

Summer 2015

INSIDER

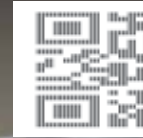
The Magazine of ACFSA
The Association of Correctional Food Service Affiliates

2015 Annual International Conference
Niagara Falls, New York

Association of Correctional Food Service Affiliates Summer 2015

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TABLE OF CONTENTS

Summer 2015

ARTICLES

2017 Conference - Save the Date3
 Dietitian's Corner10
By Barbara Wakeen, MA, RD, LD, CCFP, CCHP
 Niagara Falls Conference14
 My Pitch to You...15
By Robert Pennix
 Keynote Speakers16
 Get ServSafe Manager Training at Conference17
 Conference Agenda 18-19
 Conference Attendee Registration Form20
 Conference Scholarship Recipients21
 Conference Vendor Information & Registration22-24
 Niagara Falls - A (Not-So-Brief) History26
By Jon Nichols, IOM, ACFSA Executive Director
 Employee Wellness Programs30
Submitted by Laurie Maurino, RD, ACFSA Vice-President
 Did You Know..... Avian Influenza EA/AM-H5N234
By Linda Mills, MBA, RD, FADA, Corp. Dietitian - Community Education Centers
 Leadership Spotlight35

COLUMNS

President's Message2
By Robin Sherman, CCFP, CFSM, ACFSA President
 Past-President's Message4
By Phil Atkinson, ACFSA Past-President
 Treasurer's Report6
By Lt. Tim Thielman, CFSM, CCFP, Vice President Elect/Treasurer
 Executive Director's Message8
By Jon Nichols, ACFSA Executive Director
 Chapter Reports36-37
 Regional Reports38-39
 Education Report40
By Lt. Tim Thielman, CFSM, CCFP, Education Committee Chair
 CFSM Enrollment Brochure and Form41-42
 ACFSA Membership Information and Form43-44
 New ACFSA Members45
 ACFSA Board of Directors, Committee Chairs & Liaisons46
 Chapter Presidents & State and Provincial Contacts47
 ACFSA Regions47



The ACFSA Mission Statement:

Develop and promote educational programs and networking activities to improve professionalism and provide an opportunity for broadening knowledge



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President's Message

By Robin Sherman, CCFP, CFSM, ACFSA President

Success Is a Journey; Not a Destination...



ACFSA's Mission is to develop and promote educational programs and networking activities to improve professionalism and provide an opportunity for broadening knowledge.

Our mission statement is a constant reminder to correctional food service workers about why our Association exists, and what our founders envisioned. Correctional education is the key! Education is one of the most important investments an individual can make. It is critical for the long term health and prosperity of the Association. Education supports innovation which creates new technology, which in turn, enhances the productivity of our workers in this industry. Education also improves your worker's skills which allow them not only to use new technologies and information, but also to use

existing technology more effectively and efficiently. Therefore, improving professionalism and providing an opportunity for broadening knowledge.

This past year, we have had several ACFSA training conferences or workshops set up. We have the best of the best in the Corrections Industry teaching and training in every aspect of correctional foodservice.

A lot goes into conducting successful conferences. Thank you again to the California Chapter, Ontario Chapter, Michigan Chapter, Region I Conference Committee and Northern Lakes for providing outstanding conferences and workshops to enhance our knowledge in correctional foodservice.



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Past-President's Message

By Phil Atkinson, ACFSA Past-President

As I was thinking about what I should put in this, my final submission as an ACFSA International Board member, several things came to mind that have served me well, not only in life but in my time in ACFSA. The first is, and yes, here it comes again, a quote from Thomas Paine: "Tyranny, like hell, is not easily conquered; yet we have this consolation with us, that *the harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem to lightly.*" Or, as I like to put it, "Where there is no cost, there is no value." We didn't get where we are because we waited for someone to do something to us or for us. We are where we are because we are involved in what we do, exert the effort every day to make ourselves and our departments better. We are where we are because of hard work and dedication.

"Everything happens for a reason." I truly believe this. Many times I believe we get bogged down in the old "woe is me" mentality, thinking why did this happen to me, my significant other, my friend, etc. I believe that things don't happen *to* us but *for* us. When tragedy strikes, it's the lessons we take away from it, and the chance that we have to grow and become better, that give it meaning.

Don't be a victim. There are very few things in life that we can control. One thing that we certainly can control is us. Our behavior, how we react to situations and people, is entirely up to us. We should not allow the actions of others to lead us away from our core principles. Victims are unpleasant "downer" people. Don't be a "downer."



"Your happiness is not my job. It's yours. You make the choice; choose wisely." If you're not happy in a relationship, leave it. If you're not happy in your job, find a new one. It is impossible for me to "make you happy," only you can do that.

Another of my favorite quotes is from Harry Truman. "Never kick a fresh turd on a hot day." Some things are best left undisturbed. Pick your battles wisely.

Continued on Page 7

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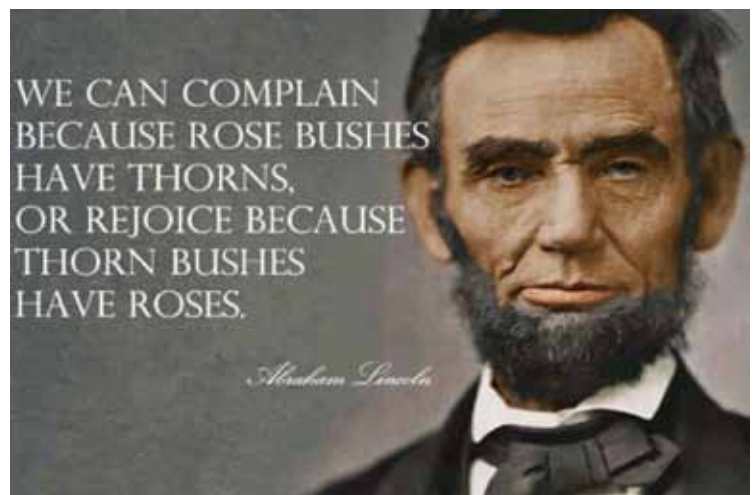
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Past-President's Message - Continued from Page 6

“The smartest thing the Devil did was to get people to believe he doesn't exist.” It's not God allowing something to happen, its evil at work.

And lastly, Abraham Lincoln said: “We can complain because rose bushes have thorns or rejoice because thorn bushes have roses.”

It has been my great honor and pleasure to serve the outstanding members of this fantastic organization for the past eight years. My hope is that, as I leave the board, ACFSA is better for my having served. Thank you so much for this amazing opportunity and wonderful experience. I am really looking forward to seeing you all in Niagara Falls this August 23 – 27.





Vice President Elect/Treasurer's Report

By Lt. Tim Thielman CFSM, CCFP, ACFSA VP Elect / Treasurer

Happy summer to you all! I hope 2015 has been a good year for you so far. As an organization we are doing well. Our current membership as of June 15, 2015 was 576 and more to come. Our membership numbers are still lower than a few years back but we continue to pick up new members. As I mentioned in the last INSIDER, our organization's existence depends greatly on membership and revenue from booth sales at our International Conference. Our vendor members are an important part of our organization and without them we would not exist so please let them know that you appreciate all they do for us, and do business with our vendors.

Booth sales for the 2015 International Conference are a bit behind this year compared to previous years: however, as we get closer to the conference we usually pick up more booth sales. This is also the case with attendee registration but this is typical because many organizations start their new budget cycle on July 1st and that is when funding becomes available.

The Summer Edition of the INSIDER will reach you right around conference time and by then our numbers for both attendees and booth sales should be up to par. I hope you have registered or will be registered for the 2015 Conference in Niagara Falls, New York. Robin, Connie, and their Conference Committee have done some outstanding planning to make this a spectacular event. At this time last

year while Phil and I were putting our final program together, Robin and Connie were already planning the 2015 Conference.

I will be delivering our Annual Financial Report at the Business Meeting in Niagara and hopefully you will be there to hear it. If you can't make it to Niagara the report will be in the Fall Edition of the INSIDER.

See you in Niagara Falls!

All the best,

Tim Thielman CFSM, CCFP



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Executive Director's Message

By Jon Nichols, IOM, ACFSA Executive Director

Niagara Falls, New York - What an outstanding location for a Conference! And judging by the number of you that are registering to be with us later this month, I think it's safe to say that you think so, too! We are extremely lucky to have the opportunity to get together in this ridiculously beautiful location and I am looking forward to seeing you there.

The mission of ACFSA is to develop and promote educational programs and networking activities to improve professionalism, and provide an opportunity for broadening knowledge. It's no coincidence that the main goal of the Conference is education and career development followed closely with a healthy dose of networking opportunities. As is the case every year, the Conference Committee does their best to shape a program that is interesting and relevant to Correctional Food Service Professionals. This year, I believe the Michigan/Ontario joint committee has outdone themselves in putting together an agenda that is diverse, topical and appealing.

We are kicking things off on Sunday with a "Family Day" where you can mingle and network with your friends and colleagues. There is a "Discovery Pass" available for \$38 per adult. The Pass lets you ride the world famous Maid of the Mist Boat tour, walk within feet of the Falls at the Cave of the Winds, meet the legends at the Niagara Adventure Theatre, get hands-on at the Discovery Center and go under the sea at the Aquarium of Niagara!

The Niagara Falls area has a long and rich history both geographically and politically that I am hoping many of you will have a chance to experience in your free time away from conference. Hiking, Museums, and some of the fun touristy attractions such as the

World Famous Maid of the Mist are just some of the ways to explore the immediate area around the Hotel and the Niagara Falls Conference Center.

Mere steps from the Sheraton at the Falls Hotel and the aforementioned attractions, you can make your way across the Rainbow Bridge to Canada! That's right... you can WALK across the bridge to another country, spend the day or night dining, dancing, arcading, seeing a show or, more importantly, seeing the most iconic view of the Falls. Yes, that view is accessible only from the Canadian side, so bring your Passport to ensure you get that opportunity to make your way across.

I have shared with you before that I believe networking is the most important benefit to ACFSA membership. More so that any other professional organization or Association, ACFSA profits from the working knowledge and experiences our members share with one another on our Message Boards, in-person at Meetings and at Conference. In Niagara Falls, you will have numerous opportunities to network at our Welcome Reception on Sunday, at the Vendor Reception on Monday, at the Annual Vendor Showcase and Awards Banquet on Tuesday, and of course during your free time. It is the perfect time for you to catch up with friends and maybe get some advice on issues you may be facing at your institution. You are a very unique set of Professionals with experiences that most people outside of the Industry couldn't possibly comprehend.

