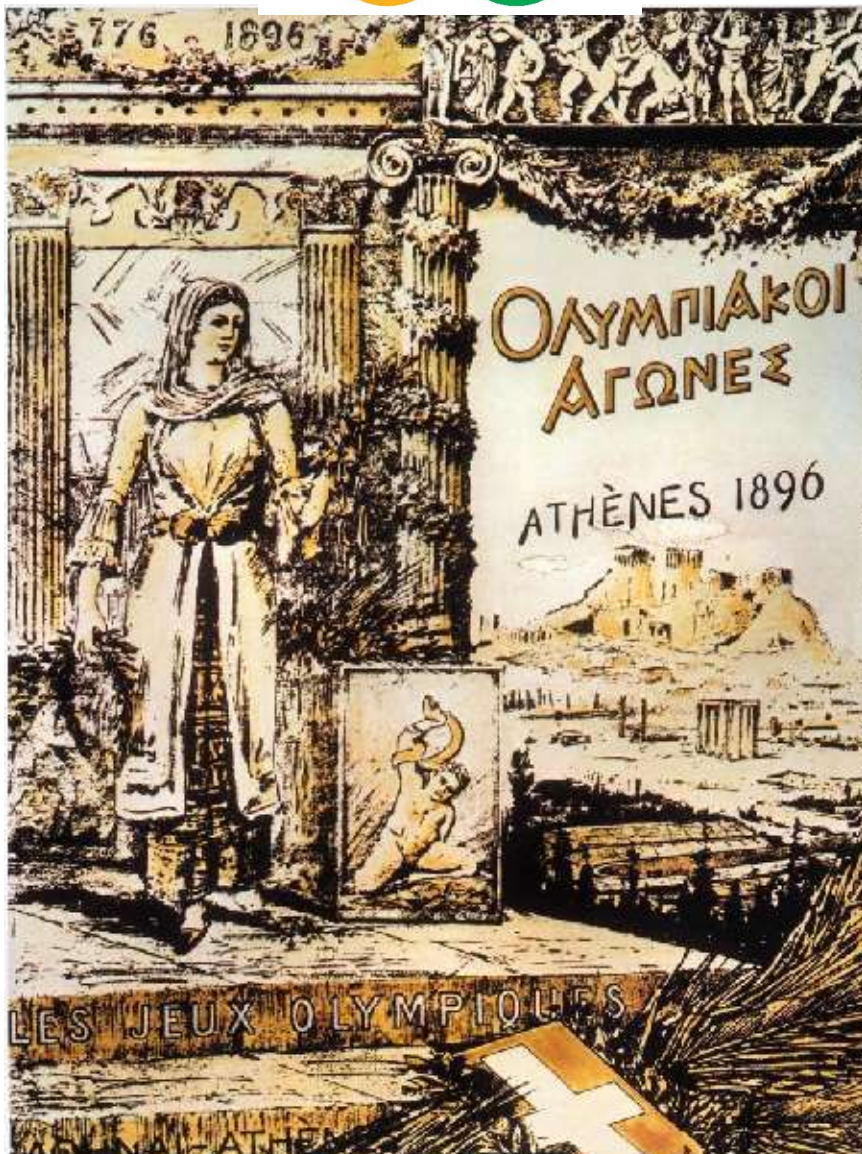


"We enhance the careers of our members through professional and personal growth"

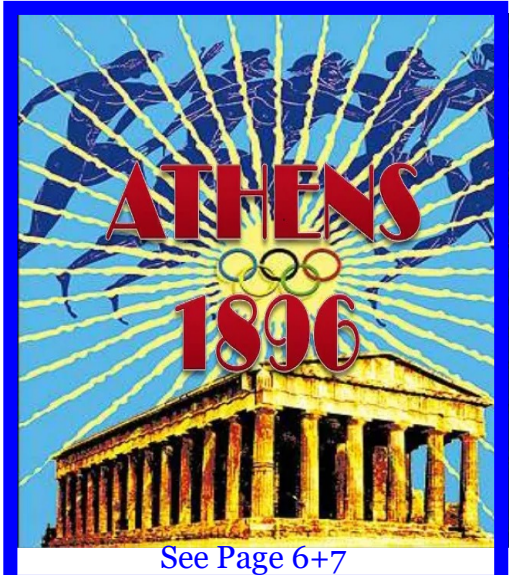
THE FIRST MODERN OLYMPIC GAMES



August 2021

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SOMETHING TO THINK ABOUT

A Simple Hello Could Lead To a Million Things.



Life on the Weil Side!

