



IFSEA NEWS

Fresh and Bold!

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

Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



Back to the grind and the future of the best is yet to come!

September is back to the grind for many of us with the “dog days of summer” behind us and the 4th quarter of the year ahead to finish off your year’s personal, financial and business goals. For IFSEA the same holds true as we recently completed our summer board meeting with good participation from our Board of Director’s. Working to continue to forward IFSEA we are pleased to announce that we have successfully completed the Copyright process for our certification programs including MCFE™, CFE™, and CFM™. We are working to close the loop with another non-food service organization regarding the Certified Food Associates currently as well. Don’t the Trademark™ insignia’s look great!

What does this mean to IFSEA now and for the future? As a board and leadership team of the organization we believed and continue to believe that IFSEA will best serve our members and the industry to stay very focused on our three core competencies. Certification for members, non-members, military, and the future leaders of our industry students and young professionals. Please read our Director of Development’s article from Ed Manley regarding the GFI initiatives and two of our board members Colonel Rock Henry and Dave Zander along with Ed Manley furthering our certification programs nationally. Additionally, through Colonel Henry’s involvement we will be

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September 2019

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In Memoriam pg 15



SOMETHING TO THINK ABOUT

Yesterday is a beautiful reflection, Today is a new beginning,
Tomorrow is a limitless possibility.

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Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



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tapping another opportunity in training and certifying individuals in the prison system with skills and information for their respective futures post release. Our Copyrights will not only protect our certification programs and brand but provide additional creditability to the process and programs as well. Job well done by Ed, Colonel Henry and Dave Zander.

Military will remain paramount to IFSEA and we will continue to be a major supporter and sponsor of the Enlisted Aide of the Year Award held annually in November in Washington DC. Ed Manley's article talks more about this major event.

Students and the continued support of the Worthy Goal Foundation as well as the Kae de Brent Hodges fund will remain at the forefront and more Universities and Colleges will be contacted and networked to further additional scholarship and events for young persons in our industry.

Our recent board meeting last month in August we provided information to our board about not only the certification program updates but announced **our annual meeting for the association will be on Tuesday November 5, 2019 at 4 PM eastern time.** Thus, this newsletter article from me is the formal announcement of the annual meeting. The agenda will be published in the October newsletter as well for more information.

This year we have had the untimely passing of three highly regarded and decorated IFSEA members with John DeJong, Hovey McClure and Hannah Faulstich. Also, we regret to inform our membership of the untimely passing of current Board member Todd Story who passed late this August.

While typically at our annual meeting we announce the formal passing of our members during our necrology report, I thought it fitting to publish one of our most valued poems we have utilized for many years in memorial of our members. Many thoughts and reflections as I re-read the story "Keep Your Fork" and wish you all great success this coming fall and into the 4th quarter of the year. Remember, now is the right time to get things done, make the phone call to someone you have not spoken to in a long time as well as check another thing off your list. The best is yet to come!

"Keep Your Fork"

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Keep Your Fork

The sound of Martha's voice on the other end of the telephone always brought a smile to brother Jim's face. She was not only one of the oldest members of the congregation, but one of the most faithful. Aunt Marie, as all the children called her, just seemed to ooze faith, hope and love wherever she went. This time however, there seemed to be an unusual tone to her words.

"Preacher, could you stop by this afternoon? I need to talk with you", she said quite directly. "of course, I'll be there around three, is that okay?"

Later that afternoon as they sat facing each other in the quiet of her small living room, Jim learned the reason for what he sensed in her voice. Martha shared the news that her doctor had just discovered a previously undetected tumor. "he says I probably have six months to live." Martha's words were certainly serious, yet there was a definite calm about her.

"I'm sorry to....." But before Jim could finish, Martha interrupted. "don't be. The lord has been good. I have lived a long life, I'm ready to go. You know that." "I know" Jim whispered with a reassuring nod. "But I do want to talk with you about my funeral. I have been thinking about it, there are things that I know I want."

The two talked quietly for a long time. They talked about Martha's favorite hymns, the passages of scripture that had meant so much to her through the years, and the many memories they shared from the five years Jim had been with central church. When it seemed that they had covered just about everything aunt Marie paused, looked up at Jim with a twinkle in her eye, and then added, "one more thing preacher. When they bury me, I want my old bible in one hand and a fork in the other."

