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### **PRESIDENT'S MESSAGE**

Bonjour tout le monde,

This year, especially, I wish for you an active and healthy spring and summer season. As the pandemic hopefully winds down, we'll gradually resume "normal" life, even though we might find that it's a new norm. As for Sister City, we hope to gradually bring back our traditional activities as the local and international situation permits. It may feel for a while like starting over, but we'll keep in touch and look forward to seeing many of you at local events sometime in the coming year. Amusez-vous bien!

A la prochaine fois,

*Judy*

Judy Hansen, FSCA President

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**OUR WEB SITE** Thomas Baer

**Please check out** <https://fredericksburgfrejus.com> for other news, previous newsletters, student exchanges and more. Please share with friends, former, and potential FSCA members

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### **MEMBERSHIP NEWS** – Nancie Lightner

Dear members, As the Directors voted to exempt member dues for 2021 for those members who paid dues in 2020 I want to remind you that any extra donations or contributions to FSCA are always greatly appreciated. For your convenience, I invite you to click on our website, <https://fredericksburgfrejus.com> and use the membership application that is there.

Still confident the pandemic will be over, I am looking forward to future events and participation. I continue to expand our membership committee. If you are interested in helping with greeting prospective members and/or are knowledgeable in EXCEL spreadsheet date input, contact me - Nancie Lightner, Membership Chair [ncblightner2014@yahoo.com](mailto:ncblightner2014@yahoo.com) or call me at 434-378-1556

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## NEWS FROM FRÉJUS



Maryse Rigoulot  
Director of Fredericksburg Section

Dear friends,

Our pecan tree is now 2 years old and is going very well. No wonder ! It has been proved that the air is purer after one year of slower traffic ... At least the pandemic will have had some positive consequences.

However , we are aware that we won't harvest pecans for a number of years.



Just for you – here is the text on the board in English:

*This pecan tree is the symbol of French - American friendship. It was planted on March 13, 2019 to honor Thomas Jefferson, third President of the United States of America and a Virginia state native, who stopped in Fréjus while travelling in the south of France in 1787 .*

Keep safe, Maryse



## HISTORY HIGHLIGHTS



**Remembering the good times. With hope that What is Past is Prologue**

2018  
French Student Group Are here in July



A group photo before leaving Fréjus



Lake Anna at Leigh and Bob Dowd's home was for us one of the most looked forward to days/per French group



Celebrating the world cup finals together. France won the whole thing and we did it potluck brunch style with the families getting to share their favorite breakfast items.



We went to Yorktown this year instead of Charlottesville to celebrate a different French connection with Lafayette.



More from 2018 on the next page

**Bastille Day**

**BASTILLE DAY, July 14, 2018:** With excellent weather and another superb joint effort by FSCA volunteers, the annual Bastille Day celebration in Market Square drew a happy crowd



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## 2019

### **Mardi Gras Party – March 2**

We started the year off with a fun Mardi Gras evening at the home of Lori and Roy Kessinger.

The Directors provided Jambalaya, red beans and rice, French baguettes, salad, King Cake, soft drinks, and wine. Others brought hors d'oeuvres, finger food, dessert and, of course – more wine.

Costumes were encouraged! Judging and Prizes were awarded! Sadly I had no photographs and could not find anyone else who could help. If you were there we are sure you had a great time.



**Laissez le bon temps rouler**

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## Joint Dinner with all Fredericksburg Sister City Groups in April



On April 5<sup>th</sup> we had a delightful evening visiting with members of our other Sister City Group and sampled the cuisine from the sister countries.

**Sister Cities of Fredericksburg, Virginia are:** Frejus, France , Schwetzingen, Germany , Este, Italy , Kathmandu, Nepal and Prince's Town, Ghana.

To know more about each Sister City visit [Sister Cities | Fredericksburg, VA - Official Website \(fredericksburgva.gov\)](http://fredericksburgva.gov)

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## In July our Student Group traveled to France

Chaperones Kristin Moeller and Catherine Warder report a wonderful and successful trip to France in July. They reminded us that every year there are a few traditions, including a potluck on the beach for Bastille day and the kids performing karaoke with their hosts at the farewell dinner party.



We spent a morning on the Med kayaking and paddle boarding. A hit with everyone!



Bastille Day celebration at the beach

more on the next page



Farewell Dinner - This year the kids were asked to dress Up and we had some go all out. Humm! I wonder?

Paris at last! What memories we share.

## Bastille Day Celebration

**BASTILLE DAY, July 14, 2019:** With perfect weather and a superb joint effort by FSCA volunteers, the annual Bastille Day celebration in Market Square drew a happy crowd. Our thanks went out to Bennie of *Normandie Cuisine* and Renee of *Crepes and Cakes* for delicious French-themed food. Kudos to *Acoustic Onion* as well as to singers Mandy Carr and Toni Maxine for the music.



