

January 2009

Volume 11, Issue 2

Bouquet Garni

Cooking is like love. It should be entered into with abandon or not at all.

- Harriet Van Horne



In this issue:

2008 Lifetime Achievement Award	2
Lifetime Achievement Award Criteria	2
Upcoming Events	2
B.C. Agriculture Beef	5
Nutrition Update	7
Little Chefs, Big Ideas	8
Project Chef	9
NSSS Gingerbread Competition	11
Lesnes Brain Teaser	13
Budget Report	14

President's Message

It seems when I sit to write the President's Message current issues dominate the contents. I often ask myself are these current issues something that actually appear from external forces that make their presence hard to ignore or do they stay hidden in the background until I pull them out into the forefront? Similarly I have wondered about current events that appear in the newspapers and on TV and radio's news reports. Do the reporters report the news or do

they create it? And do some issues get exposed to the point where we question the legitimacy of the event? Or do some events get so much attention that other events suffer from neglect? These are questions I ask myself when I decide what I should write about for the President's message. I am specifically thinking about the whole topic of healthy eating in the schools and our roles regarding it. There is so much to write on about that topic. Given the media

Continued on page 3

BCCASA 2008 Conference "Whistler Culinary Discovery" submitted by Eric MacNeill

The sky was crystal clear, the eggshell blue sky highlighted the snow-capped peaks and the air had an autumn crispness to it. What a time to be in the mountains. The hotel, on the shores of Nita Lake, complimented its surroundings with natural wood post and beams and slate floors. The farmers of Pemberton actively harvesting the remainder of this year's crop with

the hint of winter in the air. With the summer season gone and ski season at the village not yet upon us, gave an aura leisurely contentment. All this was the backdrop our last conference at Whistler.

How could we get anything constructive and informative done

Continued page 4

2008 Life Time Achievement Award

Page 2

At our Whistler AGM, one name was nominated for lifetime membership status and passed with unanimous votes. It is with great pleasure that your BCCASA executive announce

the recipient of a lifetime membership to Pierre Dubrulle. This is a title that is well deserved and we all wish Pierre a very happy retirement.



BCCASA Lifetime Achievement Award Criteria

Proposed criteria for Life Membership to BC CASA:

- 1) A member in good standing for 10 years.
- 2) Retired from active service as a Teacher-Chef / Educator.
- 3) Served on the executive of BC CASA
- 4) Other contributions ie. Accomplishments, participation on committees, contributions to education.

The candidates for Life Membership be proposed by the following procedures:

- 1) The candidate be nominated by two members in good standing.
- 2) Nomination Form sent to the president BC CASA.
- 3) The executive of BC CASA will review the proposal.
- 4) Once the proposal accepted the candidate will be advised.
- 5) The Lifetime Achievement Award will be presented to the Life member at the next AGM.

Upcoming Events

Culinary Sculpture Competition -- Enver Creek -- April 15, 2009

Chili Competition -- Lord Tweedsmuir -- May 7, 2009

Chowder Festival -- TBA -- May 21, 2009

BCCASA Student of the Year Plaques

We are still in possession of six beautiful BCCASA culinary arts student of the year plaques. If you would like one for your kitchen, please contact Trevor Randle as soon as possible.

attention and public opinions and perceptions this has become a "hot topic". The amount of material and precedence healthy eating has garnered makes it an easy topic to discuss. However, haven't we discussed it enough? I don't think we have, yet for now to continue to do so in the President's Message, would not only risk overexposing the topic and perhaps trivializing it but also other events would tend to get ignored.

Having said that, I would like to now turn my attention to a much larger and broader issue; the global economic downturn. It's an issue that has a rippling affect from the large multi-national corporations, to the housing market, to the more regional forestry industry and perhaps right down to our schools and our programs. Am I reporting the news or am I creating it? Are our programs threatened by world events? As far as I know, not yet. But I feel compelled to defend the chef's training programs. Why? Because once again I sense the educational system, which values academia, tend to undervalue the optional programs. When school trustees determine where to best spend their educational dollars do they see the worth of what we, the trainers of hands on trades people, do? I will argue that more than ever we play extremely important roles. Ironically I would suggest that with the economic downturn our worth has increased.

