernism reached its heyday in the 1950s, when it was not difficult to conclude that chemists would run the future, and that everyone someday would be eating food-in-a-tube ("edible biomass") like astronauts. Even better, meals might be replaced by pills, far more efficient and scientific! These schema, interestingly, took little notice of *why* people eat food, and offered unimaginative social images of women as home-makers (running the assembly line kitchens) while the men went out to work, and children, of course, were merely children.

The third "cornucopia" position is the "recombinant" position, which we see all around us today. This position somewhat self-consciously attempts to combine the 21<sup>st</sup> century scientific with comforting 19<sup>th</sup> century images. It offers ethnic variety in sanitized settings. Today's space program focuses on how to grow fresh food in space, and tests "natural" sandwiches for astronauts. Today's Army offers MRE meals of an astonishing variety, in contrast to the 1940s when "hamburger in a can" was recommended as "protein." Today, giant companies like Whole Foods offer modern marketing, management, and investment opportunities behind the scenes, while shoppers find a 19<sup>th</sup> century display of abundance in barrels, on shelves, in bins, with hand-lettered signage. Today, much of the scientific aspect of foods is hidden: one cannot see any difference in genetically modified foods, and one becomes used to mass-produced picked-unripe tomatoes. Kitchens also display the recombinant pattern: they have the newest in shiny technology offered along with wooden floors, granite counters, and country curtains. Warren said that, of all the authors he's read for this research, only H. G. Wells predicted anything like the combination of artisan and industrial that we experience today.

### Summing Up...

Warren reminded us that the original concern with the "future of food" was whether there would be enough. Of the several positions, he concludes that imperialism and fear-mongering are doomed to failure, but the recombinant approach is the "craftiest" and may succeed. It offers concepts such as "sustainable development" and successfully displays itself as "friendly" and "green," and such images are widely popular.

Discussion continued for 30 minutes after this exciting lecture. Topics broached included: how hospital food fits into the picture; how important are "escaping genes" to the future of food; which foods are disappearing (game, fish, native varieties...); the industrial production of hydroponic veggies; whether Malthus was concerned with water deficiency (no, but we need to be); the irony of the obesity epidemic (not predicted by anyone in the past); science fiction images of earth humans becoming food for other peoples, or humans performing photosynthesis, or creating smaller people...; critiques of meat; the significance of supplements; why people are still hungry; and the potential for making a profit at organic farming.

## Business Meeting

**Whatsit** was offered by **Zina Pisarko**. It consisted of two interlocking flat pieces of white wood, with deep carving on the inner sides. Several members identified it as a cookie press or gingerbread man press with possible Scandinavian or Eastern European source, but Zina said "the package called it a cheese press." No one was quite sure of its use, and Zina has not tested it (yet).

The following refreshment were offered:

- **Francine Berkowitz** brought Old Dominion Peanut Brittle
- **Katherine Livingston** brought fresh vegetables with Romesco Sauce
- **Clara Raju** brought Corn Pancakes with Jalapeno Lime Yogurt
- **Dianne Hennessy King** brought Jordan Almonds from Sahadi's in Brooklyn

**Treasurer's Report** from Katherine Livingston was not announced at the meeting. The balance as of Feb 11 was \$5050.44. Revenues and debits resulted in a balance on March 11 of \$4685.66.

**Officer Elections for CHoW Board** on April 1, 2007. There is a slate of candidates, listed in the March *CHoWLine*. New faces include **Clara Raju**, **Zina Pisarko**, **Kathy Gaber**, and **Randy Clarke**, as well current Board members **Felice Caspar**, **Laura Gilliam**, and **Katherine Livingston**.

**Mount Vernon May 6** trip discussion was led by Laura Gilliam. The only ticket members must purchase to attend the lecture by **Esther White**, Director of Archeology at Historic Mount Vernon, is the required \$4 admission ticket to the Gristmill/Distillery complex where the talk and tour will take place. Options available are group-priced tickets to the Estate (\$11) open from 8 to 5, and a CHoW luncheon at 1:30 (*Editor's Note: the lunch time has been changed from 1:45 to 1:30 pm to allow sufficient time to relax at the restaurant and travel to the Gristmill/Distillery*). Members are requested to read details on pages 6 and 7 and to pay for advance group tickets by the April 1 meeting; they can also send in checks to CHoW Treasurer **Katherine Livingston**.

