



January 2018

Association of Correctional Food Service Affiliates Virginia Chapter Newsletter

Message From Chapter President-Justin Webb

Greeting everyone,

As I sit down to write this article in my new director's office I am reminded of how unexpected life can be. For those of you that have not heard I recently accepted a position as Food Operations Director at an institution with the Virginia Dept. of Corrections. This has been a goal of mine since I started in corrections over 7 years ago. The unexpectedness of the whole thing comes from the fact that I am back at a place that swore I would never step foot in again. Some of my earlier experiences in this business were, shall we say, unpleasant and I was ready at one point to walk away from the whole thing if I didn't get a change of scenery. Lucky for me my wish was granted and off I went to continue my food service journey at a new place. Now fast forward a little over three years later and I am back where I started, except this time I'm the one running the show.

As I reflect back over all the events that have lead up to this promotion I can't help but think about my ACFSA family. This organization gave me something to look forward to when things got rough. Over the years I have built a large network of friends that I can call on for any problem I might have. I've met mentors that have helped guide me in the right direction, offering sage advice on what steps I needed to take to get where I wanted to be. Attending conferences and making the decision to hold a chapter office helped further my knowledge and showed my superiors that I was dedicated to my chosen profession.

The last thing I want to leave you with is to never give up on yourself. There will be times when you want to give up, but I say don't do it. Fight for the things you are passionate about and never stop working towards your end goals. I remember a quote that I saw on the floor of a restaurant at the first ACFSA conference I attended in Norfolk. It comes from Don Shula and states "Success is not forever, and failure is never final." This has always stuck with me over the years and I hope you will remember it when you think about giving up. Happy New Year!!!!

VA Chapter Board of Directors

President:

Justin Webb

434-447-3857 ext. 33184

justin.webb3@vadoc.virginia.gov

President Elect/Treasurer

Monica Brown

540-658-1691 ext. 104

mbrown@rjdc-va.com

Past President:

Jessica Harlow

434-977-6981, ext. 298

harlowj@acri.org

Region I Director:

Julie Hobbs

804-316-1982

julie.hobbs@vadoc.virginia.gov

Secretary:

Jean Golas

bjgolas@yahoo.com

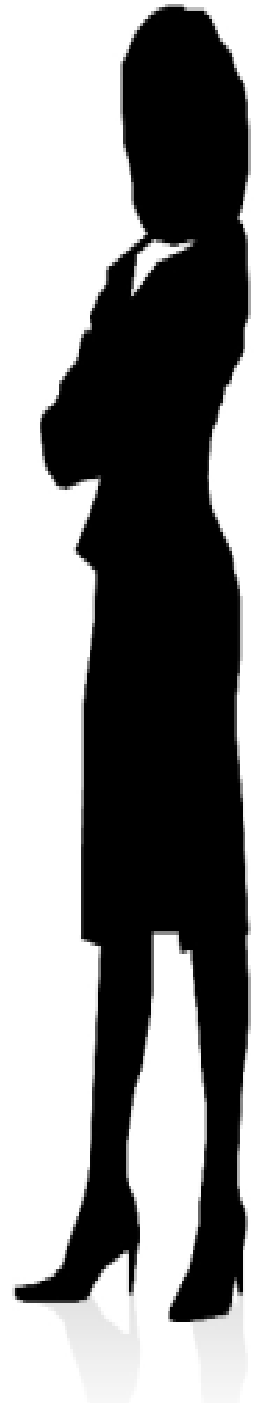


Did You Know.....?



When cranberries are ripe, they bounce like a rubber ball.

From the Desk of Monica Brown, President Elect/Treasurer



Serving in a correctional facility is hard time

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Lexan Control Cover



Security System Top Cover



Security Screws



Locking Hasp (padlock by others)



Flanged Legs

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2018

From the Desk of Julie Hobbs

Region I Director

2018

Happy 2018 everyone!

Another year has flown by and I am trying to figure out where it went. They say when you get older time passes quickly and for 2017 this was certainly true. As in my past January articles, I like to reflect back on what our Region and Chapter has done in the previous year. At the top of the list was our Region I conference in Williamsburg. This was our biggest conference to date. We had record participation both from our ACFSA members and our friends at ANFP. The conference committee worked very hard and overcame several issues with the hotel to make sure that the conference was a success. 2018 will see the national conference coming to our state in Norfolk this September. The committee will be meeting soon to discuss plans so keep an eye out for emails on this. We will be looking for volunteers to make this conference as successful as our Regional conferences.

As in the past years we had four great meetings in 2017. The attendance was down a little from past years but for those who were able to attend we received some great training from our guest speakers. Thanks to everyone who sponsored a meeting in 2017.

The national conference in San Diego was well attended considering the distance we had travel. In 2017, mostly due to the success of our regional conference and generous donations of our vendor sponsors, the chapter was able to provide three scholarships for our members to attend. Special thanks to Ann Ortiz for being our tour guide during our visit. She made it possible for our group to see parts of the city we would not have been able to visit without her assistance.

Justin, Monica, Jessica and Jean were sworn in as the new chapter board at our July meeting. Under their direction I am sure our chapter will continue to grow.

At the national conference I was sworn in to a second year as Region I Director and Jessica was sworn in as Vice President. We both look forward to another great year for ACFSA.

