

INSIDER

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

Virginia Has it All!

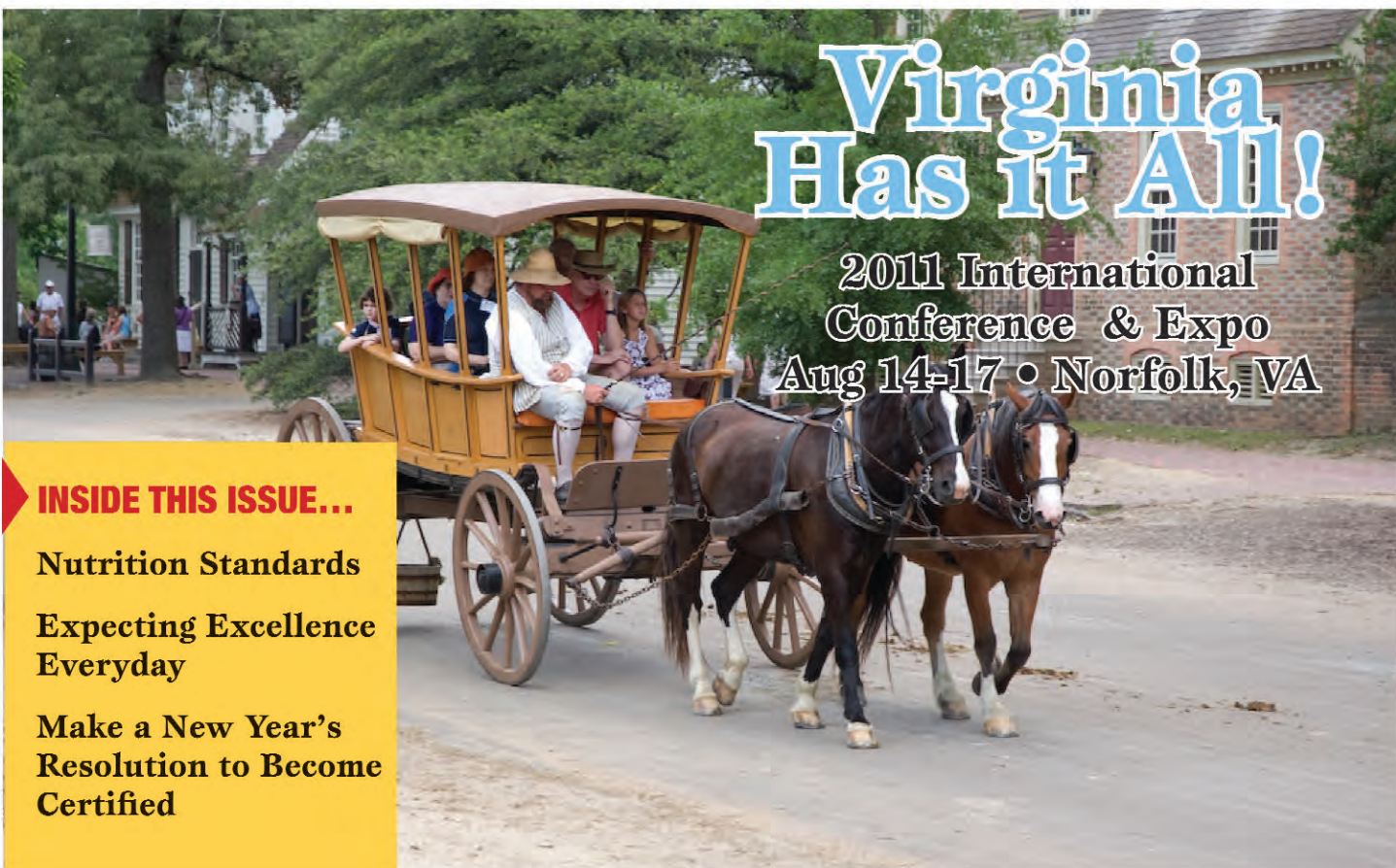
2011 International
Conference & Expo
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INSIDE THIS ISSUE...

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Everyday

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Resolution to Become
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CONTENTS

Spring 2011

COLUMNS

President's Message	2
Past President's Message	3
Vice President's Message	4
Education Report	5
Dietitian's Corner: Nutrition Standards	6
Regional Reports	26
Chapter Chatter	27
Executive Director's Message	28
ACFSA Board of Directors / Committee Chairs / Regional Vendor Liaisons	29
New ACFSA Members	30
Chapter Presidents & State and Provincial Contacts / ACFSA Regions	31

ARTICLES

What it Takes to Become a Dream Team	4
2010 Conference Wrap-Up	5
Expecting Excellence Every Day	8
Make a New Year's Resolution to Become Certified	9
Worm Poop and New Heights	10
How to Get the Magic Back	12
Why Get Certified?	13
ACFSA 2011 International Conference Information	14-19
2011 Board of Directors Ultimate Sports Smackdown	20
Expectations	21
Food Safety Training in Corrections	22
From cfs1 2 to CDM and Now CCFSM	24
Introducing the CFSM Class from LA Sherriff's Department	24
ACFSA Attends NAFEM Show in Orlando, Leaders Honored	25

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President's Message

by Benson Li

ACFSA Gain Two New Chapters and One New Region

As your current president, I am pleased to announce the development of two new chapters: the Washington/Oregon and the Maryland/Delaware Chapters. We are now adding an additional region, Region V, which covers the 10 provinces and two territories of Canada. The newly-elected Region V Director will focus on the membership development of a very large area. Your votes make it possible to create a new category of membership. The formation of the student membership will allow students who are interested in the correctional food service industry to have a chance to learn from the professionals and transfer smoothly into the correctional food industry.

ACFSA membership is growing. In spite of the economy, ACFSA membership has gained momentum. The association enjoyed more attendants than the prior years. Here are some membership advantages:

1. Networking with members in the correctional food service industry. The industry has been changing constantly. It is no longer just bread and water for our inmates. The laws and regulations protect our incarcerated inmates; inferior food and diets may result in lawsuits. Networking with other professionals allows you to tackle the new laws and regulations to protect yourself.
2. Food Safety is a new focus in our industry. Proper food handling and staff training are of utmost importance. Serving tainted food and improper handling of any potentially hazardous food will result in foodborne illnesses. ACFSA has training available for members.
3. Medical and religious diets keep challenging our daily operations. Our Dietitians in Corrections Committee can help you with information and recommendations.

4. ACFSA has the Correctional Food System Management (CFSM) certification and Certified Correctional Food Professional (CCFP) certification for your professional development. Please check our web-site for more details.
5. The International Conference will bring you and our professional partners under one roof to see the latest in the industry. The educational seminars and trade shows are developed specifically for the correctional food service professionals. Our Professional Partners in the industry will help you run your operation more efficiently and lower your food cost. There are many budget saving ideas and new equipment at the tip of your fingers.
6. Have you checked out the ACFSA web-site lately? Our members have been downloading the pictures from the last conference in sunny San Diego. Many members joined the discussion board to find the information they needed for their operations. We also have a new webpage for state laws and regulations for each state.
7. Finally, you are reading a professionally edited publication, our INSIDER magazine delivered to you quarterly. It's full of good information for you and your staff. Please pass it around to other correctional food service professionals. I am sure you'll be proud of the ACFSA.

Stay involved, see you in Norfolk, Virginia August 14-17, 2011. ▲

"The newly-elected Region V Director will focus on the membership development of a very large area. Your votes make it possible to create a new category of membership."





Past President's Message

by Jim Hartman, CDM, CFPP

Let's All Get in the 'Team Spirit'

By the time you get this it will be getting close to spring and the flowers should be blooming and grass starting to turn green. And that means more time to get out doors and enjoy the fresh air. It has been quite a winter for most people and I know they're looking for some relief. The 2011 Conference in Norfolk is coming together nicely and everyone is working hard to make this one the best ever. The folks working on the vendor show have some great ideas and have a great time planned for all. The show's theme this year is Team Spirit. So all you have to do to be part of this fun time is wear you favorite team logo. It could be Pro, College, High School what ever it is show your colors and have some fun. I know that money is tight again this year and the association would like to help you get to Virginia. All you have to do is fill out the scholarship application and send it in. We hope to be able to help send the same number of people as we did last year to the Conference.



"The vendor show's theme this year is Team Spirit. So wear your favorite team logo—pro, college, high school. Show your colors and let's have some fun."

