

**Ocean Wise 10th Anniversary**  
pages 12-13

**AITC pages 14-15**

**Trades Certificate page 16-17**

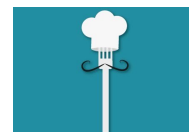
**Financial Report page 18**



**CONFERENCE**  
**PAGES 4-5**



**PROFESSIONAL**  
**COOK 2**  
**PAGES 6-7**



**PROJECT BASED**  
**LEARNING**  
**PAGES 8-10**



# BOUQUET GARNI



## President's Message

### News Flash: Chefs Get Poor Pay

This past summer CBC Radio News in Victoria interviewed restaurant owner Sterling Grice who was saying that the “system is broken” when talking about the state of his business. What does he blame the most for that: “The simple answer is, cooks do not make enough money for the hard, hard job they have.” Is there any chef instructors in our association that does not agree with that statement? After 18 years, I still consider myself fortunate to be able to work as a chef, but to do it in a teaching capacity and away from the industry. Yes, we have our challenges in a teaching kitchen but I look back at the industry and I am thankful I am not there. As you will see below, it sounds like things have not change in the years since I left the front line.

British Columbia led the country with more than 15,000 jobs gains across the province in June, but one sector in particular is having trouble filling those jobs. Sterling Grice in the interview said “Qualified cooks are so few and far between that my poor business partner and chef Grant Gard is working 90 hours a week because he can’t find the right fit”. The summer usually brings with it a rush of young applicants, but not this year, he said. When this interview was aired on July 14, Grice said he had already spent more than four months looking for new kitchen staff. “If you look at Craigslist, there’s nothing but chef and line cook positions available at way too many restaurants.” The problem is both the high demand for quality chefs and short supply of ready candidates in a city that has North America’s second-highest number of restaurants per capita, behind San Francisco. I know Whistler has the same problem but in other news stories many are blaming the Temporary Work Permit debacle. But, I believe Sterling Grice when he said “It’s a really hard place to work. It is loud and rude. Burns and cuts. Poor pay. Long hours”.



**“I am seeing more  
cooks leaving the  
trade because they  
cannot afford to  
stay in it.”**

*(continued on page 2)*

*(President's Message continued from page 1)*

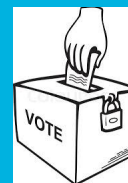
The reality in the cooking business is unlike what people see on the Food Network. They see celebrity chefs and it seems like an amazing job, but there is only a small percentage that actually attain that super ultra-cool and lucrative lifestyle.

As already mentioned it is the poor pay that tends to make this trade so difficult to attract people. But, Grice says he pays a higher hourly rate than most restaurants in the city, and his restaurant splits tips equally among all staff. "The system is broken. We need to charge considerably more than we are, and if we did it and if we were the only restaurant to do it, we would be out of business".

The other trades do not suffer the way the cooking trade does. Like the cooking trade, the demand for other trades continue to be strong and it is only somewhat recently that the educational system is responding to that demand. Just recently most of you will have received an e-mail from the British Columbia Teacher's Council informing you that they have established a new teaching certificate called the "Trades Certificate". The Trades Certificate will enable certain Red Seal and Certificate of Qualifications to teach in BC's K-12 school system. I am currently trying to find out more details and how it differs from the "Letter of Permission". I will let you know when I do, but it appears that they are making it easier for trades people to teach in BC schools. The way I am reading this is that the government is responding to the growing demand for trades people. But like everything it's all about supply and demand. However with plumbing and electrical the higher the demand the higher the pay. But as you have just read that is not the case in the cooking trade. I am in the process of home renovations and one of the electricians working on my home was a former student who won my Culinary Arts Student of the Year Award. But he is now an electrical apprentice. And I am seeing more cooks leaving the trade because they cannot afford to stay in it. As mentioned the cooking trade is suffering and losing good people because of the poor pay.

I do not have a solution for this discrepancy. But I do know that there are many good reasons to become a cook. If a person wishes to ignore some of the pitfalls mentioned in this message, cooking can be a rewarding and fulfilling career. But as a teacher chef I do feel obligated to outline some of the drawbacks when I am describing the plusses to my students when choose cooking as a career.

*Chef Eric MacNeill, Dover Bay Secondary*



## Election

Please note that this year is an election year for our BCCASA executive.

Our longtime President Eric MacNeill is stepping down, as he is nearing retirement.

Consider running for one of the executive positions.

It is important that we keep BCCASA current with new ideas and to have voice of what we as chef instructors do in BC public schools.

The election of the new executive will take place during our Annual General Meeting, October 23rd, 9 o'clock in Powell River.



## Lesnes' Brain Teaser

*submitted by Chef Daniel Lesnes, Garibaldi Secondary*

Long a European favourite, we are common in northern parts of Europe, North America, including Mexico, in Asia, including Turkey and the Himalayas (including Kashmir, Nepal, and Bhutan), and in Africa including Zambia, Congo and Uganda. See! you don't have any excuse for not having us in your plate.

We have grown in the forest for as long as the trees. We tend to grow in clusters in mossy coniferous forests, but we are also often found in mountainous birch forests and among grasses and low-growing herbs. We grow in a symbiotic relationship with living trees, gathering moisture and minerals to feed the trees, and in return, trees offer us food in the form of photosynthesized carbohydrates. Because of that intricate relationship, we are almost impossible to cultivate and are not yet commercially grown (although researchers are trying). Some species of our family can grow quite large, up to six inches high, weighing close to half a pound, but usually, we are closer to half that size, with some of us being only a few ounces. We can only be handpicked, usually summer through late winter.

Some say we smell woody and of apricot; our flavours are all exquisite, from pleasantly mild to flowery or nutty. Our name refers to our entire family, but is often applied only to the most favoured golden child, amongst the many colours we wear. We have a very particular shape, but don't blow me. You'll want us firm, plump, smooth, clean and unbroken.

