

ACF NORTHEAST REGION NEWS



ACF Northeast Region Official Newsletter

January 2012

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ACF Northeast Region

Vice President



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A Message from Your Region Vice President

Dear Kevin,

I want to start by wishing all a happy, safe and prosperous New Year. I am looking forward to a great year of continued educational opportunities provided by and showcasing the tremendous talent and dedication of the members of our region.

ACF Greater Buffalo New York Chapter, along with the ACF national office, is working hard to ensure that our [2012 Northeast Regional Conference](#) is a tremendous success, with excellent seminars, educational opportunities and great meals. Not to mention, we just happen to be at one of the true wonders of nature, Niagara Falls, N.Y., April 28-30. Put it on your calendar and [register](#) as soon as possible to take advantage of the discounts before they expire March 16.

I have one request for the members of the region this year: "JUST GET ONE." If each of us brings in one member, we grow at an amazing rate. We all know one, and most likely, many culinarians who would benefit from joining us, and we would certainly benefit by having them.

At the start of the New Year, I always find myself thinking about some advice that was written and published years ago in various versions.

JUST FOR TODAY: I will live through this day only. I will not brood about yesterday or obsess about tomorrow. I will not set far-reaching goals or try to overcome all of my problems at once. I know that I can do something for 24 hours that would overwhelm me if I had to keep it up for a lifetime.

JUST FOR TODAY: I will be happy. I will not dwell on thoughts that depress me. If my mind fills with clouds, I will chase them away and fill it with sunshine. JUST FOR TODAY: I will accept what is. I will face reality. I will correct those things that I can correct and accept those I cannot.

(800) 624-9458



Help fight
childhood obesity

Sign up for the Love
Your Veggies™
**LUNCH BREAK
FOR SCHOOLS**
fundraiser and help
promote proper
nutrition in schools

Registration Deadline
is January 27, 2012



American Culinary
Federation
since 1929

**2012 ACF
EVENTS SERIES**

NORTHEAST

NIAGARA FALLS, N.Y.
April 28-30, 2012
Sheraton At The Falls and
The Niagara Falls Conference Center

REGISTER NOW

NETWORKING • TRADE SHOW • COOKING DEMOS
EDUCATIONAL SEMINARS • COMPETITIONS
PRESTIGIOUS AWARDS

EXPERIENCE THE POWER OF
CONNECTION
ACF EVENTS SERIES

[Registration discounts
expire March 16.
Register now and
save!](#)

JUST FOR TODAY: I will improve my mind. I will read something that requires effort, thought and concentration. I will not be a mental loafer.
JUST FOR TODAY: I will make a conscious effort to be agreeable. I will be kind and courteous to those who cross my path, and I'll not speak ill of others. I will improve my appearance, speak softly, and not interrupt when someone else is talking.
JUST FOR TODAY: I will refrain from improving anybody but myself.
JUST FOR TODAY: I will do something positive to improve my health. If I'm a smoker, I'll quit. If I am overweight, I will eat healthfully-if only for today. And not only that, I will get off the couch and take a brisk walk, even if it's only around the block.
JUST FOR TODAY: I will gather the courage to do what is right and take the responsibility for my own actions.

I will spend more time with my family, my friends, myself and my God.

May 2012 bring you peace and happiness.

Bill Tillinghast, CEC, AAC, MBA
ACF Northeast Region Vice President

Chefs Needed for Love Your Veggies™ Lunch Break for Schools -- Sign Up Extended to Jan. 27

We need chefs to create and sell a healthy lunch item at a location of their choosing for one day during the week of Feb. 27 for the [Lunch Break for Schools](#) fundraiser. A toolkit and promotional materials will be provided. Proceeds benefit the Chef & Child Foundation to create nutrition-based education materials for ACF's involvement in Chefs Move to Schools. [Learn more.](#)

[Sign up](#) and join [Cat Cora](#) to promote proper nutrition in schools and fight childhood obesity.

SIGN UP!

Your participation will impact the future of our children.

A sincere thank you to the Chef & Child Committee and the following ACF Chapters for volunteering and making a difference: ACF Greater Atlanta Chapter Inc., ACF Inc. Charlotte Chapter, ACF Louis Joliet Chapter and White Mountain Chapter of the ACF.

Don't Miss Out on Big Savings for the 2012 ACF Northeast Regional Conference

Deadline for Registration Discounts: March 16

The [2012 ACF Northeast Regional](#)



[Conference](#) is April 28-30 in Niagara Falls, N.Y. The [schedule](#) is full of exciting activities, educational programming and networking opportunities. [Register](#) now to attend and take advantage of the discounts before they expire March 16. ACF members can save up to \$200 on a full registration.

ACF rewards rate for members who stay a minimum of three nights at the conference host hotel and register by March 16:

\$300 for Culinarians and Professional Culinarians
\$260 for Senior, Junior and Student members

Early registration rate for members who register by March 16:

\$400 for Culinarians and Professional Culinarians
\$350 for Senior, Junior and Student members

Standard registration rate:

\$500 for ACF members in good standing
\$595 for nonmembers

[Learn more](#) or call ACF's Events Management department at (800) 624-9458 with any questions.

