

DO YOU GRAM?
PAGE 3WHAT'S GOING
ON...
PAGE 4AUTUMN
CONFERENCE INFO
PAGE 6NOTES FROM THE
B. O. H.
PAGE 7

THE BOUQUET GARNI

Newsletter of the British Columbia Culinary Arts Specialist Association



President's Message



Welcome back to another year of exciting culinary arts classes!!! I must admit, by the time August ends I am usually ready to jump right back into things with new ideas to improve my program, new menu plans and slight changes to all things class management. My school is returning to a linear system which I am starting to realize I prefer over the semester, but maybe just slightly.

For me, this year is one of those transition years where I had a huge percentage of students graduate in June which makes this year's class composition dominated by first year students. While the task of getting so many students ready to enter the kitchen, Food Safe certified, and trained simultaneously in all four kitchen stations can be overwhelming at times, receiving such excitement and positive reactions from these first-year students after their inaugural class in the kitchen was nothing short of exhilarating and inspiring. Even the students who spent their first day in the dish room left so proud that they are part of such a unique class and the immediate excitement to do and learn more was openly shared. Some students couldn't believe how fast the class went; others were excited to share family recipes to feature on a lunch menu. It is also so rewarding to see the few returning students step right into their leadership roles and live up to the expectation of mentoring in their groups. It's experiences like this that remind me how powerful and important our programs are to so many students and how lucky I am to be one of the few who get to do what we do.

I've always felt that our unique programs thrive on reciprocated energy. What do I mean by this? On a daily basis, we as the leaders start the cycle of positivity by getting our students excited for what they are about to learn, cook, and taste however we can't always be the ones filling the room with excitement and positive energy. When students positively respond and react so openly to what we have set them up with, and share their excitement and inspiration, it fills the room so easily. That constant mirroring of positivity, excitement and inspiration is what makes the program strong. If all goes well, this cycle of positivity bounces back and forth until the end of June. I hope that you feel the same in your classes as it is something that I don't think every teacher in every subject gets the privilege of experiencing.

In an effort to keep energy and inspiration high, I have made a conscious effort this September to slow down, go back to basics and take the time to set these students up for success and a positive experience. There will be lots of time left to make challenging menus, cater and host evening functions. I'm not suggesting that I will stop challenging myself or students, but simply feather the throttle just a little bit in an effort to give students the chance to take ownership of what they do in the teaching kitchen and develop as a solid team. Once they take this ownership and truly start to drive the program, that is how I believe we know we have done our jobs well and can stand back and enjoy the proud feeling of another successful year.

Maybe I am just getting older and softer, but I am learning more and more that I need to take the time to truly appreciate the positives happening right now in both my professional and personal lives. I've grown to understand that every positive moment is truly a blessing that we should never take for granted because we may never get that special moment back or experience again. I challenge each and every one of you to do the same, it is an amazing experience!!!

Since our last publication, there have been so many things BCCASA has been up to in efforts to improve, update and move our PSA forward. First off, I hope you have noticed our new logo. Thank you to Stephen who truly took this task on and through a collaborative effort throughout the Executive, the final choice was made that we feel represents our culinary and baking programs with the green representing the emphasis on fresh, local foods. Second a big thank you to Lori and Jennifer for working throughout the summer planning an incredible and unique BCCASA PSA Day conference in Vernon. Lastly, Donna Frost will be stepping down as Director of BCCASA in charge of membership. This is a position that she has organized so well, and I am grateful for the work and time Donna has given over the years.

Finally, this is an official election year for BCCASA and while I am willing and ready to hold this privileged position one more term, it is important to stress that ALL positions are dissolved at the election and ANY BCCASA member in good standing may nominate themselves for a position on the Executive for the 24/25 term. If we have more than one nomination for a position, we will cast an anonymous vote.

I look forward to seeing so many of you in Vernon on October 20th for what I'm positive will be a fulfilling, inspiring and relaxing experience.

Editor's note:

Getting very excited to see you and get some much needed collaboration and relaxation time! Also excited to discuss all of your thoughts on the new website and logo that we rolled out a few months back. We also have a few other new things, an official BCCASA Instagram account (which somehow, we all missed as being a thing) and one more new project called #studentcooksbc.

Donna Frost wanted me to pass along, to not forget to renew your memberships this fall if you are not attending the conference. We would love to hear from you if you changed schools, emails etc. so we can update our database and keep you informed!

Your friendly neighbourhood editor,
Stephen Schram

Do You GRAM?