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

Leadership, the common theme of today's busy professional

In this month's article I would like to share a blog that my Company National Restaurant Consultants published in mid July 2021 relating to Leadership in our industry <https://restaurantconsulting.us/leadership-in-restaurant-management/> . As aside, in Alysha Brooks' article and Ed Manley's article this month we are all dealing with component relating to leadership. As we turn towards the fall next month, we must really continue to challenge ourselves to elevate our own communications and management skills. I hope you find this article helpful along the way.

Leadership in the Restaurant Industry

Success in the restaurant industry relies heavily on effective management, something the majority views as task delegation. To be sure, restaurant tasks must be efficiently carried out to keep a place running, and it requires an organized manager to do this. But there is also a difference between management and leadership, and good managers are those who are willing and able to be great leaders.

“To be an effective leader, you need the right motivation and inspiration,” Skye Schooley wrote for [Leadership First on LinkedIn](#), implying that to manage is to delegate and mitigate, but to truly lead is to inspire.

Operating a restaurant is a myriad of tasks, lists of to-dos for every position, every employee from the chef to the host and everyone in between. But checklists do not often motivate, only dictate. As a restaurant manager, it is important to find ways to encourage staff to work well, to work together and realize that they are part of something greater than themselves.

Richard Weil, National Restaurant Consultants owner and CEO is a highly acclaimed speaker about leadership. Weil notes, “leadership is something that becomes part of a person's being, starting with the ability to use all a person's basic senses including the most needed sixth sense called management clairvoyance; the anticipation of what will happen next. This is often called the eyes in the back of the head”, a much-needed skill in the hospitality industry”.

Effective restaurant management is a huge part of what our restaurant consultants focus on. Running a successful business starts with managing it well; and a well-managed restaurant is one that is well led. Our restaurant consultants are not only experts in locating talent for restaurant manager positions, but our training programs ensure that they are equipped for more than task completion. We work with managers and owners to become leaders that will inspire a productive, positive work culture, yielding more business success and raving customer reviews.



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LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP President Emeritus



LESSONS FROM AN ARTIST

As I'm spending a few days with acclaimed sculptor, Johnny Raimondi (johnraimondi.com), at the home of equally renowned artist, Brian Rutenberg (Brianrutenbergart.com) besides gaining insight into the art world, a different way of thinking also sinks in. So here are some things I find interesting that YOU might enjoy. Brian's book, "Clear Seeing Place," tells how he learned his craft, aided by a Fulbright Scholarship, and how he creates paintings. In the chapter called Self-Promotion, Brian says, "Here are four suggestions that helped me brand myself."

* **First, be kind.** Many people work hard to create a steady, robust market for my paintings. Being pleasant to work with has gotten me far in this business.

* **Second, define your job description.** What is your job? What is YOUR superpower? (In my Customer Service class, we talk about the difference between your Goals and your Purpose – why you do what you do).

* **Third, learn how to speak in front of people.** Convey to them two things: what you do, and how you do it

* **Fourth, send thank-you notes on fine stationery.** This practice shows that you took the time to sit down and express gratitude. Not enough people do this anymore, and it makes a great impression.

Next, 8 life tips from "Brian Rutenberg Studio Visits" on YouTube (this from #75):

* **Have an atomic work ethic.** Show up every day and chip away at your dream.

* **Never be the smartest person in the room.** Always be intensely curious. Sometimes, just the curiosity is enough.

* **Choose your spouse and your friends very carefully.** Who you surround yourself with really matters? You cannot be what you can't see. (Again, in Customer Service we say, you can't produce what you've never seen, like a 5-star guest experience.)

* **Make what you HAVE to do, look like it's what you WANT to do.** Practice so much that your work appears effortless. Do not let them know how much skill you possess, always hold a little back (Under Promise, Over Perform).

* **Pay attention** – creativity does not always come at you from the front, it usually sneaks up to you from the sides. If you are trying too much to be great all the time, then you are going to miss the stuff in the periphery, and that can make all the difference. Inspiration does not come one sunset at a time, but by paying attention all the time. It's easy to be great, it's hard to be good. Consistency is everything.

* **Don't ask for help.** Help hurts. No matter how dreadful the results, always figure stuff out for yourself. Trust your gut always.

Photo – Ed with Brian and his painting "Green River" at Johnny's home.



I hope you enjoyed these tidbits from a different professional perspective as I did in sharing with you.

From the Mind of a Millennial

Alysha Brooks, MCFBD, MCFE, CHP
Director of Development



As a young professional in the foodservice industry many people didn't believe there was the ability to make money and climb up. Of course, this doubt made me push extremely hard to prove them wrong but, on my way, I learned WHY people think this way about our fun and exciting industry.

