

ARANFP ANNUAL FALL CONFERENCE

October 5th & 6th 2023

HOT SPRINGS CONVENTION CENTER * 134 CONVENTION BLVD.

Flavors of Fall

Harvesting a Bounty of Knowledge, Resources, and Innovations

CONFERENCE RECAP



Hello Everyone!

This is Dana, Secretary for our ANFP Arkansas Chapter, with a Re-Cap of this year's AR-ANFP Fall Conference. I sincerely Hope and Pray that this brief newsletter find each and everyone of you healthy, happy, and well as the year wheels on through this late Fall and into the Winter holiday season.

On behalf of Lynn Nail, our intrepid leader (a.k.a El Presidenta de por Vida!) **THANK YOU ALL** for your presence and participation in this year's conference! We truly had a wonderful turn out of CDMs, RDNs, Nurses, Administrators, Chefs, and others whose commitment to their profession as well as to our chapter's continued success is tremendously appreciated by all.

Before I continue, there is a very important announcement that our President wishes to relay: Next year's (2024) Fall Conference will once again be in September! **That's right! Our annual AR-ANFP Fall Conference has already been booked for the 12th thru the 13th of September 2024 (2nd week in September 2024)!**

A special shout-out to Tracey (Event Liaison) and Marianne (Booking Director) of the Hot Spring's Convention Center who got this all-the-way together for us next year!



Speakers & Presenters

This year, we were blessed again to see familiar faces and with new ones who presented us with anecdotes and professional wisdom gleaned from their many years within the Food Service Industry.

Christine, of Black River Technical College, never fails to entertain as she educates anew on the pitfalls and perils of Food Safety and the never-ending task of making sure your employees are on point!

David, of GPA- and our Almighty Bingo Master!- provided us with updates and forecasts in procurements and supply chain demands that will affect national and regional operations.

Our new-comer, Dr. Robert Hall literally cleared the house out! While creating flavor with herbs and spices for us in a delicious Curried Shrimp dish, the fire alarm sounded, the center was evacuated, and we got a swift visit from Hot Spring's Fire Department! They were sporting about it and so was Chef who later shared during the afternoon presentation more personal and professional insights with a helping of Beef Bourguignon. Thank you, Chef!

It was an especial honor to welcome back Retired USAF Major Ella Colvin as a well respected and regarded speaker! We had a lively and often hilarious exchange concerning trials of navigating and negotiating between and across the generational gaps in today's workforce. Congratulations Major on being a Grandma and a published author!

On Friday, Lynn gave a heartfelt and informative conversation on the importance of nutrition and improving the daily and long term health outcomes of those who are living with mental health issues. Joyce, from Ben E. Keith, provided our ethics quotient this year with a presentation on the 'culture' we build in our workspaces that affect quality of service for better or worse. Finally, RD Kathy Murdock, helped us close down this year's conference with an excellent presentation on the gut's microbiome and the elevated importance of gut health learned from/during the Covid pandemic.

THANK YOU ALL so very much, each and every one of you who blessed us with your years of experience, wit, wisdom, and dedication not only to your profession but to all those whose lives are brightly impacted by your example! **THANK YOU!**

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Thursday October 5th 2023

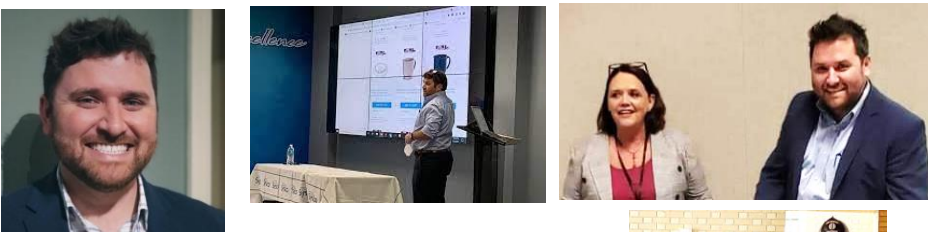
REGISTRATION

Begins at 7:30 AM

8:00 AM Welcome by Lynn Nail, Chapter President

TIME	SPEAKER	AFFILIATION	TOPIC	CEUS
8:15 AM - 9:15 AM	Christina Derbes	Black River Technical College	Survivor Islands: Surviving Food Safety	1 CEU
9:30 AM - 10:30 AM	David Menchue	GPA	Understanding Ordering, Purchasing and Procurement	1 CEU
10:45 AM - 11:45 AM	Dr. Robert L. Hall, Ed.D. WCMC, CEC, CCE, CCA	Pulaski Technical College	Talk & Taste Part 1: Creating Flavor with Herbs & Spices	1 CEU
12:00 PM - 2:00 PM	FOOD EXPO 2023!			2 CEU
2:15 PM - 3:15 PM	Ella Colvin	Retired Major USAF Nurses Core	Leadership Reboot	1 CEU
3:30 PM - 4:30 PM	Dr. Robert L. Hall, Ed.D. WCMC, CEC, CCE, CCA	Pulaski Technical College	Talk & Taste Part 2: Cooking Methods that Enhance Flavor	1 CEU

5:00 PM GAME DAY BINGO!



