



President's Newsletter



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Note: Sending out my December Newsletter, I mistakenly omitted Chef Fawazi (Alex) Ottman CEC, AAC in my listing of President's since I became a member of the ACF. Chef Ottman has been a good friend and a pillar of strength for our chapter to lean on for many years.

According to psychologist Angela Duckworth, the secret to outstanding achievement isn't talent. Instead, it's a special blend of persistence and passion that she calls "grit."

SANDPAPER GRITS

-  EXTRA COARSE 20 - 36
fast removal / roughing up surface
-  COARSE 40 - 50
fast removal of rough material
-  MEDIUM 80 - 120
removing stain / prep for finishing
-  FINE 150 - 180
final step before finishing
-  VERY FINE 220 - 240
sanding between coats of stain

How many of us have worked on that DIY refinishing project. It comes time to work on the project and we start with the extra course sandpaper grit and eventually we get to the extra fine sandpaper grit. Now, it is time to apply the stain/finish to make it look just right.

Isn't your career path just the same? For a Cook early in their career, the road can be hard, the "extra course" period. The Chef is very critical of their work as they strive to be the best they can be, they have failure. Lets' take a look at some celebrities who, at one time had failure; Michael Jordan who at first did not make Varsity on his High School basketball team, Bill Gates a Harvard dropout, Albert Einstein who was expelled from school for his rebellious nature and was refused admittance to the Zurich Polytechnic School and The Beatles, the band members recall being told "we don't like their sound, and guitar music is on the way out."

So, what is the common denominator? Yes, all of those celebrities were/are geniuses in their own right in their field but yet they had failure. They were/are gritty in their own specialty. They never gave up the fight. Failure was a motivation tool for eventual success.

From Merriam-Webster Unabridged, perseverance is "continued effort to do or achieve something despite difficulties, failure, or opposition the action or condition or an instance of persevering".

Those people reading this that are at the entry level of their profession don't give up! All experiences shape the person you are and the professional you will become. Be Gritty! No one ever said this was going to be easy. Surround yourself with professionals and people that have your best interest at heart such as the ACF Chicago Chefs. Think of yourself as a prized investment.

Allow me to use a Human Resources example here. As I have been told, the training investment for an employee is approximately \$5000.00. Employees are not just employees, they are \$5000.00 investments. How are you going to treat a \$5000.00 investment, you? Ultimately as with the example of the DIY project, you want to look back on your career and say, "I had a Very Fine" career just as you did when you finished that DIY project. Sure it can be rough at times, but, Perseverance + Passion = Grit which leads to Success. Do not be afraid to be vulnerable, admit to your short comings and do something about. Do not let failures of a day shape your tomorrow.

"Whenever you find yourself doubting if you can go on, just remember how far you've come. Remember everything you have faced, all the battles you have won, and all the fears you have overcome. Then raise your head high, and forge on ahead, knowing that YOU GOT THIS!" – Unknown

