

**MARYLAND, DELAWARE, DC  
DIETARY MANAGERS ASSOCIATION**

## ***The Crab Chatter***

**VOLUME 44  
ISSUE 5  
AUGUST, 2010**

### **NEWS WELCOMED!**

The Maryland Crab Chatter is published 6 times a year. Article contributions and suggestions are welcomed and encouraged. Mail to: Virgie L. Small, CDM,CFPP  
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All submissions must be received one month prior to the publication month. The editor reserves the right to edit or shorten items or to postpone article subject to available space. Issue Dates:

### **PRESIDENT'S MESSAGE**

Twelve Maryland, Delaware and Washington, D.C. members attended the 50th Annual Meeting and Expo held July 4-8, 2010, in Chicago, IL. We all received letters from the office of the Mayor, Richard Daley, welcoming us to his city. Our hotel was across from the beautiful Lake Michigan. The view was beautiful. The weather was great and the food fantastic. There were many wonderful speakers for our workshops, such as Stedman Graham who spoke on the nine-step Success Process. Jim Painter was another great and entertaining speaker on Mindless Eating. The Leadership Recognition Banquet was held Monday evening. Maryland received an award for completing the State Achievement award.

The state of Illinois won the Diamond Award. The DMA expo was held on Wednesday with many vendors showing their products. The meeting ended on Thursday with Jeff Joiner, who is also featured in the past DMA magazine. I would like to encourage all of you

subject to available space. Issue  
Dates:  
October, December, February, April,  
June, August

ended on Thursday. Marleen Conley, who is also  
featured in the past DMA magazine. I would like to encourage all of you  
to plan now to attend the National meeting and Expo in  
Dallas, TX next year. Talk to your administrators now so they can  
budget you in for this valuable update in the nutrition field.

We are getting ready to send out the Fall workshop registration forms to  
be held in Ocean City, MD October 3-5 . In the last newsletter there  
were forms for the Administrator of the Year and  
Dietary Manager of the Year. Please complete and send to me as soon as  
possible. These awards will be given on Monday,  
October, 4.

My term as President is ending shortly after three years of service.  
Please show your support for the new president and board  
members who will be installed in Ocean City at the Fall workshop. One  
way to get started is by volunteering for the state or district level. This  
past year we had many new volunteers and they have done a great job.  
Fill out an "I will serve" form that is in the newsletter and we can get  
started. We encourage Delaware and Washington D.C. to volunteer.

Hope everyone enjoys the rest of the summer. Keep cool.

Bonnie Hollingsworth, DTR,CDFM,CFPP  
*Maryland President*

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## **Thanks to Our Vendors**

**The Maryland Dietary Managers Association would like to say “THANK YOU” to all the vendors who are so generous to our Association. You are important to our Association and are always there to step up and fill our need.**

