

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

Flag Day June 14, 2021



In the United States, **Flag Day** is celebrated on June 14. It commemorates the adoption of the flag date on June 14, 1777, by resolution of the Second Continental Congress. The Flag Resolution, passed on June 14, 1777, stated: "Resolved, That the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation."

The United States Army also celebrates the U.S. Army birthday on this date; Congress adopted "the American continental army" after reaching a consensus position in the Committee of the Whole on June 14, 1775.

In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day; on August 3, 1949, National Flag Day was established by an Act of Congress. Flag Day is not an official federal holiday. Title 36 of the United States Code, Subtitle I, Part A, Chapter 1, 110 is the official statute on Flag Day; however, it is at the president's discretion to officially proclaim the observance.

June 2021

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June 20, 2021

SOMETHING TO THINK ABOUT

The Future is always beginning now!



Life on the Weil Side!

Richard F. Weil, MCFE, MCFP Chairman of the Board

June rolling along and good glimpses of light....

Wow half of 2021 is about over, and June is rolling along again. Seems like a year gets started and wow we are about to be half over. Seemingly we are seeing signs of light and normalcy again in almost every state has reopened much of the food service and hospitality industry to varying degrees and capacity. Still, we have lost over 100,000 operations this past 15 plus months due to the Pandemic. I look forward to representing IFSEA along with Ed Manley this August at the NAFEM conference in late August in Orlando Florida.

As I contemplated this month’s newsletter article it dawned on me as to the current make up of our Board of Directors that is listed generally on the last pages of our monthly newsletter. (Thank you again Matt Trupiano and Michelle Hackman!) The IFSEA Board of Director’s is currently represented by 25 food service and hospitality industry professionals from Hawaii to NY, to Florida, Germany, and all points in-between. The IFSEA Board now comprises a much greater than ever diversified and younger/newer to IFSEA leadership positions that I can recall in the past 35 years of my being associated with IFSEA. I am personally proud of these statistics and commit to our organization continued emphasis now and for the future.

<u>Category</u>	<u>Number</u>	<u>% of Board</u>
Women on the board	6	24%
Diversity on the board	7	28%
New to IFSEA last 5 yrs. leader	11	44%

We have some exceptionally good things to focus on for the remainder of 2021.

- More membership. We are offering membership from June 1 through the end of 2021 to go through December 31, 2022.
- Certification – Lots of information in this newsletter from Ed Manley and Alysha Brooks, take advantage of the continuing education and help yourself grow personally and professionally.
- Scholarships – The annual scholarships will be announced this summer with over \$28,000 from the Worthy Goal Scholarship Fund. That you Worthy Goal Trustees and Scholarship Chair Dr. Ernie Boger.
- IFSEA support of the annual Enlisted Aid of the Year Award this fall to be held in person again in Washington DC.
- Our treasury continues to grow thanks to certifications and our President Emeritus Ed Manley and Director of Development Alysha Brooks and Director David Zander. Many continued thanks to Dave Kinney essentially IFSEA’s CFO for doing such a great job and stewardship for our money and finances.

Continued emphasis on the above diversification of our membership and our Board of Director’s.

Finally, my personal thanks for being surrounded by such an amazing group of professionals and friends among our IFSEA board and membership. It is my true honor and privilege to be continuing to be part of this wonderful organization, happy start of Summer to everyone as June Rolls along and I do see light ahead for everyone!



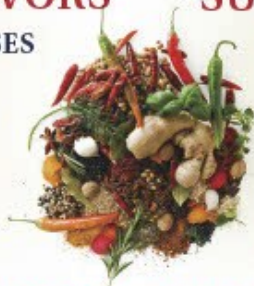
Happy FATHER'S DAY!



As we honor our father and original founder Raymond Leo Schreiber, we express gratitude to our employees, purveyors, customers, suppliers and families for making R.L. Schreiber a leader in the FOOD|SERVICE|FLAVOR industry. We are here for you!

PREMIUM FLAVORS

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LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP President Emeritus



What Has IFSEA Done For You?

We have an IFSEA FB Page where we encourage members to post their IFSEA experience as well as how our IFSEA and GFI certifications have helped their career. The best way to grow IFSEA is to let non-members envision what happened to YOU, happening to THEM.

