

ifsea infusion

INFUSION: To instill a principle or quality: To introduce: To inspire

INTERNATIONAL FOOD SERVICE EXECUTIVES ASSOCIATION



Conference Update

There is still time to register for the conference. Go to www.ifsea.com to find registration material for conference. The conference hotel is sold out for Friday and Saturday night. For an alternative we suggest one of three following hotels:

- Radisson- 816-474-6664
- Hotel Philips-816-221-7000
- The Hilton President- 816-221-9490

The rooms at all three of these hotels are outside of our room block, so the IFSEA hotel room rate is not applicable.

Two important events during conference:

The South Carolina Branch has proposed a change to the IFSEA by-laws. The change would create a military branch (giving military members their own branch) within IFSEA. The situation arose because the Military Hospitality Alliance is going to be incorporated within IFSEA. This will provide a needed membership boost to IFSEA, and give the military a largerr presence within IFSEA. The MHA will no longer exist in its current form. If you feel strongly about this change to the by-laws, please contact your branch president and provide your feedback.

Also, during the conference your new Board of Directors will be voted on according to the by-laws. Open International positions include: Chairman Elect, Treasurer and two Directors. The membership will be receiving the names of the members being nominated by the Nominating Committee in an e-mail from headquarters.

If you have any feedback regarding the people nominated or know of anyone who would like to be nominated, please contact your Branch President.



NETWORKING - MENTORING - COMMUNITY SERVICE - HAVING FUN

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

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There's still time to register !

A FEW SESSION HIGHLIGHTS

SO YOU WANT TO BE A CATERING/EVENT MANAGER

Barbara Sadler, MCFE, Director of Catering, Arvada Center

Geared toward the up and coming student stars in IFSEA, this overview of event manager will provide the students with great insight into this exciting career field. Learn what it takes from start to finish to put on a great event from menu planning to staffing to execution! See the latest trends in events and themes. Learn how to anticipate your client's needs and make them the star. Tips on how to get hired with limited experience in the field. Let your creative juices flow in this informative session!

BUILDING A STUDENT PORTFOLIO: KEYS FOR SUCCESS

Agnew Hopkins, MCFE, CHE, Assistant Professor, Johnson and Wales University
Lyn Woodruff, MBA, CHE, CEC, FMP, Instructor, Johnson and Wales University

This workshop is a must for all students attending the conference. The focus of this session will be how to develop a personal marketing tool, a portfolio to present to perspective employers while interviewing for professional positions upon graduation. The workshop will include resume building, interview skills, best practices (knowledge, skills and abilities) and how to properly dress for interviews with the goal of being hired by a progressive hospitality related company.

MAKE A DIFFERENCE...BY BEING THE DIFFERENCE

Larry Brown, DODG, CFE, CPFB
Vice President and General Manager,
Michaels & Associates

Past International Chairman/ IFSEA (2004-2005)
There is no such thing as small stuff! In today's highly competitive business climate, it's often the little things that get people noticed...and promoted! This session will address various ways that you can be the difference, and how to leverage your professionalism for potential career advancement.



**MARK YOUR
CALENDAR!**

106th
IFSEA International
Conference and Semi-
nar
Marriott Hotel
Kansas City, Missouri
March 29 - April 1, 2007

Recipe Box



IRISH STEW servings: 6

- 1 tablespoon olive oil
- 2 pounds boneless lamb shoulder, cut into 1 1/2 inch pieces
- 1/2 teaspoon salt
- freshly ground black pepper to taste
- 1 large onion, sliced
- 2 carrots, peeled and cut into large chunks
- 1 parsnip, peeled and cut into large chunks (optional)
- 4 cups water, or as needed
- 3 large potatoes, peeled and quartered
- 1 tablespoon chopped fresh rosemary (optional)
- 1 cup coarsely chopped leeks
- chopped fresh parsley for garnish (optional)

Heat oil over medium heat in a large stockpot or Dutch oven. Add lamb pieces and cook, stirring gently, until evenly browned. Season with salt and pepper.

Add onion, carrots and parsnips and cook gently alongside the meat for a few minutes. Stir in water. Cover and bring to a boil before turning the heat to low. Simmer for 1 hour or longer, until meat is cooked and tender. Stir in potatoes and simmer for 15 to 20 minutes, add leeks and rosemary. Continue to simmer uncovered, until potatoes are tender but still whole.

Serve piping hot in bowls garnished with fresh parsley.

