



IFSEA NEWS

Fresh and Bold!

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

Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



Fulfill The Needs and Happy Holidays!

Seasons Greetings to all who read this near and far and wishing you a great and wonderful Holiday season. No doubt the holidays are upon us and hope everyone had a great and peaceful Thanksgiving. This time of year is stressful to many and while the holidays are a great time of year to be with family and friends, so many of us don't have time to take a few minutes to reflect on all the wonderful things we have in our lives. As I get older (I thought I would never say this and that is a fact) we can share the great traditions we have with others. The wonderful traditions within and around the food service and hospitality industry. We are definite care givers and providers in most everything we do.

Our hotel and lodging industry are shelter providers dating back to the true meaning of Christmas. Our food service industry provides sustenance and nourishment to the millions we serve and feed every day. Our industry has for over 100 years plus been the place of gathering for celebrations, business deals, political deals and providing basic needs of food, shelter and water.

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SOMETHING TO THINK ABOUT

For success, attitude is equally as important as ability. Walter Scott

2020 IFSEA OFFICERS AND DIRECTORS

Board	Position	Committee	Email
Richard Weil	Chairman		richard@nrcadvice.com
Ed Manley	Chairman Elect		ed@ehmanley.com
David Kinney	Treasurer		hq@ifsea.org
Alysha Brooks	Director		brooksal@morrisville.edu
Bob Mathews	Director		robertifsea@gmail.com
Brian Kunihiro	Director		brianifsea@gmail.com
Colonel Curtis Henry	Director	<i>Military</i>	chefroc1@gmail.com
CSC (Chief) Dave Zander	Director	<i>Military</i>	dazsr66@gmail.com
Dave Orosz	Director	<i>Worthy Goal</i>	dave@orosz.us
Donna Foster	Director		foodlady2@juno.com
Dr Ernst Boger	Director	<i>Scholarships</i>	epboger@umes.edu
George Baggott	Director		gebaggott@hotmail.com
Grant Thompson	Canadian Liaison		attgrant@rogers.com
Jack Kleckner	Director	<i>Industry Advisor</i>	jack.kleckner@ecolab.com
Jayne Peterson	Director		jpeterson@rlsinc.com
Jesus Guillen	Director		jrguillen01@yahoo.com
Larry Brown	Director	<i>Industry Advisor</i>	lbrown@michaelsinc.com
Laurel Schutter	Director		laurelschutter@lammorrison.com
Matt Trupiano	Director	<i>Newsletter</i>	mattifsea@gmail.com
Michelle Hackman	Director		michele@its-go-time.com
Peter Starowicz	Director		pstarowi@mvnhealth.com
Richard Hynes	Director	<i>Industry Advisor</i>	richard.hynes@hobartcorp.com
Stan Gibson	Director		scgibson32@gmail.com

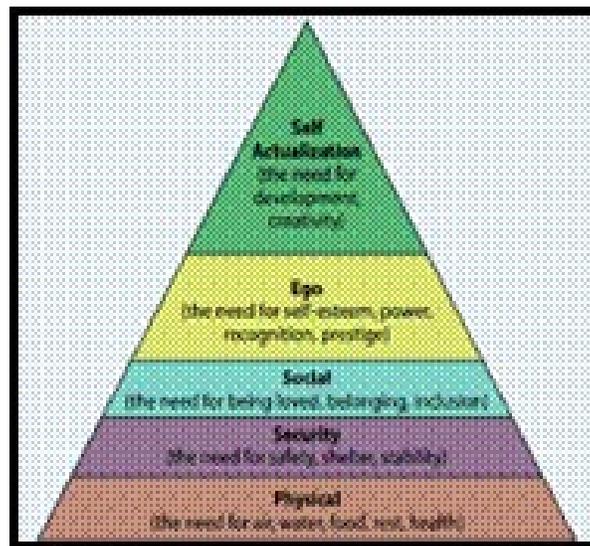
Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



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Dating back to Abraham Maslow, a well-known American psychologist, he created the hierarchy of needs theory. Maslow's hierarchy of needs, "a theory of psychological health predicated on fulfilling innate human needs in priority, culminating in self-actualization". Our industry along with this time of year should be reminded of the basic human needs. While this monthly's column should not be an invitation to go back to school to take a psychology class, it is a reminder that we as food service and hospitality professionals have the ability and innate obligation to fulfill meeting our fellow humans needs. I have attached the pyramid below that many may remember to remind that providing these basic needs from physical needs all the way to self-actualization is a large part of what we do in our business.



Meeting these needs in our establishments and reminding ourselves in our business and personal lives how important to understand that we are: the providers of physical needs in a safe environment; a place where our guests can socially enjoy and find a sense of belonging; feed not just the physical aspect of our food and beverage but feed self-esteem for guests with even a simple thank you, proper eye contact; and when a celebration occurs realize the birthday, anniversary or other event is something guests may over a long time remember your service and business for years to come and even provide an opportunity for "self-actualization". What does this mean? Yes, this does tie to the holidays and in your personal lives seeing family and friends and you collectively being part of interacting and fulfilling positive human needs. Make this holiday one that you can self-actualize for many years to come!