Everything in us is edible and we retain my firm texture when cooked. Enjoy us fresh or cook us with our best friends: chicken and other light meats, cream, starches and grains. You'll love us simply simmered in butter. We also make a wonderful sauté, stuffing, sauce or side dish. Only some of us are good dried, since many of us won't reconstitute well. We are very low in calories, mostly protein and carbohydrates, with traces of vitamins and minerals.

Look closely and don't confuse us with a look-alike, poisonous Jack O'Lantern in North America. In 1836, the Swedish mycologist considered us "as one of the most important and best edible mushrooms." A Pyrenees dog breed, wildflowers, restaurants, and the first string of a violin share our name. And believe it or not, some folks from Delta, BC like us soooooo much they have a Facebook page just for us, is it cool or what?? check it out!

Check our website for the answer:  
[www.bccasa.ca](http://www.bccasa.ca)

*"I tell a student that the most important class you can take is technique. A great chef is first a great technician. 'If you are a jeweller, or a surgeon or a cook, you have to know the trade in your hand. You have to learn the process. You learn it through endless repetition until it belongs to you."*

-Jacques Pepin-

# 2015 BCCASA Conference and AGM

"A Chef's Adventure on the Sunshine Coast"

Hosted by Chef Michael Austin

Brooks Secondary School



## Agenda

### Friday October 23, 2015

8:00am - Pick up from hotel and travel to Haywire Bay Outdoor Education Facility.

8:30 - Breakfast prepared by Brook's culinary arts students.

9:00a.m. - AGM

11:30a.m. - Lunch provided by Brooks Secondary

1:00 p.m. - Guides of Haywire Bay Outdoor Education Facility will offer your choice of mushroom picking tour, hike, canoe or kayak.

4:30p.m. - Travel back to hotel to freshen up.

7:00p.m. - Travel by bus to the Alchemist restaurant for dinner.

### Saturday October 24, 2015

Breakfast at hotel.

9:00 - Travel by bus to Okeover Inlet.

10:00 - Meet with local oyster farmers and tour.

11:00 - Travel to the sea side town of Lund.

12:00 - Lunch at Nancy's Bakery

1:00 - Tour the community of Lund

2:00 - Travel to hotel to freshen up.

4:00 - Travel to Brooks Secondary school where the group will break into groups and prepare dinner together featuring local ingredients.

Cost: \$150.00 for BCCASA Members and \$290.00 for non members.

After you register on line at <https://www.surveymonkey.com/r/5F6RWB2> , please make cheques out to BCCASA and mail them to Paul Richardson at:  
1164 Condor Crescent, Coquitlam, B.C. V3E 2B3

# 2015 BCCASA Conference and AGM

## "A Chef's Adventure on the Sunshine Coast" Accommodation

**Contact:** Powell River Town Centre Hotel. 4660 Joyce Ave. Powell River, B.C. V8A 2B6  
1.866.485.3001

**Cost** - \$105.00 per night + taxes. There will be a \$10.00 charge for each extra person over the age of 10 years.

**Room Type:** Standard room with one or two beds held under BCCASA.

### Other Information

- A block of 20 rooms has been made available exclusively for BCCASA conference participants until October 8, 2015. Please reference BCCASA when you make your reservation.
- Continental breakfast is offered to hotel guests between 7:00 a.m. and 10:00 a.m. daily or the voucher can be used for \$5.00 off the hot breakfast menu in the restaurant.
- Check in is 3:00p.m. and check out is 11:00 a.m.
- This is a 100% non smoking hotel. All reservations are required to have a valid credit card at the time of check in for a pre-authorization for the amount of your stay. Guests may choose to settle their bill by cash or credit upon check-out.
- The hotel has confirmed a shuttle to and from the Powell River air port for those who choose to fly.



## PROFESSIONAL COOK 2: A KEY STEP IN A CULINARY CAREER

At an age when many new graduates are thinking about their first job, 18-year-old Mark Jang is already well on his way to a culinary career. After less than two years with the Cactus Club Cafe, Jang, a newly qualified Professional Cook 2 (PC2), is a Junior Sous Chef and a Shift Leader, supervising eight line cooks at the popular chain's busy Richmond location.

Jang started at the Cactus Club through the ACE IT (Accelerated Credit Enrolment in Industry Training) program at Vancouver's Sir Charles Tupper Secondary School. Through the program, which enables high school students to start apprenticeships, the aspiring chef qualified as a Professional Cook 1 (PC1) just weeks after his 2013 graduation. This year, after his six-week PC2 technical training at Vancouver Community College plus an additional 1,000 hours at the Cactus Club, Jang is now a certified PC2 and a valuable player on the restaurant's kitchen team.



The new qualification has brought fresh challenges, says Jang. "Now that I'm a PC2, my boss gave me more responsibility. I'm now a shift leader; my job is to encourage the team and be the go-to guy with any questions they have."

That leadership ability is a key difference between PC1s and PC2s, observes Jang's employer, Cactus Club's Senior Chef, Phill Mudge.

"PC2s have more of a knowledge base, but the real difference comes from experience — those extra hundreds of hours in the kitchen that help them become more

organized, more consistent, and more proactive. In Level 2, they get faster, they're better able to multi-task, and they've encountered more situations. It's about seeing a butter sauce split and knowing how to fix it."

Adds Mudge: "Rob Feenie (Cactus Club's Executive Chef and an Iron Chef America Champion) once said, 'It's not difficult to make a delicious dish one time; the skill comes in making a delicious dish the same way hundreds of times'."

