ACF Chefs’ Association of Southern Arizona

Monthly Meeting

March 8, 2010

Tucson Electric Park
2500 E. Ajo Way
Tucson, AZ  85713

CLICK HERE for map

Sponsor: Shamrock Foods and US FoodService

Hhhhhmmmm . . . Which one has the best hot dog???
Come join us and find out!

10:45 am:  Networking and Registration

11:00 am:  General Meeting/Program

Raffle & Adjournment ~ Social and Networking

Arizona Diamondbacks ~ Cleveland Indians

Game beings at 1:05 p.m. (see page 7)
If you would like to bring items to the meeting to donate for the raffle, please feel free to do so.

Thank you

Shamrock Foods AND US FoodService

For being the March Meeting sponsor.
President’s Message by Chef Jason Jonilonis

I had the privilege of attending the Western Region ACF Convention in Albuquerque, New Mexico a couple of weeks ago with a couple members of my staff. We had a good time meeting new Chef friends and interesting people from most of the chapters in the western region. Chef William Franklin, CMC, AAC and Western Region Vice President is not only a very gifted public speaker but a strong leader for our region and we are fortunate to be his constituents during this exciting time. He spoke about our individual paths or journeys and shared some of his stories which I found very inspiring. Meeting him last fall, then seeing him judge the Jr. Competition in November 2009, I am inspired by his faith in the craft and passion for not only excellence but professionalism. Having this opportunity to meet him, made it clear that I had a new Chef that I wanted to learn from. Overall, the message that I took away from the event is fairly basic… Everyone has a “story” but sooner or later you will want or need some public validation for all of your past efforts, hours and sweat in our other home…The Kitchen.

Some Chefs, including me, have yet to get certified and become a registered CEC for one or many reasons. On my way up the ladder in the kitchen, I never thought that I needed or had time for the certification process. As a 26-year old Executive Chef, I was too busy and worked too many hours to spend any more time on my career or so I thought. My family needed me so I put it off year after year and job after job. As I’ve grown older and wiser, the once polished skills in the kitchen (that helped earn that first Exec gig in the first place) have evolved into P&L analysis and administrative duties that keeps me away from the line all too often. These are the necessary skills that with each larger property not only gives you the confidence but the realization that the principles of a successful kitchen require the same set of skills that you should have learned in your first kitchen job as a cook.

- Organization
- Good Planning
- Strong Attention to Detail
- Smart and Clean Execution

As you gain more experience, it becomes apparent that the larger your operation and job gets, the less it is about how good you are as a cook and becomes how well your crew cooks for you. How well they run your kitchen, what and how they order your food, how they interpret your recipes and when they are ready will replace you as the next Executive Chef. This leads a path back to the ACF and what we, as Chefs, can do for each other’s futures. The ACF promotes 3 Major “Gems” as Chef Franklin calls them:

- Education
- Certification
- Accreditation

As a Chef, who is in the training business now more than ever for my 136-member team, I need to have the support and structured discipline of the existing ACF apprenticeship program at the ready for implementation in my environment. My hope is that having this regimented accreditation program which is not available from anywhere else, while simultaneously accomplishing the daily work of taking care of our guests will create more competitive cooks and help them to advance as opportunities are presented. Becoming certified is not an easy thing to do; it takes time and courage and a commitment to achieve not only the level of respect from your peers but the personal satisfaction you gain as a reward for your efforts. I will, in the coming months, share my thoughts with you as I go through this process as well.

We invite our fellow Tucson Chefs to come and join us every month for a meeting and help grow our chapter so that we all can see the value of what the ACF provides not only for our current but our future kitchens.

One of my first Chefs taught me early on that with each job you take, you should try not only to leave your mark but also leave a legacy. I will attempt to do this as your Chapter President. I want to hear from you and request feedback and comments from all of Tucson’s culinary community to see what we can do for you. I hope you all get a chance to join us for our next meeting at TEP Ballpark as the Diamondbacks face off against the Cleveland Indians on the 8th.

Cheers and good cooking to you all!

