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BOUQUET GARNI



“A LIFETIME OF APPRENTICESHIPS”

President's Message
 submitted by Trevor Randle, BCCASA President

Happy New Year to everyone!!!

As I sit at my computer to write my very first President's message, I have to admit that I am feeling a little pressure as well as a lot of pride. With a new year and a lot of things happening already, I am grateful for a minute to reflect on my personal journey. I think about leaving high school to start my cook apprenticeship and the process of on the job learning. Like everyone else, I worked beside some great chefs who taught me by example and prepared me for whatever the next stage in life would be.

The next step in my journey ended up being in a teaching kitchen as an assistant in Susan Leswal's program. During this time, I spent a number of years working under Susan, learning what it takes to be a chef instructor. I often describe this time as my second apprenticeship. Working directly under the president of BCCASA, learning the ins and outs of teaching culinary arts in a secondary school. This experience prepared me for the next step in life which was branching out to run my own program as a Chef Instructor.

While still an assistant, I had the honour of joining the BCCASA executive as treasurer. Since then, I have had the privilege of sitting beside so many amazing chef instructors at the executive table learning the challenges and procedures that come with running a PSA. I consider myself fortunate to have had the opportunity to observe, listen and collaborate with well respected chef instructors from all over B.C.,



**“ BCCASA has
 some
 unbelievable
 culinary and
 teaching talent”**

(Continued on page 2)

(Continued from page 1)

... who have all done their part to pave the way for culinary arts programs and gave B.C.'s chef instructors the voice that we have today. Former presidents Susan Leswal, Pierre Dubrelle, Al Irving, Eric McNeill and Brian Smith have all in their own way, taught me by example what it takes to represent a PSA and for this I am grateful.

Through all of this reflection, I realize that since the age of sixteen, my life has been a consecutive series of apprenticeships. Each one I consider equally as rewarding and full of lessons that I will never forget. BCCASA has some unbelievable culinary and teaching talent and I encourage everyone to be open and learn as I have from one another in order to better your own pedagogy.

I also encourage everyone to stay in communication with myself or anyone on the executive to answer any questions, comments or concerns. I thank every member of BCCASA for trusting me with this valuable position.

Lastly, I would like to thank Lori, Brian, Paul, Andrea and Scott for continuing on as executive members and I would like to thank Donna and Barb for stepping into some very important roles. I think we have a very strong team that has created some pretty amazing and achievable goals. I hope that everyone has a chance to take advantage of future BCCASA opportunities to help one another and of course learn as well.

We recently had our very first BCCASA executive meeting. From this collaboration, we were able to come up with three goals that I want to share with you.

1. Increase membership communication opportunities
2. Expand professional development opportunities for all BCCASA members
3. To promote and represent culinary arts education and educators

As you can see, two of the goals focus on bringing chef instructors from all over the province together to collaborate and develop professionally. Your BCCASA executive will be working over the next two years to ensure that we do everything possible to meet these goals. I hope that everyone will have at least one opportunity to take part and utilize what we put together.

BCCASA 2018 Conference and AGM

We are looking for a host our next conference and AGM. If you would like to find out more about hosting a conference, please feel free to contact Trevor Randle or Lori Pilling.

(Submitted by Trevor Randle, BCCASA President)

Membership Update

Scott Roberts and myself, Donna Frost are trying to update our membership lists to maintain contact with our members. We will be contacting you by email to see if everything is current. If you have recently moved or changed schools please contact us.

Scott is overseeing the membership for the Interior, the North, Vancouver Island and Abbotsford. I am looking after metro Vancouver area and Chilliwack.

Scott.Roberts@abbyschools.ca and donna_frost@sd33.bc.ca

We are looking for people to become regional/district membership coordinators to notify us if there are changes and to welcome new members. This will help maintain an up to date database.

Thank you,
Scott and Donna



Did you know??

BCCASA TURNED 20 YEARS OLD IN DECEMBER 2017

In 1997, BCCASA became an official PSA. Chef instructors removed themselves from the Chapter of THESA, and during a brainstorm meeting, the title proposed by John Haen, or Steve Wade “Bouquet Garni” was chosen! And the rest as they say is history!

Check out the first edition of the Bouquet Garni online!