Happy Holidays from your IFSEA board and from my family to you!



Annual Meeting Minutes IFSEA 11-5-19

Chairman of the Board Richard Weil called the meeting to order at 4:00 PM Eastern Time.

- Board Members in Attendance: Richard Weil, Ed Manley, David Kinney, Alysha Brooks, George Baggott, Larry Brown, Matt Trupiano, Donna Foster, Laurel Schutter, Robert Mathews, Col. Curtis Henry, Chief David Zander, Brian Kunihiro, Jesus Guillen, Michelle Hackman, Dr. Ernest Boger tried to connect into the meeting but was unable to connect.

- Non-Board Members in Attendance: John Williams, Christopher Dent, Bishop Graham, Ken Kuscher, Nancy Miura

Post the meeting we received communications form Pete Starowicz, Grant Thompson and Jack Kleckner.

Other board members not in attendance were Dick Hynes and Dave Orosz.

A quorum was established for the purposes of conducting business at the 2019 annual meeting per the organizations Constitution and By-laws.

- Richard Weil appointed Ed Manley as Parliamentarian

- Richard Weil recognized the following special dignitaries on the call: Past Chairmen of the Board of IFSEA – Richard Weil, Ed Manley, David Kinney, Brian Kunihiro, Laurel Schutter, Larry Brown, Robert Mathews (all are also DODG recipients). Additional recognition to Matt Trupiano, Donna Foster, and Stan Gibson, DODG recipients.

- Richard Weil asked for the consent agenda be approved. Motion approved and meeting Secretary David Kinney cast the vote to approve the consent agenda.

Richard Weil and David Kinney conducted the annual Memorial service in recognition of those members who have passed the past year: Todd Story, Bruce Caudy, Jessica Toye Tong, William Hovey McClure, Hannelore Faulstich were all recognized and honored during the Memorial Ceremony.

Richard Weil asked for the minutes of last year’s meeting be approved and the Secretary David Kinney cast the vote for approval.

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Chairman Richard Weil's Report:

- Richard discussed the New Business item of changing our dues structure to a donation-based program of a minimum annually of \$25 instead of the standard membership style payments.

We cannot change to a 501c3 corporation since we sell certifications so must remain a 501c6 corporation. Much more discussion on this ensued under new business noted below.

- Richard thanked Matt Trupiano and Michelle Hackman for their continued efforts in getting out the monthly newsletter. He also thanked David Kinney for his work as Treasurer and Ed Manley for his role in IFSEA Business Development.

Treasurer's Report David Kinney:

- We are financial stable and have about \$4,200.00 in the bank. We continue to receive money from certifications and some memberships. All bills are paid.

- Memberships are the area we need to work on to get more members in the organization. A motion was made to approve the annual Treasurer's report as presented and was approved by the meeting.

VP Business development Ed Manley's Report:

- We spent \$8,000 on obtaining trademarks. We have two approved trademarks completed and waiting on the other two.

- Kae Fund spent \$3,000 on culinary program for Enlisted Aide program.

- Ed indicated that he has combined the IFSEA and Global Food networks certifications into one group offered to those seeking certification. Each organization receives the appropriate amount of revenue for its certifications per the MOU signed in 2017

- Ed has resubmitted our application to one of the state's largest government funded programs to provide scholarships to High School Students called the Perkins Fund

- Col. Curtis "Rock" Henry is working on certifications for Veterans and Incarcerated young people. Ed maintains the certifications for active military.

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- Ed indicated we joined the Rouxbe program whereby individuals from many nations can get certified and the information is in their native language.
- Ed and Col. Henry are expanding our programs beyond the US to such areas as Nigeria and Thailand. Col. Henry is also in process of earning his PhD abroad as well.
- Ed indicated that SUNY Morrisville has no longer the personal resources or continued desire to stay involved in the Global Food Institute (GFI) program and that he and Richard Weil have approached Dr. Pat Moreo at the University of South Florida (USF) College of Hospitality Management. Richard indicated that a MOU should be completed by 1-1-20 establishing the formal relationship by and between USF, FGI and IFSEA.
- Ed asked if anyone would please step up and manage the Meetup and Mentoring programs. He simply does not have the time.

Scholarships and Worthy Goal:

- Brian Kunihiro did not know what is currently developing but did indicate that the Aloha Hawaii Branch was dissolving and that funds from their treasury would be sent to benefit IFSEA and Worthy Goal. The amounts were unknown. The Hawaii branch as such has changed its format to a meetup program instead of a formal branch and thus is disbursing its treasury. Thank you to Board member Jesus Guillen as well.
- Alysha Brooks will assist in forwarding SUNY Morrisville to apply for scholarships. Richard congratulated Alysha on the birth of her new baby. Richard will push on University of Houston and University of South Florida. Dr. Boger will have the University of Maryland Eastern Shore send in applications as well thus anticipating hopefully 30 applications or more this coming year.
- Michelle Hackman updated the web site and scholarship application to reflect the dates of 2020.

