



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, MCFE, MCFP Chairman of the Board

August and so much still to do!

We recently held our summer Board of Director's Meeting and appreciate so much the IFSEA Director's that were able to attend during these hectic and crazy times. The minutes of the July Board Meeting are included in this newsletter. While our industry continues to be directly impacted by COVID-19 it is no wonder that a recent survey conducted by the National Restaurant Association notes that 2/3rd of all surveyed operators believe that there will continue to be large negative influences on consumers and business results in general over the next 3 months at a minimum. I suspect that the year 2020 will no doubt go on record as a memory that most of us would soon forget. However, with so many clouds over our industries head we have **so much still to do** as an industry and to continue IFSEA forward.

Thanking Ed Manley, Alysha Brooks and Dave Kinney is an understatement. Particularly the great Ed Manley for all that he has done these past 50 years with his involvement with IFSEA. Please take the time to read Ed's August newsletter article as he continues to wave the IFSEA flag wherever he currently virtually goes. Ed, Dave Kinney, and I this past April had many conversations and emails about what to do about the Pandemic and IFSEA. Instead of looking at the glass half full, we have fortified our mission and passion forward to make IFSEA half full. **So much to do!**

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SOMETHING TO THINK ABOUT

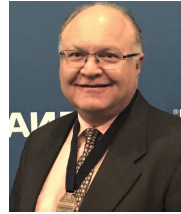
**One small positive thought in the morning
can change the entire outcome of your day!**

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Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



August and so much still to do!

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Ed, through his seemingly magic, has networked the resurgence of two traditionally successful branches into meetups/branches in L.A. and Las Vegas. This work along with Board Member Jesus Guillen in Hawaii is helping IFSEA grow again. While our membership numbers are climbing again towards the 300 mark, we **have so much to do!**

The Enlisted Aide of the Year Award (EAOY) once again will see Ed Manley as the chair of this highly coveted award and traditional event. While the event may or may not be “live” this year, through the Kae de Brent Hodges Foundation and via IFSEA will once again be a sponsor. Still **so much to do!**

Our Trademarks for our certifications have almost been totally secured and completed and this assures IFSEA the much-needed protection of this highly valued component of IFSEA now and for our next 119 years. Our Trademark Legal team has successfully gain approval and defended our “Certifications and Marks” and we are in the final process of receiving the remainder Certificate from the Trademark commission in Washington DC but in this case **not so much to do.**

Finally, as the last full month of summer here in August, I would like to close with an excerpt from an email communication my company (National Restaurant Consultants) has recently published to clients across North America. “The food service and hospitality Industry are still the industry of happiness and fun. No mask, nor glove or Personal Protective Device (PPE) or disinfectant can remove the spirit in which we find ourselves as providers of food, beverage, sustenance and hospitality that the passion for serving our guests whether it be take out; curb side; dive thru; delivery; or dine in; we stand by our mission to serve safely, and graciously; we are the hospitality industry!”

So much still to do!

Be Safe and Healthy!

LOOKING AHEAD WITH MANLEY

by Ed Manley, MCFBD,
Chairman of Interested and Involved People (CIIP)



The Past, The Present, The Future of IFSEA

Many of those reading this, including me, represent the past 119 years of IFSEA. We ALL represent the present, and if you want to, you can represent the future. I see light at the end of this proverbial “tunnel.” Founded in 1901, you are going to see the new evolution of greater rebirth in 2021 and it starts with you and me networking and finding out WHY IFSEA MAKES MORE SENSE TODAY THAN MAYBE EVER.

Here is what we have to offer during this pandemic time:

IFSEA is affordable - We have very minimal overhead as an organization with no paid staffing, volunteers primarily, thus we can afford to have dues of \$25 or \$49.

Founded in 1901 – the #1 person in charge of the \$12 billion a year fund pushing certifications for high schools, says that is the only story IFSEA needs to qualify itself for approvals – “don’t bother with ANSI, founded in 1901 makes you relevant”.

Unemployment, closures – operations that closed will never re-open; those that do re-open will do so with less employees because they determined they can and have no money to waste.

Certifications - IFSEA offers **certifications, mentoring, networking**, FREE certifications in fact for those affected – things people need for more people going for less jobs post COVID.

