



November 2018

Association of Correctional Food Service Affiliates Virginia Chapter Newsletter

Message From Chapter President-Justin Webb

As much as I love the holidays and get a certain burst of glee shooting through me whenever I hear the word "Christmas" (or "holiday," for that matter!), I know that's not the case for everyone. For some people, the holidays are the worst time of year. For some, especially the offenders we deal with, December is the month they dread most. I recently an offender comment to me how he could not stay in the moment when he was unhappy with where he was. My response to him was that it's really hard to stay in the moment when your circumstances are tough, but to stay positive and realize that things do get better. No matter how tough things are for you, there is at least one thing that's going right. It might be a small thing, like your ability to still get out of bed in the morning, but size doesn't matter. Instead of focusing on the hardest things, the things that are bringing you down, choose to focus on the things, however small, that are going right for you right now. There are good things happening around you, but it's up to you to open your eyes and look for them. As much as you might feel like you're only one suffering during the holidays, you are not alone. Sadly, there are many who are having a hard time this holiday season on both sides of the fence. Just remembering that you are not alone in dealing with the difficult holiday season will help you to feel more positive. Also, keep in mind that there are others who are in much, much worse situations than you are and, as bad as things are now, they could probably be worse. When you're unhappy it can be so tempting to stay inside, tucked away from others, but that's one of the worst things you can do for yourself -- especially during the holidays. You might not feel like interacting with others at all, but if you motivate yourself to get up, get out, and interact, you'll certainly improve your mood. Right now you might be feeling down. Everyone else's cheerful moods might be driving you crazy. But take a step back and try to see the big picture. This year might be tough. Next year might be hard too. But you know what? There will be a holiday season when you will be one of those laughing and smiling and spreading holiday cheer. Stay positive and focus on the good things in your life and you will once again be lifted up by the spirit of the holidays.

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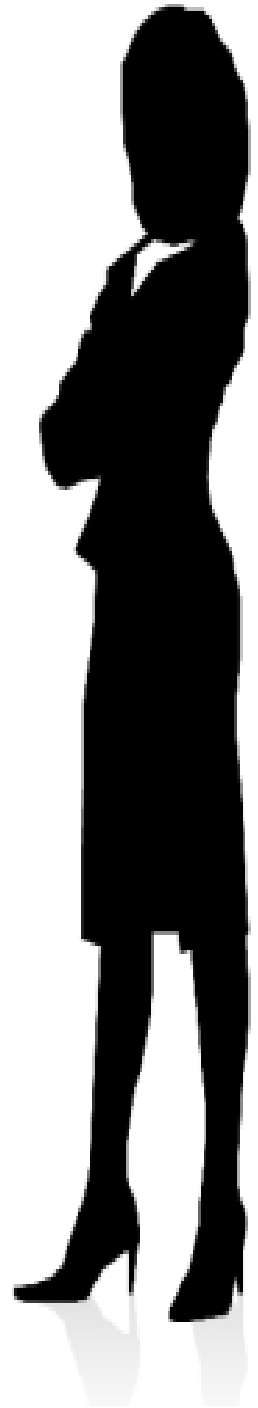




Did You Know.....?

Technically, tomatoes are all fruits. But don't try telling that to the U.S. Supreme Court. Per the 1893 case *Nix vs. Hedden*, the court decided that tomatoes were vegetables and therefore subject to the vegetable tariff. The Supreme Court's reasoning? Tomatoes have to be vegetables because they are usually served with dinner, not dessert.

From the Desk of Monica Brown, President Elect/Treasurer



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
- Locking hasps prevent unwanted access and/or pilferage
- Interior arrangements (13 pairs universal type tray slides) welded to a fixed frame (reach-in/pass-thru models only)
- Flanged legs for secure mounting to the floor (reach-in/pass-thru models only)
- No hinge covers
- Louvers built into a fixed frame

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From the Desk of Julie Hobbs

Region I Director

As I sit in front of my computer to write this article, I am waiting for the remnants of Hurricane Michael to pass through Virginia. I pray that this one does not affect us as Florence did. One thing Florence could not do was disrupt our annual conference in Norfolk. After many hours on the phone and constant monitoring of the storm the board voted to continue with just a little change in our schedule.

If you attended, you know that the conference was a great success and the sessions were spectacular. I want to thank all of our members and some non-members who attended from Virginia for your support during the week leading up to the conference and during the conference. I hope that everyone had a great time and brought back many memories to share with those who could not attend.

Plans are going forward to resume our Region I conferences next year. As I write this article, I am waiting for a contract to arrive so the final details can be worked out. Mark your calendars to attend May 23-25th. The conference will be held on the campus of VCU in Charlottesville, Virginia. This is the beginning of the Memorial Day weekend but we are hoping you will plan to attend at least some if not all of the conference. The campus is beautiful and school will be out by then. We want to make this our most successful conference so far. Once we hammer out the final details, the conference committee will start sending out emails with all the information.



