

"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

A Heartfelt Message in These Trying Times

As I write the monthly newsletter article for April, we are in the midst of the Coronavirus Pandemic and no information that I can convey in detail as of this writing will most likely be current or possibly even relevant when our members and subscribers to our newsletter read this month's newsletter. On behalf of our newsletter publisher Matt Trupiano, posting master Michelle Hackman, and your Executive Committee Ed Manley, Dave Kinney and I we extend our well wishes to everyone that we hope you are safe and healthy.

Every hour of the day it seems we have been inundated with statistics about the Coronavirus. I personally take great pride in being part of what I believe the greatest industry in America in which 10% of the work force are engaged is the food service and hospitality industry. As a Past Chairman of the Board of the Colorado Restaurant Association as well as maintaining my activism for our industry throughout the country, our industry has been smacked over the head and then some. From layoffs, to closures and mortality we have all been affected in so many ways.

Continued on page 3

April 2020

IN THIS ISSUE

April is	10
Did You Know	6
Director of Development	4 & 5
In Memoriam	11
Life On the Weil Side	1 & 3
Officers and Directors	2
Recipe Box	7 & 8
Random Stuff	9



SOMETHING TO THINK ABOUT

Be Positive, Patient and Persistent

2020 IFSEA OFFICERS AND DIRECTORS

Board

Richard Weil
Ed Manley
David Kinney
Alysha Brooks
Michelle Hackman
Stan Gibson
Brian Kunihiro
Peter Starowicz
Laurel Schutter
Jaynee Peterson
Jesus Guillen
Shawn McGregor

Position

Chairman
Chairman Elect
Treasurer
Director
Director
Director
Director
Director
Director
Director
Director
Director

Email

richard@nrcadvice.com
ed@ehmanley.com
dkinney111@comcast.net
albrooks.491@gmail.com
michele@its-go-time.com
scgibson32@gmail.com
brianifsea@gmail.com
pstarowi@mvnhealth.com
laurelschutter@iammorrison.com
jpeterson@rlsinc.com
jrguillen01@yahoo.com
smcgregor1@cfl.rr.com

CAFP - President Representative

Grant Thompson

attgrant@rogers.com

Industry Advisors

Jack Kleckner
Richard "Dick" Hynes
Larry Brown

jack.kleckner@ecolab.com
dickhynes.dbassociates@gmail.com
lbrown@michaelsinc.com

Branch President Council Advisors

Matt Trupiano
Donna Foster

mattifsea@gmail.com
foodlady2@juno.com

Special Advisor to the Board

Dave Orosz

dave@orosz.us

Student & Scholarship Advisor

Dr. Ernest Boger

epboger@umes.edu

Past Chairmen of The Board Advisors

Robert Mathews

robertifsea@gmail.com

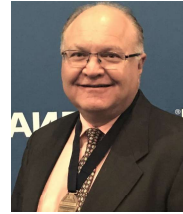
Military Advisers

COL Curtis "Rock" Henry, U.S. Army MCFBD
CSC (Chief) David Zander, U.S. Navy, MCFE

chefrock1@gmail.com
dazsr66@gmail.com

Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board



Continued from page 1

A Heartfelt Message in These Trying Times

Many of us are asking when will the normalcy return to our lives? Hard to know, but one thing for sure that I do know is my belief in our country and belief in our industry. We have gone through many difficult times where we often thought we would not find our way through the current events. While the long-term effects of the Coronavirus fallout may not be totally known, we do have as a country and as an industry the perseverance to see this through as well.

I encourage our IFSEA members that remain active in the industry to take advantage of the many stimulus items available to small business, large business, unemployed/laid off staff members and then some. While it may take some time and energy to apply for government subsidies, take the time to complete the applications or help someone who may not have the time or skills to complete such paperwork. "We are all in it together" so help those who need the help. These are trying times and we must look to each other for not just business assistance, but to pick up the phone, send an email to see how your friends and colleagues are doing (keep social distance as well).

