

Winter Edition 2021



**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 post-**

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## Crab Chatter

# Winter Edition

### From the Chef's Table:

What a year 2021 was. Gearing up is 2022 and hoping it will be the absolute best for all of you.

Everyone's New Year's resolution seems to be to take time off this year. For me, while taking time off is a priority, I also want to focus on serving others. Details are coming soon but wanted to let you know of our new Scholarship we have together as a chapter: the "Stoner Small Scholarship" which will assist those who are having difficulty paying workshop costs. This scholarship is focused on those that have retired, unemployed, are between jobs or they work for an organization that does not reimburse their costs for coming to our workshops for you to get your CEU's. Virginia Stoner and Virgie Small have both passed but this scholarship keeps their memory alive. They both have been so important with their dedication, their mission to education and helpfulness of the food service worker in healthcare. This scholarship is so important to me and the board since it allows us to give back and be a blessing to our members in need. Now is the time to submit your CDM of the year and Administrator of the year awards. Start thinking about who you would like to nominate. We need to know why you think they deserve it, their accomplishments, their focus on healthcare and outstanding food service disciplines. Do you have a special administrator that works well, hand and hand with you? They are probably deserving to this award as well!

Our Facebook website: MD DE DC ANFP is up and running. Please "like" and contribute on the page. We will be posting information on the website between Crab Chatter newsletters informing you what is coming up and important to our chapter.

Our next board meeting will be on Thursday, February 10, 2022 at Mountain Gate Restaurant in Thurmont, Maryland. If you can't make it but still want to be there, the 7pm board meeting will be on Zoom. Please let us know if you would like to Zoom in, and we will be happy to send you the link. We hope you can make it.

Thanks,  
  
Chef Robert



**IN MEMORY OF  
PAST ANFP PRESIDENT VIRGIE SMALL**



**Mrs. Virgie Louise Gilbert Small, 81, formerly of Hagerstown, and most recently of Ocean City, died Friday, November 4, 2021, at Atlantic General Hospital, Berlin. She was the wife of the late Marshall Small.**

**Born January 7, 1940, in Hagerstown, she was the Adrian Merle and Mary Darcus Stanley Gilbert. She graduated South Hagerstown High School in 1958; and the University of Florida. In 1982 she was certified as a Certified Dietary Manager and Certified Food Protection Professional.**

**Mrs. Small retired in 2015 from Brook Lane Health Services as Director of Nutritional Services. She was formerly employed with Washington County Hospital from 1958 until 1983.**

**She was a member of First Baptist Church, Hagerstown.**

**Additionally, she was a member of the Association of Nutrition and Food Service Professionals. She not only served on the National Board as a Director at Large, but also as State and District Presidents at numerous times, Newsletter Editor, Web Master, and as a Maryland, Delaware and District of Columbia Certified Board Member of Emeritus. Additionally she was Program Chair for the Workshop by the Sea for many years.**

**Mrs. Small enjoyed spending her time traveling, listening to music, reading and crocheting.**

**She is survived by her step-son Bradley Small; sister-in-law Milbrey Templon; nieces and nephews; close friends Juanita Bossler, Dawn Lewis, Denice Weaver and Lorraine Smith; and four legged companion Bella.**

**Besides her husband and parents, Mrs. Small was preceded in death by her four legged companion of 15 years, Jack.**

**Private arrangements are being handled by the Andrew K. Coffman Funeral Home, Hagerstown.**

ANFP MD,DE,DC

Welcomes Its New Members!



Nola Blowe

Keyser, WV

Hector Naula

Halethorpe, MD

Keith Biggar, Sr.

Easton, MD

Michael Urquhart

Arnold, Md



# Community Service



Pastor Marty, and MD, DE, DC ANFP members Doug Crowl, Wayne Kuhn, and Dan Smith prepared Thanksgiving Day Meals for Shepherd's Staff's Clients in Westminster. 292 meals were served.

