



# 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

Writing this June 2020 newsletter article, we are seeing some initial positive signs of reopening our country as well as new things developing for the food service and hospitality industry. While we have many sides of the scientific community weighing in on the concerns and attributes of reopening restaurants and hotels, one thing remains to be clear, we are the industry of "happy".

I am reminded of all the struggles our industry and challenges we have faced over the last 100 years or so. From the Spanish Flu, the Great Depression, World War II, multiple recessions, 911, the banking industry collapse and now COVID-19. Our industry has proven time and time again to be resilient and the responsible industry as it relates to providing nourishment, service, and quality to our guests. Keeping this in mind I believe the future is now for not just our industry, but IFSEA as well.

As you will read in this newsletter, we have three other contributors of articles besides this article and Ed Manley's monthly article as well. We are so proud that the newest member to our Executive Committee that was unanimously approved by our board of Director's earlier in May is Alysha Brooks. Ed Manley, Alysha and Dave Kinney have all contributed to this newsletter and Ed and Dave have written their congratulations on this great and momentous time in IFSEA.

Continued on page 3

## June 2020

### IN THIS ISSUE

By the Books	5
Did You Know	8
Director of Development	6
Good to Know	7
June is	13
Life On the Weil Side	1 & 3
Looking Ahead with Manley	4
Memory Lane	14
Officers and Directors	2
Recipe Box	9-10
Random Stuff	12
Strawberry Moon	11



## SOMETHING TO THINK ABOUT

**When everything feels like an uphill struggle,  
just think of the view from the top.**

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## *Life on the Weil Side!*

Richard F. Weil, CFE Chairman of the Board



Continued from page 1

I also want to further note that our monthly newsletter would not be without the skills and talents of Matt Trupiano as well as Director Michelle Hackman.

I have taken it upon myself to retitle Ed Manley as our Chairman Emeritus as he so richly deserves this title and then some. IFSEA would not have our future if not for the “Herculean” efforts by Ed these so many years. Thank you, Ed is not enough but please, know how appreciated you are.

Many of you may wonder how this came about with Alysha elevating from a board position to become IFSEA’s Director Development. Please meet Alysha Brooks who is an energetic and remarkably busy young woman. Alysha is a mom of three young children, and she lives in Norwich, NY with her husband and children. She recently started her own business called “Restaurant Training by Alysha” and the synergies between her dream job and IFSEA and the Food Service Institute (FSI) is what we believe is a match made in IFSEA heaven. Alysha by her own admission, is a passionate, driven, and knowledgeable restaurant professional with 14 years of expertise and experience in various components in the food service and hospitality industry.

She holds down not only the responsibility for her new company, and her household, but also works for an independent restaurant in her hometown as a “project manager”. Prior to 2019, Alysha held different positions over 4 years at Morrisville Auxiliary Corporation at SUNY Morrisville. Alysha gained valuable experience in Catering and conference staff events and assisted the Director of Food Service on campus. She also implemented campus Child Protection Policy for conferencing events. Alysha worked for the Norwich city schools as a substitute teacher, student tutor for hospitality students, and the Central 12 Restaurant Group where she gained valuable management experience. She has also worked for McDonald’s and an independent pizzeria. She holds a degree in Resort & Recreation Management from SUNY Morrisville graduation in 2014 and has been a member of IFSEA as a student and now a senior member since 2011. She held leadership positions in her student Branch as President and after graduation as the IFSEA Student Branch advisor. She has been on the IFSEA International board for the past 3 plus years.

Wow, how lucky are we at IFSEA to have such a great and energetic person help navigate IFSEA forward! Personally, I have known Alysha for over 8 years now, and know how proud our dear friend the late Dr. Joan Johnson would be of Alysha as we all are. So, my friends, the future is now and wishing you all good health and safety as we move forward through the hopefully “post-pandemic times of 2020”.

# LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP Chair Elect



When Richard Weil, Dave Kinney and I decided to lead the charge to, dare I repeat a phrase, “Make IFSEA Great Again,” our goal was to find our replacements, not knowing how long that might take. I’m happy to say that I’ve found my replacement as Director of Development. Alysha Brooks represents the next generation, doing what I did – I joined as a student member attending the Cornell Hotel School while half way through my Navy Career. Alysha was the leader during her time with Dr. Joan at SUNY Morrisville, and now she has stepped up to a higher level. She has great ideas, is a hard worker, completes tasks and fulfills promises – thus I said, “Alysha, why don’t you take over my duties?”

