

unity



Celebrating Food, Art & Culture

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Cut from an
entrepreneurial cloth

INSIDE:

Fitting final stop for Railroad's 'conductor'
Midwives' presence grows across the country

Unity is published in February (African-American History Month), March (Women's History Month), May (Asian-Pacific American Heritage Month), June (Sustainability Issue), September (Hispanic Heritage Month) and November (Native American Heritage Month).

Midwives' presence grows across the U.S.



Gina Gerboth works up to 60 hours per week as a midwife.
Photo by Melissa Calvert

As a chemistry major at the Colorado School of Mines and a political science major at the University of California at Denver during the '90s, midwifery and home births were the last things on Gina Gerboth's mind.

That changed in 2000, after she gave birth to her second son. "When I had my hospital birth (for her first son) ... we had quite a lot of breastfeeding problems," Gerboth recalls. "I decided to do things differently with my second son," who was not born at a hospital.

After that, Gerboth became a breastfeeding peer counselor, and then a midwife apprentice. In 2009, she gained experience at a birth clinic in Indonesia. At the time, she says, it was the only location where she could get hands-on experience. "In five weeks, I did 35 births there," she says.

Gerboth earned Certified Professional Midwife status in 2010 from the North American Registry of Midwives. Five years later, she earned a master's degree in public health – with a concentration in maternal and child health – from the Colorado School of Public Health.

Her first birth as a midwife (while being supervised) took place in 2009. A year later, she was solely responsible for her first midwifery birth.

In Denver, Gerboth can assist with births only at the mothers' homes. "I usually care for about 36 women a year, kind of averaging three per month," she says. "That's sort of gradually increased every year" since she began with 12 deliveries in her first year. Gerboth spends 20 to 60 hours per week as a midwife through her practice, Home Sweet Homebirth (<https://midwifegina.com>).

In terms of births, certain months and years are busier than others.

"September is always busy, and then I'm always busy in December," Gerboth notes. "When we won the (2016) Super Bowl in Colorado, we had what we called the (rise in the number of) Super Bowl babies" about nine months after the game.

The American College of Nurse-Midwives represents certified nurse-midwives (CNMs) and certified midwives (CMs) in the United States. According to ACNM's American Midwifery Certification Board, there were 11,194 CNMs and 97 CMs in the U.S. in 2015.

Cut from an entrepreneurial cloth



Brenna Lane, one of Detroit Denim's partners, has been sewing since age 7. Photos courtesy of Detroit Denim Co.

What can you do when your boss is unable to pay for the extra hours you've worked voluntarily at a job you adore? Consider the approach Brenna Lane took in 2012, when she asked for an equity stake in the company. Once the request was granted, Lane became a partner in the bespoke apparel maker known as Detroit Denim Co.

"I was a student and tired of waitressing to pay for grad school," Lane recalls about that period. After a hasty internet search, "the only job that came up in my neighborhood was this sewing position (in a Craigslist ad). I had been away from sewing for about four or five years, but I thought, 'Well, this is perfect. I love to do this.' I was getting over a breakup and I was sad, and making things with my hands was so relaxing and peaceful and joyful."

Lane's grandmother taught her to sew while she was growing up in Royal Oak, Michigan. The first item the 7-year-old made under her grandmother's tutelage was a cross-stitch sampler.

"She was very critical of my first cross-stitch. She said, 'You're not taking this seriously,' and I loved that," says Lane, because it made her realize that the craft deserved her attention and respect.

Lane has sewn practically all of her life. Aside from a few classes in high school she's earned her sewing "credentials" independently. "You can be taught the fundamentals, but you really learn from exploring on your own," she asserts. Her longest break from sewing came while she was waitressing and working on her graduate degree in anthropology from Wayne State University. That's when Detroit Denim, and owner Eric Yelsma, entered her life.

"Eric and I got along exceptionally well and we were polar opposites. It was so rewarding to work with him because we complemented each other so well (she's organized; he's creative)."

Their complementary relationship eventually turned into a romantic one. By fall 2017, Lane and Yelsma were making plans to wed in 2018.

Detroit Denim makes about 15 handcrafted pairs of pants each day. The company introduced its women's line of jeans in 2017. Lane, who's in charge of operations and production at Detroit Denim, estimates she's personally sewn hundreds of pairs of the company's jeans.

After quitting time, she sews apparel for family and friends. "Work is love made visible," writer and poet Kahlil Gibran once said. "I very much feel that way when I sew for my family," Lane notes. At home, she's winnowed her collection of machines down to the White Sewing Machine Co.'s 1964 model. "I'm really trying to get over my antique sewing machine hoarding (obsession)," she says with a laugh.