Members may bring guests—if they are prepaid they can join in the group rate. For those who don't have cars, one can get to Mt. Vernon by Metro and bus. There will be enough members who are driving who would be happy to share rides back and forth for the trip between Mount Vernon and the Gristmill/Distillery complex.

### Announcements

- **Shirley Cherkasky** is going to the Blacksburg VA symposium on April 20-21 and will be glad to take others in her car.
- **Francine Berkowitz** says they have negotiated a really low rate to fly to Ann Arbor for the May 18-20 meeting.
- **Zina Pisarko** reminds everyone that April 1 is International Edible Book Day.

The meeting was adjourned at 4:25 PM. Respectfully submitted by **Claire Cassidy**, Recording Secretary.

**Book Review**  
***Real Food, What to Eat and Why***  
**by Nina Planck**

Review by Claudia Kousoulas

I'll bet you know someone – at work or a neighbor – who waves around terms like antioxidants, triglycerides, and protease inhibitors, all the while making miraculous claims for milk or blueberries, while demonizing bread and sugar.

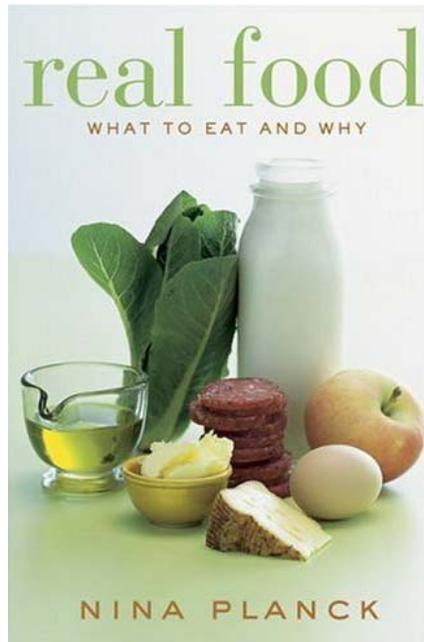
Between the media and the supermarket shelves, it's hard to know what to eat. Bread, that has sustained mankind, is suddenly the worst thing to put in your mouth. Tiny molecules in fish and broccoli may be the future of longevity, but only if from the fish not poisoned with mercury or the pesticide-free broccoli.

Even if you make it a general rule to shop the outside of the supermarket, avoiding all the boxed and processed foods in the center of the store, and if you shop at your local farm market, it's still hard to know what to eat. An ear of corn spread with melting butter seems a bit indulgent, let alone a fresh fruit pie, let alone a crust made with lard. We've so internalized the culture's message that cholesterol will kill you that slicing into a steak seems a transgressive act. That's why Planck's exhortations to enjoy all these demonized foods seem shocking.

But even she had to go through a conversion, from an organic farm girl – weeding, selling and eating at her parent's farm – to a dutiful vegetarian, learning to love soy and limit butter. After being unhappy, setting up farm markets, and seeing and tasting the variety of produce, she returned to her roots. Her weight dropped, her skin cleared, and she felt good.

Planck confirmed her common sense with scientific research and now advocates for what she calls real foods. Full fat milk, but milk that is raw and from cows fed on grass. Same for butter, cheese, and meat. Produce as well, but from local farms and not sprayed with pesticide.

She uses research from long-established sources that may be unfamiliar in the face of the industrialized food onslaught and digs a bit deeper into her cited scientific studies. My grandmother still has her dog-eared copy of



one of Planck's sources – Adele Davis' *Let's Eat Right to Keep Fit*, first published in the 1950s and full of controversial nutritional information. We used to chuckle at my grandmother's old world ways, but we enjoyed her excellent cooking and celebrated her 100th birthday this year. How's that for anecdotal evidence!

Planck points out that heart disease, obesity and diabetes are modern diseases that arose along with processed foods. As well, there are plenty of cultures that have thrived for centuries on these real foods, and that human metabolism and food chemistry is complex and when we discover one interaction, that doesn't mean it's the only one.

Planck contends that it's not the fat that will kill you; it's the type of fat. Butter from grass-fed, field-wandering cows is better than genetically modified, industrial canola oil. This doesn't mean that you can go running off to the supermarket butcher and stock up on steaks or buy pre-made pie crust and garnish it all with whipped cream. You've got to hook up with a farmer who will sell you raw milk directly (in many states it's illegal to retail unpasteurized milk) and be sure you feel confident about his dairying practices. You've got to visit local farm markets, ensure they are organic (and exactly what organic means in your community), and spend a bit more for your daily bread.

