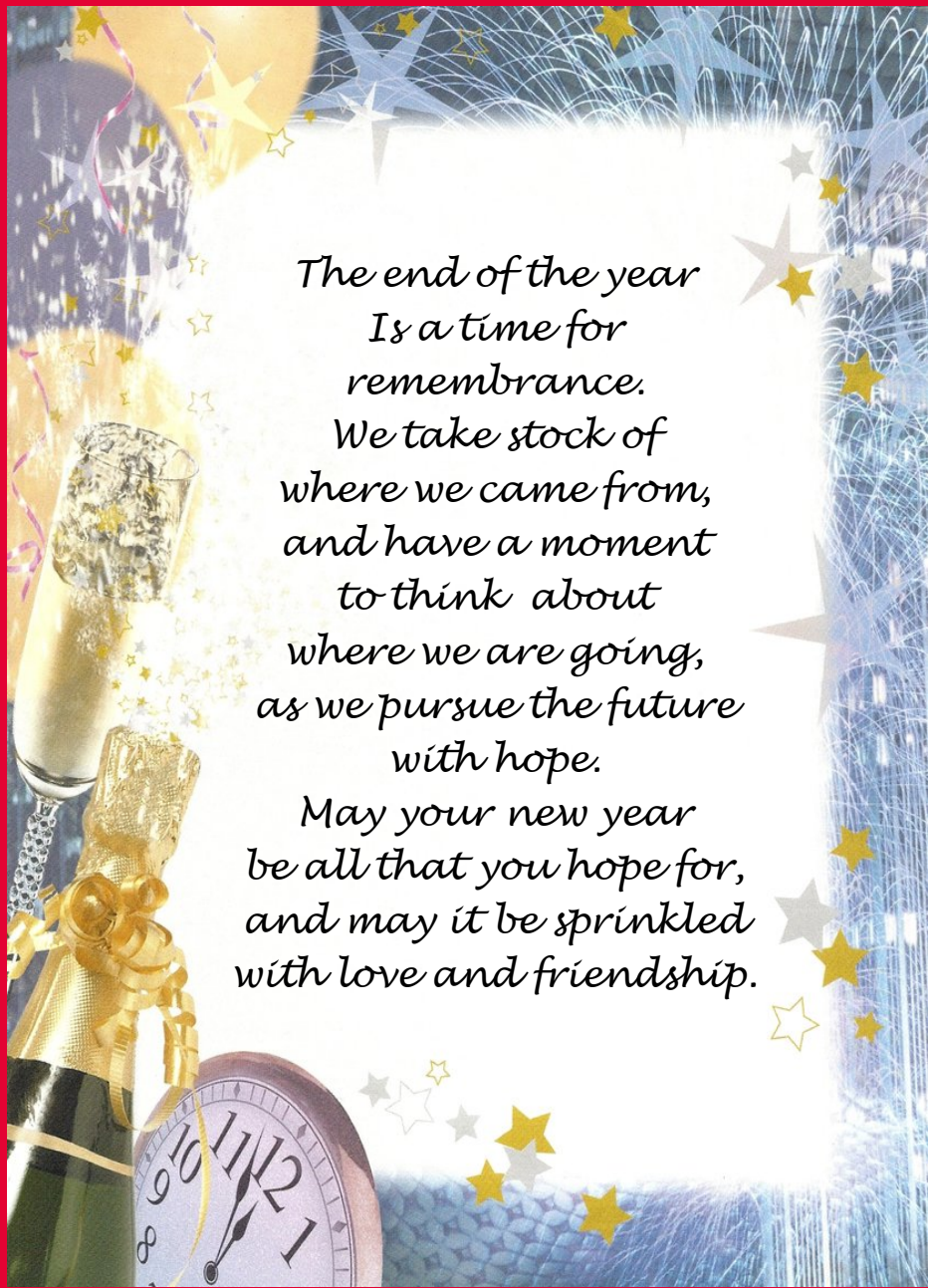




IFSEA NEWS

Fresh and Bold!

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



*The end of the year
Is a time for
remembrance.
We take stock of
where we came from,
and have a moment
to think about
where we are going,
as we pursue the future
with hope.
May your new year
be all that you hope for,
and may it be sprinkled
with love and friendship.*

January 2020 IN THIS ISSUE

Did You Know	5
Director of Development	4
Happy New Year	1
January is	9
Life on the Weil Side!	3
Officers and Directors	2
Recipe Box	6, 7
Random Stuff	8



SOMETHING TO THINK ABOUT

A little progress each day adds up to big results.

