



## Crab Chatter

# Summer Edition



## The President's Message

**The Maryland Crab Chatter is published 4 times a year.**

**Article contributions are welcomed!**

**Please send submissions to Kyrese Johnson, CDM, CFPP, RDN to [kyrese38@aol.com](mailto:kyrese38@aol.com) or [drkyrese@gmail.com](mailto:drkyrese@gmail.com)**

**The editor reserves the right to edit, condense or postpone articles subject to available**

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We are looking forward and planning the fall workshop. We are getting many speakers and vendors who want to be of our chapter. I'm so pleased that so many are in contact with myself and the board and see our chapter as a quality venue to want to be a part of. Our goal is to have 100 in attendance and 25 vendors. This could not be possible unless we have supportive members such as yourselves.

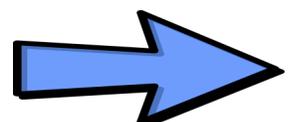
Please save-the-date and mark your calendar for our Workshop by the Sea, this fall Ocean City workshop which will be on October 2-5, 2022. If you need to get approval from your company, please plan to do so. If you have a great administrator or executive director, please nominate them for "Administrator of the Year!"

Would you want to donate an item or service to our auction, please contact us or bring it with you at the event. Doug brings his home-made fudge, I auction a ServSafe class for 4, many bring an item that is laying around in the house that someone may really want to bid on. Do you have a great vendor that you use, please have them contact me to be part of the vendor show. Did you see and engaging speaker or do you have an administrator, nurse or dietitian that would like to speak at our workshop, have them contact me, we would love to have them.

If anyone would like to volunteer at the workshop, please come a few hours early as we would appreciate any assistance with set up and to get everything ready to go. We usually get there Sunday by 10 am but you can come anytime before the start at 3pm on Sunday. Let us know ahead of time or when you check in if you would like to assist in any way. We are a great group of people who are inviting to others to join in the fun.

Many of our board and committee chair members focus on giving back. Please consider supporting them with their ministries and projects that help others. Our Treasurer, Bonna Brown is part of the Samaritans Project that bring joy to those at Christmas time in third-world nations, Doug offers his support to the homeless shelter in his community. We often do not have time to do extra projects but if you believe in what they are doing please make a contribution to their cause. A little really goes a long way when it comes to helping others.

Continued on next page



I would like to give a special shout-out to CDM Joseph Razurek from the New Jersey chapter who has donated into our scholarship project, Stoner Small Scholarship. Reaching out to us and making that contribution is so meaningful and generous. General Mills also found out about our scholarship outreach and donated to this cause. Many thanks to both Joseph and General Mills for your generosity and supporting our chapter!

What do you think about our Crab Chatter Newsletter? Do you want to find out how its done? Do you want to learn a new skill and bulk up your resume? How about welcome all the new CDM's or be a part of our hospitality committee? We are always looking for people who have an interest in being part of our board and committee. Not sure, attend our next board meeting. Reach out to one of us and we will give you all the information you need.

Please "Like" our Facebook Page: MD-DE-DC ANFP and follow us as we put information and other links on that page, ongoing. This is a good way we communicate on different things going on within the chapter and our industry. If you would like to post something, please do so.

Please be safe, stay well! Robert McKeon



Thanks,

Chef Robert McKeon CDM, CFPP

[www.FoodSafetyChef.com](http://www.FoodSafetyChef.com)

Ph/Text: (301) 648-7119



# Retired CDM Spotlight



**Bonnie Hollingsworth, CDM, Retired**

**I became a CDM because it meant helping residents with their nutritional needs and getting good results. I also enjoyed working with dietary staff and teaching them the safest way to serve food, keeping up with any sanitation methods, and just helping them wherever they needed help. I always enjoyed cooking, so this helped in my career as a certified dietary manager. I set up menus that reflected local taste and cuisine. I became more confident and proficient in my career such as critical thinking, speaking, and organizing. I enjoyed working with residents for their well-being and health. I am now retired but I still am learning by going to the workshops provided by MD ANFP.**

**By volunteering on the Maryland State Board, I can give back to the members and help MD ANFP to keep going strong. I enjoy helping with the Spring and Fall workshops. Also being on the board I have traveled to many states and cities to attend the National Workshops and met many members across the United States. I have enjoyed learning the organization of the board and how it operates. I plan to continue to volunteer for the board as long as I can.**

# ANFP MD,DE, DC

Welcomes its new members!

Kesha Bogan	Baltimore, MD
Jennifer Fazenbaker	Westernpost MD
Dorothy Hinds	Toledo OH
Matthew Hocker	Lusby MD
Regina Wilson	North East MD
Errol Curtis	Laurel MD
Kevin Lorenzetti JR	Philadelphia PA



## 05262022 Board Meeting Minutes

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Meeting took place at Gladchuks Bros Restaurant, Frederick, Maryland

Meeting started 6:45 pm and ended 7:50 pm.

