

"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



Reminder about our annual meeting will be on Tuesday November 5, 2019 at 4 PM eastern time. Yes, this is off cycle election day and know all of you will have voted locally prior to the call-in time. The call-in information is:

IFSEA Annual Meeting Call will be held by phone at the clicking on the web site below or calling the phone number below. Please mark your calendar for this meeting.

**Tue, Nov 5, 2019 4:00 PM - 5:00 PM Eastern Time**

Please join the meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/709213149>

You can also dial in using your phone.

(For supported devices, tap a one-touch number below to join instantly.)

United States: +1 (571) 317-3112

- One-touch: tel:+15713173112,,709213149#

The agenda for the meeting is as follows:

Call meeting to order      4 PM

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## SOMETHING TO THINK ABOUT

“The only limit to our realization of tomorrow will be our doubts of today.” Franklin D. Roosevelt

## 2019 IFSEA OFFICERS and DIRECTORS

<b>Board</b>	<b>Position</b>	<b>Email</b>
Richard Weil	Chairman	<a href="mailto:richard@nrcadvice.com">richard@nrcadvice.com</a>
Ed Manley	Chairman Elect	<a href="mailto:ed@ehmanley.com">ed@ehmanley.com</a>
David Kinney	Treasurer	<a href="mailto:hq@ifsea.org">hq@ifsea.org</a>
Alysha Brooks	Director	<a href="mailto:brooksal@morrisville.edu">brooksal@morrisville.edu</a>
Brian Kunihiro	Director	<a href="mailto:brianifsea@gmail.com">brianifsea@gmail.com</a>
Jamel Smith	Director	<a href="mailto:jamelsmith34@gmail.com">jamelsmith34@gmail.com</a>
Jayne Peterson	Director	<a href="mailto:jpeterson@rlsinc.com">jpeterson@rlsinc.com</a>
Jesus Guillen	Director	<a href="mailto:jrguillen01@yahoo.com">jrguillen01@yahoo.com</a>
Kwesi Stephen	Director	<a href="mailto:kwesi.stephen@gmail.com">kwesi.stephen@gmail.com</a>
Laurel Schutter	Director	<a href="mailto:laurelschutter@lammorrison.com">laurelschutter@lammorrison.com</a>
Michelle Hackmam	Director	<a href="mailto:michele@its-go-time.com">michele@its-go-time.com</a>
Peter Stowwic	Director	<a href="mailto:pstarowi@mvnhealth.com">pstarowi@mvnhealth.com</a>
Stan Gibson	Director	<a href="mailto:scgibson32@gmail.com">scgibson32@gmail.com</a>
George Baggott	Director	<a href="mailto:gebaggott@hotmail.com">gebaggott@hotmail.com</a>
<b>CAFP - Representative</b>		
Grant Thompson		<a href="mailto:attgrant@rogers.com">attgrant@rogers.com</a>
<b>Industry Advisors</b>		
Jack Kleckner		<a href="mailto:jack.kleckner@ecolab.com">jack.kleckner@ecolab.com</a>
Richard "Dick" Hynes		<a href="mailto:richard.hynes@hobartcorp.com">richard.hynes@hobartcorp.com</a>
Larry Brown		<a href="mailto:lbrown@michaelsinc.com">lbrown@michaelsinc.com</a>
<b>Branch President Council Advisors</b>		
Matt Trupiano		<a href="mailto:mattifsea@gmail.com">mattifsea@gmail.com</a>
Donna Foster		<a href="mailto:foodlady2@juno.com">foodlady2@juno.com</a>
<b>Special Advisor to the Board</b>		
Dave Orosz		<a href="mailto:dave@orosz.us">dave@orosz.us</a>
<b>Student &amp; Scholarship Advisor</b>		
Dr. Ernest Boger		<a href="mailto:epboger@umes.edu">epboger@umes.edu</a>
<b>Past Chairmen of The Board Advisors</b>		
Robert Mathews		<a href="mailto:robertifsea@gmail.com">robertifsea@gmail.com</a>
<b>Military Advisers</b>		
COL Curtis "Rock" Henry, U.S. Army MCFBD		<a href="mailto:chefrock1@gmail.com">chefrock1@gmail.com</a>
CDR Thomas Daily, U.S. Navy		<a href="mailto:tom@simplyfinefood.com">tom@simplyfinefood.com</a>
CSC David Zander, U.S. Navy, MCFE		<a href="mailto:dazsr66@gmail.com">dazsr66@gmail.com</a>

# *Life on the Weil Side!*

Richard F. Weil, CFE Chairman of the Board



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Approve consent agenda

Roll Call

Appointment of Parliamentarian

Introduction of Dignitaries

Memorial

Approval of the minutes from 2018 annual meeting (see below)

Chairman report

Treasurers report

Director of Development report

Old Business

Scholarship report combined with Worthy Goal report from Dave Orosz and Dr. Ernie Boger