We are always looking for people to run for our elected offices. There is two Regional position and VP/Treasurer to fill this year. So step up to the plat and hit a home run and help shape where this great organization is headed. It is up to you where we will be in the future. There is talk of one or two new chapter forming and more could be added if we would just get out there and let folks know what we are about. Talk to your co-worker and see if you can get them to join and share the fun and educational experience that we have each year. We need yours and there support to keep us strong and growing in the future. So let all pledge to try and bring in one new member this year. ▲



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Vice President's Message

by Carol Thomas

Make a Commitment to Get Involved

Time flies; don't blink; before you know it, it will be August! In just a few short months the great Commonwealth of Virginia will host the 2011 ACFSA International Conference. The Virginia Chapter has been working very hard to ensure we provide you with a great program jammed packed with fantastic educational opportunities, an excellent format for good networking, a bomb of a vendor show and a sprinkle of fun to top it all off.

As many of us continue to deal with financial hardships in the workplace, it is important to remember that ACFSA provides us an avenue for assistance. If your facility is facing challenges; you can bet that another food service professional has been there. All we have to do is ask, please take the time to utilize the resources that the ACFSA staff, members and vendors have to offer. You will be surprised the wealth of knowledge you have, if you just share it.

"Make a commitment this year to take the time to check out the ACFSA website, get involved in your state chapters, and plan to attend our upcoming international conference."

Make a commitment this year to take the time to check out the ACFSA website, get involved in your state chapters, and plan to attend our upcoming international conference. The investment will be well worth the effort. I can be reached by email at Carol.Thomas@vadoc.virginia.gov or by phone at 804-784-6882. See you in Norfolk. ▲

What it Takes to Become a



- Works towards a common goal
- Develops our members skills
- Efficiently uses our time and talents
- Embraces the diversity of our members
- Is committed to continuous improvement
- Builds morale internally
- Performs effectively and produces results
- Accepts praise and criticism
- Cooperates rather than competes
- Maintains a positive attitude towards anyone's ideas
- Stays on task
- Uses resources wisely
- Communicates openly
- Teaches and learns from one another
- Resolves conflicts effectively
- Welcomes challenges
- Shares pride in its accomplishments
- Celebrates successes!!

HEY, FOLKS, THAT SOUNDS A LOT LIKE ACFSA!



Education Report

by Nancy Porter, RD, LDN

No Time Like NOW to Increase Your Skills

The conference site in San Diego was beautiful. I could not get over the roses which were everywhere. The sky was "Carolina Blue". Our host chapter did a marvelous job and attended to all our needs. Our Executive Director did an outstanding job and kept the show rolling. The selection of speakers was some of the best that we have ever had at our conferences.

The CFSM segment was well attended. This year we had a round table discussion lead by recent graduates of the course. Listening to their experiences was most enlightening.

LA Jail will be having a class again this year as well as, hopefully, Canteen. We also had a sign up at the conference from Indiana. So there is a possibility of having 20+ new CFSM'S by next August.

At the conference, a committee was formed and met to rewrite the "Food Service Manual" which was written in the early

1990's. This is the generic manual used in the CFSM course. We are planning to be able to have this manual and CD'S on sale at the Norfolk, Va. conference, August 2011.

Originally this manual was developed for State Prisons and Jails. It was purchased to use as a guide to develop policy and procedure manuals. Now since the CFSM course uses the Manual, we have diminished our supply and we needed to do a little updating.

Winter is a great time to take a self improvement course, especially one which can help you on the job. So let us know if we can get you started on the CFSM Course... It is still a great bargain as the price is the same as the beginning cost of the course back in 2001/2002.

See you in Norfolk, VA, August, 2011. ▲



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Serving the Nutritional Needs of the Public Safety Sector

Nutrition Standards

News, Views and Updates

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



A new year and some good news—the DRI discussion regarding the nutrient standards used in correctional menus is gaining momentum. This was the highlight of discussion at the Dietetics in Health Care Communities (DHCC) Corrections Sub-unit meeting at the American Dietetic Association's (ADA) Food & Nutrition Conference & Expo (FNCE) in Boston. At that time ADA was anticipating contact with the American Medical Association (AMA) for consultation. (See the previous Dietitians' Corner for the full resolution.)

The DRI discussion regarding the nutrient standards used in correctional menus is gaining momentum. This was the highlight of discussion at the Dietetics in Health Care Communities Corrections Sub-unit meeting at the American Dietetic Association's Food & Nutrition Conference & Expo in Boston.

The major points from Corrections' RDs regarding nutrient standards:

- Nutritional standards for correctional menus vary in each of our states, agencies and facilities.
- Costs continue to grow and budgets are tighter. RDs are challenged with being more creative in planning nutritious menus.
- Nutrient data is only as complete as the information provided by the manufacturer if using actual products purchased in our nutritional analyses. Most often, this is the Nutrition Facts Panel. Some RDs feel this is the most we can be held liable for the when completing a nutritional analysis of the menus. Others feel a more complete nutrient list should be used even if a disclaimer is needed to address the lacking nutrition information.
- There is a lack of evidence based research on nutritional deficiencies in incarcerated individuals.

Following FNCE, I participated in a meeting with ADA representatives, Joe Montgomery, MS, RD, LDN, CCFP (via con-

ference call) and the AMA nutrition representative, Suzen Moeller, PhD, to discuss the AMA Resolution. Dr. Moeller is the Senior Scientist, Nutrition Prevention and Healthy Lifestyles Medicine & Public Health.

In the last Dietitians' Corner, I provided details of the AMA Resolution which was submitted by the American Association of Public Health Physicians (AAPHP) as a public health issue. This resolution was "referred" for future action and "... recommended that the American Dietetic Association be consulted on any recommendations regarding institutional menus for incarcerated adult and adolescent populations." The resolution was referred to Dr. Moeller; and thus, the meeting was the beginning of future action.

We addressed the RD concerns above, along with the issues the corrections RD faces. The challenges of setting up a standard, policy or guideline were reviewed as well. Further data collection by Dr. Moeller will aid in determining this outcome.

With a lack of evidence based information on nutritional deficiencies of incarcerated individuals and varying nutritional standards, this is being addressed from nutrient availability, inmate deficiencies and public health outcomes.

I have provided Dr. Moeller with some resources to aid her in her research, including ACFSA and NCCHC. ACFSA now has database of foodservice standards (on the ACFSA website) across the country along with many Insider articles. NCCHC has many publications including the Health Status of Soon-to-be-Released Inmates, A Report to Congress, Volumes I and II.

Other Resources

- Nutrition and Food Service Management in Correctional Facilities, 3rd Edition
- Healthy Inmates 2020 is a pilot program for correctional healthcare adapted from the US Health and Human Services Healthy People 2020 project which includes focus areas of Nutrition, Exercise and Weight. www.healthyinmates.org

From the RD side, Joe and I are proceeding with the Correctional Nutrition Survey which was developed and reviewed by the Dietitians in Corrections—DRI Committee initiated at ACFSA in 2009. This was put on hold as a result of recommendations from ADA. Since we are not conducting a nutrient deficiency study at this time (one of the recommendations), and Suzen's turnaround is short to present to the AMA, we will finalize the survey and reach out to as many Corrections RDs for participation. More details of this will be through the listserv and the ACFSA web site. Please encourage your RDs to participate if you are unable to answer the questions. ▲

Upcoming Conference

2011 NCCHC

Updates in Correctional Health Care

May 21-24, 2011

Phoenix, AZ

www.ncchc.org

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 DHCC 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.dhccpg.org or contact Joe Montgomery at diet-n-corr@wolfecreek.net. Emails communicated through this group are sent through a private email address.

I thought I would share the departments' logo with you in this message. Thinking about it in a food service setting, we have built in expectations that everything we produce will be excellent. Recipes are set up for us and they are tried and tested and if followed carefully, the product will be excellent. We expect nothing less, so the logo for food service is just a gentle reminder of what we do every day.

Today, I received a monthly newsletter from the American Culinary Federation and the subject of tools came up. This is another thing that correctional food service does exceptionally well, control our tools. We have more control over critical tools than any other food service operation. It's just second nature for us to check out each tool, get a prisoner ID for the tool, monitor its usage and tether it if required and then check it back in, inventory the tools and sign off that all are accounted for each shift.

I was working in the entremetier section of the kitchen and I had to borrow knives for a while until the chef de partie told me it would be a good idea to order my own from the "knife guy." So, I ordered a new French knife and a couple of paring knives to start. When they came in it was like Christmas in the kitchen. All the cooks around me came over to check out my new knives. Soon I was shown how to sharpen them with the wet stone and then to use the steel to hone the knife. I began working with the knives and soon accumulated more tools as I went from department to department in the brigade system of this French style kitchen. These knives and their care brought me into the brotherhood of cooks and many chefs demonstrated to me by their helpfulness that now you have a responsibility to keep these tools in good shape, clean and protected. Soon, I was invited by the Germans and Austrians at the saucier station out to eat and party at the local pub. I was initiated in an evening long party and all I can



by J. Kevin O'Brien, CEC

However, we do need some reminders occasionally that tools need to be cared for all the time. In the fall of 1974 in Montreal, I was doing my chefs apprenticeship at The Queen Elizabeth Hilton. This was the flagship and headquarters for Hilton International and it was a ¾ of a city block long and several stories high. I had just graduated from the hotel school at Michigan State and I was looking for some kitchen experience in a large hotel. I could not have picked a better place to learn a trade. With over 100 cooks and chefs from around the world, this was a vibrant kitchen and at the time the largest food and beverage operation in the world, serving over 50,000 people a day.

say is thank God I had practiced a lot for this moment at The Peanut Barrel at MSU.

