

INSIDER

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

ACSFA 2010 Annual International Conference

August 22-25
San Diego, California



INSIDE THIS ISSUE...
Touching Memorial for Richard and Carmen Wyckoff

Association of Correctional Food Service Affiliates Summer 2010



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Summer 2010

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President's Message

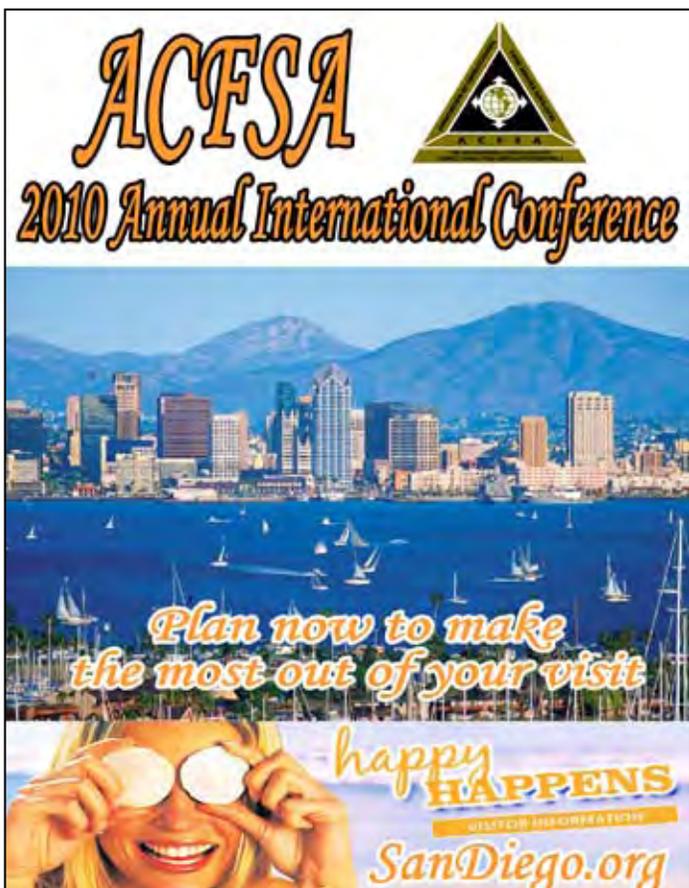
by Jim Hartman, CDM, CFPP

Handling Tough Times— Lets Do it Together

I hope the sun is shining where you are and the flowers are in full bloom. What a winter we have had everywhere! Everything from rain to snow and even earthquakes! I know that we are all struggling with budget cuts and higher prices, and other problems that make our life a living hell, so now is the time to call on your fellow managers and directors and see how they are handling these issues. Call your friends and see what new ideas they have, or better yet start planning to attend the next ACFSA Conference in sunny San Diego. It's time like these that we must come together and find the answers to the problems we all face. There is no reason to recreate the wheel if one of your buddies has done it already. Talk to your bosses and



IT'S TIMES LIKE THESE THAT WE MUST COME TOGETHER and find the answers to the problems we all face. There is no reason to recreate the wheel if one of your buddies has done it already.



let them know how important it is to stay in touch with fellow food service professionals. Let them know how important it is to receive good training and to meet and share ideas with others in the industry. We are only as good as the information we have and share to grow our futures.

Last issue I asked you to reach out to at least one person, let them know about our great Association, and ask them to join you and be part of this wonderful organization. Have you done that yet? What are you waiting for? Now is the time to step up and get your fellow professional involved. Have you talked to your supervisor about joining you at one of your meetings, or coming to the annual conference? What better way to get their support than to get them involved. Let them see what a professional association can do to help their operation.

I would also like to ask you to vote for the people who are running for the Board this year. Remember, now would be a good time for you to think about what you could do to help make this a better association, if you were to run next year. Ask a board member what it is like to set the direction and plan the future of this great Association. You are the future of ACFSA and we need and want you and your ideas as a board member. So please give it a hard look and join us next year as a leader of the best Food Service Association there is.

'Till next time, remember, it is not the breath you take that is important but it's the things that take your breath away. Keep those men and women in uniform in our thoughts and prayers. ▲



Past President's Message

by *Teddie Mitchell, CCFP*

ACFSA Message Board—A Great Way to Stay Connected

After my last article I thought (hoped) that perhaps the phone calls would interfere with my job. No such luck. In case you didn't read that article, I asked for names of candidates to run for office, for our (your) Board of Directors. We did find some fine candidates, as you will see, when you read their biographies. Some would like to be re-elected and continue the work they started. Others will be new to the Board and want to work to make a difference.

Looking for inspiration for this article, I checked the ACFSA website, what a pleasant surprise! The message board has lots of postings and it is clear that many are regular visitors, I love it!!! What a great way to keep in touch and share with your colleagues.

This morning I had a call from the Master Gardener who helped me get my vegetable garden started last year. We're planning a garden again this year but larger. I'll post the progress on the message board and hope I get some feedback.



WITH PROPER CARE AND NOURISHMENT EVERYTHING CAN FLOURISH not only gardens and houseplants but also people and organizations.

On page 5 of this issue of INSIDER, you can read about the Northern Lakes Chapter's fund raiser. For my facility, it ties in with the garden project but I've also used the Worm Casting as a liquid fertilizer for my house plants with amazing results.

This tells me that, with proper care and nourishment, everything can flourish not only gardens and houseplants but also people and organizations. Your Board of Directors is there for you. They love to get your input, it makes them that much more effective. When I asked you to share names of candidates, it was not an effort to fill some space but a real call for help! That's why **I urge everyone to please exercise the privilege and right to vote. Thank you! ▲**



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Vice President's Message

by Benson Li

Surviving Stormy 'Budget' Weather

On November 7, 1906, Sheriff White of Los Angeles County had a very unpleasant session with the Board of Supervisors. He had presented a bill for the feeding of his prisoners during the month of October 1906. The amount was \$761.71. A Supervisor named George Alexander questioned the bill, and demanded a written and detailed statement and record of expenditures. The Sheriff could not produce such documents at the moment, and he and Supervisor Alexander engaged in heated duel of words. The Supervisor argued that five cents per meal for each person was enough, instead of prevailing rate of eight cents.¹

Today, Los Angeles County has over 20,000 inmates in the county jails, court lock ups and the 23 Sheriff's stations around the county. We have to provide food as mandated by California Code of Regulations—Title 15 California Adult Detention Regulations.

The food group requirements include:

- 3 Servings of proteins, minimum of 14 grams per serving
- 3 Servings of Milk or equivalent with 250 ml of calcium fortified with vitamin A & D
- 5 servings of fruits and vegetables, 1 serving has to be fresh
- 6 servings of whole grains, 3 serving have to be 100 % whole wheat
- 1 vitamin A source



“ WITH PROPER CARE AND NOURISHMENT EVERYTHING CAN FLOURISH not only gardens and houseplants but also people and organizations.

- 1 Vitamin C source
- 1 cup of legume every three days

All menus must be approved by a Registered Dietitian.

Among all inmates we used to have over 2200 medical diets and 100 religious diets. After serious efforts, we have reduced the numbers of medical diets to below 800. Instead of 8 cents a day, our food cost is \$2.62 per inmate per day.

We have to utilize the County's Master agreement for our purchases. All requisitions have to be approved by different levels of fiscal personnel. No spot buys are allowed. All items have to go through a bidding process.

Our Food Service professionals have developed the following survival guide for this stormy budget weather:

1. Check our daily population counts, avoid excess purchases and overproduction
2. Rotate inventory, avoid food waste
3. Share resources among our different kitchens both food and personnel
4. "Zero" overtime. All supervisors and managers are required to cover the production and serving line if there is any staff shortage.
5. Increase revenue to offset overhead by providing meals, at a cost, to other police department lockups in the county.
6. Utilize technology such as Computrition, an automated food service system, to control inventory, procurement, production, and distribution.
7. Continue to provide training to our staff, such as enrollment in the ACFSA's Correctional Food System Management (CFSM) certification course to provide personal growth and professional development.

Dear Food Service Professionals: By working together, we can survive through this tough economy. There will be light beyond the tunnel! ▲

1. 150 Years, A Tradition of Service, Turner Publishing Company



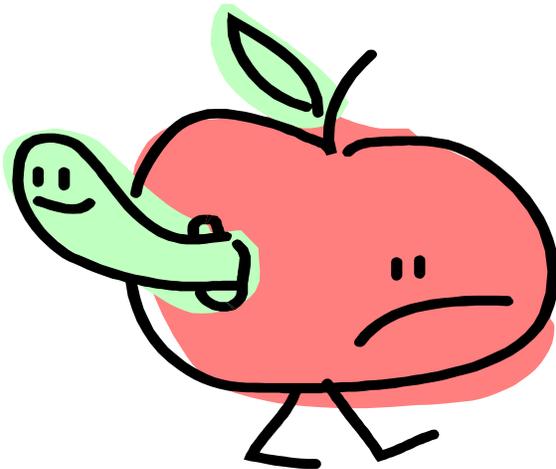
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For more complete information or to purchase, contact your nearby ACFSA Northern Lakes Chapter member (that is, if you know who they are—but then you got this flyer so you must) or use the contact information below.



Janice Hurt—Northern Lakes President
jhurt@norcen.org
(715)848-4428

Lt. Tim Thielman—Vice President
tim.thielman@co.ramsey.mn.us
(651)266-1498

Teddie Mitchell—ACFSA Past President
teddie.mitchell@co.shawano.wi.us
(715)526-7952

Phil Atkinson—ACFSA Region III Director
philip.atkinson@co.hennepin.mn.us
(612)5296-8039



A TOUCH OF TEAMbuilding

by Robin Sherman, Canteen Services Inc.



TEAM in our vocabulary is extremely important! Building the most successful Team of manager's and employee's to direct, perfect and correct is crucial.

To begin, you will need to find a little of each kind of personality to bring to the Team. We start with the DISC Profiles by Inscape Publishing. This is a completely non-judgmental tool for understanding different personality types.