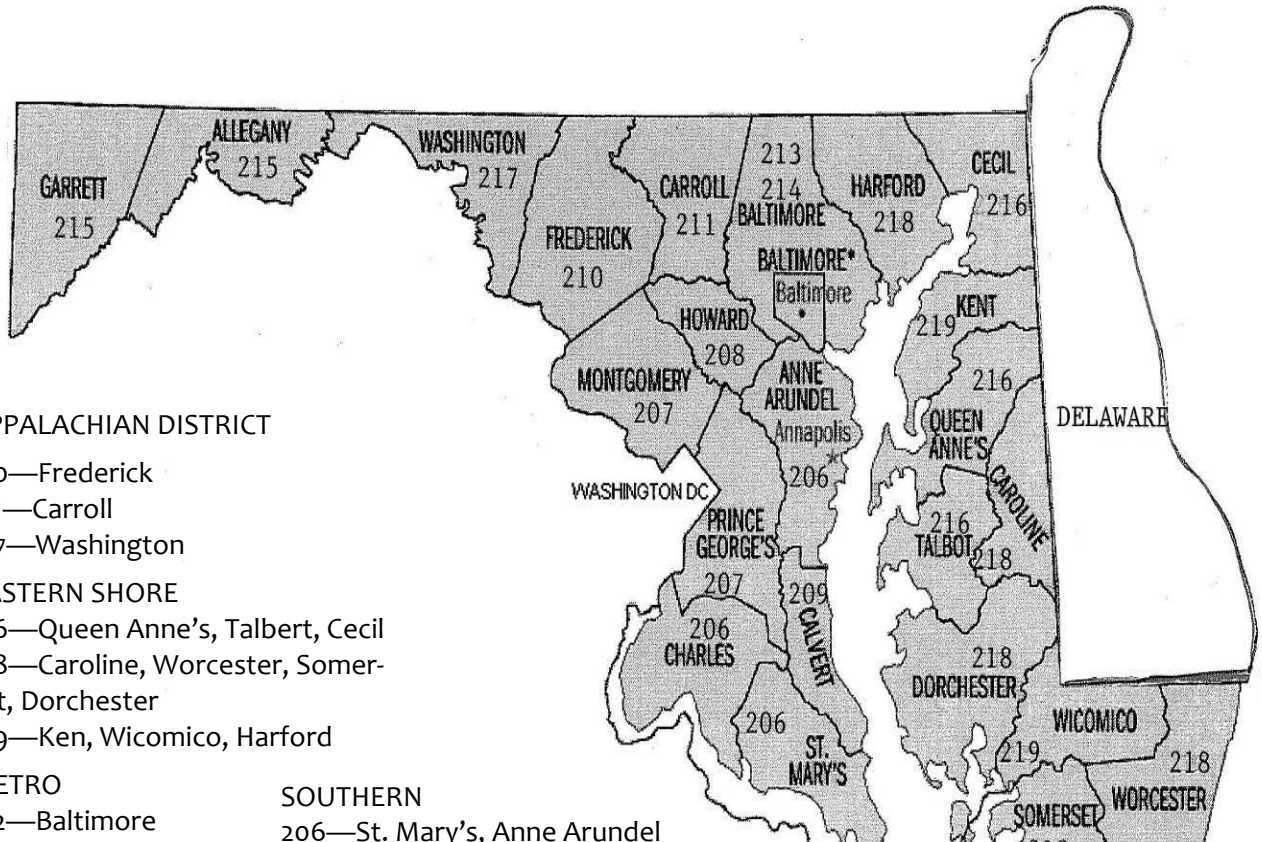
***YOU ARE APPRECIATED!***

***Did you know.....***

That at the National Meeting and Expo there are approximately 26 CE hours available



**MARYLAND , DELAWARE, D.C. DIETARY MANAGERS ASSOCIATION**



**APPALACHIAN DISTRICT**

- 210—Frederick
- 211—Carroll
- 217—Washington

**EASTERN SHORE**

- 216—Queen Anne's, Talbot, Cecil
- 218—Caroline, Worcester, Somerset, Dorchester
- 219—Ken, Wicomico, Harford

**METRO**

- 212—Baltimore

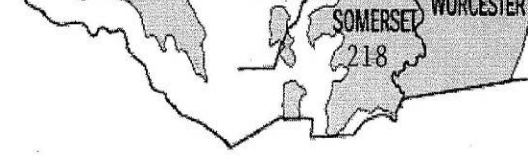
**SOUTHERN**

- 206—St. Mary's, Anne Arundel

212—Baltimore  
213—Baltimore County

SOUTHERN  
206—St. Mary's, Anne Arundel  
207—Prince George, Montgome-  
ry, Charles  
208—Howard  
209—Calvert

WESTERN MARYLAND  
215—Allegheny, Garrett



## **MISSION**

**THE DIETARY MANAGERS ASSOCIATION IS AN  
ORGANIZATION OF PROFESSIONALS  
| DEDICATED TO ACHIEVING EXCELLENCE IN  
THE FOOD SERVICE INDUSTRY.**

### **MEMBER COUNT AS OF 7/1/10**

<b>District of Columbia</b>	<b>5</b>
<b>Delaware</b>	<b>43</b>
<b>Maryland</b>	<b>240</b>

### **Welcome New Members**

**Jennifer Schmalfluss, Certified  
Annapolis, MD**

**Jeremy Edwards, CDM,CFPP  
Baltimore, MD**

**David Jones, CDM,CFPP  
Baltimore, MD**

**Ann Porter, CDM,CFPP**

## **FROM THE EXPO IN CHICAGO**

The following is a recipe that was demonstrated to us at the Expo. Bonnie tasted it and it is excellent so she thought you all might want to try it. It would be good for your residents. If you have Gluten free residents, this is excellent for them.

### **Honey Raisin Crispies**

1/2 cup Soy Butter ( can be found at Wal-Mart)

1/2 cup and 2 Tablespoons Honey

3 Tablespoons packed Brown Sugar

1 teaspoon Vanilla extract

1-1/2 cups Old-Fashioned Oats (uncooked)

3/4 cup Sun-Maid Natural Raisings

Directions:

Line an 8-inch square pan with foil, extending over

opposite ends of pan (or lightly coat with cooking spray)

Place soy butter, honey and brown sugar in

**Ann Porter, CDM,CFPP**  
**Silver Spring, MD**

**Stephanie Bayne, CDM,CFPP**  
**Catonsville, MD**

**Judy Fiorita, CDM,CFPP**  
**Frostburg, MD**

**ENROLLED STUDENT REPORT**

**Robert Payne—University of Florida**  
**Salisbury, MD**

**Sophia Bhagirath— University of Florida**  
**Randallstown, MD**

Place soy butter, honey and brown sugar in microwave-safe bowl

Heat on high power for 2 minutes until bubbly and heated through. Remove from microwave

Add vanilla; Gently stir until mixture is smooth

Add cereal, oats and raisins. Gently stir without crushing cereal

Press warm mixture very firmly into prepared pan.

