



IFSEA NEWS

Fresh and Bold!

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



January 2021

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SOMETHING TO THINK ABOUT

May the New Year bring you much success
and may your journey be wonderful.

Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



Wow we are 120 years old!

Happy Birthday IFSEA!

Each month we will be featuring an additional column and article about IFSEA and our 120th birthday. I was privileged 20 years ago to be charged with writing the 100th anniversary edition of our then printed and distributed by USPS newsletter. I have remorse for over 20 years for failing to include my long-time friend and fellow past Chair Bob Mathews in somehow missing his recollection of IFSEA in the original printing of the IFSEA magazine. Bob, I will forever still beg for forgiveness. I will be providing our wonderful newsletter publisher Matt Trupiano with these tidbits about our 120 years from the 100th anniversary edition all year long. In the meantime, with this first excerpt, please indulge me with the following but mostly Happy New Year's everyone!

The information below is both interesting and in many cases amusing from the 100th anniversary edition.

IFSEA membership cost in 1901 was \$6.70 which in 2001 was equivalent to \$130 and 20 short years later now over \$200. A published menu included pork tenderloin, mashed potatoes, apple pie & coffee for 35 cents; A competent accountant could expect to earn \$2000 per year, a dentist \$2500 per year, and a mechanical engineer about \$5000 per year; Ninety percent of all U.S. physicians had no college education; Sugar cost 4 cents a lb. Eggs 14 cents a dozen; Coffee 15 cents a lb. The third leading cause of death in the U.S. was Diarrhea. The American flag had 45 stars. The population of Las Vegas, Nevada was thirty persons. Antibiotics, Scotch tape, crossword puzzles, canned beer, and iced tea were unknown. Only 6 percent of all Americans had graduated from high school. Coca-Cola contained cocaine instead of caffeine (talk about a sugar high!). There were about 230 reported murders in the U.S. annually; Buffalo celebrated its 100th anniversary by hosting the Pan-American Exposition, during which members of the Detroit Stewards' Club (formed in 1900) met for the purpose of organizing a national association. From this meeting the International Stewards' Association (ISA) was formed, with Mr. William V. Zimmer of Detroit as the first International President. A trolley ride to the fair cost 5 cents.

The Buffalo Stewards Club was formed.

THE EARLY YEARS

*As described elsewhere, the Detroit Stewards' Club formed the International Stewards' Association in 1901. The following notes were provided to me from Past International President **Edgar De Gasper, DODG, CFE**. "Certain members of the Detroit, Michigan Steward's Club (formed in 1900) met in Buffalo, NY in 1901 at the time of the Pan-American Exposition for the purpose of organizing a national association. In drafting the application for a charter this organizing group had the foresight to include cities throughout the North American continent, an especially important factor. (more to come on this later this year in future newsletter articles)*

Fun to look back and a particularly important part of our history is just that history. No doubt that the turning of the year from 2020 to 2021 will hopefully be a great positive pivot point for our country and mostly for our industry that has been so adversely affected by the pandemic. I look forward to personally and positively creating new opportunities for all that we all can achieve together. IFSEA has and can continue to be a positive catalyst for our industry. Stay tuned all year long for more fun pieces from the past 120 years and the opportunity to create even greater outcomes for the future.

LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP Chair Elect



Happy Birthday and Happy New Year IFSEA!

On January 1, our modernized IFSEA turned 120 years old and we plan each month this year to share some stories and pictures in our newsletter from those days before there was a Model-T Ford.

In fact, just 6 years earlier, in 1895, Chicago hosted a first in the US, a car race. Most people had not ever seen an engine-driven car. Those who HAD seen one tended to react with horror. One inventor said his 1895 car “shook and trembled and rattled and clattered, spat oil, fire, smoke and smell....it was revolting.” People would shout at a car driver, “Get a horse.” On Thanksgiving Day, they held an exhibition with 6 cars “racing” from Chicago to Waukegan and back. It was snowing and chains were not invented, so they tied ropes around the tires for traction. With 2 stops for repairs the winner started at 8:55 a.m. and arrived at Jackson Park at 7:18 p.m., the next car finishing 90 minutes later. Average speed for the winner was 7 mph. Six years later, a group sat in a room, without cars, Twitter, Snap Chat, FB, LinkedIn, cell phones, and somehow determined they could..... and created the International Stewards Association (ISA).