@BCCASAchefwebsite
www.bccasa.ca





BC Agriculture in the Classroom Foundation



Take a Bite of BC Spotlight Series - Featuring BC Berries and BC Shellfish

Every year we invite producers into our Take a Bite of BC Culinary Arts classes to give the students an in-depth look at some of the BC products that are delivered to their teaching kitchens. This year we were excited to invite our partners from both the Strawberry and Raspberry Industry and the BC Shellfish Growers' Association.



The shellfish presentation had students learning and working with fresh oysters. Oyster farmer Steve Pocock of Sawmill Bay Shellfish Company explained the life cycle of an oyster to students and what everyday life is like as an oyster grower. Students were enthusiastic about learning to shuck the oysters and were even brave enough to try them raw! Oysters are a first for Take a Bite of BC and so far have been a great hit with both chefs and students.

(Continued on page 5)

The Spotlight Series on BC Oysters was presented to Royal Bay Secondary in Victoria, Edward Milne Community School in Sooke





The Spotlight Series on BC Berries was presented to Thomas Haney Secondary, and Maple Ridge Secondary – both located in Maple Ridge

(Continued from page 4)

As part of the berry presentation, students were given the history of berries in BC from a real life grower, James Bergen of Bergen Farms. He gave a passionate account of why farming in the Fraser Valley is so important to him and how he works with many partners to ensure that people receive the best quality berries. Students had a chance to sample the raspberries and strawberries and were given a vinaigrette recipe that included both berries.

These Spotlight presentations to students continue to be a valuable way to link farmers with students so that youth gain a deeper understanding of the ever-changing agriculture industry. Our farmers are always keen to share their stories with students and help spread the message of agriculture to the next generation.

Follow us on [Twitter](#), [Facebook](#) and [Instagram](#)

Contact Information:

Emma Sweeney, Communications Coordinator

BC Agriculture in the Classroom Foundation

Office: 604-556-3094

E-mail: Emma.Sweeney@gov.bc.ca





Hudson Campbell, 14,
from Maple Ridge, BC

Hudson enjoys cooking for his family and loves spending time in the kitchen with his Croatian grandmother, who taught him how to create old-world cuisine. He's particularly proud to show off his skills when cooking for fellow students and teachers in the school cafeteria, where he prepares meals for his classmates. Hudson is taking a cooking class twice a week and is getting hands-on experience working in a kitchen where he feels the heat trying to manage time constraints and other kitchen fundamentals.

watch with me on the big screen. Over 100 people attended. Having the opportunity to work in the teaching kitchen helped me prepare for the show as Chef, Athena, and Karen helped me practice and gave me constructive criticism on my dishes.

I made it through all of the rounds and finished second in the competition. At the time I wasn't mad. But when I re-watched it, I think I deserved to win. LOL!! Don't get me wrong, the girl that did win was a great chef. Overall the whole experience was great and I wouldn't trade it for the world. It truly was a chance of a lifetime. You can watch my episode of *Chopped Canada: Teen* (From the Ground Up) online @choppedcanada.ca

Chopped Canada

By Hudson Campbell

In grade 9, I was given an amazing opportunity, to be on *Chopped Canada: Teen*. Well, I filled out an application for season 1 but didn't get a call back. This time I filled out the application, and the Food Network called me for a phone interview. Since the show is based out of Toronto, they are a couple of hours ahead. I had to take the phone call during school (which was a big challenge). I guess that went well, because they called my mom and said they wanted to fly a producer out to meet me.

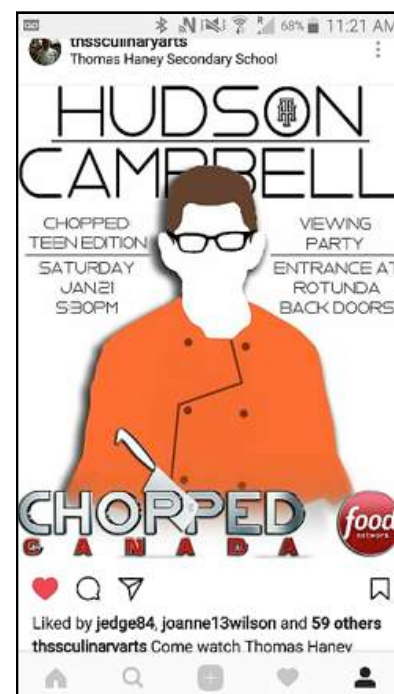
Then I was told I made it!

