



IFSEA
INTERNATIONAL FOOD SERVICE
EXECUTIVES ASSOCIATION
— EST. 1901 —

IFSEA NEWS

Fresh and Bold!

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

*The best
and most
beautiful things
in the world
cannot be seen
or even touched,
they must be felt
with the heart.
Happy
Valentine's Day!*

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SOMETHING TO THINK ABOUT

No matter how you feel,
Get up, dress up, show up and never give up.

Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



Staying positive in 2021 and beyond!

Staying positive! I can attest to this as even though I work everyday to be as positive as I can, sometimes it is difficult to stay positive. However, when I think about all the things that remain important in my life; first staying positive about my health, my family, and friends, and above all positive about my family. My business, while working extremely hard to sustain my business for myself and my staff is a huge priority, no doubt it has been extremely trying due to the devastation that our industry has incurred these past 11 months.

I have no crystal ball but staying positive, I do believe that the industry will move forward with multiples of newfound ideas, concepts and solutions that will propel new outcomes and brighter horizons. I have further evidence of this with my daily readings and social media threads from LinkedIn®, Facebook® and industry trade publications. What will be the next and greatest transformation? I believe it will be the resilience of our industry and how we land on the other side of the outcomes of the Pandemic. My positivity is based upon the will and survivability of so many thousands of operators, corporations, managers, and dedicated staff. The basic truths of marketing 101 in providing goods and services to fulfill the needs, wants and desires of consumers providing what we always have with great quality, great service, and now more than ever an exceptionally clean/sanitized operation. The foundations of providing our basic services to our guests to fulfill their basic needs and doing it better than ever will be part of the positivity that operators will realize that these basics along with the most important thing, as we still are, the “industry of fun”!

As I turn to IFSEA and my shared positive views for 2021 and beyond it shares the same “f” word....FUN! I have been part of IFSEA for nearly 40 years and have had as much fun in the past few years working with Ed Manley and David Kinney putting IFSEA back on the positive road. With so many positive things to think about these past few years, nothing makes me smile more than to think about all the new faces and names we have attracted to our organization and board. Welcome to all our new 2021 board members as well as our new members. I am positive that IFSEA will remain a positive part of my life and sharing IFSEA with so many from years ago, today, and for tomorrow.

LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP Chair Elect



Happy Birthday and Happy New Year IFSEA!

First a piece of advice that I give out on a regular basis. If you have, or work for, a business that sells products, as I do, you can NOT put your political thoughts on the internet because you just turned off half your current and potential customers. Similarly, we all need to watch our posts because companies in the hiring process DO look at FB, LinkedIn, etc., to find the REAL you.

No matter your political views or affiliation, wishing the new Biden administration progress as it relates to creating positive ground for our country. Having said that, here is hoping that we continue to see millions more across the country receive their vaccine as well as tens of thousands of food service and hospitality industry workers are among the recipients for not only the vaccine, but also for the thousands of business owners receiving much needed financial support as well. Also, forward looking that millions of consumers will RUN to their old life of dining out.

And speaking of life support, that's where IFSEA has been, but thankfully, due perhaps as much to luck and timing as to our efforts, but many of you are now excited and involved, and having been in a leadership position in IFSEA since I became Orlando Branch President in 1975, I can for sure tell you that this is what we need – excitement and involvement from several of our members. For many years, the association presented membership recruiting awards of which I received many. Why did I win so many awards for membership recruiting? Because I saw value for the prospects, and I figured there was nothing to lose by seeing if they would like to join me.

Transitioning to the future with the ultimate replacement of Richard Weil, Dave Kinney and myself with new leadership and continued new blood. Because IFSEA is of the size where we remain nimble, and with no infighting, there is so much good we can do for our industry. I always say to send thanks to our newsletter Publisher Matt Trupiano and continued support from Board Member Michelle Hackman.