The New Year always has us looking back at the past year but also looking forward to what the future will bring. There are two members of our chapter that I would like to mention who will be going through some changes very soon. One person will be starting a new chapter in their career and the other will be ending their career in correctional food service

For those of you who haven't heard yet, Justin has gotten a promotion and will be leaving Baskerville Correctional Center to become the Food Operations Director at Lunenburg Correctional Center. As many of us know it will be a very different world to be in charge of a food service operation instead of being a Food Supervisor.

Right after Justin moves to Lunenburg, Robert will be joining the ranks of our retired members. Robert has had long career in correctional food service and has decided to start on a new adventure. I know he is still trying to figure what direction his life will go in next but no matter where that is he plans to remain part of our ACFSA family.

Congratulations to both of you.

From the Desk of Ricky Clark

Hey guys, I came across this article recently and thought the information was worth sharing since we are getting into cold and flu season

As a doctor, I'm always exposed to plenty of germs. And with two kids — who also bring home lots of colds and infections — it's definitely a battle to keep healthy!

The good news about colds and coughs? Most are viral, and will eventually get better on their own. The bad news: it will take time, and some colds can turn into sinusitis and other more serious infections. That's why preventing infection goes a long way.

Here's what I do to keep from getting sick:

Wash my hands. I know you've heard it before, but it works. If you are vigilant about washing your hands for the proper amount of time (think singing "Happy Birthday" twice) before you eat, after you use the bathroom, and even before touching your eyes or lips, you will prevent the majority of colds/coughs and viral infections.

Use hand sanitizer. If you don't have soap and water, this is the next best thing.

Eat a healthy and colorful diet. Fruits and vegetables have a number of vitamins and minerals that work with the immune system to help fight off of infections, often before you even know you have them.

Get enough sleep. Research has shown that chronic sleep loss can impact the immune system. The average adult needs 7 to 9 hours of sleep a night.

Clean surfaces. I wipe off my phone and my keyboard, and clean my hands after touching doorknobs. Some viruses can only live on surfaces for seconds while others last for days. And remember, handshakes can often transmit viruses, so don't forget about tip #1.

If you have kids, teach them the same tips. Children, especially young ones, often bring home infections.

The average adult gets 2 to 3 colds a year, and a child can get 8 to 12. So if you do get sick, make sure to rest and drink plenty of fluids to get better faster. Using the above tips, hopefully you can evade the next nasty bug going around.

By Hansa Bhargava – WebMD Medical Editor



From The Desk of Mark Engelke- VADOC Food Operations Director

As we begin the new year the Food Services department of the Virginia Dept. of Corrections has positively maintained both food cost and sanitation scores. I would like to have us strive to be excellent team players within our facilities. The more teamwork we achieve the better we fulfill the mission and vision of the VADOC.

I encourage the use dialog practices to further the communications with Food Service team members and the other disciplines within your organization. I challenge you to reach out outside of your box and learn what other departments' challenges are. As part of a team, we can help them realize the challenges that we face in Food Service. Food Services should strive to make even better teams within there organizations.



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Recipe Corner

Submitted by Julie Hobbs



Cheddar Biscuits

4 cups Bisquik mix
4 oz. Cheddar cheese
1 1/3 - 1 1/2 cup water or milk

Garlic Butter

1 stick of butter-melted
1 tsp. garlic powder
1/8 tsp. onion powder
Pinch of salt

Mix together by hand until all items are blended
Portion using a spoon into desired size on sheet pan lined with parchment paper
Bake at 375 degrees for 15-20 minutes until golden brown
Brush liberally with garlic butter on each biscuit as soon as they are removed from oven. Sprinkle with parsley

Simple Salmon Cakes

1/4 cup finely chopped onion
1/4 cup mayonnaise
1 tbsp. lemon juice
1/2 tsp. garlic powder
Dash cayenne pepper (optional)
1/4 cup finely chopped red bell pepper
1/4 tsp. seasoned salt
6 oz-8 oz. salmon
1 egg
1 cup seasoned bread crumbs
3 tablespoons butter

Combine first seven ingredients in a bowl.
Stir in salmon, egg and 1/3 cup breadcrumbs. May add extra breadcrumbs as desired.
Form in 4 balls. Roll salmon balls in remaining bread crumbs: flatten into cakes about 1/4 in. thick
In skillet, melt butter over medium heat. Fry cakes 3-4 minutes per side or until golden brown.



VA ACFSA Quarterly Chapter Meeting:



Date: January 20, 2018

Location: Firebird's – Midlothian, VA

Directions: [Click Here](#)

About: Firebirds Wood Fired Grill serves classic American cuisine infused with bold flavors, fresh herbs and spices that ensure the last bite is as flavorful as the first. Complementing our hand-cut steaks, seafood and signature specialty dishes, we offer daily scratch-made soups, entrée salads, fire-grilled burgers and desserts so popular they have a following of their own. Moderate prices, class-leading food quality and polished service set a new standard for value among polished casual restaurants. Firebirds Wood Fired Grill was named one of ten 'Breakout Brands' by Nation's Restaurant News and received a Certificate of Excellence from TripAdvisor.

HAPPY BIRTHDAY

Virginia Chapter Members

January

Julie Hobbs- 3rd

Lavinia Johnson- 9th

Colin Squire- 25th

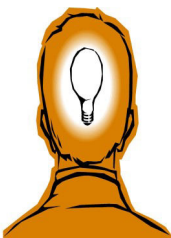
February



March

Carroll Perdue- 15th

Food For Thought-Inspirational and Funny Food Quotes



I come from a family where gravy is considered a beverage. —Erma Bombeck

If a man's stomach is full it makes no difference whether he is rich or poor —
Euripides



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announcements, jokes, etc.**

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