

Bouquet Garni

"In cooking, as in all the arts, simplicity is the sign of perfection" - Curnonsky -

February 18, 1998, Volume 2





Bouquet Garni

Executive Board 1997-1999

President :	Mrs. Susan Leswal	Aldergrove Secondary, Langley (604) 856-2521
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Chairman of the Board:	Mr. Pierre Dubrulle	Thomas Haney Secondary, Maple Ridge (604) 463-2001

Duties of Board Members

President:	Assists in organization of workshops and attends a variety of meetings and conventions.
Director:	News media, and calling of directors to meetings, membership chairperson
1st Vice President:	Scholarship chairperson.
2nd Vice President:	Newsletter Editor.
Secretary:	Minutes, arrangement of up coming meetings.
Treasurer:	Book-keeping.
Education Chair:	Looks after the video library and education demonstrations.



Editor's Note

I hope you all had a good start to this new year and I wish you all the best. January has come and gone already but was busy at the same time with the wrap up of the first semester. The graduation ceremony is only four months away for our Grade 12s!

I have enclosed with this newsletter a computer disk. This is a copy of the LXR Test disk that Kim Kirk from Spectrum Community gave me a year and a half ago. This disk contains a test bank for the level 1 of the Professional Cook Training curriculum. To be able to read this disk, you need the LXR Test program and also an IBM machine. I have tried to convert the content for Apple/Macintosh without success. If one of you have a solution, could you let me know?

The remainder of the year is going to be full of events, make notes on your calendar (see Page 8). I am pleased to have received some input from some of our members to be published in Bouquet Garni and I encourage you all to continue. As you know, any events, questions, concerns, tips, or information about our association are welcome.

Sincerely,
Daniel Lesnes

*2nd Vice President,
Daniel Lesnes,
Garibaldi Secondary*



Expanding Our Culinary Horizons Conference, October 23-



President's Message

Dear BCCASA Members:

*President,
Susan Leswal,
Aldergrove Sec.*

I would like to wish you all a Happy New Year. It is hard to believe that we have reached the mid-point of the school year. This point takes on an important significance, as I realize how little time we have left to address the goals BCCASA set for 1997-98.

PSA Council Meeting

On November 28-29th, I attended the PSA Council meeting. At this meeting, the PSA Presidents' come together to discuss issues and concerns. The issues and concerns may be specific or general to PSA's. Some of the issues discussed were budgets, conference grants, a constitution template, a display case for teacher awards at the BCTF building, bargaining and so on. Motions are presented and voted on. As a PSA, this meeting venue would be our forum for initiating action on issues and concerns around our PSA.

Video Update

On December 19th., I met with several B.C. college instructors and Rosalie Williams (Resources Branch of the Ministry) to view and evaluate videos. The most promising videos came from the Culinary Institute of America. We hope to be able to negotiate the rights to use these videos. I will keep you posted as this process continues.

College of Teachers' Qualifications Committee

meeting, January 12th 1998 Charon Gill from the BCTF accompanied me this meeting that I had been requested to attend at the College of Teachers' Qualifications. We met with the Qualifications, Committee for two hours. I fielded questions about course descriptions and differentiation, instructor and teacher qualifications, apprenticeship, B.C. Cooking Qualification, Red Seal, the U.B.C. program and so on. The committee was using this meeting to gather information and knowledge about the above issues, so they would feel better informed as they discuss proposals and policies. It was suggested that a further meeting might take place.

K-12 Committee

This is an invitation to any member who would like to join the committee that will be addressing our goal of creating an awareness and then a publication which describes the links between culinary arts and the K-12 document. If you are not sure what this is all about, may I suggest that you read the article about



Alison Bell's program in the November, Teacher magazine. Your school should also have a copy of the K-12 document and if they don't, I would be happy to mail you one. The first meeting will take place at North Surrey S.S., on March 25th., at 3:00 p.m. If you are unable to attend, but would still like to contribute, contact either myself or John Haen. RSVP by March 13th to John Haen.

