



# IFSEA NEWS

*Fresh and Bold!*

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



## *Life on the Weil Side!*

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

### Looking forward and the glass half full!

October marks four years for the current board structure as well as leadership team for IFSEA. Our 120-year-old association continues to move onward thanks to you our membership and very much so to our President Emeritus Ed Manley who turned 80-years young this past September. At the beginning of this year I noted we would provide some history about IFSEA and please note the following about with some additional excerpts from our 100 year anniversary magazine regarding our beloved First President Emeritus Peter Gust Economu.

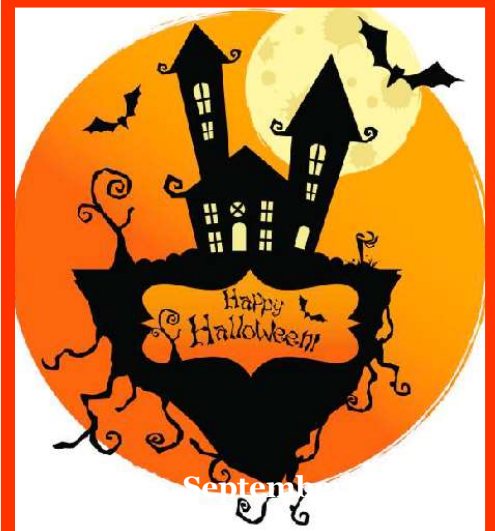
*Peter Gust came to the US when he was 13 years old. He started at the Waldorf Astoria in NYC, back of the house, but spoke no English. His initial job of scrubbing out the inside of the wine barrels when they were empty and later promoted to dishwasher. He eventually moved to Buffalo, NY at the Statler Hotel in Buffalo. Mr. Statler took a liking to him as bus-boy. EM Statler invited him to be a steward on his yacht in the summer. One of Peter Gust's best stories on the yacht, Mr. Statler had one of the first freezers to be able to make ice cubes. Peter Gust had Maraschino cherries tipped over and spilled into the ice trays. The drinks came out with pink ice cubes. Mr. Statler was very impressed, thought Peter Gust was very sharp even though it was an accident. The Park Lane Restaurant, needed help, Peter Gust was hired to help run it working in the Park Lane and later decided they should build an*

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## October 2021

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## SOMETHING TO THINK ABOUT

**Teamwork divides the task and multiplies the success.**



## *Life on the Weil Side!*

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

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*apartment building, but the Park Lane went broke and the contractor for the apartment had a collapsed restaurant and a half build apartment building. Mr. Lurie than needed a manager and Peter Gust ended up running the restaurant. Howard Lurie the son was to be trained, but according to Peter Gust, "not trainable". The summer of 1941, a young collegiate from Buffalo, a student at the Cornell school interviewed with Peter Gust. His name was Edgar DeGasper. Edgar said to Peter Gust that he really wanted to work at the Park Lane for people on vacations and even told Peter Gust he would work for free if he needed to. Peter Gust was so impressed he hired him. Edgar was paid anywhere from \$12 to \$45 a week depending on who he worked for. Edgar even learned how to make Peter Gust's famous Caesar salad dressing. In 1971 from the airport in Buffalo Edgar DeGasper, arrived home early Sunday afternoon, the Park Lane restaurant was appearing to have steam coming from it, instead it was the fire that truly became the demise of the Park Lane Restaurant. Peter Gust was beside himself, a very dark day. Gifts were being passed out of the rooms as a wedding shower was going on inside the restaurant. Past International President Neil Goodman and Seymor Goodman and the Pleskow brothers of NY, rebuilt and reopened the Park Lane. They made Peter Gust a full 20% partner, and gave Peter Gust a condominium, and that is how he became the owner of the Park Lane*

*Peter Gust was also part of the menu planning for the nuclear bomb and had a daily radio program for a half hour program in the Buffalo, NY market. Part of the script was done but mostly adlib by Peter Gust. This really made Peter Gust very much a public personality in the marketplace.*

*Above the doorway going into the kitchen at the Park Lane was the following statement, "A Good Reputation Is Gained By Many Act,s But Lost By One." It is believed that Peter Gust wrote it but he certainly preached it. In 1953 at the Ft. Worth convention Peter Gust was elevated and became President Emeritus.*

Today, we celebrate our rich history and look to the future with our members and leadership. I remain hopeful that we will find among our leadership team the next Peter Gust Economu and Ed Manley. The challenges we face in our industry today is a catalyst for change and opportunity to see the glass half full. I challenge each food service and hospitality industry professional to look at the opportunity our industry and association brings and to come forward to be and make the difference.





