



# IFSEA NEWS

*Fresh and Bold!*

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



## WHY WE CELEBRATE THE 4th OF JULY

It's hard to imagine Independence Day without fireworks. But how did this tradition get started?

As it turns out, setting off mini-explosions of all shapes and colors (but particularly red, white and blue) on July 4 goes back almost as far as American independence itself.

Fireworks have a long and colorful history, but the story of how they became ubiquitous on July 4 dates to the summer of 1776, during the first months of the Revolutionary War. On July 1, delegates of the Continental Congress were in Philadelphia, debating over whether the 13 original colonies should declare their independence from Britain's Parliament as well as King George III himself.

That night, news arrived that British ships had sailed into New York Harbor, posing an immediate threat to the Continental troops commanded by George Washington. On July 2, delegates from 12 colonies voted in favor of independence (New York would follow suit on July 9) and the motion carried. On July 3, even as Congress revised a draft of the declaration composed by Thomas Jefferson, an excited John Adams took up his pen to write to his wife, Abigail.

"The Second Day of July 1776, will be the most memorable Epocha, in the History of America," Adams wrote. "I am apt to believe that it will be celebrated, by succeeding Generations, as the great anniversary Festival...It ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns,

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## July 2021

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## SOMETHING TO THINK ABOUT

It is never too late to be what you might have been.



## *Life on the Weil Side!*

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

### **How to make the difference and be the difference!**

IFSEA for 120 years this year has made a difference in thousands of people's lives since our humble beginnings in Buffalo NY and Detroit MI. I contend that the founders of IFSEA realized that the opportunities to support one another as stewards, caterers, and food service professionals could, and would make a profound mark on members and peoples well being in general.

As you read the wonderful article about our 2<sup>nd</sup> ever President Emeritus Ed Manley that was so wonderfully put together by our Director of Development Alysha Brooks, you will understand that Ed was not only richly deserving of this honor by our Board of Directors earlier this year, but he has walked the walk, and talked the talked. Ed has and continue to make and be the difference.

Who else makes the difference? You do! Being a member of IFSEA in continued support of students, our military, and our certification programs that make a difference in so many thousands of people's lives our programs have made all these years. Also making a difference are our IFSEA Board of Director's and all that we read about each month in "IFSEA Famous".

As our newsletter seemingly continues to be a wonderful source of information, and fun reads, Matt Trupiano has made a difference hundreds of times over during his times as editor and publisher of our monthly newsletter. A thank you to the women and men that have contributed to our monthly newsletter make a difference. And thank you Matt always.

Please take a moment during the "dog days of summer" this July to be the difference maker for someone else. It might be as simple as a smile, a positive comment or even an old fashion note to someone telling them how great they did or how wonderful they are. Note writing is coming back and a simple note, not necessarily an email, but a simple note card given to someone can make a huge difference for someone, especially during these confusing times we live in.

Be safe, be well, and go make a difference and as Ed says, be the difference!



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### **WHY WE CELEBRATE THE 4th OF JULY**

Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more." Adams was off by a couple of days.

On July 4, after making a total of 86 (mostly small) changes to Jefferson's draft, Congress officially adopted the Declaration of Independence, though most of the delegates Didn't even sign the document until August 2. Some impromptu celebrations greeted the declaration's first public readings on July 8, in front of local militia troops in Pennsylvania and New Jersey, but the first organized celebration of Independence Day would take place in Philadelphia on July 4, 1777. "Yesterday the 4th of July, being the anniversary of the Independence of the United States of America, was celebrated in this city with demonstrations of joy and festivity," reported the Pennsylvania Evening Post on July 5, 1777. "About noon all the armed ships and gallies in the river were drawn up before the city, dressed in the gayest manner, with the colors of the United States and streamers displayed."

After each ship's cannon fired a 13-gun salute (in honor of the 13 colonies), the festivities continued, including an elegant dinner, a military demonstration and a performance by a Hessian band. "The evening was closed with the ringing of bells," the *Evening Post* reported, "and at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated."

