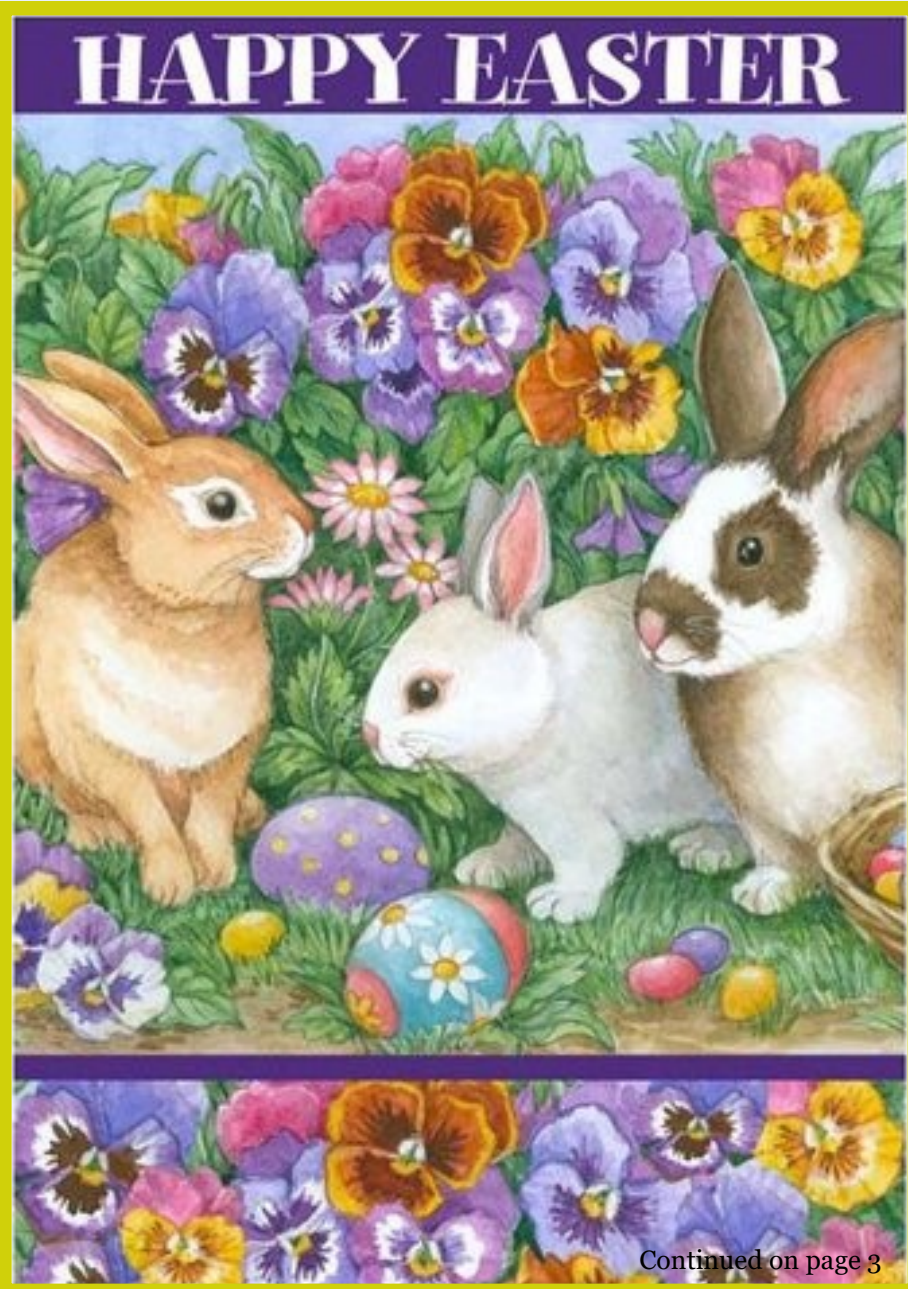


"We enhance the careers of our members through professional and personal growth"



## April 2019

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## SOMETHING TO THINK ABOUT

Good communication is the best medicine  
for a healthy association.

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## *Life on the Weil Side!*

Richard F. Weil, CFE Chairman of the Board



### **TECH AND IFSEA**

Often, we see articles about how the food service and hospitality industry tech components are way behind the tech curve. IFSEA being 118-years young no doubt may be among the guilty in terms of tech advancements in association processes. However, I believe we have made great strides in the past 18 months or so creating ways to electronically communicate, renew our memberships, web site, social media, certification, and the likes. While we have a long way to go and components we should and are considering, we really need our members and network to provide inputs as to what type of tech we should consider and or employ moving forward.