Canada shed 34,000 jobs last month, according to a recent Statistic Canada report. The loss of 70,700 full-time positions - including 44,300 in construction alone - was offset by 33,000 new part-time jobs. Yet a warning this week that a shortage of skilled workers could hold up government stimulus projects. How could we have a labour shortage when we lost 44,000 construction jobs in December? According to Craig

Alexander, vice-president and deputy chief economist with TD Bank Financial Group, the demand for trades people will decline through 2009, but demographics suggests the pool of skilled trades people will also shrink as older workers retire without enough young replacements coming in. "Like everything in economics, it supply and demand," Craig says. "The education system in Canada produces lots of white-collar workers, but hasn't generated skilled trades people in the same sort of way." So with ever increasing strain on our economy it is imperative that the powers that determine our outcomes not look at the most immediate effects but set their sites on the future.

Am I being overly sensitive to events that may or may not have a significant bearing to our programs? Am I creating a topic that doesn't exist? Perhaps. Yet I firmly believe that it is important not only to continue to create students that will be better prepared in this changing work force but also to flaunt what we do. If we let the general public know that what we do is extremely valuable then we will be immuned to outside forces that may erode what we do. At our Whistler Conference in the fall, Debbie Shore, chef instructor from Vancouver Island University, spoke of the "rock star chefs". She referred to some of our own former students as having gained high status in the upper echelons of our trade. Those are only some of the success stories. There are some who never reach that kind of fame but are working, creating and enjoying a lifestyle that have germinated in our teaching kitchens. Our worth comes from the successes of our students. Their continued success is our success. And we have to proclaim it so. To keep a vibrant program and to keep the bean counters at bay, sometimes pretension may be called for.

"Once again, I sense the educational system, which values academia, tend to under value the optional programs."

at such a place? But we did. Friday night social in the lounge led to more than just unwinding after the white knuckle drive over windy, partially completed roads that will morph into a super highway leading to the winter Olympics. Shoptalk is always inevitable when teachers, such as we, leave our isolation to get together to compare, contrast, and complain. Does the term "stitch and bitch" apply here? Informal chat time perhaps is a better way to describe it.

Friday was the day of presentations. Judging from the evaluation forms, which gave participants an opportunity to rate the activities, the presenters were well received.

Debbie Shore from the Culinary Institute of Vancouver Island at VIU spoke of the success and opportunities of not only their alumni but of ours.

Tony Minichiello of North West Academy spoke of on line cooking demo's to facilitate learning outcomes.

Dennis Green of Propel Industry Credentials the training division of go2 spoke of the restructured cook industry training program. From ACE IT to the red seal, industry standards have changed to meet the requirements of both student and employer.

Alison Bell spoke of her culinary arts program in Invermere and how they have become an integral part of the Columbia Valley community in respect to local cuisine both in consumption and production.

Astrid Cameron Kent spoke of the Slow Food Movement from its beginnings to a worldwide movement.

Gerry Kasten of the Dieticians of Canada spoke for the second time in two years about implementing the Healthy Schools Guidelines into our programs.

Nicole Chesman of the Cactus Club Café spoke of their red seal program in training the new cooks and in employment standards to encourage low turnover.

A sample of the evaluation forms for presenters included comments such as "All presenters were valuable & I will be able to take action on several fronts into the class room." "In general the presenters were exceptional"; "I will now have a lot of new material to help teach the class."

Saturday was the play day but with a focus on local foods, drinks and ecology. Who says you can't have fun while learning. The trip to the North Arm Farm at Pemberton could have easily been an all day activity. The walk into the fields, the fall colours of golds and yellows, the snow capped peaks against the light blue sky, the farmer speaking passionately on local produce and the growing demand for such things, the farm hands harvesting a late crop, the farm dog craving attention, and the variety of fruits and vegetables proudly on display in the barn, all contributed to a most memorable day. If ever there was a time for celebration of the movement that we are involved in, now

was it. It was a time of appreciation for what we have and what is possible.

The lunch at Pemberton Wines was a time for sampling that bounty while peering out onto the empty vineyards against towering peaks. However there was little time for savoring as our next activity beckoned, hindering what could have been a carefree leisurely day that such an environment called for.

