

THE INSERT

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The GCC Edition



Brothers, Kappa Psi's 59th Grand Council Convention is nearly upon us! To help you prepare, we have created this special edition of The Insert to act as a guide to your stay in beautiful Washington D.C. America's capital is home to many amazing landmarks that showcase our country's culture and history. We hope this will help you to make the best of your time away from home and that you have a wonderful time meeting Brothers from all over the United States!

Schedule At A Glance

WED
7/17

9:00 am - 5:00 pm Registration
4:00 pm - 5:00 pm Continuing Education I
6:00 pm - 8:00 pm General Session I
8:00 pm - 11:00 pm Opening Reception

THUR
7/18

8:00 am - 9:00 am Continuing Education II
9:00 am - 11:00 am General Session II
12:30 pm - 2:30 pm Scholarship and Awards Luncheon
3:00 pm - 6:00 pm Meet the Candidates Forum
7:00 pm - 10:00 pm Kappa Psi Foundation Top Golf Event

FRI
7/19

8:00 am - 9:00 am Continuing Education III
9:15 am - 12:00 pm General Session III
1:30 pm - 2:30 pm Workshop I
2:45 pm - 3:45 pm Workshop II
4:00 pm - 5:00 pm Workshop III, Continuing Education IV

SAT
7/20

8:00 am - 9:00 am Continuing Education V
9:15 am - 12:00 pm General Session IV
6:00 pm - 8:00 pm Chapter Sales
8:00 pm - 11:59 pm Evening Activities (incl. Kappa Psi Foundation Events)

SUN
7/21

7:00 am - 8:00 am Continuing Education VI
8:15 am - 12:00 pm General Session V
1:30 pm - 5:00 pm General Session VI
6:00 pm - 7:00 pm Alpha Chapter Reception
7:00 pm - 11:00 pm Kappa Psi 140th Anniversary Banquet

Hotel Information

Grand Hyatt Washington
1000 H St. NW
Washington, DC 20001
Click [here](#) for more details

- Free Internet Access
- Business Services
- Concierge & Room Service
- 20 min. walk to the National Mall
- On-site Restaurant
- 24 Hour Fitness Center
- Valet & Self Parking
- Lobby Connection to Metro Center

Travel Information

Flying

- Ronald Reagan Washington National Airport (DCA)
 - 4 miles from the Grand Hyatt
- Dulles International Airport (IAD)
 - 27 miles from the Grand Hyatt
- Baltimore Washington International Airport (BWI)
 - 34 miles from the Grand Hyatt