This experience certainly taught me the importance of keeping all kitchen equipment operating at its peak efficiency. We in corrections have more time on each piece of our equipment than most facilities, often operating 24 hours a day, seven days a week. I have learned to have some redundancy built into kitchen equipment, but most importantly to make sure that regular maintenance is performed on it to keep it going. You never know when a good knife will come in handy and it better be sharp. That is demonstrating Excellence Every Day. ▲



Get
Certified!

Make a New Year's Resolution to Become Certified

by Barbara Holly

Have you considered becoming certified? Two educational programs the Association of Correctional Food Service Affiliates has developed to increase the level of professionalism for our members are: The ACFSA Certified Food Systems Management (CFSM) program which provides a nationally recognized professional certification program for individuals employed in the corrections field, and the ACFSA Certified Correctional Foodservice Professional (CCFP) program which raises the professional standards of foodservice personnel and encourages self-assessment by offering guidelines for achievement. I know that many of you probably make New Year's resolutions each year, but have you considered making Professional Resolutions? Perhaps becoming certified is one of your professional goals for 2011. I encourage those of you who have not become certified to do so. Also, all of our new members, I encourage you to make application to become Certified. If your facility does not require you to be certified, perhaps you will want to do it on your own. I worked with the Alabama DOC for over 24 years and my position did not require certification but I wanted CCFP after my name. I felt like I had worked hard to achieve my goal and was entitled to the recognition I

received through certification. Why not enjoy the recognition from your facility, peers and other correction professionals by becoming certified? Certification helps members strengthen their job effectiveness, develop professional skills, build confidence, and advance their employment or promotion opportunities.

Plan on attending Chapter, Regional and International Conferences. Here is where you gain continuing education hours, which can help you stay motivated and ready for new challenges. Practical programs help you be a more effective and productive employee. You'll also get new ideas to help your department get results quickly.

So, please, members do not let our education and knowledge skills that we incorporate into our duties every day go to waste. Build your self-esteem, test yourself, and if you fail, try again and again. Never give up, continue your climb up the ACFSA ladder of success and become certified!

For more information on certification please contact Nancy Porter, RD, Education Chair nporter2@nc.rr.com or contact ACFSA Headquarters 818-843-6608 or visit our website at www.acfsa.org ▲

As I write this we are getting the first good snow of the season. The pigs are gone. The chickens are laying plenty of eggs and the garden is resting until next year. Now it's time to reflect on that phenomenal show this past August. Thanks to all the awesome California people who put together a great San Diego Show.

This was my second conference, and it only seems to get better and better. The people that I am meeting are all helping and pushing me to strive to be the best professional that I can be. How could you not like the ACFSA? Just picture a bunch of great correctional food service professionals sitting around a pool, talking worm poop. It doesn't get any better than that! As a scholarship winner, I am so grateful and indebted to the people who awarded this to me. As I attended the breakout session, I was amazed at the wealth of information that was available. I only wish that somehow the sessions could be longer so we could get into more detail during the program! I can't get enough, and that is what keeps me wanting more, and coming back to the conferences.

I was so very happy to sit and help Teddie Mitchell on her CCFP breakout session; I received my plaque at the annual banquet the night before. If you have not enrolled in this program, you should really think about it. It made me a better professional and I know that it would help all of you the same way as well. Thank you Teddie, you gave me an intense sense of pride, just by inviting me to sit in.

I would love to sit down with Mr. Richard Weintraub for a whole day. What a great key note speaker. Boy, does he know how to make people think deep within themselves, or what?! Does anybody have a recording of that speech, either audio or visual? I would love to get my hands on a copy. It would be great to play at work or at our monthly meetings. As the days passed, way too fast, and the friendships developed, I became overwhelmed once again, with an enormous sense of pride. I cannot express how much being a part of this great organization and all that it stands for means to me.

And I can't forget the extraordinary ladies of Canteen, thanks for the invite to the Zoo! I had a blast. Nothing beats that tram ride, though. I did not, and still do not like any heights, and that's why my kids still don't believe that I went up 200 feet in the air, in a plastic cart being held up only by an old, and what I assume to be rusty, metal cable. I remember carefully reaching my hand out the side, while I tightly held the hand of a passenger, who was braver than I, and took a picture with my phone. And I'll tell you, I still get chills when I look at it. See this organization is great. From worm poop to new heights, it couldn't be done without each and every one of the great people associated with the ACFSA.

Thanks again for the great conference, God Bless our troops, and see you in Virginia.

Worm and New Heights Poop

by Robert Gauthier





ASSOCIATION OF CORRECTIONAL FOOD SERVICE AFFILIATES NORTHERN LAKES CHAPTER

IT'S NOT TOO EARLY TO BE THINKING OF SPRING PLANTING AND WORM POOP!!!!!!!!!!!!



To many of us the picture to the left is our reality right now—cold, snow and nothing growing (but our waistlines!). However, it's not too early to begin planning our spring gardens. **BEANS**, **CARROTS**, **TOMATOES**, OH MY! (mouth watering yet?). Or for those non-vegetarians among us **ROSES**, **PANSIES**, **LILIES**, OH MY! (get your nose twitching?)

**For heavens sake, don't forget
the starter plants!**

Then there are those that, through whatever accident of fate, (sorry, just jealous) live in an area where things always grow—hardly seems fair. But these ever-blooming plants must be fed regularly or they will not grow to their full potential—water is not enough.



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How to Get the Magic Back

*by Janice Hurt, Past President,
Northern Lakes Chapter*

I work as an administrative dietitian for a county facility in Wausau, WI that has a large nursing home, caters to the county meal program, and caters to the Marathon County Jail and Detention Center.

In 1997, we received a complaint from the jail that the portions we were serving were too small. At that time, we served the same menu to all the people so the jail was getting about 2000 calories. The jail inspector prompted us to contact the DOC dietitians in Madison. We received all kinds of information and made many changes to our jail menu. DOC invited us to attend their annual conference in WI Dells. It was at this conference, at one of the breakout sessions, that we met with the food service folks from the other county facilities. What an eye opener that was! They talked about ACFSA being the network for the counties, so I joined. Our facility is 2 miles away from our jail and I really didn't have any idea how they worked.

The Wisconsin chapter met 3-4 times a year at various facilities in the State and now, I was getting inside jails. I've always felt like an outsider because we didn't have inmate labor or any of these kinds of issues. But we did have so many other things in common. It has been invaluable to learn from all the participants. We hosted a meeting at our facility and they were asking for folks to step up and run for office so I got in as treasurer. Holding an office and being on the board of your chapter is the most beneficial thing you can do for yourself and your chapter. It keeps your vision aligned and gets your ducks in a row.

I went to my first conference in St Charles, IL. One of the first national figures I met at the newcomers reception was Jim Beach. I remember he was running for something and his

line was, "Hi, name's Jim Beach, Damn glad you met me." The rest of the conference was equally enamoring.

Times move on and officers come and go and people move, budgets get cut, and somehow in the midst of all that our chapter, which was once a lively vigorous entity, dwindled down to about 8 members. In the midst of this dwindle, our dear friend, Teddie Mitchell ran for president of ACFSA and held the office. I was horrified that we had the international president in our chapter while we were fading away.

In April 2009 the WI chapter met in Wood County. Phil Atkinson, (Region III director and MN member) was there and he brought Tim Thielman (already a lonely MN member). Altogether there were about a dozen ACFSA members.

We hadn't had an election in years and at this point only had 2 officers and I was still the treasurer. The president didn't make it to that meeting and I knew she was tired of it all, so I stood up and asked the group to nominate me for president. We all talked about combining WI and MN because they didn't have a chapter. I also asked for nominations for the other offices; Tim for vice president, Becky for secretary and Roger for treasurer. Everyone was willing and we just had to make it official with the International Board and ballots.

That year we all went to the conference in Grand Rapids, MI where Teddie turned her gavel over. We met the lovely ladies from Iowa and they were without a chapter so we folded them into our newly formed Northern Lakes Chapter. We met 6 times in 09-10 and the membership grew to 44. We turned into a movin', shakin' chapter attracting new members and vendors. It has been a blast and the "magic" is back.