IFSEA Membership:

- Laurel Schutter asked if the new proposal would create a shortfall in revenue since there would no longer be a \$49 membership. Richard indicated it would not have a significant effect since

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the overwhelming number of members are at the \$25 level.

- Robert Mathews said shouldn't it indicate \$25 is a minimum donation. Yes
- Robert and Stan Gibson indicated that this process would possibly eliminate companies who must have it as membership usually.
- Ken Kuscher stated that the donation idea is alright but that we needed to provide some benefits for people to join such as insurance, discounts on products, etc.
- A task force to be created prior to any formal action and that a January 2020 board meeting will be anticipated to address the IFSEA membership ideas. Thank you to all who interjected information and ideas about the membership go forward processes.

Election of Officers: Richard Weil conducted the Election and the Secretary cast a unanimous vote for the following slate. Richard Weil installed all the new Officers and Directors.

- Richard Weil – CEO, Chairman
- Ed Manley – Director of Development
- David Kinney – Treasurer CFO
- Alysha Brooks - Director
- Bob Mathews - Director
- Brian Kunihiro – Director
- Colonel Curtis Henry – Director Military
- CSC (Chief) Dave Zander – Director Military
- Dave Orosz – Director Worthy Goal
- Donna Foster – Director
- Dr. Ernst Boger – Director Scholarships
- George Baggott – Director
- Grant Thompson – Canadian Liaison
- Jack Kleckner – Director Industry Advisor

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- Jaynee Peterson – Director
- Jesus Guillen – Director
- Larry Brown – Director Industry Advisor
- Laurel Schutter – Director
- Matt Trupiano – Director Newsletter
- Michelle Hackman – Director Newsletter
- Pete Starowicz – Director
- Richard Hynes – Director Industry Advisor
- Stan Gibson – Director

Open Forum: David Kinney recognized our general members who were in attendance during the call including: John Williams, Christopher Dent, Bishop Graham, Ken Kuscher and Nancy Miura.

Adjournment:

Seeing no other business to attend to Richard Weil called for adjournment at 4:50 PM Secretary cast the vote to adjourn.

Respectfully Submitted by:

David Kinney,

IFSEA International Treasurer, Annual Meeting Secretary

Finally IFSEA CFE Certification Milestone!

Ed Manley started pushing IFSEA certifications in 2004 and converted the program along with the late Dr. Joan Johnson when the Global Food Institute was created in 2010. went to GFI in 2010. Between the two, IFSEA and GFI the certification programs have reached 2 milestones this month:

Certified over 4000 people. These people in total have earned over 12,000 certifications

We think, other than NRA's ServSafe™, NO other food service related organization has reached these impressive numbers. Congratulations to Ed and his key players over the years. IFSEA has benefited tremendously from Ed's efforts and the certification programs.

Without the certification programs generating revenue for IFSEA we would not be able to continue to support military and students. Our core competency of students, military and certifications keeps our 118-year-old association alive! Thank you, Ed Manley,!

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



“Shut Up and Listen”

That is the title of a new book from Tillman Fertitta. You may know him from being sole owner of the Houston Rockets (pd. \$2.2 Billion), but he also owns 5 Golden Nugget casinos and assorted restaurant chains from Landry’s at the top to Bubba Gump toward the bottom, #110 on the Forbes top 400, at \$4.4 Billion net worth. Our Chairman, Mr. Weil, has met him as Mr. Fertitta is also the Chairman of the Board of Regents at Richard Weil’s alma matter the University of Houston. His core philosophy thus far in my reading is NEVER say no to a customer. Find a way to say yes, even if a qualified yes – like, we don’t have iced tea, but we could provide hot tea over ice and that’s iced tea. Or breakfast ended at 11 and the guest is here at 11:10. Still have eggs in the kitchen, maybe can’t do Eggs Ranchero but could do some scrambled eggs. A few things he said that I don’t like – if it will take you 3 days to get a product to the customer, tell them 4, so you’ll be on time. What? Thus far what I see is, there’s nothing new about customer service – his points, drawn out, filling pages, are just simple logical things to do. So, a good reminder of a read, just to tell you DO WHAT YOU KNOW YOU SHOULD DO AND DO THE RIGHT THING!