"A fork?" Jim was sure he had heard everything, but this caught him by surprise. "Why do you want to be buried with a fork?" "I have been thinking about all of the church dinners and banquets that I attended through the years," she explained. "I couldn't begin to count them all. But one thing sticks in my mind. At those really nice get-togethers, when the meal was almost finished, a server or maybe the hostess would come by to collect the dirty dishes. I can hear the words now. Sometimes, at the best ones, somebody would lean over my shoulder and whisper, 'you can keep your fork'. And do you know what that meant? Dessert was coming!"

"It didn't mean a cup of "jell-o" or pudding or even a dish of ice cream. You don't need a fork for that. It meant the good stuff, like chocolate cake or cherry pie! When they told me, I could keep my fork, I knew the best was yet to come!" "That's exactly what I want people to talk about at my funeral. Oh, they can talk about all the good times we had together, that would be nice."

"but when they walk by my casket and look at my pretty blue dress, I want them to turn to one another and say, "why the fork"? I want you to tell everyone, that I kept my fork because.....

"The Best Is Yet To Come!"

By Robert William Thomas

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



Dang, September already?

We introduced several programs which haven't taken hold, and I'm maxed out with my other ventures, so maybe someone could jump in and help us with IFSEA Mentoring and IFSEA Education Travel.

I attended the ACF conference, hoping to connect with the Executive Director to see how we could work together, but never connected so will do so by phone. There must be some things we can work on, and like all associations, they are having smaller conferences, trade shows and chapters. We are not alone in the fight to stay alive, but our board is firm in the belief that there IS still a need and a desire to meet in person and share friendships and professional contacts.

Membership activities – The Aloha Hawaii IFSEA Meet-Up is going great thanks to the efforts of retired Navy Chief Jesus Guillen. I asked him to write a note about what they are doing, and I invite you to read his article in this newsletter. What Aloha Hawaii is doing is exactly what I have been suggesting – invite people to meetings, whether they are members or not, don't spend time with bylaws and boards, just network and have fun, and invite people to join our efforts, but they can come whether they join or not.

Certifications – we are working on multiple pots of money to grow our certification programs, joined at the hip with the Global Foodservice Institute (GFI), which I created in 2010 and has been housed at State University of New York (SUNY) Morrisville since, but in 2020 will move to the University of South Florida Sarasota-Manatee (and soon Tampa) with our friend and Dean of the college, Dr. Pat Moreo. We have co-mingled funds with IFSEA and GFI so I wouldn't have to fret over which I was selling. Huge plans we are working on which, when they work, will keep IFSEA alive for a very long time.

One of my finds from the NRA show was Rouxbe (Ruby) which has an ACF sanctioned online culinary certification program. The Kae de Brent Hodges Fund (Kae Fund) invested in us the \$3000 to get set up and we will roll in a month or so, with training in 5, and soon 6, languages at the push of a button. More later.

At \$25 (anyone over 65, active duty and retired military, those outside North America, and Life member, and \$49 for all others, \$15 for students I believe, these are no brainers for people to join and support our efforts for students, military, homeless vets and embracing all of our members and helping them become better at their jobs.

As we say, "onward"!

Aloha Hawaii IFSEA Meet ups

Success for the Hawaii Team has been due to.....retired Navy Master Chief Jesus Guillen.

Prior to the Aloha Hawaii Chapter being dissolved a final board meeting was held to tie up loose ends and agreed to meet as per members directions. The Aloha Hawaii team has created the new IFSEA standard of setting up "Meet Ups". Here are some notes taken from a recent email and announcement to the members in Hawaii.

Setting up the venues in advance and with the monthly theme;

January – Celebrate the first dinner of the year at a Chinese restaurant

March- at a St Patrick's Day at Irish pub bistro etc.....

Things to consider for Hawaii is that most residents who live on a part of the island normally do not venture away for their area, once they finish work and or daily activities, they want to stay on their side of the island. Traffic and road work is another thing that we look at so generally our venues are within a 20 mile radius of Honolulu.

Finally, we have several past presidents,

Lloyd Evers, Peter Pao, Brian Kunihiro, Chantal Weaver, Nancy Muira, Joyce Lee and John Williams. These wonderful people are part of the group and help to make it easy to commit to the future of the Aloha Hawaii branch. We enjoy each others company, discuss IFSEA at the beginning of the meeting, introductions as needed, celebrate and sing happy birthday to the birthday babies, and finally have a lot of fun at our events! As you can see we have varying degree of participation but that is ok and we will continue to meet and network.