At every job I have ever been employed I have had to work with individuals with very sad circumstances. Drug addiction, low income, single parenthood, homelessness, illegal immigrants and the lists goes on.

As a manager, I have been spat at, sworn at, threatened, screamed at, and even pushed. This behavior was not tolerated and the more extreme cases, they were fired. I never quit and many people ask why, and I say because "I love it and I feel like I make a difference."

As leaders in the foodservice industry (well any industry) we have a choice. We know we work in hot and often very stressful environments; we know we work with people who do not always make a great amount of money and in many cases have two or three jobs to just make ends meet. We know we work and sweat hard for those wages; but we are here, and we are all in.

So, choose one, you continue to allow this behavior and discipline but not inspire.

Or choice two, your choice is to inspire and then discipline.

Education is a great way to help individuals and before you say, "well they don't want help!"

I can tell you that's false, they do want help, but they don't know how to get it or even in some cases know how to ask for help. In some cases, these individuals don't have support from their parents and peers because they don't know how to do it either.

Maybe if you showed them, they would do. Maybe if you sat down with them before shift, or after shift or during a break and asked them if they wanted to take a food safety course, they would do it. Maybe nobody else has ever showed any type of concern for them and maybe you could give them hope and change their life.

I don't think that I work in an industry of "drug addicts and lazy people," I work in an industry of people who literally could go anywhere, and some just haven't learned or realized their potential.

There are times I hear people consider the foodservice industry to be a "starter job" and I think wow, what an honor. Then I see managers treat their high school employees like objects and "crush the child's spirits". How dare we do anything but try to show these young people at their first job how to lift others up. I hear college students say, "I will never work in a restaurant again."

"I will never work in a restaurant again." Is a strong statement, I know because I said that about substituting for a middle school class, I seriously, will never do it again, it was awful, and I hated every single moment. Middle school teachers are truly saints.

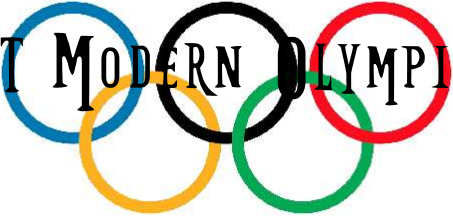
It's our responsibility as leaders to encourage our staff. They are our marketers and the things they are saying and posting for others to see and hear, effects business.

Employees are HUMANS. They have feelings. How would you feel if someone screamed at you? Most likely, you don't like it, and it makes you feel bad... and usually you lose all respect for that person. Just remember that when you decide to look down at someone and treat them badly how this effects the person, staff and even guests.

We can't even talk about resumes and career building until we help people personally. I know that our members know that. Human compassion was a huge topic on our last call, and it really had me thinking about all the stories I've heard from friends lately about toxic work environments.

So, what's next? What are ways, that we as managers, owners and leaders can provide to those individuals that work for us, to inspire them to care about the next step? How can we be better and really show up for our employees? Something to consider and relates to IFSEA's mission "to enhance the careers of our members personally and professionally".

THE FIRST MODERN OLYMPIC GAMES



On April 6, 1896, the Olympic Games, a long-lost tradition of ancient Greece, are reborn in Athens 1,500 years after being banned by Roman Emperor Theodosius I. At the opening of the Athens Games, King Georgios I of Greece and a crowd of 60,000 spectators welcomed athletes from 13 nations to the international competition.