I was at an Applebee’s in Times Square in NYC a few months ago. As the miscues kept adding up I couldn’t stand it any longer and asked to see the manager. “You don’t have to teach customer service, as I do, to recognize some things that your server should be doing, but isn’t. The food was awesome, the service terrible.” By the end of my list she and I were laughing so hard, and I said, “It’s all in the Applebee’s Manual,” and she said, “You are right it IS all in the manual.” So the reminder there is to inspect what you expect. Some examples, when to ask the guest if they like their food – test answer is when they’ve taken 2 bites. None of the 4 possible answers is NEVER. If the customers drink is empty and the plate still pretty full, when do you ask if they would like another cocktail? NEVER is not a possible answer. If my plate is wiped clean, no need to ask me if you can take it. If there’s nothing on my table but my remaining cocktail and my charge card, no need to ask me if I’m waiting for a check. And more. My mantra is always that ownership doesn’t make the restaurant work, recipes don’t make the food taste good, managers do and chefs/kitchen managers do.

The Army’s Quartermaster General, Brigadier General Douglas McBride, was my guest at the 17th Enlisted Aide of the Year Award ceremony, which is the feature of the USO Salute to Military Chefs amazing dinner in Washington DC. We had some productive discussions, which included that you don’t learn how to cook by going to the CIA, J&W and Fort Lee, you learn how to cook by cooking. Those 3 and others give you basics, but don’t make you a good cook. This came up because he told me of a new concept, maybe the best idea I’ve heard in a decade, saying that when people come out of the Enlisted Aide (EA) school at Fort Lee, if they don’t get an assignment right away, they lose what they learned. SO, they are assigning them on a rotational basis to houses in DC, where they can learn from the various chefs at those houses. My comment was that those people are going to be the best chefs in the military because they are going to learn from the best, rather than being in one house probably by themselves. Great contemporary and progressive idea.

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“Shut Up and Listen”

The Enlisted Aide of the Year Award Dinner. I created it in 2003 following a suggestion from CSCS and IF-SEA member Martin Mongiello that I get together with the household management guru, Mrs. Mary Starkey and maybe we could do something together. Mary asked me if we could do an award for the enlisted aides. Struck me that most people have no idea what they do, and they are in the background without much acknowledgement. So I said sure. She put me in touch with CMSgt Pat Moore, EA for the CSAF at the time, GEN Jumper, and he put a group together which worked for 2 years on the instruction we would go by. He also introduced me to CEO of the Metro DC USO, Elaine Rogers who invited us to present the award as the feature of their existing Salute to Military Chefs dinner.

For 17 years, with MGySgt Jesse Camacho as my right and left hand man, and with KEY financial support from Ecolab, Hobart, Boston Beer, Hilton, the Kae deBrent Hodges Fund and E. H. Manley & Associates, as well as HUGE award and product support from U. S. Foodservices, Keany Produce, Hargrove and Whole Foods, along with many smaller but important sponsors like R. L. Schreiber, Chef Works, Judith Manley and many others. Huge thanks to all those who gave cash, product and hundreds who gave their time especially for the culinary competitions – bless you all. I produced 17 Enlisted Aide of the Year awards and 15 military culinary competitions, raising funds to give active duty military chefs over \$150,000 in cash prizes.

For 2019, having done 15 culinary competitions – first 3 in Baltimore with the Maryland Restaurant Association, and the rest on the street outside Marine Barracks in DC, I only had 5 teams sign up by the time I had to put down money to secure the tent space, so it was cancelled and the competition was dropped from my “to do” list. Many of the best chefs (include now famous Chef Andre Rush at the first competition) got their start in our competition and got the passion to compete there, and went on to great things. Proud of that.

And after 17 Enlisted Aide of the Year awards programs, this was my last to run. In order to give the program, which is now hugely important – including each of the 5 finalists gets a service medal for winning their service best award – the continuing support beyond the availability of Elaine and I, Elaine offered that the USO would take over the administration of the program in 2020. I am VERY excited that what I created, with much help, will go on for decades.

This year being no exception, the finalists were fabulous. Everyone represented their respective service so well, 2 had me and others crying during the board meeting. For the first time we had all retired Admirals, Generals and spouses of same – Admiral DM Papp, former Commandant of the Coast Guard chaired the board, we also had two 3-stars, and spouses of two 4-stars and one 3-star. This was a board that KNEW the role of those they were interviewing and they were blown away by the 5 finalist. Plus, the co-creator of the concept, Pat Moore represented the EA community. A salute to frequent board members and former board chairs, Mrs. Suzie Schwartz, (CSAF 4-star) and LTG (3-star) Tony Crutchfield.

The winner was SSG Justin Chase, U. S. Army and 7 years Executive Chef before joining the Army. He is the Enlisted Aide to the Commander U. S. Cyber Command, Fort Meade, MD. Also competing MSgt Brian Hall, USAF, Commander Air Education & Training Command; CSC Sonata Hailey, USCG, Pacific Area Commander; SSG Joseph Hale, USMC, U. S. Representative to NATO, Brussels; and CS1 Allain Yamzon, Navy, Commander, U. S. Pacific Fleet.

Created under the umbrella of the Military Hospitality Alliance, for fund raising purposes the program was moved to the Veteran’s Support Network, and for the past several years IFSEA was added as a co-sponsor of the award. IFSEA continues to do important work for the military, and I assure you we are not done.



