



# Let's Celebrate!

## THE WESTERN REGION WHERE MEMBERS COME FIRST

Number: 08-01

January 1, 2008

Editor: Chef David Goodwin, CEC, CCA, AAC  
davidg@carsonvalleyinn.com

### Happy New Year!

The most important business to address starting 2008 is to express sincere appreciation for all that every one in the region provide in making 2007 undoubtedly the best year in our history.

### THANK YOU VERY MUCH!

Because we address everything good that happens when it happens, all one needs to do is review those months where you and/or your friends were highlighted because it is that monthly spirit expressed by each of our ACF Western Region members which makes our efforts so rewarding.

Now that 2008 is here, we're in need of more efforts, more understanding, and of course, more application of our talents towards accomplishing your respective chapter's goals to validate how we can repeat our worthy performances every year. Let's make doing the outstanding things we do our habits!



### BRAIN PLASTICIZING

*A new phrase identifying personal growth*

In 1960 while using my G.I. Bill to begin advanced education, an early lower division general education course was Behavioral Science. This course was very intriguing because it introduced analyzing and "reading" the physical body language and other silent messages influencing communications.

My present library contains many textbooks and other materials which have continued influencing this interest for many years. I became enchanted by questions relating to whether or not there exists a legitimate cross connection between our brain as a physical muscle, and the ability to self generate the psyche. Essentially, do we have the ability to define and grow new gray matter which includes thought enhancement as well as better health?

My personal motivation always suggested I wanted to accrue the best information available on a topic being addressed to assure that I had gained a clear understanding of the parameters of whatever the topic. Being conscious at understanding the entirety of a situation as best I could, always seemed to be logical and fair for me.



Recently I was introduced to the phrase “**brain plasticizing**” and immediately became mesmerized by its suggestions. The title and the accompanying procedures described clearly show that the ability to change and grow, including both the physical brain and the psyche, can be reality.

The human brain does regenerate when physically exercised properly and while in process it will physically grow in size and accept newly learned facts in the process. Exercise and improved supplies of oxygen show through improved breathing we can alleviate many of the long timed recognizable impediments we face. One of those impediments is commonly known as Alzheimer’s disease. As is true with any muscle the brain when exercised regularly will grow new neurons to support and expand what remains from lack of use, forgetfulness and a whole battery of contributing adverse conditions.

For generations we have heard slogans such as, “mind over matter” without fully realizing the reality of the saying. Now, through the accumulated efforts and studies of a number of brain research centers throughout the nation we are seeing it for the first time being demonstrated.

Fresh oxygen to the brain is its only food source. That is accomplished best through improved breathing, so developing a regimen of proper and adequate breathing delivers the needed oxygen. Such growth needs a carefully planned program so it is best in serving our needs by gaining the support and advice from a knowledgeable physician or neurosurgeon, while verifying the progress.

This is not intended to impress upon any of us that improved breathing alone will circumvent the horrors of “senior moments,” or “forgetfulness,” but is to alert us that what has in recent years grown to become a fearful malady may possibly be controlled.

Much of this newly determined information is also being applied to recovery techniques for many victims of strokes in generating levels of success not previously known. Great success is also being recognized for combat victims from our military and the data collected in these studies are increasingly being applied to never earlier understood combined psychological and physical opportunities.

In sharing this information with some whom have experienced stroke, or other similar setbacks, each has responded with enthusiasm about a favored treatment their respective physician has applied while encouraging the development of this note.

In doing this we have learned of techniques and available equipment that stimulates the brain towards better, quicker thinking and memory skills, along with promoting better motor skills to help your physical developments. I feel certain that most is advantageous towards improving conditions, however to better help oneself, or a loved one, before spending to access only a portion of what may be needed. I encourage those who have interest to discuss any remedial efforts with a professional.

An overwhelming and interesting statistic suggests that when a human is in their thirties many command a vocabulary of 40,000+ words, and it is not uncommon to see such a level diminish to only 12,000 to 15,000 words when in their sixties.

As a member of our society, The American Culinary Federation (ACF), I believe it is incumbent on me in my respective position to suggest that such an avenue of desired opportunistic remedy be supplied you as our member/partner. The most courageous thing we can do at this time is to inform you that soon, in your area, the Public Broadcast System (PBS), will be releasing in markets throughout the nation, a program entitled “**The Brain Fitness Program.**”

This is a ninety-minute effort to graphically detail many of the items selected for this article while discussing with great specificity the techniques and methods of a number of brain research centers from throughout the nation. Eight or so world recognized leading neuro-surgical authorities present their findings and discoveries in easily understood layman’s terms for this program.

