

# INSIDER

The Magazine of ACFSA, the Association of Correctional Food Service Affiliates

Fall 2007

## Growing Nutrition from the **GROUND UP**

### INSIDE

- ▶ International Conference Recap
- ▶ New ACFSA Board Takes Office
- ▶ Congratulations Award Winners

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## **President's Report**

*by Ricky Clark, CCFP, CFSM,  
CDM, CFPP*

### **Greetings ACFSA!**

**W**OW! That is the only way I know to describe the ACFSA International Conference in Ontario, CA last month. I think this was a great example of what lies ahead for our association and its future. If you missed it, you missed a great conference with educational opportunities galore and unbelievable networking and fun. Benson Li and his committee, partnering with our new management company (Association Leadership Partners, LLC), performed as I have never seen before. Hats off to the entire crew!!

It is without saying that I am thrilled to be your ACFSA President this year. I believe I have the best Board there could possibly be, and we plan to make this a year to remember. Thanks to everyone for their patience and understanding as we changed management companies earlier this year for the sake of our association. I think this was a wise decision on the Board's behalf, and we will reap many benefits in the coming years.

Your Board is working hard to secure your association and make sure that our decisions benefit all members. In doing so, we realize we cannot please everyone, but we are trying very hard to make this the best association it can possibly be. I welcome suggestions and comments from each of you, and hope you will take the time to be involved and reap the benefits of your association membership. ACFSA has so much to offer if you just invest a little of your time to find all the hidden treasures.

Charleston, SC is the location for our next annual conference, and you won't want to miss it either. Bob Ayer and his conference committee are working diligently, along with our management company, to make sure this event is well worthwhile. From what I have heard thus far, it is going to be another WOW! conference. Start saving your pennies and inviting your supervisors to attend (and pay for) this one-of-a-kind event, which is scheduled for August 24-28, 2008.

Your Board has also implemented a plan to review the ACFSA Bylaws and Policy and Procedures this year. This will be a huge undertaking, and I am thanking you in advance for your quick votes on the Bylaws so we can move on to the Policy and Procedures updates. Please let me know if there is anything I can do to make this association better, and together we can do just that. Have a great fall and enjoy life!

---

*Ricky G. Clark, CCFP, CFSM, CDM, CFPP is training and development coordinator supervisor for the Academy for Staff Development, Crozier, VA. He serves as 2007-2008 ACFSA International President.*



## Vice President's Message

by Teddie Mitchell, CCFP

### Hello From Your Vice President

How can I describe the feeling of being elected and installed as your vice president? It's a bit overwhelming because this office has its responsibilities, but has rewards as well. The first reward was the International Conference, which was wonderful in so many ways. This was my first visit to California. The weather was beautiful, and so was the hotel and its surroundings.

My congratulations to Benson Li and his committee on a very well planned and executed conference. It was great to see good attendance at every educational session. For those of you who weren't able to be there, you missed some great speakers. But there's next year's conference to look forward to in Charleston, SC, with another wonderful slate of speakers. Please make plans now to attend the August 24-28 event. There's nothing like being with your peers, sharing ideas and having fun.

*"Feel free to contact any one of the ACFSA Board Members with questions, ideas, or concerns. Only with your input and ideas can we grow and become stronger."*

Now it's time to start what you elected me to do. I attended my first Board meeting and was warmly welcomed into their midst. The Board consists of very dedicated people who want to make sure you know that we're there for you, the members of this association. Feel free to contact us with any questions, ideas, or concerns you may have. Our phone number and e-mail address is in every issue of the INSIDER—and not to use up space. Only with your input and ideas can we grow and become stronger.

As vice president, I chair the Bylaws Committee. We're in the process of reviewing ACFSA Bylaws and recommending changes. When we're done, these Bylaws will be presented to you for your vote.

I'm looking forward to an exciting year!

*Teddie Mitchell, CCFP is foodservice manager for Shawano County Jail, Shawano, WI. She serves as 2007-2008 ACFSA Vice President.*

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2007-2008



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# ACFSA Installs New Officers and Directors

by Diane Everett

Your ACFSA Board, from left to right: J. Kevin O'Brien, Cindy Burns, James Hartman, Richard Wyckoff, Ricky Clark, Teddie Mitchell, Charles Brown, Carol Thomas, Jim Beach, and David Jacobs. Not pictured: Steve Morgan and Karen Candito.

ACFSA's 2007-2008 Board of Directors was installed on August 8, during the association's International Conference in Ontario, CA. Past President Ellen White, CCFP read the oath of office to the new board, and challenged them to serve ACFSA to the best of their ability.

Serving as 2007-2008 president is Ricky Clark, CCFP, CFMS, CDM, CFPP, training and development coordinator supervisor for the Academy for Staff Development, Crozier, VA. 2006-2007 President Richard Wyckoff, CCFP, assistant food service supervisor at East Jersey State Prison in Rahway, shifts to the past president's post.

Theodora "Teddie" Mitchell, CCFP now serves ACFSA as vice president. Mitchell is with the Shawano County Sheriff's Department, Shawano, WI. Serving as vice president elect is James Hartman, CDM, CFPP, with Albemarle-Charlottesville Regional Jail in Charlottesville, VA.

Cindy Burns was elected ACFSA secretary. Burns is vice president of correctional services for Canteen Services, Coldwater,

MI. Continuing as treasurer is J. Kevin O'Brien, CEC, FSD Ryan/Mound Correctional Facilities, Detroit, MI.

ACFSA's new Region I director is Carol Thomas, CDM, CFPP. Thomas is with the Academy for Staff Development in Crozier, VA. Region II director is R.J. "Jim" Beach, II, CCFP, who works for the Orleans Parish Criminal Sheriff's Office in New Orleans, LA. Continuing in his position as Region III director is Steve Morgan. Morgan works at the Toronto Jail, in Toronto, ON, Canada. Region IV director is Karen Candito of the Santa Clara County Department of Corrections, Milpitas, CA.

Charles Brown will continue as ACFSA Professional Partner Representative (Equipment). Brown is with Legion Industries, Inc., Waynesboro, GA. Newly-elected as a Professional Partner (Food) is David Jacobs, who is vice president of sales for H. Fox & Co., Inc., Brooklyn, NY.

**Congratulations and best wishes to ACFSA's new board!**

## ACFSA Board Meeting Highlights

The ACFSA Board met during the International Conference in Ontario, CA, last month. Following is a brief report on business discussed at the meeting.

- Newly-Elected ACFSA President Ricky Clark, CCFP, CFMS, CDM, CFPP, will head up a committee to review the association's bylaws and policies and procedures.
- The board approved ACFSA's 2008 budget.
- The ACFSA Website will undergo a major renovation to allow for greater member interaction.
- ACFSA will launch a new member marketing campaign this year to attract newcomers to the association.
- Details on ACFSA's 2008 International Conference were announced. The conference will take place August 24-28 in Charleston, SC.
- Region III will host the 2009 International Conference.

Providing adequate nutrition and controlling costs are two key goals of the foodservice department in our controlled environments. This is often achieved via purchasing power, bids, and—in some cases—growing/raising needed foods. Some jails and prison systems operate on-site gardens and farms to produce vegetables, fruits, meat, eggs, and milk.

Some gardens are seasonal, depending on geography, contributing quantities sufficient to incorporate into facility menus. Others are full functioning farms year-round, providing sufficient quantities to sustain the prison foodservice operations. This includes the processing, slaughter, and milling of grain. Still other institutions/agencies grow items for non-inmate consumption.

Information presented in this article is the result of a survey of corrections dietitians and foodservice directors across the country.

### Prison Systems

The **Georgia Department of Corrections (GDOC)** has operated farms since the 1930s and currently operates a large-scale farming operation with more than 14,000 acres and a few gardens.

The GDOC runs a self-sustaining operation. The Georgia Food Service, Farm Services, and processing plants are all under one division: Food and Farm Services. This division oversees canning, slaughtering, and processing of fresh vegetables, meat, and milk. This enables them to control all as-



# Growing Nutrition from the **GROUND UP**

*by Barbara Wakeen, MA, RD, LD*

pects of the menu planning, and in turn, produce the farm items based on menu requirements. It even operates a grist mill that produces 100 percent of grits and cornmeal needs.

According to Norman Wilson, Director of Food and Farm Services, the Food and Farm Services produce:

- 100 percent of the beef, pork, eggs, and milk
- 100 percent of DOC needs for canned vegetables: beets, Irish potatoes, carrots, kale, collards, turnips, squash, field peas, and sweet potatoes
- Fresh vegetables: broccoli, cabbage, squash, corn, cucumbers, greens, cauliflower, tomatoes, peppers, okra, and onions
- Strawberries, blueberries, and blackberries for seasonal use

Forty five percent of the food that is consumed by the inmate population in Georgia is grown on the farms.

In **California**, the **Prison Industry Authority (PIA)** is a self-supporting state agency created in 1982, to operate California prison industries much like private industry. The PIA works in conjunction with the California Department of Corrections and Rehabilitation (CDCR) to provide work opportunities for approximately 5,500 adult inmates. This inmate work program includes agriculture, services, and manufacturing.

