

Bouquet Garni

*"Der Mensch ist, was er isst."
("Man is what he eats.")
Ludwig Feurrach, 1804-1872*

*November 14, 2001
Volume 5
Issue 1*



BCCASA
cuisine education

British Columbia
Culinary Arts
Specialists' Association

www.bctf.bc.ca/PSAs/BCCASA



Bouquet Garni

President :	Mr. Pierre Dubrulle pdubrulle@telus.net	Thomas Haney Secondary, Maple Ridge, (604) 463-2001
Organization of workshops and attends a variety of meetings and conventions.		
Directors:	Mrs. Judith Kirchner jkirchner@telus.net	Esquimalt Secondary, Victoria (250) 382-9226
	Mr. Al Irving ajirving@telus.net	Gulf Island Secondary Salt Spring (250) 537-9944
Conference and membership chairperson.		
1st Vice President:	Mr. Terry Larsen tlarsen@axion.net	Enver Creek Secondary Surrey (604) 543-8149
Scholarship chairperson, coordinates all BCCASA Scholarship activities.		
2nd Vice President:	Mr. Daniel Lesnes lesgau@mac.com	Garibaldi Secondary, Maple Ridge (604) 463-6287
Newsletter Editor and Webmaster.		
Treasurer:	Mrs. Dorothy Mufford dmufford@uniserve.com	Walnut Grove Secondary, Langley (604) 882-0220
Book-keeping and budget planing		
Secretary:	Mrs. Dolores Volcz dvolcz@hotmail.com	New Westminster Secondary, New Westminster (604) 517-6220
Minutes, arrangement of up coming meetings.		
Chairman of the Board:	Mrs. Susan Leswal sleswal@sd35.bc.ca	Aldergrove Secondary, Langley (604) 856-2521
Past president.		



*Pierre
Dubrulle, Pres-
ident,
Chef Instructor
Thomas Haney
Secondary*

Hello everyone,

After the hustles and bustles usually associated with the start of a new school year, here we are in phase one of a strike action. As far as we know, with the exception of entering marks in the system, it is business as usual here at Thomas Haney. The Maple Ridge Teachers Association called a meeting for its members last Thursday and beside the "It's time to teach" motto, the word "United" kept popping up and was frequently used by all the speakers. It is true that if we are to get the collective agreement that we deserve the best way to get it is to stay united. This means revisiting the phase one list and making sure that we are aware and informed of its significance so we can make an educated and supportive decision as to which action to take or not to take. As far as Chefs Instructors are concerned we have always done extra curricular activities and always will. We do extra for the benefit of our students, our schools, and the various organizations that we belong to. In any case, kids always come first. As far as I know there is nothing major in the phase one list that would prevent us from getting the job done.

Last October the Junior Chapter of the BC Chefs Association and their President Michael Anger held a meeting at Sue Mah's Charles Tupper Secondary school. Culinary Arts students of the Lower Mainland were invited to hear a panel of speakers coming from the industry, the private and public school sectors. Thank you Sue for hosting us. The event was very well attended and I had the pleasure of networking with Steve Wade of Fleetwood Park Secondary, Daniel Lesnes of Garibaldi Secondary, Andreas Fopp of Abbotsford Senior Secondary, Nathan Hyam of Riverside Secondary and Elizabeth Rogers who took over from Lorna Graham at Kitsilano Secondary. Also present were Marcus von Albrecht the President of the BC Chefs Association and Bruno Marti, the legendary Chef owner of La Belle Auberge in Ladner. Glen O'Flaherty spoke for Vancouver Community College, Robert Sung for the Dubrulle cooking school, Sue Singer and Walter Messiah for the Pacific Institute of Culinary Arts, Chris Mills, the Bocuse d'Or Candidate to the 2001 competition was also on hand and delivered a very inspirational speech to the young future culinarians attending. I addressed the audience on behalf of BCCASA. It is very valuable and informing for both students and teachers to attend this kind of event. We all learn a lot from it. The selection of the panel of speakers showed me the strong interest that the various institutions and professions attending have in our students who without a doubt represent the future of the culinary industry in Canada.