Themes for the month participation

January Chinese Food 18

February Hong Kong Style eatery 16

March Pizza 18

April American Food 2

May Steak/Chops 14

June Seafood 14

July Japanese food 22

Aug Mexican 06

Sept Italian

Oct/Nov Bowling tournament

Dec Final dinner TBD

We wish continued success and thank the members in Hawaii and especially Jesus for his leadership and continued support of IFSEA.

? Did ? You ? Know ?

Rice

Numerous types of rice are cultivated all over the world, from aromatic rice varieties like wehani rice to plain medium grain white rice. Experimenting with different types of rice might yield some surprising and fun new flavors, and you may want investigate the rice aisle in your local market more thoroughly if you think rice is always bland and dull. In fact, many rice varieties are quite exotic, like black rice, which cooks to a distinctive dark purple to black color.



All types of rice break down into two basic categories: whole grain rice and white rice. Whole grain rice has been minimally processed, so that it retains its nutrient rich husk. Because whole grain rice is not husked, it takes longer to cook, but it also tends to be more flavorful, aromatic, and colorful. Whole grain rice also has special storage considerations, as it can go rancid if it is kept at room temperature. White rice, on the other hand, has been processed so that the husk or bran is removed, and in some cases it may be polished to take the germ off as well. White rice requires less cooking, and it has a more mild flavor, but it also has less nutritional value, if this was a concern.

Rice is also defined by the length of its grain. Short to medium grained rice like Arborio is often used in dishes like risotto, where a dense rice which holds its shape well can be very useful. Sushi, on the other hand, calls for a medium grained rice, while other cooks may make long grain rice like basmati to accompany Indian and Chinese cuisine. Different types of rice may also have different levels of starch, causing the rice to be sticky, as is the case with many Asian varieties, or more loose. Others may be enriched with additions of vitamins and minerals to promote nutritional health.

Brown rice is a well known variety of whole grain rice. Cooks can also find wehani rice, which is a more reddish color, as well as black rice, with a black to purple husk. Aromatic rice is usually whole grain, with many regions producing unique aromatic specialties which may be difficult to obtain in other parts of the world. Aromatic rice has a rich, nutty flavor and a range of aromas, depending on the specific varietal. The scent can enhance the flavor of foods served alongside aromatic rice.

Rice should generally be washed before cooking, to remove pieces of plant material and residual material which may impact the flavor of the rice. Soaking can also cut down on the cooking time, although some recipes may call specifically for rice which is not soaked; in these instances, you should follow the directions of the recipe. Be aware that whole grain types of rice keeps best when stored under refrigeration and used within six months, while white rice can be stored at room temperature for up to a year, and sometimes longer.

The major rice producing states are Arkansas, California, Louisiana, Texas, Mississippi and Missouri. Almost half of the U.S. rice crop is exported to over 100 countries.

The United States produces less than 2 percent of the world's rice, but it is a major exporter, accounting for more than 10 percent of the annual volume of global rice trade.

The secret ingredient that gives ancient Chinese mortar its legendary strength is sticky rice. An analysis of samples from the Ming Dynasty (1368-1644) city wall in Nanjing showed why the rice is such an effective additive to lime mortars. Amylopectin, the rice compound in the mortar, provides mechanical strength and stability, and inhibits the growth of calcium carbonate crystals, resulting in a more compact and resilient binding material. Chinese scientists re-created the mortar and determined that it is ideal for restoring ancient structures.

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? Did ? You ? Know ?

Continued from page 7

Rice

The health benefits of rice include its ability to provide instant energy, regulate and improve bowel movements, stabilize blood sugar levels, and slow down the aging process. It also plays a role in providing vitamin B1 to the human body.

Other benefits include its ability to aid in skin care, boost metabolism, regulate digestion, and reduce high blood pressure. It helps in weight loss, boosts the immune system, and provides protection against dysentery and chronic diseases.

What is Rice?

Rice is a cereal grain, which belongs to the grass species *Oryza sativa* and *Oryza glaberrima*, also known as Asian and Australian rice respectively. The grain comes in more than 40,000 varieties with different shapes, sizes, texture, aroma, and colors.

Different types of rice include white, brown, rose, noodle, black pearl, red yeast, wild, jasmine, and sushi rice, among others. They can be long grain, medium grain, and short grain and take a very short preparation time.

It is also well known for the plethora of benefits that it imparts, becoming the reason it is often used in pet food, as an ingredient in cosmetics such as facial cleansers and moisturizers, and in dietary supplements and pills.