If all this sounds hard – eschewing oreos and driving past fast food – maybe Planck's description of rich milk from a Jersey cow, topped with cream sweet from spring grass, as compared with the thin, watery output of an industrially manageable Holstein will make you realize what you've been missing.

Even if you make the effort and commitment to local real foods, the hardest thing may still be pouring that cream over a slice of homemade apple pie. But eventually you'll learn to look on real food as a gift, you'll come to enjoy chatting with farmers and maybe even take a walk to the local market. And you'll be eating real cheese before you know it. [*Real Food, What to Eat and Why* by Nina Planck (Bloomsbury, 2006), \$23.95, cloth, 343 pages.]

# Upcoming Events

## Used Book Sales

The April book sales listed below are well known for having extensive collections of food-related books at bargain prices.

### Stone Ridge School of the Sacred

Heart's 39th annual used book sale:

"14 Miles of Books"

[www.stoneridge.org/booksale/](http://www.stoneridge.org/booksale/)

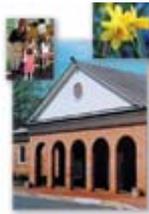


Friday, April 20, 8 am-7 pm  
Saturday, April 21, 9 am-6 pm  
Sunday, April 22, noon-6 pm (Half Price Sale)  
Monday, April 23, 5 pm-8 pm (\$10 Bag of Books Day)  
9101 Rockville Pike,  
Bethesda 20914

### Falls Church Area AAUW Branch

Book Sale

Friday, April 13, 9 am-9 pm  
Saturday, April 14, 9 am-4 pm  
Falls Church Community Center  
223 Little Falls Street,  
Falls Church, Va.



## On the Reading Table

- *Appetite for Change: How the Counterculture Took on the Food Industry* by Warren J. Belasco (new Cornell U. edition 2006)
- *Berg Publishing Catalogue*
- *Boston University's Metropolitan College Conferences*
- *CHC Chicago Foodways* meeting announcement
- *Culinary Arts: Columbia University Press Titles*
- *Feast of Famine*, Matt Lee and Ted Lee, Review of *Meals to Come: A History of the Future of Food* by Warren Belasco, *New York Times*, October 22, 2006
- *Food, Culture & Society*, Volume 9, Number 2 and Number 3
- *Food on Film* program announcement at DCJCC on March 12
- *Meals to Come: A History of the Future of Food* by Warren Belasco (California Studies in Food and Culture, 2006)
- Obituary Notice for Alice Arndt
- *Recipes Bless the Heart and Home: Recipes from SS Peter and Paul Orthodox Church*, Herkimer, NY.

## News of Our Members

Lisa Cherkasky invites other CHoW members to check out her blog about sandwiches:

[www.midnightsnack.wordpress.com](http://www.midnightsnack.wordpress.com) She is looking forward to CHoW members posting their comments.

## News from Other Organizations

**The Hagley Library** in Wilmington, Delaware, has issued a brochure describing its collections relevant to culinary history. In keeping with the library's emphasis on business history, many of the materials have to do with industrial food preparation—equipment catalogs, advertisements, trade journals, and company archives—but cookbooks and other documents bearing on foodways are also included. The attractively illustrated brochure, entitled "Food: Production and Consumption," is available online at [www.hagley.lib.de.us/guide-food.pdf](http://www.hagley.lib.de.us/guide-food.pdf) or may be obtained by mail from Carol Lockman at the library (P.O. Box 3630, Wilmington, DE 19807 or [clockman@Hagley.org](mailto:clockman@Hagley.org)).

### Calling all Canadians in the Washington, D.C. Area.

## The Culinary Historians of Ontario sent CHoW this notice:

Is *The Joy of Cooking* an important cook book in your kitchen? A seventy-fifth anniversary edition was published in 2006 to happy reviews. But how essential is it and was it to Canadian cooks?

Fiona Lucas, Editor of *Culinary Chronicles*, *The Newsletter of the Culinary Historians of Ontario*, is seeking personal memories of *The Joy of Cooking* on the occasion of the publication of this anniversary edition. Responses will be incorporated into an article for the summer 2007 issue.