You don't have to do it alone. Approach the members in your neighboring state and have a meeting. Get those dietitian members in your state to share some insights. Times are tough and folks are looking for that network to help ensure their survival. Logistics are no picnic for us, so don't think area is your nemesis. Reach out and enjoy the returns. ▲



For more information,
contact Teddie Mitchell,
CCFP: [Teddie.mitchell@
co.shawano.wi.us](mailto:Teddie.mitchell@co.shawano.wi.us)
715-526-7952 or
Gillian Newell at ACFSA
headquarters.

Why Get Certified?

by Teddie Mitchell, CCFP

Certification is a validation of achievements. It was a proud day for me when I became a Certified Foodservice Professional in the year 2000. Even though I had my dietary manager's certification, working in corrections was totally different from other positions in food service.

When I first looked into the program, I found it daunting but after getting more information, it was simply a question of collecting data from the different courses and workshops I had attended through the years.

Since that time, the program has seen an overhaul with clear explanations for the different categories. There are now three (3) levels of certification. It was also changed to "Certified Correctional Foodservice Professional": CCFP.

Once certified, it is important to keep current on different trends in correctional food service. One of the best places I have found to stay in touch with everything new in corrections is to attend the annual international conference. Not only is it a great place to get continuing education in your chosen field but you also get to interact with your peers.

The certificate of attendance counts toward CEU's needed for re-certification. The variety of subjects offered during the conference, assures that all different areas needed for (re) certification are met. Combine that with all the special things you do as a food service professional: speaking to groups, writing articles and serving on committees. It is easy to collect the necessary points. Then just keep a file with the necessary documentation. When ready to submit the application, copy and include these documents.

So, why get certified? Remember that Professionalism is a journey. Certification can be a goal, a destination but should never be final. We continue to learn and develop into Professionals but we're really never "done".

I urge everyone who has neglected to renew their CCFP to re-apply and keep it current. It will validate your professionalism and show your supervisors that you are serious about your chosen profession. The ACFSA offers 3 different levels of certification in the CCFP program. ▲

Virginians are proud of the accomplishments and the heritage we have in this great state. Virginia was the first permanent English settlement in America. Merchants were lured to this settlement by thoughts of profits in mining and trade. Virginia later became known for its growth in agriculture and tobacco. Agriculture remains an important part of the state and we rank among the top ten in a variety of agricultural products, including tomatoes, tobacco, peanuts, apples, summer potatoes, sweet potatoes, snap beans. Virginia also has a large dairy industry. Mining is still an important part of Virginia. Virginia is one of the top ten coal producers in the U.S. Coal accounts for about 70 % of Virginia's mineral value; crushed stone, sand and gravel, lime and kyanite are also mined. Over the years many countries have landed on these shores and handled trades of goods in Norfolk and in places near the site in which we will have our conference.

Many first time accomplishments have occurred in this great state. We have many things we can boast about: eight Virginians has been President of the United States. That accomplishment gave us the nickname "The Mother of Presidents."

Come early or stay late! I invite you to take in the rich history Virginia has to offer while your at the 2011 Conference.



Mount Vernon



Williamsburg

Looking for a Reason to Attend the 2011 Conference?

Virginia Has it All!

by Robert Pennix, VA Chapter President

Virginia was one of the deciding states in the last historical Presidential election. The author of the Constitution and Declaration of Independence are from the state of Virginia. Everyone who resides in the United States lives by the words of these great documents and we uphold the laws of this land because of the words that were transposed in these documents. It is also the state where the country came together again.

It doesn't matter how you arrive in this state; I would like to encourage you to arrive early and stay late; take in the history. We have many points of interest, such as Mount Vernon home of George Washington, Monticello home of Thomas Jefferson, Richmond the capital city and past capital of the Confederacy, and Williamsburg the restored Colonial capital. Virginia has 34 state parks that are consistently voted the best state parks in the nation. I have spent many nights in many of these parks camping with family and friends. I would suggest straying away from the normal trail of travel. Don't take the interstate; take the scenic route drive Skyline Drive, Shenan-

doah National Park, or the Blue Ridge Parkway. I guarantee it will be an experience that you will never forget. If you are feeling adventurous, stop and take in one of the small towns. The town I live in Lynchburg, VA was named the Most Adventurous Town in America by the National Geographic this year.

The conference will be great and it is in a great location. The Tidewater area is home to four of the largest cities in VA; rich in history also. If history is not your thing, yes we do have a beach just 15 to 20 minutes from the conference center so take some time to enjoy it. If you have some personal history that ties you into Virginia I personally would love to hear your story. Remember we are all connected by six degrees of separation. So if there is anything that ties you into this great state look at this as a reunion. Virginia would like to welcome you home. If you don't have any ties to Virginia come enjoy some good old fashion southern hospitality from your friends in Virginia. I cannot wait see you at the ACFSA International Conference August, 2011 in Norfolk, VA. ▲

THE 2011 BASKET CHALLENGE & SILENT AUCTION



What Will You Put In Your Basket?

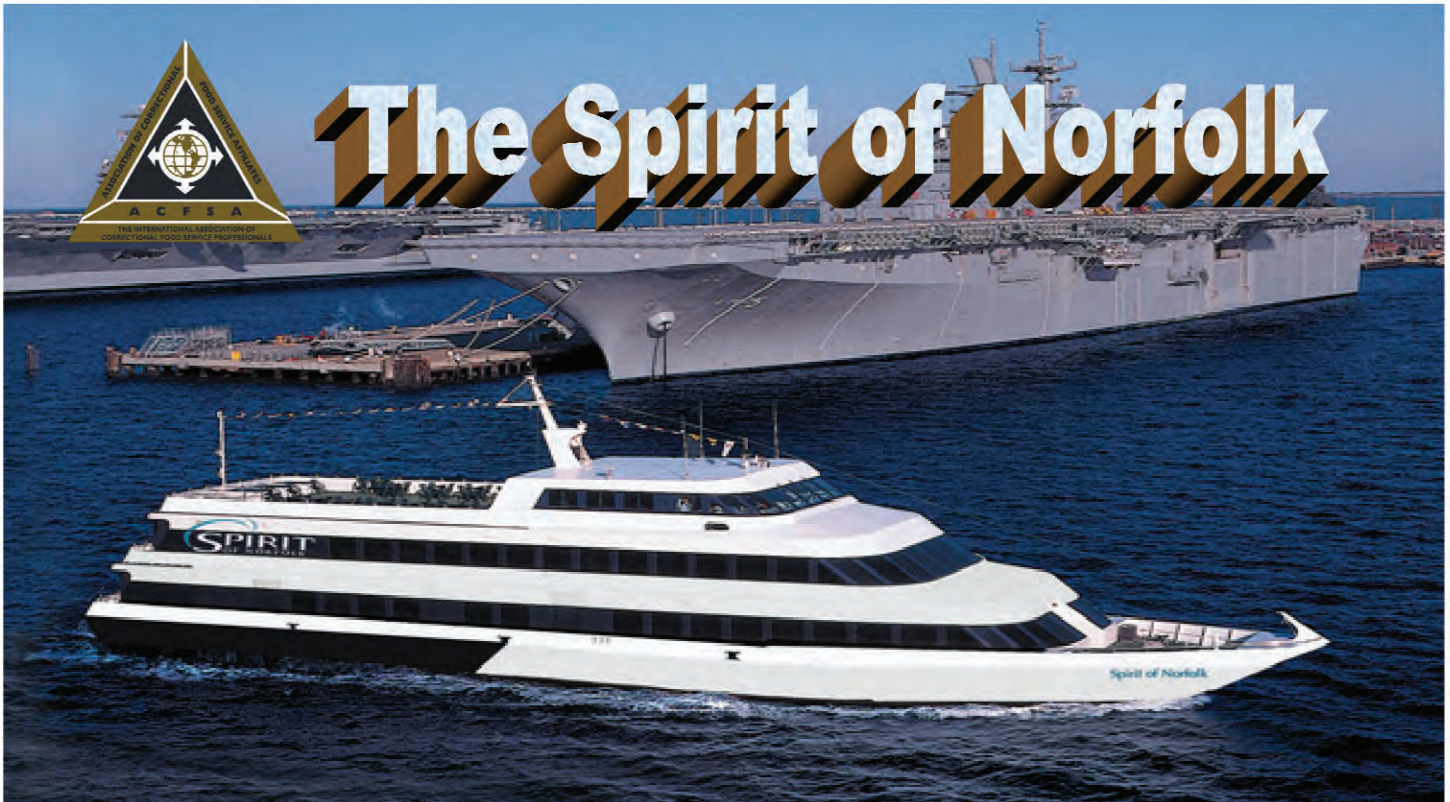
It's time to start thinking about your entry in the 2011 Basket Challenge!

