

# American Culinary Federation Harrisburg Chapter- PA 181



## MISE EN PLACE April 2021



### President's Greeting

Good day to each of you!

Thank you to all of you that joined us for our April meeting. How awesome do the new Chocolatetown properties look? Thank you to Chef Cher Harris for taking us on a personal tour with Executive Chef Rick Larson and GM Brian Dailey! If you missed it, tune into the first part of the recording found [here](#).

Further expanding on our education, what a great Chopped reveal! Thank you to Chefs Arnold, Smith, Peffley, Corle, and even Rasheeda for taking on the challenge this month. Each took 4 ingredients and created their dishes. Chefs Peffley and Corle even went above and beyond and created a demonstration video to include. View the full demonstration [here](#)! Thank you to Chef Moench, Ivey-Soto, and Notter for taking on the challenge next month!

Another focus of our April meeting was on the National Election. Ballots were emailed to members April 26<sup>th</sup>, followed by an email from me alerting you of it. The voting will close on Monday, May 10<sup>th</sup> at midnight, Hawaiian time. Review the candidates platforms [here](#) and cast your ballot before the deadline! Thank you to those candidates that joined us and spent the time getting to know our chapter.

May's meeting is developing into another great meeting for our zoom setting! Our guest speaker is Victoria Close from Crostwater Distilled Spirits, including a virtual tour of their distillery with their brewmaster. Next, a tour of the new market place at John Gross and Co. Followed yet by a student-gear'd Yield demonstration. We will hear from U&MiiDo Arts Camp on their developments and updates needs. And don't forget our Chopped reveal! Updates on our *June's inperson meeting* at Hersheypark, PA Flavor, the Golf Outing, Student Scholarship funds, as well as new initiatives including a farm tour, mentorship program, all included in our upcoming May meeting on the 17<sup>th</sup>, starting at 6:30pm EST!

I look forward to seeing you then! Be well, stay healthy and happy.

*Chef Autumn Patti*

ACF Harrisburg Chapter President

# Ingredient of the Month- Hemp Seeds

**Hemp**, also called industrial hemp, is a plant in the species *Cannabis sativa* of the family Cannabaceae. It is cultivated for its fiber or its edible seeds. Although hemp and marijuana are members of the same species, the terms are not interchangeable. Legally, hemp is a term used to classify varieties of *Cannabis* that contain 0.3% or less Tetrahydrocannabinol, or THC, the main psychoactive ingredient in marijuana. Consumption of hemp seed-derived ingredients is not capable of making a consumer “high”.

Hemp is grown in temperate zones as an annual cultivated from seed and can reach a height of up to 16 feet. Hemp is usually planted between March and May in the northern hemisphere, between September and November in the southern hemisphere. It matures in about three to four months. Hemp seeds are spherical in shape, light brown in color and weigh very little. Inside these hard seeds lie soft, white, or light green inner kernels. Once harvested, hemp seeds are cleaned and can then be processed in a number of ways. Whole hemp seeds may be hulled, where the seed-casing is separated from the oil-rich kernel. Both the shells and the hulled hemp seeds can be used to make a wide variety of nutritional products. Hemp seeds have a pleasantly nutty taste, like a cross between a sunflower seed and a pine nut.

Hemp Seeds Ingredient of the Month Hemp has been cultivated for about 10,000 years and originated in Asia. In fact, many believe it was one of the first agricultural crops found in sustainable civilizations. Throughout generations, hemp was a key ingredient in everyday life. North America was first introduced to hemp in 1606. Ever since, American farmers grew hemp that was used across multiple different products, such as paper, lamp fuels, and ropes. In the 1700s, farmers were even legally required to grow hemp as a staple crop. While the legality of cultivating, purchasing and consuming hemp has changed over the years, hemp’s potential widespread adoption as food for humans is currently on the rise.

