

Happy Valentine's

May this

Valentine's Day

be filled with love,

understanding,

and contentment

as you journey through life

with those you hold dear.



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

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SOMETHING TO THINK ABOUT You don't have to wait until Valentine's Day to show someone how much they mean to you.

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Life on the Weil Side! Richard F. Weil, CFE Chairman of the Board



Recently I was interviewed by an industry research company seeking information about dining out trends and habits of consumers among multiples of economic factions considering six major segments of the industry. As a restaurant consultant I receive dozens of inquires every year relating to various questions about the food service and hospitality industry. While the interviewer was very focused on validating their hypothesis to illustrate to him why the government numbers published did not make any sense to him. Fancy that thought, the government numbers not making sense? "Oh, the sense of it all", I exclaimed! Seems the research company was trying to justify to a potential private equity company why the food service and hospitality industry "made sense" for their client's investment.

After one hour plus in trying to help this individual "tie out" the numbers, I was able to illustrate clearly as to how the industry in general does make sense. The logic of our industry does not always play out to the financial world as our industry is a high-risk reward industry. IFSEA members date back 118 years and throughout our history we have had risk takers and genuine characters within our midst. The challenges today for our membership to make sense of it all to sustain membership in our organization is very logical and makes a lot of sense.

Why you may say does it make sense? Our illustrious Director of Development Ed Manley in his article for this February newsletter talks about "paying it forward". This is one logical component for all IFSEA members, retired, military, active in the industry, educators, and students alike. Attracting and retaining quality young people in our industry from students to military is a primary need and an obligation as food service and hospitality industry professionals. While IFSEA throughout the years has done its share in providing by my count over 45 years of scholarships, IFSEA has through the Worthy Goal Foundation, has presented over a half a million dollars in scholarships. Additionally, we have supported military enlisted staff with nearly 10,000 plus high recognition and awards through our nearly 55-year history in support of the military food service recognition programs. Finally, IFSEA have helped multiples of budding and seasoned food service professionals with our certification programs. The sense of it all?

Surely if you have read this column thus far, you should draw to the conclusion that IFSEA has and continues to provide meaningful support of our industry. We need help by every member who reads this article to realize that it is everyone's obligation once a year to find another food service and hospitality industry professional to see "the sense of it all" to support IFSEA to continue to be part of the continued investment in our great industry. Students need our support; our military needs our support; and our strong certification programs continue to demonstrate "the sense of it all!".

Yes, oh yes, the sense of it all. Sign up a new member today.....we are a great value and we give back to our industry. That is the sense of it all.

IFSEA DEVELOPMENTS THE DIRECTOR OF DEVELOPMENT ED MANLEY, MCFBD, MCFE, CHP



IFSEA was founded in 1901, as we all know. The entire world was included in our membership prospects. We need to challenge each other to energize our membership or we too may face a similar fate as the CAFP.

We want to be successful. The same individuals who have worked anywhere from 5 to 25 years and more should have a successor behind each person. With \$25 dues for those over 65, we should find a home for every retired operator and salespersons, just to do some good, and keep in the loop. Similarly, all the active and retired military friends we have, at \$25, we should have multiples more joining.

Look at the opportunity relating to "pay forward" what IFSEA has done for so many hundreds as IFSEA truly did create the Army, Navy, Marine, Coast Guard and Military Sealift Command food service recognition and awards program in many instances well over 50 years ago, and managed them up to 2012 – have these individuals ignored all our great work FOR THEM, or have we not asked them?

Involvement – I find in my personal business, the certification classes, people overall are not paying it forward; not taking the initiative to do for others what was done for them. Here, I can assure you we have asked, but maybe not often enough or to the right people. If you are reading this and you think the IFSEA and/or GFI certifications helped you get ahead, as a SSGT who just made Warrant just told me, then why don't you do that for YOUR team and staff, like that Warrant officer is doing. We created a very simple mentoring program – we have 3 people who volunteered, out of all the very seasoned professionals, who do or did belong? That's really terrible. Step up, again I say, pay it forward, help someone else. If we provide those services, THEN we will have value and find success.