Of course, a basket is not necessary for your entry, it's just a term, but this is your chance to show your State, Region, Facility or Company is the BEST! We have had fierce competition in the past and want to see it again in Norfolk. So put something special together and let the Trash Talk begin! Just kidding, it is a friendly competition after all, but one that you'll have a great time participating in.

And remember, this is also a Silent Auction and ALL items are welcome and appreciated - no matter how large or small.



The Annual International Conference
August 14-17, 2011
Norfolk, Virginia



The 2011 Awards Banquet Takes to the Seas!

You'll want to make it a point to pack your sea legs when planning your trip to Norfolk for the Annual International Conference because the Awards Banquet is taking place aboard the famous Spirit of Norfolk! There's a reason our Conference Hotel is called the Norfolk Waterside Marriott – because it's in Norfolk, it is part of the Marriott Hotel chain AND it sits right on the water with beautiful views that will leave you yearning for an adventure on the high seas. These facts got the Conference Committee to thinking and ultimately were the impetus for this three hour sailing tour that will feature a delicious dinner, live entertainment and, of course, the Annual Awards Ceremony where we recognize our Association's stars!

There is probably no better way to explore the historic waterfront city of Norfolk, Virginia than aboard the Spirit of Norfolk navigating the pristine waters of the Elizabeth River.

So, mark your calendars for a date to set sail on Tuesday, August 16.

We will push away from the dock at 7:00 P.M. following the official photo session.

All Aboard!

ACFSA 2011 Annual International Training Conference & Expo

August 14-17, 2011 • Norfolk Waterside Marriott • Norfolk, Virginia



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 _____

<u>REGISTRATION FEES</u>				
Number of Attendees	Type of Registration	Registering Before <i>July 29, 2011</i>	Registering After <i>July 29, 2011</i>	Amount Due
	ACFSA FOOD SERVICE, INSTITUTIONAL OR RETIRED MEMBER	\$195	\$225	
	ACFSA NON-MEMBER FOOD SERVICE EMPLOYEES ONLY NO EXCEPTIONS**	\$275	\$300	
	GUESTS (INCLUDES FRIENDS, RELATIVES ONLY)	\$110	\$130	
	ONE DAY MEMBER AND NON-MEMBER FOOD SERVICE EMPLOYEES ONLY - NO EXCEPTIONS PLEASE SPECIFY DATE:	\$70	\$95	
	VENDOR SHOW ONLY FOOD SERVICE EMPLOYEES ONLY NO EXCEPTIONS**	\$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 <i>(FULL PAYMENT MUST ACCOMPANY COMPLETED REGISTRATION FORM)</i>				

♦ - 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 FOOD SERVICE EMPLOYEES & EXHIBITORS WILL BE PERMITTED TO ATTEND CONFERENCE & TRADE SHOW. NON-EXHIBITING VENDORS WILL NOT BE PERMITTED TO ATTEND CONFERENCE OR TRADE SHOW UNDER ANY CIRCUMSTANCES.**

CANCELLATIONS
CANCELLATIONS REQUESTED IN WRITING TO ACFSA WILL BE GIVEN A FULL REFUND IF RECEIVED ON OR BEFORE JULY 15, 2011. CANCELLATIONS RECEIVED AFTER JULY 15, 2011 & NO-SHOWS WILL NOT BE REFUNDED.

REGISTRATION
REGISTRATION WILL BEGIN SUNDAY, AUGUST 14, 2011 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 YOUR 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 # _____

Send Payment to: **ACFSA, 210 N. Glenoaks Blvd., Suite C, Burbank, CA 91502**

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

Credit Card Number _____ Expires _____ V-Code _____

Billing Address _____ Billing Zip Code _____

Name on Card _____ Signature of Cardholder _____



Exhibitor Registration Opportunity 2011 Annual Conference

August 14-17, 2011

Norfolk Waterside Marriott - Norfolk, Virginia

I, am the AUTHORIZED REPRESENTATIVE (office contact person with address information) to receive all corresponding materials relating to Exhibits, Exhibiting at the 2011 ACFSA Conference in Norfolk, Virginia. (* Indicates a REQUIRED FIELD)

*NAME _____ TITLE _____

*Company/Organization _____

*Mailing Address _____

*City/State/Zip _____

*CONTACT PHONE _____ FAX _____

*Contact EMAIL _____ Website _____

*Phone for Publication _____ * Email For Publication _____

Please SIGN ME UP TO EXHIBIT AT THE 2011 ACFSA INTERNATIONAL CONFERENCE IN NORFOLK, VA

ACFSA Member \$1045 each Booth _____ +\$50 _____ = Total Amount _____
Corner Booths \$50 Additional Number of Booths Number of Corner Booths Total

NON- Member \$1530 each Booth _____ +\$50 _____ = Total Amount _____
Corner Booths \$50 Additional Number of Booths Number of Corner Booths Total

Each Booth receives 3 Complimentary full conference attendees. Additional Booth Personnel \$150 per person.

I will need _____ Additional Full Conference Personnel @ \$150 each for a Total Amount of _____
Total

Vendor Show ONLY Additional Badges are \$50 per person. Allows additional Booth Personnel on Show Floor for Show ONLY

I will need _____ Additional Badges @ \$50 each for a Total Amount of _____
Total

Non-Members pay the Member Booth Price if they JOIN ACFSA! ACFSA Membership \$384 Annually **YES** _____
Total

I would like to be a Sponsor for the 2011 Conference! Minimum Contribution \$250 **YES** _____
Total

I would like to be Scholarship Sponsor for 2011 Conference! Minimum Contribution \$250 **YES** _____
Total

I will need refrigerated storage _____

I would like information regarding the rental of ACFSA's Mailing List _____

GRAND TOTAL DUE FOR ALL SERVICES \$ _____

CANCELLATION DEADLINE IS MAY 13, 2011 ~REQUESTS MUST BE MADE IN WRITING ON OR BEFORE MAY 13, 2011

NO REFUNDS WILL BE MADE AFTER THIS DATE

PLEASE RETAIN A COPY OF THIS FORM FOR YOUR RECORDS

Questions? Call ACFSA at (818)843-6608

Make Checks Payable to ACFSA: Check Number _____

Pay with a Credit Card

Name on Card _____ Card # _____

Expiration _____ Signature _____

Send Completed Form to: **ACFSA, 210 N Glenoaks Blvd, SUITE C, Burbank, CA 91502**
If Paying with a Credit Card, You may FAX your form to **(818)843-7423**

The 2011 ACFSA Annual International Conference

Norfolk Waterside Marriott • August 14-17, 2011

Sunday, August 14, 2011

- 6:30 – Golf Tournament
8:00 – 5:00 **“ServSafe” Food Safety Certification—**
Matt Hooven
1:00 – 5:00 Registration
4:00 – 5:00 International Board of Directors/Chapter
President’s Meeting
5:00 – 6:00 **First Time Attendees Reception**
6:00 – 8:00 **President’s Reception**

Monday, August 15, 2011

- 7:00 – 4:30 Registration
8:00 – 10:00 **Opening Ceremony—Breakfast -**
Association Update
10:00 – 10:30 **Welcome**
Paul D. Fraim, Mayor Norfolk
Robert J. McCabe, Sheriff & High
Constable Norfolk
Harold W. Clarke, Director, Virginia
Department of Corrections
10:30 – 12:00 **Keynote Address—**Mike Seville
12:00 – 1:30 Lunch (on your own)
12:00 – 1:30 Dietician’s Luncheon sponsored by Good Source
12:00 – 1:30 CFSM Luncheon sponsored by Prison Bilt
1:30 – 2:30 Vendor Meeting (Professional Partner
Representatives only)
1:30 – 2:30 **General Session – Agribusiness Forum—**
“How We Get it Done”
William R. Gillette – Virginia DOC
Ron Lintz – Virginia DOC
Phillip Sykes – North Carolina DOC
Burt Dew – South Carolina DOC
Joe English – Georgia DOC
2:30 – 3:30 **General Session – Food Cost Forum –**
“Making Every Dollar Count”
Mark Engelke – VA DOC
Tom Phillips – Canteen
David Burke – GEO
BOP Representative
3:30 – 3:45 Break
3:45 – 4:45 **Regional Roundtables**
5:30 – 7:30 **Vendor Reception**

Tuesday, August 16, 2011

- 7:00 – 4:30 Registration
8:00 – 10:00 **General Session – “Gangs” –** *Michael Duke*
Vendor Show
Break
2:00 – 2:15
2:15 – 3:15 General Session – “Re-entry Program” -
Scott Richardson & Hasan Zarif
Cake Decorating Competition
2:15 – 3:00 *Meeting (Competitors only)*
3:15 – 4:15 *Cake Decorating Competition*
4:15 – 4:30 *Cake Decorating Competition*
Judging
6:00 – 7:00 **Photos (TBA/Pier)**
6:30 – 9:30 **Banquet Reception/Dinner Cruise**
6:30 – 7:00 *Dinner Cruise Boarding the Ship*
7:00 *Ship Departs from the Dock*
7:30 – 10:30 *Dinner Cruise – Awards Banquet*

