



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

Staying current with your business solutions

The IFSEA networking has long been part of creative conversations and networking for common solutions to multiples of questions, and opportunities facing our members and industry alike.

Summertime is still here in the “dog days of summer” this August. I am writing this month from a blog that my company National Restaurant Consultants published a few weeks ago about the importance of staying very relevant. American diners are glad to be back out at food service and hospitality establishments including bars and restaurants. The leftover effects of the pandemic and the current “new normal” are mostly reflected in diners’ habits, and the workforce is less restricted and affected than before. Now, diners may enjoy a meal or drink out in the middle of the day in the middle of the week—flexible schedules and work-from-home options making it all possible.

As professional operators we should be prepared to accommodate the lingering summertime feeling every day of the week, including refreshing drink options sure

to attract guests coming off the trail, finishing a day of errands, or keeping a 9-5 routine and meeting for a happy hour. As you continue to evolve and design your menus, consider these drink trends for 2022 from “Hospitality Insights” that was published in June 2022.

The article encouraged drink-makers to consider non-alcoholic options, like “mindful drinking” mocktails and substitutes, CBD-infused cocktails, and fermented drinks as part of the sober-curious movement. For crisp refreshing drinks, bubbles are in-vogue: bubble teas, sparkling wines, and champagne. In case you’re still monitoring Covid restrictions, Hospitality Insights’ also rounds up trustworthy canned cocktails and boxed wines, for convenience and sanitary concerns.

Keeping a close eye on your drink menu can make a huge difference, not only because it attracts summer-loving customers way past August, but also because of the mostly positive effects of beverage sales.

All too often operators do not look at the beverage menu, like the food menu in terms of eye charts in attracting the most profitable items to increase beverage menu mix. Stay mindful and be sure to include your menu engineering processes to include all your food and beverage options.

Wishing everyone a great August as we swing towards cooler weather and fall.

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SOMETHING TO THINK ABOUT

Failure is the condiment that gives success its flavor.



Clam Stock

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LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP President Emeritus



IFSEA Networking Spawns Careers and Lifelong Friendships

Even Dave Kinney, Richard Weil, Alysha Brooks, and I as we continue to try to keep IFSEA relevant after 121 years, wonder sometimes if we are doing positive things for anyone? I'd like to share two personal experiences of people IFSEA helped and today they have had wonderful success and amazing career, with help at the beginning from IFSEA.

Mario Ponce – owner of Chicago restaurants, Bar Takito (2014), Takito Kitchen (2012) and Takito Street (2019). www.takitobrands.com. While dining with Mario at Bar Takito in May, I caught up on his life. When asked how IFSEA affected his life, and he just rolled his eyes, like, “let me count the ways.” While a University of Central Florida hospitality student, IFSEA provided scholarships. He says IFSEA, and to some extent me, showed him Discipline, Persistence, Fun, Organization, Safety, Networking, Integrity, Passion, and Vision. He joined the Chicago IFSEA Branch which gave him connections and knowledge. Today he has a 4th restaurant coming on board and maybe a 5th with a contract management agreement. I stayed with Mario and his wife Amanda and young daughter Kalea during several National Restaurant Association shows. Finally deciding this could be a good gig, his daughter Kalea opted to finally get involved in the restaurants – Mario said you can't work in the front of the house until you know the kitchen. I'm proud to say Kalea is in her 2nd year at the Cornell Hotel School (my alma matter as well). Would Mario have been successful without IFSEA. Absolutely. But maybe a bit faster with our help, and maybe some of what he learned from us help formed some of the success for his restaurant businesses. Congratulations Mario, an IFSEA success story.

Phuc Pham – As I type this note, I just said goodbye to Phuc and wife Atheena, 17 years after Phuc and I met. They are on a four-month driving tour of the U. S. and stopped in for a night. So, what's the connection, I had to be reminded myself. Phuc arrived in the U. S. as part of an “arranged” marriage with Atheena, that's how they do it in Vietnam. Families put people together. Phuc working for Diversey Chemical Co. in Vietnam. He was looking to get food safety certified and found IFSEA on the web site due to my classes. We had some phone conversations, I helped him with his resume and introduced him to Ecolab's Jack Kleckner and IFSEA long time board member. Jack pushed his name and recommendation forward and he spent 5 years with Ecolab, becoming their #1 Tech on the East Coast and then #2 nationwide. Returning to Viet Nam and Diversey Chemical he ran a large region, quadrupled their business, and made enough money that he is now an investor and retiring at a young age. Without Jack, who knows. Without IFSEA, I wouldn't know Jack and Phuc wouldn't know me. Would he have been successful anyway, most likely, but believe it was a faster track due to IFSEA's help, and what he claims to have learned from me, absolutely!