The upcoming Gingerbread House competition is another event that I make a point to attend, not just to admire the pieces on display and their artistry, but also to meet with colleagues and friends. Then there is the lard sculpting competition and the one year old Chilli cook off event. On a more competitive note there is the Skills Canada competition where Culinary Arts students compete at the Regional, Provincial and National level. Next year Ben Weber and I will be sit-



*Pierre
Dubrulle, Pres-
ident,
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Thomas Haney
Secondary*

ting on the BC Skills Canada committee for Culinary Arts and will be able to inform you first hand of what is happening. This issue of Bouquet Garni has some informations on the upcoming competitions and please check their website at: <http://www.skillscanada.com>.

Last month your board of Directors had a meeting in Fort Langley. Present were Susan Leswal, Dorothy Mufford, Daniel Lesnes, Alan Irving who made the return trip all the way from Saltspring Island, Terry Larsen and myself. We took care of business as we always do at these meetings. It was my first meeting as your new President and I must thank Susan for guiding me through the maze of binders that she has so competently collected and filed so carefully over the last four years. The topic of scholarship, so dear to me, was on the agenda. It was unanimously decided that the feedback from the BCCASA members was absolutely necessary. So please do not hesitate to contact me with your views on this all important issue and make sure to read my original letter to the membership which is in this issue of Bouquet Garni. We think that the general idea is sound and needs to be developed further. These days, students entering the culinary field through schooling or an apprenticeship not only seek the moral support of parents and teachers, but are also struggling to get financial help. I believe existing scholarships given voluntarily by Chefs Instructors to deserving students, should remain as is. Suppliers rebates should still be used for this purpose. Such scholarships will be recognized just the same at the scholarship brunch. On top of these I think that substantial scholarships from our organization would ease the financial strain students are facing after making their commitment. I know it is in the human nature to question change. I also know this will be hard work. I relate to what John Haen and Wolf Von Oelffen went through when they first started their competitions more than 25 years ago. They showed us the way to showcase our students abilities and artistic talents. My goal is, with your help and a "United" front to financially reward the very same dedicated, committed, and talented students.



Dear fellow member,

Below is a copy of a letter that I sent with the group going to San Francisco. Please read it carefully and give me your feedback. Is this idea feasible? Would you bring any changes to it? or is it out of the question? I see it as a wonderful opportunity to showcase the teaching kitchens of BC, while providing much needed money for scholarship for students entering the culinary field. I already have put out feelers through the BC Chefs Association and with some suppliers, asking them for their support. It goes without saying that without your support, and the endorsement by the majority of BCCASA members, it will be a non-event.



October 19, 2001

Dear friend and colleague,

As your new President I would like to elaborate on what I think is a priority for our association and that is the scholarship process and fundraiser.

As you may be aware by now I have asked Terry Larsen to join the board of BCCASA as first Vice- President. Terry and I will be working closely to get the new scholarship format on the road, to make it happen, successful and fair for all.

The selection process will be one of a panel of judges selected by Terry and going over résumés, curriculum vitae, letter of intent, and references. Out of all these, twelve scholarship recipients will be selected and scholarships handed out as in the past at a scholarship brunch along with the BC Chef Association's recipients.

What is changing is the way we are going to collect funds in order to hand out twelve scholarships. Rebates from suppliers will not be used any more and Chef Instructors having a scholarship recipient will not have to provide funds as was done in the past. However money will have to come from somewhere. This is when the scholarship fundraiser comes into play. The idea is for ten teaching kitchens, their instructors and students to entertain paying guests at a fabulous 6 course dinner in a magnificent state of the art location. I am working on securing the **Villa Amato Ballroom** (see attached brochure). My preliminary meeting with the owner Mario Loscerbo was very positive and we could get the location at half price.