In 1901, the American League became a major league, the minor leagues in baseball were started, U. S. Steel was formed, NY was the first state to require license plates, Louis Armstrong was born, and two important things happened in Buffalo, NY - President William McKinley was assassinated by an anarchist at the Pan-American games, and IFSEA was created by a group of food service operators from Detroit who were attending a conference.

There was no NRA (1919), ACF (1929), AH&LA (1953), CMAA (1927), ADA (1917). IFSEA (1901) was the first to decide that together we could accomplish much - and we still carry that belief forward. Throughout 2021, you will learn much more about how we flourished, almost died, flourished again, almost died again, and have now embarked on a modern version with Zoom meetings and in-person “MeetUps”, connecting people all over the world in one way or another.

As the #1 administrator in the \$12 Billion Perkins federal grant program which supports a faster start at their career for high school students said, “IFSEA is 119 years old, that’s all the cache you need.”

So, Richard Weil, Dave Kinney and I concluded in 2017 that IFSEA was worth reviving from \$500 in the bank and under 100 dues paying members. Our average age (largely my fault) is about 92, I think. So, it is not OUR job to get IFSEA to level 3. We got it off the respirator, out of ICU, and back home. Now YOU, the members, have the task to see what we can do to support an industry that is still in ICU and on a respirator. How can we help people stay positive, build their professional resume with education and certifications, make contacts so they can get jobs and then better jobs, get loans from banks to start over, get comfort, advice, mentoring, love, and respect? The 3 of us and now with Alysha Brooks the youth and future of IFSEA, cannot do it all and the board of 24 cannot do it, we ALL need to come together.

Honestly, what matters is that what we have done for 120 years survives. Other organizations are probably too big and unwieldy to make a big impact. We are small but agile, motivated, programs in place, we know the mission, we do not need months of planning to do things – we get an idea and an hour later we’re doing it. IFSEA is just the vehicle, you fine folks are the fuel and hopefully renewable fuel as well. Best to you all and Happy Birthday IFSEA and Happy New Year to you all.

(editor’s note, Ed Manley is truly the reason that IFSEA is celebrating it’s 120th birthday and a thank you goes out to Ed for your untiring love and support for nearly 50 years)

Letter from the Treasurer

David E. Kinney, MCFE



This is to let you all know that IFSEA is on solid financial ground and the future looks bright for our 120-year-old organization. We are now in that time of year when membership renewals are due, and I respectfully urge you to renew now. Please go online and renew your membership and help us continue the wave of positiveness and success. <https://ifseamembers.wildapricot.org/> We want all of you to continue your membership with us as we enter 2021. Richard Weil, Ed Manley, Alysha Brooks and I are proud to serve on the board of directors and hopefully continue to provide upward and forward progress for IFSEA. We encourage all of you to share your ideas and thoughts and actions to keep the ship sailing on smooth seas.

It is a challenge to find the most appropriate word or words to express what we all have been experiencing since March of 2020. Yes, lots of people have made many and varying comments to address the situation of COVID-19. Sadly, many have aligned themselves along political lines instead of simply focusing on people, our economic well-being and helping all of us persevere through this pandemic. So, as we embark upon this New Year, I would extend to each of you a **Wish for Your Safety and Good Health and a Happy New Year.**

Respectfully,

A handwritten signature in cursive script that reads "David E. Kinney". The ink is dark and the signature is fluid and legible.



From the Mind of a Millennial

Alysha Brooks, Director of Development



It's a NEW year and I'm so excited for what's to come!

It definitely was a rough 2020 and hopefully it will get better sooner versus later, but definitely we have some more time to deal with many negative things that have affected us all. We as an organization are doing so many things to continue to support our industry. We have offered FREE membership and a certification to any individual who has lost their job due to the COVID-19 pandemic, as well as meetup Zoom calls where we can virtually get together and discuss ways we can motor forward through these difficult times.