PC2s can, and that level of consistency makes them invaluable in any kitchen. Top management at the Cactus Club Restaurants recognizes this. Named one of the Platinum Club of Canada's best managed companies for

| Pathway                                     | Prerequisites                                                   | Training Details                                                                    | Workplace Hours Required                                                                  | Completion Requirements                                                                           | Certificates Achieved                                             |
|---------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| Institution Entry<br><br>(Post - Secondary) | FOODSAFE Level 1<br><br>Professional Cook 1 (PC1) Certification | 420 hours or 14 weeks (includes 240 hours credit)                                   | 1,000 hours (2,000 hours total) (760 hours of work-based training outside of the program) | 70% at school<br><br>Pass Practical Assessment<br><br>70% on ITA Written Exam<br><br>RFC sign off | Certificate of Qualification<br><br>Certificate of Apprenticeship |
| Workplace Entry                             | FOODSAFE Level 1<br><br>Professional Cook 1 (PC1) Certification | 180 hours or 6 weeks                                                                | 1,000 hours (2,000 hours total)                                                           | 70% at school<br><br>Pass Practical Assessment<br><br>70% on ITA Written Exam<br><br>RFC sign off | Certificate of Qualification<br><br>Certificate of Apprenticeship |
| High School (ACE IT and/or SSA)             | FOODSAFE Level 1<br><br>Professional Cook 1 (PC1) Certification | Workplace Entry or Institution Entry Training at Partner Post-Secondary Institution | 1,000 hours (2,000 hours total)                                                           | 70% at school<br><br>Pass Practical Assessment<br><br>70% on ITA Written Exam<br><br>RFC sign off | Certificate of Qualification<br><br>Certificate of Apprenticeship |
| Challenge                                   | FOODSAFE Level 1                                                | Verification of work experience by employer                                         | 2,000 hours                                                                               | 70% on ITA Written Exam<br><br>Pass Practical Assessment                                          | Certificate of Qualification                                      |

seven years running, the fast-growing 25-location chain is BC's biggest employer of culinary apprentices.

Supporting employees through their training develops their skills, of course, but it also helps with retention, observes Mudge. "Our turnover is half the industry average and we have a number of staff members who've been here for many years."

Jang, for example, is in for the long haul. "I'm almost a Sous Chef now. My next step is to gain more experience, train a bit more, and then complete my PC3 and become a Red Seal Chef," he says.

A restaurant environment, with its constant change and high-energy vibe, isn't for everyone, but passionate cooks like Jang wouldn't have it any other way.



"It's a great career if you're truly passionate about food. You're in a fast-paced environment, you meet awesome people, and you get to work with food— and at the end of the day, it's all about the food."

## Culinary Arts Integration: 12 PBL Activities Students Can Sink Their Teeth Into

By Sarah Henderson and Lori Holm

Encouraged by recent educational research, more and more teachers are finding ways to integrate the arts into their curriculum. While the advantages to this approach have been widely documented, culinary arts integration is commonly neglected in the discussion. We argue that the incorporation of culinary arts as a project-based learning activity is an excellent way to increase student knowledge and engagement.

With culinary arts integration, an arts activity is used to enhance student content knowledge. Arts integration is an active-learner process which can be easily modified to fit various disciplines, grade levels, and student skill levels. Students' long-term memory of content is strengthened by arts integration along with their joy and appreciation for the art itself.

### Research, Creativity, and Execution

First, a little about what culinary arts integration is *not*:

- Learning fractions by breaking apart cookies
- Eating pie on Pi Day
- Learning to count with M&Ms
- Tasting baby food and writing descriptive paragraphs.



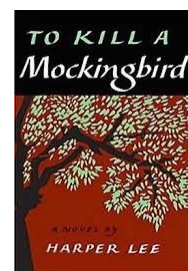
While these activities are certainly memorable, they aren't technically culinary arts integration activities, because the art here does not instigate effort, elaboration, and study on the part of the student. Instead, these activities are culinary visual aids, enjoyable and delicious in their own right.

So, what *is* culinary arts integration? It's an approach that requires student research, creativity, and execution. It's a project-based activity where the learning is in the student's hands. These activities are also ripe (pun intended) for cross-curricular application and public speaking opportunities as students defend their creations to the class in a persuasive speech.

Here are a few activities that we have done at our school, *Loma Linda Academy*, and a few others that we think would be amazing:

**Shakespearean meal:** Literature students research the foods of the English Renaissance and bring a dish for a full-class tasting. They must defend their selections, explaining the specifics of the dish and which socioeconomic class it would represent.

**To Kill a Mockingbird meal:** Students research the southern foods mentioned in Harper Lee's novel and bring a dish for a full-class tasting. This activity could be done with many different novels, from a formal tea while reading Dickens' *Great Expectations* to a competitive cook-off using primitive ingredients from Golding's *Lord of the Flies*.



**State dinner:** History, social studies, and culinary arts blend in a cross-curricular activity when students research official state foods and make a dish to share with the class.

**Emily Dickinson tea party:** As a cross-curricular American literature and culinary arts activity, students research the recipes of Emily Dickinson and make samples for a full-class tea party.

**A Middle-East feast:** In this cross-curricular history and culinary arts activity, students focus on the question, "What's in the pantry?" This would include researching the agriculture of the area, weather that affects their dependence on certain crops, lifestyle (socioeconomic class, education level, etc.), and other cultural influences. This activity could be done with the study of many different areas of the world and time periods, such as medieval times or WWII-ration situations.

**Chemistry cookie recipe experiment:** Science students study the way certain ingredients react to each other. For example, why is yeast used in baking? How does whipping affect an ingredient versus simply mixing? Students make a cookie recipe with some ingredients left out and discover what the missing ingredient does to the recipe.