Board Meeting Minutes Approved from April, 2022, Robert 1<sup>st</sup>, Patrick 2nd

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Treasurers report Approved, Robert 1<sup>st</sup>, Patrick 2nd

Officers, sign the code of conduct document to be put on the National's website.

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*Email from Bruce Groff thanking FoodPRO:*

*FoodPro meeting: Any final thoughts on the FoodPRO meeting that we need to discuss:*

*Kim, Darrin, Robert & Mr. President Scott,*

*THANK YOU SO MUCH for hosting the MD-DE-DC ANFP seminar last week at your establishment. I enjoyed the whole presentation, I enjoyed the laughter, I enjoyed the learning and I really enjoyed the tour of your facility from Scott.*

*Being on this side of the food service business; we look at things from a completely different perspective. It was so informative to hear about the spice shortages, the work force shortages, The trucker shortages and on & on.*

*I know there was a significant amount of time & money put into this from FoodPro and the vendors and I just wanted you to know that myself, my Assistant Linda & my Regional Support Manager Gary thoroughly enjoyed our day. We hope you continue to host these events in the future.*

**\*\* note: ANFP volunteer of the month: thank everyone for all they have contributed, it is because of you all I got that award and that, and I thank you all.**

Chapter leader, interview from marketing director of ANFP

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Bonna: 6/15 End of year financial statement will send to Robert to put into Nationals website.

Affiliate agreement due 6/15

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FoodPRO committed to our fall workshop, 1 table and anything else we need, speaker, Darrin said he will also assist with any vendors that we may need. I told him I want 10 more vendors, if possible.

One thing I will do is email a thank you to all those that have attended all future workshops, Bonnie please send me a list of all who attended and email addresses

General Mills: \$500 donation on scholarship was paid via credit card

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Proclamation to add to Bi-Laws: Any retiree who is part of the Board or is holding a Director's position: chapter will cover the h Workshop; mileage, cost of the workshop and hotel room no pay

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Amazon Returns: 2 boxes, okay items should get back at least our investment.

Anyone want to donate anything? Services?

Bonna, April 2022 bank statement submitted, thank you

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Newsletter: Crab Chatter: Thank Kyrese for such a great job!

Names in Crab Chatter, \$15 Dunkin Donut gift cars to send out to each person reaching out and found their name in the

Content: Should we include anything else? Missing anything?

Board Members: Tasks: In Training: Newsletter Editor, Treasurer, Education. If interested please reach out.

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#### Fall Workshop:

Wayne and Bonnie to Grand Hotel to get things set there: June 6-9, Doug and Robert will join in on a zoom call to finalize details.

#### Fall OC Program:

Payment must be made at the time of registration

Early bird discount, we will find a cut off date.

Showing up at the door to register/pay, will pay a higher amount if no registration in advance

Announce to bring a can good to help the needy

We always need volunteers to help with set up: come a few hours early to help us set up. I need a person to direct others on what to do, projects (Dawn?).

#### Board/Committee presentations before speakers

Robert to speak on scholarship, invite others to our board meetings

Have people post photo onto Facebook, will be entered in a prize, Deb to do presentation again

Bonnie to speak on "Spam"

Kyrese announce MD-DE-DC ANFP Dancers

What else can we announce? Bonnie and Doug already speaking of Samaritan purse and Homeless

Auction, some items be a "silent Auction", Wayne auctioneer

Ocean Downs casino: Doug will call and find out for Fall workshop if they are willing to offer anything.

Wayne and Bonnie will stop by and speak to restaurant about Sunday dinner with Chesapeake House, who took over Phillips.

Gift, Give aways: Battery charge, plug in adapter? Chocolate Bars? Thoughts? 4-Imprints to use for gifts and giveaways. A nice Polo shirt will be ordered for each board member/ committee member to wear at the workshop.

Ricky Clark, Va past president, room + free admission

I nominate CDM of the year to John D, Glenda Scales, David Parker were also nominated

Vendor of the year: Food Pro, General Mills (great products for industry), RC Fine Foods (innovative products)

Administrator of the year? Please nominate if you know of a good Administrator who supports CDM's.

Bonna, Staples, please pick up AA, AAA, 9V batteries, I know hotel supplies, but not always.

I'm getting ready to send out a Vendor letter out to announce the fall workshop. I will be asking if any vendor wants to "sponsor" any speaker, and if they want to sponsor and cover the cost of any beverage break, break out item, lunch or breakfast.