**REGISTER
ONLINE**

ACF Certification Practical Exams

Below is a chronological listing of the upcoming practical exams in the ACF Northeast Region. Visit the ACF website to [learn more](#) and see a [complete listing of the exams](#) scheduled.



- 01/21/2012: Southern Maine Community College, South Portland, Maine
- 01/22/2012: Restaurant School At Walnut Hill College, Philadelphia
- 02/04/2012: Erie Community College, Williamsville, N.Y.
- 02/25/2012: (IUP) Academy of Culinary Arts, Punxsutawney, Pa.
- 04/14/2012 Midwest Culinary Institute, Cincinnati
- 04/20/2012 Johnson and Wales University, Providence, R.I.
- 06/18/2012 Midwest Culinary Institute, Cincinnati
- 08/24/2012 Midwest Culinary Institute, Cincinnati

ACF Culinary Team USA Fundraising Competition

Aug. 1, 2010, to May 31, 2012

The [ACF Northeast Region](#) has raised \$13,320 to support [ACF Culinary Team USA](#) in its quest for the gold at the 2012 *Internationale Kochkunst Ausstellung* (IKA),



commonly known as the "culinary Olympics." The competition is less than 10 months away and the team needs your support in their quest for gold. Make a [donation](#) and help ACF Culinary Team USA bring home the gold.

A sincere and heartfelt thank you to all the participating chapters and their members for their generous donations to support ACF Culinary Team USA.

Top Chapters in Total Donations as of Jan. 1

ACF Columbus Chapter: \$10,525

ACF Epicurean Club of Boston: \$1,570

ACF Harrisburg Chapter: \$500

Mid Hudson Culinary Association: \$205

Top Individual Donors as of Jan. 1

Fritz Sonnenschmidt, CMC, AAC, HOF

Thomas Macrina, CEC, CCA, HGT, AAC

Americo DiFronzo, CEC, CCA, AAC

David Ivey-Soto, CEC, CCA, MBA

Prizes

The chapter in each region who donates the most money to ACF Culinary Team USA, based on average dollar amount per chapter member, between Aug. 1, 2010, and May 31, 2012, will receive a visit from an ACF Culinary Team USA member. The team member will attend a chapter meeting and demonstrate some of the skills necessary for international competition. Timing is subject to team member's availability and will take place after the 2012 IKA. In addition, each chapter member will receive an ACF Culinary Team USA memorabilia item. The chapter in each region with the most donations in excess of \$15,000 will receive an expense-paid trip for one to Erfurt, Germany, to experience the 2012 IKA. [Rules](#)

The member in each region that donates the most money in excess of \$3,000 between Aug. 1, 2010, and May 31, 2012, will receive an expense-paid trip to the IKA, as well as a special memorabilia item. [Rules](#)

ACF Region Standings as of Jan. 1

Central Region: \$23,391

Northeast Region: \$13,320
Western Region: \$11,234
Southeast Region: \$5,844

ACF-Sanctioned Competitions

Below is a chronological listing of the upcoming competitions in the ACF Northeast Region. Visit the [ACF website](#) for more information and a list of all the competitions.



January 21: ACF Chefs and Cooks of the Catskill Mountains
SUNY Delhi, Delhi, N.Y.
Chair: James Margiotta, margioja@delhi.edu, (607) 746-4328
Category: SK1-9, SP1-2, SH1-2 - Closed Competition

February 3: ACF West Virginia Chapter
www.culinary.mountainstate.edu
National Institute for Culinary Arts, Beckley, W.Va.
Chair: Leonard Bailey, lbailey@mountainstate.edu, (304) 929-1386
Category: ST2 - Student Team State Competition

March 7: NACUFS Mid Atlantic Region
www.nacufs.org
Nittany Lion Inn, University Park, Pa.
Chair: John Walker, jjw12@psu.edu, (814) 865-7882
Category: K9

March 31: ACF Long Island Chapter
Western Suffolk BOCES / Wilson Tech, Dix Hills, N.Y.
Chair: Nancy Kombert, CEC, CSCE; nkchef@aol.com; (631) 667-6000, ext. 188
Category: A-D, SA-SD, E1-4, K1-9, SK1-9, P1-2, SP1-2, W Wild card - Customized Category.
Individual, professional. 4 portions. 15 minutes for set-up, 60 minutes cook time, 10 minutes for plating and 15 minutes for cleanup. Sponsored product required, see rules for details.

March 31-April 1: ACF Greater Cincinnati Chapter
Midwest Culinary Institute, Cincinnati
Chair: Mary Lasorella, CEPC; mary.lasorella@cincinnatiastate.edu; (513) 569-1500
Category: A-D, SA, SC, SD, F2, K1-K9, SK1-SK9, P1-2, SP1