



[Ken and Barbara Jo Davis papers](#)

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October 19, 2001

Launa Q. Newman  
8249 Abbott Avenue South  
Bloomington, MN 55431

Dear Launa

Each year in November, Global Women's Network sponsors "I AM WOMAN". Women gather for an evening of sharing stories and life experiences through food, poetry, song, storytelling, art and dance. All year there is history; this night there is **hersstory**. It's a way to break down barriers and get to know each other.

Each year Global Women's Network selects an outstanding woman to receive the "**Woman of the Year**"<sup>®</sup> award. This year we are honored to have you receive the award.

The recipient must be someone who has made major contributions to the advancement of women and the community. She must have exhibited courage, pride, and strength. You are such a woman. Congratulations! As we discussed, I will need a brief biographical sketch; you can send it to me at the address on the enclosed card.

Please join us on Friday evening, November 2, 2001 at 6 o'clock at the Minnesota Women's Building, 550 Rice Street, St. Paul, Minnesota. We look forward to seeing you then,

Sincerely



BARBARA JO DAVIS, President

Enclosures



KEN DAVIS PRODUCTS, INC.

4210 Park Glen Road • Minneapolis, MN 55416-4758 • Phone 952-922-5556 • Fax 952-922-6087  
[www.kendavis-bbq.com](http://www.kendavis-bbq.com)

October 16, 2001

Each year in November, Global Women's Network sponsors "I am Woman". Women gather for an evening of sharing stories and life experiences through food, poetry, song, storytelling, art, or dance. All year there is history; this night there is **her**story. It's a way to break down barriers and get to know each other.




I hope you will come and bring your friends. Feel free to dress in ethnic costume. Bring food from your ethnic heritage, and of course, be prepared to tell a story, read a poem, sing, play an instrument, or dance. You can display your works of art around the room.

Space is limited. Please call for a reservation TODAY! 651 224-0400.



Sincerely

BARBARA JO DAVIS

*Specializing in the Best Cooking Sauces*



# Lyndale Youth Farm and Market Project



This certificate is awarded to  
**Barbra Davis**

*In recognition of your contribution and dedication*

**September 16, 2000**

*The American Association of Family and Consumer Sciences*

*and the*

*Council for Certification*

*present to*

**BARBARA J. DAVIS**

*this certificate verifying that all standards and qualifications for certification  
have been met and that this professional has attained the distinction of being*

*Certified in Family and Consumer Sciences*

*November 1999*

*Expiration Date*



*Nancy C. Fain*

*Chair, Council for Certification*



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www.kendavis-bbq.com

September 24, 2002

2002 Minneapolis Awards  
Communications Department  
Office of Public Affairs  
City of Minneapolis, 301M  
350 South Fifth Street  
Minneapolis, MN 55415-13100

Re: Sue Jahn for 2002 Minneapolis Award

This letter is to recommend Sue Jahn as the recipient of the 2002 Minneapolis Award. For as long as I have known her, she has been a strong supporter of the city and its citizens.

Early mornings one can often find Sue walking along the riverfront or the railroad tracks, not for exercise, but to pass out food to homeless people. Most women would be afraid to walk alone in those situations, but not Sue. If she happens to come across someone with a sign, "Will work for food", she will find him a task to do, usually in her business. Over the years she has not only worked with "Sharing and Caring Hands" and with her church, but much of her work with the homeless has been on her own.

Speaking of her church: a few years ago, the congregation at Central Lutheran in downtown Minneapolis appointed its first African-American pastor. Sue went out of her way to welcome him and his wife; she spent hours driving them around introducing them to their new city and its people. Then, she worked tirelessly to help them start the jazz program at the church.

Back in the day when she ran Jahn Art Gallery, Sue helped many an aspiring artist get exposure to the public. At the same time, any kind of function or program in the city that needed door prizes or silent auction items was sure

*Specializing in the Best Cooking Sauces*



to get Sue's cooperation. And if they needed African décor, she would lend whatever she had, free of charge.

As you may know, Sue was the catalyst for a major block party downtown this year on "National Night Out". Without her commitment and energy, it would have been just another block party instead of an **event**.

In addition to everything else she does, she has been active in city politics, working behind the scenes in the election campaigns of such people as Mayor Ryback.

You want your 2002 Minneapolis Award to go to someone who believes in the city of Minneapolis, who wants it to be a great place to live, to work, to shop. You want your recipient to give that belief more than lip service. I think Sue Jahn should receive the 2002 Minneapolis Award.

Sincerely

A handwritten signature in cursive script that reads "Barbara Jo Davis". The signature is fluid and elegant, with a large initial 'B' and 'J'.

BARBARA JO DAVIS, President

JIM RAMSTAD  
THIRD DISTRICT, MINNESOTA

WAYS AND MEANS  
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**Washington, DC 20515-2303**

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MINNETONKA, MN 55305  
(952) 738-8200

mn03@mail.house.gov  
www.house.gov/ramstad

June 20, 2002

Barbara Davis  
Ken Davis Products, Incorporated  
4210 Park Glen Road  
Saint Louis Park, Minnesota 55416

Dear Barbara:

On behalf of all the people of our area, congratulations on being named 2002 Twin Cities Business Home Economist of the Year!

