



# IFSEA NEWS

*Fresh and Bold!*

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

## Saint Patrick's Day

Saint Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches, and schools. Many legends grew up around him—for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts. Saint Patrick's Day is celebrated on Wednesday, March 17, 2021.

It was emigrants, particularly to the United States, who transformed St. Patrick's Day into a largely secular holiday of revelry and celebration of things Irish. Cities with large numbers of Irish immigrants, who often wielded political power, staged the most extensive celebrations, which included elaborate parades. Boston held its first St. Patrick's Day parade in 1737, followed by New York City in 1762. Since 1962 Chicago has coloured its river green to mark the holiday. (Although blue was the colour traditionally associated with St. Patrick, green is now commonly connected with the day.) Irish and non-Irish alike commonly participate in the "wearing of the green"—sporting an item of green clothing or a shamrock, the Irish national plant, in the lapel. Corned beef and cabbage are associated with the holiday, and even beer is sometimes dyed green to celebrate the day. Although some of these practices eventually were adopted by the Irish themselves, they did so largely for the benefit of tourists.

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## SOMETHING TO THINK ABOUT

Always remember that hindsight is  
the best insight to foresight.

Irish Proverb



## *Life on the Weil Side!*

Richard F. Weil, CFE Chairman of the Board



### **I WANT SOONER VERSUS LATER OR LATTER PERSPECTIVE**

From a sooner versus later perspective, I need to turn the clock back about 40 years when I think back to the latter perspective relating to IFSEA and the state of our sooner/current industry. In early 1982 when I joined IFSEA I only knew of the association from my youth when my parents were members of the then International Stewards and Caterer's Association that of course evolved into IFSEA. From 1901 until today marking our 120<sup>th</sup> birthday one of the most telling things in our organization that struck me from the beginning of my association with IFSEA was the camaraderie and friendship and caring the organization reflected on both old and new members.

While sometimes many years ago IFSEA was known as the "huggy and kissy" organization meaning we all genuinely enjoyed and cared about each other, even when we disagreed. The atmosphere created among the members was inviting and welcoming. Today's world where we remain socially distanced and even in our operations maintain social distancing, wearing masks, and adhere to the latest and greatest mandates in keeping our staff and guests safe, takes me to the sooner versus latter perspective.

- I sooner want COVID-19 the term to be a thing that is thought of as latter.
- I really do long to see friends, colleagues, and even family sooner versus later.
- I long to hope that everyone gets vaccinated sooner versus later.
- I sooner want to see full capacity in all our businesses versus latter.
- I sooner want the phones to ring again to get my business back on track.
- I sooner want the divide to be a thing of latter.
- I sooner want to be able to have an in person meet-up and maybe even a small gathering/conference to see friends old and new.
- I sooner want things to be back to what ever the new normal is to make things better.
- I want the cold weather to be gone sooner that gripped so much of the country during February as I write this article.

So much for the sooner versus latter/after, but also wanted to share an excerpt from our 100<sup>th</sup> year celebration newsletter and enjoy.

*The word "steward" was a time-honored word in those days. Many members over time felt "uneasy" with the word as time moved on. The word had taken on many different connotations, many new members in the 1950's after the war came from different segments within the industry, not just hotels and catering, but titles had changed to Food and Beverage Managers, or Directors. Thus, during the National Convention in Fort Worth Texas in 1957 the delegates and members voted and approved the new name as "Executive Stewards' and Caterers' Association" (ESCA). The wrangling of this name went on for several more years and at a subsequent convention the name in 1960 was changed to "International Food Service Executives Association". (IFSEA)*

*Additionally, the Association had a breakthrough in the food industry. New techniques were developed in commercial canning of fruits and vegetables. Statutes covering our industry on the books in Washington DC were at best in the 1930's and before losses and non-existent. Many unscrupulous merchants took advantage of this and there was grave concern to the members of this association. Members were concerned with public health issues, and the creation of greater standards within the industry. The association engaged its general counsel, Mr. Hoffman and he conducted an intensive lobbying effort in Washington DC. The history of the Association shows it to have been instrumental in the passage of the Pure Food Law; its General Counsel drafted the Bill that, for many years, has been known as the "Net Weights & Measures Act."*

Be safe and well!