Instagram isn't just for the kids we teach; it can be a powerful tool for chef & chef teachers to communicate, promote, and create a buzz about our classrooms and the food that our students create. If you don't have an account, setting up one is easy, and if you do check out these inspiring people!

@bcculinaryartssa

BCCASA

British Columbia Culinary Arts Specialist Association #bccasachefs

This is it! Your official BCCASA Instagram account. We hope to use it to promote what we are doing, and post up to date posts live from the upcoming conference. SO far there's not much there, but if there's something you'd like to see or promote give us a tag!



@centcafeteria

Centennial Culinary Arts-Cooking School

Centennial Secondary Culinary Arts Coquitlam. Elective Courses Youth Trades Training Provider Cook Level 1 Apprenticeship SD43

Check out Adam Jonas and his team as they train the next generation of Chefs in YTT Culinary at Centennial Secondary



@gleneagleculinary

Gleneagle Secondary School

Official Instagram for Gleneagle's Culinary Arts Program! 🍳

Also from SD43, watch this uber talented team pumps out daily delicious specials. Bonus: check out their CANVA game for menu posting....man I thought I was good...



WHAT'S GOING ON

...around British Columbia

Delta's Day at the Farm on Westham Island

Written by Robert Muranaka-Sands, Matthew Huang, Adrianna Nelson, Ava Johnston, Lara Hejazi.
Summited by Lori Pilling

The Day at the Farm is a special event that brings the community together to learn about and appreciate the importance of local and fresh-grown produce. The festival offers a variety of family-friendly activities, including a hayride, a petting zoo, an auction with live music from regional bands, and a chance to talk to those who work in agriculture.



This experience taught us to serve customers, handle food with care, and work in a fast-paced environment. While this was a great experience, we were also able to broaden our palettes with food we prepared, as well as other farmers' samples. Most of all, we the students at Delta Secondary, had lots of fun, and we are very grateful to have had this opportunity. We are excited for next year and hope to have this to have this experience again.



Delta Secondary is very fortunate to have a culinary arts program that provides multiple volunteer opportunities.

Us grade ten Delta Secondary students were fortunate enough to be picked to volunteer under Red Seal chefs, serving food made from B.C.-grown ingredients.

Bruno Marti

Recipient of the “7 Over 70 Award”

This Award Celebrates Seven Remarkable Individuals Who Exemplify Aging Well in Their 70s And Beyond



The 7 over 70 awards will recognize 7 persons over the age of 70 years old that are making exceptional contributions in one or more of the following areas: health and recreation, arts and culture, science, business, volunteerism, environment, overcoming adversity, and making a difference.

Award winners started a new venture, reprised an existing one, or taken their previous work in a new direction, showcasing the incredible talents and abilities of older persons in the community.

“Older adults are a valuable, and often under-utilized, segment of our community,” added Dan Levitt, CEO of KinVillage. “The awards shine a light on their contributions and remind them that they are a valuable resource, capable of making a significant difference in their community.”

Bruno Marti's career began in Switzerland before he moved to Canada and worked at the Queen Elizabeth hotel in Montreal. He later became the executive chef for Cara operations and then took on the role of manager, catering for C.P. Air in Vancouver, where he worked for 12 years. He was the chef and owner of the renowned La Belle Auberge restaurant in Ladner, B.C. In 2010, La Belle auberge was recognized by 'Zagat' as the best fine dining establishment in Vancouver. However, in 2012, after 32 years at La Belle Auberge, Marti decided to retire.

Despite retirement, Marti remains involved in the culinary industry, particularly in mentoring and supporting chefs and young cooks. His involvement in international competitions began in 1976 when he served as the team captain of the Western Canadian team in Frankfurt. He also formed the first

regional team (provincial team) that was allowed to compete at the Culinary Olympics in Germany.

Throughout his career, Marti held various managerial positions for culinary teams, including team manager for team Vancouver in 1980 and 1992, team member for Team Canada in Osaka in 1983, and team member of the World Champion Team Canada at the Culinary Olympics in Frankfurt in 1984. He also managed team British Columbia from 1997 to 2003 and Team Canada at the 1996 Olympics, where they won 3 gold and 1 bronze medals, securing a 5th overall position.

Currently, Marti serves as the coach for culinary team Canada, Bocuse D'or Canada, and team British Columbia. Additionally, he holds the position of lead examiner for the Canadian certified master chef program, which he helped create five years ago. This program allows Canadian chefs to enhance their knowledge through academic pursuits and rigorous examinations, and successful candidates proudly display the garneted insignia, “CMC”, on their jackets.

