

INSIDER

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

Destination Norfolk

2011 International
Conference & Expo
Aug 14-18 • Norfolk, VA



INSIDE THIS ISSUE...

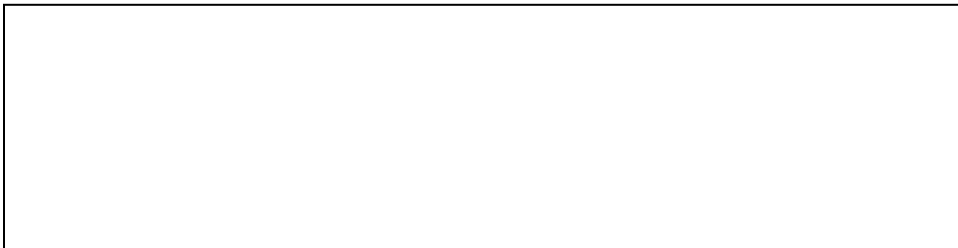
Wisconsin Gardening
Know-How

Food Safety Training in
Corrections

Cost Containment in
Today's Economy

Diet and Violence

Association of Correctional Food Service Affiliates Summer 2011



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CONTENTS

Summer 2011

COLUMNS

Past President's Message 3
 President's Message 2
 Education Report 4
 Executive Director's Message 26
 Regional Reports 28
 Chapter Chatter 28
 ACFSA Board of Directors 29
 ACFSA Committee Chairs 29
 ACFSA Regional Vendor Liaisons 29
 New ACFSA Members 30
 Chapter Presidents & State and Provincial Contacts 31
 ACFSA Regions 31
 Getting to Know You 32

ARTICLES

Wisconsin Gardening Know-How 5
 Food Safety Training in Corrections 8
 Cost Containment in Today's Economy 10
 Diet and Violence 12
 The High Cost of Vendor Contracts 16
 Cindy Burns Retires 17
 ACFSA 2011 International Conference Information 18-23
 ACFSA Membership/Application 24-25
 Carol Thomas Retires 27
 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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INSIDER is published quarterly (Spring/March; Summer/June; Fall/September; Winter/December) by the **Association of Correctional Food Service Affiliates**, 210 N. Glenoaks Blvd., Suite C, Burbank, CA 91502; Phone: (818) 843-6608, Fax: (818) 843-7423 ▲ website: www.acfsa.org.

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Past President's Message

by Jim Hartman, CDM, CFPP

A Few Words of Wisdom

Well, the time is now at hand for you to pack your bags and start off for Norfolk, Virginia. The ACFSA Annual International Conference is about to start and you don't want to miss a minute of it. The folks in Virginia have been working very hard to insure that this year's conference will be one to remember. For those who like to get up early and get out in the fresh air, we will start off Sunday, August 14th with a round of golf at beautiful Bide-A-Wee Golf Course. For those that don't play golf and want to get out for an early morning walk, you can join the folks from Good Source Solutions for a Fun Walk on Wednesday, August 17th at 0630 for a great time. So bring your walking shoes and let's see some of the beautiful city of Norfolk before it gets too hot!

From there it just gets better and better. There is a great agenda of training planned that you don't want to miss. You can find out what is scheduled by going on the website and having a "look-see." Additionally, this year, the Virginia folks are thinking outside of the box and have planned our Annual Awards Banquet on the Spirit of Norfolk. This should be a lot of fun cruising around the harbor, out to the Navy base and looking back at the lights of the city. There will be dinner and entertainment, and fun for all on this three hour cruise. So get ready to set sail for a relaxing evening with your old friends and make some new ones while the world just floats by.

And let's not forget about the great vendor show that is planned for Tuesday and all the fun they have scheduled. The theme this year is about Team Spirit and Team Building. So when you come to the vendor show wear your favorite team logo. It could be a college team, pro team, or your home town might have a special logo. It can be a shirt, hat, or the whole uniform, just catch the spirit and show your colors. Who knows, there might be a prize for the best dressed person, or maybe if you have a group, the best team.

Also, they have planned some great fun entertainment at the show, in the Board of Directors' Ultimate Smack Down game where board members will take on each other in unknown challenges played on the Wii game systems. This should be a lot of fun for all involved and you, as spectators, will have a chance to pick the winner, of the events, and maybe win a prize.



"There is a great agenda of training planned for the Annual International Conference in Norfolk Virginia that you won't want to miss. You can find out what is scheduled by going to acfsa.org and having a 'look-see'."

This year we will not have the Regional Cook Off but instead we will have a cake decorating contest. The folks will be given the items needed and will have a set time frame to make the best looking cake. Later we will be able to sample the fruits of their labors. So, Regions get your team together and get out your thinking caps and let's have some fun! I'm not sure if you can tell, but I am excited about this conference and can't wait to see everyone in Norfolk.

Till I see you in Norfolk, keep a smile on your face and make people wonder what you have been up to.▲



President's Message

by Benson Li

It's Time to Develop and Promote Educational Programs

There are approximately 2.3 million people incarcerated in federal and state prisons and county jails. As correctional food service professionals, we have to find the most efficient way to feed these inmates at least three times a day. Each level of government is also facing an economic crisis. Our menu selections are based on meeting the current guidelines and regulations pertaining to the jurisdictions we serve, the availability of food, and the budget. Each day is like an impossible task, but we have accomplished it day after day.

It is time to develop and promote educational programs. ACFSA's International Conference in Norfolk, Virginia provides educational sessions such as:

- Agribusiness Forum – "How we get it done"
- Food Cost Forum – "Making every dollar count"
- Trends in Correctional Disciplines
- Cultural Diversity, and
- Ask the Dietitians

ACFSA's Vendor Symposium brings over 90 companies to network with you to show the latest in food and equipment. You can also network with all the attendees from different parts of the United States and Canada to share your concerns and ideas. It will provide you with an opportunity to broaden your knowledge in many fields.

After you have rejuvenated yourself in Virginia by enjoying the sceneries and relaxing after a dinner cruise, you are ready to tackle any difficult task coming your way for another year.

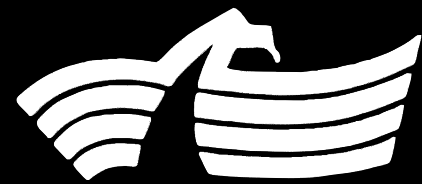
See you in Norfolk, Virginia where life is celebrated daily. ▲

ACFSA Mission Statement

To develop and promote educational programs and networking activities;

To improve professionalism; and to

Provide an opportunity to broaden knowledge.



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Education Report

by Nancy Porter, RD, LDN

What a Year it's Been!

What a year it has been since we were in California August 2010 ! Many of our friends and neighbors have experience the worst tornado season of the century. The pictures from North Carolina and Alabama have been horrific. Victim's total life savings, as well as mementos were scattered to kingdom come. I was glued to the TV just watching and praying that we would all survive. There was no one group that experienced more than another. If you were in the way of the path of the storm, you got it full force. Then on Sunday, this week the assassination of Bin Laden was the news of the world. Our world has changed and is more complicated than ever and all of a sudden much, much smaller.

It is difficult to try and stimulate members to take correspondence courses when this world is so turned upside down. Unemployment higher, constant thought that your job might be cut and more signs of job losses, gas and food prices sky high, people

“The CFSM Credential is one of those things which one can hold, use and build a career.

In my 50 years of work, my credentials took me to many opportunities. I feel it most important for each member of ACFSA to work on their credentials.”



struggling to pay mortgages/rent as well as state education systems struggling to stay alive with VERY limited funds. Just these few high dollar items take the fire out of us. I have barely told the whole story but we all have out stories.


The only consolation one has is to not give up. Our ancestors struggled to settle this country and we have fought in World Wars and other wars to keep out freedom.

So on to keeping your head above water, keeping a positive attitude, stimulating others to look on the bright side and be thankful for what one has. To me, HEALTH is the most important, and then you can do anything. Right?

I have been retired FIVE (5) YEARS as of JUNE 1 and still interested in this organization. We too have been thru highs and lows and kept going because of the leadership of some very dedicated officers. Our management company has worked very hard to help us because they feel that our organization has much to offer its members. The CFSM CREDENTIAL is one of those things which one can hold, use and build a career. In my 50 years of work, my credentials took me too many opportunities. Therefore, I feel it most important for each member of ACFSA to work on their credentials. The CFSM is just a beginning and not the end of one's professional ladder.

CFSM is one of the most reasonably cost courses you can take.