Make it a point to utilize the ample amounts of networking time to it's fullest and I am confident that your Conference experience will be pretty amazing.

Continued on Page 9

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But, it doesn't end there as we are filled to the gills with educational sessions encompassing a full range of the hot topics that challenge our members and their institutions.

Our Keynote Speakers, Major Sam L. Davis, and Dr. Susan Jones will no doubt be cornerstones of the program, so make sure to be in the audience. Major Davis will be discussing "The Power of the Service We Render," and Dr. Jones will share her expertise on "Boundary Violations - Power, Connection and Responsibility."

Educational Breakouts will cover, Local Food, Farming, Transgender Issues, Food Costs, Waste Handling, Strategic Planning, Clinical Nutrition and much more. It is really a Conference of Everything for Everyone.

I touched on the Vendor Showcase taking place on Tuesday being an outstanding networking opportunity and I feel the need to expand on that. Each year I make this plea to our attendees and I'm not too proud to do so again. The plea is simple, but it is of the utmost importance so please, if you take nothing else from this message, follow this directive. I ask that all

attendees not only make the effort, but please follow through and visit each and every vendor that has taken the time and made the financial commitment to be with us and to make your experience in Niagara Falls a great one.

I think it's sometimes easy to forget that a Conference takes a great deal of manpower to plan and implement, but the financial component is getting increasingly burdensome. The monetary contributions our Professional Partners make by way of booth fees and sponsorships (not including their expenses in shipping, staffing, lodging, etc.) is substantial and we couldn't do what we do without them. I know from personal experience that it's not too much to ask that you give them at least a few minutes of your time on the show floor to see what they have to offer. You may not think you have business for them, but you could very well be surprised by a new item or possibly make an invaluable connection for the future. So please do make this a priority on Tuesday at the Vendor Showcase. Thank you in advance for your participation and commitment!

I'm looking forward to seeing you in Niagara Falls!

New Legal and Environmental Impacts on Our Operations



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

Recently some of the changes in regulations and some environmental situations have raised attention that can have big impacts in our facilities and our budgets...Avian Influenza, *trans* fat and artificial ingredients have been drawing attention resulting in alterations in product availability from processors and manufacturers to end users.

Avian Influenza

The Avian Influenza (bird or avian flu) has presented itself in the US again after more than 10 years. This outbreak, affecting more than 48 million birds (Source: thepoultrysite.com. Accessed 6/20/2015), is impacting product availability and menus for poultry and eggs.

I have been contacted by Food Service Directors nationwide regarding the availability of eggs and what appropriate protein substitutes can be made on their menus. Nut butters, cheese and seeds, along with breakfast meats are desirable, but not always viable options. Their vendors have informed them that eggs will be in short supply and likely turkeys for Thanksgiving. We all know how this filters down in our daily operations. Many are feeling the crunch already experiencing price increases and lack of

product. Even at the grocery store, we are feeling the impact of the price increase of eggs.

Tracey Komata, Vice President, National Food Group, shared "... this has been like nothing really in my 30 years' experience!" Items that work for breakfast proteins and eggs are in high demand. Correctional facilities and contract feeders are stocking up and opportunity buys are golden at this point. Lead times are longer and prices have risen for the distributor.

In contrast to the eggs, Tracey noted "there are rumors of some surpluses of chicken in the US as many countries blocked the import of our birds." The impact on Corrections is unknown as these may not be typical birds used in Corrections. In researching additional information on chicken exports, both broilers and chicken leg thigh quarters were noted as being in abundance due to the reduction (in exports) resulting from the avian influenza. Pro Report Online (May 27, 2015) noted that inventories of chicken quarters are up 80% from one year ago as a result of restricted imports of poultry in other countries related to the avian influenza.

Continued on Page 11

Trans fat

In June, 2015, the US Food and Drug Administration (FDA) banned the use of *trans* fat in processed foods and has determined *trans* fat is no longer "Generally Recognized As Safe" (GRAS) in human food, or on the 'GRAS list' (for some of us seasoned foodies!). This preliminary determination was made in 2013 and this action was based on scientific evidence related to the findings that *trans* fats are major contributors to coronary artery disease and raising LDL cholesterol.

'Partially hydrogenated oils' (PHOs) are the primary dietary source of *trans* fat. Many processed baked goods, and foods contain *trans* fat in the form of 'partially hydrogenated oils' (PHOs), e.g. frozen pizza, cookies, crackers, pie crusts, biscuits and margarine, as seen on Ingredient Labels and on Nutrition Facts Panels. These oils contribute to shelf stabilization and flavor. Note, *trans* fat is found naturally in some animal sources, such as the gut of an animal, and meat and milk products.

In 2006, *trans* fat joined the ranks of what some registered dietitian nutritionists (RDNs) call the 'leader nutrients' on the Nutrition Facts Panel, when the FDA mandated that *trans* fat be listed on Nutrition Facts Panels of food packages.

Food manufacturers have a compliance period of three years (2018) to reformulate products to be *trans* fat-free. They also have the opportunity to petition the FDA to allow PHOs for specific uses. With the many processed items and mixes used in Corrections, we will likely be experiencing product variations as a result.

Artificial Ingredients

Food manufacturers are moving toward 'more natural' by removing some artificial additives, colors and flavors from the common processed products we serve (and sell) in our facilities (and consume at home) such as cereals, frozen pizzas, hot pockets, lunchmeats, some soda pop and candy bars. Companies such as General Mills and Nestle, and restaurant chains such as Subway, McDonalds, Panera, Chipotle and Dunkin' Donuts are leading the way, eliminating antibiotics, artificial additives and/or GMOs. While we don't serve all of these products as branded, many of us serve some as opportunity

buys, and possibly as private label purchases, as well as selling some in commissaries.

FDA doesn't have a clear definition for the term 'natural,' but accepts use of the term if foods do not contain artificial flavors, added color or other synthetic substances. (www.fda.gov/aboutfda/transparency/basics/ucm214868.htm. Accessed 6/20/2015)

I don't have any specifics at this time on items we commonly use in Corrections, but I anticipate future changes in ingredients and on food labels noting new colors and flavors, and possibly new food label claims. The elimination of some of these artificial items may positively impact some rare allergy diets to certain dyes and ingredients.

More to Come...

Given the above regulatory changes and modifications for the nation's health, in combination with the future release of the 2015 Dietary Guidelines, I anticipate we will be seeing even more alterations in standards, the need to alter procedures and policies, and in how we plan menus than we have in many years.

Notable News

Marlene Tutt, MS RDN has completed her term as Dietetics in Health Care Communities (DHCC) Corrections Sub-Unit Chair and ACFSA Alliance Representative. During her tenure Marlene was a contributing author to Connections, DHCC's quarterly publication and a reviewer of two DHCC manuals - Emergency Management for Healthcare Professionals and DHCC In-service Manual. The Corrections Sub-unit EML was re-established during this time, where she offered support to her colleagues keeping them abreast of correctional activities. Marlene has participated at several ACFSA International Conferences sharing her expertise in Child Nutrition and at ACFSA CA Chapter Conferences. Marlene continues her employment with San Diego County Sheriff Department. She will begin her new assignment as

Continued on Page 12

member of CA Academy of Nutrition and Dietetic Foundation Board.

Julie Driscoll, RDN, CSR, CSG, LDN is the incoming DHCC Corrections Sub-Unit Chair, replacing Marlene Tutt. Julie Driscoll is a registered, licensed dietitian and Certified Specialist in both Gerontological and Renal Nutrition. She worked for many years in acute and critical care, acute rehabilitation and skilled nursing in California. After moving to the East coast, she joined the Bureau of Prisons at FMC Devens in 2009 where her interests are in diabetes, obesity and renal nutrition. She serves as a subject matter expert with the Commission on Dietetic Registration in the fields of Gerontological and Renal Nutrition.

LCDR Mitchel Holliday, MS, MSED, RDN, CDE, FAND, Chief Dietitian, Federal Bureau of Prison, recently returned home from a two month deployment in West Africa. LCDR Holliday was one of only two registered dietitians in the U.S. Public Health Service to help manage and staff the Monrovia Medical Unit (MMU), a 25-bed hospital dedicated to providing care to health care workers who become infected with Ebola in Liberia. Unrelated to his service to support this mission in West Africa, LCDR Holliday was notified in late June that he was one of only five registered dietitians in the U.S. Public Health Service to be promoted to the rank of O-5 Commander. The others included two Clinical Research Dietitians from the National Institutes of Health, one Public Health Analyst for the Health Resources and Services Administration, and one Consumer Safety Officer of the U.S. Food and Drug Administration Foreign Inspection Program.

Congratulations Marlene, Julie and Mitch on your new positions and thank you for your leadership!

Meetings and Conferences

ACFSA Dietitians in Corrections Networking Luncheon

Monday, August 24, 2015
Conference & Event Center
Niagara Falls, NY
(RDs and RDNs, please contact me if you are attending)

Academy of Nutrition and Dietetics FNCE

October 3-6, 2015
Nashville, TN

www.eatright.org

DHCC Activities at FNCE

PreFNCE Workshop

Saturday, October 3rd
7 am - 3 pm
OMNI - Broadway Ballroom E

DHCC Member Reception

Saturday, October 3rd
6:30 - 8:00 pm
OMNI Broadway Ballroom A & B East

DHCC Corrections Sub-Unit Meeting

Sunday, October 4th
5 pm
Location TBA

NCCHC

October 19-21, 2015
Dallas, TX
www.ncchc.org

ACFSA Networking Discussion Group Information

If you would like to be added to the Dietitians in Corrections networking listserv, 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.

DHCC EML

Dietetics in Health Care Communities (DHCC) has an EML for the Corrections Sub-Unit. To participate, one must be a DHCC member, which means being a member of the Academy of Nutrition and Dietetics as well. Emails communicated through this group are sent through a private email address for DHCC members only. To join, visit www.DHCCdpg.org or contact Julie Driscoll at jdriscoll@bop.gov. There are many member benefits including networking, publications and continuing education credits.



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Unfortunately the cut-off for the ACFSA room block has passed and our rooms are completely sold out. Any rooms that are available will be sold by the hotel at prevailing rates.