I’m still the Chair-elect who will never be the Chair and thus have the title now as Chair Elect Emeritus. And as you know I’m very busy building Certified Food Manager (CFM) for Nursing Homes and Long Term Care facilities. To date, we have certified over 300 with just one company, and just entered an agreement for another one to purchase at least 50. The numbers are going to be huge for sure, but that industry is a little bit busy these days and our hats are off to all of our health care professionals and especially those very hard working and often forgotten in the public’s eye the food service and hospitality workers in health care.

Certified Food Associate (CFA) is another certification that we had huge success with until we did not, but I see lots of potential there. IFSEA shares revenue 50-50 with the Global Foodservice Institute (GFI), whichever certifications we sell through my Foodservice Institute (FSI) (IFSEA Board member Col. Curtis Rock Henry is President of it.) And we have partnered with “Restaurant Training by Alysha,” and she and I will be mentoring each other – old dogs CAN and will learn new tricks, and young dogs MIGHT learn from old dogs too. Alysha is holding the same position with FSI as our Director of Development and Richard Weil, our chair of IFSEA is helping as Director of Corporate Relations. So we are gathering the forces for the future.

As for old dogs learning new tricks, I just finished my first two live online classes with 4 students from Camp David and 3 from the Naval War College, a retired Army MSgt, and a few civilians. I’ll be going to Camp David as soon as the coast is clear to teach 3 more onsite. Could do them online too I guess, but cool to go there as I have taught there on many other occasions including the White House. Planning to set up another class live online and go fishing for more students. Had a couple take advantage of the COVID-19 recovery offer to earn a certification now and pay later when and if the individual can and if “they feel like it”.

So happy to see many things reopening up in our industry and looking forward to a long and great relationship with Alysha Brooks.

# By the Books

David Kinney, MCFE Treasurer, CFO



Hi All,

Normally I leave the messages in the newsletter to Richard Weil and Ed Manley. Most people get nervous when the CFO and Treasurer wants to say something! □ During our last call, I reported that we have a healthy financial position thanks to Ed's ongoing efforts in certification. Sitting with just over \$20,000 in our account this is the healthiest financial position IFSEA has been in many years including a few years even before we came back as the leaders of IFSEA.

Now we have made another incredibly significant move in asking Alysha Brooks to become the Director of Development. This is such a fantastic step for IFSEA to have one of our former student members and a youthful member step to the plate in a particularly important role for IFSEA. This is the direction IFSEA needs to move towards with younger members stepping forward. However, that does not release us with a few more years under our belts from also stepping to the plate in our support of Alysha as well as the organization.

We have asked this before, and I will continue to beat the drum on membership. While certification is the major source of revenue, membership is the life blood of any organization. Without membership, certification could become irrelevant. Now I know many of us are at the retirement age, but I cannot believe we do not know people in the industry that are still active in their company roles who could and would provide valuable assets to IFSEA. We need to shake the bushes, rattle the doors and windows, or whatever it takes to get people active in our organization to work with Alysha and our Board of Directors. Our membership is so minimal in cost and provides great resources for students, military, and continuing education for all experience levels of food service professions.

I believe people will join and get active if we only ask. How many of us still have connections through our business or possibly even in retirement to restaurants, health care food operations, school food service, etc. We have all been promoters in the past, now it is time to do it again.

Alysha my heartiest congratulations to you on being elected to Director of Development. Please let us all know when you need our help and we will gladly provide support.

Respectfully,

David E. Kinney

# From the Mind of a Millennial

Alysha Brooks, Director of Development



When I think of the future of IFSEA I see big things. No, HUGE things.

- I see our members networking and connecting.
- I see scholarships being awarded.
- I see the military, students and members taking our certifications.
- see business owners hiring IFSEA graduates.
- I see IFSEA doing what it has always been doing but better because that is the goal, right?

I joined as a student member from the State University of New York (SUNY) Morrisville in 2011, mostly for the trip to conference in San Diego, California but I stayed involved with IFSEA because I had never felt so connected to other like-minded people like I did at that conference.

Every single person I met treated me like they knew me for years. Every single professional gave me their card and told me to email them if I had any questions, needed a letter of recommendation, needed a job, literally anything!