Thanks for your membership, if you re-joined, and please re-join if you haven't. We have structured our dues not to necessarily be the lowest dues in the industry, but to create an avenue that nearly everyone can afford \$25 or \$49 a year. If not or we don't represent core values in our support of students, military, and certification, perhaps your own pay it forward values or your career sputtered – Help us! I won't speak for the others, but we need others to see what we see, jump in and get involved. Is the leadership team tired, no, but perhaps a bit confused by not seeing people join us. I've had a blast during my 45 years of membership, so many memories, if you did too, then please pay it forward.

Happy New Year, wishing you great fun, health and success in 2019.



Eggs Benedict

Historians give credit to two versions of the origin of Eggs Benedict: 1860s -Credit is given to Delmonico's Restaurant, the very first restaurant or public dining room ever opened in the United States. In the 1860's, a regular patron of the restaurant, Mrs. LeGrand Benedict, finding nothing to her liking and wanting something new to eat for lunch, discussed this with Delmonico's Chef Charles Ranhofer (1836-1899), Ranhofer came up with Eggs Benedict. He has a recipe called Eggs a' la Benedick (Eufa a' la Benedick) in his cookbook called The Epicurean published in 1894:

Eggs à la Benedick - Cut some muffins in halves crosswise, toast them without allowing to brown, than place a round of cooked ham an eighth of an inch thick and of the same diameter as the muffins one each half. Heat in a moderate oven and put a poached egg on each toast. Cover the whole with Hollandaise sauce.

1894 - The following story appeared in the December 19,1942 issue of the weekly New Yorker Magazine "Talk of the Town" column and is based on an interview with Lemuel Benedict the year before he died.

In 1894, Lemuel Benedict, a Wall Street broker, who was suffering from a hangover, ordered "some buttered toast, crisp bacon, two poached eggs, and a hooker of hollandaise sauce" at the Waldorf Hotel in New York. The Waldorf's legendary chef, Oscar Tschirky, was so impressed that he put the dish on his breakfast and luncheon menus after substituting Canadian bacon for crisp bacon and a toasted English muffin for toasted bread.

1896 - Fannie Merritt Farmer's (1857-1915) revised, edited, and reissued Mary J. Lincoln's cookbook called The Boston Cooking-School Cook Book. In it is a recipe for Eggs à la Benedict. The recipe is as follows:

Eggs à la Benedict - Split and toast English muffins. Sauté circular pieces of cold boiled ham, place these over the halves of muffins, arrange on each a dropped egg, and pour around Hollandaise Sauce II, diluted with cream to make of such consistency to pour easily.



Eggs Benedict Breakfast Pizza serves 16



12 eggs, well beaten
1 tablespoon butter
2 (8 ounce) cans refrigerated crescent rolls
1 (.9 ounce) package hollandaise sauce mix
2/3 cup milk
1/4 cup butter
3 cups diced cooked ham
1 cup shredded sharp Cheddar cheese

1.Melt 1 tablespoon butter in a nonstick skillet over medium heat. Pour in eggs, and cook to desired degree of doneness, stirring constantly.

2.Preheat an oven to 400 degrees F.

Unroll crescent dough and place rolls on an ungreased 12 inch pizza pan with points toward the center.

Press seams together and press up sides of pan to form a crust.

3.Prepare Hollandaise sauce according to package directions using 2/3 cup milk and 1/4 cup butter.
Pour evenly over crescent roll crust. Spread scrambled eggs evenly over sauce, then top with cubed ham. Sprinkle lightly with shredded cheese.
4.Bake in preheated oven until bottom of crust is lightly browned, about 30 minutes.

Smoked Salmon Dill Eggs Benedict serves 2



1/4 cup butter, softened
2 tablespoons fresh dill
1 teaspoon lemon zest
1 pinch cayenne pepper
salt and ground black pepper to taste
1 teaspoon white vinegar
1 pinch salt
4 eggs
2 English muffins, split and toasted
4 ounces sliced smoked salmon
1 pinch cayenne pepper
salt and ground black pepper to taste
4 small fresh dill sprigs

1. Stir butter, dill, lemon zest, cayenne pepper, salt, and black pepper in a bowl until combined. Set aside. 2. Fill a large saucepan with 2 to 3 inches of water and bring to a boil over high heat. Reduce heat to medium-low, pour in vinegar and a pinch of salt. Crack an egg into a bowl then gently slip the egg into the water. Repeat with remaining eggs. Poach eggs untilwhites are firm and yolks have thickened but are not hard, 4 to 6 minutes. Remove eggs from water with a slotted spoon, dab on a kitchen towel to remove excess water, then transfer to a warm plate. 3. Generously spread each English muffin half with dill butter. Top with a layer of smoked salmon, then 1 poached egg. Season with cayenne pepper, salt, and black pepper to taste. Garnish with a dill sprig and serve.