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# LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, MCHP Chair Elect



## **THE ABSURDITY OF REQUIRING CERTIFICATIONS TO GET A JOB**

Well, if you are not shocked by that headline, then you have not met nor ever heard about me. Since the 1980's I have been one of the leading proponents of adding certifications to resumes as well as continuing education. I have assisted over 6,000 people earn more than 13,000 certifications. So, what is up with the headline? I will leave out names to protect the guilty but there is no greater way to improve your personal and professional growth then to stress ongoing learning in the profession you have chosen to follow.

One of the criticisms of my position regarding experience to earn a certification has always been that I say there are two sides to a resume – the experience side, and the degrees, continuing education/certificates, and certifications side. Depending on the needs of the job, one side or the other might suffice and in some cases, you would need both sides to measure up. For most jobs, the hiring company/manager wants to see an active brain, interested in building their career, and the workplace will teach you what they want you to do – how we manage/cook here at Red Lobster™, etc.

**So, a new IFSEA member reaches out to me** to see if I have the key to a job with a quasi-military organization that sends ships to sea, and he loves to travel so he is seeking an Executive Chef job with them. He is then offered an entry level cook position BECAUSE he did not graduate from a prestige culinary school (aka the CIA) and he has no ACF certifications, though he is a member, so he can start low and work up. OK, fair enough, you need standards, and like I have said for over 30 years, certifications will earn you jobs and better jobs.

HOWEVER, this chef spent 5 years as a Working Executive Chef/Exec Chef for 11 venues at Madinat Jumeirah Dubai, **still the only 7-star hotel in the world** (afternoon high tea costs \$116 pp.) Also 2 years as Exec Chef at a university. 3 years Exec Chef at a 4-star hotel. 11 years as Senior Assistant Executive Chef with MGM Resorts in Vegas. Throw in years as Executive Chef on premium cruise ships. But the question is, can he cook, can he manage, without a college degree or an ACF certification. Another of my most used sayings is, you learn how to cook by cooking, not by going to culinary school (which does help you get the job).

**Thus, let me repeat – there are two sides to the resume.** Sometimes you want a motivated young person with a brain, and you'll mold them to your liking and needs; sometimes you want someone who has demonstrated through jobs held that they are either the best salesperson in the world, or they must know how to cook and manage – if you did that at a 7-star resort, you will work for my hospital – not likely to stay here for 20 years, but I'll be happy to get a couple of years of such talent and hope to continue the new level you brought our organization up to while you were with us.

We are all the product of our training, education, work experience and remaining enthusiasm for work. By whatever means you learned how to cook or manage, can you do the job you are applying for. For a good paying career, cover both sides of the resume so you do not get counted out because you were not able to check a box on the form. If my friend had earned an ACF certification along the way, he would not cook any better, but he'd check the box. My friend at UNLV told me once, "Oh Ed, you can't get the job, you don't have a Master's." "Yes, I have a Master's." "Oh, ok." Not what is it in, where is it from, did you learn anything – just check the box. Go earn a new certification and continue your education. Not absurd, but true!



## We must end the stigma in our industry about mental wellbeing!

In 2009, I sat in my college counseling office spilling out my heart and found out how many individuals in the restaurant industry have depression and anxiety. She said that many people with these mental illnesses choose roles with high stress, high expectations, people pleasing, and constant changing environments because that is what they are used to.

After she told me that, I remember going to work and recognizing all the struggles my fellow co-workers were going through. I noticed how many of them smoked cigarettes whenever they could, started drinking the moment they clocked out, and their sometimes current and past drug abuse. I also noticed how overwhelmed they would get when something didn't go right and how they would say "I don't care" but with tears in their eyes because they clearly did care.