Sincerely

Jason Jonilonis
Executive Chef
Sol Casinos
2010 CASA President
Certified Angus Beef ® Brand Menu Ideas

Sliced Sirloin Roulade
Remove the mouse and cap of the top sirloin. Cut 7oz. slices across the grain of the center sirloin. Thinly pound each slice and layer with prosciutto, roasted red peppers, basil, roasted garlic and parmesan. Roll the meat lengthwise, tie and grill. Let rest before slicing for service.

Grilled Sirloin Roulade
Remove the mouse and cap of the top sirloin. Cut 7oz. slices across the grain of the center sirloin. Thinly pound each slice and layer with prosciutto, roasted red peppers, basil, roasted garlic and parmesan. Roll from end to end creating a shorter and fatter roulade. Put skewers through in three even places and cut between skewers, creating three individual roulades. Grill to desired temperature, let rest and serve.

Sliced NY Strip with Stuffed Rigatoni
Cut a 180 strip into desired size steaks, stopping at the vein. Braise the vein steak in a red wine-beef stock until fall-off-the-bone tender. Allow to cool, pull braised meat apart and mix with enough sauce to bind. Stuff braised meat into al dente rigatoni pasta and heat in remaining sauce. Grill steak to desired doneness, slice and serve with three or four rigatoni. Drizzle a tablespoon of gorgonzola creamsauce over pasta.

Seared Filet of Rib and Daube of Beef
Remove cap from rib and braise cap in a red wine-beef stock until fall-off-the-bone tender. Allow to cool, pull braised meat apart and mix with enough sauce to bind. Cut the center ribeye into steaks. Season, pan-sear steaks and top with braised beef for service.

Olive Studded Ribeye and Daube of Beef Crostini
Remove cap from rib and braise in a red wine-beef stock until fall-off-the-bone tender. Allow to cool, pull braised meat apart and mix with enough sauce to bind. Stud the ribeye with black or green olives and roast. Slice rib and top with braised beef, set on a crostini garnished with an herb gremolada.
Culinary History: A Historical Review of Master Chefs

Presented by:
Alfred H. Friedmann—M.Ed.
CEC.CCE. AAC.

The production of good food at a proper cost requires not only a knowledge of how to produce it but also the application of successful management principles. A kitchen and a dining room are run by an organization of people, and the problem of managing them and achieving satisfactory production and service demands managerial talent.

The rules of personnel management must be artfully applied and management must also directly concern itself with planning, forecasting, merchandising, purchasing, accounting, financing, control and other management functions. ~~~ L. Kotscheva

Catherine de'Medici’s Contribution to Culinaria (1519-1589)

Catherine, as she was called, married Prince Henry the second son of King Francis 1 of France at fourteen. Considered by French Royalty a commoner, she was disliked by royalty and general population alike. Her family, one of the wealthiest Banker families in Italy, bequeathed the City State of Florence as a Dowry. The lavish dowry did not alter the view of the general populace or royal court.

On her move to France, Catherina’s retinue included, friends, maids, servants, waitresses, cooks, pastry cooks, etc. While Henry was alive, Catherine competed for his affections with his acknowledged mistress Diane Poitiers who he considered the love of his life. She was twenty years his senior.

Catherine was dubbed “Madame Snake” for her propensity to poison her enemies and hiding poison and daggers in secret hideaways.

Ten years into the marriage, after numerous attempts, Catherina became pregnant. She bore Henry three princes and six princesses.

Contrary to common assumption, Catherine did not introduce the FORK as we know it today to France’s Royal Court of the day. Forks had been in existence for hundreds of years in Egypt, Rome and Greece. Forks of the day were long handled instruments consisting of two long tines used to remove meats from boiling cauldrons or spits.

Popular in those days, were Suckett forks (1*). They were used for eating candied fruits in syrup or foods likely to stain one’s fingers. Stained fingers from fruit syrup were attributed at the time to belong to courtesans, causing the church to ban the use of forks.

Clergy, members of the Royal Court considered using a fork ungodly. God they decreed created human’s with fingers. Fingers were to be used to pick up food to eat with. It was common practice to eat with one’s fingers and cut with a sharp object.