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My Pitch to You

By Robert Pennix

Jumble words, passionate thoughts, and helpful insights are what we desire when we choose to read someone's article. I like to think I have displayed all at some point in my writings. On 4/21/15 I attended an ACFSA Virginia Chapter meeting in which we discussed the upcoming Virginia elections. This made me realize I was the Benson Li of the Virginia Chapter. I have served on the Virginia board for a number of years and, just like Benson, I never thought the time would come that I would not be called Past President. This year Julie Hobbs will swear in Jessica Conner as the next Virginia Chapter President. Jessica Harlow, by the time she is sworn in, will remove me from the Virginia Board leaving me with one job, your Region I Director. During the meeting I joked, "at future Virginia Chapter meetings I can sit in the back of the room. I will no longer have to write articles for the Virginia newsletters." I only have to write the Region I report for the Insider which is a large task within itself.

Serving on the National Board and writing the Regional Reports for the Insiders each quarter follows a certain pattern. In the Fall, the Directors write about the past conference. In the Winter and Spring the Directors write about events in their regions. The Summer Insider becomes an advertisement for participation in our National Conference.

We list the classes; we talk about the vendors and their support. We talk about the networking opportunities, all of which are excellent reasons for attending. These should be the driving force for participation. I hope you take full advantage of the classes offered. I hope you visit and thank all vendors. They make it possible through sponsorships, scholarships, and vendor show participation.

Here are some other reasons for attending; first great locations. Niagara Falls is one of the greatest wonders of the world. Take time to enjoy the beauty and power. I know I cannot wait to take some great pictures. Second, the networking opportunities are great but the personal interactions alone are worth the trip! Over the years I have met so many good people that I now consider family. The relaxing conversations after classes not revolving around work or conference activities always lead to sharing wonderful familial moments. It is good to share accomplishments in your family's lives, for they are our shining moments.

So if this is my advertisement for the ACFSA National Conference it is simple. Come enjoy the classes; come and see the beauty of the Falls; come enjoy the fellowship of others; but most of all come and make memories. Create a moment that will be etched in your memory forever. Like the words to a Kelly Clarkson song "some people wait a life time for a moment like this." I have.



Keynote Speakers

The Power of the Service We Render



Major Sam L. Davis is the Jail Administrator for the Ingham County Sheriff's Office in Mason Michigan. Prior to joining the Sheriff's Office, Major Davis spent 33 years as a teacher, building Principal and then Central Office Administrator in the Lansing School District.

Major Davis volunteers on several local community boards including having served as Chairman of the Board of Highfields Inc., the Capitol Region Community Foundation and vice chair of the Ingham County Community Correction's Advisory Board. He has also volunteered his services as a committee chair for the past 11 years at the City of Lansing's Common Ground Music Festival.

Currently Major Davis is serving as the State Chair for the Jail Administrators of the Michigan Sheriff's Association (MSA) and has represented the MSA on various committees including the State Fire Penal Code Advisory Committee. Major Davis was appointed to the Governor's Task Force on Racial Equity.

He is an outstanding high school wrestling official having worked more than 30 State Finals. The Major has a black belt in judo and karate, and was an Olympic Trials Qualifier for the 1980 Olympics. Major Davis is a member of both the Eastern High School, and Greater Lansing Sports, Halls of Fame.

Major Davis is a proud Michigan State Spartan having earned his Bachelor's and Master's Degrees at Michigan State. He is currently on the Michigan State University teaching staff in the School of Criminal Justice. Major Davis is a nationally Certified Jail Manager through the American Jail Association.

He is the proud father of two successful college graduates.

Boundary Violations - Power, Connection and Responsibility



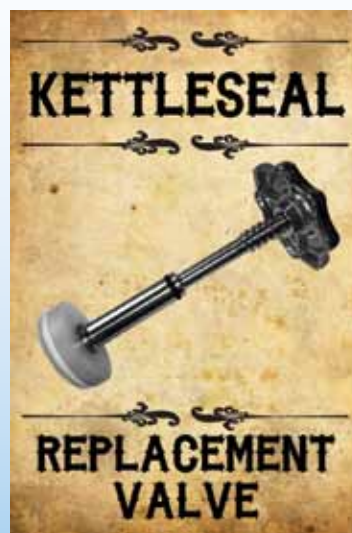
Boundary violations are one of the most significant leadership and policy concerns in the field of modern corrections. The power of the correctional culture and structure make it difficult to understand why employees become involved in boundary violating behavior. In addition, rules, laws, and education exist to repeatedly inform correctional employees and volunteers about the consequences of boundary violating behavior. So why do these incidents continue to occur? Some correctional professionals believe these violations are the result of hiring the wrong person—the Bad Apple Theory. This type of thinking implies that the individual knowingly violated clearly established rules and the individual was the problem.

However, the issues of power and connection have not been fully explored. In this presentation Dr. Jones will present information that begins to address these issues. Additionally, responsibility of preventing boundary violations will be addressed from an organizational and personal perspective. The roles of co-workers and supervisors will be explored.

Dr. Susan Jones retired from Colorado Corrections after 31 years of service. Dr. Jones began her career in corrections in 1981 as a Community Corrections Counselor. In 1985 she entered the Department of Corrections as a Correctional Officer at the Fremont Correctional Facility. She then moved up through the ranks as a Sergeant, Lieutenant, Administrative Manager, Associate Warden until her appointment as Warden. She served as the warden at the San Carlos Correctional Facility, LaVista Correctional Facility, Colorado State Penitentiary, Centennial Correctional Facility and Fremont Correctional Facility. During her career she has worked with male and female inmates and at all custody levels. Her assignments included training, programs, custody/control, administration, and case management.

Dr. Jones has a Bachelor's Degree in Behavioral Science from the University of Southern Colorado, a Master's Degree in Criminal Justice Administration from the University of Colorado, Denver, and a doctorate from the University of Colorado, Colorado Springs. Dr. Jones' research interests revolve around issues that correctional employees face, as well as the training and educational preparation provided to employees at all levels of the corrections systems. Dr. Jones believes that the challenges faced in the criminal justice system can be met by prepared employees that are given the tools and encouragement to provide the leadership necessary to change the systems.

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2015 Conference Agenda



DATE	TIME	DESCRIPTION
SUNDAY, August 23		
REGISTRATION	1:00 pm – 5:00 pm	
FAMILY OUTING	All day	'Discovery Pass' (\$38) – Maid of the Mist, Cave of the Winds, Aquarium, Movie Whirl Pool Jet Boats
		Shopping – trolley to the fashion outlet mall
		Park – trolley to park
SERV-SAFE TRAINING	10:00 am – 12:00 pm	INSTRUCTOR EXAM
	1:00 pm – 3:00 pm	INSTRUCTOR TUTORIAL/EXAM
	3:00 pm - 5:00 pm	TRAIN THE TRAINER SESSION
CCFP/CSFM WORKSHOP	2:00 pm – 4:00 pm	APPLICATION ASSISTANCE
CHAPTER PRESIDENT MEETING	4:00 pm – 5:00 pm	
FIRST TIME ATTENDEE RECEPTION	5:00 pm – 6:00 pm	
PRESIDENTS RECEPTION – all welcome	6:00 pm – 8:00 pm	Past and Present President's Red Carpet Block Party
DINNER		DINNER ON YOUR OWN
MONDAY, August 24		
REGISTRATION	7:00 am – 4:00 pm	
OPENING CEREMONIES AND BREAKFAST	8:00 am – 9:00 am	INVOCATION BREAKFAST <i>sponsored by Ali Group</i> PRESENTATION OF COLORS – County Honor Guard NATIONAL ANTHEMS – U.S. AND CANADA – Jennifer Klein WELCOME/OPENING REMARKS – Robin Sherman, Connie O'Connor, conference co-chairs MAYOR'S WELCOME – Mayor Dyster, City of Niagara Falls
ACFSA BUSINESS MEETING	9:00 am – 9:45 am	
BREAK	9:45 am – 10:00 am	
KEYNOTE PRESENTATION	10:00 am – 11:30 am	The Power of the Service We Render – Major Sam Davis, Ingham County Jail, Lansing Michigan
LUNCH	11:30 am – 1:00 pm	LUNCH ON YOUR OWN
		CSFM LUNCHEON <i>sponsored by Design Specialties</i>
		DIETITIANS IN CORRECTIONS LUNCHEON <i>sponsored by Good Source</i>
BREAKOUTS	1:00 pm – 2:15 pm	
Session 1		NYCDOC Food Service: Surviving 911 terrorist attack; now 14 years after - Paulette and Anthony Johnson
Session 2		Dietitian Panel, Juvenile Update – Marlene Tutt, Barbara Wakeen
BREAK	2:15 pm – 2:30 pm	
PRESENTATION	2:30 pm – 3:45 pm	
Session 3		Strategic Planning – Karen Stiltner, National Food Service Administrator; Rochelle Cecil, Food Service Program Coordinator; Eric Lawton, Assistant National Food Service Administrator and Mitchel Holliday, Chief Dietitian, Federal Bureau of Prisons
BREAK	3:45 pm – 4:00 pm	
REGIONAL ROUND TABLE and VENDOR MEETING	4:00 pm – 5:00 pm	
VENDOR RECEPTION	5:30 pm – 7:30 pm	Wine tasting event Vendor question game
DINNER		DINNER ON YOUR OWN
TUESDAY, August 25		
BREAKFAST		BREAKFAST ON YOUR OWN
KEYNOTE PRESENTATION	8:00 am – 10:00 am	Boundary Violations – Power, Connection and Responsibility , Susan Jones, retired warden, Colorado DOC; Adjunct Professor, Colorado Technical University
VENDOR EXPO	10:00 am – 2:00 pm	Theme: Rockin' to the 80's
BREAKOUTS	2:00 pm – 3:30 pm	
Session 4		Behind the Scenes in Food and Farming – Professor Van Acker, Ontario Agricultural College, University of Guelph, Guelph, Ontario
Session 5		Gender Responsive Management - Captain Mike Oviatt, Utah DOC
COOK OFF COMPETITION, Regional Cut Throat Kitchen	3:30 pm – 4:45 pm	Come and cheer on your region! <i>Sponsored by Manitowoc</i>
PICTURES	6:00 pm – 7:00 pm	
AWARDS BANQUET and ENTERTAINMENT/COMEDIAN	7:00 pm – 10:00 pm	

