



IFSEA NEWS

Fresh and Bold!

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



Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board

Thankful for this Thanksgiving.

First and foremost, where has the year to not be remembered of 2020 gone? I would like to think that the COVID-19 word will somehow go away as fast as it came upon all of us this last winter. While we look towards the forthcoming holidays, we do still have much to be thankful for. New words have entered into our vocabulary this year including but not limited to: PPE; rate of hospitalizations; positivity rate above or below 5%; increased transmission rates; rollback in allowances; reduced capacity; outdoor dining rooms in parking lots; reduce gatherings from different households; social distancing; contact tracing; wear your mask; and six feet or more apart! Terms that almost no one prior to March 2020 we would have been using daily.

While the year 2020 and the pandemic may bleed over into 2021, I am hopeful and thankful for my good health, my family's good health and hopefully yours as well. While I am writing this monthly article prior to our annual meeting, I am anticipating a positive fiscal year for not only IFSEA but the general economy starting in 2021. (I am an optimist) With all the difficulties in making things work this year, somehow, we have all figured out how to deal with this "new normal". From our food service and hospitality operations, to our hobbies including sporting events, attending events, hosting events, and traveling to see family, things are different.

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November 2020

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Happy
Thanksgiving



SOMETHING TO THINK ABOUT

Start each day with a Grateful Heart.

2021 IFSEA OFFICERS AND DIRECTORS

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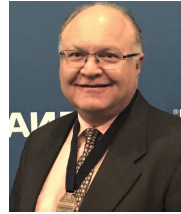
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Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



Continued from page 1

Thankful for this Thanksgiving.

No doubt this Thanksgiving may be filled with Zoom type meetings instead of in person visits from family and friends. Even if your Thanksgiving is altered due to the pandemic restrictions or your own personal process of staying safe and healthy, here is my Thanksgiving wish to all my IFSEA friends that I have garnered through IFSEA throughout the years.

- Go Away COVID-19 – you are no longer welcome!
- Please come sooner; a treatment or vaccine, we need you now for the sake of everyone.
- The divide in our country needs a cure as well.
- Find a way to be kind to each other even if we have different views and opinions, it is ok to agree to disagree without hatred.
- Remember those who came before us even if they did not always do the right things that by today's standards are no longer "PC"; they had their collective hearts in the right places for the standards at the time, no matter if they were right or wrong today, they acted in the best interest of people at the time. Even the great inventors and artists had flaws, so too did the great leaders of the past.
- I can look back on my own career, my own use of words and realize that I too have made mistakes and have flaws of my own. Forgiveness is part of being thankful!

Enjoy your Thanksgiving and be thankful for this Thanksgiving too.

Cornucopia



The traditional cornucopia was a curved goat's horn filled to brim with fruits and grains. According to Greek legend, Amalthea (a goat) broke one of her horns and offered it to Greek God Zeus as a sign of reverence. As a sign of gratitude, Zeus later set the goat's image in the sky also known as constellation Capricorn. Cornucopia is the most common symbol of a harvest festival. A Horn shaped container, it is filled with abundance of the Earth's harvest. It is also known as the 'horn of plenty'.

LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP Chair Elect



GIVING THANKS FOR OUR FRIENDS

No surprise, Thanksgiving is a fond memory from growing up to now, when we see friends and family that we may not see that often, even if we live thousands or just a few miles away, what with Covid-19 and everyone's busy lives. Just today I was speaking with Suellen about where did the friends we had go to, we don't see or hear from them. So were they our friends or just situational acquaintances?

Her late husband was a world champion Bridge player and his living was teaching the game, so they traveled the world to competitions and their friends near and far were tethered by the game. When John died, there were local games that she participated in, sometimes 5 days a week. Poof; Covid-19 took care of that, and maybe the players were just that, people you say hi to, don't really know them. Prior to that, she and her other late husband spent 3 years living on a sailboat in the Caribbean. Again, their friends had sailboats too, and they went in groups. Unable to manage the large sails alone, poof that took care of that set of friends.

And now we don't even see our family very much because we are told to stay put or risk dying when you are older. Hopefully you are at least with a partner, otherwise, it seems a lonely life. However, thanks to Zoom and the like, we don't HAVE to be alone. We can still reach out to those sailing and Bridge friends and find something ELSE to talk about.