They flew me and my mother out to Toronto, where we got to explore the city, go to a great restaurant and visit a museum. It was a whirlwind. The next day we were driven to the studio, went through boot camp and shown where everything was in the kitchen. It was a one-day filming process. I got to meet some of Canada's top chefs which was absolutely amazing.

The production company treated me like gold. It was so cool to be referred to as "Chef Hudson". Before the lights of the camera went on I was excited. My nerves didn't kick in until they told me to open the first basket. Then the competition was on.

My episode didn't air until I was in grade 10. It was so hard to keep secret the fact that I appeared on a TV show. I couldn't tell any of my friends. It almost slipped out a few times. But it was even harder after I was finally given permission to tell people that I was a contestant because they would all grill me if I had won. Still, I couldn't tell any details until the episode aired.

The staff at Thomas Haney organized a viewing party in my honor. It was so cool to see my friends, family, and teachers come to the school on a Saturday night to

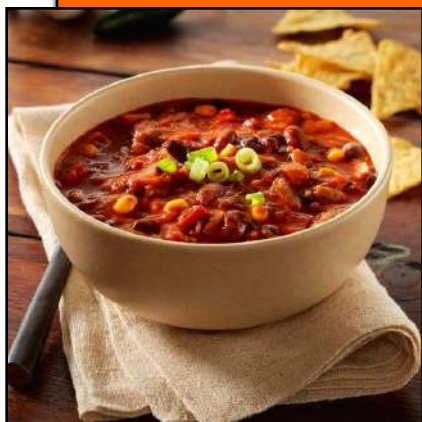


SAVE THE DATE

For the Annual Chili Cook-off
at Lord Tweedsmuir, Surrey

THURSDAY MAY 10TH 2018

For more information please contact John Buist
buist_j@surreyschools.ca



Lesnes' Brain Teaser #40

Held sacred by some, I was a staple of ancient Mediterranean civilizations. I have over 600 relatives and we often stand for peace or prosperity. I have the highest sugar content of any fruit. My natural sweetness meant that, before the days of refined sugars, I was often used as a sweetener. Although commonly referred to as a fruit, I am actually the infructescence or scion of the tree, known as a false fruit or multiple fruit, in which my flowers and seeds are borne. I am a hollow-ended stem containing many flowers. The small orifice (ostiole) visible on the middle of me is a narrow passage, used by my pollinator to enter and pollinate my flower, whereafter I grow seeds. My skin comes in shades of brown, black, green, purple, and red. Originally hailing from Southern Europe, Asia, and Africa, I was brought to the North America by the Spanish Franciscan missionaries who set up in Southern California. I have a soft, juicy texture and a sweet, nut-like flavour. I am used fresh, dried, canned, in concentrates, and in purees. I am a good source of iron, calcium, and phosphorous.

WHAT AM I?

Check out www.bccasa.ca to find out the answer!

DTSS, Invermere, Gets Their Deck oven!

The oven is here! The Chef Training program at David Thompson Secondary School is delighted to announce that their brand new, two tiered, stone deck oven has arrived.

For the past five years the DTSS Chef Training program has been fundraising for a new oven for our cafeteria program. Our program makes an effort to maintain and exceed our BC Food Guidelines for Healthy Schools, by creating freshly made, locally sourced, quality foods for our students, so we have extended this philosophy and practice into our bread making.

Having this new oven will allow our students to practice their cooking and baking skills in an oven reflective of what they would use in the industry, and at a superior quality. Troubleshooting traditional bread making techniques with modern appliances for a creative bread fusion. This new oven bakes on stone decks with a round and even heat that allows us to bake with confident consistency. But not only for bread and pizza, this oven also has a deck tall enough to roast our 25lb turkeys throughout the year.

I am so proud of our students for the hard work they have dedicated to fundraising for the oven, but equally thankful for and humbled by the support of our local community. Combined with our own fundraising, the Chef Training program received many generous donations from local individuals, groups and organizations. This past fall, a grant from the Ministry of Education supporting trades initiatives in School District #6, afforded us the opportunity to truly make this goal a reality, and it arrived early January.

I would like to extend my deepest and sincerest thanks to all of whom have supported our efforts in achieving this amazing oven. Our community, parents, students, staff, local businesses and industry, School District #6, and the Ministry of Education have contributed greatly to our goal.

