

ifsea infusion

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

INTERNATIONAL FOOD SERVICE EXECUTIVES ASSOCIATION



INTERNATIONAL NEWS

2008 IFSEA CONFERENCE LOCATION

Adams Mark hotel in Denver, April 3-6, 2008, with the trade show on the 4th and military awards on the 5th. We were there in 2004 as well. The change is because our New Orleans Hyatt won't be re-opened in time. In 2009 we are in Atlanta, 2010 is Reno, 2011 is Schaumburg outside of Chicago. 2012 will be a warm location TBA

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Did you know that you can have an email address with IFSEA absolutely free? Note that you must BE and REMAIN a member of the IFSEA to use these services, and IFSEA has the right to remove your address if your membership lapses. You can send mail out using your you@ifesa address. When people hit "Reply To Sender" they will see this address. To receive mail you come back to this page and enter your E-mail Log-in (your address, i.e.. Fred) and Password in the box. Your User Name and Password are case sensitive here. Your mailbox has 6 MB of storage.

To Set up your email account please visit the IFSEA Member Benefits page by going to your browser and entering this link:

http://www.ifsea.com/membership_inside.cfm?itemid=17183&catid=2951

NETWORKING - MENTORING - COMMUNITY SERVICE - HAVING FUN

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

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PETER'S POINTS TO PONDER

Aloha,

Just a short note for our current newsletter. The Executive Committee has had its yearly planning session in Denver in May. It was a very prudent use of time and finances. Since I was attending the National Restaurant Association Show in Chicago and could stop in Denver on the way back to Hawaii, travel cost was minimal.

Chair Elect Rick Diaz, MCFE, CBM, lives in Denver and Treasurer Bill Leonard, DODG, CFE drove to the meeting from his home state.

That speaks volumes as to how the Executive Committee is looking at costs to operate the organization. Our hope is to find ways to save the organization funds, while having an even better IFSEA this year.

The meeting had many goals. Not only were the budgets worked on, and the year mapped out, we were also able to work on the 2008 conference.

Other opportunities that have been met are well on the way to generating benefits.

Ed Manley, DODG, MCFE, CHM, CPFM and Judy Manley, DODG, MCFE, CHM, CPFM have been contracted to do management of IFSEA duties. We are very excited for this as it gives us the time we need to search for our new management company. By having a proven manager coming back to help us, we can focus on moving forward.

Dave Kinney, DODG has taken on the new role of Sponsorship Chair. In his new duties Dave is working on bringing major sponsors to IFSEA. By having new major sponsors we can look forward to many more exciting programs for our members.

Our 2008 conference will be finalized in early June. All information will be on the Website by the middle of the month, much earlier than in previous years. Normally the information for an upcoming conference would be available in early September of the previous year.

Next years conference is already being worked on. There are great ideas coming from the conference committee on how to have the best conference ever! We have the Student Advisory Committee chomping at the bit to be involved and help work on the conference. Welcome students, to being involved with your organization and adding your excitement! Thank you for your support!

Mahalo,

Peter Pao MCFE, CHM, CPFM
IFSEA International Chair



THE MEANING OF LIFE

On the first day, God created the dog and said: "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years." The dog said: "That's a long time to be barking. How about only ten years and I'll give you back the other ten?" So God agreed. On the second day, God created the monkey and said: "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span." The monkey said: "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?" And God agreed. On the third day, God created the cow and said: "You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family For this, I will give you a life span of sixty Years." The cow said: "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?" And God agreed again. On the fourth day, God created man and said: "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years." But man said: "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?" "Okay," said God, "You asked for it." So that is why for our first twenty years we eat, sleep, play and enjoy yourselves. For the next forty years we slave in the sun to support our family. For the next ten years we do monkey tricks to entertain the grandchildren. And for the last ten years we sit on the front porch and bark at everyone. Life has now been explained to you.

MY RESUME:

1. My first job was working in an Orange Juice factory, but I got canned. I couldn't concentrate.
2. Then I worked in the woods as a Lumberjack, but I just couldn't hack it, so they gave me the axe.
3. After that, I tried to be a Tailor, but I just wasn't suited for it — mainly because it was a sew-sew job.
4. Next, I tried working in a Muffler Factory, but that was too exhausting.
5. Then, I tried to be a Chef - figured it would add a little spice to my life, but I just didn't have the thyme.
6. I attempted to be a Deli Worker, but any way I sliced it I couldn't cut the mustard.
7. My best job was a Musician, but eventually I found I wasn't noteworthy.
8. I studied a long time to become a Doctor, but I didn't have any patience.
9. Next, was a job in a Shoe Factory. I tried but I just didn't fit in.
10. I became a Professional Fisherman, but discovered that I couldn't live on my net income.
11. I managed to get a good job working for a Pool Maintenance Company, but the work was just too draining.
12. So then I got a job in a Workout Center, but they said I wasn't fit for the job.
13. After many years of trying to find steady work! I finally got a job as a Historian - until I realized there was no future in it.
14. My last job was working in Starbucks, but I had to quit because it was always the same old grind.
15. SO, I TRIED RETIREMENT AND FOUND THAT I'M PERFECT FOR THE JOB!



