

ON THE FRONT BURNER

ST LOUIS CHEF'S DE CUISINE NEWSLETTER

Presidents Letter: Circle of Influence

Many years ago, one of my instructors asked our class to write down FIVE people who have had the most influence in our lives. He gave us a few minutes to consider who those five folks were and why we chose them. Then we all went around the room and introduced our "Circle of Influence" as he called it.

As we make our way through the remaining months of this year, we turn our heads to 2020. It's time to consider the next officers for our ACF Chefs de Cuisine Association of St. Louis, Inc. For me, that gives us opportunity to consider our Circle of Influence individually and as a group.

As you read this, consider WHO is in YOUR circle of five....both personally and professionally. I'm sure we all have more than five in our personal and professional circles. Some may stay the same, some may change. There is no right answer as you know. Some of those in my circle are family members, others I have met through the many years of being involved with the American Culinary Federation and our own St. Louis chapter. Have WE been an influence in YOUR career in any way? Are YOU influencing others through the opportunities our chapter provides?

We thank J.T. Gelineau of Mushrooms Naturally for hosting us last month and showing us his growth in five years and also providing an outstanding education for our members and guests.

So much activity in our chapter, it's sometimes difficult to keep track. We had great success at our Central Regional Conference, with our Knowledge Bowl team bringing home a hard-earned BRONZE medal and Chef Scott Scheible bringing home the honor of Central Region Chef of the Year. In addition, our chapter received a chapter achievement award. Chef Dan Holtgrave represented our board and there were many others who represented our chapter. I will represent our chapter in Orlando for our national conference. This will be Chef Brian Hardy's final conference as Central Regional Vice-President. We are very fortunate to have had Chef Brian in this role for the past two years and thank him for his commitment to our central regional chapters, members and the culinary arts profession.

We also had a great turnout and education with Chef Nick Bogнар at Nippon Tei. So much can be said about the great work he and his team are doing as well as his recent James Beard accolades. His demonstration and discussion of aging fish and tasting plates was very educational.

A few short weeks ago Chef Casey Shiller and St. Louis Community College at Forest Park Culinary Program (faculty and staff) hosted an ACE training in conjunction with our spring certification and culinary salon. It was a great few days of culinary education and preparation for many new certification examiners in our area.

You see, our Circle of Influence is far reaching and will continue to be. What are your plans for the coming year? What are your professional goals? Remember, YOU build your resume every day. We appreciate the hard work and sacrifice to those who continue to make this chapter run, primarily from behind the scenes. Keep in touch through our chapter website and calendar. I look forward to seeing each of you very soon!

Job Opportunities

Our webpage is currently featuring multiple high profile jobs within the local St. Louis area. Please visit stlcchefs.org to check them out

- DMR Events Inc.
- Fox River Dairy
- Racquet Club Ladue
- Mercy St. Louis
- St. Clair Country Club
- Greenbriar Country Club
- Bellerive Country Club
- St. Louis Zoo
- Unique out of town opportunities through David Meyers and Associates

Chef to Child

Cultivating Young Cooks is August 17th at the Missouri Botanical Garden. I would like to invite everyone to bring their families and join us at the fun filled garden party. If you have ever wanted to milk a goat, make mozzarella cheese, eat a bug, or learn more about bees this is your chance!

We are in need of a pastry chef who would do a "bean to bar" chocolate demonstration.

Chef and Child is partnering with the American Heart Association to bring nutritional, healthy cooking to children and families in St Louis schools. We will be involved in after school cooking classes, monthly cooking demonstrations and in parent organization presentations about healthy meals on a budget.

We need volunteers who are interested in helping with these and other programs chef and child are involved with in the community.

If you are interested please contact me at chefandchildstl@gmail.com for more information or to volunteer.



Education Foundation

The St. Louis Chef De Cuisine Educational Foundation is pleased to announce two new members to our board. Chef Brian Hardy, CEC, CCA, AAC and Matt Sherman. Both of these gentlemen will bring a wealth of knowledge to the board and carry the Foundation well in to the future.

The Chefs de Cuisine Education Foundation offers scholarships to students enrolled full-time in accredited culinary programs. There are two application cycles in the year - June 30 for the following Fall semester, and November 30 for the following Spring term.