Rail

- Union Station
 - 2 miles from the Grand Hyatt

Driving

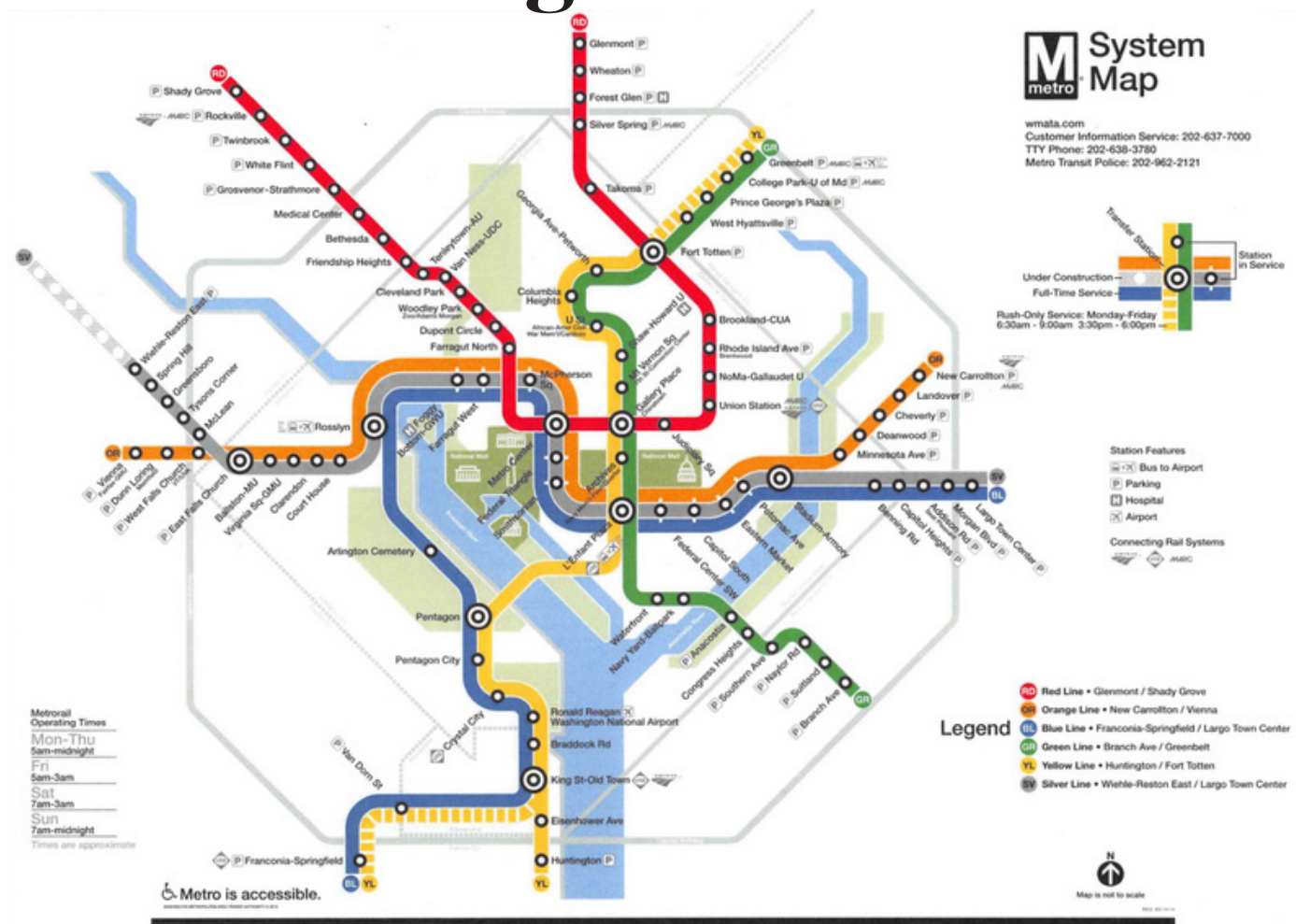
- Valet Parking at the Grand Hyatt
 - \$33 to \$62 depending on time/vehicle
- Self Parking at the Grand Hyatt
 - \$10 to \$42 depending on time

Getting Around DC

Metro Center Station

- Stop in hotel lobby
- 4 Lines: Red, Orange, Silver, and Blue
- Hotel Exit: 11th and G Street for hotel entry
- Metro fares vary by time of day and distance travelled
- SmarTrip Cards used to pay for Metro and Bus fares can be purchased at any station or online.

Getting Around DC





Landmarks

National Mall Monuments

Thomas Jefferson Memorial

- Free to visit
- Holds a 19' tall statue of Thomas Jefferson
- Overlooks the Tidal Basin
- Building is completely open to the elements
- Forms one of the anchor points of the National Mall



Lincoln Memorial

- Free to visit
- Holds a 19' tall statue of Abraham Lincoln
- Overlooks the Reflecting Pool
- Contains inscriptions of Lincoln's Gettysburg Address and his second inaugural speech
- Holds Martin Luther King Jr's "I Have a Dream" speech



Washington Monument

- Free to visit
- Inside is currently closed due to construction
- Marble tower is 555' tall, making it the world's tallest obelisk/predominantly stone structure.