The Zip Trek Eco tours and the Brew pub tour could have been saved for another time as the schedule started to back up on itself. There is a lesson for the organizers of the conference to schedule more down time and bigger gaps between activities. Suggestions for improving the conference indicated this. From the evaluation forms: "More times to get to venues. Perhaps 3 tours instead of 4", "break time between activities", "a little free time would have been nice".

Yet the conference was a huge success. The Nita Lake Lodge was amazing. "Best hotel rooms for the \$ that I've ever seen. Facilities were great", wrote one member. The wind up meal was great and like all great meals a big part of it was the social aspect of gathering together with friends and colleagues.

We can only encourage our members and to a growing segment of non-members (word is out) to come to BCCASA conferences in the future. You will be coming to the best conference of any specialty association in the province.

"We can only encourage our members and to a growing segment of non-members (word is out) to come to BCCASA conferences in the future."



In total, about 45,000 head of cattle are slaughtered in BC each year.

WHAT IS BEEF?

Beef is the meat of cattle. In this profile, we discuss how beef is finished. Finishing is the final stage of cattle production. Two to six months before animals are ready for market, they are sent to a feedlot where cattle are fed a high protein and energy diet so they will gain weight prior to slaughter.

WHERE IS BEEF PRODUCED IN BC?

The few feedlots in BC are located throughout the province. Cow-calf operations, rather than feedlots, are predominant.

HOW MUCH BEEF DO WE PRODUCE?

BC is a net importer of beef. BC produced beef accounts for less than 1/4 (~20%) of the beef consumed in BC. In part, this is because cattle are sent to Alberta feedlots to be finished before slaughter. The reason this is done is that Alberta has a readily available supply of feed grain. In total, about 45,000 head of cattle are slaughtered in BC each year.

HOW IS BEEF PRODUCED?

About 2 to 6 months before an animal is ready for market it is sent to a feedlot. A feedlot is an enclosed area where the cattle are fed high energy food, mainly barley, oats, and wheat. The average feedlot in BC holds about 400 head of cattle, but there are some large feedlots which hold up to 5,000 animals. In other areas feedlots can be much larger. Each animal will gain 1.3 to 1.8kg of weight a day. This stage is called finishing the cattle. The meat will become marbled with a small amount of fat which helps make beef juicy. The animal is ready for market when it weighs about 227 to 272kg.

WHAT DOES BEEF LOOK LIKE WHEN I USE IT?

We eat beef when we are eating steaks, hamburgers, prime rib roast or

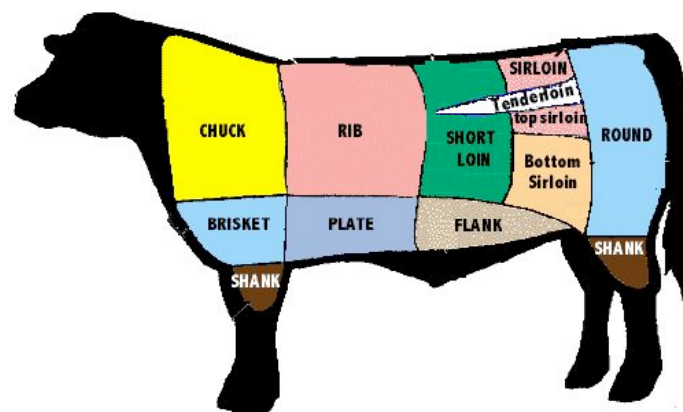
beef sausages. We can also eat the liver, kidneys, heart, brain and tongue. Beef is an excellent source of protein, the B vitamins, vitamin A, iron, fat and zinc. Edible by-products from beef include gelatin for marshmallows and ice cream and natural sausage casings.

WHAT HAPPENS AFTER THE BEEF LEAVES THE FARM?

Packing plants send buyers to the feedlots to buy finished cattle. The cattle are taken to a packing plant where they are slaughtered. Beef is graded at the plant based on the age of the animal, quality of the meat and the meat yield. In Canada, top grade beef is quite lean. The carcass is then cut in two and sides of beef are sold to grocery stores and butcher shops. In some cases the carcasses are further processed and cut into portions that fit into a box. This is called 'boxed beef'. Many of the large chain stores now receive their beef in this form. The by-products, like bones and hides, are sent to processing plants.