To apply for a scholarship, download the application available on the chapter's website. Fill out the form and mail it, by the application deadline, to:

St. Louis Chefs de Cuisine Educational Foundation

PO Box 510301

St. Louis, MO 63151



American Culinary Federation
The Standard of Excellence for Chefs

Competitions

Currently in competition/certification we have just wrapped up another successful spring salon. Congratulations to Nick Wenz of Old Warson Country Club and Joseph Moroni of the University of Missouri on successfully passing their practical CSC certification exams! Congratulations on all of our salon competitors as well, everyone did such a great job representing our chapter so well! The results following the competition included Jim Storm with a GOLD medal in the professional K category, Jared Dolle who received a SILVER medal in the professional K category, and Joseph Staples with a GOLD medal in the student KC-1 category. I have attached a handful of photos from the certification salon, feel free to use anything you would like.

Our next competition will be the Chef of the Year challenge and fall salon that will be hosted on September 14th and 15th, 2019. The location of the competition is yet to be determined. Any and all individuals interested in more information, please contact Wade Bruhn at wadebruhn@live.com.



Road Map To Success by:

Chef Paul Sorgule of Harvest America Ventures

ESTABLISH CAREER GOALS

Don't simply focus on your current situation without having a plan for the future. Know where you want to be personally and professionally in five to 10 years. You may very well change your direction along the way, but without a goal marker you will spend too much time living solely in the moment and failing to increase your value.

BUILD A REALISTIC TIMELINE

Once you have a career goal then set out to build a timeline with measurable steps along the way. Avoid setting unrealistic expectations on the time it will take, but at the same time make sure that you build in some pressure that will nudge you to step up to the plate. Driving towards a career goal should be hard work — dedicated work that comes to fruition in small, achievable chunks of time.

PROTECT YOUR PUBLIC IMAGE

This is so important. Any employer can and will check your background to ensure that you are a person of integrity, a trustworthy individual who personifies the level of professionalism that helps to protect the business brand and all who work within that business. Watch what you post on social media, and make sure that your markers (email, Instagram, Twitter account names) are representative of a professional.

Drink responsibly, don't drink and drive, dress professionally, be careful how you put your traceable persona out there. Make wise decisions so that your brand is free of bruises that can haunt you in the future. If you leave a job, do so in a professional manner with adequate notice and never slander a property or those who work there — even if you feel they deserve it. Everything that you do is out there and positioned to limit your personal and professional growth.

INVEST IN SKILLS

No matter how much you know, no matter how accomplished you are as a cook, always take the opportunity to grow and learn. Signup for workshops, spend time with a master of certain cuisines or techniques, read and study everything you can about food and process, spend time with a farmer, a fisherman, or a cattle rancher — the more you know how to “do,” the greater your opportunities.

LOOK BEYOND YOUR COMFORT ZONE

Make a list of the processes or tasks that you are currently unable to execute or are considered weak at and set a course of action to gradually and methodically improve. If it makes you uncomfortable then it will, at some point, get in the way of your career progress.

CONNECT WITH THE RIGHT PEOPLE

Associate with people who share your values, who are also committed to constant improvement, who respect what you are trying to accomplish, but at the same time are more than willing to tell you when you are straying from an established plan. These people need not be individuals who simply agree with you, on the contrary — as long as their commitment to excellence is in place, it is better to connect with those who will point to your misdirection and help you get back on track.

AVOID MEDIOCRITY AT ALL COSTS

Wipe this word from your vocabulary. If you are building your brand and are doing so on the backbone of excellence then any drift towards acceptance of the mediocre is a step towards failure. Be excellent at everything that you do. Make excellence your habit — the definition of who you are.

<https://acfchefsdecuisinelouis.org>

BE DEPENDABLE

Show up ready to work at the highest level from the first day you walk into a kitchen. Be that person who always follows through and completes every task as it is meant to be done. Be consistent in behavior and never allow your emotions pull you away from that level of consistency.