So I have Zoom recorded 6 "Meet the Fockers" Podcasts – Dick Weil, Rock Henry, Colin Sendall, Bill May, Dave Zander, and Alysha Brooks as part of some of the Podcasts. I inquired how they started, where they are, did IFSEA and/or certifications help? Very interesting, great laughs, not so much talking about the old IFSEA days but rather their work and family life. Dave Zander's 17 years under the water during his 24 years in the submarine service; Bill May with about 150 jobs and Colin Sendall with 2; Rock Henry jumping out of planes, buying hot dogs to tanks in the Middle East. You will really enjoy them if you care to spend 30 or so minutes for each.

Which brings me to my immediate point. How are my dear friends brother Bob Mathews, Laurie Schutter, John Kauffman, Maryellen Thomas, Larry Brown, all of our military friends, Sammy Ridgeway, Joy Johnson, the list is very long of dear friends I don't connect with now; though many others that instantly pop into my brain have sadly passed away. Should we wait for the others to pass before we see on Facebook that they have died? SO, I'm going to invite the Past International Chairs to a Zoom "MeetUp" shortly, and see if we can draw a crowd, then maybe a Zoom for anybody that ever went to an IFSEA conference. The Florida "MeetUps" have no borders, if you want to meet some new and old friends, join us.

18TH ENLISTED AIDE OF THE YEAR AWARD

The USO Washington-Virginia is taking the award over from Ed Manley beginning this year, though Ed is still managing the selection board. To go out with a bang, Ed set the goal of only retired members of the Joint Chiefs of Staff and their spouses would be on the review board. Thanks to the connections of USO President Elaine Rogers, and the review board will be virtual, so the board does not have to be in DC, the importance of that the award continues and that has not changed. The board consists of two former Chairmen of the Joint Chiefs, Admiral Mullen from 2007 to 2011, and General Dunford who only recently left the office are on the board; 2 others who just left their office as service chiefs, CNO Richardson and Coast Guard Commandant Zukunft, long-retired CSA General Casey, and CSAF GEN Schwartz, and all of their respective spouses.

The virtual event where they will be celebrated, and the winner announced will be November 19th at 7 PM. It will be most if not totally pre-recorded. Always the hottest dinner ticket in DC, now YOU will have a chance to see it, and get an idea of how IFSEA has been a part of something really special. Ed was managing IFSEA when he created it in 2003, neither IFSEA nor the military was so excited with the idea the first year, but they were “all in” by the 2nd year, and now it is a BIG DEAL in the careers of the 5 finalists and of course the overall Armed Forces Enlisted Aide of the Year. More information will be passed along as the Zoom information is obtained, so stay tuned as this is a great opportunity to see how our 119 year old association continues to make a difference throughout the world.



2019 WINNER
SSgt Justin Chase, U. S. Army

IFSEA REMAINS THE FOUNDATION FOR MANY GREAT THINGS FOR MILITARY AND STUDENTS

By: Ed Manley, Chairman Elect, IFSEA

I received this note from SFC Curtis LaDue, the Army's 2020 Enlisted Aide of the Year (EAOY), who works for the Commanding General of Army Europe, in Germany. He competed for overall best in the military – I can't reveal yet if he won as this article has been written prior to the awards.

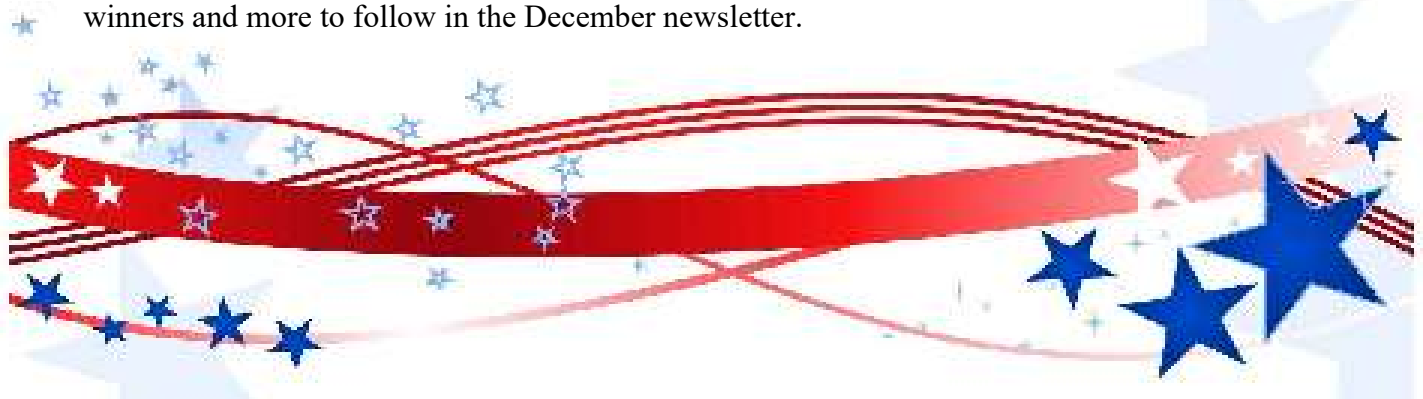
“On behalf of all food service professionals young and “Seasoned” across the civilian and Joint Forces thank you! Thank you for touching our careers and paving the way. It is with great regret I was unable to shake your hand, but I believe the lord puts greatness before us in due time. I look forward to shaking your hand or even a COVID elbow bump. Above all thank you for your Service to the United States. God Bless!”

