



IFSEA NEWS

Fresh and Bold!

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

LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP Chair Elect



“WE’RE TOO TIRED OF THIS TO DO MUCH ABOUT IT”

I thought of this article watching the news during late September late at night when Michael Steele expressed his frustration that you have to beg these “dumb asses” to wear a mask. A month ago I posted on FB and LI, “get off your ass and do SOMETHING, ANYTHING, to be ready to get a job when there are more people looking for less jobs when someday this DOES end.” So with apologies for the PG13 language, that’s my topic this month.

Dick, Dave and I have been at this, “save IFSEA for the next 100 years,” project since 2017. I’m not sure what we’ve accomplished except stopping the money drain. We have ONE new branch in all that time, just forming for Las Vegas and So. California. That I know of, one “legacy” branch, Aloha Hawaii. We have more members than we had before, but zero of those members knows anyone who was laid off due to Covid-19 and could use a free membership in IFSEA along with a free IFSEA or GFI \$219 certification. Not one. You can hand your friend a hand-up, a freebie, a confidence and resume builder, a chance to get closer to the head of the line. It’s going to be ugly for a long time. PUSH your friends to action, they’ll appreciate you later.

Continued on page 5

October 2020

IN THIS ISSUE

ANNUAL MEETING	2
Apples	9-10
Did You Know	11
Director of Development	6
Edible Flowers	15-16
Feature of the Month	8
IFSEA Famous	7
Life On the Weil Side	4
Looking Ahead with Manley	1-5
Memory Lane	18
October is	16
October Moon	19
Officers and Directors	3
Recipe Box	12-13
Random Stuff	14

IMPORTANT NOTICE

IFSEA
Annual Meeting
October 29, 2020

See page 2)

SOMETHING TO THINK ABOUT

Positive thinking will let you do everything better than negative thinking will.

IFSEA

ANNUAL MEETING CALL

Dear IFSEA Members,

Join us for our annual IFSEA meeting that will be held virtually. Everyone is welcome to attend and we look forward to being able to share with everyone the happenings about IFSEA. The call will last about 45-50 minutes so hopefully everyone can make time to be on the virtual call.

Thursday, Oct 29, 2020 4:30 PM - 6:00 PM (EDT)

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

<https://global.gotomeeting.com/join/425143757>

You can also dial in using your phone.

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

United States: +1 (312) 757-3121

- One-touch: <tel:+13127573121,425143757#>

Access Code: 425-143-757

2020 IFSEA OFFICERS AND DIRECTORS

Board	Position	Email
Richard Weil	Chairman, CEO	richard@nrcadvice.com
Ed Manley	Chairman Elect	ed@ehmanley.com
David Kinney	Treasurer, CFO	daveearlkinney@gmail.com
Alysha Brooks	Director of Development	albrooks.491@gmail.com
Michelle Hackman	Director	michelle@its-go-time.com
Stan Gibson	Director	scgibson32@gmail.com
Brian Kunihiro	Director	brianifsea@gmail.com
Peter Starowicz	Director	pstarowi@mvnhealth.com
Laurel Schutter	Director	laurelschutter@iammorrison.com
Jayne Peterson	Director	jpeterson@rsinc.com
Jesus Guillen	Director	jrguillen01@yahoo.com
Shawn McGregor	Director	smcgregor1@cfi_rr.com
CAFP - President Representative		
Grant Thompson		attgrant@rogers.com
Industry Advisors		
Jack Kleckner		jack.kleckner@ecolab.com
Richard "Dick" Hynes		dickhynes.dbassociates@gmail.com
Larry Brown		lbrown@michaelsinc.com
Branch President Council Advisors		
Matt Trupiano		mattifsea@gmail.com
Donna Foster		foodlady2@juno.com
Special Advisor to the Board		
Dave Orosz		dave@orosz.us
Student & Scholarship Advisor		
Dr. Ernest Boger		epboger@umes.edu
Past Chairmen of The Board Advisors		
Robert Mathews		robertifsea@gmail.com
Military Advisers		
COL Curtis "Rock" Henry, U.S. Army MCFBD		chefrock1@gmail.com
CSC (Chief) David Zander, U.S. Navy, MCFE		dazsr66@gmail.com

Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



The difference between Service and Hospitality; no need to take credit for this.

