

ACROSS the prairie

Fall Newsletter 2020 • Vol. 31 • Issue 3

ANFP KANSAS
Association of Nutrition & Foodservice Professionals

CONTENTS

Officer Comments ... 2-5

Cindy Photos 5

District Officers 6

Events and news 7

Birthdays 8

Recipe Corner 9



Contacts

Leonard Turpen,
CDM, CFPP
newsletter editor
foodpaws@gmail.com

Matthew Schlagel
mschlage@mhsk.org



Cindy, CEU's & Fall workshop, what a year!



In 2010 Cindy Cothren accepted the role as state spokesperson. With no experience Cindy started from day one learning what to do. Cindy has worked hard on learning the process to let our state and federal representatives know ANFP/Kansas views on healthcare policies.

She attended these main events such as (Day at the Capital, Kansas Healthcare Annual Meeting, PAC and ACE). Cindy worked along with Cindy Luxeum and the KHCA which help point us in the right direction for Kansas ANFP. The booth at the KHCA annual event is where she was invited to go to Washington D.C. to help promote the "Safe Food for Seniors act". She also helped with job fairs in the southeast Kansas area, plus other events. *We feel she has helped made a difference for Kansas ANFP.*

Thank you Cindy for being our States Spokesperson the last 10 years. (see more photos of Cindy on page 5).

What a year this is! ANFP Celebrating our 60th Anniversary in one of the most challenging ways possible.

Everyone is working to give you the best possible chances for CEU's. ANFP has put together a hub online for a virtual program to take the place of the annual event. Coming up is a virtual regional meeting. The links will be the listed later in this newsletter just tap the anfponline.org and it will take you to our website.

ANFP/Kansas has canceled the fall workshop and as it gets closer we are planning a 2 1/2-day spring workshop on April 21-23 2021. *This will be held in Salina, Kansas.*

Leonard Turpen, CDM, CFPP
Across the Prairie, Editor



KANSAS ANFP



President — KANSAS ANFP

Janice Hemel, CDM, CFPP jancdm@yahoo.com

I cannot believe it is the end of August already. With a lousy a year as this has been, time is flying by. Hopefully things will get figured out so our lives can determine what the new normal is.

The board has been meeting via zoom meetings to plan for this year. The fall state workshop was cancelled. It was a hard choice but felt, is was best at this time. We are working on zoom presentations for CEU's that we will offer to all of you for hours. National is on board with this and is working to be sure guidelines are followed to preserve the credential.

I wanted to work on a mentor program for our committee chairs and officers but without live meetings that will be hard to get set up. I may still do one virtually and see how it goes.

Sales will be changing as well. Paula and several others spent a lot of time filling out all the paperwork to be approved but after our live spring meeting, there will not be any sales as we now know it. There are options for us at a reasonable price but will not be able to be sold. May be done as raffles, give away or added into the registration fees. I know this is a change but it is best for our financial safety.

Look for emails about our zoom CEU's and offerings from national for free or discounted CEU's to help during this time. Until we meet again, stay safe and well.

President Elect

Mathew Schlagel, CDM/CFPP

Greetings Kansas ANFP members!

It is so disappointing that we have not been able to meet together this year. We will continue to look forward to our future and hope all that what we learn during this time will bring us into a better future where we are stronger and even more resilient. I will be working with central district to plan for our next workshop in the spring of 2021; tentatively April 21-23 in Salina. Because we have not been able to meet in 2020, we will work to have a full two-and-a-half-day workshop. As president, elect it is my duty to recruit from within our membership individuals who are willing to serve on our executive board for the next term. I already have one candidate for our next president elect and secretary; all we need now if someone to step up and volunteer to run against these two awesome volunteers. We would like to have at least two candidates per position. We will have the candidate information along with ballots included in our next newsletter and plan to have elections and installation of officers at our next meeting. Please contact me if you are at all interested in serving or if you have any questions about the requirements, responsibilities and benefits that come with serving on the state executive board.

Treasurer

Debra Lowry, CDM, CFPP

Treasurer's report - Accounts are cleared up; Janice and Deb are only ones on accounts and will be the only signatures on checks and credit cards. Balances as of 06/30/2020.

