

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



*May all the dreams
in your eyes,
All the desires
In your heart
and all the hopes
in your life
Blend together
to give you the
most spectacular
New Year ever!*

January 2022

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SOMETHING TO THINK ABOUT

Wherever you go, there you are. Be your best.



Life on the Weil Side!

Richard F. Weil, MCFE, MCFP Chairman of the Board

Hope is ahead in 2022!

Happy New Year to Everyone! 2022 is here and according to my Google search looking forward “The Numerology Meaning of 2022 “Means Hope Is Ahead”! Thank goodness for sure for this news. Additional 2022 forecast predictions that I have read that was published by Patrick Phillips from www.Numerology.com includes:

“2022 adds up to a 6 Universal Year, which is all about accepting and assuming responsibility. After the multitude of changes and adjustments that the 5 Universal Year brought us in 2021, it's time for the world to acclimate to a new pace and make the most of our new reality.

If you felt like you were flying by the seat of your pants throughout 2021, you can find firmer footing for yourself in 2022. However, with that firm footing comes the added responsibility of finding a new sense of equilibrium with everyone else in your life. Relationships will play an especially big role in 2022. Many of the people you meet could have a fated role to play in your development as an individual, acting as catalysts to help you transform into the person you are meant to become in this lifetime.

That isn't to say that all your relationships will be fairy tales -- some may indeed bring difficulties your way. Growth is often not a comfortable process, and that can be especially true when you must grow in tandem with another person or many people. If you've been putting a premium on yourself regardless of your friends, family, and anyone else in your life, then it's time to even the playing field. You don't need to give up space, but you do need to find harmony with others and give them the option to rely on you when they need to. No person is an island, and that will be a major theme in all our lives throughout 2022”.

Well, I liked what Patrick said enough to pass this article along as part of my well wishes for the New Year. IFSEA truly can be the firmer footing you are seeking. IFSEA has been a strong part of my relationships for nearly 40 years. As the article further states, all of us for the most part, have been flying at the seat of our pants for almost two years now. Let IFSEA and those around you in the industry be the catalyst for your growth in 2022 and beyond. The information you glean from this article will be something you should think about now for your success moving forward, as I do firmly believe that “Hope is Ahead in 2022”. Wishing you and all who you connect and associate within IFSEA and beyond you a Happy and Healthy New Year!



TOGARASHI

An Experience That Lasts



20 oz Jar
No MSG Added
Kosher

Togarashi is a toasty, sweet, all-purpose seasoning balanced with a moderate kick of heat and citrus that makes a knockout addition to any recipe or spice shelf. This vibrant, zesty blend adds flavor complexity and a textured zing with subtle umami undertones.

R.L. Schreiber's Togarashi Seasoning is a tasty mix of black and toasted sesame seeds, orange peel, paprika, poppy seeds, celery powder, and a blend of chiles and spices.

Excellent when added to meats, poultry, seafood, vegetables, french fries, soups, salads, and grains. Use in rubs, marinades, dressings, and tempuras. Sprinkle over pizza, eggs, popcorn, soba or udon noodles, and tortilla or wonton chips. Great for coating sushi rolls, too!



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SEASONING/CUSTOM BLENDS



CULINARY ITEMS



LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP President Emeritus



Certifications still rolling for 2022!

Well, a VERY fond farewell to 2021, during which we tested just under 700 nursing home and long-term care food service managers in Certified Food Manager (CFM). Surely a record for any one of our certifications. The deadline for this side of our industry to earn a required certification was November 2021, so this number of individuals seeking the CFM will slow in 2022. Still new hires in this side of the industry and those who just didn't get it done will continue, and we will introduce a revised CFM test this month of January 2022. You may be interested to know that we co-promote IFSEA and the Global Foodservice Institute (GFI) certifications. Revenues are shared per a Memorandum of Understanding (MOU) between the Food Service Institute, IFSEA and GFI. FSI is the marketing arm along with IFSEA and GFI owns the tests.

I held live classes at Camp David Presidential Retreat, and Wiesbaden, Germany (Army). A planned live class in Yokosuka, Japan turned in to be a virtual class, and two other virtual classes were held. We will hold those regularly in 2022, so people who are here, there, and everywhere can get certified. Everything is available for self-study and online testing, but students prefer live classes or Live Zoom.