Although his comments are aimed, rightfully I may add - lol - at me, IFSEA provided me with the foundation upon which to create and manage this program. I couldn't have done that just as me, I did it under the Military Hospitality Alliance (MHA) and later the Veteran's Support Network (VSN), and co-sponsored by IFSEA. If there were no IFSEA there would not have been an MHA nor a VSN nor an EAOY. I did create and manage it for 18 years, but IFSEA shares in the blessings we provided to these people who are overworked, underpaid and underappreciated. We gave them cash, a WWE ring, a trophy, normally a fabulous dinner at the Ritz in DC, and a resume highlight. IFSEA sponsors, Ecolab, Hobart, Boston Beer, R. L. Schreiber and the IFSEA based Kae deBrent Hodges Fund provided funding. Again, no IFSEA, none of that.

When, in 2002, I was asked if I could create an award of some kind, I immediately thought that these people work deserve more recognition than they get, tucked away in the homes of Admirals and Generals, chasing their bosses across war zones, taking care of food, uniforms, schedules, etc. Each service picks their best, and those five finalists attend a board meeting, normally at the Ritz Carlton in DC, but this year virtually. Everyone on the board was a 4-star or the spouse of a 4-star. We had Mrs. Dunford, recently Chairman of the Joint Chiefs and frequently mentioned in Bob Woodward's book, Rage, and another past CNO and Chairman of the Joint Chiefs, Admiral Mullen. Former Chief of Staff of the Air Force, Commandant of the Coast Guard and Chief of Naval Operations, and their wives and the wife of a Chief of Staff of the Army.

The board meeting was recorded and you will be able to watch it. Also, you can tune in to see the winner announced at 7 pm on November 19th in a 30-minute pre-recorded podcast which can also be viewed perpetually on the web. If interested let me know and I'll be sure to forward to you the link.

Ed Manley, Founder of the Enlisted Aide of the Year Award, as of 2020 being managed by the USO of Metro DC, but I'm still managing the selection board. Best to all the nominees and winners and more to follow in the December newsletter.



IFSEA MENTORING WORKS AND SO DOES MEMBERSHIP IN IFSEA

By Ed Manley, Chairman Elect

This is a great reminder how mentoring and network plays out over the years with IFSEA contacts. A student attended an IFSEA Food Safety Symposium 12 years ago, now a medically retired vet, stays in touch with me over the years. COVID-19 personnel reductions killed his job with a major hotel chain. Many resumes sent out, no responses, wants advice. I asked for his resume - like most, too long, not focused on current job search, not highlighting the key skills - so I provided him with some suggestions; a few days later I didn't hear from him so I asked him if he was following up with the suggestions I sent to him; I still did not hear back from him, so I took it upon myself to edit and have his resume redone to fit on one page now. MCFE and HACCP highlighted not buried. The next day, Sunday, he drops it at a school, follows up on Monday, he was told that the hiring school was just looking at his resume and they are interested, come in for an interview. I told him before you interview, watch my recent podcast with Colin Sendall, about what Colin did to get promoted from dishwasher to F&B Director, without a degree. NOT because he didn't do those things himself already, but so these thoughts would be on his mind during the interview - "Do the things nobody else wants to do; do things without being asked to do them; outwork everyone else; while they are on break you keep working." BOTTOM LINE OF THE STORY IS HE GOT THE JOB!