Wednesday, August 17, 2011

- 7:00 – 4:30 Registration
8:00 – 10:00 **General Session – “Corrections, Religion**
and the Law”
Randy Myers
Asgar Goraya
10:00 – 10:15 Break
10:15 – 11:15 **Breakout Session I - “Ask the Dietitian”**
Barbara Wakeen,
Jennifer Sowers, Canteen
Connie Schaff, Maryland Dept of Corrections
10:15 – 11:15 **Breakout Session I - “Team Building” –**
Shirley Stanley
11:15 – 12:15 **Breakout Session II - “Team Building” –**
Shirley Stanley
11:15 – 12:15 **Breakout Session II - “Ask the Dietitian” –**
Barbara Wakeen
Jennifer Sowers, Canteen
Connie Schaff, Maryland Dept of Corrections
12:15 – 1:30 Lunch (on your own)
1:30 – 2:45 **Breakout Session - “Trends in our**
Correctional Disciplines”
Jail – Robert Pennix
Department of Correction
Bureau of Prison
Juvenile Justice
2:45 – 3:00 Break
3:00 – 4:30 **General Session – “Cultural Diversity” –**
Jerome Reed
1:30 – 5:00 Certificates of Attendance

Please note that this schedule is tentative and subject to change. For the most up-to-date schedule, visit www.ACFSA.org often.



2011 BOARD OF DIRECTORS ULTIMATE SPORTS SMACKDOWN

2011 BOARD OF DIRECTORS
ULTIMATE SPORTS SMACKDOWN



BENSON LI (PRESIDENT)
BENSON "BONE BREAKER" LI

vs.

JON NICHOLS (EXECUTIVE DIRECTOR)
JON "BRASS KNUCKLES" NICHOLS



CAROL THOMAS (VICE PRESIDENT)
CAROL "THE CRUSHER" THOMAS

vs.

JIM HARTMAN (PAST PRESIDENT)
JIM "THE HIT MAN" HARTMAN



JIM BEACH (VP ELECT/TREASURER)
JIM "RUNS WITH SCISSORS" BEACH

vs.

ROBIN SHERMAN (SECRETARY)
ROBIN "THE RATTLE SNAKE" SHERMAN

MICHAEL ROBERTSON (VENDOR LIAISON - EQUIPMENT)
MIKE "THE MANIAC" ROBERTSON

vs.

DAVID JACOBS (VENDOR LIAISON - FOOD)
DAVID "THE JACKHAMMER" JACOBS



JIM HARTMAN (CONFERENCE CHAIR)
JIM "THE HIT MAN" HARTMAN

vs.

RICKY CLARK (CONFERENCE CHAIR)
RICKY "ROCKIN RICKY" CLARK

JOIN US DURING THE VENDOR SHOW AND WATCH THE ACTION!

Expectations

With a new year comes with many expectations and promises. Did you live up to the promises you made last year? Did you accomplish all that you thought you would in 2010?

We all start each year with high expectations. How many of us are in the 20 day club? Yes the 20 day club, each year the largest number of sign-ups to health clubs happens in the first 20 days. We all start out the year with good intentions. Each year we live we believe that we are going to make the up coming New Year the best year of our life. Then reality set in we do not make it to the gym on January 21. We do not stick to the diet we started in the beginning of the year. We are not as nice as we said we were going to be to people. We treat people the same way we have always treated them. We continue to be the people we have always been.

Change doesn't happen in the first 20 days of the year sometimes it doesn't happen in the 365 days in the year. I know many of you are thinking I have changed so when did it happen? It accrued after many failures. It takes falling down a couple of times before we can pull our selves

back up. Wisdom blossom through experience; we never change over night. Many have talked about change in an instance. I personally have never witnessed it. We become better with time. All good diets start with one less bite. A marathon starts with the first step. Going to the gym starts with showing up at the door. As we step in the gym we need to start with 5 pounds not 100 pounds if we work slowly to reach our goal we will reach them.

Set realistic goals they are much easier to achieve. Be nice to one person today as time goes by you will pick up others along the way. This does not have to happen on January 1, 2011 it can happen any day in any year so believe you can achieve it and start today. Remember start with baby steps because the finish line is still the same distance. You don't have to finish first because everyone can be a winner in this game of life. ▲



A pair of white nitrile gloves is shown from a top-down perspective, cupping a single brown egg. The background is a solid, bright yellow. The gloves have a textured, pebbled surface. The egg is positioned in the center of the palms of the gloves.

Food Safety Training

in
Corrections

by Benson Li, ACFSA President

According to the Centers for Disease Control and Prevention (CDC), each year roughly one out of six Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases.

Approximately 20 percent of the 48 million people who fall ill each year are infected by known pathogens. The rest are made ill by disease-causing microbes and chemicals in food that are little known or have not been identified.

In correctional food service operations, we count on our correctional food service professionals to supervise inmate workers to perform food preparation tasks. Most correctional food service professionals are certified by an ANSI accredited Food Safety Manager Certification program every five years. The correctional facilities also develop procedures to train inmate workers. State and federal prisons have inmates that are serving a longer term than the county and city jails. Most county and city jails have short-term workers with little or no prior food service training. In order to avoid foodborne outbreak, an inmate food handling training is furthestmost important.

The responsible physician, in cooperation with the food services manager and the correctional facility administrator, shall develop written procedures for medical screening of inmate food service workers prior to working in the facility kitchen. Additionally, there shall be written procedures for education and ongoing monitoring and cleanliness of these workers in accordance with health and safety standards.

Food safety training will include but not necessarily be restricted to:

- Foodborne illness, including terms associated with foodborne illness, microorganisms such as bacteria, virus, parasite and fungi, and toxins that can contaminate food and the illness that can be associated with contamination, definition and recognition of potentially hazardous foods, chemical, biological, and physical contamination of food, and the illnesses that can be associated with food contamination, and major contributing factors for foodborne illness.
- The relationship between time and temperature, with respect to foodborne illness, including the relationship between time and temperature of microorganisms during the various food handling, preparation, and serving states, and the type, calibration, and use of thermometers in monitoring food temperatures.
- The relationship between personal hygiene and food safety, including the association of hand contact, personal habits and behaviors, and food employee health to foodborne illness, and the recognition of how policies, procedures, and management contribute to improved food safety practices.
- Methods of preventing food contamination in all stages of food handling, including terms associated with contamination and potential hazards prior to, during, and after delivery.

- Procedures for cleaning and sanitizing equipment and utensils.
- Problems and potential solutions associated with facility and equipment design, layout, and construction.
- Problems and potential solutions associated with temperature control, preventing cross-contamination, housekeeping, and maintenance

The ANSI food safety training providers such as National Registry for Food Safety Professional and The Educational Foundation of the National Restaurant Association have training materials available for the food workers program.

How can you measure the effectiveness of your inmate food safety program?

- Decreased in the number of food related complaints
- Reduction in reportable foodborne illnesses
- Observe improvement in food handling and sanitation practices
- Improved inmate food workers' morale
- Proper documentation of food safety reports
- Inmate food workers will work as a team to prevent potential foodborne illnesses
- Food workers have desires to learn more about food safety

How can you assess the extent to which training has resulted in behavior change?

- Inmate food workers will be able to answer time and temperature related questions
- Proper receiving, storage, preparation, cooking, and holding practices
- Improved personal hygiene and hand washing
- Proper cleaning and sanitation procedures
- Practice techniques to avoid cross contamination

Invest in a food workers' training program; it is a win-win proposition. ▲

Article References

- <http://cdc.gov/foodborneburden/2011-foodborne-estimates.html>
- www.nrfsp.com/exam_candidate/food_worker.php
- www.servsafe.com/Starters/index.aspx

From cfsl 2 to CDM and now CCFSM

by Richard W. Karl Jr., CDM, CFPP, CCFSM

I have been working at Waupun Correctional for a little over 3 years. During that time, I have completed my DMA test to become certified as a DMA/CFPP/Manager. In September of 2009 it was at a DMA meeting that I met Teddie Mitchell for the first time. She was Speaker at the meeting and during the presentation that she gave, I learned of the Association of Correctional Food Service Affiliates (ACFSA). I had a conversation with Teddie following her session and decided to join ACFSA and I have been an active member of standing for a little over a year. I belong to the Northern Lakes Chapter in Region 3. Since joining the chapter, I have met a lot of interesting people and I have been able to learn how to sell Northern Lakes Famous "Worm Poop."

