

Association of Correctional Food Service Affiliates Virginia Chapter Newsletter January 2012

message from our
VA Chapter President, Carla White



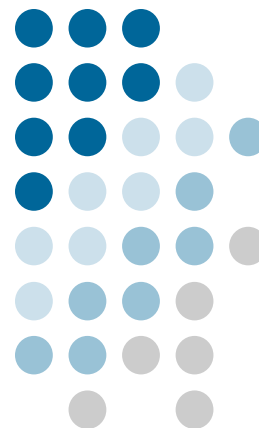
from Linda Shear, Region I Director
See you at the meeting. Please bring a guest.
Let's increase our membership in 2012.

Remember:
Bring
photo
ID

ACFSA meeting: January 20, 2012

**VADOC Headquarters room 3135
6900 Atmore Drive
Richmond VA 23225
804-674-3000**

9:30-10:00 Registration/Welcome
10:00-12:00 Training: Blast Chillers
Bryan Waechter, Hobart
12:00-1:00 Lunch
1:00-3:00 Business Meeting



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Past President National
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HAPPY BIRTHDAY Virginia chapter members

JANUARY

3rd: Julie Hobbs
9th: Lavinia Johnson
13th: Carol Thomas
18th: Kathy Hooley
19th: Doug Jones
31st: Bryan Waechter

FEBRUARY

No ACFSA members
born this month

MARCH

6th: Sheila Phillips
8th: Betty Hill-Farley
15th: Carroll Perdue
16th: Jim Hartman
26th: Jeff Janisko



from the desk of Julie Hobbs, President Elect/Treasurer

As I write this I am only an hour away from starting my Christmas vacation. Winter is here but today it feels more like spring. I guess we will not be having a white Christmas this year. The New Year is right around the corner and with that our next meeting. Our January meeting is scheduled at DOC Headquarters on January 20th. I hope that many of you will be able to attend. We need to keep our membership growing in 2012. Speaking of membership, I hope that you have remembered to renew your membership. This year they sent the renewal by email. If you are like me, you might have saved it and decided to do it later. Well it was due by Nov. 30th and I never looked at the email until mid-December. If you haven't sent in your 2012 dues yet, make a note to do it **NOW**.

I was looking at the Insider magazine a few days ago and it is already time to think about the 2012 annual convention. It sure sounds like Jim Beach and his committee have a lot planned for us while we are there. I had the pleasure of attending the last conference in New Orleans and I can't wait to go back. It's not too late to start making plans; August will be here in no time. It seems like we were just in Norfolk. If you look in the Insider there is information about scholarships if you need help with travel expenses. This is one convention I don't plan to miss.

I hope to see everyone at our January meeting.

from the desk of *Robert Pennix, Past President*

2012 comes with many expectations and promises. Did you live up to the promises you made last year? Did you accomplish all that you thought you would in 2011? We all start each year with high expectations. How many of us are in the 20 day club? Yes the 20 day club; each year the largest number of signups to health clubs happens in the first 20 days. We all start out the year with good intentions. Each year we live, we believe that we are going to make the upcoming New Year the best year of our life. Then reality sets in we do not make it to the gym on January 21. We do not stick to the diet we started in the beginning of the year. We are not as nice as we said we were going to be to people. We treat people the same way we have always treated them. We continue to be the people we have always been. Change doesn't happen in the first 20 days of the year; sometimes it doesn't happen in the 365 days in the year. I know many of you are thinking I have changed so when did it happen? It accrued after many failures. It takes falling down a couple of times before we can pull ourselves back up. Wisdom blossoms through experience; we never change overnight. Many have talked about change in an instant. I personally have never witnessed it. We become better with time. All good diets start with one less bite. A marathon starts with the first step. Going to the gym starts with showing up at the door. As we step in the gym we need to start with 5 pounds not 100 pounds. If we work slowly to reach our goals we will reach them. Set realistic goals they are much easier to achieve. Be nice to one person today and as time goes by you will pick up others along the way. This does not have to happen on January 1, 2012 it can happen any day in any year so believe you can achieve it and start today. Remember start with baby steps because the finish line is still the same distance. You don't have to finish first because everyone can be a winner in this game of life.

Have you seen the photos of the 2011 ACFSA Conference in Norfolk? Go to the ACFSA website where you'll see a link to the Shutterfly photo album website.

Here are the famous Co-Chairs of the conference. They appear to be rockin' and rollin' and ready for some football.



SCHOLARSHIP OPPORTUNITIES

The deadline for scholarship applications is February 1. You'll find the forms in the Insider Winter 2011 edition and online at www.ACFSA.org

What are the national opportunities available?

- Employee of the Year
- Operator of the Year
- New member drawing
- Scholarship

Our VA chapter offers scholarships as well. More info on that later. Keep a lookout.

Mark your calendars now!

VA chapter ACFSA meetings in 2012

January 20: VADOC Headquarters, Richmond

April 20: Manassas Regional Jail

July 20: Academy for Staff Development West, Marian

October 19: US Food Service, Roanoke

The dates are set, but the locations may change.

Congratulations to Bryan Waechter

Bryan has been selected by the ACFSA national Board of Directors as the new Region I Vendor Equipment Liaison. He's been working with the VA chapter for many years, so we know him well. He'll now be working with the entire region.

Please congratulate Bryan and wish him well on his new volunteer assignment.



**Where are these pictures taken??? Give up already??
Here's a hint.....spring 2004.....**



**We were having a great time at the ACFSA conference
in New Orleans!! Start making your plans now!!**