Thank you me, not necessary, but thank you IFSEA, without which he would not know me, nor be certified. And for military and students to become a member of our 119-year young organization that has hundreds more success stories like this membership is \$25, or \$49 for all others to belong. The value over a 10-year period is under \$500 and this value we believe is well worth being part of your professional association. While most of you reading this article are members, you know someone who can benefit from this story.....IFSEA wants to help.

The Wishbone Tradition Is Much Older Than Thanksgiving

Turkeys' wishbones are commonly used in a good-luck tradition on Thanksgiving. Usually, the practice consists of two people tugging on either end of the brittle bone while silently making a wish until it breaks. It is said that whoever wins the larger piece will have their wish granted.

This tradition dates back to the Etruscan civilization circa 322 B.C. The Romans brought the tradition with them when they conquered England, and the English colonists then proceeded to carry the tradition to America.



From the Mind of a Millennial

Alysha Brooks, Director of Development



I'm THANKFUL for IFSEA...

The other day I posted on my personal and the Members Only Facebook pages about the first conference I ever attended (see photo). It took me back to the year 2012 when I was a young college student just looking to take a trip across the country to San Diego, California. I had no intention of being part of an organization, but I did see there would be benefits of being part of the college club such as making friends.

That year I sold as much as I could in the fundraisers, cut time out of my schedule to attend the weekly meetings, took photos when the advisor asked me to, and ended up stepping into the role as Public Relations Officer for the local student Branch at SUNY Morrisville hospitality management program.

I still didn't see the benefits. It was fun but there was no way this club was doing much but teaching me to be a responsible adult (because that isn't important {sarcasm}).

The day arrived, we checked into the hotel and I don't remember the name of the hotel, what it looked like or the beautiful scenery... my attention was on the hundreds of men and women of the U.S. military dressed in their perfectly pressed uniforms walking around.

I was raised in a home where we were taught that those who served in the military are our heroes and they deserve a HUGE amount of our respect. I felt honored to be at the same conference as them.

As the day went on and we got registered, I remember all the smiling faces! EVERYONE was smiling and laughing and talking. People were walking up to us and introducing themselves. These individuals were dressed in suits! And they were shaking our hands! At that point in my life I assumed anyone successful was mean... these men and women were proving my assumption was very wrong.

I attended my first seminar and then another one, and another one... the next thing I remember



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From the Mind of a Millennial

I'm THANKFUL for IFSEA

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is not caring about hanging out by the pool. I just wanted to attend as many seminars as possible. I wanted to attend every single event.

For the first time in my life, I felt a part of something.

Every person I talked to treated me with dignity and respect, they listened to everything I had to say and answered every question I had. They were there to get to know me and not just tell me what to do!

That trip changed my life. That conference was the beginning to a whole new life that I didn't know was out there for me. I stayed in IFSEA and actually really took that time seriously.

I got more involved and the next year became the Student Branch Treasurer.

The next year we went to the Dallas, Texas Conference where a gentleman told us how important a bachelor's degree was and whether I believe that true, I know that returning to college for one more year was the best decision I ever made.

I became the Student Branch President.

That year I helped plan parts of the conference, made travel arrangements for our group to get to conference, stood in front of the opening reception to welcome everyone, I led a seminar "How to run a successful fundraiser," worked for a fellow IFSEA member at his new restaurant and learned what a "per diem" was!

Now, I look back and I'm beyond grateful for every single moment I have had with IFSEA and the individuals I have met in the organization. If it wasn't for IFSEA I would not be where I am today.

Today I am the owner of Training By Alysha, the Director of Development for IFSEA and the Foodservice Institute and a Project Manager at the Wild Owl Café, on top of being a mom of three kids ages 5 and under, and a wife to an over the road truck driver.

I would not complete this article without first thanking my college professor and mentor the beloved late Dr. Joan Johnson, you know you are still loved every day! To: Ed, Dick and Dave - thank you so much for everything you have done for me and so many others. I think I can speak for everyone when I say; we see you, appreciate you, notice your efforts and can't thank you enough for everything you do to hold this association together.

Have an incredible Thanksgiving everyone!

IFSEA FAMOUS

MEET Alysha Brooks



Alysha Brooks, Director of Development for IFSEA, became a member as a student of SUNY Morrisville in 2012. She said she originally joined because that year the conference was in San Diego, California and she had always wanted to go to California.

“I had no idea that I would be meeting people that would change my life.”