From the Rocking Chair of Retiree Paul Hawkins



I really enjoyed the Conference, think it turned out well due to many participants unable to attend to the hurricane in the south. The vendor show was really nice and it seem to be enjoyed by all. The sessions that I attended were all great and very informative. The highlight for me was the meal at the banquet it was great, prime rib my favorite, it was well prepared and good. Also enjoyed fellowship with former coworkers, DDC employees and the Vendors that I have. known for years.

Well gotta go fishing catch you later.



From the Desk of Ricky Clark



Being semi-retired affords me a lot of opportunities I may otherwise have miss out on. As of lately that opportunity has been the joy of babysitting my four beautiful granddaughters, Noa, Sadie, Lily and Quinn. Watching them grow and change on a weekly basis is far better than the previous month or two visit I got before I moved closer to them. Sacrificing living where I had built a network of friends and family was a huge move for me! But boy did it pay off in the end!! I still visit my friends and family that I left behind and they visit me. So that joy has not diminished because of the changes I made to be closer to my immediate family. But I can't begin to explain to you how much I enjoy going to the ball games, school plays, movies, birthday parties and just visits with my family!! It has been an awesome NEW adventure!!

I said that to lead into my normal soap box of why there is joy in belonging to the ACFSA family of the Virginia Chapter as well as the International family. If you've never been a member, or maybe you've been away for a long period of time, I challenge you to reach out and experience the joy of belonging!! It is so awesome to be able to pick up the phone or get on the computer and get in touch with a member who knows where you're coming from and can help lighten your load by offering some advice or maybe just a listening ear. We all share so many of the same issues in life, both professional and personal, that we need each other to lean on! I've had to lean on my ACFSA family many times and have had them lean on me but that's what family is all about!! When we can share our difficult times it brings us closer together and that's what makes family.

FOUR STEPS TO FOOD SAFETY



1

CLEAN: When preparing party food, wash hands and surfaces often



Food poisoning sickens 1 in 6 people annually, and the big game is a big time for food.

Make food safety a big priority on game day.

2

SEPARATE: Use separate plates for raw and cooked food when grilling



3

COOK: Cook food to the right temperature

165

°F

4

CHILL: Don't leave food at room temperature for longer than two hours

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happy holidays



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Recipe Corner

Submitted by Justin Webb



Candy Cane Fudge

This is a simple, festive and tasty peppermint fudge. A platter was brought to a cookie trade and was gone quickly!

New Year's Day Black-Eyed Peas

Remember, black-eyed peas on New Year's Day brings good luck for the entire year!

Ingredients

2 (10 ounce) packages vanilla baking chips
1 (14 ounce) can sweetened condensed milk
1/2 teaspoon peppermint extract
1 1/2 cups crushed candy canes
1 dash red or green food coloring

Ingredients

1 pound dry black-eyed peas
2 cups chopped cooked ham
salt and pepper to taste
1 pinch garlic powder
2 onions, diced
1 (14.5 ounce) can whole tomatoes

Directions

Line an 8 inch square baking pan with aluminum foil, and grease the foil. Combine the vanilla chips and sweetened condensed milk in a saucepan over medium heat. Stir frequently until almost melted, remove from heat and continue to stir until smooth. When chips are completely melted, stir in the peppermint extract, food coloring, and candy canes. Spread evenly in the bottom of the prepared pan. Chill for 2 hours, then cut into squares.

Directions

Place black-eyed peas in 8 quart pot. Add enough water to fill pot 3/4 full. Stir in ham and diced onions, and season with salt, pepper, and garlic powder. Place tomatoes in a blender or food processor, and blend until the tomatoes are liquefied. Add tomatoes to pot. Bring all ingredients to boil. Cover the pot, and simmer on low heat for 2 1/2 to 3 hours, or until the peas are tender.



VA ACFSA Quarterly Chapter Meeting:



Date: January 26, 2018

Location: Golden Corral, Richmond, VA

Directions: [Click here](#)

About: The next meeting will be our annual holiday luncheon. You are encouraged to bring a guest.

Golden Corral's legendary endless buffet features an abundant variety of delicious all-time favorites and new menu offerings for breakfast, brunch, lunch and dinner. Guests can choose from over 150 items including USDA, grilled to order sirloin steaks, pork, seafood, and shrimp alongside traditional favorites like pot roast, fried chicken, meatloaf, mashed potatoes, mac and cheese, Bourbon Street Chicken, fresh salads, our famous yeast rolls, the all new Smokehouse and more.

HAPPY BIRTHDAY

Virginia Chapter Members

October

Jennifer Sowers: 13

Justin Webb: 19

November

Robert Pennix :8

Cliff Fichett: 17

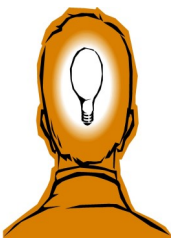
December

Patricia Scarberry: 3

Mark Lewis: 22



Food For Thought-Inspirational and Funny Food Quotes



If you can't feed a hundred people, then feed just one.—Mother Teresa

If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.—J. R. R. Tolkien



We want to hear from you!!!

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

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becoming a contributor today.**

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gregorydorazio@gmail.com**