**ANFP Cares for the Community!**



**To: Association of Nutrition and Foodservice Professionals**

**Chef Robert McKeon, President,  
Bonna Brown, Treasurer  
Kyrese Johnson, Newsletter Editor**

**Dear Robert McKeon, Bonna Brown, and Kyrese Johnson,**

**Our mutual friend, Doug Crowl, is a member of our church St. Paul's United Church of Christ in Westminster, Maryland. Doug has told us all at St. Paul's of your generosity, making a \$115 donation to Quechua Benefit, our international charity which we hold close in our hearts. We also had a fund raising event recently for Quechua Benefit in which you were so generous to purchase 50/50 raffle tickets from Doug when you were together at the 25th Workshop by the Sea. We thank you so very much for your thoughtfulness and generosity. Here is some information about Quechua Benefit and our involvement.**

### **QUECHUA BENEFIT**

**The once proud and noble Inca empire of Peru was destroyed by outsiders for its silver and gold reserves. Descendants are the native Quechua people, who have been forgotten and persecuted. The charity, Quechua Benefit, started with one man's helping hand to those people -- first with dental and medical missions, then with building a school for the local children, and now the addition of meals, health initiatives, and comfort. In the last year, with Peru being hardest hit with Covid 19, they have been providing masks and hand sanitization to the people in the highlands.**

**The tiny, 800-person town of Ichupampa is in the poorest area of the highlands of Peru. Many of the people there are elderly and rely on a community kitchen for their one meal a day. St. Paul's provides support for helping to pay for that meal. Women and children in the town often suffer from the effects of extreme poverty and the abusive living conditions that result from early pregnancy, limited education, and unemployment. St. Paul's is helping with building the first Women's and Children's Community Center in Ichupampa.**

**Here is a short video that shows Ichupampa, first in 2016 when over 300 people lost their homes to a tragic earthquake, then in 2017 when Quechua Benefit came to begin building a kitchen to feed the elderly and poor children. And finally in 2020 showing not only the local people having their meals that we subsidize, but also you can see a second floor of the structure which will house the first Women's and Children's Community Center for the town that is being built currently. If you find it in your hearts to continue contributing to Quechua Benefit and want to donate through our church, you can donate automatically on line at this address: <https://secure.givelively.org/donate/quechua-benefit/st-pauls-sister-antonia-kitchen-and-community-center-support>**

**Or you can write a check and send directly to St. Paul's UCC, 17 Bond Street, Westminster MD, 21157 Make checks to St. Paul's UCC with Quechua Benefit in the memo.**

**Again, thank you so very much and know that not only do we appreciate your kindness in giving, but each and every donation goes directly to helping people who are so dear and so poor that it makes a definite impact in our world.**

**With care,**

**Mary Jackson  
St. Paul's United Church of Christ  
Chair, Quechua Benefit Basket Auction 2021**

**MD,DE,DC ANFP CHAPTER BOARD MEETING****12/2/21****Glad Chucks (Frederick)****5 pm**

<b>GREG</b>	<b>DOUG</b>
<b>KYRESE</b>	<b>WAYNE</b>
<b>BONNE</b>	<b>BONNA</b>
<b>JOHN</b>	<b>ROBERT</b>
<b>PATRICK</b>	<b>DEBI.</b>



**ROBERT EXPRESSED HIS APPRECIATION TO ALL OF US WITH A GIFT OF GRATITUDE ( WE WERE ALL VERY TOUCHED BY HIS KINDNESS) ITS EASY TO SUPPORT OUR CHAPTER PRESIDENT WHO RECONIZES THE HARD WORK WE ALL PUT INTO OUR CHAPTER, THANK YOU CHEF ROBERT.**

**OUR CHAPTER EXTENDED A VERY SPECIAL "THANK YOU" AND RECONITION TO OUR LONG STANDING BOARD MEMBERS; DOUG, BONNA, BONNIE, AND WAYNE.**

**-MINUTES FROM LAST BOARD MEETING REVIEWED AND APPROVED**

**-TREASURERS REPORT (BONNA) A COPY OF THE TREASURERS REPORT WES GIVEN TO EACH BOARD MEMBER, REVIEWED, DISCUSSED , APPROVED;ROBERT,2<sup>ND</sup> ; DEBI**