Vietnam Veterans Memorial

- Free to visit
- Honors service members who fought in the Vietnam War
- Three Parts: Memorial Wall, "The Three Soldiers", and the Women's Memorial



National Mall Monuments

World War II Memorial

- Free to visit
- Honors those who served in World War II
- 56 pillars symbolizing each state and US territory
- Freedom wall has 4,084 gold stars, each representing 100 Americans who died in the war

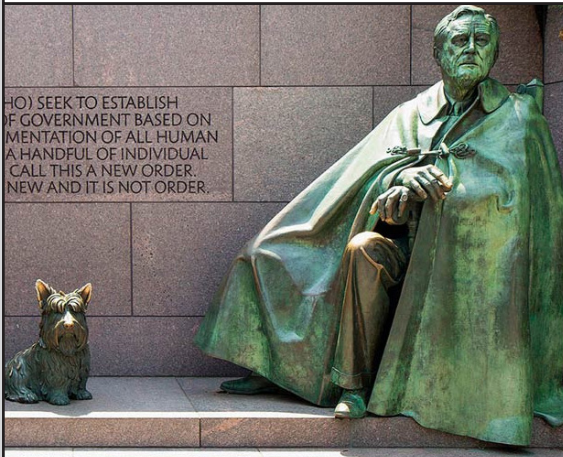


Korean War Veterans Memorial

- Free to visit
- Mural Wall has 2,500 archival photographs of troops sandblasted onto it
- 19 stainless steel statues
- Pool of Remembrance

Martin Luther King Jr. Memorial

- Free to visit
- "Stone of Hope": Granite statue of MLK Jr.
- Overlooks the Tidal Basin
- Statue emerges from two boulders, which started as one representing the Mountain of Despair



Franklin Delano Roosevelt Memorial

- Free to visit
- Traces 12 years of the history of the U.S. through a sequence of four outdoor rooms, one for each of FDR's terms of office
- Intended to be accessible to those with various physical impairments

Other Notable Places

National Archives

- Free to visit
- Holds the Bill of Rights, Constitution, and Declaration of Independence, Articles of Confederation, Louisiana Purchase Treaty, Emancipation Proclamation, and an original version of the 1297 Magna Carta



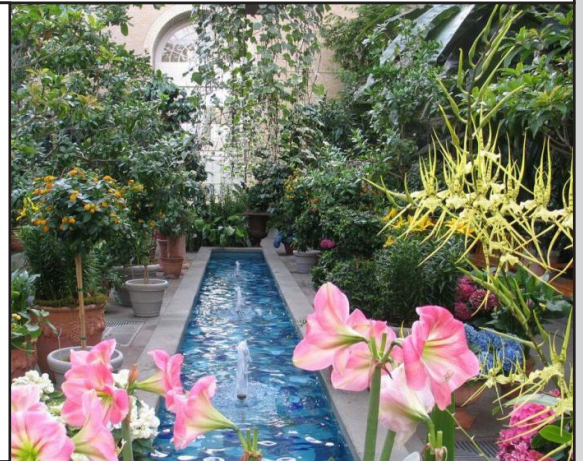
U.S. Capitol Building

- Free to visit, advanced reservations recommended
- The Crypt, Rotunda, and National Statuary Hall are open to the public
- Senate and House Galleries require separate passes



U.S. Botanical Gardens

- Free to visit
- Living plant museum
- Medical plant section
- One of the oldest botanical gardens in North America.
- Aims to promote botanical knowledge and conservation/sustainability