Eggs Benedict with Salmon serves 8



3/4 cup plain low-fat yogurt

2 teaspoons lemon juice

3 egg yolks

1/2 teaspoon prepared Dijon-style mustard

1/4 teaspoon salt

1/4 teaspoon white sugar

1 pinch ground black pepper

1 dash hot pepper sauce

8 eggs

8 slices rye bread

8 ounces smoked salmon, cut into thin slices

1 tablespoon chopped fresh parsley, for garnish

1 teaspoon capers, for garnish

1.To make the sauce: In the top of a double boiler, Whisk together yogurt, lemon juice, egg yolks, mustard, salt, sugar, pepper and hot sauce. Cook over simmering water while stirring constantly, for 6 to 8 minutes, or until sauce is thick enough to coat the back of the spoon.

2.In a large stock pot heat 2 quarts of salted water to a boil. Carefully break the eggs one at a time into the boiling water. When all the eggs have been added, reduce the heat to medium. When the eggs float to the top, remove them with a slotted spoon and let drain briefly.

3.To assemble final dish: Toast bread slices and place on warm plates. Top each piece of toast with a slice of smoked salmon and a hot poached egg. Drizzle with yogurt sauce; garnish with parsley and capers.

Avacado Sauce Eggs Benedict serves 4



4 medium tomatoes, halved lengthwise

1/4 teaspoon fine salt 1/2 teaspoon sugar 4 teaspoons olive oil 2 ripe Avocados 1/4 cup fresh lime juice 1/4 cup water 3/4 teaspoon fine salt 1/2 teaspoon black pepper 2 tablespoons finely chopped chives or scallions 4 slices cooked bacon, crumbled 4 English muffins, split 2 tablespoons olive oil 1 teaspoon distilled white vinegar 8 large eggs 1.Preheat oven to 500 degrees F. Arrange tomato halves, cut sides up on a foil-lined baking pan. Sprinkle tomatoes with salt, sugar and parsley, then drizzle with olive oil. 2.Roast tomatoes until soft but still intact, 30 to 40 minutes. 3.In food processor, combine avocados, lime juice, water, olive oil, salt and pepper; process until smooth. In medium bowl, combine avocado sauce; stir in chives or scallions. Separate English muffin halves and brush with olive oil; bake in preheated oven until edges are brown, about 8 minutes. 4. While muffins are cooking, fill a 12-inch heavy skillet with water until half-full; bring water to a simmer, then add vinegar. Break an egg into a small cup, then carefully pour the egg into the water. Repeat with remaining eggs, poach eggs at a simmer for 3 to 4 minutes or until whites are firm but yolks are still runny. To drain, transfer eggs with a slotted spoon to pa-

per towels and sprinkle with salt and pepper. 5.To assemble, place roasted tomatoes on top of English muffins. Top each tomato with an egg, then transfer muffins to 4 plates. Spoon avocado sauce over eggs and sprinkle with crumbled bacon.

Capezzana Barco Reale di Carmignano

The Capezzana Barco Reale di Carmignano is 70% Sangiovese, 15% Cabernet Sauvignon, 10% Canaiolo and 5% Cabernet Franc from Carmignano, Tuscany, Italy. The wine is aged in Allier French oak barrels for 6 months and another 3 months in bottle before release.

This wine is made from traditional Carmignano grapes (Sangiovese, Cabernet, Canaiolo) produced by the Conti Contini Bonacossi at Capezzana, in Carmignano. The vines grow in the ancient Medici estate, the "Barco Reale" or "Royal property" mentioned in Cosimo de Medici's "Decreto Motu Proprio" in 1716. With this decrete, which is the pride of Tuscany Grand Duke Cosimo III set Italy's first laws establishing boundaries and production standards for quality wines.

13.5% Alcohol

The Carmignano region, which lies in Tuscany next to the Chianti district, is Tuscany's smallest and oldest DOCG (controlled designation of origin guaranteed). Until the rise of Super Tuscan wines which allowed producers to break all the normal winemaking rules, Carmignano went about 450 years as the only red wine in Italy that was allowed to use Cabernet Sauvignon in its blend.