Barbara, your hard work and dedication make you truly most deserving of this special recognition. Your more than 30 years of experience and leadership in the industry and at Ken Davis Products, Inc. are most impressive. Regis Eller, an intern in my office this summer, told me he absolutely loves your barbecue sauce and so do I.

Congratulations again, Barbara. Please let me know if I can ever be helpful in any way to you or your family.

Sincerely,

A handwritten signature in black ink, appearing to read "Jim", with a stylized flourish at the end.

JIM RAMSTAD  
Member of Congress

JR:re

# *Certificate of Appreciation*

THIS CERTIFICATE IS AWARDED TO

*Ken Davis Products, Inc.*

2004 EVENT SPONSOR OF  
A TASTE OF JAZZ

*Presented by Ascension Place & St. Anne's Place  
April 25, 2004*



*The mission of Ascension Place & St. Anne's Place is to provide women in crisis or transition with a stable environment and the opportunity to explore options for their future.*

## ASCENSION PLACE / ST. ANNE'S PLACE

Barbara Davis  
Ken Davis Products, Inc.  
4210 Park Glen Road  
St. Louis Park, MN 55416

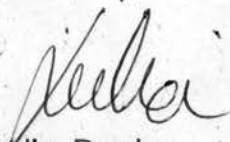
May 4, 2004

Dear Mrs. Davis:

Thank you once again for serving as an event sponsor at our recent fundraiser, *A Taste of Jazz*. The event was a tremendous success. To show our gratitude, I have enclosed a certificate of appreciation and a copy of *Insight*, which features a small announcement on page 8 thanking all of our event sponsors.

We truly appreciate your generous support of Ascension Place and St. Anne's Place. We hope that will join us again for *A Taste of Jazz* 2005. To learn more about our programs, please visit our website at [www.ascensionplaceinc.org](http://www.ascensionplaceinc.org).

Sincerely,



Julia Dudas  
Development Coordinator  
Ascension Place & St. Anne's Place



# Community Camara Award

is presented to

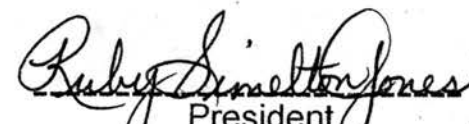
## Barbara Jo- Davis

November 15, 1999

For her Excellent Service and Dedication to our  
Youth and Families in Central  
Neighborhood



Executive Director



President

Young Entrepreneurs Institute





Barbara ~

It is with great pleasure that we honor you for your leadership skills, your community involvement and the professionalism you demonstrate as a home economist in business.

Congratulations on being selected!

2002 TWIN CITIES  
BUSINESS HOME ECONOMIST  
OF THE YEAR!



TCHEIB Nominations Committee  
&  
ALL OF TCHEIB

4-19-02



# Natures

S K E T C H B O O K



*I like to think of each new day as a gift, with many new things to discover and share through my artwork. There is so much natural beauty around us, if we just open our eyes to see it unfold each day. Using my brushes and paints, I like to show how the small, simple things bring richness to life.*

*Marjolein Bastin*

[www.hallmark.com](http://www.hallmark.com)

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## Focusing on New Members

### Just call her Betty....

A graduate of the University of Minnesota with the nickname of Becky Crocker, Rebecca "Becky" Bergmann is a new member of TC HEIB.

For 21 years Becky was a Home Economics Special Teacher at Faribault Regional Center, where she developed and taught life skills classes to moderately to profoundly retarded adults. She created a sensory cooking curriculum for the physically handicapped to develop sensory abilities through food activities. For 2 years, she coordinated a summer day camp program providing camping opportunities for all ability levels. She and other staff members developed a puppetry program as an alternative learning tool.

Currently she is a placement consultant with Nanny Professionals where she advises families in the metro area and East Coast about child care needs and places nannies for them. She works extensively with childcare needs for individuals from as far away as Japan and Australia who are attending conferences in the metro area. A part-time wedding photographer for over 10 years, she receives more requests than she can fill.

Becky grew up in Minneapolis, is single and a godmother to four, both family and friends. She built a home in Savage that "Stormy, my kitty, thinks he owns."

One of her goals/reasons for joining TC HEIB was to network with other professionals in our



### A Cheese Foodie

Sheila Kaiser, new member to TC HEIB, graduated from The College of St. Catherine in 1992 in Art, but has actually been involved in food since 1986; her first job at Walker Methodist Health Care Center was on the tray line — "if you can call that food," says Sheila.

