

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

October 2010



Lunch with Lorri

Lorri Davidson, CFM, CFSP
Chairwoman of the Board

I am very fortunate to live in Las Vegas where you can find almost any cuisine available for lunch. I enjoy many of them but the one cuisine that I miss here is true Sonoran style Mexican Food. I grew up in Tucson, Arizona with wonderful Sonoran style Mexican food. It is truly comfort food for me. This style of cooking is from the Northern state of Sonora, Mexico and has migrated to areas of Southern Arizona. It is typified by refried beans (frijoles), flour tortillas and many beef dishes. The Chilies typically used is poblano or jalapeno, so it is mildly spicy (in my opinion). Tucsonans also love to eat and cook with the Chiles that are grown in Hatch, New Mexico. A meal can be started with a crisp flour tortilla that has been browned under a broiler and topped with butter, cheese and chile. This "cheese crisp" can have many other topping as you wish. When finished it is cut it in wedges like a pizza and shared as an appetizer.

One specialty of Sonoran Mexican Food is the Chimichanga. This is a burro (meat or beans wrapped in a flour tortilla) and deep fried until crisp. Then you can top it with cheese, sour cream or guacamole. You can also serve it enchilada style, covered with red chili sauce. Another specialty that is my favorite is Carne Seca. According to El Charro's menu, a very famous Mexican Restaurant in Tucson, this type of meat is made with marinated "lean Angus beef in fresh garlic, lime juice, and special seasonings. The beef is then sun dried at El Charro's original El Presidio location in downtown Tucson. It is then delicately shredded and grilled with fresh green chile, tomato, and onion." They have been making it at their El Presidio location since 1922. You can use Carne Seca for tacos, enchiladas, burros or use it to top the crisp tortilla appetizer described above. It is making my mouth water just thinking about it.

So when you come to Las Vegas and visit me for lunch, I know of some very good Mexican Restaurants. We may even try one of them owned by a good friend of mine, Bob Ansara. His menu is delicious and I enjoy it very much. However, if we are going to go for my true comfort food, we will have to travel south to Tucson. Ah yes, there is also a dessert burro for those who need to have something sweet after the meal. It is served at a restaurant south of Tucson named Wisdom's Café for the family who has owned it for three generations. They claim it is world famous, a hot crispy burrito filled with fruit and rolled in cinnamon and sugar. It is served with a scoop of very rich Vanilla Ice Cream. Ahhh, this has been a wonderful walk down memory lane for me. Thanks for coming along and if you are ever in Las Vegas or Southern Arizona I have restaurant suggestions for you.

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WISELY SPOKEN

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon."

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It is important that all members visit the Members-Only Center at www.IFSEA.com to review their membership information.

Here you can manage your profile and add important information such as certification designation as well as update address, phone, E-mail and other pertinent information.

This information goes directly to the IFSEA membership system and is the only information Headquarters has on record. Without this information, you may miss out on membership benefits or not be recognized for your certification accomplishments.

We thank you for verifying your membership profile.

To visit the Members-only Center, please log on to www.IFSEA.com and click on the "Members Only" link in the upper right corner. Click on "Click here for Members Only Center". Click on "Log In". From there follow the instructions on how to log in. Once you are logged in to the Members Only Center, Click on "Individual Directory" and enter your Name.

If you have questions, please contact us at www.HQ@ifsea.com

If you're unable to log on to verify your profile, call 800-893-5499.