Culinary Arts/Fine Arts Credit

Judith Kirchner and Alison Bell have offered to help co-chair the committee that will be working towards achieving Fine Arts accreditation for culinary arts. If you are interested in helping out this committee, please contact either Judith, Alison or myself. We would also be interested in receiving any locally developed courses you may have initiated at your school, which have received a fine arts accreditation.

BCCASA Conference-October 1998

The conference will be held in the Okanagan this year. Patti Peatt of Penticton High will be hosting the conference. Alison Bell has offered to assist her. If you have any ideas, suggestions, contributions or so on, please contact either Patti or Alison.

I had been hoping to arrange some workshops, if some of us had some common time (Pro-D) in the spring. Please let me know you are interested by sending me dates you would be available. I also encourage you to contact me, if you have concerns or issues you would like to see us addressing. I hope you will all consider how you can contribute to your PSA, no matter how little. Our strength comes from our members.

Sincerely,
Susan Leswal

*President,
Susan Leswal,
Aldergrove Sec.*



BCCASA Member
Terry Larsen
Princess Margaret Sec.

Gingerbread Competition

Christmas is just around the corner and its Gingerbread time again: This year's magnificent and overwhelmingly attended competition saw Taj.Mahals, Ski Hills, Gazebos, Santa's Trains and Santa's Villages, and houses of every conceivable design from a traditional Haida Longhouse and traditional Gingerbread houses to those which depicted some of the bizarre scenes of modern times - all painstakingly designed and crafted in gingerbread and royal icing by secondary school Culinary Arts students.

Approximately 180 exhibits, from 24 secondary schools representing 9 school districts from Victoria, the Gulf Islands, the Lower Mainland and east to Maple Ridge and Abbotsford, were entered this year's competition, exceeding last year's record turnout of 125 exhibits.

This year's exhibits were judged in the categories of : top five schools, top out of district schools, top female exhibit, top male exhibit and top Co-ed exhibit.

The top five schools were: Frank Hurt (119 points), Lord Tweedsmuir (75), North Surrey (70), Earl Marriott (56), and Elgin Park (50).

Top out of district award went to Seaquam secondary with an aggregate total of 39 points.

Top female award was presented to Lisa Gardin of Earl Marriott for her beautifully designed, 49 point: "In My Dreams." And top male entry award went to the team of brothers, Joshua and Jonah Marshall, from Gulf Island Secondary for their 44 point "Winter Wonderland" exhibit.

Top co-ed entry, with 47 points, was won by Lisa Dickson, Charlene Emsley, and Roger Batuk of North Surrey for their "50's Diner and Wurlitzer Juke Box".

This year our friends, the two very community-minded professional associations, the Applied Science Technologists and Technicians of BC and the Western Association of Property Inspectors sponsored five cash prize categories. Representatives Bryce Rankin and Phil Goddard presented \$625.00 in cash awards to:

Charlene Arndt of Risk Hansen Secondary (\$125.00)

Best Overall Entry: "Gingerbread Village"

Lisa Gardin of Earl Marriott Secondary (\$125.00)

Best Use of Gingerbread: "In My Dreams"

Rajwinder Purewal of Esquimalt Community School (\$125.00)

Most Skillful and Artistic Use of Icing: "Victorian Mansion"

Juli Scbuk, Bree Douglas, Sarah Pocha, Kelly Smith, and Julia Call of North Surrey Secondary (\$125.00)

Best Landscaping: "Santa's Train Station"



Mary Glaser and Leah Hexter of North Surrey Secondary (\$125.00)
Most Original Idea: "Haida Longhouse"

Thank you very much to these two Associations and their representatives for their generosity and recognition of the skills and talents of our Culinary students. This type of encouragement helps to promote our Culinary Arts programs and to generate interest in the Applied Science and Technology professions as well' an excellent example of school and community partnership.

Judging of this extremely popular and ever expanding event was carried out by Robert Pickering (Chairperson of the Board of school Trustees, District #36 - Surrey), Mary Polak (School Trustee, District #36 - Surrey), Ken Hoffman (School Trustee, District #36 - Surrey), Settimio Sicoli (Associate Dean of Tourism, Hospitality and Business, Vancouver Community College and President of BC Chefs' Association), and Bryce Rankin and Phil Goddard representing the Applied Science Technologist and Technicians of BC and the Western Association of Inspectors. A great job well done! Thank you very much to these people for taking time out of their busy working schedules to help make this event a success. Again this year, Chefs John Haen and Wolf Von Oelffen send out thanks to the many Secondary school Teaching Kitchens and their Teaching Chefs for their participation in this year's competition.

