



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

Setting aside the IFSEA year of 2021-2022, one can look back on what has happened in the past 18- months since the onset of the Pandemic. No doubt the outcomes of what has happened in our world has been vast and seemingly never ending. While thankfully the horrific first 12 months of the Pandemic that saw millions of persons globally dying has subsided, we still feel and see the effects. As we move forward, we have seemingly evolved into many new patterns of the new normal, or what ever that really is.

This month IFSEA will hold its annual meeting and for the 102nd time we will elect our Board of Directors and officers. There is a further announcement on how to access the annual meeting call in this monthly newsletter as well. I would like to invite you all to not only listen in our virtual annual meeting, but also invite those to participate in our organization as well.

The continued focus for IFSEA moving into our 103rd year as an organization will be to support students with scholarships through the Worthy Goal Foundation and the Kae de Brent Hodges foundation; support of our military program with the "Enlisted Aide of the Year" program; and most certainly continue to present and

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SOMETHING TO THINK ABOUT

There is no wrong way to be you.



Life on the Weil Side!

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

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make available meaningful continuing education and certification with our partnership with the Foodservice Institute (FSI) and the Global Foodservice Institute (GFI).

I wanted to share with you an excerpt of a recent blog I posted that I believe is reflective of what and how foodservice and hospitality industry professionals can continue to work through the labor crisis as a result of the post pandemic world we are working so hard to push through. As restaurants continue to navigate a labor crisis, manpower is an issue—but finding skilled workers remains the greatest challenge. According to the National Restaurant Association, more than 58% percent of restaurants are reporting staffing issues, says this [GrubHub for Restaurants article](#). As restaurants will need to dedicate more time and energy to training new employees, GrubHub says that the key to surviving the labor shortage will be found in retention, stopping the cycle of hiring and losing employees.

According to the same GrubHub article, there are three main targets to employee retention: focusing on a positive work culture, investing in training programs, and scheduling regular check-ins with your employees to verify that they feel comfortable and happy at work. While these steps do take additional thought and time, it will build the foundation and framework of a work environment people want to be in.

Our industry has always been in the people business, and now more than ever we are in the people retention business. Your culture and you setting the tone at the top of your organization and taking the extra time to especially listen to your team may give you some stress in not always wanting to hear what your staff thinks and believes, but this process will in a very short period pay great dividends for not only staff retention but also better engaged staff as well.

Of course, to reach the point of crafting work community and culture, you need to employ individuals who are excited about the work and the concept. The GrubHub article suggests creating referral programs and online campaigns to seek out employees who may align with your goals and values.

Thank you to all of our members and especially our board for their continued support of IFSEA and the goals and foundations we continue to bring forward to and for our industry.

LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP President Emeritus



Never a Dull Moment

If life is dull for you, come join as an active member of our IFSEA leadership team where life is seldom dull. Here are a few things, some of which could use your help.

Enlisted Aide of the Year Award – I created this almost 20 years ago, turned it over to the Metro DC-Maryland USO, the largest in the world. It honors those who work in the homes of Admirals and Generals all over the world. Each services picks their best and comes to DC for a selection board and presentation ceremony. This award has always been the feature of the USO Salute to Military Chefs dinner at the Ritz Carlton in Pentagon City, VA. That handover was supposed to be so it would continue after I'm gone. That didn't work. Too much work for their staff now. SO, I'm back running it along with the former President of the Washington DC USO Chapter, Elaine Rogers. We are working on a fabulous program with celebrities, WWE wrestlers and members of the Joint Chiefs. Chef Robert Irvine's team will be heavily involved as well. IFSEA is a prime sponsor as always.