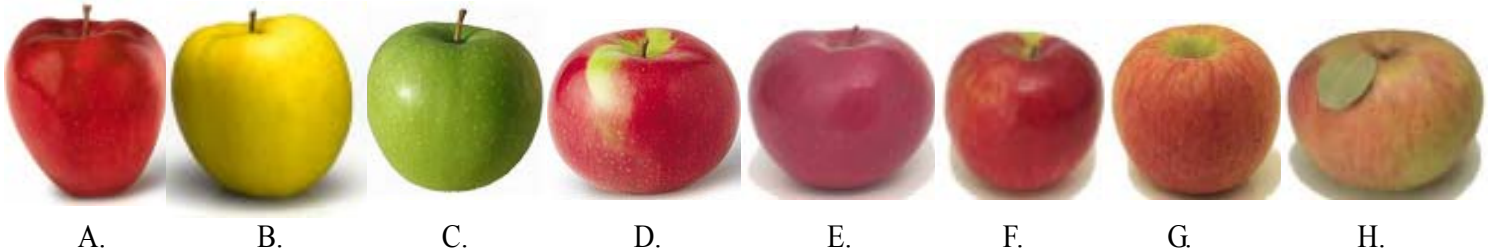
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? Did ? You ? Know ?

Apples

There are more than 7,000 varieties of apples, but only about 100 are grown commercially in the U.S. Eight varieties account for 80% of total U.S. production. (A) Red Delicious, (B) Golden Delicious, (C) Granny Smith, (D) McIntosh, (E) Rome Beauty, (F) Jonathan, (G) York and (H) Stayman.



There are about 2500 known varieties in the US. Thirty-six states grow them commercially with the following as top producers, WA, NY, MI, CA, PA, & VA. 56% of the 1999 crop was eaten as fresh fruit and 42% was processed.

Apples float because 25 percent of their volume is air.

The U.S. produced approximately 10.11 billion pounds of apples in 2009, more than 1/2 were grown in Washington state.

Apples were introduced to New York by the European settlers who brought seeds with them in the 1600s.

Apples are 'self-incompatible' - you need two trees growing near each other to have successful pollination.

If you grew 100 apple trees from the seeds of the same tree, the new apple trees would all be different.

Of the thousands of varieties of apples that were grown in the early 1900s, 88% do not exist anymore.

The apples from one tree can fill about 20 boxes each year.

The world production of apples is more than 40 million tons.

Americans eat about 19.6 pounds of fresh apples annually, compared to about 46 pounds consumed annually by residents of European Countries.

China is now the world's largest apple producer, followed by the U.S. in second place.

The Albemarle Pippin is a red-striped, yellow apple, also called Yellow Newton Apple

The "Flower of Kent" is a large green skinned apple variety, and is thought to have been the variety that struck Sir Isaac Newton.

McIntosh Apples were discovered on a single mutated plant in the late 1700's by Canadian John McIntosh.

The apple is the official state fruit of New York, West Virginia, Washington and Rhode Island. It is the official state flower of Michigan.

The Honeycrisp apple is the official state fruit of Minnesota (designated in 2006).

The most valuable fruit crops in the United States are in order, grapes, apples, oranges and strawberries .

When the first colonists migrated to North America, they brought apple seeds with them. The first recorded planting was in 1629 by the Massachusetts Bay Colony.

A handy hint: Round-bottomed apples are for baking, while those with bumps at the base are eaten out of hand or tossed in salads. When shopping, remember the best apples are free from bruises, feel firm to a light squeeze, and are deeply colored. Store in the produce drawer of the refrigerator, and they'll stay fresh for a week.

Recipe Box

EASY CORNBREAD-SAUSAGE STUFFED APPLES

Servings: 10



- 1 (6-oz.) package cornbread stuffing mix
- 1/2 (1-lb.) package ground pork sausage
- 1 tablespoon lemon juice
- 5 Rome apples
- 1 medium-size sweet onion, chopped
- 1 1/2 tablespoons chopped fresh parsley
- 1 cup cider vinegar
- Garnishes: apple peel strips, fresh parsley sprigs

