



April 2018

Association of Correctional Food Service Affiliates Virginia Chapter Newsletter

Message From Chapter President-Justin Webb

Greeting everyone,

There are very few times that I can recall and honestly say, "That was a horrible week". I have always tried to remain a positive person, keep my head up, and not really pay attention to the bad times, however, I understand that it is a lot more difficult when they hit you all at once. After having experienced a less than pleasant week thus far I thought it would a good chance to talk about how to deal with a bad day.

The quote, "Bad days make you appreciate the good days more" is so true. If all we ever have is good days, we'll get used to it and start taking advantage of them. They will no longer be meaningful. I have started reflecting at the end of my days and I really think that it helps. Even on my worst days, I am trying to think about at least one good thing I am still grateful for. Trust me, when you think of all the amazing things you have in life, your day will no longer seem so bad.

There is no point in sitting around and thinking about what's going on. So what, you had a bad day, you'll have to get over it because there are going to be plenty more. Do what you have to do to leave that bad day behind and start your new day. Everybody has bad days, it's how we deal with them that makes us the type of person we are.

The best part of this life is that you can start over everyday. I love going to bed at the end of a long day, knowing that I get to wake up with a brand new day and tackle it. You can leave that negative energy behind; you don't have to take it with you. Doesn't that alone make you feel better?

There is so much good in this world; don't let the bad days take over that. So tone down your controlling mind, refuse to let the bad times define you, get up, drink your coffee, and tackle your day (good or bad).

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Did You Know.....?



The fear of vegetables is called Lachanophobia.

From the Desk of Monica
Brown, President Elect/Treasurer

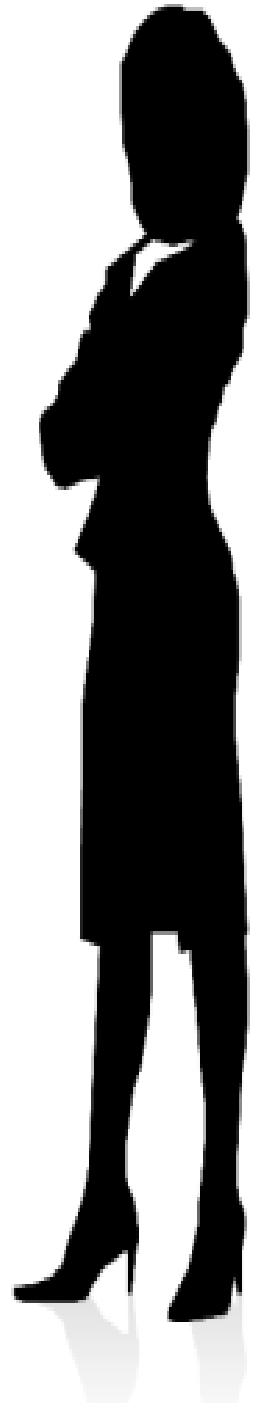
Spring is here...

We've had several days of wild weather over the past few weeks. However it's official!!! Spring is here, although it may not quite feel like it as of yet.

It's my favorite time of year when the sun is shining and the temperature is consistently above 70. It's time to again to enjoy fresh picked fruits and veggies, sunshine, and outdoor activities.

Many of our localities have farmers' markets that provide us with wonderful opportunities to support local businesses. If you haven't already ventured out to visit one, go to your local farmers' market or take a trip to visit a different location. I make it a point to go as often as possible as I always find something new. Let's hope for a warm, pleasant spring and summer. I hope you all have the opportunity to enjoy it as much as possible!

Don't forget to plan ahead to attend the International Conference in Norfolk, VA. The training and opportunities to broaden your horizons will be phenomenal. The networking and catching up with colleagues from across the states make it a great time for learning and fun. Let me not forget to mention that Norfolk has something for everyone. I look forward to seeing you there.



Serving in a correctional facility is hard time

Even for the foodservice equipment



Lexan Control Cover



Security System Top Cover



Security Screws



Locking Hasp (padlock by others)



Flanged Legs

You know all too well how demanding the environment is, and how clever inmates can be when it comes to obtaining errant materials. Securing the cabinet, as well as both its components and contents, are vital to maintaining safety throughout your facility. You'll find that Traulsen's high quality "Corrections" models are more than up to this very demanding duty. They offer important ownership benefits such as outstanding temperature performance, energy efficiency, reliable operation, large storage capacities, and extreme cabinet durability. In addition, their already robust design is ideal for use in any level correctional facility.