If you would like to write a few lines that express your thoughts on using this quintessential American cook book in Canadian kitchens, CHoW would love to receive them. Please send your notes to [lucasf@sympatico.ca](mailto:lucasf@sympatico.ca) by June 15 that they can be incorporated into a retrospective of this book. All contributions will be acknowledged in the article. We look forward to some interesting notes!



## CHoW FIELD TRIP TO MOUNT VERNON

**RESERVE NOW FOR MAY 6, 2007**

Time is drawing near for our May field trip to the exciting new venues at Mount Vernon.

Admission is \$4 to the Grist Mill and Distillery where the CHoW lecture will take place (required to attend program). We will have a talk by the archeologist of the new distillery at 3:30 p.m.



If at least 20 CHoW members wish to tour the mansion, museum, pioneer farmer exhibit, etc., on their own (9:00-5:00), the group price is \$11 each. General admission is \$13. We have arranged an optional CHoW luncheon at the Mount Vernon Inn at 1:30 p.m. The luncheon price includes tax and gratuity. Meals are served with a slice of apple, cherry, or pecan pie with coffee, tea, milk, or soft drink. Main dish choices:

### COLONIAL BEEF PYE

A Hearty Crock of Beef and Vegetables topped with a  
Homemade Buttermilk Biscuit  
\$12.00

### TURKEY SALAD LAFAYETTE

Freshly Roasted Turkey Salad with walnuts in Brioche  
Served with Fresh Fruit  
\$13.00

### VALLEY FORGE SOUP AND SANDWICH

A Steaming Mug of our Homemade Soup Accompanied by  
Half of a Ham and Swiss Cheese Sandwich on Rye Bread  
\$12.50

*We request all checks by **April 1** in order to obtain the tickets to mail you and to reserve luncheon tables.*

### RESERVATION FOR MAY 6

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Gristmill & Distillery (required for program), \$4. \_\_\_\_\_

Group admission to Mount Vernon, \$11. \_\_\_\_\_

museums, etc. (optional, at your own pace)

CHoW Group Luncheon (optional, see below) \$ \_\_\_\_\_

Select choice of main dish:

[Colonial Beef Pye, \$12.00 \_\_\_\_\_] TOTAL: \$ \_\_\_\_\_

[Turkey Salad/Fruit \$13.00 \_\_\_\_\_]

[Soup/Sandwich \$12.50 \_\_\_\_\_]

**Make check payable to CHoW. Mail with this coupon to:**

**Katherine Livingston, 1835 Phelps Pl. N.W., #42,  
Washington, D.C. 20008.**

## Activities and Times

**Wandering the grounds on your own:  
Anytime 8 a.m. to 5 p.m.**

**CHoW Lunch at Restaurant: 1:30 p.m.**

**CHoW Talk at Gristmill/Distillery: 3:30 p.m.**

**By Esther C. White, Director of Archeology,  
Historic Mount Vernon**

### **Q&As about the Field Trip to Mount Vernon**

#### **Q. Is there a special event at Mount Vernon on May 6?**

**A.** Yes, "Gardening Days at Mount Vernon" is April 14 - May 6, 2007, included in general admission to the Estate.

Spectacular gardens are in bloom as Mount Vernon hosts its annual outdoor garden and gift sale including ornamentals, perennials and annuals, garden items, books, and plants propagated from historic cuttings.

This year, noted herbalist, Betsey-Ann Golon, will be on hand to demonstrate centuries-old gardening techniques. Garden and Landscape guided tours are available daily at 11:00 a.m., 1:00 p.m., and 3:00 p.m.

Located in a special tent on the North Lane, next to the Upper Garden, this special Shop is open from 9:30 a.m. - 5:00 exclusively during Gardening Days at Mount Vernon. The once-a-year sale features plants, herbs, and seeds grown at Mount Vernon.

#### **Q. What's in the new museum?**

**A.** The Donald W. Reynolds Museum and Education Center Visitors features 23 galleries and theaters where visitors learn about Washington through interactive displays, an action adventure movie, short films produced by The History Channel, immersive experiences, and a rich and comprehensive collection of more than 700 objects which give an unprecedented look at the personal effects of the Washington family.

#### **Q. What if I haven't made reservations to attend the CHoW program or luncheon by April 1 but find I can attend?**

**A.** You can make a reservation after April 1 by mailing a check to our treasurer that will arrive before April 26, the date we must give our guaranteed number to Mount Vernon.