Certification training – we continue to teach and certify the military, most recent classes at Camp David for the Navy, 4-star HQ for Africa-Europe in Wiesbaden, Germany, and virtual classes for 4-star HQ AFRICOM in Stuttgart, Germany, and Army Yokosuka, Japan. Upcoming Fort Irwin. We also have one of only two certifications approved by Medicare for nursing home and long-term care facility food service managers – if they don't have it, people will not get hired or possibly even lose their positions. We've accredited about 1600 thus far. Working hard on high school and post-secondary Career Technical Education training/certifications and we are now involved in a national association. So how can you help THEM and IFSEA? If you have a high school or military base or nursing home/LTC in your area, and surely you do, call, and ask them if they need help with certification programs for military, nursing homes or schools. Especially for nursing homes, you will be doing them a big favor because the other option takes at least a year and \$2000 to earn. IFSEA's Certified Food Manager (CFM) is \$219 and a few days. CFM is now a JOB GETTER and a JOB KEEPER!

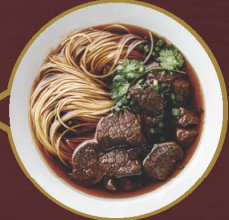
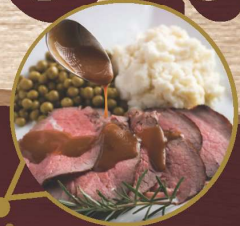
IFSEA Leadership – we're meeting people who are highly skilled in our industry, and involved in other organizations, and adding them to our Board. We need workers, not so many watchers. The people providing most of the ideas and work have been doing so for decades. We could use some fresh bodies and brains. What say you?



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BEEF UP FLAVOR

PREMIUM BEEF BASE



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From the Mind of a Millennial

Alysha Brooks, MCFBD, MCFE, CHP
Director of Development



The other day I was scrolling TikTok™ and found a funny and relatable video about the different employees in a company and how they react to situations based on the generation they are from. The video was created by the page “Fishbowl™” app which they describe as an app between Reddit™ and LinkedIn™.

In the video...

The boss first asks Generation X if they can stay late, their response is, “I can’t, I have to get my kid from soccer practice. Ask a millennial, they never say no...”

The boss then asks a millennial who says, “Oh my gosh, absolutely, I just need to make a quick phone call.” And then the video is cut to the millennial on the phone crying to their mom about how they tried to say “no” but were not heard.

The next person the boss asks is Gen. Z who says, “Yeah that’s going to be a hard pass, that’s not really my vide, but thanks for the offer...”

The boss can’t even ask the baby boomer because they have already left.

To me, this was such an accurate depiction of the generations, and it shows how we are learning the life work balance again as we slipped away from that during the Generation X years. As a millennial, I tend to say “yes” to everything and offer to take on work that I can’t handle or don’t want to do but... I don’t know how to say no.

So... Why is it so important to know and understand the different characteristics of each generation?

Knowing this information will help your business and leadership skills evolve. Each generation is different, they each grew up with different economic and social issues, and they handled situations based on the information that was understood at that time.

Different generations also had to learn different parts of technology.

As a manager, leader, or HR representative it’s important to have an understanding to create trainings that can work with each generation, make policies that can help each generation feel they are appreciated and valued, and to create a fun and productive work environment where, no matter your age, you feel excited to come to work.

To better understand each generation here is a summary of each, all found on Indeed.com.

Baby Boomers (born between 1946 & 1964) – Baby boomers aren’t retiring, they value work-place visibility, are self-sufficient, take pride in themselves on decision-making skills, equate authority with experience, are competitive, define themselves by their jobs, and are both optimistic and realistic.

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From the Mind of a Millennial

Alysha Brooks, MCFBD, MCFE, CHP
Director of Development



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They also state that baby boomers thrive in the fields of installation, transportation, and engineering since they work with their hands and grew up in the era before the internet.

Generation X (born between 1965 & 1980) – The biggest thing with gen x is their value of autonomy, they really value their independence in their work and often hold leadership roles within in their organization. They also expect flexibility, clear goals, and deliverables. Gen Xers pursue education; they saw college as a necessity rather than a luxury and this explains why many millennials who are children of Gen Xer’s pursued college rather than just jumping into the workforce. Lastly, this generation is comfortable with technology as they were directly responsible for the rise of modern technology.