Preparation

1. Prepare stuffing mix according to package directions.
2. Cook sausage in a large skillet over medium-high heat, stirring often, 8 to 10 minutes or until meat crumbles and is no longer pink. Remove sausage from skillet with a slotted spoon, reserving drippings in skillet. Drain sausage on paper towels.
3. Stir together lemon juice and 1/4 cup water.
4. Cut apples in half, cutting through stem and bottom ends. Carefully scoop out apple pulp and cores into a bowl, leaving a 1/4-inch shell. Rub lemon juice mixture evenly onto cut sides of apple shells. Remove and discard seeds and cores from apple pulp; chop pulp.
5. Sauté onion and apple pulp in hot drippings over medium-high heat 6 to 8 minutes or until liquid evaporates and onion is tender.
6. Stir together stuffing, apple mixture, sausage, and parsley in a large bowl. Spoon stuffing mixture evenly in apple shells (about 1/2 cup stuffing per apple shell). Place apples in a 13- x 9-inch baking dish, and pour 1 cup cider vinegar around apples in dish. (Place crumbled foil around apple cups in baking dish to prevent them from tipping)
7. Bake at 350° for 30 to 40 minutes or until apples are tender. Garnish, if desired. Serve immediately.

TOPSY-TURVY APPLE PIE

Servings: 8



Glaze and Crust

- 1/4 cup packed brown sugar
- 1 tablespoon LAND O LAKES® Butter, melted
- 1 tablespoon corn syrup
- 1/2 cup Fisher® Chef's Naturals® pecan halves
- 1 box Pillsbury® refrigerated pie crusts, softened as directed on box.

Filling

- 2/3 cup granulated sugar
- 2 tablespoons Pillsbury BEST® all-purpose flour
- 1/2 teaspoon ground cinnamon
- 4 cups peeled, thinly sliced apples, (4 medium)

Topping

- Whipped cream, if desired

DIRECTIONS

1. Heat oven to 425°F. In 9-inch glass pie plate, mix brown sugar, butter and corn syrup. Spread evenly in bottom of pie plate. Arrange pecans over mixture. Make pie crusts as directed on box for Two-Crust Pie, placing bottom crust over mixture in pan.
2. In small bowl, mix granulated sugar, flour and cinnamon. Arrange half of apple slices in crust-lined pie plate. Sprinkle with half of sugar mixture. Repeat with remaining apple slices and sugar mixture. Top with second crust; seal edge and flute. Cut slits in several places in top crust.
3. Place pie on sheet of foil on middle oven rack in oven; bake 8 minutes. Reduce oven temperature to 350°F; bake 35 to 45 minutes longer or until apples are tender and crust is golden brown. Immediately run knife around edge of pie to loosen. Place serving plate upside down over pie; turn serving plate and pie plate over. Remove pie plate. Serve warm or cool with whipped cream.

Donald Gaard Kensington, Minnesota
Pillsbury Bake-Off® Contest 03, 1951

Once Upon a Time, Way out West, there was a Steak-Fry



Jerry Berry crowd

The Las Vegas branch of IFSEA is committed to raising scholarship money for our Southern Nevada culinary students. One of our favorite and most successful fund-raising events has been our annual Jerry Berry picnic. Thirty one years ago, Max Daffner and members of the Las Vegas branch, gathered on their friend Jerry Berry's property north of town and had a steak-fry. They hired a band, borrowed some tables and chairs, got the steaks and baked beans donated from friendly food brokers and rustled up a keg of beer. Then they sold tickets.

Thirty one years later, the menu includes rolls & butter, salad, baked potato and ice cream sundaes. International Board member, Rick Albrecht from Farmer Brothers Coffee is now in charge of the event. Each year about 90 raffle prizes are collected by Aimee Fraser and the rest of the branch for the event. IFSEA invites 400-500 of our closest personal friends in the food service industry and hosts the annual September steak-fry. Max plays drums for us every year as he did years ago when he played with Bill Haley and the Comets. The Jerry Berry Picnic has earned over \$100,000 for culinary student scholarships in Southern Nevada.

Students from UNLV (University Nevada Las Vegas) Hospitality College and College of Southern Nevada help prepare the food, set up tables and chairs and serve the meal buffet-style. The schools receive a donation and each student



Yum, Time to eat!



Jerry Berry steaks

that works the event is paid for their efforts.