1st time ever we had only Admirals-Generals-spouses of same, plus CMSgt Pat Moore. One 4 star, two 3-stars, spouses two 4-star and one 3-star. (l-r) CMSgt Moore, MGYsgt Camacho, Linda and ADM Papp, MSgt Hall, SSG Chase, SSG Hale, CSC Haley, CS1 Yamzon, Suzie Schwartz, Cheryl Roberson, LTG Crutchfield, Ed Manley. (VADM French had to depart prior to the photo). A star-studded crew for sure, and some Admirals and Generals as well. Smile.



ADM Robert Papp, former Commandant of the Coast Guard and selection board chairman, reviewing the program and thanking Ed for creating and managing the EAOY program for 17 years.



Introducers, board members, finalists and fabulous USO Metro DC-VA-MD CEO Elaine Rogers - the reason we get to be there.



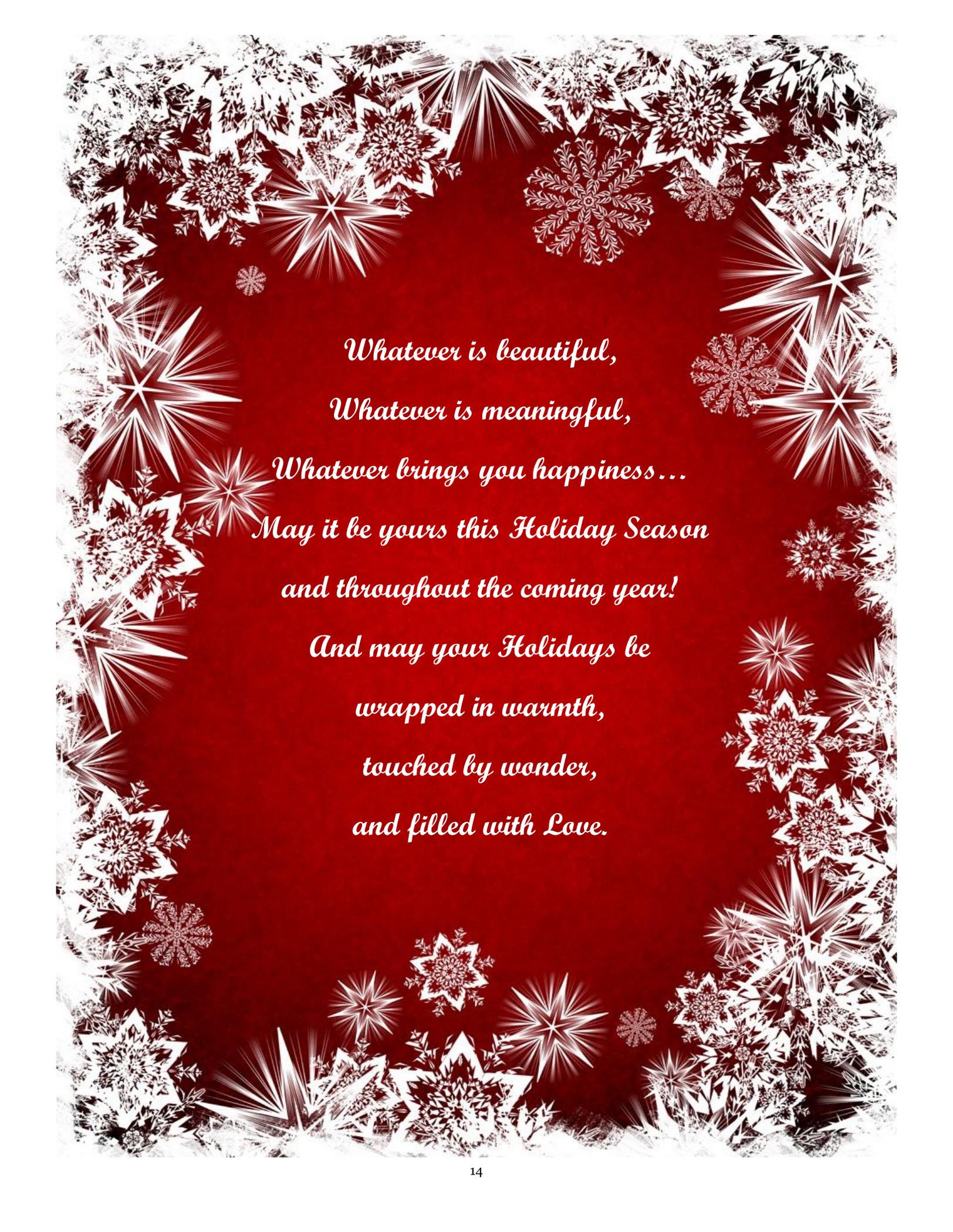
The WWE presents a championship ring to the winner, plus their name is added to the rotating "Title" which should be placed in the office of the Sgt. Major of the Army at the Pentagon signalling Army has the very best Enlisted Aide in the military. (l-r) CS1 Yamzon, SSG Hale, CSC Haley, MSgt Hall, WWE wrestler Titus O'Neil, SSG Chase, Stephanie Chase, CSCS Johnson, Detailer, Ed Manley.