PIA is in charge of the following agricultural industries:

- Growing almonds and packing 1 oz packages for CDCR sack lunches
- Raising chickens for shell and frozen eggs only
- Raising cows for milk production for the state's feeding programs

According to Sue Summersett, MPH, RD, Departmental Food Administrator for CDCR, PIA also has other non-agriculture food industries that involve value-added services and manufacturing to maximize resources and nutrition goals while controlling costs:

- Beef processing plant for state consumption. Beef is purchased and made into products for CDCR—hamburger, franks, sausages, stew meat, Salisbury steak
- Coffee roasting, grinding, and packaging for state consumption
- Making sliced loaf bread for approximately 10 institutions
- Packaging individual portions of peanut butter and jelly, bread slices, cookies
- Making and packaging 100 percent fruit juices in 4 oz cartons

The **New Jersey Department of Corrections (NJDOC)** does not operate a large-scale farm or garden; however, it does operate a vegetable and fruit processing center in conjunction with the New Jersey Department of Agriculture Department for Jersey Fresh. The DOC meets with local growers for forecasted items and plans seasonal menus accordingly. Says Christine Vaughan, MS, RD, Consultant Dietitian—Field Services Office, “The Department purchases fresh fruits and vegetables from local farmers in New Jersey when an over production of an item occurs or when retail specifications are not met. We also check to see items are not nutritionally compromised before serving.”

Salads, carrot sticks, celery, and vegetables for the menu and cook-chill are processed by the “AgriIndustries” part of Office Field Services. These foods are for inmate consumption.

The **Minnesota Department of Corrections (MDOC)** incorporates seasonal garden produce into menus at two boot camps—Moose Lake/Willow River, which are actually two separate locations.

At Moose Lake/Willow River, the Challenge Incarceration Program (CIP) has farmed a small (state approved) garden in the past until this year during expansion. While in operation the garden yielded the following seasonal produce:

- Potatoes
- Tomatoes
- Radishes
- Green beans
- Chives

Five offenders are assigned to garden detail: they till, sow, plant, weed, water, and pick the vegetables and till again in the fall. These offenders work in the garden for the six months of their incarceration until they leave.

According to Robert Utech, Food Service Director CIP Moose Lake/Willow River, “We support the offenders to eat vegetables; and in the past, we have put out tomato trays for lunch with other vegetables on an every-other-day basis. This year we will not grow a garden due to expanding, but hope to have a garden back the following year.”

In contrast to the aforementioned, some agencies have gardens, but not for inmate consumption.

In **Missouri**, there are no longer farms in the DOC, but few institutions have gardens. All produce grown is given back to the community through the Restorative Justice Program (and not for offender use).

The **Virginia Department of Corrections (VDOC)** operates an active “Agribusiness” program. Several facilities have greenhouses and/or gardens. Large farms also produce seasonal vegetables and fruits that are distributed statewide. According to Linda Shear, MS, RD, the DOC has recently changed to a quarterly menu cycle, in part to more readily incorporate fresh produce.

The **North Carolina Department of Prisons (NCDOP)** has vegetable gardens in the small field units. They grow items such as cabbage, collards, carrots, and tomatoes. These vegetables are used in supplementing the menu and have contributed to food cost reductions in individual facilities.

North Carolina Correction Enterprises operates a meat processing plant and a cannery that provide frozen and canned foods to user agencies. The meat processing plant handles items such as meat, seafood, and cheese—including nearly 10 million eggs each year.

**Florida** and **Kentucky** operate gardens to varying degrees also.

### Jails and Detention Facilities

In northern states such as **Michigan**, **Huron County Jail** and **St. Joseph's County Jail** operate gardens seasonally, as

*(Continued on page 8)*

weather permits. Food service, security, and inmates have active roles in garden operations.

At **Huron County**, Dorothy Cole, Canteen Services Food Service Manager, assists in planning what is grown in the 1½ acre garden. She oversees what is brought into the kitchen. The work crew leader oversees this project, planting seeds and plants, as well as picking the produce. Garden items include:

- Cabbage
- Carrots
- Green beans
- Tomatoes
- Squash (winter)
- Green onions
- White onions
- Cucumbers
- Beets
- Corn
- Broccoli
- Potatoes
- Green pepper
- Zucchini

These items fulfill the menu requirements as planned and/or replace like menu items, such as soups and seasonal salads. Produce grown that is in excess of use is frozen for later use.

**St. Joseph's County** in Michigan has operated a three-acre vegetable and fruit garden for more than 15 years. The food-service manager determines what will be grown and assists with oversight of the garden. Designated trustees work in the garden; however, sometimes the manager and some kitchen trustees will pick items that are ready. St. Joseph's grows:

- Cucumbers
- Tomatoes
- Cabbage
- Potatoes
- Onions
- Green peppers
- Zucchini
- Green beans
- Watermelon
- Cantaloupe

The fresh produce is used in place of fresh, frozen, or canned items typically purchased. Extra produce, such as tomatoes and onions, are frozen for use in colder months.

Within the **New York City DOC**, seasonal gardens have been planted for many years. They are on-site vegetable gardens that produce items which supplement staff menus.

Due to the large number of incarcerated individuals, gardens are not big enough to feed inmate populations. Inmates do, however, work in the gardens. Vegetables are distributed to various production sites.

As far as involvement in the garden, the Director of Nutritional Services is advised of the vegetables being grown. Vegetables commonly grown are cabbage, broccoli, zucchini, eggplant, tomatoes, lettuce, and cucumbers.

In **California**, county facilities operate farms and gardens, ranging from large farms where fruits and vegetables are grown and processed for multiple sites, to those that have a small garden for the staff dining room only.

One dietitian indicated she meets with the farm supervisor and requests foods to be grown that reflect facility menus. The foodservice department has some input as to what is grown; however, the final decision is that of the farm supervisor.

The fresh produce items are incorporated into menus, and/or appropriate substitutions are made to whatever fruit/vegetable is on the menu. Produce orders from outside vendors are adjusted accordingly based on farm production availability.

### Summing it Up

As outlined above, gardens and farms in corrections operate at different levels for different outcomes, but achieve positive benefits for all. Gardens and farms are multidisciplinary, involving administration, security, food service, and inmates.

Many inmates in these agencies literally 'reap what they sow' and vice-versa. Gardens and farms become part of work assignments and sentencing to some degree, and are even a perk for a trustee to have the opportunity to work outside the facility. Their involvement maximizes resources, increases activity and morale, and offers a sense of pride for the inmates.

Looking at nutrition...fresh is better than frozen; which is better than canned. Of course, it is not always feasible to serve from the fresh state when feeding large populations, and is contingent upon availability of these perishable items.

Gardens and farms, even if only seasonal, offer correctional facilities many advantages when it comes to nutrition, costs, and resources.

---

*Barbara Wakeen, MA, RD, LD is ACFSA's Dietitians in Corrections Committee Chair. She is a consultant dietitian and owner of Correctional Nutrition Consultants, North Canton, OH.*

## Dietitian's Corner

### Meetings and Announcements

#### American Dietetic Association (ADA) Food & Nutrition Conference & Expo (FNCE)

September 29 – October 2, 2007  
Philadelphia, PA

Corrections Sub-Unit will hold a networking meeting on Monday, October 1, 2007, 5-6 pm.  
[www.cdhcf.org](http://www.cdhcf.org)  
[www.eatright.org](http://www.eatright.org)

#### National Commission on Correctional Health Care (NCCHC) National Conference on Correctional Health Care

October 13-17, 2007  
Nashville, TN  
[www.ncchc.org](http://www.ncchc.org)

Past Dietitian's Corner articles are available on the ACFSA website—[www.acfssa.org](http://www.acfssa.org).

### Networking Information

If you would like to be added to the Dietitians in Corrections networking EML (electronic mailing list), please email me directly at [bwakeen@neo.rr.com](mailto:bwakeen@neo.rr.com). You *do not* have to be a dietitian. This is an informal discussion group and your name/email address will be listed in each email sent to the group.

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## ACFSA CONFERENCE: Excellent Education Programs and Lots of Fun

*by Diane Everett*

Compliance & Technology was the theme for ACFSA's 2007 International Conference this summer in Ontario, CA. Participants gave the meeting's education, networking, and social events high marks. In fact, one attendee summed it up best on their conference evaluation form, saying "Benson Li did an awesome job of putting this together." The entire Conference Committee is to be commended for their hard work and volunteer dedication to ACFSA.

### Education Highlights

The keynote speaker, Richard Weintraub, PhD, was well received. His message, "The Future of Correctional Foodservice Management," focused on professionalism and the strong leadership role of correctional foodservice managers. Weintraub is director of the Professional Development Bureau for the Los Angeles County Sheriff's Department—and he's a very motivating speaker, according to the crowd on hand for his address.

The "Legal Compliance" breakout was an interactive session where attendees and presenter James Nunn worked together to reach solutions to workplace compliance issues. The bottom line is this: complying with applicable laws reduces litigation costs and fines from regulatory agencies. Nunn is a retired deputy chief from the San Bernardino County Sheriff's Office and is currently on staff at California State University.

Food handlers can unintentionally be poisoning their customers by using poor food handling practices, said Lawrence Pong, principal inspector and manager of training for San Francisco Environmental Health. In his session titled "Dying for Bad Food? Time for Change," Pong presented a multitude of food protection principles. Pong is also a microbiology instructor at City College of San Francisco.

Strategies for "Conflict Resolution" were described during an educational breakout presented by Lieutenant Randy Olson



and Sergeant Jim Dexter, both of the Los Angeles County Sheriff's Department. The men stressed to attendees that strong communication skills are required when interpersonal conflict occurs.

The panel discussions on "Compliance in Medical Diets" and "Compliance in Religious Diets" were well received by ACFSA members. Panel participants Barbara Wakeen, MS, RD, LD; Sue Summersett, MPH, RD, CCFP; and Thomas Issermoyer addressed how correctional facilities can meet the medical diet and religious diet compliance requirements of governing agencies.