The White House

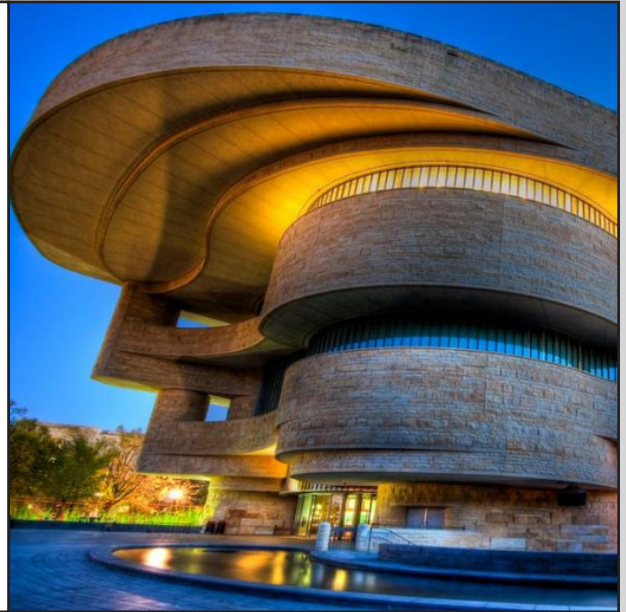
- Free to visit
- Public tour requests must be submitted through your Congressional Representative
- Requests must be submitted at least 21 days in advance



Museums

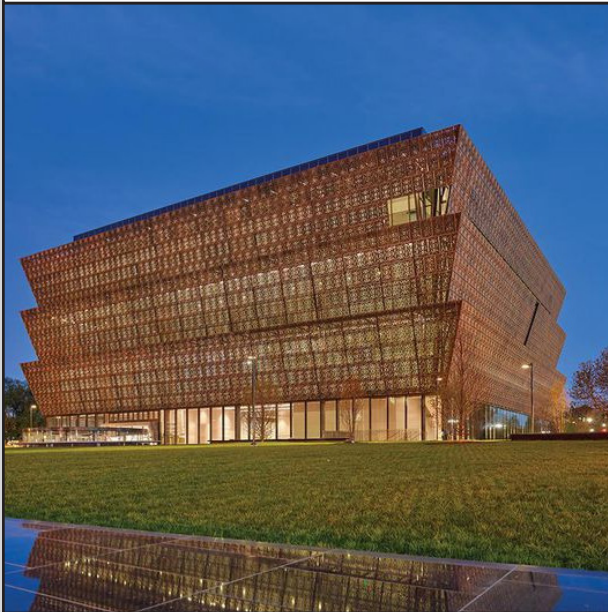
American Indian

- Free to visit
- Advancing knowledge and understanding of the Western Hemisphere's Native cultures
- Area surrounding the museum simulates wetlands that were primarily inhabited by Native Americans



African American History & Culture

- Free to visit
- Exhibits related to African American community, family, visual and performing arts, religion, civil rights, slavery, and segregation
- Newest addition to the Smithsonian Museum collection, having opened in September 2016



National Gallery of Art Sculpture Garden

- Free to visit
- Showcases several pieces from the museum's contemporary sculpture collection
- Central fountain is converted to an ice skating rink in the winter months
- Connects to the outdoor Pavilion Cafe



Museums

Natural History

- Free to visit
- Contains over 126 million specimens of plants, animals, fossils, minerals, rocks, meteorites, human remains, and cultural artifacts
- Research is carried out within the museum itself, with some areas being visible to visitors



Air & Space

- Free to visit
- Includes modern military aviation, a history of the Wright brothers, other pioneers of flight, and more
- An observatory containing four different telescopes is open to the public from 12 pm to 3 pm Wednesday - Sunday



American History

- Free to visit
- Displays the heritage of the U.S. and its social, political, cultural, scientific, and military history
- Holds the original Star Spangled Banner flown at the Battle of Baltimore during the War of 1812



Museums

Holocaust Memorial

- Free to visit, passes are timed due to limited space
- Provides for the documentation, study, and interpretation of Holocaust history
- Visitors can reflect on the events of the Holocaust by lighting a candle in the Hall of Remembrance