Today we are building with the likes of Alysha Brooks, Mike LaCroce, Chef Mario Bolanos, Chef Lucio Arancibia, Jesus Guillen, Robert Dennerlein, and others just getting started. We went from \$450 to \$20,000 in the bank, a good start. We were blessed with huge sales of Certified Food Associate first (Perkins Grant funds), and then Certified Food Manager (Federal legislation for nursing homes). What is next? Certified Food Manager – Healthcare; a task force to investigate getting our certifications back into the military – I put 2000 Navy through that program “back in the day.” No telling where this will lead us but know that we continue to knock on many doors to see where this leads us to. Our certification program still priorities the most important thing, providing the next opportunity for those who earn the certification and get helps those achieve more now and for later.

Would love for more of you to jump in, the water's fine.

From the Mind of a Millennial

Alysha Brooks, Director of Development



It's a NEW Year and already into our 2nd month but we still need NEW Goals, and this is definitely necessary! As hard as 2020 was, it led us to this year and these new opportunities, such as Zoom Meetings and Social Media Marketing. These two pieces were essential to making an organization grow in these new times of technology and digital communication.

The pandemic made us realize what IFSEA can do to really reach our members. Meeting in person is amazing and we can't wait to do that again, but we can meet more often using Zoom, Google Meetups, FaceTime, Facebook Messenger and so many other video meeting communication tools.

This means that IFSEA members can reap the benefits all year round.

What GOALS does IFSEA have for 2021?

CERTIFY MORE PEOPLE ANYWHERE AND EVERYWHERE!

NETWORK more often virtually!

HELP more individuals find jobs and get promoted!

REACH more potential members via social media!

SUPPORT OUR INDUSTRY TO ONCE AGAIN GROW membership and our organization.

The path we must take to grow and meet our goals will take hard work and dedication! It will take all our ideas coming together and executing each project with joy and consistency! Together as an organization we have so much strength to fight the economic challenges caused by the virus that couldn't be predicted or planned for.

People need our industry! We provide so much to our patrons: joy, relaxation, convenience, a home away from home, a warm meal on a cold day and someone to talk to on a bad day. We are essential to our communities and still are the "industry of fun".

There are so many obstacles we will need to continue overcoming this year. New challenges that we will be forced to overcome, hard decisions we will have to make, and some days it will feel like things might not get better... but it will!

I just want to speak directly to a few individuals:

To the small business owner that is barely surviving after 2020, you did it! You can do it again!

To the employee that lost their job due to cuts - get certified, jobs are out there, contact us, keep searching and don't give up!

To the manager that is working the line all day and doing paperwork all night because you had to cut labor, you are doing great, keep going.

I have personally never been so proud of our industry as a whole and this organization! We have so many wonderful individuals working their butts off trying to spread the word about IFSEA and what we can do!

If you're not a member, I hope you decide that this is the year to join!

Please take a moment to check out all we have to offer - linktr.ee/ifsea .

IFSEA FAMOUS

MEET Julius Harrison

New member and NYC Meetup Branch President, Julius Harrison, is our IFSEA Famous Member Spotlight for this month!

Julius is a Retired Culinary Specialist Chief of the United States Navy Reserve, where he served our country 25 years. He also has 30+ years in the foodservice industry from school foodservice, to nursing home dining, to corporate dining in addition to his experience with foodservice operations in the Navy.

Currently, he lives in New York City where was born (Brooklyn) and raised (the Bronx). Julius is married with three grown children (ages 18, 23 and 24) and “engaged in foodservice as a volunteer in a local soup kitchen in NYC where they feed anywhere from 1,100 to 1,800 clients every Sunday!”

“I am also a volunteer for the American Red Cross as a Mass Care Feeding Leader,” Julius adds.

On his “spare time,” he is also a member, of not one, but two Toastmasters International Clubs along with: the Public Relations/Newsletter Editor for his American Legion Post, a Parent Advisory Council Member for the Einstein Enrichment Program, an Instructor, a Mass Care On-Call Coordinator, a Disaster Action Team Associate, a Mass Care Leadership Team Member and Disaster Preparedness Presenter for the American Red Cross, an active volunteer for New York Cares, and a member of the Naval Enlisted Reserve Association.