2020 IFSEA OFFICERS AND DIRECTORS

Board	Position	Committee	Email
Richard Weil	Chairman		richard@nrcadvice.com
Ed Manley	Chairman Elect		ed@ehmanley.com
David Kinney	Treasurer		hq@ifsea.org
Alysha Brooks	Director		brooksal@morrisville.edu
Bob Mathews	Director		robertifsea@gmail.com
Brian Kunihiro	Director		brianifsea@gmail.com
Colonel Curtis Henry	Director	<i>Military</i>	chefroc1@gmail.com
CSC (Chief) Dave Zander	Director	<i>Military</i>	dazsr66@gmail.com
Dave Orosz	Director	<i>Worthy Goal</i>	dave@orosz.us
Donna Foster	Director		foodlady2@juno.com
Dr Ernst Boger	Director	<i>Scholarships</i>	epboger@umes.edu
George Baggott	Director		gebaggott@hotmail.com
Grant Thompson	Canadian Liaison		attgrant@rogers.com
Jack Kleckner	Director	<i>Industry Advisor</i>	jack.kleckner@ecolab.com
Jayne Peterson	Director		jpeterson@rlsinc.com
Jesus Guillen	Director		jrguillen01@yahoo.com
Larry Brown	Director	<i>Industry Advisor</i>	lbrown@michaelsinc.com
Laurel Schutter	Director		laurelschutter@lammorrison.com
Matt Trupiano	Director	<i>Newsletter</i>	mattifsea@gmail.com
Michelle Hackman	Director		michele@its-go-time.com
Peter Starowicz	Director		pstarowi@mvnhealth.com
Richard Hynes	Director	<i>Industry Advisor</i>	richard.hynes@hobartcorp.com
Stan Gibson	Director		scgibson32@gmail.com

Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



A new decade and new positive outlook!

Welcome to a new decade! It is hard to believe 20 years ago the world was supposed to halt and the “Y2K” bug was to infect everything we know and that at the stroke of midnight throughout the world would potentially see chaos, power outages etc. I was an executive with a fortune 200 company back then and all of us on the Executive Committee of our company were quarantined from being more than 50 miles from our corporate offices that New Years. As we came through the end of the 20th century into the 21st century we have seen multiple changes in perspective and outlook. The same holds true for IFSEA.

I was originally Chairman of the Board in 1996-1997 and again 20 plus years later I am privileged and honored to serve again. Though, this time without much of the foundation we had 24 years ago including our military partnership, membership and branches. So why would the new decade we have now turn the calendar forward to create such a positive new outlook for IFSEA?

I believe the answer lies with the stability that we have financially turned the corner. This is totally due to the efforts of Ed Manley and two other board members Dave Zander and Colonel Rock Henry. No doubt Ed, Dave and Colonel Henry have received ongoing support from the rest of the IFSEA board, as well as from myself and Dave Kinney. But Ed has for more than 40 years been the foundation and cornerstone for IFSEA’s continuation. While Ed has no doubt had legendary battles internally and externally fought, and in some cases lost the battles, IFSEA has been the benefactor.

Today, with the success of Ed’s efforts and networking we have solidified the financial stability of IFSEA for the future and believe we can sustain our organization for many more years to come. While our purpose is to continue to support the aims and objects of the association by supporting military education, certification, students, and scholarships, we need to have our members continue to be part of our 119-year-old association.

We look forward to having our membership rolls increase, our ability to support students grow, and our affiliation with the military strengthen. Our positive outlook for 2020 continues with your support and guidance. Please let us know how we can further IFSEA and your thoughts and ideas are always welcomed and encouraged. Happy New Year’s everyone!

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



Trusting everyone had a great holiday and looking forward to a wonderful year in 2020. IFSEA is in its 120th year of existence. Not always a bed of roses, but we are making strides toward a solid future. Certifications are making a difference in the nursing home and skilled care facilities where, by virtue of us many years ago having named one of our certifications “Certified Food Manager” (CFM) , and the federal government placing a standard which allows someone to be “FSD: at that type facility needing 1 of 3 certifications. CFM is an approved name for one of them. Always say I’d rather be lucky than good. Just one company has purchased over 200 en-route to getting 500 most likely during 2020. So we are off to a great start with certifications this year. Last year the re-vitalized Certified Food Associate (CFA) took off in Florida, but we broke their budget with 600 tests in 2 months, so, we’re under review to get back in approved for this coming falls curriculum so they can budget appropriate for this test later this coming year. Thus, certifications are alive and well and much more news to come this brand new year.