I remember as a student we had some down time where we could choose to hang out by the pool, but after my first seminar I wanted to go as many as I could! I wanted to learn more from these individuals that had years of experience. The seminars were about topics I had never ever thought about before. I had learned so much in 3 days and I was hooked on IFSEA! My peers feel the same way. They may not be involved today, but I know that they want and should be. It's just about getting them to see the value in rejoining and networking in IFSEA.

To me; the board members and current members are the link to recruiting new people. We have these amazing tools that are FREE, we call them social media platforms e.g. Facebook™, Instagram™, LinkedIn™, Twitter™ and I can go on and on. As current members, you can help by sharing our Facebook posts! The more the posts are shared the further the reach. Likes and comments are huge too! When you like or comment on a post it shows up on your friend's newsfeed with, "Alysha liked IFSEA's photo." Then your friends can like, comment or share the post, without even being a follower of the page. Using Facebook, I will be posting your stories (yes, you, the person reading this right now), photos of our times with IFSEA, updates to all the new things we are implementing, certifications and any ideas you may have for posts- my ears are open!

I need YOUR stories and photos!

- When did you become a member?
- Why did you choose IFSEA?
- Did you join as a student?
- What does IFSEA mean to you?
- What can you offer student members or other professionals in the industry?
- What part of the industry do you work in?
- Anything you find valuable to share with potential members, put it together and send it to me!!

Stories, photos, post ideas and other content can be sent to [albrooks.491@gmail.com](mailto:albrooks.491@gmail.com).

IFSEA has given me so much. I have had several mentors since I joined including Dick Weil, Ed Manley and my past professor, the loved and not forgotten, Dr. Joan Johnson. I met my current boss through IFSEA and decided to get my bachelor's degree because of IFSEA. My goal is to make sure that everyone knows why they should join THIS organization. I want them to know that we will give them the skills and knowledge that no other organization can give them. They need to know that IFSEA has the ability to connect them with the right people, to help them find the job they have always dreamed of, and give them the opportunity to take certifications from people with real life experience. I see HUGE things for IFSEA. How about you?

# Good to know substitutions

*Don't have this?*

*Use this instead!*

1 cup buttermilk	=	1 cup milk + 2 TBLSP vinegar or lemon juice
1 cup corn syrup	=	1 cup sugar + 1/4 cup water
1 cup sour cream	=	1 cup Greek yogurt
1 egg	=	1/2 banana or 1/4 cup applesauce
1 cup brown sugar	=	1 cup white sugar + 2 TBLSP molasses
1 cup oil	=	1 cup applesauce or 1 cup of any pureed food or fruit
1 cup heavy cream	=	1/3 cup melted butter + 3/4 cup milk
1 cup honey	=	1/3 cup water + 1 1/4 cups sugar
1 TBLSP vanilla	=	1 tsp maple syrup
1 cup butter	=	1 cup shortning or 1 cup applesauce or 1 cup avacado or 7/8 cup vegetable oil
1 cup cake flour	=	1 level cup flour less 2 TBLSP then add 2 TBLSP cornstarch Whisk well
Self rising flour	=	2 cups AP flour + 3 tsp baking powder + 1/2 tsp salt Whisk well

# ? Did ? You ? Know ?

## DANDELIONS

Dandelion, *Taraxacum officinale*, is a small genus of perennial herb in the Asteraceae family. Dandelion is native to Eurasia but has been introduced to North America, India, South America, New Zealand and Australia.

In general appearance, Dandelion is reminiscent of Agoseris and is sometimes called Blowball, Fairy Clock, Lion's-Tooth and Faceclock. Like Agoseris the plants are mostly stemless, the leaves form a basal rosette and contain a milky sap. The flower stalks bears a single, erect and feathery flower head that possess many white bristles. The flower head is 1/2 to 2 inches diameter.

### History

Dandelions are the oldest plant on the planet. The Dandelions are believed to be appeared in Eurasia about thirty million years ago. This plant has been used by humans as food and medicinal plant.

Dandelions are herbaceous and perennial plants which grows up to 15 inches high. The stem is light green to white which contains the milky sap. It is smooth and grows 2.0-15.7 inches high. They have irregular leaves that are oblanceolate, oblong or obovate with jagged tooth-shaped edges. The leaves are dark green with smooth or glabrous texture. The plant bears yellow to orange flowers during spring and fall. The flowers are disk shaped, and feathery.