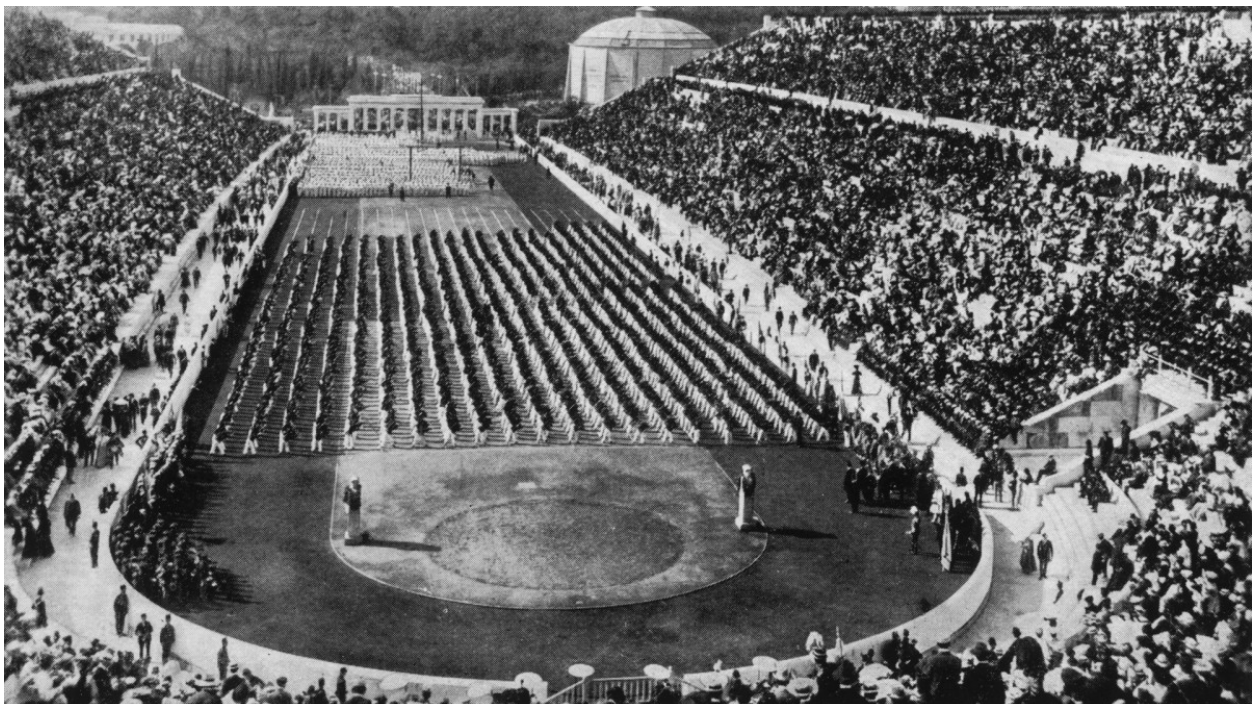
The first recorded Olympic Games were held at Olympia in the Greek city-state of Elis in 776 B.C., but it is generally accepted that the Olympics were at least 500 years old at that time. The ancient Olympics, held every four years, occurred during a religious festival honoring the Greek god Zeus. In the eighth century B.C., contestants came from a dozen or more Greek cities, and by the fifth century B.C. from as many as 100 cities from throughout the Greek empire. Initially, Olympic competition was limited to foot races, but later a number of other events were added, including wrestling, boxing, horse and chariot racing, and military competitions. The pentathlon, introduced in 708 B.C., consisted of a foot race, the long jump, discus and javelin throws, and wrestling. With the rise of Rome, the Olympics declined, and in 393 A.D. the Roman Emperor Theodosius I, a Christian, abolished the Games as part of his efforts to suppress paganism in the Roman Empire.

With the Renaissance, Europe began a long fascination with ancient Greek culture, and in the 18th and 19th centuries some nations staged informal sporting and folkloric festivals bearing the name "Olympic Games." However, it was not until 1892 that a young French baron, Pierre de Coubertin, seriously proposed reviving the Olympics as a major international competition that would occur every four years. At a conference on international sport in Paris in June 1894, Coubertin again raised the idea, and the 79 delegates from nine countries unanimously approved his proposal. The International Olympic Committee (IOC) was formed, and the first Games were planned for 1896 in Athens, the capital of Greece.

In Athens, 280 participants from 13 nations competed in 43 events, covering track-and-field, swimming, gymnastics, cycling, wrestling, weightlifting, fencing, shooting, and tennis. All the competitors were men, and a few of the entrants were tourists who stumbled upon the Games and were allowed to sign up. The track-and-field events were held at the Panathenaic Stadium, which was originally built in 330 B.C. and restored for the 1896 Games. Americans won nine out of 12 of these events. The 1896 Olympics also featured the first marathon competition, which followed the 25-mile route run by a Greek soldier who brought news of a victory over the Persians from Marathon to Athens in 490 B.C. In 1924, the marathon was standardized at 26 miles and 385 yards. Appropriately, a Greek, Spyridon Louis, won the first marathon at the 1896 Athens Games.

Pierre de Coubertin became IOC president in 1896 and guided the Olympic Games through its difficult early years, when it lacked much popular support and was overshadowed by world's fairs. In 1924, the first truly successful Olympic Games were held in Paris, involving more than 3,000 athletes, including more than 100 women, from 44 nations. The first Winter Olympic Games were also held that year. In 1925, Coubertin retired. The Olympic Games have come to be regarded as the foremost international sports competition. At the 2000 Summer Olympics in Sydney, more than 10,000 athletes from 200 countries competed, including nearly 4,000 women. In 2004, the Summer Olympics returned to Athens, with more than 11,000 athletes competing from 202 countries. In a proud moment for Greeks and an exciting one for spectators, the shotput competition was held at the site of the classical Games in Olympia.

THE FIRST MODERN OLYMPIC GAMES



? Did ? You ? Know ?