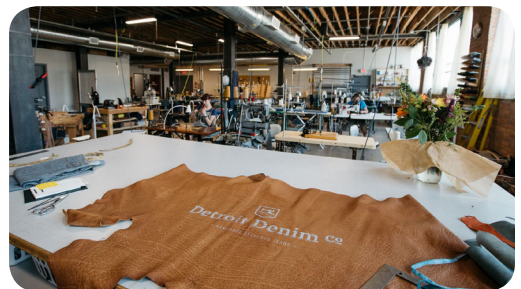
At one point, Lane was dismantling and repairing sewing machines all day for fun. These days, she's directed that energy toward her company and the industry she refers to as "crafts manufacturing."



Detroit Denim's product line now includes jeans for women.

What's next for Brenna Lane? For Detroit Denim, her goal is to employ 20 to 25 people. For the local industry, she envisions creating "a viable cut-and-sew ecosystem in Detroit" of cutters, finishers, swing machine mechanics and others.

"I would really love to see Detroit become a cut-and-sew destination facility," says Lane. "I think it's just a really exciting time to be in the apparel industry."



Incorporated in 2010, Detroit Denim makes jeans and other apparel items by hand.

Demonstrative works, distinctive messages

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The women featured in this edition of *Unity* have created intricate and powerful images by using paper and clay.



"Girl With Fabric Scarf" by Yolanda Ward



"Girl With Fabric Scarf II" by Yolanda Ward

YOLANDA WARD

Yolanda Ward participated in an outreach program run by college students in a Philadelphia neighborhood park. One day she sat next to, and watched, one of the students draw in her sketchbook. At that moment, Ward knew she would be an artist.

After studying at the Art Institute of Pittsburgh and what is now known as University of the Arts, Ward worked as a creative director in corporate America for many years. When she received a pink slip, she decided to become a professional artist.

Ward refers to herself as a paper collage artist. She now makes her own paper and combines it with vintage paper to form her images. The work selected for this publication comprises small pieces of paper and no paint.



"Girl With Fabric Scarf IV" by Yolanda Ward

"Girl With Fabric Scarf" is the first in a series. "The bits of paper represent the layered, textured and multidimensional aspects of the African-American woman," Ward says. "The pattern not only creates the form of the face but also gives expression to it. Her scarf laying freely over her shoulder and her piercing eyes say, 'I have a story to tell.'"

Ward says the texture and translucency of the woman's eyes in "Girl With Fabric Scarf II" can give you a glimpse into her soul and the green color in her scarf symbolizes growth, self-respect and harmony. The woman's eyes in "Girl With Fabric Scarf IV" speak to the viewer first, says Ward. "She's the watcher and the nurturer. Her yellow scarf represents the wisdom and optimism that she shares with all who she encounters."

It is Ward's hope that her work reflects the strength and complexities of women in her current community in Philadelphia and throughout history.

MARIELLA BISSON



"From Boulder" by Mariella Bisson

Mariella Bisson was born in the Green Mountains of northern Vermont in a house, she says, that was once owned by Robert Frost. After graduating from high school and spending a year in Europe, Bisson went to New York and received a BFA in drawing from Pratt Institute in Brooklyn, New York, and an MS in museum education from Bank Street College of

Education in New York City. During a visit to the Catskill Mountains in New York, Bisson fell in love with the area and eventually moved there.

Bisson creates paintings and mixed media works on linen. When she began drawing waterfalls in the Woodstock, New York area, she was not satisfied with the typically flat depiction of the rocky waterfalls. Instead, she began creating the images out of hundreds of pieces of paper glued into position, like fragments of a mosaic. To create these collages, she begins by drawing an on-site rendering of a scene using watercolor and/or gouache. Once in the studio, she translates the painting into a collage with layers of paint, paper and charcoal that create surfaces emulating the textures of rock, water and foliage – as evident in her piece, "From Boulder."

In "Sunlight and Shadow Falls," the left side is cool with colors of deep blue and black where the sunlight



"Sunlight and Shadow Falls" by Mariella Bisson

cannot penetrate the darkness. On the right side of the waterfall, there is warmth with a subtle hint of burnt sienna.

Bisson says one of the largest paintings she has ever done is "Drop Shadow Falls." In artistic terms, "drop shadow" is the process of making flat images appear three-dimensional. Bisson says each rock in this painting has a drop shadow emphasizing the depths of landscape space.



"Drop Shadow Falls"
by Mariella Bisson

Bisson's goal is to bring calmness, beauty and hopeful energy to places where her work is shown.

BARBARA KARYO

Growing up in Brooklyn, New York, Barbara Karyo was always drawing and making things. She was also a dancer, which led her to believe she would someday be a costume designer. While pursuing an MFA in painting and drawing at Pratt Institute, Brooklyn, New York, an elective course in ceramics caused a shift in her focus. She fell in love with clay!