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2015 Conference Agenda



WEDNESDAY, August 26		
Good Source Scenic Walk	6:30 am – 7:30 am	Location TBD <i>Sponsored by Good Source</i>
CONTINENTAL BREAKFAST	7:15 am – 8:00 am	<i>Sponsored by Hobart</i>
BREAKOUTS	8:00 am – 9:00 am	
Session 6		Food Cost Control – Christine Berndt Miles, Dietetic Services Director, Wisconsin
Session 7		New Technology in Waste Handling – Jay Bravinder, Director of Sales, Champion Industries and Bi-Line
PRESENTATION	9:15 am – 10:15 am	
Session 8		Clinical Nutrition Update – Mitchel Holliday, Chief Dietitian and Frank Koch, Nutrition Program Coordinator, Federal Bureau of Prisons
BREAK	10:15 am – 10:30 am	
KEYNOTE SPEAKER	10:30 am – 12:30 pm	The Native American Leadership Paradigm , Tyler Thompson, Director Career Development Department, to be followed by native dancers, foods and crafts (available for purchase)
LUNCH	12:30 pm – 1:45 pm	LUNCH ON YOUR OWN
BREAKOUTS	1:45 pm – 3:00 pm	
Session 9		Local Food – Robert Cleary, Assistant Commissioner, Agency Chief Contracting Officer for Procurement, NYC
Session 10		Does the Right Hand Know What the Left Hand is Doing? – Linda Mills
BREAK	3:00 pm – 3:15 pm	
PRESENTATION	3:15 pm – 4:30 pm	
Session 11		Transgender Identity Overview – Maria Rewi Personal Experience – Andrea Roussel
2015/16 Vision – New ACFSA Executive Board	4:30 pm – 5:00 pm	Come to see what is in store for the upcoming year. Please join us to share your thoughts and ideas about the association.
CONFERENCE CERTIFICATES	4:00 pm – 6:00 pm	Pick up at registration
DINNER		DINNER ON YOUR OWN
THURSDAY, AUGUST 27		
BREAKFAST		BREAKFAST ON YOUR OWN
GENERAL SESSION	8:00 am – 9:00 am	Power of Food Behind Bars – Benson Li
TOUR	9:00 am – 1:00 pm	Niagara County Jail, Lockport, New York
CONFERENCE CERTIFICATES	8:00 am – 12:00 pm	Pick up at registration

ACFSA 2015 Annual International Conference & Vendor Showcase

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Phone for Publication (OPTIONAL) _____

Guest Name _____

Guest Name _____

Guest Name _____

REGISTRATION FEES

Number of Attendees	Type of Registration	Early <i>June 23, 2015</i>	Regular <i>July 21, 2015</i>	Late <i>July 22 - On-Site</i>	Amount Due
	ACFSA FOOD SERVICE, INSTITUTIONAL OR RETIRED	\$225	\$275	\$325	
	ACFSA NON-MEMBER <i>FOOD SERVICE EMPLOYEES ONLY NO EXCEPTIONS**</i>	\$300	\$350	\$400	
	GUESTS <i>(INCLUDES FRIENDS, RELATIVES, ONLY)</i>	\$150	\$175	\$225	
	ONE DAY MEMBER AND NON-MEMBER <small>DOES NOT INCLUDE BANQUET <i>FOOD SERVICE EMPLOYEES ONLY - NO EXCEPTIONS**</i> PLEASE SPECIFY DATE: SUN MON TUES WED THURS</small>	\$95	\$120	\$150	
	VENDOR SHOW ONLY <i>FOOD SERVICE EMPLOYEES ONLY - NO EXCEPTIONS**</i>	\$25♦	\$30♦	\$35♦	
	SERVSAFE PROGRAMS INCLUDES BOOK, MATERIALS & TEST	\$50	\$50	\$75	
	GOLF TOURNAMENT	\$90	\$90	\$90	

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

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CANCELLATIONS

CANCELLATIONS REQUESTED IN WRITING TO ACFSA WILL BE GIVEN A FULL REFUND IF RECEIVED ON OR BEFORE JULY 21, 2015. CANCELLATIONS RECEIVED AFTER JULY 21, 2015 & NO-SHOWS WILL NOT BE REFUNDED.

REGISTRATION

REGISTRATION WILL BEGIN SUNDAY, AUGUST 23, 2015 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.

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<i>Julie Hobbs</i>	<i>DOC Headquarters</i>	<i>Virginia</i>
<i>Linda Mills</i>	<i>Community Education Centers</i>	<i>Pennsylvania</i>
<i>J. Denise Williams</i>	<i>Jackson County Jail</i>	<i>Alabama</i>
<i>Roger Burczyk Jr</i>	<i>WI DOC - MWCC</i>	<i>Wisconsin</i>
<i>Kristine Gotham</i>	<i>Midland County Jail</i>	<i>Michigan</i>
<i>Jason McKenzie</i>	<i>Missouri Department of Corrections</i>	<i>Missouri</i>
<i>Marlene Tutt</i>	<i>San Diego County Sheriff's Department</i>	<i>California</i>
<i>William Nemchek</i>	<i>San Diego County Sheriffs Department</i>	<i>California</i>
<i>Krizia Erika Paylago</i>	<i>Mang Kiko Catering Services, Inc</i>	<i>Philippines</i>
<i>Robert McAfee</i>	<i>Lincoln County Jail</i>	<i>Oregon</i>

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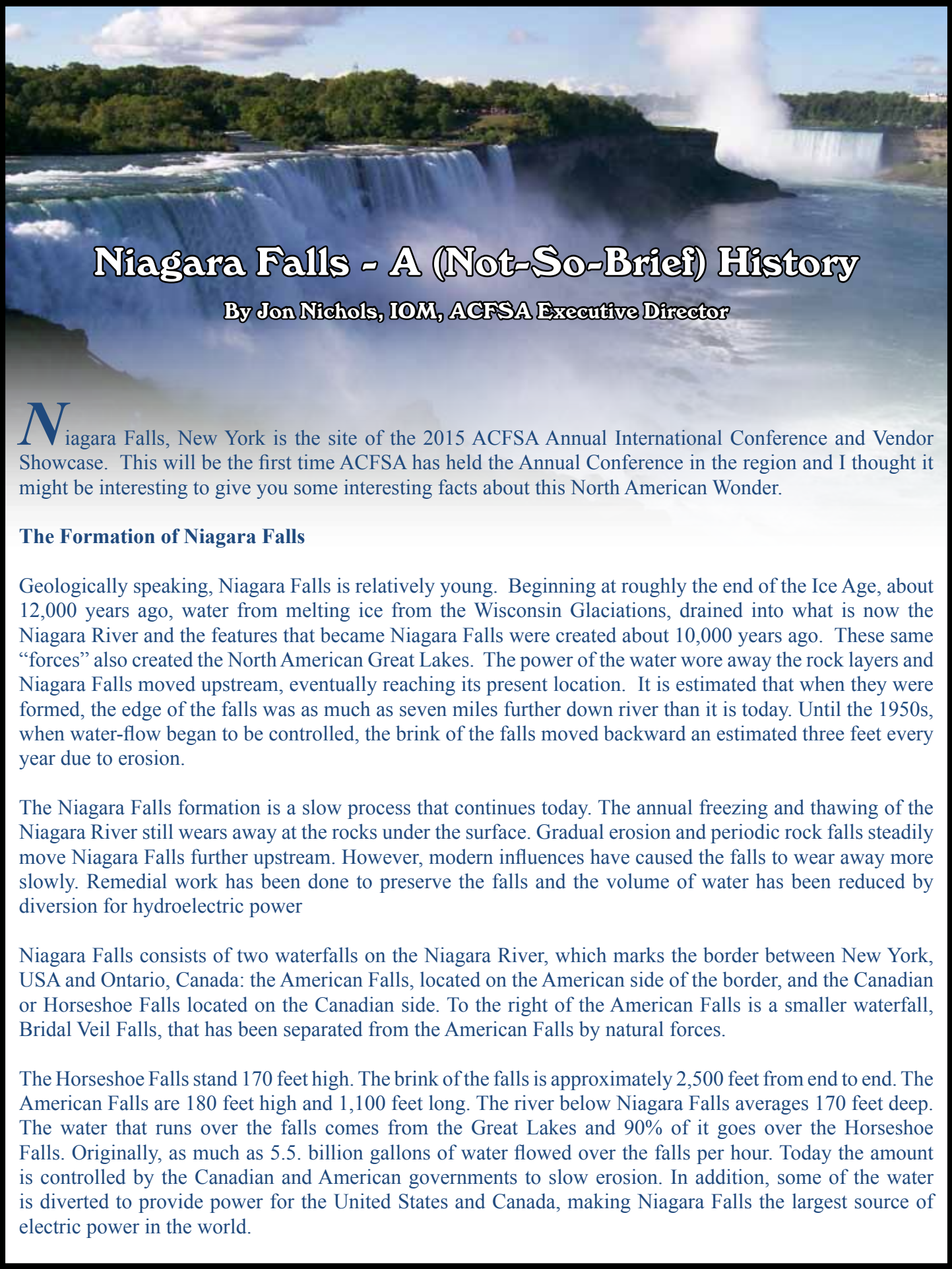


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A wide-angle photograph of Niagara Falls, showing the American Falls on the left and the Horseshoe Falls on the right. The water is turbulent and white with foam. The background shows a line of green trees under a blue sky with some clouds.

Niagara Falls - A (Not-So-Brief) History

By Jon Nichols, IOM, ACFSA Executive Director

Niagara Falls, New York is the site of the 2015 ACFSA Annual International Conference and Vendor Showcase. This will be the first time ACFSA has held the Annual Conference in the region and I thought it might be interesting to give you some interesting facts about this North American Wonder.

The Formation of Niagara Falls

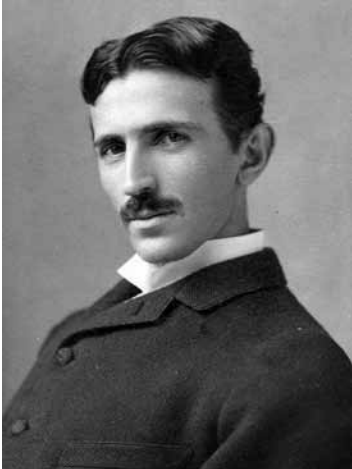
Geologically speaking, Niagara Falls is relatively young. Beginning at roughly the end of the Ice Age, about 12,000 years ago, water from melting ice from the Wisconsin Glaciations, drained into what is now the Niagara River and the features that became Niagara Falls were created about 10,000 years ago. These same “forces” also created the North American Great Lakes. The power of the water wore away the rock layers and Niagara Falls moved upstream, eventually reaching its present location. It is estimated that when they were formed, the edge of the falls was as much as seven miles further down river than it is today. Until the 1950s, when water-flow began to be controlled, the brink of the falls moved backward an estimated three feet every year due to erosion.

