

# ifsea infusion

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

INTERNATIONAL FOOD SERVICE EXECUTIVES ASSOCIATION



## INTERNATIONAL NEWS

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**Lincoln Johnson** recently earned his designation as a **Certified Bar Manager**. A 15 year industry veteran, Lincoln is an Assistant Manager at **Graze** restaurant in **Chicago**. Previously he worked with **Fox & Hounds Restaurant Group, Levy Restaurants, Houston's, and California Pizza Kitchen**. Lincoln recently joined the **Northern Illinois Branch** of **IFSEA** and rapidly completed the necessary work to earn this prestigious professional recognition.

On Saturday, May 5th at Chi-Bar at the Sheraton hotel, **Jennifer Contraveos**, **CBM**, Bar Manager at **Graze** restaurant in Chicago and **Northern Illinois Branch** member competed in the **Illinois State Championship Cocktail Competition** for the **United States Bartenders Guild**, finishing third overall.

**Mike Gaeta**, **CFE** celebrates his **20th** anniversary as an **IFSEA** member, while **Kurt Ostrowski** celebrates his **10th** anniversary as an **IFSEA** member.

Chef **Jennifer Bucko**, associate dean of the Institute of Culinary Arts at Robert Morris College, and Lara Rondinelli, R.D., L.D.N., C.D.E., co-authors of the award-winning American Diabetes Association cookbook, **Healthy Calendar Diabetic Cooking**, recently appeared on **ABC 7 Chicago** Saturday morning news to promote their book and their appearance at the Diabetes Expo that took place on April 28 at Navy Pier. Bucko and Rondinelli did a cooking demo for over 100 people at the Expo of recipes from their book. Students from RMC Culinary assisted at the demo and prepared and passed out hundreds of taste samples from the book.

**Healthy Calendar Diabetic Cooking** is a unique cookbook concept featuring month-by-month, week-by-week, and day-by-day meal plans and recipes with dietitian and chef tips that make it much easier for people to eat healthily. The menus come with weekly grocery lists so you can purchase only what you need, saving time and money. As a bonus, each month features reminders of special ADA events and other health-related activities of interest.

Bucko and Rondinelli's second American Diabetes Association cookbook is expected to be published in the Spring of 2008.

*(continued on page 3)*

**NETWORKING - MENTORING - COMMUNITY SERVICE - HAVING FUN**

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

# PETER'S POINTS TO PONDER

Aloha,

It has been roughly a month from our 2007 conference in Kansas City. It had been a rough one. Many challenges had occurred, and from that many opportunities. I know that we on the Executive Committee have been working hard for our membership, and are excited about the programs we have started.

The first challenge was the decision we had to make regarding our management. FSA has been notified that they will no longer be managing our organization. The end date of their management is to be June 30, 2007. We will at that point be going to self-management. We are contracting with Judy Manley & Associates and Ed Manley & Associates to do certain jobs to run the organization. We are not hiring Ed to be President, as he is retired, and wants to remain so. Both Judy and Ed will take care of certain tasks to keep our organization running smoothly through the transition away from FSA, and towards a better IFSEA. There will be other jobs that will need to be done, and we will look at how best to have them done either by other members or another company. Thank you Judy and Ed for stepping forward to IFSEA out with all of your experience.

Next was the decision to hold the 2008 conference in Denver. The Colorado Centennial Branch of IFSEA had prepared a proposal to host our next conference that made it seem that it is ready to happen next week! We know there is a lot more to be done, and look forward to making the 2008 conference a memorable one. With the steady efforts of Ed Manley and Conference Chair Rick Diaz we will have all of the information for the conference available soon, well in advance of our deadlines.

By having the conference worked on now, we will have the opportunity to work on not only the needs of our membership, but also our Military partners. One of the greatest concerns is that we constantly review what our Service Branches need and desire. By looking for that input we will be able to offer the Army, Coast Guard, Military Airlift Command, and Navy a conference we will be proud of.

The EC will be meeting in Denver to work on our budgets in May. We hope to have the conference and IFSEA budgets ready to present to the Board of Directors immediately after that, well in advance of our deadlines. We are just waiting on information from FSA on last conference to better plan the upcoming year.