MOST IMPORTANTLY – **New people** are finding that the first 4 points are true and see the need, that maybe we old-timers used to see but don’t now. Alysha Brooks, Jaynee Peterson, Chef Mario Botaglia (new Las Vegas Branch, U. S. Culinary Olympic team) representing the “younger food service professionals.” Chef Lucio Arancibia (Las Vegas, opened the Excalibur with 7000 employees under him) and in L. A. Chef Jon Lodi (retired Navy) from the “seasoned” side of the business. Look for 100 members in Vegas and L. A. this year. So proud of this networking and future these wonderful people bring.

ACF – Mario, Lucio and Jon are connecting IFSEA and the ACF chapters in the West, offering free to inexpensive opportunities to network, learn about certifications, and keep both organizations alive and purposeful. At the same time, chefs will be introduced to committed ACF members who will espouse the value of ACF, so we will support ACF, of which I am a proud voting life member. So, my many friends of many decades, and in just these past few weeks, it is time to see that light, and don’t just sit on your hands, but talk to ACF leadership in your area, if there is such;

CFM and GFI Food Handler is how you can help others - Call a local nursing home, who has food service, how are they meeting the federal standards for F&B qualifications – our Certified Food Manager (CFM) is one of just 3 ways to meet the federal requirement. Contact your local health department, ask them how we can submit our Global Foodservice Institute GFI Food Handler as a recognized certification for food workers – we were just approved for the entire state of South Carolina.

Continued relevance with the Military – We have a 65-year history with support of the US Military with a rich history of recognizing, honoring, and certifying military food service personnel throughout the globe. We continue our support of the military with meaningful certifications, training, and support of the Enlisted Aid of the Year Award. Colonel Rock Henry and Chief David Zander and I with others through the Food Service Institute assures IFSEA’s presence for many years to come.

None of us is doing this just to keep IFSEA alive. We can do that just by selling certifications and go about our lives. We think IFSEA matters, **staying alive is the** byproduct of what we have to offer to an industry that is in severe distress, from which it may not recover for a long time and perhaps even a decade. I do not know of a better value for our membership fee of \$49, if you do let me know. If you do not, then help us and your industry!!! Thanks!!!

Keep looking, the end of the tunnel is nearing.

So, as I often send in my emails to all, smile!

From the Mind of a Millennial

Alysha Brooks, Director of Development



Hey, my fellow millennials did you know...
That we don't know everything?

That's right, I know that's a hard one for me to swallow sometimes, but the fact is, just because we went to college, worked in the industry for 14 years and have been a manager – does not mean we are experts and that means we have no reason to stop listening and learning.

What's the best way to connect with current professionals in the industry?

Easily:

- Become a member of a professional organization
- Find ways to contribute to the organization
- Create a local branch and host meet ups
- Join groups and network on LinkedIn
- Talk to your companies' executives

I can promise you that not a single person is going to be upset that you are asking them how they got the job they have. They want to retire someday, and most people would like the possibility of finding and training their own replacement. It all starts with a conversation with someone that you look up to.

What makes this easier is technology! We don't even have to be in the state as our professional mentor. Is there someone you follow on LinkedIn that you admire because they do what you want to do? Message them! Talk to them! Ask them questions!

We are the industry of human connection. They too choose this industry for reasons like you and they want to talk about it. If they didn't, they wouldn't be

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From the Mind of a Millennial

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Hey, my fellow millennials did you know...

on LinkedIn. If they don't want to talk, the worst they will do is not answer you. No loss for you.

I strongly encourage that we push each other to be better! Let's stop always searching on the internet and instead ask someone who is doing the exact thing you have questions about!

For example, my mentor is Ed Manley, founder of the Foodservice Institute and he is currently doing the exact thing that I just started for myself – Training and Education. I had a question and I had searched for it 1000x on Google and couldn't find the answer. I sent Ed one email and within 10 minutes he had my answer.

This last weekend I gained another mentor! He too trains ServSafe and I met him when he proctored my ServSafe Safe Alcohol Serving exam over the weekend. Soon he will be retiring from his job as a salesman for Performance Food Group where he sells food to 51 foodservice operations. We talked about the industry, how we each trained and ran our business, and IFSEA. In Central NY, there are very few Food Safety Trainers so we decided to work together, if he was unable to do a training, he would let me know and I would do the same for him.