For that reason, **live classes are in the works** in Stuttgart, Germany; Okinawa, Japan; at least 3 Army bases; and a large virtual class for a Navy ship. So, it should be another great year. **THE NEXT VIRTUAL CLASS IS SCHEDULED FOR JANUARY 24-28.** Contact me at ed@ifsea.org for details and check the web site at www.foodserviceinstitute.com.

And then there is our beloved IFSEA, in its 121st year. This being the fourth year since Richard Weil, Dave Kinney and I decided to jump back in the pool and get a bunch of "ducks" swimming in the same direction. Those "ducks" include of course certifications, but also membership, networking, mentoring, virtual meetings, and continued scholarship support from our dear friends with the Worthy Goal Scholarship trustees who in 2021 provided nearly \$27,000 scholarships to students all over the US.

So, I suggest our focus for 2022 will include:

Most Important – finding the next IFSEA leadership team – who wants to be the NEW "Richard, Dave and Ed." We'll be here to help, not going anywhere, but fresh leadership would be good for IFSEA.

Certifications promoted to IFSEA members. Our sales currently are mostly to military and nursing home food service directors, managers, and supervisors. Not necessarily people who are already IFSEA members. 1000 certifications sold in 2021, very few to existing IFSEA members. So, we need to work on that perception of value to our internal audience.

Broadening our reach through **social media** which results in memberships and sales.

Continued support of the military and our involvement with **Enlisted Aide of the Year Award.** A most meaningful way that IFSEA continues to support our military and great support from the Kae deBrent Hodges fund.

Wishing everyone a happy, healthy, safe year ahead, and thank you for your membership, be that for 1 year or 40+ years, you are each equally important. Step off the bench and get in the game, you will find it fun and rewarding and add to the things you've done to make the world a better place.

? Did ? You ? Know ?

Superstition says these foods will bring you luck in the new year!

Will eating peas and greens bring luck?

Southern food chef Virginia Willis said there was only one year out of her life when she didn't eat collard greens and black-eyed peas. And that year didn't go so well for her.

Black-eyed peas and collard greens are traditional dishes to eat on Jan. 1, with the hope that peas will bring luck and the greens will bring money throughout the year.

The cuisine is popular among southern food lovers. In fact, a dish called hoppin' john, which combines rice, black-eyed peas and sometimes collard greens, can be found on plenty of southern restaurant menus. "We didn't grow up calling it hoppin' johns," said Willis, a Georgia native. "It wasn't cooked together. It was a pot of greens and a pot of rice and a pot of black-eyed peas."

Traditionally, ham hock is used to flavor the peas and the greens. But Willis put her own vegetarian spin on the dish, replacing the black-eyed peas with Sea Island red peas and exchanging the smoked ham hock with a Parmesan rind. She usually completes this meal with cornbread. "The southern application of peas and rice definitely comes from West Africa," she said.

During slavery, Willis said, slave masters favored the West Africans who knew how to produce rice so it could be grown on their plantations in America.

But it wasn't West Africans who started the myth about eating collard greens and black-eyed peas on New Year's Day. Adrian Miller, an expert and historian on southern food who published two books on the subject, said those ideas originated in Europe.

"What's so interesting is that white people started to think black people came up with this," he said. Germans would eat pork, lentils, cabbage and dumplings on New Year's Day, Miller said. The pork represented health and prosperity because pigs always looked forward and never backward.

Lentils represented gold. Cabbage and collard greens represented paper money. And the dumplings represented silver dollars. Miller also mentioned that in Europe, black-eyed peas meant good luck and having coins. It also represented a black eye or evil eye, and eating it signified conquering it.

Miller eats black-eyed peas and collard greens every New Year's Day for the enjoyment – not because the myths hold true for him. "Every year you hope it's going to be different, but I just think it's fun," he said.

Here's a list of other traditional foods that are eaten to celebrate the new year:

- **Soba noodles:** In Japan, the soba noodle has to be slurped whole without breaking the noodle before chewing, according to Today.com. The noodle represents a long and prosperous life.
- **Grapes:** CNN reported that the people of Spain munch on grapes when the clock strikes midnight on Jan. 1. The grapes represent the coming months of the new year.
- **Fish:** The scales on a fish represent coins, according to Reader's Digest. Fish also represents abundance because they travel in schools.
- **Pomegranate:** The juicy fruit is a popular New Year's Eve food in the Mediterranean region. Reader's Digest also reported that the people of Greece traditionally smash the pomegranate against the front door at midnight. The more seeds come out, the more lucky the household will be.
- **Doughnuts and bagels:** MarthaStewart.com said circular-shaped foods represent the year coming full circle.