#### **Q. What if I make a reservation and need to cancel it later?**

**A.** You may cancel your reservation by notifying our treasurer before April 26.

#### **Q. Is there a group tour to the Mansion and new museum?**

**A.** No. The "group price" is a discount ticket that saves money over the general admission price. If you and your guests wish to tour the estate, mansion, the new museum with the movies, the Pioneer Farmer exhibit, etc., you do it at your leisure. The sites are open from 8 a.m. to 5 p.m. We will mail your tickets to you so you can visit any time you like.

**For directions to Mount Vernon and the  
Gristmill/Distillery complex, see page 7.**

# Directions to Mount Vernon

The Gristmill and Distillery are 3 miles from Mount Vernon on Route 235 between Mount Vernon and U.S. Route 1.

Mansion street address: 3200 Mount Vernon Memorial Highway, Mount Vernon, Virginia 22121

## **Parking**

Visitor parking is free and convenient at both Mount Vernon and at the Gristmill/Distillery site.

## **Directions From Washington, D.C. / 14th St Bridge**

Cross the Fourteenth Street Bridge, heading to Virginia. While on the bridge, move to the far right lane. Take the second exit on the right, which is marked National Airport/Mount Vernon. Once on the Parkway, follow the signs to National Airport and continue south, through Alexandria. The Parkway is renamed Washington Street in downtown Alexandria. Mount Vernon is eight miles south of Alexandria, at the large traffic circle at the end of Parkway.

## **Directions From the South**

(Woodbridge, Richmond, North Carolina)

Travel north on Interstate 95 and turn off at exit 161, Route 1 North, marked Ft. Belvoir/Mt. Vernon. Continue north on Route 1 about six miles, through Ft. Belvoir. Just after Ft. Belvoir, turn right on Route 235 north. Mount Vernon is three miles straight ahead, at a large traffic circle.

## **Directions From the West** (Reston and beyond)

Travel east on Interstate 66 to Interstate 495 South (the beltway). Follow the outer beltway which becomes Interstate 95 North (headed towards Baltimore). Turn off at exit 177B, Route 1 North, marked Alexandria/Mount Vernon. Once on Route 1, make the first right turn, onto Franklin Street. Turn right again at Washington Street, which is marked for Mount Vernon. Washington Street becomes the George Washington Parkway as you leave Alexandria, and Mount Vernon is eight miles south, at the large traffic circle at the end of Parkway.

## **Directions From the East** (Baltimore, Annapolis)

Travel south on Interstate 95 (which becomes the beltway). As you cross the Potomac River on the Woodrow Wilson Bridge, move to the far right lane. After you cross the bridge, take the exit for Route 1 North, marked Alexandria. Once on Route 1, make the first right turn, onto Franklin Street. Turn right again at Washington Street, which is marked for Mount Vernon. Washington Street becomes the George Washington Parkway as you leave Alexandria, and Mount Vernon is eight miles south, at the large traffic circle at the end of Parkway.