There are multiples of “webinars” and various electronic meeting platforms that we have worked towards with “Go to meeting” for our board meetings as well. Would electronic webinar type meetings or education pieces be of value to our members? I have been reading multiples of articles from the large hotel companies, to McDonalds™ that are investing and executing tech strategies to not look at cost savings alone but to grow their businesses. That is the purpose behind this month’s articles in terms of ideas and creativity that may be part of a solution to grow IFSEA. How do you want communications from IFSEA or how IFSEA should provide greater value?

Certainly, we know our monthly newsletter that is so capably put together each month by long time member Matt Trupiano and with the skills of Michelle Hackman to be able to link our newsletter with one click from our Facebook or web site is part of technology. A continued thank you to Matt and Michelle. How do we move forward with more relevant information that is purposeful and enlightening to our members and prospective food service members?

I am proposing we take some time to evaluate what does tech look like for IFSEA moving forward as we continue to focus on our core competencies of students, military, and certifications. Students no doubt see tech each and everyday and perhaps we need our student members and advisors to provide some springboard ideas. Military is all about technology. Finally, our certification programs can and are administered remotely in many cases and testing is often completed electronically through specific measurable “proctoring” processes. So why the challenge on tech? Simply, as an Executive Committee we are reaching out to our board and members as to what IFSEA can do to move forward. Specific solutions here, not necessarily, but asking for an idea or two among the readers of this newsletter. Responding to this article would be most appreciated and free membership to any member or prospective member who replies with an idea back to me by the end of April 2019. [richard@nrcadvice.com](mailto:richard@nrcadvice.com) I would love to break the bank on membership so hope to hear from you.

As Easter and Passover approach during this month of April, wishing everyone a happy and peaceful holiday and well wishes.



**IFSEA DEVELOPMENTS**  
**THE DIRECTOR OF DEVELOPMENT**  
**ED MANLEY, MCFBD, MCFE, CHP**



I'm just back from two fun adventures. I had a class of fifteen Navy personnel, four of whom work in the homes of the 4-star, 3-star and 2-star Admirals in Naples, Italy. The others work in the Executive Dining Room and three are at the Naval Hospital. Great fun class and the 2-Star, former Sophomore QB for the Naval Academy, stopped in for about a 45-minute chat with the class, plus a "photo op". I then spent a week exploring ancient Rome, which was very cool.

From my adventure in Italy. I spent four days at the big military culinary competition at Fort Lee, Virginia where I saw two people seated in a row from my class in Kuwait from 2009 as well as many others who remembered us and even a few who remembered that IFSEA created the military awards programs. (other than Air Force) IFSEA sponsored and ran the military awards program for 45 or so years. Sadly, IFSEA has mostly been put out of mind and even in many cases forgotten – but when I'm around I'm in their face about it. Both disheartening and infuriating. Anyway, stirred up a great deal of interest in providing classes and renewed certification processes.

So, at this point, my value to IFSEA is mostly certifications and the military culinary competition (16th annual) and enlisted aide of the year award (17th annual). I don't plan to focus or worry about anything else currently. I WOULD like to acknowledge the great work of CSC (Ret) Jesus Guillen in Hawaii and is currently on our IFSEA board of directors. Jesus is pushing all the right buttons and the Aloha Branch is alive and well, doing the "MeetUp" concept. Further notes of thanks to Matt Trupiano who puts together this great newsletter and Dave Kinney and Richard Weil are doing their part for sure. The Canadian association has informed us that they will be no more from a Canadian global standpoint with Toronto being the lone piece for now. They are holding one more "closing conference this May in Nova Scotia and we wish them well. Thank you to Past Chairman of the Board from IFSEA and Past National President of CAFP Grant Thompson for his continued communication. We have reached out to CAFP leadership to see if they might want to come back to where they came from, IFSEA. To date there appears to be little interest but will keep everyone informed.