We as millennials have learned what current executives are doing RIGHT and WRONG. They can answer our easy questions and they can give us personal advice. If they notice you are asking questions about a specific topic, they can give you the email of their buddy that does that exact job!

There is no such thing as knowing everything but in order to know A LOT more, we have to NETWORK. Communicating is what creates connections. Those connections can get you jobs, advice, friends, support, etc.

To whomever is reading this, I have one challenge for you, get on LinkedIn, Facebook or Instagram and communicate with someone. Think of someone that has knowledge that you want and ask them one question. See what happens.

Since I mentioned social media – don't forget to follow our pages:

Facebook – www.facebook.com/IFSEA.HQ

Instagram – [ifsea.1901](https://www.instagram.com/ifsea.1901)

LinkedIn – www.linkedin.com/company/ifsea



Minutes for Meeting Call July 16, 2020

- Chairman, Richard Weil called the meeting to order at 4:00 PM Eastern Time
- Treasurer/Secretary, Dave Kinney called roll: Attending were Richard Weil, Ed Manley, Dave Kinney, Alysha Brooks, Brian Kunihiro, Colonel Curtis Henry, Chief Dave Zander, Dave Orosz, Dr. Ernst Boger, Jaynee Peterson, Laurie Schutter, Matt Trupiano, Sean McGregor Excused Absences: Stan Gibson, Michelle Hackman, Peter Starowicz, Robert Mathews, Jack Kleckner Absent: Dick Hynes, Donna Foster, Grant Thompson, Jesus Guillen, Larry Brown. A quorum was established.
- Chairman Richard Weil called for approval of the last meetings minutes. Alysha Brooks moved for approval and it was seconded by Lori Schutter. Motion passed.
- Treasurer, Dave Kinney reported that at our last meeting the balance in our account was approximately \$20,000. As of this meeting, we are at approximately \$18,500. We had two major expenses in the last quarter including D&O Insurance and certification pins ordered for all the people who have earned certifications in the last period. We are estimating we will have another \$10,000 in revenue by year end. We are in a reasonably good financial position considering where we were when we started in 2017. Chairman Richard Weil asked for a motion to approve the treasurer's report. Jaynee Peterson moved for approval and Laurie Schutter second the motion. Motion passed.
- Chairman, Richard Weil reported the following:
 - The newsletter continues to be a great asset for our organization and in particular with all the new input from Alysha Brooks we obtain much new and valued insights.
 - IFSEA, GFI and FSI have joined to hire Mr. David Jones at \$400/month to manage our social media output through Facebook, Twitter, and Instagram. Each organization will pay \$133.33 monthly for this program. This will run for at least 6 months and we do have a 30 day out clause if needed. He is well experienced in this area and will help provide social media coverage of IFSEA, GFI and FSI. Chairman Richard Weil asked for a motion to approve this expenditure. Alysha Brooks made a motion for approval. Colonel Curtis Henry seconded. Motion passed.
 - Colonel Curtis Henry, Chief Dave Zander and Ed Manley are continuing all avenues to create opportunities for certification. It not only includes health care workers but people who are serving time in the Florida Juvenile system.
- Director of Development, Alysha Brooks reported the following:
 - She has been doing various posts on Facebook and our numbers are increasing to as much as 200 people viewing the post.
 - Instagram will be rolled out by David Jones shortly.
 - We have been boosting many of our post so that they cover a wider area of people.
 - It would be extremely helpful if we all could share the posts and even boost out to others as well to be sure the food service industry is receiving our information.
 - She is going to share the survey with everyone again and asked if we could all try to share it with others as well.
 - Las Vegas is doing a zoom meeting and Alysha is providing graphics for a flyer. If any of us in our areas

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Minutes for Meeting Call July 16, 2020

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are going to have meetings, contact Alysha and she can certainly put together graphics and flyers for your meetings.