Edible parts of the plants include: Buds: The buds are

eaten in omelettes, pancakes, fritters and schnapps. Petals: Dandelion petals are served with rice as confetti over rice. Flowers, leaves and roots: The young flowers are added to salad for flavor

and color. The flowers are used as ingredient in Arabic cake. The flowers can be made as jam.

Dandelion flowers are used to make wines. The flowers, leaves and roots are

used to make tea. Young leaves are consumed as salads. The stalks of blanched leaf are eaten raw or cooked as vegetable.

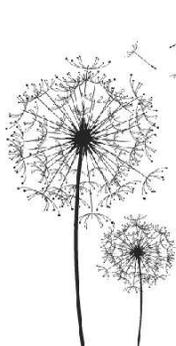


The serving size of 1 cup (55 gm) provides 25 calories. The same amount provides 356.75% of Vitamin K, 39.86% of Vitamin A, 21.33% of Vitamin C, 21.25% of Iron, 1.89 mg of Vitamin E, 0.143 mg of Vitamin B2 and 0.138 mg of Vitamin B6.

### Health Benefits of Dandelion leaves

The leaves of dandelion possess various antioxidants that have positive effect on the health. The entire plant contains high amount of kynurenic acid which is essential to maintain the digestive health. It has the ability to reduce irritation and redness. Dandelion greens possess high amount of fiber which assist bowel movements. It also contains good amount of Vitamin B6 and C, riboflavin, iron, thiamin, manganese and potassium. The other nutrients include magnesium, copper, phosphorus and folate.

Dandelions possess high amount of calcium which is vital for the bone growth and strength. It contains antioxidants such as Luteolin and Vitamin C that prevent bones from damage due to free radicals. It prevents bone weakness, frailty and decrease in density.



# Recipe Box

## Penne Pasta with Dandelions Salsa

Serves 2



## Sauteed Dandelion Greens with Eggs

serves: 2



### Ingredients

1 bunch dandelion leaves (clean and no pesticides used)                      2 cloves garlic  
8 oz penne pasta  
1/2 cup ricotta cheese  
1 1/2 tsp salt (divided)  
1/2 tsp ground pepper  
2 TBS olive oil  
1/4 cup Parmesan cheese

Wash and dry the dandelion leaves, cut into 1 inch pieces. Mince garlic cloves. Bring a pot of water to boil (enough for your pasta), add dandelion leaves and boil for 2 to 3 minutes. Remove leaves.

Add 1/2 tsp salt to water and cook penne pasta according to pkg directions minus 2 minutes.

Meanwhile warm olive oil in a large sauce pan, add minced garlic and boiled dandelion leaves.

Saute for 5 to 10 minutes while penne pasta cooks.

Drain pasta and add to the garlic and dandelion.

Add the ricotta cheese and about 1/2 to 1 cup of pasta water.

Stir everything together and cook until pasta is finished and ricotta is creamy coating the pasta.

Sprinkle in salt and pepper, add more or less to taste.

Top with Parmesan cheese and serve.

4 cups chopped dandelion greens, thick stems removed (about 1-2 large bunches)

2 tablespoons unsalted butter, clarified butter, or ghee

1 large leek, white and light green parts only, finely chopped

4 large eggs

1/4 cup crumbled feta cheese

Bring a large pot of salted water to a boil. Add the chopped dandelion greens and blanch for 1 to 2 minutes. Drain the greens thoroughly, using a wooden spoon to drain and press out as much liquid as possible.

Melt the butter or ghee in a 10-inch sauté pan set over medium heat. Sauté the leeks until tender, about 5 minutes, stirring occasionally. Add the drained dandelion greens one handful at a time. Cook each handful until wilted, then add more.

When the greens are wilted, crack the eggs into the pan on top of the greens. Top with feta cheese and cook uncovered until the whites of the eggs are set, about 5 minutes.

# Recipe Box

## Frittata with Dandelions, Tomatoes, Mushrooms, and Serrano Pepper

Serves 4



8 eggs  
2 shallots I used one gigantic shallot, finely chopped  
1 bunch dandelion greens chopped  
8 oz. mushrooms, sliced  
1 cup cherry tomatoes sliced  
1 Serrano pepper thinly sliced salt and pepper  
olive oil or butter

Preheat oven to 400F.