Recipe Box

Vaselopita—Greek New Years Cake

Serves 12



1 cup butter
2 cups white sugar
3 cups all-purpose flour
6 eggs
2 teaspoons baking powder
1 cup warm milk (110 degrees F)
1/2 teaspoon baking soda
1 tablespoon fresh lemon juice
1/4 cup blanched slivered almonds
2 tablespoons white sugar
1 25 cent coin

Preheat oven to 350 degrees F (175 degrees C).
Generously grease a 10 inch round cake pan.

In a medium bowl, cream the butter and sugar together until light. Stir in the flour and mix until the mixture is mealy. Add the eggs one at a time, mixing well after each addition. Combine the baking powder and milk, add to the egg mixture, mix well. Then combine the lemon juice and baking soda, stir into the batter. Pour into the prepared cake pan.

Bake for 20 minutes in the preheated oven. Remove and sprinkle the nuts and sugar over the cake, then return it to the oven for 20 to 30 additional minutes, until cake springs back to the touch. Gently cut a small hole in the cake and place a quarter in the hole. Try to cover the hole with sugar. Cool cake on a rack for 10 minutes before inverting onto a plate.

Serve cake warm. Each person in the family gets a slice starting with the youngest. The person who gets the quarter in their piece, gets good luck for the whole year!

Banana Crepes

serves 6



1 cup all-purpose flour
1/4 cup confectioners' sugar
2 eggs
1 cup milk
3 tablespoons butter, melted
1 teaspoon vanilla extract
1/4 teaspoon salt
1/4 cup butter
1/4 cup packed brown sugar
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 cup half-and-half cream
6 bananas, halved lengthwise
1 1/2 cups whipped heavy cream
1 pinch ground cinnamon

Sift flour and powdered sugar into a mixing bowl. Add eggs, milk, butter, vanilla, and salt; beat until smooth.

Heat a lightly greased 6 inch skillet. Add about 3 tablespoons batter. Tilt skillet so that batter spreads to almost cover the bottom of skillet. Cook until lightly browned; turn and brown the other side. Repeat process with remaining batter, grease skillet as needed.

Melt 1/4 cup butter in a large skillet. Stir in brown sugar, 1/4 teaspoon cinnamon and nutmeg. Stir in cream and cook until slightly thickened. Add half the bananas at a time to skillet; cook for 2 to 3 minutes, spooning sauce over them. Remove from heat.

Roll a crepe around each banana half and place on serving platter. Spoon sauce over crepes. Top with whipped cream and a pinch of cinnamon.

Recipe Box

Chocolate Peppermint Cheesecake
serves 16



- 1 1/4 cups chocolate cookie baking crumbs
- 1/4 cup butter, melted
- 3 -8 ounce packages PHILADELPHIA Chocolate Brick Cream Cheese, softened
- 3/4 cup white sugar
- 1 teaspoon peppermint extract
- 3 eggs
- 1/2 cup whipping cream
- 1 tablespoon white sugar
- 1 candy cane, crushed

Heat oven to 350 degrees F (175 degrees C).

Mix baking crumbs and butter; press onto bottom of 9-inch springform pan.

Beat cream cheese and 3/4 cup sugar in large bowl with mixer until blended. Add extract; mix well. Add eggs, 1 at a time, mixing on low speed after each just until blended; pour over crust.

Bake 40 to 45 minutes or until centre is almost set. Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate cheesecake 4 hours.

Beat cream in separate bowl with mixer on high speed until soft peaks form. Gradually add remaining sugar, beating until stiff peaks form; spoon over cheesecake. Sprinkle with crushed candy.