The Chef Training program is a valuable member of DTSS and our local community, and this oven will continue to encourage our students to shine bright. With our new oven heating the way, artisan-style rye wheat buns, sourdough loaves and even pita bread, all baked by our Chef Training students, will continue to make their way to the students and staff of DTSS this winter and in the future. Thank you for your continued support of our program, our students and our quest for great bread.

Submitted by Andrea Salzbrenner, Chef Instructor, David Thompson Secondary, Invermere





BCCASA Fall Conference 2017 Vancouver

flickr

More photos available on flickr!

Vancouver 2017 was another memorable weekend for our BCCASA members, exploring some of the best foodie adventures that YVR has to offer, and best of all our time spent together as colleagues from across BC.

From touring the culinary programs of VCC and PICA, the humbling kitchens of Rogers Arena, Indian fine dining at Vij's Rangoli, Ice Cream for days at Mario's and the memorable sights, smells and tastes of Granville island, there were countless opportunities to educate ourselves on Vancouver's culinary scene.

A great time was had by all during the conference. A huge thank you to Trevor Randle, Lori Pilling and others who helped to plan and organize a fantastic weekend.

*Photos courtesy of Stephen Schram on flickr!



Sweet Success at Student Gingerbread Competition

Monday, December 18, 2017

Submitted by Mike Doyle

There was no escaping the sugary scent as visitors entered the gymnasium at Enver Creek Secondary last week.

It soon became apparent the sweet smell came from the structures lining the long tables – gingerbread houses, vehicles, even a pirate ship – dripping with icing and candy embellishment. Organized by Enver Creek's teaching chef Mike Doyle, the competition attracted 23 entries made by close to 40 students from seven schools across the Lower Mainland.

Judges chef Terry Larsen, chef Andy Fenje and Trustee Bob Holmes inspected each, assessing the construction and creativity, including the use of gingerbread, icing and colour.

Entries were given gold, silver and bronze awards.



Gold winners were:

Mya Thompson and Griffin Kiryluk – Enver Creek Secondary (train, pictured above right)

A.J. Rocha and Alison Cheng – McNair Secondary

Cheyenne Tu – McNair Secondary

Maliha Khaku, Simran Bapla and Nimra Askar – McNair Secondary

Esther Ramirez and Mateo – Garibaldi Secondary

Greta Francke – Garibaldi Secondary

Daniela Dubljevic and Natalie Dick – Delta Secondary



Garibaldi
Entry # 22 – Silver (Most Professional)



Other special awards included:

Skillful use of icing: Mya Thompson and Griffin Kiryluk – Enver Creek Secondary

Best showing of gingerbread: Shiva Raj – Enver Creek Secondary (water wheel, pictured at top)

Best use of colour: Anna-Marie Panos and Peal Waraich – Enver Creek Secondary (sleigh, pictured at top)

Most creative: Cheyenne Tu – McNair Secondary

Best theme: Maliha Khaku, Simran Bapla and Nimra Askar – McNair Secondary

Most detailed: Esther Ramirez and Mateo – Garibaldi Secondary

Most professional: Greta Francke – Garibaldi Secondary

Best table: Daniela Dubljevic and Natalie Dick – Delta Secondary

The Best Overall award went to A.J. Rocha and Alison Cheng from McNair Secondary for their piece, which incorporated a variety of fairy tale characters and references

Check out some more amazing entires and winners below and continued on page 12!



Ever Creek
Entry # 6 – Silver (Best Showing of Gingerbread)



Ever Creek
Entry # 7 – Silver (Best use of Colour)



L.A. Matheson
Entry # 9 – Bronze



Mc Nair
Entry # 17 – Silver (Most Creative)



Semiahmoo
Entry # 15 – Bronze



Mc Nair
Entry # 16 – Silver (Best Overall /
Most Original)



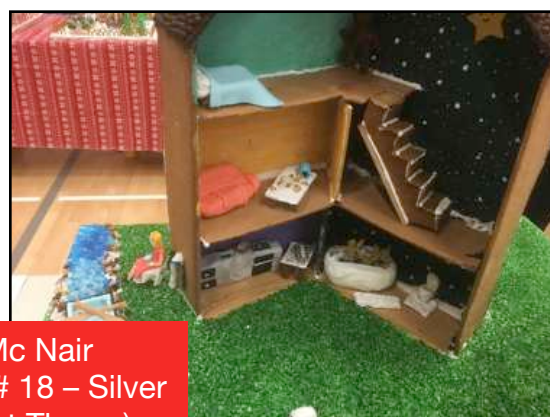
Mc Nair
Entry # 19 – Silver



Delta
Entry # 23 – Silver
(Best Table
Decoration)