Many thanks to Chef John Haen (North Surrey Secondary) and Chef Wolf Von Oelffen (Frank Hurt) and their team of student and teacher organizers. Thanks also to principal Gary Smith and the staff and administration of North Surrey for once again hosting this annual event. This annual show and competition enables our secondary Culinary Arts and Career Preparation Cook Training students to show their skills and talents to the general public and to learn from each other in friendly rivalry and competition.

Merry Christmas to All!

*BCCASA Member
Terry Larsen
Princess Margaret Sec.*



A Moment of Fame

"Gingerbread takes the cake"

Submitted by:

Mrs. Christina Limmer,

Rick Hansen Sec.

Published

Editor,

Phil Melnychuk,

Abbotsford Times

Carlene Arndt has the recipe for a traditional German Christmas. It comes in the form of a completely edible gingerbread house, titled *Silent Night in the North Pole*. Arndt's creation captured the Christmas mood so well it was named best overall gingerbread house at a B.C. wide competition recently. One of the judges in North Surrey Secondary's Annual Gingerbread competition said, if he had to choose one cake, out of the 180 that were there, "This is the one he would have chosen," says Arndt. "The judge said it was the best house he had seen. He was quite pleased with it." The honor earned her \$125.

Arndt, in Grade 12 at Rick Hansen, is recuperating from a car accident. She can't spend much time at school, so Culinary Arts teacher Christina Limmer suggested she do the project at home. It took her about 65 hours - plus about 10 hours help from her uncle Art Duddy, chef at Cheers. "She's a natural in the kitchen," said Limmer. "She's fantastic".

Arndt used at least 10 kg of icing sugar and \$100 of sugar, candy and flour. And when it came time to mixing the foundations, she used traditional German ingredients for the gingerbread. "It's made with honey instead of molasses. It doesn't taste so bitter," Arndt said. The honey also makes gingerbread stronger so it's easy to build with.

After being on display at school, Arndt had the house home on the weekend for repairs. Then she was going to take it to the kids ward at MSA hospital. Food items are used in every part of the house, for instance the straw in made form shredded wheat. But she doesn't recommend eating it. The cake would be pretty stale and hard to eat by now, she notes.



Up-Coming Events

John Haen and Wolf von Oelffen are taking the Surrey Culinary Arts program to Thailand from March 30th to April 13th, 1998. He is going to lead his group from a crocodile farm, open air food markets, vegetable carving demonstrations to the display of the World Culinary Art Festival in Singapore. Have a good trip John on this exotic tour.

*2nd Vice President,
Daniel Lesnes,
Garibaldi Secondary*

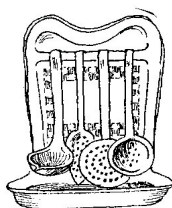
Lard Sculpture

Frank Hurt Secondary School

March 11, 1998

Wolf von Oelffen (604) 590-1311

John Haen (604) 581-4433



Neptune Food

Hosts all Chef Instructors and Chef Assistants

March 26, 1998 (4:30 pm to 6:30 pm)

Nancy Watt (604) 540-5428



Skills Canada Competition

Junior Chapter Chefs' Association (hot competition)

March 29-31, 1998

BC Place Stadium : (604) 255-6496

Canadian Chef Educators Association

June 18-21, 1998 in Winnipeg, Manitoba.

Joan Stecker (President) (306) 445-6101



Scholarship Presentation

Application dead line: March 27th 1998 (3:00 pm)

Awards Banquet : May 3, 1998 (11:00 am)

Westwood Plateau Golf and
Country Club

3251 Plateau Blv., Coquitlam

(604) 941-4217



*Wolf vonOelffen,
Frank Hurt Sec.*

Lard Competition

Dear Colleague,

The Frank Hurt Secondary School's Career Prep Teaching Kitchen cordially invites you to participate in its 13th annual Lard Sculpture Competition. The show will take place on March 11, 1998 in the cafeteria at Frank Hurt Secondary School.