What is IFSEA doing for EVERYONE NOW? 3 years ago, IFSEA dues were about \$150 a year; NOW they are \$49, making it more affordable then and this turned out to be perfect for the pandemic year. Dues are even less if you are active or retired military, over 65 years young, or a student. In the past you had to be a member to participate, NOW we welcome people to join our “MeetUps” whether a member or not, no requirement to ever join – again perfect for the pandemic year, where many food service and hospitality industry professional are not able to afford other associations with annual membership dues structures over \$200 dues such as the ACF – so these individuals can stay in touch with the industry, network and mentor/be mentored, until they get back to work and can and should renew with ACF or other organizations and also be able to join IFSEA which helped them when they needed it. For most of the pandemic year last year we offered a free membership and certification for those who lost jobs or hours to Covid.

Certifications – People who attended the IFSEA Food Safety Symposiums in the early years are reaching out 15 years later wanting to renew, get more – maybe they did not appreciate what was given to them then, but now they see the value and the need to get recent certifications as well. Examples are people like Dave who got a \$85,000 job thanks to HACCP, John who started a now 20-year career with Aramark with HACCP and food safety prominent, Margo’s \$55K job right out of the military was a thrill for her, and so on.

Friends – There are acquaintances and there are friends. Easily 100 members became truly friends, and acquaintances are, as we said in the lab – TNTC – “Too Numerous To Count”. From decades ago Bill May, Richard Weil, Rob Lawrence, Faye Asano, Robert Dennerlein to the brand new friends, Glenn Beatty, Mario Bolanos, Lucio Arancibia (new again). I have said for years, at my funeral, most who would show up are my IFSEA amigos. And of course, Judy, whom I met while representing IFSEA at the Canadian FSEA conference, and who helped IFSEA stay alive with trade show revenue for many years.

Business – 32 years ago I guess I was bored with hospital food service and took on the risky but rewarding management of IFSEA, which lead to a certification and training career that continues. Without the structure of IFSEA to build on, nothing that I have done would have happened – the military culinary competitions, enlisted aide of the year award, GFI, FSI, teaching homeless veterans, traveling the world from Camp David, MD to Camp Victory, Iraq. Never easy but never boring. I am blessed period!

So what’s YOUR story?

From the Mind of a Millennial

Alysha Brooks, MCFBD, MCFE, CHP
Director of Development



This year has been hard! (How many times have we said that this year?)

On top of that, the foodservice and hospitality industry are a hard place to work in.

We all know the reasons: high turnover, stressful environment, low pay, long hours, no benefits and the list goes on.

What we need more than anything is two things: **Compassion & Education.**

“The purpose of education is to replace an empty mind with an open one.” - Malcolm S. Forbes

What a great quote right? The reason I wanted to share this particular quote is because it tells us what we need more than anything right now.

Life changed; people lost their jobs, money, homes, cars, loved ones, normalcy, comfort... in this last year many of us forgot who we were, and had to rebuild ourselves to transform with the stressful world, always changing guidelines and pandemic life.

Many minds are empty right now. Unsure of what is about to happen, avoiding making any type of concrete plan because tomorrow everything could change. Instead of just dealing with empty minds, we need to fill them. Educating ourselves on whatever we want to accomplish.

Education teaches us skills and gives us the knowledge we need to work successfully in an operation but more than anything education gives us confidence. When you train your team, you are not only teaching them the job but you're helping them feel a part of a team. Nobody wants to be the worst worker in the operation, they want to feel like they are just as knowledgeable and needed as their fellow coworkers.

Let them be a part of the team by putting time into education. Make sure everyone is on the same page about everything that is happening. You will be amazed at how quickly the staff will jump up to take shifts that they usually wouldn't take.

Compassion.

I mention compassion as one of the two things we need right now because, well, we do.

The world needs hospitality more than anything right now. We need kind words, smiling faces and people who want to see others happy.

(Continued on page 6)

From the Mind of a Millennial

Alysha Brooks, MCFBD, MCFE, CHP
Director of Development



(Continued from page 5)

The world needs us right now! We are the industry of fun and happiness! We are the industry of people pleasing and working our butts off to make others feel comfortable. We care so much about our guests and their needs, many of us choose this career path because we want to take care of others.

