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There was not a meeting today because of the Labor Day holiday



Maybe you would be interested in something about the Labor Day Holiday: Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.¹ All workers make a positive contribution to the success of our country, but really—how many ways can that be said?

Instead of repeating the importance of American workers, we will take a moment to note the things missed by not having a meeting today. Each week there has been a near capacity crowd at our Tuesday breakfast meetings. The group consists of some of the most intelligent, influential, and important businessmen of our community. Those meeting days

are an opportunity to get a brief update of how families are doing; how businesses are doing; and to learn a substantial amount of interesting things. Those meetings are also an opportunity to grab a couple of slices (or pounds) of bacon. No matter what surprise item is on the breakfast menu, it shares the stage with bacon. It is difficult to make up for the social and professional interactions that did not happen because there was not a meeting, but we can make a slight contribution to the minimize any potential withdrawal pains caused by the lack of bacon.....

The word "bacon" may have come from various sources, particularly from the French word "bako," the common Germanic "bakkon," and the Old Teutonic word "backe" , all of which refer to the back of the pig, and date back before the 12th century. In the 16th Century, the word "bacoun" or bacon was used to refer to any kind of pork. It was only in the 17th Century that "bacon" was used to refer exclusively to the salted and smoked belly that we know today as bacon. In Yorkshire and Tamworth, there were breeds of pigs that were specifically grown for making bacon.² Before the industrial revolution, bacon was traditionally produced on local farms. It was also very commonly produced at home by your family, a large percentage of the population of pre-industrial Britain kept pigs and even those who lived in the city kept pigs in their basements (until the practice was outlawed in the 1930's) for sustenance.³ In the Second World War, bacon played an important role during the time of rationing. It gained popularity as reasonably priced meat for families to consume on a regular basis. People returned the bacon grease left from cooking bacon to their butcher, who in turn donated the bacon fat to the war effort. Among many uses, bacon fat was used as incendiary devices and for making explosives. It is actually possible to use bacon grease to create devices that cause fires, and bacon was sometimes used directly in weapons throughout history.^{2,4}

You have probably heard the phrase "bring home the bacon" and assumed it had something to do with bringing home money, when in actual fact it was first said in 12th century England in the spirit of matrimonial harmony. A church in the historic English town of Dunmow promised a flitch (side) of bacon to any married man who could swear before the congregation and God that he had not quarreled with his wife for a year and a day. A husband who could bring home the bacon was held in high esteem by the community for his forbearance, self-control and patience.³

Today's pig is lean and yields about 15 pounds of bacon per hog. Think about this: last year 1.7 billion pounds of bacon were used in U.S. food service; that's more than 113 million pigs! Hog production and the making of bacon sure has come a long way.³

While bacon is one of the most delicious foods on the planet, it is not exactly the healthiest choice. High in saturated fat and salt, excessive consumption of bacon can lead to health problems and complications, including increased risk of heart disease and diabetes. While the health risks of bacon are well known, the nutritional benefits of bacon are not lacking. Eating bacon in moderation can supply the body with a good amount of energy and give the mind a boost and provide instant happiness. Bacon has a good amount of protein that is useful for maintaining energy levels. It is especially ideal for those in a high-protein and low-carbohydrate diet such as athletes and bodybuilders. Those with an active lifestyle can benefit from the energy that a slice of bacon for breakfast can provide. One of the best things about eating bacon is that it effectively elevates the mood and can make you feel happy, blissful and satisfied. A bite of a good bacon sandwich can reduce stress and relieve frustration and dissolve negative vibes. Too much bacon, however, can lead to the opposite and result in guilt feelings and depression.² Ignore that last statement.

Some types are healthier than others. 100 grams of boiled collar joint, for example, which some bacon is made of contains niacin, vitamin B1, vitamin B2, and iron. 100 grams of grilled gammon rasher (bacon made from the top of the hind legs) is rich in vitamin B1, niacin, iron, and Vitamin B2. 100 grams of fried, streaky bacon contains a significant amount of niacin, vitamin B1, vitamin B2, iron, zinc, copper, and selenium. Bacon in general is high in micronutrients. One slice of bacon contains 5 micrograms of selenium, 0.9 micrograms of niacin, 43.5 micrograms of phosphorous. Other nutrients present in bacon in small amounts include iron, zinc, potassium, calcium, choline, folate, vitamin A and vitamin B12. The nutrient "choline" and essential omega fatty acids found in bacon helps increase memory and intelligence. University studies show that this nutrient may help fight off debilitating chronic mental impairments such as Alzheimer's disease. Bacon also contains a wide array of essential vitamins and minerals such as Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Vitamin B6, Vitamin B12, Phosphorus, Magnesium, Zinc, Iron, and Pantothenate. Bacon has a high Protein to Fat balance of 4 to 1, which is the highest found in any meat, fish or fowl.²

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Popular Types of Bacon²

American-style bacon: Cut from the belly of the pig, American-style bacon is cured in salt and then smoked. It has a streaky texture and ranges from very lean to very fatty depending on the selection and raising of the hog. One of the most common types of American-style bacon is Virginia bacon. American-style bacon is cut in a variety of thicknesses: thin, regular, thick, and extra thick (sometimes referred to as bacon steak). Before the bacon is sliced the rind is taken off.