"In a recent survey conducted by Chefs with issues and the Heirloom Foundation, 73% of participating chefs reported that they suffer from multiple mental health conditions, including depression, anxiety and substance abuse" (1).

Many times, I mention these types of statistics and people say "okay, well why don't they ask for help?"

My answer - if they do, they are told to get over it. Sometimes they talk about it and they are treated like they are not capable of doing their job or that they are "just complaining" about their job.

Although much of the industry are individuals with these types of mental illness, nobody is talking, so everything thinks that nobody understands but if we just opened up, we'd find most of us are often feeling the same way. We could possibly help each other get through these types of issues that cause the feelings and emotions of becoming overwhelmed and loneliness.

Unfortunately, it took the suicide of celebrity chef, Anthony Bourdain, in 2018 to really show the world this hidden issue. Chef Bourdain did not show any signs of sadness or pain prior to his suicide to cause anyone to worry, like Kate Spade and Robin Williams.

It's not just the chefs that we need to think about, "Service workers, particularly the nearly 10 million who work within the hospitality and restaurant industry, are more susceptible to developing and succumbing to mental illness than workers in non-tipped, salaried industries" (2).

Although, it looks like many people enter the industry with these mental illnesses, the above statement shows that many

people become anxious and depressed from working in this type of high stress environment. Servers are going in working their butts off for tips and when a table leaves them little, they often take it personal, and it slowly takes a toll on their confidence and mental wellness.

As leaders and managers how do we help?

- Research the signs - find out what are the common signs of those individuals with anxiety and depression. Post them in the team room so others can be aware as well and share.

- Encourage people/your staff or colleague to get help - have a list of local counselors on hand for employees so they can use as a reference to assist them to open up.

- Practice what you preach - when someone talks about their mental health issues show your team the correct way to handle it by not picking on them, putting them down, treating them like they are weak or reducing their hours (unless they ask). Be respectful!

- Allow your employees to talk - it is so important to encourage that matters at home are left home, but some people may feel that work is there "safe place" and may need to get it off their chest. Having an open-door policy where they can just get it out before they go on the floor, may reduce the possibility of them "bringing it into work."

There are so many resources on the web that will help you, help your team. Remember we all need help once in a while and in order to have high performing employees or even for yourself as you are reading this, people must feel they have the ability to perform at a higher level.

Read the articles:

<https://www.buzztime.com/business/blog/shedding-a-light-on-mental-health-in-the-restaurant-industry/#:~:text=But%20the%20truth%20is%2C%20the,%2C%20anxiety%2C%20and%20substance%20abuse.>

<https://www.eater.com/2019/3/8/18254906/chefs-mental-health-restaurant-industry-i-got-your-back>

Here is to everyone's good mental health!

# Irish Recipe Box

## Irish Chicken serves 4



- 1 whole chicken - cut into parts
- 1/2 head of cabbage
- 1 medium onion
- 4 potatoes
- 4 slices thick bacon
- 1/4 cup water
- Rub
  - 1/2 teaspoon onion powder
  - 1 1/2 teaspoons thyme
  - 1/2 teaspoon salt
  - 1/4 teaspoon pepper
  - 1/2 teaspoon garlic powder
  - 1 teaspoon sweet paprika

Preheat oven to 375 degrees.

Mix together rub ingredients. Roll the chicken pieces in the spices and set aside.

Fry the bacon. When cooked put on a paper towel to drain. Drain most of the bacon grease from the pan, leaving enough to brown the chicken in. (you can also use olive oil if desired) Quickly brown the chicken pieces. When browned set aside on a plate.

While the chicken is browning, roughly chop the cabbage. Then slice the onion into thin slices. Next peel the potatoes and slice into rounds. When the chicken is browned, add the cabbage to the pan with 1/4 cup water, after a few minutes mix in the potatoes and onions. Take off of the heat.