Hemp seeds have long been prized as a high-quality source of plant-based protein. Hemp seeds contain almost as much protein as soybeans. Hemp seeds contain all nine essential amino acids. Amino acids are the building blocks for all proteins. The body cannot produce nine of these acids, so a person must absorb them through the diet. Hemp seeds are also a good source of fiber, magnesium, and omega fatty acids. Due to the presence of omega-3 fatty acids, hemp seeds are believed to boost your heart health and reduce inflammation.

## EDIBLE HEMP SEED PRODUCTS

In 2018 the U.S. Food and Drug Administration completed three generally recognized as safe (GRAS) notices for hemp seed-derived food ingredients: hulled hemp seed, hemp seed protein powder, and hemp seed oil.

**HULLED HEMP SEEDS:** Often known as ‘hemp hearts’, ‘shelled hemp seeds’ or the ‘hemp nut’, hulled hemp are the seeds with the outer crunchy shell removed. The unhulling process is done by pounding the hemp seeds, then immersing them in the water where the hemp hearts sink to the bottom and the shells float to the surface. The shells are skimmed off and the hearts are then drained and dried, ready for consumption. It is said, the hull of the hemp seeds are an excellent source of minerals and a source of insoluble fiber.

**HEMP SEED OIL:** Hemp hearts can be pressed to make hemp seed oil. Hemp seed oil has a very low smoke point and should not be used to fry foods.

**HEMP SEED POWDER:** After hemp hearts are pressed to extract the oil it leaves behind a byproduct that can be turned into hemp protein powder. It has an earthy, nutty taste and is often added to shakes or smoothies to boost protein intake.

**STORING HEMP SEEDS** • Once open, put a package of hemp seeds or its contents in an airtight container and refrigerate or freeze it. • Once opened, a bag of hemp seeds will last for about a year in the refrigerator or freezer. • The shelf life for a package of hemp seeds kept in the pantry will be about three months. • If hemp seeds smell rancid, throw them away.

**HEMP SEED CULINARY USES** • Hemp seeds are commonly added to granola, smoothies cereal, salads, or yogurt. • Hemp seeds are often toasted and eaten out of hand. • People with gluten sensitivity can use hemp seeds as a substitute for breadcrumbs to coat chicken or fish. • Like almond milk or oat milk, hemp seed milk can be used as an alternative to dairy in drinks and recipes. • Hemp seeds can be used to create vegan alternatives to creams, milks and butter. • Hemp seed oil should be used as a finishing oil, rather than a cooking or frying oil. Hemp seed oil can be used to make salad dressings, sauces or hummus. Hemp seed oil can also be drizzled over pasta, grilled veggies, and popcorn.

**INTERESTING FACTS ABOUT HEMP** • Hemp can be refined into a variety of commercial items, including paper, rope, textiles, clothing, biodegradable plastics, paint, soap, insulation, biofuel, food, and animal feed. • Hemp can be used as a “mop crop” to clear impurities out of wastewater, such as sewage effluent, excessive phosphorus from chicken litter, or other unwanted substances or chemicals. • Several religious documents ranging from Hinduism to ancient Persian religions mention hemp as a “Sacred Grass” or “King of Seeds”. • Many of our founding fathers grew hemp and advocated its uses and benefits. Notably, George Washington grew hemp on his estate.

**To Take the Quiz-**

[https://www.acfchefs.org/ACF/Partnerships/Chef\\_and\\_Child/Ingredients/ACF/Partnerships/CCF/Ingredients/](https://www.acfchefs.org/ACF/Partnerships/Chef_and_Child/Ingredients/ACF/Partnerships/CCF/Ingredients/)

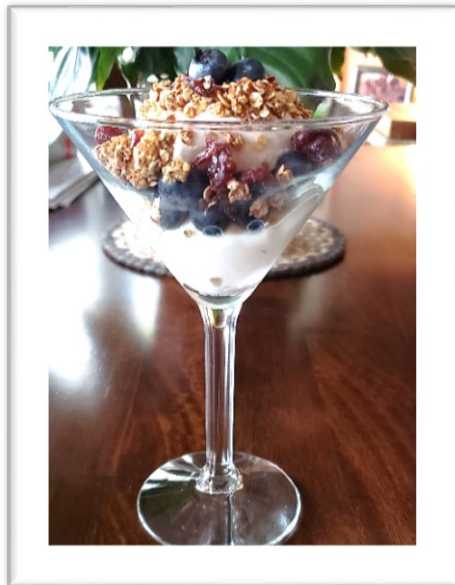
**Presented by American Culinary Federation Education Foundation**