EGGPLANT

Eggplant (*Solanum melongena esculentum*), actually fruits, and classified botanically as berries, is a member of the nightshade family and is native to India and, along with the Far East, are still the largest consumers. The early varieties were bitter, but cultivation and crossbreeding have greatly improved the flavor. Eggplant is related to potatoes, tomatoes, and peppers.

Thomas Jefferson is believed to have brought the first eggplants to the U.S.

Eggplant isn't a particularly popular vegetable in the United States, but it's a favorite in many areas of the South. Thomas Jefferson, who experimented with many varieties of plants in his Virginia garden, is credited with introducing eggplant to North America.



In various parts of Europe, people suspected that eating eggplant caused madness, not to mention leprosy, cancer, and bad breath, which is why eggplant was used mostly for decoration in England and the United States nearly up to the 20th century.

Eggplant, also known as aubergine (*Solanum melongena*), is a nightshade species that is cultivated for its edible fruit. The term eggplant is used in Australia and North America while British English uses the term aubergine. Brinjal is the common name of this plant in South Africa, South Asia, and Southeast Asia.

Description Of The Plant

The eggplant is a tropical perennial plant cultivated as a half-hardy annual in temperate climates. The delicate plant has a spiny stem. The flower of the eggplant is white to purple and bears yellow stamens and a five-lobed corolla. The glossy, purple fruit is egg-shaped and the flesh is white and meaty. The eggplant grows 40 to 150 cm tall and possesses large leaves which are 5 to 10 cm in width and 10 to 20 cm in length. Soft, small seeds are present within the fruit.

History Of Cultivation

The first recorded history of the eggplant has been found in an ancient agricultural treatise of the Chinese, the *Qimin Yaoshu*, that was completed in 544. The plant has been cultivated in eastern and southern Asia since prehistory. The plant was also widely cultivated in Egypt. The crop was probably introduced in the Mediterranean region by the Arabs. The cultivation of the plant was already established in England by the 16th century.

Cultivars Of Eggplant

There are various cultivars of the eggplant which produce fruits of different sizes, colors, and shapes. The most widely cultivated variety that is grown in Europe has a dark, purple skin and are 12 to 25 cm long and 6 to 9 cm broad. In India and other parts of Asia, many cultivars of brinjal are grown. Colors vary from reddish and dark purple to yellow and green. Some cultivars even exhibit a color gradient from stem to the base of the fruit.

Uses Of Eggplant

The eggplant is nutritionally not too rich. It is low in carbohydrates, fat, and protein. It also provides little amounts of essential nutrients. Manganese is present in a moderate percentage in the eggplant.

Despite the low nutritional value, the eggplant forms an important part of cuisine across the world. Since the fruit is able to absorb large amounts of sauces and cooking fats, it is used in preparing very rich dishes. The meaty texture allows it to be used as a substitute for meat by vegans and vegetarians.

Recipe Box

Eggplant Parmesan Serves 4



Roasted Eggplant and Bell Pepper Salad Serves 4



2 to 3 eggplants (about 2 pounds) sliced into 1-inch thick slices
3 tablespoons extra virgin olive oil , divided
salt and fresh ground pepper , to taste
1 cup panko breadcrumbs
1 cup grated parmesan cheese
2 tablespoons minced garlic
1 teaspoon , dried oregano
8 ounces fresh mozzarella , cut into thin slices
1 jar (15 ounces) Classico® Tomato Basil Sauce, divided
1/2 cup fresh grated parmesan , for topping
basil leaves , for garnish

Preheat oven to 425. Heat 1 tablespoon olive oil in a grill pan over medium heat.
Drizzle a bit of olive oil over each slice of eggplant; season with salt and pepper, and transfer to the grill pan. You will need to cook them in batches. Cook eggplant slices about 4 minutes, per side.
In the meantime, layer about 1/4 cup of the Classico® Tomato Basil Sauce on the bottom of a 9x13 baking dish.
Arrange prepared eggplant slices over the sauce and set aside. In a mixing bowl, combine panko crumbs, parmesan cheese, garlic, and oregano. Sprinkle about 1/3 of the parmesan mixture over the eggplant slices. Top with thinly sliced fresh mozzarella, and layer 1/3 of the sauce over the cheese. Continue repeating the layers with the rest of the ingredients, finishing up with sauce on the top.
Sprinkle freshly grated parmesan over the entire dish. Bake for 20 minutes, or until hot and bubbly.
Remove from oven and let stand about 5 minutes.
Garnish with basil leaves and serve.