## Irish Rarebit serves 4



- 1 oz butter (1/4 stick)
- 3 tbsp milk
- 8 oz Castello Herbs & Spice Havarti cheese, grated
- 1 tsp white vinegar
- 1 tsp prepared English mustard (or substitute your favorite mustard, or omit)
- freshly grated black pepper, to taste
- 2 tbsp chopped gherkin or cornichons
- 4 pieces of thick crusty bread, toasted

Melt the butter in a medium saucepan over low heat, then add the milk and grated cheese, stirring until the cheese melts and becomes smooth. Add the vinegar, mustard, black pepper and gherkins; stir to combine and remove from heat.

Allow to cool slightly, stirring occasionally. Pre-heat the broiler (grill) then place the four pieces of toast on a baking sheet and divide the cheese mixture evenly between them.

Place under the broiler, until bubbly and hot; place on plates and serve with gherkins/cornichons and salad, if desired.

# Irish Recipe Box

## Irish Bread serves 16



- 1 cup raisins
- 1 cup dried currants
- 4 cups all-purpose flour, or more if needed
- 1 cup white sugar
- 2 teaspoons salt
- 1 teaspoon baking soda
- 1 3/4 cups buttermilk

### Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch cast iron skillet.

Pour hot water over raisins and currants in a bowl and let soak. Whisk flour, sugar, salt, and baking soda in a separate bowl until well combined; whisk in buttermilk.

Drain raisins and currants and pat dry with paper towels; fold into dough. Turn dough out onto a floured work surface and knead gently until it holds its shape; if dough is too sticky, knead in more flour. Form into a round and place into prepared cast iron skillet. Use a sharp knife to cut a cross into the top of the loaf.

Bake in the preheated oven until golden brown and a slender knife inserted into the loaf comes out clean, about 1 hour.

## Boozy Irish Whiskey Cake serves 12



- 2 tablespoons instant espresso coffee powder or granules
- 2 tablespoons Irish whiskey
- 1 box Betty Crocker™ SuperMoist™ butter recipe yellow cake mix
- 1/2 cup unsalted butter, softened
- 3 eggs
- 2/3 cup water
- 1/4 cup Irish whiskey

### Irish Whiskey Butter Sauce

- 1/4 cup Irish whiskey
- 3/4 cup sugar
- 1/4 cup water
- 1/4 cup unsalted butter, cut into pieces

Heat oven to 350°F. Spray 12 mini fluted tube cake pans with cooking spray.

In small microwavable bowl, stir coffee powder and 2 tablespoons whiskey with whisk until combined. Microwave on High about 10 seconds or just until warm; set aside.

In large bowl, beat cake mix, 1/2 cup butter, the eggs, 2/3 cup water and 1/4 cup whiskey with electric mixer on low speed 30 seconds. Add coffee mixture. Beat on medium speed 2 minutes. Divide batter evenly among cake pans.

Bake about 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove cakes from pans to cooling racks. Cool completely, about 1 hour.

In small heavy saucepan, mix sauce ingredients. Cook over low heat, stirring constantly, until sugar is dissolved and butter is melted.

To serve, place cakes on dessert plates; drizzle with sauce.

# Irish Recipe Box

## Irish Stout Beef Stew with Herbed Dumplings serves 4

1 tablespoon vegetable or canola oil  
2 pounds beef chuck roast, cut into pieces  
kosher salt  
freshly cracked black pepper  
2 tablespoons flour  
1 tablespoon unsalted butter  
1 sweet onion, diced  
3 garlic cloves, minced  
8 baby yukon gold potatoes, halved  
2 carrots peeled and sliced  
3 tablespoons tomato paste  
8 ounces stout beer, like guinness  
4 cups beef stock

### HERB DUMPLINGS

1 1/2 cups all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon dried parsley  
1/2 teaspoon dried rosemary or thyme  
1/2 teaspoon salt  
1 large eggs, lightly  
beaten 1/2 cup buttermilk



Heat a large stock pot over medium heat and add the oil. Toss the beef piece with a sprinkle of salt and pepper, then toss them with the flour so all the pieces are coated.

Add the beef to the pot and sear until each side is golden brown, about 1 to 2 minutes per side. You may need to do this in batches. Remove the beef pieces with a slotted spoon and place them on a plate until ready to use.

