

# 2016 North American Food Service Conference

## **Tuesday, March 1st:**

<b>10:00</b>	Registration begins (Main office) Move into Cabins
<b>12:00</b>	<b>Lunch (Dining Hall)</b>
<b>12:30</b>	Welcome notes
<b>1:00-2:00</b>	Session 1
<b>2:15-3:15</b>	Session 2
<b>3:15</b>	<b>Hershey Ice Cream Frozen Treats in the Dining Hall!</b>
<b>3:45-4:45</b>	Spotlight Camp: Camp Hanes, Robert Money-Food Service Director
<b>4:45</b>	Session 3
<b>5:45</b>	<b>Dinner</b>
<b>6:45</b>	<b>Opening Keynote</b>
<b>8:00</b>	Lewi Lodge Reception/Recreation Join us for some social time to get your Food Service Conference gift!

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## **Tuesday Session 1 Workshops:**

### ***HACCP for Camps, Michael Pozit, Small Room Rotary Lodge***

The Hazard Analysis Critical Control Points plan developed in the 1960's by the Pillsbury Company to protect NASA astronauts from food poisoning risks. With so many people dining at camps, the dangers of large scale food poisoning are greatly increased. Learn how to use HACCP in your kitchen to reduce potential hazards.

### ***One Recipe Serves (Almost) All, Shaz Atwell, Lewi Lodge Dining Hall***

Overwhelmed by the number of allergy and special meals that you have to prepare? Lets explore some recipes that satisfy most of them.

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## **Tuesday Session 2 Workshops:**

### ***HACCP for Camps, Michael Pozit, Small Room Rotary Lodge***

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### ***Facilitated Networking, Patricia Biles, Large Room Rotary Lodge***

A fun, playful, and interactive session. Get to know your fellow food service professionals in this playful, interactive session. Learn about other work environments and the common challenges you face. Laugh together and make valuable industry connections.

### ***Afternoon Fruit Break & Healthy Snack Initiatives, Andrew Angione, Lewi Lodge Dining Hall***

Doesn't matter if you're 7 years old or 70, we all get cranky working and playing in the summer sun without our afternoon snack. We'll explore different healthy snack initiatives with campers, and successes and failures with implementations in programming. Most importantly we will hear from you, the experts, on how you fuel your camper's energy throughout the summer in this roundtable discussion.

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## Tuesday Spotlight Camp:

### Robert Money-Food Service Director at Camp Hanes, Large Room Rotary

“The Camp Hanes Way” - Everyone has their own way of running a successful camp, but here at Camp Hanes, we do it with the ABC’s of camping...

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## Tuesday Session 3 Workshops:

### Open Mic Rountable, *Michael Pozit, Large Room Rotary Lodge*

Mike Pozit and his 45 years of food service experience will be on hand to moderate an hour session devoted to discussing anything anyone wants to discuss about food, food service, camp food, staff or whatever. It will be educational, inspirational, motivational and a goo time is guaranteed for all.

### Refreshing Ideas for Food Service Staff Training, *Bob Kraus, Small Room Rotary*

From running three kitchens during the summer, to U.S.D.A. program for certain groups. Food service staff training is the key to a successful summer. Learn what do to keep everyone safe and happy during the summer.

### Vendor Time, Lewi Lodge Dining Hall

### Recreation Options:

Tour Of Camp Chingachgook (Depart from Veranda)

Afternoon Hikes (Depart from Veranda)

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## Tuesday Opening Keynote:

### The 3 M’s for Running a Great Food Service Operation – Menu, Menu, Menu, *Michael Pozit, Large Room Rotary Lodge*

If you have ever felt that you were constantly swimming upstream, or that you could not make that square peg fit into the round hole, you have then experienced the ubiquitous dilemma of many a camp food service operator. Well, there is light at the end of the tunnel. Michael Pozit with flashlight in hand (and 45+ years of food service experience), will help guide you out of the dark and into the brilliant light. You will gain insight into the powers of the MENU. Yes, the MENU whose tentacles reach out like a spider’s web and if you are not careful it will consume you. Michael will show you how to avoid the pitfalls and turn the negative into the positive.