Through IFSEA, Alysha has met several people that have influenced her life including the late Dr. Joan Johnson who had a passion for IFSEA, her students and the future of her students. She says if it wasn't for Dr. J, she wouldn't be so dedicated to IFSEA and she is so grateful for everything she has received from being a member.

“I miss Dr. J every day, I carry her photo in my phone case as a reminder of her strength and encouragement,” she continues, “prior to Dr. J's passing she asked me to be the advisor for the IFSEA student branch and to do what I could to help keep IFSEA alive, and that's a promise I intend to keep.”

Alysha had to step down as the advisor when she left her position at SUNY Morrisville but she continues to help build the organization. She redesigned the website, began managing and creating accounts on all social media platforms, assisted in finding a social media marketing expert, built a Standard Operating Procedure for the leaders in the organization, and continues to find ways to grow the organization.

“This organization has done so much for me, I feel I can't do enough to show my appreciation. My hope is I can help at least one person gain the confidence, leadership skills, professional connections and certifications, like Dr. J and IFSEA have done for me.”

Currently residing in central New York with her three children (Quentin 5, Asher 2 and Stoyana 1) and husband, Micah, who works as an over the road truck driver; Alysha is building the future she has always dreamed of with, again, the help of IFSEA.

“I started my own training business in February, right before the country shutdown. While I was in quarantine I reached out to Richard Weil, Chairman of the Board, and told him about my business and he connected me with Ed Manley, who owns the Foodservice Institute (FSI). Ed immediately took me under his wing and has taught me so much more than I could imagine about certifications and training.”

In May, Alysha accepted the position as the Director of Development for FSI and is working on some big projects that she is extremely excited about sharing once they are a little more complete!

She also works part time at Wild Owl Café for a friend she met through IFSEA, Michael LaCroce whom she will be beginning an IFSEA Branch with in 2021.

Alysha says she can help fellow members in the organization in regards to: Hospitality training & certifications, social media development, event planning/conference specific and foodservice specific.

“I am a motivator and I am proud to be a part of an organization of fellow motivators. We hope you will join us and become a part of our IFSEA family.”

Purchasing for Profit

Volume 2

by Robert Dennerlein

In keeping with the spirit of vendor relations, this month newsletter article is entitled, "Vendor Auxiliary Services," and features ways vendors/manufacturers can give operators a competitive edge, while making wise and profitable purchasing decisions.

It has always been my philosophy that a distributors' main responsibility is to make the purchasing process more efficient and profitable. To this end, these suggestions/practices will enhance operational efficiency, educate personnel, and obtain quality products for the lowest cost. The list is broken down into segments to include Team Member Development and Education, Quality/Cost Control and Marketing/ Merchandising.

Team Member Development and Education: Distributors/manufacturers know their commodity intimately. Smart operators use their distributor's expertise to develop and educate their team members. I have called upon them to provide hands-on training for various commodities, including seafood, produce, proteins, and cheese. They brought in commodity experts for our food buyers, receiving team and Chefs. The vendor reviewed quality characteristics of the products, recommended storage temperatures, handling techniques, product shelf life, and other helpful information. Once, a meat distributor prepared a manual specifically for our operation. Now that's what I call vendor service! Another value-added service is for the distributor to assist in developing food specifications, especially for perishable/seasonal items, including the Chef, Purchasing and Receiving departments. They are able to guide the operation to seasonality of items, which will affect pricing. Back in the late 80's, I opened a property in Houston, Texas where the GM insisted on having fresh raspberries through the Fall and Winter months. At that time, 1988, we paid \$100.00 per flat of raspberries in December and January, versus \$14.00-\$17.00 during the summer months. The following year the GM concluded it was not necessary to have fresh raspberries 365 days a year. (LOL). I trust you see the point of utilizing vendor knowledge to assist in creating specifications based on seasonality/availability of product.

Quality/Cost Control/Yields: For any operation to succeed it is important to provide customers with a consistent quality at a cost that allows profitability. Your distributor can assist with both quality and cost control. Request your distributor to do food cuttings and provide yield analysis, so you can determine the actual cost of product (EP vs AP). What matters is your EP, which can be 15% higher from one label to another. For example, a #10 can of diced tomatoes may contain 15% more tomatoes than a lesser AP/quality label. If the tomatoes of the higher label were 10% more expensive you have a 5% savings by utilizing the higher-grade product due to the yield or edible tomatoes. Furthermore, a distributor should be able to hold prices on most grocery items for a minimum of six months with a purchase commitment.