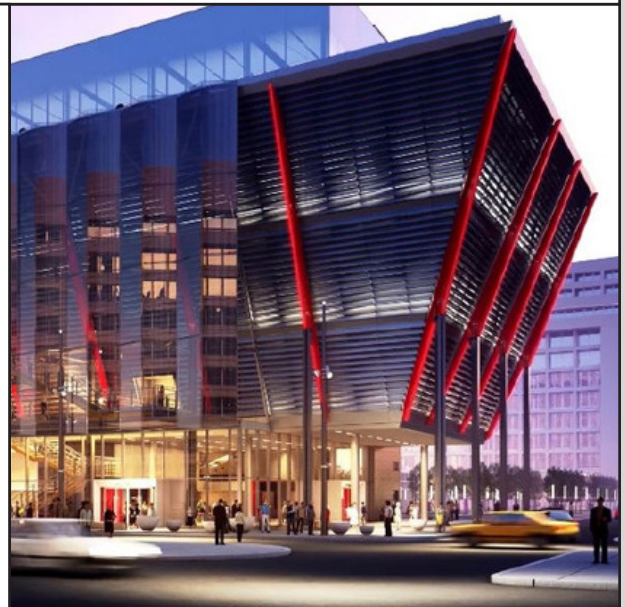


Portrait Gallery

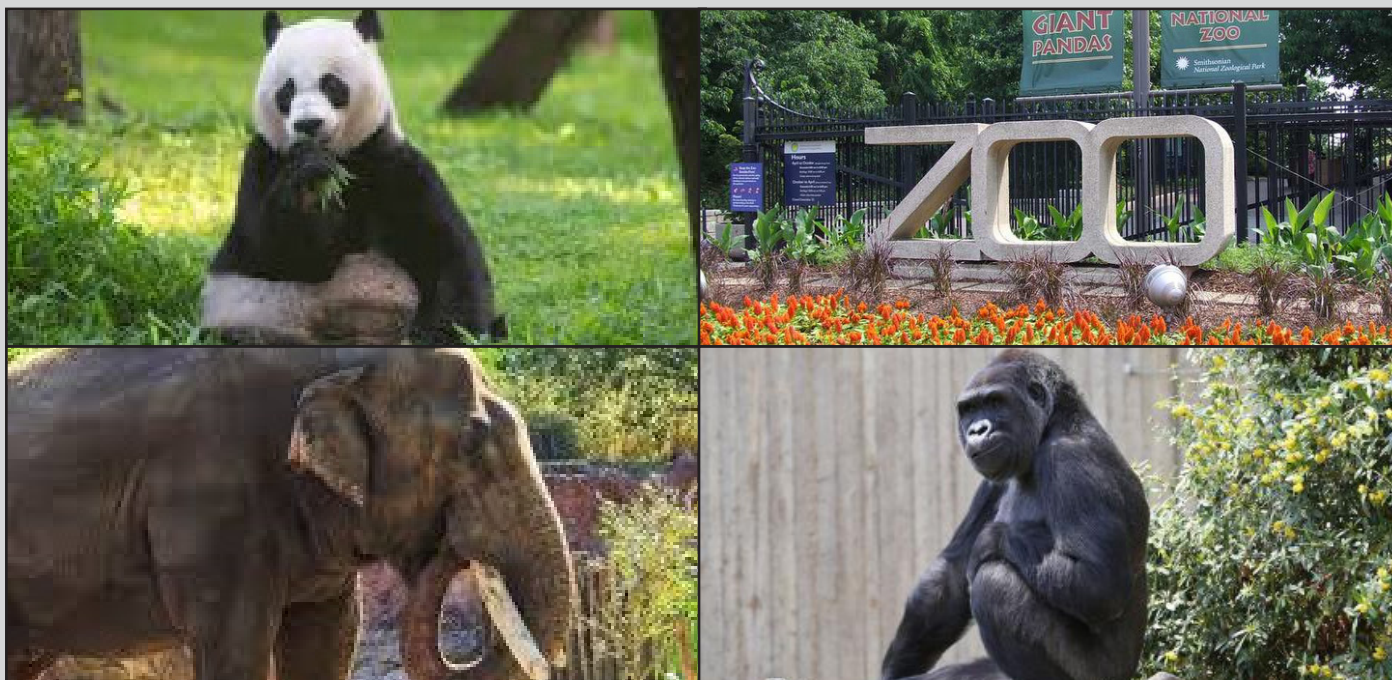
- Free to visit
- Images of famous Americans
- Hall of Presidents includes portraits of the first 44 presidents
- Housed in the Old Patent Office Building, where scale models of all patented inventions were held