A different teaching kitchen in an atmosphere of culinary competition will prepare each course. The public will get to vote on their favorite course. There will be a trophy for the winning team. Beer and wine will be sold. Door prizes will be handed out; 50/50 draw (there has to be one!). An MC will coordinate a DJ and a live jazz band. Four teaching kitchens will be required for serving this extravaganza.

The general idea is to pre-sell 400 tickets at \$50.00 each. By the time expenses are paid up we should be able to provide twelve \$1000.00 scholarships. Mario Loscerbo who is a pro at these sorts of things, said to me that this is a fabulous idea that could easily become a yearly event. The press and media will be contacted. A committee will be struck once I know to have the support of the membership and the approval of the board of Directors. Mario also said to tell you, "not to undersell ourselves".

Please give me your feedback.

Sincerely

Your President

Pierre Dubrulle

*Pierre
Dubrulle, Pres-
ident,
Chef Instructor
Thomas Haney
Secondary*



Al Irving
Chef Instructor
Gulf Islands
Secondary

San Francisco Conference 2001

WOW! That pretty much sums up our 3 day conference in San Fran. and the wine regions north of the city. For those of you who attended, you know what I mean, for those of you who were unable to make it, you missed an incredible trip. We owe a huge "Thank You" to Susan Leswal for all her time and effort in putting this one together.

The trip started out far too early at the Vancouver airport, followed by a yummy breakfast of Shreddies, a green banana (sans stem just in case any passenger had thoughts of storming the cockpit with it!) and a rather dry carrot muffin, all compliments of Alaska Airlines. Once on the ground in San Fran. we boarded a bus and were whisked north to St. Helena in the Napa Valley to the Culinary Institute of America. The school itself is an old Franciscan monastery which was given to the C.I.A., who then spent millions on it in upgrades and equipment. We were given cooking demo and history lesson on chowders, in particular, Farmhouse Corn Chowder. This was followed by a quick tour of the main kitchen and then a sumptuous buffet lunch complete with wine. We then had a couple of hours to browse and shop before getting back on the bus and taking the Silverado Trail through the heart of the wine region back to our hotel in San Francisco.

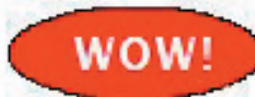
Friday night and all day Saturday was free time to be enjoyed as we each wanted. Some took a tour of Alcatraz while others spent the day on foot exploring the waterfront, China Town, Nob Hill and the shopping district. Saturday night a group of us decided to cab it from the hotel to pier 39 for supper. With 5 of us packed into a cab our driver turned out to be a Steve McQueen wannabe who had seen far too many reruns of "Bullet." Every hill he crested we experienced weightlessness as at least 2 tires would leave the ground. Fortunately we all arrived at the restaurant intact though a little shaken. Fourteen of us dined on seafood and sampled some nice wines before pilling back into cabs to have the crap scared out of us again! We all ended up at an Irish Pub down the street from our hotel where we met up with others from our group, a nice way to end an excellent day.

Sunday we were all up early again to board the bus once more, back to Napa, this time for a champagne brunch aboard the wine train. From there, we filed back onto our bus and were driven out to Viansa Winery. The highlight of the bus trip out to Viansa was the guided tour of Napa done by Raed Guirguis and even though he didn't have a clue as to what he was describing, it was informative and entertaining anyway. At Viansa we were given a quick tour of the winery itself and then we had a private wine tasting and a lesson on how to properly taste wines, all very interesting and tasty. We were given a little time to browse once more and to try such delicacies as sweet, vine ripened wine grapes and fresh olives right off the tree! For those of you who have never tried fresh olives, if given the opportunity to do so, turn tail and run for the hills! Once again it was back on the bus (by now our 2nd home) and headed to the airport for our flight.