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- Security system top cover prevents damage/removal of refrigeration components
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- Flanged legs for secure mounting to the floor (reach-in/pass-thru models only)
- No hinge covers
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From the Desk of Julie Hobbs

Region I Director

Welcome Spring (at least it is supposed to be)! I am writing this article looking out the window at the snow falling in my Mom's backyard in Massachusetts. Not very spring-like here. It seems that every year I am writing my article from Massachusetts and having cold and dreary weather!

I will not be able to join you at our next meeting on April 19th at the VADOC Academy for Staff in Crozier, VA. I will be teaching food service staff that day so I want to give you a report on the upcoming conference.

As many for you know, the National Conference will be coming to Norfolk September 16-19. I have had a few inquiries about helping out with the planning. This year the national board has done things a little different from past years. Instead of having state chapter members do all the planning, the committee this year it is made up of some state members, a dietician, a past president and numerous vendors. The chairperson for the conference is Barbara Kane from Ecolab. Stephanie Gilbert from Hobart is the Co-Chair. The theme will be - Industry Disruptors-Are YOU Prepared? All of us have been working quietly behind the scenes getting all the sessions planned out and speakers in place. Mr. Clark has agree to join us as our opening ceremonies speaker. If you have never heard him speak you are in for a treat.

Hopefully, the committee will have the training agenda completed soon. The target was to have it ready for print in the next Insider. The committee is also using other means to reach out and get members and vendors informed, such as postcards and social networking. It is my understanding that our members may be utilized at the conference to help the committee out. This was done so members can enjoy the conference and get as much training as possible. Justin, Monica and Jessica are on the planning committee with me so they can answer any questions you should have on what has been going on so far.

Enjoy your meeting. I am sure John Proctor will do a great job taking care of everything!



From the Desk of Jessica Harlow- VA Chapter Past President & ACFSA National Vice President

During this extremely weird time of year in Virginia, it is very hard to plan things without drastic change. One day it might be about 80 degrees and then the next day we could be receiving a foot of snow. This describes our jobs every day. One day it could be nice and slow and pleasant and then the next day all chaos can break out. I know we have plans in place for such unexpected emergencies but honestly, how well do you know those plans?

Now is a great time to go over these plans and possibly role play with your staff. Make sure that they know the plans as well. Very often I have seen that the upper management doesn't communicate very important information all the way down the line. These are the people that are going to be executing out these plans. They really need to be kept in the loop. We also have many professional partners that can assist in emergency situations. Do you know who these are? If not, you definitely need to come to this years' National Conference in Norfolk.

Our vendor show is a great opportunity to talk to such representatives in these fields and all others. It also allows you to interact with a lot of the newest equipment and food products on the market. Don't miss out on a great time to experience the vendor show, network with great people in the same field and also get some ever needed training! Hope to see you there.



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From The Desk of Mike Robertson- Jones Zylon Company.

Back in my early sales years, I read every motivational book I could find, especially Napoleon Hill, Dale Carnegie and Zig Ziglar. The other day, a Food Service Administrator from the Federal Bureau of Prisons sent me an email that reminded me of those great books that were not only valuable for sales but for life and personal growth as well.

The original article by Zig Ziglar stated that it was important to stay on track and follow your goals without being detoured by the negative attitudes of others.

"A SNIOP is a person who is Ssceptible to the Negative Incidence of Other People"

Three Keys to avoid being a SNIOP:

1. **KNOW WHO YOU ARE AND WHAT CHARACTER QUALITIES AND ATTITUDES ARE IMPORTANT TO YOU.** What do you believe in and stand for?
2. **GUARD YOUR MIND.** Do you automatically reject negative input?
3. **CHANGE THE CHANNEL.** Do you leave the situation when it's obvious the output you're receiving doesn't match what you are believing?

If someone dumped a load of garbage into your house, you would call the police. If they dump a load of garbage into your mind, which is far more valuable than your house, you need to change the channel immediately.

This is not saying you should not keep an open mind and listen to other views and opinions; it simply warns us not to let negative input pull our attention away from our own values and goals.



Recipe Corner

Submitted by Mike Robertson



The other day I ran across recipes from my Mother. These Southern recipes go back to my great grandmother, passed down through the Robertson family who settled outside of Richmond in the early Colonial days. I grew up with fund raising Brunswick Stew events cooked outside in huge kettles over a fire and the Spoonbread (if your not from the South you might ask "What is Spoonbread?") was entered by my Mom in a cook-off at the Homestead and won Grand National Champion awarded by Commonwealth Magazine. Running out of family to pass this down, I thought I should share these family favorites to keep them alive.

RECIPES FOR COOKBOOK

From

Michael Robertson

The following recipes are from my mother's (Pat Robertson) recipe files. The Spoonbread won a National Contest and the Chess Pie is from my great-grandmother. All are traditional Southern recipes from Virginia.