## **Wednesday, March 2nd:**

7:00	Morning Hikes (Depart from Veranda) Sunrise Yoga (Rotary Lodge, Large Room)
8:00	<b>Breakfast Buffet (Dining Hall)</b>
9:00-10:30	Session 4
10:45-11:45	Session 5
12:00	<b>Lunch</b> ( <i>Group Photo to Follow!</i> ) <i>One-on-one Menu Reviews with Linda Crowley, by fireplace</i>
1:00-2:00	Session 6
2:15-3:15	Session 7
3:15	<b>Smoothie Break - Provided by Chingachgook Food Service Team, Dining Hall</b>
3:45-4:45	Spotlight Camp, Double H Ranch
4:45-5:45	Session 8
5:45	<b>Dinner</b>
6:45	Closing Keynote
8:00	<b>Reception at The Garrison Bar &amp; Grill in Lake George Village</b> <i>*Shuttles to and from Camp provided*</i>

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## **Wednesday Session 4 Workshops:**

### **Baking for Good, a Hands on Bread Baking Demonstration, Amy Driscoll, Lewi Lodge Dining Hall**

The FREE Bake for Good: Kids Program® visits hundreds of schools each year to teach kids in grades 4-7 how to bake yeast bread from scratch. Proud of their new skills, kids take ingredients home to bake two delicious loaves of bread; they donate one and enjoy the other. In this fun and informative workshop, participants will learn how to make this bread recipe and bake their own rolls to enjoy and to share. They will also take home information about hosting the program for your students.

### **Covering the Basics: Nutrition Principles in Camp Food Service, Linda Noyes Crowley, Large Room Rotary**

What about flavored milk, bug juice or vitamin water? Developing your camp menus and recipes should be a carefully, thought out process based on sound nutrition principles. Whether you are catering to school age children or adults, learn how the newly released, 2015-2020 Dietary Guidelines for Americans (DGA) can form a foundation for your food service program.

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## **Wednesday Session 5 Workshops:**

### **Red Cross Citizen Preparedness Corps, Catrina Scott-Becker, Small Room Rotary Lodge**

In partnership with Governor Andrew M. Cuomo and the New York State Division of Homeland Security and Emergency Services, the American Red Cross is pleased to offer Citizen Preparedness Corps training to residents across the state. The training provides information about common types of natural and man-made disasters and teaches effective ways to prepare for, respond to and recover from them as an individual, family and community.

### **Popular Food And Nutrition Trends for 2016, Linda Noyes Crowley, Large Room Rotary Lodge**

With the emergence of a multitude of new food products in 2016 aimed at better health, let's take a look at which ones have merit and which are passing fads. Review the nutrition science behind the many food trends and decide for yourself if they make the cut. Come with your questions and curiosity. Find out which healthy food items may be worth incorporating into your camp menus.

### **Wilderness Program Meals, Daniel Poole, Dearstyne Hike & Trip Center**

A comprehensive overview of the factors to consider when designing menus for off-site programs. We will look at ways to best serve the needs of the off-site programs at your camp with the current resources that are available to you. Be ready to share your ideas with the group too!

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## **Wednesday Session 6 Workshops:**

### **International Camp Staff, Your Camp, and the State Department: What your camp (and your staff) need to know, *Jeff Daly, Small Room Rotary Lodge***

Each summer thousands of internationals come from all over the world to our summer camps. Come check out this informative session and stay current on all of the latest State Department regulations facing your camp and your international camp staff. From the interviewing process through their end of summer departure, we'll walk you through the latest updates and give you the tools and guidelines to be successful.

### **The Wish List: Commercial Kitchen Equipment, *Dave Hummel, Large Room Rotary Lodge***

This seminar will cover topics related to all aspects of kitchen equipment from seasonal start up and shut down of the kitchen to choosing the best equipment for your budget. Learn about Department of Health compliance and making smart equipment choices from a well-seasoned expert.

### **25 Years of Composting and Integrated Food Production, *Beth Fitzpatrick, Lewi Lodge Dining Hall***

This presentation will focus on Frost Valley's current food waste and manure composting systems at the main camp and farm camp. Our composting systems have been in operation for 25 years and are a medium scale and small scale systems that have greatly reduced waste tipping fees and turn out a usable product for vegetable production. The second portion of the presentation will focus on our food production at farm camp including vegetables, herbs, berries, beef, lamb, and eggs. All food is used directly in our dining facilities through food service, farm camp food programming, and the healthy teaching kitchen.