- Chairman Elect, Ed Manley reported the following:
- Ed just finished a call with the USO organization who hosts the Enlisted Aid of the Year program. Ed will serve as the chairman of this event for the next two years. IFSEA remains a strong supporter of this program.
- We have completed 400 CFM certifications to date. We have worked closely with HCSG company who will utilize this program throughout their organization and resell it.
- Colonel Curtis Henry is working with the Florida Juvenile justice system to create a certification program for these people coming out of the juvenile justice system and trying to establish themselves back in the community with a job.
- Ed reported that the CFA program will include the food handler certification in the future which should hopefully help us get back into the Florida program for certifying people throughout the school systems.
- Ed has done three Zoom classes for certification given COVID-19 restrictions on having classes and traveling.
- Ed will eventually be going to Camp David to continue providing programs for the military and certifications there. This will have to wait until the current issues with COVID-19 are lifted.
- Ed, and FSI will be joining the ACE program for \$5000. This is a program where our certifications may eventually be shown as credit for college class hours.
- Ed is working with a group in Las Vegas and in Los Angeles to help them revitalize their branches or meet up groups. We have two individuals one in each city that are excited to try to reactivate those local areas.
- Chief Dave Zander reported about the ACE program and indicated this will be a great opportunity once we are approved and made a part of this to help military and others receive hours on a college level for their certifications.
- Ed mentioned the Perkins grant that Dave Zander is working on as well. The head of that program indicated that our 119-year-old organization is more than qualified to be a part of that program.
- Colonel Curtis Henry stated that the Florida Department of Juvenile Justice has had court approval for us to conduct this certification program.
- Richard Weil reported that much of the GFI money raised goes to the University of South Florida Hospitality Management program to help provide approval of the tests we put forward in certification programs.
- Scholarship Chairman, Dr. Ernst Boger, reported the following:
- **BACKGROUND:** Worthy Goal Scholarship Applications normally cut off on or about March 20. For 2020, the deadline was extended to June 20, due to the uncertainty and school disruptions courtesy of COVID-19.
- **UPDATE:** As of the June 20 cutoff date, 41 applications were received.
- **PROGRESS:** A grading matrix has been set up and is evaluating the applications on the following criteria:
 - ✦ Credit Hours #17; Background #18; Work Experience #19 Organization Leadership #20; IFSEA \$ Impact

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Minutes for Meeting Call July 16, 2020

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#21; GPA #22; References #23.

✦ The # symbol corresponds to the item # on the application form.
✦ As of today, Applicants have been evaluated based on items #17,18,20, and 21. The remaining items are attachments that I am not yet able to see, based on my Google Drive's limitation. I expect to have that adjusted or upgraded in the next day or so.

✦ **WRAP-UP:**

✦ All applications should be fully graded by July 25.
✦ Allocation of awards should be complete by July 30
✦ Mail out of awards can begin on July 31.
✦ **ACTION:** Need total amount of funds available and Donor Categories for 2020 from WGFT – Dave Orosz sent this information to Dr. Boger

✦ Worthy Goal board members Dave Orosz and Brian Kunihiro reported the following:

- They reported that the foundation currently has approximately \$530,000 invested in the program.
- Chairman, Richard Weil thanked the worthy goal Trustee's for their continuing support of IFSEA and youth in scholarships.
- Ed Manley requested possibly that there could be a survey done of all the 41 applicants to see where they came from in case some of them maybe now coming through our Facebook post or other mediums.
- Dr. Boger indicated that the overwhelming majority of the applications came from the same schools that had been dealing with us for years but agreed to provide the tracking information to the Worthy Goal Trustees and IFSEA Board. Thank you again to the Worthy Goal Trustees and Dr. Boger.
- Trustee, Dave Kinney reported for Trustee, Richard Weil, that the Kae DeBrent Hodges Fund is currently standing at about \$120,000. We provide scholarships of differing nature than the Worthy Goal Foundation and support other organizations such as the Enlisted Aid of the year program. As Dave Orosz reported with the Worthy Goal Foundation, the Kae DeBrent Hodges Fund is down about 4% from last year. However, given that the market dropped 35% originally in this COVID – 19 situation this year, 4% is a great level to have regained.
- Chairman Elect, Ed Manley requested board members do their best to contact various state agencies such as the state food safety departments in their states and nursing homes to find out whom he can contact to set up certification programs through . All we need to do is call and find out who the contact is and get that information to Ed.

Being no further business to come before the board, Dr. Boger moved for adjournment. Colonel Curtis Henry seconded. Adjournment was at 4:45 PM ET.

Respectfully submitted by,

Treasurer/Secretary

? Did ? You ? Know ?