Furthermore, Marti founded the honour society for the CCF (Canadian Culinary Federation) and has served as its chair for the past five years. He has also been actively involved in the local chapter of the Chefs Association, where he held the positions of president and chairman. Notably, he established the first Junior Chefs chapter in the country. Moreover, Marti served as President and chairman of the Canadian Culinary Federation and is the founder and Chairman of the BC Culinary Arts Foundation.

Marti's contributions and achievements have been recognized with numerous awards, including the order of British Columbia, the queen's jubilee award, and induction into the BC Restaurant Hall of Fame. Additionally, he is the only Canadian chef to be inducted into the American Culinary Federation's Hall of Fame and has received three ACF Presidents medallions. In 2015, he served as a Canadian judge at the Bocuse D'or competition.

Autumn Conference Itinerary

October
20 & 21,
2023



BCCASA CONFERENCE AND AGM

Balancing the Scales: Lessons for Teaching Chef's Health and Wellness

BCCASA will be hosting the next conference and AGM at the beautiful Sparkling Hill Resort & Spa. Join us as we collaboratively learn about and explore healthy cuisine, Vernon agriculture and experience the methods and benefits of personal wellness. Space is limited and will go fast. Cost: Member BCCASA Before June 30 - \$225. BCCASA Member After June 30 - \$300. Non BCCASA Member Rate - \$500.

REGISTER AT: WWW.BCCASA.WEEBLY.COM

2023 BCCASA Conference Itinerary

Thursday October 19 - Check In

Sparkling Hill KurSpa, steam rooms, indoor and outdoor pools available until 10:00pm.



Friday October 20

Breakfast at hotel

9:30 - Board Bus for tours

10:00 - Group #1 Davison Orchard

Group #2 Planet Bee

11:00 Board bus

11:30 - Group #1 Planet Bee

Group #2 Davison Orchard

12:30 - Board bus to Vernon Secondary School

1:00 - Lunch hosted by Chef Jennifer Gray and
VSS Secondary Culinary Arts students

2:00 - 4:00 - Breakout sessions - Experimenting
with apples, botanical mocktails,
experimentation and detoxing,
lotion bar making using locally
harvested ingredients.

4:15 - Board bus to hotel.

5:30 - board bus to Parallel 50 Winery

6:00 - Wine tasting

7:00 - Dinner



planetbee
HONEY FARM



Saturday October 21

Breakfast at hotel

10:00 - AGM

11:00 - Tour of hotel staffing facilities, kitchens
and 400-year-old Austrian restaurant.

12:30 - Wellness lunch at hotel

2:00 pm - Wellness breakout sessions (Aqua Fit,
Yoga and Hiking)



Evening at leisure to enjoy hotel spa facilities

Oct 20th & 21st Vernon, BC


BC CULINARY ARTS SPECIALIST ASSOCIATION Y750
**STATEMENT OF RECEIPTS AND DISBURSEMENTS (Note 1)
FOR THE YEAR ENDED June 30, 2023
(Unaudited)**

	2022-23	2021-22
Balance, July 1	\$ 23,783.35	\$ 27,970.75
Receipts		
BCTF grant	6,000.00	7,000.00
Membership/subscription fees	881.00	265.00
Interest income	616.47	513.16
Conference fees	18,262.58	1,906.18
Conference grants	-	2,500.00
	<u>25,760.05</u>	<u>12,184.34</u>
Disbursements		
Meeting-executive	2,425.39	976.33
TTOCs-executive meetings	465.00	-
Operating expenses	293.60	-
Furniture & equipment purchase	140.96	-
Projects	29.00	5,449.92
Scholarships	(1,100.00)	
Miscellaneous expenses	1,691.00	1,050.00
Conference-operating	9,849.01	7,211.88
Conference-facilities	1,300.00	
Conference-catering	20,108.97	947.04
Conference-committee costs	28.78	369.32
Conference-miscellaneous	9.66	-
Conference-speakers	600.00	367.25
	<u>(35,841.37)</u>	<u>(16,371.74)</u>
Balance, June 30	\$ 13,702.03	\$ 23,783.35

NOTES FROM THE BACK OF HOUSE

...great thoughts on what we do

Vancouver mayor aims to cut the red tape for restaurant businesses

By Kenneth Chan & Sarah Anderson
Jul 14 2023

Accessed at:
<https://dailyhive.com/vancouver/vancouver-hospitality-task-force-businesses-restaurants>

Businesses, especially those in the hospitality sector, and independently owned and operated by families, are already struggling under the challenging economic climate.