WHAT CHALLENGES DO BEEF PRODUCERS FACE?

One challenge that feedlot operators face in BC is that the high energy protein feed is grown in the Prairies, therefore, we do not have a ready supply (not a major grain producing area). This gives the Prairie feedlot operators a comparative advantage in feed costs. Many BC cow-calf operations send their cattle to Alberta feedlots.



Balsamic and Dijon Marinated Flank Steak with Balsamic Reduction

Yield 4 servings

Page 6

Ingredients:

- 1 flank steak (about 900 g)
- 250 ml balsamic vinegar
- 500 ml olive oil
- 125 ml whole grain Dijon mustard
- 10 ml fresh cracked pepper
- Kosher salt

Balsamic Reduction:

- 500 ml balsamic vinegar

Method:

1. In a small insert, combine 250 ml vinegar, olive oil, Dijon and pepper.
2. Submerge flank steak in the marinade and marinate for 24 hours.
3. Remove steak and allow most of the marinade to drip off.
4. Season with Kosher salt.
5. Grill on a very hot grill until rare to medium rare.
6. Let rest on a cutting board for ten minutes.
7. For the sauce, place 500 ml balsamic vinegar in a small pot and reduce until the consistency is that of maple syrup.
8. Slice the steak thinly on the bias against the grain.
9. Serve with a small amount of reduced vinegar, potato puree and assorted grilled vegetables.



Celebrating Healthy Eating at School

Jennifer Fisher teaches "Advanced Foods and Catering" to about 20 students at Burnaby Mountain Secondary. The curriculum is divided into "sections" to reflect a professional kitchen, e.g. salads, baked goods, etc. She identified a need to design some main dishes, and started by making stock and then moved on to soups.

It was the music teacher who suggested the class sell the soup. Dollar store cappuccino mugs and compostable serving spoons were purchased. Students have the option of using their own bowls/mugs and for \$2.50 get a serving of soup and bread, or they can rent a mug for a \$1.00, paying \$3.50. They get their \$1.00 back when the mug is returned, which is then washed in the dishwasher for use the following week. Most staff members bring their own mugs and an "ugly mug" contest is being planned. The serving spoons are composted and eventually find their way into the soil in either the school garden or greenhouse, where the herbs for soup are grown.

Soup is sold every Wednesday from the "Soup Cellar", aptly named for the kitchen, located in the basement of the school, in which the soup is prepared. Every student group is challenged to make soup that will sell. The students have shown a lot of interest in choosing recipes that are healthy and taste good. In this endeavor they have even become a little competitive.

On the last Wednesday before Christmas break, the "Soup Cellar" held a "soup exchange", encouraging students and staff to bring a can of soup for the food bank to exchange for a mug of homemade soup.

Jennifer and her students have discovered that kids love soup, especially on cold, rainy days. They've also discovered that pureed soup sells better – they surmise it's because one can't readily identify the variety of ingredients in the final product! For example, the "Cauliflower Sweet Potato Curry" soup was a great seller – the cauliflower made it creamy and the potato made it sweet. (On a marketing note, it was advertised as "Sweet Potato Curry", as there was some concern that cauliflower might not be a great seller). On a good day, about 45 mugs of soup are sold, and indeed they have started to sell out. When pressed for time, alternatives to bread and buns have been prepared, such as baked samosas, following a recipe of a student's grandmother. The students are interested in publishing a soup recipe book to be used as a fundraiser. Currently funds are being sought for a larger stockpot!

If you have a story about healthy eating at school you would like to share, contact Andrea Ottem, RD, School Food Guidelines Support Initiative aottem@telus.net or 604-738-3481.

"Soup is sold every Wednesday from the "Soup Cellar", aptly named for the kitchen, located in the basement of the school."

LITTLE CHEFS, BIG IDEAS

Kids Cooking by Eric MacNeill

Page 8

I first heard of Barb Finley on CBC's national "World at Six." At first I thought it was just another news item on obesity and unhealthy lifestyle of today's North American kids.