The Niagara Falls formation is a slow process that continues today. The annual freezing and thawing of the Niagara River still wears away at the rocks under the surface. Gradual erosion and periodic rock falls steadily move Niagara Falls further upstream. However, modern influences have caused the falls to wear away more slowly. Remedial work has been done to preserve the falls and the volume of water has been reduced by diversion for hydroelectric power

Niagara Falls consists of two waterfalls on the Niagara River, which marks the border between New York, USA and Ontario, Canada: the American Falls, located on the American side of the border, and the Canadian or Horseshoe Falls located on the Canadian side. To the right of the American Falls is a smaller waterfall, Bridal Veil Falls, that has been separated from the American Falls by natural forces.

The Horseshoe Falls stand 170 feet high. The brink of the falls is approximately 2,500 feet from end to end. The American Falls are 180 feet high and 1,100 feet long. The river below Niagara Falls averages 170 feet deep. The water that runs over the falls comes from the Great Lakes and 90% of it goes over the Horseshoe Falls. Originally, as much as 5.5 billion gallons of water flowed over the falls per hour. Today the amount is controlled by the Canadian and American governments to slow erosion. In addition, some of the water is diverted to provide power for the United States and Canada, making Niagara Falls the largest source of electric power in the world.

Electricity and the Falls



Electricity wasn't discovered at Niagara Falls, but the Falls did play an important role in how we use electricity today. In the mid 1800s, engineering genius, Nikola Tesla, developed a system of alternating current (AC) that would allow for generated electricity to be distributed over distances much further than direct current (DC). When the electric-generating industry was in its infancy one of the major hurdles to its success was distribution. Plants are expensive to build. In order to make it profitable, it would have to have a lot of customers. AC power (as advanced as it was at the time) would allow a plant in one location to serve multiple cities tens of miles away.

Tesla was a strong advocate of the adoption of AC as the standard of power distribution. Thomas Edison thought that DC was the future and promoted it heavily. The Niagara Falls Power Company, backed by strong investors such as John Jacob Astor, J.P. Morgan, William Vanderbilt and others, began construction on a large-scale electric plant on the US side of the Falls. NFPC offered a \$100,000 prize for anyone who could develop a method for the long distance transfer of electricity. After much controversy and many failed proposals, Westinghouse Electric and Manufacturing Company, with Tesla as a consultant, won the contract to build Tesla's polyphase AC system for the new power station. In 1894, when the Niagara Falls Power Company's Powerhouse #1 went online and power was distributed as far as Buffalo, NY, it was clear that AC power was here to stay.

Tesla's contribution to Niagara power generation has been honored with a bronze statue on Goat Island in Niagara Falls State Park in Niagara Falls, New York. Another statue lies across the border in Queen Victoria Park. These might be fun to visit during your free time at conference!

Marilyn Monroe, Honeymooning, and the Falls

Honeymoons date back to the 5th century, and first became "popular" in 19th Century Britain. It was typically the upper class that could afford to travel, and newly married couples would often take what were referred to as "bridal tours" where they would visit family and friends that were not able to attend the wedding. The tradition eventually spread throughout Europe, evolving into a more common practice, as the class gap closed. Honeymoons were one of the first instances of mass tourism.

The first reference to Niagara Falls as a Honeymoon destination occurred in an 1841 song.

*Oh the lovers come a thousand miles, They leave their home and mother;
Yet when they reach Niagara Falls, They only see each other.
See Niagara's waters rolling, See the misty spray;
See the happy lovers strolling, It's everybody's wedding day.
To see the Falls they took a ride, On the steamship "Maid O' the Mist";
She forgot the Falls she was so busy, Being hugged and kissed.
See the mighty river rushing 'Tween its rocky walls;
See the happy lovers strolling, By our Niagara Falls.
He said, "Is oo my darling?" He said, "Whose darling is oo?" He said, "Is oo my baby?"
And she always answered, "Goo-goo-goo."
- Niagara Falls Song of the Year 1841, Author Unknown*

I'm not sure it would be a huge hit today, but it seems to have made an impact way back then!

A huge marketing and promotional campaign in the 1880's cemented Niagara Falls as a premiere honeymoon destination and ultimately as, "The Honeymoon Capitol of the World!," although that term wasn't used until the early 1900's. Couples were and are drawn to Niagara Falls not only because of the beautiful waterfall, but also the many lovely and secluded parks and paths that provide for countless romantic moments.



Niagara Falls sees about 50,000 honeymooning couples a year; and their Tourism Bureau provides couples that want them with honeymoon certificates signed by the mayor. To date, the city has given out almost one million of these certificates.

In 1953, a movie called Niagara was released and the star of that picture was none other than Marilyn Monroe. A film-noir thriller about a troubled honeymooning couple who visit the Falls was arguably her breakout role and the film that made her an international star, despite the rather dark subject. Monroe died in 1962, but her enormous popularity in pop culture proves to be a draw to this day as honeymooners and vacationers alike visit locations from the movie while in Niagara Falls. Again, you may want to incorporate this into your free time.

Daredevils and Morons

In October 1829, Sam Patch, who called himself "the Yankee Leapster," jumped from a high tower into the gorge below the falls and survived. The stunt became the stuff of legends and began a long tradition of daredevils trying to go over the falls in barrels, on tightropes and even a couple of times with no protection whatsoever. On October 24, 1901, a 63-year-old school teacher from Michigan named Annie Edson Taylor was the first person to go over the falls in a barrel as a publicity stunt. She survived, bloodied but otherwise unhurt. When she got out of the barrel, she famously said, "No one ought ever do that again!" Good advice that ought be followed, yet was not. At least 14 others have gone over the falls and survived, but most end up badly injured or dead. Since 1850, when records of such things were kept, an estimated 5,000 people have perished going over Niagara Falls. Local officials estimate 20-40 people commit suicide at the falls every year. And, by the way, if you're feeling like you might want to be the next one to attempt to ride the Falls in a barrel or a kayak, keep this in mind... Survivors of such stunts face criminal charges and very stiff fines. It is illegal to try to go over the Falls on both the US and Canadian sides of the border. It's not worth it, especially with all of the other great things to see and do in the city and Region.

Maid of the Mist

The oldest and best known tourist attraction at Niagara Falls is the *Maid of the Mist* boat cruise, named for an ancient Ongiara Indian mythical character, which has carried passengers into the rapids immediately below the falls since 1846. Before 1846, rowboats would ferry passengers to the falls across the Niagara River. Initially, the Maid of the Mist was a ferry service between the Canadian and American sides, pre-dating the construction of the first Niagara Falls Suspension Bridge by two years. The ferry service lost business when the bridge opened, and by 1854 it had become solely a tourist attraction instead. If you do nothing else while in Niagara Falls, make it a point to take a misty little cruise to the churning waters at the base of the falls. It's exhilarating and a MUST when you visit.

If you're interested, visit www.niagarafallsstatepark.com for information about The Discovery Pass. For \$38 per adult and \$31 for children 6-12 years old, you can experience the world famous Maid of the Mist Boat tour, walk within feet of the Falls at the Cave of the Winds, meet the legends at the Niagara Adventure Theatre, get hands-on at the Discovery Center and go under the sea at the Aquarium of Niagara! Additionally, the pass includes one day of unlimited rides on the Niagara Scenic Trolley.

The Niagara Falls Wine Country

The Niagara Falls area is among the largest wine regions in the United States and Canada. Although the Niagara Wine Trail is being discovered for the first time by many, the art and science of grape growing and wine making has been going on in this area for many years. There is even a winery on the trail that has produced grapes in its vineyard and been open for more than 100 years! The fertile soil and adequate rainfall of the Niagara region contribute to the excellent growing conditions on the vineyards, and the area produces diverse types of wine from traditional grape varieties such as Merlot, Cabernet Franc, Cabernet Sauvignon, Chardonnay, and Riesling, to fruit wines. The Niagara USA region has a unique microclimate for the production of world class wines, along with a beautiful countryside situated on the Niagara Escarpment (a steep slope or long cliff that occurs from faulting and resulting erosion and separates two relatively level areas of differing elevations), which is the most prominent of several escarpments formed in the bedrock of the Great Lakes basin.

The Trail is also becoming known for Ice Wine which is created after the grapes experience a hard freeze (at least 17 degrees Fahrenheit) after they become ripe. This means that the grapes must remain on the vine for several months after the normal harvest time. Ice Wine is a very sweet wine and not for everyone, but more and more it is being served after a meal and with dessert. The dessert wines from this region are World Class! All Niagara Falls vineyards offer wine tours and wine tastings. If you're a wine lover, expert or novice, or if you just want to do something a little different in the area, this is a fantastic opportunity to experience beautiful scenery and enjoy some truly original local wines.

See you in August!

So, considering it is a region that was essentially born more than 12,000 years ago, this *not-so-brief* history really is quite pithy. We didn't touch on the indigenous people, the political history, exploration, the Canadian side... There's so much more to learn about the region! But, I do hope that it arouses your interest in the area to maybe explore more, and gets you excited and ready to play during your free time at Conference!

Thank you for your attention and I look forward to seeing you when we commence the 2015 Annual International Conference and Vendor Showcase for the Association of Correctional Food Service Affiliates! See you in Niagara Falls, New York, where the Power of Food Falls in Your Hands!



Employee Wellness Programs

Submitted By Laurie Maurino, RD, ACFSA Vice-President

Hello ACFSA Members:

I have submitted some general articles from our Employee Wellness Letter here in the State of California. These provide some practical tips to deal with the everyday stresses of the job. Sometimes, we need to step back and sharpen the saw instead of continuing with a dull blade. Food Service is a non-stop operation, three meals a day, 365 days of year. Take a break and refresh yourselves.

Tips for communicating effectively with your boss

Just the thought of communicating with your boss can be enough to produce stress and anxiety. However, with a little preparation and practice, you can be on your way to confident and effective communication.

- Before you speak to your boss, write down all the topics you want to discuss and what you hope to communicate.
- Make sure you're clear about what you want or need from your boss.
- In private, rehearse what you want to say to your boss.
- When speaking to your boss, use qualifying words, such as "perhaps" and "maybe", rather than absolute words, such as "always", "every", "all the time" and "never". Speaking in absolutes can raise a person's defenses and cause resistance.
- Make "I" statements, such as "I need guidance," instead of "you" statements, such as "You haven't given me guidance".
- Avoid going to your boss when you're emotional. Give yourself a cooling-off period to collect your thoughts and composure.
- If at all possible, talk to your boss before issues become heated and you become emotionally involved.
- Be an active listener. Learn to really listen and understand what your boss says. If you missed or weren't clear about a point, ask your boss to repeat or clarify it.
- Try to repeat and rephrase the points your boss makes during a conversation to show that you're listening and understanding him or her.