Hope to see your name on our student list in 2011-12. Make it your top priority for yourself. ▲



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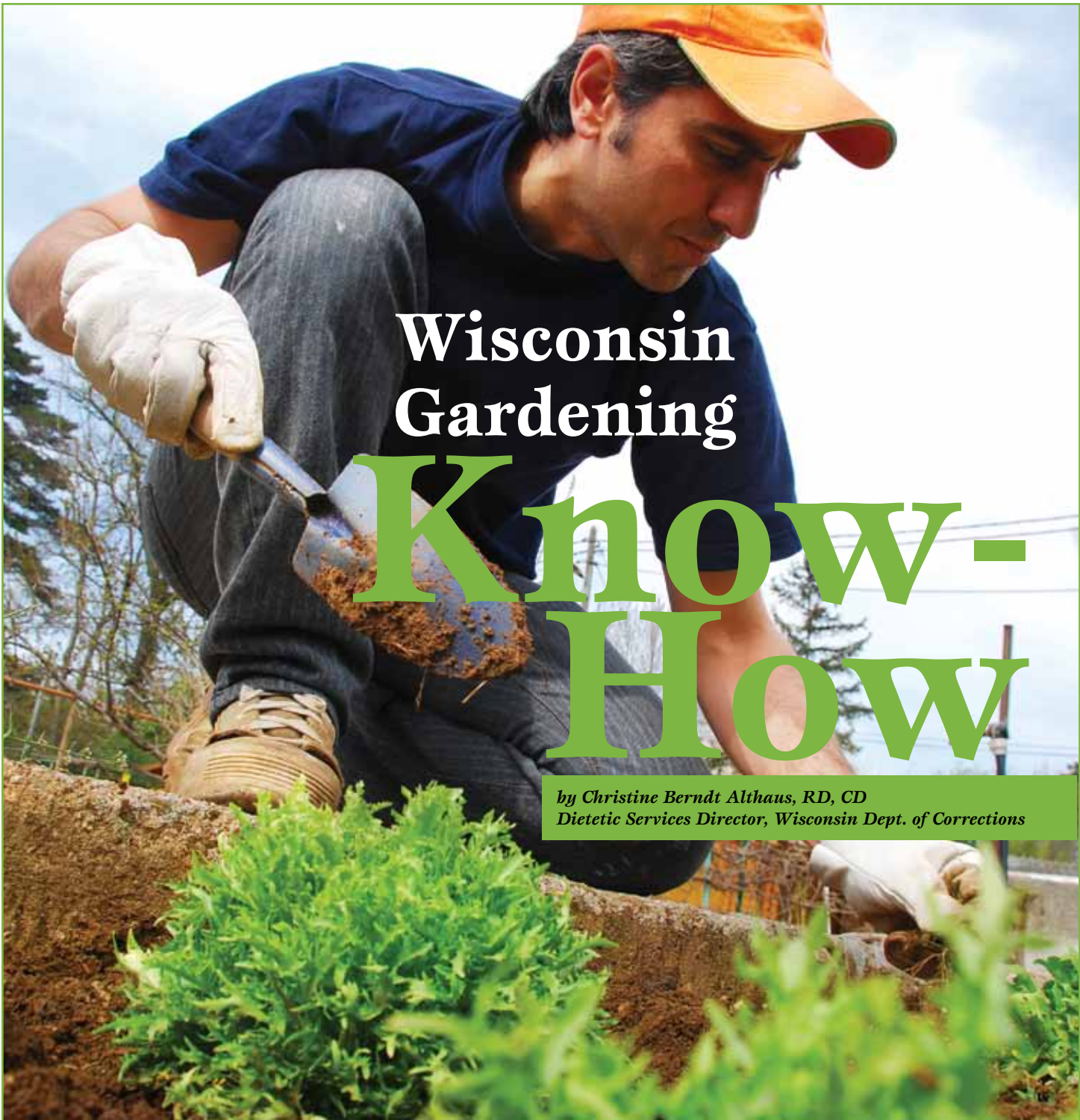
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Wisconsin Gardening

Know- How

*by Christine Berndt Althaus, RD, CD
Dietetic Services Director, Wisconsin Dept. of Corrections*


The practice of gardening in the Wisconsin Department of Corrections dates back to the first state correctional facility in Waupun, WI. The land for the prison farm was purchased in 1885. This was an era where prison operations were virtually, if not entirely, self-sufficient and required little or no funding from the state. Most of the food, meat and dairy products for the operation were self-produced. In some manner, shape, or form there have been garden operations since that time.

The size and popularity of garden programs have grown since then. Internal drivers are the need to keep inmates

productively occupied, to promote inmate education, and to manage food service budgets. External drivers include going green, local food production, a desire to know where our food comes from and how it's been handled, and the opportunity to contribute to local food banks.

In September 2010, a garden survey was conducted. 34 out of 37 sites surveyed had a facility garden. At the time of the survey, about 180,000 pounds of produce had been harvested - and the harvest was not complete. Products harvested included apples, asparagus, beets, broccoli, Brussels sprouts,

(Continued on page 6)



OCI has a small apple orchard, and plants a variety of vegetables and herbs—all of which are washed, chooped and frozen for use throughout the year. In 2010, OCI harvested 45,000 lbs. of garden produce. 85% was used at the facility; 15% was donated to food local banks.

How to Start a Facility Garden

by Bill Turner, FSA,
Taycheedah Correctional Institution & WWCS

Step 1 - Do not roto-till too early. Soil should not be too wet (will result in clumps that last all year).

Step 2 - Do not plant too early. If the weather is cooperative, planting can be started around May 23.

Step 3 - Harden off transplants before planting. Three to four days in sheltered shade works best. Keep them watered. Coming from a perfect environment such as a greenhouse is hard on plants if put directly into the garden. Be prepared to protect them from that unexpected late spring frost.

Step 4 - Plant cool weather crops first (cabbage, broccoli, spinach, cauliflower, radishes).

Step 5 - Know which plants should be planted as transplants and those that should be direct seeded.

Step 6 - Enrich the garden soil throughout the year. Composted kitchen vegetable waste is a good idea.

Step 7 - Rotate crops. Tomatoes & green peppers should not be planted in the same spot after 3 years.

Step 8 - Grow what you can use efficiently. Having an overabundance of one vegetable is hard on kitchen staff and boring to inmate diners.

Step 9 - Know how long it takes for garden vegetables to reach maturity and be harvested. Be prepared to re-plant some items like those listed in Step 4 for a fall harvest.

Step 10 - Watch for unwanted garden pests (caterpillars, rodents etc). Hand pick caterpillars off of cabbage or use organic sprays made from hot sauce.

Step 11 - Know when to water. Water in early morning or late afternoon.

Step 12 - Know when to harvest.

Step 13 - The more sunlight you can provide your garden site the bigger your harvest will be.

Step 14 - Mulch to prevent weeds, nothing takes the fun out of a garden like a garden full of weeds.

cabbage, cantaloupe, carrots, cauliflower, celery, chives, cilantro, corn, cucumbers, dill, eggplant, horseradish, kohlrabi, lettuce, mustard greens, onions, pears, peppers, plums, pumpkins, radishes, raspberries, rhubarb, spinach, squash, strawberries, Swiss chard, tomatoes, turnips and watermelon.

Starting a Garden

Steve Bremer, Food Service Administrator, at Oakhill Correctional Institution (OCI), in Oregon, WI, has these suggestions for starting a garden, “Tomatoes and peppers work well. Both yield a lot of fruit from one plant, and the fruit freezes well. Roma tomatoes are recommended because they don’t require coring before processing. Zucchini also processes and freezes well.”

OCI has a small apple orchard, and plants a variety of vegetables and herbs—all of which are washed, chopped and frozen for use throughout the year. In 2010, OCI harvested 45,000 lbs of garden produce. 85 % was used at the facility; 15 % was donated to food local banks. OCI processes their garden produce using one 45-quart capacity vertical cutter mixer (VCM). Mr. Bremer expects the OCI garden to be expanded in 2011, and has put a larger VCM on his equipment “wish list.”

Mr. Bill Turner is the Food Service Administrator at Taycheedah Correctional Institution (TCI), in Fond du Lac, WI, and oversees the Wisconsin Women’s Correctional Center System food service operations. Mr. Turner not only shares his gardening expertise at the worksite, but does garden consultation outside of work. He shares this advice, “Starting an institutional garden can be an overwhelming task. But if taken in steps, it can be a rewarding experience for inmates and staff.” Mr. Turner breaks the process down into the steps outlined in the adjacent sidebar.

In 2010, TCI harvested 12,000 pounds of garden produce. 95 % was used at the facility; 5 % was donated to a local food bank.

Even small facilities can have a modest garden. A small site in downtown Milwaukee had only a few square feet avail-



The Correctional Foodservice Leader attributes his garden success to the use of duck manure. Another excellent fertilizer is worm castings from the vermiculture (worm farm) program at Oshkosh Correctional Institution.

able for gardening purposes. Still, this site produced tomato plants over 6 feet tall!

The Correctional Food Service Leader there attributed his garden success to the use of duck manure. Another excellent fertilizer is worm castings from the vermiculture (worm farm) program at Oshkosh Correctional Institution in Oshkosh, WI.

Large or small, every successful garden needs one or more “champions.” A champion is defined as “the victor in a challenge, contest or competition.” In practical terms, a champion has a vision, and advocates for that idea. A champion may publicize efforts, and seek supporters and funding. The Wisconsin Department of Corrections has been fortunate to have many such visionaries promoting gardening—past and present.

Processing Garden Herbs

*by Steve Bremer, FSA,
Oakhill Correctional Institution*

Processing a large volume of fresh garden herbs is a challenge. Drying them in an oven reduces quality and flavor. Picking each leaf by hand is time-consuming and overwhelming. Last year, we tried something new, with excellent results. When we get 55-gallon bags of cilantro, basil or oregano plants, we wash them three or four times. While still wet, we lay them out on sheet pans a couple inches deep. Then they go into a freezer that runs below 0° F. The next day, working in the freezer to keep the plants frozen, we crush the now fragile leaves by hand. The stems are easily pulled out, and the leaves are stored in ice bags. As of this writing (late April), we are still using cilantro and basil from last year’s harvest, and it still has that “fresh” aroma and flavor.