Karyo, who lives in Glen Head, New York, credits her studies in pattern making for helping her to understand how to create three-dimensional forms. After seeing the famous "Scarab Vase" by Adelaide Alsop Robineau, she was moved to create "Signs of Spring," one of her earlier works. "I decided to try detailed carving and was inspired by the images of birds and the cycle of life," she says.

"Mood Indigo" was created for an exhibit titled "Blue." She chose to use a traditional blue china pattern on the cup and a historic blue pattern on the shirt as an homage to the color indigo.



"Signs of Spring," by Barbara Karyo

"The Ambiguity of Bones," says Karyo, "is a deliberate form of elegance with touches of gold in the style of early 19th-century French pottery.

"My goal," she says, "is to do work that is so personally expressive that it resonates with the viewer at the elemental places we all share."



"Mood Indigo" by Barbara Karyo



"The Ambiguity of Bones" by Barbara Karyo

Marvelous mavens of the culinary world

There are thousands of women working as chefs throughout the world today, but we're highlighting four of the most multifaceted ones – famous cooks and celebrity chefs that even your mom has heard of (and one she's bound to hear more about in the coming years).



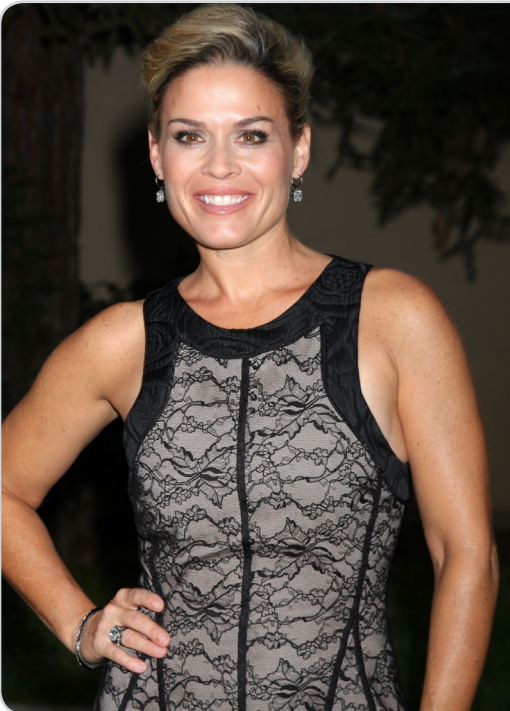
Lidia Bastianich

An Emmy award-winning public television host, Lidia Bastianich has amassed an expansive culinary and entertainment empire. The reina (queen) of Italian cooking stars in "Lidia Celebrates America" on public television. You can also tune in to her YouTube channel, "Tutto Lidia," every week.

Her media company is Tavola Productions, which produces myriad broadcasts.

She is the chef/owner of restaurants – Felidia, Becco, Esca and Del Posto in New York City – plus Lidia's Pittsburgh and Lidia's Kansas City with daughter Tanya). She and her son, Joe, opened Eatly, an artisanal, Italian food-and-wine marketplace, in the Flatiron District of New York City and at the World Trade Center. Her Eatly marketplaces are in five cities, with another location scheduled to open in Toronto, Canada.

Bastianich's most-recent cookbook is "Lidia's Celebrate Like an American" (published in 2017).



Cat Cora

Six years after her debut on cable TV, Cat Cora made history in 2005 as the first female Iron Chef on the "Iron Chef America" competition show.

The recipient of Bon Appétit magazine's Teacher of the Year" in 2006, Cora soon became the publication's executive chef.

Cora, who hails from Jackson, Mississippi, was raised in a close-knit Greek family. The three cookbooks she's written feature recipes that reflect her Mediterranean heritage.

In 2004, Cora founded Chefs for Humanity after a devastating tsunami crippled many parts of Asia. When Hurricane Katrina hit the U.S. Gulf Coast a year later, Cora and fellow chefs cooked and fed hundreds of hurricane victims and relief workers in Mississippi. And in 2010, Cora joined first lady Michelle Obama's Chefs Move to Schools program that focuses on combatting childhood obesity.

She has opened more than 18 eateries – the latest in fall 2017 – in the U.S. and Singapore.



Giada De Laurentiis

In 2017, rumor had it that Giada De Laurentiis was leaving The Food Network to launch a “beauty company.” Not true, De Laurentiis announced on giadzy.com, her lifestyle website. Given De Laurentiis’ presence on multiple media platforms, it’s easy to understand why people thought she was leaving the network that arguably launched her into superstardom.

In 2012, De Laurentiis partnered with a nonprofit to install a “learning garden” at Foster Elementary School in Compton, California. She regularly visits the school.