Times do change. Our patriarch Jerry Berry has passed away, his land is otherwise occupied. Max Daffner has retired to California to try his luck at their golf courses. Our Las Vegas branch gifted him with four rounds of golf at his new home course in California at the picnic. The Las Vegas branch is hoping to make 2011 the 32nd consecutive year and invite Max back again as an honored

guest. Max has given us 29 years of a wonderful bunch of memories and helped the careers of many Southern Nevada hospitality students.

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Once Upon a Time, Way out West, there was a Steak-Fry

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Sally & Joe Quagliano, Barb & Ken Mundt,



IFSEA Las Vegas Chairman Rick Allbrecht & Chef Jean Hertzman



Emcee Dale Davidson



Happy raffle winner



Int'l Chairwoman Davidson, Judith Manley,
& Dale Davidson with raffle gifts

APPLE TRIVIA

The Big Apple: This nickname for one of our nation's greatest cities, New York, dates from the 1930s and '40s, when jazz jived in clubs across the country. The smokey clubs of New York City were the favorite hotspots of the likes of Charlie Parker and other jazz greats, and Manhattan soon became known for having "lots of apples on the tree" – that is, lots of places to play jazz.

Apple of my eye: This expression dates back to ancient Greece and Rome, when people conceived of the pupil of the eye to be, like the apple, a global object. The word itself comes from the Anglo-Saxon "aepel", which literally meant both "eye" and "apple." In addition to providing the literal, vital sense of vision, the pupil was also regarded as the figurative "window" to the treasured secrets within each of us. Thus, the "apple of my eye" meant someone very beloved.

Apple polisher: The custom of "apple polishing" hails from the little red schoolhouses of yore. Young children whose math skills were less than exemplary sought to win their teacher's favorite instead with a gift of a bright, shiny apple. Remember this ditty? "An apple for the teacher will always do the trick when you don't know your lesson in arithmetic."

Upper crust: In early America, when times were hard and cooking supplies were scarce, cooks often had to scrimp and save on ingredients. Apple pie was a favorite dish, but to save on lard and flour, only a bottom crust was made. More affluent households could afford both an upper and a lower crust, so those families became known as "the upper crust."

About 4% of an apple is made up of vitamins and minerals. The rest of the apple, more than 80%, is made up of water.

In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage; catching it was acceptance.

How do you like THEM apples?!

From the Vine



Carménère

The Carménère grape (kar-ma-nair'uh) is a wine grape variety originally planted in the Médoc region of Bordeaux, France, where it was used to produce deep red wines and occasionally used for blending purposes in the same manner as Petit Verdot.

A member of the Cabernet family of grapes, the name "Carménère" originates from the French word for crimson (carmin) which refers to the brilliant crimson colour of the autumn foliage prior to leaf-fall. The grape is also known as Grande Vidure, a historic Bordeaux synonym, although current European Union regulations prohibit Chilean imports under this name into the European Union. Along with Cabernet sauvignon, Cabernet franc, Merlot, Malbec and Petit verdot, Carménère is considered part of the original six red grapes of Bordeaux, France.

Now rarely found in France, the world's largest area planted with this variety is in Chile in South America, cultivated in the Central Valley. As such, Chile produces the vast majority of Carménère wines available today and as the Chilean wine industry grows, more experimentation is being carried out on Carménère's potential as a blending grape, especially with Cabernet Sauvignon.

Carménère is also grown in Italy's Eastern Veneto and Friuli-Venezia Giulia regions and in smaller quantities in the California and Walla Walla regions of the United States.

BEER

HOW THE DISCOVERY OF BEER LED TO CIVILIZATION AS WE KNOW IT.

According to one prominent anthropologist, what lured our ancient ancestors out of their caves may not have been a thirst for knowledge, but a thirst for beer.

Dr. Solomon Katz theorizes that when man learned to ferment grain into beer more than 10,000 years ago, it became one of his most important sources of nutrition. Beer gave people protein that unfermented grain couldn't supply. And besides, it tasted a whole lot better than the unfermented grain did.