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# Must-Have Trendy FLAVORS

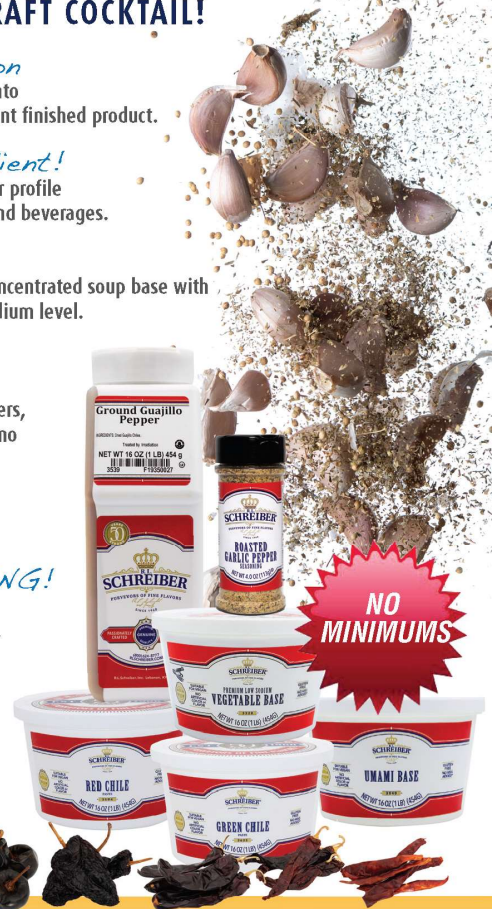
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# LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP President Emeritus



## IFSEA, GFI AND ME – THE MICE THAT ROARED

*The Mouse That Roared* is a 1955 [Cold War satirical](#) novel, starring Peter Sellers, using the premise to make commentaries about modern politics and world situations, including the [nuclear arms race](#), [nuclear weapons](#) in general, and the [politics of the United States](#).

I've often have grown frustrated by what I see in the daily battle to get our industry to see the value in certifications; like industries that pays a decent wage do; and Departments of Education to see there are more positions in food service besides cooking; and associations to see that instead of protecting their turf, acting like all a person needs are THEIR certification to be successful. We should all promote jointly to raise the not only the perceived value of certifications but the factual benefits of certifications. Certifications help MORE people make MORE money, so they will STAY in this difficult business. Here is how **YOU** can help if you care to.

**Associations** - Chef Kimberly Brock Brown was interested in an ACF program a few years ago, which had trading card-style likenesses of the chefs who have led ACF since its founding 1929. There wasn't a woman or African American among them. She set out to change that, and as of this week, new cards will represent women and people of color, as she won the election. In congratulating this ground-breaking chef, I suggested ACF and IFSEA should work together on certifications, to which she said yes, and a professor responded to that thought, and I sent him a follow-up. Maybe a start for one of my concerns. And that is something **YOU** could do when you see an opportunity. Not to promote me or IFSEA/GFI, to promote people and the industry.

**Departments of Education** – This one is harder, as there are at least 50 of them and they operate autonomously so everyone is reinventing the wheel, or mostly not even doing that. But I'll skip the speech – lol – and report a few facts to make my point. Corresponding with a state head of CTE (Career & Technical Education) regarding their Perkins Grant (\$3.1 Billion for certifications in high schools) program. He tells me they have 202 certifications listed, 4 of which are in the Hospitality & Tourism Career Cluster – 3 are food safety (all NRA) and ACF's Fundamentals of Cooking. OK, entry level cooks who will cook safely. That is it???? I was blunt with my response because that made me angry - makes no sense for the young people, nor for our industry which has a lot more things going on besides cooking. **YOU** could check CTE in your state and offer opinions to your DOE (and copy me).

**It is not about selling certifications.** Everyone gets paid for what they do, and I do as well. It is about changing people's lives, making the industry one where people WILL show up to get jobs, which they're not doing now because it seems like a dead-end career to many – they've not been exposed to what else there is. The great NRA Pro-Start program, that's wonderful, but if you don't want to spend two years cooking, which directs you to a cooking job, or if your school is not one of the 1,900 out of 24,000 public high schools that offers Pro-Start, what about providing what we offer, a **"Food Service Management Concentration"** of courses, which makes even more sense if they DO offer ProStart (back to my opening paragraph) – Certified Food Associate (Mgmt), HACCP, Customer Service and Culinary Nutrition, with an option to replace Nutrition with Certified Culinary Professional (powered by Rouxbe). **YOU** - Know someone in school administration, or a teacher in a ProStart program, add something besides the NRA & ACF (food safety and cooking), which are wonderful, but not the end-all, be-all. There are dozens of jobs and job titles in our industry....go help someone or some program realize its potential and make a difference for others.

# From the Mind of a Millennial

Alysha Brooks, MCFBD, MCFE, CHP  
Director of Development



Guest service, customer service, customer support, customer care, client relations.... whatever you decide to call it. Customer service is EVERYWHERE and is very important to the future success of a business.