**Recipe conversions:** Math students convert recipes by size or various units of measurement, such as adapting a recipe written to feed a small group (2-4) to one that would feed a large crowd (50+). Students could convert a recipe from the imperial system to the metric system, or vice versa. Then they check their work by making the recipes they've converted.

**Grocery shopping:** Shopping for a family of four becomes a cross-curricular math, social studies, and culinary arts activity. Students choose a family from a particular country, researching the typical meals and price of food. Student groups bring in a sample dish to present to the class.

**Book report project option:** Students make a meal (group project) or dish (individual project) using foods mentioned in the book.

**Food storage experiments:** In this cross-curricular science, social studies, and culinary arts activity, students consider how different cultures store their food and how that affects their meal choices. Which foods freeze well and why? Which foods must be kept at certain temperatures and why? Students make and present a dish to the class.

**Gastronomy experiments:** As a cross-curricular chemistry and culinary arts activity, students consider the chemistry of flavour, texture, and smell. They experiment with various ratios to create these aspects in a recipe.

**Aquaponics lab feast:** For a cross-curricular life science and culinary arts activity, use the vegetables and fish from the lab to make and eat salad, fish tacos, pesto, and salsa at an end-of-the-year feast.

Unfortunately, outside of culinary classes and the occasional foreign language class, food is rarely utilized as an arts activity. There are understandable, valid concerns regarding culinary arts integration. Food safety issues, costs, and allergies are just a few potential negatives. To counteract these negatives, we recommend proactive communication and group tasks.

(continued on page 10)

(project based learning continued from page 9)

The enhanced experience of culinary arts incorporation promotes stronger, long-term learning of the associated content. **What culinary arts integration activities have you tried?**

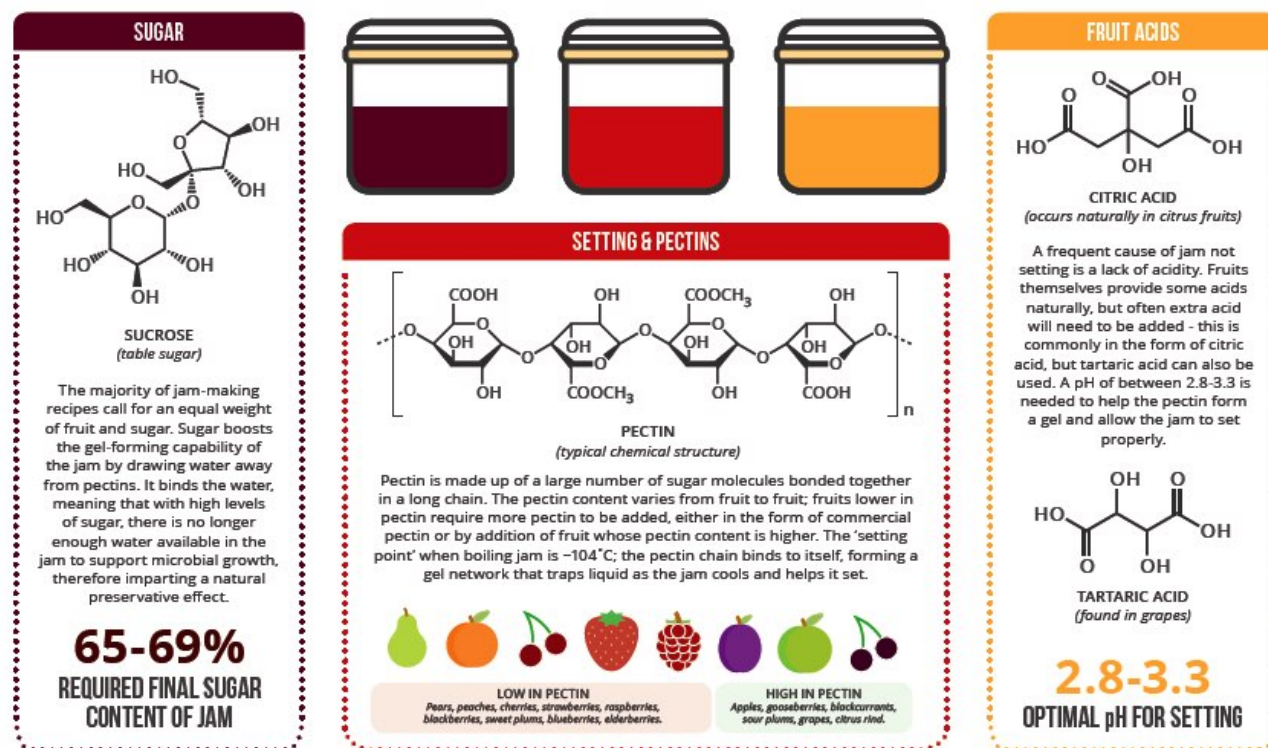
Reprinted by permission from Sarah Henderson [Twitter: @Shenderson\\_s](#) [Website: sarahhenderson.com](#)

Sarah Henderson is neuroeducation student at Johns Hopkins University and a high-school English teacher.

Lori Holm is a culinary arts and religion teacher.

Both teach at the Loma Linda Academy in Loma Linda, California.

# THE CHEMISTRY OF JAM-MAKING



If you've ever tried your hand at jam-making, you'll know that it's something of a tricky process. A number of factors need to be just right to achieve a perfectly set jam – and chemistry can help explain why. There are three key chemical entities that go into jam-making: **sugar**, **pectin**, and **acids**.

Here, we'll look at each in turn, and how they help jam achieve its eventual consistency.