So, we invite you to join us and network your professional colleagues in the effort to keep IFSEA going forward, relevant, and a path to success in our industry. \$49 a year dues, one idea, one contact is worth that; \$25 for a student or active military. Why don't we have a lot more members? Well, that starts with YOU telling a friend who tells a friend, like we talk about in the Customer Service class. Good success to everyone!

Chef Antwian Walters (1st place)
Executive Chef
Legend Senior Living (Windsor Reflections)

A dedicated husband, father and friend. I pride myself on learning and thriving off of new experiences. I'm a fairly positive person and try to make the best of all situations.



Chef Ryan Cook (2nd place)
Discovery Senior Living
Discovery Villages at The Forum (Fort Myers, FL)

Cooking has always been my passion and true love. When you do what you love it never feels like work and I am blessed to get paid to play with food. Being a chef keeps me on my toes because we all know in the culinary world things can change quickly. When I'm not in the kitchen you can find me with my beautiful wife traveling to new places, trying new foods and collecting new tattoos.



Chef Mark Zollo (3rd place)

Executive Chef/ Director of Food and Beverage Services
Meridian Senior Living
Gentry Park / THE LANDINGS of Orlando

I give my Heart and Soul to the overall hospitality services that our Residents deserve and demand. My past experiences have given me the knowledge and passion to build teams that are skilled and focused. Our teams are committed to provide exceptional services for the needs wants and desires of all Meridian Residents and their guests. Furthering our commitments in the Senior Care Living communities, it is important to network with skilled individuals and always stay in the forefront of the culinary experiences each individual has.



Shawn McGregor

By Ed Manley, MCFBD, MCFE, CHP President Emeritus

Board member Shawn McGregor from Health Care Services Group an IFSEA corporate membership that Shawn coordinated a few years ago invited me to be a judge for the 2nd year in a row at a culinary competition for nursing home, long-term care facilities at the annual conference of the Florida Senior Living Association. Shawn received a huge award for the most outstanding Industry Partner, led a discussion of professionalism and certifications, and 2 days later provided the dinner for all first responders in his county. A retired Navy Culinary Specialist submariner, Shawn continues to share his talents with a wide audience, including IFSEA. I made connections with some outstanding talented chefs and industry leaders. One such connection was a gentleman who was the key food service organizer of Universal Studios theme park in Orlando and many other openings, and he's going to do some work with me and IFSEA to benefit nursing homes.

Another great "meet & greet" was fellow judge and the Ritz-Carlton Executive Chef, who told me that she hires staff largely based on their passion and energy expressed during her interview process. Believing you hire attitudes and energy versus someone who may have a tremendous culinary resume. She further noted that with those two things, "I can teach them what I need them to know". Did her degree from Le Cordon Bleu to gain the credentials to get her foot in the door? Yes, but it seems her promotion to Executive Chef was from her passion, energy and drive.

Final thought - if you are looking for a career move, get IFSEA's CFM certification and head towards nursing homes and senior living. They NEED YOU and are so desperate for people who are already certified to Medicare standards!!! Thank you Shawn for allowing me to be a judge and for IFSEA's sponsorship of the awards as well.



LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP President Emeritus



The Most Amazing Man I've Ever Known – Harris Rosen



I didn't know Willard or Bill Marriott, Conrad, Baron or even Eric Hilton, but I have known Harris Rosen since I was a Navy officer, and he used his total life savings of \$20,000 for a deposit on a Quality Inn hotel on "I-Drive" in Orlando. I was President of the Cornell Society of Hotelmen in Orlando (and the then President of the IFSEA Orlando Branch) and Harris was also a Cornell grad, and his #2 was a classmate of mine. Today, Harris owns about 7 properties with over 6300 hotel rooms, all in that general area, I just stayed in the biggest, Rosen Shingle Creek. We held the IFSEA International conference at his Clarion Hotel in 1981 when Past International President was Neil Goodman from Buffalo, NY. I guess (ha ha) any of us could have done THAT with a spare \$20,000 to invest.