The reason for meeting in Denver is several fold. First, second, and third is cost. We will be saving IFSEA tremendous funds by not doing as was done for the several past years. It had been done where the EC met in the Chairman's home state. As this would have meant Hawaii, there would have been tremendous cost. I am going to be at the NRA in Chicago, and will travel through Denver on my way back to Hawaii; The Chair-Elect, Rick Diaz, lives in Denver, and the Treasurer, Bill Leonard is driving to Denver for the meeting.

Now with the 2008 conference scheduled for Denver, the opportunity for further savings is present, as the EC can preview conference host hotels hopefuls. The EC can also preview menu options and facility offerings. That is another savings on travel.

There will be many other challenges to face in the next 11 month's until our next conference. I know the EC is up to the task, and I look forward to working with all of you to look back at a great year when in Denver. As you have just read, a lot went on, and a lot has been done. Next?

Mahalo,

Peter Pao MCFE, CHM, CPFM

Chairman of the Board



## GOING TO THE NRA FOOD SHOW?

On Monday, May 21st the Northern Illinois Branch will be hosting a cocktail reception for all IFSEA members and their Guests attending the NRA show in Chicago. Our reception will be from 5:00pm until 8:00pm. The event will be held at Dearborn Tower 1530 S. State Street. #12A Plenty of meter parking on the west part of 16th & State; or free parking on State Street; we have passes for residential passes ... simply need to let us know when you RSVP. To RSVP, call 847.925.6874.

## Conference Highlights



Past CAFP Presidents John Pheonix and Grant Thompson congratulate Judith Manley, DODG, MCFE, CPFM, CHM on her DODG.



Congratulations to our newest member of the Distinguished Order of the Dinner Gong Judith Manley, DODG, MCFE, CPFM, CHM.



Judith Manley, DODG, MCFE, CPFM, CHM with a Marine Escort.



Edgar Degasper, DODG, CFE presented Judith Manley, DODG, MCFE, CPFM, CHM with her DODG medallion.

*Special thanks to Don McIntosh, DODG, CFE for providing the photos.*

# Recipe Box

## Pear and Roquefort Open-Face Sandwich

Servings: 4



4 slices walnut bread, about 1/2 inch thick  
4 thin slices prosciutto  
2 ripe pears, peeled, halved, cored and thinly sliced lengthwise  
3 1/2 oz. Roquefort cheese, sliced very thin  
Mixed salad greens, washed and dried

### WALNUT VINAIGRETTE

1/2 cup walnut oil  
3 TBLSP fresh lemon juice  
1 tsp. Dijon mustard  
1/2 tsp. superfine sugar  
Salt and pepper to taste  
2 TBLSP chopped walnuts

Place vinaigrette ingredients in screw top jar and shake until an emulsion forms. Set aside.

Preheat broiler and toast bread slices on both sides until crisp but not brown. Fold prosciutto to cover each slice of bread, divide pear slices evenly and top each slice of bread. Evenly divide cheese slices and top each slice of bread. Return to broiler and cook until cheese melts and bubbles. Mix salad greens with vinaigrette and serve with sandwiches.

*Recipes from 30 minutes or less Fresh Food, Paragon Publishing.*

## Raspberry and Feta Salad with Couscous

Servings: 8



12 oz. couscous  
2 1/2 cups boiling chicken or vegetable stock  
12 oz. fresh raspberries  
8 oz. feta cheese, drained and cubed or crumbled  
2 zucchini, thinly sliced  
4 scallions, diagonally sliced  
1/3 cup pine nuts, toasted  
small bunch of fresh basil, shredded  
grated zest of 1 lemon

### DRESSING

1 TBLSP white wine vinegar  
1 TBLSP balsamic vinegar  
4 TBLSP extra-virgin olive oil  
juice of 1 lemon  
salt and pepper to taste

Put couscous in a large, heatproof bowl and add boiling stock. Stir well, cover and let soak until all stock has been absorbed. Clean raspberries and discard any that are overripe. Transfer couscous to large serving bowl and stir well to break up any lumps. Add feta cheese, zucchini, scallions, raspberries and pine nuts. Stir in shredded basil and lemon zest and gently toss all ingredients together. Put all dressing ingredients in a screw top jar and shake until well blended. Pour over salad and serve immediately.