No doubt that the most famous writer of the topic of the difference between service and hospitality is Danny Meyers with his original book “Setting the Table”. I have recently run across a video that was posted on LinkedIn by Anna Dolce a coach to hospitality leaders. Many of us have worked on the premises that Mr. Meyers wrote about many years ago and my mentor Professor Don Smith actually lived and practiced the art of hospitality in the middle 60’s with his highly acclaimed “Chateau Louise” outside of Chicago. I think the world would be well served by practicing a lot more hospitality in this day and age and challenge all of us in the food service and hospitality industry to do the same.

I believe one of the first ever to truly live hospitality was our own Peter Gust Economu who died in 1994 at the age of 98. Peter was gracious, debonair, and above all hospitable.

IFSEA’s roots to our ever-beloved President Emeritus is the epitome of hospitality. It was practiced daily and in the words of our beloved President Emeritus Peter Gust Economu was the consummate host.

Peter Gust was an amazing example of hospitality and everyone should find a copy of “Your Host” by Peter Gust written in 1979; on line I believe for \$25.00 a copy.

<https://www.antichay.com/pages/books/26879/ellen-taussing/your-host-peter-gust>

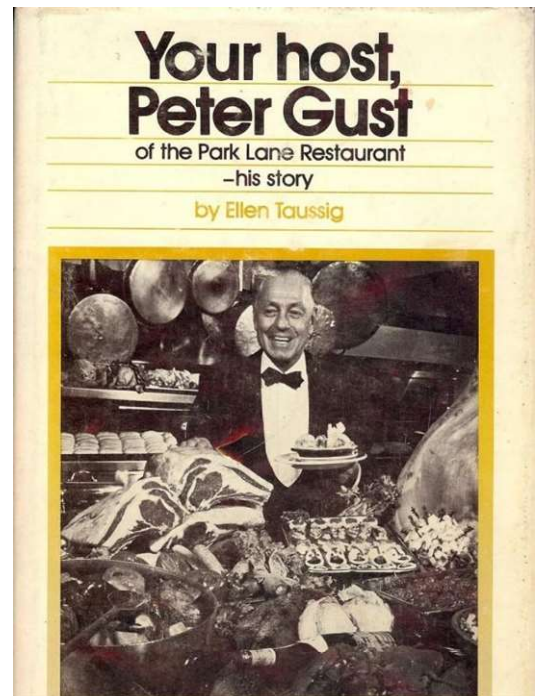
I like to think that that the good can be found in people and teaching and training hospitality is a belief, a passion, and more than just words on a mission statement or on the wall

Service is an expectation and hospitality is a feeling and outreach that goes way beyond the expected. Exceeding our guest expectations and providing genuine hospitality can be practiced at every level of our business. Setting the example as owners, managers and leaders of an organization starts with high beliefs in being hospitable to begin with.

Within IFSEA we work extremely hard to practice these basic principles of hospitality and would hope that all of us will take the time to remember that hospitality really starts with the “Golden Rule”. Yes, there are bad actors out there all around us but be the starter of something different. I think that is what much of the conversation is today and while each of us has their own justifiable opinions, we have gotten so hardened and little compassion is being shown for each other’s opinions.

I am hoping during the next few weeks as our country draws closer to this very contested and emotional time including dealing with COVID, the election and social unrest, that we can find better ways to look at the definition of what our industry is all about. Hospitality does not just happen; it is a verb and an adjective. Probably a good reason for this as being hospitable really reflects positively on all of us.

Again, service is expected, hospitality is a bonus, treat, and puts a smile on your face and others. Be safe and well everyone!



LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP Chair Elect



Continued from page 1

WE'RE TOO TIRED OF THIS TO DO MUCH ABOUT IT"

INDEED – related to above, mail from INDEED, which says companies should, “Spend less time reviewing resumes and more time getting to know great candidates.” So, do you think INDEED has people reviewing resumes? Of course not, they have computers, which are looking for key words – like Master Certified Food Executive, or Certified in Customer Service, or Certified HACCP Professional. The note further says, “we’ll use your job requirements to highlight the best applicants.” The computer is comparing the job requirements with the resume. Unless a college degree is a job requirement, B.S. in Business won’t get you picked out, but maybe HACCP or Customer Service or Food Manager or Beverage Manager will. Could I be wrong – actually no, that’s how it works.