R.L. Schreiber

# Holiday Inspirations

R.L. Schreiber's *Pumpkin Pie Spice* is a blend of cinnamon, nutmeg, and other sweet spices.

Warming flavors of pumpkin pie spice are perfect for pumpkin pies and fruit pies. It also makes a natural addition to hearty meat dishes, spicy caribbean dishes, or any masterpiece you can imagine.

## Pumpkin MARTINI

- 1 Jigger Vanilla Vodka
- 1 Jigger Irish Cream
- 1 Jigger Pumpkin Flavor Liqueur
- Pinch RLS Pumpkin Pie Spice and RLS Cinnamon Sticks
- Ice Cubes; Shake-Strain



R.L. Schreiber Pumpkin Pie Spice is amazing for **Pumpkin PIES, PASTA, PLUS:**

- Whipped Cream:** Mix into whipped cream for topping pumpkin, apple or pecan pies.
- Pasta:** Make fantastic pumpkin-spice ravioli.
- Coffee:** Add to coffee grounds or sprinkle in cup.
- Snack:** Sweet spiced nuts or popcorn for the perfect snack.
- Vegetables:** Roasted seasonal vegetables such as winter squash.
- Craft Cocktails:** Don't forget the bar – pumpkin craft cocktails!



# Pumpkin spice and everything nice



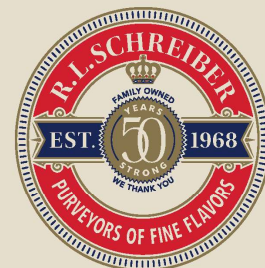
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# LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP President Emeritus



## ARMY EUROPE INSPIRES OCTOGENERIAN

I had the great privilege of teaching 10 soldiers and 1 civilian in Wiesbaden, Germany, in September. Together they earned 99 certifications, including MCFBD. They loved the class, the most junior said it was life changing, the most senior said they learned a lot, some want to host classes, and one is looking at working for Healthcare Services Group when he retires. Air Force TSgt Desiree (Des) Economides joined IFSEA. 4 of them took me out to a BD dinner one night at a FABULOUS picturesque German restaurant and the class celebrated on graduation day, with cake and brats. Hearing their comments, which indicated that an 80-year-old can still be relevant, brought me to tears.

We had a four-day weekend for Labor Day and TSgt Economides and SSgt Strack spent the time at Ramstein Army base where the U. S. is staging the Afghanistan refugees, 20,000 or them. It was a great and rewarding experience. Soldiers were treating the refugees as family, friends, and comrades. They gave the kids candy and lollypops and the kids all wanted pictures with the soldiers because they are much bigger than their parents. And the girls wanted pictures with our good-looking SSgt.

The students traveled from Vicenza, Italy, Brussels, Belgium, and several locations in Germany. Some work in the homes of 3-4 Star Generals, the Commanding General of Army Europe/Africa and the Supreme Allied Commander Europe/Commander NATO; those being some of the most senior Generals in the Army. Sgt Major Scott Strippoli is a long-time friend from the culinary competitions, and he won the Armed Forces Enlisted Aide of the Year Award in 2017. When the General in charge of the Enlisted Aide Of the Year (EAOY) interviews told him to quit being so humble and tell us what he does, he had me in tears. These great people prepare their Generals for sometimes 3 uniform changes in a day – breakfast with a King, lunch with the troops in combat areas, and dinner with a Saudi Prince. Des has worked for her General for 3 years, in his home, and has seen him about 20 times – constantly on the road with his daily agenda spoken for in 15-minute increments. These would be some of the best chefs in the military, because they are preparing food for official functions on a regular basis. MSG LaDue is the reigning Army EAoy.

If your opinion is that there are no good young people out there today, all you need to do is spend two weeks with these people to see that is not true. They are great Americans, doing wonderful things, having lifetime experiences, and living a nomadic lifestyle – most talked about having had 5 duty stations in the last 7 years.

Another story was IFSEA Board member, MSgt Curt Ladue who put the class together and was a huge help, as was his wife Meaghan, who completed the class as well, and established a bagel business, “Red, White and Bagel,” out of their home on base – Bagel Brats are a huge hit. She is doing a lot of catering. She or the kids open the living room window for business each morning. They also deliver to base functions like promotions and change of command ceremonies. They met in an Army class.