## **Wednesday Session 7 Workshops:**

### **Food Service Staff Integration with the rest of camp, *Jeff Daly, Small Room Rotary Lodge***

Come join this round-table discussion on best practices to make your international camp staff experience a successful one. This is an open discussion where we'll talk about what has worked at your camp and some ways we can address those situations that didn't work out so well. Be prepared to take part, share and join this discussion in a very fun and interactive session.

### **The Wish List: Commercial Kitchen Equipment, *Dave Hummel, Large Room Rotary Lodge***

This seminar will cover topics related to all aspects of kitchen equipment from seasonal start up and shut down of the kitchen to choosing the best equipment for your budget. Learn about Department of Health compliance and making smart equipment choices from a well-seasoned expert.

### **Communication Approaches to Energize & Empower Your Team, *Patricia Biles, Lewi Lodge Dining Hall***

This dynamic workshop will help you hone valuable skills to more effectively communicate with fellow camp staff and kitchen employees. We will address both front of the house and behind the scenes conflict management and develop a greater awareness of interpersonal communication styles.

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## **Wednesday Spotlight Camp:**

### **Double H Ranch, Kate Walsh, Camp Director, Large Room Rotary Lodge**

In the Summer of 2015, the Double H Ranch was offered an amazing opportunity to redo the Dining Hall and kitchen space and have it televised for the TV show Restaurant Impossible. While this was an exciting event for Double H, it came with many challenges and questions about how to best take the old space and make it work better for kids and families. The other big challenge was that the television show wanted to complete this project while camp was in session. The main dining hall and kitchen was shut down and 200+ people were served in an outdoor facility. Come learn about how this event was planned, what was considered when giving the list of needs to the Restaurant Impossible team and what was learned!

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## **Wednesday Session 8 Workshops:**

**Ask The Experts Q&A style session with a panel of seasoned camp food service professionals, Large Room Rotary Lodge**

**Vendor Time, Lewi Lodge Dining Hall**

**Recreation Options:** Tour Of Camp Chingachgook (Depart from Veranda)  
Afternoon Hikes (Depart from Veranda)

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## **Wednesday Closing Keynote:**

**A Proven Recipe for Vocational Integration-  
The myth of work/life balance; an interactive session resulting in affective tools  
for the Camp Food Service Professional, and all Camp Professionals!,  
Fred Wasiak, Large Room Rotary Lodge**

This fun and interactive presentation will explore the myths of work/life balance and provide effective utensils and ingredients for the Camp Food Service Professional to use in coaching staff (but more importantly, "self") to a more fulfilling vocation. When vocationally integrated, you are healthier, more confident and better prepared to be a steward of your life's purpose.

**Please join us at The Garrison Bar & Grill in Lake George Village for social time  
and live music! Shuttles provided to and from Camp!**

## Thursday, March 3rd:

**7:00** Morning Hike (Depart from Veranda)  
Foam Rolling Workshop (Rotary Lodge, Large Room)

**8:00** Breakfast Buffet (Dining Hall)

**9:00-10:00** Session 9

**10:15** Closing Announcements and Awards!

**10:45** Camp Store Open

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## Thursday Session 9 Workshops:

### **Raising the B.A.R. - Guest Service in Food Service, Fred Wasiak, Large Room Rotary Lodge**

This interactive and energetic workshop will examine the “resonant leadership” of guest service! Using the latest in neuroscience, participants will understand the theory and experience of the Positive Emotional Attractor (vs. Negative Emotional Attractor) that is essential in raising the B.A.R. (Belonging, Achievement, and Relationships) for an unForgettable and InFredible guest experience!

### **Ease your stress Away!-Benefits of foam rolling and mobility work throughout the work day, Shelly Binsfeld, Dearstyne Hike & Trip Center**

Work smoothly throughout your day by using a simple stretching routine that will keep your muscles loose and ease stress away. With stretching movements learned during the class, you will enhance your abilities in the kitchen. Stretching will bring you improvement in posture, endurance, strength, circulation, energy, relaxation, and stress relief. Make your day easier by treating your body well.

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