This year the **theme is Famous Sculptures**. There will be a special trophy awarded to the winner. Regional Competitions - March/April 1998

Also this year, in order to enhance your display, you are encouraged to decorate your table with ribbons, elevated sculptures, spotlights or fancy tablecloths.

This event will be covered by the media which will help to promote our Chef-Training Program.

If you have any questions regarding this competition, please contact Wolf von Oelffen at Frank Hurt (590-1311) or John Haen at North Surrey (581-4433).

Looking forward to your participation.

Please note that students not participating in the competition are welcome to come and see the show.

Yours truly,

Wolf von Oelffen
Lard Sculpture Competition

All exhibits will be set up in the Cafeteria at Frank Hurt Secondary School on Wednesday, March 11, 1998 between 8:00 a.m. and 9:30 a.m.

Judging will start at 10:00 a.m.

Envelopes will be displayed in front of each exhibit with name and number of exhibit. After judging is finished, participant's name and school will be displayed in front of each exhibit. All participants will be awarded a certificate and ribbon to recognize their efforts. To avoid misspelling the participant's name please type the entry form you send in. All entry forms must be in the hands of the Chairman no later than March 3, 1998.



Skills Canada

Regional Competitions - March/April 1998

Skills Canada anticipates hosting over 500 competitors at their regional competitions in 1998, allowing more BC students than ever to benefit from the Skills Canada experience. Although each regional competition will not be able to host contests in every area, they will be bigger and better than last year. As was the case in 1997, all students must first compete at the regional level if their contest is available there. Students may register directly to the provincial competition only if there is no regional contest in their area. All registration will be done on a first come first serve basis. Regional competitions will take place in March and April 1998, with contest winners earning the right to compete at the provincial competition in May. Regional registration information, including locations and contest scope documents, will be sent to all schools early in 1998, as soon as they become available.



Provincial Competition - May 13, 1998

On May 13th, 1998, the BC Skills Competition will be held at the Vancouver Trade & Convention Centre. The contest will be offered in 28 different trade and technical areas, up from 16 areas in 1997.

Provincial registration information will be distributed in early 1998. All students from affiliated schools are eligible for the provincial competition, either through direct registration or winning a regional competition. Direct registration will be done on a first come, first serve basis, with a maximum of one student/team per school being accepted for each contest area. However, due to space constraints at the competition site, we may not be able to accommodate all students wishing to compete. Get your registration in early to avoid disappointment. Medals will be awarded to the top three students, who will move on to the Canadian Skills Competition.

National Competition - May 14-16, 1998

The 1998 Canadian Skills Competition will take place May 14-16 at the Vancouver Trade & Convention Centre. This is the first time that this event is being held in British Columbia. In 1999 the national competition will be hosted by Skills Canada Ontario.

More than 400 provincial winners from BC, Alberta, Saskatchewan, Manitoba,



Ontario, Quebec and the Maritimes will participate in 30 separate contest areas at this year's national competition. One of the eligible medal winners from each contest area will represent Canada at the Youth Skill Olympics in 1999.



International Competition November 11-14, 1999

The International Vocational Training Competition was first organized in Spain in 1950 with the goal of giving young people a better insight into various vocational and technical professions, and of stimulating them to achieve a better performance. Since then the event has evolved into a bi-annual international showcase, now entering its 35th edition. In 1999 Canada will, for the first time, host these youth Skill Olympics. Nearly 600 youths from 35 countries on every continent will compete in over 40 different contest areas, all being held at Olympic Stadium in Montreal, Quebec. Eligible medal winners from the 1998 Canadian Skills Competition in Vancouver will take part in a year-long training program under the guidance of Canadian technical expert. A final playoff competition will take place in Toronto in 1999 to decide who will represent Canada at this exciting international event.



Expanding Our Culinary Horizons Conference, October 23-

Expanding Our Culinary Horizons



A Review of the October Conference

October 23-24, 1997

BC Culinary Arts Specialist Association

October 23 Annual General Meeting
Where else but on the bus! Elections, articulation meeting, new videos, goals, K-12 projects and more.