If you find yourself in a position to invite a military person to dinner, you would love to hear what they are doing because, trust me, you don’t have a clue, and you will be impressed, as I continue to be.

Next up for me, November 1st in Yokosuka, Japan for up to 20 Navy personnel from the USS Rafael Peralta (DDG-115), hosted by Master Chief Shenan Pacheco, who last hosted classes in Bahrain in 2016 and 2017. Making productive time of a ship drydock period. Shenan just made Master Chief and says the certifications helped, as did the work of his fabulous crew.

# From the Mind of a Millennial

Alysha Brooks, MCFBD, MCFE, CHP  
Director of Development



What a summer it has been! Especially for the hospitality industry working long hours, with short staff and changing mandates. Employers are desperate for help, and I've seen signs in several places from franchise to chain and to mom-and-pop operations offering incentives to those who apply and get hired on. Many read...

“Apply NOW and receive a \$50 sign on bonus if hired!”

In response to those signs, a lot of individuals have asked what incentives are being offered to the staff showing up every day despite the stressful work environment they are enduring. I can't answer that because I'm unsure if and what the incentives are. I would think an incentive would be receiving pay for the work done but I understand how offering those who are hired on more money and not celebrating those who have been by your side the entire time, may cause more frustrations for existing staff.

I want to point out that a sign on bonus is not always effective. People will stay for a few months and leave which then costs the company money. It costs money to promote the job posting, it takes time out of their day to interview, training costs money and time, paying a sign on bonus, then salaries and benefits (sometimes), and then they leave... and the process repeats.

For the last few weeks, I have been brainstorming some ideas to get people excited to work and how employers can attract new employees to fill those positions, here are five that I came up with:

Refer a “Friend” - Friend is in quotes because we all know that having a group of employees that are friends outside of work at the same place can create problems and an unproductive work environment. However, I have seen with my own eyes this strategy work very well. Using incentive for both, the company says, “if you refer someone and they work for 6 months you each will receive a bonus.” At my former employer, majority of those referred worked there for at least two years. I can think of a handful of individuals that work there still to this day and enjoy their job, are professional with their friends and are grateful for the opportunity.

Weekly Open Interviews and answers same day - Skip the bonus and make it more accessible for people to talk to you by having one day a week or a time for each day, where people can walk in and apply for the position. This will decrease the stress for the candidate and the company looking to fill a position, there isn't applications going back and forth, and there aren't phone calls having to be made. Simply advertise the day, make sure it's a slower day, you have plenty of employees and questions ready to go and wait for those interested to come in.

*(Continued on page 6)*

# From the Mind of a Millennial

Alysha Brooks, MCFBD, MCFE, CHP  
Director of Development

*(Continued from page 5)*

**Hiring Events -** Make a fun hiring event! Hold this hiring event like open interviews and give your team the chance to get involved. Setup stations in each area where your team can tell the potential candidates about working there. Allow them to come up with fun and informative ways to relay the message and get people excited to work there. Include yourself or your hiring department in a separate station at the end where you can speak with each person. This is where formal questions can be asked. At the end, ask your team what they thought and listen to their insight, sometimes they see something you may not.

**Share Your Team's Stories/Testimonials -** Ask each of your team members to answer some questions, you don't need to make it formal or difficult just a questionnaire of fun facts. Take their photo and include the answers with them in your facility, on your website and/or on social media (with team members approvals). This will get your employees excited and will show potential candidates who they could work with if they worked at your place of employment. If you, do this on social media, your team can share them on their page, which is like free promotion for hiring and potential clients.

**Promote Within -** This one makes me so frustrated when it doesn't happen. I see companies all the time with fantastic employees that they looked past for whatever reasons and hire outside candidates. Do you know what happens when those employees who have worked hard to get that position are skipped over? They feel unappreciated, they become unproductive, they lower morale and then - they leave. Why hire someone you must train on EVERYTHING when you have people who already know how to do half the job? Then hire new employees to cover the position of the person you promoted and let them train the new team member.

These tips don't work for every single place. It may not work for a casino, but it could work perfectly for a restaurant. It's time to think outside the box, get creative and excite people! This is the time to stand out and show how you are different.

What other ways can we encourage people to work for us without a sign on bonus?