- Practice good body language. Look at your boss, lean into the conversation and avoid fidgeting.
- Be assertive, not aggressive.
- Keep an open mind and be open to compromise.
- Avoid gossiping or spreading rumors to your boss.
- Have a positive attitude.
- Be sure to give your boss praise and recognition when it's due.
- Communicate regularly with your boss to develop and maintain a comfortable relationship.
- Be a problem solver. If you see an issue, brainstorm solutions on your own and approach your boss with some recommendations. Proactively be on the lookout for ways to improve the quality of your work, reduce costs or increase efficiency.

Job Satisfaction: How to Make Work More Rewarding

Stress mounts when job satisfaction falls. Here's a look at some of the causes of job dissatisfaction-- and practical ways to boost job satisfaction.

Do you find yourself dreading the start of the workweek? Or wishing the current workday away? Are you no longer enthusiastic about your job?

In a challenging economy, you may not feel that you can simply change jobs-- but you might be able to change how you think about your job to improve your job satisfaction.

Understand the link between work approach and job satisfaction

If you've gone sour on your job, take some time to think about what motivates and inspires you-- and how you approach your work. For example:

- **It's a job.** If you approach work as a job, you focus primarily on the financial rewards. The nature of the work may hold little interest for you. What's important is the money. If a job with more pay comes your way, you'll likely move on.
- **It's a career.** If you approach work as a career, you're likely interested in advancement. Your current job may just be a steppingstone to your ultimate goal. What's important is to be regarded as a success in your field.
- **It's a calling.** If you approach your job as a calling, you focus on the work itself. You're less interested in financial gain or career advancement, preferring instead to find a sense of fulfillment from the work itself.

One approach isn't necessarily better, and you might find elements of all three perspectives important. Still, if you're unsatisfied with your job, it's helpful to reflect on why you work. Think about what originally drew you to your current job, and whether it may be a factor in your lack of job satisfaction. Understanding what motivates you in your work can help you reframe your expectations and make choices to increase your satisfaction.



Consider strategies to improve job satisfaction

Regardless of why you work, there are strategies that can help breathe new life into your job. For example:

- **Create new challenges.** Take on a project that can motivate you and give you a sense of control. Start small, such as organizing a work-related celebration, before moving on to larger goals. Working on something you care about can boost your confidence and job satisfaction.
- **Mentor a colleague.** Once you've mastered a job, you may find it too routine. Helping a new team member or an intern advance his or her skills can restore the challenge and the job satisfaction you desire.
- **Expand your skills.** If you're feeling bored, ask your supervisor about cross-training. Perhaps you could train for new or additional tasks. If your company is launching a new project, volunteer for the team.
- **Learn from your mistakes.** Don't let setbacks erode your job satisfaction. When you make a mistake at work, learn from it and try again. If you receive a less than stellar appraisal, ask about attending seminars or taking classes to improve your performance.
- **Stay positive.** Use positive thinking to reframe your thoughts about your job. When you catch yourself thinking your job is terrible, stop the thought in its tracks. Remember, everyone encounters good days and bad days on the job.
- **Be grateful.** Gratitude can help you focus on what's positive about your job. Ask yourself, "What am I grateful for at work today?" If it's only that you're having lunch with a friendly colleague, that's OK. Find at least one thing you're grateful for and savor it.
- **Nurture your passion.** If your job satisfaction has waned, but seeking a new job isn't a realistic option, you might consider your current job as a welcome paycheck that allows you to focus your energy on interests outside of work. Sometimes work is simply a means to enjoy those things you're truly passionate about.

More job satisfaction can mean less stress

Whether your work is a job, a career or a calling, you can take steps to restore meaning to your job. Make the best of difficult work situations by maintaining a positive attitude. Be creative as you think of ways to change your circumstance-- or how you view your circumstances. Doing so can help you manage your stress and experience the rewards of your profession.

Work-Life Balance: Tips to Reclaim Control



When your work life and personal life are out of balance, your stress level is likely to soar. Use these practical strategies to restore harmony.

There was a time when the boundaries between work and home were fairly clear. Today, however, work is likely to invade your personal life -- and maintaining work-life balance is no simple task. This might be especially true if you're concerned about losing your job due to restructuring, layoffs or other factors. Still, work-life balance isn't out of reach.

Start by evaluating your relationship to work. Then apply specific strategies to help you strike a healthier balance.

Married to your work? Consider the cost

It can be tempting to rack up hours at work, especially if you're trying to earn a promotion or manage an ever-increasing workload-- or simply keep your head above water. Sometimes overtime might even be required. However, if you're spending most of your time working, your home life will take a hit.

Consider the consequences of poor work-life balance:

- **Fatigue.** When you're tired, your ability to work productively and think clearly might suffer-- which could take a toll on your professional reputation or lead to dangerous and/or costly mistakes.
- **Lost time with friends and loved ones.** If you're working too much, you might miss important family events or milestone. This can leave you feeling left out and might harm relationships with your loved ones. It's difficult to nurture friendships if you're always working.
- **Increased expectations.** If you regularly work extra hours, you might be given more responsibility-- which could lead to additional concerns and challenges.

Strike a better work-life balance

As long as you're working, juggling the demands of career and personal life will probably be an ongoing challenge. Consider these ideas to find the work-life balance that's best for you:

- **Learn to say no.** If it's your child's teacher asking you to organize a class party, remember that it's OK to respectfully say no. When you quit accepting tasks out of guilt or a false sense of obligation, you'll have more time for the activities that are meaningful to you.
- **Leave work at work.** With the technology to connect to anyone at any time from virtually anywhere, there might be no boundary between work and home-- unless you create it. Make a conscious decision to separate work time from personal time. When you're with your family, for instance, keep your laptop in your briefcase.
- **Manage your time.** Organize household tasks efficiently, such as running errands in batches or doing a load of laundry every day, rather than saving it all for your day off. Put family events on a weekly family calendar and keep a daily to-do list. Do what needs to be done and let the rest go.
- **Bolster your support system.** At home, enlist trusted friends and loved ones to pitch in with child care or household responsibilities when you need to work overtime or travel.
- **Nurture yourself.** Eat a healthy diet, include physical activity in your daily routine and get enough sleep. Set aside time each day for an activity that you enjoy, such as practicing yoga or reading. Better yet, discover activities you can do with your partner, family or friends-- such as hiking, dancing or taking cooking classes.

Know when to seek professional help

Everyone needs help from time to time,. If your life feels too chaotic to manage and you're spinning your wheels worrying about it, talk with a professional-- such as a counselor or other mental health provider. Take advantage of your Employee Assistance Program.

Remember, striking a healthy work-life balance isn't a one-shot deal. Creating work-life balance is a continuous process as your family, interest and work life change. Periodically examine your priorities-- and make changes, if necessary-- to make sure you're keeping on track.

Getting Started is Easy! Call your EAP for more information

Did You Know..... Avian Influenza EA/AM-H5N2

By Linda Mills, MBA, RD, FADA
Corporate Dietitian - Community Education Centers

Avian influenza (AI) may not have been on the front of your mind for many years, but most likely it is now. The USDA's National Veterinary Services Laboratories note that between December 19, 2014 and June 9, 2015 there are 47,091,294 birds affected. The 222 detections are located in Iowa, Minnesota, Nebraska, Wisconsin, and South Dakota and affect commercial turkeys, pullet chickens, layer chickens, and broiler breeder chickens. If you don't live in those states, don't think you are not going to be impacted. A facility in New Jersey paid \$113 for a 30 doz case of eggs the beginning of June and a facility in Pennsylvania has been told the impact of Avian flu could last up to 18 months!

What is AI? AI, also known as the bird flu, is a virus that infects wild birds (such as ducks, gulls, and shorebirds) and domestic poultry (such as chickens, turkeys, ducks, and geese). There is flu for birds just as there is for humans and, as with people, some forms of the flu in birds are worse than others.

How is AI classified? Viruses are classified by a combination of two groups of proteins: the hemagglutinin or H proteins, of which there are 16 (H1-H16), and neuraminidase or N proteins, of which there are 9 (N1-N9). There are 144 possible combinations or subtypes based upon this classification scheme.

How does this impact food safety and your operation? The chance of infected poultry entering the food chain is extremely low. As part of the USDA highly pathogenic avian influenza response plan, infected birds do not enter the food supply. Additionally, USDA's Food Safety and Inspection Service inspection program personnel are assigned to every federally inspected meat, poultry and egg product plant in America. All poultry products for public consumption are inspected for signs of disease both before and after slaughter. The "inspected for wholesomeness by the U.S. Department of

Agriculture" seal ensures the poultry is free from visible signs of disease.

AI is not transmissible by eating properly prepared poultry, so properly prepared and cooked poultry and eggs are safe to eat. The chance of infected poultry or eggs entering the food chain is extremely low because of the rapid onset of symptoms in poultry as well as the safeguards USDA has in place, which include testing of flocks, and Federal inspection programs.

Proper handling and cooking of poultry provides protection against all AI viruses, as it does against other viruses and bacteria, including *Salmonella* and *E.coli*. Safe food handling and preparation is important at all times.

Cooking poultry, eggs, and other poultry products to the proper temperature and preventing cross-contamination between raw and cooked food is the key to safety. As a reminder, here are steps you should be taking to prevent food safety issues.

- Wash hands with warm water and soap for at least 20 seconds before and after handling raw poultry and eggs
- Prevent cross-contamination by keeping raw poultry and eggs away from other foods
- After cutting raw meat, wash cutting board, knife, and countertops with hot, soapy water
- Sanitize cutting boards by using a solution of 1 tablespoon chlorine bleach in 1 gallon of water
- Use a food thermometer to ensure poultry has reached the safe internal temperature of at least 165 °F to kill foodborne germs that might be present, including the AI viruses.

Leadership Spotlight:

The Carver and the Planter

By Supervisory Special Agent M. Bret Hood



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Have you ever walked on a winding trail through a forest? The respite these trails provide gives leaders a chance to reflect, recharge, and reassess priorities. Recently during one of these walks through the woods, a common sight appeared—one that all of us have seen at some point. On the trunk of a majestic pine tree, someone had carved out a heart with two names in the middle. In that moment, a leadership question formed. As leaders, should we be more interested in making a mark or creating sustainable leadership?

Some people would argue that making a mark is a form of sustainable leadership. A portion of that statement probably holds true. However, upon further inspection of the tree, you see a significant cost associated with the act of leaving one's mark: The etching ripped off a large chunk of the tree bark. A deliberate act put the tree's survival in jeopardy. Does a leader's need to leave a name or mark outweigh the long-term consequences of such an action?