Calories: 612 Total fat: 34.9 g
Cholesterol: 109 mg Sodium: 319 mg
Total Carbs: 44.3g
Dietary Fiber: 7.1g
Protein: 29.8g

LAWS OF THE NATURAL UNIVERSE

- >Law of Mechanical Repair: After your hands become coated with grease your nose will begin to itch or you'll have to pee.
- >Law of the Workshop: Any tool, when dropped, will roll to the least accessible corner.
- >Law of probability: The probability of being watched is directly proportional to the stupidity of your act.
- >Law of the Telephone: When you dial a wrong number, you never get a busy signal.
- >Law of the Alibi: If you tell the boss you were late for work because you had a flat tire, the very next morning you will have a flat tire.
- >Variation Law: If you change lines (or traffic lanes), the one you were in will start to move faster than the one you are in now. (works every time)
- >Bath Theorem: When the body is fully immersed in water, the telephone rings.
- >Law of Close Encounters: The probability of meeting someone you know increases when you are with someone you don't want to be seen with.
- >Law of the Result: When you try to prove to someone that a machine won't work, it will.
- >Law of Biomechanics: The severity of the itch is inversely proportional to the reach.
- >Theatre Rule: At any event, the people whose seats are furthest from the aisle arrive last.
- >Law of Coffee: As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.
- >Murphy's Law of Lockers: If there are only two people in a locker room, they will have adjacent lockers.
- >Law of Dirty Rugs/Carpets: The chances of an open-faced jelly sandwich of landing face down on a floor covering are directly correlated to the newness and cost of the carpet/rug.
- >Law of Location: No matter where you go, there you are.
- >Law of Logical Argument: Anything is possible if you don't know what you are talking about.
- >Brown's Law: If the shoe fits, it's ugly.
- >Oliver's Law: A closed mouth gathers no feet.
- >Wilson's Law: As soon as you find a product that you really like, they will stop making it.

(Submitted by Don McIntosh, DODG, CFE)



THINGS TO THINK ABOUT THAT YOU PROBABLY HAVE NEVER THOUGHT ABOUT

Can you cry under water?

Why do you have to "put your two cents in"... but it's only a "penny for your thoughts"? Where did the extra penny go?

Why does a round pizza come in a square box?

What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why are you IN a movie, but you're ON TV?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why do doctors leave the room while you change? They're going to see you naked anyway.

If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?

Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!

If Wiley E. Coyote had enough money to buy all that ACME crap, why didn't he just buy dinner?

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

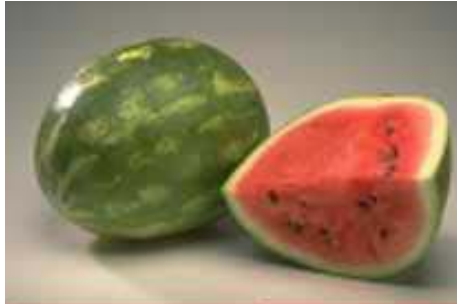
If electricity comes from electrons, does morality come from morons?

Do the Alphabet song and Twinkle, Twinkle Little Star have the same tune?

Why did you just try singing the two songs above?

DID YOU KNOW?

WATERMELON



An American favorite for meals and snacks. People can't seem to get enough of the sweet treat, and nutritionists have long appreciated the health benefits watermelon provides. Recently research has shed new light on its potential health benefits. Watermelon contains high concentrations of lycopene, an antioxidant that may help reduce the risks of cancer and other diseases. Watermelon is fat free, nutritionally low in calories and considered an ideal diet food, and is high in energy, making it a great energy boost!

Watermelon, the fruit that is really a Vegetable. Watermelon can be traced back to Africa and is part of the cucumber and squash family. Early watermelons were mainly rind and seeds. Today's varieties are larger, the flesh sweeter, the seeds smaller and the rind thinner. It is perhaps the most refreshing, thirst quenching fruit of all. Watermelon consists of 92% water and 8% sugar, so it is aptly named. Americans eat over 17 lbs of watermelon each year. The largest one on world record (Guinness Book of World Records) weighed 262 pounds.

Nutritional Facts: Fat-free; Saturated fat-free; Very low sodium; Cholesterol-free; A good source of vitamin A; High in vitamin C.

Selecting

Choose firm, symmetrical, fruit free of cracks, bruises, soft spots or mold. Ripe watermelon will have a healthy sheen, a dull rind, dried stem, and a buttery yellow underside where it touched the ground. There should be a melon like smell or fragrance. Thump if you must, sound should be dull and hollow. Lift them, weight should be heavy for size.

Special Tip

Avoid watermelons that are very hard, white or very pale green in color on the underside, indicating immaturity. An immature watermelon will be slightly acidic.

Storing

Once picked, watermelon will not ripen easily. If unripe, try putting the whole melon in paper bag un-refrigerated. This sometimes works to ripen them. Watermelons can be kept for short periods of time, up to 2 weeks, uncut at room temperature. Wash watermelon with soap and water before cutting. Once cut, package what is not eaten in closed plastic containers or bags and put back in the refrigerator.

IN THE NEWS

'He'll have the bow-wow pizza'

Florida restaurants are adding items such as kibble to their menus after newly passed legislation that has opened outdoor eating areas to canines. "Dogs are the children of the new millennium," Florida resident Tina Valant-Siebelts said. "The greatest benefit is you'll never have to dine alone."