Julius says he has also earned his New York City Food Handler License and multiple ServSafe Certifications including the ServSafe Food Manager.

In the photo, he is with his daughter, MarieElena Harrison, at her Father/Daughter dance sponsored by her school in 2019.

Julius believes fully that as leaders and parents, we lead by example. He says that we set the pace on how we wish to lead our organization (or children) to success. This type of example will “inspire or motivate” but without it they may end up “mediocre, lackluster or possible fail.”

“Communication, endurance and mentoring play a huge part in anybody’s life,” Julius says continuing, “I say this because out of 1000 students that applied to the college that she presently attends, Sophie Davis School of Biomedicine, 300 got an interview and she was one of only 75 students that got accepted.”

Wow! That’s incredible! Congratulation MarieElena!

“I am looking forward of being an asset to this organization and to help others achieve their individual goals within the industry,” Julius adds concluding.

IFSEA wants to say, “Thank You Julius!” For your service to our U.S. Navy, to the many volunteer roles you play and for becoming an active member of our 120-year-old association! We can’t wait to work more with you and so thrilled to have you on the IFSEA board as you serve as such an inspiration to everyone.



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Sweet Spice aroma
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PERU
Full-bodied; Great for salsas, dips, mole sauces.

CHILE Guajillo
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MEXICO
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CHILE Cascabel
Nutty Spice aroma
MEXICO
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CHILE de Arbol
Hot and Spicy aroma
PERU
Small, potent; bright red when mature.

Chile Red Hatch
Whole, 1 lb.
CFCHIREDB
Item #3533

Chile Ancho
Whole, 1 lb.
CFCHIANCB
Item #3531

Chile Guajillo
Whole, 1 lb.
CFCHIGAUB
Item #3534

Chile Cascabel
Whole, 1 lb.
CFCHICASB
Item #3532

Chile de Arbol
Destemmed, 1 lb.
CFCHIARBB
Item #3535

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? Did ? You ? Know ?

Blood Orange

By Lissane Kafie, St. Louis University

At first sight, you might be tricked into believing this fruit is just a regular orange. Though once you cut it open, the bright crimson hue of blood oranges quickly changes your opinion. My first time cutting into a blood orange, I was enamored by the smell and the bright pink, blood-like liquid oozing out of it. I mean, they're called blood oranges for a reason, right? Read on and you won't have to ask the question, "What is a blood orange?" ever again in your life. Blood oranges are a natural mutation of the



sweet orange oranges that we're all familiar with. According to The National Gardening Association, the flavor of blood oranges is essentially a cross between an orange and a raspberry. Blood oranges have a distinct color thanks their high levels of anthocyanin pigment. This brightly colored pigment is common in other fruits and vegetables that have red, blue, or purple-ish colors such as blueberries, eggplants, beets, and purple cabbage.

While blood oranges are mainly produced in Italy, their exact place of origin is still unknown. What we do know is that blood oranges only grow through the months of December to May, the winter and spring months. The reason they only grow during these cold months is that the weather helps them get their "bloody" color (cooler weather promotes the presence of anthocyanins in blood oranges).

Blood Oranges Are High in Vitamin C

Just like sweet oranges, blood oranges are rich in vitamin C (or ascorbic acid). A study conducted in Turkey concluded that the vitamin C content in blood oranges ranges from 32 to 42 mg per 100 ml (3.4 fl oz). The recommended daily allowance of vitamin C is about 75 mg for women and 90 mg for men. This means that consuming merely 3.4 fl oz of blood orange juice would fulfill almost 40% of the vitamin C needed for a day!