# Recipe of the Month

*From the Kitchen of your Vice President*

Chef Thomas J Long CEC AAC



## **Power-Up Greek Yogurt Parfait with Cranberry Hemp Seed Granola- Yield 4 cups.**

This protein packed granola is easy to make. It is a great topping for Greek vanilla yogurt and fresh berries. The Hemp seed adds a nutty earth tone flavor and that can be made ahead and stored for several weeks if kept in an airtight container.

### **Ingredients**

3 cups	Quick oats
½ cup	Hulled hemp seed
1 tsp	Ground Cinnamon
1 tbsp	Light brown sugar
1 tsp	Kosher salt
¼ cup	Maple syrup
2 Tbsp	Honey
¼ cup	100% cranberry juice
½ tsp	vanilla extract.
As needed.	Food release
1/3 cup	Dried cranberries

### **Directions**

Pre-heat oven to 300 degrees. Combine oats, hemp seed, cinnamon brown sugar & salt in a bowl and toss to mix well. Add syrup, honey, juice, & extract to oat mixture & toss well. Even spread mixture on a 12 x 18 sheet pan sprayed with food release and bake for 30-40 minutes. Stir every 10 minutes to get even browning. Remove from oven & add dried cranberries. Let cool before storing.



## *Student Spotlight- by Faith Brenneman*

One of the best parts about Student Spotlight is hearing all the stories (good and bad!) about how everyone got involved in the kitchen. Or that moment that hit them that made them say “This is what I want to do.” Like a lot of us in the kitchen it all started at home! Helping with holiday meals, making a special family recipe, or helping a loved one, it warms the soul to see the deep connections we share with family and food! Everyone is no stranger to Terry Wright, Chapter 181’s newest Student Spotlight. Terry has been joining the Chapter in both in person meetings and Zoom meetings for years. He got involved through HACC as a Culinary Student. But before even joining the HACC Culinary Family, Terry knew as a child he was made to be in the kitchen. He often spent time in his Aunt’s kitchen growing up around some amazing cooks! A turning point for Terry was when he was just 10 years old on a cruise in the Caribbean. Pure fascination flooded him when he saw the massive scale of culinary talent being produced on the ship. Loving to travel, this would be the best opportunity for him to do what he loves and see the world. Terry has worked from restaurants from Hershey to Harrisburg including The Giant Center, The Chef’s Apprentice, and BRICCO. He is on track to be graduating from HACC within a few semesters. Until then he has been on the Dean’s List consecutively and volunteering his time whenever and wherever he can! Some of Terry’s favorite events include the Farm Show at the PA Connections Stage, and Super Chef.



***Hey Chefs, do you have a student that deserves to be featured here, in Student Spotlight? [Email Faith at faithbrenneman97@gmail.com](mailto:faithbrenneman97@gmail.com) Please include a name, picture, and short bio on your nominee OR contact information for your nominee so they can be reached.***

## 2021 Meeting Locations & Education

All Zoom meetings will start at **6:30 pm**, until further noted. Links and information are also found on our website: [www.acfharrisburg.org](http://www.acfharrisburg.org)