Working at Broder's Cucina Italiana in 1992—her first real food experience—is where her cheese career really took off. Since then, Sheila has worked for Haskell's (cheese counter in Highland and downtown), St. Martin's Gourmet Imports, Williams-Sonoma, D'Amico Catering and now, Kowalski's. "They call me the Cheese Whiz." Responsibilities in-



*Continued on Page 4*

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### Board and Committee Members

- \*Chair: Ginny Poplau, (952) 930-9748
- \*Chair-Elect: Karen Wehner, (952) 937-5072
- MAFCS Liaison: Myrna Shaw
- Community Involvement: Open
- Public Relations: Open
- \*Secretary: Linda Day Anderson, (651) 770-7510
- \*Treasurer: Kathy Neukom, (651) 735-6340
- \*Program Co-Chairs: Karen Sorensen, (612) 623-7876
- Michelle Torno, (952) 854-6980
- \*Nominations Chair: Merrilyn Tauscher, (952) 929-2100
- Committee: Ann Noble
- Carolyn Russell
- \*Membership Services Chair: Judy Davisson, (952) 472-5319
- College Relations: Cindy Manwarren
- Newsletter Co-Chairs, Liz Gunderson
- Cheri Olerud
- \*Advisor: Lisa Golden Schroeder, (651) 653-4348

\*Executive Board

### Newsletter Deadline Dates:

Next newsletter deadline:  
August 1, 2002

## Editor's Letter

This is it. The last TC HEIB *Direction* for the calendar year. Cheri and I hope you've enjoyed keeping up with fellow members by reading New Member Focus and Entrepreneur's Edge. We've especially enjoyed having guest columnists this year. Special thanks to Vicky Cherne, Betsy Crosby, Mary Ellen Evans and Lisa Golden Schroeder for submitting articles. We've also tried a few new departments; this issue gives one of these columns a name. In Case You Missed It is a good way to learn about a meeting you were unable to attend. As well, we've tried to include articles on timely topics: Yoga and flax seeds are two recent examples. As we close out the year, we pay special tribute to Nancy Iverson, our much-loved Executive Secretary. Many thanks, Nancy, for all you've done for us. I know I speak for all of TC HEIB when saying, "What will we do without you?!" One final word of thanks to you—the members—for providing valuable feedback on the newsletters. I've enjoyed writing for you. Happy reading!

—Liz

## Position Available

### Executive Secretary for TC HEIB

Position is presently a 10 month yearly contract, officed from home.

TC HEIB pays for all paper, printing, postage and secretarial supplies used in this position.

Executive Secretary responsibilities: (partial list)

- \*assist newsletter editors in production of newsletter-5/year.
- \*implement mailings for HEIB board members throughout year.
- \*work with membership services chair in production of TC HEIB Directory.
- \*maintain computer list of members.
- \*assist TC HEIB board members as necessary.
- \*attend TC HEIB board and open meetings.
- \*assist with bylaws.

If interested, please contact Ginny Poplau, Chair, Karen Wehner, Chair-Elect or present Executive Secretary, Nancy Iverson, for more information.

## Letter from the Chair



Ginny Poplau

Spring is here .... and so is the end of the HEIB year.

As the out-going Chairperson of TC HEIB I want to thank each and every member of our group for the help and support I've received during my tenure. I have enjoyed working with members on various projects and having the opportunity to interact with other members. It's my "unbiased opinion" that our membership is made up of some of the sharpest, most vibrant, interesting people in the Twin Cities.

As a parting thought from the "soon-to-be former" HEIB Chair, I want to share this with everyone in TC HEIB..... don't hide!! Don't hide your abilities and skills—as I've already mentioned, we are a diverse group made up of fabulously qualified individuals. Don't dismiss or play down our Home Economics background—this is an important ingredient in our 'interest quotient'. Finally, share and spread—share the enthusiasm and pride in our Home Economics background

and spread it to potential new members.

TC HEIB is evolving—as is the world of Home Economics—and will need to welcome new ideas, new activities and changes in our profession. Change isn't bad; it just makes us work harder. If we all put in a small amount of effort into one HEIB activity, meeting and/or Food on Film® next year, the results will be amazing.

—Ginny Poplau

TC HEIB Chair 2001-2002

## Programs for 2002-2003

—We want your ideas !!!

Do you have ideas for great meeting programs?

\* Know of a marvelous person to put on a dynamic program?

\* Have we been missing some professional and/or program areas?

\* Do you have an idea for a great meeting place?

Please give us your feedback and ideas for next year's programs.... this is your opportunity to help plan next year's programs/activities.

Just contact the present program co-chairs (Karen Sorensen, e-mail: steelesorensen@yahoo.com or Michelle Torno, e-mail: mtorno@mnbeef.orbis.net) or the program co-chairs for next year (Linda Day Anderson, e-mail: landerson@kowalskis.com or Sheila Kaiser, e-mail: sheilamae3932@yahoo.com).

We appreciate your ideas.



### Announcing Board Members for Food on Film® XI

**Co-Chairs:** Nancy Iverson/Lisa Golden Schroeder

**Arrangements:** Karen Sorensen

**Corporate Sponsors:** Kristine Ackerman

**Equipment:** Barb Strand

**Finance:** Becky Bergmann

**Hospitality:** Kelly Thompson/Diane Carlson

**Program:** Nathan Fong/Audrey Nelson

**Public Relations:** Lisa Golden Schroeder

**Registration:** Sue Tomlinson/Aimee Iverson

**Special Events:** Myrna Shaw

**Administrative Assistant:** Aimee Iverson

Let us know which committee you would like to help on.