- **Dominance:** To the point, decisive and bottom line oriented. These people tend to be independent and results driven. They are strong-willed people who enjoy challenges, taking action, and immediate results.
- **Influence:** Optimistic and outgoing. They tend to be highly social and outgoing. They prefer participating on teams, sharing thoughts, and entertaining and energizing others.
- **Steadiness:** Empathetic and Cooperative. These people tend to be team players and are supportive and helpful to others. They prefer being behind the scene. They are often good listeners and avoid change and conflict.
- **Conscientiousness:** Concerned, cautious and correct. These people are often focused on details and quality. They plan ahead, constantly check for accuracy, and want to know "How" and "Why"

By using the DISC Profiles, we have made our TEAM so much stronger in the areas of communication, understanding the differences of each individual makes it easier to connect in a manner that saves time and money. Being able to talk with people and know which category they fall in immediately allows for increased and more meaningful communications. We are all dealing with today's economic challenges and DISC makes a difference for us.

This is just a Touch of the Team-building that Canteen Services Inc. uses for developing a successful TEAM of Leader's. ▲

Robin Sherman is District Manager at Canteen Services Inc., in Michigan and serves as Secretary for ACFSA International.

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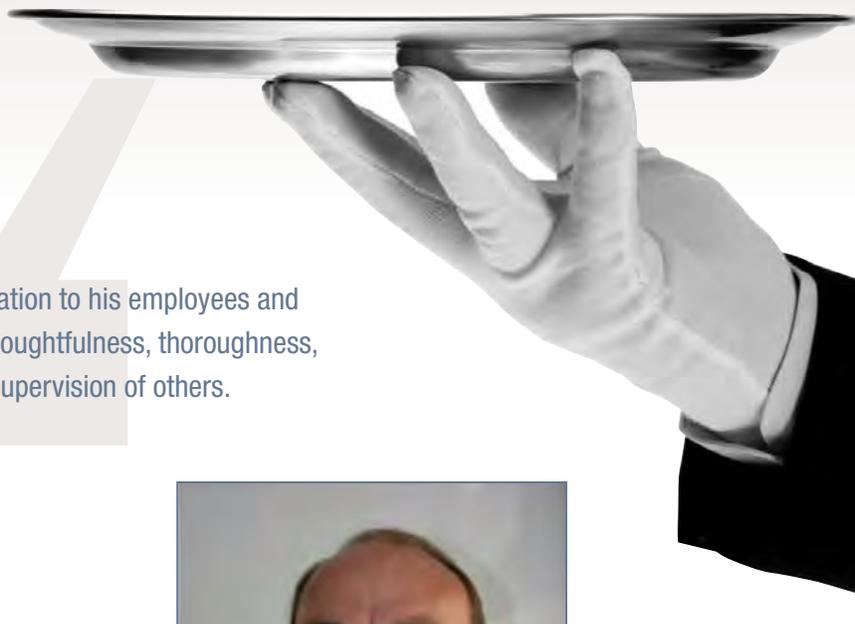


Celebrating 65 years



Jim Beach Receives Silver Plate Award

by Barbara Holly



Jim Beach is an inspiration to his employees and co-workers with his thoughtfulness, thoroughness, and dedication in his supervision of others.



First of all, congratulations, Jimbo! We are so proud that one of our own has once again made us proud. Jim will receive his award at the recognition banquet in May in Chicago, at the 56th annual IFMA Gold & Silver Plate Celebration, at the Sheraton Chicago Hotel and Towers. This award is presented in recognition of lasting and outstanding contribution to the advancement of the Food Service Industry. IFMA has proudly sponsored the award for 56 years.

We all know about the tragedies that hit his food services; the flood of 1995 and Katrina in 2005 because from those, Jim has prepared an excellent presentation on Disaster Preparedness and has presented at ACFSA conferences and meetings all over the US. But I would like to tell you about a side of Major Beach that you might not know. Jim started in the Food Service Industry at the tender age of five years old. His

father owned a grocery store and brought him to work with him, eventually training him in all aspects of the business. In 1983, Major Beach took a break and enrolled as a Deputy in the Orleans Parrish Sheriff's Department. By 1989, through hard work and excellent supervisory skills, he had worked his way up to the Watch Commander of a large maximum security jail where he had the responsibility for fifty deputies and 1150 inmates. He was known for his leadership qualities earning the respect of the staff and inmates. When the Food Services Division failed a Board of Health Inspection, resulting in the kitchen being

shut down the sheriff transferred Jim to Food Services to turn the division around. He was now dedicated to his first love and he took it seriously. He started with a massive cleaning operation and began a continuous training program for the staff and the inmates in how to keep it clean. Realizing that most inmates never held a job before being arrested. He developed a "back to the basics" training program that has been used by thousands of inmates and continues to this day.

44

Jim is active in his community. He is constantly serving his community by preparing approximately 43,000 meals annually for churches, homeless shelters and other non-profit organizations in addition to providing instruction and guidance in Food Services.

Jim revised all the operational plans, menus, recipes, delivery systems, record keeping, accounting procedures and training manuals. He instituted a HACCP program, assuring that his staff attended classes and became certified well before it was mandated. A long lasting relationship with the Board of Health was strengthened resulting in his kitchen being used as a training ground for new employees to show them how a kitchen should be run. Jim then began a more extensive training program for the inmates. He met with restaurant owners to determine what skills their entry level employees were lacking and what they expected from them. He proceeded to develop a training program around these needs, administering Certificates of Completion to those who passed the tests. Since 90% never completed high school and 70% never completed junior high, these certificates were highly valued by the inmates and assisted many of them to secure jobs after incarceration.

Major Beach's dedication to duty and expert leadership resulted in a new and improved food service for the Sheriff's Department. He now had a clean, sanitary, cost-effective and smoothly functioning food service with a dedicated, empowered and happy staff. In Corrections, food service directors are also judged by what "doesn't happen". Jim virtually eliminated failing Health Department and State and Federal Inspections. There were no longer any riots/disturbances or successful law suits concerning food. A bad food service can cost the tax payers millions of dollars.

Jim is also active in his community. He is constantly serving his community by preparing approximately 43,000 meals annually for churches, homeless shelters and other non-profit organizations in addition to providing instruction and guidance in Food Services. One of the most appreciated is the 5,000 Thanksgiving Day Meals for the elderly in New Orleans which has been provided for the past 35 years. In addition, as a member of the Search and Rescue Dive Team and a PADI Certified Rescue Diver, he has expertly performed many rescues during the past storms and hurricanes. Since the Sheriff's department houses juvenile offenders, Jim has been an active member of the Louisiana School Food Service Association, donating his time and talents when needed. The New Orleans Health Department uses Jim's operation as a model and training ground for the many restaurants and other food services in the community.

Jim presents a tough exterior but he really is humble and tender hearted. He is an inspiration to his employees and co-workers with his thoughtfulness, thoroughness, and dedication in his supervision of others. He is honest and forthright in all his dealings with everyone. Jim is industrious. He makes an effort to learn how to improve both his own performance and encourage professional growth in others while improving the performance of the food service operation as a whole. Major Beach has all the qualities that you would want in a friend, neighbor, supervisor, or employee. He is loyal, dedicated, and committed....and you thought he was just another "5 O'clock somewhere" fellow! ▲



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In Memoriam



Richard & Carmen Wyckoff

Fellow ACFSA members help us remember fellow members Richard Wyckoff and Carmen Wyckoff, who both passed away earlier this year.

What a shock! I am so sorry. But we have seen things like this happen when one partner goes and leaves behind one who is ill. They will be missed!

—Nancy Porter

I am heartfully sorry for the Wyckoff family, but know that in all things God knows best and that Carmen is back with Richard in peace and joy.

—Joe Montgomery

You only meet a handful of really special people in a lifetime. Carmen and Richard are definitely two of them. They have left a void in the hearts of the members of ACFSA who knew them on a personal basis. Others who knew them will miss their cheerful faces and helpful attitudes at the International Conferences. We are better people, having known them.

—Barbara Holly

In Loving
Memory of
Richard and
Carmen Wyckoff



When I received my Spring Insider and saw the picture of Richard Wyckoff I was very sad. I had been informed of his death in January and several people from Virginia represented us at his funeral. He was buried on my birthday and since I had plans I did not attend. I am not getting any younger so I celebrate fully every birthday and I felt Richard would've wanted me to.

I will truly miss Richard as I have missed others we have lost in ACFSA. I remember the first conference that I met Richard and his lovely wife, Carmen and what a joy he was to know. You could not be around Richard and be down because he lifted you up. He was definitely Mr. ACFSA because he truly loved the organization and worked on the state and national level until he became ACFSA President. He was very supportive of the Virginia Chapter and made many trips to Virginia to attend our meetings and offer assistance. With my ten year tenure on the Board I relied on Richard for support on committees and with his advice. He was not bashful to speak his mind even if he was in disagreement.

I have been member of ACFSA since 1988 and was on the board through the 90's. I see this time as the highlight of my professional career. It took me to places professionally that I never dreamed I would experience. Being new to correctional food service, I would not have known what was going on professionally if I had not become a member.

However, what I wanted to point out here is the very wonderful friendships that I have made in ACFSA and I cherish members such as Richard who added to my life... The Virginia Chapter is a very close knit group and we make sure we celebrate every occasion that we can celebrate.

Since I begin writing this article, I found out that Carmen died very soon after Richard. The absence of the Wyckoff's at the conference will be noticed since both worked very hard to make our conferences a success.

—Lavinia Johnson



Sorry to hear this bad news so close to Richard's death. We certainly were fortunate to be involved with both of them personally and as a part of ACFSA.

Both will be missed as we continue our work and involvement with ACFSA.

—Chuck Brown

*Your friendship
and kindness will be
missed.*

Richard was the first friendly face I saw in the midst of hundreds of people at my very first ACFSA conference. Then meeting his lovely wife Carmen later in the week was just a bonus. Every conference after that I couldn't wait to reunite with them and hear all that was going on with them. The past three years of not having them at the conference there has been a void that left an emptiness in my heart. .