To the same pot, toss in the butter, onions and garlic. Stir and toss, scraping the bottom so you remove some of the brown bits of flavor from the beef. Cook for 5 minutes, until softened.

Stir in the potatoes and carrots with a pinch of salt and pepper. Cook for another 5 minutes. Stir in the tomato paste and make sure all the pieces are coated. Cook for another 5 to 10 minutes to develop the flavor, stirring often so the tomato paste doesn't burn on the bottom. Add the beef back to the pot.

Pour in the stout to deglaze the pan. Stir to release any more bits of flavor from the bottom. Stir in the beef stock. Add a sprig of thyme or rosemary to the pot. Bring the mixture to a

boil, then reduce it to a simmer. Cover and cook for 30 to 60 minutes, until the beef is tender and falling apart. You can simmer it for even longer as long as it's covered! I like to taste it here and see if it needs any additional salt and pepper. If so, add it!

To make the dumplings, whisk together the flour, baking powder, herbs and salt in a large bowl. Combine the milk and the eggs, then stir into the flour until just mixed. Set the mixture aside for 10 minutes.

Once the beef is tender, uncover the soup and add spoonfuls of the dumpling dough directly to the broth. I don't worry about crowding the pot and usually cover the entire top of the stew mixture. You want the mixture to be bubbling for 10 to 15 minutes so it cooks the dumplings – after 10 minutes I usually gently flip the dumplings over and cook for another 5 to 10 minutes.

Serve the stew immediately with chopped parsley or rosemary, or both!



## A Brief History Of Traditional Irish Stew

Though now considered a comfort food, stews were once a meal of necessity, whose popularity grew out of social conditions that were anything but comfortable. Here is a look back at the history of one of Ireland's most famous traditional dishes, and learn how Irish stew came to be so ubiquitous.

### **The Arrival of the Potato**

Having made the trip from South America to Europe as a staple food on sailor's expeditions, the potato was first brought to western Ireland in the 16th century, where it thrived and went on to become a major part of the diet of the country's poor. Though the potato crop proved vulnerable a number of times throughout Irish history, most notably during the Great Famine of the 19th century, many traditional Irish dishes that have **remained popular still have potatoes as a central ingredient.**

### **The Humble Stew**

Recipes based on the stewing method of cooking have been traced back as far as the days of the Roman Empire and Apicius de re Coquinaria, thought to be the oldest known cookbook in existence. Though the Romans had long outgrown it by then, stewing came to prominence in Ireland during the early 19th century, during a period of economic turmoil that led to mass poverty. With only a hanging pot, an open fire and a few fairly easily attainable ingredients, even poor families were able to survive on Irish stew.

### **Original Recipe**

Although modern Irish stew is generally made with beef or lamb, early versions were usually made with mutton, as it was more widely available. Food historian Alan Davidson also stated that mutton was so commonly used for stew because sheep were kept into old age for their wool and milk at the time, meaning the meat was so tough that subjecting it to slow, extended periods of stewing was one of the only ways to make it edible. Generally, the meat used was on the bone, from the neck or shank, as this was thought to add more flavour. Other than mutton, Irish stew was originally made with as little as two additional ingredients – onions and potatoes. Luckier families may have been able to use goat or lamb, and add more root vegetables, like carrots, turnips or parsnips.

The Irish stews of today may often be made with different types of meat and with Guinness stout as an added ingredient, but the central elements of the recipe remain unchanged, and it is still one of the country's best-loved dishes. Dublin's many pubs serve some of the best Irish stew in the city.

# RANdom STuff



**Nobody thought to eat chicken wings before the invention of buffalo wings in 1964. They were largely considered the worst parts a chicken could have, and were mostly used as stock for soup or outright discarded.**

## IRISH GREEN

Ireland wasn't always associated with the color green. Even though its lush hills would suggest otherwise, the Emerald Isle was actually once aligned with the color blue instead. When Henry the VIII claimed himself to be king of Ireland in the 1500s, his flag was blue, meaning that Ireland was also associated with the color. However, green was later used as the color of the flag in the Great Irish Rebellion of 1641 when the Irish fought against the English. Over the years, green became a national symbol of pride for Ireland.