Indeed™ states that although generation x are incredibly diverse and can fit into almost any job, they are mostly attracted to computers, management, construction and transportation.

Millennials (born between 1981 & 1996) – Millennials are Generation Y but are referred to as millennials since they were born near the end of the millennium. Due to witnessing technological growth and development throughout their lives they are more progressive, creative, and far thinking than previous generations.

Millennials value meaningful motivation, challenge hierarchical status quo, place importance on relationships with superiors and tasks rather than time, intuitive knowledge of technology, open and adaptive to change, passionate about learning, receptive of feedback and recognition, free-thinking and creative; and value teamwork and social interactions in the workplace.

Generation Z (born after 1997) – This is the youngest generation that we work with in the workplace. Generation Z’ers expect to work with modern technology, prefers in-person interactions, are entrepreneurial, less tolerant of authoritarian environments, embrace change, value flexibility, and are competitive.

Generation Z tend to seek jobs that have “future-proof” careers that align with their technical proficiencies. They also desire a job with in-person interactions, financial security, and altruism.

Knowing this information will really help you setup your business structure to create a productive environment. It doesn’t work with every operation but the more you understand the humans that work in your operation and pay for your products, the easier it is to succeed.

Happy fall everyone!

? Did ? You ? Know ?

H O N E Y

Honey, particularly in its raw form, offers unique health benefits that you might not be aware of. Among them...

1. Honey Makes Excellent Cough "Medicine. The World Health Organization (WHO) lists honey as a demulcent, which is a substance that relieves irritation in your mouth or throat by forming a protective film. Research shows honey works as well as dextromethorphan, a common ingredient in over the counter cough medications, to soothe cough and related sleeping difficulties due to upper respiratory tract infections in children.

2. Honey Can Treat Wounds

Honey was a conventional therapy in fighting infection up until the early 20th century, at which time its use slowly vanished with the advent of penicillin. Now the use of honey in wound care is regaining popularity, as researchers are determining exactly how honey can help fight serious skin infections.

Honey has antibacterial, antifungal, and antioxidants activities that make it ideal for treating wounds. In the US, Derma Sciences uses Manuka honey for their Medihoney wound and burn dressings.

Manuka honey is made with pollen gathered from the flowers of the Manuka bush (a medicinal plant), and clinical trials have found this type of honey can effectively eradicate more than 250 clinical strains of bacteria, including resistant varieties such as:

•MRSA (methicillin-resistant Staphylococcus

aureus) •MSSA (methicillin-sensitive Staphylococcus aureus) •VRE (vancomycin-resistant enterococci) Compared to other types of honey, Manuka has an extra ingredient with antimicrobial qualities, called the Unique Manuka Factor (UMF). It is so called because no one has yet been able to discover the unique substance involved that gives it its extraordinary antibacterial activity.

Honey releases hydrogen peroxide through an enzymatic process, which explains its general antiseptic qualities, but active Manuka honey contains "something else" that makes it far superior to other types of honey when it comes to killing off bacteria. That being said, research shows that any type of unprocessed honey helped wounds and ulcers heal. In one study, 58 of 59 wounds showed "remarkable improvement following topical application of honey."

3. Honey Improves Your Scalp

Honey diluted with a bit of warm water was shown to significantly improve seborrheic dermatitis, which is a scalp condition that causes dandruff and itching. After applying the solution every other day for four weeks, "all of the patients responded markedly." According to the researchers: "Itching was relieved and scaling was disappeared within one week. Skin lesions were healed and disappeared completely within 2 weeks. In addition, patients showed subjective improvement in hair loss."