#### Volunteers:

Take Pictures: Dawn

Audio visual: Robert to continue

Assist with Vendors: John, Greg, Steve and Patrick

Speakers:

Doug is working with the speaker and getting things lined up. In the initial stages. There will be an additional charge of \$10 for the work double session Sunday night on Color Profiles.

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General info:

Newsletter, next one going out in the beginning of Summer, June 21. Kyrese please mention the \$500 scholarship donation from General Mills. In the newsletter, Robert will write something out for scholarship that General Mills donated \$500.

General Mills, Highlighted vendor

CDM spotlight Glenda Scales, Glenda from Delaware, Vendor Highlight: J&J Snack Food, General Mills, Retired CDM: Bonnie Hollingsworth

Facebook Page: MD-DE-DC ANFP please contribute and LIKE

Other: Thank you again, from Robert for all your dedication and efforts to the chapter!

Attendance—

Robert      Patrick

Greg          Kyrese

Bonna        Bonnie

Wayne        Dawn

Doug          Debi

Hello  
JUNE



# Summer Hydration Safety

How much water should you drink a day? You probably know that it's important to drink plenty of fluids when the temperatures soar outside. But staying hydrated is a daily necessity, no matter what the thermometer says. Unfortunately, many of us aren't getting enough to drink, especially older adults. Older people don't sense thirst as much as they did when they were younger. And that could be a problem if they're on a medication that may cause fluid loss, such as a diuretic.

Water keeps every system in the body functioning properly. The Harvard Medical School Special Health Report [\*6-Week Plan for Health Eating\*](#) notes that water has many important jobs, such as:

- carrying nutrients and oxygen to your cells
- flushing bacteria from your bladder
- aiding digestion
- preventing constipation
- normalizing blood pressure
- cushioning joints
- protecting organs and tissues
- regulating body temperature
- maintaining electrolyte (sodium) balance.



Giving your body enough fluids to carry out those tasks means that you're staying hydrated.

If you don't drink enough water each day, you risk becoming dehydrated. Warning signs of dehydration include weakness, low blood pressure, dizziness, confusion, or urine that's dark in color.

So how much water should you drink? Most people need about four to six cups of water each day.

Harvard medical School. (2022). How mush water should you drink, <https://www.health.harvard.edu/staying-healthy/how-much-water-should-you-drink>. Accessed June 12, 2022.

## Watermelon Lemonade Slushy

Makes 25 servings



### Ingredients

25 cups cubed seeded watermelon

3 1/4 cups water

4 2/3 cups and 1 teaspoons sweetened strawberry lemonade drink mix

### **Directions:**

Place the watermelon pieces onto a plastic-wrapped baking sheet, and freeze until solid, about 45 minutes.

Place the frozen watermelon, water, and strawberry lemonade drink mix in a blender; blend until slushy

### **Nutrition Facts**

71 calories; protein 0.5g; carbohydrates 19.1g; fat 0.3g; sodium 14.9mg



## 2022 Annual Conference & Expo (ACE) - Scottsdale

Date: June 27 — 29, 2022

Location: Talking Stick Resort



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ANNUAL CONFERENCE & EXPO  
JUNE 27 - JUNE 29, 2022 • SCOTTSDALE, AZ

**EARN 15+ CE HOURS AT THE  
ANFP ANNUAL CONFERENCE & EXPO!**  
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**REGISTER TODAY**

The image is a promotional graphic for the ANFP Annual Conference & Expo. It features a background of a desert landscape with mountains and a cactus. The logo at the top includes a cactus icon, the text 'ANFP', and 'ACE & E'. Below the logo, it says 'ANNUAL CONFERENCE & EXPO' and 'JUNE 27 - JUNE 29, 2022 • SCOTTSDALE, AZ'. The main text in the center reads 'EARN 15+ CE HOURS AT THE ANFP ANNUAL CONFERENCE & EXPO!' followed by 'JUNE 27-29, 2022 | SCOTTSDALE, AZ'. At the bottom, there is a red button with the text 'REGISTER TODAY'.



Do you have talents to share with your ANFP chapter? As the new Board gets uninstalled in June we have openings for several chair positions. Training will be provided as the current chairs move into new positions.

**Membership** - Train with Patrick - keeps track of new members, sends out welcome packets, and provides information for newsletter quarterly

**Communication and Website** - sends copies of newsletters, meetings and other chapter updates to national to keep our chapter website up to date, anyone with a social media presence would be great to help us get the chapter on social media

**Newsletter Editor** - Train with Kyrese over the next 2 years to produce THE CRAB CHATTER, our quarterly newsletter.

**State Spokesperson** - Join Wayne to keep chapter members updated on any legislation affecting ANFP

## **BENEFITS TO BECOMING A CHAIR AND JOINING THE BOARD**

Learn Leadership Skills that can help in your job

Network with Board members and chairs at bi monthly meetings most with a nice dinner

Receive reimbursement and discounts for attending ACE, Regional meetings and Workshops

Advance to Leadership positions on the board, and step stone into national board positions.