Owners and managers are stressed. They are trying to run an operation that they can't even make a plan for because of the uncertainty of change at any time. Working 40 hours to replace the employees they couldn't afford to keep, trying to find employees to work, paying their personal expenses, paying the business expenses, worried about the next guideline change, unsure of what next month will look like, terrified of losing everything, and knowing that their decisions will affect their employee's lives as well.

These stressed-out individuals are leading groups of people with this scared, frustrated and unsure attitude. They are on edge and tired.

What happens when captain of a sports team is unsure and stressed?

- They can't think clearly
- They make bad calls
- They push themselves too hard
- They get angry quickly
- They forget to be a team player
- The other players on the team begin displaying the same poor attitude

Does any of this sound familiar?

This is happening everywhere right now! And you know whose fault it is? Nobody and everyone.

Compassion is what everyone needs. We are all struggling. We are all tired, unsure, scared, taking risks, walking in darkness some days and trying to hold our heads up.

Management has to practice what they preach and remember that their staff are humans and not objects that can just be moved around. Everyone has feelings and has a right to be included in changes about how it affects their job.

Staff should also remember that management are humans as well and not superheroes. They cannot find hours where they do not have, and they are doing the best they can to get the operation moving in a good direction.

IFSEA FAMOUS

MEET Lucio Arancibia

Proud father, resident of Las Vegas (Nevada), Owner of INFOODSYS, an IFSEA member, and a professional in the foodservice industry for 41 years.

Chef Lucio “is widely recognized as the culinary driving force who led a 200-strong culinary team at the mega resort, The Excalibur. He was also responsible for running several individual kitchens, turning out an average of 30,000 meals a day, creating menus, training new chefs, and overseeing the food supply chain for the property.”

He describes himself in three words: “Aspiring, generous and caring.”

Chef Lucio believes strongly in continued education and is a graduate of San Martin and Escuela Nacional de Sar Martin. He has a long list of certifications including the Culinary Institute of America ProChef Certificate; Certified Executive Chef (CEC); American Culinary Federation (ACF) Certified; IFSEA Master Certified Foodservice Executive (MCFE), and many more.



Currently, he is the founder & CEO of INFOODSYS, “the easiest recipe management app,” where he has taken his belief about simplicity helping Chefs in their day-to-day, to life!

The cloud-based app is setup to help chefs store their recipes in an “all-in-one” platform. The app also includes nutritional analysis and cost of goods to help calculate yields, AND food safety information!

Check out the tutorial here - <https://infoodsys.net/>

Chef Lucio is always looking for ways to reach out to individuals in the industry who want to know more and learn more. He is always willing to answer questions, give advice, support organizations and mentor others on how to move up and reach your goals.

He is also a huge believer and teaches personal responsibility. He teaches “that how we choose to experience accountability and responsibility is a moment-to-moment personal choice and not about title, tenure or position.”



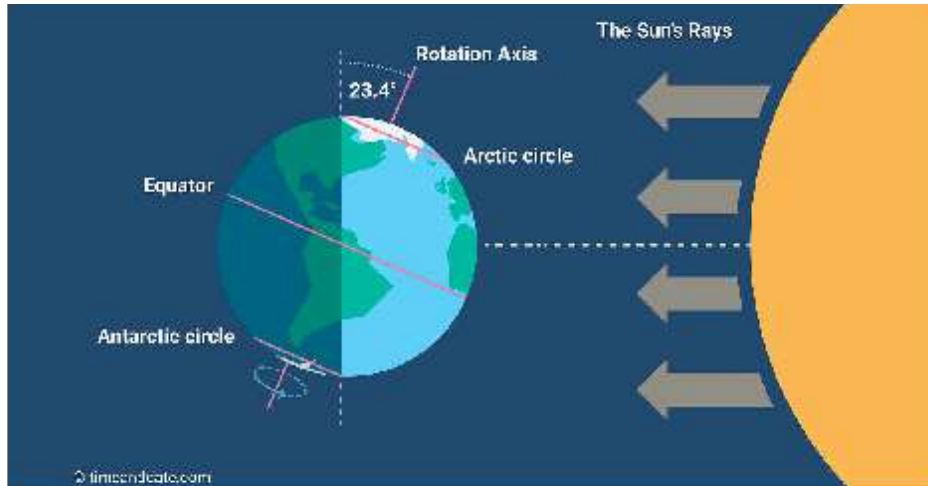
As you have read, Chef Lucio has accomplished a lot personally and professionally, but he would say he is most “proud of being a father, managing huge culinary operations, being able to mentor many associates, helping the needy and advocating for better nutrition.”