### HEIB Direction

- Volume 2001/2002, Number 5
- Published five times per year by Twin Cities Home Economists in Business
- Subscription is a benefit of membership

### Send articles to:

Karen Wehner  
18325 Creeks Bend Dr  
Minnetonka MN 55345

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Fax: (651) 429-6145 (call first)  
E-mail: Lgunder@mr.net

"A little knowledge that acts is infinitely more than much knowledge that is idle." - The Chef's Collaborative National Forum, 2000

"A person's mind stretched to a new idea can never return to its original dimensions." - Oliver Wendell Holmes

## **Just call her Betty...** **Continued from Page 1**

field and experience the diversity of careers within it. She has been an active member of MAFCS/AAFCS for 25 years, most recently serving as Vice-President of Program and is currently President-elect of District K.

An avid photographer, Becky has participated in the MN Valley Photography Club for 17 years, and is the 2002 photographer of the year in the slides category. She also just received an award and two honorable mentions for photographs in an interclub competi-

tion with 14 photo clubs in the metro area.

Gardening is another passion. "My home garden has been my spot to really watch nature's beauty," says Becky. Recently Becky has been able to combine her love of gardening with her church involvement at Shepherd of the Lake Lutheran Church in Prior Lake by facilitating a small group ministry involved in the planning of a new meditation garden.

Involved in church music programs for years, Becky currently sings, plays piano, keyboard and handbells and assists the music director.

Often helping her mom bake apple pies or chocolate chip cookies, Becky has had a love of food for as long as she can remember. During junior high, she took a summer class at NSP learning fun food activities, and she often tried out new recipes on the family. "Thankfully, they were usually willing to try the latest recipe; to this day, my father refers to my chocolate cupcakes as hockey pucks."

This summer she is looking forward to camping and attending the AAFCS Convention in Dallas.

A warm welcome to TC HEIB, Becky!

—Cheri Olerud

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## **A Cheese Foodie** **Continued from Page 1**

clude ordering, selling, educating customers and of course, tasting—"hence the fuller figure," laughs Sheila. Her job also involves a fair amount of PR work at Women's Expo in St. Paul, Chef's Reveal and other events where cheese may apply.

Hailing from a "huge" family of eight brothers and sisters, (yes, her family is Catholic), Sheila says, "I have a bunch of nieces and nephews, a total of 16, and the youngest niece Lyndsey Mae, is named after me and my mother (Shirley and Sheila Mae)."

Recently engaged to Ryan Holtberg, they are planning a June 22 pig roast wedding. Ryan is a land surveyor for James R. Hill in Burnsville. His biggest hobby is his motor-

cycle collection (no Harley's, the racing bikes). "We bought a house in Richfield, which is exciting, and even more exciting, I hope to get transferred to the new Kowalski's in Minneapolis. Bye-Bye 494."

A short-term goal for Sheila was to join TC HEIB because she wanted to get involved in food styling. "I have been interested in the field for awhile and volunteered for Food on Film® 2001."

Sheila is active in her church, *Incarnation*, in south Minneapolis. She attends church regularly to sing her heart out, though not a member of the choir (yet). She most recently worked on Growing in Faith, a capital gain campaign for the Archdiocese. In the past, she worked at Risen Christ Elementary School as a picture person with the Minne-

apolis Institute of Arts.

Sheila loves to cook—"mostly from the hip, I don't like following recipes" and do art—"ceramics was my focus in college." Her cooking won over Ryan, "I made him this omelette, I guess I'd call it French onion—I used caramelized onions and Gruyère cheese; he still talks about it." She also enjoys gardening and spending time with family and Ryan.

Future goals for Sheila: "I would love to bridge my education in art with my work experience in food to become a food stylist, in case anyone is looking for an assistant."

A warm welcome to HEIB, Sheila!

—Cheri Olerud



## BARBARA JO DAVIS

### 2002 Twin Cities Business Home Economist of the Year

The college student nervously drove around the St. Louis Park office building one more time trying to work up the courage to enter. She had already conquered one obstacle by actually setting up the interview. That had gone well, but meeting in person was different. She was approximately the same age as the owner of the company, but at the other end of the career spectrum. While the owner had amassed enough education and experience to be recommended as a resource for the student's independent study project, the college student was still trying to figure out what she wanted to be when she grew up.

Nerves aside, it was poor etiquette to be tardy. Breathing deeply, the college student entered the office to find it tastefully furnished - uncluttered and reflecting a definite appreciation of a rich, cultural heritage. The receptionist was not at her post, so it was the owner herself who greeted the student with a warm handshake and ready smile. Fumbling for her prepared questions, the student was relieved when the owner began to extemporize on a topic she knew well - food and its role in celebrations. In no time the interview was completed and the college student left with notes of the owner's memories of liver and onions for birthdays, coconut cakes and homemade peach ice cream.

The date was October 22, 1996. I was the college student and the business owner was Barbara Jo Davis, this year's recipient of the Twin City Business Home Economist of the Year Award.