Italian Cream Cake
serves 10



- 1/2 cup margarine, softened
- 1/2 cup shortening
- 2 cups white sugar
- 5 egg yolks
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 cup buttermilk
- 1 teaspoon vanilla extract
- 1 1/3 cups flaked coconut
- 1 cup chopped pecans
- 5 egg whites
- 8 ounces cream cheese
- 1/2 cup margarine, softened
- 4 cups confectioners' sugar
- 1 teaspoon vanilla extract
- 1/2 cup chopped pecans

Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 8 inch round cake pans.

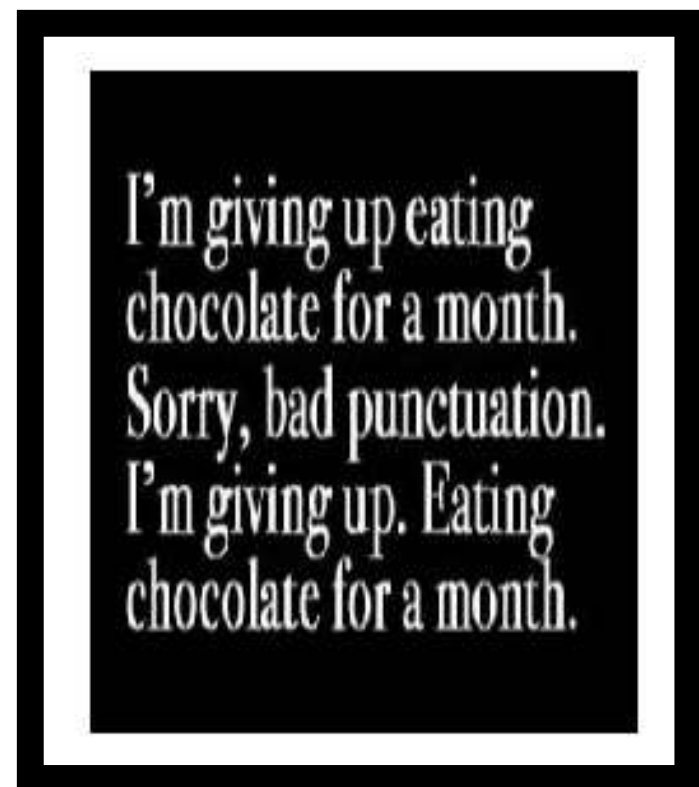
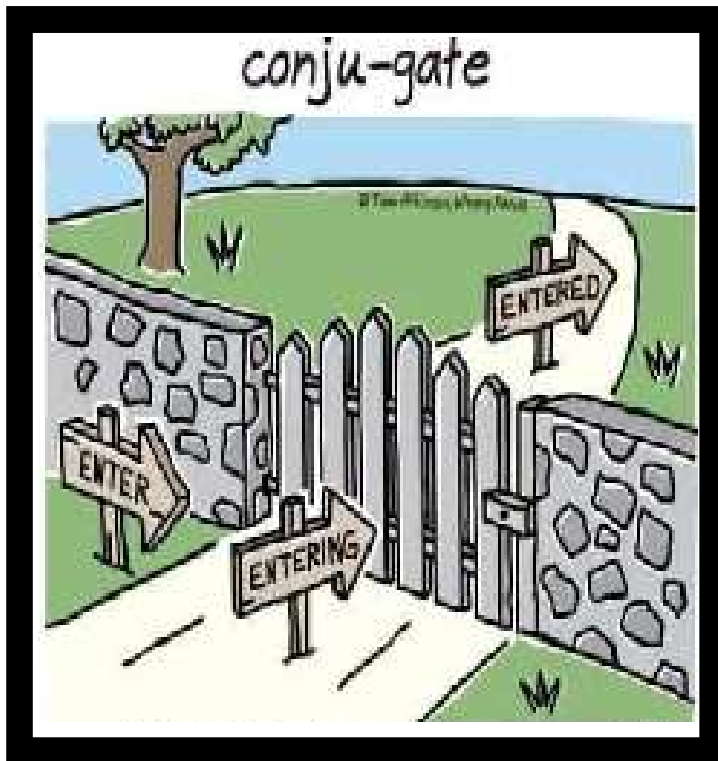
Beat egg whites until they form stiff peaks.

In a large bowl, cream 1/2 cup margarine and shortening till light. Add white sugar, and beat till fluffy. Beat in egg yolks. Stir together flour and baking soda, and add alternately with buttermilk into the creamed mixture; mix well after each addition. Stir in 1 teaspoon vanilla, coconut, and 1 cup pecans. Fold in stiffly beaten egg whites. Spoon into prepared pans.

