

Epicurean Club of Boston Monthly News & Updates.

**August 1st ,2024
Issue # 7**



**Tim Foley, HAAC
President ACF Epicurean Club of
Boston**

August is the eighth month of the year in the **Julian** and **Gregorian calendars**. Its length is 31 days.^[1] In the **Southern Hemisphere**, August is the seasonal equivalent of **February** in the **Northern Hemisphere**. In the Northern Hemisphere, August falls in the season of summer. In the Southern Hemisphere, the month falls during the season of winter. In many European countries, August is the holiday month for most workers. Numerous religious holidays occurred during August in ancient Rome.^[2]

Certain **meteor showers** take place in August. The **Kappa Cygnids** take place in August, with the dates varying each year. The **Alpha Capricornids** meteor shower takes place as early as July 10 and ends at around August 10, and the Southern Delta Aquariids take place from mid-July to mid-August, with the peak usually around July 28–29. The **Perseids**, a major meteor shower, typically takes place between July 17 and August 24, with

Dear Members,

Welcome to August! We just got back from an amazing ACF convention in Phoenix, Arizona. The Northeast certainly has a lot to be proud of this year. I am honored to announce that **The Epicurean Club of Boston** has been awarded the **2024 National Chapter of the Year >40 members!**

But wait, there's more! Congratulations to **Chef Denise Graffeo, CEC, AAC, HOF** for winning **The Regional and National Hermann G. Rusch Chefs Achievement Award**,

Chef James Connolly, CEC, CCA, AAC for winning **The National President's Medallion** and I am personally humbled to have been awarded **The Cutting-Edge Award**.

I wanted to give a shout out to our friends from New Hampshire for winning **The National Chapter of the Year < 40 members**, **David Bressler CEC** for winning the **Presidents Medallion**, and **Stefan Ryll, CEC, CCE, AAC** for winning a **Silver medal** in the

the days of the peak varying yearly. The star cluster of **Messier 30** is best observed around August. Among the aborigines of the Canary Islands, especially among the **Guanches of Tenerife**, the month of August received in the name of Beñesmer or **Beñesmen**, which was also the harvest festival held this month.^{[3][4]}

The month was originally named **Sextilis** in **Latin** because it was the 6th month in the original ten-month **Roman calendar** under **Romulus** in 753 BC, with **March** being the first month of the year. About 700 BC, it became the eighth month when **January** and **February** were added to the year before March by King **Numa Pompilius**, who also gave it 29 days. **Julius Caesar** added two days when he created the **Julian calendar** in 46 BC (**AUC 708**), giving it its modern length of 31 days.

In 8 BC, the month was renamed in honor of Emperor **Augustus**.^[5] According to a **Senatus consultum** quoted by **Macrobius**, he chose this month because it was the time of several of his great triumphs, including the conquest of Egypt.^[6] Commonly repeated lore has it that August has 31 days because Augustus wanted his month to match the length of Julius Caesar's July, but this is an invention of the 13th century scholar **Johannes de Sacrobosco**. Sextilis in fact had 31 days before it was renamed, and it was not chosen for its length.^{[7][8]}

[Summer Fruit Soup Recipe - Recipes.net](#)

National Educator and President Joe Allison CEC, AAC for winning the cutting-edge award, Congratulations. ACF Rhode Island Chef Linda Musch, CEC, AAC, HOF was inducted into the American Academy of Chefs Hall of Fame. Congratulations to all.

The Union Oyster House was named “**One of the Most Legendary Restaurants in the World by Taste Atlas**.” Please congratulate our own **Chef Rico DiFronzo, CEC AAC** Executive Chef of the Union Oyster House. Chef, we're proud to have you in the Epicurean club of Boston, and for all your accomplishments.

To our Vendor's, we want to thank you all for your continued support of our club and teaming up with us to encourage future culinarians. Our events could not have been as big a success without your contributions.

September 23rd Monthly Meeting will be at **Fire King Bakery, 185 Campanelli Dr, Braintree, MA**, Fire King, has been bringing the Art of European-style baking to restaurants, Caterers and retailers across the nation since 1995. Please sign up for the meeting on our website.

September 30th We will be participating in **The 4th annual Connor Heffler Golf Classic** to Benefit **Cops for Kids with Cancer**. Anyone interested in volunteering for this fantastic event please contact me at txfoley13@gmail.com, It's a great day and a great cause, we'd love to have you join us!

October Meeting – Greater Lawrence Tech. more information to follow.

November Events, Burton's Grill – location TBD and Presidents Gala Nov 7th more details to come.

December – Pearl Street Grill for Dinner and our 4th annual Steve Lawrence Toys for Tots donation.

I'd like to wish you all a relaxing and enjoyable end to summer.

I will leave you with a few **Augusts**



5 Mason Jar Salad Recipes
(thegirlonbloor.com)



10 Best Bluefish Recipes to Try for Dinner - Insanely Good
(insanelygoodrecipes.com)

Culinary Fun Facts:

August 1st, Raspberry pie day,
Fruits of the month, Apples, Apricots,
Blackberries, Blueberries, Cantaloupe,
Cherries, Figs and Mulberries to name
a few. So, get out there and enjoy!!

Remember, don't sweat the small stuff,
Be the Chef you have always dreamt
about.

Sincerely,

Tim Foley, HAAC

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The Epicurean Club of Boston Winners of
the Regional and National Northeast
Chapter of the year award.



Congratulations to the Epicurean club
President Tim Foley HAAC on receiving
the ACF Cutting Edge Award.



Grilled Corn on the Cob with Chili-Lime Butter and Cotija Cheese Recipe | Marc Murphy | Food Network



Smashed Potatoes (with resistant starch, Paleo, Whole30, Vegan, prebiotics) - Eat Beautiful



Congratulations to Chef Denise Graffeo CEC, AAC, HOF on receiving the ACF Hermann G. Rusch Chefs Achievement Award both Regionally and Nationally.



Congratulations to Chef James Connolly CEC, CCA, AAC for receiving the ACF Presidential Medallion.



Visit our Website

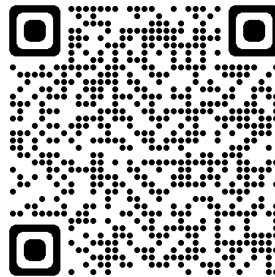
Recipes

To the left of the page, you will find some summer recipes ideas.

Click on the link below the

<https://food.amerikanki.com/stupid-easy-recipe-for-tangy-grilled-back-ribs-1-top-rated/>

photo for the complete recipe.



Certification update.

Certified Executive Chef James Connolly CEC,CCA,AAC



James Connolly CEC, CCA, AAC Certification Corner August 1st,2024.

ACF Certification exhibits a benchmark of excellence by demonstrating professional standards in culinary skills and knowledge of the food service industry. Certified chefs attain the well-deserved recognition and respect of their peers.

To register for the exam, you can follow this link
<https://tinyurl.com/3ykmtbzt>

Registering for ACF Practical Exams

- ACF approval is required prior to registering for practical exams.
- Register online or by submitting Practical Exam Candidate Registration Form.
- The practical exam fee is \$50 for ACF members and \$100 for non-members. Test sites may charge

an additional host site fee that is payable to the site hosting the exam.

- Practical exam scores are valid for one year.

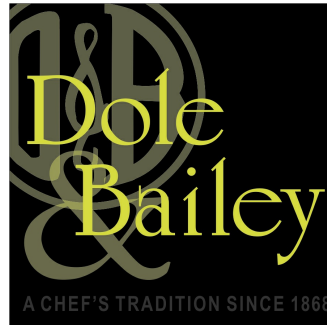
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