Continue on page 13



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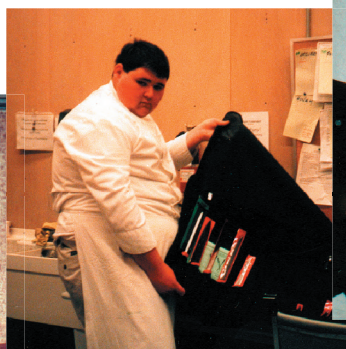
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H.I.E.A.C., Sanelli Knife Roll Recipients from: Abbotsford Senior Sec., Aldergrove Community, Spectrum Community, Walnut Grove Sec., Johnston Heights Sec., Enver Creek Sec., and Garibaldi Sec.

BCCASA Participants to the San Francisco Conference, October 19-21, 2001





Summerland Sec. Recipient

H.I.E.A.C. Scholarship,
Sanelli Knife Roll Recipients
Abbotsford Senior Sec.

Margarete Plouffe
Aldergrove Community,
Ryan Grainger
Spectrum Community,
Matt Crowson
Walnut Grove Sec.,
Andrea Leung
Johnston Heights Sec.,

Enver Creek Sec.,
Lidsay Buckley
Garibaldi Sec.,
Kyle Doran
Summerland Sec.
Megan Parker

Gingerbread Contest December 11, 2001

For more information please
contact
John Haen

North Surrey Secondary
(604) 581-4433
jhaen1@hotmail.com

or

Wolf Von Oelffen
Frank Hurt Secondary
(604) 590-1311
longboard47@hotmail.com

Photos from
2000
Gingerbread
Contest





*Luzia Zemp
Dept. Head
Baking and
Pastry Arts
V. C. C.*

VCC Baking & Pastry Art

Updates on programs:

The Baking & Pastry Arts Department has revised its 10-month program. The program is now offered either as the Baking & Pastry Arts Patisserie Program or the Baking & Pastry Arts General Baking and Bread Program.

The first 6 months in either program are considered the core program and are identical. Upon completion of the 10-month program, a baking certificate is obtained.

We offer also a 12-month ESL Baking & Pastry Arts program.

If you require further information or would like to receive a program content guide please do not hesitate to contact me, Luzia Zemp, by phone (604) 443-8359 or e-mail: lzemp@vcc.bc.ca

Work experience for Secondary Students:

The Baking & Pastry Arts Department offers work practicum for any student interested in our program on a one-week basis. Please contact the career counselor at your school or myself for more information at the above phone number.

Tours:

We offer tours for all programs to Secondary Schools. Please contact Brenda Toporowski, the Community Liaison at (604) 443- 8442 for a general tour. For a tour specifically for the Baking & Pastry Arts programs and the Culinary Arts Programs please contact myself at (604) 443-8359, or contact Glen O'Flaherty at (604) 443- 8488.

Professional Bakers' Manual 4th edition:

The books are available at the VCC City Centre bookstore (Dunsmuir Entrance) The book cost \$83. - plus shipping. For orders please contact Cheryl Silver at (604) 443- 8364.

Part Time courses: starting January 2002

We offer a wide variety of Part Time courses in:

- Assorted Hard Rolls and Yeast Dough Products
- Cake Baking and Decorating
- General Baking/ French Pastries Level 1
- Chocolate & Marzipan work
- Plated Desserts
- Sugar Crafting
- Cake Decorating
- Wedding Cake Decorating Level 1 and 2
- Introduction to Artisan Breads

To receive detailed information and start dates please contact me.

Upgrade courses: June 18 -22, 2002 (1week)

This course will be specifically designed for teachers working for VSB in the cooking programs and its support staff. More details to follow.

Lorna Graham (nee Campbell)

July 21, 1941 - August 5, 2001



*Terry Larsen
Chef Instructor
Enver Creek
Secondary*

Like well aged single malt a little Scot(ch) goes a long ways. From the highlands of Scotland to the shores of the Pacific Ocean, a small but feisty woman came. Like the single malt she preferred, Lorna was a character that one either liked from the start or had to acquire a taste for. She was strong and opinionated, but whatever her stand on an issue, it was grounded in a firm belief that she was working for the good of the group, her students, culinary education and her affiliations across the country and beyond the boundaries of Canada.