What I heard both amazed me and inspired me. So much so that I did something that I never did before. I phoned her (I never attempted to call Barack Obama or Brad Pitt) and we had an astounding 45 minute conversation.

Project CHEF (Cook Healthy Edible Food) has been Barb Finley's long term goal. Even during the two decades of teaching at UBC's facility of education the idea of Project CHEF was developing. She left to learn cooking at Dubrulle Culinary Institute and became a chef instructor there and then onto the Northwest Culinary Academy. Project CHEF became a reality about a year ago.

Project CHEF allows;

"children to make healthy food choices and have the ability to make wholesome nutritious meals for themselves, so that they may lead healthy lives".

What makes it totally unique and made me sit up a listen was that these kids are grade 4 & 5. I asked Barb why such an early age. The answer is both complex and simple. It seems that while an educator at UBC, Barb knew that there is a teachable age in both cognitive and motor skills and at that age level they are ready. At the same time the social aspect of eating is fully entrenched at that young age. Later in life may be too late. "I want children to see that food is about community and everyone needs to be involved in bringing people together to eat". She explained to me that a study in the United States shows that almost 75% of families do not sit down together on a regular basis at mealtime. One child told Barb the best part of the program was sitting at the

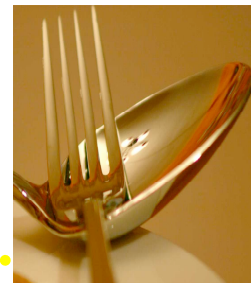
table to eat with the other children because "they never do that at home".

The healthy aspect of eating well should be obvious to all of us who are well versed in the Healthy Schools Guidelines, but what I thought was both amazing and ironic was that part of this program was for the kids to take these "ideas" home and involve their parents. The goal is for the children to teach their parents, who have lost the ability to model healthy lifestyles, how to make mealtimes a nutritious and social priority. What a role reversal.

There are many logistic challenges in physical implementations and curriculum and financial obligations. The first two have been met and Barb has raised over \$150,000.00 in donations from corporate sponsors as well from the Chef's Table Society and Les Dames d'Escoffier.

Ultimately Barb Finley's hopes and aspirations echo those of us who teach an older age group: "My experience from teaching children is that if you involve them in the process, they will embrace it". My hat (or should I say Chef's Hat) is off to Barb Finley. She engages an age group in an environment that lost, sometime in our grandma's generation, the abilities and knowledge to cook and eat healthy. In the future we may see the fruits (pardon the pun) of Barb's labour. As chef instructors we may be reinforcing and expanding on students who in Grade 5 were first exposed to food beyond the fast food joints and the aisles of the convenience sections of the grocery stores. Even if we turn the tides ever so slightly it may be enough to reverse the trends and to reclaim the lost Art of Cooking.

"Project CHEF allows children to make healthy food choices..."



Project Chef: Cook Healthy Edible Food

Submitted by Eric Macneill

Page 9



Project CHEF: Cook Healthy Edible Food is an experiential, curriculum-based school program aimed at children in grades four and five that teaches students about healthy food: where it comes from, what it tastes like, how to prepare it and how to enjoy sharing it around a table. Designed to immerse children in the process of cooking from preparation to clean-up, children gain knowledge about food; they discover the pleasure and satisfaction in creating meals for themselves and they develop the skills so that they can apply their new-found knowledge and abilities in making healthy food choices at home.

Why is the Project CHEF program necessary?

Traditionally, children learned about healthy food choices and cooking from family members and the social and cultural aspects related to food were learned at the table in the context of a family meal. Times have changed and in our fast-paced lives this knowledge and the associated skills are often not being transferred to the younger generation. Meals consisting of nutritionally lacking, highly processed foods are eaten on the run and rarely around a dinner table.

Recent studies on children's eating practices and current state of health coupled with the alarming projections for the future indicate a dire need to re-educate children and families about life-long healthy eating.

Since studies indicate that children's eating habits are formed by the time they are twelve years old, it is imperative that we educate children and expose them to healthy, whole foods at an early age. Experiential learning is one of

the most powerful ways to learn and studies have shown that children who have had a hands-on opportunity to explore and prepare new and nutritious foods will be more likely to eat healthy foods. Hands-on cooking programs have been proven to influence children and help them develop the skills to encourage healthy eating throughout their lives, improve their diets and prevent obesity.