Other

New Business

IFSEA membership and future of IFSEA as a whole

Election of Officers and Directors

Open forum

Adjourn            5 PM

Please mark on your calendars as during the meeting under new business we will be discussing some concepts about membership and IFSEA future. The concepts we will be going over relate to membership dues and the idea of creating no dues structure but to ask for a \$25 annual donation to support students, military and the overall continuation of IFSEA for the future. During the meeting Ed Manley will be discussing the certification programs in detail during his report. There are many great things that Ed will be presenting and noting some good history in his monthly article as well. At this time, we have 22 individuals that have come forward regarding running for our board and hopefully others may communicate prior to the annual meeting as well of their interest and willingness to serve on our Board. Please let me know by emailing me at [richard@nrcadvice.com](mailto:richard@nrcadvice.com) of your interest. These individuals are great supporters and volunteers for IFSEA, and I personally thank everyone of you for stepping up to continue your service to not only IFSEA, but to our military, students, and the future of our industry.

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We look forward to having many of you on the call and the call-in information again is listed is above and the annual meeting minutes from 2018 published below.

International Food Service Executives Association (IFSEA)

Annual Meeting Minutes

October 25, 2018

Call to Order -Chairman, Richard Weil – 4:03 PM Eastern Time

Motion to accept agenda: - Ed Manley motioned and Donna Foster Seconded – Unanimous Approval

Roll Call – Secretary Treasurer, David Kinney – Attending: Board Members - Richard Weil, Ed Manley, David Kinney, Michelle Hackman, Stan Gibson, Brian Kunihiro, Peter Starowicz, Jamel Smith, Jaynee Peterson, Donna Foster, Dr. Ernest Boger, Robert Mathews. Branches – Aloha Hawaii, MAL, South Carolina Palmetto, South Florida, UMES IFSEA. Other members – Albert Pitts, Mike Pizzuto, Judy Manley, Bill May, Nancy Miura. Excused Absences: Board – Alysha Brooks, Laurel Schutter, Todd Story, Kwesi Stephen, Grant Thompson, Jack Kleckner, Dick Hynes, Larry Brown, Matt Trupiano, Dave Orosz, Colin Sendall, Colonel Henry, Commander daily, Chief Zander, Toye Tong (Voting strength and quorum noted under Treasurer’s Report)

Parliamentarian Appointed: Ed Manley

Introduction of Dignitaries: Past Chairman of the Board & DODG’s – Richard Weil, Ed Manley, David Kinney, Brian Kunihiro, Robert Mathews, Stan Gibson, Donna Foster, Bill May, Judy Manley

Memorial – Chairman Weil conducted the traditional Memorial for IFSEA and recognized members who have passed away this past year. In memorial recognized were: John DeJong, DODG, Past International Chairman of the Board, current board member, Dr. Joan Johnson, DODG, current board member; Bruce Caudy, current board member, Mrs. Frances May.

Minutes from the annual meeting from 2017: - Robert Mathews moved for approval and Brian Kunihiro seconded – Unanimous Approval

Chairman’s Report: Richard Weil stated accomplishments

New Constitution and Bylaws were written and approved

IFSEA QuickBooks™ was cleaned up by David Kinney and the association paid a very modest amount to a CPA to assist with the process.

Taxes were not filed on time in 2013 and not filed at all from 2014 through 2016. As a result, IFSEA lost its 501(c)3 exempt status. Richard Weil spent many hours talking to the IRS and they have waived all past due

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late filing fees and interest. Dave Kinney prepared all past due tax returns. IFSEA applied for reinstatement in good standing to once again achieve the exempt status and IFSEA is waiting on IRS approval anticipated for Q1 2019. This process began in December 2017.

VP of Development, Ed Manley, has successfully reengaged us with the military in various programs. We can now have IFSEA travelers apply through the NRA to be military travelers. The NRA as noted during the meeting is the sole decision maker of who travels, and we are hopeful going forward more IFSEA members will be selected to travel.

Dr. Ernest Bolger stepped forward to manage the scholarship program after the passing of Dr. Joan Johnson. He has done an excellent job and was so acknowledged during the meeting.

Thanks to the Worthy Goal trustees who continued to be supportive with scholarships and work through the process as we changed leaders of the IFSEA scholarship program post Dr. Johnson's passing.

A big thanks to Alysha Brooks who has led the effort to get student groups running and connected so they can benefit from each other. Currently networking SUNY Morrisville, SUNY Delhi and UMES.

Another big thanks to Matt Trupiano and Michele Hackman for the fantastic job on getting the newsletter out each month. Michelle was instrumental in coordinating and suggesting various programs such as membership software portal through Wild Apricot set up.

VP Development, Ed Manley Report - Accomplishments this year: (see attached report)

Created a new and vibrant web site that is user friendly.

New logo presented and now being utilized by the association.

Revamped certifications to be as it used to be. We have certified employees of Sodexo and Aramark who are taking our certifications because they are valued by their companies.

Ran a \$99 certification special which resulted in more certifications than we have seen in years.

Reduced dues to attract more members.

Restarting the IFSEA Gold Seal program soon.

IFSEA is now co-sponsor of the Military Culinary Competition and the Enlisted Aid of the Year program.