The Vendor Show was well-liked by foodservice managers who saw and learned about the newest products and equipment on the market for the corrections industry. More than 80 companies were represented on the show floor.

The session on the CFMS and CCFP programs was eagerly anticipated, reinforcing that ACFSA members crave the pro-

*(Continued on page 13)*

## 2007 ACFSA INTERNATIONAL

# Conference Committee

Thanks to the following ACFSA members for their part in producing a successful and memorable conference:

### Conference Chairs

**Benson Li**  
**Don Perkins**

### Programs

**Karen Candito**  
**Melissa Hobbie**  
**Sue Summersett**

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### Golf Tournament

**James Ward**  
**Myron Wiley**

### Sales

**Ray Bullock**  
**Susie Kirk, Chair**

### Silent Auction

**Bud Chambers**  
**Gil Hines**

**Lyle Jamison**  
**Carol White**

### Entertainment

**Dave Sokol, Co-Chair**  
**Jan Wyatt-Lucha, Chair**

### Protocol

**Benson Li**  
**Jan Wyatt-Lucha**

### Door Prizes

**Lyle Jamison**  
**Jan Wyatt-Lucha**

### Set-up

**Lyle Jamison**  
**Carol White**



## Conference Sponsors

ACFSA gratefully acknowledges the generous conference sponsorship contributions of the following companies:

ACFSA is also pleased to recognize the following companies for their sponsorship of a speaker or session at the International Conference:

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**Burlodge USA**

**Computrition, Inc.**

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### "Planning for Cook Chill Technology"

**Dewco**

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**Plascon**

**TUCS Equipment**

### "How to Acquire Computer Technology"

**Computrition**

### "Mobile Field Kitchen Design and Specifications"

**WYSS Catering Truck Manufacturing**

### "E-Coli Outbreak—Technology Against Foodborne Illness"

**Electrolyzer Corp.**

**University of Minnesota**

### "Compliance in Medical Diets"

### "Compliance in Religious Diets"

**Correctional Nutrition Consultants**

professional recognition and personal satisfaction that comes from certification. Nancy Porter, RD, LDN and Sue Summersett, MPH, RD, CCFP explained the benefits of the designations and what this increased level of recognition can do for you.

### Fun Outside the Meeting Rooms

The conference was not all work and no play. A tour of Filippi's Winery on Sunday attracted fans of the smashed grape and those who just wanted to drink in the scenic beauty of the area. That evening, the Opening Reception offered great fun and delicious food. Attendees showed off their karaoke voices, entertaining the friendly (and forgiving) crowd. The reception provided an ideal way for members to get reacquainted and kick back before a week packed with educational programs.

At the crack of dawn on Wednesday, the Goodsource team sponsored a Fun Run and Walk to start the day in a healthy way. Perhaps the pinnacle of the week came that night during the Awards Banquet and Dance, when various ACFSA award winners were announced. Members applauded fellow members for their professional accomplishments and their dedication to this association. (Please see page 14 for a complete recap of award winners.)



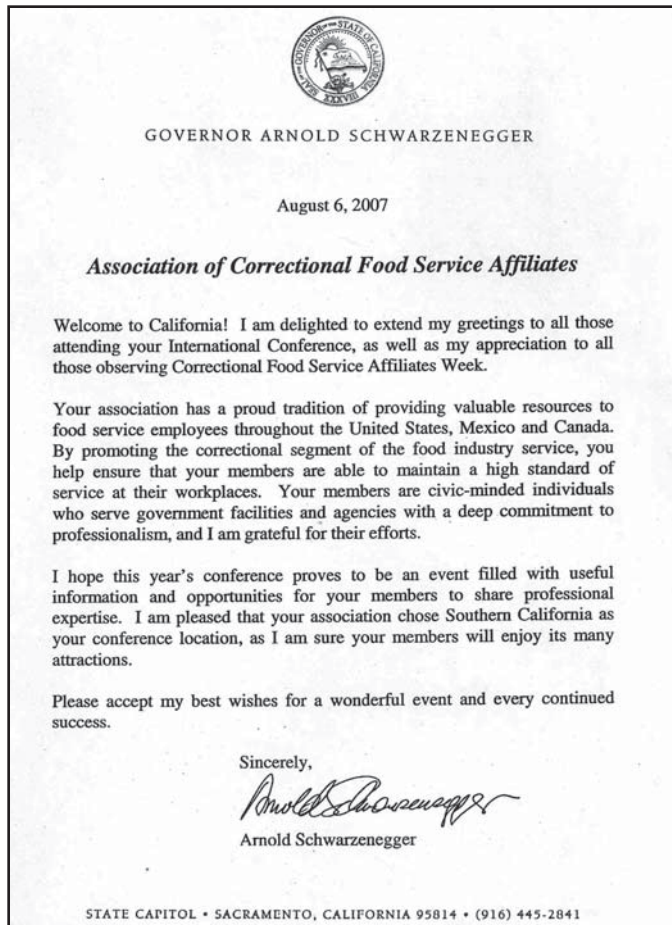
**SAVE THE DATE!**


**ACFSA**  
THE INTERNATIONAL ASSOCIATION OF  
CORRECTIONAL FOOD SERVICE PROFESSIONALS

**ACFSA International Conference**  
*History in the Making*  
August 24-28, 2008  
Embassy Suites Hotel  
Charleston, South Carolina

### Looking Ahead

Now that the 2007 conference is just a pleasant memory, planning has begun on ACFSA's next International Conference, set for August 24-28. The event will be at the Embassy Suites Hotel in Charleston, SC, well-known for its charm and welcoming southern hospitality. Save the dates for 2008!



  
GOVERNOR ARNOLD SCHWARZENEGGER

August 6, 2007


*Association of Correctional Food Service Affiliates*

Welcome to California! I am delighted to extend my greetings to all those attending your International Conference, as well as my appreciation to all those observing Correctional Food Service Affiliates Week.

Your association has a proud tradition of providing valuable resources to food service employees throughout the United States, Mexico and Canada. By promoting the correctional segment of the food industry service, you help ensure that your members are able to maintain a high standard of service at their workplaces. Your members are civic-minded individuals who serve government facilities and agencies with a deep commitment to professionalism, and I am grateful for their efforts.

I hope this year's conference proves to be an event filled with useful information and opportunities for your members to share professional expertise. I am pleased that your association chose Southern California as your conference location, as I am sure your members will enjoy its many attractions.

Please accept my best wishes for a wonderful event and every continued success.

Sincerely,  
  
Arnold Schwarzenegger

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## ACFSA Scholarship

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**Insinger**  
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**U.S. Foodservice**

### recipients

Region I  
**Paul Hawkins**  
**Carol A. Thomas**

Region IV  
**Carlos A. Salazar**

New Member Scholarship Drawing  
**Corazon C. Perea — CA (Region IV)**

# Congratulations ACFSA Award Winners



Several special awards were presented during ACFSA's recent International Conference. Congratulations to the following honorees.

## Membership Top Recruiter Award

The 2006-2007 winner of the Membership Top Recruiter Award is **Lt. Randall J. Olson, CFSM**. This award recognizes the ACFSA member who has recruited the most new members in the past year. Olson is Food Service Unit Commander for the Los Angeles County Sheriff's Department, which serves 80,000 meals per day, including 6,000 medical diets. Olson emphasizes staff education and training, and with his encouragement, more than 20 staff members have earned the CFSM designation, and another 13 staff members are enrolled for the next CFSM session.

As winner of the Top Recruiter Award, Olson received a \$200 check. And for recruiting over 20 new members, he receives \$150 in incentive credit to put towards annual ACFSA dues or conference registration costs.

Six other ACFSA members were also recognized for recruiting two or more members: Ray Bullock, Ricky Clark, Benson Li, Larry Mendez, Don Perkins, and Carlos Salazar.

## Chapter of the Year Award

The **Michigan Chapter** earned ACFSA's Chapter of the Year Award, with Cindy Burns receiving the plaque on the chapter's behalf. With over 80 attendees at their fall meeting and a very successful spring meeting, Michigan is proud of their efforts to recruit new members. Chapter members encourage their own staff and co-workers to join by sharing ACFSA Conference pictures, showing the professional growth and networking opportunities the event offers. One of their private food contractors has made membership in ACFSA a benefit to new customers, and includes attendance at Michigan conferences as a training opportunity for all, and a trip to regional and national conferences as a perk for high-performing managers. In addition to wonderful educational programming, the Michigan Chapter provides excellent networking opportunities—like their annual golf outing fundraiser and culinary cook off—to keep their members engaged.

## Employee of the Year Award

The Employee of the Year Award recognizes a coordinator, cook, or line staff professional within our association. This year's medallion recipient is **Delores Taylor, CCFP, CDM, CFPP**. Taylor's nomination form highlighted her constant presence in the kitchen and dining room, which assures that customers are

served in an attractive, safe, and pleasant manner. Taylor has a reputation for the excellent quality of food prepared and served under her direction, and for creating dishes developed through her knowledge of food supplies, menu development, and food preparation. Taylor is active in two foodservice organizations and well known in the industry as a contributing and dedicated member of ACFSA.

## Operator of the Year Award

The Operator of the Year is presented to a manager, director, or administrator within ACFSA. **Lyle Jamison** is this year's honoree. Jamison's former supervisor, Captain Alice Scott, presented Jamison with the award. Jamison is directly responsible for calling attention to the sheriff's upper management the importance of training classes for all culinary personnel. More than 95 percent of the foodservice staff has successfully completed training courses, thanks to Jamison's commitment to professional excellence. Last January, he was responsible for meal preparation for visiting officers from Paris, France, and the guests were very appreciative of his dedication to quality and presentation. An ACFSA member for over 10 years, Jamison has attended six national conferences, and often volunteers for local conferences.