I am now choosing not to remember the times we weren't together but rather remembering all the joy and laughter they brought with them and shared with each one of us the times we were together. The smiles, the laughter, the joy they shared will always be in my heart and at our conferences in the years ahead for ACFSA.

Please join me in celebrating the lives of two dedicated, loving, caring members of our Association who gave of themselves in many ways that no one knew of. Behind the scenes, they were working tirelessly to make sure the bags were stuffed, the signs were in place, the speaker gifts were in place, and so on.

Take time to remember and rejoice in all they shared with us. Then take the rest of your time in ACFSA to celebrate our fun times of learning and growing and the excitement that kept Richard and Carmen coming back year after year. The love in our hearts will continue to hold this family together through it all! Let's join together in California to show that we are still united and that even death can't take away what we have built in 41 years beginning with our founder Al Richardson.

In loving Memory of our friends and family, Richard and Carmen Wyckoff

—Ricky G. Clark

In Memoriam: Carmen Wyckoff

Carmen Wyckoff, 71, of Lambertville, NJ, died on Thursday, March 4, 2010, at her home exactly one month and twenty-eight days after Richard.

After many years of working as a waitress in area restaurants, Carmen became a bookkeeper. (Richard and Carmen met while he was a bartender and she a waitress.) Carmen was also a talented studio artist working in oils. Her paintings were featured in the annual Hunterdon County Senior Artists Exhibits and her work took third prize in the 2008 show. She also enjoyed writing and in 2005 memorialized her family's summers on Long Beach Island in the children's book, "Attack of the Greenheads" published by Trafford Publishing. Her creative talents extended into her gardening, her cooking and her home decorating, even doing her own reupholstering.

She was a member of St. John the Evangelist Church in Lambertville. Above all Carmen was a devoted mother and a loving wife. She and her late husband, Rich, were dedicated to one other and their families. We all know how they cared for and supported each other through their extended battles with cancer. (Rich died on January 3, 2010.)

Carmen and Richard leave behind to celebrate their lives their children: Franklin R. Ryan and his wife Elise of Flemington, Steven J. Ryan and his partner Matthew Hampel of New York City and Heather Harbach and her husband Christopher of



Heidelberg, Germany; her five grandchildren, her two great-grandchildren; her sisters and their husbands Julia and Harry Brelsford of Troy, PA, Josephine and Kevin Wilkey and Tina and Chris Erlemann, all of Winter Springs, Florida; her brothers and their wives Joseph and Helen LoVerso of Neshanic Station, NJ and Lawrence and Marsha LoVerso of Easton, PA, her sister-in-law Kathleen LoVerso of Hawley, PA, and her close friend Marie Cook of Lambertville.

A memorial mass was offered for Carmen on Saturday, March 13 at St. John the Evangelist Church.

Donations in Carmen Wyckoff's memory may be made to the Cancer Center at the Hunterdon Medical Center, 2100 Wescott Drive, Flemington, NJ 08822. ▲



THE ASSOCIATION OF CORRECTIONAL FOOD SERVICE AFFILIATES

Celebrates

PATRIOTISM

**CREATING ALLIANCES - ENDURING CHANGE
ADVANCING TOWARD THE FUTURE**



**Join in the fun! The theme for the ACFSA Trade Show in San Diego is
Patriotism: Creating Alliances - Enduring Change - Advancing Toward the Future
and our Partner Members will be decorating their Booths for the theme!
Why not dress the part and express your Patriotism on the Trade Show floor?
*See you in San Diego! Where Happy Happens.***

Dietitians in Corrections

DRIs and other Hot Topics

by Barbara Wakeen, MA, RD, LD, CCFP, CCHP

This Dietitians' Corner is an update on the latest Dietary Reference Intake (DRI) discussion which was one of the major topics of the Dietitians in Corrections (DIC) Networking Luncheon at the ACFSA Conference in Grand Rapids, MI. For those RDs who were unable to attend, and those members who wonder what we do at this luncheon, this is the opportunity to hear what goes on behind these doors.

First I would like to extend a special 'thank-you' to Good Source for sponsoring our luncheon again this year. Your generosity is much appreciated!

Our group was smaller this year with 15 RDs, one guest from the Federal Bureau of Prisons and of course our Good Source sponsors. I invited representatives from ADA and NCCHC to attend, but their scheduling did not permit.

Points of discussion:

- ✓ Good Source presented their new vitamin fortified milk alternate. Use of this product was discussed versus milk due to costs, budget constraints and regulations. For more information on this product, contact your Good Source representative.
- ✓ Reviewed Dietetics in Health Care Communities (DHCC), formerly CD-HCF—name change, membership, Corrections Sub-unit eml changes and subscription, and member benefits.
 - The new web address is www.dhccdp.org.
 - The Corrections Sub-unit eml has been discontinued due to budget constraints. All corrections communications are now through the DHCC eml, cdhcf-forums@v2.listbox.com. Include 'CORRECTIONS' in the 'subject' line along with the subject to alert other Corrections participants.
 - Anyone who has not subscribed to the DHCC general eml must do so to join in the discussion. Visit the DHCC web site to subscribe.
 - Nutrition and Food Service Management in Correctional Facilities Manual, 3rd Edition, is still available from ADA or the DHCC web site. <http://www.dhccdp.org/essentials/index.asp> Select Products and item #5023.
- ✓ Our discussion concentrated on the DRIs and meeting/or not 100% of the DRIs in correctional menus. We reviewed the past two years' DRI nutrient discussions, emails, my recent communication with ADA representatives, a potential study with NCCHC and the NCCHC draft resolution to the American Medical Association (AMA). Two previous Dietitians' Corner articles on this subject were also referenced.
 - A DRI Committee was formed. I solicited volunteers to be part of a committee to create and conduct a survey, and review the data **with a goal to set a corrections 'standard'**.
 - A DRI Committee was formed. I solicited volunteers to be part of a committee to create and conduct a survey, and review the data with a goal to set a corrections 'standard'.

ACFSA INSIDER

MEETINGS

NCCHC

October 9-13, 2010
National Conference on Correctional Health Care,
Las Vegas, NV
For more info. visit www.ncchc.org

2010 FNCE

November 6-10, 2010
ADA's Food and Nutrition Conference and Exhibition
Boston, MA
www.eatrightma.org

Moving forward...

- ✓ I solicited additional RD committee members to be representative of federal, state, contract and consultant dietitians across North America.
- ✓ A draft survey has been sent out to the DRI Committee and is in the final review stages. This survey will be forwarded to a variety of corrections venues with intentions of reaching RDs representing federal, state, county and private agencies.
- ✓ Follow-up discussions with ADA resulted in the withdrawal of the NCCHC draft resolution. The potential for an inmate nutrient study has been put on hold at this time.
- ✓ If you are interested in participating in the survey or having your dietitian participate, please email me at bwakeen@neo.rr.com to ensure I include you in the emails.
- ✓ If you are not an RD and receive the survey, please forward to your dietitian to complete. I will be emailing this through the general listserv. This is our chance to make a difference and set the standard for our industry!

Other Hot Topics and Listserv Queries

- Commissary limitations
- Incorporating sweets into the diabetic diet
- Ceremonial religious meals
- Food safety paranoia regarding allergies
- Role of the RD in safety and sanitation inspections
- Types of medical diets served
- Vegan diets
- How to make an oven 'kosher'
- ICE Detention Standards

Membership Information

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

If you are interested in joining the Corrections Sub-unit or if you are already a member and want to subscribe the DHCC EML or be listed in the directory, visit the DHCC web site at www.dhccdp.org. Emails communicated through this group sent through a private email address.



Together We Can!

Do you remember back in elementary school when you first heard of the “Buddy System”? You know; someone facing the same hurdles you were to learn those words on the flash cards, find your way through the mazes and do simple math? Do you remember how reassuring it was to have someone to hold hands with? Teaming up with a professional of the same mind set can be a major stress reliever in overcoming the hurdles we all face at work.

If you work at a small facility and are on your own finding your way path, reach out to a facility close by. Ask to come and visit that Food Service Manager’s operation. Your administrator will most likely say a quick “Yes”, when you explain that you want to become more professional and find ways to save \$\$ in this rough and tough economy.

Make a list of topics to discuss when you meet. Look at your own operation and most importantly look at your management strengths and weaknesses. Do you need to learn more about working professionally with officers? Can you use some ideas about controlling food costs? How do you keep yourself and your team safe while working with cons playing their own set of games? What are your best received recipes and can you trade ideas? Plainly put; “What can you share and where can you use help”? Never let your ego get in the way of your professional success!

When I began in corrections in 1991, there was no one for me to go to for help in developing my management skills. I remember asking my boss; “How do I manage here? What do I do differently?” His answer was one that just didn’t fit then and fits even less now; “You used to work at Mc-

by Cindy Burns, Canteen Services Inc.

Donalds, right? Manage the inmates like you managed those workers!” Well, that is a resounding “Yes” with a big twist isn’t it?

You really can figure out the answers to professionally running food service in your facility. You can do this and do it successfully alone. The quicker way to true professionalism is to help someone else and let them help you! Alone takes longer for any of us. Aha moments occur most often when we are exchanging ideas with others. Success builds success!

If you have a smaller facility, you can buddy up with your neighboring county jail to receive opportunity buys that a small facility cannot qualify for based on usage and volume. You can share knowledge about nutrition and menus. You can share stories and learn from each other’s mistakes and successes. Most of all, you can share the burdens and lighten each others loads.

If you are a member of ACFSA and your neighboring food service manager is not yet, share the story of what ACFSA has done for you. Make that call....reach out your hand. Together, we can do more than any of us can accomplish alone. Together, we can. ▲

Cindy Burns is Vice President of Correctional Services at Canteen Services Inc., Coldwater, Michigan.