What makes Harris noteworthy - to my mind perhaps more than the Mr. Marriott's, and the Mr. Hilton's, is the following:

He adopted Tangelo Park, a black community of mostly migrants, poorly educated, etc. His foundation funds all 2-3-4-year-olds in Tangelo to attend a free preschool.

The area high school used to graduate 30-40% of its students. Now 98-100% graduate.

Any graduate from that high school who attends a Florida public college gets their tuition, housing and board for the full 4-years paid by Rosen.

Now he has adopted another community. He offered to set up a similar program for the NFL and NBA but never heard back from them. Too sad and too bad.

A professor who Harris respected was leaving Orlando. Harris told him he couldn't leave, we need you here, what can I do to keep you here. The

professor said I would need to have a school. "I'll build you one," said Harris, and he did, and that person was the first Dean. In the area where all the hotels are, including his, he built the Rosen School of Hospitality, which he then affiliated with the University of Central Florida (UCF) and it is now the largest hospitality school in the country with over 3000 students. IFSEA member and past board member Mario Ponce from Chicago was in the first class of 350 at UCF.

Oh, then there's this - his first job after Cornell was with Disney where he helped to develop the Contemporary and Polynesian resorts. And then he was fired because "We don't think you will ever become a company man." Harris concluded that he most likely didn't have the big corporate organization man's personality.

He was in ROTC for 4 years at Cornell, and volunteered for helicopter pilot school, but they only took 4 out of the group that wanted to do it, not him, 1 of whom was killed, 1 was severely wounded in Vietnam. Harris served in the Army. Thank you for your service, sir.

His office is the same one he has had for 37 years, in the first property. "For me, it's very comfortable," he says.

His list of accomplishments and awards runs 4 pages. At 82 his day is as full as ever, yet he tried his best to find a mutually available time slot for me and then spent 30 minutes on the phone and setting up special goodies for me at the resort. And ended with, "Let's keep in touch." Amazing. Love this man and so should all of us and humanity as well! Thank you Harris for everything....I mean everything.

? Did ? You ? Know ?

Tomatoes



94.5% of tomato's weight is water and can keep longer if you store them with their stem down.

Tomato plant originates from the family of Nightshade plants (potato, tobacco, chili peppers) from Central America. It was domesticated around 500 BC by Aztecs and used not only as a food, but also as powerful (and dangerous) hallucinogenic.

First European who came in contact with tomato was Spanish conquistador Hernán Cortés during the sacking of the Aztec city Tenochtitlan. He brought its seeds back to Spain, where it was instantly introduced into regular diet of their soldiers and sailors.

It is speculated that there is over 25 thousand tomato varieties..

Average Americans eat around 24 pounds of tomato each year and obtain more vitamins from tomatoes than from any other vegetable..

Modern day production of tomato in the United States came with the exploits of botanist Alexander W. Livingston, who created several types of tomato that were suitable for mass industrial production and processing.

93% of American gardening households grow tomatoes! It's the most popular vegetable in the US.

96% of the American processed tomato production comes from sunny California. Florida is the leader in the production and sale of fresh market tomatoes.

Heaviest tomato was 7.74 pound., largest tomato plant reached 64.97 feet, and biggest tomato tree managed to grow 32 thousand tomatoes that weight 1151 pounds.

Sometimes tomatoes are picked green and dosed with ethylene gassed on their way to the supermarket. This way when they arrive, they are ripe.

Tomato is called "tomate" in French and Spanish, "tomaat" in Dutch and "pomodoro" in Italian.

In 19th century tomato was called "The Apple of Love" in France and "The Apple of Paradise" in Germany. In England it was considered to be poisonous.

Americans have increased their tomato consumption 30% over the last 20 years. In the last few years however, salsa has replaced ketchup as the top selling condiment in the United States.

Leaves of tomato plant are toxic.

$\frac{3}{4}$ of the American tomato consumption comes from processed tomatoes.

Tomato has powerful medicinal properties. It can lower the risk of cancer, prevents cardiovascular diseases, purifies cigarette smoke carcinogens, full of minerals and vitamins, lowers hypertension, regulates blood levels, dissolves gallstones, reduces severity of blood clots, treats inflammation, and more.

Refrigeration decreases flavor and quality of tomatoes.

Tomato juice is the official state beverage of Ohio, and state vegetable of New Jersey.

In 2021 worldwide production of tomatoes reached 38.7 million tons.