## Founders Award

The prestigious Al Richardson Founders Award recognizes an individual who has demonstrated unparalleled commitment and support to the association. **Barbara Holly, CCFP, CDM, CFPP** was this year's winner, for her many years of leadership and countless hours of volunteer time to ACFSA. Holly served as ACFSA International President in 2003-2004 and in many other leadership posts. Although retired, Holly continues to be involved with ACFSA as a co-editor for INSIDER.

## The President's Award

The President's Award is a personal thank you to someone chosen by the president for what that person has done for the association and the president during their term of office. **Bob Ayer** received this award from a grateful 2006-2007 ACFSA President Richard Wyckoff, CCFP. Ayer was a "great asset to me as president," stated Wyckoff. Ayer also dedicated much personal time and energy to ACFSA and the correctional industry as a whole.

## Congratulations to all award winners!

*Sorry, due to a camera malfunction, photos of award winners are unavailable. If any ACFSA members snapped photos at the Awards Banquet, please send them to ACFSA Headquarters and we'll post them on the website.*

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## Salvajor Disposers

All benefit from exclusive features. Available with cone sizes that will suit your scrapping needs as well as a complete line of factory pre-wired control panels. Disposers from 3/4 HP to 7 1/2 HP.

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Salvajor, your complete source for heavy-duty commercial disposers and food waste collecting systems – worldwide.



Disposer not included in NSF listing.

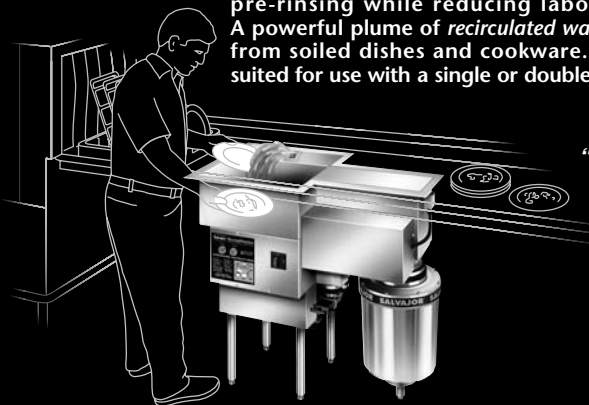
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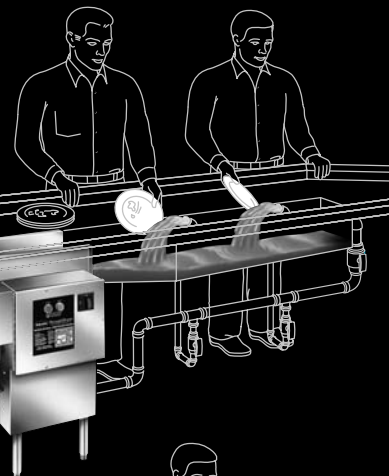
## ScrapMaster

Whether dealing with dishes, cafeteria trays, or large cookware, the ScrapMaster will double the speed of scrapping and pre-rinsing while reducing labor and water costs. A powerful plume of recirculated water flushes food waste from soiled dishes and cookware. The ScrapMaster is best suited for use with a single or double tank conveyor warewasher.

*“There isn’t a faster way to scrap dishes.”*

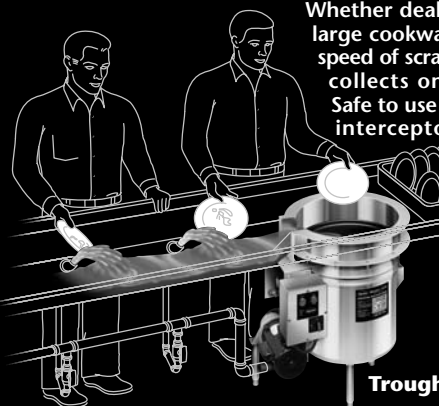
## TroughVeyor

When dealing with casinos, convention centers, correctional facilities or any volume user, the TroughVeyor will increase the speed of scrapping and pre-rinsing. The TroughVeyor produces such a flow of fast moving recirculated water that it allows multiple workers to scrap anywhere along the trough. Best suited for use with large conveyor and flight warewashers.

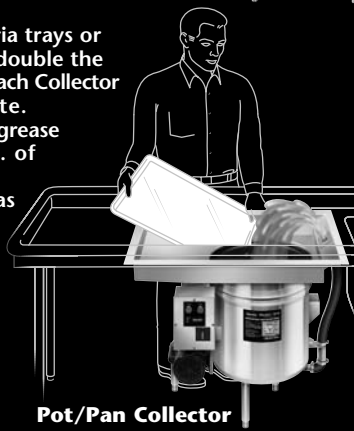


## Salvajor Collectors

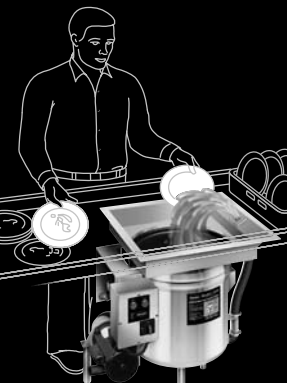
Whether dealing with dishes, cafeteria trays or large cookware, each Collector will double the speed of scrapping and pre-rinsing. Each Collector collects only the solid food waste. Safe to use with septic system and grease interceptors. Uses only 2 G.P.M. of fresh water. They are widely accepted in areas that restrict disposers.



**Trough Collector**



**Pot/Pan Collector**



**Scrap Collector**

# Industry Calendar

2008

**January 12-16** American Correctional Association (ACA) Winter Conference  
Grapevine, TX

**May 4-8** American Jail Association (AJA) Annual Training Conference and Jail Expo  
Sacramento, CA

**May 17-20** National Restaurant Association (NRA) Restaurant Hotel-Motel Show  
Chicago, IL

**July 20-23** School Nutrition Association (SNA) Annual National Conference  
Philadelphia, PA

**July 27-31** Dietary Managers Association (DMA) Annual Meeting  
Philadelphia, PA

**August 9-14** American Correctional Association (ACA) Summer Conference  
New Orleans, LA

**August 24-28** Association of Correctional Food Service Affiliates (ACFSA) International Conference  
Charleston, SC

**October 25-28** American Dietetic Association (ADA) Food & Nutrition Conference & Expo  
Chicago, IL



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**CORRECTIONAL SPOODLES** **COOK'S**

Solid	Perforated	Capacity	Color	1-11	12+
630-680	630-685	2 oz	Yellow	\$4.99	\$4.49
630-690	630-695	3 oz	Brown	\$5.49	\$4.99
630-700	630-705	4 oz	Green	\$5.99	\$5.49
630-710	630-715	6 oz	Black	\$6.49	\$5.99
630-720	630-725	8 oz	Blue	\$6.99	\$6.49
630-730	630-735	10 oz	Red	\$7.49	\$6.99
630-740	630-745	12 oz	Purple	\$8.49	\$7.99

# COOK'S

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*Did you know that Cook's has saved time and money for hundreds of correctional kitchens?*

We manufacture our own Cook's Exclusive 1 Cup Disher, 1¼ Cup Spoodle and 1½ Cup Spoodle — the only ones of this size on the market, improving the portion control and saving money with one scoop servings for correctional menu staples like mashed potatoes and casseroles.



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## Professional Partner Spotlight

# Unique Can Opening System Secures Lids

by Barbara Holly, CCFP, CDM, CFPP

I recently attended the Alabama Food Service and Nutrition Expo in Huntsville, AL. It was the 29th annual meeting sponsored by the Alabama Dietary Managers Association, the Alabama Dietetic Association, and the Alabama School Nutrition Association. This two-day meeting is attended by food-service professionals from all over the state (including those from the correctional arena) and from neighboring states. They attend for the educational credit hours and to view products and equipment at the huge Vendor's Expo. There were 121 exhibitors this year.

One of these exhibitors—The Edlund Company—really caught my attention, and I feel their product would be of interest to all of you. The equipment would greatly benefit those of us in major institutions. We have special issues to consider. History is filled with examples of the most creative and deadly weapons crafted from items ranging from bed springs to chair handles. The food-service department is no exception. With knives and all manner of scrap containers available from which to manufacture weapons, special attention must be paid to the smallest details. One of the less obvious details is metal cans and containers in which food is delivered and consumed on a daily basis.

As we know, most food cans come in a ¾ gallon capacity known as a #10 can. In medium and high security facilities, the can opening process is supervised by a correctional officer who counts the lids and assures control over the lids from each opened can. When the lid and can counts don't agree, extra security precautions are taken immediately. These precautions are not only time-consuming, but also costly. Labor is ultimately everyone's problem. Most of us know what a problem arises from a "lost" lid and our institution goes into lock-down mode. The cost can be staggering with overtime expenses, not to mention the tensions that can arise from inmates during this serious situation.

Well, Edlund has come up with an innovative piece of equipment to prevent all of this and appears to have solved the problem for correctional facilities. As I understand it, the operation is simple. The first step is to input the number of cans to be opened into the counter one at a time. The lid is retrieved by a small



gripper which drops it into a secure tube. A tamper resistant tunnel encloses this mechanism. As each lid is dropped into the secured compartment, a second counter counts the number of lids. The total of the countdown counter (input) and lid counter should always equal the total of the original number of cans to be opened.

