



SPRING NEWSLETTER-2019

Mission: Position the Certified Dietary Manager as the expert in foodservice management and food safety.

Vision: The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.

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CURRENT BOARD MEMBERS

PRESIDENT: Todd Leasure, CDM, CFPP

304-387-0101

tleaseure@foxcrest.com

PRESIDENT - ELECT - Eric McClung CDM, CFPP

304-663-4271

Emcclung@amfmwv.com

TREASURER Darlene Schoonover CDM, CFPP

304-457-1759 (H)

Darlene.schoonover@yahoo.com

PAST PRESIDENT Penny Settle, CDM, CFPP

304-469-8651 (W)

penny.settle@lpnt.net

SECRETARY/MEMBERSHIP/NEWSLETTER / FOOD

SERVICE REWARDS COORDINATOR Robert Luke CDM, CFPP

304-599-0497 ext. 316 (W)

304-296-4471 (H)

rluke@sundalecare.com

Hi State Members,

Hope everyone is doing well; Annual ANFP Conference & Expo is just around the corner. It's being held in St. Louis, MO. On June 26-29, 2019.

If anyone interested in attending, and need help from the chapter, please contact me. I am unable to attend this year, due to other obligations.

Robert Luke and I attended the regional meeting, held in Pittsburgh PA. And it was very nice networking, and takeaways, to take back to our facilities.

We are trying to get information on our fall meeting, but have not confirmed a date or a location as of yet. Robert and I will send out an email plus message through texting, as soon as we know. We need to continue to network together and gain valuable information that not only continue to keep us a stronger State Chapter, but great CDMs.

This fall meeting I will be stepping down, and Eric McClung, will be taken over as President.

We are looking for volunteers to step into the role as Secretary, and Treasury. If anyone is interested please contact me.

Have a great summer, and hope to see you in the fall.

Todd Leasure CEC, CDM, CFPP

tleaseure@foxcrest.com

(740) 381-6063

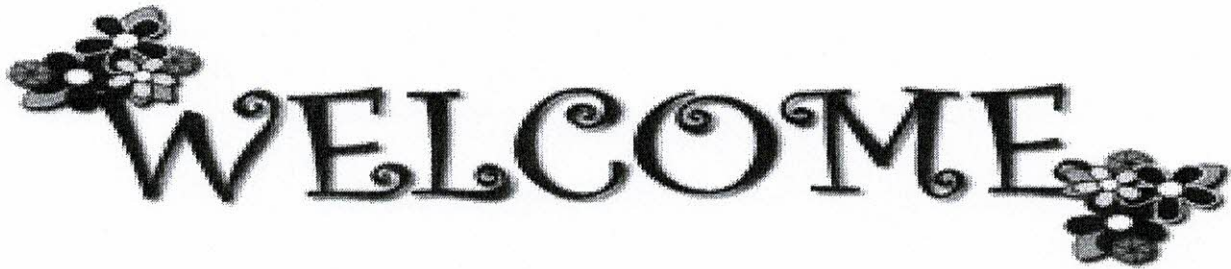
From the editor:

In the absence of our meetings not being held, I miss the networking with fellow members. I did attend the Regional meeting held in Pittsburgh, April 4-5, along with Todd Leasure; and it was a very informative seminar and I met other dietary managers from neighboring states that have the same problems most of us have at our buildings, but I did get numerous ideas of how to correct some of the problems from fellow dietary people and the great speakers that National provided. Looking forward to the fall meeting here in WV, and getting re-connected with our membership. To my knowledge we did not receive any members interested in filling the Treasurer, and Secretary positions that need to be filled this year. The current members in these positions will be there to help you until you feel more comfortable in your new role as a board member. We need members who attend meetings and have ideas to help our organization thrive, and become stronger. Please consider a position with the WV branch of ANFP.