But in order to have a steady supply of beer, it was necessary to have a steady supply of beer's ingredients. Man had to give up his nomadic ways, settle down, and begin farming. And once he did, civilization was just a stone's throw away.

After civilization got rolling, beer was always an important part of it. Noah carried beer on the ark. Sumerian laborers received rations of it. Egyptians made it from barley, Babylonians made it from wheat, and Incas made it from corn.

And so it went, through the centuries. From ancient times to the present day, beer has been an important part of celebration and good fellowship.

And while America's brewers were not making beer in ancient times, we are proud to provide Americans with beers of exceptional quality today.



Including one of the best rewards of all: beer itself.

A barrel contains 31 gallons of beer. What Americans commonly refer to as a keg is actually 15.5 gallons, or a half-barrel.

The first beer cans were produced in 1935.

In English pubs, ale is ordered by pints and quarts. So in old England, when customers got unruly, the bartender would yell at them to mind

their own pints and quarts and settle down. It's where we get the phrase "mind your P's and Q's".

After consuming a bucket or two of vibrant brew they called aul, or ale, the Vikings would head fearlessly into battle, often without armor or even shirts. In fact, "berserk" means "bare shirt" in Norse, and eventually took on the meaning of their wild battles.

Anyone under the age of 21 who takes out household trash containing even a single empty alcohol beverage container can be charged with illegal possession of alcohol in Missouri.

No alcohol beverages can be displayed within five feet of a cash register of any store in California that sells both alcohol and motor fuel.

Public intoxication is a crime in Pennsylvania but specifically not a crime in Minnesota.

It's illegal in New Jersey for parents to give their children under the age of 18 even a sip of alcohol.

It's illegal in Michigan for a person under the age of 21 to give a gift of alcohol beverage to anyone, even to a person of legal age.

If you are intoxicated but not driving your car, but the person who is driving your car is intoxicated,

both you and the driver can be charged with DUI (driving under the influence of alcohol) in Virginia Beach, Virginia.

Ohio state law prohibits getting a fish drunk.

In Fairbanks, Alaska, it's illegal to feed a moose any alcohol beverage.



Barley

We hope you will find yourself at a party or other gathering where beer adds to your enjoyment. If so, we suggest you toast our primitive ancestors.

Without their ingenuity, life would be very different, indeed. We wouldn't have fire, the wheel, or any of the other rewards of civilization.



Hops

IFSEA 2011 Conference & Trade Show

**RENAISSANCE SCHAUMBURG
HOTEL & CONVENTION CENTER, SHAUMBURG, IL**

March 31 - April 3

AREA ATTRACTIONS

Distances are calculated in a straight line from the property's location to the point of interest or attraction, and may not reflect actual travel distance.

Distances are displayed to the nearest 0.1 mile.

Woodfield Mall - 1.1 mi
Schaumburg Medieval Times - 1.9 mi
Arlington International
Racecourse - 2.6 mi



Renaissance Schaumburg Convention Center Hotel has an indoor pool and a fitness facility. Business amenities include a business center, wireless Internet access, meeting rooms for small groups, and business services. Renaissance Schaumburg Convention Center Hotel has a restaurant, a bar/lounge, and a coffee shop/café. Room service is available during limited hours. Event facilities consist of a ballroom, exhibit space, conference rooms, and banquet facilities.

Guest parking is complimentary. Valet parking, fee: 14 USD daily. Valet parking includes in/out privileges.

The preferred airport for Renaissance Schaumburg Convention Center Hotel is Chicago, IL (ORD-O'Hare Intl.) - 9.2 mi.

I.F.S.E.A. AWARDS

What you need to know to get ready for the conference

#1 - **Dignified Order of the Dinner Gong (DODG)**, the award is presented at the Annual Chairman's dinner.