Blood Oranges Have Antioxidant Properties

The antioxidants present in blood oranges are known to help battle against free radicals in our body. These free radicals are responsible for lots of diseases such as heart disease and cancer, other degen-

Recipe Box

Blood Orange Yogurt Olive Oil Cake

Servings: 8

1 ½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon kosher salt
1 cup plain Greek yogurt
⅔ cup agave nectar
3 eggs
3 blood oranges, zested
½ teaspoon vanilla extract
½ cup extra-virgin olive oil
¼ cup blood orange juice
1 tablespoon turbinado sugar
1 cup confectioners' sugar
2 tablespoons blood orange juice



Preheat oven to 350 degrees F (175 degrees C). Line a loaf pan with parchment paper; grease and flour the pan.

Sift flour, baking powder, and salt into a large bowl. Whisk yogurt, agave nectar, eggs, blood orange zest, and vanilla extract together in a separate bowl until smooth. Pour yogurt mixture into flour mixture; stir to combine.

Fold olive oil into batter until incorporated. Pour batter into prepared loaf pan.

Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, about 50 minutes.

Whisk ¼ cup blood orange juice and turbinado sugar together in a saucepan over medium heat; simmer until sugar

dissolves, 1 to 2 minutes. Pour over warm cake to absorb juice. Cool cake completely, 30 minutes to 1 hour.

Whisk confectioners' sugar with 2 tablespoons blood orange juice to make the glaze. Pour over cooled cake.

Pan-Seared Ahi Tuna with Blood Orange Sauce

Servings: 4



1 tablespoon olive oil
4 (8 ounce) ahi tuna steaks
½ cup white wine
1 tablespoon butter
1 medium shallot, minced
1 clove garlic, minced
2 cups blood orange juice

In a skillet, heat olive oil over medium-high heat. Sear tuna on one side for about five minutes. Flip and sear other side for two to three minutes, or until tuna is cooked to your desired degree of doneness. Remove from skillet and allow to rest.

Return skillet to heat and add white wine. Scrape the bottom of the skillet with a wooden spoon and simmer until wine is reduced by half. Reduce heat to medium and butter, shallot and garlic; cook and stir until shallot is clear, approximately 3 to 5 minutes. Stir in blood orange juice. Boil until the liquid has reduced to half its original volume or until it thickens. Remove from heat.

Slice the tuna across the grain. Fan the slices out onto a plate and drizzle with blood orange sauce.

Recipe Box

Charred Chicken with Sweet Potatoes and Oranges

Servings: 4

- 4 skin-on, bone-in chicken thighs
- Kosher salt
- 4 garlic cloves, finely grated
- 3 tablespoons fresh lemon juice, divided
- 5 tablespoons olive oil, divided
- 1 large or 2 medium sweet potatoes, scrubbed
- 3 large sprigs rosemary
- 1 blood orange, thinly sliced, plus wedges for squeezing
- 1 15-ounce can chickpeas, rinsed
- ½ cup Castelvetrano olives, pitted
- 3 ounces feta, crumbled (about ½ cup)

Preheat oven to 450°. Place chicken in a large bowl and season with salt. Add garlic, 2 Tbsp. lemon juice, and 2 Tbsp. oil and toss to combine. Let sit at room temperature at least 30 minutes or cover and chill up to 12 hours. Remove chicken from marinade, draining off any excess; discard marinade. Set chicken aside.

Prick sweet potato all over with a fork and roast on a small foil-lined rimmed baking sheet until tender, about 1 hour. Let sit until cool enough to handle.

Once potato comes out of the oven, start cooking the chicken. Heat 1 Tbsp. oil in a large skillet, preferably cast iron, over medium-high. Cook chicken, skin side down, until skin is very brown (it should get very dark; as long as you don't smell it outright burning it will be all the better with some char), about 5 minutes. Transfer to oven and roast, keeping skin side down, until cooked through, 18–22 minutes. About 1 minute before removing chicken from oven, toss rosemary sprigs into skillet. Place chicken, skin side up, on a plate along with rosemary sprigs. Set skillet over medium-high. Cook orange slices just until golden and slightly softened, about 30 seconds per side. Transfer to plate with chicken.

Toss chickpeas, olives, and feta with remaining 2 Tbsp. oil and remaining 1 Tbsp. lemon juice in a large bowl; season chickpea salad with salt.