The regions largest winery is Tenuta di Capezzana, which accounts for over 70% of DOCG Carmignano produced. This historic wine estate can trace its wine production all the way back to 804, with the addition of Cabernet Sauvignon being made in the 16th century. The Barco Reale di Carmignano wines are basically the little brother of the full fledged Carmignano reds with the primary difference being that they don't have the same lengthy ageing requirements.

The 2014 Capezzana Barco Reale di Carmignano begins with a wonderful aroma of black cherry, blackberry, plum, spice and lots of succulent dried herbs. This is a really tasty, smooth and rustic wine featuring similar flavors to the nose with lots of sour juicy fruit, a little smoked meat and lots more dried herbs. Soft tannins lead into the really dry, really long finish that highlights more sour dark fruit, herbs and a touch of oak.



February is the second and shortest month of the year in the Julian and Gregorian calendar with 28 days in common years and 29 days in leap years, with the quadrennial 29th day being called the leap day. It is the first of five months to have a length of less than 31 days (the other four months that fall under this category are: April, June, September, and November), and the only month to have a length of less than 30 days, as the other eleven months have a length of at least 30 days. This year February had 28 days in it.

The Roman month Februarius was named after the Latin term februum, which means purification, via the purification ritual Februa held on February 15 (full moon) in the old lunar Roman calendar. January and February were the last two months to be added to the Roman calendar, since the Romans originally considered winter a monthless period. They were added by Numa Pompilius about 713 BC. February remained the last month of the calendar year until the time of the decemvirs (c. 450 BC), when it became the second month. At certain intervals February was truncated to 23 or 24 days, and a 27-day intercalary month, Intercalaris, was inserted immediately after February to realign the year with the seasons.

February observances in Ancient Rome include Amburbium (precise date unknown), Sementivae (February 2), Februa (February 13–15), Lupercalia (February 13–15), Parentalia (February 13–22), Quirinalia (February 17), Feralia (February 21), Caristia (February 22), Terminalia (February 23), Regifugium (February 24), and Agonium Martiale (February 27). These days do not correspond to the modern Gregorian calendar.

Under the reforms that instituted the Julian calendar, Intercalaris was abolished, leap years occurred regularly every fourth year, and in leap years February gained a 29th day. Thereafter, it remained the second month of the calendar year, meaning the order that months are displayed (January, February, March, ..., December) within a year-at-a-glance calendar. Even during the Middle Ages, when the numbered Anno Domini year be-gan on March 25 or December 25, the second month was February whenever all twelve months were displayed in order. The Gregorian calendar reforms made slight changes to the system for determining which years were leap years and thus contained a 29-day February.

Its birth flowers are the violet (Viola) the common primrose (Primula vulgaris), and the Iris.



Violet







Its birthstone is the amethyst. It symbolizes piety, humility, spiritual wisdom, and sincerity.

In Memoriam Toye Jessica Tong, DODG, CFE, LIFE



Jessica Toye Tong was born Jessie Yee Dong on November 18, 1924 in San Francisco, California, one of seven siblings; 4 boys and 3 girls. The family lived in San Francisco, Phoenix, Arizona, and settled in the Los Angeles area where Toye spent most of her life.

She worked at a variety of jobs, one of the earliest as a hostess/cashier at the Celestial restaurant in Los Angele's Chinatown. She was a gregarious people-person from way back and used her energetic personality to segue into the sales force in the food service world. She worked for Snow Queen and Young's Market to name 2 of the companies that benefited from her talents in sales and in her ability to make personal connections with everyone she came in contact with, from dishwashers to wait staff to chefs and buyers. She was only 4' 10" at her tallest but a force of nature who wasn't afraid to use the fact that she was the rare female salesperson who also spoke Chinese and Spanish, besides English, and rarely took "no" for an answer. She was a seafood broker for many years with restaurants

and various institutions as her customers.

Once she discovered a calling, she never looked back. That's how she felt about the IFSEA, Chefs d'Cuisine, and the other professional organizations where she felt she could make a difference. She networked with LA Mission College and LA Trade Tech College to further the interests of culinary arts by fundraising for scholarships and teacher recognition. She was the consummate fundraiser for her beloved IFSEA and increased memberships and donations for student scholarships and also loved to recognize those who worked so hard to maintain the quality of the organization she has been a member of for over 40 years. She was also proud to have been asked to assess Army food service/kitchens around the world many years ago.