**-DISCUSSED AN OPTION FOR OUR CD, ROLL OVER FOR 13 MONTHS AND ADDING\$ 2,500 FROM THE CHECKING ACCOUNT**

**A COPY OF THE BOARD REPORT WILL BE FILED WITH THE SECRETARY**

**NEW BUSINESS**

**-ADVERTISING ADVANTAGE IS WHERE WE GET A LOT OF OUR LOGO PRINTED ITEM, THEY ARE GOING OUT OF BUSINESS, SO DOUG SPOKE TO KEN MERCER AND ASKED HIM FOR ALL OF OUR LOGO PICTURE SCANS/ WE WILL RESERCH FOR ANOTHER COMPANY TO DO THIS WORK FOR US.**

**-ROBERT WANTS TO MAKE OUR NEXT BOARD MEETING AS ,IN PERSON/ZOOM, THIS WILL EXPAND OUR BOARD MEETING TO MEMBERS**

**-DISCUSSED PURCHASHING A MICROPHONE CUBE BEFORE OUR NEXT WORKSHOP, THE COST IS \$ 500.00**

**-DOUG, ROBERT AND PATRICK WILL MEET AFTER THE HOLIDAYS TO WORK ON THE POLICY AND PROCEDURE MANUAL**

**-WE ARE GOING TO WORK ON DEVELOPING A COMMITTEE OF MEMBERS TO KEEP THE BY-LAWSS AND POLICY AND PROCEDURE MA- NUEL UPDATED AND REVISED, THIS WILL BE SHAWOED BY BOARD MEMBERS**

**-WE HAVE CREATED A SCHOLARSHIP IN VIRGINIA STONER AND VIRGIE SMALL'S NAME TO HELP MEMBERS IN NEED ( THIS SCHOLARSHIP WILL HELP WITH REIMBURSMENTS ) IT WILL BE NAMED :THE STONER, SMALL SCHOLARSHIP**

**-MEMBERS HAVE SHOWN INTEREST IN HAVING OMAR ,FROM NATIONALATTEND MORE OF OUR WORKSHOPS, THEY LIKE THE INFOR- MATION HE PRESENTS, ALTHOUGH THEY WOULD LIKE TO HAVE MORE INTERACTIONS WITH HIM**

**-THE OLD CHAPTER FACEBOOK PAGE HAS BEEN DELETED AND THE NEW ON IS OPEN, PLEASE LIKE AND SHARE OUR PAGE AND FEEL FREE TO ADD POSTS ,PICTURES PERTAINING TO THE CHAPTER, WORKSHOPS, ETC.**

**-ROBERT WILL CONTACT FOOD PRO AND GORDANS ABOUT HOSTING OUR SPRING WORKSHOP FOR 2022, AGREED OUR FIRST CHOICE WOULD BE GORDANS.**

**-PENNSYLVANIA CHAPTER IS SHOWING NO INTEREST IN OUR HELP GETTING THEM RE-ESTABLISED, SO WE ARE GOING TO LET THAT GO**

**-TENTATIVE DATE FOR THE SPRING WORKSHOP IS APRIL 2022.**

## Minutes Continued

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**-TENTATIVE DATE FOR THE SPRING WORKSHOP IS APRIL 2022.**

**-WE VOTED TO MAKE ALL CHAIRS, DIRECTORS, THIS WILL GIVE THEM ALL THE RIGHT TO VOTE.**



**Save the Dates!!!!**  
**October 2nd, 3rd, 4th**  
**Workshop**  
**By the Sea in**  
**Ocean City, MD**  
**at**

**The Grand Hotel**



**Like us on**

**facebook.**



## SAMARITAN's Purse— Service Project

Operation Christmas Child is directed to children all over the world. An ordinary shoe box wrapped (lid separate) and fill with items for children age 2-14, girls and boys, becomes the most precious thing they have ever received. They are then shipped to children who might never receive anything just for them. Some have never seen a stuffed animal, coloring book and crayons, toothbrush or other items our children would never choose as a gift. Anything would be greatly appreciated.