New York Times article, Sept. 14 – How to Expand Your Network From Home – sub-heading, “The pandemic doesn’t have to keep you from learning new things and boosting your career prospects.”

Not sure, but I think that’s what I’ve been saying and just said in this article. Expand your network (free IFSEA membership). The head of global recruiting for Facebook says, “networking is at the heart of finding opportunities and exploring them.” The article says, “the new normal has opened as many doors as it has closed.” There is a plethora of professional and interest-based organizations online to join. (IFSEA Las Vegas has started Zoom meetings and I am hosting them for the Florida MeetUp and inviting anyone in IFSEA to join our MeetUp.

What can you offer others? IFSEA mentoring is a great choice. Help people stuck at home who don’t have anyone to build their spirits, give them ideas, kick their *&%. Dick, Dave, Alysha and I, your Executive Team, hope you will jump in and help us pay it forward – it’s FREE to do so but your reputation and need to help others is priceless!

From the Mind of a Millennial

Alysha Brooks, Director of Development



In the last couple months, I have been excited to implement some fun AND helpful ideas for our members! One in particular, I'm very proud and excited about is the "IFSEA Members Only Community Page"! Members can request access to the page that is setup to help you find a job, and reap all the benefits of being a member and receive specific member only organization announcements.

Here is everything the IFSEA Community page offers now:

Job Postings - Job openings are posted at least twice a day. The job openings are marked with specific topics so you can easily search your states job openings and simply access the direct application right from the link posted.

Membership Units - Under the unit tab you will find a step-by-step system to ensure that as a member you take advantage of all your membership benefits starting with connecting with IFSEA social media accounts to starting a branch.

Mentorship - As part of the membership unit steps, you can sign up to be a mentor OR a mentee! Click on the mentorship tab, scroll through the mentors available and simply start a conversation. You can ask for advice, ask a question or just say "hi."

If you have experience and want to share your knowledge, under the same mentorship tab, sign up to be a mentor!

Professional Advice - At least once a week we post a video or article that will help our community members enhance their professional careers. Topics include time management, COVID reopen, leadership skills, social media advice, innovative ideas and more!

Networking - Anyone in the group has the ability to post job openings, videos, articles, product and services offered, recipes and anything that can help others in the group!

IFSEA does not just have a amazing history but is an incredible organization with so much to offer! This community page allows our members to access all their benefits without having to do the work. We know how important access to job openings, networking and mentorship are to our members and we give you the tools to advance in your career by giving our members discounts to certifications.

With COVID and hopefully no more shutdowns but possible again, we want to make sure we are available to our members who are suffering from job loss and reduced hours. If your affordable membership is lapsed and in need of renewal we ask that you take a second to renew now by going to www.ifsea.org/members.

We can't wait to network with you and assist with any professional questions you may have to help you advance in your career in the hospitality industry!

Join the community page now - www.facebook.com/groups/ifseamembers.

IFSEA FAMOUS

MEET Curtis Rock Henry

About Curtis “Rock” Henry. Chef Rock wears a few different hats. He is the Executive Chef of Chef Rock Enterprises along with the co-owner and President of the Foodservice Institute (FSI). He was born and raised in Philadelphia, PA where his passion for cooking began while watching his mother and grandmother in the kitchen.



Having joined the army at 17, the military was his life for 36 years, retiring in 2018 as a Colonel, Army Ranger, and Wounded Warrior. His last posting was Chief of Staff for over 20+ Middle East countries, headquarters in Kuwait City, Kuwait. Check out his story at chefrock.net/about. During his Army service he was able to attend and graduate from the New York City Institute of Culinary Education, Windows of the World Wine School, and earned a Master's Certification in Foodservice Management from Cornell University. Moreover, he holds an MBA in Project Management and Master of Strategic Studies from the Army War College.

Rock is on the board of IFSEA, an organization he joined because of IFSEA's service to the military, students, the community, and the industry. He states, "I am proud to share my experience as a member of IFSEA." Through his years of experience traveling with the military he has learned and acquired many skills that he would like to share with fellow members which includes business development, hospitality training & certifications, questions about the military, foodservice specific information, and event planning. Having just retired also from the State of Florida as a Probation Officer and Court Officer Liaison for the Department of Juvenile Justice, Chef Rock shares Ed Manley's work with homeless veterans. Chef Rock and Ed recently started the FSI's Foodservice Academy, a program which serves teens in trouble with the courts to earn IFSEA's CFA and FSI's Rouxbe culinary program.