Submit complete nominations at least 30 days prior to the Annual Conference (By March 1st 2011) to:

Richard Weil, DODG, CFE

Past President's Advisory Council

You may scan and email to: rweil@nicknwillys.com

You may fax to 303-706-0330

You may mail to:

Richard Weil

Nick-N-Willy's Pizza

7200 S. Alton Way #B-240

Centennial, CO 80112

Selection: The Past Chairman's Advisory Council (PCAC) meets in closed session during conference to review qualified applicants. Applicants will have served IFSEA in many capacities and successful candidates will have distinguished themselves at the highest degree of service to IFSEA and also the foodservice and hospitality industry.

#2 - **Peter Gust Economou Award**, the award is presented during the International Awards Luncheon

Submit complete nominations at least 30 days prior to the Annual Conference (By March 1st 2011) to:

Richard Weil, DODG, CFE

Past Chairman's Advisory Council

You may scan and email to: rweil@nicknwillys.com

You may fax to 303-706-0330

You may mail to:

Richard Weil

Nick-N-Willy's Pizza

7200 S. Alton Way #B-240

Centennial, CO 80112

Selection: The Past Chairman's Advisory Council (PCAC) meets in closed session during conference to review qualified applicants. Applicants will have served IFSEA at the local and International level.

Successful candidates will have demonstrated strong leadership and dedication to IFSEA and also the foodservice and hospitality industry.

#3 - **Food Service Industry Award of Excellence (AOE)**

Submit complete nominations to HQ by OCTOBER 1 OF EACH YEAR.

#4 - **Chairman of the Board's Award**

This award is given at the sole discretion of the Chairman of the Board, therefore there are no criteria for this award, although it would certainly involve work at the International level. The Chairman of the Board is not constrained to the number of awards given.

This award is presented at the International Annual Conference Awards Luncheon.

#5 - **Distinguished Service Citation (DSC)**

Submit completed DSC applications to the registration desk at the conference.

Selection - Those Directors serving in the third year of their term, or completing a third year term, will be responsible for the selection and presentation of the awards during the Annual Conference. Directors shall not judge their own Branch members. Up to three Distinguished Service Citations may be awarded to each Region. Those selected must be a member for three or more years and have contributed to IFSEA above and beyond the call of duty at the International level. An individual should not be given this award because they were a great Branch President and they attended an International Conference. However, if the Branch President also served in an International capacity or assisted in making an International program very successful, then a Branch President could be considered.

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I.F.S.E.A. AWARDS

What you need to know to get ready for the conference

(continued from page 10)

#6 - Merit Award

Submit completed Merit Award applications to the registration desk at the conference.

Selection - Those Directors serving in the third year of their term, or completing a third year term, will be responsible for the selection and presentation of the awards during the Annual Conference. Directors shall not judge their own Branch members.

Awarded for contributions over and beyond the basic responsibility of a member at the local branch level.

A branch may submit up to three persons per year for this award. The criteria for points will be available during the judging process. Almost all candidates, if submitted properly, should be granted the award. We are a volunteer organization and this award is designed to recognize a local member, at the International level, for their contributions to IFSEA at the local level. A candidate must be a member of the organization in good standing.

#7 International Life Membership

Any member who is, or has been, active at the International level and has rendered outstanding, meritorious or exemplary services for the food service industry, and in particular on behalf of IFSEA may, upon recommendation of the local branch to which such member is affiliated, be honored with an International Life Membership. A two-thirds vote of the International Board is required. The recipient of this award shall have all the privileges of an Active member and will be exempt from the payment of any further International dues. **All nominations must be submitted in writing (typewritten or printed clearly) to HQ at least 30 days prior to the Annual Conference. (By March 1st 2011)**

Judging is done by members of the International Board at the Annual Conference.

NEWSLETTER AWARDS (PRINTED)

Branches will deliver their newsletter submissions, including completed monthly scoring sheets, to the registration desk at the conference.

The Awards Chair will pick up the books and deliver them to a meeting of a committee, selected by the Awards Chair, for review and award selection.