## Pectins

Pectins are long, linked chains of sugar molecules, which are found naturally in plant cell walls. Although we refer to them in general as 'pectin', their structures are variable, as well as hard to determine; a rough general structure is given in the graphic, but in reality the overall structure can be much more complicated. Pectins are found in fruits, particularly in the peels and cores. When jam sets, pectin plays a vital role. Boiling the jam releases the pectins from the fruit used; with the correct

amount of sugar and acidity, which we'll discuss in due course, the long pectin chains can bind to each other via intermolecular interactions, forming a gel network. This network generally forms at the 'setting point' of jam, which is approximately 104°C. Once it has formed, the jam can be allowed to cool, and the gel network 'traps' the water content of the jam, leading to setting.

The pectin content of different fruits varies: fruits such as apples and blackcurrants have higher levels of pectin than those such as strawberries and raspberries. In cases where a jam is being made from a low pectin fruit, either a higher pectin fruit must also be included, or commercial pectin must be added. Commercial pectin is obtained from the peel of citrus fruits, which have a naturally high pectin content.

### Sugar

An important part of jam is, of course, the sugar content, which is vital for the flavour and also plays a role in helping jam set. Many jam recipes recommend the use of a 1:1 ratio of fruit to sugar in jam-making. As well as sweetening the jam, the sugar also helps the pectin set – it enhances the pectin's gel-forming capability by drawing water to itself, decreasing the ability of the pectin to remain in separate chains. Additionally, sugar imparts a preservative effect. By binding water molecules to itself, it reduces the amount of water available in the jam, to the point at which it is too low for microbial growth, helping to ensure that the jam doesn't go off too rapidly after it's been made! The final sugar content of jam should be between 65-69%.

### Acids

Acids are also important in helping the pectin to set. The COOH groups in the pectin are usually ionized, and the negative charges on the molecules this ionization causes can cause repulsion, and prevent the pectin chains from being able to form the gel network. To avoid this, we need the pH of the mixture to be roughly in the range of 2.8-3.3. At these more acidic pHs, the COOH groups aren't ionized, lowering the magnitude of the repulsive forces.

Fruits naturally contain acids – the most well known is citric acid, but malic acid and tartaric acid are also found in a number of fruits. Whilst some acid will be contributed by the fruit from which the jam is made, often this won't be enough to reach the desired pH, and for this reason more must be added. This is commonly in the form of lemon juice, which contains citric acid, though powdered forms of acids can also be used.

In summation, then, the three factors of pectin, sugar and acid have to be in perfect balance for jam to set. If it doesn't, you can often point to one of those three factors being somehow amiss – and understanding the chemistry behind why jam sets in the first place can often help you identify how to fix it!

#### BC Pear and Grape Jam

##### Ingredients

2 cups (500 ml) fresh BC grapes  
(concord type)  
3 cups (750 ml) fresh BC pears (about  
5)  
6 cups (1.5 L) sugar  
1 57-g package fruit pectin crystals

##### Directions

Wash grapes. Separate skin from pulp. Add half a cup (125 ml) water to pulp and simmer covered until tender (about 5 minutes). Remove seeds by sieving.

Peel and core pears. Chop or crush thoroughly grape skins and pears. Mix pectin, prepared grapes and pears in pan. Place over high heat and stir until mixture comes to a hard boil. Immediately stir in sugar. Bring to a full, rolling boil that cannot be stirred down. Boil hard, stirring constantly for 1 minute.

Remove from heat. Skim off foam with a metal spoon. Ladle into sterilized jam jars.

## Vancouver Aquarium Ocean Wise Seafood Program Celebrates 10 years of sustainability with 10 sustainable seafood items.

**1. Farmed shellfish:** The production of shellfish like oysters, mussels, clams and scallops, has few impacts on the environment and can even improve water quality, which makes farmed shellfish a sustainable win. Enjoy them in winter when the quality is best.

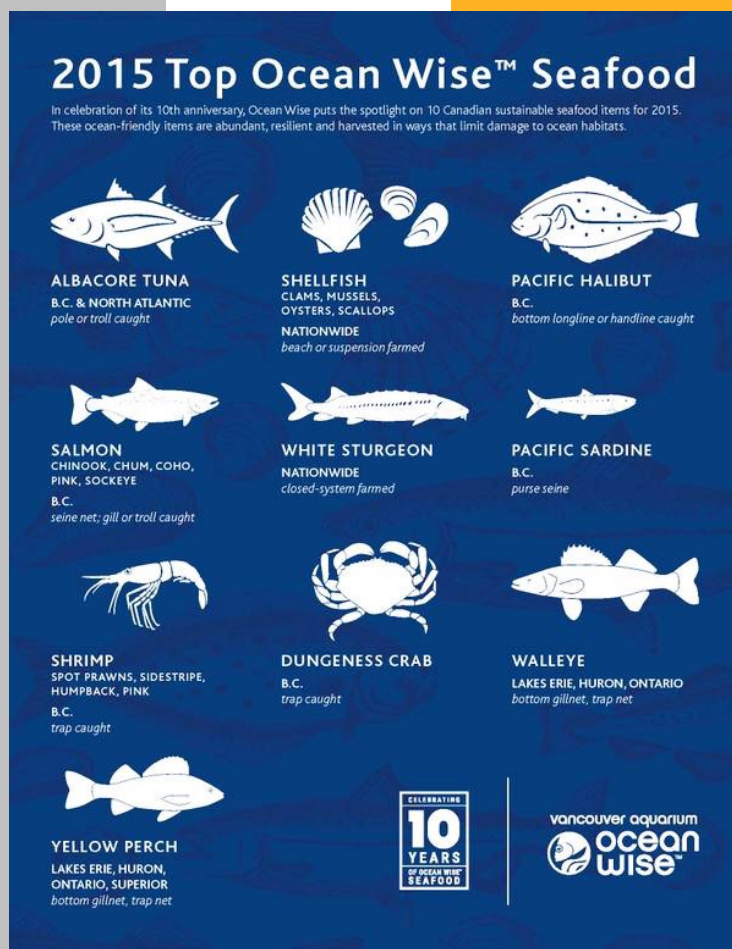
**2. Yellow perch:** For those who prefer freshwater species, this lake fish is a great option. While yellow perch have been historically overfished in some of the Great Lakes, they are now recovering and are well managed. Sustainable yellow perch can be found in Lake Erie, Lake Huron, Lake Ontario and Lake Superior.