Foods to fight high cholesterol

Processed foods fortified with plant sterols, including Mars' CocoaVia bars or Coke's Minute Maid Heart Wise orange juice, might be effective in cutting cholesterol, according to a new study. [The Wall Street Journal](#)

Study: Wine-drinking men could add four years to lives

A study of 1,373 Dutch men over the course of 40 years concludes those who drink about a half a glass of wine a day over decades might live as much as four years longer than nondrinkers. Researchers found the men who drank any type of alcohol in moderate amounts tended to live longer, and wine drinkers lived longest of all. [WebMD](#)

Life is like a box of chocolates for Bubba Gump Shrimp

[Bubba Gump Shrimp Co.](#), which started out as a single California restaurant based on the 1994 movie "Forrest Gump," has grown into a chain with 20 restaurants located from Breckenridge, Colo., to Hong Kong. The company, which features a shrimp-based menu and celebrates the Oscar-winning film with trivia, souvenirs and chocolates, has announced plans to raise capital and open as many as 50 additional restaurants in the next five years. [The Monterey County Herald](#)

Online registration gives insider discounts

The National Restaurant Association 2007 Restau-

rant, Hotel-Motel Show [Travel Desk](#) offers the best rates and rooms. This year's show is set for May 19 through May 22, at McCormick Place in Chicago. Use meeting code 501CP for a chance to win two round-trip [United Airlines](#) tickets. Don't miss your chance to get priority rooms and discounts. [Register today](#)

Food-focused vacations hot for travelers, hotels

As more Americans are devouring leisure travel with a cuisine focus, hotels are stepping up to fill their every desire. High-profile chefs, cooking schools, food and wine packages and more are being served to capture the growing market. Forbes outlines 10 of the best gourmet getaways. [Forbes](#)

A better-for-you Crisco

[J.M. Smucker Co.](#) introduced a new, reformulated Crisco which contains nearly no trans fats. "The performance is the same for those tried-and-true family recipes that people have come to rely on Crisco for," a company spokeswoman said. [The Seattle Times](#)

Home cooking is not just by women anymore

Gone are the days when pizza, beer, frozen foods and ketchup were the only items stocked in a man's refrigerator. Thanks to a strong effort by the food industry to draw men into culinary interests, and the draw of a pop culture that has made cooking "cool," more men are buying kitchen tools, watching the Food Network and finding themselves cooking for fun. [San Mateo Daily Journal](#)

U.S. set to overtake France as largest wine market

The wine market in the U.S. is expected to grow to \$22.8 billion by 2010 and Americans will outpace the French as the largest consumers of wine in the world, a study found. [CNNmoney.com/Reuters](#)

EDUCATIONAL SESSIONS

Attendance for these sessions is included in the price for a full conference registration. To ensure available seating at the session of your choice, pre-registration is required. Please mark only one box during each session.

FRIDAY, MARCH 30, 2007

4:00 p.m. - 5:30 p.m.

- How to Grow Your Local IFSEA Chapter
- So You Want to be a Catering/Event Manager

SATURDAY, MARCH 31, 2007

11:00 a.m. - 12:30 p.m.

- Pandemics and the Foodservice Industry
- Building a Student Portfolio

4:30 p.m. - 5:30 p.m.

- CFE Knowledge Bowl

2:45 p.m. - 4:15 p.m.

- Foodservice Leadership in the 21st Century
- Make a Difference ...by Being the Difference

GUEST REGISTRATION

Individual tickets are available for meals and social events for guests of full conference attendees. You may purchase a full guest conference registration, which will include all meals and receptions, or individual tickets are available for each event. Please indicate the guest tickets desired and the full name of your guest. Included the additional fee in your remittance.

Guest Name _____

- Guest Full Meal & Social Event Registration \$295 (Includes all meal functions, does not include tours)

INDIVIDUAL GUEST TICKETS

Thursday, March 29

Tours

- Shopping and Overview of Kansas City \$35
- Harley Davidson Factory Tour \$52
- Opening Reception \$55

Friday, March 30

- IFSEA Chairman's Celebration Dinner \$105

Saturday, March 31

- Awards Luncheon \$45
- Military Awards Dinner \$105

EMERGENCY CONTACT

Please provide the following information in case of emergency.

Name _____

Daytime Phone _____

Evening Phone _____

Method of Payment

Sorry, IFSEA cannot bill you. All fees must be paid in advance and accompany this registration form.

Primary Attendee-Conference Registration \$ _____
Primary Attendee-Optional Events \$ _____
Guest Registration \$ _____
Total conference fees due to IFSEA \$ _____

- Check payable to IFSEA enclosed
- Please charge my American Express/Discover/MasterCard/ Visa

Card Number _____

Expiration Date _____

Signature _____

Cancellation Policy

Written notice of cancellation must be received at IFSEA Headquarters no later than March 15, 2007, in order to receive a refund, less a \$75 processing fee. There will be no refunds for cancellations after this date. No shows will be charged the full conference rate.



Please complete all information and return form to:
International Food Service Executive's Association
304 West Liberty Street, Suite 201, Louisville, KY 40202
Fax: 502/589/3602
www.ifsea.com

Questions? Call IFSEA Headquarters at 502/583-3783