One of IFSEA's suggested programs for Branches and Meet Ups is to work with Ed to provide GFI's 8-day training program which leads to a potential 9 certifications, provided to homeless veterans at no charge. We ask branches and members to find the students and a place to conduct the teaching and training.

The IFSEA and Global Food Initiative (GFI) certification programs reached an agreement to share residual income from certifications in which the income is then shared by both IFSEA and GFI. GFI is located at SUNY Morrisville.

We have begun a certification program free for homeless veterans.

Had first meeting in Chicago during NRA. While very little attendance this year, we will continue to develop this

Richard Weil and Ed to be honored at NAFEM with an honorary Doctor of Food Service in February presented to them. This recognition has been presented IFSEA Chairs over the years in testimony

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of the chairs industry leadership including chairing IFSEA. We appreciate Past Chairman Dave Orosz for networking with NAFEM.

Treasurer, David Kinney Report:

IFSEA has improved its cash flow significantly through membership and sponsorships along with prudent financial management. Membership is on the verge of hitting 250 as compared to the 42 paid members a year ago. Life members now pay a fee to maintain their membership and IFSEA status.

QuickBooks and our accounting processes are now in perfect to the penny balance and cleaned up reflecting an accurate statement of financial affairs for IFSEA. We spent about \$900 with the CPA to assist with this and believe these were monies well spent and good stewardship of our funds.

IFSEA's exempt status has been reapplied for since we had not filed our taxes for the missing years. (see Chairman's report as well)

The budget is being finalized with the Executive committee to present to the new board for 2019. With the programs we are developing we feel 2019 will be a very successful year.

Today's voting strength for the annual meeting is 206 with a quorum being 151 votes. Total membership of record for the annual meeting is 247.

Old Business – all prior business items

New Business and Committee Reports

Students - Alysha Brooks is contacting several student groups to get them more involved in IFSEA.

Worthy Goal - Stan Gibson and Brian Kunihiro reported that the Worthy Goal foundation presented several scholarships and have a balance of approximately \$496,000. They only use interest earnings to fund scholarships. The trustees and the Fund were thanked for their continued support of students and IFSEA.

The Kae DeBrent Hodges Fund provided \$2,000 for the UMES Culinary Team to attend the Military Culinary Competition in DC. Another \$1,500 was donated by the Kae Fund to the Dr. Joan Johnson scholarship Fund at SUNY Morrisville in her honor. The Kae DeBrent Hodges fund balance is approximately \$140,000.

Scholarship - Dr. Ernest Boger from UMES thanked all of those that helped him during the transition with scholarships and once again recognized Dr. Joan Johnson for all of her years of service, dedication and support of students everywhere and IFSEA. He further stated he was honored to be part of the process and IFSEA.

Election of Officers:

Candidates for Officers and Directors are:

Officers:

Richard Weil – Chairman of the Board

Ed Manley – Director of Development

Dave Kinney - Treasurer

Directors – Alphabetically Listed by 1st Name

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Alysha Brooks, - Director, Student Branch Coordinator

Brian Kunihiro – Director

Colin Sendal - Director

Dave Orosz – Director, Liaison to Worthy Goal

Dave Zander/Master Chief – Director - Military Advisor

Dick Hynes – Industry Advisor to the Board

Donna Foster – Director

Dr. Ernie Boger – Director, Chairman Scholarships

Grant Thompson – Director, Canadian Association of Professionals Liaison

Jack Kleckner – Industry Advisor to the Board

Jamal Smith - Director

Jayne Peterson – Director

Kwesi Stephens – Director

Larry Brown – Industry Advisor to the Board

Laurel Schutter – Director

Matt Trupiano – Director – Chairman Newsletter

Michelle Hackman - Director

Peter Starowicz - Director

Robert Mathews – Director

Rock Henry/(Colonel) – Director -Military Advisor

Stan Gibson - Director

Todd Story – Director

Tom Dailey/ Commander– Director - Military Advisor

Toye Tong – Honorary Director

Motion to Close Nomination made by Donna Foster and seconded by Robert Mathews – approved unanimously

Motion to have the Secretary cast one vote for the entire slate of officers made by Donna Foster and seconded by Robert Mathews – approved unanimously

Richard Weil swore in the new Board of Directors and by acclamation of the new board and officers in the affirmative this process was completed.

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Open Forum - Richard Weil asked if there were any questions or comments

Michelle Hackman asked for people to send in pictures of any events for the newsletter and Face Book postings to assist in the prominence of where the association will be with various social media sites with key word searches.

IFSEA member Mike Pizzuto from Colorado inquired about military traveler qualifications. Ed Manley indicated that travelers have been selected for 2019 and that you just need to go to the NRA website to apply and their rules and qualifications are listed there. Please refer to the IFSEA web site [www.ifsea.org](http://www.ifsea.org) and under the "what we do tab" select "apply to the NRA...."

Ed Manley indicated certification is being revamped and will be out soon and Richard Weil furthered this by stating that Certifications will in the future hopefully regain an important part of IFSEA going forward.