Central Bank

Checking: 3,222.75
Savings: 1,001.46

Garden Plains

Checking: 4,940.33
Savings: 2,784.61
Scholarship: 243.88



Secretary

KANSAS ANFP

Beverly Kleisen, CDM/CFPP

What a crazy spring and summer we have all endured. My new saying is "stick a fork in me, I'm done". I hope you have all been lucky enough to remain Covid free as we have but this isn't over yet. On the bright side I have decided to retire. At the time I am typing this I have exactly 1 month...17 hours...10 minutes...37 seconds. Who's counting right?

I miss all of my CDM friends and hope that in the very near future we can all be together again. I applaud you all for the hard work with the everchanging rules and regulations we have had to endure. There has to be a light at the end of the tunnel so open your eyes and never give up...it's coming!



Past President

Donna Bateman, CDM, CFPP

Hello ANFP Members, it has been hard this year not being able to see all of you. I just want to say thank you to everyone for all you do, to keep our residents and customers safe. Thank you for supporting our association. I look forward to seeing all of you hopefully in the spring of 2021 in Salina.

State Spokesperson

Cindy Cothorn, CDM, CFPP clcothorn@yahoo.com

I would like to let the membership know I have notified Janice Hemel that I am stepping down as State Spokesperson. After a great 10 years of serving ANFP/Kansas, Jennifer Turner has accepted this position as States Sokeperson for Kansas ANFP. I will help mentor her as she gets acquainted with this position.

Thank you again, and please welcome Jennifer.

Membership

Dana Tinkler, CDM, CFPP

Since last Board Meeting, I have sent out...

13 letters to Professional members
1 letter to Allied Professional

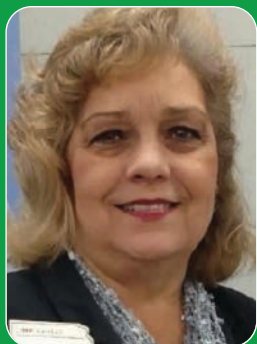
5 letters to schools offering ANFP approved courses, to let Kansas students know that the Kansas ANFP is offering to pay their membership dues to ANFP

Schools as listed -

Auburn Univ., Univ. of North Dakota, Barton Comm. Col., Univ. of Florida, & Johnson County Community College.

Membership count as of August 1, 2020 -

464 - 11 Allied Professionals, 21 Pre-Professionals, 429 Professionals, 3 Retired Professionals.





PAULA



Sales

Paula Bradley, CDM, CFPP paulaspoppersdma@yahoo.com

Diana Riner, CDM, CFPP driner@comanchech.com

It's with great sadness that we have to inform our members that next spring will be the last time we get to do sales.

The National office is no longer allowing states to do sales. It has to do with the legalities of our logo. We will have what we will call a fire sale.

So, everyone come with extra cash to buy us out!



DIANA



Hospitality

Debra Gohl, CDM, CFPP

Hello everyone. I am praying that our state Fall meeting is not cancelled due to continued Covid-19 because I can't wait to welcome everyone to the fun we always have, and the learning and sharing that takes place!

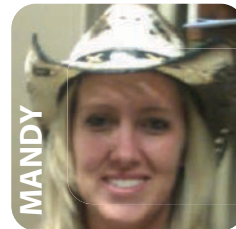
I have very big shoes to fill as Suanne did such a great job, but I will do my best. I know there is quite a few new CDM's who have not had a chance to come to a state meeting yet, and I hope that we all get to meet several of them in October. Please encourage them to come! *See ya all then! Deb*



Historians

Mandy Craig, CDM, CFPP

Becky Robinson, CDM, CFPP



MANDY



BECKY

We are still working on getting pictures together & more on Zip drives or thumb drives. This has been a crazy time, but planning on going thru some papers & notebooks we were given so to possibly have new history to show.

Big thank you to all for helping send what you can. Love you all, stay safe and God Bless. Send to beckrobinson@outlook.com



Parliamentarian

Janice Hemel, CDM, CFPP jancdm@yahoo.com

I emailed new Policy & Procedure for Kansas Association of Nutrition and Foodservice Professionals for board members to read. Becky made motion to accept updated P&P, Beverly 2nd, all agreed, no opposed, motion carried. They will be posted on our website when approved.





Communications



Leonard Turpen, CDM/CFPP foodpaws@gmail.com

Mathew Schlage, CDM/CFPP mschlage@mhsks.org



I am asking that each member to send some of their favorite recipes for the newsletter and for our facebook page. I would like to have everything submitted by Dec. 15th, 2020 for the Winter newsletter. As we begin the holiday season be safe and take care. *Remember to thank your vendors* for their support during this difficult time. Also, take a bow for all the hard work you do in your work place. - *Leonard*

If you have any job openings please send them to Mathew so he can post them. His email is posted by his name above.