Isn't that neat? And it doesn't take a correctional officer away from a post.

I'm not the only one whose attention was garnered by this unique item. I understand that it was featured on the History Channel in a segment called "Modern Marvels".

Further digging revealed that a corrections can opening system was the direct result of a request by a major corrections facility in the Northeast. The facility has 12 kitchens with managers at each kitchen reporting to a director. Traditional protocol called for a correctional officer to be present at each can opening station. Losses occurred about four times a year. When this happened, the facility was placed on lockdown until the lid could be located, costing the facility tens of thousands of dollars each time.

An equipment specialist was consulted for ideas to overcome this problem, and Edlund's corrections can opening system was two years in development and trial before it was ready to ship.

The rep who was telling me about this piece of equipment told me that the top of the unit is 12 gauge, type 304 stainless steel (almost 1/8" thick), and that the system is NSF listed, assuring that cleanup is accomplished easily without the need for tools.

Last month, I was pleased to see one of these can openers at ACFSA's own International Conference in Ontario, CA. Again I was impressed with the integrity of this new product and its ramifications in correctional food service.

*Barbara Holly, CCFP, CDM, CFPP is a co-editor of INSIDER.*

**For more information, contact The Edlund Company in Burlington, VT at (800) 772-2126 or visit [www.edlundco.com](http://www.edlundco.com).**

*This unique can opening system was the direct result of a request by a major corrections facility in the Northeast.*

# Advanced Technologies in Food Sanitation

by Patrick Lucci

This technology was described during an educational session at ACFSA's International Conference.

Since 1847, when chlorine was first used as a sanitizer, there have been few if any alternatives to the useful, effective, but often dangerous substances known as chemical sanitizers. Today there is a technology that combines three simple elements—water, salt, and electricity—to create a sanitizer that has proven to be more effective at 50 parts per million than chlorine bleach is at 200 parts per million. It is Electrolyzed Water. It is effective, safe, easy to generate, and costs a half cent per gallon. Although nobody is recommending prolonged eye exposure or ingestion, if it gets into your eyes, limited exposure will not harm them. If you ingest it, there are few if any harmful effects beyond killing “good bacteria” in your throat. And you can generate this water at your own site.

The process is elegant in its simplicity. Tap water is passed into two chambers, one with a positive electrode, and the other with a negative electrode. Between the two chambers are a set of specially-designed ion transfer membranes. A saline solution is passed between the membranes, allowing the transport of saline ions into the two chambers. Chloride ions which are negatively charged are attracted to the positive electrical charge and electrochemically converted from Cl to HOCL or hypochlorous. The sodium ions are positively charged and are attracted to the negative charge and electrochemically converted to NaOH or a sodium hydroxide. The solutions exit the respective chambers in separate streams, and can be used for a wide variety of purposes. The hypochlorous acid is a powerful sanitizer which dries

100 percent residue free. The Sodium Hydroxide is an effective cleaner that can be used to remove dirt and grease from any device or surface in a foodservice operation. A number of users have documented significant savings in chemical costs, but even greater savings on the cost of soaps and detergents.

This approach, based on advanced electrochemical technology, is catching on in foodservice operations throughout the world. Electrolyzed Water is safe for people and the environment; it is as effective as many chemicals and more effective than others. Both streams of Electrolyzed Water are non-toxic, useful, and can save an operation thousands of dollars per year. One chain of pub restaurants has documented savings of close to \$5,000 per year per operation on the alkaline stream alone to replace or augment their chemical detergents for washing floors, food preparation surfaces, and even dishes. As the United Culinary Chef's Association stated in their newsletter, “Green is coming to our industry, and it is the color of water.”

There hasn't been a paradigm shift in sanitation since 1847. It was a long time coming, but the day has arrived.

*Patrick Lucci is vice president of marketing at Electrolyzer Corporation and is a former microbiology instructor. For more information, call (781) 933-8801 or visit [www.electrolyzercorp.com](http://www.electrolyzercorp.com).*

## September is National Food Safety Education Month

“Viruses: They're in Your Hands” is the theme for National Food Safety Education Month.

### Does your staff know...

- According to the Centers for Disease Control and Prevention (CDC), each year viruses make up more than half of foodborne illnesses.
- Norovirus and hepatitis A are the two most common viruses that cause foodborne illness.
- Proper handwashing is the key to preventing the spread of viruses.

Fact-filled training materials are available from the National Restaurant Association Educational Foundation.

To learn more, visit [nraef.org/nfsem/training.asp](http://nraef.org/nfsem/training.asp)



# MEMBERSHIP SURVEY

Membership No. or Name: \_\_\_\_\_ Email Address: \_\_\_\_\_

1. What is your professional title?
  - Administrator
  - Supervisor/Director
  - Manager/Coordinator
  - Cook
  - Consultant
  - Other: \_\_\_\_\_
2. What type of organization do you work for?
  - Federal
  - State
  - County
  - Private
  - Other: \_\_\_\_\_
3. How many years have you been working in this industry?
  - Less than 2 years
  - 2 to 5 years
  - 6 to 10 years
  - More than 10 years
4. Please indicate the size of your department's food budget:
  - Less than \$500K
  - \$501K - \$1M
  - \$1.1M - \$5M
  - \$5.1M - \$10M
  - More than \$10M
5. Please indicate the size of your department's equipment budget:
  - Less than \$500K
  - \$501K - \$1M
  - \$1.1M - \$5M
  - \$5.1M - \$10M
  - More than \$10M
6. How long have you been an ACFSA member?
  - Less than 2 years
  - 2 to 5 years
  - 6 to 10 years
  - More than 10 years
7. Who pays your ACFSA dues?
  - I pay 100%
  - I pay \_\_\_\_\_%, my employer pays \_\_\_\_\_%
  - My employer pays 100%
8. How did you learn about ACFSA?
  - Recommendation from peer/coworker
  - Supervisor referral
  - ACFSA website
  - Local chapter mailing
  - Job fair
  - Other: \_\_\_\_\_
9. Are you a member of other professional organizations? If yes, please list:
  - Yes \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - No
10. Do you actively participate in a local ACFSA chapter?
  - Yes \_\_\_\_\_ (state) chapter
  - No
11. What is your primary reason for continuing your membership in ACFSA?
  - Facility requirement
  - Education
  - Networking with my peers
  - Better job opportunities
  - Personal growth/satisfaction
  - Other: \_\_\_\_\_
12. My membership in ACFSA has met my expectations:
  - Strongly agree
  - Agree
  - Neutral
  - Disagree
  - Strongly disagree
13. ACFSA is the recognized voice of my profession:
  - Strongly agree
  - Agree
  - Neutral
  - Disagree
  - Strongly disagree
14. ACFSA provides me with the tools and resources to promote myself within my organization:
  - Strongly agree
  - Agree
  - Neutral
  - Disagree
  - Strongly disagree
15. The INSIDER magazine is a valuable source of information for me:
  - Strongly agree
  - Agree
  - Neutral
  - Disagree
  - Strongly disagree
16. The ACFSA website is a valuable resource:
  - Strongly agree
  - Agree
  - Neutral
  - Disagree
  - Strongly disagree
17. Indicate which new features you would be interested in seeing on the ACFSA website:
  - Industry/benchmarking data
  - Member directory
  - Member discussion area
  - Membership renewal (dues payment) and conference registration
  - National Board election voting
18. What do you view as your MOST valuable benefit of belonging to ACFSA?
  - INSIDER magazine
  - International Conference and Vendor Show
  - Networking/local chapter involvement
  - ACFSA website
  - Member directory
  - Certification/Education materials
19. Which of the following delivery methods do you prefer for receiving information?

Vendor Information	Mail	Email	Website
INSIDER magazine	Mail	Email	Website
Association news	Mail	Email	Website
Local chapter info.	Mail	Email	Website
Continuing education	Mail	Email	Website
20. Will you attend the upcoming ACFSA Conference in Charleston, SC on August 24-28, 2008? If no, please tell us why.
  - Yes
  - No \_\_\_\_\_
21. What topics would you be most interested in learning more about within the next 18 months? Check all that apply
  - Medical and religious diets
  - Computer management
  - Dietary inspections
  - Strategic planning
  - Meal service delivery methods
  - Kitchen design and equipment
  - Cost control
  - Inmate/client meal satisfaction
  - Sanitation/food safety
  - Menu cultural diversity
  - Staff recruitment and retention
  - Career development

Please fax to ACFSA Headquarters, (630) 513-4653 or mail to ACFSA, 406 Surrey Woods Dr., St. Charles, IL 60174 or complete the survey online at [www.acfsa.org](http://www.acfsa.org). Thanks!