He says, he learned about IFSEA by Ed Manley, IFSEA’s 2nd ever President Emeritus, who he describes as “a true leader!” He believes he can contribute to fellow members by advising on topics such as Business Development, Hospitality Training and Certification, Foodservice Specific, and Education. We are so thankful to have Chef Lucio involved and part of IFSEA.

We are so very honored that Chef Lucio is a part of the IFSEA family. His knowledge and passion for the industry is truly inspiring. Thank you for being on majority of the IFSEA

Networking Calls, your valuable input and your continued support to the Hospitality Industry.

JUNE SOLSTICE



June 21, 2021 is the longest day of the year in most time zones in the Northern Hemisphere.

Zenith Furthest Away from the Equator

A solstice happens when the sun's zenith is at its furthest point from the equator. On the June solstice, it reaches its northernmost point and the Earth's North Pole tilts directly towards the sun, at about 23.4degrees.

It's also known as the northern solstice because it occurs when the sun is directly over the Tropic of Cancer in

First Solstice of the Year

Solstices happen twice a year - in June and December. The June solstice happens around June 21, when the Sun is directly overhead the Tropic of Cancer the December solstice takes place around December 21. On this day, the Sun is precisely over the Tropic of Capricorn..

Solstice comes from the Latin words *sol*, meaning *Sun* and *sistere*, meaning *to come to a stop or stand still*. On the day of the June solstice, the Sun reaches its northernmost position, as seen from the Earth. At that moment, its zenith does not move north or south as during most other days of the year, but it stands still at the Tropic of Cancer. It then reverses its direction and starts moving south again.

The opposite happens during the December solstice. Then, the Sun reaches its southernmost position in the sky - Tropic of Capricorn - stands still, and then reverses its direction towards the north.

The Earth is Farthest from the Sun

One might think that since it is summer in the Northern Hemisphere, the Earth is closest to the Sun during the June solstice. But it's the opposite. The Earth is actually farthest from the Sun during this time of the year.

? Did ? You ? Know ?

BASIL

Basil is one of the most popular culinary herbs and is used in cooking around the world. It is very symbolic and has a rich history. In India, where it originated, basil is used in courtrooms where they swear oaths upon it. In Italy it symbolizes love and is often worn in the hair of a romantic suitor. In Greece, where the word basil means "king", it is considered the king of herbs and is associated with healing powers and is used in baths and for medicine.

Regardless of its history, basil is a mint relative, and is mostly beloved for its culinary properties. Most gardeners know the Italian sweet basil flavor well. It's used in cooking and is an essential ingredient of pesto. However,



there are other types of basil with flavors such as lemon, cinnamon, and anise. It's a favored herb for ethnic dishes from Mexico to Thailand. Plus, many basil varieties make beautiful ornamental additions to a flower or herb garden. Some have purple leaves, stems, or flowers and some have an attractive globe shape. Whichever basil you're growing, it makes a perfect candidate for your edible landscape.

Here are some of the best varieties to try in your garden. All grow 18 to 24 inches tall and are used for culinary purposes, unless otherwise noted.

'Cinnamon' – This variety from Mexico is more commonly used for decorations and to ward off insects than for cooking. The green leaves contrast well with the purple flowers.

'Genovese' – Large ribbed leaves with a strong basil flavor, this common variety is often used to make pesto. It's from Genoa, considered the pesto capital of the world.

'Lettuce-Leaf' – An heirloom pesto variety similar to Italian basil, it features large, slightly frilly, sweet-flavored leaves and is slow to bolt.

Begin harvesting basil leaves by snipping young leaves when needed. Harvest before the flowers begin to form. Pinch out flowers so the plant sends more energy into leaf production and not into flower and seed production.