L-R: Merrilyn Tauscher, Barbara Jo Davis, Ann Noble

I was reminded of my interview with Barbara Jo as I read the nominations submitted on her behalf. Without exception, the nominations cite her tenacity for promoting the importance of a home economics background, her service to numerous professional organizations and her active role in the community. What the nominations couldn't capture was the flair and style of Barbara Jo Davis.

As the subject of the "Entrepreneur's Edge" feature in last January's *Direction*, Barbara Jo was asked to share advice for someone considering whether or not to start their own business. Drawing a parallel between one of her passions and the business world, Barbara Jo replied that "running a business is like playing jazz: learn the basics, then improvise." One could say Barbara Jo has learned the basics and is improvising just fine.

Basics for Barbara Jo would include a natural ability combined with a solid foundation of knowledge. Inheriting a creative bent from both parents, Barbara

Jo found expression in fashion, food and Faulkner. She parlayed her talents into a career in the food service industry, which has been her livelihood for over three decades. During the course of her career, she has encouraged and supported countless college students such as myself. From granting interviews, hiring interns and leading the Coalition for Black Development in Home Economics, Barbara Jo has "improvvised" with her "basic" career.

Barbara Jo's basic love of people has brought improvisation into her personal life as well. Being married to her job was both literal and figurative for Barbara Jo. When Ken Davis solicited her help in taking his now-famous barbecue sauce to the public, he had no idea how willing to help she would become! Then and now, Barbara Jo displays a knack for blurring the line between work and play. Whether it was assisting Ken in a Kitchen Window cooking class to help publicize their growing company or scurrying through Byerly's to make lunch for her staff today, Barbara Jo is compelled to treat all as family.

Barbara Jo's interest in the well-being of black women and men everywhere has led her to improvise with her time and talent as she thinks globally and acts locally. Her position as a member of the Board of Directors of Stairstep, Inc., allows her the opportunity to participate in the development of the local community. As a member of both the National Association for the Advancement of Colored People and the Global Women's Network,

*Continued on Page 6*



## Meet the Board

**Linda Day Anderson,**  
Secretary

**Current position and place of work** - I am the Culinary Partner at Kowalski's Market in Woodbury. Whenever someone asks what the Culinary Partner is I explain that is just the "new millennium" name for a home economist!

**Goals for the TC HEIB Board this year** - I am interested in learning more about the operations of HEIB and hope to do that by attending the board meetings and recording the minutes.

**Reasons for serving on the TC HEIB Board** - I have not been very involved in HEIB over the past few years, and now that my husband and I are "empty nesters," I thought that it was a good time to become more active.

**Person you admire** - That would have to be my Mom. Her mother died when she was very young, leaving her to be raised by her Grandmother and Aunts. Family was very important to her and she and my Dad made many sacrifices so that my sister and brothers and I could have all the things she never had. She and I are very close and I really appreciate all that she has done for me.

**Favorite junk food** - That's a hard one because I like so many things! One thing for sure is that it would definitely contain chocolate!!!

**Kathy Neukom,**  
Treasurer

**Current position and place of work** - Culinary Specialist for Byerly's and working in St. Paul.

**Goals for the TC HEIB Board this year** - Encourage member to be more active in our organization.

**Reasons for serving on the TC HEIB Board** - Give more of myself to the organization. Meet other professionals with a common interest. Keep informed of new trends.

**Person you admire** - I admire a very special friend: She is honest and forthright, intelligent, has a sense of humor and has a wonderful command of the English language.

**Favorite junk food** - Tortilla chips with guacamole MMMMM MMMMMMMMMM.

### Barbara Jo Davis

Continued from Page 5

issue to a larger audience. The adage, "*you make a living by what you get, you make a life by what you give*," rings true for Barbara Jo and she has purposely kept her company proportional to the amount of time devoted to her volunteer activities.


It seems fitting that Barbara Jo's stock-in-trade is a sauce for barbecuing. According to the Ken

## Member News

**Welcome** to our new member! Please add to your directory.

Monica Coulter  
Graduate Assistant, UM  
2266 Commonwealth Ave  
St Paul MN 55108  
651-646-3772  
E-mail: coul0025@tc.umn.edu

Our **sympathy** to:

Jeanne Kozar on the death of her sister, Carol Pflug on March 13. 

**Changes:**

Sue Rasmussen  
E-mail: rasmus\_g\_s@msn.com

Lois Tlusty  
General Mills, Inc.  
200 S 6th St MS 28C7  
Minneapolis MN 55402  
612-330-4325  
Fax: 612-330-4875  
E-mail: lois.tlusty@genmills.com

Lola Whalen  
E-mail: lola.whelen@genmills.com

Davis Barbecue Gospel, there are basic rules for barbecuing: small items are barbecued fast and hot; low and slow for the rest; don't be timid when applying the seasoning, then take it from there.

Learn the basics, then improvise.