Wearing green clothes became common in the U.S. at St. Patrick's Day parades and celebrations in the 1800s. It was a symbol that Irish-Americans used to honor their heritage and seems to have stuck all these years later.

## More Reasons to Eat Fruit!



Cherries help calm your nervous system



Grapes relax your blood vessels



Peaches are rich in potassium, fluoride, and iron



Apples help your body develop resistance against infections



Watermelon helps control your heart rate



Oranges help maintain great skin and vision



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy

I took a class to learn how to make hoagies. One day the teacher didn't show up but it was OK...we had a sub.

# MARCH

March is the third month of the year and named after Mars in both the Julian and Gregorian calendars. It is the second of seven months to have a length of 31 days. In the Northern Hemisphere, the meteorological beginning of spring occurs on the first day of March. The March equinox on the 20 or 21 marks the astronomical beginning of spring in the Northern Hemisphere and the beginning of autumn in the Southern Hemisphere, where September is the seasonal equivalent of the Northern Hemisphere's March.

March is known for two major holidays – one to find candy, and the other to drink lots of beer!

In old Roman calendars, one year used to be ten months long, starting in March and ending in December.

The “Ides of March” was a day in the Roman calendar equivalent to the 15th of March. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated.

Every year, March and June finish on the same day of the week.

March is the time of year when animals start waking up from hibernation.

The Vernal Equinox occurs around March 20 or 21st. This is when the sun is directly above the equator, making the day and night equal length.

On March 10th, 1876, Alexander Graham Bell made the first ever phone call. It was to his assistant and he said “Mr. Watson, come here. I want to see you.”

## **Zodiac signs for the month of March are**

### **Pisces Feb’ 19-Mar’ 20**

Gifted with a wild imagination, Pisceses have an unrivalled talent for story telling or anything artistic for that matter. They also have a great capacity for love and the depth with which they feel sometimes makes them extremely sensitive. So be very careful when relating to a loved one born under the Pisces zodiac sign as a harmless remark can prove to be incredibly hurtful to them.

### **Aries March 21 – April 19**

Arieses are generally bubbling with vitality and have a great sense of adventure. Pioneers by nature, they are usually the first to venture out on a risky project. For instance, when day trading first came on the scene, most of those involved were Aries.



**The birth flower for  
March  
Daffodil**

**The birthstone for  
March  
Aquamarine**



## THE IDES OF MARCH AND MORE

The month of March contains some interesting events, namely, St. Patrick's Day on the 17th for those who enjoy being "Irish" for a day and the first full day of spring — the Vernal Equinox — on the 19th when you can try to stand a raw egg on its end that day.

But if you're into observing and even celebrating all kinds of anniversaries you can circle several other memorial events on your March calendar. They include: Alexander Graham Bell's birthday in 1847 on the 3rd and his patent for the telephone in 1876 on the 7th. Since March is the windy month, don't forget to celebrate Chinook Wind Day on the 12th. And talking about birthdays earlier, you could celebrate Albert Einstein's on the 14th. He would be the ripe old age of 141. The first book — the Gutenberg Bible — was printed on the 22nd in 1457 and the spoon was invented on the 23rd in 19,000 B.C.

Speaking of ancient dates, the first zoo was founded on the 27th in China in 2000 B.C. and "Respect Your Cat Day" is observed on the 28th in England by the royal edit of Richard II in 1384 condemning cat eating. Ugh!

But what about the "Ides of March," which occurs on the 15th, and we're warned to "Beware"? Even if you relied on Cliff Notes or something else to get through Shakespeare in English class, you probably have some memory of a soothsayer warning Julius Caesar to "Beware the Ides of March." First of all, to ask a practical question: What is/are Ides? And what exactly does "Ides of March" mean?