January 18, 2021	<i>Via Zoom</i> Guest Speaker: Jon Bellem, Another Round, Support 717 Recording: <a href="https://youtu.be/9JbOWgcwGUg">https://youtu.be/9JbOWgcwGUg</a>
February 15, 2021	<i>Via Zoom</i> Guest Speaker: Kurt Wewer, LEAF Project Recording: <a href="https://youtu.be/GLM0LnO0RxA">https://youtu.be/GLM0LnO0RxA</a>
March 15, 2021	<i>Via Zoom</i> Guest Speaker: Andrea Grove of Elementary Coffee Co Recording: <a href="https://youtu.be/VQZEImnrs-I">https://youtu.be/VQZEImnrs-I</a>
April 19, 2021	<i>Via Zoom</i> Tour of new Hershey E&R operations, Ice Cream Making Demo (TBC) Recording: <a href="https://youtu.be/L8RfuitvO3E">https://youtu.be/L8RfuitvO3E</a>
May 17, 2021	<i>Via Zoom:</i> <a href="https://hacc.zoom.us/j/93109271131?pwd=bFhzM09aYS9WT2RlMlRlOHErUT09">https://hacc.zoom.us/j/93109271131?pwd=bFhzM09aYS9WT2RlMlRlOHErUT09</a> <b>Virtual Tour of Crostwater Distilled Spirits in Lewisberry, PA</b> <a href="https://www.crostwater.com">https://www.crostwater.com</a>
June 21, 2021	HERSHEYPARK
July 19, 2021	TBC via zoom
August 16, 2021	TBC with Jason Clark, Sous Vide Cooking
September 20, 2021	TBC <i>via zoom with PA Beef Council, Beef Cutting demo, and local Beef farms</i>
October 18, 2021	Golf Outing at the Hershey Country Club Meeting at the Hotel Hershey
November 15, 2021	TBC
December 20, 2021	Holiday Gathering at John Gross & Co.? (TBC)

### 2021 MEETING HOSTS & EDUCATION PRESENTERS NEEDED

If you are interested in hosting a meeting or would like to provide an educational component, please contact Autumn Patti at [arpatti@hacc.edu](mailto:arpatti@hacc.edu) or [acfharrisburg@gmail.com](mailto:acfharrisburg@gmail.com)

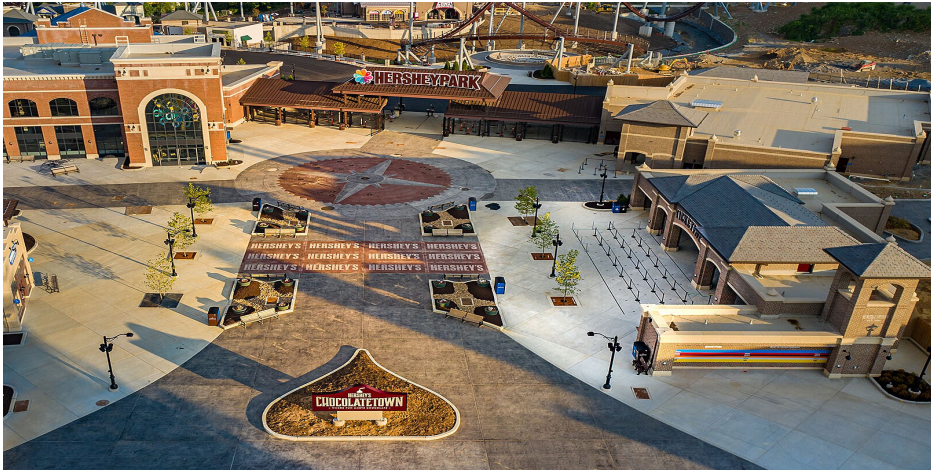
## Meeting Minutes from April 19, 2021:

Meeting began via Zoom at 6:30 pm –

**President Chef Patti introduced our Guest Presenter-Chef Cher Harris, CEPC of Hershey Entertainment & Resorts.** Chef Cher Harris, CEPC took us on a sneak peak tour of The Chocolatier, Milton's Ice Cream Parlor and The Sweeterie. Please TUNE into our YOUTUBE channel to view this exciting tour!

<https://youtu.be/L8RfuitvO3E>

If you or anyone you know are interested in working or being a part of this exciting venue, go to [www.hersheyjobs.com](http://www.hersheyjobs.com).



### Business portion of the Meeting began at 7:18pm:

President Chef Patti requested the meeting be brought to order, Motion: Chef Peffley 2<sup>nd</sup>: Chef Harants - Accepted by all, Motion passed.