Right up until she was no longer able to make that phone call, ask for a donation, or ask you "how many tickets you are buying for the next gala dinner?", she expressed her love for family, friends, church, chefs, students, restaurants, and the black jack slot machines in Las Vegas casinos :-).

She passed away peacefully at her daughter and son-in-law's home in Carlsbad, California on January 29th. She is survived by 4 children, 7 grandchildren, 3 great grandchildren, many nieces and nephews, and a network of beloved friends.

Her family thanks her IFSEA and food service friends for their love and prayers sent to her while she transitioned from this world to her heavenly rest.

History of the Valentine's day card

In 1797, a British publisher issued The Young Man's Valentine Writer, which contained scores of suggested sentimental verses for the young lover unable to compose his own. Printers had already begun producing a limited number of cards with verses and sketches, called "mechanical valentines." Paper Valentines became so popular in England in the early 19th century that they were assembled in factories. Fancy Valentines were made with real lace and ribbons, with paper lace introduced in the mid-19th century. In 1835, 60,000 Valentine cards were sent by post in the United Kingdom, despite postage being expensive.

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A reduction in postal rates following Sir Rowland Hill's postal reforms with the 1840 invention of the potage stamp (Penny Black) saw the number of Valentines posted increase, with 400,000 sent just one year after its invention, and ushered in the less personal but easier practice of mailing Valentines. That made it possible for the first time to exchange cards anonymously, which is taken as the reason for the sudden appearance of racy verse in an era otherwise prudishly Victorian. Production increased, "Cupid's Manufactory" as Charles Dickens termed it, with over 3,000 women employed in manufacturing. The Laura Seddon Greeting Card Collection at Manchester Metropolitan University gathers 450 Valentine's Day cards dating from early nineteenth century Britain, printed by the major publishers of the day. The collection appears in Seddon's book Victorian Valentines (1996).

In the United States, the first mass-produced Valentines of embossed paper lace were produced and sold shortly after 1847 by Esther Howland (1828–1904) of Worcester, Massachusetts. Her father operated a large book and stationery store, but Howland took her inspiration from an English Valentine she had received from a business associate of her father. Intrigued with the idea of making similar Valentines, Howland began her business by importing paper lace and floral decorations from England. A writer in Graham's American Monthly observed in 1849, "Saint Valentine's Day ... is becoming, nay it has become, a national holyday." The English practice of sending Valentine's cards was established enough to feature as a plot device in Elizabeth Gaskell's Mr. Harrison's Confessions (1851): "I burst in with my explanations: 'The valentine I know nothing about.' 'It is in your handwriting', said he coldly." Since 2001, the Greeting Card Association has been giving an annual "Esther Howland Award for a Greeting Card Visionary".

Since the 19th century, handwritten notes have given way to mass-produced greeting cards. In the UK, just under half of the population spend money on their Valentines, and around £1.9 billion was spent in 2015 on cards, flowers, chocolates and other gifts.

The mid-19th century Valentine's Day trade was a harbinger of further commercialized holidays in the U.S. to follow.

History of the Valentine's day card

Continued from page 11

In 1868, the British chocolate company Cadbury created Fancy Boxes — a decorated box of chocolates — in the shape of a heart for Valentine's Day.Boxes of filled chocolates quickly became associated with the holiday.In the second half of the 20th century, the practice of exchanging cards was extended to all manner of gifts, such as giving jewelry.

The U.S. Greeting Card Association estimates that approximately 190 million valentines are sent each year in the US. Half of those valentines are given to family members other than husband or wife, usually to children. When the valentine-exchange cards made in school activities are included the figure goes up to 1 billion, and teachers become the people receiving the most valentines. The average valentine's spending has increased every year in the U.S and is expected to be about \$231 in 2019.

The rise of Internet popularity at the turn of the millennium is creating new traditions. Millions of people use, every year, digital means of creating and sending Valentine's Day greeting messages such as e-cards, love coupons or printable greeting cards. An estimated 15 million e-valentines were sent in 2010. Valentine's Day is considered by some to be a Hallmark holiday due to its commercialization.