As they say on the Voice, "oh my, this is a very very difficult decision,"



Ed presents the "plaque" acknowledging the VSN-IFSEA sponsorship and a plate showing R. L. Schreiber paid for it. And the other finalists (also winners and receiving a medal from their service) pretending to be happy for SSG Chase.



*Whatever is beautiful,
Whatever is meaningful,
Whatever brings you happiness...
May it be yours this Holiday Season
and throughout the coming year!
And may your Holidays be
wrapped in warmth,
touched by wonder,
and filled with Love.*

Prosciutto Bites

Servings: 12



12 slices prosciutto (thin slices)
1 medium pear, cut up into thin wedges
4 -6 ounces havarti cheese
black pepper
1 medium red pepper, cut into 24 thin sticks

Directions

You want all the ingredients (other than the prosciutto and black pepper) to be around the same size.

I buy the slices of havarti from the deli and cut them into four long slices. Then cut those strips in half widthwise. I then put two pieces into a roll.

Cut the pear into quarters and core it. Then cut each quarter in four long thin slices. I end up with a few slices leftover but I consider those treats for the cook!

At one end of a slice of prosciutto, place a cheese slice, a pear wedge and a pepper stick.

Sprinkle with pepper.

Roll up slices and secure with toothpick if necessary. I find that the meat sticks to itself usually well enough to not need toothpicks.

Herb Crusted Chicken

Bites Servings: 8



1/4 tsp each of dried basil, crushed rosemary, garlic, paprika. Mix well.
4 cups fresh whole wheat breadcrumbs
salt and black pepper to taste
1 cup flour, for dusting
4 eggs, lightly beaten
6 chicken breasts, trimmed and cut into 1-1/2 cubes
lemon wedges, to serve

Directions

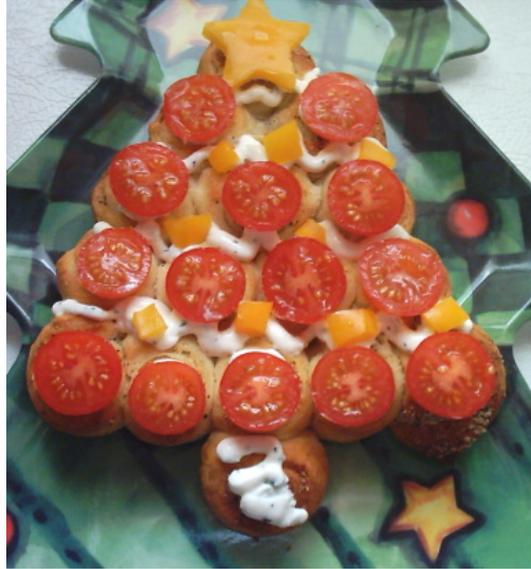
Preheat oven to 400 degrees. Place the mixed herbs, breadcrumbs, salt and pepper in a large bowl and mix until combined, then set aside. Place the flour in another bowl and the eggs in a third bowl. Toss the chicken cubes in the flour, dusting off any excess. Working in batches, dip the chicken pieces into the egg, then the breadcrumbs, pressing to coat well.

Once all the chicken is crumbed, heat a little oil in a large non-stick frying pan. Cook the chicken in batches until golden. Remove and transfer to a baking tray lined with baking paper. Place in oven for 4-5 minutes or until chicken is cooked through. Serve chicken with lemon wedges and a little whole egg mayonnaise for dipping, if desired.

Recipe Box

From Allrecipes.com

Holiday Italian Herb crescent Christmas Trees servings: 32 Yields 2 Trees



- 2 (8 ounce) cans refrigerated crescent dinner rolls
- 1/4 cup grated parmesan cheese
- 1 teaspoon dried Italian seasoning
- 1/2 cup prepared sour cream and chive dip
- 10 medium cherry tomatoes, sliced into 30 slices
- 1 medium yellow bell pepper
- 2 tablespoons chopped fresh parsley

Heat oven to 375°F. Unroll cans of dough and separate into 4 long rectangles; firmly press perforations together. Sprinkle each rectangle with 1 tablespoon cheese and 1/4 teaspoon Italian seasoning. Starting with one short side, roll up each rectangle, forming 4 rolls (like a jelly roll). With serrated knife, cut each roll into 8 slices (now they look like pinwheels). To form 1 tree, on cookie sheet, (I line mine with parchment paper it's easier to move trees to cool and to final decorating plate), Place 1 slice, cut side down, for top of tree. Arrange 2 slices below, sides touching. Continue arranging rows of 3, 4, and 5 slices. Use remaining slice for trunk. Bake first tree 12 to 14 minutes or until golden brown. Cool 5 minutes on wire rack. Repeat for 2nd tree on another cool cookie sheet. Place trees on serving platter. If you do not have a decorators bag and tip, spoon the dip into a zip lock bag. Cut 1/4 inch hole in bottom corner of bag; and pipe over tree like garland, and a dollop of dip in on each pinwheel except trunk.