# Welcome New ACFSA Members



## PROFESSIONAL PARTNERS

- ▲ Steve Fortune  
Boston's Best Coffee Roasters  
South Easton, MA
- ▲ Young Hom  
Hom Distribution Company  
Los Angeles, CA
- ▲ Alan Kanter  
CELL-EBRITY Food  
Distribution Systems  
Boca Raton, FL
- ▲ Eric Padelford  
Nacon Technology  
Fort Mill, SC
- ▲ Doug Robinson  
Western Mixers  
Los Angeles, CA
- ▲ Dennis Romer  
Sterilox Food Safety  
Malvern, PA

## INSTITUTIONAL MEMBER

- ▲ FCI Elkton  
Elkton, OH

## PROFESSIONAL FOODSERVICE MEMBERS

- ▲ Daniel Bean  
DOC & Rehab R.A. McGee CTC  
Galt, CA
- ▲ Irene Burney  
Southeast PD Center  
Claxton, GA
- ▲ Frances Cruz  
Correction Administration of  
Puerto Rico  
San Juan, PR
- ▲ Ashley Dell  
Charleston County Detention Center  
North Charleston, SC
- ▲ Marlene Duclos  
Idaho DOC  
Cottonwood, ID
- ▲ Mark Flaherty, Jr.  
Ironwood State Prison  
Blythe, CA
- ▲ John Gimesh  
Corrections Corp. of America  
Nashville, TN
- ▲ Ceanne Hague  
California State Prison—  
Sacramento  
Sacramento, CA
- ▲ Jeff Hoffman  
Rappahannock Juvenile Center  
Stafford, VA
- ▲ Cindy Jensen  
Trade Ventures International  
Newhall, CA
- ▲ Doris Johnston  
Consolidated Food Management  
Hillsboro, OR
- ▲ Doug Jones  
Rappahannock  
Stafford, VA
- ▲ June Long  
The Geo Group  
Bridgeport, TX
- ▲ Donna Mader  
Idaho Correctional Institution  
Cottonwood, ID
- ▲ Truels Madsen  
DOC & Rehab R.A. McGee CTC  
Galt, CA
- ▲ Beverly Netters  
DOC & Rehab R.A. McGee CTC  
Galt, CA
- ▲ James Pittman  
California Medical Facility  
Vacaville, CA
- Richard Rochin  
▲ Tulake County Sheriff's  
Department  
Visalia, CA
- ▲ Lillian Saldana  
L.A. County Sheriff's Department  
Los Angeles, CA
- ▲ Jannie Sparrow  
Metro  
College Paric, GA
- ▲ Judy Teel  
Consolidated Food Management  
Hillsboro, OR
- ▲ Karen Thompson  
Alliance  
Milwaukee, WI
- ▲ Delphine Tolbert  
Metro State Prison  
Atlanta, GA
- ▲ Ellen Widmann  
Calipatria State Prison  
Calipatria, CA

## ACFSA Voluntary Certification Program

### Objectives

- To increase the level of excellence within our profession.
- To raise the professional standards of foodservice personnel.
- To encourage self-assessment by offering guidelines for achievement.
- To award special recognition to foodservice personnel who have demonstrated a high level of competence and professionalism in food service.
- To promote education and training in correctional food service.

### Use of CCFP and CFSM Designations

As a Certified Correctional Foodservice Professional (CCFP) and/or Certified Correctional Food Systems Manager (CFSM), you may use the designation(s) with your name on letterhead, business cards, and all forms of address.

Certification is for individuals only. The designations may not be used to imply that an institution or firm is certified.



For more information on certification, please contact ACFSA headquarters at (630) 513-4736 or visit [www.acfssa.org](http://www.acfssa.org)

## REGION I REPORT

by James Hartman, CDM, CFPP



Can you say hot?? That's how it is here in sunny Virginia and we will be in the Dog Days of summer by the time you read this. I hope everyone that was able to make the trip had a great time in California. Thanks to Benson Li for a job well done on this year's conference.

For those that didn't get out west, I hope you had a great summer and enjoyed whatever it is that you do when the kids are out of school and you go on vacation. I want to encourage everyone to keep up the good work on finding new members. We need to get the word out about this fine organization and recruit new members. I hope that you know about the Membership Incentive Programs we have in place. If you recruit five new members you receive \$59 credit for one year's free membership or ACFSA Conference expenses. For 10 new members you get \$118 toward free membership or for ACFSA Conference expenses. And for 15 new members you get \$177 towards free ACFSA membership or conference expenses. If you are the Top Recruiter of more than 15 new members you get \$236 cash, dough, green stuff, whatever you call money, to use as you want in addition to the other incentives received for recruiting the first 15 members. So get ready, as a new year started on August 1, 2007. You could almost have enough money and incentives to pay for your trip to the next ACFSA Conference in Charleston, SC, on August 24-28, 2008. Let's all start making plans for this conference. Charleston is a great city and should be lots of fun.

While I am talking about 2008, who will step up and run for the Regional Director position for Region I next year? I have been the Regional Director for the last three years and in 2008 we will need to elect a new Director. As much as I would like to continue on in this position, policy doesn't allow me to serve more than four years straight in the same job. So please think about being more involved and helping set the direction that this Association will take in the future. We need your leadership and ideas to keep us strong and make this the best foodservice association it can be. Should you have any questions about the board or anything else, please contact me. Also, Chapter Presidents, please have your Secretary send in articles for the INSIDER and let the world know what you are doing and how you are growing. Until next time, may Everyday be a Holiday and Every Meal a Feast.

## REGION IV REPORT

by Benson Li



Region IV is pleased to announce an increase in membership. On July 1, 2006, Region IV had 184 members. As of July 1, 2007, Region IV has 218 members—an increase of 18.5 percent! During the past 12 months, I have attended a California Board of Directors' meeting and three chapter meetings.

The California Chapter hosted a very successful 2007 International Conference in Ontario, CA. I would like to thank the California Chapter for their role in making it a great meeting for ACFSA. I also thank my two Vendor Liaisons, Bud Chambers and Gil Hines, for doing a phenomenal job in assisting me with the conference, as well as other chapter meetings.

Bud Chambers, Justin Sarrach, and Myron Wiley also attended the Washington State chapter meeting in Olympia, WA. We welcome Jay Jackson and his members who got the chapter going again. In Los Angeles County, 21 members participated in the Correctional Food System Management (CFSM) class. The next certification class will start with another 13 new members. Training is not always available for our Correctional Foodservice Professionals. Please make use of this opportunity to earn ACFSA Certifications.

Congratulations to Lyle Jamison on receiving the ACFSA Operator of the Year Award. Carlos Salazar, James Long, and Corazon Perea also received scholarships from ACFSA. Jeff Vickers, of Contra Costa County, received the Director of the Year Award from Food Service Director magazine. Congratulations to Louise Mathews, Food Service Chief from San Diego County, on her retirement. Lawrence Mendez has moved from Orange County to take over as Food Service Chief, San Diego County. Good luck to everyone.

Thanks to the Conference Committee for their hard work in putting the 2007 conference together. Thanks to Lt. Randy Olson of Los Angeles County for his support and encouragement. The new management staff under the direction of Bill St. John was able to pick up all the pieces in February and make it a successful conference. Finally, I thank you for your continual support of ACFSA. Together we can build an inclusive organization for the correctional foodservice professional.

### ACFSA Regions

If you are an ACFSA member from outside the United States and do not know what ACFSA region you are in, call the Headquarters office for answers at (630) 513-4736.

#### Region I

Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Virginia, Washington DC, West Virginia

#### Region II

Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virgin Islands

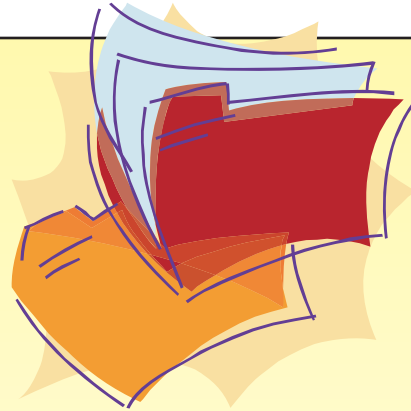
#### Region III

Eastern Canada, Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin

#### Region IV

Western Canada, Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming

# Chapter Chatter



## CALIFORNIA

The California Chapter has had some good meetings recently. We met at Marin County Jail in San Rafael and listened to Benson Li update us on the changes in the state Food Code. Then we drove across town and took a tour of the oldest prison in California, San Quentin State Prison. We learned a lot of history about the current home for Death Row in California. More than 600 inmates are on Death Row, including Scott Peterson. The tour even included the actual death chamber.

We also met in San Diego on June 20. Louise Mathews hosted this meeting and gave a talk on her state-of-the-art cook chill system. She also gave a tour of her county jail. We will have another chapter meeting on October 17, at Santa Clara County Jail. We plan to hold a state conference in 2008.

*Submitted by Laurie Maurino*

## GEORGIA

On June 21-22, the Georgia Chapter held its Spring Meeting/Workshop in Macon, GA. Attendance was 40-plus. The guest speaker was our DOC Deputy Commissioner, Brian Owens, with presentations consisting of: Buying the Right Product

for the Right Job, The Ten Biggest Mistakes Managers Make, Investing in Your Future, and other foodservice topics.

Attendees were a variety of foodservice supervisors, directors, managers, and deputy wardens. A special thanks goes to all our supportive vendors and our gracious host at the Ramada Plaza, who allowed us to come together for a fun and educational time. The GACFSA plans to meet in Waycross, GA, in October.

*Submitted by Charles Barnes*

## MICHIGAN

The Michigan Chapter's Spring Conference in Frankenmuth was a resounding success, due to the volunteer efforts of so many individuals. The session topics were well received—Opportunity Buying, Lowering the Cost of Disinfectants, Dealing With Special Diets, and Emergency Planning, in which Jim Beach gave a moving overview of the Hurricane Katrina disaster. Conference participants left better prepared

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for their jobs when they went back to work. I am confident from comments we received that we have held to ACFSA's mission statement, "To develop and promote educational programs and networking activities to improve professionalism and provide an opportunity for broadening knowledge."

*Submitted by Cindy Burns*

## VIRGINIA

The Virginia Chapter meeting was held July 20, hosted by the Deerfield Correctional Center and Paul Hawkins. The first order of business was to swear in new officers. Ann Taylor is now treasurer, Jean Golas is secretary, and Paul Hawkins is president. Robert Pennix, president elect, will be sworn in at a later date. Linda Shear presented Carol Thomas with a certificate for her service as president the past two years.