The Association of
Correctional Food Service Affiliates

2010

Annual International Conference

**SURVIVING AND THRIVING
IN A DIFFICULT ECONOMY**

August 22-25, 2010

**Town & Country Resort and Convention Center
San Diego, California**

ACFSA 2010 Annual International Training Conference & Expo

August 22-26, 2010 • Town & Country Hotel & Resort • San Diego, California



Name _____

Nickname for Badge _____ First ACFSA Conference? (circle) Yes No

Position _____

Facility/Company _____

Mailing Address _____

City _____ State _____ Zip _____

Email Address (MANDATORY) _____

Contact Phone (MANDATORY) _____

Phone for publication (OPTIONAL) _____

Guest Name _____

Guest Name _____

Guest Name _____

REGISTRATION FEES				
Number of Attendees	Type of Registration	Registering Before <i>July 30, 2010</i>	Registering After <i>July 30, 2010</i>	Amount Due
	ACFSA MEMBER	\$195	\$225	
	ACFSA NON-MEMBER	\$275	\$300	
	GUESTS (INCLUDES FRIENDS, RELATIVES ONLY)	\$110	\$130	
	ACFSA PROFESSIONAL PARTNER REGISTRATION *	\$250*	\$275*	
	NON-MEMBER VENDOR REGISTRATION *	\$375*	\$400*	
	MARKET RESEARCH FEE - ALLOWS ACCESS TO VENDOR SHOW FOR (VENDOR) ATTENDEES *	\$150*	\$175*	
	ONE DAY MEMBER AND NON-MEMBER (FOODSERVICE EMPLOYEES ONLY) PLEASE SPECIFY DATE:	\$70	\$95	
	VENDOR SHOW ONLY (FOODSERVICE EMPLOYEES ONLY)	\$25♦	\$30♦	
	SANITATION CERTIFICATION PROGRAMS NATNL REGISTRY OF FOOD SAFETY PROFESSIONALS CLASS INCLUDES BOOK AND ALL MATERIALS	\$40	\$40	
	SANITATION RECERTIFICATION PROGRAMS NATNL REGISTRY OF FOOD SAFETY PROFESSIONALS CLASS INCLUDES BOOK AND ALL MATERIALS	\$40	\$40	
TOTAL DUE (FULL PAYMENT MUST ACCOMPANY COMPLETED REGISTRATION FORM)				

♦ - IF THERE ARE FIVE OR MORE ATTENDEES FROM THE SAME FACILITY ATTENDING CONFERENCE, THEY WILL RECEIVE A 25% DISCOUNT. THIS DISCOUNT APPLIES ONLY TO FOODSERVICE PROFESSIONALS ATTENDING THE VENDOR SHOW

* - ONLY VENDORS WHO WORK FOR COMPANIES THAT HAVE NEVER ATTENDED OR EXHIBITED AT AN ACFSA CONFERENCE MAY ENTER VENDOR SHOW. **ABSOLUTELY NO SOLICITATION** WILL BE ALLOWED FROM ANY TYPE OF PERSON, COMPANY OR PUBLICATION. THOSE CAUGHT WILL BE ESCORTED FROM THE SHOW OR CONFERENCE WITH NO REFUND GIVEN.

CANCELLATIONS
CANCELLATIONS REQUESTED IN WRITING TO ACFSA WILL BE GIVEN A FULL REFUND IF RECEIVED ON OR BEFORE JULY 16, 2010. CANCELLATIONS RECEIVED AFTER JULY 16, 2010 & NO-SHOWS WILL NOT BE REFUNDED.

REGISTRATION
REGISTRATION WILL BEGIN SUNDAY, AUGUST 22, 2010 AT 1:00 P.M. BADGES, PROGRAMS AND OTHER MATERIALS WILL BE PROVIDED AT THAT TIME. PLEASE BE AWARE THAT NO CONFIRMATIONS WILL BE SENT.

PLEASE NOTIFY ACFSA OF ANY SPECIAL DIETARY REQUIREMENTS. SEND THIS INFORMATION WITH REGISTRATION AND WE WILL DO OUR BEST TO ACCOMMODATE YOUR NEEDS.

QUESTIONS? (818)843-6608
www.ACFSA.ORG

PAYMENT INFORMATION - If paying with a check, make payable to ACFSA. Check # _____

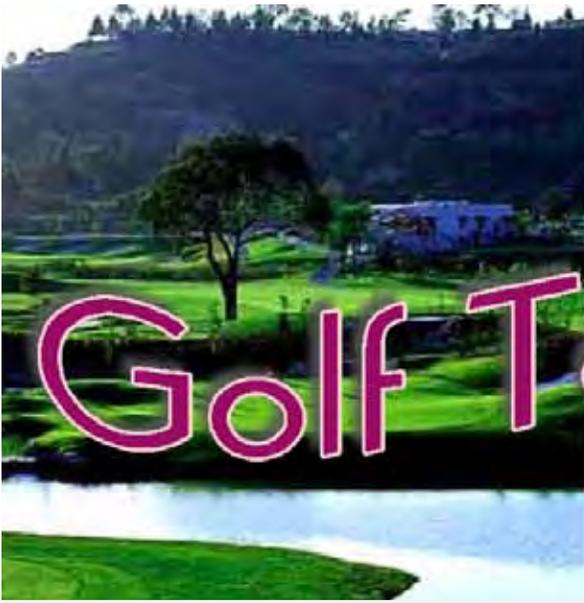
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Those paying with Credit Card, Fill in information below and **FAX to (818)843-7423**

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Golf Tournament

ACFSA Tournament AUGUST 22, 2010 RIVERWALK GOLF CLUB

**Tournament is open to all
Members, Professional
Partners, Friends & Family!**

\$90 Entry Fee *per Golfer*
Includes Golf, Cart, Food & Prizes!

**4 Person Scramble
Meet at 6:45 a.m.
Tee Off at 8:00 a.m.**

Prizes Include:
***Top 3 Teams
Longest Drive
Closest to the Pin***

Riverwalk Golf Club
1150 Fashion Valley Rd.
San Diego, CA 92108
Phone: (619)296-4653
www.RIVERWALKGC.com

**Golf Tournament Registration Package
Registration Deadline is August 10, 2010**

To register, please fill out this form. Make checks Payable
to **California Chapter – ACFSA** and mail to:

Myron Wiley, 926 W Petunia, Farmersville, CA 93223

Ph: (800)848-8160 ● FAX (559)747-8316

Email: myronw@joneszylon.com

Name _____

Address _____

Phone _____

*Cost is \$90 per Golfer. Please include your check for each Golfer when returning
this registration form. Every effort will be made to keep teams together so get
your registration in early and plan on having a great time!*

*All checks must be payable in US currency to the CALIFORNIA CHAPTER – ACFSA.
Thank you for your contributions! Your donation and participation make the
difference to our success and we look forward to seeing you in San Diego!*

*Questions? Please contact Don Perkins at (559)992-7100 ext. 5762
or Myron Wiley at (559)280-8115 or email at myronw@joneszylon.com*

ACSFA 2010 Annual International Conference

August 22-25
San Diego, California

Tentative Conference Agenda

SATURDAY, AUGUST 21

8 am - 3 pm ACSFA BOD Meeting
Executive Board Room

SUNDAY, AUGUST 22

6:15 am Golf Tournament,
Riverwalk Golf Club
Meet in Front of Convention Center (West Side)

8 am - 5 pm Food Safety Manager
Certification Class
National Registry of Food Safety Professionals

1 - 5 pm Registration

5 - 5:45 pm First Time Attendee's
Orientation

*Board Members & Past Presidents Welcome
First Timers*

6 - 8 pm Opening Reception
All Members

MONDAY, AUGUST 23

7:30 am - 5 pm Registration

8 - 9 am Breakfast, Opening
Ceremonies, Welcome

9 - 10 am Keynote Speaker
Richard Weintraub: We Must Be the Change

10:15 - 11 am Break Out Sessions [01]
[1] Matt Upton: Your Perception is Your Reality

*[2] Janette McMillin: Cost Effective Diet
Menu Planning*

[3] TBA

10:45 - 11:45 am Vendor's Meeting
Professional Partner Representatives Only

11:15 am - 12 pm Break Out Sessions
Repeat [01]

12 - 1 pm Lunch (On Your Own)

1 - 1:45 pm Break Out Sessions [02]

*[1] SoCal Gas Co: Energy Efficiency Standards
for Kitchen Equipment*

*[2] Larry Mendez/Kurt Greiner: Opportunity
Purchases w/Cal-Card*

[3] Ricky Clark: What's In Your Baggage?

2 - 2:45 pm Break Out Sessions
Repeat [02]

3 - 4 pm Regional Roundtables
(Regions 1-4)
Federal Bureau of Prisons (until 4:30 pm)

4 - 5 pm ACSFA International
Business Meeting

TUESDAY, AUGUST 24

7 am - 3 pm Registration
Convention Center

8 - 9:45 am General Session
*Cindy Burns: Management Courage (Nobody said
it would be this much of a challenge!)*

10 am - 3 pm Vendor Show
Convention Center

Close of Show Exhibitor's Meeting
Professional Partners & National Vendor Liaisons

3:30 - 5 pm Regional Cook-Off
Challenge

6 - 7 pm Chapter Photos

7:30 - 11:30 pm Awards Banquet &
Entertainment

WEDNESDAY, AUGUST 25

6:30 - 7:30 am Fun Walk & Run
Meet in Lobby. Sponsored by Good Source

7:30 am - 4 pm Registration

8 - 8:45 am Break Out Sessions [03]

*[1] Hank Simmons/Shannon George:
The Foodservice Stereotype*

[2] TBA: Diets/Nutrition

*[3] Sgt. Sanchez/Lt. McCalla: Addressing
Performance Deficiencies*

9 - 9:45 am Break Out Sessions
Repeat [03]

10 - 10:45 am Break Out Sessions
Repeat [03]

11 am - 12 pm Lunch (On Your Own)

12 - 1 pm CFSM Program
*Nancy Porter, RD, LDN
CCFP Certification
CCFP Committee*

1:15 - 2 pm Break Out Sessions [04]

*[1] Ron Baldwin/Capt. Marhoefer:
Religious Diets*

*[2] Ray Bullock: Correctional Applications for
Cook-Chill*

[3] TBA: Kitchen Design Principles

2:15 - 3 pm Break Out Sessions
Repeat [04]

3:15 - 4 pm Break Out Sessions
Repeat [04]

THURSDAY, AUGUST 26

7:30 am-12:30 pm Certificates of Attendance

8 - 11 am Tour
*San Diego Sheriff's East Mesa Central Produc-
tion Center: Meet in Front of Convention Center
(West Side)*

8 am - 1 pm ACSFA BOD Meeting
Executive Board Room



Reasons to Attend the ACFSA International Conference

by Benson Li



Food service operations are required to provide a nutritionally balanced diet in accordance with government regulations and the required daily nutritional needs. Food service operations are sanitary and will meet the acceptable standards of food procurement, planning, preparation, service, storage, and sanitation. Attending the ACFSA International Conference is one of the few opportunities for food service professionals to receive the updated training and networking with other federal, state, county and local correctional facilities.