MeetUps are the key to our membership future I think. I did one in Miami last year which was good, with maybe a dozen people attending, then one at the NRA show at Mario Ponce’s restaurant and that was a failure, but, we never give up. Doing one in Fort Lauderdale, where I now live, on Monday, January 13th, on Las Olas Blvd., the center of the universe in Lauderdale. MeetUps are like IFSEA Branches, in that they hold meetings (monthly or whatever). Other than that, no resemblance. No boards, bylaws, dues, or formal structure. You just put together a meeting at the same or different locations in your area, you get the place to provide reduced cost drinks and food, invite people who are, or are not IFSEA members. A couple of minutes to mention what IFSEA is and does, invite people to join, but welcome them back member or not. A great way to meet a diverse group of people who might become a great part of your network and new friends. I was a regular at one in Vegas for a few years – lawyers, doctors, hairdressers, chefs, whatever. Just fun and you got to know a lot of people. It’s TOO SIMPLE not to do, so why don’t you set one up too. I found a nice restaurant, a 10-minute walk from me, they have happy hour all day on Monday, so they don’t have to change a thing. IFSEA board member Jesus Guillen has Aloha Hawaii doing exactly this and they are having fun and keeping their decades old friends continue to stay in contact and network.

So I don’t have to play favorites, IFSEA and the Global Foodservice Institute (which I’ve been since 2010) co-mingled their certifications, so each splits the revenue no matter if IFSEA or GFI certification. By the time you read this we may have completed to transfer of GFI from SUNY Morrisville to the University of South Florida, where the hospitality Dean is my Cornell classmate and Chairman Richard Weil’s long-time friend, Dean Dr. Pat Moreo.

If you think, like our active board does, that IFSEA does not deserve to die after all the good it has done for members, students and military, then why don’t you figure out SOMETHING you can do to help; maybe a MeetUp. We can’t do it alone, it just doesn’t work unless we get more people ACTIVELY involved. Richard Weil, David Kinney and myself will assure you that we will not die due to lack of money. But it’s no fun to have money and no friends. Happy New Year to everyone!

? Did ? You ? Know ?

What's New and Beneficial About Brussels Sprouts



- Brussels sprouts can provide you with some special cholesterol-lowering benefits if you will use a steaming method when cooking them. The fiber-related components in Brussels sprouts do a better job of binding together with bile acids in your digestive tract when they've been steamed. When this binding process takes place, it's easier for bile acids to be excreted, and the result is a lowering of your cholesterol levels. Raw Brussels sprouts still have cholesterol-lowering ability — just not as much as steamed Brussels sprouts.
- Brussels sprouts may have unique health benefits in the area of DNA protection. A recent study has shown improved stability of DNA inside of our white blood cells after daily consumption of Brussels sprouts in the amount of 1.25 cups. Interestingly, it's the ability of certain compounds in Brussels sprouts to block the activity of sulphotransferase enzymes that researchers believe to be responsible for these DNA-protective benefits.
- For total glucosinolate content, Brussels sprouts are now known to top the list of commonly eaten cruciferous vegetables. Their total glucosinolate content has been shown to be greater than the amount found in mustard greens, turnip greens, cabbage, kale, cauliflower, or broccoli. In Germany, Brussels sprouts account for more glucosinolate intake than any other food except broccoli. Glucosinolates are important phytonutrients for our health because they are the chemical starting points for a variety of cancer-protective substances. All cruciferous vegetables contain glucosinolates and have great health benefits for this reason. But it's recent research that's made us realize how especially valuable Brussels sprouts are in this regard.
- The cancer protection we get from Brussels sprouts is largely related to four specific glucosi- You'll want to include Brussels sprouts as one of the cruciferous vegetables you eat on a regular basis if you want to receive the fantastic health benefits provided by the cruciferous vegetable family. At a minimum, include cruciferous vegetables as part of your diet 2-3 times per week, and make the serving size at least 1-1/2 cups. Even better from a health standpoint, enjoy Brussels sprouts and other vegetables from the cruciferous vegetable group 4-5 times per week and increase your serving size to 2 cups. It is very important not to overcook Brussels sprouts. Not only do they lose their nutritional value and taste but they will begin to emit the unpleasant sulfur smell associated with overcooked cruciferous vegetables. To help Brussels sprouts cook more quickly and evenly cut each sprout into quarters. Let them sit for at least 5 minutes to bring out the health-promoting qualities and then steam them for 5 minutes. Serve with our Honey Mustard Dressing to add extra tang and flavor to Brussels sprouts.

