



## February 2023 ACF Chicago Chefs President's message



February, the middle of winter, is a month of change. Days slowly grow brighter and longer as we move toward spring. The Latin word *februa* means to cleanse or get rid of unhealthy substances.

### **American Heart Month**

February is American Heart Month, a time for focusing on cardiovascular health. Heart disease is still the number one cause of death in our country.

As chefs, we have an opportunity to advance the change to more healthy cuisines. What can we do? We can learn to cook heart healthy cuisines and be kind to our hearts.

Try some new recipes that help you maintain a healthy lifestyle and step out to walk a bit more each day. As a chef being on your feet all day can lead to 25,000 steps in no time. Think of this as beneficial chef lifestyle exercise and enjoy your time in the kitchen!

### **Black History Month – Chef Zephyr Wright**



February is also Black History Month. Chef Zephyr Wright was the personal chef to President Lyndon B. Johnson. She shared her firsthand stories about discrimination to Johnson, which is thought to have influenced his signing of the **Civil Rights Act of 1964**.

In 1942 she started working as a maid for him when he was in Congress, cooking to help pay her way through college. His home quickly became known for Zephyr's delicious food. She lived with his family and cooked for them until 1969. When Johnson signed the Civil Rights Act, she was there beside him. After he finished, he gave her the pen he used and said, "you deserve this more than anybody else".

### **ACF Chicago Chefs Vice President – Executive Chef Corey Grupe**



Meet our new Vice President: Executive Chef Corey Grupe, HMS Host, O'Hare Airport. Chef Corey attended Kendall College, where he met his beautiful wife, Sara.

He was the winner of *Chicago Gourmet's* "2022 Hamburger Hop" and has worked in many restaurants in the area. Chef Corey enjoys his work and is very focused on **Chef Zephyr Wright** cutting edge learning. He has been a member of our chapter since 2015. He and his wife live in the Northern Suburbs with their dog Roux.