1. The International Conference emphasizes the importance of providing nutritious food and services to the inmates that promotes good health, reduces tension in the jail and ultimately supports the safety and security of the jail. All inmates will be provided nutritionally balanced meals that are planned and reviewed by a qualified nutritionist or dietitian to ensure they meet the recommended dietary allowances for the basic nutrition for the appropriate age group.
2. The training includes recommendations to comply with inmates that are prescribed therapeutic diets by a responsible health professional, receive regular meals in accordance with their special needs.
3. There will be training sessions about the different religious diets, type of foods appropriate for those diets and the proper serving methods. Sample religious diet meals will be displayed at the trade show.
4. Appropriate inmate training to protect them from injury and illness by adopting sound safety and sanitation practices. This will reduce the liability of the correctional facility.
5. Ensure inmates and staff will be protected from health related harm by advance medical screening and clearance before any inmate is assigned to work in food service operations.
6. Discussion about food production and services under proper staff supervision. Food production, storage, food handling practices will follow the appropriate Federal, State, or local sanitation laws.
7. American National Standards Institute (ANSI) certified Food Safety Managers' Certification Course.
8. Regional round table discussions about common problems and possible solutions among the food service operators in the geographical area.
9. Learn how to do performance measures of your food service operations:
 - Number of documented inmate illnesses attributed to food service operations in the past 12 months divided by the average daily population in the past 12 months.
 - Number of inmate grievances about food service decided in favor of the inmate in the past 12 months divided by the number of inmate grievances about food service in the past 12 months.
 - Number of violations cited by independent authorities for food service sanitation in the past 12 months.
10. New technology, equipment, and food products trade show for correctional institutions under one roof. It will solve your food service needs



A Struggling Food Service Person Needs Help Today!

Are you ready to change someone's life?

In today's tough economic times, budgets are restricting food service people from attending conferences and learning about the products they need. Many use vacation time and pay their own way.

Help these food service people come to the ACFSA Annual International Conference to meet vendors like you. Today's food service operation is constantly challenged to provide better meals to more inmates with a shrinking budget.

ACFSA would like to give \$750 to 10 people to help with their expenses at the conference. We need your help to reach this goal. For any donation of \$250 or greater, you will receive

- A special *Scholarship Donor Sign* to display in your booth!
- An invitation to a reception where you will meet Scholarship Recipients
- Group Picture and Listing in the INSIDER magazine
- Recognition at Opening Reception and again at the Banquet

This is a terrific opportunity for you to increase attendance at Conference, attract potential clients and best of all to be recognized at Conference!

To send your donation, please fill out the following information and FAX to the ACFSA Office at (818)843-7423. Or Mail with your check to:

ACFSA, 210 N. Glenoaks Blvd., SUITE C, Burbank, CA 91502

Please accept this donation in the amount of \$_____ to provide Scholarships to send one or more ACFSA Members to Conference.

Company Name _____

Address _____

City _____ State _____ Zip _____

Contact Name _____ Title _____

Contact Phone _____ Email _____

Payment Information:

Check # _____ is enclosed with form. Paying with Credit Card: Visa MasterCard AMEX

Credit Card Number _____ Expiration _____

Name on Card _____ V-Code _____

The 3 Digit Code on back of Visa and M/C or
The 4 Digit Code on front of AMEX

Billing Address _____ Billing Zip Code _____

Thank you for your donation! We hope to see you at Conference!

SCHOLARSHIP LEVELS

Premier Level
\$2,500 and up

Platinum Level
\$1,000 - \$2,499

Gold Level
\$750 - \$999

Silver Level
\$500 - \$749

Bronze Level
\$250 - \$499

Questions?
Call the ACFSA Office!
(818)843-6608

ACFSA
210 N Glenoaks Blvd.
SUITE C
Burbank, CA 91502

(818)843-6608 - Office
(818)843-7423 - FAX

www.ACFSA.org



President
Jim Hartman, CDM, CFPP
 Albemarle-Charlottesville
 Regional Jail
 Charlottesville, VA
 (434) 977-6981 ext. 298
 hartmanj@acrj.org



Secretary
Robin Sherman
 Canteen Services
 Saginaw, MI
 (616) 745-2044
 rsherman@canteenservices.com



Region III Director
Phil Atkinson
 Hennepin County
 Sheriff's Office
 Minneapolis, MN
 (612) 596-8039
 Philip.Atkinson@co.hennepin.mn.us



Vice President
Benson Li
 Los Angeles County
 Sheriff's Department
 Los Angeles, CA
 (213) 893-5866
 BPLi@lausd.org



Acting Treasurer
Ricky Clark, CCFP, CFSM, CDM, CFPP
 Academy for Staff Development
 Crozier, VA
 (804) 784-6857
 ricky.clark@vadoc.virginia.gov



Region IV Director
Laurie Maurino, RD
 High Desert State Prison
 Susanville, CA
 (530) 251-5100 x5445
 laurie.maurino@cdcr.ca.gov



Vice President Elect
Carol Thomas, CDM, CFPP
 Academy for Staff Development
 Crozier, VA
 (804) 784-6882
 carol.thomas@vadoc.virginia.gov



Region I Director
Linda Shear MS, RD
 Dietitian, VADOC Food Service
 Richmond VA
 (804) 674-3578 x1036
 Linda.Shear@vadoc.virginia.gov



Professional Partner Representative (Equipment)
Pattie Whitlock
 Design Specialties, Inc.
 Hamden, CT
 (800) 999-1584
 Design.spec@SNET.net



Past President
Theodora (Teddie) Mitchell, CCFP
 Shawano County Sheriff's
 Department
 Shawano, WI
 (715) 526-7952
 LAW701@co.shawano.wi.us



Region II Director
Frank Shelton
 Madison Parish Sheriff's
 Department
 Tallulah, LA
 (318) 574-0584
 Fas_Daddy@yahoo.com



Professional Partner Representative (Food)
David Jacobs
 H. Fox & Co., Inc.
 Brooklyn, NY
 (718) 385-4600
 DJacobs@foxsyrups.com

Regional Vendor Liaisons

Food & Equipment

Region I
Ann Ortiz
 Good Source Solutions
 Carlsbad, CA
 (760) 746-7587
 ann@good-source.com

Region II
Bill Townsend
 Global Food Industries, Inc.
 Townville, SC
 (800) 225-4152
 bill@globalfoodindustries.com

Region III
Sue Eastwood
 Osage Food Products
 Washington, MO
 (636) 390-9477
 sue.eastwood@osagefood.com

Region IV
Gil Hines
 Good Source
 Carlsbad, CA
 (800) 735-4319
 gil@goodsource.com

Region I
Michael Robertson
 JonesZylon
 Cincinnati, OH
 (800) 848-8160 ext. 112
 miker@joneszylon.com

Region II
Kevin Woods
 Hobart/Traulsen
 Chamblee, GA
 (770) 458-2361
 kevin.woods@hobartcorp.com

Region III
Vince Fantin
 JonesZylon
 New Philadelphia, OH
 (330) 364-5078
 vincef@joneszylon.com

Region IV
Bud Chambers
 Cambro Manufacturing Co.
 Dewey, AZ
 (928) 759-0807
 camman@northlink.com

ACFSA Elections

by Jon Nichols



The time of year to let your voice be heard is once again upon us! One of the great benefits of Membership is to run for a leadership position on your Chapter and International Boards. For those that are not yet ready or able to make that commitment, the next best thing is to vote for those that decide to run. On this year's ballot we have five positions available for ACFSA's National Board.

By now you should have received an email with a link to the On-Line Ballot. This link will allow you to place your vote for each of the positions available. I appreciate your time in visiting the On-Line Ballot and placing your vote for the person that is running for each position (even those running unopposed) as your participation is vital to the process.

While it's unfortunate that four of the five races will go unopposed, we are delighted that these fine individuals have made the commitment to ACFSA and its membership and we thank and congratulate the decision.

That leaves one position with three choices—the position of Professional Partner—Equipment. This is a position that is decided by our Professional Partner Members and I ask that you take the time to place your vote. Each of our candidates for is not only worthy and capable to serve you, but eager to do so and they deserve your attention.

If you have already taken the time to vote, I thank you for your participation. If you have yet to do so, please take a look at the bios for each candidate below and then visit the link on the ACFSA website's Member's Only Section. Please make sure you log into the Members Only Section to make your choice.



Vice President

Major R.J. "Jim" Beach, II

Major R. J. "Jim" Beach, II CCFP is the Director of Food Service for the Orleans Parish Criminal Sheriff's Office in New Orleans, La. Major Beach has been a member of ACFSA since 1991 and attended every International and Spring Conference. Jim

was hired as a Deputy Sheriff in 1982 and worked his way up to become the Food Service Director at OPCSO. Major Beach started his career in Food Services as a Security Supervisor in 1986, and Director in 1988.