.....nor did she deign to touch her food with her fingers, but would command her eunuchs(2*) to cut it up in small pieces which she would impale on a certain golden instrument with two prongs and thus carry to her mouth”.

It was not until King Henry’s death (1574) that Catherine asserted her influence in numerous ways including protocol of proper table manners in the royal household and table. Her Florentine cooks brought along the secrets of Italian cookery new to France. Peas, beans, broccoli, fava beans, parsley, artichokes, melons, Guinea hens, ducks in orange sauce, onion soup, etc. Her pastry cooks shared their skills and recipes such as sorbets and ice creams, marmalades, fruits in syrup, pastry making and pastas, frangipane custard, zabaglione, etc. Other delicacies her entourage exposed the French to were butters, truffles, aspics, bechamel, and an assortment of other sauces.

Catherine introduced the court to new table protocols such as the separation of sweet and salty dishes.

“At a time when all over Europe sweets were still consumed together with meat and fish.” She introduced gracious table and dining settings, embroidery and handkerchiefs, light perfumes and fine lingerie, as well as luxurious silverware and glasses. Catherine believed in a more civilized table setting that included the FORK at the dinner table, such as it was in those days. She introduced Venetian Crystal Glasses and Fine Silverware unheard of before Catherine de Medici’s day.

“While Catherine may not have been the most admired individual in the French court, her presence without a doubt inspired and influenced French cuisine and affects meals even served today.”

Forks as we know them today did not become widely used until the 1800’s.

1* Suckett fork - a utensil for sweet meats of the 16th, 17th, and early 18th century. The utensil had 2 tines on one end and a bowl on the other end.

2* Eunuch - castrated man, normally placed in charge of a Harem.

NOTES OF INTEREST:
Catherine felt uncomfortable wearing wooden heels in the royal court room. She had her wooden heels removed. A Florentine artisan replaced the heel with a slender padded four inch heel. Catherine may be considered as the mother of modern high heeled shoes. Mary de Medici, Catherine’s cousin, equally married in the French Royal family (1600) continued the tradition of bringing culinary innovation into France. Her contribution to culinaria, puff pastry which led to the development of the croissant and fruit pastries. Catherine is equally known as the person who started Ballet through her love of dancing and brought numerous dance masters to France.
CASA MARCH MEETING

Mark your calendar now!

March 8, 2010
Tucson Electric Park

Meeting will begin at 11:00 a.m.

Shamrock Foods

AND

US FoodService

in CASA Best Hot Dog Challenge

To get your own tickets, visit www.diamondbacks.com
Game begins at 1:05

Arizona Diamondbacks vs. Cleveland Indians
SHAMROCK FOODS IS HOSTING THE
APRIL 12TH
CHEFS’ ASSOCIATION MEETING

SIGN UP NOW FOR THE PRIVATE TOUR
The Dairy tours are normally closed on Monday but they are opening up for the Chefs’ Association of Southern Arizona.
EVERYONE is welcome !!!!!
Please feel free to bring friends and family (yes, even the kids).

40034 W. Clayton, Stanfield, AZ 85172
Please use the directions below as GPS and mapping sites are not always accurate to find the farm.

Directions from Tucson & Casa Grande
• Take I-10 West to Exit 194 - Florence Blvd Casa Grande
• Turn left (west) over the overpass towards the town of Casa Grande
• Florence Blvd turns into AZ-84
• Stay on AZ-84 through Casa Grande and the town of Stanfield (18 miles)
• Turn Right/North onto White and Parker Road (there is an Arizona Ranch Real Estate sign on the corner)
• Shamrock Farms is 1 mile north on the west side of the road

10 am Meet at car pool location, Cortaro Farms and I-10 (next to McDonalds)
10:15 Leave for the Farm

12 Noon, Tour of the Farm by Frank (the GM)
1:30 Hot Dog Lunch, provided by Shamrock Farms
2:00 Short Chef meeting
2:30 Leave for Tucson
3:30 You should be back at your car

Name: ___________________________ Company: ___________________________
Address: ___________________________ Zip: ___________________
Phone Number: _____________________ Number of people attending: ______
Names of attendees: __________________ Age (if under 18): ______
__________________________ Age (if under 18): ______
☐ I am available to drive my vehicle for the carpool. My vehicle can hold: ______
If you would like to attend but don’t plan on carpooling, PLEASE still RSVP.
Space is limited so be sure to sign up NOW!
Beef Production in the U.S.
Submitted by: Bob Keiling, Red Bird Farms
Source: Unknown

This is a series which will be running in the next couple of newsletters.