Chef Rock concludes saying "I am dedicated to the advancement of the foodservice and hospitality credentials to our men and women in the military service - past and present. Additionally, I am driven to increase the skills, knowledge and wages of the members in our profession - One Certification at a Time!" Chef/Colonel Rock, we appreciate your service to our country, IFSEA and above all your membership!

If YOU would like to be featured, we'd love that, fill out the form at <https://tinyurl.com/IFSEA-Famous>

FEATURE OF THE MONTH

R.L. SCHREIBER
PURVEYORS OF FINE FLAVORS
SINCE 1936

800.624.8777
for a Purveyor near you, or
visit www.RLSchreiber.com

PASSIONATELY CRAFTED. PERSONALLY DELIVERED.

R.L. SCHREIBER'S **NEW...**
EVERYTHING Seasoning Blend

*Flavor explosion
of onion, garlic, sesame &
poppy seeds, and sea salt.*

THE PERFECT FLAVOR KICK FOR:

Salads	Dressings	Breads	Sushi Rolls
Meat & Fish	Avocado	Breadings	Savory Granola
Egg Dishes	Rubs	Dips	Gourmet Toasts
Butter	Soups	Potatoes	Bloody Mary
Pastas & Grains	Pizza Crust	Stir-Fry	Roasted Veggies

For information about R.L Schrieber **EVERYTHING** Seasoning Blend

[Click on this link](https://mailchi.mp/3cab8od2c9ee/rl-schreibers-new-everything-blend-6531893?e)

<https://mailchi.mp/3cab8od2c9ee/rl-schreibers-new-everything-blend-6531893?e>

APPLES



Fall is quickly approaching, and the season delivers not only crisp, autumn air but our favorite crisp, autumn treat: apples. Originating in the Tien Shan mountains of Kazakhstan millions of years ago, the apple has been part of the human diet for tens of thousands of years. Just in time for the change of seasons, here are a few more fun facts about this nutritious and delicious fall staple.

They were cultivated in Jamestown—but not for eating.

North American apple harvesting began with the settlers at Jamestown in 1607. They brought with them seeds and cuttings from Europe, and while the original varieties planted were not all suited for cultivation in the New World, their seeds began to produce all-new varieties of American apples. Many of these apples were still fairly bitter, unlike the sweet varieties we enjoy today, but they had an important purpose in colonial society: cider.

Cider had become a popular beverage in England in the wake of the Norman conquest in 1066, after which new apple varieties were introduced from France. The New World settlers brought their taste for cider with them. Most colonists grew their own apples, and due to sanitation concerns, they often served a fermented cider at meals instead of water, including a diluted cider for the children. Cider became so popular that it was sometimes used to pay salaries, and Virginian statesman William Fitzhugh once remarked that the cider produced from his orchard of 2,500 trees was more valuable than 15,000 pounds of tobacco.

Thomas Jefferson was also a founding father of the Fuji.

Thomas Jefferson is not only a founding father of the United States, he's also known for his love of food—in fact, he was responsible for America's first ice cream and some of its first pasta. And he helped bring the popular Fuji apple to the United States, albeit unwittingly. As the story goes, Edmund Charles Genet, French minister to the United States in the 1790s, gave Thomas Jefferson a gift of apple cuttings that Jefferson donated to a Virginia nursery, which then cultivated a variety of apple known as the “Ralls Genet.” In 1939, Japanese apple breeders crossed the genes from the classic Red Delicious apple variety with that of Jefferson's Ralls Genet, resulting in the now ubiquitous Fuji apple.

It's not actually America's favorite fruit, but it's grown across the country.

Despite its iconic place in American culture, the apple is no longer America's favorite fruit. Over the last 40 years, banana consumption has surpassed that of the apple. In fact, Americans eat an average of 28 pounds of fresh bananas per year, compared to an average of 19 pounds of apples. While bananas are only grown commercially in Florida and Hawaii, though, apples are grown in every state, making it the third most important fruit for the U.S. economy, behind grapes and oranges. The United States is home to approximately 7,500 apple producers, which grow around 48,000 tons of apples per year, generating some \$2.7 billion annually.

An apple a day may really keep the doctor away.