Since this program will be released in individual markets it is recommended you contact your nearest PBS station and ask for scheduled local airings. Remember, as an ACF member your health and welfare is important to every ACF member. If you, or a loved one, happens to be suspect to any of the identified concerns please note what is available and how you can benefit from these new discoveries.



# NEW DIMENSIONS

## *Commodity prices expected to rise*

**This information is offered not as negative anticipation, but as suggestions to improve your forecasting skills to help you maintain your values and profitability. The time is now to develop your understanding, by learning to formulate what changes and altering you may be faced with accomplishing to maintain your future as a decision maker.**

**Developing a “farm to fork” understanding is becoming a more vital level of understanding to maintain as each month goes by. To survive, we’re going to need to be smarter, and comprehend more.**

**Knowledge of commodity pricing and interpolating expectations gives you a guidance system that allows defining projections you will need as each year passes. Tomorrow’s chef is already here! Don’t let sound, improved decision making pass you by.**

## WHEAT

Our domestic wheat stocks have fallen to their lowest level in sixty years causing a sharp rise in prices according to the U.S. Department of Agriculture. Concurrently, global wheat production is projected to be lowered in Argentina, Canada, and Europe.

Prices of \$6.60 per bushel are expected, creating a rise of approximately 45% during the past ten years. This will affect prices exponentially through each level of marketing so search your past purchases to anticipate your needs in helping you identify your probable purchases. Be aware of expected costs so you can identify how you can best price your menus. Be aware raised prices are fast approaching, use this knowledge to prepare your needs and profits!



## CORN

Ending stocks of corn in this country are expected to show a shortfall of 100 million bushels, while exports are set to increase 100+ million bushels, causing anticipated reaching of record highs. \$3.95 per bushel, an increase of nearly 18% in one year. Production increases are expected in Canada, The European Union, and the former Soviet Union.

Some cultures are already experiencing such a lack of corn their populations have removed some finished products from being available. Coupled with using corn in ethanol will also cause a diminishing effect.

## SORGHUM, BARLEY, OATS

Globally, barley and oats production for 2007-08 are both lowered, more than offsetting any expected increase in corn production, while pricing is expected to rise an estimated 25%.

## OILSEEDS

2007 soybean stocks are down by 68% from 2006, plus being impacted by greater than expected sales to China. Soybean oil prices are projected to increase.

## SUGAR, RICE, AND MILK

All are forecast as minor changes and should not affect expected significant changes.

Source: Dec13,07, [foodnavigator-usa.com](http://foodnavigator-usa.com)

### FOOD FOR THOUGHT

Don't be afraid to take a big step if one is indicated.

You can't cross a chasm in two small jumps.

# THAI SHRIMP PRODUCTION CUT

PRICES WILL INCREASE - Thailand, the nation's largest shrimp supplier cites the increases of congestion on shrimp farms, an effort to curb a sharp drop in shrimp prices, and a fluctuating exchange rate as contributing reasons to this shrinkage.

As with other commodities accurate forecasting of your needs may save you losses in your profits.

Source: 17Dec07, seafoodcurrents

# ALASKA CUTS POLLOCK PRODUCTION

POLLOCK DOWNTURN IS CYCLICAL The North Pacific Fishery Management Council recently lowered the Bering Sea Pollock quota by 28% for 2008.

This will have great impact in a market which this variety of fish offers so much to the available seafood customer, and will demand high prices. Good fortune however suggests this is an expected 10-year cycle and will naturally restore in coming years.

Now is the time to project your needs for the coming year. Of special note, for those already affected by the shortages of Alaskan Crab varieties this is the species from which Surimi, the faux crab, is made

Source: 12Dec07, seafood currents

# REPEAT OFFER FROM NOVEMBER, 2007

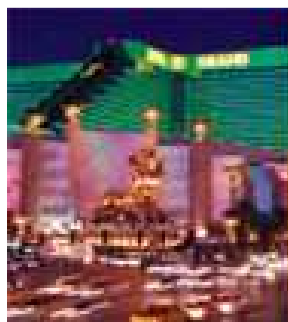
## Exciting Opportunity for Growth

**E**xtenuating circumstances in our organizational structure demands we realign our regional elections, where needed. Since this addresses the wide scope of ACF interests nationally this same message of such need is being promoted in each region. Because we will be the last regional conference this year we have a longer window of opportunity to publicize that we will be conducting our search for candidates through February.

Right now we have four candidates for two elective jobs. The Ethics Committee and the ACF Internal Audit Committee will have elections during our regional conference in Salt Lake City. Both are presently manned by outstanding persons and there is no question concerning the quality of their work. However, to address the demands of ACF needs if we solicit elections in one region, we must allow them in all regions.