Major Beach is a Certified School Food Service manager, as well as a Certified HACCP Compliance Officer. He completed the CCFP certification course in 2002.

Major Beach has published articles in Food Management Magazine, Correctional Food Service Magazine, Restaurants and Institutions Magazine, the ACFSA Insider publication, as well as the Times Picayune Newspaper.

Major Beach has been awarded the coveted Food Service Director of the Month by Food Service Director Magazine in 2005, as well as the Beacon Award by the Food Service Director Magazine for his actions during and after Katrina. In 2006 Major Beach was awarded the President's Award by ACFSA and most recently won the prestigious IFMA Silver Plate Award for 2010.



Treasurer

Theodora "Teddie" Mitchell

I started my food service career, working in a school kitchen and later managed a hospital dietary department.

In 1994, I was hired to manage the kitchen in the new Shawano County Jail. It didn't take long for me to realize that managing a correctional food service required different standards. I was introduced and joined ACFSA that year.

I became involved on the state level in 1998, serving as treasurer for four (4) years.

I also became active in ACFSA on the international level, when I served on the Chapter Development Committee, becoming the chair of that committee in 2002. In 2007 I was elected Vice President-elect, moving up to the Vice President's position immediately because of a previous resignation.

Now that my term as past president is about to expire, I would like to serve as interim treasurer.



Region 1 Director

Linda Shear

I joined ACFSA a few months after I started working as the Dietitian for the Virginia DOC, and I have been an active member ever since. In the past, I've served on the Virginia Chapter Board as Vice President and President and currently serve as the

Secretary. I served as Secretary on the National Board for the 2006-2007 term.

As Region 1 Director I would work to keep our membership involved and energized. It is equally important to recruit new members to join our ACFSA family, share our enthusiasm and bring new ideas. I appreciate your support for my election.



Region 3 Director

Phil Atkinson

I have spent almost 40 years in food service in one capacity or another; restaurant manager, distributor sales person, district sales manager for a food distributor, a food broker representative and finally, for the past 15 years in correctional food service;

as Food Service Director at MCF-Stillwater in Bayport, Minnesota and Food Service / Laundry Programs Manager for the Hennepin County Sheriff's Office in Minneapolis, Minnesota. My membership in ACFSA is very dear to me. I have met and worked with truly wonderful people and look forward to continuing my service as Region III director in this fine organization. I will continue to work on intra-regional communication and membership growth. And, as always, if I can be of any help, please don't hesitate to contact me.



Prof. Partner: Equipment

Ira L. Kaplan

Ira Kaplan founded the AALEX Corporation in July of 2002. In January of 2005, opened IRINOX USA, distributor of Blast Chillers & Shock Freezers, and is President.

Mr. Kaplan is a past President of NAFEM. He is an Affiliate Member of FCSI and The Society of Food Service Management. He is Vice Chairman of the Board of Directors for The New England Sinai Hospital and Rehabilitation Center, sits on the Board of Taste of the NFL, a hunger relief organization. In 1989, Mr. Kaplan was awarded an Honorary Doctorate from Johnson & Wales.

Mr. Kaplan has received the additional following awards: Market Movers Award—MAFSI, William W. Carpenter Award—NAFEM, Doctor of Food Service—NAFEM, UPS' "Distinguished Service Award"—FOODCHAIN



Please look at the bios for each ACFSA candidate below and then visit the link on the ACFSA website's Member's Only Section. Please make sure you log into the Members Only Section to make your choice.



Prof. Partner: Equipment

Michael S. Robertson

I am the Regional Sales Manager, Mid-Atlantic Division, Jones Zylon Company and have been an ACFSA Member since January 2006. I call on Correctional facilities in 13 States and Puerto Rico. I have participated in activities of the Virginia

and Georgia Chapters; serving as Region 1 Professional Partner Liaison since 2008. I would like to expand my duties to ACFSA Professional Partner on a National Level.

I have observed the struggles of starting an ACFSA Chapter and keeping a chapter active. I believe Vendors play an important role with their support on the State and International levels.

My goal is to continue to help in Membership growth and Association success through direct contact with Vendors and Correctional Food Service staff.



Prof. Partner: Equipment

Pattie Whitlock

Pattie Whitlock worked as an engineer at IBM and General Electric Company. In 1992, she joined Design Specialties, Inc, a manufacturer of plastic reusable tableware items for the correctional environment.

Jack Dunn, Pattie's stepfather was an avid ACFSA supporter who received the ACFSA President's award in 1996. In 2001, Pattie became the president of Design Specialties, Inc and continues her support of the association. She has been a member of ACFSA for 18 years and attends every international conference. She has served one term on the ACFSA Board of Directors as one of the two professional partner representatives. Pattie and her husband Tim have 2 children



REGION I REPORT

by Carol Thomas

I think the East Coast is starting to thaw! The great Commonwealth of Virginia is proud to announce that we will be hosting the 2011 International ACFSA Conference at the Marriott Waterside in Norfolk, Virginia. We have some great activities and learning opportunities planned. If anyone from Region I has any ideas or would like to serve on a conference committee please let me know.

The Virginia Chapter met February 19th at Puemansend Creek Regional Jail; Hassan Abadi hosted meeting. The next Virginia Chapter meeting is scheduled for April 16th in Virginia Beach. The Region I email list is working well, updates on upcoming ACFSA activities are going out on a regular basis.

I would like to encourage our members to serve as an officer on the Chapter or the International Board. These boards are made up of members who decide the future of our Association. Please take the time to commit to making ACFSA strong. If I can be of any help, call me at 804-784-6882 or email me at Carol.Thomas@vadoc.virginia.gov. ▲

We Need to Hear from You!

As of late, we have received very few Chapter and Regional Reports for the INSIDER. It's important that members hear from you to learn about chapter activities and other happenings in corrections food services.

I urge you to take a few moments to share your expertise with your fellow ACFSA members. Not only is it fun to see your name in print, there is even a greater satisfaction in knowing that you have touched someone else with your story or helped them to achieve greater success.

So get writing! Please submit articles to:

Lavinia Johnson: laviniajohnson@aol.com

Barbara Holly: barbaraholly@bellsouth.net

Jon Nichols: jonnichols@acfsa.org



REGION III REPORT

by Phil Atkinson

Again, I was pondering what to write in this Region III report. I need to start by thanking all those that have renewed their ACFSA membership. Those of you that haven't I again ask you to reconsider. As I said in the last issue, we are only as strong as our membership.

One of the issues always mentioned in any employee survey regarding problems within a business (which is what we each operate) is a lack of communication. I have been in management for 30 years and this always comes up. What my experience has also taught me is that communication is a two way process. All of the information available may be disseminated but still leave unanswered questions. Most of these unanswered questions are never asked, asking the question would be the proactive approach, and consequently reaction, many times knee-jerk, is required. And, although a system of communication may not be what we want, any system is a start and cannot be improved or changed unless it is used enough to find the flaws.



VISIT THE ACFSA WEBSITE ONCE A WEEK and check out the message board. Ask questions that need to be asked and answer those you know the answer to.

Communication is about engagement. When we become engaged those things we are engaged in become more important and we take pride in our involvement. We also feel that we are contributing to the success of that in which we are engaged. This applies to our family, our job, our church and ACFSA.

ACFSA has set up what I consider a good system for communication, not only between management and the Board but also between the Board and the membership. I have tried to improve the communication within the Region and am gratified when I receive a response. The Message Board on the ACFSA website is a great way to pose questions, find answers, add your expertise and sometimes have a laugh.

What I am asking is that you all become engaged. Take the time, a commodity that we all have precious little of, to visit the ACFSA web site once a week and check out the message board. Ask the questions that need to be asked and answer those that you know the answer to. None of us operates in a vacuum and none of us are alone in what we do. Become an engaged member. Let us all become familiar with the shining light that is you, your experience and your expertise. As always, if I can be of any help, please contact me. ▲



REGION IV REPORT

by Laurie Maurino, RD

Happy spring! To update the California economic saga, the State government is still struggling under a huge budget deficit. As previously reported, we were supposed to release a large number of inmates. It still basically has not happened. It is being held up in court with many appeals and controversy surrounding it. The State employees are still furloughed 3 days per month without relief in sight. The budget problems are definitely trickling down to the County level and affecting the jail system.

The poor economic times has affected our total membership in ACFSA. It is taking some time for people to renew their membership as all households have been impacted. If you receive this INSIDER, you have paid your dues. But please remind fellow associates to maintain their membership. It is a good investment and allows you to keep up with the newest things in the field of Correctional Food Service.

Before the printing of this issue, there was to be a meeting of the Oregon Sherriff's Food Manager's Association in Yamhill County, in McMinnville, on May 7th, 2010. My plans were to attend this meeting and encourage them to join forces with ACFSA. They could possibly start an Oregon Chapter.

Perhaps I will have good news to report on this, at our conference, in San Diego.

The California Chapter of ACFSA had a meeting in San Bernardino County on February 4, 2010. There were about 45 people in attendance, and enjoyed a speaker on religious diets. They had five new members join at the meeting.

Here in California we are busy planning our ACFSA International Conference in August in San Diego. It should be great! Hope to see you there! ▲

August 14-17, 2011

Norfolk, Virginia
2011 Annual International Conference
Save the Date!