Richard Weil thanked everyone for attending and noted it is important to be respectful and mindful of everyone's time and the coordination of time zones across the country being in 6-hour spans. Special thanks to our friends in Hawaii for taking the time out of their busy mornings to be on the call.

Motion to Adjourn by Robert Mathews and seconded by Dr. Ernest Boger. Approved Unanimously at 4:58 PM Eastern Time.

Respectfully submitted by:

David E. Kinney, MCFE

International Treasurer, Meeting Secretary

Minutes to be officially approved at the annual meeting on November 5, 2019.



## **Slate of Officers running for 2020**

Name	Position
Bob Mathews	Director, Past Chair
Brian Kunihiro	Director, Past Chair
Colonel Rock Henry	Director Military
Dave Kinney	Treasurer CFO, Past Chair
Dave Orosz	Director Past Chair
Dave Zander	Director Military
Donna Foster	Director
Dr. Ernie Boger	Director Scholarships
Ed Manley	Director of Development, Past Chair
George Baggott	Director
Grant Thompson	Director, Canadian Liason, Past Chair
Jack Kleckner	Director Industry Advisor
Jayne Peterson	Director
Jesus Guillen	Director
Larry Brown	Director Industry Advisor, Past Chair
Laurel Schutter	Director, Past Chair
Matt Trupiano	Director - Newsletter
Michelle Hackman	Director - Newsletter
Pete Starowicz	Director
Richard Hines	Director Industry Advisor
Richard Weil	CEO Chairman, Past Chair
Stan Gibson	Director

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



Founded in 1901, IFSEA began certifying about 1965 with Certified Food Executive (CFE). Many people re-certified every five years and sequentially earned Ruby, Sapphire, Emerald, Topaz and Diamond level certifications. Over time, not many people went through the levels, so we didn't push it and instead suggested people earn the Master Certified Food Executive designation. If you were anywhere from Sapphire to Topaz and wish to take the MCFE exam we will give you a 50% discount. Contact [ed@ifsea.org](mailto:ed@ifsea.org).

We added Master Certified Food Executive (MCFE) because, frankly, it sounds better than CFE. And we created a 200-question test rather than earning points for IFSEA volunteering and time on the job (I say, did you have 20 years of experience or 1 year, 20 times. The test requires a good bit of study ahead. We dropped the requirement for experience tied to certifications, because our belief is that there are two sides to your resume – one side shows your degrees, certifications and certificates, and the other side shows your experience. We let the employer determine if they are looking for experience, or for someone who has shown the knowledge and desire for improvement and the company will teach you what they want you to know and do. If you are a 20-year-old MCFE certification wouldn't likely make you the GM, but the MCFE certification might place you in the training program for management.

We added Certified Food Manager (CFM) in order to provide a ladder to MCFE, and today state auditors for long-term care facilities and nursing homes, accept CFM as a credential that allows an individual to manage food service accredited operations. Honestly, the better option is Certified Dietary Manager, but that takes a long time and a lot of study to pass the exam, so in the meanwhile folks have the ability to manage the operation and can have the CFM credential to let them do that. Like getting an associate degree on your way to your bachelor's degree. We are proud to have CFM in this program.

More recently, Certified Food Associate (CFA) was added, with a target audience of those who are new to the industry and high school students. We have a dozen companies who have looked at the test, said it is good and relevant and would be used in the hiring decision. That test now covers food safety, food service management, customer service, nutrition and culinary. We are working on big things for CFA – stay tuned.

In 2010, having left IFSEA and with my passion for promoting certifications for our industry, which are STILL lacking, and with no organiza-

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



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tions choosing to join me, we created the Global Foodservice Institute (GFI) at the State University of New York, Morrisville campus, with Dr. Joan Johnson and University President Dr. Ray Cross, who is now the 7th President of the University of Wisconsin System. In order to create a program for active duty and veterans that would be worth utilizing a month of their GI Bill to get certified, we created Master Certified Food and Beverage Director (MCFBD), which the VA approved for \$2215, but we charge \$1,999, \$1 less than the maximum a vet can use for 1 certification. The VA knows that to take that test you will have earned 8 other certifications, and the MCFBD is the final exam with questions from those 8 tests – food safety, HACCP, restaurant management, customer service, culinary nutrition, culinary terminology, ServSafe® Alcohol and beverage management.

My company, the Foodservice Institute (FSI) manages both the IFSEA and GFI certification programs. In order to share our services, we created an Memorandum Of Understanding (MOU) wherein IFSEA and GFI share revenue from all the tests and offer whatever is in the best interest of the individual. All certifications can be done online, even nationally sanctioned food safety. Those can be found on [www.ifsea.org](http://www.ifsea.org) and [www.foodserviceinstitute.com](http://www.foodserviceinstitute.com). We urge you to get certified and we follow our own advice. Myself and my instructors have helped over 4000 people earn over 12,000 certifications. Why? Because we have the passion, the knowledge and the process in place to make certifications attainable. We also have the testimonials to prove it works. So many have degrees, what else do you have. Plus, there is a BIG push from the government to fund certifications and education in the trades – not everyone needs to go to college to make a good living. Personally, I think both college and certifications and/or trade education is best. Be prepared for the needs of many employers. Better yet, so you can build YOUR OWN dreams, rather than help someone else create theirs. Your own dreams usually require bank loans, and again certifications will help you get those. That's MY story, what's YOURS?