4. Help Boost Your Energy

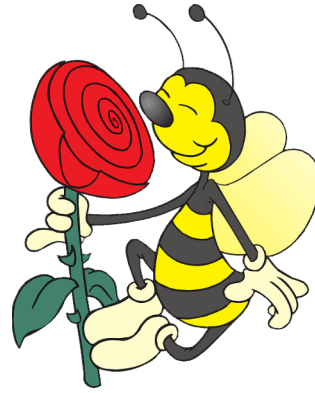
A healthy, whole-food

(Continued on page 8)

? Did ? You ? Know ?



H O N E Y



(Continued from page 7)

By Dr. Mercola

Honey has been valued as a natural sweetener long before sugar became widely available in the 16th century. Honey production flourished in ancient Greece and Sicily, for instance, while animals other than humans – bears, badgers, and more – have long raided honeybee hives, risking stings for the sweet reward.

Honey is truly a remarkable substance, made even more extraordinary by the process with which it is made. This blend of sugar, trace enzymes, minerals, vitamins, and amino acids is quite unlike any other sweetener on the planet.

And while honey is high in fructose, it has many health benefits when used in moderation (assuming you're healthy). Before I delve into those, here's a brief "lesson" on how honey is made...

How Honey Is Made (Fascinating!)

It takes about 60,000 bees, collectively traveling up to 55,000 miles and visiting more than 2 million flowers, to gather enough nectar to make one pound of honey.

Once the nectar is gathered, the bee stores it in its extra stomach where it mixes with enzymes, and then passes it (via regurgitation) to another bee's mouth. This process is repeated until the nectar becomes partially digested and is then deposited into a honeycomb.

Once there, the honeybees fan the liquid nectar with their wings, helping the water to evaporate and create the thick substance you know as "honey." This honeycomb is then sealed with a liquid secretion from the bee's abdomen, which hardens into beeswax. As Live Science reported:

"Away from air and water, honey can be stored indefinitely, providing bees with the perfect food source for cold winter months."

There are more than 300 kinds of honey in the US, each with a unique color and flavor that is dependent upon the nectar source. Lighter colored honeys, such as those made from orange blossoms, tend to be milder in flavor while darker-colored honeys, like those made from wildflowers, tend to have a more robust flavor.

Recipe Box

Honey Bun Cake

- 1 (18.25 ounce) package yellow cake mix
- 3/4 cup vegetable oil
- 4 eggs
- 1 (8 ounce) container sour cream
- 1 cup brown sugar
- 1 tablespoon ground cinnamon
- 2 cups confectioners' sugar
- 4 tablespoons milk
- 1 tablespoon vanilla extract



Preheat oven to 325 degrees F (165 degrees C). In a large mixing bowl, combine cake mix, oil, eggs and sour cream. Stir by hand approximately 50 strokes, or until most large lumps are gone. Pour half of the batter into an ungreased 9x13 inch glass baking dish. Combine the brown sugar and cinnamon, and sprinkle over the batter in the cake pan. Spoon the other half of the batter into the cake pan, covering the brown sugar and cinnamon. Twirl the cake with a butter knife or icing knife until it looks like a honey bun (or whatever design you want to make).

Bake in preheated oven for 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Frost cake while it is still fairly hot. Serve warm.

To Make the frosting: In a small bowl, whisk together the confectioner's sugar, milk and vanilla until smooth.

Recipe Box

Honey Crunch Pecan Pie

serves: 8



Preheat oven to 350 degrees F (175 degrees C). To Make Crust: In a medium bowl, mix together flour and 1 teaspoon salt. Cut in shortening until mixture is crumbly. Gradually add water and vinegar. Cut together until mixture will hold together. Press dough into a ball and flour each side lightly. Wrap in plastic and chill for 20 minutes. Roll out between wax paper into a circle 1/8 inch thick and press into 9 inch pie pan. To Make Filling: In a large bowl, combine eggs, 1/4 cup brown sugar, white sugar, 1/2 teaspoon salt, corn syrup, melted butter, vanilla extract, and chopped pecans. Add bourbon if desired. Mix well. Spoon mixture into unbaked pie shell. Bake in pre-heated oven for 15 minutes. Remove and cover edges of pastry with aluminum foil.