Generously butter/oil a pan or skillet over medium high heat. 2-3 tbsp.

Sautee the shallots for 3 minutes.

Add the mushrooms. Cook, without stirring, until the mushrooms are well browned, ~3 minutes.

prinkle with salt and pepper.

Add the dandelion greens, cherry tomatoes, and Serrano pepper. Sautee until greens wilt.

1-2 minutes. Make sure there is enough oil/butter in the pan so the eggs won't stick. The mushrooms tend to absorb a lot of the oil.

Whisk the eggs or blend in blender. Add eggs to pan. Transfer to oven. Cook ~15 minutes until eggs start to brown. Serve immediately.

## Pork Milanese with Dandelion Greens

Serves 4-6

2 large eggs  
1 cup all-purpose flour  
2 cups panko  
Six 3-ounce pork loin cutlets  
Kosher salt Pepper  
1 teaspoon extra-virgin olive oil, plus more for frying  
4 bacon slices (4 ounces), cut crosswise 1/4 inch thick  
2 Granny Smith apples, peeled and cut into 1/2-inch dice  
1/2 small red onion, cut into thin strips  
1/2 cup apple cider  
2 1/2 tablespoons apple cider vinegar  
1/2 pound dandelion greens, thick stems discarded, leaves cut crosswise into 1-inch pieces



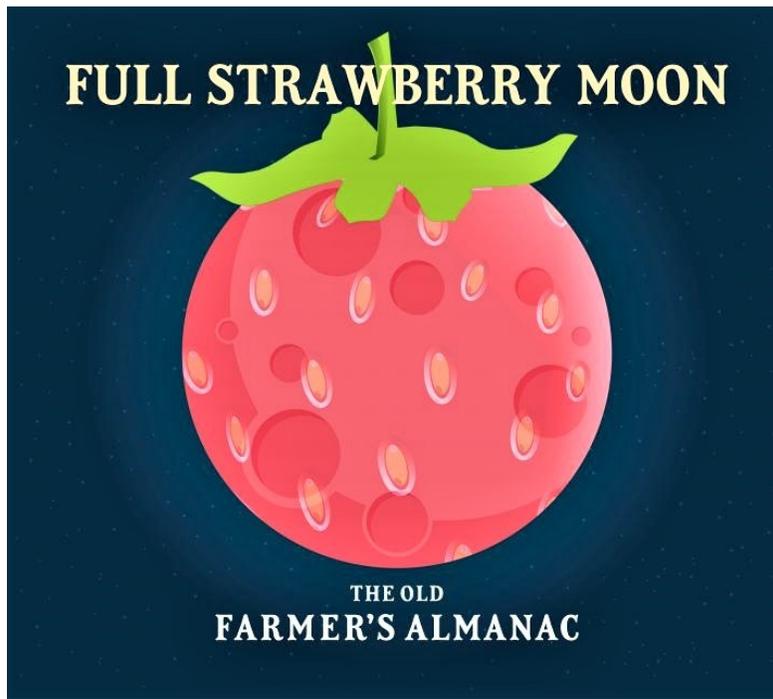
Preheat the oven to 200°. Line a large baking sheet with paper towels. In a shallow bowl, beat the eggs with 1 tablespoon of water. Put the flour and panko in 2 separate shallow bowls.

Season the pork cutlets with salt and pepper. Dredge in the flour, then dip in the egg, letting the excess drip back into the bowl. Dredge the coated pork in the panko, pressing lightly to help it adhere.

In a large skillet, heat 1/4 inch of olive oil until shimmering. Add 3 of the cutlets and fry over moderately high heat, turning once, until browned and just cooked through, about 5 minutes; transfer to the prepared baking sheet. Repeat with the remaining cutlets. Transfer the pork to the oven to keep warm.

Wipe out the skillet and heat the 1 teaspoon of olive oil in it. Add the bacon and cook over moderate heat, stirring, until browned and crisp, 3 to 5 minutes. Add the apples and onion and cook over moderately high heat, stirring occasionally, until the apple just starts to soften, about 3 minutes. Add the apple cider and vinegar and cook until the liquid is reduced by half, about 3 minutes.

Scrape the apple mixture into a large bowl. Add the dandelion greens and toss well. Season with salt and pepper and toss again. Transfer the pork Milanese to plates, top with the salad and serve right away.



