



# IFSEA INFUSION

July 2017

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



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## the Wright Stuff!

Fred Wright, DODG, MCFE, CEC, AAC, Chairman of the Board

In the upcoming couple of months, you the members will have a decision to make. Do we rebuild IFSEA as a better stronger association or do we hand it over to others to change it completely into something else.

Trying to re-build and re-brand IFSEA to be more useful to students, members and our military partners is not an instant thing, it will take time.

IFSEA for too many years relied on the Military for all its sponsorships. The military trade show brought in enough money to sustain us for the things we needed to do. Including setting up other conferences. With the loss of the military the DOD contractors saw no reason to continue sponsoring IFSEA. Even looking at their civilian equivalents for sponsorships didn't work as we offered more students than professional members. Sponsorship for students needs to be done differently.

Hence we created the IFSEA Educational Fund to be able to generate sponsorships for student initiatives. But it will take time to see the rewards from this.

In the meantime, the quiet past chairs of IFSEA have decided to take over and change things around. Well, the decision is not for me to make. I will only fight for what I am doing and we are trying to create, if that is your, the members, desire. Discuss this with your leadership and make sure they cast your vote at our annual meeting this fall. The direction of IFSEA and its members are in your hands.

Regardless of the outcome, IFSEA will see changes. It has been a pleasure, be it a difficult one, to guide this association in the right direction.

Have a great Summer I am off to the UK for a long-awaited vacation.

## SOMETHING TO THINK ABOUT

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."

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# IFSEA the Plan B!

Dear Fellow IFSEA Members:

For those that are not familiar with my name or me, my name is Richard Weil. I hope you will indulge me by taking the few minutes to read this message to you as the “voice of reason” that is seeking your support as the path of choice for IFSEA going forward. I have had the immense pleasure to have been a member of IFSEA since 1982.

Today, our 116-year old organization has truly seen more prominent days. From our beginnings in Buffalo New York founded by members from Detroit, MI to our creation of the military food service awards program, creation of our Worthy Goal Scholarship Foundation and many other celebrated programs, we do have a rich history serving our members, students of our industry, and our military.

We have no doubt enjoyed many years of great success but have fallen on difficult times recently. To no lack of effort of the immediate past chairs during the past 8 years the IFSEA leadership team has worked tirelessly. I want to personally thank the heroic efforts of Past International Chair Barb Sadler, Rick Diaz, Dave Orosz and Fred Wright for the passion and sustained care for our association.

The path ahead and the voice of reason is as follows.

Chairman Fred Wright in this newsletter is appealing to the members to not choose the path noted below stating **“In the meantime, the quiet past chairs of IFSEA have decided to take over and change things around.”** Debating quiet past chairs is not the point of this communication from me. At the April 2016 IFSEA conference, the Past IFSEA Chairs present, provided Fred Wright a six-month timeline to produce ideas for moving IFSEA forward, including students and certifications, into clear and apparent progress - not ideas, but results. Post this timeline, the Past Chairs would lead IFSEA towards a Plan B." This timeline was at the request of Chairman Wright extended to January 2017 and then again until February 2017

Why are many Past Chairs speaking up now? Many of the Past Chairs refuse to see our 116-year old organization go away, so we seek to move swiftly, to run IFSEA like a business. “Plan B” from April 2016 has been expanded, but is being placed into action. A team of 10 past chairs was called upon by myself to present Plan B. While some may say why so secretively, the answer is that this group I am very familiar with as the overwhelming majority served with me on the Executive Committee and those that followed my chairmanship for the next 6-8 years.

Subsequently during the recent Canadian Association of Food Professionals conference held the end of May 2017, 10 IFSEA members attended and discussed this plan openly. This plan has been presented in detail to the current Executive Committee of IFSEA and to 9 of 13 current members of the board of Directors. This Plan B committee has since expanded to add two current International Committee Chairs.

Plan B is to utilize six elements that already exist. Thus, not re-inventing the wheel, but utilize things that we believe will enhance and create more relevance for our members. Three of these programs are in place with Past International Chair and Past President of IFSEA for over 20 years, Mr. Ed Manley. The Proposed New Executive Committee and New Board of Directors will make meaningful, and timely decisions to continue these programs that Ed is providing to IFSEA. These programs being offered to IFSEA will enable furthering student involvement

# IFSEA the Plan B!

*Continued from page 3*

and continued to provide education and certifications for homeless veterans, for these activities listed below.