**Board in attendance:** Present— Chef Autumn Patti, Chef Thomas J Long, Chef Cher Harris, Renee J. Nasta and Rasheeda Carter.

**Number of participants in attendance:** 38

President Chef Patti greeted the Chapter and welcomed everyone to the meeting including guests and completed roll call. She thanked those attending.

**Pledge by:** Chef Patti

#### Secretary's Report- Renee J Nasta

President Chef Patti requested a Motion to accept the March Minutes as presented in the March Mise en Place. Motion made by Chef Peffley, 2<sup>nd</sup> Chef Long - Accepted by all, Motion passed.

#### Treasurer's Report- Chef Cher Harris, CEPC

April 2021 report-

**Checking account: \$3027.83**

**Saving Account \$5349.22**

**Scholarship Acct \$200.00**

**TOTAL \$8577.05**

Motion to accept Treasurer's report as presented made by Chef Corle 2<sup>nd</sup>: Chef Harants- Accepted by all, Motion passed.

**\$\$\$ If you would like to donate, please make checks payable to Harrisburg ACF Chapter PA 181 and give to a member of the Board.**

Scholarship Fund will be set up to accept donations through Venmo in the future.

### **President's Message- Chef Autumn Patti**

ACF National Elections are coming up and she encouraged membership to become involved with the Town Halls. Here is the link to view election information:

<https://www.acfchefs.org/ACF/About/Elections/ACF/About/Elections/?WebsiteKey=b3353b7b-2497-4bb3-8dae-4c6ecac72f92>

President Chef Patti alerted the membership to look for the Election Ballot email from the national organization and stated she would send an alert email as well to draw our attention to it. Please take the time to vote. Change begins with you!

President Patti introduced all of the candidates that attended our meeting for our live Q&A. Please review the recording for the candidate's responses to our questions.

### **Candidates:**

#### **President:**

Chef Kimberly Brock- Dallas Chapter

Chef Mark Wright- Greater Buffalo Chapter member since 1971

#### **Treasurer:**

Chef David Ivey-Soto, CEC, CCA

Chef Michael Moench, currently Accreditation Committee

Chef Linda Musch

#### **Central Vice President:**

Chef Rajeev Patgaonkar

#### **Southeast Vice President:**

Chef Jay Z Ziobrowski- Charlotte Chapter

### **Vice President's Message- Chef Tom Long**

Chef Long presented the results of the Meeting Structure survey. We did not hit the 24 responses to award a prize, we were short by 1! Here are some highlights-

- ❖ 72.73% like the new 6:30pm start time.
- ❖ The majority of members would like Committee Chairs to highlight any items needed in the meetings so as to not miss them.
- ❖ The new Chopped! Challenge segment is popular and there were many additional ideas to enhance the educational aspect. IE: add a specific technique that contestants must use.
- ❖ Interview/mentorship questions- solicit student members regarding specific topics they would like to learn more about.
- ❖ Highlight National ACF news only.
- ❖ Meeting duration limited to 90 minutes is preferred.



**Student Representative's Message- Rasheeda Carter**

Rasheeda presented the Chopped! The ACF Way- This month's ingredients were sweet potato, salmon, honey and coconut milk.



**CHOPPED! The ACF Way**

❖ **April Participants were: Chef Arnold, Chef Peffley and Anna Smith.**

**Chef Nicholas Arnold, CEC**



**Chef Brian Peffley & Chef Bob Corle-**



**Anna Smith,**

**AWESOME JOB EVERYONE!**



## **HEY STUDENTS!!! GIVE US SOME HELP- Ideas for Mystery Box Ingredients!!**

- ❖ Students, please send ingredient ideas to Rasheeda at [rcc85553@hawkmail.hacc.edu](mailto:rcc85553@hawkmail.hacc.edu)
- ❖ We will pick 4 ingredients/spices that need to be included in your dish.
- ❖ We will send out an email with the “basket” ingredients on the Wednesday after the meeting. You will purchase the ingredients, create your recipe, and take a picture or share your plate with us at the next meeting.
- ❖ We would like **3 VOLUNTEERS** for each month.
- ❖ **May Participants are: Chef Susan Notter, Chef David Ivey-Soto & Michael Moench**

### **NEW!! Membership Minute**

New Feature to the meeting; Get to know YOUR membership. Member will tell their story and what brought them to the culinary world and to the ACF.