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See you in Norfolk

A close-up photograph of a hand holding a yellow digital thermometer. The thermometer's metal probe is inserted into one of the many golden-brown, breaded chicken nuggets on a grey metal tray. The background is dark and out of focus.

**Food
Safety**

Training **in Corrections**

by Benson Li



According to the Centers for Disease Control and Prevention (CDC), each year roughly 1 out of 6 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 micros 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 a food borne outbreak, inmate food handling training is of the utmost importance.

The responsible physician, in cooperation with the food service 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:

- a. Food borne illness, including terms associated with food borne 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 food borne illness.
- b. The relationship between time and temperature, with respect to food borne 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.
- c. The relationship between personal hygiene and food safety, including the association of hand contact, personal habits and behaviors, and food employee health to food borne illness, and the recognition of how policies, procedures, and management contribute to improved food safety practices.

- d. 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.
- e. Procedures for cleaning and sanitizing equipment and utensils.
- f. Problems and potential solutions associated with facility and equipment design, layout, and construction.
- g. 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?

- Decrease in the number of food related complaints
- Reduction in reportable food borne 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 food borne 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. ▲

References

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

Cost Containment in Today's Economy

by Matthew Fitzgerald



The cost of food is going up. No question about it. As a Foodservice professional we are faced with cost pressures every day. Which issue is it today?

- Price increases?
- Fuel surcharge?
- Product availability?
- Skilled labor?
- Dietary requirements?
- Increase in religious diets?

Any one of these, along with many others not listed, can cause us to question our career choice. Bring them all together at one time, and we are faced with the new reality of today's economy.

Over the years, we've learned how to adjust to these cost pressures. Take ground beef for example. The Correctional Food Service Professional has worked through multiple options to contain or reduce the cost of this versatile protein. From pure ground beef, perhaps an 80/20 mix, to beef blends which might include poultry, soy, hearts and other fillers. The evolution continued to ground turkey or chicken, then into mechanically separated turkey (MST) or mechanically separated chicken (MSC). Not all institutions have been able to transition through these cost saving options. Menu restrictions, population perception, facility/kitchen limitations can all affect our ability to implement cost savings.

Fruits and vegetables represent another category that has seen significant cost increases in recent years. The industry is constantly comparing....

- Canned versus Frozen
- Fresh versus Canned
- Straight versus blend

There is a greater acceptance today for imported products. The quality of these imports has improved significantly, in some cases surpassing domestic product. With the proper representation at the point of packing, imported frozen vegetable blends are a cost effective alternative to domestic product.

Cost saving trends have impacted other aspects of menu planning. The fluctuating cost of fresh milk has resulted in many operators reducing the frequency of cold cereal. Some institutions have tested a weekend 'brunch', increasing portions for a mid morning meal, rather than offering the traditional B/L/D. With counts down on weekends, this idea may be worth considering. Transitioning from 3 hot meals daily to 2 hots and a cold to 2 colds and a hot may also be a viable alternative. Nutritional requirements, population acceptance and facility capabilities all come in to play with any of these changes.

Nutritional requirements and healthy dining are not just for schools. Dietary oversight is a necessary component of what we do every day. Some of the changes we've been asked to look at in recent years include...

- Whole and multi grain
- Zero Trans Fat (ZTF)
- No High Fructose Corn Syrup (HFCS)
- Lower cholesterol
- Cost effective ways to deliver nutrients

ZTF and HFCS elimination is here, or coming soon. Food Manufacturers see the writing on the wall. Greater availability of cost effective whole and multi grain products is soon to come.

Government regulations seem to change constantly. Increases in the DV of certain nutrients challenge us every day. There are many products available today that can help deliver these nutritional components. Most are in the powdered beverage category, ranging from single serve fortified PC's to bulk products that provide a mirror image of the nutritional make up of fresh milk.

Kitchen staff is an additional area we are challenged with. Smaller facilities that may not have access to inmate workers are faced with a dwindling labor pool. Value added products come into play here. Baking mixes that are add water only versus scratch baking. Pre-breaded items versus hand breaded. Fully cooked rather than ready to cook. Individually wrapped versus bulk. These are just a few of the choices looked at daily when juggling the needs of the population with the operational constraints of the kitchen.

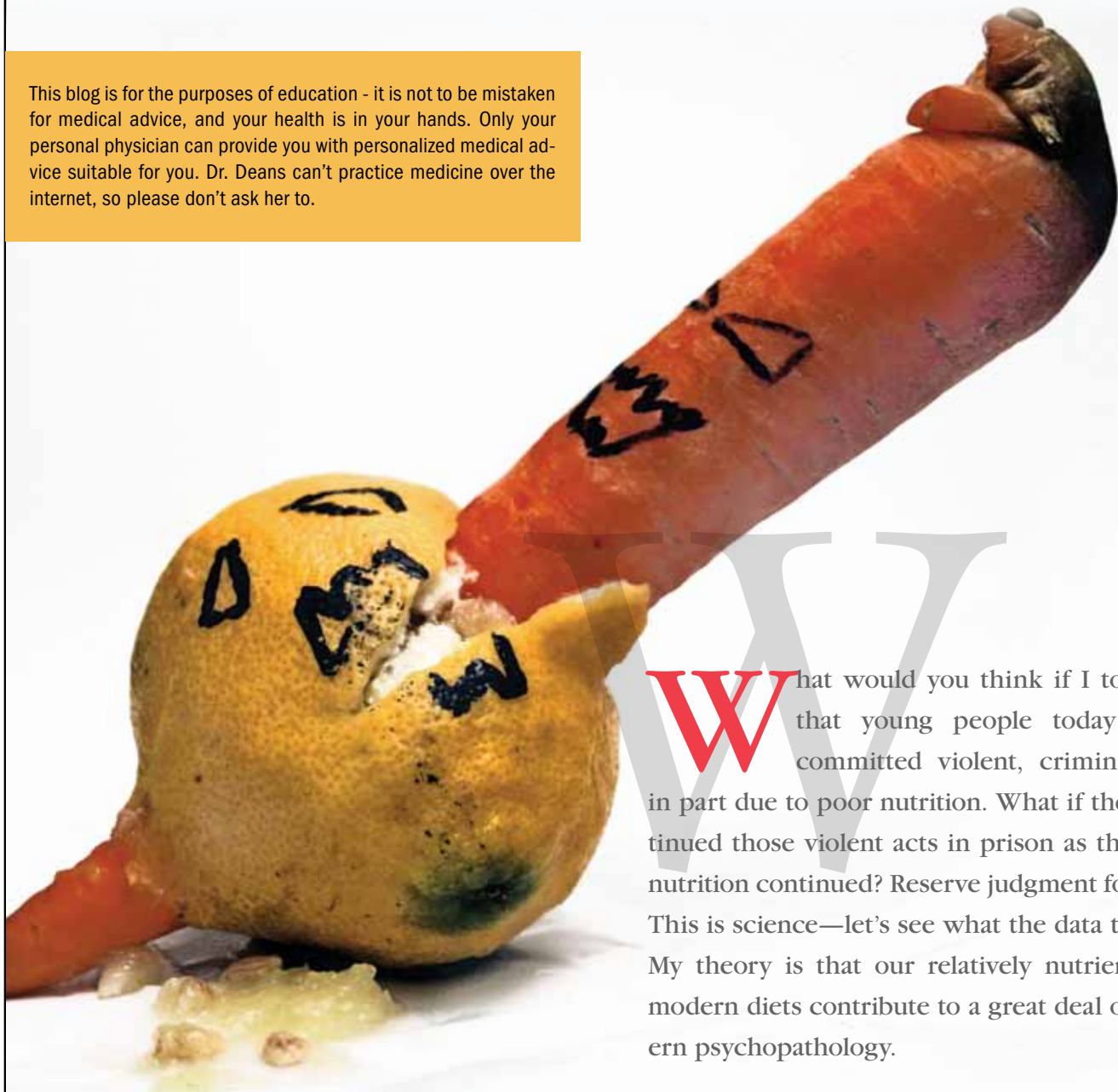
Time spent addressing these different areas takes away from the hands on supervision that is critical in this industry. Working with a trusted supply chain is key to success. Knowing that the groceries will arrive when needed, as expected, in good, wholesome condition is something we demand. In the unlikely event of a recall we need to know that our supplier partners have the traceability in place to know where the product came from, and where it went. Do not accept sub standard service. With the multitude of sources available to you, the right partner is just a phone call away. ▲

Matthew Fitzgerald has over 11 years of Correctional Food Service experience, both as an Operator and Vendor. Currently, Matthew is the Vice President of Procurement at Good Source Solutions, a trusted distributor of food to niche and special application markets that are challenged by budgetary constraints.

Diet and Violence

Published on May 2, 2011 by Emily Deans, M.D. in Evolutionary Psychiatry

This blog is for the purposes of education - it is not to be mistaken for medical advice, and your health is in your hands. Only your personal physician can provide you with personalized medical advice suitable for you. Dr. Deans can't practice medicine over the internet, so please don't ask her to.