The first three listed below programs (1-3) are long standing proven programs.

IFSEA would become a sponsor of the Culinary Competition in conjunction with the military and work with our students to field up to 6 teams to compete with the Army, Navy, Air Force, Marines, and Coast Guard held annually. This is an existing military 14-year program and has been the focal part of the IFSEA conference for the past several years.

IFSEA would become a sponsor of the Enlisted Aide Award program held in the fall annually in Washington DC, this is an existing 15-year program.

IFSEA would join the Veteran's Support Network (VSN) in providing training and certifications for homeless veterans to enable these individuals to gain meaningful employment in food service and hospitality positions. This is an existing 8-year program.

IFSEA would continue to promote student scholarships with the Worthy Goal Program and Student support to IFSEA programs with the Kae de Brent Hodges Foundation. Worthy Goal is over 30 years old and the Kae Fund over 20 years old.

The IFSEA Education Foundation which currently oversees the IFSEA certification program and the newly created 401C3 would remain with the trustees of the Education Foundation.

IFSEA going forward would continue to strongly support any existing branch to continue to organize and have "meet ups/meetings". However, the creation of new branches may or may not be in our future.

**Proposed New Dues Structure:** Reduce IFSEA membership to up to \$49 with two categories of membership. Active and Life Members will all pay \$49.00. Active duty and retired military, and students will be \$25.00. For the \$49.00 membership \$10 will be allocated to the culinary competition and Enlisted Aide of the Year Award; \$10 for Homeless Veterans; \$10 for Worthy Goal Scholarship, and the remaining \$19.00 for hard costs for IFSEA. For the \$25.00 membership half of the amount allocated to respective program noted above. The above listed programs are not arbitrary or "pipe dreams". They are real programs that have purpose and meaning.

As you finish reading this, consider that volunteer organizations have been struggling for many years for many reasons. IFSEA is not alone. The current Board and leadership do have ideas as Chairman Wright noted in his column within this Infusion letter. We currently have less than 75 dues paying members on our roles. Plan B really in all of our eyes must become the "path of choice if IFSEA is to prolong or survive. Is Plan B above guaranteed to have results. No, however it is a plan with clear driven paths. Chef Robert Irvine recently at the NRA show in Chicago last month stated, "a goal without a plan is just a dream". We have both goals and plans ready to go forward to make these goals and plans happen.

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# IFSEA the Plan B!

*Continued from page 4*

Next 3 immediate steps.

I urge the current Board of Director's to call for the annual meeting for September 21, 2017 to move things along faster than the proposed October timeline. We must move faster this fall to engage corporate sponsors for their 2018 budgets. Any one Board Member can call for this special meeting of the board to convene in the next two weeks to vote on this September timeline.

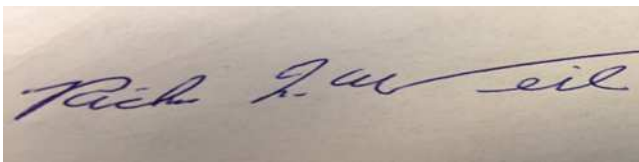
I urge the current Board of Director's to approve IFSEA name and logo to be placed on this year's Military Culinary Competition, invite and engage as many IFSEA student groups to attend. This request has already been made by Chairman Wright to the Board.

I urge the current Board of Director's to approve IFSEA name and logo to be placed on this year's Military Veterans Support Network as a sponsor for the Enlisted Aide of the Year and Homeless Vets program now. This request has already been made by Chairman Wright to the Board.

I will be calling upon the current board under a separate email for the board to take this action now.

On behalf of the 17 persons we are presenting to the membership for a vote, we seek your support this fall for these plans and subsequent vote for a slate of Directors and Officers we will send to the membership in August or sooner. Therefore, the hopes to keep our 116-year old association alive and moving forward, thank you for reading this information.

Respectfully,

A photograph of a handwritten signature in blue ink on a light-colored surface. The signature is cursive and reads "Rich F. Weil".