Recipe Box

Skillet Braised Brussels Sprouts

Serves 4



- 4 slices thick-cut bacon, sliced into 1/4-inch strips, or more to taste
 - 1 pound Brussels sprouts, trimmed and halved, or more to taste
 - 1 clove garlic, thinly sliced, or more to taste
 - 1/2 cup chicken stock, or more as needed
 - 1 tablespoon butter, or to taste
 - 1 tablespoon balsamic vinegar, or more to taste
 - salt and ground black pepper to taste
1. Place bacon in a large skillet over medium-low heat; cook until just crisp, about 10 minutes. Transfer bacon to a paper towel-lined plate, reserving bacon grease in skillet.
 2. Increase heat to medium-high under skillet; sauté Brussels sprouts in the bacon grease until lightly browned, 2 to 3 minutes. Add garlic to Brussels sprouts; sauté until garlic is fragrant, 1 to 2 minutes.
 3. Pour chicken stock over Brussels sprouts mixture and cover skillet with a lid; simmer until Brussels sprouts are bright green, 4 to 5 minutes. Remove lid and continue simmering until liquid is evaporated and sprouts are tender, about 5 more minutes.
 4. Remove skillet from heat and stir bacon, butter, vinegar, salt, and pepper into Brussels sprouts mixture until butter is melted.

Brussels Sprouts Gratin

Serves 4



- 1 pound Brussels sprouts, cleaned and trimmed
 - 2 slices bacon, cut into 1/2 inch pieces
 - salt and ground black pepper to taste
 - 1/2 cup heavy cream
 - 1/4 cup bread crumbs
 - 1/4 cup grated Parmesan cheese
 - 2 tablespoons butter, cut into tiny pieces
1. Preheat an oven to 400 degrees F (200 degrees C). Lightly grease a baking dish.
 2. Bring a large pot of lightly salted water to a boil. Add the Brussels sprouts and cook uncovered until tender, about 8 minutes. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the Brussels sprouts are cold, drain well, and cut in halves or quarters, depending on size. Set aside.
 3. Meanwhile, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until limp and lightly browned, about 5 minutes. Reduce heat and stir in the Brussels sprouts. Season with salt and pepper then toss for about 1 minutes to evenly distribute the seasonings. Arrange bacon and Brussels sprouts on the prepared baking dish. Pour cream evenly over the Brussels sprouts, then sprinkle breadcrumbs and Parmesan cheese on top. Distribute pieces of butter over the bread crumbs.
 4. Bake in the preheated oven until golden brown and heated through, 20 to 25 minutes.

Recipe Box

Breaded Brussels Sprouts

Servings: 8



- 1 1/2 pounds Brussels sprouts
- 1 teaspoon salt
- 4 tablespoons butter, melted
- 4 tablespoons grated Parmesan cheese
- 4 tablespoons dried bread crumbs
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon seasoning salt

Wash and trim Brussels sprouts. Cut an "X" about 1/8 inch deep in the stem of the sprouts (this helps cook the sprouts more evenly and quickly).

In a medium-size pot, cover Brussels sprouts with water; add 1 teaspoon salt and bring to boil. Cover and simmer for 6 minutes or until tender; drain. Be careful not to overcook sprouts.

Place sprouts in a small casserole dish. Sprinkle 2 tablespoons of melted butter over the sprouts and mix well to coat.

Combine Parmesan cheese, dried bread crumbs, garlic powder, black pepper, seasoning salt, and remaining butter and mix well; sprinkle mixture over sprouts.

Heat sprouts under broiler (about 4 inches away from heat) for about 5 minutes or until crumb mixture is lightly browned. Serve hot.

Brussels Sprouts Pizza

Servings: 4



- 1 teaspoon extra-virgin olive oil
- 9 slices pancetta
- 5 teaspoons extra-virgin olive oil
- 2 cloves garlic, minced
- 6 Brussels sprouts, trimmed and thinly sliced
- 1 (8 ounce) package shredded mozzarella cheese
- 1/2 teaspoon fennel seed
- 1 12-inch pizza crust

Preheat oven to 475 degrees F

Heat 1 teaspoon olive oil in a skillet over medium heat; cook and stir pancetta until fat has been released, 3 to 5 minutes. Transfer pancetta to a paper towel-lined plate.