Chapter Chatter

CALIFORNIA

by Ray Bullock

The California Chapter held a Membership Meeting on February 4, 2010, at the San Bernardino County Sheriff's West Valley Detention Center. Food Services Supervisor Ron Baldwin, Southern Region Director for the Chapter, hosted the meeting and presented a lively and relevant training session on Religious Diets, along with Captain Jon Marhoefer. Afterwards, Ron provided an informative tour of their 3000 bed facility, including their Food Services, where they utilize Cook-Chill technology in a very well run and impressive operation. Food Services Director John Cronin and his Manager, Randy Pratt also provided an outstanding and very well presented Continental Breakfast and Buffet Lunch, prepared by their ROP Culinary Arts Program, where inmate worker students learn about nutrition, how to cook and attain skills to assist them in seeking employment after release. The meeting was attended by 30 members and vendors and we signed up FIVE new members. Louis Flores, our Northern Region Director, has scheduled our next Chapter Meeting for May 20, 2010, at the Pleasant Valley State Prison. And of course, I encourage all of you to make your plans to join me in San Diego in August. The conference is starting to take shape and I think you will be pleasantly surprised at what we have in store. I look forward to seeing all of you out here!! ▲

MICHIGAN

by J. Kevin O'Brien, CEC

Basking in the glow of hosting the extremely successful 2009 International Conference in Grand Rapids, the Michigan ACFSA Chapter decided to take our annual Spring Training Conference to Michigan's beautiful Upper Peninsula. Most of you do not know that the Michigan Chapter spent a considerable amount of our own funds to ensure all attendees had an excellent time. We went slightly over budget, but the feeling of elation, when the plan came together, was well worth the effort and expense. Additionally, substantial funds were spent by Michigan based Canteen Services, Inc. to bring you the best possible speakers in order to attract more members to the conference. This too paid huge dividends as we had excellent attendance and needed to add rooms to our contracted number to accommodate everyone. That is the kind of problems this Association should have on a regular basis. Make plans to attend your local chapter's functions and the International Conferences whenever you can as you are very valued in our Association and we need to have your input at the conferences.

In May of this year were guests of the Kewadin Shores Hotel and Casino in St. Ignace, Michigan. St. Ignace and Mackinaw City are right across the Straits of Mackinaw from each other. As a child I can remember the long lines, which stretched for miles waiting for the car ferry to take us across the sometimes treacherous waters to the Upper Peninsula, which my Father came from and our

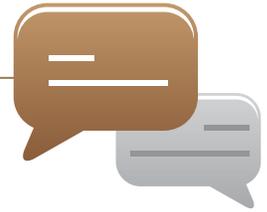
relatives still call home. Of course in the early 60's the Mackinaw Bridge opened for traffic after a 100 million dollar investment by the people of Michigan. We enjoy a hunting camp visit a few times a year in the area where my great grand parents settled. The Upper Peninsula is still a rural area with some modern cities and the colonial flair and is dependent on tourism, mining and a much more diverse economy than in the past. However, the past is still vitally important to the area. The public areas to visit include Fort Michilimackinaw, The Father Marquette Memorial, Historic Mill Creek and the beautiful Mackinaw Island, a World class Destination where no motor vehicles are allowed and 200-300 year old homes are the norm.

Our group spent an evening on Mackinaw Island and enjoyed a carriage ride around the island and then went off to explore the island and activities. We were hosted by my sister, Mary Anne and her husband, Bob Gale at their home on Mackinaw Island, one of the oldest homes on the island near famous St. Ann's Catholic Church. We toured the famous Butterfly House on the Island near the Gale's home.

We can't seem to stop topping previous conference and all attendees and vendors enjoyed themselves tremendously. This is definitely a location to put on your bucket list for a future visit.

New chapter officers were elected at this conference and Pam Nelson is now the new Chapter President and I become that "elder statesman" as the Immediate Past President. This is my second time through the series of chapter offices from Vice President up and I am happily turning over the reins of office to our wonderful members who have made me look good for many years. We really have the most wonderful, committed and selfless membership anywhere. Our membership is strong and the new chapter management team is ready for any challenge. Once you host a National Conference, you find that the chapter conferences aren't too bad after all. Speaking of chapters, our friends from Ontario could not join us for a joint conference this year as they have done in the past. Perhaps this will happen again soon when the financial stress on everyone is lessened and the economy improves. We are very proud of our relationship with the Ontario Chapter and have supported each other as much as possible over the years and numerous friendships have grown from this camaraderie.

Michigan is in strong shape and we are looking forward to the future and invite you to come and visit us anytime. Thank you for your support over the years and we hope to see you all very soon. ▲



NORTHERN LAKES

by *Teddie Mitchell, CCFP*

The Chapter met on January 19, 2010 at the Hennepin County Jail. Phil Atkinson arranged for a presentation by Carrie Hill, Esq., titled: Corrections Food Service, The Courts and You. It was very informative, delivered with humor and interaction with the audience. Also in attendance were law enforcement members and some of Phil's food service staff. It was well worth the long travel across the state line.

After a very nice lunch, the Chapter had a business meeting. On the agenda, fund raising. Several avenues had been explored and it was decided to sell worm castings. We had a presentation in July by the person in charge at the Oshkosh Prison. Each of those in attendance received a sample and my Hibiscus had never before produced such beautiful, large flowers until I fed it "worm tea".

Before our scheduled meeting on March 9 in Milwaukee, Phil and Tim traveled from Minnesota, Dixie and Diane from Wood County and Janice from Wausau to my home where we packaged almost 150 lbs of "worm poop" in containers and added labels. It was a fun evening!

The following morning we toured the Milwaukee Women's Correctional Facility, where Roger Burczyk is the food service director. While there, we distributed the containers to our members so we can all start selling. With the vermiculture sale we hope to generate enough money to give out a scholarship to the conference in San Diego.

After our visit there, we traveled to the Wisconsin Restaurant Show, where a room was reserved for a presentation and busi-

ness meeting. President Janice asked for board nominations so we can keep our Chapter viable. Electing new people to any Board brings fresh ideas and better involvement. So, if any members who weren't able to attend the last meeting are interested in a Board position, please contact Janice!

We will meet at the Indianhead Food Show on April 13, where we will also have a booth and sell worm castings. The meeting after that will be at the Adams County Jail sometime in May. The agenda is still being worked on but check out the ACFSA website for more details. ▲

VIRGINIA

by *Linda Shear, MS RD*

The VA ACFSA Chapter held our winter meeting in February at Peumansend Creek Regional Jail. We had to reschedule and reschedule again due to the inclement weather. I think this is the worst winter I've been through in Virginia—three snow storms with about a foot of snow each time. The snow piles have finally melted and the daffodils are beginning to bloom. All is right again.

At our quarterly meeting, we learned about the inmate industries at PCRJ and heard an update on the pandemic flu. We talked about our successful fundraising projects, our chapter scholarship application, and the 2011 International Conference. We are very excited about hosting the upcoming conference in Norfolk VA. ▲



International Office Chatter

CHANGE TO ACFSA BOARD

Our Vice President-Elect, Chris Gendreau has been reassigned at his Institution and no longer will be devoting as much time to Food Service. As a result, after much consideration and introspection, Chris did not feel that he would be able to give his full attention to his current duties as Vice President-Elect and then as Vice President and President in the following two years. Chris sent an official resignation of his position to President Jim Hartman and the rest of the ACFSA Board. It was disappointing news, but it was clear that Chris was making the best decision that he could for both himself and ACFSA at a time that he was not sure that he could devote the time necessary to best serve the members of ACFSA. We thank Chris for his service and wish him the best of luck in his new position.

Per ACFSA Policies & Procedures, in a situation such as this, the position goes to the person that received the next highest number of votes in the election. I am delighted to pass along

the news that Carol Thomas, the runner-up in the Vice President-Elect campaign has been installed as your new ACFSA Vice President-Elect. This move ensures that the business of ACFSA will continue, uninterrupted as Carol has been serving as the Region 1 Director and brings understanding of the duties and continuity to the table and we thank and congratulate her on accepting this position.

That leaves open the Region 1 Director position. Carol ran for that position unopposed and as a result it requires a vote of the Board to replace the position. In an effort to maintain stability to both the Region and the ACFSA Board, Linda Shear was the unanimous selection. Linda is a past ACFSA Board Member and her strong participation in the Virginia Chapter ensures that there will be no bumps in the road ahead. We thank and congratulate Linda for her acceptance of the position and look forward to her service. ▲



Executive Director's Message

by Jon Nichols

Jump Into the Pool

I recently was summoned to serve Jury Duty and was immediately annoyed at the thought of yet another chore added to my bulging calendar. I thought about ignoring the notice and either hoping that they'd forget about me or just send a "friendly" reminder down the road for a less hectic period of time, but I started to worry that I might end up getting a different type of summons or a visit from the Men in Black. And no, I didn't have Will Smith and Tommy Lee Jones in mind! So, I figured it would be better to bite the bullet and get it over with, and made the journey to the Los Angeles County Superior Court Building and stood in line with my fellow Angelinos to be indoctrinated into the joy of Juror Services.

In Los Angeles County they have the "One Day of Service" rule. That means that you are required to serve for one day and/or one trial. Most of you, I am sure, have been through the process of Jury Duty and know that a panel of 30 or so is called to be screened for the final twelve plus two alternates. If you are not chosen from a panel for a jury you go back into a pool of candidates for other panels. If, by the end of the day you are not chosen for a jury or sitting on a panel, you get to go home with credit for time served. That was my goal. One day and out!

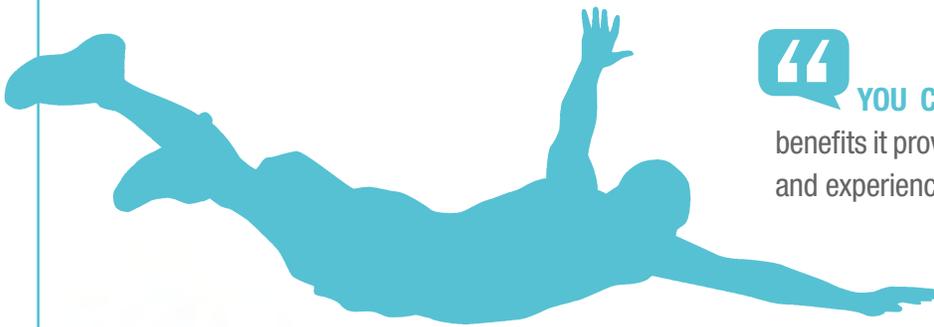
Less than an hour passed and two panels were called for two cases. I was among the names called for the second panel. The thirty of us made our way to the courtroom and names were drawn to fill the seats in the juror box to begin voir dire which is the process where prospective jurors are questioned by the judge and attorneys on personal feelings, beliefs and experiences that may affect how you would ultimately analyze and decide a case. It was a bit arduous but as we got into it I began to get interested. It was a case about Statute of Limitations and the plaintiff was suing four separate companies. While that sounds simple enough, there was a long and interesting back-story to consider and appeared to be the stuff of a good John Grisham novel. Much the same as a shut-in watches the soaps on daytime television, I found myself getting involved in complete strangers' affairs and as each new character (attorney) was introduced and presented their case my opinion

was like a tennis ball being lobbed back and forth over the net.