# Certification Matters



# ? Did ? You ? Know ?

## Pasta

Pasta is one of America's favorite foods. Last year, 1.3 million pounds of pasta were sold in American grocery stores. If you lined up 1.3 million pounds of 16 oz. spaghetti packages, it could circle the Earth's equator almost nine times!

The first commercial pasta plant in the U.S. was founded in Brooklyn, New York in 1848 by a Frenchman!

According to a survey by the National Pasta Association, 77% of Americans surveyed eat pasta at least once a week, and 1/3 eat pasta 3 or more times a week.

By 3,000 B.C., the Chinese were eating noodles: long and flat, wide or thin, made with wheat, corn, rice or peas. Italians swear, however, that pasta was in Italy long before Marco Polo's first trip to China (the first in 1255).

Thomas Jefferson brought a pasta making machine back with him in 1789, when he returned to America after serving as ambassador to France. It was not until 1848 that pasta was first produced commercially in the U.S., and not until the late 19th century that it became popular.

One bushel of wheat will make about 42 pounds of pasta.

At least 10 years before Marco Polo's trip to China, Romans were eating ravioli, lasagna and macaroni, and there are references to fettuccine from even earlier than that.

According to the National Pasta Association, Americans consume about 20 pounds of pasta per person each year. Italians eat more than 3 times that amount.

There are more than 500 different pasta shapes. Translating their names into English does not exactly make them sound appetizing: worms, spindles, hats, butterflies, twins, tubes, thimbles, little boys, little ears, quill pens, strings, ribbons etc.

# ? Did ? You ? Know ?

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## Pasta

### *10 Most Popular Types of Pasta Consumed Worldwide*

#### Fusilli

You may know this pasta by the name “corkscrew pasta”, but this is the official name for it! It’s identified by thick, long spirals that taste great with pretty much any type of sauce, but especially meat sauces. If you want to try this in a dish, use a good sausage with a spicy red sauce. The spirals are great because they hold onto the sauce and absorb the flavor from it.

#### Spaghetti

You’ve been avoiding carbs if you haven’t heard of spaghetti. It’s one of the most commonly used pastas in the entire world and is found at most restaurants. It’s easily identified by long strands of yellow pasta (or sometimes wheat) that can be combined with a variety of different sauces, meats and veggies. If you want to make something easy and popular, then go for spaghetti with a red sauce and meatballs. This is the most classic dish that everyone seems to enjoy!

#### Fettuccine

This long pasta is famous in Italian restaurants and is easily prepared at home. It’s great when paired with Alfredo sauce and chicken or seafood, but also tastes great with butter sauces. Thin sauces go well with this because it’s long and will soak in with the flavors.

#### Linguine

Linguine is like spaghetti, but it’s longer and narrower in appearance. It’s great with seafood and clam sauce, but it’s also excellent with a red sauce, like arrabiatta. You can find this at the grocery store in both fresh and dried varieties.

#### Penne

This is identified by small cylinder shapes, and it comes in a variety of flavors. Egg penne is the most popular, but there are also spinach and tomato flavors at grocery stores. This pasta is particular great in pasta salads, but you can also pour some olive oil on it with pepper and salt for a simple dish.

#### Cannelloni

Maybe you haven’t heard of this pasta name, but chances are you’ve tried it. This is a flat pasta that you

roll into tubes and stuff with various ingredients of your choosing. If you want to make this, then try filling it with spinach and ricotta cheese. It’s also great with a light sauce, like a simple tomato.

#### Tagliatelle

This is a pasta that is similar to fettuccine and is long and flat. You will normally find it dried in small nests, making it easy to prepare small portions. If you are going to try this pasta, then use it with a thick meat sauce, like Bolognese. This will pair perfectly with the thickness of the pasta.

#### Farfalle

Otherwise known as bow-tie pasta, this is a fun and tasty pasta that tastes great inside of pasta salads. The “bows” hold sauce rather well, so it’s great for cream or tomato sauces that have a lot of flavor to them. It’s small, but does have a thick consistency that makes it filling. You can find this available in vegetable flavors in most grocery stores, if you want to try something different.

#### Tortellini

Tortellini is one of the most fun pastas because it comes in a lot of flavors (spinach, egg, tomato) and with a lot of different fillings. It’s a circular shape that generally has cheese or meat (or a combination of both) inside of it. It’s great with broth, but also tastes nice with a butter or oil based sauce.

#### Rigatoni

This is a thick tube-shaped pasta that is much larger and more circular than penne. You can’t stuff this with anything because of its size, but it’s great with a thick sauce that has meat or vegetables in it. Rigatoni also tastes really nice when used in baked dishes, like casseroles. If you’re looking for a strong pasta to put in a hearty dish, this is it.