Nutrition

Most varieties contain a high amount of carbohydrates and protein. The fiber content varies according to types of rice. For eg., brown rice has more fiber than white rice and therefore, is a healthy option. According to USDA National Nutrient Database, it is also rich in minerals like calcium, iron, sodium, potassium, manganese, selenium, and copper. The vitamins in it include niacin, pantothenic acid, and thiamin. It is a great food for people wanting a gluten-free option and it contains negligible fat.

For most people, rice is synonymous with short-grained white rice. This variety is considered healthy as it contains most of the nutrients and is rich in omega-6 fatty acids, which are known for their pro-inflammatory properties. However, it is generally low in vitamins and minerals.

Health Benefits

It is a fundamental food in many cuisines around the world and is an important cereal crop that feeds more than half of the world's population. The health benefits of this widespread crop are explained below.

Provides Energy

Since rice is abundant in carbohydrates, it acts as fuel for the body and aids in the normal functioning of the brain. Carbohydrates are metabolized by the body and turned into functional, usable energy. The vitamins, minerals, and organic components found in it increase the functioning and metabolic activity of all the organs, which further increases energy levels.

Prevents Obesity

It forms an integral part of a balanced diet as it can provide nutrients without having any negative impacts on health. Low levels of fat, cholesterol, and sodium also help reduce obesity and associated conditions. While most people have this misconception that white rice consumption causes an increase in blood glucose levels, which is one of the reasons for obesity, a 2013 research paper showed that there was, in fact, no association between the frequency of rice consumption and body weight, BMI or central obesity. Most people prefer brown rice over white rice for it has more fiber content and is, therefore, more nutritious.

Gluten-free

Rice naturally does not contain any gluten and hence, causes no inflammation in the gut. This means that people suffering from celiac disease can easily include it in their diet.

Controls Blood Pressure

Rice is low in sodium, so it is considered one of the best foods for those suffering from hypertension. Sodium can cause veins and arteries to constrict, increasing stress and strain on the cardiovascular system as the blood pressure increases. This is also associated with heart conditions like atherosclerosis, heart attacks, and strokes, so avoiding an excess of this mineral is always a good idea.

Recipe Box

Vietnamese Spring Rolls With Dipping Sauce

serves 4



- 1/4 cup white vinegar
- 1/4 cup fish sauce
- 2 tablespoons white sugar
- 2 tablespoons lime juice
- 1 clove garlic, minced
- 1/4 teaspoon red pepper flakes
- 2 ounces rice vermicelli
- 8 large shrimp, peeled and deveined
- 4 rice wrappers (8.5 inch diameter)
- 2 leaves lettuce, chopped
- 3 tablespoons finely chopped fresh mint leaves
- 3 tablespoons finely chopped cilantro
- 4 teaspoons finely chopped Thai basil

Whisk vinegar, fish sauce, sugar, lime juice, garlic, and red pepper flakes together in a small bowl. Set the dipping sauce aside.

1. Fill a large bowl with room temperature water. Add rice vermicelli and soak for 1 hour.
2. Bring a large pot of water to a boil. Drop in shrimp and cook until curled and pink, about 1 minute. Remove the shrimp and drain. Slice each shrimp in half lengthwise. Transfer rice vermicelli noodles to the pot of boiling water and cook for 1 minute. Remove and drain in a colander. Immediately rinse the vermicelli with cold water, stirring to separate the noodles.
To assemble the rolls, dip 1 rice wrapper in a large bowl of room temperature water for a few seconds to soften. Place wrapper on a work surface and top with 4 shrimp halves, 1/4 of the chopped lettuce, 1/2 ounce vermicelli, and 1/4 each of the mint, cilantro, and Thai basil. Fold right and left edges of the wrapper over the ends of the filling and roll up the spring roll. Repeat with remaining wrappers and ingredients. Cut each roll in half and serve with dipping sauce.

Spinach Arancini

serves 10



- 4 cups chicken broth
- 1/2 teaspoon saffron threads, crumbled
- 1 1/2 cups Arborio rice
- sea salt and pepper to taste
- 1/4 cup extra-virgin olive oil
- 1 onion, minced
- 3 cloves garlic, minced
- 1 cup white wine
- 2 cups chopped fresh spinach
- 2 tablespoons butter
- 1 1/2 cups grated Parmesan cheese
- 8 ounces mozzarella cheese, cut into 1/2 inch cubes
- 2 cups all-purpose flour
- 2 eggs, lightly beaten
- 2 cups seasoned bread crumbs
- vegetable oil for deep frying

Bring 4 cups chicken broth and saffron threads to a boil in a saucepan over high heat. Stir in Arborio rice, return to a boil, then reduce heat to medium-low, cover, and simmer until the rice is tender, yet still a little firm, about 16 minutes.