IFSEA has made significant moves to avoid the CAFP demise, but unless we want to go that way, we need to stir up more leadership in IFSEA. SOME of us still believe that networking with people within your community is the way to build a career, have a happy life and places to go from time to time to meet with them. I have 5000 friends on FB and 2500 on LinkedIn. That does not necessarily make me popular, successful in terms of measurement, but clearly a huge network. All those people may or may not help me find a job in Boynton Beach, Florida. To help with that, I need to reach out and touch people here, which I did for all the years and thus had the very best chefs and assistants at my hospital. Much of this success was due to IFSEA networking.

After the Navy, my first hires were the President and VP of the IFSEA South Florida Branch, George as Chef and Steve as my Assistant. Virtually all my chefs after that came from Bill Jordan, meat sales rep and IFSEA Photos – So where to go from here? Keep pushing, keep networking and keep talking. Never shy to talk about certifications either as this is my passion.

Continued on page 5

**IFSEA DEVELOPMENTS**  
**THE DIRECTOR OF DEVELOPMENT**  
**ED MANLEY, MCFBD, MCFE, CHP**



Continued from page 4



Me asking the Admiral to look into why the command had to pay for their certifications when there is COOL; and the Admiral in the middle with the class. He gets his 3rd star soon and moving to DC so we can keep track of him. Enjoy your holiday!



Naval Support Activity Naples Italy has 3 Admirals stationed there. 12 of the 15 students in the GFI-IFSEA Symposium work for them. The other 3 work at the Naval Hospital. Pictured center RADM Williamson (awaiting his 3rd Star), front rt. Navy Enlisted Aide of the Year and class host CS1 Teresa Duson and next to her Valedictorian CS1 Kathryn Heschke. Together they earned 135 certifications during the 8 day class.

**HELP HOMELESS VETS & ACTIVE DUTY**  
**WHILE YOU SHOP**

When you shop on Amazon through AmazonSmile, 5 cents of every dollar you spend is donated by Amazon to support our certifications for homeless vets plus the military culinary and enlisted aide competitions.

Please help; It's free, no extra steps, so why not!!!

THANKS! The Veteran's Support Network, an IFSEA partner.

<https://smile.amazon.com/ch/45-4616648>

# ? Did ? You ? Know ?

## P e c a n s



When comparing nut varieties, pecans have more antioxidants than any other. Pecans can help to reduce cholesterol levels and heart disease risk, too. They are also naturally a high-quality source of protein.

While preparing dinner this month, look for recipes that include pecans. Add a crusted pork recipe to the menu or pecan quiche. Sprinkle pecans over your favorite soup or pasta.

Delicious, buttery yet rich-flavored pecans are one of the popular edible tree nuts known to American aborigines since centuries ago. They are enriched with many health-benefiting nutrients, minerals, vitamins that are essential for optimum health.

Pecan is a large sized deciduous tree belonging to the member of the hickory family, Juglandaceae. The tree is native to central and southern parts of the United States of America.

During each spring season, pecan tree bears catkins, consisting of clusters of monoecious flowers arranged closely along a central stem that ultimately develops into fruits by autumn.

Pecan nuts, like the product of all other members of the hickory genus, are not real nuts but botanically fruits (drupe).

Each fruit features dark brown, oval to an oblong shape, measuring 1 to 3 inches long and 0.5–1 inch broad. Their rough, outer husk or involucre is 3-4 mm thick. The hull splits off into four sections at maturity to release an edible kernel lying inside. Pecans generally harvested from October through December.

Raw nuts then subjected to dehydration, the process which is essential to remove moisture and to improve their keeping quality.

Pecan nuts are a rich source of energy, carry 690 calories/100 g and contain health benefiting nutrients, minerals, antioxidants and vitamins that are essential for wellness.

The nuts are rich in monounsaturated fatty acids like oleic acid and an excellent source of phenolic antioxidants. Regular addition of pecan nuts in the diet helps to decrease total as well as LDL or “bad cholesterol” and increases HDL or “good cholesterol” levels in the blood.

Pecan nuts are a rich source of many phytochemical substances that may contribute to their overall antioxidant activity, including polyphenolic antioxidant ellagic acid, vitamin E, beta-carotene, lutein, and zeaxanthin. .

Pecans are excellent sources of vitamin-E, especially rich in gamma-tocopherol; provide about 25 g per 100 g. Vitamin E is a powerful lipid soluble antioxidant, required for maintaining the integrity of cell membrane of mucus membranes and skin by protecting it from harmful oxygen-free radicals.

The nuts are very rich sources of several important B-complex groups of vitamins such as riboflavin, niacin, thiamin, pantothenic acid, vitamin B-6, and folates. Together, these vitamins work as co-factors for the enzyme metabolism inside the human body.