According to salesforce.com, customer service “is support you offer to your customers – both before and after they buy and use your products or services — that helps them have an easy and enjoyable experience with you.”

After reading that, think for a second what your customer service looks like, do you train new employees on how to interact with guests? How often are customer complaints taken seriously? Do complaints turn into screaming matches with guests?

These are important, especially with technology and everyone having a video camera in their hand. Within seconds of an argument between your team and a guest, it can be uploaded to the internet and seen by more people than you have patronizing your establishment.

And the statement “there is no such thing as bad publicity,” isn’t necessarily true anymore. If your team is seen screaming at an upset guest or spitting in food or anything negative, IT IS NOT GOOD PUBLICITY AND IT’S NOT GOOD FOR YOUR BUSINESS.

I must admit, I am a professional at handling customer complaints. I have this way about me that people feel heard and understood. They feel like I took care of their problem, and they feel I care.

Guess what, they feel that way, because I genuinely care. I am listening, so they are being heard. I do understand because I am able to put myself in their shoes and thinking about how I would want to be treated in the moment. I take care of their problem because I REALLY DO CARE.

My intentions are real, and they know it. They feel my positive energy, they see my eyes on them and they can tell I am fully hearing what they are saying.

After they tell me the problem, I do three things:

- I repeat the problem back to them. This shows them I was listening but also gives me another moment to take in what happened so my brain can take me to the next step.

Once I ensure that I understand what happened, I give them options. For example: You’re pulled up to the drive-thru window and the restaurant forgot your hamburger AGAIN and it’s on the receipt.

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# From the Mind of a Millennial

Alysha Brooks, MCFBD, MCFE, CHP  
Director of Development



*(Continued from page 5)*

Guest: This is the third time I have ordered, paid for and did not receive my burger.

Me: I am so very sorry that the last few times you have visited us we have not taken the time to ensure you have received your full order. My understanding is you again have ordered, paid for, and did not receive your burger. That's frustrating. We will definitely get you your burger, we can write down that you have two burgers and when you order next time, we can get you those two burgers at no cost or we can give you those two burgers now and put you down in the book that you haven't received your burgers. Do one of these options sound, okay?

After they have told me which option they will go with, I make sure they get their problem fixed ASAP. That means the burger gets made ASAP, their name is in the book right away and that they know we are very sorry for the inconvenience by simply saying, "I'm so very sorry about this inconvenience, I understand you are very upset, and you have the right to be upset, I will do what I can to ensure this doesn't happen again."

It's really that easy. LISTEN, APOLOGIZE, REPEAT, FIX, APOLOGIZE

We are all humans; we are all living hard lives and trying to get by. We all make mistakes, and we all get upset sometimes without meaning too. You also have no idea what is going on with your guest at home. What if this woman is dealing with an abusive partner, or that gentleman just lost his wife, or that teen is starving at home?

Although, we don't see it much in the customer service industry, we make a difference. We have the power to change someone's day. We can change the way they think about other people, and we can be the people that made someone feel less alone.

I have guest tell me that they have no family and no friends. The best part of their day is visiting their favorite eatery and talking to the team. They feel like part of something when they come in. The servers remember their name, their meal and always take care of them. It's warm and dry. There's water to drink for free and they can use the restroom.

Our jobs in the hospitality industry are so much more than serving food, flying people to their vacation spot, or cleaning a hotel room. We are the people who love to love, we are the people that want to see others smile and we are the people that would do anything make someone else feel special.

# IFSEA FAMOUS

## MEET Ed Manley President Emeritus



“Go BIG or Go Home,” is Edward Manley, the second elected President Emeritus of the International Foodservice Executives Association, favorite quote. I promise, that after you read about his life, you’ll see he has made that quote, the motto to his life.

Ed explains what that quote means to him, “either do the task to the best of your ability, or don’t bother. Squeeze every ounce of your creativity, energy, resourcefulness, and personality into what you are doing, whether that is writing a note to a client, or visiting your patients in a hospital, or writing a news article. Make a difference.”

As Founder and President of the Foodservice Institute, Ed continues to find ways and help those in the military get ready for retirement and life in the civilian world, which he states, “can be a difficult transition.” He believes education and certifications are the best way to help our U.S. Armed Forces really get ready for a new life and a career that will pay them well and they enjoy doing.