What would you think if I told you that young people today likely committed violent, criminal acts in part due to poor nutrition. What if they continued those violent acts in prison as the poor nutrition continued? Reserve judgment for now. This is science—let's see what the data tells us. My theory is that our relatively nutrient-poor modern diets contribute to a great deal of modern psychopathology.

Researchers note that behavior issues have been linked to deficiencies in omega 3 fatty acids, and that low levels of magnesium and zinc are also associated with hyperactive behavior, impaired brain development, and cognitive dysfunction.



Over the past decade or so, several groups of researchers have done some decent work in this area, and (for once in the nutritional-type psychiatry literature) I can look at a randomized controlled trial of good size and design that was actually replicated.

The modern era of good studies begins with Oxford nutrition and criminology researcher, Bernard Gesch. Back in 2002, he published a (full free text) study entitled “Influence of supplementary vitamins, minerals, and essential fatty acids on the antisocial behavior of young adult prisoners.” In this study, 231 (young, male, adult, prisoner) volunteers agreed to receive a daily vitamin, mineral, and essential fatty acid supplementation or placebo. The average length of the supplementation was about 142 days, and a number of measures were taken before and during the active phase, including psychological testing, reports of violent acts, and reports of disciplinary action. Prisoners were randomized in part based on baseline disciplinary status and their progress in the “prison regime.”

Here are the active ingredients of the multimineral, multivitamin, one of which the prisoners in the active arm received daily. The prisoners also received a fatty acid supplement with 1260 mg linoleic acid (I know—we’ll talk about that later), 160 mg gamma linolenic acid, 80 mg EPA and 44 mg DHA. The placebo fatty acid pill was made from vegetable oil.

The results? The average number of “disciplinary incidents per 1000 person-days” dropped from 16 to 10.4 in the active group ($p < 0.001$), which is a 35% reduction, whereas the placebo group only dropped by 6.7%. Especially violent incidents in the active group dropped by 37%, and in the placebo group only 10.1%. That’s a pretty impressive finding, really. Currently, Gesch is working on a study of 1000 prisoners in 3 different UK prisons for a 3 year trial, including blood chemistry analysis to see what the baseline levels of micronutrients are in the prisoners, and also more cognitive testing, designed to answer some questions the earlier study couldn’t answer.

However, luckily for us (as the newer Gesch results have yet to be published), a Dutch research team led by Zaalberg repeated the experiment (more or less) in “Effects of Nutritional Supplementation on Aggression, Rule-Breaking, and Psychopathology Among Young Adult Prisoners.” The researchers note that behavior issues have been linked to deficiencies in omega 3 fatty acids, and that low levels of magnesium and zinc are also associated with hyperactive behavior, impaired brain development, and cognitive dysfunction. Check out the quote from the study:

The mechanisms underlying potential associations between nutrition and behavior, however, are not yet clearly established. Although a clear comprehensive theory is lacking, several findings do offer some clues on the plausibility of dietary interventions. Epidemiological research, for instance, shows that major changes in dietary patterns over time have taken place, especially in industrialized world during the last century [Cordain et al., 2005; Crawford et al., 1999; Muskiet, 2005; Simopoulos, 1999]. These changes resulted in (micro)nutrient intakes that are significantly lower than in the ancient, Paleolithic diet. Indeed, some ecological studies show correlations between diet and behavioral outcomes [Christensen and Christensen, 1988; Hibbeln, 2001; Peet, 2004], including criminal behavior [Hibbeln, 2001]. A major limitation of epidemiological studies is, however, the impossibility of making

(Continued on page 14)

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Diet and Violence *(Continued)*

causal inferences. For this reason, the findings mentioned above must be judged with caution and experimental confirmation is needed.

(I love these researchers already!) They did this trial specifically to see if they could replicate Gesch's work. Only they made some modifications in their supplement - specifically leaving out linoleic acid "because of its abundance in the Dutch diet", and using larger capsules that could include more bio-available forms of minerals, so there was more magnesium (300mg of Mg citrate vs 30mg (of ?) in the Gesch trial). They also halved the amount of vitamin D (from 400 IU to 200 IU) in the supplement (but did not specify why). They also increased doses of omega 3 fatty acids compared to Gesch, inline with newer research on the effects of omega 3s on the brain. No one supplemented with micro doses of lithium, despite some interesting data on low doses of lithium and behavior.

In all, 221 young male prisoners completed the study. Many dropped out, often due to transfer to another prison or being released. Of the completers, numbers of violent events in the active group dropped 34%, whereas incidents in the control group increased 14%. The overall number of incidents was lower (11 per 1000 person-days) in the Dutch prison compared to the UK one, but the percentage change was still significant. There were no significant differences in any of the cognitive, personality, and behavioral testing measures used, just the actual incidents. Which is interesting, because you can't figure out, from this data, why the incidents decreased. If you could say - oh, look, impulsivity and attentional measures improved, then you could say that's why the behavior is better. But they didn't improve. Which means maybe the cognitive measures aren't very good, or the effect was too subtle to catch. Well, I know a prison warden cares more about decreasing reported numbers of violent incidents in a prison compared than decreasing the psychologic testing measures of impulsivity.

One problem with this second study is that at the beginning, 51% of the prisoners guessed wrong as to whether they were receiving active vs. placebo pill. By the end, only 25% guessed wrong, suggesting the blind was somehow partially broken (perhaps by smell of the pills?). Violent incidents were measured by the prison staff, it is unknown whether the prisoners told the staff if they suspected active or placebo pills. So keep that in mind when interpreting the results.

Here is the Dutch researchers' conclusion:

To summarize, the prospect of influencing aggression and rule-breaking behavior with nutrients in moderate doses is important enough to warrant further research. This is particularly true as adequate supplementation may also have beneficial effects on mental health and cognitive functioning. This study, however, did not confirm this association, except for some marginal trends in this direction. Yet, as the found decrease in the outcome measure-reported incidents and rule-breaking-is in line with the earlier British prison study of

Gesch et al., we feel that further research on the association between dietary status and violent behavior is warranted.

What do I think? Well, we now have evidence from two decently-sized randomized controlled trials of adding a multivitamin/multimineral/essential fatty acid supplement to normal prison fare. The trials were done about 8 years apart and in different countries, yet came out with a similar conclusion. Actual violent/discipline-requiring incidents committed by the prisoners who took the supplements was reduced by about 1/3 compared to pre-supplement days, and in one study the placebo-taking prisoners had an increase in violent events, whereas the other study showed not much change in the placebo group.

My conclusion—practically speaking, I hope that prisoners in the US get a supplement. I don't care if it is the best pharmaceutical grade supplement on the planet, a month of supplementation can't be more costly than a couple of days in prison. And total number of days in prison and parole and solitary and all those situations are in part determined by prisoner behavior, I imagine. I'm guessing that prisoners receive the most horrendous, cheap, grain-and-soy and margarine foods imaginable. We have to "get tough on crime" after all. Our tax dollars at work.

Of course I am being far too sensible—from an article about the pioneering diet and violence researcher Gesch in Science in 2009: "Decades of studies by Schoenthaler and others have supported a connection between nutrition and violence, but for a variety of reasons—some scientific, others political—it hasn't yet translated into policy." (<http://www.ifbb.org.uk/files/Science-25-9-09.PDF>)

But let's step back from pragmatism for a moment. Here's the real issue with the science I pursue, at least in the eyes of the medical establishment (also from the Science article):

"This field has seen a lot of exaggerated claims and not enough solid placebo-controlled research," says Eugene Arnold, a psychiatrist and former director of the Nisonger Center at Ohio State University, Columbus. Studies have shown that "there clearly is a connection" between nutrients and behavioral disorders—for example, between nutrition and depression—but rigorous research has been the exception, he says. Most studies of the effects of nutrition on antisocial behavior are dismissed because of poor experimental design. And Arnold notes that misleading claims by the booming nutrient supplement industry have brought the taint of pseudoscience to those studying diet and behavior. "Even good scientists in this field have been treated as guilty by association," he says.

Gesch began working with young offenders in the 80s as a social worker. He would invite groups over for home-cooked meals, (the goal being that the atmosphere would help them open up and share their troubles) and Gesch noticed that after a while, the kids would be "transformed...becoming healthier and often abandoning the antisocial behaviors that had gotten them into trouble. He began to believe that shed-

Nutrition is only a part of the larger problem of violence and crime. But in institutions, it seems like a relatively 30-40% controllable part, if only common sense would prevail.



ding their scattershot diets of junk food was central to the behavioral shift, perhaps even more so than the family-like socializing.”

Finally he was able to obtain funding for his 2002 study, now replicated, and at the same time Gesch gathered data for a second paper on how food choices of prisoners affected actual daily intake of nutrients. He found (not surprisingly) that, when they got the chance, prisoners would buy food like peanuts, chips, candy and cookies from the prison store, which would add to their daily intake of omega-6 oils, trans fats, grains, and sugar. In addition, though the prison diets were designed by institutional dietitians, most had suboptimal amounts of vitamin D (even compared to the lowly 400 IU recommended for people with little sun) and selenium, and the vegetarian and Muslim menus often had some suboptimal B vitamins and total calories.