The nuts are also a rich source of minerals like manganese, potassium, calcium, iron, magnesium, zinc, and selenium.



# Recipe Box

## Catfish Pecan serves 5

- 1/2 cup cornmeal
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/4 pounds catfish
- 3 tablespoons vegetable oil
- 1/2 cup pecans, finely crushed
- 5 wedges lemon, for garnish
- 5 sprigs fresh parsley, for garnish



Preheat oven to 500 degrees F (260 degrees C).

In a large bowl, mix the cornmeal, salt and pepper. Dip the catfish in the cornmeal mixture; coating well. Place catfish on a flat, greased baking sheet. Pour the oil over the fish.

Bake in the preheated oven for 15 minutes or until catfish flakes easily when tested with a fork. Sprinkle with pecans toward the end of the cooking period. Garnish with lemon wedges and parsley sprigs.

## Pecan Squares yields 28 squares

- 2 cups all-purpose flour
- 2/3 cup powdered sugar
- 3/4 cup butter, softened
- 1/2 cup firmly packed brown sugar
- 1/2 cup honey
- 2/3 cup butter
- 3 tablespoons whipping cream
- 3 1/2 cups coarsely chopped pecans



Sift together 2 cups flour and 2/3 cup powdered sugar. Cut in 3/4 cup softened butter using a pastry blender or fork just until mixture resembles coarse meal. Pat mixture on bottom and 1 1/2 inches up sides of a lightly greased 13- x 9-inch baking dish.

Bake at 350° for 20 minutes or until edges are lightly browned. Cool.

Bring brown sugar, honey, 2/3 cup butter, and whipping cream to a boil in a saucepan over medium-high heat. Stir in pecans, and pour hot filling into prepared crust.

Bake at 350° for 25 to 30 minutes or until golden and bubbly. Cool completely before cutting into 2-inch squares.

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## Pecan Pie serves 6-8



- 
- 1 cup brown sugar
  - 1 1/4 cup corn syrup
  - 4 eggs, beaten
  - 4 tablespoons butter
  - 1 teaspoon vanilla
  - 1 1/2 cup pecans

Preheat oven to 350°. Mix brown sugar and corn syrup in a medium saucepan. Boil until sugar melts. In a medium bowl mix eggs, butter, vanilla, and pecans. Slowly pour the sugar mixture into the egg mixture. Beat together. Pour into pie crust and bake 45 minutes.

# Recipe Box

## Pecan Crusted Pork chops serves 4



1 1/4 pounds boneless pork loin, cut into 4 pieces and pounded thin  
1/2 cup all-purpose flour for coating  
salt and pepper to taste  
2 tablespoons butter  
1/4 cup honey  
1/4 cup chopped pecans

1. In a shallow dish, mix together flour, salt and pepper. Dredge pork cutlets in the flour mixture.
2. In a large skillet, melt butter over medium-high heat. Add chops, and brown both sides. Transfer to a warm plate.
3. Mix honey and pecans into the pan drippings. Heat through, stirring constantly. Pour sauce over cutlets.

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## Pecan Pralines yield 15-20 pralines

2 cups granulated sugar  
1 cups half-and-half  
1/3 stick butter  
1/8 teaspoon baking soda  
1 1/2 cups whole pecans

Combine all ingredients except the pecans in a heavy saucepan. Over medium heat stir mixture until it comes to a boil. Turn heat down to medium-low and continue to stir. Spoon mixture up on sides of pan to melt any sugar that hasn't melted.

Cook until mixture reaches 238 to 241 degrees F on a candy thermometer or soft ball stage. Stir in the pecans. Remove from heat. Stir until the mixture begins to thicken and becomes creamy and cloudy.

## Spinach Pecan Quiche serves 6



1/2 lb. spinach (raw or cooked and well-drained)  
1 Tbsp. butter (melted)  
8 slices bacon (cooked, crumbled)  
4 eggs (beaten)  
1/2 tsp. salt  
1 dash nutmeg  
1 onion (chopped)  
1/3 cup pecans (chopped)  
1 cup cheddar or Swiss cheese (shredded)  
2 cups half and half  
1 dash black pepper  
9" quiche/pastry shell

Preheat oven to 450 degrees.

Prepare quiche/pastry shell and bake at 450 degrees for five minutes.