Tell us on our Facebook Group page - Leaders of Hospitality by IFSEA. Request to join our community at: <https://www.facebook.com/groups/ifseamembers>

# IFSEA FAMOUS



*Famous*

## Member Spotlights

IFSEA Members - We need your help!

Send us your IFSEA stories or  
fill out the questionnaire found on our website!

<https://www.ifsea.org/member-spotlight.html>

(simply scan the QR code with your camera to visit the page)



A few of our past member spotlights:



**LUCIO ARANCIBIA**  
Owner of INFOODSYS

*June 2021*



**CURT LADUE**  
IFSEA Board of Director,  
Military Advisor

*January 2021*



**CURTIS "ROCK" HENRY**  
Personal Chef & President of  
Foodservice Institute

*October 2020*



**KATHLEEN WILLIS**  
IFSEA Board of Directors,

*April 2021*

### ACF GRANTS CEH'S FOR OUR TRAINING

We are most pleased to announce that we have received 114 Continuing Education Hours (CEH) for our Symposiums, which can be used for the education component of ACF certifications. Each certification earns 16 CEHs. AND Certified Food Manager (CFM) also gets 16 hours (maybe 24). We invested in that program so our students would get double bang for the buck, 9 certifications and CEHs.

# ? Did ? You ? Know ?

## *History and origin of Cobblers*

What's Cooking America ©2004-2021 by Linda Stradley

Cobblers have been and are still called by various names such as cobbler, tart, pie, torte, pannedowdy, grunt, slump, buckles, crisp, croustade, bird's nest pudding or crow's nest pudding. They are all simple variations of cobblers, and they are all based on seasonal fruits and berries, in other words, whatever fresh ingredients are readily at hand. They are all homemade and simple to make and rely more on taste than fancy pastry preparation.

Early settlers of America were very good at improvising. When they first arrived, they brought their favorite recipes with them, such as English steamed puddings. Not finding their favorite ingredients, they used whatever was available. That is how all these traditional American dishes came about with such unusual names.

Early colonists were so fond of these juicy dishes that they often served them as the main course, for breakfast, or even as a first course. It was not until the late 19th century that they became primarily desserts.

Now what is the history of all this? From everything I have read, cobblers seem to be a variation of the "pie" or "pye." The pie was a development from the Roman idea (2nd Century B.C.) of sealing meat inside a flour and oil paste as it cooked.

All of these cobblers have some common element. Nearly every one involves fruit, butter, sugar and flour in one way or another.

**Cobbler** – Cobblers are an American deep-dish fruit dessert or pie with a thick crust (usually a biscuit crust) and a fruit filling (such as peaches, apples, berries). Some versions are enclosed in the crust, while others have a drop-biscuit or crumb topping.

**Crisps and Crumbles** – Crisps are baked with the fruit mixture on the bottom with a crumb topping. The crumb topping can be made with flour, nuts, bread crumbs, cookie or graham cracker crumbs, or even breakfast cereal. A Crumble is the British version of the American Crisp.

**Betty or Brown Betty** – A Betty consists of a fruit, most commonly apples, baked between layers of buttered crumbs. Betties are an English pudding dessert closely related to the French Apple Charlotte. Betty was a popular baked pudding made during colonial times in America.

According to *The Oxford Companion To Food*, by Alan Davison:

The name seems to have first appeared in print in 1864, when an article in the *Yale Literary Magazine* listed it (in quotation marks, implying that it was not then a fully established term) with tea, coffee, and pies as things to be given up during 'training'. That author gave brown in lower case and Betty in upper case: and, in default of evidence to the contrary, it seems best to go along with the view that Betty is here a proper name.

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# ? Did ? You ? Know ?

## *History and origin of Cobblers*

Continued from page 8

According to The American History Cookbook, by Mark H. Zanger:

Brown Betty (1890) – This recipe was part of the winning essay for the \$500 American Public health Association Lomb prize on practical, Sanitary, and Economic Cooking Adapted to persons of Moderate and Small Means, which became a book of the same title by Mrs. Mary Hinman Abel. It was part of a series of menus to feed a family on thirteen cents a day. Mrs. Abel may have carried the recipe into use the the New England Kitchen, an experimental Boston restaurant aimed at “improving” the food choices of the poor.