How You Earned Your Millions

A young man asked an old man how he made his money.
The old guy fingered his worsted wool vest and said, "Well, son,
it was 1932. The depth of the Great Depression. I was down to my last nickel."

"I invested that nickel in an apple. I spent the entire day polishing the
apple and, at the end of the day, I sold the apple for ten cents."

"The next morning, I invested those ten cents in two apples. I spent the entire day polishing
them and sold them at 5:00 PM for 20 cents. I continued this system for a month, by the
end of which I'd accumulated a fortune of \$1.37."

"Then my wife's father died and left us two million dollars."

Recipe Box

Bruschetta Chicken

Servings: 4



1/2 cup all purpose flour
2 eggs, beaten lightly
4 boneless skinless chicken breast halves, 6 oz. each
1/4 cup grated Parmesan cheese
1/4 cup dry Italian style bread crumbs
1 TBLSP melted butter
2 large tomatoes, seeded and chopped
3 TBLSP fresh basil, minced
2 garlic gloves, minced
1 TBLSP olive oil
1/2 tsp salt
1/4 tsp black pepper

Place flour and eggs in separate shallow bowls. Dip chicken in flour, then in eggs. Place in a greased 9 inch X 13 inch X 2 inch baking dish. Combine the Parmesan cheese, bread crumbs and butter; sprinkle over top of chicken. Loosely cover baking dish with foil. Bake at 375 degrees for 20 minutes. Remove foil and bake another 5 to 10 minutes or until top is browned. Meanwhile, in a bowl, combine remaining ingredients. Spoon over top of chicken and return to oven for 3 to 5 minutes until tomato mixture is heated through.

NUTRITION FACTS:

380 calories, 14 g fat (5 g saturated fat), 185 mg cholesterol, 589 mg sodium, 19 g carbs, 2 g fiber, 42 g protien.

Vegetable Stuffed Baked Onion

Servings: 8-10



8 to 10 medium onions, peeled
4 bacon strips, diced
3/4 cup carrots, finely chopped
1/2 cup sweet red pepper, finely chopped
1 & 1/2 cups soft bread crumbs
1/3 cup fresh parsley, minced
3 TBLSP melted butter
1 & 1/2 tsp salt
1/2 tsp black pepper
3/4 cup beef broth

Cut 1/2 inch off top of each onion and trim bottom so onion sits flat. Scoop out centers, leaving a 1/2 inch shell. Chop removed onion and set aside 1/2 cup. (Discard remaining onion or reserve for another use.)

Place onion shells in a Dutch oven or large saucepan and cover with water. Bring to a boil; reduce heat and cook for 8 to 10 minutes.

Meanwhile, in a large skillet, cook bacon until crisp, Drain on paper towel. Reserve 1 tsp of drippings.

In same skillet, saute chopped onion, carrot and red pepper in reserved drippings until tender. Remove from heat and stir in bread crumbs,, parsley, butter, salt, pepper and bacon.

Drain onion shells and fill each with about 1/3 cup mixture. Place in ungreased shallow 3 Qt. baking dish. Pour broth over onions. Cover and bake at 350 degrees for 45 to 50 minutes or until tender.

NUTRITION FACTS:

155 calories, 9 g fat (4 g saturated fat), 15 mg cholesterol, 561 mg sodium, 16 g carbs, 3 g fiber, 3 g protien.

Why, Why, Why

Why do we press harder on a remote control when we know the batteries are getting weak?

Why do banks charge a fee on “insufficient funds” when they know there is not enough?

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

Why doesn't glue stick to the bottle?

Why do they use sterilized needles for death by lethal injection?

Why doesn't Tarzan have a beard?

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

Why do Kamikaze pilots wear helmets?

Whose idea was it to put an “S” in the word “lisp”?

If people evolved from apes, why are there still apes?

Why is it that no matter what color bubble bath you use the bubbles are always white?

Is there ever a day that mattresses are not on sale?

Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?

Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?

Why is it that no plastic bag will open from the end on your first try?

How do those dead bugs get into those enclosed light fixtures?

When we are in the supermarket and someone rams our ankle with a shopping cart then apologizes for doing so, why do we say, “It's all right?” Well, it isn't all right, so why don't we say, “That hurt, you stupid idiot?”

Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?

In winter why do we try to keep the house as warm as it was in summer when we complained about the heat?

How come you never hear father-in-law jokes?

And my FAVORITE.....

The statistics on sanity are that one out of every four persons is suffering from some sort of mental illness. Think of your three best friends — if they're okay, then it's you.

DID YOU KNOW?

CHERRIES



The earliest known mention of cherries is in Theophrastus (372-272 B.C.) ‘**History of Plants**’, in which he indicated that cherries had been cultivated for hundreds of years in Greece.

Pliny suggested that Roman General Lucullus introduced cherries to Europe around 74 B.C., but some research suggests that cherries were known in Italy at a much earlier date.