Spy Museum

- Admission is \$24.95
- Dedicated to the tradecraft, history, and contemporary role of espionage
- Holds many props and gadgets used in the James Bond film series as well as other famous spy movies
- Visitors can (for a fee) participate in an undercover mission similar to an escape room



National Zoo



- Free to visit
- Home to giant pandas, otters, great apes, big cats, Asian elephants, and more
- Nearest Metro stop is Woodley Park Station
- Shuttle located near the Kid's Farm can bring you back to the entrance



Local Restaurants



Sushi Taro is Washington D.C.'s premiere restaurant for Japanese cuisine. Under the leadership of top chef, Nobu Yamazaki, Sushi Taro serves warm authentic Japanese cuisine, such as bento boxes, and sushi a la crate for lunch. Prices for the lunch menu starts at \$12. For dinner they serve four types of a multi-course meal called "Kaiseki tasting" and sushi a la carte. These courses provide the customer with a unique Japanese experience based on the course he or she chooses. Reservations are recommended for these courses. Charges for dinner start at \$80, but may leave you with a great experience.



Feeling fancy? Check out **Komi**, a modern Greek restaurant located in historic Dupont Circle townhouse. As a Michelin star-rated restaurant, Komi lives up to its expectations by providing a three hour, multi-course mediterranean style dinner. You see, at Komi, there is no menu. As a matter of fact, diners will barely know what type of dish will come out next. Fear not, because for \$165, you will have the opportunity to taste over a dozen carefully curated plates. Komi also offers wine pairings for an additional \$85. If you're in the mood for a truly one of a kind take on Greek flavors, consider Komi.