—Sue Tomlinson

## The Beginning of a Wonderful Adventure



With wide eyes and a few fluttering butterflies in my stomach, I pushed open the heavy door to the California Culinary Academy. To my left

was a showcase displaying professional-looking, colorful wedding cakes. I stared at the beautiful cakes in awe; they were breathtaking. Deep red flowers cascaded down the sides. My eyes were quickly diverted to the next cake. Royal icing was piped into intricate designs. These cakes were pieces of art, and I was fascinated. The cakes had been made by past students in the cake class I would be taking in about two months. I realized I was really about to begin. I had to get my head out of the clouds, and get ready to dive into pounds and pounds of flour, butter and eggs. This was my first day of pastry chef school. I took a deep breath, raised my chin, put on a big smile and tried not to notice my wobbly legs.

As I walked into the lobby of the California Culinary Academy I felt out of place in my khaki shorts and pink shirt. Chef uniforms whirled around me as I tried to take in all the sights and sounds. Directly in front of me was the dining room full of bustling, crisp white uniforms busily setting white linen tables and pouring water into glasses. I

had to proceed upstairs to the third floor where I would meet my classmates and get my pastry tools, books and chef uniforms.

As I walked up the old staircase, the rich smell of bread danced in the air; I took a deep breath and followed the lure of the bread. It led me to the bread classroom. Students were gathered around one of the worktables forming baguettes out of a huge pile of dough. Their hands moved with grace and ease as they cut off pieces and worked the dough gently until it was formed into a smooth oval shape that would rise into a thick-crust baguette. In just a couple of weeks I would be in this class! I was full of mixed emotions. I was scared to death of everything, while at the same time excited and nervous. Would I do well? Would I make friends? Would I be able to keep up? Only time would tell. Right now I had to get up to the third floor.

There were 13 of us in the class. We waited patiently to get started. Excitement and anticipation hung thick in the air. We wanted to begin and dive into the passion we all shared—pastry. Eventually, we received our tools, uniforms and books. Now it was time to get down to business and begin our first day of class—seven hours of food science a night for two weeks!

Next, we made our way to locker rooms to put ourselves together in the uniforms we had just received. I quickly realized that doing laundry would not be taken lightly. It was going to take some plan-

ning and constraint from wiping our hands on our aprons or jackets. Flour could be easily brushed off and chocolate soaked if caught soon enough. I made a mental note to be extra careful around anything with berries.

Nobody bothered to tell us how to wear the required uniforms. We began to think it was some sort of initiation that teachers and students were all in on—to see just how wrong we could assemble how our uniforms! At this point, we were starting to bond. We stood and studied the stiff, tall white hats with disdain. Couldn't we just put our hair in a ponytail or a baseball hat? The white jacket was tolerable. We scoffed at the checkered pants, not giving them the credit they deserved for hiding the pounds that would slowly creep onto our hips. We buttoned up the white chef jackets that had our name embroidered in green. (Which we all secretly thought was kind of cool.) Next, we attempted to tie the green handkerchiefs around our neck. No clue as to how this was done. So, we just all tied knot like things around our necks and went on to the next article of clothing. The white apron was simple and straightforward, and the green striped towel was simply draped over the apron string. We finished off the look with the hat. It was official; we were ready to be seen by the rest of the students and begin our chef school experience! With crooked hats, pants that were two sizes too big for most of us and the glar-

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## Entrepreneur's Edge

When asked whom she admires, Maureen Wiegner responds, "Anyone who pursues a passion without fear of failure." Maureen lives by this description. Not only does Maureen enjoy floral design and redecorating in her leisure time, but these activities play a role in her business as well. In fact, when asked to name favorite hobbies, Maureen's list is similar to that of her on-the-job duties. How did Maureen get so lucky as to actually make a living while having fun?

Her extensive and varied work experience helped her get where she is today. "After a visual and fashion merchandising degree, six years in graphics art work, seven years in floral design and management and six years of photo industry styling and propping, Maureen found herself with more than enough skills to start her own business. Her continuing education, which includes classes in cooking, pottery and paper-and book-making as well as Master Gardener coursework, helps keep her skills fresh.

Maureen also credits her ability to go it on her own to membership in TC HEIB (since 1995), participating in Food on Film® (since 1996) and belonging to Women Who Really Cook.

After 18 years in retail management and display, Maureen started looking for a career path that would put more freedom into her work schedule and allow her to work more closely with food. The result of her search was Moz Art (friends call her "Mo" and "Mozie"), a business that allows her to do what she loves most: food styling, floral design, real



estate staging (getting homes ready for sale) and general photography styling and propping. Enjoying the variety she finds in her work, Maureen is also looking towards the future. She'd like to expand on her current projects to include working on a greeting card line of photo images.

Maureen appreciates the flexibility that comes with her new venture, and lists sleeping in on a day off as a favorite part of working for herself. The down side of being her own boss? "The pressure to continually market myself," says Maureen.

Learning to "ride the waves" is a valuable skill Maureen picked up since starting Moz Art. Her advice to others with home-based businesses is to make it a priority to set aside quality time for relationships. "Follow your heart and eventually the money will follow," is another of Maureen's entrepreneurial gems. She's learned to live out all of this advice by creating and continuing to build Moz Art, a business that allows Maureen to have fun while she works.