Garibaldi
Entry # 21 – Silver (Most Detailed)



Mc Nair
Entry # 18 – Silver
(Best Theme)

DTSS, Vancouver, comes in First Place at Gingerbread Lane Competition

David Thompson Secondary Vancouver came first place in the Hyatt Regency Hotel “Make a Wish” Gingerbread Lane Competition for secondary schools this Christmas. We had three talented Cafeteria students Chantel Vo, Jamie Lam and Julianne Jou working on the project with our creative Red Seal Baker Billie Leung. They garnered a \$500 Scholarship, \$500 in hotel gift certificates, dinner for 12 and culinary demonstration at the Chef’s Table in the hotel and finally they also won the People’s Choice award of another \$500!

Submission by:
Lee Green
Teacher/Chef
David Thompson Secondary School
Vancouver, BC



THE EXECUTIVE

President: Trevor Randle

trevor_randle@sd42.ca

Maple Ridge Secondary,

Maple Ridge (604) 463-4175

1st Vice President: Lori Pilling

lpilling@deltasd.bc.ca

Delta Secondary,

Delta (604) 946-4194

2nd Vice President: Andrea Salzbrenner

andrea.salzbrenner@sd6.bc.ca

David Thompson Secondary,

Invermere (250) 342-9213

Treasurer: Paul Richardson

prichardso@vsb.bc.ca

Gladstone Secondary,

Vancouver (604) 713-8288

Secretary: Barbara Botter

botter_b@surreyschools.ca

L.A. Matheson Secondary

Surrey (604) 588-3418

1st Director: Donna Frost

donna_frost@sd33.bc.ca

Sardis Secondary,

Chilliwack (604) 858-9424

2nd Director: Scott Roberts

Scott.Roberts@abbyschools.ca

Abbotsford Senior Secondary,

Abbotsford (604) 853-3367

BCCASA Financial Report

Submitted by Paul Richardson,
Gladstone Secondary

TD COQUITLAM TOWN CENTRE
1148 JESSIE ST
COQUITLAM, BC V3B 7G5

TD Canada Trust

Tel: 1-866-222-5456
TTY: 1-800-561-1169

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BC CULINARY ARTS SPECIALISTS ASSOCIATION
1164 CONDOIR CRES
COQUITLAM BC V3E 2B3

Statement of Account

Branch No.	Account No.	Account Type	Statement From - To
9324	0936-5256796	BUSINESS CHECKING ACCOUNT - CAD COMMUNITY PLAN	DEC 28/17 - JAN 31/18 Page 1 of 2

DESCRIPTION	CHEQUE/DEBIT	DEPOSIT/CREDIT	DATE	BALANCE
BALANCE FORWARD			DEC 28	5,966.85
CHURCHILL 0142841835	375.58		JAN 18	5,966.85
MONTHLY PLAN FEE	1.95		JAN 18	5,966.85
ACCT BAL DEBIT		1.95	JAN 18	5,966.85

1 CHQ ENCLOSED NEXT STATEMENT DATE IS FEB 28/18		No.	Amount
MONTHLY AVER. CR. BAL.	\$6,316.25	Credits 1	1.95
MONTHLY MIN. BAL.	\$5,966.85	Debits 2	375.45
DEP CONTENT - CASH 0	ITEMS 0		
	UNC BATCH 0		

Please ensure that you report in writing any errors or discrepancies found within this statement within 30 days of the statement date. If you do not, the statement of account shall be conclusively deemed correct except for any amount credited to the account in error.

Accounts issued by THE TORONTO DOMINION BANK.

Outside Account: \$5,966.85
BCTF Account: \$ 25,887.56



Have something to
share? Interested in
joining the executive?
Let me know!

It is important that we keep
BCCASA current; sharing the
ideas and voices of our Chef
Instructors throughout BC!

Andrea Salzbrenner
andrea.salzbrenner@sd6.bc.ca

Bouquet Garni Editor