**3. Trap-caught coldwater shrimp:** Shrimp are North America's most popular seafood item, and Canada is lucky to produce some of the best varieties including the celebrated B.C. spot prawn, sidestripe shrimp, humpback shrimp, and Atlantic northern shrimp. If you're a fan of spot prawns, don't miss the annual spot prawn festival at Granville Island in May.

**5. Snow crab and Dungeness crab:** Caught in traps which minimize habitat damage and bycatch, snow crabs from the East Coast and Dungeness crab from the West Coast are sustainable winners. This well-managed fishery allows fishermen to keep only the males of a minimum size. Females and undersized individuals are returned to the ocean to ensure a steady supply of crabs for the future.

**4. Pacific halibut:** This popular groundfish is in season from approximately March through November, and can be found in everything from bouillabaisse to fish and chips. Pacific halibut are one of the most well-managed fish stocks, and are now at healthy abundances having recovered from historical overfishing.

**6. Closed containment farmed fish:** Aquaculture may have had a bad reputation in the past, but closed containment farming is working to change that image. Inland farms eliminate many of the risks traditionally associated with other farming methods, and with almost 50 per cent of the world's seafood produced in farms; closed containment is the way to go.



**7. Albacore tuna:**

This popular local tuna is sought-after for its buttery texture and fresh taste.

Caught using poles and lines or trolls, the albacore tuna fishery is highly selective, and is a good option for those who would like to avoid the high bycatch levels associated with tuna caught using pelagic longlines.



**9. Walleye:** Walleye are near-shore predators which dominate the Great Lakes due to their tolerance of fluctuating environmental conditions and resilience against fishing pressure. Find sustainable walleye from Lake Erie, Lake Huron, and Lake Ontario.

**8. Sardines:** This forage fish reproduces quickly and produces many offspring – ideal qualities for replenishing populations quickly. In addition, they are fished using purse seines. This selective method surrounds a school of fish and the net is then drawn closed similar to pulling on purse strings, thereby avoiding bycatch and habitat damage.

**10. Pacific salmon:** In British Columbia, five types of wild Pacific salmon are available: Chinook, coho, sockeye, pink, and chum and the stocks are all strictly managed. Runs occur in summer and are a cause for celebration every year.

**Overfishing Globally:** consumption of seafood has doubled since the 1970's. Now, roughly 158 million tons of seafood is harvested every year. Improvements in fisheries related technology have allowed us to remove organisms from the ocean more quickly and with less effort, putting increased pressure on the oceans. With an estimated 90% of all large, predatory fish already gone from our world's oceans since industrialized fishing began; we are now fishing the last 10% of species such as tunas, swordfish, and sharks. Quite simply our marine species cannot reproduce fast enough to keep up with the hunt.

**Bycatch:** Not all marine life that is captured by fishing gear makes it to the dinner table. An estimated 40% of what is caught in commercial fisheries is unintended catch (bycatch) and discarded. Bycatch can include unmarketable species, undersized species, and endangered species. Unfortunately the majority of the animals tossed back overboard do not survive. It is important to understand how your seafood has been harvested as some fishing gear types, like pelagic or surface longlining and bottom trawling can increase the likelihood and amount of bycatch incurred.

**Habitat Damage:** Certain fishing and farming practices can have negative impacts on critical marine or aquatic habitats. With the loss of crucial habitats such as spawning, nursery, breeding or sheltering areas, many species find it challenging to survive, let alone thrive. Communities such as coral reefs, kelp forests, mangroves and wetlands provide critical habitat for a wide array of organisms and damage to these key areas can have dramatic consequences for the environment.

## The Trades Certificate: A new certificate for trades professionals

News Release, Wednesday, September 2, 2015



More qualified tradespeople will get the chance to share their skills with B.C. students thanks to the new Trades Certificate established by the British Columbia Teachers' Council.

The new certificate makes it possible for certain Red Seal and Certified trades professionals to get qualified to teach their trade in K-12 schools – and ensure students get the skills they need to connect with some of the most important in-demand careers of tomorrow.

With the approval of the certificate, B.C.'s post-secondary institutions now have the option to develop and offer trades-focused teacher training courses. There are also a small number of people in B.C., or who may come to B.C. from other provinces, who already have similar certification in other provinces and would qualify for this new Trades Certificate.

The ministry's Teacher Regulation Branch anticipates it will be able to issue the new Trades Certificate starting in early 2016.

Trades Certificate holders will also be able teach more subjects than just their qualified trade if they upgrade to an unrestricted Professional Certificate by completing additional coursework in broader trades/technology areas or in another subject area.

The new certificate will help ensure government meets its Skills for Jobs Blueprint commitment to re-engineer education and deliver the skilled workforce B.C.'s growing economy needs.

*"This new certificate will make it easier for qualified, certified trades professionals to share their expertise in classrooms and give young people the tangible skills and knowledge they need to succeed in the in-demand careers of tomorrow."* ~Mike Bernier, Minister of Education ~

### Quick Facts:

- The Trades Certificate restricts the holder to teach in a specific trade subject area.
- If a Trades Certificate holder wants to teach other subjects beyond their trade, they would have to pursue further academic preparation in order to earn an unrestricted Professional Certificate.
- To be eligible for this certificate a certified tradesperson must apply to the ministry's Teacher Regulation Branch and meet the following certification requirements:
  - Complete Grade 12 or equivalent;
  - Hold a Red Seal or Certificate of Qualification issued or recognized by the Industry Training Authority in a trade that has a minimum of three levels of technical training;
  - Complete a minimum of five years of journeyperson work and/or teaching experience;
  - Complete a full teacher education program of no less than 48 credits; and
  - Complete six credits of English or French literature and composition.