Peaches

Though peaches were originally planted in St. Augustine, Fla., Franciscan monks introduced them to St. Simons and Cumberland islands along Georgia's coast in 1571. By the mid-1700s peaches and plums were cultivated by the Cherokee Indians. Raphael Moses, a planter and Confederate officer from Columbus, was among the first to market peaches within Georgia in 1851 and is credited with being the first to ship and sell peaches successfully outside of the South. His method of shipping peaches in champagne baskets, rather than in pulverized charcoal, helped to preserve the flavor of the fruit and contributed to his success.



The first Georgia peaches were shipped to the New York market between 1858 and 1860. They were transported by wagon to Augusta, then by shallow-draft boat to Savannah, and finally by steamship to New York. Georgia earned its "Peach State" designation during the three decades following the Civil War.

Samuel Henry Rumph, a middle Georgia peach grower during the late 1800's, is credited with being the "Father of the Georgia Peach industry" as he revolutionized the industry with a new variety which he named after his wife Elberta. This yellow-fleshed peach was of superior quality and shipped better than previous varieties. Not only did he breed this superior variety but he also invented a way to ice train cars loaded with peaches, thus getting this "Queen of Fruits" into the populous Northeast. Rumph never patented his Elberta peach or the refrigerated train car. Instead he opted to share this windfall with his neighbors and the "Georgia Peach Boom" began. Elberta remained the leading peach in Georgia until the 1960's but newer varieties have since replaced the Elberta in commercial use. Although the Elberta remains the most famous peach name, Georgia now produces more than 40 commercial varieties, most of which have been bred from the Elberta.

Considerable expansion of peach acreage occurred in the late 19th and early 20th centuries, resulting in an all-time high production of almost eight million bushels by 1928. Since then production has decreased to about two million bushels annually.

Peaches, with their soft skin and sweet flesh, are a summertime staple. One of the largest fruit crops grown in the United States, peaches provide a great deal of nutrients with few calories and no fat. Peaches are a healthy way to fit in one of your daily servings of fruit.

Weight Control

One large peach, about 2 3/4 inches in diameter, contains just 68 calories and no fat. Eating peaches instead of more fattening, processed snacks, such as chips, baked goods, cereal bars and cookies, can help you manage your weight. Peaches are naturally sweet and can replace some of the added sugars in your diet. Use them to top unsweetened whole-grain cereal, plain yogurt or plain low-fat cottage cheese, instead of choosing versions of these foods sweetened with high-fructose corn syrup or cane sugar.

Vitamins

Peaches contain 10 different vitamins. A large peach provides 570 international units of vitamin A, important to healthy vision, and 11.6 mg of vitamin C, an antioxidant and tissue-builder. Peaches provide lower levels of vitamins E and K, with about 6 percent of the daily value based on a 2,000-calorie diet. Vitamin E is another antioxidant, while vitamin K is essential to your body's blood clotting capabilities. Peaches are also a source of thiamin, riboflavin, vitamin B-6, niacin, folate and pantothenic acid.

Recipe Box

Grilled Chicken with Cucumber Peach Salsa

serves: 4



Chilled Peach Soup Servings:

serves: 4



Salsa:

2 cups peaches, peeled and chopped
1 cup English cucumber, chopped
1/2 cup red bell pepper, chopped
2 tablespoons lime juice
1/2 cup crumbled feta cheese
3 tablespoons chopped fresh mint

Chicken:

4 boneless, skinless chicken breasts
1 teaspoon ground cumin
1 teaspoon brown sugar
1/2 teaspoon kosher salt
1 tablespoon olive oil

1. **FIRST** In a medium bowl, combine peaches, cucumber, pepper, and lime juice and set aside.
2. **NEXT** Preheat grill or grill pan to medium-high heat. With a sharp knife, slice chicken breasts horizontally to yield two cutlets. Sprinkle both sides of with pepper and drizzle with olive oil. Grill chicken for 3 minutes per side or until done.

4 cups fresh peaches, peeled and sliced (about 5 medium peaches)
1 cup white wine (such as pinot grigio)
1 cinnamon stick (3-inch)
1/8 teaspoon cardamom
2 tablespoons honey
juice 1/2 lemon
6 ounces plain yogurt
1/4 teaspoon vanilla extract
fresh mint for garnish

FIRST In a medium saucepan, combine peaches, wine, cinnamon, and cardamom over medium-high heat. Bring to a boil, reduce heat, cover, and simmer for 10 minutes or until peaches are soft.