Grunts or Slump – Early attempts to adapt the English steamed pudding to the primitive cooking equipment available to the Colonists in New England resulted in the grunt and the slump, a simple dumpling-like pudding (basically a cobbler) using local fruit. Usually cooked on top of the stove. In Massachusetts, they were known as a grunt (thought to be a description of the sound the berries make as they stew). In Vermont, Maine, and Rhode Island, the dessert was referred to as a slump.

Buckle or Crumble – Is a type of cake made in a single layer with berries added to the batter. It is usually made with blueberries. The topping is similar to a streusel, which gives it a buckled or crumpled appearance.

Pandowdy – It is a deep-dish dessert that can be made with a variety of fruit, but is most commonly made with apples sweetened with molasses or brown sugar. The topping is a crumbly type of biscuit except the crust is broken up during baking and pushed down into the fruit to allow the juices to come through. Sometimes the crust is on the bottom and the desert is inverted before serving. The exact origin of the name Pandowdy is unknown, but it is thought to refer to the deserts plain or dowdy appearance.

Bird’s Nest Pudding – A pudding containing apples whose cores have been replaced by sugar. The apples are nestled in a bowl created by the crust. Also called Crow’s Nest Pudding.

Sonker – A sonker is an Appalachian term for a deep-dish pie similar to a cobbler served in many flavors including strawberry, peach, sweet potato, and cherry. I have also read this same dish is called zonker (or sonker) in Surry County, North Carolina. It seems to be a dish unique to North Carolina.

The community of Lowgap at the Edwards-Franklin House, holds an annual Sonker Festival. The festival honors the distinctive Appalachian deep-dish fruit or sweet potato pie called “sonkers.” Sponsored by the Surry County Historical Society, the event benefits the preservation of the two-hundred-year-old Edwards-Franklin House.

# Recipe Box

Blueberry Cobbler  
serves 6



- 3 cups fresh blueberries
- 3 tablespoons white sugar
- 1/3 cup orange juice
- 2/3 cup all-purpose flour
- 1/4 teaspoon baking powder
- 1 pinch salt
- 1/2 cup butter, softened
- 1/2 cup white sugar
- 1 egg
- 1/2 teaspoon vanilla extract

Preheat oven to 375 degrees F (190 degrees C).

In an 8 inch square baking dish, mix blueberries, 3 tablespoons sugar, and orange juice. Set aside. In a small bowl, thoroughly mix flour, baking powder, and salt. Set aside.

In a medium bowl, cream butter and 1/2 cup sugar until light and fluffy. Beat in egg and vanilla extract. Gradually add flour mixture, stirring just until ingredients are combined. Drop batter by rounded tablespoons over blueberry mixture. Try to cover as much of filling as possible.

Bake in preheated oven for 35 to 40 minutes, until topping is golden brown and filling is bubbling.

Peach Cobbler  
serves 8



- 1 cup milk
- 1 cup self-rising flour
- 1 cup white sugar (Optional)
- 1/2 cup butter, melted
- 4 cups sliced peaches
- 1 tablespoon white sugar, or to taste (Optional)

Preheat oven to 375 degrees F (190 degrees C). Grease an 11x17-inch baking dish.

Whisk milk, flour, and 1 cup sugar together in a bowl until blended; add butter. Stir to combine.

Arrange peaches in prepared baking dish; sprinkle with 1 tablespoon sugar. Cover peaches with batter, without stirring.

Bake in the preheated oven until browned and bubbling, about 40 minutes.

# Recipe Box

Apple Pandowdy  
serves 8



1 cup packed brown sugar  
1-1/4 cups all-purpose flour, divided  
1/2 teaspoon salt, divided  
1 cup water  
1 teaspoon lemon juice  
2 teaspoons baking powder  
5 tablespoons butter, divided  
3/4 cup 2% milk  
5 cups sliced peeled apples  
1/2 teaspoon plus 1/8 teaspoon ground cinnamon, divided  
1/2 teaspoon ground nutmeg  
1 teaspoon vanilla extract  
1 tablespoon coarse sugar  
Whipped cream, optional

In a saucepan, combine brown sugar, 1/4 cup flour and 1/4 teaspoon salt. Add water and lemon juice; cook and stir over medium heat until thick. Cover and set aside.

In a bowl, combine baking powder and remaining flour and salt. Cut in 3 tablespoons butter. Add the milk and mix just until moistened (a few lumps will remain); set aside.