But within Vancouver, in particular, these businesses often also face gross uncertainty from arduous, complex, and expensive permitting processes that allow them to simply open their doors or enable vital revenue generation operations, such as obtaining a liquor primary license for a bar.

As a case in point: After an 18-month process that cost \$40,000 — far beyond the budgeted \$25,000 — Mount Pleasant Vintage & Provisions is now able to have extended

operating hours, and patrons can stand at the bar.

“This is a city run by rich-a** m*****, and the opportunity isn’t here for us. There’s no incentive, the City is fighting against us for bringing in cool concepts... it’s a fight every day to try to do something cool,” Cameron Bogue, the owner of Mount Pleasant Vintage & Provisions, told Daily Hive earlier this week, emphasizing that the City’s processes and policies hurt the creativity and innovation of young entrepreneurs.

There have also been similar challenges with seasonal patios, too, with businesses only receiving their required permits well into summer, if they are successful at all.

To that end, Vancouver Mayor Ken Sim is looking to fix the process and remove some red tape. In a press conference today, he announced a working group led by City staff will aim to address the challenges, and it will be overseen by the Development, Building, and Licensing department. Both members of City staff and industry representatives in the

hospitality sector will be represented.

Sim’s team chose Mount Pleasant Vintage & Provisions as the setting for his announcement after City Council voted to allow the bar to have a liquor primary license.

“Vancouver is open for business, and it’s time for our City to lose its ‘no fun’ reputation once and for all,” said Sim. “We all want to see these businesses succeed, and we want the City of Vancouver to play a big role in helping make that happen.”

City councillor Lisa Dominato added: “We’ve heard a clear demand for policy change from local businesses and this working group is an important first step... The hospitality sector is critical to the local economy. That’s why the City is inviting members of the hospitality industry to participate in this collaborative working group, with a clear goal of making life easier for our local businesses.” Sim admitted that the City of Vancouver has not always been the best hospitality partner, but now the industry will go from being outside the

room to having a seat at the table.

This working group has already met informally, and will continue to meet throughout the summer, with an aim of providing an update this fall.

“This working group is a ground-breaking step to guide change and make progress at an accelerated pace for our industry still feeling the detrimental effects of the pandemic,” said Ian Tostenson, BC Restaurant and Food

Services Association, in a statement.

Laura Ballance, representing the Hospitality Vancouver Association, said this is “welcome news” for bars, nightclubs, pubs, and restaurants, and applauded the proactive, solutions-based approach.

Restaurants Canada representative Mark von Schellwitz told the media that 50% of its members are not profitable, so reducing municipal-related costs will go a

long way to support the industry.

Bogue told Daily Hive that Vancouver establishments have been “pigeonholed into [a] liquor licensing system that makes everything either a restaurant or a nightclub.”

“If you can open a bar in Vancouver you can open a bar anywhere because the challenges are just monumental,” he told Daily Hive. “I’m never opening another restaurant in this market ever again.”

THE EXECUTIVE

President

Trevor Randle

trevor_randle@sd42.ca

Maple Ridge Secondary / 604.463.4175

1st Vice President

Lori Pilling

lpilling@deltasd.bc.ca

Delta Secondary / 604.946.4194

2nd Vice President

Stephen Schram

stephen.schram@burnabyschools.ca

Burnaby Central Secondary / 604.296.6850

Treasurer

Barbara Botter

barbara.botter@sd68.bc.ca

Cedar Community Secondary / 250.722.2414

Secretary

Meghan Dehghan

dehghan_m@surreyschools.ca

Frank Hurt Secondary / 604.590.1311

Director

Donna Frost

donna_frost@sdt.bc.ca

Sardis Secondary / 604.858.9424

2nd Director

Scott Roberts

Scott.Roberts@abbyschools.ca

Abbotsford Senior Secondary / 604.853.3367

Chairman of the Board

Brian Smith

Brian_Smith@sd42.ca

Thomas Haney Secondary / 604.463.2001

Have something to share?

Response to an article?

Recipes?

Wanna join the Executive?

LET US KNOW!

Please send any
communication to
BCCulinaryArtsSpecialists@gmail.com

It is important that we keep
BCCASA current,
Sharing the ideas and voice of Chef Instructors
throughout British Columbia