When selecting beef for preparation in a foodservice facility, operators may see several different label terms intended to indicate who produced the product or how the animals from which the meat was harvested were raised. The following represent some of the labeling claims and what such label terms mean.

**Branded Beef Products**

“Branded beef products” may be marketed by a company based on product specifications or production standards that the company designates for their product. “Brand” specifications may include such factors as a specific breed influence, quality standards based on USDA grading standards, or specific product characteristics that customers may deem important.

Branded products are subject to the same USDA wholesomeness inspection that any other beef produced in the U.S. must undergo. In addition to the mandatory inspection for wholesomeness, companies must obtain approval of their product labels from the USDA Food Safety and Inspection Service (FSIS), and may further request that personnel from the Grading Service of the USDA Agricultural Marketing Service (AMS) verify their brand specifications claims by examination of designated carcasses in packing plants.

**“Natural” Beef**

When used with meat products, the term “natural” is perhaps the term most misunderstood by buyers. U.S. meat and poultry companies have marketed “natural” meat for many years. However, in 1982, USDA issued a Policy Memorandum for clarification, indicating that the term “natural” may be used to label meat products that do not contain artificial ingredients and are not more than “minimally processed”. Specifically, the USDA Food Safety and Inspection Service (FSIS) defines a “natural” product as follows:

“A product containing no artificial ingredient or added color and is only minimally processed (a process which does not fundamentally alter the raw product) may be labeled natural. The label must explain the use of the term natural (such as – no added colorings or artificial ingredients; minimally processed)."

“Minimal processing” includes physical processes that do not fundamentally alter the raw product, such as grinding meat.

Based on the USDA definition, most fresh beef offered for sale is “natural”. To determine exactly what a producer of a “natural” beef product means by the term, purchasers should carefully read the product label or contact the company.

Beef purchasers should be especially careful to not confuse the terms “natural” and “organic”. While it may seem logical that the terms “natural” and “organic” are similar, they actually have different meanings when it comes to USDA meat product labeling. The USDA certification process for organic products is much more stringent than for natural products.
Certified Organic Labeling

Organic meat and poultry products are a small but growing category of products. The Organic Trade Association projects that the organic market in the U.S. will reach $30.7 billion by 2007.

With the enactment of the Organic Foods Production Act, which became effective in October 2002, USDA standards were established for all foods labeled as “organic”. Organic products must be certified by either a state or private organization that is accredited under the standards of the USDA. However, producers selling less than $5,000 of organic products per year are exempted.

There are specific USDA regulatory standards that must be followed in order to certify crops or livestock as “organic.” These standards are very specific and require that the operation adhere to every aspect of the Organic Foods Production Act.

Beef labeled as “organic beef” must meet the requirements of the Act, and producers of such products must be certified through USDA’s Agricultural Marketing Service (AMS). Among the requirements are:

- Organic beef cattle must be raised separately from conventionally raised herds and must have access to pasture. Living conditions must accommodate the health of the animal and its natural behavior.
- Cattle must be fed 100 percent organically grown feed (grains and forage), but may be provided certain vitamin and mineral supplements. All feed must be free of animal by-products.
- Organically raised cattle may not be given hormones to promote growth or antibiotics for any reason. However, if an animal is sick, treatment to ensure its health cannot be denied. Any animal that is treated with antibiotics must be removed from the National Organic Program. However, Animals can receive preventative medical care, such as vaccines and dietary supplements (vitamins and minerals).
- The use of synthetic pesticides on pastures is prohibited.
- The use of sewage sludge for fertilization of feedstuffs is prohibited.
- The use of irradiation on beef products is prohibited.