Instead of harvesting individual leaves, you can also harvest stems or the entire plant. Basil will grow back and provide a second or even third harvest even after being completely stripped of leaves.

While conventional wisdom is to harvest herbs in the morning for the highest oil content, basil is different. Basil picked at the end of the day keeps twice as long as basil picked early in the morning. It's also best kept at 60F temperatures in perforated bags or in a glass of water. It will last up to 12 days this way versus 2 to 3 days in the refrigerator.

Preliminary studies suggest sweet basil may:

- *Reduce memory loss associated with stress and aging.
- *Reduce depression related to chronic stress.
- *Improve fasting blood sugar, cholesterol and triglycerides.
- *Reduce blood pressure in people with hypertension .
- *Increase mental alertness when inhaled as aromatherapy.
- *Inhibit the growth of bacteria that cause dental decay.
- *Repel insects, such as mosquitos and ticks.

Recipe Box

Tomato Basil Chicken serves 6



- 2 cups olive oil for frying
- 2 eggs, beaten
- ½ cup bread crumbs
- 6 skinless, boneless chicken breast halves
- 1 pint grape tomatoes, sliced
- 1 medium onion, diced
- 1 cup chopped fresh basil
- salt and pepper to taste
- ¼ cup balsamic vinegar, or to taste
- ¼ cup olive oil, or to taste

Heat 2 cups olive oil in a skillet over medium heat. Place the eggs and bread crumbs in 2 separate bowls. Dip chicken in the eggs then in the bread crumbs to coat. Place chicken in the skillet, and fry until golden brown and juices run clear. Drain on paper towels.

In a bowl, mix the tomatoes, onion, and basil. Season with salt and pepper, and drizzle with balsamic vinegar and olive oil. Spoon over the fried chicken to serve.

Tomato Basil Tart serves 6



- Dough:
- 2 cups all-purpose flour
 - 9 tablespoons unsalted butter, cubed
 - 1 teaspoon salt
 - 1 egg
 - 2 tablespoons cold water
- Filling:
- 3 eggs
 - 6 tablespoons cream cheese, softened
 - 3 tablespoons sour cream
 - 12 ounces shredded Italian three-cheese blend
 - salt and freshly ground black pepper to taste
 - 1 bunch fresh basil leaves, cut into thin strips
 - 5 tomatoes, sliced, or more as needed
- Combine flour, butter, 1 egg, salt, and water in a large bowl and knead into a smooth dough. Shape into a ball, flatten, and wrap in plastic wrap. Refrigerate for 2 hours.

Preheat the oven to 400 degrees F (200 degrees C). Grease a springform pan with butter.

Sprinkle a work surface with flour and roll out dough into a circle big enough to cover bottom and sides of the prepared springform pan. Line pan with the dough. Prick dough several times with a fork.

Bake pastry in the preheated oven for 20 minutes.

Meanwhile, stir together remaining eggs, cream cheese, and sour cream using a wooden spoon. Fold in Italian cheese blend and season with salt and pepper. Fold in basil.

Remove cooked pastry from oven and cover with 1 layer of tomato slices. Pour half the egg-cheese mixture on top and cover with another layer of tomato slices. Spread remaining egg-cheese mixture on top and cover with a final layer of tomato slices.

Bake in the preheated until tart is set, about 45 minutes. Serve warm.

Recipe Box

Spinach Basil Pasta Salad serves 10



- 1 (16 ounce) package bow tie pasta
- 1 (6 ounce) package spinach leaves
- 2 cups fresh basil leaves
- ½ cup extra virgin olive oil
- 3 cloves garlic, minced
- 4 ounces prosciutto, diced
- salt and ground black pepper to taste
- ¾ cup freshly grated Parmesan cheese
- ½ cup toasted pine nuts

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Rinse with cold water to cool. Drain well in a colander set in the sink.

Toss the spinach and basil together in a large bowl.

Heat the olive oil in a skillet over medium heat; cook and stir the garlic in the hot oil for 1 minute; stir in the prosciutto and cook 2 to 3 minutes more. Remove from heat. Add to the bowl with the spinach and basil mixture; toss to combine. Pour in the drained pasta and re-toss. Season with salt and pepper. Sprinkle with the Parmesan cheese and pine nuts to serve.