Joining ACFSA has been great for me. I have been getting out of my shell and everyone in the ACFSA has made me feel very important and just like a part of the family. During my first year, I have done a lot of networking and gaining a tremendous amount of information and knowledge. I was also nominated to be the photographer of the Northern Lakes Chapter! And, I attended my first ACFSA Conference in San Diego.

Before going to the San Diego conference last year, I started college on line at The Arts Institute of Pittsburgh and I am studying for my Hotel and Restaurant Bachelor's Degree.

Needless to say, time and funds were tight. At Waupun Correctional, where I work, I have to take vacation on my own to attend the conference or any meetings or events in my region. In order to get to the San Diego Conference, I paid for everything on my own. It was a challenge, but I knew that I had to find a way to be there.

It meant a lot to me for the chance to meet people in my field of work and exchange knowledge and ideas. I also received an award for the CFMSM which is kind of funny as the CFMSM was misspelled on the plaque (later corrected). I also agree to help in the Regional Cook-Off Contest which was great fun! I had a lovely time, met a lot of different people from all over the world, had my picture taken and won the basket from California in the silent auction.

I have only missed one meeting with my chapter. I enjoy the camaraderie and learning new things. I am looking forward to more conferences and upcoming events. It promises to be a full and exciting year and I am looking forward to it with great expectation. I hope that you all take every opportunity to be at Regional Meetings and the Annual International Conference so that you can network and share your knowledge with others in the field. ▲

Introducing the CFMSM Class from Los Angeles Sherriff's Department



On September 22, 2010 I had the opportunity to join our CFMSM class from Los Angeles Sherriff's Department where we were able to take a tour of the Cambro Factory in Huntington Beach California. Our tour was lead by one of Cambro's first employees.

Cambro was founded by Bill and Argyle Campbell, in 1951, when Bill invented the Camtray and Argle began selling the tray to the American Hospital Supply Corporation. The Camtray was quickly embraced by the food service industry, and it became the industry standard. Today Cambro offers the most complete line in food service trays.

Over the last fifty nine years Cambro has grown from one product, the Camtray, to thousands of products; from one salesman to a global sales distribution network.

Cambro's vision has never wavered: They remain strong and committed to creating and providing the most durable and highest quality products for the foodservice industry.

As we were walking out of the plant I felt like a small child in a candy store, wanting to take everything I was home with me. ▲

ACFSA Attends NAFEM Show in Orlando

by Jon Nichols, ACFSA Executive Director

As you may have noticed over the past few months on the ACFSA website and the pages of INSIDER, the North American Food Equipment Manufacturers (NAFEM) held their Bi-Annual Conference in Orlando, Florida February 10-13, 2011. Congratulations are in order, as NAFEM honored two of our own at the show, ACFSA President Benson Li and ACFSA Immediate Past-President, James Hartman with the prestigious Doctorate of Food Service medal. ACFSA's Ricky Clark was also honored at the show with his second Doctorate of Food Service medal, this time representing the Dietary Manager's Association. Ricky's first won this tribute in 2009 as the Immediate Past-President of ACFSA along with then ACFSA President Teddie Mitchell.

Our illustrious leaders were treated like Royalty in Orlando as they were presented their medals during a Breakfast Ceremony on Thursday morning. They were then carted around town in limousines over the next three days and treated to dinners, mixers and educational sessions that provided non-stop indulgence, culminating in a Saturday evening Black-Tie Awards Banquet that was highlighted by a Huey Lewis and the News concert. I am sure all of the awardees were drained by the time they arrived home, but there is no doubt that they will remember the event for the pomp and circumstance, as well as the multitude of new friends and connections that were made.

The NAFEM Trade Show is quite the spectacle with over 550 Booths. Many of our Professional Partners exhibit at this Show



and it was great to have an opportunity to say hello. ACFSA also had a booth at the Show and had a number of prospects stop by as well as a number of curious on-lookers who just wanted to know what we are all about. All that took the time to talk to us were fascinated and impressed by the fine work that you do each and every day.

NAFEM made scholarships available to ACFSA Members to attend and I hope that you were able to take advantage as it provides another great opportunity for you to meet with our supportive vendors and maybe be introduced to some products that you may not have seen at our Annual International Show. The next NAFEM Show will again be in Orlando in 2013. ACFSA hopes to maintain this partnership with NAFEM, and come February 2013 we hope to see many of our ACFSA members in attendance. Keep your eyes open in 2012 as NAFEM may extend the same Scholarship opportunity for the 2013 Show. It is a terrific occasion that I am sure you will find the NAFEM Show informative and fun. ▲

ACFSA Leaders Honored at NAFEM Conference

The North American Association of Food Equipment Manufacturers (NAFEM) has a long tradition of honoring volunteer leaders who have contributed to the foodservice industry with the Doctorate of Foodservice (DFS) award. NAFEM honored President Benson Li and Past President James Hartman for their leadership and contributions to the Association of Correctional Food Service Affiliates (ACFSA) and the industry at-large.

The awards ceremony took place during The NAFEM Show, February 10-12, 2011, Orange County Convention Center, Orlando, Florida.



Regional Reports



REGION I REPORT by Linda Shear

The VA chapter members are diligently working towards their goal of a successful 2011 conference in Norfolk. The quarterly meeting in October was a brainstorming session, and the ideas flew. Many standard conference structures remain the same, but look for lots of new and exciting changes.

The DE/MD members are almost ready to hold elections for new chapter officers. Candidates have volunteered to run for elected offices and are willing to devote time and energy to get their chapter going and to keep it alive and well. Congratulations! ▲



REGION II REPORT by Frank Shelton

Time and time again as I've talked about the ACFSA to people out in the Corrections community, I've found people who have never heard of our Association. Many people out there in the Correctional Food Service Industry have no idea that there is such a great association with incredible resources available to them. To respond to that lack of knowledge, I've started a sort of campaign in my region to get the word out by sending out a letter promoting the ACFSA to as many Wardens, Sheriffs, and Food Service Directors as I can find. In addition, I'll also be promoting the ACFSA at various food shows and getting our name out at other events that I'm able to attend.

As we well know in this day and age of tight budgets and skyrocketing costs, keeping control of food costs is a very high priority. Food Service takes a big share of all our operating budgets and we need to stay ahead when and where we can. One of the benefits to the ACFSA is the sharing of knowledge among the people in direct control of those dollars.

The Correctional Food Service Industry is a niche market unlike any other in the food industry. We can't have 'sales' or promotions like restaurants can to increase cash flow. We have to look to methods and products to cut costs and stretch those dollars. Knowledge is key, but there is no college course in correctional food service, at least that I know of. We have to either find our way by trial and error or seek out others who face the same day to day problems we all have. This is where the ACFSA comes in - Saving your facility dollars.

We need to showcase our Association to the Corrections community as a resource as it relates to that never ending search for ways to stretch our budgets and make our dollars go farther. The community found within the ACFSA truly is a storehouse of knowledge and experience just waiting to be tapped.

The ACFSA has been an important part of my work experience here at the correctional center where I'm employed. It's been a

great source of information and I've found a great network of new friends. The ACFSA is and should be an important part of the Industry, and I'd like to see that importance not only continues, but that it grows even stronger. Strength of the membership is important to any successful organization, and bringing in new members will go a long way toward making that a reality.

I want to challenge each and every one of us to let your own administration know how important the ACFSA is, not only to you, but to them as well. And I want to see each of us promote our Association to others in the Correctional Food Service Industry that might not know about us.

Make a conscience effort to take the ACFSA with you as you interact with others in our community. Tell your vendors about us. Let others you meet in the Food Service Industry know about the association. Talk us up! And don't hesitate to recruit whenever and wherever you can. ▲



REGION III REPORT by Phil Atkinson

Hopefully you have all received and had a chance to read the winter 2010 issue of the INSIDER. It was gratifying to see articles from some new voices. I would encourage all of you to submit an article. We all have had our successes and we all

have our issues. It's only by sharing the successes that we can learn to handle the issues. Think about it—then write it!

I'm sure you noticed in the INSIDER, applications for many of the awards that are available from ACFSA. Most of these applications are due NOW! If you have a particularly stellar employee, nominate them for Employee of the Year. If you know of a manager that runs a really good operation, talk to their supervisor and have them nominated for Operator of the Year.

Last but not least, if you are thinking of applying for a scholarship, don't wait! Get your application in now! All of the nomination and application forms can be found on the ACFSA web site at acfsa.org.

A couple of quick updates from Region III, first of all, our thanks to Kevin O'Brien for taking over the remainder of this year's presidential term for the Michigan Chapter (the current president is no longer working in food service and, because of other changes, had to resign), and the Michigan Spring Conference will be held soon. It is shaping up to be a good one. Canada will also be having a spring conference in London, Ontario. They always do a bang up job. If you do a spring vacation you might want to consider one of these as a destination. Dates will be forthcoming for both conferences.