In the modern era, liturgically, the Anglican Church has a service for St. Valentine's Day (the Feast of St. Valentine), which includes the optional rite of the renewal of marriage vows. In 2016, Catholic Bishops of England and Wales established a novena prayer "to supplecame so popular in England in the early 19th century that they were assembled in factories. Fancy Valentines were made with real lace and ribbons, with paper lace introduced in the mid-19th century. In 1835, 60,000 Valentine cards were sent by post in the United Kingdom, despite postage being expensive.



National Flag of Canada Day



National Flag of Canada Day is a day celebrated in Canada in honor of Canada's national flag, the maple leaf, and its inauguration in 1965. This holiday isn't a statutory holiday in Canada – which means that transportation schedules don't change and public schools and businesses remain open. This holiday is celebrated on February 15th in Canada.

History Of National Flag of Canada Day

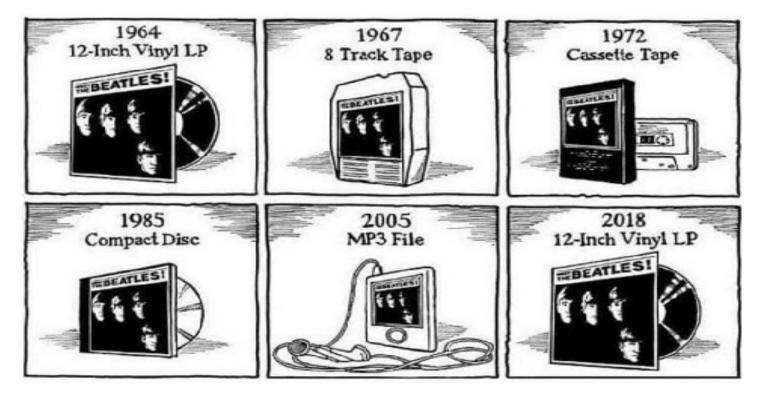
The "maple leaf" Canadian flag officially replaced the original flag of Canada – the Canadian Red Ensign – on February 15, 1965. Before the adoption of this flag, Canada had a couple of different flags which had flown over its country. From 1868 to 1921, the Canadian Red Ensign had been flown and from 1921 to 1965 the Royal Union Flag had been flown. However, that began to change when Canadian Prime Minister Lester Pearson endorsed resolutions to give Canada a unified flag. In 1964, Prime Minister Lester Pearson formed a committee to find a flag that could be used as the National Flag of Canada and would replace the Union Jack. Out of 3 choices, a Flag designed by George Stanley was selected.

On December 15, 1964, the Canadian House of Commons passed a resolution to make the "maple leaf" the official flag of Canada. By December 17th, it had passed the Canadian Senate. On January 28, 1965, Elizabeth II proclaimed this flag as the official flag of Canada. On February 15, 1965, it was raised for the first time on Parliament Hill. However, it wasn't until 1996 that February 15th was officially named National Flag of Canada Day.

National Flag of Canada Day Customs & Celebrations

On this day, the Canadian Flag is not only flown from public institutions but also flown by many private citizens. It is also not uncommon for special public events to be held or people wearing Canadian flag pins on their persons. However, since this day is not a statutory holiday, schools and government buildings remain open on this day – as do most businesses. Also, public transportation remains on schedule on this day.





The Spell-Checker Poem

More than an exercise in homophonous humor, "Candidate for a Pullet Surprise" endures as a cautionary tale for all those who place too much trust in spell checkers. by Mark Eckman and Jerrold H. Zar

I have a spelling checker, It came with my PC. It plane lee marks four my revue Miss steaks aye can knot sea. Eye ran this poem threw it, Your sure reel glad two no. Its vary polished in it's weigh. My checker tolled me sew. A checker is a bless sing, It freeze yew lodes of thyme. It helps me right awl stiles two reed, And aides me when eye rime. Each frays come posed up on my screen Eye trussed too bee a joule. The checker pours o'er every word To cheque sum spelling rule. Bee fore a veiling checker's Hour spelling mite decline, And if we're lacks oar have a laps, We wood bee maid too wine.

Butt now bee cause my spelling Is checked with such grate flare, Their are know fault's with in my cite, Of nun eye am a wear. Now spelling does knot phase me, It does knot bring a tier. My pay purrs awl due glad den With wrapped word's fare as hear. To rite with care is quite a feet Of witch won should bee proud, And wee mussed dew the best wee can, Sew flaw's are knot aloud. Sow ewe can sea why ave dew prays Such soft wear four pea seas, And why eye brake in two averse Buy righting want too pleas.