—Liz Gunderson

## In Case You Missed It...

### Boxmaking Featured at February Meeting

For the February 21 meeting, about 20 Martha Stewart "wannabes" met at the Minnesota Center for Book Arts (MCBA) on Washington Avenue in Minneapolis. The evening's project was assembling a recipe box made of binder's board and covered with book binding fabric. Boxmaking classes are popular at MCBA and are one of many classes offered. Others include creating a memory album, papermaking and typography.

MCBA's mission is to advance the book as a vital contemporary art form, preserving the traditional crafts of bookmaking and engaging people in learning, production and interpretive and collaborative experiences. MCBA was established in 1983.

The evening began with a dinner catered by the Coffee Gallery, a café located on the ground floor of Open Book. The Loft Literary Center also shares space in the Open Book building. MCBA classes are offered regularly and are available to adults, families and kids of all ages. A studio shop offers a selection of bookmaking tools and materials as well as unique handmade gifts.

For more information about MCBA and available classes: [www.mnbookarts.org](http://www.mnbookarts.org)

—Vicky Cherne

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## The sweetest of all sounds is praise...

Praise for a job well done. Praise for tangible accomplishments and praise for those achievements only you knew of – or so you thought. Even Barbara Walters admits that to "feel valued, to know, even if only once in a while, that you can do a job well is an absolutely marvelous feeling."

As we put a wrap on yet another year, TC HEIB members would like to publicly praise fellow members for what they do and who they are:

**Lisa Golden Schroeder** – who does an amazing job, juggling projects and having a full personal life.

**Michelle Torno** – who deserves an accolade for jumping right in as a second year HEIB member and co-chairing this year's Program Committee.

**Nicole Faber** – for not only joining [TC HEIB], but regularly attending meetings, all the while maintaining the life of a busy college student.

**Karen Sorensen** – who did a great job of tackling one of the most challenging board positions. Programming has been great, Karen!

Achievement may be largely due to raising one's level of aspiration and expectation, but there is something to be said for inspiration – at least in the food industry. **Nancy Maurer** continued to earn recognition this year for her inspired efforts, the most recent being top honors in the Chef's category of the Blue Bunny Ice Cream competition. Her recipe for Frozen Flavor Explosion Root

Beer Float was featured in the Taste section of the Minneapolis *Star Tribune* last January and sent readers clamoring for ingredients as they replicated that frosty mug taste in the dead of winter. Congratulations, Nancy!

*"Far and away the best prize that life offers is the chance to work hard at work worth doing."*

—Theodore Roosevelt

That may be, but this year the Minnesota Turkey Research and Promotion Council chose to honor **Marilyn McAlpine** with a Lifetime Achievement Award for all her distinguished hard work and years of service. Work worth doing? Her efforts have resulted in a multitude of new recipes, foodservice manuals and a global market for turkey.

And, finally –

**HEIB MEMBERS** – As Bob Hope says – "Thanks for the memories." I have truly enjoyed working and getting to know a lot of you. I will miss you, but hope you will drop me an e-mail once in a while. I will still be around co-chairing Food on Film® XI for 2003. I hope that many of you will volunteer to help with that and I will get to work with you one last time! Take care. **Nancy Iverson**

*"Life is too short to be the caretaker of the wrong details."*

**Alexandra Stoddard**

## In Case You Missed It... Continued from Page 8

### Networking Featured at March Meeting

On Thursday, March 21, Melissa J. Riebel spoke to TC HEIB members about networking. With 10+ years of corporate human resources experience, Melissa knew of what she spoke. Her top 10 networking tips:

1. Be yourself - be honest, make an impression that is lasting
2. Commitment - take time to develop relationships
3. Give and Get - both people need to receive a benefit either now or later
4. Listen - take notes, really hear what others are telling you
5. Curiosity - look for clues to stimulate conversation
6. Good follow up - Do what you say you will do; do it when you say you will do it
7. Ask for help - be specific about what you need
8. Knowledge - keep abreast of current events, including industry events
9. Courage - going solo to an event can be rewarding!
10. Remember/memory - do whatever it takes to remember names and ideas (such as writing notes on the person's business card)

—Liz Gunderson and Vicky Cherne



## ..Wonderful Adventure

Continued from Page 7

ing crisp white jackets, which had never seen a morsel of food, we walked out into the open and made our way to the classroom and the beginning of our adventure.

—Betsy Crosby

*Editor's Note: This is the third article in a series that Betsy has done about her experience at the California Culinary Academy.*

## Crank Up Your Qi with the Art of Qigong

Qigong, pronounced "chi-kung" is an ancient Chinese practice, dating back 3000 to 5000 years. It is based on the intuition that feeling bad, being sick or in pain was associated with a lack of movement in the body, mind and spirit. An understanding developed that feeling good, being well and reducing pain are all connected to motion. Stagnation = illness and movement creates wellness. Traditionally, people included dance and other physical movement to create changes in the energy (Qi) of their bodies. Those changes were experienced as a release of old, blocked energies, stuck physical patterns and emotions followed by a return of energy or enhance-

ment to health.