Basil Walnut Pesto yields 1-1/3 cups



- ½ cup walnut halves or pieces, toasted
- 2 medium garlic cloves
- 2 cups lightly packed basil leaves
- 1 cup lightly packed parsley leaves
- ¼ cup grated Parmesan cheese
- ½ cup extra virgin olive oil
- ¼ cup water
- ¼ teaspoon pepper
- 1 pinch Kosher salt, as desired

Step 1

Combine walnuts and garlic in Blender; PULSE on HIGH 2 to 3 times to chop finely.

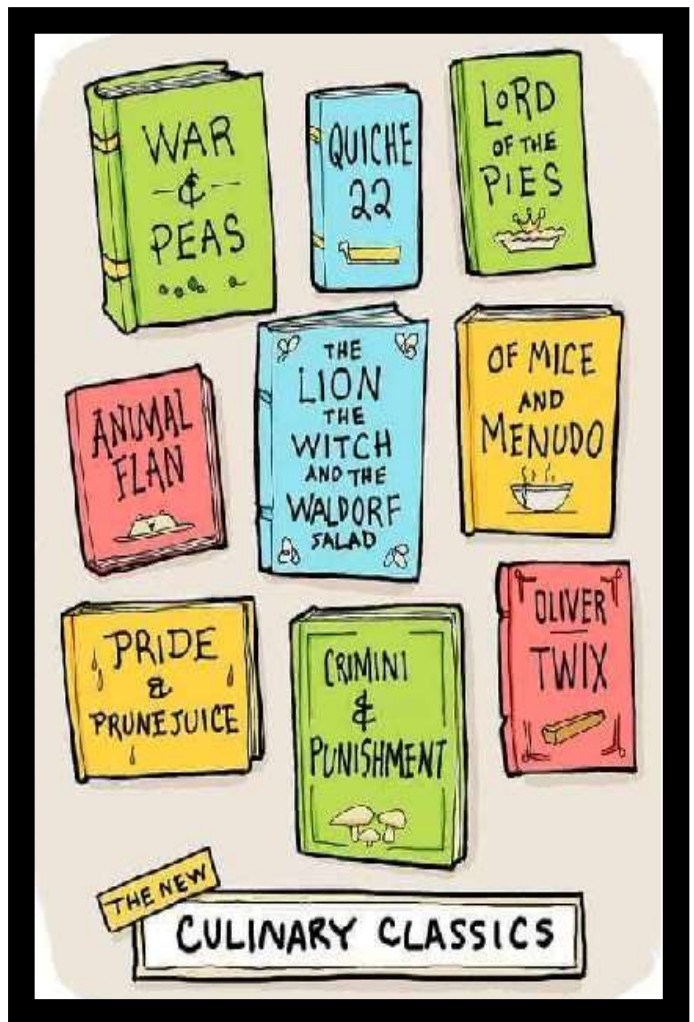
Step 2

Add remaining ingredients and PULSE on HIGH 5 to 6 times to combine.

Serve over your favorite pasta.

RANdom STuff

How old were u when realized racecar spelled backwards. IS racecar? 🤔😬👍



At the store there was A big X by the register For me to stand on.



I've see too many Road Runner cartoons to fall for that crap.

I'VE LEARNED TWO IMPORTANT LESSONS IN MY LIFE, I CAN'T RECALL THE FIRST ONE , BUT THE SECOND ONE IS THAT I NEED TO START WRITING STUFF DOWN.

June

June is the sixth month of the year in the Julian and Gregorian calendars, the second of four months to have a length of 30 days, and the third of five months to have a length of less than 31 days. June contains the summer solstice in the Northern Hemisphere, the day with the most daylight hours, and the winter solstice in the Southern Hemisphere, the day with the fewest daylight hours (excluding polar regions in both winter solsticeases). June in the Northern Hemisphere is the seasonal equivalent to December in the Southern Hemisphere and vice versa. In the Northern Hemisphere, the beginning of the traditional astronomical summer is 21 June (meteorological summer begins on 1 June). In the Southern Hemisphere, meteorological winter begins on 1 June.