The set-up crew arrived early and were ready for the crowd..... and they came

more on the next page



Mayor Greenlaw came to support the event.....the crowd gathers and Wilbur & Dave got busy



Happy people visiting, eating, drinking, dancing and enjoy the great music throughout the day.

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**Looking forward to the day we can gather and  
celebrate another Bastille Day Event**

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## Directors 2018-2019

Judith Hansen - President  
Kristen Moeller – 1<sup>st</sup> Vice President – Student Exchanges  
Roy Kessinger 2<sup>nd</sup> Vice President – Membership  
Cathy Herndon – Secretary  
Steve Beauch – Treasurer  
Wilbur Brown – Historian  
Dr. Craig Vasey University of Mary Washington Liaison, Public Relations  
Dr. Robert Antozzi – City of Fredericksburg Liaison, Sports Exchange  
Kathryn R. Willis – Fundraising  
Davy Jennings – Audio/Visual  
Thomas Baer – Website  
Lori Kessinger – Ex-officio  
Bill Beck – Immediate Past President

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**History Highlights** ..... We have now shared History Highlights from 1979 through 2019 with you since March, 2020. As we remain in the Pandemic mode I wonder what our June newsletter will be like. I have enjoyed doing the newsletter. A special Thank You to all the members who helped me with photos and stories that I could not locate in my files. I say “Merci mille fois” to all of those who have helped and sent me comments over this past year.

Check out the next newsletter when it arrives in June and see what we will be posting now. As to the Pandemic -This too shall pass. Be safe out there.

Phyllis Whitley, Editor

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A Bonus Story for you.....

## Four Weeks That Shook American Gastronomy

December 17th, 2020 by Clément Thiery  
[#Gastronomy](#), [#Provence](#)

Fifty years ago in December 1970, the cream of Francophile American gourmets — including Julia Child, author M.F.K. Fisher, and chef James Beard — met in Provence. Their experience and the meals they cooked paradoxically heralded the birth of modern American cuisine.

Back in 1970, the United States was governed by a two-speed food system. Supermarkets were gradually crowding out local grocers, and homemakers' shopping carts were overflowing with standardized, industrial products such as cans of Campbell's soup, Kraft macaroni and cheese, and loaves of sliced Wonder Bread. On the other end of the spectrum, an obsequious, well-heeled clientele continued to champion the only cuisine they thought was worth eating, French **haute cuisine**, which had remained practically unchanged since Escoffier.

It was during this time that Julia Child — who had just published the second volume of her best-seller **Mastering the Art of French Cooking** — and her husband Paul set off for Provence. They had arranged to meet their friends in their vacation home a few miles from Grasse for the holidays. Guests included the cheery and chubby-cheeked James Beard, who was delighted to leave the clinic where he was undergoing weight-loss treatment, self-taught chef Richard Olney, who lived in a village northeast of Toulon, and **New Yorker** journalist M.F.K. Fisher, the author of **The Art of Eating**, who had spent several years in Dijon and Aix-en-Provence.

“Provence is where it had all started,” writes author Luke Barr, M.F.K. Fisher's grandnephew, in **Provence, 1970**, the book he devoted to this elite encounter between the leading gourmet group of Francophile American food writers. “It was a place that epitomized the food-centered culture and philosophy the group stood for, a place where life and cooking and style all intertwined so easily.”

The life of the household was punctuated with lunches, trips to local greengrocers and cheese shops, and visits to Cannes, the Maeght Foundation in Saint-Paul, and the Rosary Chapel in Vence, decorated by Matisse. The kitchen was the main room in the Childs' home. James Beard improvised a tomato and chard soup, and Julia Child prepared a copious Christmas dinner with two geese stuffed with pork sausage, chestnuts, and prunes, a ham in parsleyed aspic, and a **bûche de Noël**! Meanwhile, Paul Child concocted an aperitif cocktail with Dubonnet, vermouth, orange essence, and amber rum.

Behind this warm, welcoming atmosphere, a “seismic shift” was brewing, according to Luke Barr. “This was the moment these American food icons, who all fell in love with cooking in France and grew up revering French cuisine, decided to move away from it, at least a little.” Julia Child was tired of her role in her cooking show **The French Chef**. She wanted to try her hand at other dishes and explore different cuisines. M.F.K. Fisher had always dreamed of retiring to the South of France, having spent many happy years there in her life, but decided to move to California. Meanwhile, James Beard set about writing a book on regional American cuisine.

“They realized that French **haute cuisine** was not the only way and that there could be a great American cuisine,” says Luke Barr. In short, it was a declaration of independence. In August 1971, Alice Waters opened her restaurant

Chez Panisse in Berkeley, a pioneer of the farm-to-table movement. Two years later, James Beard published **Beard on Bread**, the book that taught a whole generation how to cook authentic French bread at home. In the words of Luke Barr, “They may not have changed the world, but they changed the way we eat today!”

Provence, 1970 by **Luke Barr**, *Clarkson Potter*, 2014.

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## **FSCA DIRECTORS – 2021**

*Merci mille fois to all our Directors for agreeing to lead us in 2021*

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