Lorna was a devoted mother, wife, teacher, and a friend to many people. But to most of us she was that fiery little Scot who made us sit up and take notice of a changing world that needed educators and professional chefs to work together for the promotion of our profession and livelihood.

To that end Lorna served on many committees and in many positions in several organizations and associations that promoted the Culinary Arts, cook training, education, and apprenticeship. Lorna along with distinguished elder educators like Julius Pokomandy and Peter Brine founded the British Columbia Chef Instructors association in the late 1970's. She served as President and Chair of this group for many years, bringing secondary school teaching chefs together to promote Culinary Arts and Cook Training in the high schools of British Columbia. The many conferences that she helped to convene over the years put Culinary Education in British Columbia at the forefront in Canada.

It was during a late night happy hour over that proverbial bottle (or was it several?) of single malt that Lorna, Ray Johnston from Lac La Biche, and several other BC Chef Instructors developed the idea to create an association of Chef Educators, secondary and post-secondary, with a national scope. The Western Canadian Chef Educators Association was born of this late night euphoria in the fall of 1990 and the inaugural conference was held in Lac La Biche Alberta in June of 1991. Meeting every June for the next five years, with Ray and Lorna as co-chairs, the move to National status was finally made at the convention in Thunder Bay in 1996 and the Canadian Chef Educators Association came into being with Lorna as its first President and then Chair of the Board. Again she worked diligently and strongly to make this group the forefront of Culinary Education in Canada. Through her efforts, prodding and arm twisting, she brought chef educators from across Canada together to further the trade and profession of Cook/Chef.

Lorna was a Chef Instructor for Vancouver School District for most of her teaching career and in this capacity she applied to and was accepted as the first female member of the British Columbia Chefs' Association. She served as Secretary and as Vice President and on many committees over the years, working tirelessly for the advancement of the Vancouver branch of the Canadian Chefs' Association. In the process she stepped on many toes and no doubt made a few enemies, but was steadfast in her belief that she was working for the common good. In 1996, for her efforts on behalf of the association, Lorna was awarded the prestigious "Chef of The Year" award. This was the first time a female chef had been so honoured by



*Terry Larsen
Chef Instructor
Enver Creek
Secondary*

this association.

Lorna helped to develop the National Apprentice document and template -- the rules and scope of the competition for regional and national cook-offs for the Canadian Federation of Chefs and Cooks. In addition she worked with many of our competition teams -- Team BC, Team Canada -- and attended many world class events as a team supporter. Many the time Lorna was to be found working in the background to ensure that our competitive chefs could produce their best efforts and take Gold. One of these instances was in Frankfurt several years ago when she and Nelles Shackelton spent many hours ironing linen tablecloths on their hotel beds to have them in prime condition to be used to enhance the creations of Team Canada. As well, she was also good with a hammer and screw driver -- once having to level and bolt down a display table to make sure that one of John Cloutier's decorative centerpieces didn't end up in pieces on the floor.

Lorna became ill several years ago and was diagnosed with cancer, but was not one to let ill health hold her back. She continued to serve the many associations to which she belonged and in which she believed. Lorna fought on and the cancer went into remission, but had left her weak and vulnerable. Still she persevered and worked passionately for her students, for apprenticeship, and for our profession. When the disease re-occurred she took it in stride, even returning to her native Scotland for some special treatment and therapy. Lorna stubbornly held on and even managed to attend the last CFCC convention in Halifax, where I am sure she made her position known to all.

I last saw our friend and colleague Lorna when she and I traveled together in June to Edmonton and Lac La Biche for the 11th Annual Chef Educators Convention. She was weak, very tired and in much pain, but wanted to be there when we returned to the founding place of the Chef Educators. Lorna was only able to stay for one night with us in Edmonton and had to return home by overnight flight without getting to Lac La Biche. I knew she was in very poor shape, but like others had seen our little Scot bounce back many times. It was not meant to be. It was with deep sadness that I received the news of her passing in August.