For those not attending the Workshop, Donations can be sent to: MD ANFP c/o Bonna Brown, 15507 National Pike, Hagerstown, MD 21740. A donation of \$9.00 will mail 1 shoebox.



# UPDATE!!!

A big THANK YOU for the school supplies, boxes and postage that was given to Samaritans Purse Operation Christmas Child Shoeboxes project. Everyone's help became part of a larger project that sent 600 boxes. Many children will be blessed with a gift which may be the only thing they receive this year.

# National News

## ANFP 2022 Spring Regional Meeting



We invite you to join us at our 2022 Spring Regional Meeting from April 21-22, 2022 in Nashville, TN. Add information will be available soon!



Happy Holidays from all of us to our  
fabulous ANFP MD,DE,DC Chapter!



**H**  **A**  **P**  **P** **Y**  
**H**  **O**  **L**  **I** **D** **A** **Y** **S!**

## VENDOR HIGHLIGHT



*Hello MD DE DC ANFP Members. I wanted to thank you all for this opportunity to reach out to all of you and wish you a great holiday season and the best 2022! I have been able to speak with many of you as a vendor at your Workshop by the Sea, and I am grateful for the opportunity to reach out to you again, as you are the true leaders in the industry, with your knowledge and how you have been able to maintain running your facilities with all the challenges thrown to you. My hat is off to all of you.*

*At RC Fine Foods we are continuing to develop products that will help you meet your dietary guidelines while keeping the food great tasting. While we do not make the center of the plate, we make the center of the plate better. Some of our best selling products are our Smart Sodium 400 Bases, which have a rich and flavorful aroma and taste profile at a reduced level of sodium, and our Reserve GF Bases which are 100% clean label and Gluten-Free. These are among our best selling and highest complimented products.*

*I hope that you will consider me to be your partner in the kitchen to help with your product needs. I am here to help you make it - please let me know if you need a sample.*