Arrange apples in a 1-1/2-quart baking dish; sprinkle with 1/2 teaspoon cinnamon. Add nutmeg, vanilla and remaining butter to sauce; pour over apples. Drop dough by spoonfuls over sauce. Combine remaining cinnamon and coarse sugar; sprinkle over dough. Bake at 350° until top is brown and apples are tender, about 55 minutes. Serve warm, with whipped cream if desired.

Raspberry Buckle  
serves 6



1/2 cup (1 stick) unsalted butter, room temperature, plus more for baking dish  
1 cup granulated sugar  
3 large eggs  
1 cup all-purpose flour, (spooned and leveled)  
1/2 teaspoon salt  
1/2 teaspoon baking powder  
2 containers (1/2 pint each) raspberries (2 3/4 cups)  
Confectioners' sugar, for dusting (optional)  
Whipped cream, (optional)

Preheat oven to 350 degrees. Butter a 2-quart oval or square baking dish. In a large bowl, cream butter and sugar with an electric mixer until fluffy. Add eggs, one at a time, beating after each addition to combine. In a large bowl, whisk together flour, salt, and baking powder; with mixer on low speed, gradually add flour mixture until incorporated.

Spread batter in baking dish. Scatter raspberries on top. Bake until a toothpick inserted in center of cake comes out clean and top is golden brown, 45 to 50 minutes. Let cool 20 minutes; dust with confectioners' sugar, if desired. With a large spoon, scoop out onto serving plates; serve with a dollop of whipped cream, if desired.

# RANDom STuff

WHAT HAS FOUR  
LETTERS, OCCASIONALLY  
HAS TWELVE LETTERS,  
ALWAYS HAS SIX  
LETTERS, BUT NEVER  
HAS FIVE LETTERS

**TODAY'S WORK  
FROM HOME TIP.**

**BLOWING ON THE WINE  
IN THE MUG WILL  
HELP CONVINCING YOUR  
ZOOM MEETING THAT  
YOUR TEA IS HOT.**



German Chocolate Cake  
is not German

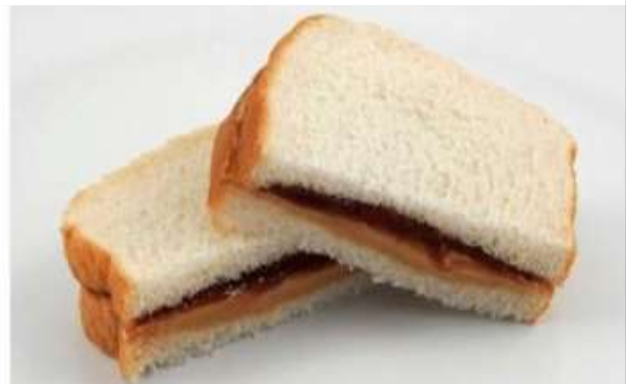


Despite its name, the **German Chocolate Cake** is actually **American**. The cake got its name from its creator **Sam German**. It was originally called "Baker's German's Sweet Chocolate," but the name was shortened as the years passed by.

CRACKED.COM

Watches the Food Network once and says:

"I made a pureed nut spread  
w/ a grape Reduction  
paired w/brioche bun".



# 1970 COST OF LIVING

<b>New House:</b>	<b>\$23,450</b>
<b>Average Income:</b>	<b>\$9,400</b>
<b>New Car:</b>	<b>\$3,450</b>
<b>Minimum Wage:</b>	<b>\$2.10/hour</b>
<b>Movie Ticket:</b>	<b>\$1.55</b>
<b>Gasoline:</b>	<b>36 cents/gallon</b>
<b>Postage Stamp:</b>	<b>6 cents</b>
<b>Sugar:</b>	<b>39 cents/5 lbs</b>
<b>Milk:</b>	<b>62 cents/gallon</b>
<b>Coffee:</b>	<b>\$1.90/pound</b>
<b>Eggs:</b>	<b>59 cents/dozen</b>
<b>Bread:</b>	<b>25 cents</b>

# October

October is the tenth month of the year in the Julian and Gregorian calendars and the sixth of seven months to have a length of 31 days. The eighth month in the old calendar of Romulus c. 750 BC, October retained its name after January and February were inserted into the calendar that had originally been created by the Romans. In Ancient Rome, one of three Mundus patet would take place on October 5, Meditrinalia October 11, Augustalia on October 12, October Horse on October 15, and Armilustrium on October 19. These dates do not correspond to the modern Gregorian calendar. Among the Anglo-Saxons, it was known as *ƿinterfylleþ*, because at this full moon winter was supposed to begin.