Lorna will be missed by all with whom she came in contact -- by the associations to which she had belonged and had served with such dedication over the years and by her family, friends, and colleagues.

It is hard to let go of someone as dedicated as Lorna Graham, but we can rest assured that she set us an example to follow. May we each be as passionate about life and the advancement of cooks, chefs and culinary education as was Lorna.

Lorna I wish you the deserved rest that you find with God and know that you will find single malt in heaven -- if you can find a good Scots distiller. I had hoped to offer you "slainte mor," but must instead say good-bye and thank you for being yourself.

Terry Larsen
October 30, 2001

San Francisco Conference 2001 (continued)



*Al Irving
Chef Instructor
Gulf Islands
Secondary*

On a personal note I would like to say that even though these trips are educational and a lot of fun, it's the time spent with all of you that gives me the most satisfaction. E-mails, letters, phone calls, etc. just don't cut it, it's these times spent together talking, renewing old friendships, making new friendships, and networking as a group that is so important. I always come away feeling rejuvenated and mentally refreshed and ALWAYS with some new ideas for my programme, thanks to all of you! It's important that we work hard to include everyone of us in these conferences, even though logistically and financially it's incredibly difficult for a lot of our members, given the distances some of you have to travel just to get to Vancouver. If any of you have any suggestions or if you would like to host the conference in your district please contact our executive committee and in particular, me. We are such a unique and diverse group amongst highschool teachers, with our own unique problems (no prep time, working over lunch, supervising last block, etc) and the diversity of our programmes, menus, age and size of our teaching kitchens and class composition, just to name a few. We also bring an incredible amount of personal experience and knowledge into the classroom, each of us different yet with a common goal, to impart our love of cooking to our students! After talking to you all at these conferences every year I truly believe this.

It was also really great to see a number of you bringing your spouses along again this year, it's so important to include our families. Take care everyone, it was great seeing you all again and I'm really looking forward to next years conference, where ever it will be, seeing familiar faces and hopefully a lot of brand new faces. If you wish to help plan next years conference or host it or just want some info, contact me at ajirving@telus.net.

Al Irving



WHAT AM I?

I originated in the Middle East, grown in Spain during the 8th century, and it was the Spaniards who brought me to North America. Although I am a rich source of iron as well as vitamins A and C, I also contain oxalic acid which inhibits the body's absorption of calcium and iron, so my nutritional value is somewhat diminished. I have a slightly bitter taste, which is prized by some and disliked by others. I am flat or curly, big or small, and always green. I come fresh, canned, or frozen. I can be used in salads, as a side dish, steamed, boiled, or even rolled up like a grape leaf. You will need me to be strong for Olive Oil!

For the correct answer check our website.

Brain Teaser



REGIONAL INFORMATION

About Regional Competitions

In May of 1995 the first provincial competition was successfully held at the Vancouver Trade & Convention Centre. One hundred and fifty students from secondary, post-secondary and apprenticeship programs across the province competed in several categories to modern international work standards. Over 200 industry personnel, teachers and advisors participated in running the competition. Our second provincial competition took place in April of 1996, and involved over 300 students. In 1997 and 1998 our provincial competitions hosted in excess of 500 students.

We hosted a successful pilot regional competition in Kelowna in the spring of 1996, 5 regionals in 1997, 6 in 1998 and 11 full regional competitions in 1999, 2000 and 2001 as well as our provincial competition. The year 2002 will again see us running a full slate of regional competitions.