A training class was held at the meeting on sexual harassment and the new laws that apply to correctional officers and anyone that works in the corrections industry.

During the board meeting, donations for the two \$500 cash raffles that would occur during the International Conference were discussed. Donations were received from Good Source, JonesZylon, Global Chemicals, Richmond Restaurant, Crest Foodservice Equipment, Schmid Wilson, and an unnamed donor. A "Made in Virginia" Basket was purchased by the chapter, also to be raffled.

Also during the meeting, Linda Shear thanked those who supported her and Jim Hartman in their run for national elections. Carol Thomas and Paul Hawkins received National Scholarships; Ann Taylor received the ACFSA Employee of the Year award. In place of their customary auction, they held a 50/50 drawing. Kathy Hooley won, and then donated her winnings back to the chapter.

The next Virginia Chapter meeting will be held Friday, October 19, at the Virginia Distribution Center.

*Submitted by Jean Golas*

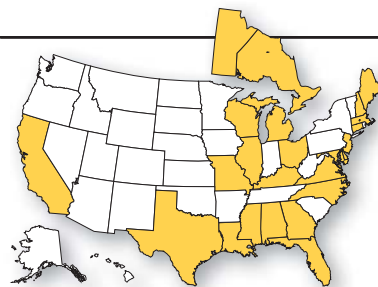


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ACFSA INSIDER



## Chapter Challenge

*by Teddie Mitchell, CCFP  
Chapter Development Co-Chair*

The copy deadline for INSIDER is several weeks before publication. Therefore, at this point I don't know who won the Chapter of the Year Award! The suspense is killing me...

Thank you, chapter presidents, for taking the time to fill out the forms. I'm guessing it was not an easy task for the Professional Partners in charge of scoring the entries to declare a winner. Thank you for your time and effort.

It was so nice, reading all the positive messages in the INSIDER summer issue. Everyone is working hard to keep this association strong. Chapters are a vital part of our association. It has always meant a lot to me to know how and where to contact my colleagues. Why not make that information available to all correctional foodservice workers?

**I'd like to challenge all chapters to increase their membership by contacting correctional facilities, sheriffs, and administrators. Invite them to attend a meeting and bring their foodservice staff.**

Next, I ask ACFSA members in states without a chapter to get in touch with me, either via their regional director or with an e-mail or a phone call. The time and effort it takes to start a chapter is well worth it. I've been there, done it! We will be there for you, every step of the way.

Here's a short outline of the process:

Get together with a handful of interested members. Talk to me. I will contact our management company and send out the "first step," outlining exactly how to proceed.

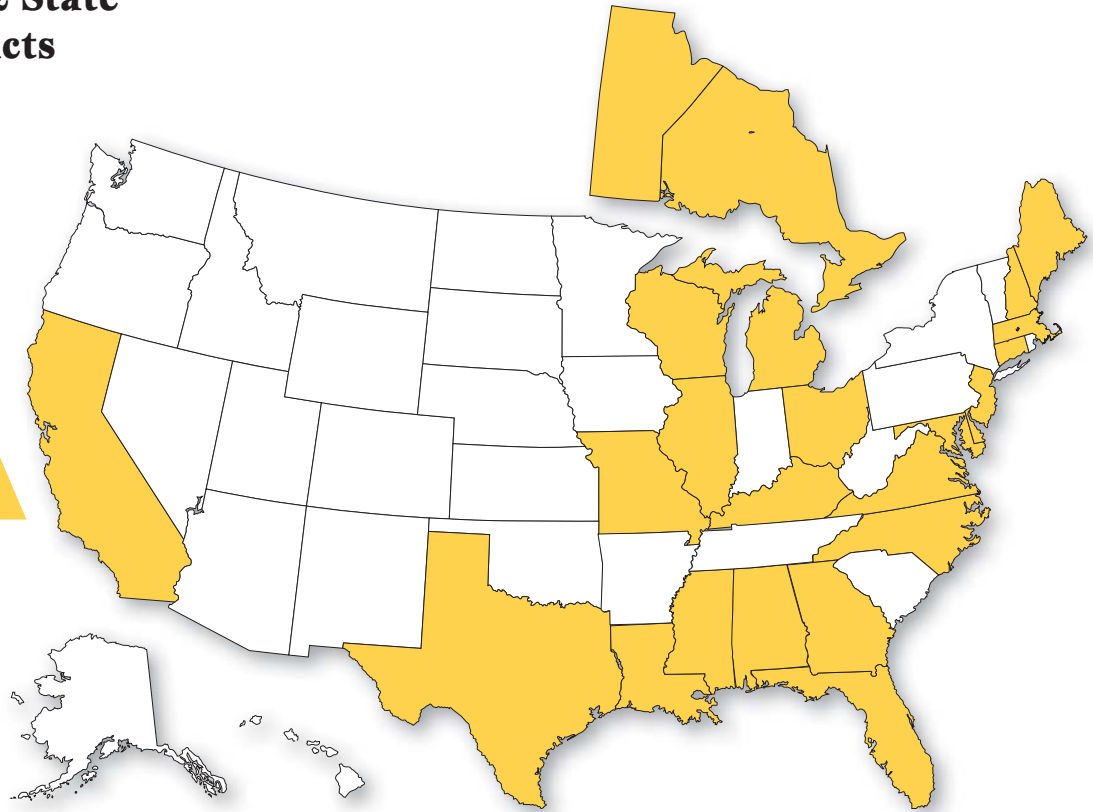
After that, I'm as close as your computer to guide you along the way! I will acknowledge all e-mails immediately. My search for an answer could take a bit longer, but you'll know I'm working on it.

**Teddie Mitchell, CCFP**  
405 N. Main Street  
Shawano, WI 54166  
LAW701@co.shawano.wi.us  
(715) 526-7952

Fall 2007 ▲ 23

## Chapter Presidents & State and Provincial Contacts

# USA



### ALABAMA

Rena McWilliams  
Jefferson County Detention Center

### CALIFORNIA

Don Perkins\*  
California DOC

### CONNECTICUT

Michael Gaughran, CCFP  
York CI

### DELAWARE/MARYLAND

Paul Downing, CDM, CFPP\*  
Delaware DOC

### FLORIDA

James Johnston, CCFP, CDM,  
CFPP, CJM\*  
Pasco County Sheriff's Office/DOC

### GEORGIA

Charles Barnes\*  
Macon State Prison

### ILLINOIS

Helen Lewis, RD, LD  
Cook County DOC

### KENTUCKY

Larry Parshall  
Kenton County Detention Center

### LOUISIANA

Mj. R. J. Beach, II, CCFP  
Orleans Parish Sheriff's  
Department

### MAINE

Spencer Smith  
Maine State Prison

### MASSACHUSETTS

Chris Gendreau, CCFP, CFSM  
Massachusetts DOC

### MICHIGAN

Patty Beadle\*  
Canteen Services

### MISSISSIPPI

Steven C. Holtz  
Mississippi DOC

### MISSOURI

Juanita Avery  
St. Charles County DOC

### NEW HAMPSHIRE

Jeffrey Perkins  
New Hampshire DOC

### NEW JERSEY

Yvette Knox\*  
River Front State Prison

### NORTH CAROLINA

James Maher\*  
Durham CC

### OHIO

Vivian Hawkins, CCFP\*  
Ohio Dept. of Rehabilitation &  
Correction

### TEXAS

Gail Wood-Toulmin, CFPM  
Collin County Sheriff's Office

### VIRGINIA

Paul Hawkins  
Deerfield Correctional Center

### WISCONSIN

Elaine Diedrich, CCFP,  
CDM, CFPP\*  
Manitowoc County Jail

# CANADA

### MANITOBA

David Wainwright  
Dauphin CI

### ONTARIO

Marcella Maki\*  
Niagara Falls Detention Center

Call ACFSA Headquarters if you  
want contact information for any  
of these individuals  
**(630) 513-4736**



\* Chapter President



## Treasurer's Report

by J. Kevin O'Brien, CEC

### Communication is Key

Information is a very valuable commodity. As ACFSA international treasurer I need a lot of information, and the chapter presidents are responsible for seeing that their treasurers supply required data on a quarterly basis. Since we all operate under one federal identification number, we are required to have financial reports which encompass all of our operations internationally. Treasurers need to complete the financial form—even if there are no transactions for the quarter. I keep a spreadsheet jointly with the national headquarters office to see who is not completing their paperwork. It's very difficult to compile end-of-the-year reports without your quarterly reports, so please send them in. And if you have missed any reports, you need to make them up. Thanks for your prompt attention to this matter.

It looks as if California will host a financially rewarding conference this year, and our association will be generously rewarded by their efforts. Thank you to the California Chapter and your conference committee for your outstanding efforts. We need to continue supporting the international conference by sending as many members as we can to the event. This is a great way for your chapter to support the association. Our bylaws require each chapter to send the president to the international conference, and as a chapter this should be one of your financial goals. Chapter presidents attend their regional meetings at the conference and report on chapter activities, pick up pointers from other chapters, and most importantly meet the international board of directors and see who their support people are and meet other association leaders. If you

need help in chapter relations, we have just the person to talk to about communicating with national. Fundraising can be a daunting task and many of those in attendance can help with ideas that were successful in their chapters. Most of all, you will meet new friends who have the same job as you and can help you deal with the pressures of the job and the challenge of your ACFSA leadership role.