1. Heat olive oil in a large saucepan over medium heat. Stir in onion, and cook for one minute, then stir in garlic, and continue cooking until the onion has softened and turned translucent, about 3 minutes. Stir in wine, spinach, and butter, and bring to a boil. Reduce heat to medium-low, and fold in cooked rice and Parmesan cheese; cook a few minutes until the mixture is a little stiff. Spread onto a baking sheet, and cool in the refrigerator until completely cold, 4 hours to overnight.
2. Once the rice mixture has cooled, form the arancini by enclosing a cube of mozzarella cheese in about 3 tablespoons of the rice to form a 1 inch ball; set aside. When you have finished making the balls, place flour, eggs, and bread crumbs into separate, shallow bowls. One-by-one, gently roll the arancini in the flour to coat, then shake off excess. Dip into beaten egg, then roll in bread crumbs; set aside.
3. Heat the oil in a deep-fryer or electric skillet to 350 degrees F. Deep fry the arancini 5 or 6 at a time in the hot oil until golden brown, about 4 minutes. Be sure to roll the arancini around with a metal spoon as they cook so they are evenly browned on all sides. Drain on paper towels, and serve hot.

Recipe Box

Chicken Wild Rice soup serves 8



Easy Paella serves 8



- 1/2 cup butter
- 1 finely chopped onion
- 1/2 cup chopped celery
- 1/2 cup sliced carrots
- 1/2 pound fresh sliced mushrooms
- 3/4 cup all-purpose flour
- 6 cups chicken broth
- 2 cups cooked wild rice
- 1 pound boneless skinless chicken breasts, cooked and cubed
- 1/2 teaspoon salt
- 1/2 teaspoon curry powder
- 1/2 teaspoon mustard powder
- 1/2 teaspoon dried parsley
- 1/2 teaspoon ground black pepper
- 1 cup slivered almonds
- 3 tablespoons dry sherry
- 2 cups half-and-half

1. Melt butter in a large saucepan over medium heat. Stir in the onion, celery and carrots and saute for 5 minutes. Add the mushrooms and saute for 2 more minutes. Then add the flour and stir well. Gradually pour in the chicken broth, stirring constantly, until all has been added. Bring just to a boil, reduce heat to low and let simmer.
2. Next, add the rice, chicken, salt, curry powder, mustard powder, parsley, ground black pepper, almonds and sherry. Allow to heat through, then pour in the half-and-half. Let simmer for 1 to 2 hours. (Note: Do not boil or your roux will break.)

- 2 tablespoons olive oil
- 1 tablespoon paprika
- 2 teaspoons dried oregano
- salt and black pepper to taste
- 2 pounds skinless, boneless chicken breasts, cut into 2 inch pieces
- 2 tablespoons olive oil, divided
- 3 cloves garlic, crushed
- 1 teaspoon crushed red pepper flakes
- 2 cups uncooked short-grain white rice
- 1 pinch saffron threads
- 1 bay leaf
- 1/2 bunch Italian flat leaf parsley, chopped
- 1 quart chicken stock
- 2 lemons, zested
- 2 tablespoons olive oil
- 1 Spanish onion, chopped
- 1 red bell pepper, coarsely chopped
- 1 pound chorizo sausage, casings removed and crumbled
- 1 pound shrimp, peeled and deveined

1. In a medium bowl, mix together 2 tablespoons olive oil, paprika, oregano, and salt and pepper. Stir in chicken pieces to coat. Cover, and refrigerate.
2. Heat 2 tablespoons olive oil in a large skillet or paella pan over medium heat. Stir in garlic, red pepper flakes, and rice. Cook, stirring, to coat rice with oil, about 3 minutes. Stir in saffron threads, bay leaf, parsley, chicken stock, and lemon zest. Bring to a boil, cover, and reduce heat to medium low. Simmer 20 minutes.
3. Meanwhile, heat 2 tablespoons olive oil in a separate skillet over medium heat. Stir in marinated chicken and onion; cook 5 minutes. Stir in bell pepper and sausage; cook 5 minutes. Stir in shrimp; cook, turning the shrimp, until both sides are pink.
4. Spread rice mixture onto a serving tray. Top with meat and seafood mixture.



As the ninth month of the year, September marks the beginning of autumn in the northern hemisphere (and the start of spring in the southern). Traditionally considered the month that marks transitions between seasons, it is often one of the most temperate weather-wise.