NEXT Remove peaches from heat and let cool slightly. Puree in food processor or blender until smooth. Add honey, lemon juice, yogurt, and vanilla and pulse until smooth. Thicken with additional yogurt if desired.

LAST Refrigerate until chilled. Ladle into bowls, garnish with fresh mint, and serve.

Recipe Box

Grilled Peaches with Honey & Goat Cheese

serves: 2



3 tablespoons Local Honey
4 tablespoons toasted pine nuts
3 large fresh Georgia peaches with peel, halved and pitted
2 1/2 ounces goat cheese, crumbled

1. Preheat grill for medium-high heat.
2. Lightly oil the grill grate. Place peaches on the prepared grill, cut side down. Cook for about 5 minutes, or until the flesh is caramelized. Turn peaches over. Drizzle the top sides with the local honey, and cook for another 2 to 3 minutes.
3. Transfer the peach halves to individual serving dishes. Sprinkle with crumbled goat cheese and pine nuts.

Savory Shrimp & Peach Stir Fry

Serves 4



2
tablespoons vegetable oil
1 pound large shrimp, shelled, deveined
1/2 pound broccoli, stems diagonally sliced, flowerettes cut into bite-size pieces
1 8 ounce can water chestnuts, drained, sliced
2 fresh Ga peaches, peeled, pitted and sliced
3 green onions, diagonally sliced

Savory Sauce:

Blend 1 1/2 tablespoons cornstarch with 3/4 cup chicken broth, 1/3 cup sherry, 1 teaspoon soy sauce, 1/2 teaspoon fresh ginger root, minced, and 1 teaspoon sugar.

1. Heat 1 tablespoon oil in wok or large skillet.
2. Add shrimp and stir-fry until tender, about 4 to 5 minutes. Remove from wok; set aside.
3. Add 1 tablespoon oil and stir-fry broccoli until tender-crisp, about 4 to 5 minutes.
4. Add shrimp, water chestnuts, peaches and onions to wok and heat through.
5. Stir in Savory Sauce and cook just until thick and glossy.

CELERY: BLAND AND BORING? NOT SO FAST!

By Margaret Boyles



Celery is one of the most underrated vegetables. Most people would never think of this humble stalk as a high-powered health food. Yet, it is!

Yes, we know that celery has a satisfying crunch as well as a handy groove for holding anything spreadable. Cooked, it imparts a delicate flavor to salads, soups, and stir-fries. And it has only 11 calories per cup. Yet it is still perceived as bland and boring, made mostly of water.

Nonetheless, celery has many health benefits that you might not expect. Although it isn't strong in conventional nutrients, celery is packed full of all sorts of good stuff that our bodies need to stay healthy.

Celery's Health Benefits

- Celery is especially rich in the phytochemicals currently under study for preventing or treating several forms of cancer, multiple sclerosis, allergies, neurodegenerative diseases, as well as improving

learning and memory.

- Celery (and celery seed) contain compounds that may lower blood pressure.
- Celery seed has a long history of use as a healing herb. Ethnobotanist James Duke swears by it for treating his gout. He suggests steeping 1 teaspoon of freshly ground celery seeds in 1 cup of boiling water, and drinking it.
- Research has shown an extract of celery in skin preparations repels mosquitoes as effectively as 25 percent Deet.
- Alcohol extracts of celery seed may protect the liver from damaging substances.

To preserve its phytonutrients, refrigerate celery and use within a week or so of purchase or harvest, chop just before using, and steam lightly or roast rather than boil.

NUTRITIONAL PROFILE

According to Megan Ware, a registered dietitian nutritionist in Orlando, Florida, "Since celery is mostly made of water (almost 95 percent), it is not particularly high in any vitamin or mineral." Nevertheless, celery is a good source of vitamin K, with one cup containing about 30 percent of the recommended daily intake, according to the U.S. Food and Drug Administration (FDA). Celery can also help you get enough folate, potassium, fiber and molybdenum. It contains small amounts of vitamin C, vitamin A and some B vitamins. Its seeds are a natural diuretic, according to the University of Maryland Medical Center. "Celery is naturally low in calories, carbohydrates, fat and cholesterol," added Ware.