# The Trades Certificate

Are you a trades professional interested in teaching in BC? The Trades Certificate may be of interest to you.

## Teaching in BC's K-12 School Systems

To work as a teacher in BC's kindergarten-12 school systems, you must obtain a teaching certificate issued by the Teacher Regulation Branch (TRB) of the Ministry of Education. Holding a certificate shows the public that you have the qualifications, experience and characteristics necessary to work with children.



## A New Certificate

The BC Teachers' Council, mandated under the *Teachers Act* to set standards for BC teachers in the areas of teacher education, certification, conduct and competence, established the Trades Certificate to enable certain Red Seal and Certificate of Qualification trades professionals to teach in BC's K-12 school systems.

This non-expiring certificate, restricted to teaching a specific trade area, makes the process for earning a teaching certificate faster and easier. In addition, it creates a pathway to upgrade to an unrestricted certificate.



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## Eligibility

To qualify for a Trades Certificate, you must undergo the application process and meet the following certification requirements:

- Complete grade 12 or equivalent;
- Hold a Red Seal or Certificate of Qualification issued or recognized by the Industry Training Authority in a trade that has a minimum of three levels of technical training;
- Complete a minimum of 5 years journeyperson work and/or teaching experience;
- Complete a full teacher education program of no less than 48 credits; and
- Complete 6 credits of English or French literature and composition.

## Upgrading to an Unrestricted Certificate

Individuals who hold a Ministry of Education Trades Certificate may upgrade to a Professional Certificate by completing additional requirements, which may include:

- 12 credits of coursework in a minimum of 2 additional trades/technology areas; or
- 24 credits of coursework in another recognized subject area taught in a BC secondary school.



## More Information

For further information on the Trades Certificate, visit the TRB website:  
[bcteacherregulation.ca](http://bcteacherregulation.ca)

submitted by Emma Sweeney, BC Agriculture in the Classroom

## BC Agriculture in the Classroom Foundation Announces Appointment of New Executive Director



BC Agriculture in the Classroom Foundation is pleased to welcome Pat Tonn as the new Executive Director. Ms. Tonn has 22 years of work experience in Youth Development Programs with the BC Ministry of Agriculture and 15+ years as a member of the BCAITC Board of Directors. As Manager, Youth Development Programs with AGRI she has been a part of a long-term relationship with the BC 4-H program particularly focused on the growth and development of youth leadership and promoting career opportunities within BC's agricultural industry. She brings additional experience within BC's K-12 educational system and both a Bachelor of Education and Bachelor of Home Economics Degree from the University of British Columbia.

Ms. Tonn has been a long-term, active member in a number of Boards and Associations including the BC 4-H Provincial Council, BC College of Teachers, BC Agriculture in the Classroom Foundation Board, the BC Youth in Agriculture Foundation, BC Home Economists in Business, BC Home Economics Association, and Rotary International.

The BC Agriculture in the Classroom Foundation firmly believes that Ms. Tonn's expertise and leadership will guide the Foundation in successfully driving our mission of bringing BC's agriculture to students and teachers across the province.



### Take a Bite of BC Program

Thank you to all those who made this Program possible



Edward Milne Secondary, Sooke BC - Students exuberantly receive the latest Take a Bite of BC order

Welcome to another year of Take a Bite of BC! We would like to welcome four new schools to the Take a Bite of BC Program this year:

- Gulf Island Secondary – Salt Spring Island
- John Barsby Secondary – Nanaimo
- Prince George Secondary
- Royal Bay Secondary – Sooke



There are 35 schools enrolled for the fall, 22 suppliers donating to the program, 7 deliveries and countless creative opportunities for students;