Apples are low in calories and free of fat, sodium and cholesterol. They are rich in fiber, disease-fighting anti-oxidants and a variety of vitamins and minerals including potassium, folate, niacin and vitamins A, B, C, E and K. Eating apples has been associated with lower risk of a variety of cancers, stroke and diabetes. In addition, these nutritional powerhouses may help protect the brain from developing Alzheimer's and Parkinson's disease, and even lower a person's risk of tooth decay.

APPLES



? Did ? You ? Know ?

P u m p k i n

A pumpkin is really a squash. It is a member of the Cucurbita family which includes squash and cucumbers. Pumpkins are grown all over the world on six of the seven continents, with Antarctica being the sole exception. They are even grown in Alaska. The self proclaimed "Pumpkin Capital of the World" is Morton, Illinois where Libby has it's pumpkin industry and plant. Here are but a few of the over 40 varieties of pumpkins.

Jarrahdale: This blue pumpkin has a golden-orange flesh that is fine-textured and sweet. Good in pies, it is also versatile in soups and stews.



Peanut: This pink-skinned pumpkin, named for the peanut-shell exterior, is lighter in density than most other pumpkins and is mild and fluffy when baked. It is good for soups and stews and baked with a pot roast.



Lakota: It's a pear-shaped pumpkin with crimson-orange flesh that is delicious when raw — grated in salads or slaw — but also good in chili.



Cow: One of the creamiest pumpkins, with excellent flavor, this large variety works well in pies, pudding and soup.



Sugar: Sweetness, texture and flavor make this small pumpkin great for pies.



Caribbean: Its firm yellowish-orange flesh is mild and sweet. Heisler likes to saute it with scallops in a white wine sauce and serve over buttered noodles.



PUMPKIN NUTRITION FACTS

(1 cup cooked, boiled, drained, without salt)

Calories 49, Protein 2 grams, Carbohydrate 12 grams, Dietary Fiber 3 grams, Calcium 37 mg, Iron 1.4 mg, Magnesium 22 mg, Potassium 564 mg, Zinc 1 mg, Selenium .50 mg, Vitamin C 12 mg, Niacin 1 mg, Folate 21 mcg, Vitamin A 2650 IU, Vitamin E 3 mg

Recipe Box

Pumpkin Popovers

Servings: 6



- 1 cup milk
- 2 large eggs
- ¼ cup pumpkin puree
- 1 tablespoon vegetable oil
- 1 cup all-purpose flour
- 1 tablespoon brown sugar
- ½ teaspoon pumpkin pie spice
- ½ teaspoon salt

Preheat oven to 350 degrees F (175 degrees C).
Butter 4 custard dishes or muffin cups.

Beat milk and eggs together in a bowl using an electric mixer until smooth; mix in pumpkin and oil. Beat flour, brown sugar, pumpkin pie spice, and salt into pumpkin mixture until batter is smooth. Pour batter into the prepared custard cups, filling each halfway.

Bake in the preheated oven until tops are lightly browned, 20 to 25 minutes.

Note:

Do not open oven until popovers are fully cooked.

Pumpkin Roll

Servings: 10



- 3 large eggs , beaten
- 1 cup white sugar
- ½ teaspoon ground cinnamon
- ⅔ cup pumpkin puree
- ¾ cup all-purpose flour
- 1 teaspoon baking soda
- 2 tablespoons butter, softened
- 8 ounces cream cheese
- 1 cup confectioners' sugar
- ¼ teaspoon vanilla extract
- 2 tablespoons confectioners' sugar for dusting

Preheat oven to 375 degrees F (190 degrees C). Butter or grease one 10x15 inch jelly roll pan.

In a mixing bowl, blend together the eggs, sugar, cinnamon, and pumpkin. In a separate bowl, mix together flour and baking soda. Add to pumpkin mixture and blend until smooth. Evenly spread the mixture over the prepared jelly roll pan.

Bake 15 to 25 minutes in the preheated oven. Remove from oven and allow to cool enough to handle.

Remove cake from pan and place on tea towel (cotton, not terry cloth). Roll up the cake by rolling a towel inside cake and place seam side down to cool.

Prepare the frosting by blending together the butter, cream cheese, confectioners sugar, and vanilla.

When cake is completely cooled, unroll and spread with cream cheese filling. Roll up again without towel. Wrap with plastic wrap and refrigerate until ready to serve. Sprinkle top with confectioners sugar.