Ed was born on September 12, 1941, in Staten Island, New York, to Ruth and Edward Manley Sr. When he was four, he lost his mother and they moved into his grandmother’s house. He says he was nurtured by his three aunts Edith, Alice and Emma, “who gave me all the love and encouragement a kid could ask for.”

As a kid, he played in the first little league team in all of New York State and they were the first teams with uniforms. He also sang at 5 years old in between acts at his church’s plays. He attended and graduated from Curtis High School in 1959 and went into the U.S. Navy where he would spend 21 years of his life.

“The military is my passion,” Ed says in a recent video about how & why he started the Foodservice Institute. “Our certifications help you get promotions in the military and after, and they change lives. I’ll retire when I stop changing lives because I don’t just think we do, I know we do!”

In his 21-year Navy military career Ed held several positions and received many promotions:

1959 - Joined U.S. Navy - first job was at Guantanamo Bay as a Hospital Apprentice

1961 - Hospital Corpsman at the United States Marine Corps. until December 1962. During this time, he was located at Camp Lejeune, North Carolina before going back to Cuba, for the Cuban Missile Crisis

1962- He boarded the USS Saratoga (cv-60) in Mayport, Florida as a Hospital Corpsman First Class (HM1) (E-6)

1969 - Ed took his fourth job in Keflavik, Iceland where he was promoted to Hospital Corpsman, Chief Petty Officer (HMC) (E-7).

1970 - He was again promoted an O-1 which is a ENS, Junior Officer.

*(Continued on page 8)*



*(Continued from page 7)*

## **MEET Ed Manley** President Emeritus

1975 - Ed graduates from Cornell University where the Navy sent him to expand his skills in hospitality, he earns a degree in Hotel Management. This is where he learns about the foodservice organization IFSEA and becomes a member.

1978 - Graduates and earns a Master of Science in Management at Rollins College

Ed says that attending Cornell was a pivotal point in his life when things really changed for him.

On August 15<sup>th</sup>, 1980, the retirement ceremony for LCDR Ed Manley, Jr., MSC, USN, Chief took place. In a newspaper clipping about the retirement ceremony, the following was quoted, “The wide-spread reputation for superb dining enjoyed by our facility, was the direct result of LCDR Manley’s outstanding performance and dedication.”

His outstanding reputation didn’t end there.

After retirement, Ed took a job as the Food Service Director of the North Broward Medical Center in Florida, where he changed the way, for the better, the hospital served food to their patients. They even received a few recognitions from the Florida Restaurant Association for the efforts they made to enhance the choices for patients and families that rather not or cannot travel for food outside the medical center.

The menu consisted of items such as “continental offerings as coquilles St. Jacques, Wisconsin cheese soup, beef wellington, rack of lamb and peaches melba. If the doctor approves, a glass of champagne, wine or imported beer is included.”

Anyone else hungry now? I certainly am surprised to see such incredible choices on a hospital menu! And Ed explains, it wasn’t just about the nutritional value in the food or how delicious, but they took the time to present the meal with an “attractive table setting and nice tableware.”

His time at the hospital was busy for him! He created and ran a few programs to help promote the hospital including the Mall Walks Club, Early Christmas for underprivileged children and the Taste of South Florida. He also sang at a talent show and this prompted a cassette album called “Surrounded by Love,” that was sold in the hospital gift shop.

While he worked at the hospital, he was actively involved in the South Florida IFSEA Branch. He hired a few individuals he met through IFSEA to work for him at the Hospital.

In 1988, Ed was elected as the President of IFSEA for the 1988-89 year. Elected with Ed were Al Izzolo from Las Vegas as the President-Elect and Donald McIntosh of Detroit as the Secretary-Treasurer.

In 1989, Ed began E.H. Manley and Associates to manage IFSEA, which he did so for 18 years.

“IFSEA became my LIFE up until now and I’m going to be 80!”

While he managed IFSEA, in 2003 he created the Military Hospitality Alliance, the Military Culinary Competition and the Enlisted Aide of the Year Award which is still given out TODAY!

“The USO held an annual Salute to Military Chefs dinner, with support from the WWE, and attendees including many of the top officers in the military. We joined that event and became the featured event, the announcement of the best enlisted aide in the military, they work for the Admirals and Generals.”

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## MEET Ed Manley President Emeritus

*(Continued from page 8)*

In 2007, Ed began teaching the certifications he created while managing IFSEA. Since his passion was the military, he decided to focus his time and energy to help the many hardworking individuals who wanted promotions within the military and jobs when they retired.