Combine all ingredients and pour into baked quiche shell. Bake at 325 degrees for 30 minutes.

Bake another 5-10 minutes more, until knife inserted off center comes out clean.

Let stand 10 minutes before serving.

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Drop onto parchment paper, buttered pan or buttered marble slab, using a spoon or ice cream scoop. Let cool.





# April is...

April is the fourth month of the year in the Gregorian calendar and its predecessor, the Julian calendar. Its name is derived from the Latin word *aperit*, which means to open.

Old English - April or Aprilis.

Latin name - Aprilis or *Aperit* - to open

Greek - *Aphro* - short for Aphrodite

## HISTORY OF APRIL

April was originally the second month of the year in early versions of the Roman calendar and consisted of 30 days. It became the fourth month consisting of only 29 days when January was designated the first month of the year around 450 BC. The month became 30 days long again when Julius Caesar reformed the calendar.

It is commonly associated with the season of spring in the Northern Hemisphere and fall (autumn) in the Southern hemisphere.

April starts on the same day of the week as July and ends on the same day of the week as December in common years. During leap years, April starts on the same day of the week as January.

April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." Festivals which were planned for April included *Parrilla*, a day celebrating the founding of Rome.

The name Aprilis, then, fits April, because in so many places in the northern hemisphere April is the month when trees and flowers begin to bloom and go on to flower.

Two signs in the traditional Zodiac calendar fall in April, both of which are domestic animals, quadrupeds with cloven hoofs. People born in the first part of the month between March 21st and April 19th are said to be born under the sign of Aries the Ram, a Sun sign which is ruled by the planet and the Roman god of War, Mars. Those born from April 20th to May 20th are born under Taurus the Bull, an Earth sign who is ruled by the planet and the Roman goddess of love, Venus.

Continued on page 10

# April is...

Continued from page 9

The birthstone for people born in April is the diamond, one of the hardest substances on earth, and one that formed deep in the earth, even if we don't know how long ago that happened. The word diamond comes from the early Greek word *adamas*, meaning untamable and related to our word *adamant*. That's because the Greeks knew a tough customer when they saw one. Among the earliest historical mentions of diamonds is found in the book of Exodus, where diamond (*jahalom* in Hebrew) is mentioned as one of twelve engraved precious stones set in the breastplate of the high priest.

Diamonds are said to bring all kinds of benefits to their owners, supposedly leading the wearer to experience better relationships and an increase in inner strength. They are supposed to bring balance, clarity, and abundance, and it is symbolic of eternal love and the bringer of wealth to six centuries of the diamond trade.



Raw, uncut and unpolished diamonds



Cut and polished diamonds



The daisy is the April flower. It symbolizes innocence, loyal love, and purity; but it also means "I'll never tell!" The oldest daisy on record is the *Bellis perennis*, known as *Daeges eage* (or *Day's eye*) in the Middle Ages because its petals close at night to cover the yellow center.

Today there are more than 90 varieties of flowers that are called daisies, and they come in red, yellow, purple, orange, blue, and pink colored petals, and vary widely in size. But they are, as director/writer Nora Ephron once wrote, "the friendliest flower."

# April is also...

## National Celery Month



National Fresh Celery Month provides an opportunity to experiment with recipes and challenge the way we use the vegetable in our cooking

Take celery beyond peanut butter sticks and cocktails. When combined with the right ingredients, celery can be a stunning addition to a dish. The beauty of celery is it adds a punch of crunch, a hint of vibrant color and subtle flavor without being overpowering.

While we may like filling the celery's convenient groove with peanut butter, there are other excellent fillers. Try seasoned cream cheese, chicken salad or hummus.

Sliced celery dressed with light vinaigrette and grapes and walnuts make an excellent small salad. Don't forget the celery leaves. Toss them into your salads, too! For another salad spin, try goat cheese and chives with red onion.

There's a reason peanut butter and celery go together. It's not just an afternoon snack. Celery compliments many soups and does only have to go into a vegetable medley. Yes, peanut butter is another way to soup it up.

When it comes to the main dish, celery compliments nearly any protein and that includes non-animal proteins. Whether you're cooking with chicken, beef or beans, celery will boost texture and flavor. Try a new recipe every week during National Fresh Celery Month, and discover how celery and benefit your cooking.

Celery is a very good source of fiber, containing 0.6 grams in one medium stalk.