6:30 pm Kentridge High School
Host: Kathy Willson
Tour, dinner and opportunities to discuss programs with both Kathy, Cecelia and her students in the culinary arts cooking and serving classes.

Delegate Comments "Hospitality was excellent. Food was excellent."
"Staff was dedicated to their students, learning to meet the needs of the local work force."

October 24 Kent School District Central Kitchen
9:00 am Tour of central kitchen which produces school meals using a cook and chill procedure.

Delegate Comments "Very educational, surprised so little student help."
"Even though operation is huge, there is a sense of human communication."

11:00 am Sea Tac Skills Center
Host: Paul Richter
Tour, lunch, instructor and student interaction at a high school, which offers cook training and dining room server courses to three different school districts. Some of us even listened to the marines, who were there promoting apprenticeship in the forces.

Delegate Comments "Picked up recipes, guidelines and literature, which can be used to supplement my program."
"My kind of program. Excellent meal - very impressed with the program."

*President,
Susan Leswal,
Aldergrove Sec.*



3:00 pm

Art Institute of Seattle

Host: Roland Henin

Tour of the Pike Place Market followed by a tour of the Culinary Arts Department. Imagine working in labs that have a panoramic view over Puget Sound. Dinner was prepared and served by the Culinary Arts students.

Delegate

"Outstanding meal, good curriculum."

Comments

"Great contact for future field trips with culinary students."

Points of Interest

Alison Bell submitted the addresses for the posters we saw at the Art Institute of Seattle:

The National Culinary Review

10 San Bartola Drive

St. Augustine, Florida

32086

"Vegetable and Others"

Produce Marketing Association

1500 Casto Mill Road

Newark, DE

19714-6036

"Vegetables"

(302) 738 - 7100

Celestial Arts

PO Box 7123

Berkley, California

94707

"Herbs"

(510) 559 - 1600

*B.C.C.A.S.A. Statement ending December 31,
1997*



	<i>Actual 97/98</i>	<i>Budget 97/98</i>
<u>Revenue</u>		
Membership	\$1,277.25	\$2,100.00
Surplus outside acct.	5526.87	5527.00
BCTF grant	2750.00	275.00
Interest	87.18	0
Conference fees	1820.00	3055.00
Conference grant	3750.00	3750.00
Total revenue	\$5,296.88	\$17,182.00
<u>Expenses</u>		
Meeting executive	0	\$200.00
Meeting council	0	500.00
Meeting sub committee	0	200.00
Meeting-other	\$187.00	500.00
Newsletter	43.20	800.00
Publication-other	53.76	200.00
Operating	0	600.00
Affiliation fees & meetings		600.00
Curriculum development	0	2100.00
Scholarships	0	4666.00
Miscellaneous	4.10	0
Conference-operating	6.63	50.00
Conference-facilities	1562.64	3205.00
Conference-catering	1181.42	2000.00
Conference-printing	0	25.00
Conference-future	0	36.00
Conference-misc.	1628.13	1500.00
Total expenses	\$5,296.88	\$17,182.00
Balance	\$9,914.42	
Budget shortfall	\$1,970.70	
[income]		
Actual available	\$7,943.72	
Funds		

*Treasurer ,
Dorothy Mufford,
Walnut Grove Sec.*



BC Culinary Arts Specialists' Association Scholarship Notice

*1st Vice President,
Mrs. Carolyn
Pfortmueller,
Richmond Secondary,*

Application Deadline:
Friday, March 27, 1998
by 3:00 pm

Awards Banquet
May 3, 1998 (11:00 am)
Westwood Plateau
Golf and Country Club
3251 Plateau Blvd., Coquitlam
(604) 941-4217

Plaque Deadline:
Friday, April 3, 1998
\$30.00 by mail,
payable to BCCASA

Number Confirmation
Number of students + family
+ chef instructors = total
Names of all people attending will
be requested on confirmation fax
Fax by April 17, 1998

Please respond to the attention of :

Carolyn Pfortmueller, Scholarship Chair-
person

Richmond Secondary School
7171 Minoru Boulevard
Richmond, BC V6Y 1Z3
S: 668-6400 F: 668-6405 H: 948-1797

A. Scholarship Eligibility Criteria:

1. The student should have good attendance and cooperate well with the instructor, kitchen staff and fellow students.
2. The student should have good working and social skills.
3. The student should have acquired skills and knowledge as laid down by the Curriculum Guide.
4. The student should maintain a better than average initiative.
5. The student should have a serious commitment to the Hospitality and Tourism Industry.