2 cups all-purpose flour
1 teaspoon salt
3/4 cup shortening
6 tablespoons cold water
1 teaspoon distilled white vinegar
4 eggs, lightly beaten
1/4 cup packed brown sugar
1/4 cup white sugar
1/2 teaspoon salt
1 cup light corn syrup
2 tablespoons butter, melted
1 teaspoon vanilla extract
1 cup chopped pecans
1 tablespoon bourbon (optional)
1/3 cup packed brown sugar
3 tablespoons butter
3 tablespoons honey

Return to oven and bake 20 more minutes. To Make Topping: Combine 1/3 cup brown sugar, butter or margarine, and honey in a medium saucepan. Cook over low heat, stirring occasionally, until sugar dissolves - about 2 minutes. Add pecans. Stir just until coated. Spoon topping evenly over pie. Keep foil on edges of pastry and return pie to oven for an additional 10 to 20 minutes, until topping is bubbly and golden brown. Cool to room temperature before serving.



From the Vine

Moscato d'Asti

Moscato d'Asti is a semi-sweet, lightly sparkling, low-alcohol wine from Piedmont, northwestern Italy. It could hardly be more different from Piedmont's other iconic wine style – robust, red, Barolo. As implied by its name, the wine is made from Moscato grapes grown in vineyards near the town of Asti. The classic Moscato d'Asti wine is characterized by elegant floral aromas and notes of peach, apricot and fresh grape juice (© Wine-Searcher). It is one of Italy's most famous and most popular wines. The wine's best-known producers include Castello del Poggio, Michele Chiarlo, Villa Rinaldi and Paolo Saracco. Even California-based Cupcake Vineyards now produces a Moscato d'Asti.

The Moscato Bianco grape variety has been at home in Piedmont for centuries. The variety was officially recorded as far back as the 13th Century, in the statues of the town of Canelli. Canelli remains important to Moscato today; it is located at the very heart of the Moscato d'Asti production area and is home to several wineries of note. The Moscato Bianco variety is even sometimes known by the synonym Moscato di Canelli.

Moscato (often known by its French title, Muscat Blanc à Petits Grains) is used all around the Mediterranean. It makes both dry and sweet wines, typically characterized by fresh, floral, grapey aromas. It rarely makes "serious" wines, but is very well suited to lighter-hearted, indulgent styles, of which Moscato d'Asti is a prime example. Moscato d'Asti wines can be consumed as a refreshing aperitif, but are well matched with desserts, particularly with the classic panettone, fruit tarts, or with pastries made with hazelnuts, almonds or pumpkin..

There are several subtle differences between Moscato d'Asti and Asti Spumante. Moscato d'Asti is semi-sweet, very gently

sparkling and has an alcohol content by volume of around 5-6 percent. Asti Spumante is slightly drier, fully sparkling and has an alcohol content closer to 9 percent by volume. Strength of sparkle is key here, and is perhaps the easiest way to distinguish between the two wines. In Italian sparkling wine parlance, Moscato d'Asti is frizzante (min. 1 atmosphere of pressure), whereas Asti Spumante is spumante (min. 4 atmospheres of pressure).

The Moscato style that we know today is said to have been created in the 16th Century by Giovan Battista Croce, who made his fortune making jewelry for the nobility of Savoy. Croce owned a vineyard in the hills above Turin, and experimented with ways of producing sweet wines. The style he eventually created has proved enduringly popular. The production process for Moscato d'Asti is quite distinct from that of Champagne, or any of the world's more serious sparkling wines. It is not made in the méthode traditionnelle and is not bottle-fermented at any point; its sparkle comes entirely from being fermented in pressurized tanks.