Our Mission:

To teach children the knowledge and skills necessary to make healthy food choices and enable them to make wholesome, nutritious meals for themselves so that they may lead healthy lives.

Program Goals:

The children will:

- Gain knowledge and skills necessary to make informed choices about the food they eat.
- Develop skill and confidence in making culturally diverse, nutritious meals that comply with *Canada's Food Guide*.
- Apply principles of safety in the kitchen with regard to personal and kitchen cleanliness, food safety and safety using kitchen equipment and utensils.
- Participate in the pleasures of shared meals at a table and become aware of social and cultural behaviors associated with meal service.
- Work cooperatively with their peers, school staff, parents and community in promoting and enjoying healthy food choices.
- Use environmentally sensitive food practices by using local foods, or food sourced from as close to home as possible, recycling refuse and using real dishes and cutlery.

Project CHEF Program Summary:

- Project CHEF platoons into a school for a one week period to teach four or five lessons to students in grade four and five.
- The program is designed to support student learning outcomes from B.C. Ministry of Education Integrated Resource Packages (*Health and Career Education, Science and Language Arts*).
- The program focuses on teaching children knowledge, skills and attitudes to promote healthy cooking and eating and emphasizes the development of cooperative learning skills.
- The program can be run in any classroom with a sink and easy access to a fridge. Seven cook stations are set up in the room each consisting of a cook-top, electric frying pan and a bin of small wares.
- The lesson structure includes a lesson and demonstration taught by the chef-teacher followed by hands-on cooking in six small groups, supervised by the chef-teacher, classroom teacher, assistants, parent volunteers and volunteers from the professional culinary community.
- The children cook culturally diverse recipes using fresh, non processed food that incorporate a variety of cooking skills and food-related knowledge that are consistent with Health Canada's *Food Guide*. The group then sits down to enjoy the pleasures of sharing food around a table.
- Classes are two hours in length, which allows time for the entire cooking process, from preparation to clean up.
- Two classes (approximately sixty children) are taught each day for four or five consecutive days and then the equipment is packed up and the program is ready to move to another school.

Project CHEF Implementation Plan:

The program was initiated in the winter and spring of 2008 when Project CHEF taught 600 children about healthy food choices and how to prepare the food themselves. The program visited 10 schools and involved 20 teachers, 200 parent volunteers and many volunteers from the community.

During the 2008 – 2009 school year, the program will visit 19 schools, reaching approximately 1100 children, 38 teachers, up to 400 parent volunteers. The fall term of the program will run October 6th to December 5th, 2008 and the winter/spring term will run January 12 until May, 2009.

Project CHEF Supporters:

The implementation of this program would not be possible without generous grants donated by anonymous foundations, *Face the World Foundation, TELUS Vancouver Community Board, The Rix Foundation, The Keg Spirit Foundation, Les Dames d'Escoffier, B.C. Chapter, Chef's Table Society of B.C., and Lesley Stowe Fine Foods*. Project CHEF is also very grateful for in-kind program contributions donated by *Sunrise Soya Foods and Puddifoot Ltd.*

The Vancouver School Board (VSB) provides a release day for participating teachers to engage in professional development with the program developer/instructor. The VSB is also printing program materials.

Sponsorship donations for this program can be made to the Vancouver School Board *Vancouver Public Schools Foundation*, a charitable organization that supports innovative educational programs in Vancouver Schools. A tax receipt can be issued by the foundation for donations. All funding will be used specifically for the Project CHEF program.

For more information regarding Project CHEF please contact:

Barbara Finley

604 733-1769

pbfiney@telus.net

Project CHEF



Cook Healthy Edible Food

North Surrey Secondary School's 27th Annual Gingerbread Competition

Page 11

On December 11 2008, over 138 culinary arts students from 13 schools spanning 5 school districts brought their gingerbread creations to North Surrey's 27th Annual Gingerbread competition. Once again the amazing and creative pieces were enjoyed by hundreds of elementary students throughout the day. In the end,

only a few walked away with trophies, but all who participated and spend countless hours to get show ready should be proud of what they showed. Thank you to Chef John Haen and Chef Wolf von Oelffen for making this experience all possible.