R A N D O M S T U F F

FRESH FAC

If you're only going to use half a bell pepper, cut it in half the short way, and save the top. The stem will keep it fresh longer.



5000 years ago, watermelons were pale-green, and bitter. As watermelons were bred to become sweeter, their flesh slowly changed to red.



Why Carbonated Beverages are Called "Soft Drinks"

"Soft Drink" classically referred to nearly all beverages that did not contain significant amounts of alcohol (hard drinks). The term "soft drink" is now typically used nearly exclusively for flavored carbonated beverages thanks to advertising. Flavored carbonated beverage makers were having a hard time creating national advertisements due to the fact that what one calls their product varies from region to region (soda, pop, fizzy drinks, coke, minerals, etc). In order to get around this problem, for national or international advertising campaigns, these manufacturers agreed on using the term "soft drink".

5 FUN FACTS ABOUT CHICKENS

1. A chicken can learn to recognize its own name, and the name of other chickens in its flock
2. Chickens can remember and recognize over 100 different faces (both human and animal)
3. Hens and their hatching chicks converse through the shell, allowing chicks to recognize their mother's voice
4. Chickens are among the closest living relatives to the Tyrannosaurus rex
5. A chicken's vocabulary includes at least 30 words





August is the eighth month of the year in the Gregorian calendar, coming between July and September. It has 31 days, the same number of days as the previous month, July, and is named after Roman Emperor Augustus Caesar.

This month was first called Sextilis in Latin, because it was the sixth month in the old Roman calendar. The Roman calendar began in March about 735 BC with Romulus. October was the eighth month. August was the eighth month when January or February were added to the start of the year by King Numa Pompilius about 700 BC. Or, when those two months were moved from the end to the beginning of the year by the decemvirs about 450 BC (Roman writers disagree). In 153 BC January 1 was determined as the beginning of the year.

August is named for Augustus Caesar who became Roman consul in this month.[1] The month has 31 days because Julius Caesar added two days when he created the Julian calendar in 45 BC. August is after July and before September.

August, in either hemisphere, is the seasonal equivalent of February in the other. In the Northern hemisphere it is a summer month and it is a winter month in the Southern hemisphere. In a common year, no other month begins on the same day of the week as August, though in leap years, February starts on the same day as August. August always ends on the same day of the week as November.

August birth flower
Gladiolus



August birthstone
Peridot

August Zodiac Signs

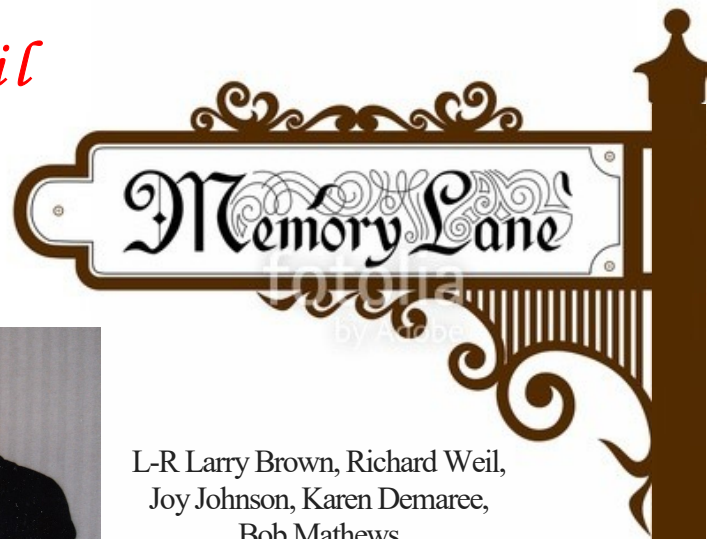
August 22. Leo. August 23 – August 31.

Leo July 23-August 22 The Leo is giving, willing to help those in need. Very cheerful and uplifting, they will be the first to help you through a hard time. The Leo's personality is full of charm and excitement, and they are very giving and kind.

Virgo Aug'23-Sept' 22 The introverted Virgo is very hard to "catch". Those born under the Virgo zodiac are so reserved that it is hard even to get to know them, much less win their hearts. The worst part is, the more interested they are in you, the shier they will be in your presence. That is why you won't see Virgos getting attached in a hurry.