# Recipe Box

## Pasta Rustica serves 6



1 pound rotini or fusili pasta  
6 slices bacon  
1/2 cup extra virgin olive oil  
2 medium onions, chopped  
1 red bell pepper, chopped  
1/4 cup chopped parsley  
4 cloves garlic, minced  
Salt (optional)  
1/2 teaspoon crushed red pepper flakes  
1 (28 ounce) can plum tomatoes, undrained, coarsely chopped  
1/2 cup Lindsay(R) Black Ripe Pitted Olives or Lindsay(R) Green Ripe Select Olives sliced, drained  
2 tablespoons capers, drained  
1/2 teaspoon dried oregano  
1/2 cup grated Parmesan cheese

1 Cook pasta according to package directions. Meanwhile, in a large deep skillet, cook bacon until crisp. Drain bacon on paper towel; cut or break into 1/2-inch pieces.

2 Discard bacon drippings from skillet; add oil. Cook onions in oil over medium heat 5 minutes, stirring occasionally. Add bell pepper, parsley, garlic and pepper flakes; cook 2 minutes. Add tomatoes and reserved bacon; simmer 10 minutes, stirring occasionally. Stir in olives and oregano; simmer 2 minutes. Season to taste with salt, if desired.

3 Drain pasta; toss with sauce and cheese. Transfer to serving plates and serve with additional cheese, if desired.

## Spaghetti alla Carbonara serves 4



2 teaspoons olive oil  
1 pound guanciale (cured pork cheek), diced  
1 (16 ounce) package spaghetti  
3 eggs  
10 tablespoons grated pecorino Romano cheese, divided  
salt to taste  
ground black pepper to taste

1 Heat olive oil in a large skillet over medium heat; add guanciale (see Cook's Note). Cook, turning occasionally, until evenly browned and crispy, 5 to 10 minutes. Remove from heat and drain on paper towels.

2 Bring a large pot of salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until tender yet firm to the bite, about 9 minutes. Drain and return to the pot. Let cool, stirring occasionally, about 5 minutes.

3 Whisk eggs, 5 tablespoons pecorino Romano cheese, and some black pepper in a bowl until smooth and creamy. Pour egg mixture over pasta, stirring quickly, until creamy and slightly cooled. Stir in guanciale. Top with remaining 5 tablespoons pecorino Romano cheese and more ground black pepper.

# Recipe Box

## Pasta Fazool (Pasta e Fagioli) serves 2



1 tablespoon olive oil  
12 ounces sweet bulk Italian sausage  
1 stalk celery, diced  
1/2 yellow onion, chopped  
3/4 cup dry elbow macaroni  
1/4 cup tomato paste  
3 cups chicken broth, or more as needed, divided  
Salt and freshly ground black pepper to taste  
1/4 teaspoon crushed red pepper flakes, optional  
1/4 teaspoon dried oregano  
3 cups chopped Swiss chard  
1 (15 ounce) can cannellini (white kidney) beans, drained  
1/4 cup grated Parmigiano-Reggiano cheese, plus additional for serving, or to taste

Heat oil in a skillet over medium-high heat. Brown sausage while breaking it into small pieces, about 5 minutes. Reduce heat to medium. Add diced celery and chopped onion. Cook until onions are translucent, 4 to 5 minutes. Add dry pasta. Cook and stir 2 minutes.

Stir in tomato paste until evenly distributed, 2 to 3 minutes. Add 3 cups broth. Raise heat to high and bring to a simmer. Add salt, black pepper, pepper flakes, and oregano. When soup comes to a boil, reduce heat to medium and let it simmer about 5 minutes, stirring often. Check soup consistency and add more broth, if needed.

Place chopped chard in a bowl. Cover with cold water and rinse the leaves; any grit will fall to the bottom of the bowl. Transfer chard to colander to drain briefly; add to soup. Cook and stir until leaves wilt, 2 to 3 minutes.

Stir in white beans; continue cooking and stirring until pasta is perfectly cooked, another 4 or 5 minutes. Remove from heat and stir in grated cheese. Serve topped with grated cheese, if desired.

## Greek Tortellini Salad serves 8



2 (9 ounce) packages cheese tortellini  
1/2 cup extra virgin olive oil  
1/4 cup lemon juice  
1/4 cup red wine vinegar  
2 tablespoons chopped fresh parsley  
1 teaspoon dried oregano  
1/2 teaspoon salt  
6 eggs  
1 pound baby spinach leaves  
1 cup crumbled feta cheese  
1/2 cup slivered red onion

Bring a large pot of lightly salted water to a boil. Add tortellini, and cook for 7 minutes or until al dente; drain.

In a large bowl, mix the olive oil, lemon juice, red wine vinegar, parsley, oregano, and salt. Place the cooked tortellini in the bowl, and toss to coat. Cover, and chill at least 2 hours in the refrigerator.

Place eggs in a saucepan with enough water to cover, and bring to a boil. Remove from heat, and allow eggs to sit in the hot water for 10 to 12 minutes. Drain, cool, peel, and quarter.