Cherries are drupes, or stone fruits, related to plums and more distantly to peaches and nectarines. They have been enjoyed since the Stone Age — pits were found in several Stone Age caves in Europe. The Romans carried cherries throughout Europe and England along the routes of conquest.

Broadway in New York shifts west at East 10th Street because a cherry tree once stood there.

There are more than 1,000 varieties of cherries in the United States, but fewer than 10 are produced commercially. Seventy percent of the cherries (both sweet and tart) produced in the United States come from four states (Washington, Oregon, Idaho, and Utah).

[Michigan](#) has over 35,000 acres of tart cherry trees and grows almost 75% of the tart cherries produced in the United States. Traverse City is called the Cherry Capital of the World.

Washington state grows more sweet cherries than any other state. In 2000 Washington growers produced about 95,000 tons of cherries. (*USDA 2004*)

The cherry is the state fruit of [Utah](#).

At one time it was against the law to serve ice cream on cherry pie in [Kansas](#).

There are about 7,000 cherries on an average tart cherry tree (the number varies depending on the age of the tree, weather and growing conditions), and it takes about 250 cherries to make a cherry pie, so each tree potentially could produce enough cherries for 28 pies. Cherry Marketing Institute

There are thousands of Japanese cherry trees that circle the Tidal Basin and the Jefferson Memorial in Washington D.C. The trees were originally planted as a gift from the people of Tokyo, Japan, in 1912. In 1910, a previous donation of 2,000 cherry trees had to be destroyed after they were infested with insects. Each spring, the National Cherry Blossom Festival, a two-week-long celebration, attracts tens of thousands of visitors from around the world to see the magnificent trees in full bloom.

’Pellet Gun’ Krause is the 10-time winner of the International Cherry Pit Spitting Championship. Each July hundreds of people from across the country and around the world gather for the Championship. The contest marks the beginning of the harvest of tart cherries in southwest Michigan. Until 1993, Rick ‘Pellet Gun’ Krause of Arizona held the world record with a spit of 72 feet, 7 inches. Believe it or not, that’s more than 20 feet less than the current world record. According to the Guinness Book, the world record is now 95 feet, 9 inches.?

IN THE NEWS

[New York to open “Trans Fat Help Center” for restaurateurs](#)

New York City’s health department is developing a “Trans Fat Help Center” designed to assist restaurants who must comply with the upcoming citywide trans fats ban. The center will offer free classes on baking and cooking with new ingredients and on preparing healthy versions of ethnic dishes, and chefs and managers from Shun Lee, Union Square Caf, Tom Cat Bakery and other well-known restaurants will serve as consultants to other restaurateurs. [The New York Sun](#)

[Sunny days for sunflower growers](#)

The cost of sunflower oil is increasing as food companies from [Pepsi](#) to [Aramark](#) and [McDonald’s](#) switch from using saturated oils to unsaturated fats in their products. Sunflower growers from Argentina to the Ukraine are increasing their sunflower oil production in response to the new demand. [Bloomberg](#)

[Study: Cocoa compound may help enhance memory](#)

A natural compound called epicatechin, found in cocoa, blueberries, tea and grapes has been shown to boost memory skills in mice, particularly when exercise is added, according to a new study. Epicatechin is one of a group of chemicals called flavonols, which previously have been shown to enhance cardiovascular function and cause an increase in blood flow to the brain. [CBC.ca](#)

[Ethnic flavors infuse new American cuisine](#)

The influence of Asian and other ethnic cuisines on American restaurant menus was highly apparent to attendees of the 2007 NRA show, some of whom might have sipped a bottled mojito at the Cadbury Schweppes pavilion. Samples of international foods, ranging from Japanese ice cream flavored with Okinawan purple sweet potatoes to

Australian barramundi, supported one chef’s claim that U.S. food has “gone global.” [Florida Today \(Melbourne\)](#)

[Study: Whole grains lower risk of heart problems](#)

Whole grains, such as oatmeal, barley and brown rice, offer heart benefits that include a lower risk of heart disease and stroke, researchers found. Adults who ate 2.5 servings of whole grains each day were nearly 25% less likely to develop cardiovascular disease than those who rarely ate whole grains, the study revealed. [Reuters](#)

[Zagat publishes chain restaurant ratings](#)

The Zagat Survey has released its first published ratings for chain restaurants. Panera Bread ranked first among 24 quickservice chains rated and Outback Steakhouse was the top casual-dining chain. Although McDonald’s ranked fifth among megachains, the giant did win top ratings for its French fries. [Advertising Age](#)

[Tea gains popularity among diners](#)

There are more than 50 companies touting teas or the equipment required to prepare tea at the 2007 National Restaurant Association Show. Tea is becoming more popular as restaurants seek ways to expand their beverage offerings and appeal to more dieters and women. [Chicago Tribune](#)

[Food companies cope with high milk prices](#)

Milk has been more expensive than gasoline in some regions of the country this spring, and prices are expected to continue to rise through the rest of 2007 for milk and dairy product prices, the USDA’s economic division says. Food and beverage producers from Kraft and Hershey to Domino’s and [Yum Brands](#) will feel pricing pressure through the rest of the year. [BusinessWeek](#)

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