The name September comes from the Latin *septem*, meaning seven, since it was the seventh month of the Roman calendar, which began with March. It eventually became the ninth month with a length of 29 days after the months of January and February had been added to the calendar. Julius Caesar added one day to the month making it 30 days long during the Julian calendar reform. September starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.

September has three birth flowers: the forget-me-not, the morning glory, and the aster. Forget-me-nots represent love and memories, asters represent love as well, and the morning glory represents unrequited love. The birthstone for the month is the sapphire.

September has several United States and international holidays.

- * Labor Day is the most well known holiday in September. It is observed every year on the first Monday in September.
- * Native American Day is always celebrated on the 4th Friday of September.
- * Grandparent's Day is observed in the United States on the first Sunday after Labor Day.
- * Constitution Day, celebrating the ratification of the governing document of the United States, is observed on the 17th.
- * The autumn equinox, which is the traditional transition from summer into fall, takes place on or around September 22nd, depending on the year.

September's Birthstone is the Sapphire.



The birth flowers for September are:



Forget-me-not



Morning Glory



Aster

A trip down



Photos are from the Don McIntosh collection.
If you recognize a person not identified, please let me know
and I will include that information in the following issue.
Please send the name(s) and photo number(s) to me at mattifsea@gmail.com.



Rosemary Bass , Philadelphia 1986



? And ? , Philadelphia 1986



Peter Gust Economou and Kae Debrent Hodges ,
Philadelphia 1986



Mary Kay and Ron LeBourdais, Philadelphia 1986



Ron DiGiore and David Michaels Philadelphia 1986

**September is also known for
an old farming tradition**

Calling the Mare

As the last of the crops are gathered in, there used to be a lovely ceremony called Calling the Mare. The farmer all wanted to prove that they had the best reapers, so they tried to gather in the last of their crops before the neighboring farmer did.



The last sheaf of the harvest was used to make a rough mare shape and it was quickly sent round to any farmers who had not finished gathering his crops. It was a way of saying to the farmer that wild horses would be after his crops, if he didn't gather them quickly. The men would run around to the neighboring farm, throw the mare over the hedge into the field where the other farmer was working, and they would shout Mare! Mare!! and then run away.

The farmer, who received the mare, would then have to work quickly to see if he could finish before another farm did, then he would throw the mare to them

The farmer who was last to finish had to keep the mare all year and have it on display so that everyone knew he had been the slowest farmer of that year.

Memory Lane
Updated identity



Maryellen Thomas and Agnes Salverson, Chicago 1987

EATING IN THE FIFTIES

Pasta had not been invented. It was macaroni or spaghetti.

Curry was a surname.

A take-away was a mathematical problem.

Pizza? Sounds like a leaning tower somewhere.

Bananas and oranges only appeared at Christmas time.

All chips were plain.

Oil was for lubricating, fat was for cooking.

Tea was made in a teapot using tea leaves and never green.

Cubed sugar was regarded as posh.

Chickens didn't have fingers in those days.

None of us had ever heard of yogurt.

Healthy food consisted of anything edible.

Cooking outside was called camping.

Seaweed was not a recognized food.

'Kebab' was not even a word, never mind a food.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Prunes were medicinal.

Surprisingly muesli was readily available. It was called cattle feed.

Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.

Water came out of the tap. If someone had suggested bottling it and charging more than gasoline for it, they would have become a laughing stock.

The one thing that we never ever had on/at our table in the fifties ... was *elbows, hats and cell phones*.

How to find Kentucky on a map



In Memoriam

Todd Story



Our colleague and International Board member of IFSEA and friend, Todd Story, passed away on Thursday, August 22nd peacefully at his home. For over 21 years, Todd was a dedicated and loyal employee of the City of Arvada in Colorado as the Executive Chef for Arvada Events, West Woods Golf Club, and Lake Arbor Golf Club. He will be sorely missed by his co-workers, associates and friends. Todd is survived by his daughter, Skyler and two grandchildren whom he adored. Services were held in late August. Todd was a Director for IFSEA for over 10 years, was awarded a Distinguished Service Citation and the Peter Gust Economou award and was a key contributor to the many IFSEA Culinary competitions, organizing and executing great culinary competitions for IFSEA students. Todd was a true friend of IFSEA and to so many with his kind heart. Giving at not only the International level, but for dozens of years with the Colorado Branch. Todd spent many years also working with the local ACF chapter as well.