*From the Richard Weil
photo album*

IFSEA CONFERENCE, DENVER, CO 2004



L-R Larry Brown, Richard Weil,
Joy Johnson, Karen Demaree,
Bob Mathews



L-R Richard Weil, Rob Malky, Dennis Farley



L-R Richard Weil, Bill Leonard



L-R Matt Trupiano, Richard Weil



L-R Richard Weil, Edgar DeGaspar,
Ron DiGiore, Bill May

From the Ed Manley scrapbook



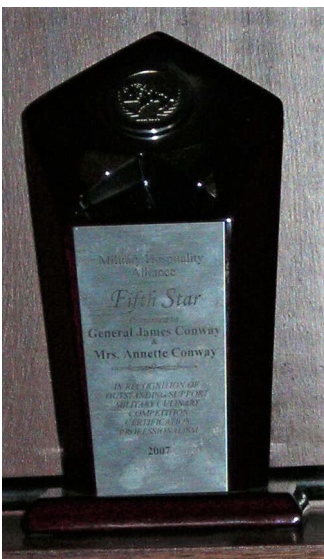
l-r Jon Lodi, about to get the L.A. area growing again with IFSEA and President of the ACF chapter in Ventura County, of course Toye Tong, and Robert Phillip, about to join IFSEA and Western Region VP for the ACF.



Cres-Cor's George E. and George T. Baggott were so invested in IFSEA, and their annual NRA show parties were legendary and an IFSEA gathering spot.



2015 Scholarship presentations by Colin Sendall and Dr. Joan Johnson - we've given well over \$1 million in scholarships, the Worthy Goal Fund has grown to over \$500,000. Our founders would be so proud.



The military culinary and enlisted aide competitions were created with the Military Hospitality Alliance, an IFSEA affiliate. USMC Commandant and Mrs. Conway were personally hugely helpful, so we honored him with his 5th Star. Touring the Enlisted Aide finalists at their home, I saw our award sitting by itself in their study. We've done fun and great things in IFSEA.



The NRA Show was an annual IFSEA event for so many of us, including l-r Ed Manley, Bruce Caudy and Herman Cohen. For 3 or 4 years we rented out a night club and hosted show attendees to a really fun night.

IFSEA FAMOUS

Our first official Member Spotlight

MEET JAYNEE PETERSON

Family and faith have shaped Jaynee to be the person she is today. These two great foundations have helped her become the appreciative, smiley and "always-trying-to-be-my-best-person" that she is today.

When she began working for R.L. Schreiber - Purveyors of Fine Flavors, a company founded by her grandfather in 1968, she began looking through her grandpa's photos, albums and awards, and she came across an award he had received from IFSEA.

"Having never heard of this organization before and having been on the lookout for organizations to join and begin networking with," she continues, "I looked up IFSEA's website and filled out a form to request more information."

Her grandfather, Raymond Schreiber, "was a veteran and a great salesman." He passed away when she was four. Jaynee says that he had a "true love" for the military and would be honored to serve them with his great products. She made it a personal goal to find a way to make that happen.

Ed Manley, IFSEA's Chairman-Elect Emeritus, wrote back. They began having a conversation and after a few emails, Ed changed the thread to "You Just Met One of Your Grandpa's Favorite People in the World." Ed had a great connection with her family for years and he had wrote and read the eulogy at her grandfather's funeral 25 years ago.

The whole Schrieber family and Ed got together for lunch. Jaynee and Ed began strategizing on how they could help each other. Ed invited her to the Military Culinary Competition in D.C. and introduced her to many great people. She continued to network with them and attended more Military Culinary Competitions across the country.

After conversations with one of the many contacts she met at the military events - R.L. Schrieber products have been approved for sale to the military!

"You never know who you will meet in life, how they can help you, how you can help them, and how it will all play out," she says she owes it all to Ed and IFSEA for allowing her to learn and the initial introductions to all the possibilities.

She believes in sharing love and light with others, and that KINDNESS is so important and matters.

Social media development, questions about the military and foodservice are some things she says she could help IFSEA and fellow members with.

-Thank you Jaynee! IFSEA is so happy to have you!