Local Restaurants

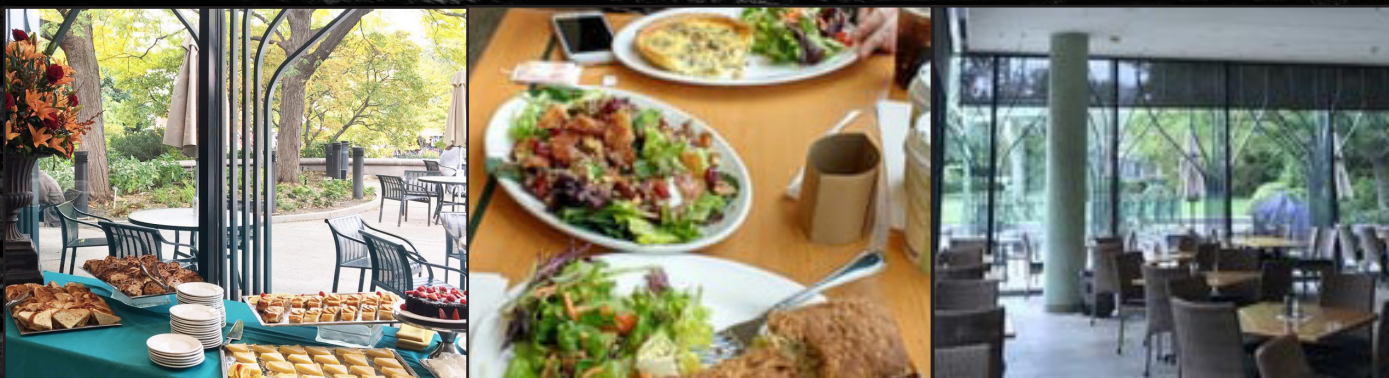


If you want deliciously good pizza from the best neighborhood pizza joint in DC then **Timber Pizza Company** is the place! All their ingredients come fresh from the Farmers Market and they even serve breakfast on the weekends. They are famously known for Neopolitan-ish wood fired pizzas like The Bentley and The Shirley. In addition to pizza, their highly reviewed non pizza item are the Empanadas. Prices ranges from \$3 - \$25. Try to get there early as the cozy restaurant gets pretty busy in the evenings. Vegan and vegetarian options are available.



Are you a cafecito lover and missing some Cuban food from back home? Well, I have a solution for you! **The Colada Shop** has an eclectic selection of Cuban food like a Media Noche sandwich. This midnight sandwich is made of ham, slow roasted pork, Swiss cheese, mustard, mayonnaise, and house made pickles all slapped on a sweet roll. Coming from the locals, this is the best item they have for \$12.63. It may be a little pricey but their serving is quite large and can fill you for a day. Also, don't forget to get a cafe cubano aka cafecito. Make sure you tell them with espumita. Trust me, you won't regret it, You will definitely catch one of our brothers there as well.

Local Restaurants



So what do you typically do first when you get to Washington D.C.? You go to the National Gallery of Art! So when you do, you are close to the **Sculpture Garden Pavilion Cafe!** Come for a garden fresh flavor of salads, sandwiches, and cheese au gratin. The best sandwich is the eggplant caprese with a mouth full of cheesy goodness and pesto sauce. For fulfilling your sweet tooth, make sure to grab a croissant or Napoleon. This location may set you back \$15 - \$20 but seems totally worth the value. Go check it out!



Maydan's story wants you to feel a sense of wonder with every bite. You'll feel like you've met new friends - a new family - who will guide you through the square to a table full of dishes. Spreads, salads, condiments, roasted and grilled vegetables, meats, and seafood coming together in unison. Michelin star-rated as a new establishment with a notable cocktail list. The price ranges from \$11 - \$30. The atmosphere is loud and lively with an excellent ambience. Highly recommended dishes include the lamb shoulder - very moist and tender on the inside and crispy and seasoned on the outside. Paired with the labneh (a very rich greek yogurt), the contrast between savory and creamy is an excellent choice. Another recommended dish is the halloumi, which is a delicious and uniquely grillable cheese rated 5/5 frequently.

Local Restaurants



Tail Up Goat is a cozy, modern Michelin star-rated restaurant tucked away in the Adams Morgan historic district. They promote their restaurant's emphasis on dining by opening around 5 and closing at 10. With a buzzing mood and infectious warm environment, this restaurant captivates you the moment you sit down. You'll have a variety of options that spread from vegan to pescatarian. Be sure to try their crispy salted cod for a juicy experience by a flavorful mayo sauce and lightened by pickled red onions. However, it doesn't stop there! The show continues with their range of freshly baked fluffy bread and their deep ranges of pasta. With choices such as seaweed sourdough and red fife sourdough, you'll have a great time for sure. For a true Mediterranean experience, try their lamb ribs topped with a date-molasses jus that will have you drooling. Accompanied by the juicy and smokey lamb ribs that nearly slides off the bone will be a tangy yogurt slaw that will cut your palate and leave you with a flavor explosion.



The Pig is a local D.C. restaurant that is highly rated by reviewers of TripAdvisor, Yelp, and related review sites. This American cuisine restaurant features a menu of creative pork and whole animal-based plates. The sizes are large and meant to be shared or not if you're like most patrons who get a taste of the dishes here. If you stumble across the Pig while in the city, start with Face Bacon - a bacon appetizer with rosemary maple and cognac mustard. After that leaves wanting more, try the Porchetta - sausage wrapped in pork belly, sauteed eat well greens, wasabi potato puree, and pork jus.