Communicating your association activities with your supervisor and providing him or her with documented training programs is another benefit of attending chapter and international conferences. Once your boss realizes that you are receiving excellent training and that you bring back and implement some of those new ideas, you will be supported in a leadership role. We can help you with talking points for your supervisor.

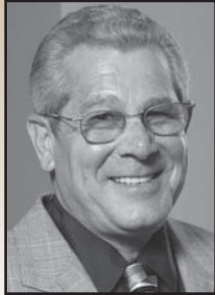
So, communicate frequently with the national office via your quarterly reports, and encourage your members to gather their expertise together in the form of articles for INSIDER. Once your boss reads your byline in our magazine, you may be viewed in a different light. Don't forget your president reports for the INSIDER and continue to encourage membership growth. Thank you—and enjoy the final days of summer.

*J. Kevin O'Brien, CEC is the foodservice director for Ryan/Mound Correctional Facilities, Detroit, MI. He serves as ACFSA International Treasurer.*

“““

*Communicate frequently with the national office via quarterly reports, and encourage members to gather their expertise together in the form of articles for INSIDER.*

”””



## Past President's Message

by Richard Wyckoff, CCFP

### 2007 ACFSA Conference: One of the Best in Years!

For those of you who could not attend ACFSA's 38th International Conference in Ontario, CA, let me tell you it was one of the best meetings in years. Region IV Director Benson Li and his committee went beyond the point of excitement and surprises for the members and participating vendors. Educational sessions were of the highest quality, and the speakers were very knowledgeable about their subjects. The opening ceremony included karaoke, which brought out some very entertaining talent. Different from years past, the entire room of attendees stayed to enjoy the show.

The following day was the Vendors Exhibit in the Convention Center, where members gathered to see and sample the variety of products on display. I took it upon myself to stop at every vendor's booth, and all were very excited about the responses they received from ACFSA members. The following day, Wednesday, August 7, we held our awards banquet. After a delicious meal, I had the honor as your president of presenting the annual Presidents Award to Bob Ayer for his many years of contributions to our association and its members. The distinguished Al Richardson Founders Award was presented to our delightful past president Barbara Holly from the great state of Alabama.

At the end of the awards banquet, your new 2008 ACFSA Board of Directors was sworn in. Your president for the coming year is Ricky Clark from Virginia, vice president is Theodora (Teddie) Mitchell from Wisconsin, vice president elect is James Hartman from Virginia, and secretary is Cindy Burns from Michigan. David Jacobs from New Jersey is Professional Partner Representative (Food).

This past year was not only a big transition for our association, but also for filling regional director positions. To continue on with a full board until the next official election in 2008, I have appointed into provisional positions the following members. For a six-month term as Region I Director, Carol Thomas from Virginia; for Region II, Major Jim Beach from New Orleans; and for Region IV, Karen Candito from California. Please join me in welcoming all of these new members to the ACFSA Board of Directors.

We are now preparing for the 2008 International Conference to be held in beautiful Charleston, SC. Now is the time to begin planning for some warm southern hospitality. If you know some members that have drifted away from the fold, let them know that the Association of Correctional Food Service Affiliates has had a facelift, and our image is more exciting than ever.

Just a reminder to all our members and professional partners, we now have a new website that is waiting for your chapter information. Please call Elizabeth Reitz in the ACFSA Headquarters office and she will be happy to add your own personal website or create one for you, but your information is needed.

In closing, thank you all for the support you have given me and our association. As your past president, I am grateful for the many years you have given me and the friendship we have shared. As always, my door is open to you all so give me a ring, even if it is just to say hi!

*Richard Wyckoff, CCFP is Assistant Food Service Supervisor I, East Jersey State Prison, Rahway, NJ. He is ACFSA's Immediate Past President.*

“““

*Thank you all for the support you have given me and our association. I am grateful for the many years you have given me and the friendships we have shared.*

”””



*Don offered many years of leadership and countless hours of volunteer time to ACFSA. He was a key supporter of establishing state chapters. His chapter grew to be one of the largest in ACFSA history.*

## **DON CAIN** He Made a Difference

*by Lavinia Johnson*

**W**e recently lost a loyal member and friend in Don Cain. He died on August 13 at his home in Canton, GA. Don was on the ACFSA Board of Directors with me and offered so much guidance and support.

The first time I was really aware of Don Cain's presence was at the conference in Louisville, KY many years ago. There was a very rowdy group in the audience. When I asked who it was, it was the Georgia Chapter and Don was the driving force. Not only was he our professional colleague, but he became a friend to all who knew him and a conference was not complete unless Don was there.

Don offered many years of leadership and countless hours of volunteer time to ACFSA. He began his correctional career in 1984. Don supported the need for foodservice training and the development of foodservice employees both through training and adequate pay. He established training methods that continue today and are taught by foodservice personnel on a state-wide level.

In 1994 Don was a key supporter of establishing a state chapter of ACFSA. The chapter grew to be one of the largest in ACFSA history. Not only did he support the local chapter, he served multiple terms on the national board. While serving as Regional Director he encouraged and assisted other states, such as Florida and North Carolina, in establishing chapters. Even after his retirement, Don was at our conferences sharing his wit and wisdom.

Condolences can be sent to: Mrs. Don Cain and Family, 211 Golf Course Road, Canton, GA 30114. Please e-mail me any comments you have about Don, and I will include them in the next INSIDER. Send to [laviniajohnson@aol.com](mailto:laviniajohnson@aol.com)



*Don Cain, right, receives an award from 2004-2005 ACFSA President Joe Montgomery.*

### **Remembrances of Don**

*Ricky Clark writes...*

Don was a remarkable member and friend to many and will be greatly missed by those of us whose lives have been touched by his kindness and generosity. The association sent flowers to his service, and will continue to keep his family in our thoughts and prayers.

*Amy Goldblatt writes...*

Don was my Food and Farm mentor, supervisor, and friend. Even after retirement, he kept in touch with phone calls and an occasional beer!

*Bob Ayer writes...*

Don cared so much for every individual in this organization and their welfare. He was a major influence in building membership in Region II, and also on a national basis. He was influential in getting vendors involved in supporting the organization, leading ACFSA as president, and giving years of service on the board of directors. I believe that if the truth be known, Don's only wish was for things that were in the best interest of those in the correctional foodservice arena, allowing them to go to a higher level of expertise. A mentor, friend, motivator, educator, etc., Don was it all. He will be missed.

*Richard Wyckoff writes...*

Goodbye to a Friend—In my many years as a member of ACFSA I met people that have been the inspiration to help me understand what this association is all about. In 1996 at the International Conference in Tampa, FL, I was one of many attendees at the First-Timer's Ceremony. I was greeted by Lavinia Johnson, who was our president at the time, and she introduced me to Don Cain, a member of the Executive Board. As we talked, Don told me stories of his experience as a member of ACFSA and what the association had done for him. When Don began to talk, I could feel the electrifying excitement in his voice. He spoke to me as though we had known each other for years. That night Don had my full attention and got me started in becoming more involved with our association. Don Cain was a leader and a person who saw only the best in people. His warm smile and friendly handshake was all anyone needed to understand why we are all family in ACFSA. When I received the news that Don had passed away, it was as though the world stopped for a few moments, and then a peaceful feeling came over me, because I knew then that he had found serene peace. Thank you for the time we spent together and the wonderful memories you left behind. Goodbye, my friend.

# INSIDER

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## Editor's Note

by Lavinia Johnson



ACFSA now has a professional staff editor working on INSIDER with our volunteer editors. You might have noticed that we changed the mailing dates for INSIDER to better reflect the calendar. Hence the Fall issue mails in September, the Winter issue mails in December, the Spring issue will reach your mailbox in March, and the Summer issue will arrive in June. We welcome any suggestions or articles for future issues.

- ▶ *INSIDER Co-Editors: Lavinia Johnson and Barbara Holly, CCFP, CDM, CFPP*
- ▶ *ACFSA Staff Editor: Diane Everett*

## EDITORIAL STATEMENT AND PROCEDURE

The mission of the Association of Correctional Food Service Affiliates (ACFSA) is to develop and promote educational programs and networking activities to improve professionalism and provide an opportunity for broadening knowledge.

Statements of fact and opinion in this publication are the responsibility of the authors alone and do not imply an opinion on the part of the members, directors, or staff of ACFSA. The Association reserves the right to edit submissions. Materials may not be reproduced without written permission, so please obtain permission to reprint from its source when submitting an article.

### To submit an article for the 2007 Winter Issue:

1. Please send via e-mail by **November 1, 2007** to:  
**ACFSA—INSIDER**  
Lavinia Johnson, e-mail: [laviniajohnson@aol.com](mailto:laviniajohnson@aol.com) or  
Barbara Holly, e-mail: [barbaraholly@bellsouth.net](mailto:barbaraholly@bellsouth.net)
2. ACFSA does not guarantee that submitted articles will be published. Articles may be edited, and placement is determined by the editor.
3. You may also include a photograph, simple graphics, charts, or pictures that you think may be useful to the article.
4. If you have submitted or will submit the article to other publications, please notify us at the time of submission of the publication name, editor, and phone number.

## Letters to the Editor



Please forward your letters and comments to Lavinia or Barbara via e-mail at [laviniajohnson@aol.com](mailto:laviniajohnson@aol.com) or [barbaraholly@bellsouth.net](mailto:barbaraholly@bellsouth.net). Please specify that you are contacting us regarding the "Letters to the Editor" column. We reserve the right to edit submissions.

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