What if we compared the carving of the tree with another ritual? For instance, some newly married couples symbolically plant a tree to have it grow along with their union. If we contrasted both actions from a leader's point of view, what would we find?

The FBI Academy has a tree that students see as they go outside to exercise. In 1991 four signs hung from the tree and served as sentinels. The words "hurt," "agony," "pain," and "love it" reminded all of us that if we were to be leaders, we needed to make personal sacrifices. Today, that same tree has six additional signs nailed into its trunk.

While the people who hammered the newer signs into the tree had good intentions, closer inspection reveals signatures or class markings inscribed on the backs of some signs. Taking pride in an accomplishment certainly should not bring shame to a leader, but the next time you take a walk in the woods or take a moment to self-assess, ask yourself how you measure your leadership. Is it important for your organization and your followers to specifically remember your name, or is it better to remain unnoticed, but never forgotten through the caring lessons you taught the future leaders of your organization?

Therein lies the difference between the carver and the planter. Sometimes the best leaders quietly go about their day planting seeds and watching their trees grow over time. As these new trees grow, they drop seeds, and new generations of trees sprout anew in a continually renewable cycle. In this manner leaders who carve their mark into trees disappear into oblivion when the trees die or heal, while leaders who sow the fields enjoy eternal life.

Supervisory Special Agent M. Bret Hood, an instructor in the Leadership and Communications Unit at the FBI Academy, prepared this Leadership Spotlight.

CHAPTER REPORTS

MICHIGAN

by Josie Maya, CFSM, CCFP, Michigan Chapter President

Congratulations again to our new 2015-2016 Michigan Chapter Board of Directors: President, Ricc Riccardi; Past President, Josie Maya; Vice President, John Demelo; Treasurer, Holly Martin and Secretary, Robert Gauthier.



The workshop theme was “The Power of the Penny and Decision Making.” Our first presentation was Nutrition and Pennies from our wonderful Dietitian, Jeanna Wolfe, followed by a presentation from Jones Zylon introducing their products to our team. Next, Kevin O’Brien demonstrated how to make baklava and spinach pie, both recipes were delicious.

Robin Sherman, Josie Maya and Dawn Demelo also presented on a Decision Making profile. The workshop was loads of fun with the addition of great food and an abundance of correctional education. A big thank you to all involved.

I hope to see everyone in Niagara Falls, NY for the International Conference co-chaired by our ACFSA President, Robin Sherman and Connie O’Connor, Region V Director.

NORTHERN LAKES

by Christine Berndt-Miles, RDN, CD

Hello from Northern Lakes – the perfect place to spend a summer.

As summer winds down, the winds of change will soon be upon us. Current Chapter President, Christine Berndt-Miles, will step aside for our new President, Roger Burczyk. By the time you read this, we will know the fate of our open seats for Vice President and Vice President-Elect/Treasurer.

As I pass the torch, I must thank our Northern Lakes board and members for their help and support this last year. I encountered some barriers to my full involvement, but with their help, the year proceeded smoothly. Now it will be my turn to return the favor!

Northern Lakes Chapter



AFCSA Training Day & Tour Agenda

Friday June 26, 2015

Adams County Jail

301 Adams Street • Friendship, WI 53934

8:00am-8:15am	Intro/Housekeeping/Welcome
8:15am-9:45am	Working with You is Driving Me Nuts... Dealing with Inmates and Crazy Others – Cindy Burns
9:45am-10:00am	Break
10:00am-11:30am	Indianhead Food Service- <ol style="list-style-type: none">1. Chemical Safety and The MSDS along with the changeover of MSDS to SDS(Safety Data Sheets)2. Food Allergies
11:30am-12:15pm	Lunch
12:15pm-1:00pm	Tour
1:00pm-2:30pm	Security Threat Groups & Religion Capt. Jason Wilke, Redgranite Correctional Inst.
2:30pm- 3:00pm	Business Meeting
3:00pm	Adjourn

Here is hotel information for the closest hotel to the Jail:

Adams Inn • 2188 State Road 13 • Adams, Wisconsin 53910
Email: adamsinnhotel@gmail.com • Web: www.adamsinn.net

Rev. 6-8-15

Continued on Page 41

Our chapter met on June 26th for an excellent training day. Meeting attendance was lower than we had hoped, BUT we were visited by three potential new members – one of whom drove from Iowa to Wisconsin just to see what ACFSA is all about! Since we had a smaller group, we had ample opportunity to welcome these visitors and answer questions for them. A big thanks goes to Becky Kirslenlohr, who hosted the meeting at the Adams County Sheriff’s Department, and thanks to the Department for making us feel welcome and allowing us to tour their facility.

ACFSA Northern Lakes Chapter Membership Trends

Date	No. Members
10/9/2014	39
2/11/2015	23
6/4/2015	29
7/1/2015	36



More Good News....our membership efforts are paying off. We had taken a dip from nearly 39 members, to just 23 over the winter. Our current roster shows 36 dues-paying members, so we’ve just about recovered in less than one year. We hope to keep our momentum going!

See you in August, Chris

VIRGINIA

by Julie Hobbs, Chapter President

On April 21, 2015 the Virginia Chapter held our quarterly meeting at Amherst Adult Detention Center in Lynchburg, VA. Thanks to Robert Pennix for hosting the meeting.

Our training for the meeting was provided by chapter member Ricky Clark. Ricky’s presentation was about

communication. For those of you who know Ricky, his presentation was both informative and fun.

During our meeting we had a discussion about how we can improve our newsletter and involve as many member/partners in the process. Some ideas included bringing back our birthday list and vendor advertisements. New ideas included inviting the new DOC dietitian, Natarcha Gregg to write articles about nutrition, menus and possibly provide us with an occasional quiz. Member Deb McKnight has agreed to compile a quarterly recipe section for the chapter and I have already seen the recipes for the next newsletter. They look yummy! We also discussed having our vendor partners provide us with articles. Many of these ideas will begin with our next newsletter. At our next meeting we will be looking at forming a newsletter committee. This is something that we have not had in the past. We believe that in order to have a great newsletter, and to get as much information, from all areas of our state, a committee is the best way to organize everything.

Since our last report our chapter has held elections. The new board will be sworn in at our July meeting. The new board will be: Julie Hobbs- Past President, Jessica Harlow (Conner)-President, Justin Webb-President -Elect/ Treasurer and Ricky Clark-Secretary. The chapter would like to thank Robert Pennix and Linda Shear for their many years on the board. Their dedication and guidance to the chapter has helped make the chapter what it is today.

The chapter is also getting ready for the International Conference. We are making plans for our annual raffle at the conference. We will again be raffling off two \$500 cash prizes so be looking for us during the conference in Niagara Falls. I know many members look forward to winning some cash to either spend or perhaps go to the casino and make it grow. I look forward to seeing many of you in Niagara Falls.

REGIONAL REPORTS

REGION II

by Wayne Fish, CDM, CFSM, CCFP, Region II Director

Happy summer to you all from Region II. I hope you are all having a great summer and a great year so far. It has been busy for me and I'm ready for a break from the day to day grind and looking forward to meeting up with my fellow ACFSA members at the International Conference in Niagara Falls! I hope Region II will be well represented at the Conference. The agenda looks great and it will be a busy and exciting week of informational and educational activities. The Conference Committee has been doing an outstanding job putting this together so I hope to see you there.

Membership in Region II is holding steady but it would be nice to get membership up some more. Several of the states in Region II are just short of enough members to get some chapters formed. My hope is to start new chapters so we can organize some regional meetings and training. I'm calling on the members in Region II to help recruit new members. Expanding our network is what makes our organization strong so please reach out to every correctional food service employee you know and help strengthen our network.

If you are a member in Region II and would like to start up a chapter or would like to become more involved in ACFSA please don't hesitate to contact me. J.wayne.fish@gmail.com

See you in Niagara!

Wayne

REGION III

by Dawn DeMelo, CCFP, CFSM, Region III Director

Hi everyone,

It is finely here, summer is upon us! I for one love the warm weather. Michigan had a one day work shop. It was packed full of great information. The theme was The Power of the Penny. We had a great turn- out, and it was held in Okemos Michigan. We had a cooking demonstration by Kevin O'Brien, who did a great job! Everyone loves Kevin's food and demonstrations. Steve McLain, Ricc Riccardi and Bob Gauthier were among our speakers. Robin Sherman, Josie Maya and I tested everyone's Decision Making during our presentation. The President of Jones-Zylon, Rob Zachrich, flew in to talk about their products and did a demonstration.

By the time you read this Northern Lakes had their training day and tour of the Adams County Jail. They had a packed full agenda as well. Cindy Burns spoke on Dealing with Inmates and Crazy Others. They also covered the topics of Allergies and MSDS. , Security Threat Groups & Religion.

Northern Lakes is working on boosting membership and bringing expired members back.

I want to remind everyone to attend the International Conference in Niagara Falls in August. It is going to be a conference you will not want to miss!

Thanks,

Dawn

REGIONAL REPORTS

REGION IV

by Don Perkins, CCFP, Region IV Director

Greetings to everyone from Region IV: I hope everyone is ready for the heat. The California Chapter had some excellent Chapter Meetings:

January 14, 2015 was at the Pitchess Detention Center's Cedar Lodge in Castaic.

- Inmate Programs and Agriculture in The Jail
- Team Building
- Tour

April 15, 2015 was at the Prison Industry Authority, Mule Creek State Prison in Ione.

- **What is going on With Food Prices?**
General food cost trends in California due to drought, labor issues at the ports, new egg laws, etc.
- **Safety and Security: a Team Building Activity.**
- **Tour of PIA Meat Packing Plant**

Upcoming events in Region IV:

Our Annual State Conference and Vendor Show
October 11 through 14, 2015
at the Crowne Plaza in Ventura, California.

Some of the Topics are:

From Banging to Baking, Inmate Rehab and Programming, How to Operate Like a Business, Over-Familiarity, Religious Diets, Sexual Harassment, Inmate Staff Relations, Vendor Show



If I can be of help to you in anyway please feel free to contact me at donald.perkins@cdcr.ca.gov

REGION V

by Connie O'Connor, Region V Director

This year Region V, Ontario Chapter offered two scholarships (\$750 maximum) to two Region V ACFSA members. The applicant's submissions were evaluated and this year's recipients are Shelley Morish-Paradis (Niagara Detention Centre) and Yvette Kloefer (Thunder Bay Jail). Congratulations to you both!