Studies have shown that people who eat fiber-rich diets are at healthier weights and have a decreased risk of developing diabetes and heart disease. Fiber is important in regulating bowels, reducing bad cholesterol.

and increasing satiety.

Vitamin K is an essential fat-soluble vitamin that has many important functions, including blood clotting, and maintaining healthy bones. For those people who take blood thinners, it is important to maintain a consistent intake of vitamin K.

Folate is important for fetal development and vitamin A is an important vitamin for eye health. Potassium is an important mineral that can play a role in regulating blood pressure.

Research suggests celery may help to lower blood pressure, however, studies have only been conducted on animals and not humans.

Can you eat the leaves of celery?

Although most people discard the leaves, they absolutely can be eaten. In fact, many chefs use them chopped up as herbs to top salads, sandwiches, and dishes, such as quinoa, potatoes, stews. The leaves can also be blended to make into a pesto sauce.

Does celery contain sodium?

Yes, celery contains sodium. It is not added, but rather natural sodium. For those people who are salt sensitive and have high blood pressure, this is something you should take into consideration.

One medium stalk contains 32 mg of sodium, which is not considered high. However, if you are eating a large portion you may want to keep this in mind.



# APRIL FOOLS' DAY APRIL 1

On this day in 1700, English pranksters begin popularizing the annual tradition of April Fools' Day by playing practical jokes on each other.

Although the day, also called All Fools' Day, has been celebrated for several centuries by different cultures, its exact origins remain a mystery.

Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes.

These pranks included having paper fish placed on their backs and being referred to as poisson d'avril (April fish), said to symbolize a young, "easily hooked" fish and a gullible person.

April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with "hunting the gowk," in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or "kick me" signs on them.

The custom of April Fools' was brought from Britain to the US centuries ago. Both kids and adults in North America and many European countries including the United Kingdom, Ireland, Poland, Finland, Iceland, and North American countries have developed traditional customs to celebrate the day. These typically include fooling another person and yelling April fools.

# Top 10 Vegetables Highest in Protein

50g of Protein = 100% of the Daily Value (%DV)

## 1 Lima Beans



**23% DV (11.6g) protein per cup cooked**

209 Calories

## 2 Soybean Sprouts



**18% DV (9.2g) protein 1 cup**

85 Calories

## 3 Green Peas



**17% DV (8.6g) protein 1 cup**

134 Calories

## 4 Spinach



**11% DV (5.3g) protein per cup cooked**

41 Calories

## 5 Sweet Corn



**9% DV (4.7g) protein per cup cooked**

125 Calories

## 6 Asparagus



**9% DV (4.3g) protein per cup cooked**

40 Calories

## 7 Artichokes (Globe or French)



**8% DV (4.2g) protein in a medium artichoke**

60 Calories

## 8 Brussels Sprouts



**8% DV (4g) protein per cup cooked**

56 Calories

## 9 Mushrooms (Button)



**8% DV (3.9g) protein 1 cup**

28 Calories

## 10 Broccoli



**7% DV (3.7g) protein per cup cooked**

55 Calories

# Top Healthiest Nuts

## Almonds

A small handful of almonds gives you almost 25% of your daily needs for magnesium, and more bone-strengthening calcium as an equal amount of cow milk. They are also high in many antioxidants, such as vitamin E and selenium. Studies show that almonds may play an important role in preventing colon cancer due to their high fiber content. Almonds also help lower negative forms of cholesterol in the bloodstream.



## Walnuts

One of the best nuts on earth, walnuts may support your brain function. Studies show that consumption of walnuts is related to heart-health, better cognitive function, as well as the reduction of skin and bone conditions. Packed full of an antioxidant known as ellagic acid, researchers have shown that walnuts contain 16 disease-fighting polyphenols.



## Pecans

Recent clinical studies show that pecans significantly lower cholesterol. Pecans are also a great source of over twenty essential vitamins and minerals.



## Brazil Nuts

High in heart-healthy nutrients and minerals like copper, niacin, vitamin E, fiber, magnesium, and selenium, studies on Brazil nuts show that they are a protein-packed snack that may aid in the prevention of breast cancer.



## Pistachios

Similarly to almonds, pistachios may improve cholesterol levels — eating 2–3 ounces of pistachios a day may help increase "good" HDL cholesterol (24). Also, pistachios may help improve other heart disease risk factors, including blood pressure, weight and oxidative status. What's more, pistachios may help reduce the rise in blood sugar after a meal .