Local Restaurants



Rose's Luxury is easily accessible no matter your means of transportation, so hop on the metro and let's get rolling! Rose's wants you to know they're popular, so much that they normally have lines before they even open. The restaurant is only open for five hours (5 PM - 10 PM) six days out of the week, which means you better get your reservations in early. Now for the moment you've been waiting for....what exactly do they serve? The menu includes lychee salad, family sized brisket, house-made farfalle pasta, popcorn soup, and strawberry pasta. Their most famous dishes are the popcorn soup (served with grilled lobster) and strawberry pasta. Aside from those dishes, their delicious brisket and sweet/savory lychee salad are becoming more and more popular as the days go by. So whether you are in the mood for something small or celebrating a big victory, come by Rose's to be treated like one.



Local cuisine that offers American inspired food and drink options for all! **Founding Farmers** has been described as the Greenes Restaurant in DC and prides itself on preparing meals from scratch. The restaurant is owned by more than 40,000 family farmers of the North Dakota Farmers Union (NDFU); meals are made primarily with pure ingredients honoring the farmers and their hard-earned bounty. The prices range from \$15 - \$50. Reservations are highly suggested and farmhouse favorites include crab cake eggs Benedict, breakfast chicken and waffles, goat cheese ravioli and chicken cutlet, and IMPOSSIBLE meatloaf.

Local Restaurants



To get a sense of how popular **Old Ebbitt Grill** is, just look at the numbers. Last year, the Victorian-inspired saloon and restaurant across from the Treasury building sold more than \$33 million worth of food and drink. What draws people to this establishment in D.C.? Their mouth-watering menu options, of course! Seafood is a diner's best bet, but various preparations of oysters, crab, and mussels keep company with delicious burgers, chicken fettuccine, and roasted cauliflower presented as a main course. The fried calamari here is jazzed up with pickled cherry peppers and watercress tossed with lemon vinaigrette. This restaurant also is known for their fine, crusty crab cake, which comes with fresh creamy coleslaw, and trout flattered by a sheath of parmesan. Among the newer dishes is a pink pâté combining smoked salmon, creamed cheese, sour cream, and lemon. The appetizer comes with sheer bagel crisps and garnishes of pickled red onions and capers: breakfast for dinner. Another bangin' meal here is the fried chicken sandwich. Just picture two thighs spiked like buffalo wings and tucked inside a glossy bun with creamy slaw - definitely finger lickin' good (ask for the sandwich with a scoop of chunky potato salad)!

Alexandria, VA

Apothecary Museum

- Admission is \$5.00
- Exhibits containing authentic artifacts
- Historic apothecary shop and manufacturing room that have remained untouched since the apothecary's closing in 1933



George Washington Masonic National Memorial

- Free to visit
- Dedicated to George Washington as the first president and a Mason
- Contains an exhibit housing Native American artifacts found in archeological digs around the memorial.

Mount Vernon

- Admission is \$20.00
- Plantation of George Washington
- Situated on the bank of the Potomac River
- Tombs housing various members of the Washington family are open to the public with a daily wreath-laying ceremony.



Arlington, VA

National Cemetery

- Free to visit
- Burial site for the dead of the nation's conflicts
- Home of the Tomb of the Unknown Soldier, which is guarded 24 hours a day
- Famous "Changing of the Guard" ritual can be viewed every half hour



The Pentagon

- Free to visit the 9/11 memorial at any time, tours of the facility itself must be reserved at least 14 days in advance
- Headquarters of the United States Department of Defense

U.S. Marine Corps War Memorial

- Free to visit
- Dedicated to all U.S. Marine Corps personnel who have died in the defense of the U.S. since 1775



We hope to see everyone at the 59th GCC!

As always, we would love to hear your comments and suggestions for future editions of The Insert. Please use the QR link below to tell us what you would like to see.