WORK TO LEARN – FIRST

Put aside, for a moment, the need for restaurants and chefs to reward value, pay a fair wage, and respect the need for some level of life balance. The positions you pick, the chefs you choose to work for or with, and the restaurants that are on your radar should be ones that will help you to build that brand, your resume and your level of competence. Yes, the money is important, but your résumé will far outlive the need for better compensation. It is your résumé and what it represents that will bring you closer to those career goals and the compensation and opportunities that you deserve.

ENGAGE AND INVOLVE

Be active, [join and become involved](#), seek out those who can help you build that brand, and give your all knowing that everything that you do in this regard will contribute to a marketable brand.

BE PROFESSIONAL – ALWAYS

Look the part, act the part. Do so at work, outside of work, with your team members, with your boss, with vendors, with your family and with guests. Work towards being perceived the way that you want others to perceive you.

HELP OTHERS AND SHARE WHAT YOU KNOW

The most successful people relish the opportunity to share their knowledge, to help and encourage others, and to enjoy the success that comes to those who are on the receiving end of your generosity.

KNOW WHEN TO SAY YES, AND WHEN TO SAY NO

It's a skill that's important to learn, especially when "yes" may threaten your brand or your ability to exhibit the excellence that you are trying to portray. Yes isn't always the right answer when it may have long-term negative implications for you or the operation that you work for.

KNOWLEDGE IS POWER

Beyond skills is the ability to know the answer or know where to find it. The best cooks know about the food they use, where it came from, why it was prepared a certain way, and the history associated with the people within its culture of origin.

Knowing what to look for when an operational cost is out of line and how to correct it is very powerful.

Understanding what an employee is going through personally, and how it impacts his or her performance, is what separates good managers from real leaders.

SHOW GRATITUDE

Those chefs with a highly marketable personal brand are always grateful to those who helped them along the way and express this gratitude freely.

Knowledge Bowl

Are you a junior member? Do you love learning new things that will help further your career? Do you want to meet new people who enjoy the same things as you? You should start thinking about joining the knowledge bowl team. The new season will be starting before you know it! Tryouts will be sometime late September or early October! Check the newsletter for any updates!

If you have any

questions bout what it is you can contact the me head coach Chef Lauren Sitar at lauren.anni717@gmail.com.

I will answer any and all questions. I look forward to another awesome year of knowledge bowl.



Junior Board

The junior members of the ACF Chef De Cuisine Saint Louis would like to congratulate young chef Nathan Yount, who recently competed in the Chain des Rotisseurs Competition. After beating out 5 other competitors he will be representing the Midwest region at the national competition on May 30th. His dedication to the chapter, as well as his hard work and professionalism make him a shining example of what you can do if you put your mind to it.



2019 Chapter Events Calendar

JANUARY

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OCTOBER

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DECEMBER

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IMPORTANT CHAPTER DATES

Chef Connect Conferences

February 24 - 26 Atlanta, GA
 March 31 - April 2 Minneapolis, MN
 August 4-8 Orlando, FL

EDUCATION

April 22
 September 16
 August 17 - Chef and Child
 October 21

MEETINGS

February 18
 March 25
 July 29

FUNDRAISERS

Mardi Gras - February 10
 Golf Tournament - June t.b.a.
 Cheftoberfest - October 13th

HOLIDAYS

DINNERS

Survivor Party - January 14
 AAC Dinner - March 11
 Chapter Dinner - May 5
 Purveyor Happy Hour - August 21
 COY Dinner - November - t.b.a.

CERTIFICATIONS/COMPETITIONS

ACF Central Regional February 15-17
 Spring Certification/Competition - April 13
 COY Challenge - September 14-15
 Fall Certification - October 19

ACF Chefs de Cuisine St. Louis, Inc.

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ACF CHEFS DE CUISINE OF ST. LOUIS



Add us to your contacts list via email to ensure you receive this year's communications.

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Fox River Dairy



Gordon Food Service



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Kaemmerlen Parts and
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Kuna Foodservice



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Council



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Moore Food Distributors

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Performance Foodservice
Middendorf



Ronnoco Coffee Company



Sunfarm Food Service



Tony's Family Farms



US Foods



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SUPPORT ACF
NATIONALLY

Ecolab, Edward Don
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Distributors, Hearland Reps,
Hormel, Louisa Food
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