Top Five School Points:

1. Garibaldi 137
2. North Surrey 97
3. Queen Elizabeth 70
4. Enver Creek 54
5. Tamanawis 40

Top High School Out of District:

Garibaldi 137

Top Female Exhibit: TIE

Paige Radelet -- Garibaldi Secondary 96 points with #10 "The Bakehouse"

Sarah Woelders, Anna Woelders, and Nazia Khan -- QE Secondary 96 points with #66 "Joker in the box"

Top Male Exhibit:

Braydon Birks and Andrew Gascho -- Queen Elizabeth 97 points with # 65 "Twas The Night Before Christmas"

Top Co-ed Exhibit: TIE

Katren Hermiz and Moris Hermiz -- Queen Elizabeth Secondary 96 points # 71 "Sacred Heart Church"

Norman Pangnanouvong, Arveen Kooner, and Sonamdeep Toor -- North Surrey Secondary 96 # 60 "Thai Temple"

Best Use of Gingerbread:

Nathan Sundeen and Tyler Tronson -- Lord Tweedsmuir 92 points with # 29 "Castle"

Most Skillful and Artistic Use of Icing:

Braydon Birks and Andrew Gascho -- Queen Elizabeth 97 points with # 65 "Twas The Night Before Christmas"

Best Landscaping:

Paige Radelet -- Garibaldi Points 96 with # 10 "The Bakehouse"

Most Original Idea: Three Way Tie

Yujin Kim -- Garibaldi 93 points with # 6 "Cakehouse"

Courtney Rusten and Christina Richards - L.A. Matheson 95 points with # 20 "Surfs Up"

Matt Woodthorpe -- Tamanawis 96 points with # 38 "Pirate Pack"

Best Overall Entry:

Katren Hermiz and Moris Hermiz -- Queen Elizabeth 96 points with # 71 "Sacred Heart Church"



North Surrey Secondary School's 27th Annual Gingerbread Competition Photos

Page 12



The Bakehouse



Joker in the Box



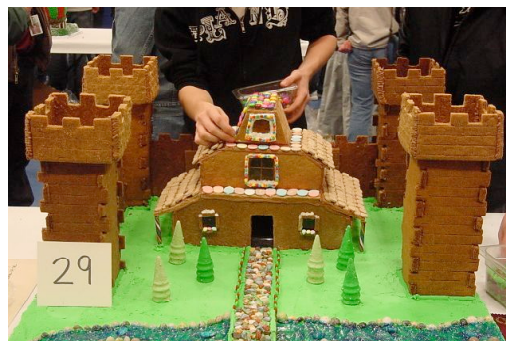
'Twas the Night Before Christmas



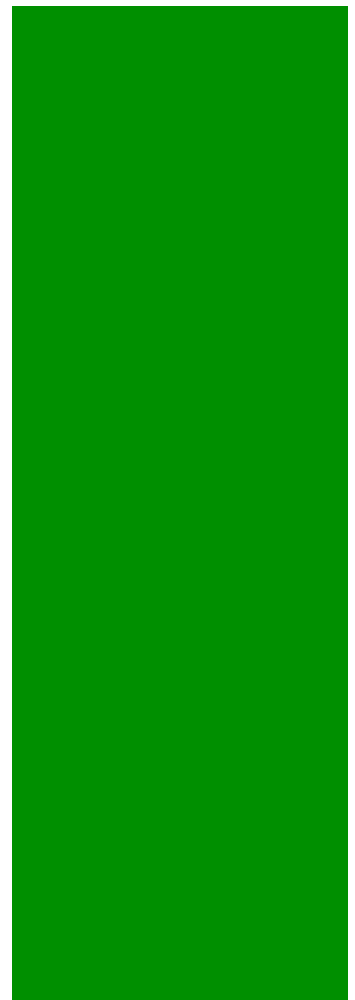
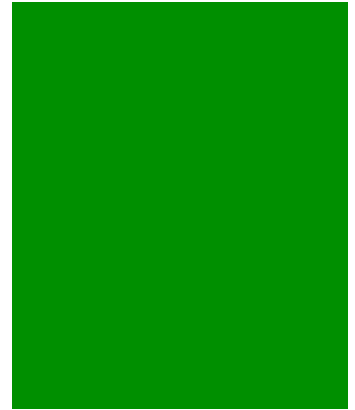
Sacred Heart Church