The technique used to make Moscato d'Asti has become known as the "Asti Method". As soon as the Muscat grapes are harvested, they are de-stemmed and pressed – as quickly and gently as possible to retain the delicate floral aromas. The resulting must is filtered and kept chilled until required. The wine is created by fermenting a batch of this must in a pressurized tank. As yeasts convert the grape sugars to alcohol, carbon dioxide gas is released as a byproduct. A certain quantity of this gas is deliberately kept trapped in the wine, creating the all-important sparkle. When the alcohol level reaches around 5 percent, the wine is chilled, killing the yeasts and stopping the fermentation. The resulting product is sweet, sparkling, perfumed Moscato d'Asti.

The 2022 USF Alumni Awards

Five honorees have transformed their fields and the Tampa Bay area

The 2022 USF Alumni Award recipients include three renowned graduates who became groundbreaking standard-bearers in their respective fields, as well as one former student and one non-alum who transformed USF and the Tampa Bay area through their visionary initiatives and generosity.

Presented by the USF Alumni Association since 1976, the Distinguished Alumni awards are the highest honors bestowed upon former students for professional achievement. Two service awards confer USF's highest honors for former students and non-alumni who've demonstrated outstanding dedication and service to USF and the Tampa Bay area.

The awards will be presented Oct. 13 at the USF Alumni Awards Dinner in the Marshall Student Center Ballroom, USF Tampa campus.

:



Ernest P. Boger II, Psychology '65 – Distinguished Alumni Award

Recognizing USF alumni who have achieved the pinnacle of success in their careers

Ernest Boger, who retired in 2020 as a professor and distinguished chair at the University of Maryland Eastern Shore, was USF's first Black student and first Black graduate. He was also the first Black person to earn an MBA in finance at the University of North Texas; the first to receive the American Hotel & Lodging Association's certified hotel administrator designation; and the first Black professor in the University of South Carolina's College of Hospitality, among other distinctions. Boger, who holds a doctorate in management, is a national and international leader in hospitality industry education, a prolific published author, and recognized both for excellence and innovation in hospitality education as well as for his role in integrating educational and professional institutions across the country.

IFSEA Annual Meeting

In accordance with the International Food Service Executives Association By-Laws this announcement is in regard to the annual IFSEA business meeting to be held on Thursday October 27, 2022. This will be a virtual business meeting and the log in link is below along with phone access information. The agenda will be published forthcoming as well.

Join Zoom Meeting

<https://us02web.zoom.us/j/82598383564?pwd=c2pZQm8vTFkwL0VoVndmUmpSSVcvZz09>

Meeting ID: 825 9838 3564

Passcode: 883679

One tap mobile

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+1 646 931 3860 US

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

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+1 312 626 6799 US (Chicago)

Meeting ID: 825 9838 3564

Passcode: 883679

Find your local number: <https://us02web.zoom.us/j/82598383564?pwd=c2pZQm8vTFkwL0VoVndmUmpSSVcvZz09>

IFSEA MeetUps!

The next time your branch gathers for a Meet-up, be sure to snap a few photos and send them to me at mattifsea@gmail.com.

August 30th, 2022

The following is a screenshot from the August 30, 2022 IFSEA MeetUp. If you have not taken the time of one hour out of your month, you are missing out.....really. Hosted by IFSEA's Chair Elect Alysha Brooks, this one-hour session is worth your time. The topics for the next several months including the dates for the October MeetUp is below and we will have more highlights from the September call in the next newsletter as well. More information will be sent out of all members about how to log in as well.



The August IFSEA Monthly Meetup Call we had a wonderful discussion about laws pertaining to serving alcohol, including: refusing service, insurance issues and training.

Richard Weil, Chairman of the Board and Principal of National Restaurant Consulting, spoke about the legal aspects to why you can't refuse alcohol service to a pregnant woman. As well as the responsibility of the company and employee if someone were to get hurt, and the consequences with and without employee safe alcohol serving training.