Finally, we most likely know someone who knows someone that either has tested positive or god for bid worse. Find the spirit within all of us to put aside our opinions and differences and let's make a difference to be kind to each other and use this most difficult time to make things better now and long term. Wishing you all the best for the future.

Richard F. Weil, CFE

Chairman IFSEA

IFSEA DEVELOPMENTS

THE DIRECTOR OF DEVELOPMENT

ED MANLEY, MCFBD, MCFE, CHP



THE ESSENCE OF IFSEA AND THOUGHTS AND PRAYERS TO ALL

IFSEA is now 119 years old. After a few years of moving around like I am still on active duty, I've settled into the PGA National community in Palm Beach Gardens. In doing so and unpacking and re-grouping, I've come across some fond memories of family and IFSEA. Several dozen Hotline magazines that I produced hold so many accomplishments by people pictured, so many of whom have passed on.

I may be the only one alive out of all the people in the picture with this article. But it seems like yesterday when we were running conferences together with most of them. Which brings me to today and all the sadness and uncertainty that is going on with the Coronavirus.

I don't keep up with so many of you like I should. I did get together with Colin and Karla Sendell, Dave and Cindy Kinney and Donna Foster in Ocala, FL a few months ago, which was great fun. I encourage all of us, starting with me, to reach out to all those we know and love, and don't find ourselves saying, "I always meant to call him/her."

Post this Coronavirus Pandemic we are all working through. We're negotiating a longer term contract with Healthcare Services Group (HSG), which has already tested over 300 of their managers for Certified Food Manager (CFM), wherein their new web site will include a CFM package for nursing homes and

long-term-care facilities, among others. CFM is one of 3 ways of indicating to state and national inspectors that a certified manager becomes qualified to be food service directors. We are collaborating on a more robust question bank and related training, so it meets the criteria of every state.

The Coronavirus delayed the class I was supposed to have at Camp David in March, with 7 of the President's staff. Hopefully soon, though we already got paid so less urgent for us (my infamous – smile". A scheduled May conference with state representatives who work on the Perkins Grant should provide huge opportunities for our certification business. Perkins is a \$12 billion federal fund which supports state efforts to get high school grads a faster start in life through certifications. Colonel Curtis Rock Henry, the President of our Foodservice Institute (FSI), is working on federally funded training opportunities for transitioning soldiers and their spouses, as well as training for incarcerated youth.

Back to the beginning – YOU can keep those IFSEA connections alive but simply picking a time and place to meet and gather up as many IFSEA members in your area as you can. A little IFSEA talk, a lot of friendship talk, and yes for some a chance to do some business. Thanks for YOUR membership and anything you care to do to help IFSEA make it to 200 years.

IFSEA conference from the way past - (l-r from the foreground) Vince Paris, Keni Garver, Del Placides, Arlene (?), Ken Keene, Gil Ammons, Ed Manley, Doris Marikian, and Rae Maeda.



Fast forward to today and what IFSEA CAN mean to people in your area, the shining star of IFSEA right now is the IFSEA Aloha MeetUp, which gathers monthly, always a decent turnout, and always much Aloha spread around, which we can't get enough of right now.

Jesus reports, "I found some pics of our Christmas dinner 2019! Was about 26-28. Same as the previous Christmas dinner. We had our group Pic which we took before dinner! During dessert Nancy Muira danced a farewell to Gertie Hamada and John Williams they were going to leave for Las Vegas. Was supposed to be their last meal with us. Gertie returned the gesture and danced for us all."



Aloha Hawaii Branch Christmas dinner 2019



Dertie Hamada



Nancy Muira

? Did ? You ? Know ?