2 tablespoons olive oil
1 medium onion, sliced
1 large eggplant, cut into chunks
1 large orange bell pepper, cut into chunks
1 large tomato, sliced
2 cloves garlic, minced, or more to taste
1 tablespoon minced parsley, or to taste
salt and ground black pepper to taste

Preheat the oven to 350 degrees F
Heat 1 tablespoon oil in a large skillet over medium-high heat. Add onion and saute until browned, 5 to 7 minutes. Transfer to a plate. Add remaining olive oil to the skillet; add eggplant and bell pepper. Saute until starting to soften, about 5 minutes. Add tomato, garlic, parsley, salt, and pepper; cook 2 to 3 minutes more. Return sauteed onion to the skillet. Adjust seasonings if necessary. Transfer eggplant mixture to a baking pan.
Bake in the preheated oven for 30 minutes. Cool before serving, about 1 hour.

You can substitute cilantro for parsley, if you like.
You can make this salad a day ahead, since the flavor is even better the next day.

Recipe Box

Stuffed Eggplant Serves 4

1 teaspoon paprika
1 small bell pepper
2 eggplants, cut in half length-wise and center scooped out
Olive oil (about 4 tablespoons, divided use)
Salt
Black pepper
1 small onion, finely diced
1/2 pound lean ground beef
4 cloves garlic
Pinch red pepper flakes (optional)

1 1/2 cups cooked basmati rice (you can get this from 1/2 cup uncooked rice cooked with 3/4 cup water)
1/2 cup chopped cherry tomatoes
1 tablespoon chopped flat-leaf parsley
1 teaspoon chopped fresh mint leaves, plus a couple extra leaves for garnish



Take 2 eggplants and cut them in half. Heat up a large pan over medium-high heat and spray with the pan spray. Lay out the eggplant slices and after 5-6 minutes, flip over to the other side. While your eggplant is frying, prepare your filling by placing a pan over medium-high heat, and drizzling in about 1 tablespoon of the oil; once hot, add in the diced onion and saute for a few minutes until tender, then crumble in the ground beef and cook that for a few minutes with the onion; add in the remainder of the seasoning mix, along with a couple of pinches of salt and pepper, the garlic and the red pepper flakes (if using), and continue to cook until the meat is cooked through. Add to the cooked ground beef the cooked rice, the chopped cherry tomatoes, the chopped parsley and mint. Fill each roasted eggplant cavity with generous, equal portions of the warm filling, and place onto a plate; drizzle over with greek yogurt, and garnish with extra mint or parsley, if desired.

Cheesy Chicken Stuffed Eggplant Serves 4



2 medium eggplants, sliced in half lengthwise
3 cloves garlic, thinly sliced
2-3 tablespoons extra virgin olive oil
salt & pepper
8 ounces cooked chicken breast, shredded
1/2 cup diced tomatoes
4 ounces grated cheddar cheese
parsley or green onions, chopped for garnish

Preheat oven to 400 degrees.
Score each eggplant half on the diagonal.
Rub each half with the garlic cloves then stick the slices of garlic into some of the slits.
Drizzle the eggplant with the olive oil and season generously with salt and pepper.
Roast for 20 minutes on a baking sheet.
Remove eggplant from oven, top with chicken and tomatoes then sprinkle the grated cheese on top.
Return to oven for another 5 minutes, until cheese is melted.
Remove from oven and garnish with parsley/green onion.

RANdom STuff

JUST BOUGHT A
THESAURUS AND WHEN
I LOOKED, ALL THE
PAGES WERE BLANK....

I HAVE NO WORDS TO
DESCRIBE HOW ANGRY
I AM..

CAUTION



LACK OF COFFEE
MAY CAUSE
MEMORY LOSS
AND SOMETIMES
MEMORY LOSS



*The first bottle of Coca-Cola from
1894 contained around 3.5 grams
of cocaine.*

Explains why our parents
& grandparents could
walk to & from school,
uphill, both ways, in the
snow, barefoot. 🤔😂😂

TAKE YOUR AGE AND
ADD 5 TO IT.

THAT WILL BE YOUR
AGE IN 5 YEARS.

Some of the Healthiest Foods on Earth

Excerpted from GOOD NET, Gateway to doing good.

Eating healthy has oodles of positive benefits - for the body and the mind alike. When we eat well we feel good, when we feel good we're happier, when we're happier we're more productive... and the wonderful cycle continues. Increasingly, shops and restaurants around the world are getting on the healthy eating bandwagon - making it easier for people to treat their bodies right. This list of some of the healthiest foods in the world is just a beginning guide - a way to understand the essential vitamins and minerals the human body needs to stay functioning at its best. And as an added boost - these healthy foods are all downright delicious!