**Ted A. Groeger**

**RC Fine Foods**

**Territory Manager**

**Washington Metro Area**

**(Cell) 301-526-3836**

**(Office) 800-526-3953**

**[tgroeger@rcfinefoods.com](mailto:tgroeger@rcfinefoods.com)**



# Fall Workshop Vendor List

RC Fine Foods	Ted Groeger	<a href="mailto:tgroeger@rcfinefoods.com">tgroeger@rcfinefoods.com</a>	(301) 526-3836	Soups and Soup Bases and Flavoring
FoodPro	Darrin Cave	<a href="mailto:dcave@myfoodpro.com">dcave@myfoodpro.com</a>	(301) 651-7211	Full Service Food Distributer
FoodPro	Kimberly Jahoda	<a href="mailto:kjahoda@myfoodpro.com">kjahoda@myfoodpro.com</a>	(301) 663-3171	Full Service Food Distributer
Gordon Food Service	Josh Swift	<a href="mailto:josh.swift@gfs.com">josh.swift@gfs.com</a>	(302) 598-8376	Full Service Food Distributer
Hormel Foods	Timothy Davis	<a href="mailto:tadavis@hormel.com">tadavis@hormel.com</a>	(410) 271-2246	Top End Food Products
Wells (Blue Bunny)	Josh Bullis	<a href="mailto:jdbullis@bluebunny.com">jdbullis@bluebunny.com</a>	(410) 726-9346	Ice Cream and Novilities
Core Foodservice	DJ Bowman	<a href="mailto:djbowwood@gmail.com">djbowwood@gmail.com</a>	(410) 802-9506	Noro Virus and Covid Disinfectant
Rich's	Dawn Marshall	<a href="mailto:dmarshall@rich.com">dmarshall@rich.com</a>	(443) 783-0582	Dough, Desserts, Whip Topping
General Mills	Brenda Thomas	<a href="mailto:brenda.thomas@genmills.com">brenda.thomas@genmills.com</a>	(703) 209-9245	All General Mills Product
NCCO	David Verderber	<a href="mailto:dverderber@ncco.com">dverderber@ncco.com</a>	(508) 745-0563	Date Marking Machine
Tyson's	Bill Turner	<a href="mailto:bill.turner@tyson.com">bill.turner@tyson.com</a>	(302) 242-9786	
Tyson's	John David Church	<a href="mailto:john.church@tyson.com">john.church@tyson.com</a>	(540) 588-7968	Chicken and High End Foods
General Mills	Brenda Thomas	<a href="mailto:brenda.thomas@genmills.com">brenda.thomas@genmills.com</a>	(703) 209-9245	All General Mills Product
Performance Foodservice	Sherri Conde	<a href="mailto:sherri.conde@pfgc.com">sherri.conde@pfgc.com</a>	(724) 689-3318	Full Service Food Distributer
J&J Snack Foods	Mimi Ford	<a href="mailto:mford@jjsnack.com">mford@jjsnack.com</a>	(856) 383-1145	Top End Snack Foods and Desserts
DM&A Food Service	John Herzog	<a href="mailto:johnherzog@destination10.com">johnherzog@destination10.com</a>	(859) 983-9672	Software to Improve Everything in your Food Service
Meals for All	Renee Kowal	<a href="mailto:renee@mealsforall.com">renee@mealsforall.com</a>	(916) 973-7875	Emergency Food Back Up
Bake N Joy	Angela Wood	<a href="mailto:awood@bakenjoy.com">awood@bakenjoy.com</a>	(978) 273-2783	Top End Baked Goods: Muffins and Loaf Breads
Dexter Knives	Richard Hegeman	<a href="mailto:RHegeman@Dexter1818.com">RHegeman@Dexter1818.com</a>	(978-273-2783)	Top Quality Knives and Kitchen Gadgets
Medtrition	Jay Cullinan	<a href="mailto:jcullinan@medtrition.com">jcullinan@medtrition.com</a>		Medical Nutrition
Bake N Joy	Jude Castiglione	<a href="mailto:jcastiglione@bakenjoy.com">jcastiglione@bakenjoy.com</a>	(518) 867-7115	Top End Baked Goods
Gordon Food Service	Travis Fry	<a href="mailto:travis.fry@gfs.com">travis.fry@gfs.com</a>		Full Service Distributer
Lyons	Cindy Cysweski	<a href="mailto:ccysewski@lyonsmagnus.com">ccysewski@lyonsmagnus.com</a>	(252) 548-0320	Thickened Liquids and Nutrient Products
Rich's	Tim Hogan	<a href="mailto:thogan@rich.com">thogan@rich.com</a>		Dough, Desserts, Whip Topping
Wells (Blue Bunny)	Michael O'Mera RD	<a href="mailto:maomera@bluebunny.com">maomera@bluebunny.com</a>		Ice Cream and Novilities
J&J Snack Foods	Michelle Brossia	<a href="mailto:mbrossia@jjsnack.com">mbrossia@jjsnack.com</a>	(513) 382-2331	Top End Snack Foods and Desserts

# Fall Workshop Vendors



# Fall Workshop Vendors



**Chef Robert McKeon CDM, CFPP**

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Ph/Text: 301-648-7119

ChefRobert@FoodSafetyChef.com

www.FoodSafetyChef.com



# Fall Workshop Vendors

**Penelope A. Davis**  
Senior Regional Manager



**Hormel**  
HEALTH LINE

Regional Foodservice Sales, R.E.  
3 Palmer Plaza  
Jordan, NY 13032-1409  
Cell: 607-273-2240  
E-Mail: [pdavis@hormel.com](mailto:pdavis@hormel.com)  
[www.hormelfoods.com](http://www.hormelfoods.com)

**Josh Bullis** | Data Manager | R.E. Division

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**Josh Wolff**  
Regional Sales Manager