Just want to mention here Schoenthaler’s randomized controlled trial from 2000, of 80 six-twelve year old schoolchildren who had previously been disciplined at school in “working class” Hispanic neighborhoods of Phoenix—Schoenthaler notes that previous randomized controlled trials of supplementation of the RDA for prisoners resulted in a 40% decrease in number of violent acts—his results were a 47% decrease in violent acts among the supplemented kids compared to the placebo controls. I’d call that more replication. And a call for some serious multivitamin/multimineral/EFA supplementation action on a large scale in institutions such as prisons, especially where relatives are often not allowed to bring in outside food.

Of course, nutrition is only a part of the larger problem of violence and crime. But in institutions, it seems like a relatively 30-40% controllable part, if only common sense would prevail.

In the larger picture, yes, nutrition affects the brain. We need to be eating nutrient-rich, wholesome, real food the vast majority of the time, and any government or economic intervention

that affects our food will also affect our brains and behavior. It behooves us all to consider carefully what we feed ourselves and our children. Personally, I trust the track record of evolution more than the USDA, a government agency designed to promote the consumption of American-produced grains. The stakes are high. My only advice is - do your reading before you pass judgment. ▲

More articles like this one at Evolutionary Psychiatry. (<http://evolutionarypsychiatry.blogspot.com/>)

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Emily Deans, M.D., is a board certified adult psychiatrist practicing in Massachusetts. She graduated from the University of Texas Southwestern Medical School in 2000 and from the Harvard Longwood Psychiatry Residency in 2004, and was a Chief Resident at Brigham and Women’s Hospital in Boston. She is currently a Clinical Instructor in Psychiatry at Harvard Medical school, though this blog has no affiliation with and does not necessarily reflect the opinions of the institution.

The overarching theory she explores is that our bodies and brains do best in conditions for which they are evolved. She digs up scientific information and presents it in that context. She feels that by studying evolutionary medicine, we come closer to the answers for optimal conditions for health and vitality. The dietary basics of evolutionary medicine are simple: don’t eat very much fructose, omega-6 rich industrial vegetable oils, grains (such as wheat, rye, barley, spelt, quinoa, oats, corn, etc.), or processed “fake” food in general. Eat as much local, farmstand, grassfed, pastured, wild-caught as you care for. That’s vegetables, meat, fish, nuts, eggs, and fruits. In her opinion, if you have no serious medical conditions, it’s perfectly healthy to have high-fat dairy, safe starches such as white rice or potatoes, red wine, and dark chocolate in moderation. Also, get plenty of sleep and play.

Related Links

- Fighting Crime with Nutrition (<http://www.psychologytoday.com/articles/200305/fighting-crime-nutrition>)
- Nature’s Bounty: The Way We Were (<http://www.psychologytoday.com/articles/201006/natures-bounty-the-way-we-were>)
- Nutrition and Depression: Nutrition, Neuronal Protection, Omega 3 Fatty Acids, Vitamin D and Depression, Part 3 (<http://www.psychologytoday.com/blog/health-matters/201011/nutrition-and-depression-nutrition-neuronal-protection-omega-3-fatty-acid>)
- The Sugar-Coated Truth (<http://www.psychologytoday.com/articles/200411/the-sugar-coated-truth>)
- Eating without a net (<http://www.psychologytoday.com/blog/nourish/201005/eating-without-net>)

The High Cost

of Vendor Contracts

by Richard Karl



I have been in the department of corrections for three years and in the food industry for thirty-one years. I am just an observer but in that time, I have gone to approximately two dozen food shows and two conferences (both last year) and it seems to me that there are a lot of great products, from various vendors out in the market place.

The main problem is that many facilities are contracted to use a certain supplier. That supplier may only carry the items that they feel are their best sellers. Which I do understand, but there are a lot of great little companies out there that have some interesting items. One of those companies has great diced turkey products and it would be great to use but we have to follow the state specification. Which I understand but when you have a great product that works, why can't we bring it in for a test try? If it fails then there is nothing lost. Like the old saying goes, "Better to have tried and failed than never to have tried at all".

There are some nice specialty products in the market place but the problem is they have to go through the contracted company. I know that I am just a small individual in the big picture of corrections, but I just wonder if anyone else has one or some of the feelings or ideas that I am writing about. I think this is something that we could really talk about at a meeting. I know at the last food show I saw some great products for gluten free, kosher, and halal, and of course vegans.

In conclusion, I think we should pull all our resources together and check other company's food products out. They may be less expensive and better. That all makes for better competition. ▲

Cindy Burns Retires

by Robin Sherman



As many of you have heard, Cindy Burns has recently retired from Canteen Service Inc. I recently have had the opportunity to interview Cindy on her encouraging words of wisdom and life's lessons.

Cindy says;

“Canteen Services has opened tremendous doors for me over the past 20+ years. I am grateful for the opportunity and am fortunate to be able to consult with Canteen franchisees and Canteen Corporate along with many others today and hopefully, well into the future... ACFSA opened other doors and windows for the past, present and future. Walking through those doors has helped me immeasurably along my personal path towards leadership. The friends and professional contacts I have made mean more to me than any professions money could ever buy. The journey continues...different road, different scenery but a magical trip in every way. Thanks for the magic.”

The following are lessons that I have learned or seem to re-occurring in my life meaning I just haven't learned “that” lesson yet. I try to practice them...some are easier than others and some I struggle with but they make up the core of my beliefs.

So here goes...

1. Try to make a positive difference for someone today--what a difference there would be in our world if we each made one small difference for someone else every day
2. Never stop learning: Read, read, read...just never stop learning--leaders are not born--they are home grown one mistake and one success at a time
3. Don't be mean spirited...it really doesn't make you feel good and it sure makes you look bad.
4. Let our diversity bring us together; don't let it divide us... we have one goal—don't get side tracked--there is room enough for us all
5. Practice compassion and empathy—walk a mental mile in the other guy's shoes before you criticize

6. When there is a problem, be a part of the solution or you just are part of the problem
7. Laugh...simple things bring simple joys
8. Don't make the same decisions over and over and expect a different outcome...life just doesn't work that way. Insanity does!
9. If you think you should; by all means apologize. It really isn't painful...

And one more, of course!

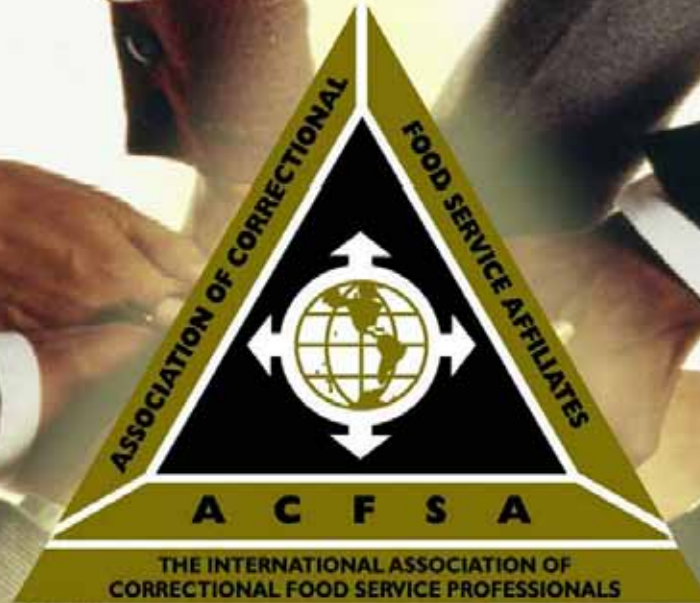
10. Integrity counts!

As for what the future holds for me; I plan to continue to work to increase the respect and honor for all correctional food service professionals for as long into the future as I can be useful to this great industry. I have long dreamed of being able to help more correctional professionals understand that there are no secrets....simply good, logically run, clean and safe operations. We all have the answers.....the answers are simply the basics we learned years ago.....Put us together and we can do anything! Private, Government, Feds, County, State, Juvenile or Adult, it simply doesn't matter....the goal is the same! Let's just get the job done!

For right now; I am enjoying putting together a small consulting service that will support corrections in varied ways to save money, increase professionalism, manage risk and find some fun in every day. The opportunities that have come my way so far are an honor and are exciting beyond my wildest dreams! The people I am having the opportunity to work with are open and ready to bring corrections to that next level of professionalism in so many ways. I am excited for this encore stage of my life and am here to help anyone that wants my support to help them grow and become stronger leaders and professionals. ▲

Way to go Cindy! This is a win for both Canteen and Cindy.