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Friday October 6th 2023

7:30 AM ~ 8:00 AM **President's Meeting**
~ Continental Breakfast Served ~

TIME	SPEAKER	AFFILIATION	TOPIC	CEUS
8:15 AM - 9:15 AM	Lynn Nail, CDM- CFPF	Behavioral Health Services	The Importance of Nutrition and Mental Health	1 CEU
9:30 AM - 10:30 AM	Joyce Lamilla	Ben E. Keith	Culture and Ethics Galade: Creating an Ethical Company Culture	1 CEU
10:45 AM - 11:45 AM	Kathy Murdock, MS, RD, LD	Midwest Nutrition Specialists	Go with Your Gut!	1 CEU

May God bless you and take care of you; May God be kind and gracious to you; May God look on you with favor and give you peace. May God bless you till we meet again! Get Home Safely y'all and see you next year!

The 5 Generation Workplace

Traditionals	Baby Boomers	Generation X	Generation Y (Millennials)	Generation Z (Digital Natives)
DOB: 1900-1945	DOB: 1946-1964	DOB: 1965-1980	DOB: 1981-1996	DOB: 1997-2015
<ul style="list-style-type: none"> Loyal to the company Dedicated Disciplined Job for life Resisting later 	<ul style="list-style-type: none"> Dedicated to work Optimistic Committed Team orientated Experimental 	<ul style="list-style-type: none"> Open-minded Appreciate diversity Work-life balance Competitive Entrepreneurial Independent 	<ul style="list-style-type: none"> Career determined by switching roles often Socially vocal Tech-savvy Immediacy 	<ul style="list-style-type: none"> Critical and selective Career multitaskers Technology is intuitive High expectations Coached, not managed

THANKS & APPRECIATION TO ALL OUR VENDORS



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FOOD EXPO 2023!

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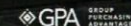
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Thank you Leslie, David, and the GPA team for making Bingo Night a fun and entertaining time!

GAME DAY BINGO!

That's right folks!

This year's Bingo Night Theme is Game Day and will be hosted by our friends from GPA and Sysco!

So please come ready to represent in your favorite NFL or Collegiate Team's Jersey, Cap, or whatever you got!

This will be Thursday Night October 5th around 5 PM.

We look forward to seeing you all there!



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Thank you!

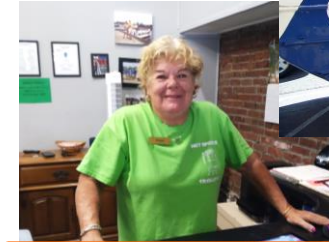
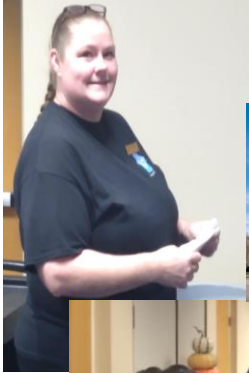
April from Turf Catering who hooked us up for Breakfast and Coffee!

And to the great city of Hot Springs, Arkansas for being a gracious host for our annual conference and offering us a gorgeous get-away!
We look forward to enjoying you once more next year!

Pam from the Duck Boat Tours of the Thacker Organization for helping us find a great gift!

Haley from the Brick House Grill for quality service during our business meeting

The staff at 'It's About Rocks' for having some very nifty treasures!



Tasha & Michelle of Hotel Hot Springs for making our stay worry-free and wonderful!



We pray that you and yours have had a wonderful Thanksgiving holiday with your family, friends, and loved ones!

May this coming Holiday Season of Light & Joy be filled with blessings of loving warmth, of wholeness and health, and happiness of home, heart, and hearth!

And remember to Set the Date!

Thursday and Friday, September 12th and 13th, 2024

'Till we meet again....

Merry Christmas

Happy Holidays Season's Greetings

Beannaichte Yule Feliz Navidad

Happy Hannukah Harambe Kwanzaa

And to all a Happy New!