The Ontario Chapter Board is staying very busy planning for the 2015 ACFSA International Conference in Niagara Falls, New York. We are very happy to be partnered with the Michigan Chapter to provide an exceptional conference. We look forward to seeing you in August!



*Conference Co-Chairs
Robin Sherman &
Connie O'Connor*

Education Report

Inspiring Interest in the Field of Correctional Services

**Submitted by Lt. Tim Thielman CFSM, CCFP
Education Committee Chair and Vice President-Elect/Treasurer**

Being a member of ACFSA shows that you are serious about your career and with all professions, one must stay current with all the latest regulations, trends and technology. After all, your organization depends on you to be the expert in the food service operation. The way to stay current in correctional food service is to become a Certified Correctional Food System Manager (CFSM). After completing the CFSM Course you will be equipped with all the knowledge and resources to run an efficient correctional food service operation. Even if your operation runs smoothly it is always a good idea to step back and analyze everything and update procedures and review the ever-changing regulations.

COURSE HIGHLIGHTS:

- *Introduction to the correctional foodservice profession*
- *Basics of menu planning*
- *Understanding nutrition and modified diets*
- *Quantity food production practices and standards, receiving, storage, preparation, holding and service*
- *HACCP*
- *Warewashing and kitchen sanitation*
- *Safety in the workplace*
- *Custody, security and working with inmates.*



Once certified you will be required to recertify every two years. Recertification is done on a point system for doing such things as: attending trainings, food service conferences, serving on your local Chapter and International Board, committees, writing articles for the Insider and other Trade Magazines, and even being a preceptor for a CFSM Student. Many of you who are not a CFSM are already doing these things so why not carry that CFSM designation and be recognized for all you do and all you know?

If you would like more information on the CFSM Course or would like to enroll yourself or your staff in the course you can download the course brochure and application from the ACFSA International website at <http://www.acfsa.org/certificationCFSM.php>

You can also contact me directly at 651.266.1498 or by email at: tim.thielman@co.ramsey.mn.us



Start Earning Your CFSM Designation Today!

*To begin your journey of becoming a CFSM,
fill out Enrollment Form found
on the opposite page and send it in!*

CFSM maintenance insures that you remain active in the industry by logging your continuing activity in the industry.

Maintenance Period

The maintenance period runs from August 1st of the first year you receive your CFSM designation to July 31st of the second year.

Maintenance Forms

Each CFSM is responsible for submitting his/her own maintenance. When you were certified, you were provided update forms; if you require more, you can request them from the ACFSA Executive Office. With the forms, you must submit back-up materials showing proof that you actually did participate in the activity, such as copies of badges from shows, agendas of seminars, copies of articles you have written, etc. You may submit your forms throughout your maintenance period or all at once at the end of the period - whichever works best for you. Your forms will be acknowledged in writing.

Maintenance Fee

You will receive an invoice for \$35 at the end of your 2-year maintenance period, at which time the maintenance forms will be due. Individuals who are currently certified by the Association of Nutrition and Foodservice Professionals (ANFP) as Certified Dietary Managers (CDM) are eligible to apply for the CFSM program with the following:

- Application to ACFSA for CFSM, designating current and active CDM status (proof of CDM certification must be included in the application).
- \$299.00 application fee - ACFSA Members
\$374.00 application fee - Non-Members
- Completed Custody, Security and Working with Inmates module, following guidelines as delineated in CFSM Course Workbook. No exam will be required. CDM certified ACFSA members would be eligible to receive CFSM status under these guidelines.

CFSM Enrollment Form

Please Type or Print Clearly

CFSM Course Fee \$299.00
Non-Member Fee \$374.00

CFSM for CDMs \$149.00
Non-Member Fee \$199.00

Name _____

Title _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone _____ FAX _____

Email _____

*Include processing instructions and contact name & phone number.
Materials will be sent after payment is received*

Payment Information

Check Number _____ Purchase Order _____

Credit Card: Visa Mastercard American Express

Cardholder Name _____

Credit Card # _____ Expires _____

Billing Address _____

Billing Zip Code _____ V-Code _____

Signature _____

*V-Code is the 3 Digit Code
on the Back of your Visa or MC
or the 4 Digit Code
on the front of your AmEx Card.*

Please mail with payment to:
**ACFSA CFSM
PO Box 10065
Burbank, CA 91510**

If paying with a credit card, you may FAX completed form to (818) 843-7423
Questions? Please email Amber Ardizone at Certification@ACFSA.org
or Call (818) 843-6608



A Membership Opportunity for You!

The Association of Correctional Food Service Affiliates is an International Professional Association created to serve the needs and interests of Food Service Personnel in the correctional environment. The ACFSA brings together highly-skilled Food Service 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.

A Sampling of the 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 Annual 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, fellow members, and 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.)

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**

Student Member:

Student Members of ACFSA are those individuals who are currently enrolled in a Food Service program and considering the Correctional Food Service Industry as a career option. Student Members will have access to Professionals currently in the industry and have the opportunity to learn the industry and to foster important relationships. **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**



ACFSA MEMBERSHIP APPLICATION

To begin receiving the benefits of Membership in The Association of Correctional Food Service Affiliates, simply fill out this application and forward with dues to ACFSA Headquarters Office.

Name _____

Title _____

Facility/Organization _____

Phone _____ Fax _____

Email Address _____

Directory Address _____

Preferred Mailing address _____
(If different from Directory Address)

Preferred Billing Address _____
(If different from Directory Address)

Recruited by _____

Employed by (For Food Service Professional Active and Institutional Members Only):

Federal State/Prov. County Private Other _____

ACFSA MEMBERSHIP DUES (IN U.S. FUNDS) Check box for Member Type below

* Depending on the month you join ACFSA, your dues may be prorated. Dues are paid annually. Members joining after March of the current Calendar year will include the remainder of the current Calendar Year AND the following FULL Calendar Year.

Example: If joining in June of 2015, Dues will be paid through December of 2016

Member Type - Check One	January-March	April-May	June-September	October-December
<input type="checkbox"/> Food Service Professional	\$79	*\$139	*\$119	*\$99
<input type="checkbox"/> Institutional	\$134	*\$236	*\$202	*\$168
<input type="checkbox"/> Retired	\$34	*\$60	*\$51	*\$43
<input type="checkbox"/> Student	\$34	*\$60	*\$51	*\$43
<input type="checkbox"/> Professional Partner	\$384	*\$672	*\$576	*\$480
<input type="checkbox"/> Associate Professional Partner	\$109	*\$190	*\$163	*\$136
<input type="checkbox"/> Chapter Professional Partner	\$159	*\$279	*\$239	*\$199

Total Amount Due \$ _____

Check Enclosed (Made Payable to ACFSA) Check # _____

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 MasterCard and the 4 Digit Code on the front of AmEx

Authorized Signature _____

PLEASE SEND COMPLETED APPLICATION WITH PAYMENT TO:

ACFSA, P.O. Box 10065, Burbank, CA 91510

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

* Depending on the month you join ACFSA, your dues may be prorated. Dues for members joining after March of the current Calendar year will include the remainder of the current Calendar Year AND the following FULL Calendar Year.

Example: If joining in June of 2015, Dues will be paid through December of 2016

WELCOME NEW ACFSA MEMBERS

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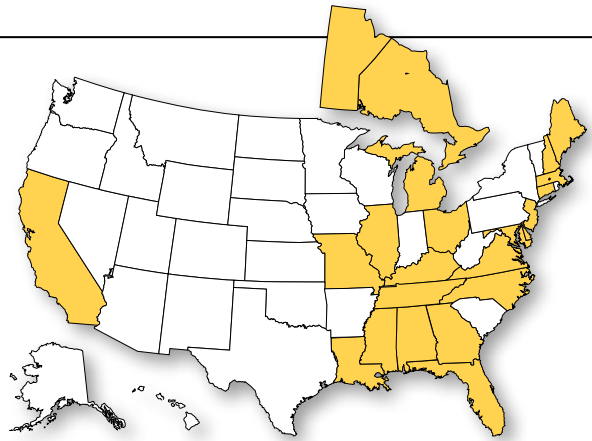
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www.ACFSA.org for the Membership Roster!

Membership is required for access.

Call ACFSA Headquarters if you want
contact information for any of the Chapters above
(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.

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Maine	New York	Washington DC
Maryland	Pennsylvania	West Virginia
Massachusetts	Rhode Island	

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San Diego Restaurant Supply	9
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► **INSIDER Editors:**
Barbara Holly, CCFP, CDM, CFPF
and **Christine Berndt Althaus, RD, CD**

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

The Fall issue mails in October, the Winter issue mails in January, the Spring issue reaches your mailbox in April, and the Summer issue will arrive in August. We welcome any suggestions or articles for future issues.

Editorial Statement and Procedure

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

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

To submit an article for the Fall 2015 Issue:

1. Please send via e-mail by August 30, 2015 to:

ACFSA—INSIDER
INSIDER@ACFSA.org

2. ACFSA does not guarantee that submitted articles will be published. Articles may be edited, and placement is determined by the editor.
3. You may also include a photograph, simple graphics, charts, or pictures that you think may be useful to the article.
4. If you have submitted or will submit the article to other publications, please notify us at the time of submission of the publication name, editor, and phone number.

Letters to the Editor

Please email your articles submissions and/or comments to the editors:

Christine Berndt Miles:
Christine.BerndtMiles@wisconsin.gov
or to *Barbara Holly:*
bbigelowholly@gmail.com

Please specify that you are contacting us regarding the "Letters to the Editor" column.

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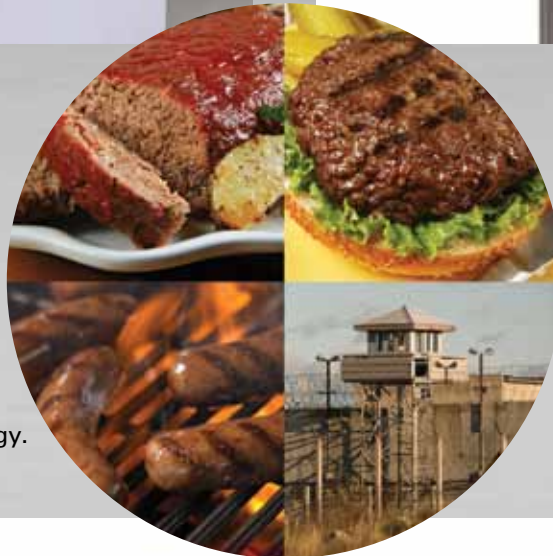


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