Richard F. Weil

Past Chairman of the Board 1996-1998

Chairman Past Chairs Advisory Council, IFSEA



The Veteran's Support Network - 501(c)(3)

The International Foodservice Executives Association (IFSEA)

\*Military Culinary Competition

\*Enlisted Aide of the Year Award

\*Training and certifications for homeless veterans

...



## Veteran's Support Network News

The Veteran's Support Network has succeeded the Military Hospitality Alliance (MHA) as the presenter of the two awards, joined now by IFSEA, the FIRST organization (since 1901), creating and leading the support of our military for over 50 years and STILL at it.

**The 14<sup>th</sup> Military Culinary Competition (MCC), September 22-23, 2017,** coordinating with the Barracks Row Fall Festival, which attracts over 10,000 people to 8<sup>th</sup> street, outside of Marine Barracks, home of the Commandant.  
**Prizes:** 1st – \$1000 per team member, 2<sup>nd</sup> – \$500 each, 3rd – \$250 each. Plus medals.



FOODSERVICE  
INSTITUTE  
"EMPOWERING FUTURES"



**The 15<sup>TH</sup> Enlisted Aide of the Year Award (EAOY), November 13-14, at the Ritz-Carlton in Pentagon City.** Held in conjunction with the USO Salute to Military Chefs and supported by the WWE. This is a big deal for their career.  
**Prizes:** EAOY – \$1000. Service winners – \$500 each. WWE Title (belt).

**The Foodservice Institute (formerly E. H. Manley & Associates)** provides 8 day food service management training and 9 certifications from GFI & the NRA; **FREE for homeless veterans.** The very same program we provide for active duty & civilians.

**Sponsorship** – Contact us for the complete list of recognition at the MCC & on flyers, on various of our web sites and FB pages. **Sponsorship covers the Culinary and Enlisted Aide of the Year awards, as well as the classes for homeless veterans; your contribution can be shared or you can designate which you would like to support.** This is a unique and cool way to get attention from military customers. 2016 sponsors included top sponsors Hilton's Doubletree hotels and Agassi-Graff Holdings; Boston Beer/Sam Adams, Ecolab, Hobart, Southbend and the SW Rotary Club of Las Vegas.  
**Diamond Sponsor** – \$10,000 and up – MCC banner, top on all signs & releases  
**Platinum Sponsor** – \$7,500 and up – MCC banner, 2<sup>nd</sup> level all signs & releases  
**Gold Sponsor** – \$3,000 and up – 3<sup>rd</sup> level on all signs & releases, introductions  
**Silver Sponsor** – \$2,000 and up – 4<sup>th</sup> level on all signs

**Fans of Andre Agassi & Steffi Graff** – \$2,000 for tennis racquet signed for VSN

Contact Ed Manley at [hq@vetsupportnetwork.org](mailto:hq@vetsupportnetwork.org) or cell 561-929-4765



MCC at Marine Barracks



EAOY USCG FSC Derek Johnson



Homeless Vet Graduates

# ? Did ? You ? Know ?

## Statue of Liberty



The Statue of Liberty was first publicly displayed in 1876 at Philadelphia's Centennial Exposition, when the right arm and torch were exhibited. In 1878, the head was displayed at the Paris World Fair. France presented the statue, called "Liberty Enlightening the World," to the United States in 1886. The United States supplied the pedestal. The statue is a representation of Libertas, the Roman goddess of freedom.

Sculptor Frederic Auguste Bartholdi, designer of the statue, made the woman's face in the likeness of his mother, Charlotte. The framework for the statue was developed by Gustave Eiffel, who later created the Eiffel Tower.

While the interior structure of the statue is iron, the outer surface is copper which, over time, has turned green from oxidation. Three hundred different kinds of hammer were used to work the copper. In 1984, the original torch was replaced by a copper one coated in 24k gold leaf.

The entire Statue of Liberty, from its base to the tip of the torch, is 305 feet 1 inch tall. It has a waistline measurement of 35 feet, a nose 4 feet 6 inches long and an index finger 8 feet in length. The statue wears sandals equivalent to a U.S. women's size 879.