1. SPINACH

This nutrient-dense green superfood is readily available - fresh, frozen or even canned. One of the healthiest foods on the planet, spinach is packed with energy while low in calories, and provides Vitamin A,

2. BLACK BEANS

Filled with super healthy antioxidants, black beans digest slowly - keeping you feeling full for longer. These little beauties are full of calcium, protein and fiber, and they also taste great!

3. WALNUTS

With more antioxidants than any other nut, walnuts are also brimming with Vitamin E, and rich in plant serums, omega 3 oils, and healthy fats.

4. BEETS

Good for the brain and skilled at lowering blood pressure, the humble beet is often overlooked as one of the healthiest foods on earth. The brightly-colored root vegetable is filled with folate, magnesium and Vitamin C.

5. AVOCADO

Eating just one or two avocados a week gives you all the benefit of healthy monounsaturated fats, Vitamin B6 and loads of folate. Check with your local grocer

to find out when this spreadable fruit is in season in your area. Avocado is one of the healthiest foods in the world

6. DARK CHOCOLATE

According to recent research, chocolate contains more antioxidants, gram-for-gram, than most fruit juices - great news for chocoholics! On top of protecting the body from diseases and helping to prevent heart conditions, dark chocolate is a natural mood-booster.

EASY EATING TIP: Eat this healthy food in moderation - just one or two squares per day is enough to reap the benefits.

7. RASPBERRIES

Like most berries, raspberries are filled with antioxidants, to help keep the body healthy and free of disease. Fresh or frozen, they also provide Vitamin C, calcium and iron.

Raspberries are one of the healthiest foods in the world

8. GARLIC

This pungent bulb has been used to ward off disease for centuries, as it inhibits the growth of bacteria, lowers cholesterol and blood pressure and has some serious anti-inflammatory power.

9. LEMONS

Often touted as the world's healthiest food, lemons have strong anti-inflammatory qualities and can help to inhibit the growth of cancer cells. They also have just as much Vitamin C as oranges.

Lemons are one of the healthiest foods in the world

10. LENTILS

Last but not least, this mighty legume is high in fiber and protein and adds great taste and texture to any meal. Vegans and vegetarians are often a fan of using lentils as a meat substitute in traditional recipes.



The 8th month of the year, August, was named after Augustus Caesar, the first Emperor of Rome. Originally the month was named Sextilis. Even with that change, the name Augustus was considered auspicious as early as 8 BCE. However the use of the term August proper really didn't popularize until around 1550. The Latin term Augustus means set apart or esteemed, which gives us two potential ideas about the meaning and symbolism for August.

It was 700 BCE when August became the 8th month since January and February moved to the beginning of the year on the new calendar system. For those in the Northern Hemisphere, August brings us into late summer and early Fall. In the Southern Hemisphere they are finishing out Winter.

As with several other months, sky gazers can look forward to various meteor showers. There is Kappa Cygnids (the date varies) and the Alpha Capricornids that started in July and ends on the 10th. Additionally the famous Perseids meteor shower takes place up until the 24th of August.

Zodiac signs for the month of August are

Leo: (July 23-Aug 22)

The astrological sign of Leo the Lion takes up the first two-thirds of this month. Leo is quite a lover and comes off as regal even with tussled hair. People born under this sign seem like they never run out of energy or positivism. It is nearly impossible to dampen a Leo's spirit. Where other people say a glass is half empty or half full, Leo replies that the glass is refillable!

Virgo: (August 23-September 22)

By comparison Virgo the Virgin is the person behind the curtain. They don't like grand overtures or brazen personalities. The Zodiac sign of Virgo is the problem solver of the stars.

People born under this sign are watchful and meticulous – every detail matters. Add to this a keen mind and practical processes, its no wonder that they tend to do very well, even when circumstances change.