Ramen

Ramen is widely considered a Japanese invention, but there's much debate over whether the noodles were first made in Japan or China. It's easy to see how the dish's origins could have gotten a bit murky: ramen-noodle shops first sprang to popularity in both countries in the early 1900s, and the noodles were actually called "Chinese soba" noodles in Japan up until the 1950s. It was Chinese workers selling meals from food carts who likely first introduced the Japanese to the wheat-based noodles, but ramen's popularity in Japan skyrocketed after the Second Sino-Japanese war, when Japanese troops returned home from China with a new appreciation for Chinese cuisine. This led to a sudden surge in new Chinese restaurants throughout the country.

So while it's hard to say with 100% accuracy, it's probably not too far fetched to say that ramen was a dish invented in China, but made trendy in Japan. And there's certainly no doubt that Japanese restaurants have really made the dish their own since being introduced to it.

What Are Ramen Noodles Made of?

Like so many other types of noodles, ramen is made from wheat flour, water, and salt. That mixture is kneaded together into a dough, then rolled (or hand-pulled), cut, and steamed. But there's a crucial ingredient that makes ramen different from any other type of noodle: kansui, a type of alkaline water that gives ramen noodles their signature springy texture. While it's possible to mimic the effects of kansui by substituting it with baking soda, true ramen artisans will make the extra effort to track down a bottle of the real stuff.

Authentic Ramen Reborn

Handcrafted ramen noodles never went out of style in Japan, but most food experts credit the opening of New York's Momofuku Noodle Bar with making authentic, handmade ramen a hit in the states. But while the hand-pulled noodles are certainly a treat for anyone used to the freeze-dried version, the true appeal of today's ramen is tied up in the question of what to add to ramen.

Indeed, in many cases, it's the ingredients that are added to the noodle bowl that generate the most attention. Instead of a styrofoam cup filled with noodles and thin broth, today's ramen shops serve bowls filled with tonkatsu, a rich, savory broth made by slow-simmering pork bones; shio, a notoriously salty broth made using a combination of chicken, vegetables, seafood, and seaweed; as well as vegetarian versions. And the dish's toppings are seemingly endless: pork belly, green onions, soft-cooked eggs, dashi, and even lobster are all fair game, and guests are often encouraged to build their own creation using any combination of broth and toppings. It's the creative nature of today's ramen scene that keeps the trend feeling fresh more than a decade after Momofuku's arrival, and it makes the dish the perfect collision between tradition and innovation.

Recipe Box

Easy Chicken Skillet

Serves 4



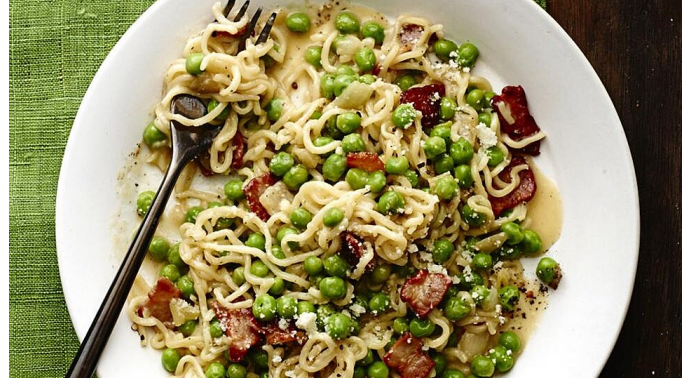
- 1 tablespoon canola oil
- 3 skinless, boneless chicken breast halves - trimmed and cut into large pieces
- 1 ½ cups water
- 2 (3 ounce) packages chicken-flavored ramen noodles, broken into pieces
- 2 cloves garlic, crushed
- 1 red bell pepper, chopped
- 1 cup frozen broccoli
- 4 green onions, chopped
- 1 tablespoon dried parsley
- 1 tablespoon soy sauce

Heat canola oil in a large skillet over medium-high heat; cook and stir chicken until no longer pink in the center and juices run clear, about 5 minutes. Add water, ramen noodles, and 1 seasoning packet from ramen noodles; stir to combine.