He has taught these certifications at Camp David, the White House, the Vice President's Residence, The Pentagon, Chief of Naval Operations Quarters, Camp Arifjan, Camp Victory and several other air bases all over the world, just to name a few!

Ed has changed people's lives. It's a fact not just an opinion. An example; his work through the program he created and ran for the Homeless Veterans. Through this program, Ed would help these individuals by getting them certified, helping them update their resumes, give them confidence to attend interviews and cheer them on until they are where they want and deserve to be.

When Richard Weil, IFSEA Chair sent an email to the Board of Directors to vote on this incredible and honorable award of President Emeritus the email responses spoke volumes to how much Ed has impacted other's lives.

Here are just a few:

"I would like the honor of seconding it for a man who has given so much of his life and career to our organization."

- Laurie Schutter

"I wholeheartedly agree! Having worked side by side with Ed years ago when I manned the IFSEA office I saw firsthand how hard he worked and how dedicated to IFSEA he was. He is truly deserving of this honor."

- Matt Trupiano

"I don't even have to think about this... I most certainly approve the motion. Ed Manley is and will forever be the heart and soul of IFSEA."

- Aloha from Hawaii, Brian Kunihiro

"I whole heartedly agree with this well-deserved honor. Ed has definitely earned it many times over."

- Jack Kleckner MCFE DODG

"What an amazing thread to read! This is quite the honor that I believe Ed is all-deserving of, as is evident by so many of you as well. I'm so proud to know him and be part of this organization because of him. It's going to be amazing to witness him receive this accolade. On behalf of Ray Schreiber, Ed's old IFSEA friend, and all the Schreiber family and myself, we 100% endorse this decision!"

-Jaynee Peterson

As you can see, this was a very easy decision for all of us that have had the honor to get to know Ed Manley and be inspired by his unnerving dedication and hard work.

Ed has one more thing to say, "When my grandkids ask me, "Pop Pop, what did you do to help other people?" I will have plenty to say, what will YOU say?"

# ? Did ? You ? Know ?

## **HORSERADISH**



Horseradish has nothing to do with horses and it is not a radish (it's a member of the mustard family). The name may have come from an English adaptation of its German name. In early times the plant grew wild in European coastal areas; the Germans called it meerrettich, or sea radish. The German word meer sounds like mare in English. Perhaps mareradish eventually became horseradish. The word horseradish first appeared in print in 1597 in John Gerarde's English herbal on medicinal plants.

Horseradish, a member of the mustard family, is native to eastern Europe, and it may have originated in Asia, Germany, or the Mediterranean area. It has been used for so long, that no one knows for sure when and where it originated. The ancient Greeks used it, so did the Jews in their exodus from Egypt in 1500 BC. It is one of the 5 bitter herbs of the Jewish Passover. It was originally used for medicinal purposes.

The bite and aroma of the horseradish root are almost absent until it is grated or ground. During this process, as the root cells are crushed, volatile oils known as isothiocyanate are released. Vinegar stops this reaction and stabilizes the flavor. For milder horseradish, vinegar is added immediately.

An estimated 24 million pounds of horseradish roots are processed annually in the U.S. to produce 6 million gallons of prepared horseradish.

Horseradish has also been known as 'redcole' and 'stingnose'.

Tulelake, California, is known as the Horseradish Capital of the World.

Horseradish was used to produce Horseradish ale in the 17th century.



# Recipe Box

## Spicy Crab Cakes with Horseradish

Servings: 6 (4 inch patties)

4-5 slices white sandwich bread  
3/4 cup chopped fresh parsley  
1 large egg yolk  
2 teaspoons lemon juice  
2 teaspoons Worcestershire sauce  
1 1/2 teaspoon Tabasco sauce  
2 Tbsp plus 1 teaspoon Dijon mustard  
1/2 teaspoon paprika  
1/2 teaspoon chopped fresh or dried thyme  
1/2 teaspoon celery seeds  
1/4 teaspoon freshly ground black pepper  
5 Tbsp olive oil  
1/4 cup chopped onion  
1/4 cup chopped green bell pepper  
1/4 cup chopped red bell pepper  
1 pound cooked fresh Dungeness crabmeat, picked over and drained



### **HORSERADISH MAYO**

1 cup mayonnaise  
2 Tbsp prepared horseradish  
2 Tbsp fresh lemon juice  
2 teaspoons grated lemon zest  
1/8 teaspoon freshly ground black pepper  
Kosher salt