Gently mix the spinach, feta cheese, and onion into the bowl with the pasta. Arrange the quartered eggs around the salad or on a separate plate to serve.



## **ENGLISH IS HARD**

- 1. The bandage was wound around the wound.**
- 2. The farm was used to produce produce.**
- 3. The dump was so full that it had to refuse more refuse.**
- 4. We must polish the Polish furniture.**
- 5. He could lead if he would get the lead out.**
- 6. The soldier decided to desert his dessert in the desert.**
- 7. Since there is no time like the present, he thought it was time to present the present.**
- 8. A bass was painted on the head of the bass drum.**
- 9. When shot at, the dove dove into the bushes.**
- 10. I did not object to the object.**
- 11. The insurance was invalid for the invalid.**
- 12. There was a row among the oarsmen about how to row.**
- 13. They were too close to the door to close it.**

# OCTOBER

## National Pasta Month

### History

April 1, 1957 Spaghetti hoax The BBC aired a fake three-minute report showing a family in southern Switzerland harvesting spaghetti from the family "spaghetti tree."



1798 Mass-produced pasta

According to the Atlantic, a Frenchman opened what may have been the first American pasta factory in Philadelphia.

12th century Noodles in the High Middle Ages. Marco Polo brought pasta from China and popularized it in Italy.

500 BC Ancient Italians serve testaroli  
Pre-Roman Etruscan civilization began grinding wheat with rocks, mixing it with water and boiling it.

5000 BC Pasta first eaten  
The Chinese were apparently to be the first civilization to eat pasta.

One of the original Roman calendar months, October literally translates to "eighth month." Because the original Roman calendar began with March, October was the eighth month, just as September, meaning seven, was the seventh month. Same with November (nine) and December (10).

Today, with our calendar beginning in January, October is the 10th month.

The ancient Saxons called October "Wintirfylith" because it had the first full moon of the winter.

October is associated with autumn or fall. It ends on the same day of the week as February every year and January in common years only. On the last week of October, it is the only time of the entire year when all four major American sports have games at the same time: the MLB, NHL, NFL and NBA.

The October birthstone is tourmaline and opal, its zodiac signs are Libra (September 23-October 22) and Scorpio (October 23-November 21), and the birth flower is the calendula.

Here are some historical and significant dates in October:

On October 1, 1896, free rural delivery of mail started in the United States.

October 4, 1957, the first artificial satellite was launched by the Soviet Union.

October 5, 1947, the first presidential telecast address from the White House was made by Harry S. Truman.

October 7, 1816, the Washington (first double-decked steamboat) arrived at New Orleans.

October 12, 1492, Christopher Columbus landed in America.

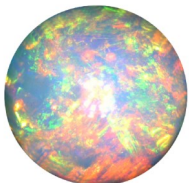
October 18, 1867, The U.S. flag was formally raised over Alaska.

October 22, 1836, Sam Houston was inaugurated as the first president of the Republic of Texas.

October 31, 1864, Nevada became the 36th state of the United States.



Calendula



Opal



Tourmaline

# 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](mailto:mattifsea@gmail.com).

1



?, Western Regional, Denver 1987

2



? And Rob Malky , Western Regional, Denver 1987

3



Vivian Fairburn and Richard Weil,  
Western Regional, Denver 1987

2



Ed Manley, Western Regional, Denver 1987

## October is also known for

October is generally known as the month of haunts, scares, ghouls, leaves changing color and falling from the trees, and the first frost of the year settling in. There's more to the month than that, though. A lot more! Did you know October is National Chili Month? Really! It's one of many things celebrated in the month of October besides Columbus Day and Halloween. Here's a few we've collected to share.

**Adopt A Shelter Dog Month** – According to the ASPCA, at least 12 million dogs go to shelters each year. Many, more than half, are euthanized because lack of space and resources, and lack of willing adopters. Adopting a dog is a great thing to do but be sure that you do your research ahead of time and that you're truly ready to become a dog owner – it's a lot of work! Go to a site like [petfinder.com](http://petfinder.com) and look for your local shelter and you should come up with results of dogs that are waiting to be adopted. There will be some information posted by the shelter about the dog's temperament, whether it gets along with kids, other animals, etc. Then do some research on the breed, and schedule a visit to the shelter to see if this dog is the right fit for you and your family. If not, try again. Your new best friend is waiting for you!

**National Chili Month** – As the weather is changing, the color of the leaves are turning, a nice big bowl of chili might just hit the spot while you watch the game. Or you could have a cook off in your neighborhood, town, at one of the fairs, or even in your own kitchen. But no cheating, especially on the last one; remember, you still have to live with them! There are plenty of places to find recipes for making chili, or perhaps you have one that's an old family tradition or you want to experiment and come up with something new. If you're looking for ideas, check out [www.famouschilirecipes.com](http://www.famouschilirecipes.com)

**National Popcorn Poppin' Month** – After being celebrated for more than 25 years, Popping Popcorn became an official holiday in 1999 when it was declared so by then Secretary of Agriculture Dan Glickman. Popcorn is a health friendly snack and many artsy and crafty things can be done with it, such as making a popcorn necklace or Popcorn Con Pesto, the recipe of which can be found at [www.popcorn.org](http://www.popcorn.org)

Memory Lane

*Updated identity*



Gerald Scorsone and David Michaels,  
Philadelphia 1986

# Scientific Evidence That Left-Handed People Are Exceptional

Dear lefties: It's official! You are very special, according to science.