Stir garlic, red bell pepper, broccoli, green onions, parsley, and soy sauce into chicken-broth mixture; bring to a boil. Reduce heat and simmer until broccoli is cooked and noodles are cooked through but firm to the bite, about 10 minutes, stirring occasionally.

Pea and Pancetta Ramen "Risotto"

Serves 8



- ½ cup diced pancetta or bacon
- 1 tablespoon olive oil
- 1 medium onion, chopped
- ¼ teaspoon salt
- 1 (3 ounce) package ramen noodles, coarsely broken in package (flavor packet discarded)
- 1 (10 ounce) package frozen peas
- 3 cups low-sodium chicken broth
- 1 tablespoon butter
- ½ cup grated Parmesan cheese, plus additional for serving
- ¼ teaspoon freshly ground black pepper

Cook pancetta or bacon in oil in a 12-inch nonstick skillet over medium heat, stirring occasionally, until just beginning to brown, about 5 minutes. Add onion and salt and cook, stirring, until onion is softened, about 4 minutes. Add noodles and cook, stirring, 1 minute. Add peas and broth to skillet and bring mixture to a boil. Cook, stirring, until noodles are just tender, about 3 minutes.

Remove skillet from heat and stir in butter, Parmesan, and pepper. (If mixture is a bit soupy, let it stand for 1 to 2 minutes to allow noodles to continue to absorb liquid.) Serve with additional Parmesan, if desired.

Recipe Box

Ramen Carbonara

Serves 2



- 2 slices bacon, chopped
- ½ cup chopped onion
- 2 (3 ounce) packages ramen noodles (flavor packets discarded) ½ cup frozen peas
- 1 egg
- ½ cup shredded Parmesan cheese
- ¼ teaspoon kosher salt
- 1 pinch red pepper flakes

Cook bacon in a large skillet over medium heat until crisp, about 5 minutes. Transfer to paper towels to drain. Add onion to bacon drippings in skillet; cook until tender, 3 to 5 minutes.

Meanwhile, cook ramen in a saucepan according to package directions, adding peas the last minute of cooking. Reserve 1/2 cup cooking water; drain.

Whisk together egg, Parmesan, onion and drippings, salt, and red pepper in a bowl. Add hot ramen and cooked bacon. Toss to coat, adding enough reserved cooking water to make a creamy consistency. Top servings with parsley.

Stir-Fried Scallops and Asparagus

Serves 4



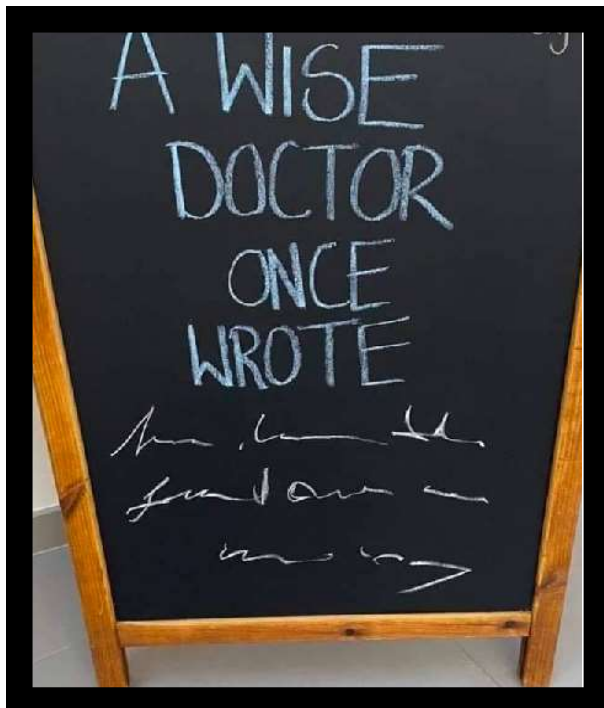
- 1 package (3 ounces) chicken ramen noodles
- 1 pound fresh asparagus, trimmed and cut into 1-inch pieces
- 1 medium sweet red pepper, julienned
- 1 tablespoon olive oil
- 3 green onions, thinly sliced
- 1 garlic clove, minced
- 1 pound sea scallops, halved horizontally
- 1 tablespoon lime juice
- 2 tablespoons reduced-sodium soy sauce
- 1 teaspoon sesame oil
- 1/4 to 1 teaspoon hot pepper sauce

Discard seasoning package from ramen noodles or save for another use. Cook ramen noodles according to package directions; keep warm.