Tear open sweet potato and arrange big sections of flesh on a large platter. Place chicken, along with any accumulated juices, around sweet potato, then top with orange slices, chickpea salad, and rosemary leaves. Squeeze orange wedges over everything when at the table.



RANdom STuff

Remember, if you lose a sock in the dryer, it comes back to life as a Tupperware lid that doesn't fit on any of your containers.

FOR THOSE THAT HAVE NEVER SEEN A CATFISH !!



EATING IN THE FIFTIES

Pasta had not been invented. It was macaroni or spaghetti.

Curry was a surname.

A take-away was a mathematical problem.

Pizza? Sounds like a leaning tower somewhere.

Bananas and oranges only appeared at Christmas time.

All chips were plain.

Oil was for lubricating, fat was for cooking.

Tea was made in a teapot using tea leaves and never green.

Cubed sugar was regarded as posh.

Chickens didn't have fingers in those days.

None of us had ever heard of yogurt.

Healthy food consisted of anything edible.

Cooking outside was called camping.

Seaweed was not a recognized food.

'Kebab' was not even a word, never mind a food.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Prunes were medicinal.

Surprisingly muesli was readily available. It was called cattle feed.

Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.

Water came out of the tap. If someone had suggested bottling it and charging more than gasoline for it, they would have become a laughing stock.

The one thing that we never ever had on/at our table in the fifties ... was *elbows, hats and cell phones*.

Justice is a dish best served cold, if it were served warm it would be just water.

February

February is the second month of the year in the [Julian](#) and [Gregorian calendars](#). The month has 28 days in [common years](#) or 29 in [leap years](#), with the 29th day being called the *leap day*. It is the first of five months to have fewer than 31 days (the other four being April, June, September, and November) and the only one to have fewer than 30 days. Seven months (January, March, May, July, August, October, and December) have 31 days, leaving the four previously mentioned months (April, June, September, and November) to have exactly 30 days. This means the other eleven months have at least 30 days.

February starts on the same day of the week as March and November in common years and August in leap years. It ends on the same day of the week as October in all years and January in common years only. In leap years preceding common years or common years preceding leap years, it begins on the same day of the week as May of the following year. In common years preceding leap years, February ends on the same day of the week as April and December of the following year. In leap years preceding common years, it ends on the same day of the week as July of the following year. In common years preceding common years, it begins on the same day of the week as [August](#) of the following year and ends on the same day of the week as July of the following year. It also begins on the same day of the week as June of the previous year and ends on the same day of the week as August and November of the previous year. In 2020, February had 29 days.

Zodiac signs for the month of February are

Aquarius Jan' 20-Feb' 18

Those born under the Aquarius sign are generally erratic. Their behavior and temperament are so unpredictable that it is impossible to define their personality type. However, they usually make wonderful first impressions.

At first sight, an Aquarius will come across as a most charming and well-mannered person. People find them

Pisces Feb' 19-Mar' 20

Gifted with a wild imagination, Pisceses have an unrivalled talent for story telling or anything artistic for that matter. They also have a great capacity for love and the depth with which they feel sometimes makes them extremely sensitive. So be very careful when relating to a loved one born under the Pisces zodiac sign as a harmless remark can prove to be incredibly hurtful to them.

The birth flower for February

Violet



The birthstone for February

Amethyst

Symbolizes piety, humility, spiritual wisdom and sincerity.



2021 IFSEA OFFICERS AND DIRECTORS

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LOOKING BACK

2008 IFSEA Conference held in Denver, Colorado.



Past Chairs/DODG's - Richard Weil, Brian Kunihiro, Dave Kinney, Beverly Lowe, Bob Mathews, Don McIntosh



Aloha Hawaii contingent – Jesus Guillen, Gwen Ishizu, Brian Kunihiro, Chris Chun, Lloyd Evers, Peter Pao, John Williams



Rick Diaz, Peter Pao, Barbara Sadler



Gwen Ishizu and Bob Mathews

Special thanks to Brian Kunihiro for sharing his photos.