It is important to remember that all beef, regardless of specific labeling claims, is wholesome and safe to eat. Federal regulations require that all cattle be inspected by a USDA inspector prior to and during harvesting, and that all labeling of beef products is under the strict oversight by USDA inspection personnel in the plant.

Grass-Finished Beef

Grass-finished refers to the feeding regimen for livestock raised on grass, green or range pasture, or forage throughout their life cycle, with only limited supplemental grain feeding allowed. Since it is necessary to assure the animal’s well being at all times, limited supplementation is allowed during adverse environmental conditions. Grass finishing usually results in products containing lower levels of external and internal fat (including marbling) than grain-fed livestock products. Grass, green or range pasture, or forage shall be 80% or more of the primary energy source throughout the animal’s life cycle.

Animal Welfare

Cattle producers know that giving animals the proper care, handling and nutrition they deserve makes good business sense. They also recognize that it is just “the right thing to do.”

Cattle producers have a tradition—a way of life—that has always included the symbiotic relationship between human caretaker and animal. Cattle producers take pride in exemplary care and husbandry of their animals. Producers use sound animal husbandry practices, based on decades of practical experience and research, to assure the well being of cattle under their care.
Of course, humane treatment of meat animals is not limited just to the producer. The U.S. meat industry is also one of the most heavily regulated industries in the nation.

**What is the difference between “Animal Welfare” and “Animal Rights”?**

“Animal welfare” and “animal rights” are often confused by both the media and the public. “Animal welfare” may be defined as the use of proper animal husbandry practices by producers that will assure the continuous well being of animals under their care. Perhaps the American Veterinary Medical Association, representing the nation’s veterinary professionals, best describes the commitment required of all livestock producers to the welfare of livestock: “Animal welfare is a human responsibility that encompasses all aspects of animal well being, from proper housing and nutrition to preventative care, treatment of disease, and when necessary, humane euthanasia.” On the other hand, “animal rights” is a philosophy based on the premise that humans have no right to use (or “exploit”) animals for their own purposes. Proponents of “animal rights” reason that just because we have the power to do so does not give us the right to do so. This philosophy leads its proponents to challenge our right not only to eat animal products, but also our use of animals in biomedical or agricultural research.

**What is the Producer Code for Cattle Care?**

The Producer Code for Cattle Care, first developed in 1996, represents a comprehensive set of good production practices, which includes the following recommendations for producers to implement in raising and handling cattle:

- Provide adequate food, water and care to protect the health and well being of animals.
- Provide disease prevention practices to protect herd health, including access to veterinary care.
- Provide facilities that allow safe, humane, and efficient movement and/or restraint of livestock.
- Use humane methods to euthanize sick or injured livestock and dispose of them properly.
- Provide personnel with training to properly handle, and care for, cattle.
- Make timely observations of livestock to ensure basic needs are being met.
- Provide transportation that avoids undue stress caused by overcrowding, excess time in transit or improper handling during loading and unloading.
- Keep updated on advancements and changes in the industry to make decisions based on sound production practices and consideration to animal well being.
- Do not tolerate persons who willfully mistreat animals.

**What is the Humane Meat Packing Process?**

The meat packing process has evolved over the years, based on the latest scientific research, to ensure both humane treatment and food safety. The Humane Slaughter Act of 1978 dictates strict animal handling and slaughtering standards for packing plants. Those standards are monitored by federal meat inspectors nationwide, who are present in packing plants during every minute of operation. FSIS inspectors are empowered to take action in a plant any time they identify a violation of the Act’s requirements, which include:

- Animals must be handled and moved through chutes and pens in ways that do not cause stress.
- Livestock must be rendered insensible to pain prior to slaughter. The Act details the methods that must be used to cause insensibility.
- Animals must have access to water, and those kept longer than 24 hours must have access to feed.
- Animals kept in pens overnight must be permitted plenty of room to lie down.
- The dragging of downers or crippled livestock in the stockyards, crowd pen or stunning chute is strictly prohibited.