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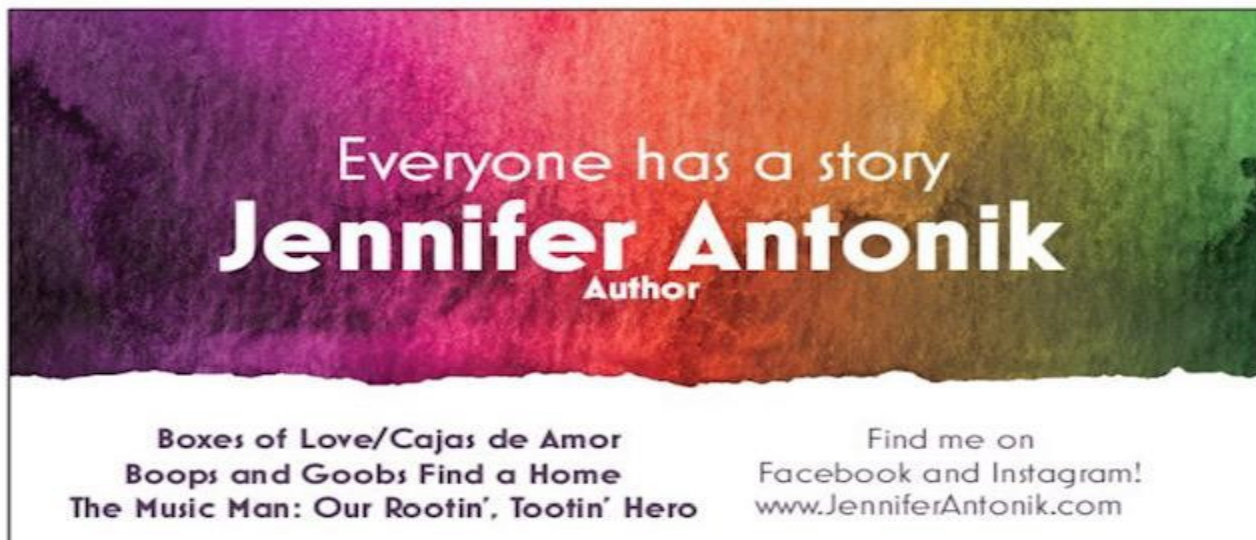
**MIMI FORD**  
VICE PRESIDENT  
NON-COMMERCIAL BUSINESS CHANNELS

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MAYAGUEZ, NJ 08054  
TEL: 609-381-1149



# Fall Workshop Vendors



Everyone has a story  
**Jennifer Antonik**  
Author

Boxes of Love/Cajas de Amor  
Boops and Goobs Find a Home  
The Music Man: Our Rootin', Tootin' Hero

Find me on  
Facebook and Instagram!  
[www.JenniferAntonik.com](http://www.JenniferAntonik.com)



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Mgr, Distributor Account II  
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CPMR

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mobile

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email

 [www.corefoodservice.com](http://www.corefoodservice.com)  
company website

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linkedin

 [instagram.com/corefoodservice](https://www.instagram.com/corefoodservice)  
instagram

 745 Hanove...

**Save Contact**

# HAS YOUR EMAIL ADDRESS CHANGED?



**We don't want anyone to miss out on all of the wonderful information provided about our great ANFP organization both locally and nationally. Please contact ANFP at headquarters to update your contact information.**



**Looking for  
Volunteers!!!!!!**

**Follow us on  
Facebook!  
ANFP Mddedc**



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.

We are on the web!  
[www.anfpmddc.org](http://www.anfpmddc.org)

## **Do You Know Our Officers?**

**Chef Robert – President -**  
[chefrobert1966@hotmail.com](mailto:chefrobert1966@hotmail.com)

**Patrick Dellinger–President Elect**  
[pdellinger@hmwd.org](mailto:pdellinger@hmwd.org)

**Debi Canfield– Secretary**  
[dcanfield@cedarridge.org](mailto:dcanfield@cedarridge.org)

**Bonna Brown - Treasurer** [bjbrown4762@gmail.com](mailto:bjbrown4762@gmail.com)

**Doug Crowl– Immediate Past President-**[dougC5256@gmail.com](mailto:dougC5256@gmail.com)