This month's guest was...

#### **★ Chef Cher Harris, CEPC**

To hear her story, go to our YOUTUBE channel and listen! Recording <https://youtu.be/L8RfuitvO3E>

### **Website Update- Renee J. Nasta**

**NEW WEBSITE is LIVE!!! Go check it out! We hope you find it secure, faster and user friendly. Please be patient with us as we continue to update all of our information and many pictures. ☺**

### **Social Media Committee- Renee J Nasta**

*\*Please email Renee content to post on our Chapter's Facebook page at [rj\\_nasta@yahoo.com](mailto:rj_nasta@yahoo.com) or text her pictures at 1-717-821-3531.*

**Also, check out our chapter's YouTube channel: ACF Harrisburg!**

### **Education Committee- Anna Smith**

May- Virtual Tour of Crostwater Distilled Spirits in Lewisberry, PA

June- In Person Meeting at Hershey Park (Tentative based on COVID restrictions)

July- TBA

August- Chef Jason Clark presenting on Sous Vide techniques and a CONTEST!!

*(All education presentations and meeting locations are found in the monthly Mise en Place, (above), yet are tentative based on our current environment changing weekly.)*

### **Junior Membership/ Student Outreach-Faith Brenneman**

No Report

### **Apprenticeship Update- Chef Peffley & Chef Corle**

Three students will be competing in the National Skills USA competition on June 14<sup>th</sup>. It will be a virtual competition this year. We wish them all LUCK!

The apprentices are finally back to work and receiving hours after a long break due to Covid. They will be working towards their certifications as well for testing the end of May beginning of June.

### Community Involvement-

**PA Flavor** will be held August 21<sup>st</sup> at the PA Farm Show complex. Rather than having students participate in their own booth, President Patti felt that due to the current staffing environment in the industry it may be best to assign students to participants to help with their production. Any members interested in joining the committee should contact Chef Patti at [arpatti@hacc.edu](mailto:arpatti@hacc.edu)

**PRLA Golf Outing**-October 18<sup>th</sup> at the Hershey Country Club. Chef Reis is the committee chair and is looking for volunteers. Renee Nasta has agreed to help. Heidi Howard indicated the next planning meeting will be May 20<sup>th</sup>, 3pm via Zoom. **NEED VOLUNTEERS!** If interested reach out to Chef Reis. Dinner meeting format may change to a different venue, we will be working closely with Chef Tim Cook at HCC to create a wonderful event.

### Competition Committee

Nothing new to report.

### Certification Committee

Nothing new to report.

### Accreditation Committee

Nothing new to report.

### American Academy of Chefs

Nothing new to report.

### Community Outreach

#### **Ronald McDonald House**

Nothing new to report.

*Volunteers are always needed. Visit <https://www.rmhc-centralpa.org/volunteer/> for more information.*

#### **Central PA Foodbank**

Nothing new to report.

*The Central PA Food Bank **needs volunteers** to assist in packing at their offsite location. Visit:*

*<https://www.centralpafoodbank.org/ways-to-give/give-time/> to sign up.*

### Budget/Finance & Fundraising Committee

Nothing new to report.

### New Business

- ★ U&MiiDo Arts an Arts & Culinary Program in Harrisburg, PA. looking for volunteers and donations of equipment. See email sent on April 21<sup>st</sup> from President Patti for more information and details.
- ★ Chef Reis asked for help for Derby Day, Chef Jason Viscount at The Greystone Public House. Please contact Chef Viscount or Sara Dingledein. **HELP NEEDED!**

Motion to adjourn the meeting: Chef Peffley; 2<sup>nd</sup> Terry Wright- Accepted by all, motion passed.

The meeting adjourned at 9:12pm.