| Take A Bite of BC!                         |                                                                  |                                                  | BC Products Featured 2015 - 16                                  |                                                                    |                                                              |
|--------------------------------------------|------------------------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------|
| Choose Close to Home and Make a Difference |                                                                  |                                                  |                                                                 |                                                                    |                                                              |
| September 15                               | Whole Turkey<br>(BC Turkey Marketing Board & Sunrise Poultry)    | Blueberries<br>(Snowcrest)                       | Sweet Bell Peppers / Tomatoes<br>(BC Hot House)                 | Shanghai bok choy<br>(Windset Farms)                               | Living Herbs ~ Basil<br>(Kitchen Picks)                      |
| October 10                                 | Whole Chicken<br>(BC Chicken Marketing Board & Hallmark Poultry) | Winter Squash Mix<br>(BCfresh)                   | Parsnips / Cabbage Mix<br>(BCfresh)                             | Long English Cucumbers / Beefsteak Tomatotes<br>(Windset Farms)    | Fresh Cranberries<br>(Ocean Spray)                           |
| November 17                                | Ground Pork<br>(BC Pork Producers)                               | Rutabagas / Beets / Turnips<br>(BCfresh)         | White / Crimini / Portabella Mushrooms<br>(Prairie Mushroom)    | Eggs<br>(BC Egg Marketing Board & Golden Valley)                   | Leeks<br>(Van Eckelen)                                       |
| January 19                                 | Artisan Cheeses<br>(BC Dairy)                                    | Frozen Strawberries<br>(F.V. Strawberry Growers) | Ambrosia Apples<br>(BC Tree Fruit)                              | Brussel Sprouts<br>(Lucerne)                                       | Fraser Valley Beans<br>(Lucerne)                             |
|                                            |                                                                  |                                                  | Fraser Valley Broccoli<br>(Lucerne)                             | Fraser Valley Peas<br>(Lucerne)                                    | Fraser Valley Cauliflower<br>(Lucerne)                       |
| February 16                                | Whole Chicken<br>(BC Chicken Marketing Board & Hallmark Poultry) | Frozen Raspberries<br>(F.V. Raspberry Growers)   | Anjou Pears<br>(BC Tree Fruit)                                  | Basil<br>(Evergreen Herbs)                                         | Canola Oil<br>(Alberta Canola Producers)                     |
|                                            |                                                                  | Blueberries<br>(Snowcrest)                       | 2% Milk<br>(BC Dairy)                                           | Parsley<br>(Evergreen Herbs)                                       | Canola & Olive Oil Mix<br>(Alberta Canola Producers)         |
| April 19                                   | Whole Salmon<br>(BC Salmon Farmers Association)                  | Endive<br>(Van Eckelen)                          | Eggs<br>(BC Egg Marketing Board & Golden Valley)                | Cucumbers / Roma Tomatoes<br>(Houweling's)                         | Bell Peppers<br>(Windset Farms)                              |
|                                            |                                                                  |                                                  |                                                                 | Cilantro & Mint<br>(Evergreen Herbs)                               | Portabella / Crimini / White Mushrooms<br>(Prairie Mushroom) |
| May 17                                     | Whole Turkey<br>(BC Turkey Marketing Board & Sunrise Poultry)    | BC Beef Roast<br>(BC Cattlemen's Assoc)          | Graffiti Eggplant / Ramiro Hot Peppers<br>(Creekside Hot House) | Crescenso Peppers / Tomatoes/<br>Living Lettuce<br>(Windset Farms) | Living Herbs ~ Basil<br>(Kitchen Picks)                      |

We get so many wonderful comments from chefs during the delivery year. Here are a few highlights from last year's program:

*"I have NEVER had classes so interested in being creative with what Take a Bite delivers. This has given me the chance to link class theory with the reality of where local foods come from and the people who do the work to get it here."*

~Chef Regan, Sir Charles Tupper Secondary, Vancouver

*"The farmers are creating a great quality product and we are so grateful for these people for supporting our programs. It makes me proud to live in BC."* ~Chef Roodenrys, Semiahmoo Secondary, White Rock

*"Take a Bite has helped me increase the understanding of students that local products not only exist but are awesome! Their new awareness has economic power. They now encourage their parents to buy local so that our farmers can thrive."* ~ Chef Buist, Lord Tweedsmuir, Vancouver

*"To the B.C. farmers – we feel very fortunate to be a part of such a fantastic program. Thank you so much for caring about the next generation and their connection to agriculture."* ~ Chef Humeniuk, Spectrum Secondary,

## THE EXECUTIVE

**President:** Eric MacNeill

emacneill@sd68.bc.ca

Dover Bay Secondary,

Nanaimo (250) 751 3409

**1st Vice President:** Trevor Randle

trevor\_randle@sd42.ca

Maple Ridge Secondary,

Maple Ridge (604) 463 4175

**2nd Vice President:** Brian Smith

brian\_smith@sd42.ca

Thomas Haney Secondary,

Maple Ridge (604) 463-2001

**Treasurer:** Paul Richardson

prichardso@vsb.bc.ca

Gladstone Secondary,

Vancouver (604) 713-8288

**Secretary** Lauri Humenuk

lhumeniuk@sd61.bc.ca

Spectrum Community School

Victoria, (250) 479-8271

**1st Director:** Lori Pilling

lpilling@deltasd.bc.ca

Delta Secondary,

Delta (604) 946 4194

**2nd Director:** Andrea Salzbrenner

andrea.salzbrenner@sd6.bc.ca

David Thompson Secondary,

Invermere (250) 342 9213

## Financial Report

*submitted by Chef Paul Richardson, Gladstone Secondary*



# British Columbia Teachers' Federation

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*A Union of Professionals*

BC CULINARY ARTS SPECIALIST ASSOCIATION      **Y750**

**STATEMENT OF RECEIPTS AND DISBURSEMENTS (Note 1)**  
**FOR THE YEAR ENDED June 30, 2015**

|                              |            |    |            |
|------------------------------|------------|----|------------|
| Balance, July 1, 2014        |            | \$ | 12,759.04  |
| <b><u>Receipts</u></b>       |            |    |            |
| BCTF grant                   | 5,250.00   |    |            |
| Membership/subscription fees | 2,462.11   |    |            |
| Interest                     | 129.77     |    |            |
| Fees                         | (1,071.63) |    |            |
|                              |            |    | 6,770.25   |
| <b><u>Disbursements</u></b>  |            |    |            |
| Meeting-executive            | 2,926.23   |    |            |
| Publication-newsletter       | 4.88       |    |            |
| Miscellaneous                | 43.48      |    |            |
|                              |            |    | (2,974.59) |
| Balance, June 30, 2015       |            | \$ | 16,554.70  |

Notes:

This statement reflects only funds held by the BC Teachers' Federation on behalf of the BC Culinary Arts Specialist Association.

Outside account: \$3,705.70

Total Balance: \$20,260.40

## Conference

While we begin to stock our coolers, fire up the ovens and get all of the new students into the kitchen, plans for this year's BCCASA conference and AGM are being finalized and put into place. Mike Austin has been hard at work to ensure that our experience in Powell River will be both educational and exciting. In order to give our various hosting chefs the advance reservations they need, we will need you to register before October 13th. This can easily be done through the online registration found on our website, [bccasa.ca](http://bccasa.ca). I hope I get to see everyone in Powell River and we can all take this opportunity to collaborate and catch up. See you then, Trevor.



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