No other month starts on the same day of the week as June in any year. This month and May are the only two months to have this property. June ends on the same day of the week as March in all years and starts on the same day of the week as February of the following year. In years immediately before common years, June begins on the same day of the week as March and November and ends on the same day of the week as August and November of the following year. In years immediately before leap years, June begins on the same day of the week as August and ends on the same day of the week as May of the following year. In common years, it begins on the same day of the week as September and December of the previous year and, in leap years, April and July of the previous year. In common years, June ends on the same day of the week as September of the previous year and in leap years, it ends on the same day of the week as April and December of the previous year.

Zodiac signs for the month of June are

Gemini May 21—June 20

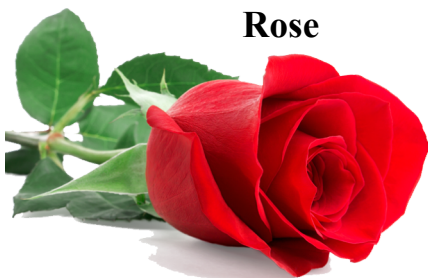
Gemini Zodiac Sign Traits Smart, passionate, and dynamic, **Gemini** is characterized by the Twins, Castor and Pollux, and is known for having two different sides they can display to the world. Expert communicators, **Gemini** is the chameleon of the **Zodiac**, adept at blending into different groups based on the vibe and energy they perceive.

Cancer June 21—July 22

The zodiac sign Cancer is symbolized by the **Crab**, with its impenetrable outer shell and vulnerable underside. Just as the Crab claw grips, Cancer energy makes us cling to comforts—from job security to beloved family members and pets. The Crab also carries its home on its back, and Cancer is about setting up a cozy and safe space wherever it goes.

The birth flower for June

Rose



The birthstone for June pearl, alexandrite and moonstone



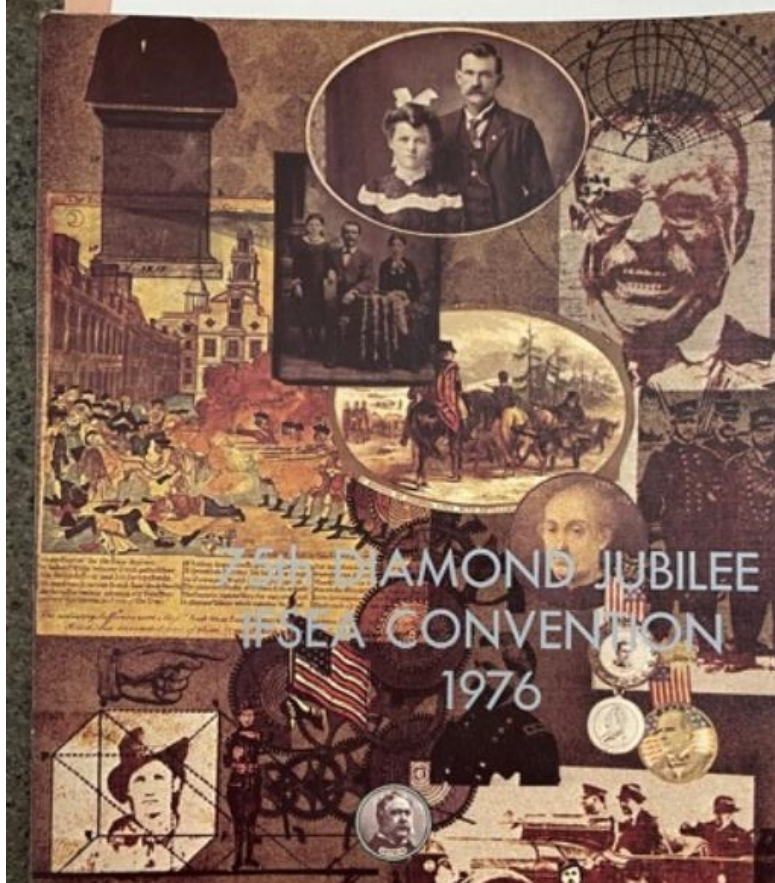
2021 IFSEA OFFICERS AND DIRECTORS

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FLASH BACK



Milwaukee branch Charter dinner



IFSEA Magazine cover for Diamond Jubilee convention 1976

FLASH BACK



No event, location or timeline available but, It looks like a good time was had by all!





The Amazing Cucumber

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long.
The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free.
Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!