There are so many new things coming for IFSEA members to take advantage of! A lot have already been implemented in 2020 but will really flourish in this year to come! Just look at all the things we have accomplished in just the last 12 months, during a pandemic and amid many economic impacts that hurt so many.

- *Increased our social media presence
- *Updated and recreated the organization website
- *Began working with a national healthcare company with certifications
- *Stepped outside the box and started IFSEA Meetup Zoom Calls
- *Brought on new leaders, such as our friends in Las Vegas/Southern California Meetup Branch
- *Added two new board members including Enlisted Aide of the Year from U.S. Army, Curt Ladue... and these are not all of them!

We have so much to look forward to in 2021! From the newly distributed vaccines to so many operators who have become more innovative than ever before realizing what they can really handle and create, with less resources including money and less employees.

I know that last sentence is scary but remember... this pandemic and the shutdowns have created a whole new avenue of jobs that weren't recognized as necessary before.

As I scroll Indeed.com, there are jobs left and right looking for Virtual Event Meeting Coordinators but also General Managers, Guest Service Managers and many director positions as people left work in March and decided not to return due to retiring, health worries or just realizing they wanted something different.

IFSEA could be a huge part of filling these vacant spots, providing mentorships to those taking on the new positions, offering professional certifications and supporting each individual as they grow in the industry.

It's more important than ever to follow our IFSEA social media accounts as we will be posting some HUGE things coming soon! YOU WILL NOT WANT TO MISS ANY OF IT!

Just a few upcoming developments to get you excited about:

- *A reboot to the mentorship program to make it easier for mentees to reach out to mentors
- *Topic based Zoom Calls in addition to the monthly meetups
- *Business Resources list that helps promote member's employers and business, and help other members find the services they need easily on our website.

I hope you are as excited as I am! Take a moment to follow us on our social media accounts:

Facebook - <https://www.facebook.com/IFSEA.HQ>

Instagram - www.instagram.com/ifsea.1901

LinkedIn - <https://www.linkedin.com/company/ifsea/>

Happy New Year and stay safe and healthy!

IFSEA FAMOUS

MEET Curt Ladue

We are excited to introduce Sergeant First Class (SFC) Curtis Ladue, our newest IFSEA Board Member and the Enlisted Aide of the Year Award recipient for the U.S. Army. (WOW this is a huge honor to have you as part of IFSEA Curt, welcome to you and your family!)

SFC Ladue was raised in New York State, a native to the Adirondack Park, he grew up in a small-town Saranac Lake with his “loving family.” In 2003, he married his wife, Meghan Milana and they have five children together: Kamryn, Logan, Chasidy, Michael, and Mark.

They currently live in Wiesbaden, Germany where he is stationed as the Enlisted Aide De Camp to, the U.S. Army Europe & Africa Commanding 4 Star General Christopher Cavoli.

In March of 2002, SFC Ladue began his career in the military by enlisting in the U.S. Army. “He completed his Basic Combat training in Fort Jackson Carolina, and his Advanced Individual Training in Fort Lee, Virginia, as a Food Operations Specialist.”

Since enlisting, Curt has traveled all around the world and completed a total of 11 courses, military related and others associated with the foodservice industry including a Warrior Leader Course and an Advanced Culinary Skills Course.

His career timeline in the military is truly incredible:



2002	Squad Leader and First Cook	514 th Maintenance Co, 548 th CSSB	Fort Drum, New York
2003	Deployed for 15 months	Operation Enduring Freedom to Camp	Arifjan, Kuwait
2006	Deployed for 14 months	Operation New Dawn to Camp	Speicher, Iraq
2008	Food Operations NCO	HHC 25 th HHBN, 25 th Infantry Division	Schofield Barracks, Hawaii
2009	Deployed for 10 months	Operation New Dawn to Camp	Speicher, Iraq
2010	In-Flight Chef (Supporting the U.S. Army’s most Senior Officers, Congressional Delegations and Foreign Dignitaries)	U.S. Army Priority Air Transport Command (USAPAT C20)	Joint Base Andrews, Maryland
2014	Enlisted Aide to HQDA G3/5/7 LTG James Huggins	HQ Department of the Army	Pentagon, Washington DC
2014	Magna Cum Laude Graduate	Associates in Advanced Culinary Theory	Stratford University
2015	Enlisted Aide to MG Ryan Gonsalves	4 th Infantry Division Commanding General	Fort Carson, Colorado
2016	Noncommissioned Officer in Charge (NCOIC), Supporting the Sec Army and the Army’s Senior Leaders	Army’s Executive Dining Facility	Pentagon, Washington, D.C.
2018	Magna Cum Laude Graduate	Bachelor of Science in Management	National American University
2019-Present	Enlisted Aide De Camp to General Christopher Cavoli Commanding	General U.S. Army Europe and Africa	Wiesbaden, Germany

SFC Ladue has received many decorations and awards including his most recent win as the Enlisted Aide of the Year Award for the U.S. Army. He’s also received the National Defense Service Medal, International Society of Logistics Demonstrated Logistician and Demonstrated Senior Logistician designation, and Global War on Terrorism Expeditionary Medal.

We are beyond honored that SFC Curtis Ladue has agreed to be on the IFSEA board as a Military Advisor. His experience in the foodservice industry will work well with his knowledge of the military.

Thank you, Curt, for joining our 120-year-old association and for agreeing to be a part of our board to help us move forward and continue to be a huge impact on our men and women in the armed forces.

To see the full list of his courses and awards he’s received visit <https://www.ifsea.org/member-spotlight.html>.



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? Did ? You ? Know ?

History of Soup

A wonderful article written by Kyle Martin, eHow Contributor

Soup is considered to be as old as the history of cooking. In times when food was scarce, dumping various ingredients into a pot to boil was not only cheap, it was filling. Its simple constitution made it accessible to rich and poor alike, and simple ingredients made it easy to digest for the both the healthy and sick. Each culture adopted its own variation with the ingredients on hand—Spanish gazpacho, Russian borscht, Italian minestrone—but the basics remain the same.

Beginnings of Soup

Watery gruel is the likeliest origin of soup. Cereals would be roasted and ground into a paste, which would later be cooked. The word “soup” probably derives from the bread over which this gruel was poured, called a “sop” or “sup.” Before this word came along, the concoction was called broth or potage. Gruel remains a staple in some cultures, but is sometimes made of other starchy foods, such as legumes, chestnuts or root vegetables.

Cooking Soup

Cooking soup held certain appeals and advantages to our culinary ancestors. Unlike the hot air rising from a roasting fire, boiling water comes into full contact of submerged foods. This allows for a quicker cooking time and more complete cooking. It also opens up foods to new flavors. For instance, cereal grains release starch into the liquid and cause it to thicken. Combing several ingredients and allowing them to mix together creates a new flavor. Soup allowed certain animal parts, particularly bones, not to go to waste because boiling them extracts a natural flavor. Some inedible plants, such as acorns, become consumable after boiling away poisons or undesirable flavors.

Effects of Soup on Society

Historians believe soup served as the foundation for the first public restaurants in 18th century Paris. Soups such as broth, bouillion and consommé made their debut in these “restoratifs,” the word from which we derive “restaurant.”

Characteristics

While soup’s defining characteristic is its liquid, etiquette experts say we eat soup—as opposed to drinking it—because it is part of the meal, according to Foodtimeline.org. Consistency, preparation and ingredients do not make usually make difference in how it is consumed.

Modern Soup

Soup became portable as science advanced. “Pocket soup” was popular with colonial travelers because it could easily be mixed up with a little water. Canned and dehydrated soups came along in the 19th century and kept cowboys and soldiers fed on the trail. Later, soups could be tailored to meet diet restrictions, such as low salt and high fiber.