Thank you



Thanks for your 10 years of dedication Cindy!



Years of Membership recipients *Class of 2019* have been emailed to you as of Oct. 2, 2020.

If you have not received your certificate please contact

Leonard Turpen, CDM,CFPP

foodpaws@gmail.com

Congratulations to everyone!



DISTRICT NEWS



WEST
DISTRICT

CENTRAL
DISTRICT

EAST
DISTRICT

East District

Clinton Litherland, CDM, CFPP

Members of the East district I have missed not seeing all of you I pray that this covid virus gets under control soon so we can start up our meeting once again. - **Donna Bateman, CDM, CFPP**

Welcome all the new Certified Dietary Manager's to our District.

Our current officers are:

Clinton Litherland - President - 20-21

Jennifer Turner - President elect 20-21

Shelly Rudaya - Secretary Treasure.

Donna Bateman - Past President



Central District

Debra Lowry, CDM, CFPP

Central district will be having a board meeting on Nov, 6th to plan the state spring meeting which is going to be in Salina on April 21 to April 23. If anyone has speakers that are willing to come to Salina please let us know. we also need to have someone for president elect for the coming 2 years. for the central district.



West District

Shay Johnson, CDM, CFPP

Our fall workshop has been canceled due to the COVID 19 pandemic. We are working on webinars for our continuing education credits. We are also working on updating our policies and procedures during this time. All of our officers' positions are filled with the addition of Connie Quimby as president elect. We hope you are healthy and well during this difficult time.

Upcoming ANFP National Events 2020

EVENTS



For more details on these events go to: anfponline.org

Nov 04

Webinar: COVID-19 Response Live Q&A

[Learn More](#)

Dec 03

Are you Ready to Become a CDM, CFPP?

[Learn More](#)

Dec 15

Webinar: Employee Health: Greatest Asset and Greatest Risk

[Learn More](#)

KANSAS ANFP

OTHER NEWS



Don't forget to bring these to meetings so we can turn them in for great door prizes!!

Snap a picture of them and email to foodpaws@gmail.com

Changing e-mails or moving? Please remember to update your ANFP profile. We need to keep in touch!

CDMs Cultivating Roots
Rallying Organizations & Officials in Training Standards



SAFE FOOD FOR SENIORS INITIATIVES



Association of Nutrition & Foodservice Professionals

CLICK ON BANNER FOR INFO



Happy Birthday everyone!

AUGUST

Belinda Katz
Patrick Ludwig
Mark Nenadov
Rochelle Cordray
Richard Ndirangu
Dorothea Daniels
Shaylei Johnson
Jackie Stewart
Rebecca Merklein
James Duhigg
Jennifer Epting-Williams
Sonya Gillespie
Tammy Sahr
Ineva Fitzgerald
Tierra DaSilva
Carol Hires
Christina Craig
Mary Smith
Betty Taylor
Joyce Weinbrenner
Kathy Darosett
Sharon Schmidt
Christine Metzinger
Melessa Bables
Megan Schmidt
Dawn Ropson
Stella Rudaya
Beau Cygan
Robert Fisher

Missy Ballington
Emily Leighty

SEPTEMBER

Lea Hart-Leighty
Ladeena Burke
LaVonne Inloes
Tina Browning
Madonna Haug
Katrina Koehn
Kathy Helms
Aaron Hill
Amanda Kmiec
Allison Kneuper
Jennie Kocher
Stephanie Kohler
Rose Laney
Kathleen Lewis
Orlando Perales
Jill Robbins
Glenda Arellano
Crystal Beck
Jodi Brummer
Lois Bunch
Alice Christensen
Lucinda Cluchey
Nancy Danler
Kristi Deeder
Shannon Diemart
Ruth Haile

Rosie Hammerschmidt
Geri Jacobs
Norma Kesster
Stephaney Scoot
Michael Snell

OCTOBER

Jessica Simmons
Donna Huff
Lois St. Clair
Barbra Berry
Lisa Piersall
Linda Johnson
Leslie Hamilton
Ranea DeShazer
Lorie McGuire
Leonard Turpen
James Evans
Teresa Williams
Robert Kidd
Mandy Craig
Debra Leuthold
Mary Letterman
Pat Dumcum
Randy Cimino
Christina Aranda
Jerome Bettinger
Whitney Dill
Patricia Gallentine-
Johnson

