



Please RSVP !

If attending the General meeting.

Please contact Ted Kowalski
(610) 453-6651

General Meeting

January 12, 2009

University of Pennsylvania, Houston Hall

3417 Spruce Street, Room:Class of 49 Auditorium

Philadelphia, PA 19104-4206

Hosts: Joel Blice, Campus Executive Chef

Eric Hill, Catering Executive Chef (215)746- 6073

Please enter the building via Spruce St., there is an information desk just inside the door where you'll be directed to the South end of the building.

Parking is available on street, or there are lots at 33rd and Chestnut and 38th and Walnut.

7:00 p.m. Education: Imported Tea Tasting by House of Tea

www.houseoftea.com

8:00 p.m. Dinner

Directions:

From the Northeast via the New Jersey Turnpike South

Use Exit 4. Bear right out of the toll following signs to Philadelphia and Ben Franklin Bridge. After crossing the bridge take I-676 West, to I-76 East, the Schuylkill Expressway. Before this ramp merges onto I-76, take the 30th Street Station exit (345) which empties onto a one-way street that bends left becoming 30th Street. Go through one light (JFK Blvd.), then turn right onto Market Street. Proceed 4 blocks and turn left onto 34th Street. Follow 34th Street down to Spruce and make a right.

From the West via the Pennsylvania Turnpike

On the PA turnpike, use Exit 326, the Valley Forge Interchange. Take I-76 East for approximately 16 miles until Exit 345, a right lane exit marked 30th Street. The exit empties onto a one-way street that bends left becoming 30th Street. Go through one light (JFK Blvd.), then turn right onto Market Street. Proceed 4 blocks and turn left onto 34th Street. Continue to 34th & Spruce.

From the North via I-95 South

Use the I-676/Center City Philadelphia Exit. Follow signs to I-676 West, the Vine Street Expressway. Take I-676 West until I-76 East, the Schuylkill Expressway. Before this ramp merges onto I-76, take the 30th Street Station exit (345) which empties onto a one-way street that bends left becoming 30th Street. Go through one light (JFK Blvd.), then turn right onto Market Street. Follow direction to 34th & Spruce as above.

From the South via I-95 North

Use the I-676/Center City Philadelphia Exit which is approximately 7 miles north of the airport. Follow I-676 West, the Vine Street Expressway, until I-76 East, the Schuylkill Expressway. Before this ramp merges onto I-76, take the 30th Street Station exit (345) which empties onto a one-way street that bends left becoming 30th Street. Follow directions above to 34th & Spruce.

ACF Philadelphia

Delaware Valley Chefs Association

45th Anniversary Charity Ball

& Silent Auction

Sunday February 28, 2010

Desmond Hotel and

Conference Center

Malvern, PA

Cocktails & Silent Auction

Gourmet Dinner & Dance

Black tie Invited

To purchase a ticket and for more information contact:

Kathleen Salemno

kathychef21@gmail.com

January is


National Hot Tea Month
National Oatmeal Month
National Soup Month





**2010 ACF
Northeast Regional Conference
March 13-15, 2010
Hershey, PA
Register today@ acfchefs.org**

DVCA-ACF Philadelphia March 2010

2010 Schedule of Events

January 2010

24th (SUN) State Championship, ACF Chapter Student Culinary Team

HOST: Restaurant School @ Walnut Hill College
Student teams from will compete in hot food categories to represent the state of Pennsylvania for the Regional Championship.

February 2010

9th General Meeting

HOST: Spring Mill Country Club, Nick Poccia, C.E.C. Executive Chef & Regional Chef for Boneworks Culin Arte
Education: Healthy Cooking Techniques

28th Sunday, 45th Anniversary Charity Ball & Silent Auction

Host Chef: Thomas J Macrina
CEC CCA AAC
Desmond Hotel , Great Valley, PA

General Meeting: HOST: TBA

Education: TBA

March 13- 15
NE Regional Education Conference
Hershey, PA

April 2010

General Meeting:

HOST: DrexelBrook

Chef Wade Harvin

Education: TBA

May 2010

General Meeting:

HOST: Restaurant School,

Chef Tom DeCamp

Education: Madame Saito

June 2010

General Meeting:

HOST: Desmond Hotel Tom

McCrina, CEC AAC

Education: TBA

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**Give Blood !
pleasegive-
blood.org**



DVCA Charities



Cleft Lip or Clef Plates have become the number one birth defect in many developing countries as well as in the United States.

It is estimated that 132,00 babies with clefts are born each year. Our chapter has elected to support The Smile Train and organization that is changing the world one smile at a time.

At each Business meeting, there will be a special collection basket . Please help to change the life of a child with this birth defect. www.SmileTrain.org

HAPPY NEW YEAR

Center City District RESTAURANT WEEK

Jan. 17-22 and 24-29 2010

Three Courses Dinners for \$ 35 at 100 participating Restaurants.