- 1 Tear up the bread and pulse in a food processor to make fine, soft crumbs (about 4 cups). Transfer the bread crumbs to a shallow pan and mix in 1/2 cup of the parsley.
- 2 In a food processor, combine the egg yolk, lemon juice, Worcestershire sauce, Tabasco sauce, mustard, paprika, thyme, celery seeds, and black pepper. Pulse to combine. With the motor running, add the oil through the feed tube in a slow, steady stream until the mixture emulsifies and forms a mayonnaise-type sauce. Transfer sauce to a bowl.
- 3 In a large bowl, combine the onion and bell pepper with the remaining 1/4 cup of parsley. Add the mayonnaise-type sauce and crabmeat and mix lightly. Using a rubber spatula, fold in 1 cup of the bread crumb mixture. Do not overwork the mixture. Gently form 6 cakes and flatten them into patties about 1/2 inch thick. Dredge the patties lightly in the remaining bread crumb mixture. Cover the crab cakes with plastic wrap and refrigerate for an hour or longer.
- 4 Heat a large non-stick skillet on medium heat and add about 2 Tbsp of butter to the pan. Working in batches, fry crab cakes gently 4 to 5 minutes on each side, until they are golden brown and heated through. Add more butter to the pan if necessary.
- 5 To prepare the horseradish mayo, combine all ingredients in a small bowl and mix well. Taste and adjust seasoning. Cover and refrigerate.

# Recipe Box

## Grilled Tuna with Fresh Horseradish

Serves 2



- 2 (8 ounce) fresh tuna steaks
- 1 teaspoon vegetable oil
- 2 tablespoons soy sauce
- 2 tablespoons seasoned rice vinegar
- 1 tablespoon finely grated raw horseradish root, or more to taste
- 4 cherry tomatoes, sliced
- 1/2 teaspoon hot chile paste
- 1 tablespoon minced green onion

### Directions

Preheat an outdoor grill for high heat, and lightly oil the grate. Lightly oil steaks with vegetable oil.

Stir soy sauce, rice vinegar, horseradish, cherry tomatoes, and hot chile paste in a bowl until well combined. Let sit for 20 minutes.

Place steaks over hottest part of the grill and cook for 3 minutes per side. Transfer to a plate. Spoon soy sauce mixture over steaks and garnish with green onion.

## Crab Fritters with Horseradish

Serves 5



- 3/4 cup light mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon prepared horseradish
- 2 cloves garlic, peeled
- 2 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh chives
- 2 cups oil for frying
- 1 cup hush puppy mix
- 1/2 cup milk
- 1 egg
- 1 pound cooked lump crabmeat

In the container of a food processor, combine the mayonnaise, mustard, horseradish, garlic, and lemon juice. Process until well blended. Transfer to a bowl, stir in chives, cover and refrigerate until ready to serve.

Heat the oil in a heavy saucepan or deep fryer to 375 degrees F (190 degrees C). Stir together the hush puppy mix, milk and egg until smooth. Fold in the crab. Drop tablespoonfuls of the batter into the hot oil. Fry until golden brown, 2 to 3 minutes, turning once if needed. Drain on paper towels. Serve fritters with the garlic sauce.

# RANdom STuff

**DID YOU KNOW THAT A WHITETAIL IS CAPABLE OF JUMPING HIGHER THAN THE AVERAGE HOUSE?**



**THIS IS DUE TO ITS POWERFUL HIND LEGS AND THE FACT THAT THE AVERAGE HOUSE CAN'T JUMP.**

The Spaniards harvested these crystals and sent them by ship back to Europe. It was then that it was first determined how many quartz were in a galleon.



## The Bathtub Test

During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in an old age home?"

"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person and ask them to empty the bathtub."

...

"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No" he said "A normal person would pull the plug. Do you want a bed near the window?"



**DID YOU KNOW YODA HAD A LAST NAME? IT WAS LAYHEEHOO**

# The top five hydrating drinks and foods for the summer season

NaturalNews) Dehydration can lead to health problems such as diarrhea, vomiting, comas, seizures, headaches, shock and dizziness. According to celebrity nutritionist Kimberly Snyder of the National Association of Nutrition Professionals, eating and/or drinking hydrating foods and drinks throughout the day can help prevent dehydration.

Snyder also recommends these top five most hydrating drinks and foods in order to stay hydrated during the hot summer season.