Member Counts as of April 15, 2019

West Virginia ANFP Chapter

Member Type	Not Certified	Certified	Total
Allied Professional	3	0	3
Pre-Professional	12	0	12
Professional	4	147	151
Retired Professional	2	0	2
	21	147	168



New members since 11/2018:

Willie Keith Bishop, CDM, CFPP- Ikes Fork, WV

Robin Lynette Boling, CDM, CFPP- Hinton, WV

Crystal Gay Boone- Thomas, WV

Brianna Byers- Cross Lanes, WV

Brian Michael Noel- Hurricane, WV

Rene Williams- Mineral Wells, WV

John W. Wilson- Keyser, WV

QUOTE OF THE MONTH:

Ability is what you are capable of doing.

Motivation determines what you do.

Attitude determines how well you do it.

-Lou Holtz (football coach)

Administrator of the Year Application

If you feel your administrator supports you with your continuing education and Dietary Managers Association membership, you may nominate him or her for the Dietary Managers Association Administrator of the Year.

Administrator Name:

Facility Name and Address:

Facility Phone Number:

Nominator Name:

Nominator DMA Member #: _____ Home Number: _____

Nominator e-mail address: _____

Please explain why you think your administrator should be named the "Administrator of the Year."

Applications need to be returned to WVANFP Secretary, Robert Luke by July 31, for review. After completed you can email application to rluke@sundalecare.com, fax to his attention @ 304-599-9083 or mail to 800 J.D. Anderson Drive, Morgantown, WV, 26505.

Administrator of the Year Award is presented at the Fall meeting each year.

WV ANFP SCHOLARSHIP APPLICATION

Applicant: _____ Address: _____

Phone: Work _____ Home: _____

Facility Name and Address: _____

Sponsor's Name: _____ DMA# _____

Sponsor's Address: _____

Sponsor's Phone: Work _____ Home: _____

Sponsor's Facility's Name and Address (if different from above): _____

Please provide Sponsor and facility administrator comments about the applicant's dedication to the dietary management field and the desire for advancement. Use additional sheets if necessary.

Sponsor's comments: _____

Administrator's Comments: _____

Applicant's Comments: _____

To be considered please complete form and mail to

WVANFP PRESIDENT:

Todd Leasure 125 Fox Lane Chester, WV 26034-1601
or email this form to tleaseure@foxcrest.com

Free continuing education:

Below is a few links provided by fellow dietary managers that you can go online, read some information and take a few question quiz and get approved credits to help keep your credential as a CDM, CFPP. If you have found other free continuing education opportunities, please forward them to our Newsletter Editor.

<http://www.safeeggsfoodservice.com/ce/free-ce>

<https://tunaversity.com/#free-ce>

Potato Story

A girl potato and a boy potato had eyes for each other. They finally got married and had a little sweet potato which they call "Yam." Of course, they wanted the best for Yam. When it was time, they told her about the facts of life.

They warned her about going out and getting half-baked, so she wouldn't get accidentally mashed, and get a bad name for herself like "Hot Potato" and end up with a bunch of tater tots. Yam said not to worry, no Spud would get her into the sack and make a rotten potato out of her! But on the other hand, she wouldn't stay home and become a Couch Potato either.

And she decided she would get plenty of exercise so as not to be skinny like her shoestring cousins.

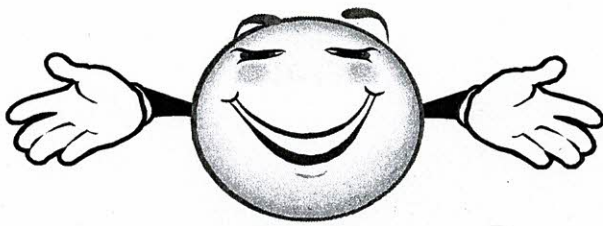
When she went off to tour the world, Mr. and Mrs. Potato told Yam to watch out for the hard-boiled guys from Ireland and the greasy guys from France called the French fries. And when she went out West, to watch out for the Indians, so she wouldn't get scalloped...

Yam said she would stay on the straight and narrow and wouldn't associate with those high class Yukon Golds, or the ones from the other side of the tracks who advertise their trade on all the trucks that say "Frito Lay."