**W**e also have two responses to our first call to order on this matter, and enjoy two more candidates who bring along some heavy baggage of credentials. It is our duty to advise you of the candidates in a timely fashion so any questions you may have can be addressed by any candidate before being called upon to vote. Since this is a ballot that each candidate has opportunity to publicly address their positions, and visions, we will conduct short campaign speech process just prior to balloting. Therefore you need to be present during the regional caucus to fill in your ballot. See you in Salt Lake City!

**R**emember, if you desire to be a part of ACF's future in guiding and contributing to the welfare of all ACF members, this is an excellent entry opportunity. Be certain you are there to declare yourself a candidate and add to the strength of ACF.



**ACF National Convention**  
July 14 - 17, 2008  
MGM Grand  
Las Vegas

# HASHING IT OUT

MUCH MALIGNED, WELL-PREPARED HASH IS A SATISFYING MEAL  
BY DAVID GOODWIN, CEC, CCA, CFBE, AAC

**M**y wife is the self-proclaimed has queen of Northern California and Nevada. Just as big-rig drivers rate truck stops by the quality of their chili (with or without beans) but that is fodder for a future column), my wife rates breakfast houses by the quality of their hash.

Few dishes are maligned as mercilessly as hash. A bad restaurant is a hash house. A waiter or waitress who serves bad food, a hash slinger. And, one chef I used to work for would scold his cooks as we trimmed meat, "Let's not make a hash of it now..."

How has hash come to such a reputation? First and most simply, because it is so often poorly made. Many people, in fact, know hash only in its scraggly, pasty canned versions. And while a plate of quickly-warmed hash from the can may be a welcome restorative on a blurry, red-eyed Sunday morning, it bears little resemblance to the real thing; Good leftover roast beef, corned beef, or roast poultry, diced, then glazed in butter with potatoes and onions and with little cream added for a richly-crustured bottom.

From the beginning, hash was a honorable way of using up leftover meat, diced and gently heated in its leftover gravy with onion and other seasonings. Although hash is an

American staple, its origins are French; Haché or hachis means something cut up. Early French recipes found in 1774 La Cuisinie're are virtually identical to those published in English and American cookbooks.

By the 1860's, the hash "repertoire" had broadened to include not only beef, fowl and mutton, but also goose, wild duck and other game as well as curried fowl, which was considered an Indian dish. In the 1896 "Boston Cooking School Cook Book" by Fannie Farmer, there is a version made with salted codfish browned in salt pork fat. I think of hash as falling roughly into two camps: the simmered hash, with a meat gravy or cream and the browned, crusty-style hash. When prepared carefully with first-rate ingredients and lots of flavor, a creamy hash can be wonderfully satisfying, especially for a late supper, as in a menu item found in Louis Diat's kitchen at the New Your Ritz-Carlton: Chicken hash 'a la Ritz.

But to my (and my wife's) way of thinking, hash comes into it's own when it's crusty, crackly, browned jacket makes you work to get into the moist meaty goods inside. Recipes for crusty hash can be sketchy and usually don't provide directions clear enough for even a skilled cook to get it right.



## **CHAPTER ELECTIONS**

### ***New year, New hopes***

During this time of year we traditionally see many chapters electing a corps of new officers to lead their efforts into the new calendar year. While it is important to acknowledge and congratulate those whom have earned the positions of leadership, we must be informed of who they are and the position they have earned.

Please arrange to inform us as these changes occur. Changes in the chapters' causes a domino effect on who is available and willing to serve in a regional committee capacity. Many of these positions are appointed and they serve as the backbone of the region's goals and ambitions. They provide the dynamics needed to represent the many facets of expertise needed to lead the efforts towards success in their respective assignment because of their immediately resolving questions as they arise. It is worthy to consider only those who do not serve their chapter's needs.

We are fortunate to have so many talented people willing to help throughout the region. But, we do not wish to interfere with a chapter in its selection of leaders. Therefore, the current normal roster of Regional Committee leaders can not be displayed until we learn of those whom have accepted responsibilities in their home chapter.

Please inform us of your chapter's corps of elected officers at your earliest convenient time.

**GOOD COOKING!**

Best regards,

Harry Brockwell, AAC

***"Where the member comes first"***

.....THE ACF WESTERN REGION!



### **FOOD FOR THOUGHT**

**Success comes to those  
who make it happen  
not those who let it happen.**



**ACF National Convention**

July 14 - 17, 2008

MGM Grand

Las Vegas