Branch member **Pablo Valle** recently joined **Red Robin** and has begun training at their Woodfield location in preparation for taking over one of their new locations currently under construction as a General Manager.

Student member **Nathan Neal** was recently named **IFSEA Liaison** of the newly formed Hospitality Club at **Robert Morris College**.

Long time student member from **Harper College** and **Roosevelt University**, who was also the recipient of various scholarships funds from **IFSEA**, **Courtney Dritelein** is graduating from **Roosevelt University** this month!

Branch Member **Laura Vaughn** from **Robert Morris College** is entered in the **Wild Alaskan Salmon** competition sponsored by **Plitt Seafood** on May 14th. The winning entree gets a trip to Alaska.

Student member **Tiffany Swift** turned a site visit by her class at Harper College into a full time job at the **Marriott Renaissance & Convention Center** in Schaumburg.

Student member **Jenny Tzortzos**, who went to last year's IFSEA convention in Miami, is now working with **California Pizza Kitchen** in their Management Training Program.

Student Member **Wojciech Kubala** and **Karolina Bednarczyk** along with three teammates from **Curie High School** recently competed in the **Careers through Culinary Arts Program (C-CAP)**. **Curie High School** (led by Branch members **Angelique Kerger** and **Leah Clayman**) was one of only three teams who competed to be invited to the Awards Ceremony on May 10th at the South Shore Cultural Center, where they will learn their final ranking.

Join us on Friday the 18th as we hold a **MCFE/CFE Certification Seminar** at **Robert Morris College's** Chicago Campus. This one day event will consist of a prep session for the exam by **Ed Manley, MCFE**, former President of IFSEA, followed by the MCFE, CFE, and CFM exams.

Cost is \$175 for class, exam, and Certification! To register, contact Emlyn Thomas at 312.206.1533 or [emlynthomas@sbcglobal.net](mailto:emlynthomas@sbcglobal.net).



## **IFSEA Certification**

We had about a dozen students from Morrisville State College take the MCFE exam, paid for by the Syracuse Branch. And the day before the NRA show the Northern Illinois Branch is hosting an MCFE training and testing day. Reno-Tahoe purchased 10 copies of my "Restaurant University in a Binder" book and Colin Sendall is going to hold the training session there. Emlyn Thomas is leading the effort to start a new program to get students certified when they graduate. New Mexico is looking at hosting their third Symposium. J&W Charlotte talked about hosting a symposium for professors and Branch members, and students. 5-6 colleges are looking at making the book part of their curriculum - the book has value to the students even if they didn't take the test, but the essential point of the book is to prepare to take any of the management certification tests, especially IFSEA's 3 tests.

So, there's more certification action at this time than there has been in the history of IFSEA. Let's keep it going and build the momentum, make some sales (\$\$) and get some members through this vehicle.

Ed Manley, MCFE, CHM, CPFM



Walnut trees are found throughout the world and include over 15 varieties. The most common walnut is the English or Persian walnut followed by the black walnut. The English/Persian walnut originated somewhere between southeastern Europe and northern India. Archeological evidence from modern Iraq reveals that man was consuming walnuts as far back as 50,000 BC. Walnuts first started being domesticated about 12,000 years ago. They were very popular with the Greeks and Romans and it was the latter who spread them throughout Europe. The Spanish introduced them to California in the 18th century. Today, China is the leading producer of walnuts followed by the US.

Walnuts are available year round. Choose specimens devoid of any cracks or holes in their shells. Walnuts in their shells can last up to 3 months in a cool dry place. As the walnut ages its kernel changes from white to gray. Walnuts contain omega-3 fatty acids which are purported to lower serum cholesterol. Normally found in fish, walnuts are one of the few plants to contain omega-3. Walnuts are also a good source of fiber, vitamin E, B vitamins, and a number of minerals.

Walnuts have a wide range of culinary applications. They are used in all sorts of baked dishes and pastries, meat chicken and fish dishes, forcemeats, salads, and stuffings. You can use them to coat meat or fish before cooking, employed as a topping on baked dishes, or ground into a flour. Walnut oil, an expensive but luxurious oil is usually reserved for salad dressings.