The Northern Lakes web site has been redesigned. It's really sharp! Take a look at acfsa-nl.org—don't miss the Worm Poop flyer; get yours ordered now. ▲

Chapter Chatter



MICHIGAN

by *Jim McIntyre, Vice President*

It seems like yesterday that we were at the International Conference in San Diego. Especially at this time of year, we miss that nice weather that California has to offer. But, we will just dig out those snow shoes and mush to work. With 10 inches of snow last night, it almost looks picture perfect.

We in the Michigan Chapter are now in the process of planning our Spring Conference in Battle Creek, Michigan. If anyone wants to attend from the many ACFSA friends out there, it is going to be May 1st to May 4th, 2011. We promise you education, fellowship, and fun. To help our chapter and ACFSA grow in general, we have invited each county and state correctional facility of Indiana and Ohio to attend our Spring Conference, with the idea that we can show others what ACFSA can offer them and their facilities.

Since we now have a new Region V-Canada, our chapter is planning a joint conference with them in 2012. What more fun could we have than allowing them to teach us their skills and operational successes? As Benson Li once said, "ACFSA offers educational and training opportunities for its members plus networking with other professionals." We are starting this with our neighbors to the south and north of us.

Being a first-year officer in the ACFSA, I have learned a great deal from the many friends and acquaintances that I have made over the past few years - knowledge and experience that cannot be replicated, except by the opportunity to learn. We can only achieve success by successful thinking.

We are hoping and striving to maintain our numbers and continue to grow with new members during this coming year. This will happen with positive thinking and great teamwork of our chapter officers and the support of our International Board. ▲

by *J. Kevin O'Brien, CEC*

Hearing the news in Phil Atkinson's Region III report about the ACFSA Board of Directors approving a new region for the association was very good news. However, when I heard the news that Region V was going to consist of Canada by itself, it brought out mixed feelings in my heart.

We in the Michigan Chapter have had special ties with the Ontario Chapter since our President Steve McLain and the Ontario Chapter President Steve Morgan first discussed the idea of a joint conference in the early 1990's. Shortly thereafter Steve Morgan and I began plans for the first ever joint conference by two different country chapters in our history. Since that Spring Conference in Sarnia, Ontario, just across the US and Michigan borders from Port Huron, we have attended each others conferences and supported each other's organizations. Speakers at conferences were exchanged between chapters and we filled in when there were no shows. Most of all we grew together, creating a vibrant and larger Region III than ever before. Friendships

developed and those friendships are still very strong and very important to all of us.

So, my first thought was that we were going to lose this great opportunity to continue to learn from each other, create exciting conference programs, push the envelope to explore new areas of training and keep open minds on many important issues of the day in corrections food service. Then it struck me that nothing really needed to change at all. Instead of just Ontario, we now will be able to attend conferences across the Canadian Provinces and most importantly play some new golf courses. Our joint Chapter conference planned for 2012 can now be another first, between two ACFSA Regions.

As the current Michigan Chapter President I pledge my continued support to our old friends in Ontario and I look forward with great anticipation to meeting fellow correctional food service professionals from across Canada. I know our Ontario board members will take charge and demonstrate their professionalism to the nation of Canada. Now, we can begin plans for an International Conference in Region V in the near future. That will really be something and I hesitate to share the experience with the rest of the ACFSA. Just wait till you see for yourselves the hospitality of the Canadians. It is very hard to top one of their conferences. I know because they set the bar high a long time ago and I learned from the best.

NORTHERN LAKES

by *Lt. Tim Thielman, CFSM*

Northern Lakes Chapter has been busy this winter and our membership continues to grow. Since last fall we have had two chapter meetings and will have had two more by the time this prints. We kicked off our worm poop fundraiser last December and as we start to get into the growing season we hope to sell out of our product! The growing season here in the Northern Lakes area might be late getting started with all of the snow and cold we had this past winter!

I'm really looking forward to the International Conference in Norfolk, Virginia. I bet the Virginia Chapter is going to go all out for us like Ray and his folks did in California! Something for me personally that I have found as a benefit of attending the conference is making new connections with other members and vendors. I also love to make my crazy merry go round stop for five days and spend some time with my fellow chapter members. During the rest of the year we only get to talk at a few chapter meetings, through email or short phone calls so I really enjoy the hours and days of face-to-face talking. The conference is always a good bonding time where I get to compare notes and get my head back on straight and full of new ideas. See you in Virginia!

If you haven't checked it out, take a look at our Northern Lakes Chapter Website. <http://www.acfsa-nl.org> ▲



Executive Director's Message

by Jon Nichols

TEAM Is the Theme

As we inch our way closer to the ACFSA 2011 Annual International Conference in Norfolk, Virginia, it is important to begin thinking about the theme of our Annual Trade Show. TEAM SPIRIT! This will be a fun way for Professional Partners and Food Service Attendees to let loose and show their team spirit in whatever way they choose to express themselves. It may be whatever it is that motivates you, like a favorite sport. I am confident that the biggies; Baseball, Football, NCAA, etc. will be represented, and I imagine there will be NASCAR fans, bowlers, golfers, or any number of sports or activities that get you in that TEAM SPIRIT mood. To be

"As we get closer to conference in Norfolk, I hope that you all begin to think about how TEAM SPIRIT in your jobs and your everyday life can begin to make a difference in your outlook and your outcome."

sure, this will be a fun time for all that choose to participate and I hope that everyone takes advantage. My further hope is that the idea of TEAM SPIRIT goes deeper than the uniforms, costumes and decorations and those in the hall actually begin to think about the deeper meaning of TEAM and see this as a device to incorporate into our daily routines.

It's easy to look to sports as a model for TEAM. The Superbowl was the most recent example where all of the players working together can achieve a certain goal. But, even a single player sport like golf requires a team effort for success. Golfers have a caddy that they rely on for course expertise, and to quite literally "carry the load." Then there are the coaches that we most likely never see spending hours watching swings, video tape and working magic on the athletes psyche to prepare them for the "competition." That is the point to my train of thought. I think that quite often in our jobs we feel as though we are going it alone. And, it may be true to a certain degree but we are surrounded by "teammates" whom all have our same common goal for success because it is a shared outcome. Your success is their



success and vice versa. There is great personal satisfaction in a job well done, but I submit that there is even greater satisfaction if you can share that success with a colleague or teammate.

As we get closer to conference in Norfolk, I hope that you all begin to think about how TEAM SPIRIT in you jobs and your everyday life can begin to make a difference in your outlook and your outcome. It may be the greatest lesson that we are able to take away from this year's Conference. Of course, there will be great breakouts and General Sessions that will enlighten you and the usual dose of networking that makes this Annual event the most important congregation of correctional food service professionals on the planet.

And don't forget the beautiful and historic city of Norfolk, Virginia! What a terrific opportunity it is to spend some time before or after conference exploring this gem and surrounding areas. If you can, make this a holiday for you and the family! World Class museums, Memorials and shopping are just a few of the reasons to stay on, but you won't be far from other Virginia gems like Colonial Williamsburg and Virginia Beach. If you're really in the mood to explore, you may want to rent a car to visit George Washington's Mount Vernon and Thomas Jefferson's Monticello. Or maybe make your way to Old Town Alexandria which is just across the Potomac from Washington DC. Virginia may be for Lovers, but it's also an exciting vacation destination that you will want to take the time to see.

Keep your eyes open for more reasons to visit Norfolk for Conference and beyond. In the meantime, have a great Spring! ▲

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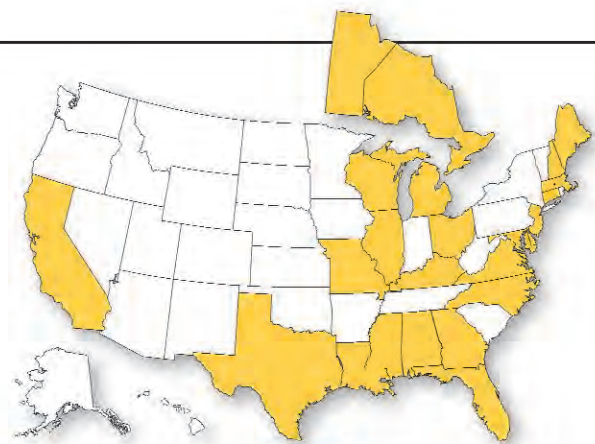
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www.federalsupply.com	
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The mission of the Association of Correctional Food Service Affiliates (ACFSA) is to develop and promote educational programs and networking activities to improve professionalism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

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To submit an article for the Summer 2011 Issue:

1. Please send via e-mail by April 15, 2011 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.

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