Throughout history, being left-handed has been viewed as a weakness or something to overcome. Heck, just 20 years ago, studies said that left-handed people die sooner and were prone to more accidents. Why? It's not your fault, lefties — you're living in a world built for right-handed people!

Doors are made for the right hand. Simple household items like scissors and can openers are made for the right hand. Even writing can be more of a challenge for lefties.

But studies have revealed some interesting facts about left-handedness. And, it turns out, there are some serious perks to being a leftie — including a higher likelihood of excelling at sports and better problem-solving skills (take that, righties!). Read on for some fun facts about and great perks of being left-handed.

**1. We Don't Know Why Left-Handed People Exist**  
In spite of a good deal of research over the years, there still isn't a definitive answer as to why some humans are left-handed. It could be partly hereditary from the mother's side of the family tree. Another theory is that if there is more testosterone in the womb, there's a greater chance the baby will be left-handed. In one study, twins were twice as likely to be left-handed as compared to the rest of the world.

**2. We Don't Know Exactly How Many Left-Handed People Are On Earth**  
Various studies estimate that between 5% and 26% of the population is left-handed. But those numbers vary depending on culture and region being studied.

**3. Lefties Are More Likely To Be Good At Sports**  
About 25 % of all MLB players are left-handed (or "southpaws"). Baseball is not the only sport that's advantageous for lefties. Interactive sports like tennis give lefties the upper hand. Since left-handed athletes' movements are different, opponents aren't used to reacting to them. Athletes thrive on routines, and when you disrupt their routine, it throws off their game.

**4. Left-Handedness Has Never Become Extinct**  
Back in the day, left-handed students were forced to write with their right hands in an attempt to correct what was seen as a problem. Even with these questionable practices going on, the trait of left-handedness has not died. Instead of survival of the fit



“survival of the unexpected.” For instance, in primitive cultures, 27% of people living in war-like regions were left-handed, compared to 3% in peaceful regions. Perhaps that's because the right-handed fighters never saw the left hook coming.

**5. Left-Handers Are Better Problem Solvers**  
Scientists believe lefties are better at divergent thinking or coming up with multiple solutions to a problem. As a result, they are more likely than right-handed counterparts to pursue careers in science, art and technology. Famous lefties who made names for themselves in those fields include Marie Curie, Ludwig Van Beethoven, Pablo Picasso, Bob Dylan, Paul McCartney, Bill Gates, Julia Roberts, Angelina Jolie, Nicole Kidman, and Jean-Paul Gaultier — an impressive lineup!

**6. Left-Handedness Can Be Predicted Before Birth**  
Doctors can tell if a baby is left-handed through ultrasound. Most babies, or 90% of them, move their right arm and suck on their right thumb in the womb. That other 10%? Future lefties!

**7. Lefties Are In Very Good Company**  
While studies about whether left-handed people are officially “better” thinkers are inconclusive, there is anecdotal evidence that lefties are very smart. Famous left-handed brainiacs include Albert Einstein, Bill Gates, and Neil Armstrong. Not bad company to keep!

**8. Most Left-Handed People Are Born In Late Spring To Early Summer.**

One study showed that most lefties were born between March and July. From this information, we can deduce that most lefties were conceived between June and October. As to what this indicates, well, researchers aren't quite there yet — but it is an interesting finding nonetheless!

## Brilliant Words of Wisdom from Children

1. Never trust a dog to watch your food. Patrick, age 10
2. When your dad is mad and ask you, "Do I look stupid?" don't answer him. Michael, age 14
3. Never tell your mom her diet's not working. Michael, age 14
4. Stay away from prunes. Randy, age 9
5. Never pee on an electric fence. Robert age 13
6. Don't squat with your spurs on. Noronha age 13
7. Don't pull dad's finger when he tells you to. Emily age 10
8. When your mom is mad at your dad, don't let her brush your hair. Taylia age 11
9. Never allow your three-year old brother in the same room as your school assignment. Traci age 14
10. Don't sneeze in from of your mom when you're eating crackers. Mitchell age 12
11. Puppies still have bad breath even after eating a tic tac. Andrew age 9
12. Never hold a dust bust buster and a cat at the same time. Kyoyo age 9
13. You can't hide a piece of broccoli in a glass of milk. Amir age 9
14. Don't wear polka-dot underwear under white shorts. Kelsie age 11
15. If you want a kitten, start out asking for a horse. Naomi age 15
16. Felt markers are not good to use as lipstick. Lauren age 9
17. Don't pick on your sister when she;s holding a baseball bat. Joel age 10
18. When you get a bad grade in school, show it to your mom when she's on the phone.. Alyesha age 13
19. Never try to baptize a cat. Eileen age 8