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Purchasing for Profit Volume 2

A protein example on yields would be bacon. Have the distributor perform a yield test on raw bacon to cooked product. Check to ensure the net weight of the case is accurate, then take 5# of bacon from the case and count the number of slices to ensure the slice count is accurate. Finally have the distributor cook off 3# of raw product to determine the product shrinkage. Take the starting weight (AP) of 3# and multiply by the AP cost per lb. Let's say \$3, so \$9 for the 3#. Now, weigh the cooked bacon. A study showed 50% loss if cooked in a skillet, 30% in an oven, so let's say 40% loss, which leaves roughly 2 lbs. \$9 divided by 2 lbs is \$4.50 per lb. If 3 strips of bacon come with the pancakes maybe you don't care that they shrunk, so there are other factors.

Proprietary Items/ R+D for Signature Items: Manufacturers can customize proprietary items specific to your operation? Do you have a specialty seasoning blend prepared in house or need assistance in creating a custom blend for your operation? Why not utilize the services of the distributor/manufacturer. A manufacturer can be a valuable resource in custom blending/recipe development. One such that I've used for many years is R.L. Schreiber (RLS), specializing in spices, seasonings and bases. Whether you currently have a custom blend prepared in house or desire to develop a custom blend, RLS (and others) research team can be a valuable resource. The advantages are three-fold.

1. **Expertise** - their chefs have been in the kitchen, probably using RLS products, so they know which spice or base works best for YOUR operation; it's what THEY do. And YOU look better for the connection. And, hello, their advice is free. AND they will provide free samples so you KNOW it works. Virtually everyone who works for RLS has a culinary background.
2. **Product Consistency:** IFSEA's "educator" Ed Manley teaches in the management class, which is better, fresh or "packaged." It depends, he says, on how "fresh, fresh is". Typically, not very. In having a manufacturer co-develop a recipe or replicate a custom blend, the product consistency is more at the manufacturer level than producing in house, meaning it will taste the same every time, no matter who used it, because it is more exact and surely consistent. With spices and bases, consistency is king.

For more information about custom blending and proprietary blends, feel free to contact RLS AT Marketing@RLSinc.com. A team member will be glad to answer any of your questions, perhaps even IFSEA board member Jaynee Peterson from RLS is a great source of contact. (her information can be found in this newsletter under the board listing).

I hope and trust this information will assist you to become more knowledgeable, proficient, and profitable in the days ahead. You can reach me at robertdennerlein@hotmail.com. Have a profitable day!

Robert Dennerlein, recently retired from The Cosmopolitan Casino/Hotel in Las Vegas



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? Did ? You ? Know ?

History of Appetizers

The Ancient Romans and Greeks are depicted lounging with trays of fresh fruit, wine, olives and cheese. Their feasting style surely inspired our modern-day appetizers. Their meals are said to have been (pardon the choice of words) an orgy of Hors D'oeuvre. These included fish and seasoned vegetables also. The main course (whenever they got to it) featured some of the same foods, in ever larger quantities.

All through history, those who had the means to secure large quantities of food, and to entertain, have enjoyed stretching the meal time and conversation experience by serving a variety of successive courses, beginning with finger foods, many of which were often on the salty side, to stimulate the appetite. There is a sense of leisure and abandonment to it all; and certainly of abundance.

During the Renaissance (14th to 17th century), physicians recommended eating small morsels of salty meats prior to a meal in order to prepare the digestive system for the main course and to ensure proper digestion. Appetizers have been served in nearly all cultures. Historians believe this practice evolved quite naturally after we set aside our hunter-gatherer lifestyle and became sedentary; perhaps an instinctive evolution of our grazing days, when small bites of fruit and nuts indeed set the tone for the long-awaited real meal.

Prior to the nineteenth century, appetizers were typically available throughout a meal. Then, the succession of courses we know today became common practice. At this time, appetizers change radically, becoming an ever more refined aspect of the meal and becoming a separate course altogether. This, too, is the time when the term "appetizer" enters common usage.

We turn to the French again for one additional observation. While hors d'oeuvre refers to the part of a meal one may indulge in prior to the chef's masterpiece, amuse-gueules, a term that is often used interchangeably with appetizer (or hors d'oeuvre) means "teaser for the palate," and refers to small buffet-style dishes served at parties rather than an introductory course to a meal.