Place tomato slice on each pinwheel except top and bottom ones.

With 1 1/4 to 1 1/2 inch star shaped cutter, cut 2 stars from yellow bell pepper; place one on top of each tree. Chop remaining bell pepper; sprinkle over trees. Sprinkle with parsley. Serve immediately, or refrigerate until serving time.

RANdom STuff

HOW OLD YOUR FAVORITE BAND IS TURNING IN 2019

The Rolling Stones	57 Years old
Van Halen	47 Years old
The Who	55 Years old
AC/DC	46 Years old
Metallica	38 Years old
Aerosmith	49 Years old
Kiss	44 Years old
Fleetwood Mac	52 Years old
Guns N' Roses	34 Years old
ZZ Top	50 Years old
Eagles	48 Years old
Def Leppard	42 Years old

10 THINGS THAT REQUIRE ZERO TALENT

1. Being On Time
2. Making An Effort
3. Being High Energy
4. Having A Positive Attitude
5. Being Passionate
6. Using Good Body Language
7. Being Coachable
8. Doing A Little Extra
9. Being Prepared
10. Having A Strong Work Ethic

LINCOLN CENT

ONE CENT
UNITED STATES OF AMERICA

1909 "VDB"	\$2
1909 S "VDB"	\$525
1909 S	\$37
1910 S	\$6
1911 S	\$8
1912 S	\$6
1913 S	\$6
1914 S	\$6
1914 D	\$105
1915 S	\$4
1922 D	\$3
1922	\$360
1924 D	\$9
1926 S	\$2

DID NOT KNOW THIS! DID YOU?

- *Dreamt is the only word that ends in mt
- *The first letters of the months July through to November spell JASON
- *A cat has 32 muscles in each ear
- *Goldfish can see both infrared and ultraviolet light
- *The smallest bones in the human body are found in your ear
- *Switzerland eats the most chocolate equating to 22 pounds per person per year
- *Macadamia nuts are toxic to dogs
- *Stewardesses is the longest word that is typed with only the left hand
- *You burn more calories eating celery than it contains (the more you eat the thinner you become)
- *The only continent with no active volcanoes is Australia
- *The longest street in the world is Yonge street in Toronto Canada measuring 1,896 km (1,178 miles)
- *The Karate Kid Ralph Machio is 58 years old!

DECEMBER

December, a month filled with love, humanity and gift giving events like; Christmas and New Year Evening. It also be a month filled with Romance. This article present the 10 Interesting Facts About The Month December .

December is the 12th and last month of the year in the Julian and Gregorian Calendars. And one of seven months with the length of 31 days. December starts on the same day of the week as September every year and ends on the same day as April every year. It is the month with the shortest daylight hours of the year in the Northern Hemisphere and the longest daylight hours of the year in the Southern Hemisphere. December in the Northern Hemisphere is the seasonal equivalent to June in the Southern Hemisphere and vice versa.

Christmas Eve is the evening or entire day preceding Christmas Day, the widely celebrated annual festival commemorating the birth of Jesus Christ. It occurs on December 24 in the Western Christian Church, and is considered one of the most culturally significant celebrations in Christendom and the Western world, where it widely observed as a full or partial holiday in anticipation of Christmas Day.

Christmas is an annual commemoration of the birth of Jesus Christ. Also, it is a widely observed holiday, celebrated generally on December 25 by billions of people around the world. Christmas is a civil holiday in many of the world's nations, is celebrated by an increasing number of non-Christians, and is an integral part of the Christmas and holiday season.

In the Gregorian calendar, New Year's Eve, the last day of the year, is on December 31. In many countries, New Year's Eve is celebrated at evening social gatherings, where many people dance, eat, drink alcoholic beverages, and watch or light fireworks to mark the new year. Some people attend a watchnight service. The celebrations generally go on past midnight into January 1 (New Year's Day).



December Birthstone is
Turquoise



December flower is
Narcissus or Daffodil

DECEMBER

Is also

NATIONAL PEAR MONTH

Pears are fruits savored for their delicious flavor since ancient times. Pears are delicious and sweet pomaceous fruits with juicy flesh. The term “pear” actually describes a number of trees and bushes in the genus *Pyrus*, of the larger family *Rosaceae*. There is a wide variety of pear trees but only a few of them bear edible fruits that can be consumed by humans; a number of pear varieties are only used as decorative trees and shrubs.