Recipe Box

Pumpkin Pie Cake

Servings: 18



- 1 (29 ounce) can pumpkin puree
- 1 (12 fluid ounce) can evaporated milk
- 3 large eggs
- 1 cup white sugar
- ½ teaspoon salt
- 4 teaspoons pumpkin pie spice
- 1 (18.25 ounce) package yellow cake mix
- ¾ cup butter
- 1 cup chopped walnuts

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9 x 13 inch pan (preferably metal).

In a large bowl, combine pumpkin, evaporated milk, eggs, sugar, salt, and pumpkin pie spice. Mix well. Pour batter into the prepared pan.

Sprinkle the dry cake mix evenly over the pumpkin mixture. Melt the butter or margarine, and drizzle it over the cake mix. Sprinkle walnuts over the top.

Bake for 55 to 60 minutes, or until done.

Pumpkin Swirl Cheesecake

Servings: 16



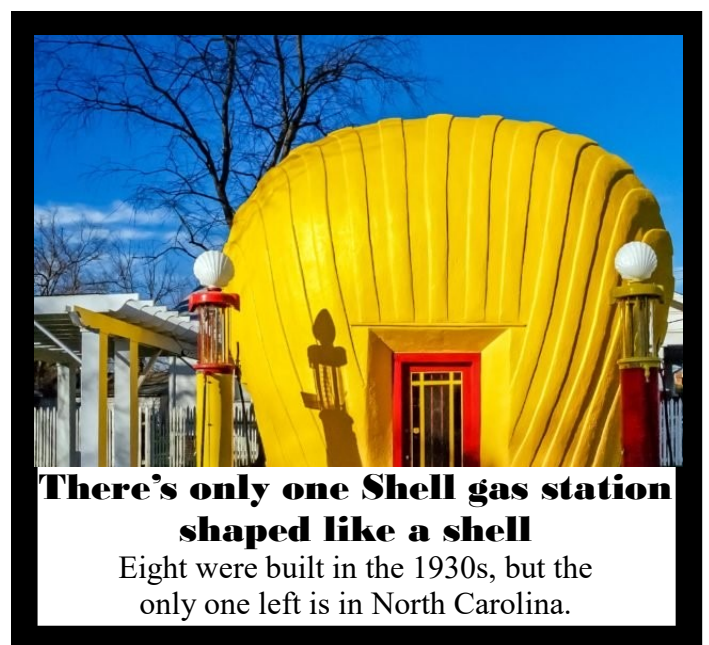
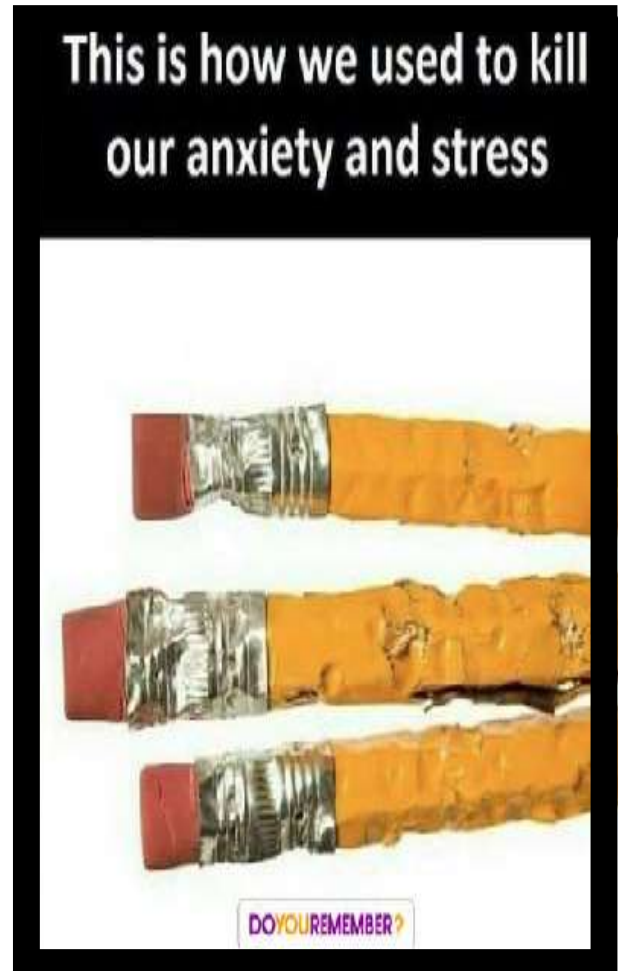
- 25 NABISCO Ginger Snaps, finely crushed
- ½ cup finely chopped PLANTERS Pecans
- ¼ cup butter, melted
- 4 (8 ounce) packages PHILADELPHIA Cream Cheese, softened
- 1 cup sugar, divided
- 1 teaspoon vanilla
- 4 large eggs
- 1 cup canned pumpkin
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 dash of ground cloves