Megan Howard
Norma Lavender
Patricia LaVergne
Kendra Leonard
Barbara Patton
Jillian Rinehart
Anita Rose
Mary Ubel

*Happy Birthday
to you - Happy Birthday
to you - Happy Birthday
dear ANFP Member*

*Happy Birthday to you -
and many more!*

*If you don't see your
name listed, let us know!
- Cheers*

Sunshine Committee, *Diana Riner, CDM/CFPP*



Since our last board meeting, Birthday cards sent out...

March -25

May - 47 with 1 return

July - 30

April - 30 with 3 returned

June - 41 with 1 returned

August - 31 cards to be mailed out

Also sent out... one Get Well, two Sympathy, one Encouragement. If you do not have your birthday updated with National ANFP, please do so. We want to celebrate with you. If you know of someone, who may need a sympathy card, a get well, or just a thinking of you to know someone cares, please let me know. driner@comanchech.com.

ANFP Kansas

• Purpose •

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

• Mission •

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

Bierock Casserole

INGREDIENTS

- 1 medium head of cabbage, shredded (about 3 cups)
- 1 medium onion, chopped
- 1½ lbs. ground beef
- 2 (15 ounce) cans cream of mushroom soup
- 2 (8 count) packages crescent rolls
- 1½ cups cheese, shredded
- 1 carrot, finely shredded
- 1½ teaspoon garlic powder
- salt and pepper to taste*

DIRECTIONS

- Brown the ground beef and onion together until the meat is no longer pink. Drain well.
- Add the shredded cabbage and carrot; steam until they are tender.
- Combine the beef and cabbage mixture, soups and seasonings together and keep warm.
- Lightly spray a 9"x13" pan or casserole with cooking spray.
- Take one package of the crescent rolls and lay out in the bottom of the pan. Press lightly to form a "crust" and sealing as well as you can. Press gently up the sides of the pan about 1/4" - 1/2" high.
- Bake crust in a preheated 350 degree oven about 7 minutes to give it a chance to bake thoroughly.
- Take the pan out and pour the hamburger & cabbage mixture over the undercooked crust. Sprinkle with cheese.
- Take the 2nd package of crescent rolls and break apart along the seams and lay on top of the pan.
- Bake another 35 - 40 minutes or until the top is golden brown. (I will lift up the bottom to make sure that the bottom crust is done before removing from the oven. If you think the top is getting too brown, just top with foil until finished baking).

READY IN 1hr 5mins
SERVES 8-10
YIELD 19 x 13



Maple-Apple Upside-Down Cake

Active time: 25 mins • Total Time: 2 hours • Serves 12

How to make



Step 1

Preheat the oven to 350°. Butter and flour a 10-inch round cake pan. In a large saucepan, bring the maple syrup to a boil over high heat, then simmer over low heat until very thick and reduced to 3/4 cup, about 20 minutes. Pour the thickened syrup into the cake pan. Arrange the apples in the pan in 2 concentric circles, overlapping them slightly.

Step 2

In a bowl, whisk the flour, baking powder, baking soda and salt. In a glass measuring cup, whisk the eggs with the buttermilk and vanilla. In the bowl of a standing electric mixer fitted with the paddle, beat the butter and sugar at medium speed until fluffy, about 3 minutes. Beat in the dry and wet ingredients in 3 alternating batches until the batter is smooth; scrape down the side of the bowl.

Step 3

Scrape the batter over the apples and spread it in an even layer. Bake the cake for 1 hour, until golden on top and a toothpick inserted in the center comes out clean. Let the cake cool on a rack for 45 minutes.

Step 4

Place a plate on top of the cake and invert the cake onto the plate; tap lightly to release the cake. Remove the pan. Let the cake cool slightly, then cut into wedges and serve with crème fraîche.

INGREDIENTS

- 1 cup pure maple syrup
- 3 Granny Smith apples—peeled, cored and cut into eighths
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 3 large eggs
- 3/4 cup buttermilk
- 1 tablespoon pure vanilla extract
- 1 1/2 sticks unsalted butter, softened
- 1 1/3 cups sugar
- Whipped cream or vanilla ice cream, for serving