October is commonly associated with the season of spring in parts of the Southern Hemisphere, and autumn in parts of the Northern Hemisphere, where it is the seasonal equivalent to April in the Southern Hemisphere and vice versa.

## Zodiac signs for the month of October are

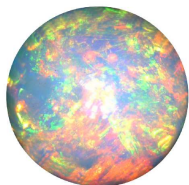
Libra: (September 23-October 22)

Libra is the seventh sign of the zodiac, and it's at this point in the zodiac that we start to see a shift. While the first six signs of the zodiac focus on the individual, the last six focus on the individual's contact with others and with the world. The Libra zodiac sign is first and foremost focused on others and how they relate to them. We can call this the sign of Partnership with a capital 'P' because these folks do not want to be alone! For a Libra, everything is better if it's done as a pair. Libras are good when paired up, too, since they epitomize balance, harmony, and a sense of fair play. While they are true team players at work, their favorite partnership is at home: marriage. Libras feel most complete when they are coupled up with their lover, forever.

Scorpio: (October 23-November 22)

Scorpio is possibly the *most* misunderstood zodiac sign. Tied with Gemini for the top sign everyone loves to hate, Scorpios—born October 23 through November 22—have a reputation for being extremely secretive and therefore beyond intimidating. And let's be real, Scorpios, you low-key love this about yourselves! Your Scorpio friend keeps her Instagram private and her personal life on lock. And in a culture that is so obsessed with oversharing, the non-disclosure of it all only adds to Scorpio's intrigue. But the *real* secret about our fixed water sign babes is that they're not actually as hard to read as everyone seems to think they are. If you ask a Scorpio to open up, they won't think twice before bearing their soul. It's just that usually no one asks!

## October birth stones



Opal



Tourmaline

## October birth flower



Calendula

## 2021 IFSEA OFFICERS AND DIRECTORS

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

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## When Did Pumpkin Pie Spice Become So Popular?

Written By Tammy Kelly and last updated by Jennifer Stroud

Over the past three years, Americans have spent over \$300 million per year on pumpkin-flavored products. In late September, pumpkin-flavored beer, pumpkin-flavored creamer, pumpkin breads, pumpkin ice cream, pumpkin yogurt, pumpkin cream cheese, and pumpkin cider fill the shelves of grocery stores around this great country.

Long before pumpkin spice became all the rage, it was a homey and innocent piece of Americana.

One of the earliest references to this type of blend known as “pumpkin spice” was posted in the Washington Post in 1936. Titled “Spice Cake Of Pumpkin Newest Dish: Delicacy Tempting to All Appetites and Easy to Prepare. Ideal Dessert for Family Dinner, Healthful for Children.” Pumpkin sure has come a long way. But even then, a pumpkin spice dessert still seemed to always contain pumpkin.

The popularity probably came when spice companies like McCormick started bundling common spices used in pumpkin pie as “pumpkin pie spice” in the 1950s and then simply as “pumpkin spice” in the 1960s for people who didn’t want to measure out their own “Cinnamon, Ginger, Nutmeg, Allspice, And Sulfiting Agents.”

It’s a shame that pumpkin and pumpkin pie spice is really only popular for two months out of the year. Besides being great for decorating, and the only vegetable that is carved and lit up, this low-calorie squash is rich in potassium and loaded with beta-carotene (a powerful antioxidant), and its natural sweetness brings flavor to baked goods without any added guilt.

Pumpkin is an often-overlooked source of fiber, but with three grams per one-cup serving and only 49 calories, it can keep you feeling full for longer on fewer calories. This aids in weight loss as well because a fiber-rich diet seems to help people eat less, and thereby shed pounds.

Believe it or not, the canned pumpkin retains most of the fiber and nutrients therefore making it almost equally nutritious to the fresh pumpkin. One note to remember is that when making your own fresh pumpkin puree it can be thinner than canned, so you may need to strain.

### Pumpkin Pie Spice

from: Field Guide to Herbs & Spices by Aliza Green

A favorite American spice mixture, pumpkin pie spice is used in autumn’s pumpkin, sweet potato, and squash pies and is a Thanksgiving tradition. **Use 1 to 2 teaspoons of the mix for each pie.**

2 tablespoons ground cinnamon

1 tablespoon ground ginger

2 teaspoons ground nutmeg

1 teaspoon ground cloves

1/4 teaspoon salt