Cool at room temperature or refrigerate for 30 minutes.

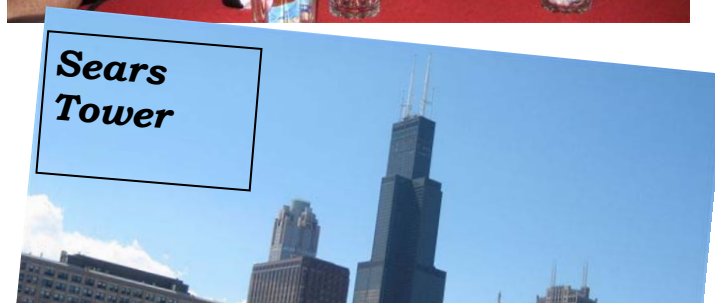
Lift out of pan if using foil; cut into bars

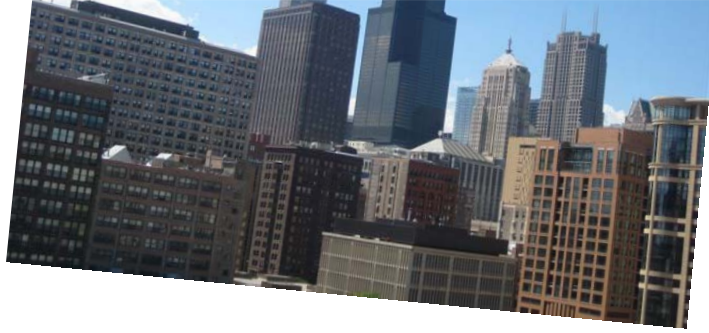
Store bars in plastic wrap or tightly covered container, at room temperature or in refrigerator,

Makes 16 bars

The Crab Chatter

***A TASTE OF CHICAGO!***  
***2010***





**The Burleigh's Eating  
Chicago Pizza**



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## MARYLAND EXECUTIVE BOARD AND COMMITTEES 2009—2010

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## **MARYLAND DMA MEMBER SUSTANES HOUSE FIRE**

**May 15, 2010, dawned a beautiful cool Saturday morning in Hagerstown, MD, at the home of Debi and Ken “Redd” Canfield, until the air conditioning kicked on and immediately the main electrical box exploded, causing an instant roaring house fire. After calling 911, Debi rescued her four cats; then she and her husband escaped without injury, but the house sustained major smoke and electrical damage.**

**The Lord was with them thru the whole situation. A small fire extinguisher did nothing to stop the fire and when Redd tried to put the fire out with their water hose, the hose was too short, which was a blessing. If he had succeeded in using the water on the “electrical fire”, he would have been electrocuted. God is good!**

**The fire was contained to the room above the electrical box and structural damage was minimal, but major damage was smoke. Most of the smoke damage will probably be removable by the cleaning company, but despite everything they have been displaced since then, being housed in a one room hotel room while waiting for the fire inspector, insurance company and planning and zoning to get their act together before anything can be done towards repairs. Friends and family have been very helpful and Debi and Redd are very thankful for all the support they have received. Maryland DMA does a project each year for the State Achievement Award, This year we decided to help Debi and family out by giving them a monetary gift.**

State Achievement Award, this year we decided to help Debi and family out by giving them a monetary gift.

**Dear Maryland DMAS Friends,**

**We can't begin to express what your gift means to us. The money is most definitely helpful and will go to extremely good use, there's no doubt about that. But more than the monetary value, we greatly appreciate the thought behind the gift. Fire is an unexpected burden, but your actions have really lightened the load, for that especially, we thank you. This time has been difficult for us, but knowing we have the support of people like you certainly helps. Please know we won't forget your kind gesture. Thank you again from the bottom of our hearts.**



**Sincerely,  
Debi and Ken Canfield**

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**MARK YOUR CALENDAR**

**October 3, 4, 5**

**Fall Workshop– Ocean City, MD**

**2011**

**February 7-11**

**Pride in Food Service Week**

**March 1- 31**

**National Nutrition Month**

**April**

**National Hunger Week**

**July**

**National DMAS conference  
Dallas, Texas**