Awards are presented at the International Annual Conference Awards Luncheon.

NEWSLETTER AWARD (ELECTRONIC)

Criteria is the same as for the traditional mailed newsletter, except the minimum annual number of issues to be submitted is 4. (Use same score sheets as used for Printed newsletter)

Rationale: With electronic newsletters continuing to become utilized more often, the awards committee has added this award for several reasons:

1. To encourage the development of this medium.
2. Because it may be hard to compare an e-newsletter with a physical newsletter in terms of the quality of the look (the material can be judged equally).
3. It would increase the recognition for what is one of the most important activities a branch does, the notification of branch members by whatever means.
4. We would rather err on the side of too many awards than too few, and certainly we do not have too many awards that branches can vie for.

Submissions, including completed scoring sheets, should be E-mailed to the Awards Chairman, at least 10 days prior to the first day of the conference (By March 21st 2011). The branch Editor or President must E-mail ONE issue that was actually sent electronically to the branches membership.

A branch can apply for both Newsletter awards (Printed and Electronic), but can only win one of the awards each year - either electronic or printed newsletter, but not both in the same year.

USELESS YET INTERESTING FACTS

How long does it take to hard-boil a three-pound ostrich egg? *A: 1 hour and 45 minutes.*

A pound of ground coffee yields 50 cups. How many cups does a pound of tea yield? *A: 200.*

What popular fruit was named after a papal estate outside Rome? *A: The cantaloupe, which was named after the Pope's summer residence of Cantalupo.*

Currants--small seedless grapes --were named for their place of origin. Just where was that? *A: Corinth, Greece. They were originally known as raysons de Corauntz or "raisins of Corinth."*

In what country did the Jerusalem artichoke originate? *A: In the United States. Its name has nothing to do with the biblical city, but is a corruption of the Italian word for sunflower, girasole.*

How long does it take a ginseng root to reach marketable size? *A: Seven years.*

Vichyssoise--the cold potato and leek soup--was first created in 1917 by chef Louis Diat. Do you know where? *A: In New York City--in the kitchen of the Ritz-Carlton Hotel, where Diat was head chef.*

What ethnic food did Jenò Paulucci make available in supermarkets nationwide for the very first time in 1947? *A: Paulucci gave us Chinese food--under the Chun King label. He later brought us Jenò's pizza.*

What recipe--first published 50 years ago--has been requested most frequently through the years by the readers of "Better Homes and Garden"? *A: The recipe for hamburger pie, which has been updated and republished a number of times over the years.*

Under standards established by the U.S. Food and Drug Administration, what is the minimum a gallon of ice cream must weigh? *A: Four and one-half pounds.*

When was coffee first sold in sealed tin cans in the United States? *A: In 1879--by Chase & Sanborn.*

How much did Americans spend on pizzas in 2009? *A: \$27 billion, according to the National Association of Pizza Operators.*

How many quarts of whole milk does it take to make one pound of butter? *A: Almost 10--9.86 to be exact.*

Who introduced standardized level measurements to recipes? *A: Fannie Farmer.*

What now famous chef joined the OSS (Office of Strategic Services) during World War II, hoping to become an American spy? *A: Julia Child.*

What fruits were crossed to produce the nectarine? *A: None. The nectarine is a smooth-skinned variety of peach, and not--as many people believe--a cross between a peach and a plum.*

Wild rice isn't rice. What is it? *A: A coarse, annual grass native to shallow, marshy lakes and streams.*

What fruit was originally named the Chinese gooseberry? *A: The kiwi.*

What common salad ingredient belongs to the aster family? *A: Lettuce.*

What do Eskimos use to prevent their food from freezing? *A: Refrigerators.*

What is the world's largest herb? *A: The banana.*

Which is the only U.S. state to produce coffee? *A: Hawaii*

The pretzel shape was created by French monks in 610 A.D.. What was it designed to resemble? *A: A little child's arms in prayer.*