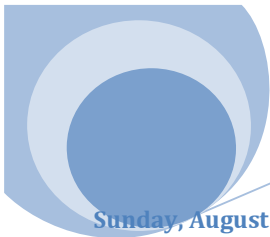
Building Success Through Team Work



The Annual International Conference Norfolk, Virginia



August 14-18, 2011
Norfolk Waterside Marriott



2011 ACFSA Annual International Conference Schedule

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, VA DOC
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 Caroline DOC
2:30 – 3:30 **General Session – Food Cost Forum –
“Making Every Dollar Count”**
Mark Engelke – VA DOC
Tom Phillips – Canteen Corp
David Burke - GEO
*BOP Representative –
Tom Issermoyer - Federal Bureau of Prisons*
3:30 – 3:45 Break
3:45 – 4:45 **Regional Roundtable Discussions**
5:30 – 7:30 **Vendor Reception**

Tuesday, August 16, 2011

- 7:00 – 4:30 Registration
8:00 – 10:00 **General Session – “Gangs” – Michael Duke**
10:00 – 2:00 **Vendor Show**
2:00 – 2:15 Break
2:15 – 3:15 **General Session – “Re-entry Program” –
Scott Richeson**
Hasan Zarif
2:15 – 4:30 **Cake Decorating Competition**
2:15 – 3:00 *Meeting (Competitors only)*
3:15 – 4:15 *Cake Decorating Competition*

Tuesday, August 16, 2011 (Continued)

- 4:15 – 4:30 *Cake Decorating Competition Judging*
5:30 – 6:30 **Photos (Hotel Staircase)**
6:30 – 10:00 **Banquet Reception/Dinner Cruise**
6:30 – 7:00 *Dinner Cruise Boarding the Ship*
7:00 *Ship Departs from the Dock*
7:30 – 10:00 *Dinner Cruise – Awards Banquet*

Wednesday, August 17, 2011

- 6:30 – 7:30 2011 Fun Walk/Run – *Sponsored by Good Source*
7:00 – 4:30 Registration
8:00 – 10:00 **General Session –
“Corrections, Religion and the Law”**
Randy Myers
Asghar Goraya
10:00 – 10:15 Break
10:15 – 11:15 **Breakout Session I – “Ask the Dietitian”**
Barbara Wakeen, MA, RD, LD, CCFP, CCHP
Jennifer Sowers, RD, Canteen
Connie Schaff, Maryland DOC
10:15 – 11:15 **Breakout Session II – “Team Building” –
Patti Leigh Huffman-Chase**
10:15 – 11:15 **Breakout Session III – “Food Science” –
John Harrison**
11:15 – 12:15 **Breakout Session I – “Ask the Dietitian”**
Barbara Wakeen
Jennifer Sowers, RD, Canteen
Connie Schaff, MS, RD, LD, MD DOC
11:15 – 12:15 **Breakout Session II – “Team Building” –
Patti Leigh Huffman-Chase**
11:15 – 12:15 **Breakout Session III – “Food Science” –
John Harrison**
12:15 – 1:30 Lunch (on your own)
1:30 – 2:45 **Breakout Session – “Trends in our
Correctional Disciplines”**
Jail – Robert Pennix/Rosetta Bowles
DOC - Paul Hawkins/Linda Shear
Bureau of Prison – Tom Issermoyer
Juvenile Justice – Carla White
2:45 – 3:00 Break
3:00 – 4:30 **General Session – “Cultural Diversity”**
Jerome Reed

Thursday, August 18, 2011

- 8:00 – 12:00 Certificates of Attendance
8:30 – 9:30 **General Session - "Professional Development
in the Food Service Arena"**
Ricky Clark
9:45 – 10:45 **General Session - "Equipment Refurbishing -
Stretching your Dollars"**
Mark Engelke
11:00 – 12:00 **General Session –
"Prison Rape Elimination Act Update" –
G Anthony Ford**

*Please note that this Schedule of Events is Tentative and may be subject to change.
For the latest and most up-to-date agenda, visit the ACFSA website often.*

www.ACFSA.org

ACFSA 2011 Annual International Training Conference & Expo

August 14-18, 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 _____

REGISTRATION FEES				
Number of Attendees	Type of Registration	Registering Before <i>July 8, 2011</i>	Registering After <i>July 8 2011</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*	
	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 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 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 _____

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**Tournament is open to all
Members, Professional
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\$90 Entry Fee per Golfer
Includes Golf, Cart, Food & Prizes!

**4 Person Scramble
Meet at 6:45 a.m.
Tee Off at 7:30 a.m.**

**Prizes Include:
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757-393-8600
www.bideaweegolf.com

**Golf Tournament Registration Package
Registration Deadline is August 5, 2011**

To register, please fill out this form. Make checks
Payable to **Virginia Chapter – ACFSA** and mail to:
Jim Hartman, 8 Chippewa Lane, Palmyra, VA 22963
Ph: (434)981-5168 ● FAX (434)923-0757
Email: hartmanj@acrj.org

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

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 – Virginia 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 Norfolk!

Questions?

Please contact Jim Hartman at (434)981-5168 or email at hartmanj@acrj.org

ACFSA Official Conference Hotel



Norfolk Waterside Marriott

235 E Main Street
Norfolk, Virginia 23510
757-627-4200



Waterside Luxury at a Great Price!

Immerse yourself in comfortable luxury at the beautifully stunning Norfolk Waterside Marriott. Set in the heart of the historic district, this award-winning Norfolk hotel is just steps away from the vibrant, revitalized waterfront, as well as an abundance of entertainment options, such as world-class shopping, delectable dining, and unforgettable museums. Detailed with beautiful antiques, marble accents, and eclectic artwork, this Norfolk hotel offers plush accommodations that expertly blend traditional charm with modern conveniences. Dine at the incredible Shula's 347 Steakhouse, located in the Norfolk Waterside Marriott, boasting the Shula Cut, the best beef money can buy. Connected to the Waterside Convention Center, this Norfolk hotel provides an unparalleled choice for successful business engagements.

ACFSA will be using the beautiful Norfolk Waterside Marriott as it's Headquarters for the 2011 Annual International Conference.

We have a terrific rate of \$114 per night single/double occupancy so book early!

Make reservations by phone, call **1-800-228-9290** in the USA and Canada or On-Line at www.marriott.com/hotels/travel/orfws-norfolk-marriott-waterside/

THE 2011 BASKET CHALLENGE & SILENT AUCTION

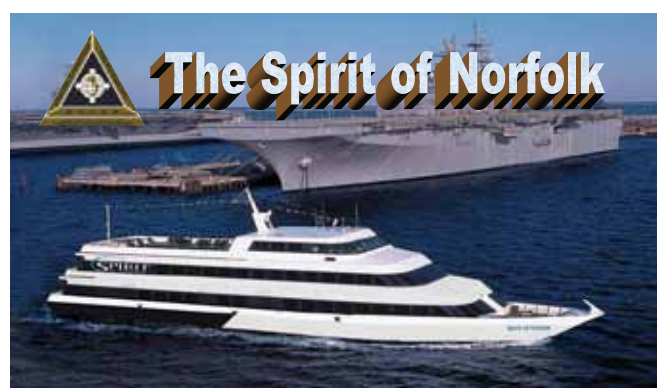


What Will You Put In Your Basket?

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 14-18, 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!



***Tuesday, August 16th, 2011
3:00 pm to 4:30 pm***

Competition Information

The competition space will include 2 worktables.

The teams will plan, design and produce one (1) decorated cake utilizing items provided.
Each team will display their cake for judging.

It is the responsibility of the competitors to ensure that their work is unaided and is completed within the spirit of fair competition.

At the end of the allocated time, all competitors will be requested to stand back from their work stations. Unless otherwise stated, the judges will penalize competitors for finishing late.

The Mystery Box will contain a selection of items that the judges require the competitors use for their presentations. They are selected to test skill, ingenuity, originality and presentation.

The judges are looking for the competitors' use of the items in the mystery box and to highlight those items in the finished presentation.

Ingredients: Pre-made Cakes; Pre-prepared Frosting;
Food Coloring - red, yellow, blue, green; Bottled Water

Rules

1. There will be regional teams consisting of 2 people. Limit one team per region.
2. All competitors must be present at the Competitors Only meeting on Tuesday, August 6th at 2:15 pm. Anyone arriving late will not be allowed to compete.
3. Each team will have identical work stations.
4. To begin, each team will be provided a Mystery Box and the items must be included as part of decoration.
5. Teams will have until 4:15 pm to complete their presentations.
6. Teams must only use the tools provide (no personal tools).
7. Judging will be independently conducted by the judges selected by the Program Committee. The Judges will be looking at your Creativity, Workmanship, Sanitation, Organizational Skills, Composition and Final Presentations. (See Scoring Sheets)
8. Final presentation must be done on the board provided to each team.
9. All competitors will be recognized at the Awards Banquet on the evening of August 16th and the Winning Team will be announced at that time.
10. Cake will be served on Wednesday, August 17th during morning and afternoon breaks.

The judges will base their evaluations on the following criteria:

1. **Creativity:** The competitors include new ideas with a controlled degree of difficulty, while showing proper balance. The cake decorations include new combinations of ideas that are innovative and original.
2. **Workmanship:** The competitors demonstrate good of equipment use, proper execution basic frosting application, decorating and design skills.
3. **Sanitation:** The competitor demonstrates a working knowledge of sanitation practices and food safety controls.
4. **Organization:** The competitors demonstrate good organizational skills and establish good work-flow from planning to presentation.
5. **Composition:** The competitors demonstrate proper color, texture and design combinations, along with functional composition.
6. **Presentation:** The competitors should present the cake with a defined creative look. The presentation should look clean with a pleasing layout showing the cake at its best. The use of sensible color variations and natural attractive lines should be emphasized.

To Register Your Region, Contact Ricky Clark at Ricky.Clark@vadic.virginia.gov



Not Yet A Member of ACFSA?

The ACFSA is an International Professional Association created to serve the needs and interests of Foodservice Personnel in the correctional environment. The Association brings together highly-skilled Foodservice Professionals who are interested in the common goal of providing nutritious, cost-efficient meal service for confined populations.