Recipe Box

Feta Cheese Foldovers

Servings: 12



8 ounces feta cheese, crumbled
3 tablespoons finely chopped green onions
1 egg, beaten
1 (17.5 ounce) package frozen puff pastry, thawed
1 egg yolk, beaten with 1 teaspoon water

Preheat oven to 375 degrees F.
In a small bowl, blend feta cheese, green onions, and egg. Cut pastry into 12 (3 inch) squares. Place a mounded tablespoon of feta mixture in the center of each square. Moisten edges with water, and fold pastry over filling to form a triangle. Press edges together firmly with a fork to seal. Lightly brush pastries with the egg yolk mixture.

Bake for 20 minutes in the preheated oven, or until golden brown. Serve warm or at room temperature.

Hot Spinach Red Pepper Dip

Servings: 8



1 cup water
1 cup diced red bell pepper
1/2 cup thawed frozen chopped spinach
1 (8 ounce) package cream cheese
2 tablespoons milk
1/2 cup grated Parmesan cheese
1/2 teaspoon crushed red pepper flakes
1/4 teaspoon salt
1 pinch freshly ground black pepper
1 tablespoon finely diced red bell pepper
1 loaf rustic bread, scooped out

Bring the cup of water to a boil in a small saucepan over high heat and add the 1 cup of diced red pepper and the chopped spinach. Bring the water back to a boil, turn the heat down to medium and simmer until the pepper is very soft, about 10 minutes. Drain the spinach and red pepper in a colander, pressing out as much liquid as possible.

Combine the cream cheese and milk in the saucepan and cook over medium heat until hot and softened. Stir in the cooked spinach and red peppers, Parmesan cheese, crushed red pepper flakes, salt, and ground black pepper. Continue to stir until well combined and heated through.

Spoon hot dip into bread and serve with the tablespoon of finely diced red bell pepper sprinkled on top for garnish. Serve scooped out bread on the side.

Recipe Box

Sweet Potato Casserole

Servings: 12



4 cups sweet potato, cubed
1/2 cup white sugar
2 eggs, beaten
1/2 teaspoon salt
4 tablespoons butter, softened
1/2 cup milk
1/2 teaspoon vanilla extract
1/2 cup packed brown sugar
1/3 cup all-purpose flour
3 tablespoons butter, softened
1/2 cup chopped pecans

Preheat oven to 325 degrees F. Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.

In a large bowl, mix together the sweet potatoes, white sugar, eggs, salt, butter, milk and vanilla extract. Mix until smooth. Transfer to a 9x13 inch baking dish.

In medium bowl, mix the brown sugar and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the sweet potato mixture.

Carmelized Brussels Sprouts with Pistachios

Servings: 8



4 pounds Brussels sprouts
1/2 cup unsalted butter
4 small red onions, cut into strips
1/4 cup red wine vinegar
2 tablespoons white sugar
salt and pepper to taste
1/2 cup coarsely chopped pistachios

Place Brussels sprouts in a steamer basket over boiling water.

Cover saucepan and steam 8-10 minutes or until Brussels sprouts are tender yet crisp. Melt the butter in a deep skillet, add the onions and 3 tablespoons vinegar; cook until onions brown.

Add the Brussels sprouts, sugar and remaining vinegar.

Saute over medium heat until the Brussels sprouts are lightly caramelized.

Season with salt and pepper to taste and garnish with pistachios.

RANdom STuff

**THERE ARE 3 KINDS OF
PEOPLE IN THIS WORLD**

**THOSE WHO ARE GOOD AT MATH,
AND THOSE WHO AREN'T**

Ancestral Mathematics

In order to be born, you needed:

2 parents
4 grandparents
8 great-grandparents
16 second great-grandparents
32 third great-grandparents
64 fourth great-grandparents
128 fifth great-grandparents
256 sixth great-grandparents
512 seventh great-grandparents
1,024 eighth great-grandparents
2,048 ninth great-grandparents

For you to be born today from 12 previous generations, you needed a total of 4,094 ancestors over the last 400 years.

Think for a moment - How many struggles? How many battles? How many difficulties? How much sadness? How much happiness? How many love stories? How many expressions of hope for the future? - did your ancestors have to undergo for you to exist in this present moment..