SOUTHERN SPOONBREAD

(winner of Grand National Spoonbread Contest at The Homestead in Virginia May, 1975. Sponsored by Commonwealth Magazine.)

2 Cup Milk	1 teaspoon salt
$\frac{1}{2}$ cup Corn Meal (white)	3 teaspoons sugar
1 tablespoon Butter	3 eggs - separated
1 teaspoon baking powder	

Heat milk nearly to boiling point and add cornmeal gradually while stirring. Cook to consistency of mush, stirring constantly.

In small bowl, beat egg yolks at high speed until light (2 - 3 minutes). Add Mush, butter, baking powder, sugar and salt. Mix at low speed (about $\frac{1}{2}$ min.)

In small mixing bowl, beat egg whites at high speed until stiff but not dry. Add other mixture and fold together with a spoon. Pour into 9-inch casserole and bake at 375 F. for 40 minutes. Serve from casserole dish.

CHESS PIE

4 eggs	$1 \frac{3}{4}$ cups sugar
1 stick butter	1 tablespoon of meal
$\frac{1}{4}$ cup milk	

Cream butter and half of sugar thoroughly. Beat eggs well and add rest of sugar. Blend well. Add meal and milk. Mix thoroughly.

Pour contents into pie shell. Bake at 325 F. for 1 hour.

PECAN PIE

Pastry / pie shell	4 tablespoons butter
$\frac{3}{4}$ cup granulated sugar	1 teaspoon vanilla
1 cup dark corn syrup	1 cup pecan meats, coarsely broken
3 eggs slightly beaten	

Line 9-inch pie plate with pastry/pie shell. Boil sugar and syrup together for 2 minutes. Pour slowly over slightly beaten eggs, stirring vigorously. Add butter, vanilla and nut meats. Pour into pie plate. Bake at 350 F. for 50 to 60 minutes.

FRENCH SILK CHOCOLATE PIE

1 stick butter	2 squares (large) Bakers Unsweetened Chocolate
$\frac{3}{4}$ cup sugar	
1 teaspoon vanilla	2 eggs

Melt chocolate and butter together, blend in sugar and vanilla. Add one egg and beat 5 minutes. Add second egg and beat for 5 minutes.

Pour into baked pie shell and let chill in refrigerator at least 6 hours. Remove from refrigerator and top with whipped cream or cool whip and sprinkle with chocolate bits.

BRUNSWICK STEW

1 Stewing hen (6lbs) or 2 broiler- fryers (3lbs each)	3 medium potatoes, diced
2 large onions, sliced	4 cups corn, cut from cob
2 cups okra (optional)	1 teaspoon pepper
4 cups fresh tomatoes	3 teaspoons salt
2 cups lima beans	1 tablespoon sugar

Cut chicken in pieces and simmer in 3 quarts water for thin stew or 2 quarts water for thicker stew. Simmer until meat can easily be removed from bones.(2 $\frac{1}{2}$ hours). Remove chicken from bone and set aside. Add vegetables to broth and simmer uncovered until beans and potatoes are tender. Add chicken (boned and diced). Add seasonings.

Brunswick stew benefits from long slow cooking!!

VA ACFSA Quarterly Chapter Meeting:



Date: April, 2018

Location: Academy for Staff Development- Crozier, VA

Directions: [Click Here](#)

About: The Academy for Staff Development is dedicated to providing progressive, innovative training in support of the VADOC's mandates, initiatives and departmental procedures. The Academy offers career development opportunities for staff through basic skills training, annual in-service programming, professional specialty course offerings, and instructor certifications. The Crozier location offers large and small group meeting/training spaces, a computer based training classroom, a complete library, a physical skills training center, a 200 bed residence hall, dining hall and maintenance shop. This location also has access to a state-of-the-art firearms range.

HAPPY BIRTHDAY

Virginia Chapter Members

April

Ann Ortiz: 13

Don Boone: 22

Paul Hawkins: 25

May

Bobby McGill: 17

Mike Robertson: 25

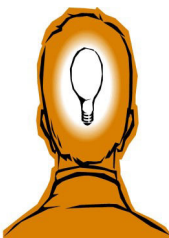
June

Susan Stallard: 8

Jessica Harlow: 21



Food For Thought-Inspirational and Funny Food Quotes



"A waffle is like a pancake with a syrup trap." ~ Mitch Hedberg

"Once, during Prohibition, I was forced to live for days on nothing but food and water."

~W. C. Fields



We want to hear from you!!!

**We want your stories, recipes, pictures,
announcements, jokes, etc.**

**Support your newsletter by
becoming a contributor today.**

**Submit your content to Justin Webb at
justin.webb3@vadoc.virginia.gov**