By joining ACFSA, you will keep up-to-date on trends in the industry through INSIDER magazine and other special mailings. At ACFSA conferences, you will sharpen your leadership and management skills, as well as gather practical information to put to use in your daily operations. ACFSA publications and conferences will also expose you to new ideas concerning foodservice equipment, food products, specialized services, cost management and many other topics that are important to you. You will meet other professionals in your field with whom you will be able to exchange information and experiences and build a network of contacts who can be called upon--a network that includes many of the top correctional food professionals throughout the United States, Canada and a growing number of other countries. You will also be supporting ACFSA's effort to strengthen and increase recognition of correctional foodservice personnel as professionals.

Membership Options

Professional Foodservice Member:

Persons actively engaged in correctional food or farm service operations is eligible to become a professional foodservice member. Professional foodservice members may vote for and hold Exec. and Reg. Director positions on the Board of Directors. **Annual dues: \$79**

Institutional Member:

Correctional Facilities. The membership is not carried in the name of a specific person, but the institution is entitled to privileges of active membership by appointing a representative who has the power of one vote for and may hold Executive or Regional Director positions on the Board of Directors. **Annual dues: \$134**

Retired Member:

Retired correctional foodservice professionals who are not currently industry consultants, manufacturers' representatives or employed in any capacity by Companies that could potentially sell to correctional foodservice professionals. Retired members may vote for Executive or Regional Director positions on the Board of Directors. **Annual dues: \$34**

Professional Partner:

Companies providing products/services that can be used in the correctional foodservice environment. Professional Partners may vote for and hold the office of Professional Partner Representative on the Board of Directors. **Annual dues: \$384**

Associate Professional Partner:

Individual employees or representatives of Professional Partner companies who want to receive all Association's mailings. Associate Professional Partners may vote for and hold the office of Professional Partner Representative on the Board of Directors. Manufacturers' Representatives may become Assoc. Professional Partners, in conjunction with a Professional Partner Co. if they use the membership to sell that professional partner's products only and are listed under that company's name only. **Annual dues: \$109**

Chapter Professional Partner:

Those companies that target a limited geographic area. Chapter Professional Partners will receive ACFSA's quarterly INSIDER Magazine, but not the International Membership Directory. They may not vote for or hold international office. They may participate in Regional or International Conferences without submitting Professional Partner membership dues or registering as a non-member Professional Partner if the conference falls within the geographic limits of their chapter. **Annual dues: \$159**

Benefits of Membership

- Education programs which qualify for credit in the Certified Correctional Foodservice Professional (CCFP) program as well as a variety of other continuing education and certification programs.
- Reduced rates for ACFSA certification and re-certification (CCFP).
- Participation in state and regional educational seminars and conferences at reduced rates.
- Professional, high-quality membership certificate and card.
- Participation in the Association's International Conference and trade show at reduced rates.
- Subscription to ACFSA's quarterly INSIDER magazine, with news pertaining to correctional foodservice activities of the Association and your fellow members, as well as industry-specific educational articles.
- Membership in the growing network of state chapters.
- Communication regarding professional and organizational matters with your designated state representative.
- Listing in the National Membership Directory--which includes you and all other individual members, institutional members and professional partners--in a convenient networking-index format with address, phone, fax, e-mail and web site information.
- Reduced rate on purchase of the ACFSA Food Service Manual, a practical guide for providing high quality food service, which was written by professionals for correctional and detention facility staff.
- Eligibility to apply for one of the annual ACFSA Scholarships of up to \$750, to finance continuing education and related professional development activities including attendance at conferences.
- Eligibility to apply for professional recognition awards (up to \$1000 to be used to attend the International Conference.)

REGISTER TODAY!

FORM ON OPPOSITE PAGE



ACFSA MEMBERSHIP APPLICATION

Simply fill out this Application and forward with dues to ACFSA Headquarters.
(Check, Money Order, Visa, MasterCard, American Express)

Name _____

Title _____

Facility/Organization _____

Phone _____ FAX _____

Email Address _____

Directory Address _____

Preferred Mailing Address (if different from above) _____

Preferred Billing Address (if different from above) _____

Recruited By _____

Employed by (for Food Service Professional Active and Institutional Members only):

Federal State/Prov. County Private Other _____

ACFSA ANNUAL MEMBERSHIP DUES (IN U.S. FUNDS) CHECK ONE

<i>Member Type Check One</i>	<i>January-March Current Year</i>	<i>April-June (* Payments made after March are Prorated through following Year)</i>	<i>July-September</i>	<i>October-December</i>
<input type="checkbox"/> Food Service Professional	\$79	*\$139	*\$119	*\$99
<input type="checkbox"/> Institutional	\$144	*\$252	*\$216	*\$180
<input type="checkbox"/> Retired	\$39	*\$69	*\$59	*\$49
<input type="checkbox"/> Professional Partner	\$384	*\$672	*\$576	*\$480
<input type="checkbox"/> Associate Professional Partner	\$119	*\$208	*\$179	*\$149
<input type="checkbox"/> Chapter Professional Partner	\$169	*\$296	*\$254	*\$211

Total Amount Due \$ _____

Check Enclosed (Made Payable to ACFSA) *Check #* _____ Money Order Enclosed

Credit Card Payment: VISA MasterCard American Express

Cardholder's Name _____

Card Number _____ Exp. Date _____

Billing Address _____

V-Code _____ *V-Code is the 3 Digit Code on the back of Visa and M/C or the 4 Digit Code on the front of AmEx*

Authorized Signature _____

PLEASE SEND COMPLETED APPLICATION *WITH* PAYMENT TO:

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

Credit Card Payments May be FAXED to (818)843-7423 ● **Questions? Call (818)843-6608**

2010/ITA



Executive Director's Message

by Jon Nichols

Here We GROW Again

If you have been paying attention to the pages of INSIDER, ACFSA Email communications and ACFSA website chatter this past year, you are aware that ACFSA has been threatening to expand its reach across the United States and in Canada. States and Provinces that have been dormant are showing signs of new life, or beginning anew.

The reality of new and revitalized chapters is exciting for obvious reasons, but the most important motive to get wound up is the additional voices that will be introduced to the dialogue of Correctional Food Service. I have mentioned to you before that I believe one of the greatest benefits of your membership in the ACFSA is the opportunity to exchange ideas among your peers in an industry that is unlike any other. It is an industry that can make those working within feel a little isolated at times as only others in the profession can relate. ACFSA provides a forum for discussion not available anywhere else. Even in this information age of Facebook, Twitter, and et.al. ACFSA is the only source that is devoted to the industry. So, I am delighted to welcome friends, new and old, into the ACFSA fold!

Our Eastern Canadian Membership has long been a great support and part of our Region III. In the last half of 2010, it became apparent that the members living and working in Canada were maybe not being represented in a way that was satisfactory or in keeping with the standard that was set by ACFSA Founding Member, Al Richardson. What to do? Create a new Region! Region V now has a voice on the ACFSA Board and, subsequently this will allow better involvement and participation. Already there is new life and excitement in the northern reaches of North America! Welcome Region V!

Tennessee Member, Ronda Walters, wanted a more active role in the association and a chance to reap more benefits from her involvement. Ronda asked some questions about starting a chap-



ter and involved a few colleagues in the area and, voilà; we now have a twenty member strong chapter in Tennessee!

In New Mexico, Sandra Adam-Sias has been on a mission for a couple of years now to start a New Mexico Chapter. Recently she contacted me requesting information about starting a Chapter. Sandra said that she had seven Membership Registration Forms in hand! What a great story of perseverance, patience and execution!

I have also been contacted by Myron Wiley of Jones Zylon and Laurie Maurino, Region IV Director, both strong ACFSA supporters from California who have been investigating the creation of a Northwestern Chapter that would expand the ACFSA reach up the West Coast and include Oregon and Washington State and possibly could include neighboring states. Myron has been working diligently on this opportunity and we hope to have more information on this development later in the year. Great job!

There are plenty of options throughout North America for you to attend an ACFSA meeting or to network with peers. And, of course, you are not chained to a particular state or region if you find that a topic or meeting of particular interest is taking place in another location.

If you have a coterie of Correctional Food Service professionals in your state or region that would like to start a chapter, we can assist you in making it happen. Just contact the office for more information.

Next Stop Norfolk!

As I write this, our Annual International Gathering is a mere three months away! It may be cliché to say, but “my, how time flies!” San Diego is still fresh in my mind – the outstanding breakout sessions, General Sessions and events that took place, not to mention the incredible opportunities to join Professional Partners and Food Service Professionals together for product demonstrations and networking! It was a special event and I hope you had a chance to be with us.

Believe it or not, the Virginia Chapter was hard at work planning the 2011 Show before the 2010 Show even ended! Yes, you heard me right, the plans for this year’s conference actually commenced more than a year ago! Subsequently, we are in for a really big show. After the strong educational programs that have been planned and the Annual Trade Show, the highlight of this year will be the Awards Banquet that will take place on the Spirit of Norfolk as she makes her way along the Elizabeth River and we are treated to a view of the sparkling lights of Downtown Norfolk. You will want to be on board for this Night of Nautical Nuance lest you’ll be reading about it after the fact.