Bake for 25 to 40 minutes. Cool in pans for 10 minutes. Remove to wire rack to cool completely.

Combine cream cheese, 1/2 cup margarine, confectioners' sugar, and 1 teaspoon vanilla in mixer bowl. Beat till smooth. Add coconut if desired. Frost the cooled cake. The remaining 1/2 cup pecans can be stirred into frosting or sprinkled onto the cake after it is frosted.

RANdom STuff





January is the first month of the year in the Julian and Gregorian calendars and the first of seven months to have a length of 31 days. The first day of the month is known as New Years Day. It is, on average, the coldest month of the year within most of the Northern Hemisphere (where it is the second month of winter) and the warmest month of the year within most of the Southern Hemisphere (where it is the second month of summer). In the Southern hemisphere, January is the seasonal equivalent of July in the Northern hemisphere and vice versa.

January (in Latin, Januarius) is named after Janus, the god of beginnings and transitions in Roman Mythology.

Traditionally, the original Roman Calendar consisted of 10 months totaling 304 days, winter being considered a month-less period. Around 713 BC, the semi-mythical successor of Romulus, King Numa Pompilius, is supposed to have added the months of January and February, so that the calendar covered a standard lunar year (354 days). Although March was originally the first month in the old Roman calendar, January became the first month of the calendar year either under Numa or under the Decemvirs about 450 BC (Roman writers differ). In contrast, each specific calendar year was identified by the names of the two consuls, who entered office on May 1 or March 15 until 153 BC, from when they entered office on January 1.

Zodiac signs for the month of January are:

Capricorn : (December 22 through –January 19)

The Mountain Goat has a destination in mind and will stop at nothing to reach its goal. They combine their traditional methods with powerful determination to climb the ladder of success each and every day. Caring, conservative Capricorn is a great leader and a dedicated provider. They like to play hard, and work harder.

Capricorn : (January 19 through February 18)

The Water-bearer is actually an Air sign whose dual nature creates a unique, intellectual, and social individual who cares deeply for community and mankind. While Aquarius prefers ideas over emotions, their stimulating personality earns them fast friends. The worldly Water-bearer is a progressive spirit who's focused on the greater good. When this rebellious sign isn't satisfied with the way things are, they're experts at garnering the support they need to instigate change. Ruled more by the head than the heart, Aquarius' brilliant ideas and visionary plans inspire us all to raise the bar in our everyday lives.

January birth stone
is Garnet which comes in many
colors, the most popular is red .



January flower
is Carnation



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New Year's Traditions: From Food to Festivities

By Deb Hipp

If you're like a lot of Americans, you've rung in the new year with the television tuned to the big ball drop in New York. The Times Square ball drop may be one of the best-known New Year's traditions in the United States, but it's far from the only celebration going on as one year ends and another begins.

From watching unusual objects drop from tall buildings on New Year's Eve to enjoying special dishes prepared for good luck in the new year, New Year's traditions continue all over the U.S. Here are some of our favorite — and a few too quirky to leave out — American New Year's traditions and celebrations.

New Year's Traditions: Special Meals for Good Luck

Even if you're not superstitious, nothing beats a feast on New Year's Day for a better shot at good luck in the new year. This year, consider digging in to one of these regional favorites: **Black-Eyed Peas (Hoppin' John)**

This New Year's Day good luck meal, also known as "hoppin' John," originated in South Carolina and is practiced widely in the South. The New Year's Day meal, a mix of black-eyed peas, rice and pork, is typically served with collard greens and cornbread. This Southern tradition may have gotten its moni-

Tamales

In Mexico, families feast on tamales throughout the December holidays and well into the new year. Tamales are pork or another meat stuffed inside sweet corn masa dough and steamed in corn husks. The New Year's Day tamale tradition is also popular in U.S. cities with a large Hispanic population, thanks to Mexican immigrants who brought the dish here long ago.