## WATERMELON

When it comes to hydrating foods, there is nothing more hydrating than the watermelon. In 1882, the botanist Alphonse de Candolle claimed that watermelons were indigenous to southern Africa. However, Jiarong Liu and Fenny Dane have found evidence that watermelon plants were first cultivated in Egypt's Nile Valley during the second millennium BC. Watermelons are known for their sweet and juicy interior flesh, which is mostly made up of water, hence their name. They also have the essential hydrating salts, sodium, potassium, magnesium, and calcium that the body needs in order to stay hydrated. Watermelon is the best hydrating food for hot summer days.

## COCONUT WATER

Coconut water is one of the healthiest and most hydrating drinks. For centuries, locals in Southeast Asian countries have been drinking coconut water to quench their thirst and prevent dehydration. Coconut water is great for replacing the water and electrolytes that the body releases during the summer. The water from the coconut fruit is rich in minerals, vitamins and electrolytes that help prevent dehydration.

## APPLES

Apples are also hydrating foods that are perfect for the summer season. They are easy to carry around in bags or pockets while outside during a hot summer day. Eating a juicy apple will not only prevent dehydration but also help prevent cancer and cardiovascular disease. Apples are also believed to aid in weight loss and in lowering cholesterol levels. Green apples are better than red apples, because they are lower in sugar.

## WATER WITH LEMON

Water is a cheap drink that is perfect for preventing dehydration during the summer, but it can be made better by adding a slice of lemon. A slice of lemon will add citric enzymes and vitamin C to a plain glass of water. Drinking lemon water will not only keep a person hydrated but also allow him to get some citric enzymes and vitamin C. The Institute of Medicine recommends that one drinks at least 13 cups (3 liters) of water per day to keep his body healthy and hydrated.

## PINEAPPLES

Pineapples are juicy fruits that can be eaten or squeezed into juice. This hydrating fruit is also high in bromelain, which aids in digestion. Pineapples help the body detoxify itself and aid in weight loss.

## CONCLUSION

There are many other hydrating drinks and foods that can help prevent dehydration during the summer. Drinking water is not the only way to keep hydrated. Drinking a glass of pineapple juice or eating a slice of watermelon will also keep a person hydrated and healthy during the hot days of summer.

# JULY

July is the seventh month of the year (between June and August) in the Julian and Gregorian calendars and the fourth of seven months to have a length of 31 days. It was named by the Roman Senate in honour of Roman general Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis, being the fifth month of the 10-month calendar.

It is on average the warmest month in most of the Northern Hemisphere, where it is the second month of summer, and the coldest month in much of the Southern Hemisphere, where it is the second month of winter. The second half of the year commences in July. In the Southern Hemisphere, July is the seasonal equivalent of January in the Northern hemisphere.

In early July, a period of time called the “dog days of summer” begins. Historically they were observed within Ancient Roman and Greek astrology and were connected with bad luck, mad dog attacks, unexpected thunderstorms, heat, and drought. They gained their name as “dog days” as they were connected with the star Sirius, which is part of the Canis Major (Greater Dog) star system. Nowadays, “the dog days” refers to when the hottest days of summer begin.

## **Zodiac signs for the month of July are**

Cancer June 21 – July 22

People bearing the Cancer sign are so loving, you can almost consider them emotional. Cancers make up the greater part of caring folks on this earth. They cherish family and friends dearly and are usually doting pet owners too.

Leo: (July 23-Aug 22)

The drama queen and regal ruler of the horoscope clan, Leo energy helps us shine, express ourselves boldly and wear our hearts on our sleeves.

July birthstone

Ruby



July birth flower

Water Lily

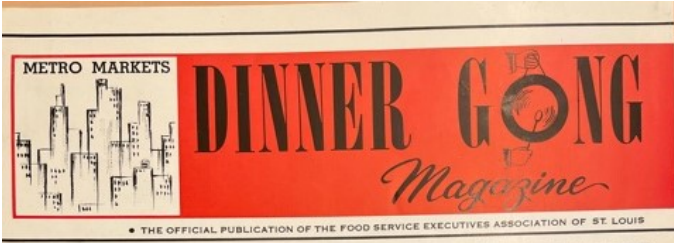


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# FLASH BACK



August 1967

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# FLASH BACK

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Dear Member:

The Glorious Victory of the Armed Forces of the United Nations will be celebrated by the St. Louis Stewards and Caterers at their 42nd Annual Dinner Dance which will be held in the Starlight Roof at Hotel Chase on St. Valentine's Day, February 14, 1946. We extend to you a most cordial invitation to attend and join in this celebration.