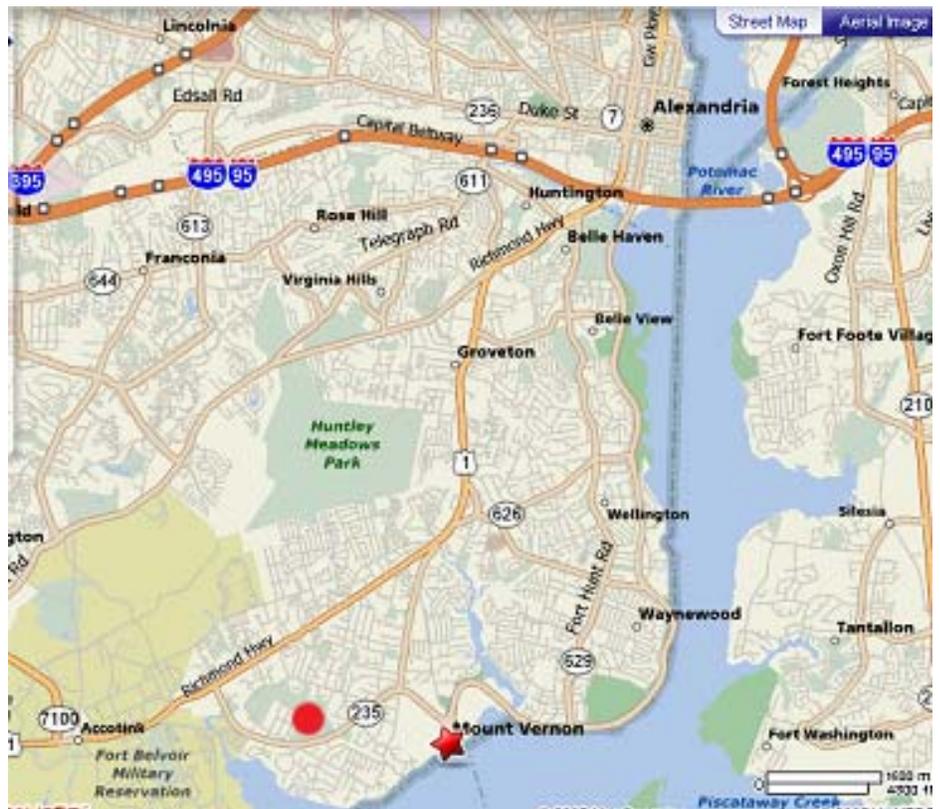
## **Via Taxi**

White Top Cab (703) 644-4500 and Alexandria Diamond Cab (703) 549-6200 offer taxi service to and from Mount Vernon. Please call the companies for fares.

## **Via Bicycle**

Cyclists can reach Mount Vernon from Washington, D.C. via the Mount Vernon trail. Bike racks are located near Mount Vernon's Main Gate.

(NOTE: Grist Mill/Distillery is red dot)



## CHoW 2006-2007 Board of Directors

### President

Kari Barrett  
(301) 460-4598  
kari.barrett@fda.gov

### Vice President

Laura Gilliam  
(202) 244-3676  
LGilliam@ncesa.org

### Recording Secretary

Claire Cassidy  
(301) 339-7718  
windpath@cassidy.net

### Membership Secretary

Felice Caspar  
(703) 560-7191  
chowdcmembers@verizon.net

### Treasurer

Katherine Livingston  
(202) 332-0923  
kliving@attglobal.net

### Director

Claudia Kousoulas  
(301) 320-6979  
appetite@kousoulas.com

### Director/CHoW Line Editor

Dianne Hennessy King  
(703) 281-5281  
tuckking@aol.com

## Editorial Positions

### CHoW Line Designer

CiCi Williamson  
(703) 533-0066  
ciciwmson@aol.com

### Webmaster

Pat Reber  
(410) 740-2453  
Bixler0077@msn.com

## How Do You Wish to Receive CHoW Line?

Would you prefer:

1. Full color e-mail (PDF)?
2. Black and white copy sent by U.S. mail?
3. Both ways?

Please notify Membership Secretary **Felice Caspar** at (703) 560-7191 or chowdcmembers@verizon.net

# Directions to the APRIL 1 Meeting

CHoW/DC will meet from 2:30-4:30 p.m. on April 1, at the Bethesda-Chevy Chase Services Center, 4805 Edgemoor Lane, Bethesda, Maryland.

**DIRECTIONS:** Bethesda-Chevy Chase Services Center is located at 4805 Edgemoor Lane in downtown Bethesda, Maryland, in the two-story County office building on the plaza level of the Metropolitan complex, above a County parking garage. The building is across the street from the Bethesda Metro station.

From the **Metro Station**, take the escalator from the bus bay to the plaza level, turn left, walk past the clock tower and across to the Metropolitan plaza using the pedestrian bridge. The Center's street entrance at 4805 Edgemoor Lane (corner of Old Georgetown and Edgemoor) is marked with American and Montgomery County flags. Take the elevator to Level Two for meeting rooms.

If you are coming **south on Old Georgetown Road** (from the Beltway use exit 36) turn right on Woodmont Avenue - the entrance is the second driveway on the left.

If you are coming **south on Wisconsin Avenue/Rockville Pike**, turn right onto Woodmont Avenue, go south for approximately one mile, cross over Old Georgetown Road, and the parking garage entrance is the second driveway on your left.

Coming **north on Wisconsin or west on Rt. 410**, take Old Georgetown Road north, turn left at the second traffic light (Woodmont Ave.) and the garage entrance will be on your left. Take the elevators from the parking garage to the plaza level (P). The building is located at the center of the plaza. The American flag, Montgomery County flag, and the County seal mark the entrance to the building.

**PARKING:** Parking is free on weekends in the county parking garage. The entrance to the parking garage is marked with a large blue Bethesda Center parking sign.