Moving to a regional format for entry to the provincial competition provides Skills Canada BC with the opportunity to:

- give more students the opportunity to compete
- make the progression to the provincial competition more equitable, ensuring all students competing at the provincial event have completed the same evaluation process
- raise the skill level at the provincial competition

2002 Skills Canada BC Regional Competitions

Regional Competition	Location	Date
Central & North West Lower Mainland	Burnaby	March 9 & 15
North Vancouver Island	Campbell River	TBA
South Vancouver Island	Victoria	March 9
Cariboo	Kamloops	April 20
Central Interior*	Prince George	TBA
North West	Terrace	May 3
Kootenay	Cranbrook	April 6
Okanagan	Kelowna	April 13
Lower Fraser Valley	Surrey	April 6
Upper Fraser Valley	Abbotsford	April 11

* Please disregard the regional date advertised in the Fall 2001 Skill Zone Newsletter as it has not been finalized yet. We apologize for any inconvenience this may have caused. The correct date will be posted as soon as it has been established.

For more Information please contact Terri Kalaski 250-493-5225
terri@skillscanada.bc.ca



Affiliation Form

Skills Canada British Columbia

Please print clearly

Name of School /College: _____

School District (if applicable) _____

Contact Name and Title: _____

Mailing Address: _____

City: _____ Postal Code: _____

Street Address (if different): _____

Phone: _____ Fax: _____

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Please return this completed form with your \$195.00 affiliation fee. By affiliating you become eligible to participate in:

- ⇒ Regional Skills Competitions February - April 2002
all regional participants receive a t-shirt
- ⇒ BC Skills Competition at BC Place Stadium May 29, 2002
- ⇒ Canadian Skills Competition in Vancouver May 31 - June 2, 2002

You will also receive:

- ⇒ our Skill Zone Quarterly Newsletter
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Bouquet Garni is a publication of the BC Culinary Art Specialist Association. Three issues are published each school year. Subscription to the BCCASA Newsletter "Bouquet Garni" is included in the BCCASA membership. Payment of fees includes the Newsletter "Bouquet Garni", and information about conferences, workshops, projects, and other BCCASA publications and activities. BCCASA membership or subscription runs for 12 months from the time applications are processed by the BCTF staff.

Notice to Contributors

Articles submitted should be submitted in a package that includes:

- a hard copy of the document (proof read and ready to be included into the publication)
- the author's occupation and/or position in the educational system.

You may also include any photographs or graphics. If you wish to have these returned please include a self addressed envelope in your "package".

We also encourage that you submit your document on a disk. Please proof read and spell check all work. Save the document in (Macintosh) Microsoft Word 6.0 as text only. If you are using Claris Works 3.0 save text format as "Word 5.6."

Please refrain from using any version of Claris Works lower than 3.0 or any other word processing programs.

IBM documents need to be saved as "text" before submission

Address your contribution(s) to

Daniel Lesnes bccasa@look.ca or lesgau@look.ca

Garibaldi Secondary School

24789 Dewdney Trunk Road

Maple Ridge, B.C. V4R 1X2

BCCASA Advertising Policy

The British Columbia Culinary Arts Specialist Association reserve the right to be selective in the acceptance of advertisements, including, but not limited to, vendor, content and style. Unless other arrangements have been made, a cheque for the full amount must accompany advertisement copy; otherwise the ad will not be published.

Current advertisement prices are as follows: Business card size \$25.00/issue (3 issues / year)
No institution/business shall have access to BCCASA membership lists for the purpose of sending information directly to BCCASA members. All materials are distributed through the provincial specialist association (BCCASA/BCTF)

Have You Signed On to the BCTF's e-mail Communications List Server for BC Culinary Arts Specialists Association?

The BCTF has established an e-mail communication list server to promote communications between Culinary Arts teachers and to keep such teachers informed as to interests and concerns related to the delivery of service to Culinary Arts students.

Information concerning how to join the list is given below.

1- Joining the list

To join the psa-bccasa list, send a message with the following form (the e-mail address is case insensitive):

From: Mickey Mouse <mickey@toontown.bc.ca>

To: list@bctf.bc.ca

Subject: <leave blank>

Message: join psa-bccasa and Send

or go to

www.bctf.bc.ca/About/PSA/ and click on "Mailing Lists" and follow the instructions.