The fruit is the upper end of the flower stalk and is typically narrow at the top (stem) and wider at the bottom. However, this is not the way to ultimately determine a “pear” variety. Some pears are shaped just like apples! The appearance of the flesh inside the skin is also similar to apples, although it is a slightly grittier in consistency, due to the presence of stone cells. This is one of the most obvious differences between the two fruits, apart from the taste.

Pears are thought to have originated in China and are native to Europe, North Africa, and Asia. Pears have been a part of many diets for thousands of years, and have been found in Celtic literature, Roman history, and Chinese lore. They can grow easily in places with temperate, cool climates that make them very versatile and easy to cultivate.

Nutritional Value of Pears

Modern science now reveals to us that the health possibilities may be due to the mineral, vitamin, and organic compound content of pear species. Some of these active and effective components include potassium, vitamin C, vitamin K, phenolic compounds, folate, dietary fiber, copper, manganese, magnesium, as well as B-complex vitamins, according to the USDA National Nutrient Database.

Optimize Digestion

A study published in *Nutrition Today* led by Dr.

Joanne Slavin, who is a professor at the University

of Minnesota, concludes that fruits like pears are extremely great sources of dietary fiber.

While a single serving of pears provides 18%

of the daily requirement for fiber intake, they can be a very strong agent for improving digestive health too. Most of the fiber in pears is a non-soluble polysaccharide (NSP), which means that it acts as a bulking agent in the intestines. This fiber accumulates the food and adds bulk so it is easier for the food to pass through the intestines. Furthermore, it stimulates the secretions of gastric and digestive juices. It also regulates bowel movements and reduces the chances of constipation, as well as diarrhea and loose stool. Also, the gritty nature of pear fiber helps it bind to cancer-causing agents and free radicals in the colon and protect the organ from their damaging effects.

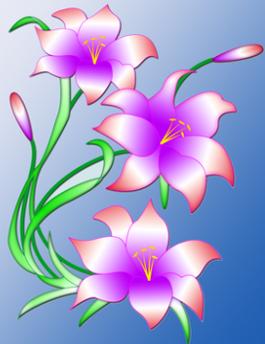
Antioxidant Activity

Like many other fruits, pears are a wealth of antioxidants like vitamin C that combat various diseases and conditions within the body. Antioxidants work to eliminate the free radicals that accumulate in the body following cellular metabolism. A 2003 research study on the antioxidant activity of pear has revealed that pear fruits contain a remarkable amount of vitamin C and chlorogenic acid. Antioxidant components of vitamin C, vitamin A, and flavonoid compounds like beta-carotene, lutein, and zeaxanthin, all of which are found in pears, can help rid the body of free radicals.





Meet
Stoyana Marie
 Born October 15th, 2019 7 lbs 5 oz.
 20 inches long
 Proud Parents
 Alysha and Micah Brooks
 and brothers Quentin and Asher.



Memory Lane Update

Still unidentified
Do you know who she is?



?, Western Regional, Denver 1987



Patty Andrews and Rob Malky,
 Western Regional, Denver 1987

A trip down



Photos are from the Don McIntosh collection.
If you recognize a person not identified, please let me know
and I will include that information in the following issue.

Please send the name(s) and photo number(s) to me at mattifsea@gmail.com.



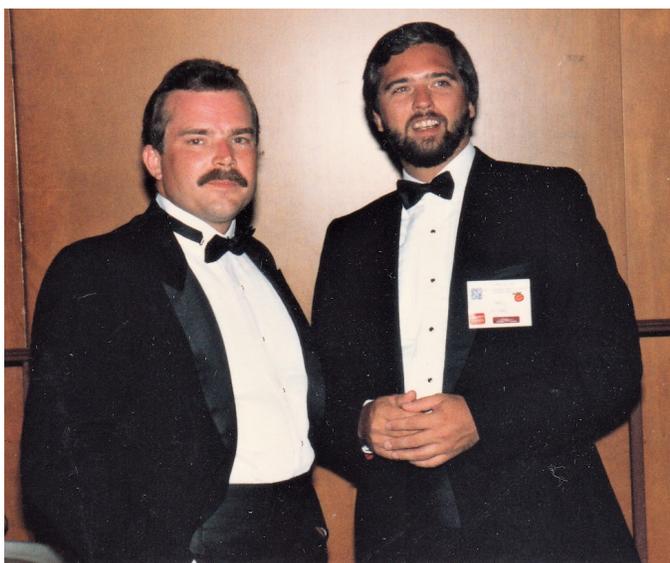
Dennis Farley Miami 1987



Rosie Bass and Mel King and Herman Cohen
Miami 1987



Pat and Jay Heflin Miami 1987



Mark Coulton, and Mel King Miami 1987

Memory Lane

Still unidentified

Do you know who she is?

2



Ed Manley And ? And ? Bea DeGasper and Edgar DeGasper ,
Southern Regional, New Orleans 1987

3

1



Ann Smith And ? And ? ,
Southern Regional, New Orleans 1987



? And Mary Kay LeBourdais And Bob Mathews,
Southern Regional, New Orleans 1987