Slab bacon: A single piece of large bacon with the rind left on. It is sometimes roasted over corncocks for additional flavor.

Canadian bacon: Cut from the pork loin from the back of the pig, Canadian bacon has fewer calories and less fat than American-style bacon. This popular pizza topping tastes a bit like ham and often has been smoked and cured.

Pancetta: Italian-style bacon cured with peppercorns, salt, and cloves. It is packaged in a roll and sold by the slice.

Rashers: This style of bacon is more common in Europe, specifically the United Kingdom, and is cut from a different part of the pig than American-style bacon.

Irish bacon/Back bacon: A lean meat cut from the eye of the pork loin, Irish bacon is cured by smoking and is similar to boneless pork loin roast in appearance. It can be sliced thick or thin.

Fatback: A slab of fat that is cut along the back of the pig, fatback can be used as lard for frying or sautéing or cut into barding strips and wrapped around lean roasts. It is also used to line pate pans or terrine. Before cutting it into sheets, fatback is placed in the freezer so that it is easier to slice. Fatback may be seasoned and left to age.

Gypsy bacon: A Hungarian specialty, gypsy bacon is a slab of bacon roasted and seasoned with paprika. It is cut into thin slices and then served on rye bread. It is often sold in Hungarian or German markets.

There are also many ways to enjoy bacon without having to cook it directly. The creativity of some of those American workers we discussed earlier, has provided us with non-traditional bacon products. Bacon gumballs; bacon chocolate bars; bacon mayonnaise; bacon suckers; bacon ice cream; bacon toothpaste; maple bacon coffee; bacon lip balm; bacon scented candles; bacon soap; bacon soda; and some other bacon flavored personal products not to be detailed here.^{6,7,8} And not to forget the **bacone**⁵. A breakfast type item consisting of scrambled eggs, hash browns, and cheese with a layer of country gravy, inside a cone of cooked bacon; with a biscuit on top. Perhaps Mr. Kennedy can find a vendor to put those on the menu at an upcoming State Fair - if it isn't there already.



It is probably important to note, and emphasize, the beneficial aspects of eating bacon. Especially that it can reduce stress and relieve frustration and dissolve negative vibes (see reference and notes on page one), For many of us, bacon is one of the more beneficial aspects of the Tuesday meetings. Second only to the speakers and the interactions with, and the learning from, our great membership. If you start today, and work really hard at it, you may be qualified to bring home the bacon a year and a day from now. See you all on Tuesday.

¹ <https://www.doi.gov> ² <https://www.baconscoouts.com> ³ <http://www.englishbreakfastsociety.com> ⁴ <https://www.reference.com>
⁵ <http://bacon.wikia.com/wiki/Bacone> ⁶ <http://www.delish.com/food/g1973/weird-bacon-products> ⁷ <http://www.baconfreak.com>
⁸ <http://www.dailydawdle.com/2011/10/26-crazy-bacon-products-you-never-knew.html>

Badge Board Greeters

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| Sept 13th | Soren Thomsen—TEMA Furniture |
| Sept 20th | Raul Rodriguez—Kings of Wrap |
| Sept 27th | Rick Reese—Blue Ristra; Mark Abramson—Los Ranchos Gun Shop |
| Oct 4th | Kit Turpen—HUB International Insurance |
| Oct 11th | Leon Marler—Marler Manor |
| Oct 18th | Mike Deveraux—Document Imaging of the Southwest |
| Oct 25th | Lou Rodges—Retriever Merchant Solutions |

Upcoming Speakers

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| Sept 13th | Jason Espinosa—New Mexico Association of Commerce & Industry |
| Sept 20th | Brandon Sayler—The Community Lighthouse |
| Sept 27th | Kevin Lorenzen—Aflac |
| Oct 4th | Steven Douglas—Design Printing Solutions |
| Oct 11th | |
| Oct 18th | |

Board Members:
Please note that there will be a Board Meeting immediately after breakfast, this coming Tuesday, September 13th.