August birthstone

Peridot



August birth flower

Gladiolus



2021 IFSEA OFFICERS AND DIRECTORS

| Board | Position | Email |
|--------------------------|-------------------------|--|
| Richard Weil | Chairman | richard@nrcadvice.com |
| Ed Manley | Chairman Elect | ed@ehmanley.com |
| David Kinney | Treasurer | daveearlkinney@gmail.com |
| Alysha Brooks | Director of Development | albrooks.491@gmail.com |
| Brian Kunihiro | Director | brianifsea@gmail.com |
| COL Curtis "Rock" Henry | Director | chefrock1@gmail.com |
| CSC (Chief) David Zander | Director | dazsr66@gmail.com |
| Dave Orosz | Director | dave@orosz.us |
| Donna Foster | Director | drfhealth2@gmail.com |
| Dr. Ernest Boger | Director | epboger@umes.edu |
| Grant Thompson | Director | attgrant@rogers.com |
| Jack Kleckner | Director | jack.kleckner@ecolab.com |
| Jaynee Peterson | Director | jpeterson@rlsinc.com |
| Jesus Guillen | Director | jrguillen01@yahoo.com |
| Julius Harrison | Director | jlshrrsn@aol.com |
| Kathleen Willis | Director | chefbigkat22@gmail.com |
| Larry Brown | Director | larry.brown@affinitysales.com |
| Laurel Schutter | Director | laurelschutter@iammorrison.com |
| Matt Trupiano | Director | mattifsea@gmail.com |
| Michelle Hackman | Director | michelle@its-go-time.com |
| Richard "Dick" Hynes | Director | dickhynes.dbassociates@gmail.com |
| Robert Mathews | Director | robertifsea@gmail.com |
| SFC Curtis Ladue | Director | Curt.LaDue@gmail.com |
| Shawn McGregor | Director | smcgregor1@cfl.rr.com |
| Stan Gibson | Director | scgibson32@gmail.com |

FLASH BACK



36th Annual Banquet
National Restaurant Association May 15, 1955



1945

Michigan Restaurant Assoc. President Win Schuler presents T.V.P Tandy with Certificate of Appointment to Committee of "100".

FLASH BACK



L-R Brian Kunihiro, Dennis Farley, Gerald Scorsone, Ed Manley, Colin Sendall. Maui 2003.



Edgar DeGasper presiding over the DODG presentation ceremony in Dallas Texas 2003.



L-R Matt Trupiano, Bob Mathews, Larry Brown, Ed Manley, Judith Manley, Laurie Schutter, Gerald Spann, Jr., John Breslin, Don McIntosh, Dallas Texas 2003



23 Interesting And Fascinating Facts About Kumquat

Kumquat, or comquats in Australian English, is a small fruit bearing tree in the flower plant family Rutaceae. They were previously classified as forming the now historical genus *Fortunella*, or placed within *Citrus sensu lato*. Take a look below for 23 more interesting and fascinating facts about kumquat.

1. The edible kumquat fruit closely resembles the orange, but is much smaller, being approximately the size and shape of a large olive.
2. The English name “kumquat” comes from the Cantonese “gam-gwat”, literally meaning “golden orange” or “golden tangerine.”
3. Even though loquats aren’t botanically related to kumquats, the terms come from the same Chinese word for “orange.”
4. The kumquat plant is native to south Asia and the Asia-Pacific region.
5. The earliest historical reference to kumquats appears in literature from 12th century China.
6. Kumquats have long been cultivated in India, Japan, Taiwan, the Philippines, and southeast Asia.
7. The fruit was introduced to Europe in 1846 by Robert Fortune, a collector for the London Horticulture Society.
8. Kumquats are slow growing evergreen shrubs or short trees that are 2.5 to 4.5 meters, or 8 to 15 feet, tall with dense branches that sometimes have small thorns.
9. The leaves of kumquat trees are dark glossy green, and the flowers are white, similar to other citrus flowers, borne singly or clustered in the leaf-axils.
10. Depending on its size, the kumquat tree can produce hundreds or even thousands of fruits each year.
11. The round kumquat, also called the Marumi kumquat or Morgani kumquat, is an evergreen tree, producing edible golden-yellow fruit.
12. Kumquat symbolized good luck in China and other Asian countries, where it’s kept as a houseplant and given as a gift during the Lunar New Year.
13. Round kumquats are more commonly cultivated than other species due to their cold tolerance.
14. The oval kumquat is also called the Nagami kumquat. The unusual feature of the Nagami kumquat is the fact that it’s eaten whole, skin and all.
15. The Centennial Variegated kumquat cultivar arose spontaneously from the Nagami kumquat. It produced a greater portion of fruit versus the thinner peel than the Nagami kumquat.
16. Kumquats don’t grow well from seeds and so are vegetatively propagated using rootstock of another citrus fruit.
17. Brines and extracts of kumquats have been used for various medicinal purposes over the years for sore throats and respiratory issues.
18. The combination of antioxidants and vitamin in kumquats make them ideal for protecting the skin from the cancerous effects of the sun and the negative effects of free radicals.
19. Kumquats are a rich source of vitamin A and beta-carotene, both of which are closely connected to vision health.
20. The significant calcium content in kumquats helps to protect your bones over the longer term.
21. Kumquats are cultivated in the Philippines, China, Chile, Korea, Japan, Taiwan, Southeast Asia, Nepal, southern Pakistan, Iran, the Middle East, Europe and the United States.
22. Kumquats are much hardier than other citrus plants such as oranges.
23. In cultivation in the United Kingdom, kumquats have gained the Royal Horticultural Society’s Award of Garden Merit.