Meanwhile, in a nonstick skillet or wok, stir-fry asparagus and red pepper in oil for 2 minutes or until vegetables are crisp-tender. Add green onions and garlic, stir-fry 1 minute longer. Stir in scallops. Stir-fry for 3 minutes or until scallops are firm and opaque.

Combine the lime juice, soy sauce, sesame oil and hot pepper sauce; stir into skillet. Serve with ramen noodles.

RANdom STuff



BENEFITS OF PEACHES

1. Peaches are the perfect snack food for losing weight.
2. Fight obesity-related diabetes and cardiovascular disease
3. Keep the skin healthy
4. Reduce hair loss
5. A healthy stress-reliever
6. Helps prevent cancer with selenium
7. Peaches can help remove worms from the intestines.
8. Have a diuretic effect
9. Peaches can calm an upset stomach.

Benefits of Black Pepper

1. Increases Nutrient Absorption
2. Improves Digestion
3. Stimulates Appetite
4. Facilitates Weight Loss
5. Relieves Gas
6. Helps Clear Congestion
7. Combats Arthritis
8. Fights Cancer and Prevents Other Diseases

MINUTE AND MINUTE
SHOULDN'T BE SPELLED THE SAME.

I'M NOT CONTENT WITH THIS CONTENT.

I OBJECT TO THAT OBJECT.

I NEED TO READ WHAT I READ AGAIN.

EXCUSE ME BUT THERE'S NO EXCUSE FOR THIS.

SOMEONE SHOULD WIND THIS POST UP
AND THROW IT IN THE WIND.



April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." Festivals which were planned for April included Parrilla, a day celebrating the founding of Rome.

The name Aprilis, then, fits April, because in so many places in the northern hemisphere April is the month when trees and flowers begin to bloom and go on to flower.

April's Zodiac Signs Are Four-Legged Hooved Creatures

Two signs in the traditional Zodiac calendar fall in April, both of which are domestic animals, quadrupeds with cloven hoofs.

People born in the first part of the month between March 21st and April 19th are said to be born under the sign of Aries the Ram, a Sun sign which is ruled by the planet and the Roman god of War, Mars.



Those born from April 20th to May 20th are born under Taurus the Bull, an Earth sign who is ruled by the planet and the Roman goddess of love, Venus. No wonder people born on the cusp (between April 19th and 20th) are just confused.



April's Honorary Flower is Daisies



April's birthstone is Diamond.

In Memoriam

Emma Weintraub



Emma was a Pilar in our LA Branch Of IFSEA. I'd like to say she was the Mother Hen. Always one to welcome new members, help the students, deal with personalities, keep the banking in order, but also keep everyone in line. From my first IFSEA meeting in 1993, she was the welcome wagon. Emma served on the LA Branch Board of Directors for many years. I don't have the Branch roster, but I believe she had been a member for about 40 years. Beyond IFSEA, you just became a friend with Emma, which also meant being friends her husband, David Weintraub (RIP).

Countless hours were spent planning meetings, getting students at the local colleges to join the association, and all of the phone calls (more so before email became a thing). There was the bookkeeping, FUN-draisers, newsletters, and lots of planning. Having Emma as part of the group made it all seem like friends, family, and fun, and not a "chore".

There is an empty space in our hearts and within IFSEA now. So many fantastic memories and successful events behind us now, but never forgotten due to Emma's special touch.

Rob Lawrence



Emma and David Weintraub