Giada, the restaurant she opened in the heart of Las Vegas, Nevada, has been open since 2014. And her pasta sauces, pasta tools, sauces and spice rubs are sold at Williams Sonoma.

The Emmy winner stars in six Food Network shows and a show on the Cooking Channel, and she’s a contributor on NBC’s “Today” show. Her ninth cookbook, “Giada’s Italy,” is scheduled to be published in April 2018.



Barbara Lynch

James Beard Award-winner Barbara Lynch is regarded as one of Boston’s – and the nation’s – leading chefs and restaurant owners. At age 13, she got her first kitchen job as a cook at a South Boston rectory. During high school, she worked at Boston’s St. Botolph Club.

While in her twenties, Lynch worked under some great culinary talents. She then went to Italy, where she learned about Italian cooking and food from local women. Back in Boston, she became the executive chef at Galleria Italiana. She was also named one of Food & Wine magazine’s Ten New Best Chefs in America.

In 1998, Lynch opened her first restaurant, No. 9 Park, in Boston. No. 9 Park is now one of seven dining establishments in the Barbara Lynch Gruppo portfolio (Lynch is the CEO).

Her 2017 book, “Out of Line: A Life of Playing With Fire,” details her difficult childhood and seemingly improbable rise to fame.

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Fitting final stop for Railroad's 'conductor'

Whether Harriet Tubman will ever replace Andrew Jackson on the \$20 bill is debatable (at least as we write this in early 2018). What will never be disputed is her role as the "conductor" who led hundreds of slaves to freedom via the Underground Railroad.

The legacy of Tubman – who was once a slave – is the reason the National Park Service opened the Harriet Tubman Underground Railroad National Historic Park (<https://www.nps.gov/hatu/index.htm>). March 11 is the one-year anniversary of the park's debut in Church Creek, Maryland.

The park's visitor's center houses permanent exhibits, a museum store, an information desk and a research library. It's located along the Eastern Shore, where Tubman lived as a child and adult. Tubman (birth name: Araminta Ross) was born circa 1822. Her slave holder moved Tubman, her mother and siblings to his farm in Bucktown. At age 6, she was rented out and forced to tend to other masters' children, and catch and trap muskrats in the Blackwater River. She and her family were separated on numerous occasions.

She was still a slave when she married John Tubman, a free man, and changed her name to Harriet Tubman. When her slaveholder died in 1849, she escaped to Philadelphia, Pennsylvania, in order to avoid being sold by his widow.

From 1850 to 1860, Tubman returned to Maryland 13 times and led 70 slaves to freedom in Philadelphia and Canada. She also went to Port Royal,



Harriet Tubman. Photo courtesy of the Library of Congress

South Carolina, in 1862 as a Union spy to help Union generals recruit African-American troops, and to nurse injured soldiers.

She died on March 10, 1913 in Auburn, New York, after co-founding the National Association of Colored Women, adopting a child and marrying Civil War veteran Nelson Davis.

During her many trips on the Underground Railroad, Tubman used the landscapes and waterways of Maryland's Eastern Shore as sanctuary. The park that bears her name also encompasses 25,000 acres of federal, state and private lands in Dorchester County. There are three distinct areas:

- **Stewart's Canal**, dug by free and enslaved African-Americans from 1810 to 1832. Tubman honed crucial outdoor skills while navigating the canal and working in nearby timbering operations with her father, Ben Ross.
- **Home site of Jacob Jackson**, a free African-American man who received a coded letter to help Tubman communicate with her family.
- **The Harriet Tubman Underground Railroad Byway**, a 125-mile, scenic road from which two dozen historic sites and areas linked to Tubman can be seen.

In December 2014, Congress created Harriet Tubman Underground Railroad National Historical Park in Maryland. A 2013 presidential proclamation had created the Harriet Tubman Underground Railroad National Monument in Dorchester County, Maryland, to recognize Tubman and the Underground Railroad. The monument and the park are now administered as a single unit, Harriet Tubman Underground Railroad National Historical Park.

A separate facility, The Tubman Museum and Education Center in Cambridge, Maryland, has been open since the 1980s. Visit <http://visitdorchester.org/harriet-tubman-museum-educational-center> for more information.



The front of the Harriet Tubman Underground Railroad Visitor Center, designed as "The View North," denotes the possibilities of freedom offered in the North. NPS Photo/ Beth Parnicza

On the cover: One woman's passion for sewing leads to a profitable business partnership. Published six times per year, *Unity* is exclusively distributed to clients of Thompson Hospitality and Compass Group, both world leaders in foodservice. To contact us, send an email to marketing@thompsonhospitalityjv.com. ©2018 Thompson Hospitality and Compass Group. Produced by Content Spectrum.