Given the above criteria, the teacher will choose a maximum of two (2) suitable scholarship candidates.

**B. Funding of the Scholarships:**

Beginning in 1996, funding of the BC culinary Arts Specialists' Association (BCCASA) Scholarships will no longer be provided by our association. Instead, each school (Chef Instructor) will provide the scholarship money for the eligible student(s) they recommend. Use of the supplier rebates is recommended.

C. Responsibilities of the Chef Instructor:

Each Chef Instructor submitting name(s) of eligible student(s) will:

1. Choose a maximum of two students who meet the Scholarship Criteria of Eligibility - this criteria has remained the same as in previous years.
2. Inform the Scholarship Chairperson of the name(s) of the scholarship recipients on or before Friday March 27, 1998 by letter or fax. Please **confirm by phone** to Carolyn Pfortmueller when the names have been faxed or mailed.
3. Mail \$30.00 (cheque payable to BCCASA) for the cost of the plaque, to the Scholarship Chairperson by April 3, 1998. BCCASA will have the plaque engraved with the student's name.
4. Provide (set aside) sufficient money for the Scholarship(s) to be presented to students from his/her school. \$350.00 per Scholarship Recipient.
5. Pay for the meal for each scholarship recipient who attends the Awards Banquet. Luncheon cost is \$25.00 and is payable to BCCASA. Bring your cheque or cash with you to the Luncheon.
6. Inform the Scholarship Chairperson, BY FAX of the people attending the Awards Banquet by Friday, April 17, 1998. Names of all people attending the Scholarship Luncheon will be requested on the confirmation fax. This is to avoid the confusion in previous years where person(s) have been counted twice while confirming attendance to both Associations.
7. Make arrangements for the scholarship money to be paid to the College of the Student's choice within British Columbia upon the Chef Instructor receiving proof of registration. Those Students who have chosen the Apprenticeship route will receive their scholarship money after completion of their first six (6) months, upon written recommendation from their employer.

D. RESPONSIBILITIES OF THE SCHOLARSHIP RECIPIENTS:

The Student will:

*1st Vice President,
Mrs. Carolyn
Pfortmueller,
Richmond Secondary,*



*1st Vice President,
Mrs. Carolyn
Pfortmueller,
Richmond Secondary,*

1. Complete the enclosed "SCHOLARSHIP APPLICATION" and give it to the instructor in time to FAX the information to the Scholarship Chairperson ON OR BEFORE MARCH 27, 1998.
2. Inform the instructor who will inform the Scholarship Chairperson of the number of family members who wish to attend the Awards Banquet. The cost per person will be \$ 25.00.

E. Responsibilities of the B.C. Culinary Arts Specialists Association:

The executive of the B.C.C.A.S.A. will:

1. Receive the names of the scholarship recipients from the Chef Instructors and \$30.00 per student to cover the cost of the plaques.
2. Arrange a suitable location for the Awards Banquet.
3. Engrave and award a plaque (paid for by the school) to all the recipients.
4. Provide and award a certificate to each recipient indicating how they can obtain their scholarship money from their school.
5. Send the engraved plaque and certificate to the school if the scholarship recipient is unable to attend the presentation.



**British Columbia Culinary Arts Specialists'
Association
Scholarship Application Form**

Date: _____

- 1. Name:** _____
- City:** _____
- Postal Code:** _____
- Telephone:** _____
- 2. Chef Instructor:** _____
- School:** _____
- Address:** _____
- City:** _____
- Postal Code:** _____
- School Phone:** _____
- School Fax:** _____

Please fax to: Carolyn Pfortmueller, Scholarship Chairperson Richmond Secondary School, (604) 668-6405 by March 27, 1998.