Qigong has evolved from those ancient forms and developed into more specific methods of movement, breathing, and mental concentration. These methods and techniques are used to cure illness, promote health, develop strength and increase energy and longevity. Qigong can be a meditative exercise that helps people discover self-awareness and build internal energy in order to develop a healthy body physically and spiritually.

You can look for a class with a qualified instructor in your community, or learn qigong at home with the use of books, videos and audio tapes. For more on this ancient art, see [www.nqa.org](http://www.nqa.org).

—Cheri Olerud

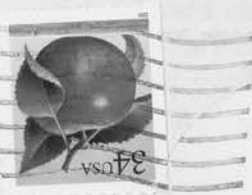
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Barbara Jo Davis  
Ken Davis Products, Inc.  
4210 Park Glen Road  
Minneapolis MN 55416

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7227 W Fish Lake Road  
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Direction



copy of Letter to Twin Cities Home Economists in Business 4/22/2002

People who know me will say that I am seldom speechless. However, when Marilyn and Ann arrived at my office with the news that I had been named Business Home Economist of the Year, I couldn't think of a thing to say! I'll say it now: I am both honored and humbled by this distinction.

Although some of you have never met me or seen me at HEIB meetings, you can rest assured that I am a great supporter of Home Economics. I believe that it should be one of the most important professions of the twenty-first century. After all, we deal with food, shelter, and clothing, basic needs that are endangered all over the world. We deal also with life skills, many of which help people survive in times of war, famine, terrorism, and even economic recessions.

Thank you for considering me worthy of the Home Economist of the Year award. There is no greater praise than that of one's colleagues.

*Barbara J. Davis*

**RICHARD A. SHAEFFER**  
**4942 Weston Court North**  
**Plymouth, Minnesota 55446**  
**(763) 559-4943**  
**shaeffers@attbi.com**

Ms. Barbara Jo Davis  
President  
Ken Davis Products, Inc.  
4210 Park Glen Road  
Minneapolis, MN 55416

March 6, 2002

Dear Barbara Jo,

It was so good to see you again yesterday. I enjoyed the chance to catch up with you and learn more about your business and how small businesses operate. You gave me some thought-provoking perspectives and our conversation has helped prepare me just a little bit more for life as a small business owner. It definitely sounds challenging, but exciting. A family atmosphere such as you have created with your business is something I would hope to be able to create as well.

I really appreciated the contacts you gave me. I will follow up with Chuck Modele and Jim McLaughlin in the next few weeks, and try to get to know Main Street Bank. Is there a particular contact there that I should talk to? If not, I will just try to contact them at their general number. I will save the other contacts you gave me until I am closer to a specific acquisition.

Again, I really want to thank you and offer my help if you need anything that I can help you with. Just call! It was great to see you again. Please keep in touch.

Best regards,



Rick

P.S.: A little trivia that you probably already know: I learned from my French teacher the derivation of the word "Bar-B-Q". Apparently it comes from the French expression "Barbe à queue", which means "beard to tail" and was used to describe the process of roasting a pig whole, i.e., from his beard to his tail!!



343 E 1350 NORTH  
WHEATFIELD, IN 46392

To Whom It May Concern -

I recently had to relocate to Indiana from Minnesota. And now I find with summer and the Bar-B-Que season approaching, the one thing that I am going to miss the most is "Ken Davis B-B-Q" sauce.

Needless to say, they do not have your great product in Indiana. This is the reason for my letter. Is there anyway you could send me a case of your excellent "Smooth 'N Spicy" Bar-B-Q-Sauce? I could send you a check for the sauce, plus shipping and handling, or you could send it to me C.O.D. Whatever it would take, if you could do this for me, I would greatly appreciate it.

Please let me know.

HOME PHONE 219-956-3380  
WORK PHONE 219-956-4093

YOUR SAUCE IS THE BEST!!!!

Thanks so much

JANEEN DAUGHTREY  
343 E. 1350 NORTH  
WHEATFIELD IN 46392

April 20, 1993

Congratulations on being named one of the "Outstanding Independent Grocers" by PROGRESSIVE GROCER magazine! As a Minnesota corporation, we at Ken Davis Products are proud to be associated with the people who make things happen in the state. Keep up the good work!

If you have questions or concerns about any of our barbecue sauces, please feel free to call.

Sincerely

BARBARA JO DAVIS, President

*Saved: Grocers*



GENERAL OFFICE  
1605 COUNTY ROAD 101  
PLYMOUTH, MINNESOTA 55447  
PHONE 473-1387  
FAX 473-3424

May 4, 1993

Barbara Jo Davis  
Ken Davis Products, Inc.  
4210 Parkglen Road  
Minneapolis, MN  
55416

Dear Barbara:

Thank you for acknowledging the recognition we recently received from Progressive Grocer. My wife, our three children, and I will enjoy the Bar-B-Que sauces you sent as we start to enjoy the nice weather and the use of our grill.

I appreciate your thoughtfulness. I hope you and Ken Davis Products will have a great summer season.

Best wishes.

Sincerely,

A handwritten signature in cursive script that reads 'Steve Erickson'. The signature is fluid and stylized, with the first and last names being clearly legible.

Steve Erickson

SE/ms