Stan Gibson talked about his experience at a Wendy's with a customer survey. We plan to discuss this on our October call. Stan also spoke about a cool experience he had at an upscale restaurant when a birthday reservation was made. When they made it to the restaurant, they found a lit candle and a card signed by all the employees in the restaurant. What a nice touch!

We each had a chance to introduce ourselves and how we are involved with IFSEA. The discussion will always have a planned discussion but will be flexible so people can ask questions as well.

Our next discussions: October 25th – 4:00 p.m. to 5:00 p.m. EST

Customer Surveys and Responses to Guest Feedback –

Stan Gibson will lead the discussion after the welcome, with his experience and then we'll all take turns giving input.

November 15th (not the last Tuesday since many people will be traveling that last week or returning from a busy week) – 4:00 p.m. to 5:00 p.m. EST

Ways to Handle the Busy Season in Hospitality – What does your operation do to handle the busy season and keep employee morale up?

December – No meeting! Happy Holidays!

January – New Meeting Schedule will be Posted!

FLASH BACK

From the Stan Gibson collection!



Gil and Belle Wiggins



L-R Top row - Judith Manley, Stan Gibson,
Herman Cain, Hovey McClure
L-R bottom row - Suzanne Gibson, Ute Rainer-
Schmitt, Dot McClure



Hovey McClure, Bob Mathews



Hovey McClure, Dot McClure

Halloween

The first Jack O'Lanterns were actually made from turnips.[7]

Halloween is the second highest grossing commercial holiday after Christmas.[8]

The word "witch" comes from the Old English *wicce*, meaning "wise woman."

In fact, *wiccans* were highly respected people at one time. According to popular belief, witches held one of their two main meetings, or sabbats, on Halloween night.[9]

Fifty percent of kids prefer to receive chocolate candy for Halloween, compared with 24% who prefer non-chocolate candy and 10% who preferred gum.[3]

According to Irish legend, Jack O'Lanterns are named after a stingy man named Jack who, because he tricked the devil several times, was forbidden entrance into both heaven and hell. He was condemned to wander the Earth, waving his lantern to lead people away from their paths. [9]

The largest pumpkin ever measured was grown by Norm Craven, who broke the world record in 1993 with a 836 lb. pumpkin.[4]

Trick-or-treating evolved from the ancient Celtic tradition of putting out treats and food to placate spirits who roamed the streets at Samhain, a sacred festival that marked the end of the Celtic calendar year.[6]

"Souling" is a medieval Christian precursor to modern-day trick-or-treating. On Hallowmas (November 1), the poor would go door-to-door offering prayers for the dead in exchange for soul cakes.[7]

Black and orange are typically associated with Halloween. Orange is a symbol of strength and endurance and, along with brown and gold, stands for the harvest and autumn. Black is typically a symbol of death and darkness and acts as a reminder that Halloween once was a festival that marked the boundaries between life and death.[9]

Ireland is typically believed to be the birthplace of Halloween.[8]

According to tradition, if a person wears his or her clothes inside out and then walks backwards on Halloween, he or she will see a witch at midnight.[9]

During the pre-Halloween celebration of Samhain, bonfires were lit to ensure the sun would return after the long, hard winter. Often Druid priests would throw the bones of cattle into the flames and, hence, "bone fire" became "bonfire." [8]

About half of children prefer to receive chocolate on Halloween.

2022 IFSEA OFFICERS AND DIRECTORS

Board	Position	Email
Richard Weil	Chairman	richard@nrcadvice.com
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Brian Kunihiro	Director	brianifsea@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
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RANdom STuff



My teacher told me not to worry about spelling because in the future there will be autocorrect. And for that I am eternally grapefruit.

**Great chefs always use
butter, that way there's
no margarine for error.**



**There's a woman in the
park who sells
batteries.**

**She sells C cells by the
seesaw.**