**Next meeting: May 17th at 6:30pm via ZOOM**

## **Employment Opportunities**

- ★ Executive Chef opportunity with Whippoorwill Club (Whippoorwill) in Armonk, New York: <http://bit.ly/whippoorwill-profile>
- ★ Café Associate- FT & PT positions. Hiring for Camphill, Enola and Linglestown. Rock Street Cafe Café: [www.nastaprovisions.com](http://www.nastaprovisions.com)
- ★ Two culinary educator positions-Northampton Community College: [https://northampton.wd5.myworkdayjobs.com/en-US/NCC/job/Bethlehem/Culinary-Chef-Faculty\\_JR1029](https://northampton.wd5.myworkdayjobs.com/en-US/NCC/job/Bethlehem/Culinary-Chef-Faculty_JR1029)
- ★ LINE COOKS• PREP COOKS• SERVER ASSISTANT/EXPEDITOR• SERVER- Café Fresco: <http://www.cafefresco.com/>
- ★ Retail Food Inspection Specialist (HARPS)Department of Public Safety-Health Office: <http://harrisburgpa.gov/careers/>
- ★ Full Time Cook - Village Square, Messiah Lifeways at Messiah Village-Cura Hospitality Mechanicsburg, PA 17055: <https://www.indeed.com/viewjob?from=appsharedroid&jk=8bfec45e6f0263dd>
- ★ Executive Chef- Springhaven Club, Wallingford, PA: <https://www.thespringhavenclub.com/>
- ★ Executive Chef- St Joseph Country Club, MO: <https://stjosephcountryclub.com/>
- ★ Lead Line Cook- Dolphin Head Golf Club, Hilton Head, SC: <https://dolphinheadgc.com/>
- ★ Director of Foodservice - Kenbrook Bible Camp, Lebanon PA: <http://www.kenbrook.org/>
- ★ Chocolatetown/Hershey Park – cooks, dishwashers, pastry cooks, servers, bartenders (Virtual Hiring Event on Feb 23 on Indeed) : <https://www.hersheyjobs.com/>



## ACF Harrisburg Chapter PA 181

### 2021-2022 Officers

#### President:

**Chef Autumn Patti**  
*Program Director, Asst. Professor*  
*Culinary Arts, Baking & Pastry Arts Programs*  
*HACC, Central Pennsylvania's Community College*  
[arpatti@hacc.edu](mailto:arpatti@hacc.edu)

#### Vice President:

**Chef Thomas J Long CEC AAC**  
*Director of Dining Services*  
*HACC, Central Pennsylvania's Community College*  
[icechef257@aol.com](mailto:icechef257@aol.com)

#### Secretary:

**Renee Nasta**  
*NJ Nasta, Inc.*  
[Rj\\_nasta@yahoo.com](mailto:Rj_nasta@yahoo.com)

#### Treasurer:

**Chef Cher Harris CEPC**  
*Corporate Pastry Chef*  
*Hershey Entertainment & Resorts*  
[cdharris@hersheypa.com](mailto:cdharris@hersheypa.com)

#### Student Representative:

**Rasheeda Carter**  
*HACC Culinary, Baking & Pastry Arts student*  
[chamee1101@aol.com](mailto:chamee1101@aol.com)

#### Chairman of the Board:

**Chef Brian D. Peffley, CEPC CCE AAC**  
*Pastry Instructor*  
*Lebanon County C.T.C.*  
[BPeffley@lcctc.k12.pa.us](mailto:BPeffley@lcctc.k12.pa.us)

### Culinarian's Code

As a proud member of the  
American Culinary Federation,

I pledge to share my professional  
knowledge and skill with all  
Culinarians.

I will place honor, fairness,  
cooperation and consideration first when  
dealing with my colleagues.

I will keep all comments  
professional and respectful when  
dealing with my colleagues.

I will protect all members from the use  
of unfair means, unnecessary risks and  
unethical behavior when used against  
them for another's personal gain.

I will support the success, growth, and  
future of my colleagues and this great  
federation.