**TENDER MORSELS OF
FREE-RANGE CHICKEN WITH
HERITAGE WHEAT CRUST**



**SERVED WITH POMMES
FRITES AND A SWEETENED
TOMATO REDUCTION**

**COFFEE IS VITAL
FOR SURVIVAL.
DINOSAURS DIDN'T
HAVE COFFEE AND
LOOK HOW THAT
TURNED OUT.**



Here is some BREAKING NEWS worthy of your notice:

IFSEA member Lucio Arancibia owns Infoodsys which has a great newsletter and this issue has IFSEA's membership flyer imbedded. Great articles and here's how you can support IFSEA with steps like this. So what is new in the Culinary World?

Click to find out <https://infoodsys.net/2020/11/01/november-2020-newsletter/>

IFSEA Florida MeetUp Branch - anybody welcome to join us, member or non-member, living in Florida or not - for networking, mentoring, what's happening. Saturday, Nov. 7 from 5 to 6 p.m.

IFSEA ZOOM MeetUps

No need to sign up ahead, just go to www.zoom.com and join with **9678018761**.

Past IFSEA Chairs and DODG's - No business, just catching up on friends we've share so many experiences with - Saturday, Nov. 7 from 3 to 4 p.m.

Your staff can (literally) kill your business!

Won't name names, but an IFSEA member has had both of his operations shut down by 1 staff member (in each place) who tested Covid positive, and as he is close to opening, another one now shows up. For the rest of you who have a business, it is never too late to remind them to wear a mask in the interest of their company and co-workers.

IFSEA-GFI certifications adding Spanish language!

Starting with translation of our food safety slide show, and ordering Spanish language tests, we are embarking, with Robert Vick in Albuquerque, to help this huge and growing community prepare themselves for better jobs. I already have the food safety, HACCP and Management books in Spanish. Not many are as motivated to help their staff as is Robert, but if you know someone who would like to participate, let us know - another value provided by IFSEA networking and mentorship.



November is the eleventh month of the year in the Julian and Gregorian Calendars, the fourth and last of four months to have a length of 30 days and the fifth and last of five months to have a length of fewer than 31 days. November was the ninth month of the calendar of Romulus c. 750 bc. November retained its name (from the Latin novem meaning "nine") when January and February were added to the Roman calendar. November is a month of late spring in the Southern Hemisphere and late autumn in the Northern Hemisphere. Therefore, November in the Southern Hemisphere is the seasonal equivalent of May in the Northern Hemisphere and vice versa. In Ancient Rome, Ludi Plebeii was held from November 4–17, Epulum Jovis was held on November 13 and Brumalia celebrations began on November 24. These dates do not correspond to the modern Gregorian calendar.

November meteor showers include the Andromedids, which occurs from September 25 to December 6 and generally peak around November 9–14, the Leonids, which occurs from November 15–20, the Alpha Monocerotids, which occurs from November 15–25 with the peak on November 21–22, the Northern Taurids, which occurs from October 20 to December 10, and the Southern Taurids, which occurs from September 10 – November 20, and the Phoenicids; which occur from November 29 to December 9 with the peak occurring on December 5–6. The Orionids, which occurs in late October, sometimes lasts into November.

Zodiac signs for the month of November are

Scorpio (October 23 – November 21) and Sagittarius (November 22 – December 21)

November's birthstone is the Topaz.



The birth flower for November is the Chrysanthemum



Detroit President's Ball 1995



L-R Joy Johnson, Matt Trupiano, Laurie Schutter



L-R Peter Terry, Don McIntosh, Bob Mathews Matt Trupiano, Laurie Schutter, Larry Brown



Ed Krzeminski
Loretta Brown



L-R
Ed Krzeminski,
Peter Terry

CELSIUS TO FAHRENHEIT CONVERSION CHART

This chart is a quick converter to help you change temperatures in Celsius (or Centigrade) to Fahrenheit from -40°C to 225°C going up in 5°C steps.

CELSIUS (°C)	FAHRENHEIT (°F)
-40	-40
-35	-31
-30	-22
-25	-13
-20	-4
-15	5
-10	14
-5	23
0	32
5	41
10	50
15	59
20	68
25	77
30	86
35	95
40	104
45	113
50	122
55	131
60	140
65	149
70	158
75	167
80	176
85	185
90	194

CELSIUS (°C)	FAHRENHEIT (°F)
95	203
100	212
105	221
110	230
115	239
120	248
125	257
130	266
135	275
140	284
145	293
150	302
155	311
160	320
165	329
170	338
175	347
180	356
185	365
190	374
195	383
200	392
205	401
210	410
215	419
220	428
225	437