Fellow member, Chryst Ryser, supervising Chef of the Chase, Park Plaza and Congress Hotels is cooperating whole-heartedly with the Dinner Dance committee and under his personal supervision a most outstanding culinary treat, together with the appropriate wines, is in store for you.

The dinner will be preceded by an elaborate Buffet a la Russe, with which will be served a goodly array of the products of Glenmore Distilleries.

This will be one of the most outstanding occasions in the history of the Stewards.

Plan now to attend.



CHRYST RYSER, YOUR HOST

7:30 is the Time

February 14th is the Date

THE CHASE IS THE PLACE

The following committee will be on hand to meet and greet you.

RUTH HALEY, Chairman.

CART ALSOP	HARRY POPE, Jr.
FRANK BARNES	CHRYST RYSER
JACK LEVER	WILLIAM SCOLLET
EDWIN POPE	ED VOEGELI



## Quirky Facts About the Origin of Some of our Favorite Foods

### **Pizza fit for a queen**

The Margherita pizza was created in 1889, when Queen Margherita of Savoy visited Naples, according to the owners of Brandi Trattoria in Port Chester, New York. In honor of the queen, Chef Raffaele Esposito and his wife created a pizza resembling the Italian flag and its colors; red (tomato), white (mozzarella), and green (basil). Later that same year, Queen Margherita penned a letter identifying Brandi Pizzeria as the originator of the Margherita Pizza. Brandi Pizzeria in Naples is still in operation today and Brandi Trattoria in Port Chester is its first official outpost in the U.S.

### **We all scream for ice cream (cones)**

In Norfolk, Virginia, the founder of Doumar's Cones & Barbecue is credited with inventing the first ever waffle ice cream cone in 1904—ahead of the World's Fair in St. Louis where it was first served to the masses. The original cone machines that Albert Doumar created are on display and in use today at Doumar's, which serves homemade ice cream and North Carolina style BBQ dishes at its original Monticello Avenue location.

### **Meet me at the Waldorf for a salad**

This American staple, the Waldorf Salad, was created, not by a chef, but by the maître d'hôtel, Oscar Tschirky, at New York City's legendary Waldorf-Astoria Hotel in 1896, where it became an instant success. The original version of the salad consisted of only diced apples and chopped celery mixed with mayonnaise. Chopped walnuts were added later and became an integral part of this classic dish.

### **Nebraska vs New York**

There are two decidedly different schools of thought as to where the Reuben sandwich, a tasty blend of corned beef, sauerkraut, Russian dressing and Swiss cheese—all blanketed in a couple of slices of rye bread, was created for the first time. Natives of Omaha, Nebraska, get blue in the face with rage if someone insists it was a New York invention. Their version has the sandwich first being created by Reuben Kulakofsky for his weekly poker game. New Yorkers, on the other hand, prefer to believe that Arnold Reuben of Reuben's Deli first created it.

### **Corn Flakes**

Dr. John Harvey Kellogg and his brother, Will Keith Kellogg, operated a sanatorium in Battle Creek, Michigan back in the late 1890s. While looking for foods to feed their patients that were part of their strictly vegetarian diet, the duo accidentally left wheatberry cooking in the kitchen, causing the kernels to flake. They continued to experiment with their newly discovered breakfast food, eventually experimenting with corn and creating the Corn Flakes we know and love today.

# In Memoriam

Paul B. Deignan



Paul B. Deignan, 81, of Gettysburg, PA died Sunday morning May 23, 2021 at his home.

Born February 6, 1940 in Orange, NJ, he was the son of the late Joseph M. and Catherine T. (Driscoll) Deignan. He was the loving husband of Mary E. (Davis) Deignan to whom he was married to for 58 years.

Mr. Deignan was a member of St. Francis Xavier Catholic Church. In high school and college, he was a long-distance runner and holds the current record for the Mile at Immaculate Conception High School, Montclair, NJ. He was a 1962 graduate of Cornell University and the first recipient of a Master's in Professional Studies from Cornell School of Hotel Administration in Ithaca, NY. He worked as a Healthcare Nutrition Services Manager for 43 years, winning the Ivy Award, the Silver Plate and is held as one of the top 50 people who has changed their Industry. He served as President of two different national professional organizations, ASHFSA and HFM and was a member of the International Food Service Executives Association Philadelphia Branch. After his retirement he volunteered as a food evaluator for the Army, Air Force and Coast Guard. He was a long-term member of the Gettysburg Lions Club.