Mr. and Mrs. Potato sent Yam to Idaho P.U. (that's Potato University) so that when she graduated she'd really be in the chips.

But in spite of all they did for her, one day Yam came home and announced she was going to marry Tom Brokaw.

Tom Brokaw! Mr. and Mrs. Potato were very upset! They told Yam she couldn't POSSIBLY marry Tom Brokaw because he's just...are you ready for this? A Commontater!



Foodservice Rewards-

Our organization is still utilizing the codes found on certain products from certain vendors. If your facility is not participating in using the codes, or not allowed to use them in your facility, WV ANFP organization can. Please forward the unused codes to our Secretary Robert Luke @ rluke@sundalecare.com, or mail them to his attention: 800 J.D Anderson Drive, Morgantown WV 26505; or fax copies to 304-599-9083 @ his attention. He will enter the codes, and purchase items that can be used as raffle items at our meetings as a source of fundraising. Please make sure codes get sent in a timely manner since they have expiration dates on them. Robert will then send you a confirmation email, confirming the codes have been validated toward our account. Thanks to those members that have been sending in codes, but the more we have sending in codes the faster our total raises.

99266280

Enroll for
FREE at:

**Foodservice
REWARDS.com**

Inscrivez-vous gratuitement en ligne

Your rewards are waiting • Vos récompenses sont en attente

PROCTER&GAMBLE

R 5 2 7 - F 9 H 4 - 6 W T 6

CODE EXPIRES 09/2021
CODE EXPIRE 09/2021



www.foodservicerewards.com



Cucumber Raita

Ingredients:

- 1/2 medium cucumber, peeled, seeded and diced small
- 3/4 tsp ground cumin
- 1 cup Dannon® All Natural Plain Yogurt
- 1 clove garlic, minced
- 2 Tbsp. fresh cilantro leaves, chopped
- 1/4 tsp. freshly ground pepper

Instructions:

1. Combine all ingredients. Cover and refrigerate for about an hour.
2. Stir again before serving.

Yields:

3 servings (4oz. per serving)



Hooten Equipment
Company LLC
961 Virginia St W,
Charleston WV 25302
(304)-346-0521

www.hootenequipmentcompany.com

@HootenEquipment



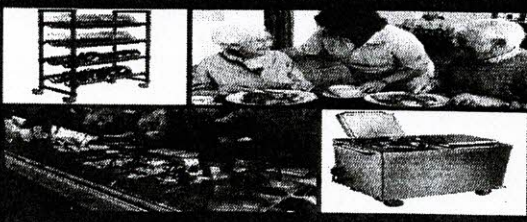
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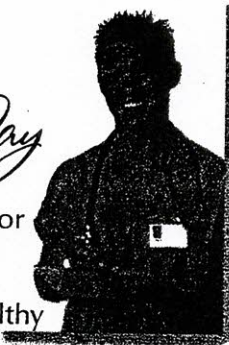


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Manage Stress Day by Day

Stress management is important for performing at your peak mentally, physically and emotionally. Control your stress through a healthy lifestyle and the right attitude.



1. Let go of unrealistic expectations of yourself and others. Not everything has to be perfect.
2. Simplify your schedule. Say "no" to events and requests that add extra stress.
3. Learn to be flexible. Accept that you can't control every aspect of life.
4. Get plenty of sleep—it recharges both your body and your mind.
5. Make time for relaxation part of every day. Go for a stroll, take a bubble bath, work on a hobby, or play games with family or friends. Do something that you enjoy.
6. Learn to unwind in healthy ways—through music, reading, meditation, stretching or exercise.

5 Quick Ways to Tackle Tension

Here are some tension-reducing techniques that take only moments.



1. Blow it off: Inhale, hold your breath for a few seconds, then exhale slowly. Repeat several times.
2. Stretch it away: Take a minute to stretch your arms, back, shoulders, neck or legs.
3. Rub it out: Massage your temples, shoulders and the back of your neck.
4. Soak it up: Pause for a glass of cool water.
5. Move it over: Do a short exercise, such as torso twists, shoulder shrugs or tippy-toe stands.