Thai Temple



Castle





Cakehouse



Surf's Up

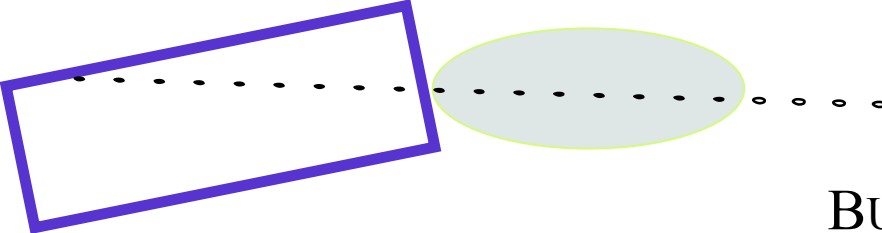


Pirate Pack

Lesnes Brain Teaser #18

I am a plant of the genus *Musa*, and though you would never know it, I am a perennial herb and grow a new tree trunk every year. I die back to my roots after I have flowered and fruited. According to the Food and Agriculture Organization of the United Nations (FAO) Statistics estimations, I am the highest daily consumption fruit in the world. Known for both cooking and eating types, my variation abound in tropical regions where I am grown, but we're limited in temperate climates. My earliest written record of cultivation is from India, dated back to the 6th century BC. The Greeks began to enjoy my wonderful flavor when the army of Alexander the Great noticed me in India in the 4th century BC.

Already well established, I debuted in China around 200 AD and was instantly acclaimed as exotic and rare. I had arrived!! From here it was nothing but up. Disraeli, in 1831, called me the most delicious thing in the world. In 1899 two American importers formed the United Fruit Company, making me available and inexpensive around the globe. Some republics are even named after me. What can I say, it makes us proud. Primarily eaten out of hand, I am also used in interesting desserts, breads, candies, and sauces. In the produce world I am used to ripen tomatoes, and avocados due to the large amount of ethylene gas I produce.



BUDGET REPORT

For the Month Ending June 30, 2008

INCOME

4099921 Income surplus BC Culinary Arts	8,808.07
4099930 Membership / subscription fees	803.67
4099934 Interest income	82.37
409939 Other	14.00
4099941 Conference grant	<u>7,750.00</u>
Total Income	17,458.11

EXPENSES

4099950 Meeting-executive	1,252.47
406661 Publication newsletter	855.64
4099979 Miscellaneous	36.37
4099980 Conference operating	<u>10,000.00</u>
Total Expenses	12,144.48

Total

\$5,313.63

Outside Account

\$9,696.12

BCCASA Executive Board 2009 - 2011

President: Mr. Eric MacNeill

Dover Bay Secondary
Nanaimo (250) 751-3409
emacneill@sd68.bc.ca

Organization of workshops and attends a variety of meetings and conventions.

Director: Mr. Jurgen Spang

La Matheson Secondary
Surrey (604) 588-3418
spang_j@sd36.bc.ca

Conference and membership chairperson.

1st Vice President: Mrs. Renee Thomas

Queen Elisabeth Secondary
Surrey (604) 588-1258
thomas_r@sd36.bc.ca

Scholarship chairperson coordinates all BCCASA Scholarship activities.

2nd Vice President: Mr. Daniel Lesnes

Garibaldi Secondary,
Maple Ridge (604) 463-6287
lesgau@mac.com
Webmaster.

Treasurer: Mr. Brian Smith

Thomas Haney Secondary
Maple Ridge (604) 463-2001
bsmith@sd42.ca
Bookkeeping and budget planning

Secretary: Mr. Trevor Randle

Maple Ridge Secondary
Maple Ridge (604) 463-4175
randles@shaw.ca
Bouquet Garni Editor and meeting minutes



We're on the Web!

See us at:

[www.bctf.bc.ca/PSAs/
BCCASA](http://www.bctf.bc.ca/PSAs/BCCASA)