If any of these opportunities are of interest to you contact any of the board officers for more information..





## ServSafe Manager's Class

I can teach your next ServSafe Manager's class to your staff

Special Discount for ANFP Members

Training / Kitchen Inspection / Certification

ServSafe Books Available at Cost

Chef Robert McKeon CDM, CFPP

Email: [ChefRobert@FoodSafetyChef.com](mailto:ChefRobert@FoodSafetyChef.com)

Website: [www.FoodSafetyChef.com](http://www.FoodSafetyChef.com)

Ph/Text: (301) 648-7119

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Special Service

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Apartment for rent

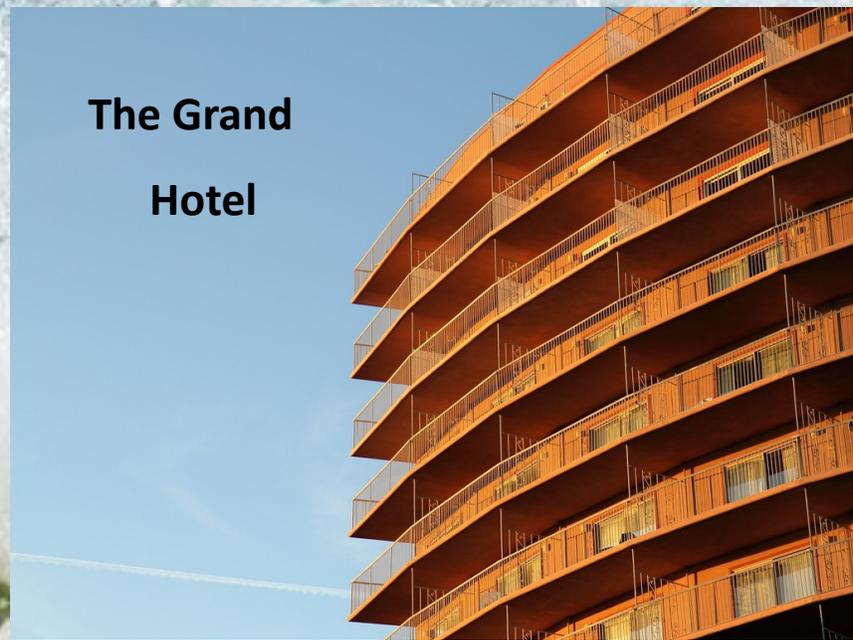
Personal or Professional

Contact us for pricing. We have Full or Half size pages advertisement space available in the Crab Chatter!

**SPACE  
AVAILABLE**

**Save the Dates!!!!**  
**October 2nd, 3rd, 4th, 2022**

**Work Shop**  
**By the Sea**  
**in**  
**Ocean City, MD**



**The Grand  
Hotel**



## Board and Committee Members Contact Information

<b>Board:</b>			
<b>President:</b>	Robert McKeon	301-648-7119	Chefrobert1966@hotmail.com
<b>Vice-President:</b>	Patrick Dellinger	717-353-0916	pwdellinger@hmwd.org
<b>Treasurer:</b>	Bonna Brown	301-582-3261	bjbrown4762@gmail.com
<b>Secretary:</b>	Debbie Canfield	240-291-2360	dcanfield@cedarridge.org
<b>Committees:</b>			
<b>Newsletter Editor:</b>	Kyrese Johnson	301-332-2020	drkyrese@gmail.com
<b>Immediate Past President:</b>	Douglass Crowl	443-789-9353	dougc5256@gmail.com
<b>Spokesperson:</b>	Wayne Kuhn	410-857-5469	wwarfy1@gmail.com
<b>Director of Public Relations:</b>	Bonnie Hollingsworth	443-789-4461	bhollingsworth55@icloud.com
<b>Director of New Membership:</b>	John Dankulich	240-818-2495	jadankulich@hagerstowncc.edu
<b>Director of Education Chair Person:</b>	Greg Vink	717-729-0224	gvink@chambersburgpa.gov
<b>Director of Hospitality:</b>	Dawn Chisholm	717-451-3911	dmc3951@gmail.com



The **Maryland, Delaware, & DC Chapter of ANFP** is an affiliate of the national not-for-profit association. ANFP was established in 1960 that today has over 14,000 professionals dedicated to the mission of providing optimum nutritional care through foodservice management.

**Vision** -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.

## Like us on Facebook

## MD-DE-DC ANFP