I was questioned about a number of personal experiences in my life that paralleled the potential facts and testimony of this case. There was a great deal of focus on my answers as both sides tried to decide whether I could help them when it came time to deliberate. A few jurors pointed to me when answering their questions and made comments like, "what he said," or, "the same as him." It became apparent that I might be too close to this case even though I did not know any of the parties involved.

The long and short of this part of the story ended about 4 hours later when I was "thanked and released" for my participation and tossed back into the jury pool with the other rejected fish. The day came to an end and those of us remaining in the room were given credit for serving and promised that we would not be called again for at least twelve months. As I reflected on my experience and the attitude that I went in with, my perspective began to change. As I mentioned, my "goal" was to just go in and get it over with in one day. Mission accomplished, right? Well, yes, in a sense I had achieved what I thought would gratify me. And believe me, it did. But I was also thinking about the interesting experience that I had and the difference that my participation made even in not serving on that particular jury. My point of view and experiences through my participation in the process helped to shape the proceedings and had an effect on potential outcome. Did sharing my thoughts have a bearing in the outcome of the trial? I guess I may never know. But, I was part of the process, I participated and by engaging in the conversation, the other participants began to think in different ways. Of course, this was reciprocal as I had some different ideas occur to me in listening to other jurors' answers.

It got me to thinking about how this type of experience relates to other areas outside of a courtroom. I immediately thought of Association participation. Just as there are plenty of folks that look at serving on Jury Duty as exciting and are eager to take part, there are plenty of Association members that are eager to involve themselves in Association business.



YOU CAN SHAPE YOUR ASSOCIATION and the benefits it provides if you participate and share your views and experiences.

But, what about those members that look at it as a burden or chore? With full-time jobs, many like to simply utilize the networking and educational benefits that come with Association membership. That is terrific and ultimately the reason to join a Professional Association. But, can you get more out of your experience? Well the answer is a resounding yes! Obviously, participation on committees and the Board is not mandatory to your membership but it certainly will enhance your experience. You have the opportunity to shape your Association and the benefits that it provides if you participate and share your views and experiences. What may seem like a burden on the surface may turn out to be not just fulfilling, but fun as well!

Your Association is always seeking participants on Regional and International levels who are willing to play a part in shaping the future of the organization to better serve the needs of the group as a whole. On the surface this may seem overwhelming and maybe even a bit ominous, but the reality is that it's not so menacing and can actually be extremely rewarding on many different levels. I'd be willing to bet that you're not even aware of how much your individual experience adds to the mix. Please consider it a personal challenge to assume a leadership role on your Board. Start on a State or Regional level if the prospect is too daunting at first. I have a feeling that you will be amazed at how gratifying the experience can be. ▲



ACFSA CHALLENGE

**ACFSA is requesting that all Members make a commitment
to recruit at least one new Member this year!**

You know what a great value ACFSA is and what an asset Membership is to your Professional development, so why not spread the good word to your friends and colleagues in the Correctional Food Service Industry? Information and Registration forms are available on the ACFSA website.

www.ACFSA.org

New ACSFA Members

New Members As of April 27, 2010



ASSOCIATE PARTNER

Ryan Johnson
Diamond Crystal Sales
Savannah, GA

CHAPTER PARTNER

Tom Shapiro
Trade Supplies, Inc.
Vernon, CA

Eric Urben
Dupont/Liqui-Box
Pickerington, OH

FOOD SERVICE PROFESSIONAL

Barbara Adler
DVAL Enterprises
Papillion, NE

Margarita Cossio
San Bernardino County Sheriffs
Department
San Bernardino, CA

Carolyn Davis
California Correctionals Foods, Inc.
Encinitas, CA

Alison Delaquil
ADA County Sheriff's Office
Boise, ID

Mark Engelke
Virginia Department of Corrections
Richmond, VA

Grace Ferris
Patton State Hospital
Patton, CA

Ray Hall
San Bernardino County Sheriffs
Department
Rancho Cucamonga, CA

Sharon Joles
Chippewa Valley Correctional Treatment
Facility
Chippewa Falls, WI

John Jones
San Bernardino County Sheriffs
Department
San Bernardino, CA

Peter Martin
Aramark Correctional Services/
Sheboygan Cnty Det. Ctr
Sheboygan, WI

M. Louann O'Brien
Cooper St. Correctional Facility
Mason, MI

Emily Porterfield
Kern Valley State Prison
Delano, CA

Lorraine Teague
San Bernardino County Sheriffs
Department
San Bernardino, CA

Kelly Wellman
Marquette Branch Prison
Marquette, MI

John Wiesmann
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Springfield, MO

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Herlong, CA

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Anne Vlahos
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Parsippany, NJ

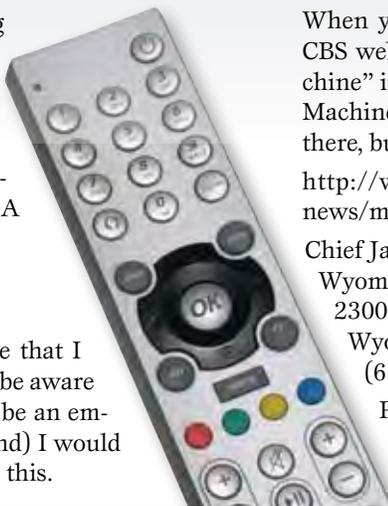
Make Sure to Watch the CBS Report!

Sheriffs:

Most people don't know that everything copied is stored on a hard drive. The New Buffalo Police department sex crimes unit found out the hard way! You may want to share it with others. Below is the link for the written transcript of the story on "Copy Machines...A Security Risk".

Chief's Message:

I have (included a link to) a news piece that I believe everyone on the list-serve should be aware of, if they aren't already. This proved to be an embarrassment for the Buffalo N.Y. P.D. (and) I would hate to see anyone else get blindsided by this.



When you (enter the link below), it will take you to the CBS website. Click on CBS News, then type in "Copy Machine" in the search bar. The story should come up as Copy Machines—Risk Business? This is a lot of effort to get there, but (it is worth the effort).

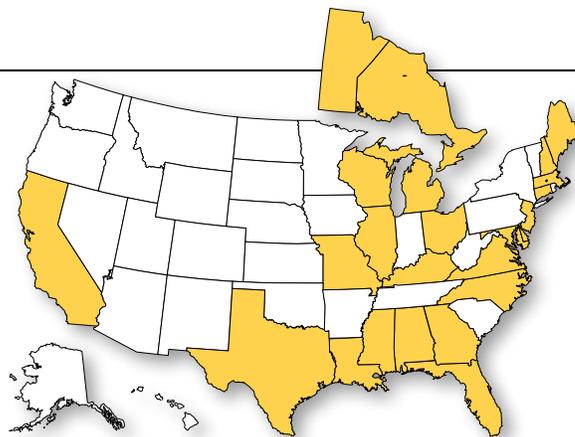
<http://www.cbsnews.com/stories/2010/04/19/evening-news/main6412439.shtml?tag=contentMain;contentBody>

Chief James E. Carmody
Wyoming Police Department
2300 DeHoop S.W.
Wyoming, MI 49509
(616)530-7309 Ext-310

Please note: my email address has changed to carmodyj@wyomingmi.gov

Chapter Presidents & State and Provincial Contacts

USA



ALABAMA

Rena McWilliams
Jefferson County Detention Center

ILLINOIS

Helen Lewis, RD, LD
Cook County DOC

CALIFORNIA

Ray Bullock
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Ohio Dept. of Rehabilitation & Correction

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Delaware DOC

MAINE

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Maine State Prison

NEW HAMPSHIRE

Jeffrey Perkins
New Hampshire DOC

TEXAS

Gail Wood-Toulmin, CFP*
Collin County Sheriff's Office

FLORIDA

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

MASSACHUSETTS

Chris Gendreau, CCFP, CFMS
Massachusetts DOC

NEW JERSEY

Yvette Knox*
River Front State Prison

VIRGINIA

Robert Pennix
Blue Ridge Regional Jail Authority

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Charles Barnes*
Macon State Prison

MICHIGAN

J. Kevin O'Brien
MDOC Coldwater Complex

CANADA

MANITOBA

David Wainwright
Dauphin CI

ONTARIO

Paul Fortier*
Elgin-Middlesex Detention Centre

Call ACFSA Headquarters if you want contact information for any of these individuals
(818) 843-6608



* Chapter President

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 (818) 843-6608.

Region I

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

Region III

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

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Arkansas	Mississippi	Texas
Florida	North Carolina	Virgin Islands
Georgia	Oklahoma	
Kentucky	South Carolina	

Region IV

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Inside **INSIDER**

► *INSIDER* Editors: **Barbara Holly, CCFP, CDM, CFPP** and **Chris Althaus**

INSIDER is published four times annually by the Association of Correctional Food Service Affiliates.

The Fall issue mails in September, the Winter issue mails in December, the Spring issue reaches your mailbox in March, and the Summer issue will arrive in June. We welcome any suggestions or articles for future issues.

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 Fall 2010 Issue:

1. Please send via e-mail by **June 15, 2010** to:

ACFSA—INSIDER

Barbara Holly, e-mail: barbaraholly@bellsouth.net or
Chris Althaus, e-mail: Christine.Althaus@wisconsin.gov

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 email your articles and/or comments to Christine: Christine.Althaus@wisconsin.gov or Barbara: 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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