Three course lunch \$20 at many of these participating Restaurants

Reservation suggested.

<http://www.centercityphila.org/life/RestaurantWeek.php>



Save the Date!

ACF Philly Cooks

APRIL 15, 2010

Desmond Hotel

Malvern, PA

A Quest for Certification

Did you know that ACF has a tool to help you determine which certification is right for you? The Certification Requirements Grid will direct you to the certification level that best reflects your educational background and work experience. Please contact certify@acfchefs.net with any of your certification questions.

Save the Date!

Practical Test for Certification

Sunday, February 28, 2010

Sunday, May 23, 2010

Become stronger, braver, disciplined, driven and focused

by Jane Powell Meditaions.com

“Why not now?”

You’re going to get serious about finding a new job; really you are. You’re just going to wait until you win the lotto before you go on vacation. And yes, you honestly want to get in shape and lose weight but you’ll wait until your schedule lightens up. Does any of this sound familiar?

Procrastination can undo even the best of intentions. The truth is procrastination is a vicious cycle.

“I’ll get it done today!” becomes “I really meant to, I’ll do it tomorrow for sure.” Before you know it, today has turned into tomorrow; those tomorrows have added up and turned into months, sometimes years. The bottom line is you have made no progress. You’re exactly where you’ve always been.

The good news is that it doesn’t have to be this way! You can stop the cycle by taking action. All you have to do is make a start; you don’t have to take on the world and do everything at once. Take baby steps. Make one phone call, go to the gym one day, take one step toward your goals. The more you push against tendencies to procrastinate, the easier it is to bust free and realize your goals.

Advertise in the Program Book for Charity Ball

Emailed a copy of the ad to the Ad book editor Christine Neugebauer @ c.neugebauer@verizon.net and send payment to:

ACF PHILADELPHIA, DVCA Program Book

C/O Roger Kelly treasurer

707 Northridge Drive

Norristown, Pa. 19403

Make Checks or Money orders payable to ACF Philadelphia DVCA

ALL ADS MUST BE RECEIVED BEFORE January 30, 2010.

AD PRICES AS FOLLOWS:

FULL PAGE AD 4.5 BY 5.5	\$350.00
½ PAGE AD	\$200.00
¼ PAGE AD	\$125.00

Business cards \$75.00

One Line Message ad \$10.00

For more information contact Christine Neugebauer

610-358-0252

**AMERICAN CULINARY
FEDERATION
PHILADELPHIA CHAPTER**

P.O. Box 504

Plymouth Meeting , PA 19462

To submit an article, recipe or an announcement to the Echo, please contact the editor @215-850-6342 or email : echonewsacf@yahoo.com. Deadline for submission is the 20th of each month.

A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills, and uses these skills to accomplish his goals." ~Larry Bird ~

VISIT www.ACFPHILLY.com

Meeting places, times and information of what's going on in the chapter. Want to know who is a member?

Check out the website!

If you lost your Echo you can read it on line.

For directions to a meeting check the website or email:

dvcaneews@verizon.net



FRESH Spotlight

Cardoons are thick, fibrous stalks that look a lot like overgrown celery but are, in fact, closely related to artichokes botanically. Choose cardoons that are firm and that have fresh-cut ends. Avoid dry or browned cardoons. Trim and remove as much of the fibrous exterior as possible. Cardoons are a cool vegetable that turn bitter when the weather gets too warm, so look for them in late fall and through the winter and even early spring as long as the days haven't gotten too warm yet. Cardoons can be sautéed, used in soups and stews or batter dipped and fried.

Dress Code for General Meetings

Please remember that our meetings are gatherings of professionals and as such appropriate dress is required.

Males and Females are to wear **business attire** or **Chef Whites.**

No Jeans, Sweats, Tee Shirts or Sneakers.



Be apart of this innovative experience with behind the scene exclusives . Visit the Chef Sessions page on our website www.acfphilly.com

Check out the Session Blog at <http://blog.acfphilly.com/> .

International Restaurant & Food Service Show 2010 at New York City's Jacob K. Javits Convention Center, 655 W 34th Street, New York , NY.

February 28 - March 2, 2010. To register on line go to: <http://www.internationalrestaurantny.com>

The Ferdinand Metz Foodservice Forum with 20 sessions taught by industry experts encompassing restaurant operations, business strategies and the latest foodservice trends. 20th Annual Pastry Competition Japanese Demo Theater and Pavilion NY Wine Expo and more.....

If you are a **chef** interested in hosting a culinary demonstration, please email Terri Sheridan at tsheridan@reedexpo.com. Please include your biography, resume and headshot.

Good Food & Great Education and Fun!