7 Health Benefits of Tomatoes

By Cynthia Sass, MPH, RD.

In case you were wondering, a tomato is a technically a fruit, because it's seed-bearing and develops from the ovary of a flowering plant. (Botanically speaking, vegetables consist of other plant parts, like roots, leaves, and stems.) But when it comes to nutrition, tomatoes—along with seedy cucumbers and zucchini—are categorized as vegetables. That's due in part to their lower carb and sugar contents: A medium tomato provides just 22 calories, and about 5 grams of total carb, with 3 as sugar and 1.5 as fiber. But this low-calorie, low-carb package is chock-full of nutrients, and has been linked to a variety of health benefits. Here are seven, along with some simple ways to incorporate more tomatoes into your everyday meals and snacks.

Tomatoes are a great source of vitamins

A single tomato can provide about 40% of the daily recommended minimum of vitamin C. What's more, tomatoes supply vitamin A, which supports immunity, vision, and skin health; vitamin K, which is good for your bones; and potassium, a key nutrient for heart function, muscle contractions, and maintaining a healthy blood pressure and fluid balance.

They protect heart health

Tomatoes contain an antioxidant called lycopene, which is responsible for their red color. Research suggests that in terms of heart health benefits, it's more effective to eat tomatoes and tomato products than take lycopene supplements. Other studies have shown that higher blood levels of lycopene are tied to lower death rates for people with metabolic syndrome, a cluster of risk factors that raise the chances of developing heart disease, diabetes, and stroke.

Improve your vision

Lycopene is also good for your eyes. And that's not the only peeper-protective nutrient in tomatoes; they contain lutein and beta-carotene as well. According to research, those nutrients support vision and protect against eye conditions including cataracts and macular degeneration.

Boost digestive health

The fluid and fiber in tomatoes may be helpful if you're prone to constipation. (According to the USDA one large tomato contains 6 ounces of fluid, and 1.5 grams of fiber.) Just be aware that in some people, the acidity from cooked tomatoes may trigger or worsen acid reflux and indigestion.

Help with diabetes management

Tomatoes may be a protective food for people with type 2 diabetes: In one study, people with diabetes who supplemented with cooked tomatoes for 30 days experienced a decrease in lipid peroxidation, a chain reaction in which substances called free radicals attack fat, leading to damage that ups the risk of heart disease. This is particularly important, because diabetes doubles the risk of stroke and heart attack.

Guard skin health

A 2011 study found that the combination of tomato paste and olive oil protected against sun damage, and boosted the production of pro-collagen, a molecule that gives the skin its structure and keeps it firm and youthful. Scientists believe that the lycopene in tomatoes is key. It's at its highest concentration when tomatoes have been cooked, and olive oil boosts its absorption from your digestive system into your bloodstream.

Protect against cancer

Observational studies have found links between the superstar compound lycopene and fewer incidences of prostate, ovarian, lung, and stomach cancers.

How to reap all the perks of tomatoes

You can incorporate tomatoes into your diet in a number of forms—fresh, dried, or as sauce, salsa, or paste. This also allows you to enjoy tomatoes year-round.

Add fresh tomatoes to omelets and salads, and serve them sliced, drizzled with balsamic and garnished with fresh basil, sea salt, and cracked black pepper. Dress fresh greens or steamed veggies with sundried tomato pesto, or drizzle it over broiled fish. Toss spaghetti squash or beans with tomato sauce, or use it as a topping for sautéed green beans or potatoes. Add salsa to scrambled eggs or taco salad, or spoon onto cooked fish, black beans, or brown rice. Use tomato paste in veggie chili, or mix it into hummus, along with roasted garlic and harissa.

Recipe Box

Choppino Serves 12



- ¾ cup butter
- 2 onions, chopped
- 1 bunch fresh parsley, chopped
- 2 cloves garlic, minced
- 2 (14.5 ounce) cans stewed tomatoes
- 2 (14.5 ounce) cans chicken broth
- 1 ½ cups white wine
- 1 cup water
- 2 bay leaves
- 1 tablespoon dried basil
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- 1 ½ pounds cod fillets, cubed
- 1 ½ pounds large shrimp - peeled and deveined
- 1 ½ pounds bay scallops

- 18 small clams
- 18 mussels, cleaned and debearded
- 1 ½ cups crabmeat

Melt butter in a large stockpot over medium-low heat. Add onions, parsley, and garlic. Cook and stir until onions are softened, 3 to 4 minutes.