And, I alluded to the Trade Show in the last paragraph, so I must take a moment to remind you of the theme “Team Spirit and Team Building.” I cannot think of a better premise for the excellent members of ACFSA to come together as our Professional Partners present their products for your scrutiny. At ACFSA, we are a team, after all, and our Trade Show is an expression of that feeling. It is the perfect synergy of demand and supply under one roof pulling together for a common goal. It is teamwork pure and simple, and we will celebrate it by showing Team Spirit in whatever fashion suits you. I can’t imagine there’s any wrong way to express your idea of team, so bring your best and impress. Our Professional Partners are truly the finest in the industry and we are lucky to have them. Please show your support for their efforts by visiting each and every one of them. You may not think



It's Time to Register for the Annual International Conference!
August 13-18, 2011 • Norfolk Waterside Marriott

they have something you need, but you might just be surprised to find that new item that you won’t be able to live without. At the very least, please stop by and thank them for all they bring to ACFSA and the experiences that you are able to have.

And let me say thank you for all of the hard work that the Virginia Conference Committee has put in on this program. From Conference Co-Chairs, Ricky Clark and Jim Hartman to Trade Show Co-Chairs, Kristen Stoker and Mike Robertson as well as all of the members in between, we are humbled by your vision and the time and effort that it has taken to craft such an outstanding program. I am sure that those in attendance will be wowed by their experience.

Look for more Conference information on the pages of this issue of INSIDER. Also, don’t forget to visit the web site often for updates to the Schedule of Events as well as all of the other happenings occurring within the ranks of our membership. I look forward to seeing you in Norfolk. ▲

A Heartfelt Thank You for a Job Well Done!

Carol Thomas Retires

An ACFSA Friend and Champion quietly retired from her position at The Academy for Staff Development in Crozier, Virginia to move to Georgia with her family. I know that the good people at the Academy are going to miss Carol’s presence and dedication to her job, but I am quite confident they will not miss her as much as ACFSA. According to ACFSA’s By-Laws, retired members are not permitted to hold positions on the International Board and, consequently, Carol is no longer serving as your Vice-President. I know that I speak for all of our current Board Members and those that have served with Carol on Past Boards that we are missing out on one of our most enthusiastic and progressive members.

I want to thank you, Carol, for all of your hard work and your commitment to excellence through your years of service on the Board. We are a stronger organization for your efforts and we are grateful to have you as part of the ACFSA family. My hope is that you continue to serve as a retired member

on a local and Regional level in your new home to lend your expertise and guidance to our members in the area. And should you ever decide to join the ranks of the Correctional Food Service industry again, we will anticipate your returning to the Board to continue the great work that you do.

In the meantime, Carol has been an integral member of the team that is planning the 2011 Annual International Conference. From the beginning stages of the planning, Carol has been coordinating the Speakers and tending to general logistics of the agenda and she continues to help craft the program that you will experience in Norfolk.



Regional Reports



REGION IV REPORT

by Laurie Maurino, RD

I must take this time to express my appreciation to the ACFSA organization. I worked in the rural town of Susanville at a state prison in the hospital as a Registered Dietitian for 13 years. A mentor of mine, Dennis Van Amburg, introduced me to ACFSA back in 1997. I have been a member and attended meetings ever since. I became involved in the California State Chapter. I was the Northern Area Representative for three years and then was Chapter President in 2008. Being involved in the Chapter took me outside of my comfort zone in doing new tasks. It was a challenge to put together meetings and plan conferences. But it did boost my self-confidence to know I could do these things. I met many people in other areas of Correctional Food Service, like federal prisons and county jails. It is great to see how other organizations run similar food service operations.

I have recently changed jobs and now oversee general population feeding for California

Department of Corrections and Rehabilitation. We serve about 150,000 inmates on a daily basis. In this new position, I have great appreciation for my contacts from ACFSA like Benson Li, Jeff Vickers and Chris Musgrove. It has made my job easier to

be able to contact these members to answer questions and get advice. So my message being I have made some great friends and contacts in ACFSA. The experience has helped my career path in a positive manner. I encourage all of you to get involved in your local Chapter. If you would like to start a chapter in your state, let me know. We have a manual on how to start one.

The California Chapter just held a meeting on April 21, at Fresno County Jail. They use the Canteen Feeding System there. It was hosted by Mark Yearout, Canteen Services.

We toured the jail and the supporting kitchen. The next Chapter meeting will be July 21 in San Diego. Details not quite available yet, please email me if you are interested in attending. The California Chapter conference will be held in Sacramento/Folsom area, at the Lake Natoma Inn on October 16-19. If you are from another state, you are definitely welcome to attend any of our meetings. Hope to see you there.

We have been trying to form the Oregon-Washington State Chapter. It seems that a couple of the major member proponents have retired. If anyone wants to step up, let me know.

Please feel free to email for details on any of the above information at Laurie.Maurino@cdcr.ca.gov. Have a great summer! ▲

Chapter Chatter

VIRGINIA

by Linda Shear

The ACFSA VA Chapter met on April 15th at RRS Food Service in Ashland. We attended a very informative training session on maintaining the quality of fresh produce.

After the training, we went to work on conference business. All of the ACFSA International Committees reported on their progress, and we're almost ready to go!

Our next chapter meeting will be at the ACFSA Conference location at the Waterside Marriott in Norfolk. We will have a final walk-through and then be ready to open the doors of VA to the entire International ACFSA membership. ▲

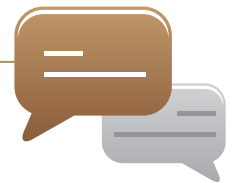
NORTHERN LAKES

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> ▲



Oooops!

We want to thank Robin Sherman for writing the "What it Takes to Become a Dream Team" article that appeared in the Spring 2011 issue of INSIDER. Her byline was regrettably omitted.

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2010-2011



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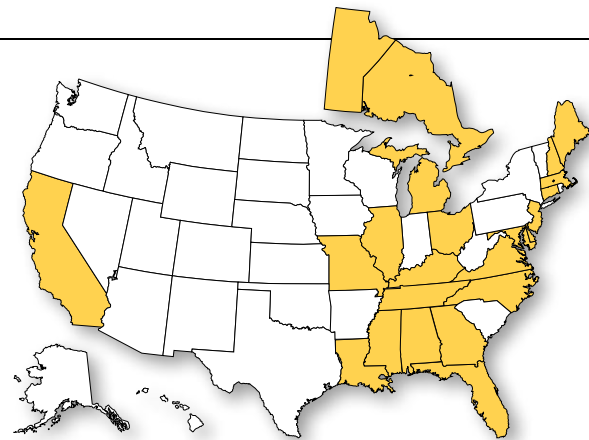
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CANADA

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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

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Delaware
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Massachusetts

New Hampshire
New Jersey
New York
Pennsylvania
Rhode Island

Vermont
Virginia
Washington DC
West Virginia

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Eastern Canada
Illinois
Indiana
Iowa
Kansas

Michigan
Minnesota
Missouri
Nebraska
North Dakota

Ohio
South Dakota
Wisconsin

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Arkansas
Florida
Georgia
Kentucky

Louisiana
Mississippi
North Carolina
Oklahoma
South Carolina

Tennessee
Texas
Virgin Islands

Region IV

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Alaska
Arizona
California
Colorado

Hawaii
Idaho
Montana
Nevada
New Mexico

Oregon
Utah
Washington
Wyoming

Region V

Eastern Canada



ASSOCIATION OF CORRECTIONAL FOOD SERVICE AFFILIATES

Getting To Know You...

As I am sure that you are aware, we have a new Region in our ranks. Region V has joined the original four Regions and I want to welcome them to the mix. Region V is comprised of ACFSA members in Canada and, to be sure, these members are long-time associates of the ACFSA.

It is an exciting development for ACFSA, I am sure you'll agree, and maybe you will go to the ACFSA Message Board and/or to the ACFSA Facebook page to extend a welcome or to congratulate your friends. Ask them how their recent Ontario, Canada Conference went! I've heard great things, but it would be a fun thread! Voting for Regional Directors of the odd numbered Regions I, III and V will take place in 2012. In the meantime, The Board of the current Ontario Chapter will assume the leadership position for the open spot. Paul Fortier will be your Region V Director with the rest of the Ontario Board acting as Advisors. Below is a brief Bio for Paul so that you may get to know him a little better.

Thank you Paul for stepping into this Leadership position!

Hello. My name is Paul Fortier,

I graduated from Algonquin College in Ottawa, Ontario 29 years ago. I have been a member of the ACFSA for the last 9 years and a board member for the last 7 years starting with being Secretary then President. I have been employed by the Ministry of Community Safety and Correctional Services for 18 years as a cook and for the last 9 years as a Food Services Manager. I have been married for the last 33 years to a wonderful and patient woman by the name of Joe-Anna with 7 children and 2 grand-children. My hobbies are camping, watching hockey and don't you know it, I'm a Hab's fan, and spending time with my family.

*Paul Fortier
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ADVERTISER INDEX

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www.federalsupply.com	
Foodservice Express	7
www.FoodserviceExpress.com	
FWE	1
www.FWE.com/go/acfsa1	
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www.intersectusa.com	
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► *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.

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1. Please send via e-mail by August 15, 2011 to:
ACFSA—INSIDER
Barbara Holly, e-mail: barbaraholly@bellsouth.net or
Chris Althaus, e-mail: Christine.Althaus@wisconsin.gov
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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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