“Antibiotics” will be the last portion of this series covered in the April newsletter.
We would like to introduce you all to a new form of keeping in touch. Please join if you would like and send to the rest of the chapter and any potential new members who might be interested.

Check out ACF CASA Tucson Chapter on We Are Chefs:


About We Are Chefs
American Culinary Federation (ACF) is the largest professional chefs' organization in North America....

3627 members  449 discussions
11082 photos   79 Events
121 videos     268 blog posts

Certification Practical Testing: Test Date: May 8, 2010

Le Cordon Bleu College of Culinary Arts,
Scottsdale, AZ
8100 E Camelback Rd Ste 1001, Scottsdale, AZ
85251-2775

8 Positions available

All candidate’s must first pre register (form) with ACF National office and pay a $50.00 registration fee. Then contact Chef Phil Sayre, Certification Chair.

The Chefs Association of Arizona will also charge a fee of $75.00 for the exam.

Contact:
Philip C Sayre, CEC, CCE, WCC
philipsayre@cox.net
(602) 540-0367

Garry Waldie, CEC, CEPC, CCE, AAC
gwaldie@cox.net
(610) 564-3157

JOB ANNOUNCEMENTS & JOB NEEDS:

Michael J. McDermott
520-990-0567 Cell
mcdermottmeister@gmail.com
http://www.youtube.com/user/mmcd900
www.chefssecret.net
CLICK HERE to view resume and qualifications.

New to Tucson. I am actively seeking a position with an organization in which I can be a viable team member. I am also available on a contract basis.

CASA RAFFLE ITEMS:

Coffee Gifts & Mugs ~ Denny Willis, Arbuckle
Bundt Cake ~ Ellen Fenster, Chantilly Tea Room
SYSCO Bag ~ Elizabeth Mikesell, PCC
Salsa Mina ~ Mario Diaz de Sandy
2 Accenture Tickets ~ Jeff Jones, US FoodService
Bread ~ Simply Bread

We raised $91.00 from the raffle.

Please remember to bring any items you would like to donate for the raffle.
CASA ASSOCIATE MEMBERS
Please use their services

ARIZONA RESTAURANT SUPPLY, INC
Mike Murphy     232-2727
Chris Federico  232-2729
Christine@azrestaurantsupply.com

Please use their services
Mike Murphy      232-2727
Chris Federico   232-2729
Christine@azrestaurantsupply.com

Mission Linen Supply
Joe Rice
622-4811
631-7793 (Cell)
jrice@missionlinen.com

Blessing Seafood
David Mayorquin
631-9590
blessingfoods@gmail.com

New Member

NATIONAL RESTAURANT SUPPLY CO. INC
Joey Curtis
403-0745

Community Food Bank
Lei Florentino
622-0525 ext. 216
lflorentino@communityfoodbank.com
SERVSAFE

Jerry Medley
480-226-1183
800-289-3663
Jerry_Medley@shamrockfoods.com

Merit Foods of Arizona
Robert Richter
884-8232

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New Member

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New Member

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800-289-3663
Jerry_Medley@shamrockfoods.com

Tom Redditt Sales Agency
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885-8819
hfeuer@redditt.org

Jeff Jones
298-0544
Jeff.jones@usfoods.com

Merit Foods of Arizona
Robert Richter
884-8232

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**Next Meeting:** March 8, 2010  
**Tucson Electric Park**

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**WHAT MONTH ARE YOU GOING TO HOST????**

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<th>MARK YOUR CALENDARS FOR 2009/2010</th>
<th>Email <a href="mailto:casa-email@comcast.net">casa-email@comcast.net</a> or call the CASA office at (520) 299-6787 to schedule your house.</th>
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<tr>
<td><strong>January 11, 2010</strong></td>
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<td>Arbuckle Coffee</td>
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<td><strong>February 8, 2010</strong></td>
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<td>Casino (TBD)</td>
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**WE NEED HOUSES TO HOST IN 2010 !!!**

*Working together as a group is what makes CASA SUCCESSFUL!*