To reach the crown, visitors must climb 354 steps. The circlet has 25 windows and seven spikes. These points symbolize the world's seven continents and oceans, which emphasizes liberty across the globe.



# The top five hydrating drinks and foods for the summer season

NaturalNews) Dehydration can lead to health problems such as diarrhea, vomiting, comas, seizures, headaches, shock and dizziness. According to celebrity nutritionist Kimberly Snyder of the National Association of Nutrition Professionals, eating and/or drinking hydrating foods and drinks throughout the day can help prevent dehydration.

Snyder also recommends these top five most hydrating drinks and foods in order to stay hydrated during the hot summer season.

## WATERMELON

When it comes to hydrating foods, there is nothing more hydrating than the watermelon. In 1882, the botanist Alphonse de Candolle claimed that watermelons were indigenous to southern Africa. However, Jiarong Liu and Fenny Danehave found evidence that watermelon plants were first cultivated in Egypt's Nile Valley during the second millennium BC. Watermelons are known for their sweet and juicy interior flesh, which is mostly made up of water, hence their name. They also have the essential hydrating salts, sodium, potassium, magnesium, and calcium that the body needs in order to stay hydrated. Watermelon is the best hydrating food for hot summer days.

## COCONUT WATER

Coconut water is one of the healthiest and most hydrating drinks. For centuries, locals in Southeast Asian countries have been drinking coconut water to quench their thirst and prevent dehydration. Coconut water is great for replacing the water and electrolytes that the body releases during the summer. The water from the coconut fruit is rich in minerals, vitamins and electrolytes that help prevent dehydration.

## APPLES

Apples are also hydrating foods that are perfect for the summer season. They are easy to carry around in bags or pockets while outside during a hot summer day. Eating a juicy apple will not only prevent dehydration but also help prevent cancer and cardiovascular disease. Apples are also believed to aid in weight loss and in lowering cholesterol levels. Green apples are better than red apples, because they are lower in sugar.

## WATER WITH LEMON

Water is a cheap drink that is perfect for preventing dehydration during the summer, but it can be made better by adding a slice of lemon. A slice of lemon will add citric enzymes and vitamin C to a plain glass of water. Drinking lemon water will not only keep a person hydrated but also allow him to get some citric enzymes and vitamin C. The Institute of Medicine recommends that one drinks at least 13 cups (3 liters) of water per day to keep his body healthy and hydrated.

## PINEAPPLES

Pineapples are juicy fruits that can be eaten or squeezed into juice. This hydrating fruit is also high in bromelain, which aids in digestion. Pineapples help the body detoxify itself and aid in weight loss.

## CONCLUSION

There are many other hydrating drinks and foods that can help prevent dehydration during the summer. Drinking water is not the only way to keep hydrated. Drinking a glass of pineapple juice or eating a slice of watermelon will also keep a person hydrated and healthy during the hot



# Recipe Box

## Unbelievable Chicken

serves 6



- 1/4 cup cider vinegar
- 3 tablespoons prepared coarse-ground mustard
- 3 cloves garlic, peeled and minced
- 1 lime, juiced
- 1/2 lemon, juiced
- 1/2 cup brown sugar
- 1 1/2 teaspoons salt
- ground black pepper to taste
- 6 tablespoons olive oil
- 6 skinless, boneless chicken breast halves

In a large glass bowl, mix the cider vinegar, mustard, garlic, lime juice, lemon juice, brown sugar, salt, and pepper. Whisk in the olive oil. Place chicken in the mixture. Cover, and marinate 8 hours, or overnight.

Preheat an outdoor grill for high heat.

Lightly oil the grill grate. Place chicken on the prepared grill, and cook 6 to 8 minutes per side, until juices run clear. Discard marinade.

## Grilled Sausage with Potatoes and Green Beans

serves 4



- 3/4 pound fresh green beans, trimmed and halved
- 1/2 pound red potatoes, quartered
- 1 large onion, sliced
- 1 pound smoked sausage, cut into 1 inch pieces
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon vegetable oil
- 1 teaspoon butter
- 1/3 cup water

Preheat an outdoor grill for high heat.

On a large sheet of foil, place the green beans, red potatoes, onion, and sausage. Season with salt and pepper, sprinkle with oil, and top with butter. Tightly seal foil around the ingredients, leaving only a small opening. Pour water into the opening, and seal.