According to Wikipedia, the word is derived from the Latin verb *idare*, which Scientific American defines as to divide. Ides bisect a month in the Roman calendar. Thus, the infamous "Ides of March" comes every year on March 15 and was a marker day used to divide the month into two. Months of the Roman calendar were arranged around three named days — the Kalends (first day of the month), the Nones (7th day in March, May, July and October; 5th in the other months) and the Ides (15th day in March, May, July and October; 13th in the other months). All these days were reference points from which the other (unnamed) days were calculated. Confused? Me too!

The expression "Beware the Ides of March" is first found in Shakespeare's *Julius Caesar*, 1601. The line is the soothsayer's message to Caesar, warning of his death. The Ides of March didn't signify anything special in itself. In Shakespeare's day it was just the usual way of saying "March 15th." And since each month has an Ides (often the 15th), this date wasn't significant in being associated with death prior to 1601. But on March 15 in 44 B.C., Shakespeare's Caesar character was assassinated and so began its history as a day to lay low.

The notion of the Ides being a dangerous date was purely an invention of Shakespeare's.

# FLASH BACK

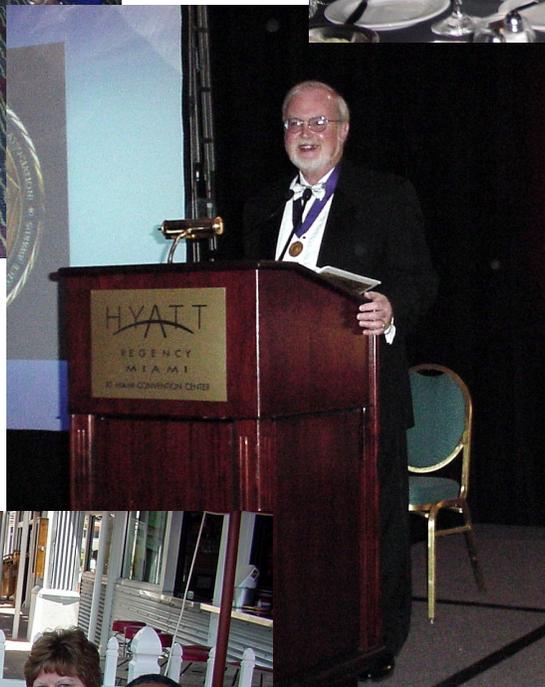
## 2006 CONFERENCE MIAMI



Loretta and Larry Brown



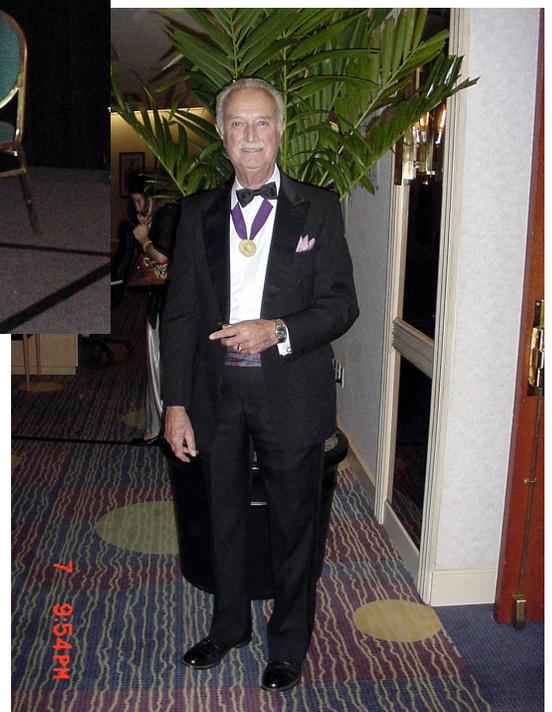
Lynn and Grant Thompson



Don McIntosh



L-R Matt Trupiano, Donna Foster,  
Laurie Schutter, Bob Mathews



Edgar DeGasper

## 2021 IFSEA OFFICERS AND DIRECTORS

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