Recipe Box

Borscht

Yield: 2 quarts



- 2 quarts beef, chicken, or vegetable broth
- 1 tablespoon vegetable oil
- 2 onions, diced
- 2 garlic cloves, minced
- 1 teaspoon dried marjoram
- 2 celery stalks, trimmed, thinly sliced
- 2 parsnips, peeled, thinly sliced
- 1 carrot, peeled, thinly sliced
- 1 leek, white and light green parts, thinly sliced
- 1/2 head savoy cabbage, shredded
- 1 bay leaf
- 1 teaspoon salt, or to taste
- 1/2 teaspoon freshly ground black pepper, or to taste
- 2 beets, peeled, grated
- 1/4 cup dill, minced
- 2-3 tablespoons red wine vinegar, or as needed
- 1/2 cup sour cream

Bring the broth to a simmer while you peel and prepare the vegetables. Heat a large soup pot over medium heat with the oil. Add the onions and garlic. Cook, stirring frequently, until the onions are tender and golden, about 5 minutes. Stir in the marjoram. Add the celery, parsnips, carrot, leek, and cabbage. Cover and cook over low heat, stirring occasionally, until the vegetables are slightly tender, about 8 minutes. Add the broth and the bay leaf. Season to taste with salt and pepper. Bring the soup to a simmer and cook, partially covered, for 10 minutes before grating the beets directly into the soup. Simmer, partially covered, until the soup is flavorful and the vegetables are completely tender, about 15 minutes. Stir in the dill. Add the red wine vinegar, salt, and pepper to taste. Garnish the soup with sour cream and serve.

Chicken Tortilla Soup

Servings: 6



- 1 cup chopped onion
- 3 cups chicken broth
- 1 (14.5 ounce) can diced tomatoes with green chile peppers
- 1 envelope taco seasoning
- 1 1/2 pounds skinless, boneless chicken breast meat - cubed
- 2 tablespoons cornstarch
- 1/4 cup cold water
- 1/4 cup shredded Mexican cheese blend
- 1 tablespoon chopped fresh cilantro (Optional)

Combine onion, chicken broth, tomatoes, and taco seasoning in a large sauce pan; bring to a boil over medium heat. Stir in chicken; reduce heat to low, cover, and simmer until chicken is no longer pink, 4 to 6 minutes. Mix cornstarch and water in a small bowl until smooth; gradually stir into soup.

Bring soup to a boil over medium-high heat; cook, stirring occasionally, until thickened, about 1 minute. Top with Mexican cheese and cilantro.

Recipe Box

Minestrone Soup

Servings: 12


4 ounces diced pancetta
2 tablespoons extra-virgin olive oil
1/2 teaspoon crushed red pepper flakes
1 large yellow onion, diced
2 stalks celery, diced
3 large carrots, diced
1 and 1/2 cups green beans (trimmed and cut into 1/2 inch pieces)
6 cloves garlic, minced
2 teaspoons Italian seasoning
5 tablespoons tomato paste
(1) 28 ounce can diced tomatoes
(1) 28 ounce can crushed tomatoes
4 cups low-sodium chicken bone broth
4 cups low-sodium beef bone broth
(1) 15 ounce can kidney beans, drained and rinsed
(1) 15 ounce can Cannellini beans
1 and 1/2 cups elbow pasta
2 cups fresh spinach
1/4 cup fresh basil, chopped
1/4 cup fresh lemon juice (about 1 lemon)
Salt and pepper, to taste
1/2 cup parmesan cheese, grated



In a large pot over medium-high heat, cook the pancetta until crispy, about 6 minutes. Using a slotted spoon, transfer the pancetta to a small plate and set aside. Leave any pancetta drippings in the pan. Add in the olive oil and onion and cook until the onion is translucent; about 5 minutes. Add in the celery, carrots, and green beans and cook until they begin to soften, about 8 minutes. Add in the garlic and cook until fragrant, about 30 seconds. Stir in the Italian seasoning and tomato paste.

Add in the diced and crushed tomatoes, chicken broth, and beef broth, stir well to combine and bring to a boil. Reduce the heat to medium-low and simmer for 15 minutes. Stir in the kidney beans, Cannellini beans, and pasta; cook until the pasta and vegetables are tender, about 10 minutes. Stir in the spinach and cook until wilted, about 1 minute. Remove from heat and stir in the basil and lemon juice. Season with salt and pepper, as needed. Ladle into bowls, sprinkle with pancetta bits and parmesan cheese, and serve warm.