Place foil packet on the prepared grill. Cook 20 to 30 minutes, turning once, until sausage is browned and vegetables are tender.



# Recipe Box

## Easy Tilapia with Wine and Tomatoes

Serves 4



4 (4 ounce) fillets tilapia  
salt and pepper to taste  
4 tablespoons butter  
3 cloves garlic, pressed  
4 fresh basil leaves, chopped  
1 large tomato, chopped  
1 cup white wine  
Add all ingredients to list

Preheat grill for medium-high heat.  
Place the tilapia fillets side by side on a large piece of aluminum foil. Season each one with salt and pepper. Place one tablespoon of butter on top of each piece of fish, and sprinkle garlic, basil and tomato. Pour the wine over everything. Fold foil up around fish, and seal into a packet. Place packet on a cookie sheet for ease in transportation to and from the grill.  
Place foil packet on the preheated grill, and cook for 15 minutes, or until fish flakes easily with a fork. Open the packet carefully so as not to get burned from the steam, and serve.

## Jalapeno Chicken Wrap

serves 6



6 skinless, boneless chicken breast halves -  
pounded to 1/4 inch thickness  
1 (16 ounce) bottle Italian dressing  
3 fresh jalapeno peppers, halved lengthwise and seeded  
1 (3 ounce) package cream cheese, softened  
6 slices bacon  
toothpicks

Place chicken breasts in a dish with the Italian dressing. Cover, and marinate in the refrigerator at least 2 hours.

Preheat the grill for high heat.

Stuff each jalapeno half with cream cheese. Roll chicken breasts around jalapeno peppers. Wrap each chicken breast with a slice of bacon. Secure with toothpicks.

Lightly oil the grill grate. Arrange wrapped chicken breasts on the prepared grill. Cook for 20 minutes, turning frequently, or until bacon is browned and the chicken juices run clear.





## Lambrusco

Lambrusco is the name of both a red wine grape and an Italian wine made principally from the grape. The grapes and the wine originate from four zones in Emilia-Romagna and one in Lombardy, principally around the central provinces of Modena, Parma, Reggio nell'Emilia, and Mantua.

The most highly rated of its wines are the frothy, frizzante (slightly sparkling) red wines that are designed to be drunk young from one of the five Lambrusco denominazione di origine controllata (DOC) regions: Lambrusco Grasparossa di Castelvetro, Lambrusco di Sorbara, Lambrusco Salamino di Santa Croce, Lambrusco Reggiano, and Lambrusco Mantovano. Throughout the 1970s and 1980s, Lambrusco was the biggest selling import wine in the United States. During that time the wine was also produced in a white and rosé style made by limiting the skin contact with the must.

This wine is delightfully refreshing, with a sparkle-enlivened bouquet that can vary from fruity with pleasant vinous overtones to floral with hints of violets and heather. On the palate it is zesty, with nice fruit flavors and a clean finish. Since it is relatively acidic, it goes especially well with foods that are oily or contain mayonnaise (grilled sausages, potato salad, etc).



This wine is meant to be drunk young. Lambrusco is dry or slightly sweet and often tastes of ripe cherries.

So what should you eat with it? Well, in Emilia-Romagna where it's made they almost certainly go for pork, salumi (cold meats) such as salami, prosciutto (ham), mortadella and bresaola, porchetta (rolled pork with herbs) and Italian-style sausages with fennel. It's fantastic with pizza (you should *definitely* try it with pizza!) You could even drink it with lasagne and other richly sauced pasta dishes.

But, it's also a brilliant barbecue wine - drink it lightly chilled with grilled chicken, lamb or pulled pork or even a burger or steak. It will offset fatty meats such as duck or goose - it would be great with confit duck. And there's no reason not to drink it with meaty or oily fish such as grilled tuna or sardines.

Cheese-wise you could pair it with hard sheeps' cheeses like pecorino and with aged cheeses such as parmigiano reggiano and grana padano - or drink it - as you would drink Beaujolais with a terrine, fromage de tête or brawn.

Sweeter (amabile) lambruscos are delicious with summer fruits, especially peaches and nectarines.