Friday June 5, 2020 at 3:12 PM

**What is the Full Strawberry Moon?**

The June Full Moon or the last full Moon of spring is called the Full Strawberry Moon.

This name originated with the Algonquin tribes in eastern North America who knew it as a signal to gather the ripening fruit of wild strawberries.

An old European name for this Moon is the Honey Moon or the Mead Moon. It has also been called the Full Rose Moon in Europe.

(Mead is a drink created by fermenting honey mixed with water, sometimes with fruits, spices, grains, or hops.)

**Did You Know:** June was traditionally the month of marriages. Following marriage came the “honeymoon,” which may be tied to this full Moon!

**Where Did Full Moon Names Come From?**

Naming the full Moons is an age-old practice, nothing new. Ancient peoples commonly tracked the seasons by following the lunar calendar (versus today’s Gregorian calendar, which is a solar calendar).

For millennia, people across the world—including Native Americans—named the months after nature’s cues. Later, Colonial Americans adopted many of the Native American names and incorporated them into the modern calendar, as you will see in The Old Farmer’s Almanac, founded in 1792 during George Washington’s presidency.

# R A N D O M S T U F F

## 10 Health benefits of ...

### Cashews

1. Assist Metabolism Function
2. Good Source of Protein
3. Contain Many Minerals
4. Good for Teeth & Gums
5. long-lasting Energy
6. Contains Selenium
7. Improve Vitality
8. Improve Blood
9. Heart-friendly
10. Protect Eyes



## Did You Know ?

### Watermelon are 92% water but ...

- Reduces High Blood Pressure & Blood Sugar Level
- Reduces Heart Disease Risk
- Highest Alkalizing Food
- Boosts Immune System
- Strengthens Bones
- Produces Energy
- Cleanse Kidney
- Fight Cancer



[f/HealthAdviceMagazine](#)



OOOPS! My Bad!  
Sorry Gertie Hamada  
for misspelling  
your name in the  
April issue!

## FOODS TO EAT FOR NEGATIVE CALORIES

PER 100 gm

[thefitnesscafe1](#)



**CUCUMBER**  
(16 CALORIES)



**CELERY**  
(16 CALORIES)



**TOMATOES**  
(17 CALORIES)



**CAULIFLOWER**  
(25 CALORIES)



**CABBAGE**  
(25 CALORIES)



**TURNIPS**  
(25 CALORIES)



**LEMONS**  
(29 CALORIES)



**WATERMELON**  
(30 CALORIES)



**BROCCOLI**  
(34 CALORIES)



June is the sixth month of the year in the Julian and Gregorian calendars, the second of four months to have a length of 30 days, and the third of five months to have a length of less than 31 days. June contains the summer solstice in the Northern Hemisphere, the day with the most daylight hours, and the winter solstice in the Southern Hemisphere, the day with the fewest daylight hours. June in the Northern Hemisphere is the seasonal equivalent to December in the Southern Hemisphere and vice versa. In the Northern Hemisphere, the beginning of the traditional astronomical summer is 21 June. In the Southern Hemisphere, meteorological winter begins on 1 June.

## June birthstones

Pearl,



Moonstone



Alexandrite.



## June birth flowers



Rose



Honeysuckle

## June Zodiac Signs

Gemini May 21 – June 20

Those bearing the Gemini zodiac are incredibly flexible people who can adapt to almost any situation. They also possess a tenacity that not only enables them to rise above major setbacks but to take full advantage of negative situations as well. Inherently curious, Geminis are also experts at unraveling mysteries of any sort

Cancer June 21 – July 22

People bearing the Cancer sign are so loving, you can almost consider them emotional. Cancers make up the greater part of caring folks on this earth. They cherish family and friends dearly and are usually doting pet owners too.

# From the Brian Kunihiro photo album

IFSEA CONFERENCE, DENVER, CO 2004



Aloha Hawaii contingent with Connellley winners from Hawaii (Joyce Lee, Gwen Ishizu, Brian Kunihiro, Peter Pao, Lloyd Evers and John Williams)

Bill Leonard and family



L-R Gerald Spann Jr., Matt Trupiano, Ed Manley, Bob Mathews, Grant Thompson, John Breslin, Don McIntosh, Loretta Brown, Larry Brown