Add tomatoes to the pot (break them into chunks as you add them). Stir in chicken broth, wine, water, bay leaves, basil, thyme, and oregano. Cover and simmer for 30 minutes.

Stir in cod, shrimp, scallops, clams, mussels, and crabmeat. Bring to boil; lower heat, cover, and simmer until clams open up, 5 to 7 minutes. Ladle soup into bowls and serve.

Italian Braciolo Serves 8



- 2 pounds flank steak thinly sliced
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 cup grated parmesan
- 1/2 cup grated provolone
- 1/2 cup Italian breadcrumbs
- 1/2 garlic powder
- 1 tsp dried basil
- 5 Tbsp olive oil
- 4 cups Tomato Sauce (or your grandmas Italian 'Sunday' Sauce!)

In a medium sized bowl, mix together the garlic powder, cheeses, breadcrumbs, and dried basil. Set the mix aside.

Lay the flank steak on a clean surface and pound flat with a meat tenderizer. Sprinkle with the salt and pepper.

Evenly distribute the breadcrumb filling among the flank steaks and roll, beginning on the short end, all the way up like a jelly roll. Tie the rolls closed with butchers twine to secure the braciolo.

Pour the olive oil into a large pot and heat over medium high heat. Sear the braciolo rolls for about 30 second on each side, just to brown the meat quickly.

Serve hot along with extra sauce!

Recipe Box

Italian Sausage Soup with Tortellini

Servings: 8



- 1 pound sweet Italian sausage, casings removed
- 1 cup chopped onion
- 2 cloves garlic, minced
- 5 cups beef broth
- 4 large tomatoes - peeled, seeded and chopped
- 1 (8 ounce) can tomato sauce
- 1 cup thinly sliced carrots
- ½ cup water
- ½ cup red wine
- ½ tablespoon packed fresh basil leaves
- ½ teaspoon dried oregano
- 1 ½ cups sliced zucchini
- 3 tablespoons chopped fresh parsley
- 8 ounces fresh tortellini pasta

Cook sausage in a 5-quart Dutch oven over medium-high heat until browned and crumbly, 8 to 10 minutes. Use a slotted spoon to transfer sausage to a paper towel-lined plate. Drain grease, reserving 1 tablespoon drippings in the pot.

Sauté onions and garlic in drippings over medium heat until onions are translucent, 3 to 4 minutes. Stir in beef broth, tomatoes, tomato sauce, carrots, water, wine, basil, oregano, and sausage. Bring to a boil. Reduce heat; simmer uncovered for 30 minutes.

Skim fat from soup. Stir in zucchini and parsley. Simmer covered for 30 minutes; add tortellini during the last 10 minutes.

Recipe Box

Lasagna Serves 8-10

SAUCE

1 Lb. lean ground beef or Italian sausage, or 1/2 of each
1 clove garlic, fresh, minced
1 TBLSP. Dried basil
1+1/2 tsp salt
1 one pound can petite cut tomatoes
2- 6 oz cans tomato paste
10 oz lasagna noodles (10 or 11 noodles)
1 tsp salt

CHEESE FILLING

2 eggs
3 cups small curd cottage cheese
1/2 cup grated Parmesan cheese
2 TBLSP. Dried parsley Flakes
1 tsp salt
1/2 tsp black pepper
1 LB. Mozzarella cheese, grated
1+1/2 cups homemade or jarred tomato basil sauce



Brown meat slowly, spoon off excess fat. Add garlic, basil, salt, tomatoes and tomato paste. Stir to mix.

Simmer, uncovered for 30 minutes, stirring occasionally.

Cook noodles in large amount of boiling salted water till tender. Drain, rinse and set aside.

In a medium bowl beat eggs, add cottage cheese, Parmesan cheese, parsley flakes, salt and pepper. Mix well.

Spread tomato basil sauce evenly in bottom of 13 X 9 X 2 inch baking dish.

Top tomato basil sauce with 1/2 of the noodles, evenly spread 1/2 of the cheese filling on top of noodles, top that with 1/2 of the mozzarella cheese then 1/2 of the meat sauce.

Repeat layers.

Bake at 375 degrees for about 30 minutes (or assemble early and refrigerate. Bake at 375 degrees for 45 minutes).