Preheat oven to 325 degrees F. Mix ginger snap crumbs, pecans and butter; press firmly onto bottom and 1 inch up side of 9-inch springform pan.

Beat cream cheese, ¾ cup of the sugar and the vanilla with electric mixer until well blended. Add eggs, one at a time, mixing on low speed after each addition just until blended. Remove 1-1/2 cups of the batter; place in small bowl. Stir remaining 1/4 cup sugar, the pumpkin and spices into remaining batter. Spoon half of the pumpkin batter into crust; top with spoonfuls of half of the reserved plain batter. Repeat layers. Cut through batters with knife several times for marble effect.

Bake 55 min. or until center is almost set. Cool completely. Refrigerate 4 hours or overnight. Cut into 16 slices. Store leftover cheesecake in refrigerator.

RANdom STuff



There's only one Shell gas station shaped like a shell

Eight were built in the 1930s, but the only one left is in North Carolina.

Edible Flowers

From: HubPages Food and Cooking

Leaves of plants are often delicious, but many people aren't aware that sometimes flowers can be eaten, too. As a kid I discovered the tangy, tart flowers of wood sorrel through my botanist mother, and I still seek them out today. There is a purity found in flowers that isn't always found in the leaves.

Flowers have been eaten since ancient times. Rose petals and lotus blooms are often used in Indian cuisine; the Chinese eat daylilies; Italians use squash blossoms; and the ancient Romans ate violets.

Be Careful

- There are a lot of look-alike plants in nature, and often they are poisonous. Before eating wild plants or flowers, consult a botanist or reference book, or be certain that what you're about to eat is what you think it is. Here is a list of poisonous plants, but the best bet is to grow the flowers from seed yourself.
- Never eat flowers grown commercially or for floral arrangements, as they are often sprayed with pesticides and other toxic chemicals.
- Only eat the flower's petals; do not eat the stamen or pistils unless you know for sure it's okay to do so.
- After picking flowers, put them in a glass of ice water or on a wet paper towel in the fridge. Use them as soon as possible.



Common names: Carnation
Colors: Pink; red; white; yellow; purple; green
Flavor: Sweet and spicy, clove-like
Nutritional benefits: Vitamin C, vitamin



Common names: Jasmine
Colors: White; yellow
Flavor: Sweet, delicate, highly aromatic
Nutritional benefits: Vitamin A, vitamin C, flavonoids



Common names: Rose, wild rose
Colors: Pink; white; red; yellow; orange
Flavor: From sweet, sour, to spicy
Nutritional benefits: Vitamin C, vitamin A, vitamin K, B-complex, calcium

(Continued on page 16)

Edible Flowers

From: HubPages Food and Cooking

(Continued from page 15)



Common name: Lavender
Color: PURPLE
Flavor: Sweet and floral
Nutritional Benefits: A & C, Iron, Flavonoids



Common name: HIBISCUS
Color: Red, Pink, White, Yellow, Orange
Flavor: Tart, Cranberry like
Nutritional Benefits: Vitamin C, Potassium, Flavonoids



Common name: Nasturtium
Colors: Red; yellow; orange; white; pink
Flavor: Sweet, spicy, peppery
Nutritional benefits: Vitamin C, iron, flavonoids



Common names: Lilac
Colors: Purple; white; pink
Flavor: Lemony, floral
Nutritional benefits: Vitamin C, iron, calcium



Common names: Pansy
Colors: Yellow; purple; white; pink; red; orange; blue
Flavor: Mildly sweet, tart
Nutritional benefits: Vitamin C, iron, carotenoids, flavonoids



Common names: Petunia
Colors: Pink; purple; white; red
Flavor: Sweet and spicy
Nutritional benefits: Vitamin A, vitamin C, iron, calcium