# IN THE NEWS

## [Research: Natural trans fats could be good for you](#)

The campaign to eliminate harmful trans fats from the American diet has been steamrolling across the country. Yet preliminary research published in *Lipid Technology* suggests natural trans fats, which are distinguished from the manufactured type, could reduce heart disease and lower certain cancer risks.

[ABC News](#)

## [France boasts highest number of top restaurants](#)

France has 12 of the 50 best restaurants in the world, putting it atop the list of restaurant nations, according to the S. Pellegrino World's 50 Best Restaurants awards. The U.S. had eight restaurants on the list, followed by the U.K., which had seven. Northern Spain's El Bulli was named the best restaurant in the world, followed by Heston Blumenthal's Fat Duck in the U.K.

[Bloomberg](#)

## [A new shape for the tortilla](#)

Mexico-based company Anacom Alimentos revealed a square tortilla for "on-the-go taco lovers." Innovative Mexican foods are part of the Latino food trend in the U.S. — tortilla sales jumped to \$6.1 billion last year, with Hispanic food and beverage sales expected to reach \$7 billion in 2009, experts say.

[Houston Chronicle](#)

## [N.Y. governor hesitant on corn ethanol](#)

New York Gov. Elliot Spitzer's aides say his administration does not plan to push corn-based ethanol with the same enthusiasm as

his predecessor. His aides say the administration questions the use of vast resources for corn-based ethanol, saying it drives up food prices, may not be as energy efficient as other sources and poses air-quality concerns. [The Globe and Mail \(Toronto\)](#)

## [Teens turn up the heat in gourmet cook-off](#)

The four teenagers who make up Pope High School's culinary team couldn't have been more serious about their participation in Saturday's ProStart Culinary Competition, sponsored by the National Restaurant Association Educational Foundation, as they prepared to compete against 37 high school squads. "These high school kids are more enthusiastic and dedicated than any culinary school graduate that's worked under me," said team mentor Gary Coltek, owner of Buckhead Wedding Cakes and former executive chef at the Plaza in New York. [The Atlanta Journal-Constitution](#)

## [National Restaurant Association lands Fred Thompson to address May convention](#)

Fred Thompson, a former U.S. Senator and star of "Law and Order" and possible U.S. presidential candidate, will be the featured speaker at the National Restaurant Association's annual megaconvention this May in Chicago. Thompson's presentation will be titled "Traveling in Strange Circles - From Watergate to Hollywood to the United States Senate to Law & Order," the NRA announced Thursday. [Nation's Restaurant News](#)

# CERTIFICATION

It's GOOD for you!

## Why Should You Obtain Certification?

- Highlights Your Experience
- Denotes Professionalism
- Shows Career Commitment
- Job Search Advantage
- Peer Prestige/Esteem
- Personal Self-Fulfillment
- Use your CFM/CFE on Business Cards, Resumes etc.



## Some of the Benefits You Will Receive

- Handsome Wall Plaque/Certificate
- Employer Notification Letter
- Prestigious Lapel Pin
- Formal IFSEA Conference Presentation
- Industry Wide Recognition
- Certification from America's 1st (1901) and finest Food Service Assn.

You may already be qualified for IFSEA's prestigious certification: "Master Certified Food Executive" (MCFE), "Certified Food Executive" (CFE) or "Certified Food Manager" (CFM) You do need to apply and in as little as two weeks you could be certified with the distinguished initials, MCFE, CFE or CFM, to put after your name. Your career accomplishments deserve recognition. There is no testing or bureaucracy, but you do need to complete the certification order form and application process. Certification is a pinnacle of food service success. Dare yourself to reward yourself!

## IFSEA Certification

Reflects the highest level of professionalism in your work experience and educational background...and recognizes any association membership and community service activities. It says you have achieved all the necessary job skills. *and...*

..gives you that critical extra special edge to stand out in today's highly competitive work place. College isn't enough. Professionals who highlight their differences land the best jobs. Let certification make a crucial difference in YOUR career!

### Cost for Members:

MCFE - \$99

CFE - \$99

CFM - \$99

Recertification (CFE Only) - \$50