This meal symbolizes family traditions, gatherings and celebrations more than good luck. Whether the family matriarch spends days preparing the labor-heavy dish or you pick up your tamales from a restaurant on New Year's Eve, tamales

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New Year s Traditions: From Food to Festivities

By Deb Hipp

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Pork and Sauerkraut

People in Pennsylvania and Ohio like to dish up good luck on New Year's Day with slow-cooked pork and sauerkraut. This Germanic tradition came from the early Pennsylvania Dutch and German settlers. The dish symbolizes good luck and progress for the new year, since pigs are known for rooting forward. Some believe this meal brings good luck in the new year because sauerkraut is made from cabbage, which symbolizes riches and prosperity. The long, pickled strands are symbolic of long life.

New Year's Pretzel

In Pittsburgh, Pennsylvania, it's a tradition to eat a New Year's pretzel to bring good luck for the coming year. And we're not talking about some crispy snack out of a plastic bag, either. For the greatest amount of good luck, share the bread-like, salty and sweet glazed baked treat with several people at once.

Pickled Herring

In Poland and Scandinavia, it's a New Year's Eve tradition to take a bite of pickled herring at the stroke of midnight for good luck in the coming year. However, you'll also find pickled herring, an oily fish symbolic of long life, fertility and riches (due to its coin-like silver color) gracing New Year's Eve buffets in Chicago, which has a large Polish-American population. The pickled herring New Year's Eve tradition is also popular in Minnesota, which has a large population of Norwegian immigrants.

New Year's Traditions: Quirky New Year's Eve "Drops"

The ball drop in Times Square isn't the only awe-inspiring event when it comes to crowds watching an object descend at midnight on New Year's Eve. Some cities have their own quirky traditions the locals love that also draw crowds from other regions.

Midnight Music Note Drop: Nashville, Tennessee

Each year at midnight more than 200,000 people celebrate New Year's Eve by watching Nashville's Midnight Music Note Drop. Spectators sing and cheer as a 16-foot-tall music note illuminated by more than 13,000 LED lights descends down a 138-foot-tall structure on the main stage.

This year, the event takes place at Bicentennial Capitol Mall State Park in Downtown Nashville.

The [celebration](#) features nearly 50 musical performances by big-name country artists on the main stage and at various Nashville venues.

Can't make it to Nashville but still want to celebrate New Year's Eve in Nashville style? You can watch the drop and musical performances live that night on the CBS television network and on-demand at

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New Year s Traditions: From Food to Festivities

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Paramount+.

Mobile Moonpie Drop: Mobile, Alabama

Since 2008, the City of Mobile has lowered a 12-foot-tall, lighted, mechanical Moon Pie 317 feet from the 34-story RSA BankTrust building just before midnight to celebrate New Year's Eve.

Mobile was the home of the first Mardi Gras celebration, and the famed "Moon Pie," a childhood staple for many, was the favored toss from those early parade floats. Today, around four million Moon Pies are sold a year in Mobile, which embraces the chocolate, banana and vanilla confection as its informal city emblem.

Maple Leaf and Great Sardine Drop: Eastport, Maine

For 16 years, an eight-foot sardine has beckoned a swimmingly good New Year as it descends on New Year's Eve from the third floor of the Tides Institute and Museum of Art in Eastport, Maine (pop. 1,300). However, the easternmost city in the U.S. doesn't usher in the New Year with the giant sardine alone.

Eastport is just across the Bay of Fundy from the Canadian island Campobello. So, it's only fitting that an hour before the great sardine drops at midnight, the celebrants sing "O Canada" as a giant, lighted Maple Leaf floats gently to the stage. Then, just before midnight, hundreds sing "Auld Lang Syne" to accompany the descent of the great sardine.

This year, you can attend in person, watch the festivities as a participant in a drive-by parade or [stream the event](#) via Zoom.

Giant Marshmallow PEEP Drop: Bethlehem, Pennsylvania

Every New Year's Eve in Bethlehem, Pennsylvania, a massive PEEPS Chick descends on the town that is headquarters for Just Born Quality Confections, maker of the marshmallow candy PEEPS. The giant PEEPS Chick, which weighs four hundred pounds and stands four feet and nine inches tall, isn't one for late-night celebrations, however.

The massive yellow chick glides slowly down at 5:15 p.m. to kick off Bethlehem's annual New Year's Eve PEEPSFEST at the SteelStacks, a ten-acre campus dedicated to arts, culture and family fun. This year's celebration will be virtual-only due to pandemic safety precautions.