Common names: Chrysanthemum, mum, crysanth
Colors: Yellow; white; red; pink; orange
Flavor: Peppery, from light to pungent
Nutritional benefits: Vitamin A, vitamin C, potassium, calcium

October

October is the tenth month of the year in the Julian and Gregorian Calendars and the sixth of seven months to have a length of 31 days. The eighth month in the old calendar of Romulus c. 750 bc, October retained its name (from the Latin and Greek *ôctō* meaning "eight") after January and February were inserted into the calendar that had originally been created by the Romans. In Ancient Rome, one of three *Mundus patet* would take place on October 5, *Meditrinalia* October 11, *Augustalia* on October 12, *October Horse* on October 15, and *Armilustrum* on October 19. These dates do not correspond to the modern Gregorian calendar. Among the Anglo-Saxons, it was known as *ƿinterfylleþ*, because at this full moon (*fylleþ*) winter was supposed to begin.

October is commonly associated with the season of autumn in the Northern hemisphere and with spring in the Southern hemisphere.

October's birthstones are the
Tourmaline and Opal.



October's birth flower is the calendula (Marigold)

**The zodiac signs for this month are Libra (September 24 to October 23) and
Scorpio (from October 24 to November 22)**

Libras are the diplomat of the zodiac. They are able to put themselves in other's shoes and see things through another person's point of view. They are the ones that always want to make thing

s right and have balance and harmony in their life, their surrounf the people close to them.

Scorpios are fiercely independent. They are able to accomplish anything they put their mind to and they won't give up. They are perfectly suited to being on their own. They are not social butterflies like some other zodiac signs and some actually prefer to live on their own that way there is never any issue of who controls what at home, they like to be in control.

*From the Brian Kunihiro
photo album*



2006 Aloha Hawaii 40th Anniversary Dinner
Rick Yee, John Williams, Bill Leonard



2006 Aloha Hawaii
40th Anniversary Dinner
Joyce Lee



2006 Aloha Hawaii
40th Anniversary Dinner
Mel & Faye King



2006 Aloha Hawaii 40th Anniversary Dinner
Ed Manley, Judy Manley, Ross & Tracy, Jesus & Erin Guillen



2005 IFSEA Conference San Diego
Peter Pao



2005 IFSEA Conference – San Diego
Larry Brown, Joyce Lee

OCTOBER MOON

A FULL MOON RARELY OCCURS ON OCTOBER 31ST.

TWO FULL MOONS IN OCTOBER

For decades, the Almanac has referenced the monthly Moons with names tied to early Native Americans and Colonial folklore. However, the Harvest Moon is different, as it is not necessarily tied to a single month.

October 1, 2020 brings the Full Harvest Moon, the full Moon nearest the autumnal equinox (September 22 this year).

October 31, 2020 brings the Full Hunter's Moon.

Being full Moons, both of these October Moons rise around sunset. But for several days around the time of the Full Harvest Moon, the Moon rises only about 30 minutes later each night. This extra light early in the evening is what makes this time of year special, and traditionally is what gave farmers extra days for harvesting beyond sunset.

As the Moon rises from the horizon around sunset, it may appear bigger and more orange—how perfect for the fall season! But don't be fooled by the "Moon Illusion," which makes the Moon appear larger than it really is!

WHY IS IT CALLED THE HARVEST MOON?

For several evenings, the moonrise comes soon after sunset. This results in an abundance of bright moonlight early in the eve-

ning, which was a traditional aide to farmers and crews harvesting their summer-grown crops. Hence, it's called the "Harvest" Moon! Read our article, "Shine On, Harvest Moon!"

WHY IS IT CALLED THE HUNTER'S MOON?

Some folks believe that this full Moon was called the Full Hunter's Moon because it signaled the time to go hunting in preparation for winter. Since the harvesters had recently reaped the fields under the Harvest Moon, hunters could easily see the fattened deer and other animals that had come out to glean (and the foxes and wolves that had come out to prey on them).

OCTOBER MOON NAMES

The earliest use of the term "Hunter's Moon" cited in the Oxford English Dictionary is from 1710. Some sources suggest that other names for the Hunter's Moon are the Sanguine or Blood Moon, either associated with the blood from with hunting or the turning of the leaves in autumn.

Some Native American tribes, who tied the full Moon names to the season's activities, called the full Moon the "Travel Moon" and the "Dying Grass Moon."