Pour remaining 5 teaspoons olive oil into the same skillet; cook and stir garlic until fragrant, about 20 seconds. Add Brussels sprouts to garlic; cook, stirring constantly, until sprouts begin to brown, 5 to 10 minutes. Transfer sprouts and garlic to a bowl and crumble cooled pancetta over the mixture. Add mozzarella cheese and fennel seed; toss to coat. Place pizza crust onto a baking sheet and spread Brussels sprouts mixture atop pizza crust.

Bake in the preheated oven until cheese is melted and bubbling, about 10 minutes.

RANdom STuff

did you know?

Despite being 400 years old and enduring a nuclear explosion, this little bonsai tree just keeps on growing. Planted in 1625, it lived only 2 miles from the drop site of the atomic bomb that destroyed Hiroshima in 1945. It was given as a gift to the United States in 1976 and is now housed at the National Arboretum, where it still continues to thrive.



PHOTO: THE UNITED STATES NATIONAL ARBORETUM

DIDYOUKNOWFACTS.COM

When a person cries
and the first
drop of tears
comes from the
RIGHT eye,
it's happiness,
When it's
from the LEFT eye,
it's Pain.

If GH can stand for P as in Hiccough,
If OUGH stands for O as in Dough,
If PHTH stands for T as in Phthisis,
If EIGH stands for A as in Neighbor,
If TTE stands for T as in Gazette,
If EAU stands for O as in Plateau,
The right way to spell POTATO should
be GHOUGHPTHTEIGHTTEEAU

January Is

January is the first month of the year in the Julian and Gregorian calendars and the first of seven months to have a length of 31 days. The first day of the month is known as New Year's Day. It is, on average, the coldest month of the year within most of the Northern Hemisphere (where it is the second month of winter) and the warmest month of the year within most of the Southern Hemisphere (where it is the second month of summer). In the Southern hemisphere, January is the seasonal equivalent of July in the Northern hemisphere and vice versa.

Ancient Roman observances during this month include Cervula, and Juvenalia; celebrated January 1, as well as one of three Agonalia, celebrated January 9, and Carmentalia, celebrated January 11. These dates do not correspond to the modern Gregorian calendar.

January (in Latin, Ianuarius) is named after the Latin word for door (ianua), since January is the door to the year and an opening to new beginnings. The month is conventionally thought of as being named after Janus, the god of beginnings and transitions in Roman mythology, but according to ancient Roman farmers' almanacs Juno was the tutelary deity of the month.

Traditionally, the original Roman calendar consisted of 10 months totaling 304 days, winter being considered a month-less period. Around 713 BC, the semi-mythical successor of Romulus, King Numa Pompilius, is supposed to have added the months of January and February, so that the calendar covered a standard lunar year (354 days). Although March was originally the first month in the old Roman calendar, January became the first month of the calendar year either under Numa or under the Decemvirs about 450 BC (Roman writers differ). In contrast, each specific calendar year was identified by the names of the two consuls, who entered office on May 1 or March 15 until 153 BC, from when they entered office on January 1.

Various Christian feast dates were used for the New Year in Europe during the Middle Ages, including March 25 (Feast of the Annunciation)

and December 25. However, medieval calendars were still displayed in the Roman fashion with twelve columns from January to December. Beginning in the 16th century, European countries began officially making January 1 the start of the New Year once again.

Historical names for January include its original Roman designation, Ianuarius, the Saxon term Wulf-monath (meaning "wolf month") and Charlemagne's designation Wintarmanoth ("winter / cold month"). In Slovene, it is traditionally called prosinec. The name, associated with millet bread and the act of asking for something, was first written in 1466 in the Škofja Loka manuscript.

According to Theodor Mommsen, 1 January became the first day of the year in 600 AUC of the Roman calendar (153 BC), due to disasters in the Lusitanian War. A Lusitanian chief called Punicus invaded the Roman territory, defeated two Roman governors, and killed their troops. The Romans resolved to send a consul to Hispania, and in order to accelerate the dispatch of aid, "they even made the new consuls enter into office two months and a half before the legal time" (March 15).



January flower is the Carnation.



January Birth stone is Garnet which comes in many colors, the most popular is red .