RANDom STuff

 **80 glasses of wine minus your age plus 40 will give you the year you were born.**



If 2020 were a math problem...

If you're going down a river at 2 MPH and your canoe loses a wheel, how much pancake mix would you need to re-shingle your roof?



Fresh snow absorbs sound, lowering ambient noise over a landscape because the trapped air between snowflakes attenuates vibration. That's why it gets so quiet when it snows.

WHY DO EGGS COME IN FLIMSY STYROFOAM CARTONS

AND BATTERIES COME IN A PACKAGE ONLY A CHAINSAW CAN OPEN?

JANUARY

In our modern-day [Gregorian calendar](#), and its predecessor, the [Julian calendar](#), January is the first month of the year. It has 31 days, and the first day of the month is known as [New Year's Day](#).

Named After Janus

The month of January is named after the Roman god of doors, Janus, because this month is the door into the new year. Janus is also called the two-faced god. He represents all beginnings and possesses the ability to see the past and the future.



History of January

Originally, January and February were the last months of the calendar year. The Roman calendar began in [March](#) (*Martius*), due to the [March Equinox](#), which still marks the beginning of the [tropical year](#) today. However, in 450 [BCE](#), the beginning of the year was moved to January 1.

January initially consisted of 30 days when it was added to the 10-month Roman calendar. However, a day was added, making it 31 days long in 46 BCE by Julius Caesar's astronomers, who also introduced [Leap Years](#).

Wolf Moon

The [Full Moon](#) in January is called the [Wolf Moon](#), after howling wolves. The name is thought to have come from the Anglo-Saxon lunar calendar. Other names are Moon After Yule, Old Moon, Ice Moon, and Snow Moon, although the last one is typically used for the [February Full Moon](#).

January is considered the coldest month of the year in most of the [Northern Hemisphere](#) and the warmest month of the year in most of the Southern Hemisphere

Zodiac signs for the month of January are
January 1 – January 19. Capricorn. January 20 – January 31. Aquarius.

The birth flower for January



The birthstone for January
The most well known color is red,
However, it comes in many colors Including
yellow, gold, reddish brown and green.



What Does Love Mean

to 4-8 year olds.

A group of professional people posed this question to a group of 4 to 8 year-olds, 'What does love mean?' The answers they got were broader, deeper, and more profound than anyone could have ever imagined!

'When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore... So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.' Rebecca - age 8

'When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth.' Billy - age 4

'Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.' Karl - age 5

'Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.' Chrissy - age 6

'Love is what makes you smile when you're tired.' Terri - age 4

'Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK.' Danny - age 8

'Love is what's in the room with you at Christmas if you stop opening presents and just listen.' Bobby - age 7 (Wow!)

'If you want to learn to love better, you should start with a friend who you hate.' Nikka - age 6

(we need a few million more Nikka's on this planet)

'Love is when you tell a guy you like his shirt, then he wears it every day.' Noelle - age 7

'Love is like a little old woman and a little old man who are still friends even after they know each other so well.' Tommy - age 6

'During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore.' Cindy - age 8

'My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night.' Clare - age 6

'Love is when Mommy gives Daddy the best piece of chicken.' Elaine - age 5

'Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford.' Chris - age 7

'Love is when your puppy licks your face even after you left him alone all day.' Mary Ann - age 4

'I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.' Lauren - age 4

'When you love somebody, your eyelashes go up and down and little stars come out of you.' (what an image!) Karen - age 7

'Love is when Mommy sees Daddy on the toilet and she doesn't think it's gross...' Mark - age 6

'You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget.' Jessica - age 8

And the final one: The winner was a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his mother asked what he had said to the neighbor, the little boy said, 'Nothing, I just helped him cry.'

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LOOKING BACK



Stan Veltman DODG, CFE Life
IFSEA Past President 1974-1975



Bill May DODG, CFE Life