For easy cleanup line pan with aluminum foil. Use a large enough piece to wrap and seal over top to prevent drying. Check temp to be sure internal temp reaches a minimum of 165 degrees. Remove from oven and let stand 20 to 25 minutes to set layers.

NOTE: If making more than one pan, do not double the recipe. Make each completely separate to preserve proper balance of spices.



Chianti wine (“kee-on-tee”) is a red blend from Tuscany, Italy, made primarily with Sangiovese grapes. Common tasting notes include red fruits, dried herbs, balsamic vinegar, smoke, and game. On the high end, wines offer notes of preserved sour cherries, dried oregano, balsamic reduction, dry salami, espresso, and sweet tobacco.

The Sangiovese that forms the majority of the Chianti blend is a thin-skinned grape, so it makes translucent wines. In the glass, Sangiovese displays a ruby red color with flashes of bright burnt orange—a hue commonly associated with aged wines.

Besides Sangiovese, Chianti wines may contain wine grapes like Canaiolo, Colorino, Cabernet Sauvignon, and even Merlot. White grapes were once allowed in Chianti Classico but not anymore.

The best examples of Chianti are a visceral tasting experience. Imagine the smells as you walk through an Italian grocery store: at the entrance, there’s a bowl of preserved sour Amarena cherries. You walk under bunches of dried oregano, past a wall of dark, aromatic balsamic vinegar, then pass a counter where dry salami is being sliced. At the bar, dark espresso is dripping into a ceramic tazza. A whisper of sweet tobacco wafts in the door from the pipe of the old man outside.

Chianti smells and tastes like Italy. There will be a little coarseness and tartness on the palate, but these aren’t flaws, they are classic characteristics of Sangiovese.

Tomato-based pasta sauces are fantastic, such as the Tuscan slow-simmered Ragù al Chingiale made with wild boar. Pizza is another favorite pairing and works with all styles of Sangiovese, from lighter Chianti wines to richer Brunello di Montalcino.

The straw-wrapped wine bottle of Chianti is called a fiasco.

In Memoriam

Roderick Brown



Roderick Brown, 90, of Grosse Pointe Woods passed away at his home on Saturday, June 18, 2022. Rod was born March 6, 1932 in Detroit, the son of Roy G Brown and Marguerite Tommei. After graduating from St. Theresa's High School in 1950 he attended the Detroit Institute of Technology and earned a Bachelor's Degree in Economics. While going to school, Rod worked at the Michigan Mutual Insurance Company where he met his future wife, Patricia Patterson, who he married on July 21, 1956. The two were married for almost 56 years until Patricia passed in 2012.

Rod worked as a manufacturers' representative in the institutional foods market the majority of his career and joined the Detroit Branch of IFSEA in 1999 and became a Certified Food Executive in 2000.

For a number of years, Rod was President of Institutional Sales Specialists, which later became Systems Four. After he and his partners sold their business in 1996, he worked at various other manufacturers' representative companies, finally only retiring a few years ago when his health no longer allowed him to work. Rod was an avid golfer and a gifted pianist. He also had a great sense of humor and a repertoire of jokes that would have made any standup comedian envious. Most of all, he was a loving husband, father, and grandfather.

Rod is survived by his sons, Craig (Maria-Fontana), Douglas (Peggy Ann); and two grandchildren, Evan and Tessa Brown. He will be sorely missed.

FLASH BACK

March 1995 Conference in Denver Colorado



Gary Stelow, Rosemarie Curtis, Ed Krzeminski,
Peter Terry, Larry Brown, Matt Trupiano



Fred Dunsmoor and Dennis Duck (Okinawa Branch)



Ute Rainer-Schmidt, Mr. and Mrs. Ward,
Joy Johnson, Coz & John DeJong



UNLV Pres. Lisa Shields and Las Vegas Pres. John Day.



Colorado Branch President
Faye Asano and

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RANdom STuff

KIDS TODAY
WANT THE
LATEST
iPHONE



I REMEMBER
WANTING
THIS PEN

**To My Children
Don't make fun of
me for asking
questions about my
cell phone. I once
taught you how to
use a spoon.**

**IF YOU ARE BUYING
SMART WATER FOR
\$5 A BOTTLE
IT'S NOT WORKING**



**"You know, son, this is the dawning of the
Age of Asparagus, Age of Asparaguuuus,
Asparaguuuuuuus, Aspa...ra...guuuus."**

Senior Moments 🙄🙄



**"What do you mean, you forgot where you
parked? You're shopping online."**